



M.A.R.E. THERAPEUTIC RIDING CENTER

BEHIND BARN DOORS

FALL/WINTER 2011



WHERE WE STIRRUP A LITTLE FUN



WHAT ARE EQUINE-ASSISTED ACTIVITIES & THERAPIES?

Throughout the world, hundreds of thousands of individuals with and without special needs experience the rewarding benefits of equine-assisted activities and therapies (EAAT), like those offered at M.A.R.E. A physical, cognitive or emotional special need does not limit a person from interacting with horses. In fact, such interactions can prove highly rewarding. For instance, experiencing the rhythmic motion, shape, warmth and inherently motivating quality of the horse can be very beneficial. Riding a horse moves the rider's body in a manner similar to a human gait, so riders with physical needs often show improvement in flexibility, balance and muscle strength.

Whether it's a five-year-old with Down syndrome, a 45-year-old recovering from a spinal cord injury, a senior citizen recovering from a stroke, research shows that individuals of all ages who participate in EAAT can experience physical and emotional rewards. For individuals with emotional challenges, such as a veteran returning from war with post traumatic stress disorder (PTSD), the unique

relationship formed with the horse can lead to increased confidence, patience and self-esteem.

For teams in the corporate workplace and any individual seeking better leadership, team



building or communication skills, working with horses provides a powerful new paradigm for enhanced communication and fresh approaches for effective team building.

Individuals with the following disabilities commonly participate and benefit from equine assisted activities and therapies:

- Muscular Dystrophy
- Cerebral Palsy
- Visual Impairment
- Down Syndrome

- Mental Retardation
- Autism
- Multiple Sclerosis
- Spina Bifida
- Emotional Disabilities
- Brain Injuries
- Spinal Cord Injuries
- Amputations
- Learning Disabilities
- Attention Deficit Disorder
- Deafness
- Cardiovascular Accident/Stroke

The sense of independence and acceptance a rider finds through equine-assisted activities truly does benefit those from all walks of life.

Source: Excerpts taken from 2011 Professional Association of Therapeutic Horsemanship International (PATH) website.

Special Thanks to:



PANAMA EQUINE HOSPITAL

5429 Taft Highway
Bakersfield, CA 93313
(661) 834-9566

Your help is truly appreciated.

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LOOKING FOR A UNIQUE STOCKING STUFFER??

LOOK NO FURTHER...

Join us at

M.A.R.E. Night with the Condors

Friday, Jan 27, 2012

Join MARE on Friday night, January 27th at
7:00pm,

watch the Bakersfield Condors take on the Ontario Reign .

Executive Level Seating \$14.00 (\$2.00 off). Hockey tickets make great gifts for that special sports fan in your family. Since this is a fundraising effort for MARE, what a great way to help out a local non-profit organization and have an evening of fun at the same time!



Contact MARE at 589-1877 for ticket information.

The M.A.R.E. Story

The vision began a little more than 21 years ago, when three local women dreamed of a better world for adults & children with disabilities.

In September, 1990, they joined forces to create: Mastering Abilities Riding Equines.

With the belief in the healing power of the horse, Diane Hopkins, Mary Literilla & Dorothy Evans broke the trail for special needs children & adults in Kern County, allowing them to experience freedom of movement, freedom of spirit & freedom from judgment. Twenty-one years later, M.A.R.E. continues to provide "hope on horseback," for exceptional equestrians in Kern County.

M.A.R.E. is where miracles happen one stride at a time.



RIDER SPOTLIGHT



ANITA ROJAS

Anita has been a rider out at M.A.R.E. for almost 10 years. She says she loves the horses & loves riding but especially loves her favorite horse, Cricket. Anita also keeps busy working at B.A.R.C. (Bakersfield Association for Retarded Citizens) where she helps keep the place neat & tidy.

Having participated in the Special Olympics in tennis, she is an avid tennis player & is also involved in bowling at Regency Lanes here in Bakersfield.

Anita says she really loves coming to M.A.R.E. and being outdoors. We enjoy having her here, as well. Keep on riding, Anita!



CLARICE HUDLOW

Our featured teen rider is Clarice Hudlow. Clarice, 13, has been coming to M.A.R.E. since she was 3 years old. First as a rider, then as a vaulter at age 7. Her favorite horse here at M.A.R.E. is Charlie Tuck, an American Cream Draft horse.

Clarice's younger sister, Marcy, is also a vaulter and attends classes at M.A.R.E. as well.

Clarice says that her favorite thing to do when she is vaulting at M.A.R.E. is a backwards roll-up on to Charlie Tuck's neck.

Bowling, swimming & basketball in Special Olympics are some of Clarice's other interests. Looking good out there, Clarice!



MIA STURM

Mia, who is 3 years old, has been coming to M.A.R.E. as a rider since November of last year. She comes to M.A.R.E. to increase her communication skills. Some of Mia's favorite things are the A, B, C's & anything to do with animals. Mia was barely talking when she began riding. She has shown much improvement in that area & credits her special volunteer, Vicki Kelley, & her favorite horse, Sally, for helping to improve her communication skills.

Mia especially enjoys barn lessons as she learns to remove the saddle from her horse & put away the horse blankets & other tack. We really love having Mia here & are impressed with her progress. Keep up the good work, Mia!

Making a Difference Bit by Bit

VOLUNTEER SPOTLIGHT — SIBLINGS



Sam & Emily Haymond: When asked if he had a favorite horse, here at M.A.R.E., Sam stated, "I love 'em all!" Sam began volunteering for us in July of this year while big sister Emily, 15, started helping us out in March. Both home schooled, they say that M.A.R.E. gives them an extracurricular activity & it is a lot of fun. Sam says his favorite part of M.A.R.E. is the people, while Emily really enjoys the work there is to do, especially cleaning stalls & grooming horses. Both Emily & Sam participate in jujitsu & karate. Sam especially loves football & basketball. Thanks so much for fitting M.A.R.E. into your active schedules, you two!



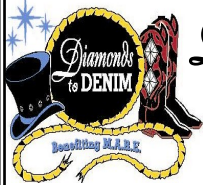
Abbie & Melissa Emig: Melissa has been volunteering at M.A.R.E. since Sept 2010 then convinced her sister Abbie to become involved about 2 months ago. They say they enjoy the interaction with both the horses & the kids. Abbie, who enjoys cooking & all animals, adds that she enjoys seeing the kids have fun. These girls own a bay horse themselves, named Toby. Once she turned 14, Melissa, now 15, immediately signed up for our volunteer program, "It's definitely worth it," she says "It's an easy way to make a difference for the kids & you don't have to be amazing to be able to do it." Well, we think they are pretty amazing anyway!



Jazmine & Dulce Mejia: These sisters both started volunteering at M.A.R.E. as sidewalkers & stall cleaners last August. Dulce, a child & family studies major at CSUB, loves the chance to play a part in the lives of M.A.R.E.'s children while Jazmine, a sophomore at Frontier, enjoys the animals & hopes to make a difference, "even if it's a small one," for the kids. They like being involved in many community activities & have helped out such organizations as the Parra Foundation, Ronald McDonald House & Locks of Love, donating their own hair to make wigs for kids with cancer. Kudos to you girls! We feel very lucky to have your help here at M.A.R.E.

Written by: Kirsten Hoffman

M.A.R.E. would like to express our gratitude to the businesses & individuals who contributed to the success of our fundraisers over the past year. Please be sure to patronize some of these fine establishments as a way to support our Sponsors & Donors.



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**JOIN M.A.R.E. FOR
CONDORS NIGHT!**



**JANUARY 27, 2012
SEE DETAILS INSIDE...**

HAVE A VERY MAREY CHRISTMAS!



CALENDAR OF EVENTS

Nov 24 – 26 Thanksgiving— *Barn closed*
 Dec 10- People's Pizza Fundraiser (Call MARE for info)
 Dec 17 – M.A.R.E. Holiday Party (For Riders & Families)
 Dec 29- Jan 16 – Winter Break— *Barn Closed*
 Jan 16–Mar 31–Winter Session
 Jan 27 – M.A.R.E. Night at the Condors
 April 1-8th–Spring Break—*Barn Closed*
 April 9-June 30–Spring Session
 May 12 - CALNET Horseshow (L.A.E.C.)
 May 19 – *Evening at the Races*
 June 30–M.A.R.E. Horseshow
 July 2-Aug 4 - Summer Session
 Aug 5–Sept 3–Summer Break—*Barn Closed*
 Sept 4–Dec 15–Fall Session
 Oct 20–Fall Fundraiser

WISH LIST

- Farrier's Formula
- Alfalfa/Oat pellets
- Alfalfa & Molasses Grain
- Equine Senior Grain
- Pyrana - overhead fly spray in barn
- Lead ropes
- New paint on horse trailer
- Soft body brushes
- Ground rails
- Flatbed trailer
- Shavings (baled for stalls)
- Rubber matting for stalls
- Fly Spray
- English reins (new)
- Stirrup leathers (all sizes, new)
- Halter/bridle (med/large, new)
- Rubbermaid Manure Cart
- Gas Powered hedge clippers
- Laser Level
- Crowbar
- Ratchet Set
- Hand Tools
- Muck buckets
- Manure forks
- Adjustable Wrench
- Sawzall
- Circular Saw
- Measurement Tool
- Clean sand (for stalls)
- New Printer—HP Color
- Lamination Paper
- File Labels (Avery 5160)
- Ink cartridges for Printers:
HP 96 & 97
Kodak 10B & 10C
- New Fax Machine
- Vacuum Cleaner
- Dustbuster
- Post—Its
- Copy Paper
- Paper Towels
- Liquid Hand Soap
- Spray Cleaners
- Coffee
- Coffee supplies—general

A VERY SPECIAL THANK YOU to the



**ACTIVE 20/30 CLUB OF
BAKERSFIELD #27 for
allowing us to be one of their
recipients from their annual
fundraiser.**

"A Man Never Stands so Tall as When Kneeling to Help a Child"

"THE HORSE - HERE IS NOBILITY WITHOUT CONCEIT, FRIENDSHIP WITHOUT ENVY, BEAUTY WITHOUT VANITY. A WILLING SERVANT, YET NO SLAVE..."
RONALD DUNCAN



Many thanks to

**CATHOLIC
HEALTHCARE WEST**

for the generosity & support
they have shown to M.A.R.E.