

Nickers & News



Notes from the Hayloft...

Where did the summer go? We spent it being at festivals, working on the 2016 Free Rein calendar, planning for the Mane Event fall gala, and a host of other things that have to be done outside of the classes.

We are all aware, or becoming more aware, of how important social media is today. Free Rein is no exception. We have a [Facebook Page](#) and a [YouTube Channel](#). You can keep up with us *and* help Free Rein gain visibility (and support) by liking our Facebook Page and liking & sharing the content we post. We know you'll like it, but it is important for you to "like" it on those pages by clicking on the like button.

I also want to emphasize the Amazon Smile Program here. We all like to try to shop locally when we have a choice, but we know that an awful lot of "stuff" is bought on Amazon, too. Imagine if just 0.5% of those purchases could be donated to Free Rein - without increasing what you pay for stuff by even one penny. Well, 0.5% of YOUR purchases can. Go to <https://smile.amazon.com/ch/31-1740563> and sign in with your regular Amazon credentials. You'll notice this line at the top of the page showing that you are "smiling at Free Rein," too.



If you're reading this online, the text in green above are links to the actual pages. Links to Facebook and Amazon Smile are also printed on the last page.

Doug Poad (Chair of the Board)

Upcoming Events (Look for more details inside)	
SEP 8, 2015	Fall Session Classes Start
SEP 14 2015	"Riding My Way Back" screening at First Baptist Church in Brevard
OCT 17, 2015	Mane Event Fall Gala at Connestee Falls
OCT 31	Brevard's OctoberFest - we'll be there.
NOV 7, 2015	Fall Session Classes End



Our Annie at Volunteer Orientation Session in August.



Fun Horse Facts

Horses use saliva to help them chew and swallow food, just as humans do. In the horse, saliva is critical to the health of the stomach. A normal horse will produce about 10 gallons of saliva daily - about ten times as much as a human.

**Great Food
Live & Silent Auction
Entertainment
to benefit**

Featuring Music by
MOON SHINE BABIES

FREE REIN
Center for Therapeutic Riding and Education

**Saturday
October 17, 2015
6 – 10 P.M.
Connetsee Falls
Overlook Clubhouse**

Call 828-883-3375 for reservations or
for more information.
\$75 per person

Free Rein is a 501(c)3 tax-deductible organization. For more information, email FreeRein1325@gmail.com or visit FreeReinCenter.com



2015 Mane Event Fall Gala

Last year's event was a huge success and we've been working hard to make this year's event even better. Several folks who attended last year said that it was one of the most enjoyable fund raising events they have attended in years. Details are shown at left and on our website. We hope that you will circle this date on your calendars (hopefully a Free Rein calendar) 😊 and join in the fun.

The Moon Shine Babies were so moved by hearing more about what we do at Free Rein last year that they will not only be playing again... they are donating a house concert to the auction. The French Broad

Dinner Cruise will be back again (thanks to Jaimes Creole Brasserie, Down To Earth Kayaking, and Duckpond Pottery). In addition, Carl & Lois at [Z-Z-Zip](#) (*Brevard's #1 Outdoor Activity on TripAdvisor*) have provided another great auction item that we're calling "Z's and Zips." This great experience combines a night for two in their Running Waters Treehouse, Zipline trips for two, and a picnic dinner (provided by the Free Rein Board).

We'll have a lot of other great, "can't go home without it" auction items and Connetsee Falls will present their always delectable "small plate buffet." All-in-all, it's a great opportunity to have fun and "do good" at the same time.

Make reservations or purchase tickets by contacting the Free Rein Office between 1-5 pm at 828-883-3375. You may also purchase tickets on our website using PayPal from the "Donate Now" link. Just be sure to include "2015 Mane Event Gala Tickets for (your names)" in the "add special instructions to recipient block."



Meet one of our Volunteers

Andy Bullwinkel

Andy has good memories of being around horses from his high school days, where he participated in dressage, stadium jumping, and cross country jumping. On some Sundays, he even played polo with the Chattanooga polo team. He never owned a horse but would often exercise horses for their owners. On weekends, he earned extra money by feeding the horses and cleaning the stalls.

He has taught at Davidson River School for 12 years and teaches science classes. He started volunteering at Free Rein about 3 years ago, after reading about our programs and volunteer opportunities in the Transylvania Times.

Teaching and extra-curricular activities keep him pretty busy, but he manages to devote 2-2 ½ hours a week to Free Rein. After "horse leading" in a Wednesday afternoon class (he's the guy out front with the smile), he stays around to help do barn chores and work on Brittany and Kara's "fix-it" list. One recent Saturday, he put in 8 hours or so hauling dirt and clay into the barn to fill in holes and make the walkway between the stalls safe and presentable again.

When asked what he enjoys most about his time at Free Rein, Andy said,

"My number one fondest memory, and now many memories, is when my Wednesday afternoon student laughs or shows his infectious smile. It is also such a pleasure to see all the students responding to their instructor's games and activities each week. It is remarkable to watch how much a student learns during each Fall or Spring session. I look forward to when the students return in order to see how much they have changed."

"Another thing I enjoy about working at Free Rein, is the dedication and the camaraderie of all the volunteers and staff members! You guys are awesome!"

We all think that Andy is pretty awesome, too!!



Meet One of our Riders

Shyann Hicks

Shyann has what's called Sensory Processing Disorder (SPD). She was deaf for the first 3 years of her life. She had surgery that improved her hearing, which also helped her speech. Shyann's mother, Jessica, *"was overjoyed when she heard her say "Momma" for the first time after the surgery."*



With SPD, the brain has trouble receiving and responding to inputs that come in through the senses. Sensory processing disorder may affect one sense, like hearing, touch, or taste. Or it may affect multiple senses. People can be over- or under-responsive to one or more sensory inputs like sounds, lights, textures, and even tastes.

Shyann has been riding at Free Rein since she turned 3 years old in 2012. Jessica heard about Free Rein from an article in the Transylvania Times and from some of Shyann's therapists.

Jessica, says that, *"Shyann loves to ride. She is so happy on a horse and we love everyone at Free Rein - everyone - even the cats and especially Lacy, the horse she rides. At Free Rein, Shyann is just a fun loving, goofy child. Horses are her love and passion... everyday its always horses. She loves all of the horses, but Lacy is her favorite and is in her heart. Shyann is always happy, excited, and confident during her time at Free Rein."*



Meet one of our Horses (by Kara Franks)

Name: Montana

Barn Name: Monty

Breed: Tennessee Walker (mostly)

Color: Paint

Age: About 12 (horses sometimes hide their age)

Height: 16.1 Hands

Sex: Gelding

Favorite Song: Montana on My Mind by Catherine Leigh & the Scioto River Band (Google it - there's even a paint horse in it.)

Favorite Football Player: Who else... Joe Montana



We highlighted Cassie last time, so let's meet her barn mate, Montana (shown at left in photo above eating some sweet grass). He is also a newcomer to Free Rein this year. They are both seasoned camp horses on loan from Camp Carolina. Free Rein uses horses from 3-4 different camps during the spring and fall sessions. We care for these horses for nine months out of the year, so it works out well for everyone, the camps, Free Rein, and the horses.

Monty loves to work with our older riders and the folks that come from Transylvania Vocational Services (TVS). He likes the TVS folks a lot, because they spend a lot of time grooming him and walking with him. Monty and most other horses really like to be "groomed," as it involves a lot of scratching, brushing, and human contact. Grooming a horse calms them and makes them feel more connected to their "human herd mates." To Monty, it's almost like getting a nice massage. We like the fact that Cassie and Monty can be together at Free Rein, since horses are herd animals that don't like being separated from their other herd mates.

Please enjoy this newsletter packed with fun and interesting and information about **Horses Helping Humans Heal**

Contact us at 828-883-3375 / www.freereincenter.com

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.



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Shop at Amazon.com - buy what you would have bought - pay what you would have paid - and Free Rein gets .5% of the amount of your purchases. Go to <https://smile.amazon.com/ch/31-1740563> to learn more or get started using your Amazon login. You will need to identify Free Rein Center for Therapeutic Riding and Education as your chosen charity... get in touch if you need help.

Please share this newsletter with friends and family, no matter where they live. Free Rein may only be able to serve people in our local region, but there are more than 850 PATH International Member Centers around the globe. If they know someone who can benefit from equine-assisted activities and therapies, they can locate a center near them on PATH International’s website at www.pathintl.org.



Here we are... down here. It's a really big sign.

Lois & Clark, Free Rein’s official spokes horses, recently visited the Kentucky Horse Park. They have also been visiting lot’s of local businesses that sponsor our calendar pages and other activities throughout the year. Watch for them and their adventures on our Facebook page and in future newsletters.

Get More Out of Supporting Free Rein

Free Rein can now accept gifts of stock or other securities... and that’s good news for you, too.

Example Tax Impacts of Options for Donating \$5,000 to Free Rein		
	Cash	Donate Appreciated Securities (1)
Charitable Deduction	\$5,000	\$5,000
Income Tax Deduction (assuming 35% tax rate) (2)	(\$1,750)	(\$1,750)
Capital Gains Tax Savings (15% X \$3,000 Gain)	\$0	(\$450)
Your Net Cost of Gift	\$3,250	\$2,800

(1) Assumes you have stock valued at \$5,000 today that you paid \$2,000 for more than 12 months ago.

(2) Some taxpayers are limited in the amount of charitable deductions they may deduct - consult your financial advisor to see how this affects you.

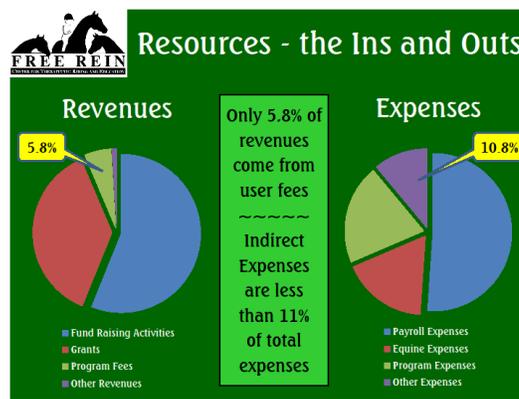
Considering a contribution to Free Rein this year? Giving appreciated securities instead of cash can help you, too. Sure, making money in the stock market is great, but you can end up paying more in taxes if you sell the stock and donate the cash proceeds (or just donate cash) than you would if you donated the stock directly to Free Rein. The chart shows why.

Ask your financial advisor about how this can help you in your particular financial circumstances and then contact us. We can provide details on how to donate your appreciated stock directly to Free Rein.

Some Key Free Rein Facts & Figures

Free Rein’s annual budget in 2014 was just about \$110,000.

As shown in the chart below, less than 6% of our revenues come from our student-riders’ user fees. We work hard to focus the resources provided by them and our generous donors on program-related expenses. We spent about 89% of revenues on program-related expenses in 2013 - a very good direct-indirect ratio.



It costs a little more than \$100 for each student’s one hour class. Our published cost per class is only \$50, but most of our students are subsidized by scholarships based on financial need. We collect less than \$20 per student for each one hour class - the rest we make up with grants and gifts.