



Muzzles



R•E•A•C•H Therapeutic Riding Center

Spring 2013

Spring at the Barn

This spring we welcome the newest member of the REACH family – Jaxon Ryan Brown, born to instructor Krystin Snodgrass on Sunday morning, February 10. Jaxon Ryan arrived at 9:06 am weighing 6 lb. 4 oz. and measuring 18” long. We all look forward to meeting Jaxon Ryan and seeing Krystin back in the arena later this semester.

Another new face you’ll see around the barn is our spring intern, Amanda Crunk, an enthusiastic Baylor graduate student working on her Master’s of Science in Education. Amanda will be helping the instructors develop specific exercises for our riders as well as volunteering her amazing organization skills around the barn. Welcome to REACH, Amanda!

We also welcome all our new riders and their families and are looking forward to a fun and rewarding semester.

Take care and see you at the barn.

Barbara Epps
Program Director

“This ain’t no pony ride”

Riding horses can look like it’s just for fun. And it is fun. But there is a lot more going on than meets the eye. There are physical, emotional, social, emotional, and cognitive benefits from time spent with and on a horse.

From the time our riders arrive at the barn, the horses are working their magic. Just getting out of a scholastic or clinical setting is therapeutic. The sight of the pastures. The smells of the stalls. The sounds of the horses’ nickers and shuffling hooves. The feel of the horses’ soft fur. All the senses are affected and heightened.

If appropriate, riders are allowed a transitionary time when they arrive, to include books or puzzles in the front office. This allows them time to adjust to the new environment. This semester we will add in dynamic exercise time, compliments of our intern, Amanda, to help the riders stretch and warm up before mounting.

Many of our riders groom their own horse. This tactile exercise helps the rider get comfortable with their horse and promotes bonding. Time on the ground with their horse is important and enables the rider to feel confident around their horse.

Simply leading a horse is quite an accomplishment for many riders who have never interacted with an animal larger than a gerbil. Having the ability to control a horse on a lead line encourages confidence when it’s time to get in the saddle.

Mounting and dismounting their horse may look simple, but it requires physical strength, balance, coordination, and the confidence to trust a 1,000 lb. animal to stand still while they may struggle to safely get on or off of him.

Riding a horse involves and improves the physical ability to maintain correct posture with a straight back, dropped heels and proper hand position. Keeping their head up and eyes forward can be very challenging for some of our riders.

In addition to the physical aspect, riding requires processing and sequencing skills to correctly stop, start and steer their horse around the arena and various obstacles. It can be difficult for riders to remember and follow multiple instructions at a time.

For many of our riders, riding provides independence and simple recreational fun. Trail riding in the field allows them social time with their sidewalkers and other riders, as well as an opportunity to enjoy the sights and sounds of the wildlife in the area.

Our instructors are constantly trying to improve their skills in order to improve our riders’ skills. We always want your time at the barn to be both enjoyable and beneficial. It may be fun, but riding at REACH “ain’t no pony ride.” It’s helping all of our riders achieve confidence and health!



Mark Your Calendar

Spring 2013 Session Dates

February 12 – May 11

No Classes:

March 12 – 16 (Spring Break)

Spring Horse Show

Sunday, May 5

Rain Date Sunday, May 19

Cancellations:

Call 254-848-7888

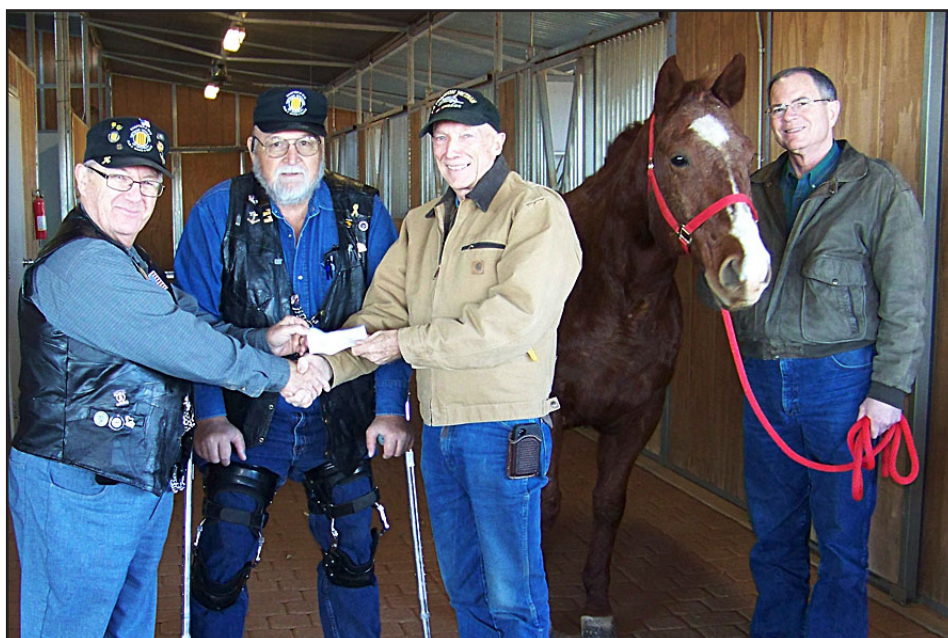


The use of the riding facility is made possible through the generosity of Gary and Diane Heavin.

www.REACHtrc.org • Ride@REACHtrc.org • www.Facebook.com/REACHtrc • 254-848-7888

Horses for Heroes receives donation and awards

Fall 2012 was a busy time for our Horses for Heroes program.



REACH Receives Donation from Vietnam Veterans of America Chapter 1012

On a windy day in December, members of the VVA Chapter 1012 visited the REACH barn to present a check for \$900 for the Horses for Heroes program.

"The goal of the Vietnam Veterans of America," says Henry Kasper, president of Chapter 1012 of the VVA and a Vietnam veteran, "is to promote and support the full range of issues important to Vietnam veterans, to create a new identity for this generation of veterans, and to change public perception of Vietnam veterans."

We thank the Heart of Texas VVA for supporting the wounded warriors of our area and the participants in the Horses for Heroes program.

Henry Kasper, President, and Marion Witt, Secretary, of the Heart of Texas Vietnam Veterans of America, Chapter 1012, present a \$900 donation to Larry Barnett, Executive Director of REACH Therapeutic Riding Center. Joining them are Chex and Ronald Epps, Chairman of the REACH Board.

Karen Fraser places second in the 2012 Leatherneck Run

On a cool and cloudy morning in early November, instructor Karen Fraser warmed up with local Marines in downtown Waco in preparation for the Marine Corps 2012 Leatherneck Run. Running the 5K, Karen placed second in her class!

In addition to running the race, Karen set up a Horses for Heroes table at the event to spread awareness of our program.



Horses for Heroes wagon takes first place in 2012 Veterans Day Parade



Congratulations to our Horses for Heroes veterans, volunteers and staff for taking first place in the 2012 Veterans Day Parade.

Preceding the wagon were instructors Karen Fraser and Valarie Warnock astride their beautiful horses proudly displaying American flags.

Thank you to Karen for coordinating the wagon and all the participants for the parade!



2012 Christmas Horse Show – Fun for Everyone!

Thank you to all the riders, their families and friends, the volunteers, therapists, staff and horses for making the 2012 Christmas Horse Show such a wonderful success!

A special thank you to Rachel Richards for judging the show and Jennifer Matthews for doing such a great job behind the microphone!





There's an app for that!
Download your membership into the 2013 Pony Club!

No, there is not really an application for the iReach Pony Club, but by becoming a member of the club you also become the power behind our horses! Membership in the club includes an **I Support REACH window sticker** for your car, a **REACH Your Potential coffee mug**, the cool new **iReach t-shirt** for 2013, designed just for Pony Club members, and a ticket to the spring fund-raiser, *Horses for Healing*.

Stop by the office or join online at www.REACHtrc.org. Volunteers, riders and their families can join for half-price!

Sharpening the Saw series starts Friday

Each semester we try to provide continuing education opportunities for our volunteers, riders and staff in a variety of subjects. This semester we will have presentations one Friday a month. We're starting this Friday, Feb. 15, with Dynamic Warm-Up Exercises for the Rider with our very own Amanda Crunk. Come join in the fun as she explains, demonstrates and tries to teach us the smooth moves of a seasoned exercise physiologist.

Upcoming presentations include sign language, equine conformation, a Parelli demonstration and others. We'll keep you posted!



**2013
REACH
Calendars
on sale!
Only \$20**

Meet Amanda Crunk

Amanda is a Baylor alum who grew up in Robinson. She received her Bachelor's degree in Exercise Physiology in May 2010 and then worked as an Exercise Physiologist in outpatient cardiac rehabilitation for a year at the Hillcrest Gettman Wellness Center. She is currently working on her Master's of Science in Education in the Human Health, Performance, and Recreation program at Baylor University. During the duration of completing her coursework, she became a member of Harris Creek Baptist Church in McGregor. She will complete her Master's degree in May of this year, and then plans to be back in the workforce.

This semester Amanda will be completing a practicum experience at REACH with the hopes of learning the "ins and outs" of our program.



"I believe that my future endeavors will include working with a special population that benefits from some form of therapy," says Amanda.

We're glad Amanda chose REACH to work with this semester.

*You're invited to support the riders
and programs of REACH at our
primary fund-raising event of the year!*



**2013
Horses for Healing Dinner
Monday, April 22, 2013
5:30 – 8:30 pm • REACH Barn**



Rhinestone Cowgirl Drill Team
Barn Buffett • Complimentary Cocktails
Silent & Live Auction • Music & Entertainment
Parade of Schools Horse Fashion Show



Tickets \$50 each
Available in the office or
online at www.REACHtrc.org.

HORSESHOE HEROES

The real heroes of our center are listed below.

In appreciation to each of you for your unique and generous contribution to the people and programs of REACH.

Gary & Diane Heavin
Larry & Marilyn Barnett
Brazos Higher Education
Fentress Foundation
Steve & Candace Harrison
The First National Bank
of Central Texas

Academy for Speech & Language
Alliance Bank Central Texas
Lynn Allinson
American Bank
American Quarter Horse Foundation
Jim & Kathy Anderson
Rachel Ashcraft
Kristine & Anthony Backes
Wes & Rebecca Bailey
Baylor Pre-Vet Society



Donald Becker
Bent Bucket Ministries
Cowgirl Get Together
Bird-Kultgen Ford
Tina Boatwright
Sidney Bolfiging
John Booth
Curtis & Carrie Breuer
Stanton & Susan Bussell
Cahill Quarter Horses

Joe & Christine Calao
Nancy Callan
Angela Cano - "Presley"
Central Texas Horseshoe
Pitching Assoc.
Central National Bank
Kelsey Cervena
Bill & Jackie Chalmers
Mary Clifton Chase
Kathi Childers
Christian Mission Concerns
Classic Equine
Lauri Cole
Mike & Pat Combs
Community Bank & Trust
Congress Clothing
Jeff Conners
Conners Crushed Stone & Material
Mikel Cooney
Cooper Foundation
Gerald Cox, DDS
Pediatric Dentistry
Randy & Rhonda Crawford
Mr. & Mrs. Bill Curtis
Dr. & Mrs. Steven Cutbirth
Billy & Patty Davis
Kyle & Diane Deaver
Chuck Doherty
Dry Clean Super Center
Mike Duncan
Ron & Barbara Epps
Extraco Banks
Susie Farley
Heather Field
Firmin Business Forms
Jim & Sue Fleshman
Lisa Ford
Justin & Kimberly Fulp
Juan Garcia
Ted & Sue Getterman
Zandy & Carol Goode
Donna Grant
Nancy McNamara Groover
Pamela Guidry - "Annie"
Randy & Virginia Hagens
H•E•B
Allison Harrison
Vivian Harvey

Nell & James Hawkins
Lily Hays
Heart of Texas Electric Co-op
Operation Round-Up
Henry Saddlery
Hillcrest Baptist Medical Center
Rick Hines



Hole in the Roof
Hope Therapy
Andy Horn Builder & Developer
HOT Fair & Rodeo
Joseph Hudson
Monte Hulse
Independent Bank
Rupert Issacson
Dr. & Mrs. Kerry Irons
Jan Jackson
Jaynes, Reitmeyer, Boyd & Therrell
Mr. & Mrs. Harold Johnson
Linda Jordan
Joy of Hope Foundation
Anita Karney
Christopher Kavanaugh
Tracy Kelly, DVM
Ramsgate Veterinary Clinic
Rosalie & Terrence Kettler
Beth Key - "Fire"
Jill King
Sherri Kneller
Sloan Kuehl
Nancy Lacy
Jim & Karen Lane
April Langston
Julie Latino
Dr. Ed Lee - "Blys"
Jay & Patricia Levine
Krystal Lund
Mark Mackey
ManeGait Therapeutic
Riding Center

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Melissa Marsh
 Jennifer Matthews - "Cody"
 Virgil & Mareille McCaleb
 John McClaren Chevrolet
 Annie McCollum
 Mike & Lu McDonald
 Carolyn McEachern
 Diane McEachern
 Data Systems of Texas
 Kari McKown
 Merry Maids
 Fred Menotti
 Larry & Penny Moore
 Larry & Donna Morden
 Steve Myatt
 Paul & Jane Meyer Family
 Foundation
 Shelby Nicoletti

Ozark Leather Company
 Christine Nichol
 Edwin Page
 William Pakis
 Jaunda Payne
 Patricia Peacock
 Shawn & Misty Petree -
 "Aggie"
 Pioneer Steel & Pipe, Inc.
 Providence Healthcare
 Network
 Bernard & Audre Rapoport
 Foundation
 Mark Rhodes
 Karen & Billy Richardson
 Clifton & Betsy Robinson
 Paul Ruiz
 Tom & Martha Salome
 Sam's Club
 Allen Samuels
 Dodge-Chrysler-Jeep-Ram
 Dr. Dianne Sawyer
 Roger Schmidt
 Mark Schneider
 Betsy Simpson
 Don Sharp
 Barry & Tammy Shefa
 Kevin Six
 Chad Smith
 Rod & Shannon Smith
 Betsy Snipon
 South Land Title, LLC
 John Spelman Co.
 Spooner Family
 Dee Springer
 Sonja Stamness - "Simon"
 Rebecca & Phillip Stewart

Charles & Carolyn Suderman
 Kendra Suhling - "Chex"
 Ted Teague
 Julie & Philip Templet
 Marcel Templet
 Texas First State Bank



Kay & Lyndon Olson, Jr.
 Daniel & Tomasina O'Neil
 Liam & Robin O'Neil
 Kenneth Orr

Thrivent Financial for Lutherans
 Joyce Verona - "Lady"
 Vietnam Veterans of America
 Chapter 1012
 Patti Vincent
 Kristin & Ryan Volcik
 Glenn & Jo vonRosenberg
 Waco Foundation
 Waco Mayor's Committee
 for People with Disabilities
 Waco VFW Post 2148
 Christi & Chuck Weddington
 Wells Fargo Bank
 Which Wich? Superior Sandwiches
 Ann Whitley
 Kathy Williams
 Mary Ann & Stephen Zakrzewski

In addition to funds needed to run our center and programs, there are always items needed for the barn and facility. Here is our current wish list!

Tractor
 Manure spreader

ATV
 Hay

Mower/bush hog
 Horse trailer

REACH Therapeutic Riding Center Mission

Improving the health, increasing the confidence, and promoting the independence of persons with special needs through the use of horses.