

HoofBeat



A Note from Susie

Dear Friends,

Straight from my heart and available for all to know, here are my dreams, because you just never know who will be inspired.

A people path from the barn to the schoolhouse.

A riding path around the hay fields and into the woods. This will add so many opportunities for riders in all of our programs while providing a safe



outside riding area. This will also allow for the already planned **Obstacle Course** to be completed!

An additional barn attached to the indoor arena would provide the much needed space for safe tacking, storage for all our fun lesson props and a place for the 4-wheeler that is used to drag the arena before each lesson. *This would also provide space for a raised viewing area for families!*

The renovation of the Schoolhouse



at Freedom Farm has been a dream for many years. It is exciting to see the plans progress.

I thank each of you for your friendship and support. Your dedication and generous giving has allowed Freedom Farm to continue to help more people and become stronger every year.

With love,
Susie



Blessings...

WOWEE, Freedom Farm is blessed!

Andy & Kerry Barnauskas gave Freedom Farm a unique gift this year. Their horse, 'T-Bone' made it to the finals of the Reined Cow Horse Snaffle Bit Futurity! Kerry shared his journey in a blog with all our riders & volunteers *and* donated a portion of his winnings to Freedom Farm! T-Bone placed 16th.



Congratulations to T-Bone and his trainer Corey Cushing for finishing in the top 20! Andy & Kerry are the Freedom Farm Couple of the Year!

Steve Storkan and Sarah Kostial of Alerus Financial have given Freedom



Farm an amazing new 'techy' banking experience AND provided a Financial Class for our students in 'Hope with Horses'.

Together, we are making a difference!

The 2014 Donor List will be sent by email, is available on the website and posted on the wall in the arena at Freedom Farm. If you would like a copy mailed, please let us know.

2015

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Acknowledgement

On the website

freedomfarmmn.org

Freedom Farm thanks all of our generous donors & sponsors!



Freedom Farm enriches lives by partnering with the unique attributes of the horse to improve mobility, build confidence and encourage personal growth in children and adults with physical, mental and emotional challenges.

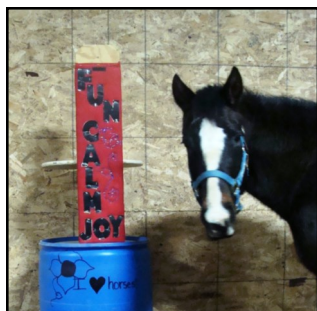
Programs & Horses...

Therapeutic Riding... Each week a new lesson plan is created keeping in mind many aspects such as fun, riding skills, multi-step planning and social engagement. The riders and the horse all look forward to the new experience. I would like to share 2 such lessons, #1 will impress upon you the need for the horse path.

#1 *Picture this:* In the indoor arena, **each rider picks up 4 animals** (small beanie babies hidden in buckets and tucked in gates). Then puts them on a barrel that has their name on it, remembering each animal. **Now, rides outside to find their animals.** The animals are hiding in the corn on a corn stalk, peeking up from the grass and hanging on the fence in the outdoor pen. *And they are BIG!* **Oh the excitement!!** To find their snake wrapped around a corn stalk or the lion in the grass engaged ALL, and encouraged great conversations. When we were back inside, each rider, one at a time, eagerly shared with the group what their animals were and where in the field they found them. **NOW, imagine a path that goes around the hay fields and into the woods!!**

#2 The arena is filled with fun objects to inspire! This lesson had stations set up on barrels in the arena.

Station 3 was to say 3 feelings they have when they ride;
Silly ~ Smiley ~ Relaxed
Confident ~ Good ~ Nice
Pretty Awesome ~ Joy
Feels like a second home
Calm ~ FREEDOM!



These two lessons are a great example of giving our riders **freedom of... balance, movement and expression.**

HORSES CHANGE LIVES! Riders, Volunteers and businesses have been filling these jars. Funds supporting the horses come from the Riding Celebration, Annual Appeal and Individual Donations.

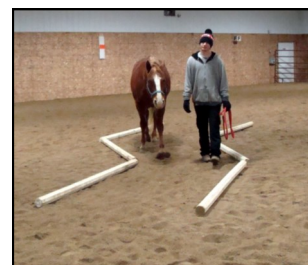


\$18,000 of the \$40,000 needed to care for our therapy horses has been raised. **You can help!**

Give us a call to get your change jar.

'Hope With Horses'... horses provide great metaphoric learning, every week 1200 lb horses gently guiding the teens to a new level of self-awareness. They complete the 10 week session by assisting elementary age riders during their therapeutic riding lesson ~ when you help someone else, you truly start helping yourself.

This student walked his horse through an obstacle course without using a lead rope. This was very difficult and very empowering



with a great group discussion on "What are the obstacles in your life?"

'Healing With Horses'... We look forward to another year offering classes to Veterans. *Sessions starting up again in February!*

The film 'Riding My Way Back' is a documentary about a veteran, a horse and hope. The film project educates, promotes, and brings awareness to the powerful healing of therapeutic riding.



Call us to set up a viewing of this film.

Volunteers...

We love our dedicated volunteers! They continue to offer their time, talents and love to Freedom Farm. Congratulations to:

Crissy Oestreich
2014 Volunteer of the Year



&
Cindi Koopmeiners
2014 Horse Handler of the Year



Volunteer at Freedom Farm

Call to register 952-955-2505 or
info@freedomfarmmn.org

VOLUNTEER TRAININGS 2015

Monday March 23 4:00 & 6:00

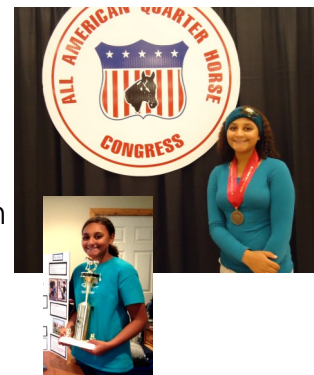
Tuesday March 24 5:00

Wednesday March 25 5:00

Amanda Maus

(5 year volunteer)

Wins 2nd Place
Champion Individual
Demonstration at The
All American Quarter
Horse Congress 2014
for her presentation on
'Freedom Through
Horses' about
therapeutic riding.



Special Award for Freedom Farm in 2014

**PATH 2014 Certified Professional
of the Year—Region 6
Susie Bjorklund**

*"Susie has inspired me to be a better volunteer,
horse leader, mom and person."*

*"She doesn't treat him like others do. She talks to
him like she talks to me... She has taught me how
to open my heart...to treat everyone, no matter
who they are, as you would treat yourself."*

*"I appreciate that Susie sees ONLY her (daughter)
abilities and challenges her to grow each week."*

*"I am proud to work by her side, listen to her
dreams and watch them come true!"*



Sue, Susie & PJ at PATH Conference



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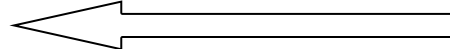
Freedom of balance

Freedom of movement

Freedom of expression

2015 EVENTS

March 28, 2015
HATS, HORSES & HIGH TEA



September 12, 2015
8th Annual Polo Event
BlackBerg Ranch



**Reserve your VIP Tent or
Sponsorship NOW!
Call or email today.**

October 10, 2015
2015 Riding Celebration



**A celebration of
Riders, Horses
& Volunteers**

Save the Date



HATS, HORSES & HIGH TEA

MARCH 28 11:00 AM to 5:00 PM
Scarborough Fair Shop 961 West 7th St., Saint Paul
A Benefit for Freedom Farm www.freedomfarmmn.org



Hat Trix trunk show, handmade local milliner. All sales that day benefit Freedom Farm. High Tea served.

www.scarboroughfairshop.com 651-224-4182
www.fabuloushat.com
www.freedomfarmmn.org