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## In This Issue

Featured Disability—Cerebral Palsy

Christmas Parade

Volunteer of the Session

The Great Urination Experiment—  
Part Deux

Volunteer Talking Points

Tack 101

From the Desk of...

Diamonds and Dust 2009

Fundraiser

Upcoming Events

In the Next Issue...

Greetings,

Here we are starting the final session of 2009. It's hard to believe the year is almost over. It has been a very exciting, crazy and wonderful year for me and I hope you have had a great year also.

I have already seen several new faces the past few days and a few faces I haven't seen in awhile. I would like to extend a huge welcome to our new volunteers. I have met some of you and hope to meet many others in the next few weeks.

We are adding some new things to the volunteer newsletter that I hope you will enjoy. With the hope of opening up more dialogue between staff, instructors and volunteers we are asking for some feedback from you. We are also adding some information that may help answer questions you might have regarding tack, horses, etc. We are starting this with an article on tack and will continue with other topics in future newsletters.

Have a great session and see you around the barn!

*Darcy Justice*

## Featured Disability—Cerebral Palsy

In past newsletters we have featured different disabilities. Starting with this issue of the newsletter we will focus on what kinds of equipment and horse is needed, and also what kinds of teaching techniques and precautions should be taken to help with these disabilities.

There are several different forms of cerebral palsy such as ataxic, athetoid and spastic. Ataxic CP causes the rider to have difficulty planning movement while athetoid CP causes erratic, uncontrolled movement. Spastic CP causes excessive muscle tension and/or stiffness.

Since the type and degree of CP can vary with each rider it is important to first choose the right horse. While some riders with mild CP can ride a variety of horses, others may need a smooth-gaited, well balanced horse that is easy to mount and dismount. These riders will also need special equipment such as a gait belt (special belt with handles in the back that is worn around the waist) and may need a special riding pad and surcingle in place of a saddle.

Cerebral Palsy is a lifelong disability that presents different functional implications at different times in each individual. Mounting and dismounting the horse can be different for each rider depending on the degree of CP. Communication can also be difficult so it is important to really listen and be patient. Some riders may be affected in the legs and trunk, making it difficult to sit on the horse and hip alignment may become compromised.

We have several riders here at Healing Reins with different degrees of CP. If you have any questions regarding the equipment and/or horse used, mounts/dismounts or what kind of hold to use (thigh hold, ankle hold, etc.), please don't hesitate to ask your instructor.

## Christmas Parade

The Bend Christmas Parade is December 5, 2009 and a volunteer committee is needed to help plan this annual event. The theme of this year's parade is "It's Beginning to Look A Lot Like Christmas" and we are seeking talented people to help plan and decorate the float. The entry description/layout must to be sent to the parade organizers by November 16, 2009.

If you are interested in helping please contact Sarah Smith, 382-9410 or by e-mail, [sarahs@healingreins.org](mailto:sarahs@healingreins.org).



## Volunteer of the Session

Kelsey Parks has been nominated by the instructors and staff here at Healing Reins, as the Volunteer of the Fourth Session (August through October, 2009).

Kelsey came to Healing Reins in August of 2008. In that time Kelsey has racked up many miles driving to and from Terrebonne where she lives to selflessly serve in multiple classes three days a week!

From the very beginning, Kelsey's bright spirit to serve and charisma to help the instructors with additional facility work has been rock solid. "With her first meeting, Kelsey shared that she wanted to help in everything here. We were excited with this offer, but also wanted to "protect" Kelsey from such demands," says Sarah Smith, Volunteer Coordinator. "We see many volunteers start off strong wanting to serve and then the energy tapers off in a few weeks. Not so with Kelsey, she is true to her word and her devotion is commendable."

When asked why she volunteers here at Healing Reins, Kelsey immediately cited the people (i.e. volunteers, parents and riders). "The people are great and I enjoy the fact that volunteering here is a constant learning experience." When asked how Healing Reins has influenced her life outside the arena, Kelsey commented that she can deal with stress in a more healthy fashion. The instructors and staff have seen Kelsey excel in her volunteerism qualities too. "Kelsey always works hard to accommodate each instructor's needs. She goes above and beyond our volunteer expectations. It is clear Kelsey strives to be the best volunteer she can be," says Katy Schroeder.

Healing Reins is a place that allows one the opportunity to deeply examine and exercise the desires of the soul. It has been beautiful to watch such a transformation from Kelsey.

*Congratulations to you Kelsey from all of us here at Healing Reins!*



## The Great Urination Experiment—Part Deux

Dear Volunteers,

Our experiment seems to be working! Thank you so much for your help! Here's an update:

For those of you who've expressed concern, we appreciate how much you care for our horses. As I'm sure you know, we care deeply about the health and well being of our horses. However, we have strong evidence that peeing in the arena has become a Pavlovian response in our herd, which started with one horse in particular. We have several horses peeing in the arena up to five times per day each, which is not a healthy urination pattern for any horse! In one day, we've had up to 16 horses urinating in the arena, which has created an unhealthy respiratory environment for our horses, riders and volunteers.

We've run blood work to ensure that our horses with the most frequent urination were OK (came back all clear) and are modifying diets. Fortunately, we've had great success this past week breaking the habit. When horse starts the urination stance, we've immediately gone outside or encouraged the horse forward. After moving the horses outside, not one horse has attempted to pee for the duration of class (up to 30 minutes). That is, until they are brought back into the arena for dismounting!

For those horses who are struggling with the change, we have a new plan. After the rider dismounts, please immediately move your horse outdoors, through a stall to an open run. This will help encourage the horses to "do their business" outside rather than in the arena or the cross ties.

Thanks again!

Michelle Anderson  
Equine Director

## Volunteer Talking Points

Healing Reins is fortunate to have a great staff of volunteers who spread the word about our cause daily! Bend is a great community that knows about Healing Reins but we are discovering that people do not understand exactly what we do here.

We have designed a quick at-a-glance card with key information to help.

### ***Volunteer Talking Points:***

1. Healing Reins offers equine assisted activities to individuals with physical, cognitive or emotional challenges. Our mission: "...to heal with horses"
2. Our main programs are therapeutic riding (riding skills with the therapeutic benefits offered by the horse) for ages 5 and up, hippotherapy (physical, occupational or speech therapy on horseback) for ages 2 and up, equine facilitated mental health (partnering with the horse to bring about individual growth) for ages 9 and up.
3. Over 120 volunteers are needed each week to support these programs as well as many special events and programs throughout the year.

Encourage people to check out our website, <http://www.healingreins.org>. It has loads of information. Also encourage people to come by the facility--nothing speaks louder than watching a class!

## Tack 101 by Laura Moss

Ok, so we all know that different styles of riding require different tack. And we also know that the lingo for all this stuff is different. I grew up riding Western and English, so I'm fortunate to be tack-bilingual. However, not everybody knows both worlds, and that's where this helpful guide comes in. At Healing Reins we primarily use Dressage tack, which is a form of English gear. We also have some hunt seat stuff, but for the purposes of this article we're going to lump it all together as English tack. We're going to do a whole English vs. Western thing here.

Why is this important for all of us to know? Consistency is key for many of our riders. Simplicity is a good way to help them be successful in their learning, and if we're all consistent and simple with our lingo, we can help riders avoid unnecessary confusion. It's also important to keep age appropriateness and skill level in mind. Introducing vocabulary is never a bad idea, but make sure that with the vocabulary is an age/skill level appropriate description. Imagine that you already have a hard time connecting verbal directions to physical action. What you hear gets jumbled in your head, and you have to figure out how to make sense of it, then figure out how to get the direction from your brain to your body. If you're struggling with that, lots of words and complicated directions are NOT going to be helpful.

Let's start with a translation quiz.

Western Lingo~~~~~ Which English word does it match with?

Cinch  
Jog  
Lope  
Neck rein

Canter  
Steer  
Trot  
Girth



To make sure we're all on the same page, the matches are as follows: Cinch and girth, jog and trot, lope and canter, neck rein and steer.

So here we have a helpful guide to help you familiarize yourself with our tack. At the very end of this article you'll find a saddle parts and bridle parts diagram (Note: the bridle parts are generally the same on bridles and side pulls, except side pulls don't have the bit).

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## Tack 101 by Laura Moss (continued)

Girths and Saddles: At Healing Reins we use a dressage girth and an all-purpose girth. The dressage girths are shorter and go with the dressage saddles, which have higher cantles, longer flaps, and longer billets (long billets means you can use a short girth). All purpose girths go with hunt seat saddles, which have shorter billets, requiring a longer girth.

Dressage girth



All-purpose girth



Side pull and reins: Side pulls are used instead of bridles for most of our riders so we don't have bits in the horse's mouth with unsteady hands. The reins hook directly to the side of the horse's head, giving the rider full control of where the head is pointing. Pressure on the reins results in direct pressure on the nose, almost like riding in a halter. We have different types of reins to attach to the side pull depending on the rider. The majority of our riders use rainbow reins, aptly named for their colorful nature. This helps us give reference points for rein length when needed. Ladder reins are used for riders who only use one hand on the horse, and each side of the reins is connected in the middle giving the rider full control. Cotton reins are just white cotton, and are softer in case we have a rider who is tactile sensitive to the rainbow reins.

Side Pull



Rainbow Reins



Ladder reins



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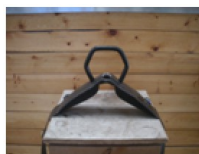
## Tack 101 by Laura Moss (continued)

Surcingles: We use surcingles in place of saddles when necessary. The different kinds of surcingles we use are triangle surcingle, hexagonal surcingle, vaulting surcingle and flat surcingle. The ones with handles provide a place for the riders to stabilize themselves if needed, while the flat one helps hold all the blankets in place and gives the rider freedom of movement forward and backward.

Triangle surcingle



Hexagonal surcingle



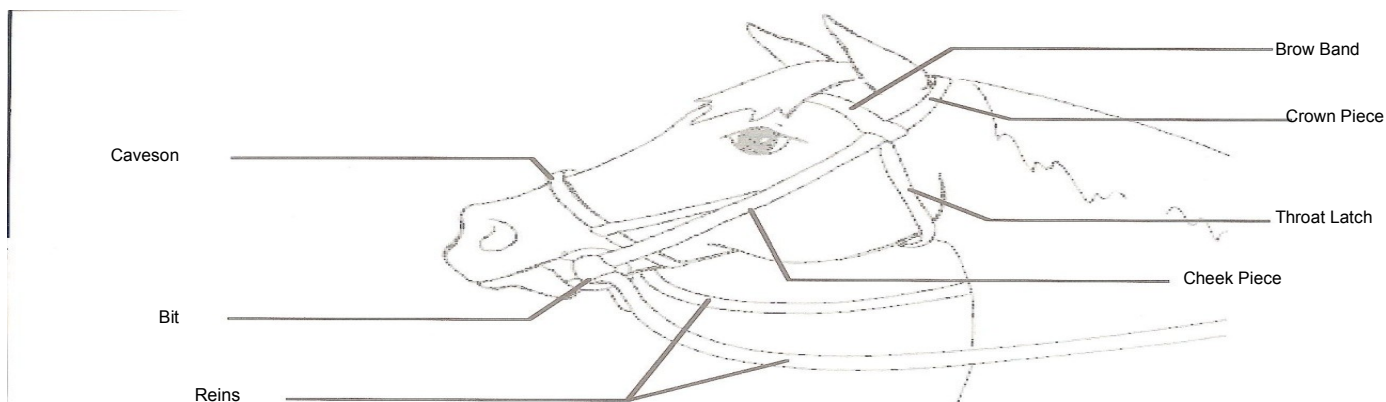
Vaulting surcingle



Flat surcingle



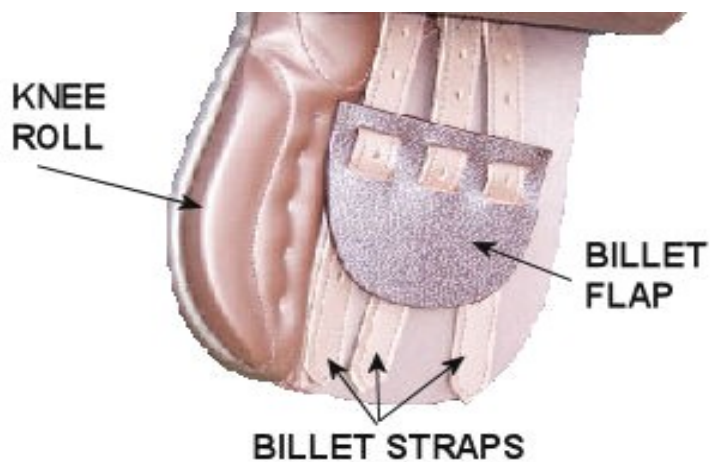
## ENGLISH BRIDLE PARTS



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### PARTS OF THE ENGLISH SADDLE



**"From the Desk of" ...Sarah Smith, Volunteer Coordinator**

It is time to embrace change here at Healing Reins! First with the weather and now with volunteer participation in our newsletter.

As the season changes and the weather gets cooler in the evenings, it is important to remember the following:

1. Hoses: For those volunteers that are assisting with monitoring the water troughs, please make sure to disconnect the hose from the spigot and drain the hose. This prevents the hose from freezing and making it more difficult to use when needed.
2. Barn Heaters: As we use our barn heaters more, please make sure to not place any objects in front of or near the heater.

*Thanks for helping us keep our hoses and heaters working properly to provide an effective program that is safe and comfortable.*

**Volunteer Q&A!!**

Our volunteers ask great questions and now there is a way to share this information with everyone! We will be holding a Volunteer Question and Answer section in our newsletter and want your participation!

Simply email your questions to Sarah Smith ([sarahs@healingreins.org](mailto:sarahs@healingreins.org)) and we will answer them and print them (anonymously) in the next newsletter for everyone to enjoy! Try it and see. Let's learn something new together!



*Diamonds & Dust 2009 — A Smashing Success!*

Now that the auction is behind us, the 'Dust' has settled and the HRTRC staff has had a chance to catch its collective breath, I wanted to take a moment to thank you, our amazing volunteer pool, once again for your incredible efforts on our behalf. With your help, Diamonds & Dust 2009 was a smashing success both financially and socially! Not only was it a sold out event TWO WEEKS in advance, but we were able to net \$74,500.00 to help support our programs and participant needs. The event was fully sponsored as well which means that all expenses associated with D&D were covered prior to event night. Even in these uncertain economic times when so many fundraisers were either not well attended or cancelled outright, the community once again rallied around Healing Reins Therapeutic Riding Center to ensure our continued success.

As usual, the week leading up to the event was hectic ' so many tasks to accomplish to ensure that our facility was cleaned, decorated and ready to receive the crowds. But, true to form, it all came together in time for us to graciously host 375 attendees and the many community volunteer groups (Future Farmers of America, Oregon Youth Challenge, Deschutes County Sherriff's Posse, Bank of the Cascades, and the Academy at Sisters) that came together to make D&D possible!

While the look and feel of the event was similar to that of last year we decided to mix things up a bit in '09. Deb Mullen, a long time HRTRC volunteer, once again donated huge amounts of time and the incredible props she created in '08 to dress up our arena. With the help of Iron Horse Trading and Landsystems Nursery, we were able to create a comfortable, down-home, yet polished barn dance atmosphere which truly set the stage for a great night of both fundraising and revelry! Chef Dave of Café 3456 meticulously created and plated a 4-course meal for our many guests which was professionally served by volunteers, the majority of whom were not only 17 and under, but who had also never assisted with food service before. Not a plate was dropped; the food was delicious and delivered hot, and the crowd was thrilled to see so many 'young people' serving their community!

D&D 2009 also featured auctioneer Trent Stuart, winner of the World's Fastest Auctioneer national title in 2008. Trent is a well known local cattle auctioneer who applied his energy and talents to the Healing Reins mission and deftly delivered our Live Auction offerings and Special Appeal to the audience. The Live portion of the evening was finished on time at 8:45 which allowed people to continue the celebration by feasting on desserts and cupcakes and dancing till midnight...which they did! Our goal this year was to invite the community to help us celebrate our 10th anniversary of service to the community of youth and adults with disabilities and to make it not just an auction fundraiser, but a party. Word on the street now is that Diamonds & Dust has become a must-go-to event!

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## Diamonds and Dust 2009 (continued)

So many volunteers helped with D&D! A huge thank you to Deb Mullen, her daughter and friends; Kelsey Parks, Barbara Reimann; Gregg Martinez; Darcy Justice; Kelly & Karlie Swisher; Caelan Cooney; Kaitlyn & Nick Campbell; Morgan Keith & friends; Carol Hunt; Robin, Irene & Nick Vora; Catherine & Heather McCoy; Gina & Danielle Bailey; Chuck & Patri Stephany; Cathy & Ryan Willis; Elaine Butner; Lindsey Taylor; Erin Hughes; Kerry Heering; LaVonne & Lauren Smejkal; Janet Windman; Connie Peters; Gioia Wadsworth; Margaret Boll; Susie Alberg; Mary Ellen Reese; Rob & Deb Sumner; Larry Fulkerson; Luke Guerin; Kevin Bates; Joal Smith; Sherri Smith; Ryan & the Best Buy team; Terri Stewart; Carly Sworsky; Sue Fuller; Carol Hofelman; Sheri Waterman; Kathy Bourdage; Ron Thromen; Marquita Hain; Lia Donoghue; Julie Muller; Leah Peterson. (If I have missed anyone, please forgive me as Sarah Smith is on vacation and I am going from her notes!)

Thank you to the HRTRC Board of Directors for their involvement in helping me to procure sponsorships, their donations to create the Steamboat Inn package, their corporate table purchases and their countless hours of volunteer service on behalf of Healing Reins TRC! Thank you Anesa Moyer, Dina Barker, Judy Van Nice, Susanna Abrahamson, Gretchen Koth, Rob Sumner and Ed Onimus.

## Fundraiser

### *Wild West Chocolate Bars & the HRTRC "Booster Club"*

HRTRC has formed an informal "Booster Club" (Parents of Program Participants group) designed to help the Healing Reins staff with short-term projects that are fun, easy to implement, and will help our center create both brand awareness and sustainable programs. The first project this group will be undertaking is to call all program families and to encourage them to participate in our fall Wild West Chocolate Bar sales effort by committing to help sell at least one box of 24 bars.

As before, **bars will be sold for \$2.00 and proceeds will benefit HRTRC!** (HRTRC purchases the individual bars for \$1 each and then sells them for \$2 each. This means HRTRC earns \$1 on each bar sold!) Staff member **Nikki Morris-Reade** (Volunteer Coordinator's office) will have boxes ready for distribution and sale on November 1 and will be the Tracking & Logistics Coordinator for revenues received. **Susanna Abrahamson**, our Board Secretary, will be leading the effort to recruit program families as our sales force. Of course, we always welcome assistance from our volunteers, so if you can take a box to work or school or if you simply want to purchase a bar to munch on, please see Nikki. During our spring test sales period, HRTRC was able to net \$800+ in 3 months with a fairly passive effort.

Our goal is to earn \$1000 between November 1 and December 18th by being a bit more organized and assertive. This is an easy and effective, not to mention delicious, means of supporting our programs which also allows our participants to actively engage in helping their center'..Healing Reins TRC!

## Upcoming Events

October 19 - Session 5 Begins

November 11 - Veteran's Day Parade

November 23-28 - NO CLASS (Thanksgiving Break)

December 5 - Christmas Parade

December 19 - Session 5 Ends

## In the Next Issue....

The staff and instructors here at Healing Reins are working on some more great articles to help us, the volunteers at Healing Reins, gain more knowledge and insight into the world of horses and riders. Be looking out for some more wonderful articles and information in future issues!

As always, thanks to the staff who contributed to this issue: Penny Campbell, Sarah Smith, Laura Moss, Dita Keith, and Michelle Anderson and also a big thanks to Katy Schroeder for her wonderful ideas for this issue. Putting together this newsletter was a challenge for all of us, but we finally made it work! You are all the greatest and thanks again for everything you have done for me. *DJ*