



HOOFPRI^NT^S

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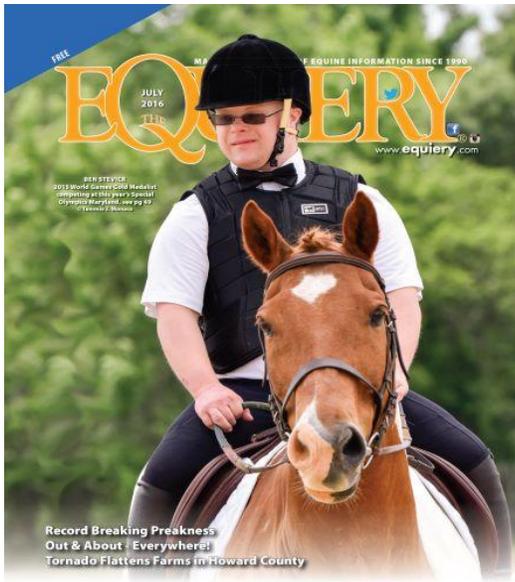
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TRRC'S ROCK STAR HORSE KITKAT CROSSES THE RAINBOW BRIDGE

By Katie Helene



KitKat at the Special Olympics with his rider Ben Stevick who won several gold medals in the competition each year. Here he is on the cover of the Equiery looking every bit the champion that he was.

I first met **KitKat**, the handsome chestnut and white paint horse when he arrived at TRRC in 2005. He was just 12 years old. I fell in love with him at first sight and he was my equine partner for the next 12 years. KitKat was a superb horse who taught many riders the basics, was good natured, gentle and easy to ride. He was a terrific trail horse and many riders chose him as their favorite. He lived a wonderful life at TRRC, much loved and adored. His passing was very sudden, caused by a severe colic attack and it took everyone by surprise.

Everything that could have been done was done for him by his vet. He would have been 26 on April 2, 2020. Sad as this is, there are so many happy memories that he forged with all of his riders that will bring smiles to their faces for years to come. So let us remember him with joy that he made so many people happy and enriched TRRC with his wonderful personality and his strong work ethic. I was so lucky to ride him with my class almost every Saturday. The **Special Olympics** will not be the same without him. The following quote is apropos to his passing.

When we think of those companions who traveled by our side down life's road, let us not say with sadness that they left us behind, but rather say with gentle gratitude that they once were with us.

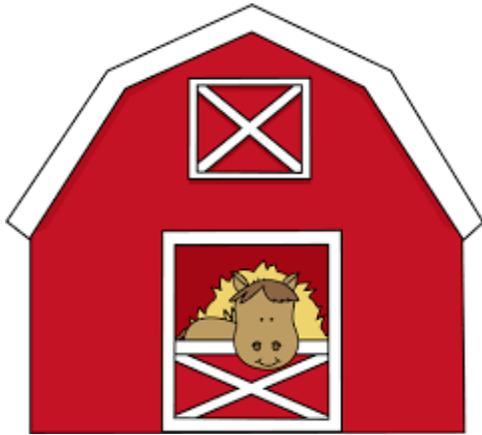
Author Unknown



Go gently into that good night KitKat. You will be missed and loved forever.

"Good night, sweet prince, and flights of angels sing thee to thy rest."(Shakespeare, Hamlet)

8-STALL BARN FOR LEASE-HOWARD COUNTY



A gorgeous barn is available in Glenwood! You better hurry over to see it! It won't last! To Established Business. 8 14x14 matted stalls, large pastures w/heated auto waterers, caretaker on-site, security cameras 24/7, heated indoor w/sprinkler system & gigantic wall mirrors, lighted, shadow-free outdoor, state-of-the-art Lightfoot footing, plenty of trailer parking, trails, centrally-located Glenwood (western Howard Co.), references req'd, non-smoker, shown by appt only. Lease incl. snow-plowing, trash & organic matter removal Dr. Helen Tuel, TRRC. Will consider self care stall boarders \$385/stall, numerous amenities. Barn could also be used for classes (art/photography etc) or other activities. Heated office, BA, secure storage. www.trrcmd.org Email inquiries: trrc01@aol.com

TRRC TESTIMONIAL!

I just want to tell you that I think you're such a special lady who has made such a difference in this community, in so many lives...obviously in my daughter's but also in mine. With the exception of the 3 years we were in Ca, I've known you since she was 4 or 5. About 9 years. If life were different, I would've loved working close to you to learn from you. I feel like an opportunity was wasted. I so much appreciate all of the times you've

been so understanding about her being too tired to ride, and never made me feel bad. You encouraged me to starting riding for my own mental and physical health and I'm still so grateful for all of the times you tried to fit me in. I'm not sure what's going on with me. I think because I was betrayed (and was being betrayed for years) by the one person who vowed to care for me, that I'm super sensitive and appreciative of people who make an extra effort to help others and to just be compassionate and real. So, I wanted you to know I love you, Helen!

SEARCHING FOR:



TRRC is in search of a **Digital Media and Desktop Designer/Publisher** to layout and assemble the registration pamphlet and brochure for TRRC's Annual Golf Tournament and fundraiser. Must have good computer graphic and layout skills and experience with Adobe products including **Photoshop**, **InDesign**, and **Acrobat**. If interested, please contact **Dr. Helen Tuel** at trrc01@aol.com as soon as possible.



READY FOR BATTLE--a knight in full armor in 1548 made for **Johann Ernest, Duke of Saxony-Coburg** (a museum reproduction) Reader, can you imagine the strength of the equine to carry this unbelievable weight? I like this historical photo to remind readers how far we have come, regarding use of the horse from battle to

farming to recreation, such as foxhunting, showing, trail riding, and just plain pleasure.



The Equine Facilitated Psychotherapy Program at TRRC: What is it?

In Equine Facilitated Psychotherapy, the client interacts and participates in activities with horses that are guided by a licensed mental health professional acting as or in collaboration with a credentialed equine professional to achieve their behavioral goals.

Benefits

EFP offers clients the opportunity to learn about themselves and about others through experiential activities with their horse partners. The process involves the client working through challenges to reach their behavior goals. An increased self-awareness occurs with the opportunity to process reactions, thoughts and feelings with the therapists. Clients continue to work through goals with their horse and therapists that strengthen and empower their ability to handle life transitions, solve problems, manage stress, improve confidence, build relationships, and develop coping skills. The emotional growth and wellness that occurs leads to an ability to navigate through daily life in a healthier way. **This will be rescheduled in the future.**

For more information please email TRRC.EAP@gmail.com or call **410.489.5100**
Psychotherapist Barbara Malavite, M.A., LCPC,
LPCC-S and Equine Specialist Lisa Henderson Sowers,
M.S.,M.A./AGS, NCSP, ESMHL, CRI

“Dismiss whatever insults your soul.” (*Walt Whitman*)

“Use your intelligence to its fullest extent for doing good.”
(*Unknown*)

The challenges our citizens are facing all around us without adequate resources, like Anna Olson writes, “is like dropping a bag of marbles at the center of a round table. Everything is in motion, and rolling very quickly toward the edge of the table in every possible direction. Some we will catch. Others we lose track of. Others we keep an eye on, as they fall, so we know where to look when we have time to pick them up.” TRRC will continue to search for a balance to keep so many marbles from falling off its own table.



By Lynn Moorhead

And indeed, we could not operate TRRC without them!! Our volunteers are the backbone of our program. In 2019 our volunteers gave a total of 3,006.5 hours to our center! This number includes 68 individuals, which includes 11 Service Learning students from Howard Community College. Eighteen volunteers donated over 50 hours each, of those 18, 6 volunteers donated over 100 hours each!! This is an amazing outpouring of love for and dedication to our riding community at TRRC. THANK YOU to each one who made our program run so smoothly in 2019. If you know of anyone who might want to join our volunteer family, please have them reach out to us at volunteer@trrcmd.org. There's always room for more!!

Don't cry for the horses that life has set free, a million white horses forever to be.

Don't cry for the horses now in God's hand, as they dance and they prance in a heavenly band.

They were ours as a gift but never to keep, as they close their eyes forever to sleep.

Their spirits unbound, on silver wings they fly, a million white horses against a blue sky.

Look up into Heaven, you'll see them above, you'll see them, the horses we lost, the horses we loved. Manes and tails flowing, they gallop through time, they were never yours, they were never mine. Don't cry for the horses, they will be back some day, when time is gone, they will show us the way. Do you hear that soft nicker?

Close to your ear?

Don't cry for the horses. Love the ones who are here. [Brenda Riley-Seymour](#)

