



NICKERS & NEWS

SPRING 2019 ISSUE



Meet the Newest Member of Our Herd -Zoey

Zoey, a Welsh Pony Cross was a pony for the grandkids in her previous life. She joined our stable in January 2019. In her new role she will serve as a Goodwill Ambassador and Therapy Pony.

We look forward to Zoey visiting the community as our Free Rein spokes pony!

Zoey is loaned to us by Brittany McCathern, our Program Director.



Message from our Board Chair

As your new Board Chair, I'm honored to share in the progression of the Free Rein mission. Having served as a volunteer and member of the Board for over six years, I'm eager to continue our journey of success. Please join me in welcoming our newest Board members – Jim Garrett, Elise Wall and Carroll Pollett. These individuals bring exceptional skills and insight to our leadership team and we're thankful to have them on board.



I am very excited about the wonderful changes happening at Free Rein. Our former long-time Board Chair, Doug Poad has taken a well-deserved break and is enjoying traveling and relaxing with his wife Paula. We wish Doug well!

Spring session is underway. Despite the cold and rains, our students were rearing to get back to lessons. Our amazing volunteers braved terrible weather to be ready for them. This session we've introducing some new and fun elements as well as new program offerings. You can read more about them below. This year our calendar full is brimming with great, entertaining activities. We hope to see you there.

Donna Hunter brings an extensive background in finance and IT through her twenty seven-years with SunTrust Banks. She lives in Connestee Falls with her husband Dave, two cats and a new puppy.

Upcoming Events

Ongoing Tuesdays 11–12	Slow Flow Yoga Class Supporting Free Rein Silvermont Center
Saturday April 13th 11 to 2	Cookout Fundraiser At Food Matters Courtyard
Week of April 22	Last Week of Session
Week of April 29	Make up Week Horse Show
May 4 5– 7	Derby Party Connestee Falls Clubhouse

We have THE BEST VOLUNTEERS!!!



STAY IN TOUCH - FOLLOW US ON FACEBOOK
Phone (828) 883-3375 Email us at info@freereincenter.com
Check out our website www.freereincenter.org

Spring Session Is Underway



Free Rein is providing a record number of students with therapeutic riding lessons and groundwork this Spring. We have over 112 students enrolled with another 20 on the waiting list. Our students come from Brevard Elementary, Brevard Academy, Brevard Middle School, Davidson River High School and Transylvania Vocational Services plus individual referrals. Please pay attention to the Summer Session deadlines because spots are limited and classes will fill up fast.

Drumroll please, we're thrilled to roll out our new website **www.freereincenter.org**. You'll find lots of information about our team, programs, upcoming events, horses, sponsors and photo gallery. Plus all the forms you need to register a student, become a volunteer and more. The best part - it's very easy to navigate. Check it out and let us know what you think. While you're at it make sure to like and follow us on Facebook and Instagram for the latest news.

March 21st was World Down Syndrome Day. We celebrated our students accomplishments. April is Autism month and we encourage you to participate in the many activities and events that are happening. Make sure to stop in at Food Matter on Saturday, April 13th from 11 to 2 for hamburgers. All proceeds support Free Rein.

As always, thank you so much for being part of the Free Rein family. Your support allows us to continue to provide a place with the Impossible Becomes Possible.

*Thank you,
Lelia Duncan, Executive Director*

Kentucky Derby Party



Few American sporting events have the rich history and popularity of the Kentucky Derby. This year Connestee Falls is partnering with Free Reins for their annual "145th Run for the Roses" Derby Party. Sip Mint Juleps while enjoying a traditional Kentucky Derby inspired menu.

Don't miss out on this Red Carpet event which features a Derby hat contest, a Kentucky Bourbon tasting and unique Silent Auction. Derby attire encouraged. The excitement doesn't stop there with many racing activities and a raffle for a bottle of Pappy Van Winkle bourbon.

Make plans now to attend. Email Connestee Falls reservation line at RSVP@CONNESTEEFALLS.COM to secure your spot. For questions, please call the Free Rein Office.



Connestee Falls & Free Rein Center Present:

KENTUCKY DERBY Party

*May 4, 2019, @ 5:00 pm
at the Connestee Falls Clubhouse*

Red Carpet Hat Contest
Derby hors d'oeuvres - Live Race Viewing
Bourbon Tasting - Mint Julip
Silent Auction - Raffle

*Space is limited, please RSVP to
rsvp@connesteefalls.com*

Tickets \$50



**Plan to play in Free Rein's Doubles Tennis Tournament
June 8th & 9th
Brevard Racquet Club**

Team Fee is \$25. Call the Free Rein office to register now.

Navigating a sensory trail improves balance and coordination. All program participants are able to increase body awareness as they guide horses over uneven ground. This aids in the general improvement of riding skills. Riders accustomed to a structured arena environment are challenged to adapt to an unstructured environment with different obstacles.



Therapeutic riding students are encouraged to use different senses, build memory, improve following directions and enhance social interactions. Students are able to increase their gross and fine motor skills in the activities along the trail.

Another wonderful benefit is to provide a peaceful walking trail for parents and caregivers who might need a quiet, relaxing moment for their own mental health. This trail is a good exercise not only for our students and other program participants, but for our horses as well. It is mentally stimulating and provides a welcome change from riding inside the arena.



*Yoga
Programs
Now
Offered*

Yoga and mindfulness are integrated into every program at Free Rein Center. Teaching mindfulness, meditation and yoga techniques within an equine-assisted framework is a powerful way to enhance wellness. By strengthening the core, increasing flexibility and becoming mindful, program participants, their family and volunteers reap the benefits of improved physical and emotional well-being.

Yoga Classes are now available for all the community. Learn how to use mind, body and breath to communicate with horses in a confident, calm manner. Our yoga practice centers on the harmony between breath and movement and the relationship between stretching and strengthening.

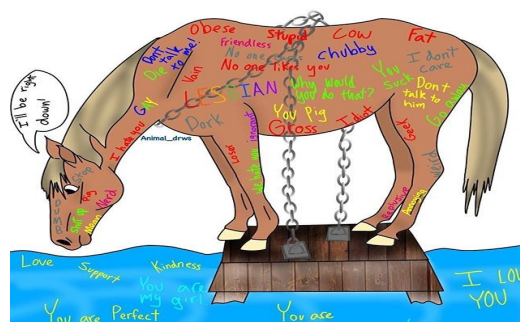
Slow Flow Yoga Weekly Classes begin Tuesday, April 2 at Silvermont from 11 to noon. Proceeds from the class support Free Rein. Cost is \$10 drop in fee or \$30 for a four class packet.

Coming in May, **Yoga with Horses** will be offered weekly. Details soon to follow.



Say Whoa to Bullying!

Our successful program provides training which improves communication skills, emotional, physical wellness, self-esteem and encourages sensory stimulation and integration. Equine Assisted Learning programs help children and teens. We offer classes to school groups and clubs. Call for more information.



Be A Stable Supporter!

Free Rein Center is a qualified 501(c)(3) public charity. Gifts and donations are tax deductible to the extent allowed by current tax law. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400.



Please help us save printing & postage costs (about \$1.90 per mailed copy).

Send your email address to us at ed@freereincenter.com and we'll send future issues to you electronically. Also, please send any name or address changes to the same email address above.



Free Rein Center
P. O. Box 1325
Brevard, NC 28712

We invite you to join our growing herd of Stable Supporters. Your monthly gift of as little as \$10 provides a sustainable foundation that directly supports our programs and those we serve.

Look for more details on our website at www.freereincenter.org

Sponsor's Corner

We thank our sponsors for their investment in our programs & those we serve.

Diamond Level



Gold Level



Silver Level



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