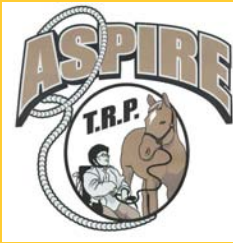


**ASPIRE  
THERAPEUTIC  
RIDING PROGRAM**



**Special points of interest:**

- Congratulations to Doug Melcher for receiving our Volunteer Award!
- Hungry? Come have breakfast with us at our Cowboy Breakfast!
- Camp Hope is just around the corner! Let us know if you are interested in participating!
- Thank you to all of our donors from "Dances with Horses"

**Inside this issue:**

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# HORSE TALES

*Share in the heart of an ASPIRE Child!*

Winter 2009/Spring 2010

## Spring Classes....

Spring classes are getting ready to begin. Please make sure you call the office for a time to visit with our instructors. Orientation is scheduled for April 3rd. Spring Classes will begin April 5th. ASPIRE is excited about partnering with Bremwood again this Spring. Partners this summer include: Boys & Girls Club, Camp Marshalltown, pending is Girl Scouts, Salvation Army, YWCA, and Operation Military Kids. Cody, one of our horses, is also ready to make visits to Central and Nursing Homes. Be sure to look for his brochure!



A student interacting with Cody during Camp HOPE

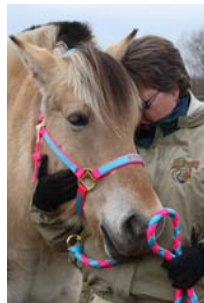
## Benefits of Therapeutic Riding...

The mission of ASPIRE Therapeutic Riding Program is to provide benefits to individuals with disabilities through animal-assisted activities and outreach programs. This is done in a number of ways through our program. Individuals who participate in our seasonal riding sessions benefit physically, emotionally and cognitively through their interaction with

our horses. Through various exercises and activities, riders build strength and balance, and learn basic horsemanship skills including mobility and grooming. Individuals gain not only physical benefits but gain emotional benefits as well. While the rider is interacting with their horse, they are also interacting with other riders and volunteers in a safe and friendly

environment. This helps riders build a sense of self-confidence and self-esteem and overall this increases their quality of life. Please help us continue our program and provide these benefits to hundreds of individuals by volunteering, donating, or spreading the word to your friends and co-workers. Thank you!

## Letter from the Executive Director...



Wow! What a year it has been! ASPIRE celebrated its 10th Anniversary! We had 15 lunches and numerous volunteer groups

visit and assist us with clean up. It was a joy to see the big tour buses pull into the yard. We served 807 individuals in 2009! The differences we made and the joy we brought to all that passed through our doors will remain in our hearts forever. This past fall brought us our beautiful Gypsy Horse-Blue Bayou. It has been a year of changes-blessings-miracles and lots of support. I would like to say thanks to all of you and our

wonderful staff for making this all possible. I am blessed to have a great job. It comes with so many blessings. We are looking forward to a great year in 2010.

Marilyn Moore

**Love pancakes?!**

**Come join us for  
our annual  
Cowboy  
Breakfast on  
Sunday, July 11**



**Would you like to  
receive information  
about volunteer  
opportunities via  
email?**

*If so, please email us at  
aspireamericorps@aol.com  
or call at (319) 296-3096*



## Meet an ASPIRE TRP Child...

Mackenzie began with ASPIRE a few years ago. She was involved in our Mini Visitation program. She groomed Cody at school each week. Mackenzie began riding with ASPIRE in Spring of 2009. She was nervous and kept her hands crossed on her chest. Mackenzie has overcome fears and stress and now holds on to the safety strap on the saddle. Mackenzie has improved in following directions and listening. She takes part in the exercises and games. Mackenzie is always eager to ride. When seeing Mackenzie in the community, she is always excited about the horse that she rides named "Bo". Mackenzie also loves the attention from staff and volunteers.



Mackenzie riding on Bo

## Did you Know?

- ASPIRE provided services for 807 Disabled individuals in 2009
- ASPIRE has won the Equestrian Award from the "My Waterloo Days" Parade 4 years in a row!
- ASPIRE has only 2 paid staff and the rest are volunteers or interns!
- ASPIRE is inviting individuals from the community to the farm for lunch to learn more about Therapeutic Riding. Come on out!
- Working with horses improves individual's physical, emotional, and cognitive abilities.
- This year is ASPIRE's 11th year of service
- ASPIRE won "Organization of the Year" from the Greater Cedar Valley Chamber of Commerce in 2006
- ASPIRE is a Premiere Accredited Center through NARHA
- ASPIRE serves individuals in the greater Cedar Valley area
- ASPIRE is accredited through American Camp Association for Camp Hope



## Hello from AmeriCorps...

Hi everyone. My name is Mariah Skinner, and I am this years AmeriCorps Volunteer for ASPIRE TRP. As a member of AmeriCorps State of Promise Program I have acquired this position to help ASPIRE meet their needs. I do many things to help out, such as managing our volunteers, letting the volunteers know of ways to participate, among many other things. Currently I am working on organizing activities and events for Camp

HOPE. I began helping ASPIRE in September 2009, and it has been an amazing experience so far! The most rewarding thing about this experience is being able to help others, whether it is one of our riders or a new volunteer. It is also extremely rewarding to see the benefits the riders get from our classes, along with the joy the volunteers get when they see these benefits unraveling. I have been around horses for the majority of my life, but have never experienced

the therapeutic side, and seeing the results hands on is just outstanding. I am looking forward to the warm weather and being able to interact with the volunteers and riders once again!

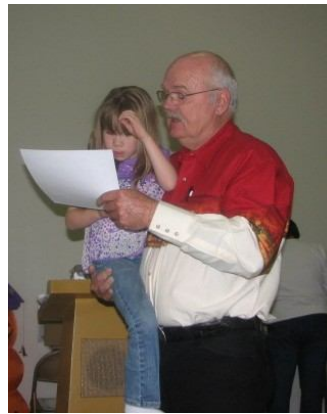
Mariah



## Featured Volunteer... Doug Melcher!

Doug began volunteering a few years ago with his wife Char. Doug retired from John Deere this year. He is ready and able to do anything that is asked of him. It is nice to have a handy man around the barn. He works on the barn, fence, waterers, stalls and whatever needs to be done. Doug is the kind of person that would "give the shirt off his back for you." He came out with his snow blower and when we wanted to pay for his gas, he graciously declined. It is our belief that his joy in life is

giving back to others. ASPIRE would not be the same without our "great" handyman. Doug volunteered at "Dances with Horses" the year his wife Char was ill. He volunteered the entire day and stayed until midnight. He jumped right in with whatever needed to be done. It is great to see someone always wanting to go the extra mile and never complain. He is a great example for our employees and volunteers. Thanks Doug for always being there! Thanks for your BIG HEART!



Doug Melcher with Chloe when receiving her certificate

*Don't forget to join us for our annual fall event, Dances with Horses, on Saturday, September 25th*



## Important Dates for Spring and Summer...

- April 3– Spring Orientation
- April 5– Spring Classes Begin
- April 6– Bremwood Program Begins
- April 9-11 Iowa Horse Fair
- April 16-18 Midwest Horse Fair
- April 22-25 Minnesota Horse Fair
- May 1– Let's Dance So They Can Ride
- June 7– Summer Classes Begin
- July 11- Cowboy Breakfast
- August 2-6 Camp Hope
- August 14– Fun Fair Open House
- August 30– Fall Classes Begin

## Meet our Special ASPIRE Horses...

### **Featured Horse:** **Blue**

Blue Bayou is new to the ASPIRE herd. He has taken a Blue ribbon in his class for Gypsy Geldings. Blue is never in a hurry and always at the gate to greet you. Blue will make an excellent therapy horse for our program.

### **Horse of the Year:** **Bo**

Bo is a Tennessee Walker. He was donated to ASPIRE by Candy Herzmann. Bo is somewhat shy, but still loves attention and his ability to please. His small build and loving personality make him an awesome therapeutic riding horse for our small children.

### **Longevity Award:** **Sonny**

Sonny is one of the most intuitive horses in the ASPIRE herd. He is also the leader of the herd. Sonny loves attention first and foremost. Sonny senses your need for comfort and care. Sonny makes an excellent horse for the Equine experiential learning program.



Blue



Bo



Sonny

*Thank you to our 2008/2009 Sponsors and Donors*



**Diamond \$5,000+**

- United Way Cedar Valley
- Community Foundation of Northeast Iowa
- Guernsey Foundation
- McElroy Trust
- CUNA Mutual Group Foundation
- Variety Club of Iowa
- Anonymous
- City of Waterloo
- James Walsh Jr

**Come experience the joys of working with horses and individuals with disabilities, volunteer today!**



**Gold \$1,000+**

- Marilyn and Don Moore
- Larry and Becky Scura
- Foresters (Kerns)
- John Deere
- CVS Corporation
- Bertch Cabinet Mtg
- VGM Group, Inc
- Wal-Mart Foundation
- Covenant Medical Center
- Iowa Horse Council
- The York Children's Foundation
- CBE Group
- Scott Braun
- The Independent Order of Foresters

**Silver \$500+**

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- Ronald Bendell
- David Beyer
- Kathryn Koob
- Donna Kersten
- Dr. Phil Edler
- Wheaton Franiscan Healthcare
- Johnson Chiropractic



**Sponsorships and Scholarships...**

**Horse Sponsorships \$150**

- Tom Jones
- Michelle Lindquist
- Andy & Christina Mieke
- Don Moore
- Jim Walsh
- Van G. Miller

**Camp Hope Scholarships- \$300**

- Van G. Miller (8)
- International Order of the Foresters (7)
- Larry Scura
- Ron Bendell

**Rider Scholarship- \$500**

- Larry Scura
- Jim Walsh
- Van G. Miller

**In Honor Of...**

Larry Scura  
John Glascock



**How to Leave a Legacy...**

You may leave a gift to ASPIRE Therapeutic Riding Program by a bequest in your will. This can be cash, stocks and bonds, personal property or real-estate. Such a gift is not subject to Federal Estate tax and can significantly impact our program.



## In Memory Of...

### Gary Doan

Jack Huddleston  
Collette Doan  
Richard Connelly  
Diane Bautsch  
Michael Brookins  
Jane Soffel  
Gerald J. Gray

### Bernice Persson

Sharon Powell  
Randy Stultz

Wayne Eisile  
Bev Smock  
Keith Ruffcorn  
Jackie Sutton  
Judy O'Conner  
Bob Hayes  
Toni Porness  
Nancy Dudley  
Warren Nolte  
Eugene Miller  
Gerry Waddell

Larry & Becky Scura

### Lenore Goldsberry

Roger & Dorothy Goldsberry  
Cherilyn Hack

### Larry Kiehne

Nancy Kiehne

### Lucille Hartema

Jennifer Taylor

### Helen Schuster

Franklin Schuster



## Let's Dance So They Can Ride

ASPIRE is excited to prepare for their annual spring event, "Let's Dance So They Can Ride." The event will include a dinner, dance, and live and silent auction. At the event providing entertainment will be Milk and Honey as well as the Waterloo Country Cloggers.



Individuals square dancing

All proceeds from this event will be put towards providing riding scholarships to students of ASPIRE Therapeutic Riding Program.

Danielle Wagner having fun with Biscuit the Dog



Come join us in a fun-filled night!

**When:** May 1, 2010, Doors open at 5:00 pm

**Where:** Five Sullivan Brothers Center

**Ticket Cost:** \$40 in advance \$45 at the door

**More Information:** Call ASPIRE TRP at (319) 296-3096



Milk and Honey

## Want to make a Difference?

Each year our organization serves hundreds of individuals in the Cedar Valley area. We would not be able to do this without the help of our volunteers. They help us with things from walking beside a student and their horse to ensure they are safe to making sure that the barn is safe and clean for everyone.

If you are interested in helping out on the farm or in the community, please call us at (319) 296-3096 or email us at [aspireamericorps@aol.com](mailto:aspireamericorps@aol.com). You can find more information about our program at [www.aspiretrp.org](http://www.aspiretrp.org). We would enjoy welcoming you to our team!

## Meet our New Horse!

### Blue

Blue came to ASPIRE from the American Gypsy Horse Angel Foundation and its partner the American Gypsy Horse Breed Association. Watch him grow and prosper in the ASPIRE riding program. He will be a wonderful addition to the program! Blue is a lovely, sweet gelding and will make an excellent therapy horse. Blue is never in a hurry and always at the gate to greet you. ASPIRE is honored to accept Blue into the program!



Blue

**THANK YOU**

*We would like to thank all volunteers and donors. Without their help and support, we would not be able to do what we do!*

**ASPIRE  
THERAPEUTIC  
RIDING PROGRAM**

8100 Kimball Ave  
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Fax: 319-296-3096  
Email: [info@aspiretrp.org](mailto:info@aspiretrp.org)

We are on the Web!  
[www.aspiretrp.org](http://www.aspiretrp.org)



*Share in the heart of an ASPIRE child!*

**ASPIRE TRP, INC.**  
**8100 Kimball Avenue**  
**Waterloo, Iowa 50701**  
**(319) 296-3096**  
**[Info@aspiretrp.org](mailto:Info@aspiretrp.org)**

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## ASPIRE TRP Presents: Camp Hope

Camp Hope is a summer camp for children with a wide range of abilities. Camp Hope will be held August 2nd through the 6th this year from 9am- 3pm. We have a very exciting week planned!

Participants will be taking trips to Cattle Congress to do programs with our horses and fun obstacle courses. One day will be spent at Hansen's Dairy Farm for a variety of fun activities. The final day is the one that everyone looks forward to since it is spent at Lost Island Water Park! Children and volunteers will be able to spend a whole day at the park navigating through slides and pools to keep cool.

This year, Camp Hope is focused on integrating children with and without disabilities.



One of the groups that participated in Camp HOPE

This will allow the children to learn from each other in a social and safe environment. Children will participate in a wide range of activities from navigating through obstacle courses to floating down the lazy river at Lost Island Water Park. Campers will also be able to meet some of the horses that help with the Therapeutic Riding Program and learn some basic horsemanship including grooming and what it takes to

care for horses on a daily basis. There is a lot of planning and work that goes into offering a summer camp to our participants. This program would not be possible without the hard work and dedication from the staff and our volunteers.

If you are interested in volunteering during the camp or donating supplies like bottled water, crafts, first aid supplies, or anything else, please contact us at (319) 296-3096 or email at [aspireamericorps@aol.com](mailto:aspireamericorps@aol.com). For more information about our program visit our website at [www.aspiretrp.org](http://www.aspiretrp.org).

We hope to see you there!