

DECEMBER 2011



# Hoof beats

Newsletter of the Front Range Exceptional Equestrians  
Achieving FREEdom one hoof beat at a time



Remember, we are on Facebook!

## New Executive Director



F.R.E.E. is pleased to announce that **Jody Goodman** of Fort Collins has accepted the new position of Executive Director. Jody has a depth of experience in the animal therapeutic assistance field. She has volunteered with F.R.E.E since 2006, and her background includes more than ten years in the animal medical field. She attended both Louisiana State University and Colorado State University, focusing on studies in Animal Science and Biomedical Science respectively. Jody will no doubt showcase her strengths as a passionate and dedicated leader who will guide our organization as we continue to grow. Welcome, Jody!

## Kudos to award recipients!

We are pleased to share the names of the award recipients at the annual Volunteer Appreciation Dinner on Nov. 15. The outstanding volunteer of the year, receiving the Lone Ranger Award, was Bud Kamrud. The Bu Luellen and Weeds Award was presented to Nancy Day. Emily Link was named Rider of the Year. Congratulations, all!

## You're making a difference!

A notebook was on display at the volunteer dinner, sharing some testimonials from riders and parents. It is always gratifying to hear that our program is making a difference in the lives of those involved. In case you did not see the notebook, below are some of the comments. Look for more in the next newsletter and on the web site.

*"Dear F.R.E.E. volunteers, Skylar had a great year riding in 2011!...She's gotten stronger and her stamina is much better...We've seen improvement in her core strength, balance and walking...Volunteers with your passion and dedication are hard to come by...Whether you help during the rides or behind the scenes, you are very much appreciated...We are grateful for the time you donate ...and you are truly making a difference!"* The Holland Family

*"There is no substitute for a program like F.R.E.E. There is just nothing like it. I am in awe of volunteers who selflessly give many, many hours..each week so that my daughter can ride. ..There is so much work that goes into a program like F.R.E.E. but the volunteers make it seem effortless. ...THANK YOU for everything. Is it appreciated beyond measure."* The Sutherland Family

*"Thank you for the difference you have made in Ashley's life. ...Ashley's self confidence and self esteem have improved significantly...Also, the intelligibility of Ashley's speech has improved. (Her) social skills have improved a lot. Ashley loves F.R.E.E. ....Thanks for all that you do!"* (Linda & James Brooks)

*"F.R.E.E. has been an amazing program for my daughter Julia. It has helped her in so many areas--- socialization, balance, motor skills and over-all confidence in herself. The volunteers are outstanding. The dedication they give has definitely had a positive impact...You are the BEST!"* Holly and Julia Oberoi

*"If we didn't have our wonderful volunteers, I wouldn't be able to RIDE! Thanks to every one of you that makes the program possible, from supplying the horses, grooming and saddling them up, keeping me safe walking and trotting, teaching me new skills,....and most of all putting a smile on my face and in my heart every week!"* Emily Link



**You are awesome volunteers! A great example is Roy, who helps at Town & Country, and helps stack hay when it's delivered—even though he is allergic to hay and has to wear a mask!!**

## New Web site!

Very soon F.R.E.E. will be debuting our new Web site! The URL will remain the same ([www.ridewithfree.org](http://www.ridewithfree.org)), but it will have a whole new look. When it is launched, the site will have all the basic information and forms, but as we move forward, new enhancements will be added. Calendar items will be added as they become available. Keep an eye out for the new site, and if you wish to comment, contact Linda Brott at [llbrott@msn.com](mailto:llbrott@msn.com).