



Achieving FREEdom one hoof beat at a time!

FRONT RANGE EXCEPTIONAL EQUESTRIANS

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ridewithfree.org



The Hoof Beat Monthly

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June 1, 2006



THANK YOU to everyone who helped us with the ramp project at CSU!!!

You Have a Voice!

Attention all Hoof Beat Monthly readers! You have a voice in this newsletter, and we'd really like to hear it! We're looking for pictures that you would like to share of yourself or your children having fun with us at FREE. And, you may have also noticed a Rider Highlight section in this month's issue. We will be doing this every month and will be taking nominations of who you would like to read about. Tell us who you'd like to see highlighted and why. Pictures of the nominees would be great, too! Please e-mail your pictures and nominations to us at ridewith-free@yahoo.com. We can't wait to hear from all of you!

This Month's Spotlight

Our next Board Meeting is Wednesday, June 21 at 7:00pm. It will be located at Christ United Methodist Church at 301 E. Drake (1 block East of College on Drake).

We invite everyone to come share ideas, concerns and just hang out with us!

Dave Wick - A View From the Saddle

Rider Highlight

- How long have you been an exceptional equestrian?
I'm in my seventh six week session.
- How has therapeutic riding helped you?
Riding a horse is like walking, I shift my weight from side to side. Riding and standing in the saddle is a good workout. The volunteers encourage me to use my left hand on the reins and it's getting stronger.
- What is the most enjoyable part of our program?
I enjoy talking with the volunteers and I enjoy the friends I have made.
- Who is your favorite horse?
Roy, because I have to speak loud for him to follow my instructions and I need to exercise my voice.
- Who is more impressive, the horses or the people who make it possible for us to ride?
The horses and the people are equally admired. I appreciate the patience of the volunteers as they help me up the ramp and as they help me with other things. I really appreciate the volunteer who caught me when I fell.
- Is there anything else you would like to tell us about the program?
I enjoy the volunteers, they are ladies and gentlemen. I enjoy the trail rides outside the arena.

Volunteer Needs

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Volunteer Needs

Calling all volunteers! We still need horse leaders and sidewalkers to help us with classes on **Thursday nights at 6:00pm and 7:00pm. These classes started on May 18 and will last until June 22. They are taking place at CSU's Equestrian Center.** To sign up to volunteer, or if you have any questions, please email ridewithfree@yahoo.com or call 970-221-0646. [Click here](#) for more info, including class schedules, other needs, and the necessary paperwork!

Upcoming Events

- 📅 June 21, 7:00pm: **Board Meeting Wednesday, June 21 at 7:00pm. It will be located at Christ United Methodist Church at 301 E. Drake (1 block East of College on Drake).** We invite and encourage anyone who would like to attend to come share ideas, give us input, or just hang out and meet everyone!
- 📅 June 27-July 8: There will be **no classes** held from June 27-July 8.

Wish List

Thank you to everyone who is helping us reduce this wish list. Any and all help and donations are greatly appreciated! Here is what we would still be grateful to receive:

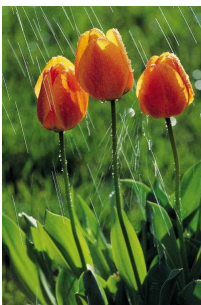
- ✓ English Stirrup Leathers and Stirrups
- ✓ 15-17in. Western Saddle
- ✓ Color Ink Cartridge for HP Deskjet 932C Printer (HP Cartridge 78)
- ✓ Office Paper
- ✓ First Class Stamps

If you would like to donate to assist with some of our needs, please e-mail us at

ridewithfree@yahoo.com or call us at 970-221-0646.

Welcome to Holland

Written by Emily Perl Kingsley, Submitted by Cheryl Sutherland



I am often asked to describe the experience of raising a child with a disability – to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this...

When you're going to have a baby, it's like planning a fabulous vacation trip – to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean, Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible disgusting filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guidebooks. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around...and you begin to notice that Holland has windmills...and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy...and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was going. That's what I had planned."

And the pain of that will never, ever, ever, ever go away...because the loss of that dream is a very very significant loss.

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And the pain of that will never, ever, ever, ever go away...because the loss of that dream is a very very significant loss.

But...if you spend you life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things...about Holland.

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Questions or Comments, please e-mail us at ridewithfree@yahoo.com or call us at 970-221-0646.

Check us out at www.ridewithfree.org!