



The Pony Express

Breaking Free TRC Newsletter

2014 Year End



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Breaking Free's First Horse Show

On November 9th we met some fantastic people at our barn, there were superheroes, princesses, wizards, and so many more! The array of costumes were so creative at our first ever horse show. We had 18 riders who came out to show their family and friends all they had learned this year.



Riders were able to dress their horse, ride their pattern, talk with the judge and then receive their show ribbons for a year well done.





A great time was had by all.



and of course Nicker Treat in the barn was a huge success again this year!





Mr. Steve Addis was our guest judge and did an amazing job engaging each rider and making their first horse show a positive experience.



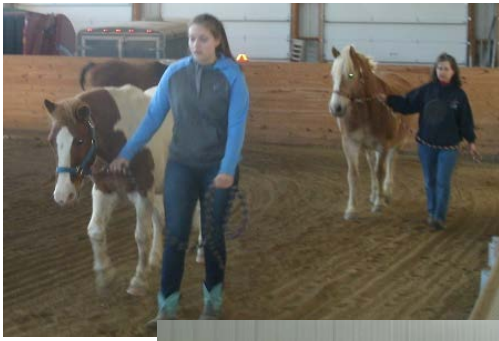
We also held a short recognition for all of our amazing Volunteers. The small thanks we give them can never be enough for all of time and effort they generously pour into the center. The number of volunteer hours recorded from May-November was 1,930! We know there were many more hours that went unrecorded that helped make the center operate this year. So to each and every volunteer THANK YOU! We could have all the amazing horses in the world and all the lesson plans we wanted but none of it is possible without YOU.





We recognized those who were present who had over 140 hours this year - Lynne Kugler, Phyllis Meyer, Ray Meyer, Laury Bitecofer and those who had over 50 hours this year - Randi Bates, Raenna Miles, Sherry Dearth, Theresa Krupa, and Megan Garber.





Linda's Lines

No way is it December already! I knew we had a busy season at Breaking Free but where did 2014 go? Oh what an amazing year it has been for Breaking Free. Our students had such a great time riding and enjoying their horses and so did each of us as volunteers. Our Instructors taught over 660 riding lessons to up to 36 riders each week with the help of 44 volunteer helpers and 8 horses.

As I sit here watching out the window on this beautiful cold morning, I can see the horses enjoying their togetherness and I can't help but think what a blessing it has been to be allowed to first hand spend time with and get to know each of our students, volunteers and staff. Once again we say Thank You to the Irvin family for the use of their beautiful indoor arena. *God Bless You*. We cannot wait to see what 2015 will bring when we return.

In 2015 the center will grow even larger as we partner up with local Veterans administrations to aid servicemen and women with cost free equine activities. Many just need to know that someone cares and wants to help them return to their new and ever changing lives here at home. Breaking Free will step up once again with the help of many of you to accomplish that goal. The Center will operate in 2015 from both locations with the Horses for Hero's programs making use of the farm in Norwich and the therapeutic program and riding lessons continuing at the Zanesville indoor arena. All of our programs will no doubt grow and become stronger. I must say every year since the doors opened in 2008, we have seen one miracle after another happen right before our eyes. I know I speak for many when I say we are truly on a mission! *God Loves Breaking Free*. May His never ending love, comfort, and guidance be with each of you as we celebrate the birth of his Son this month and never forget that he is with you.....just continue to Pray and ask Christ to be yours, and life will give you Joy!

God Bless

Merry Christmas and Happy New year

Linda Lake Executive Center Director

Zanesville Veteran's Parade

We had a great turn out for the Veteran's Parade in Zanesville on November 8. Thank you to all those who braved the chilly weather to help decorate the float and horses and pass out information along our parade route.



New Concord Christmas Parade

Even chillier was the Christmas parade in New Concord on December 1, but all volunteers, riders and ponies dressed warm and had a great time.



Movie Screening

We had around 75 people watch the movie screening of Riding My Way Back with us on November 13. The inspirational story of how therapeutic riding helped one Veteran in his struggle with PTSD and TBI was a thought provoking look into the struggles Veteran's face upon their return to civilian life. The question and answer time after the film brought up some good points and gave out some helpful information. If you are interested in purchasing a copy of the DVD or any of the merchandise associated with the film please visit their website at www.ridingmywayback.com

This event served as our launch of the Breaking Free Horses for Heroes program we will be starting Spring 2015. This program has been many years in the making and we are excited to finally be starting it. If you know of a group that would be interested in having us present our program to them for possible funding please let the office know. Also any Veterans who are interested in becoming a participant in the program or volunteering with the program are encouraged to contact us or go through their local VA for more information.

Fundraisers

QUILT RAFFLE – Our winter fundraiser will help bring in funds for the new Veteran's Program that will be starting Spring 2015. The Handmade Patriotic Quilt raffle tickets are \$5 each. We will hold the drawing on March 31. So please help support this upcoming program by selling tickets. There are tickets included at the end of this newsletter and more are available in the Norwich office. If each volunteer can sell just 10 tickets, we can start the new year off with over \$3000 for the Horses for Heroes program.



Center Announcements

Open Volunteer Positions - the following volunteer positions are open at the center. Please contact the office to let us know if you are interested volunteering.

Public Relations - We are in need of someone to take over the creation and contact involved in newspaper articles, press releases, public awareness and more.

Fundraising Director – We are in need of an enthusiastic, driven individual to take on fundraising to continue the centers mission.

Winter Horse Care

Although our season is over, the horse care is not. We are in need of a few more volunteers to help feed and care for the horses throughout the winter months. We are training 2 person teams starting this month who will come out weekly on their assigned day to care for the horses until spring. If you would like to help in this way please let us know as soon as possible. Thank you.

New Instructor - Congratulations to Meg Shaw who officially joined our instructor team this past October when she became certified as a PATH Registered Instructor.

Instructor IT – Theresa Krupa will be joining the lessons as an instructor-in-training this upcoming session. We wish her luck in this undertaking.

Rider Highlight – Raevin



If you have seen a rider passing out bright smiles and high fives from the back of her horse you must have most likely met Raevin. Miss Raevin has advanced with all of her wonderful confidence from riding our little ponies to our bigger horses in just four short years.

She is always happy to see her fellow riders and volunteers. She never hesitates in trying to move the class into a faster pace, namely trotting. She loves trotting her horses and does wonderful at the trot.



Volunteer Highlight – Ray & Phyllis



With all the focus we have been putting on Veteran's this month, we would like to thank two of our very own volunteers for their service. Ray and Phyllis have been volunteering for two years with our therapeutic riding program and together they put in over 300 hours just this year!

As US Veteran's, they have been actively involved in helping start our new Veteran's program. From arriving early for sessions to bring

horses in, to feeding all year round, this couple always has a kind word and smile for riders and volunteers alike. Ray's patient, calm manner have been helpful with horses and Phyllis can pull a smile out of any rider whether they want to or not.

Ray and Phyllis, thank you for your service to our country and for your commitment to our Breaking Free riders.



Equine Highlight – Marley

Marley is a 8 year old paint pony who has been with the center for two seasons now. He has been a great help in taking some of the responsibility off our other pony Cadet for riders who are not quite ready to be up on the big horses yet. Marley's past life as a child's barrel racing pony still shows through as you never need to ask him twice to pick up the pace. Although he can be a ham, he is eager to please and great with the all the TR program participants and beginner lesson riders.



Remember check the website often for updates www.breakingfreeriding.org
Also be sure to "Like" us on Facebook

March 2015 - start checking your email for information on the new 2015 year

Name: _____ /

Phone: _____ /

Address: _____ /

_____ /

Email: _____ /

Handmade Patriotic Quilt Raffle
to benefit

Breaking Free Horses for Heroes



\$5.00

Drawing to be held March 31
All proceeds benefit **Breaking Free Horses for Heroes** program.
Winner will be contacted by phone
For more info call 740-872-3220 or
visit www.breakingfreeriding.org

Name: _____ /

Phone: _____ /

Address: _____ /

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