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 ${\it Majestic Hills Ranch} \\ {\it for Children \& Military Veterans} \\$ 



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## Winter 2016-2017

## 2016 Review in Pictures!



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## Board of Directors 2016

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**Carol Meagher** 

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### **MHR Staff**

Erik Espinoza
Ranch Manager
Jen Espinoza
HOH Program Director
Kris Zieska
Children's Program Director
Larry Johnson
Executive Director,

#### **Instructors**

**HOH Program** 

Brenda Steinhauer Children's Program Laura Peterson Children's Program

### **Teaching Assistants**

Jackie Buie Gay Uttenhove Sue Anderson

Majestic Hills Ranch is a 501(c)(3) tax-exempt non-profit that serves riders in the seven county region around Minneapolis & St. Paul, MN. MHR does not discriminate against anyone, rider or volunteer, due to race, religion, gender, disability, age, sexual orientation, or political beliefs. Riders need to meet program criteria and have a physician's order.

## 2016 ACHIEVEMENTS

- ◆ Instructors Brenda Steinhauer and Laura Peterson continued to help us by teaching classes with the assistance of Jackie Buie, Sue Anderson, and Gay Uttenhove. We were fortunate to have Kaitlin Steinhauer and Dana Metzger as barn aides on Mondays and Wednesdays. Jen Espinoza and Kris Zieska continued on as Program Directors.
- ◆ Purchased 1 new horse (Liberty) and accepted 2 new horses into the program (Caleb in January and Sienna in November.) They are all used for both programs and they enjoy going on trail rides as well as arena games.
- ◆ Raised funds at our VonHanson's Brat Stand to purchase wood for a new chicken coop / goat house. Spent several weekends constructing the coop with the help of the Shakopee CIP Ladies and other volunteers—and now we have a much larger and better insulated petting zoo house!
- ♦ We successfully had the following 6 fundraisers in 2016: Artistic Event, Dance the Night Away, Day at the Races, Give to the Max Day, Ride-A-Thon, and VonHanson's Brat Stand. Some of the money went towards a scholarship fund for our Children's Program, so we can offer discounts to families in need of financial assistance in 2017.
- ♦ We once again collaborated with therapist Paula Achenbach for Horse Sense, Equine Assisted Psychotherapy. With the assistance of volunteers Kaitlin Steinhauer and Katie Allen, we were able to have 11 participants enjoy working with the horses and ponies.
- We welcomed back 50 returning riders to our Children's Program, and enjoyed meeting 22 new riders. We had a great time (when the weather cooperated) and look forward to seeing them all again in the spring.
- ◆ Trio was the 2016 Horse of the Year, and all of the younger riders received a medal with her picture on it.

## New Addition in 2016

Our new **Pergola** covering the seating area for the Heroes on Horseback Program is a place of comfort and shade to awaiting veterans as they relax and wait their turn for respective classes. The generous donation of the building supplies from Jen Espinoza for this much needed addition was greatly appreciated by all, especially in the heat of

the summer. Now, all we had to do was find the person to build it and guess what? Don Scholz, the brains and knowhow, did just that. Don did the majority of the building with the helpful hands of volunteers Laura Scholz, Shelly Hulse, Dylan Hulse, and Jen Espinoza. Top it off with morning glories which will climb and hopefully cover the top and we have what you see here...

A Masterpiece!

Thank you all!



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## A YEAR IN REVIEW

2016 was an exciting time at Majestic Hills Ranch. Changes took place aesthetically around the Ranch with the new additions, such as the Heroes on Horseback Pergola (see article), and the new shipping container (generously donated by Legacy Companies, Inc.) The new container, which we use to store our additional equipment and other needed items, allowed us to get rid of the old semi-trailer—providing more room around the hay barn and veterans' arena.

The return of our veteran groups from the VA Medical Center, Hastings Veterans Home, and veteran out-patients was a joy. We welcomed back these brave men and women who we consider our friends, while they enjoyed their therapeutic riding and activities. Their number one priority was to reconnect with the horses. Of course welcoming new additions to these military organizations is always a highlight. We felt very fortunate to receive a call from a female veteran who informed us she was at the VA Medical Center in a fairly new program, the Journeys Program. She had discovered our Heroes on Horseback brochure at the hospital and as a horse person she was excited and interested in participating. She spread the word to others and we welcomed the Journey Program participants, those with – Post Traumatic Stress Disorder (PTSD) and Borderline Personality Disorder (BPD), to our equine-assisted activities. They said they had a blast!

I am pleased to report that in 2016 the percentage of individuals in the Heroes on Horseback Program we served increased a whopping 62% in the number of visits and hours of therapeutic riding and activities. (See statistics).

We had several fundraisers in 2016, with a variety such as horse racing, ride-a-thon, a brat & hot dog stand, artistic event, MN giving and dancing the night away. All in attendance had a ton of fun, and we raised much needed income. (Please visit individual articles.)

As always, we had our share of troubles, and this year it was the weather. We vacillated between the heavy rain falls or the intense heat throughout the riding season. We had more cancellations in 2016 than ever before, but we persevered through the ups and downs—which is what our team of professionals, staff & volunteers, always do and we thank each and every one of you!

We welcome all to the ranch as we are so privileged to do what we do and can't thank all of the people, corporations, foundations, and organizations for your continued support enough! We look forward to a terrific 2017.

## What's New in 2017? Celebrate With Us!!!

## May 28, 2017 marks a milestone for Majestic Hills Ranch Foundation!

By Larry Johnson, Board President

It's our **20<sup>th</sup>** year anniversary celebrating the vision that a grandmother, founder/chair Kim Howard, and daughter, Jodi Townsend, had after the birth of "Jackie." Most know the story and the history of Jackie, born with a debilitating illness and not having the best outlook for her livelihood, per her physicians, and all treatments and therapies were unsuccessful. This little girl was put on the back of a horse and the rest is history. Jackie, an angel, lived far beyond expectations and finally achieved her wings at the age of nineteen before rising to the heavens to watch over those she loved and those that loved her. Her inspiration lives on each day in the lives of those that our Board of Directors, Staff, and volunteers help to grow and heal, offering equine-assisted activities to those that deserve the opportunity to live their lives to the fullest degree possible while giving them and their families hope for the future.

We reflect on just how lucky we are, not only because most of us are living what society would call normal lives, but because we get emotionally attached to the riders we work with. I don't believe these wonderful individuals realize just how much they help us. We are the lucky ones because we get to do what we love and reap all the rewards in return. We witness small miracles, see children and veterans grow, expanding their horizons and capabilities. It demonstrates that we all can grow and heal...together.

What a treat to say that, though a struggle at times, the ranch lives on. This is due to the generosity of our founder, Kim Howard. We ask that each of you say "thanks, Kim" when you see or meet her, or send a prayer her way to keep her safe. Without her there would be no ranch and no opportunities to continue to offer the good we want to do.

You to can help by donating at <u>www.MajesticHillsRanch.org</u>. You too can share in the miracles of helping people heal and grow!

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# 2<sup>ND</sup> ANNUAL FUNDRAISER AT CANTERBURY PARK!



Majestic Hills Ranch held its second annual fundraiser at Canterbury Park in Shakopee, MN on June 25th. With a goal to raise funds to support our programs we set out to have a great time and we were very successful in our endeavors. Once again we booked Silks Restaurant and doubled the space we used the year before. We enjoyed the company of our guests, a great meal, watched the races, and bid on silent auctions including a Maserati donation for a weekend.

Thanks to our wonderful sponsors and individuals, we had many military veterans able to join the event thanks to the seats being donated just for them. We enjoyed well over 150 in attendance consisting of guests, rider participants, volunteers, and even a few bystanders who purchased tickets to join in our fun.

Our silent auction consisted of a record breaking number of items up for bid and everyone bid on something; some had to get a flatbed to haul out the multiple prizes they won.

It was a hot but wonderful entertaining day with great people, superb food, good entertainment and a positive synergy! We can't wait for <u>A Day at the Races III</u>

A special thank you to all the great volunteers who worked so hard to ensure a success for Majestic Hills Ranch was achieved and it was!

### Our Sponsors:













## 2017 RIDE-A-THON

Our fifth annual Ride-A-Thon this year was an exciting week of Jousting and vanquishing a fierce Green Dragon! All riders got a chance to save our Ranch from the

invader, though only those that participated received our commemorative t-shirt and other prizes.

We raised money to not only offset the cost of riding for our riders, but also to gather a scholarship pool for our Children's Program. With the funds raised with this event and our Artistic Event, we will be able to offer partial scholarships for 2—6 riders that might not be able to afford classes in 2017.



Kari Fossum

### Thanks to everyone that supported our Riders & Volunteers.

Alfred & Jeffrey Johnson Angela Ammerman Anne Beutel Anthony J D'Agosta Bernie A Taylor **Bradly Clarke** Brenda Schwantz **Bruce & Suzanne Beaty** Carol Meagher Catherine C Taylor Chase Freedom Crystal Wilda **Daniel Vasquez** Elizabeth A Selness **Emily Schellinger** Griselda Kollar Heather Gaffer Hugh A Lenz Jackie Buie Jeanine Haws Jeff & Carol Johnson Jennifer Paumen Jill Carlson Joanne Emerson Jodi Smith John C Taylor Joni Beckers Julie Pearson Karen L. Meyer

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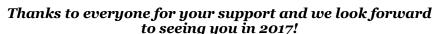
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## DANCING THE NIGHT AWAY

A fundraiser for our Heroes on Horseback Program was held on December 17<sup>th</sup>, 2016 at the Everett McClay VFW Post #1296 in Bloomington. We want to extend our thanks to all the brave souls, who despite the weather predictions and cold winds, showed up to dance the night away and enjoy the band of "Rich & the Resistors" featuring "Eddie Hughes" in Echos of Elvis.



With a smaller silent auction, jewelry sales, great music, great entertainment, you couldn't have found a better evening to just relax and enjoy yourselves. Everyone had a ball and they want to come back and do it again and we agree. So watch our postings for the date and time and you too can rock the dance floor.





MHR had our first ever Online Only auction this last November. We had wonderful local artists and creative folks donate almost 100 items that we were able to auction off. There was a great mixture of jewelry, crafted items, paintings, and artist prints—a little bit of everything. We combined the funds raised from this event, the Give to the Max Day, and Ride-A-Thon to not only offset the cost of lessons to our riders, but also to create a scholarship pool that we can offer to families that might not be able to afford to participate. Because of the generosity of so many, we now are able to offer partial scholarships to 2-6 riders in 2017 (amount depending on needs and how many families apply.)



## VonHanson's Brat Stand



On the July 4th weekend, MHR held its annual Brat Stand at VonHanson's Meats in Savage, MN. We had wonderful weather and lots of fantastic volunteers! The money we made went towards buying wood and materials for a new chicken coop and goat house for our petting zoo. After several weekends of hard work, the construction finished and the animals have been enjoying the winter in a much warmer house.





### GIVE TO THE MAX DAY

Thursday, November 17th was the 7th annual Minnesota Give to the Max Day. Non-profits across the state bonded together with the GiveMN website for 24 hours of online donations and festivities. Our modest goal was \$2,500 and with the fantastic donations of the following folks, we were able to meet and exceed that amount.

## Thank you all so much for your generosity!

Katie Allen Sheri Angen Kristen Bartsch Debbie Beck Lisa Berglund Judith Enfield Heather Harden Julie Korts Laura Peterson Alex Phoenix Mike Popovich Patti Wallin Debbie Wehrs Kris Zieska

## ARTISTS THAT DONATED

Alicia Mady Angelique Homan Anne Peterson Beth Grabow Beth Joens Bonnie Dyakin Carol L Meagher
Carolyn Rae Curtin
Cindy Heimberger
Dawn Hall
Holly Zimmerman
Joe Fanska & Son
Kim Howard
Kris Zieska
Londa Tushie

Mary Smith
Mary Zillmann
Michele Belisle
Mike Zhorela
Rick Zieska
Robin Carlson
Sheri Angen
Susan Estill
Tavia (Rider) & Family

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## THANK YOU TO THE 2016 VOLUNTEERS!

A huge **THANK YOU** goes out to the over 200 volunteers that helped out with the programs, events, pilot program, horses, and ranch maintenance this year. We especially want to thank our instructors, teaching assistants, and barn aide for they are also volunteering their time: **Brenda Steinhauer, Dana Metzger, Gay Uttenhove, Jackie Buie, Kaitlin Steinhauer, Katie Allen, Laura Peterson, & Sue Anderson**. They put in many hours preparing, teaching, and assisting with the Children's Program, Heroes on Horseback, and the Horse Sense Psychotherapy Program. (I tried to get everyone's names listed below—but if you helped out at the ranch this year and you are not on the list, it is entirely my fault and I apologize. Your help was greatly appreciated and we certainly welcomed it!)

## CHILDREN'S PROGRAM

Alannah Larsen Alexandra Halverson Alicia Mady Allison Christenson Allison Vidmar **Amanda Robbins** Angelique Homan Anna McWilliams Anne Bueltel Anne Peterson **Barb Davis Becky Brown** Beth Joens Blake Bartizal Brenda Steinhauer Carol Meagher Carol Peterson Carrie Leiner Dana Metzger Dawn Hall **Debbie Wehrs Delaney Cox** Devony Carlson **Dominic Devine** Dvlan Hulse Elaine Busswitz Elizabeth Mathews **Emily Wick** Faith Sadlowski Gay Uttenhove **Hayley Quinn** Heather Lohrmann Hugh Lenz Jackie Buie Jeanine Haws Jeff Johnson Jennifer Briggs

Jessica Vidmar John Dove Jonathon Bice Josh Loftus Julia Arana Julie Bergh Julie Bonham Kaitlin Steinhauer Karen Mever Katie Allen **Katie Pinnt** Kenna Hohmann Kiam Foo Kim Anderson Kris Ryan-Zons Krista Konopa Kristen Bartsch Laura Peterson Lauren Borchart Lisa Berglund Lisa Grove Lisa Weber Lisa Migletz Liz Flannery Londa Tushie Madeline Jurisch Madison Murphy Marie Migletz Mary Blank Mary Smith Mary Ellen Schmid Matthew Schroer Mikaela Beier Nicholas Roase Nick Hall Nora Straquadine **Patty Stroth Paul Smith** Penny Bechel Rachel Larson Rachel Winker

Rhonda Palm Rick Zieska Rob Rodriguez **Robin Adkins** Robin Svendsen Sadie Mueller Sarah Karan Sarah Ring Sedona Anderson Shanon Biornard Sharon Cornell Shavla Schrupp Shelby Angen Shelly Hulse Sheri Angen Sienna Ferrera Stacey Jacobson Stephanie O'Connor **Sue Anderson** Susan Brunes Tom Hartley Vanessa Robbins Wendy Mathews Yasser Kinawy

Thanks also to Parents, PCAs, & Therapists that were willing to step in and help when needed!

### HEROES ON HORSEBACK

Alexander Wilson Amanda Hastad Amber Becker Amy Greenslade Andrea La Chapelle

**Angie Cerney** Anika Smith Anita Wallace April Lundgren **Ashley Tinney** Ashley Walls Avla Krohn Beth Rol Brandi Campbell Brekka Loverg **Brittany Thompson** Catherine Hutchinson Chris West Ciera Manning Crystal Hill Deb Grace Donald Scholz Ebonie Richardson **Edwin Sanz** Forrest Green Heather Lohrmann Helen Krone Jackie Farrell-Buie James Wolff **Janice Cortes** Jason Lundquist Jean Jacobson Jeff Dodmead Jennifer Rustand Jill Thompson Jona Aukrust Julie Eckart Katherine Weller Kavla Olson Kellie Wolff Kip Sundauist Laura Scholz Leah Miller Lois Conmy Lorie Hanson

Luke Vreeland

Melissa Burdine Melissa Sather Michele "Shelly" Hulse Natalie Johnson Nikole Banik Rita White Bear Sally Ericksen Samantha Scholz Sandy Cotton Sarah Keefer Scott Nelson Sean Hennies Sherrie Schmidt Shirley Hoppis Stormie Graves Sue Anderson Susan Oeltjenbruns Suzanne Malecha Tamara Boudreau Tera Jensrud Tom Stoner **Tonique Ayler** Tracee Chung Ursula Wevaus Wendy Cosner Winona Guerve

Thanks also to Sgt. Church and the ladies from the MCF/SHK Challenge Incarceration Program. They worked incredibly hard every Thursday & other additional project days.

Thanks also go out to the following groups that have helped at the ranch or with program projects:

- Lakeville Area Public Schools Community Education Department
- Valor Group from Inverhills Community College
- Eagle Scout Jacob Shirk (Lakeville North HS)—tack locker project



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## THANK YOU TO OUR SUPPORTERS!

#### **Foundation Grants**

Bobby & Steve's Auto World Youth Foundation Carl & Verna Schmidt Foundation Casey Albert T. O'Neil Foundation Hansen Family Foundation J. Elmer & Esther Hansman Charitable Trust Jerry & Sandy Doran Charitable Fund

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### **Organizations**

American Legion #225, Forest Lake American Legion #234, Minneapolis American Legion #47, Hastings American Legion #601, New Germany American Legion #643, Savage American Legion #98, Saint Paul AUSA, Gen. John W. Vessey Chapter Blue Star Mothers of America, Inc., Chapter 10, Rochester **Edina Rotary Foundation** 

Marine Corps League #589 Marine Corps League #842 Minnesota Horse Council Rotary Club of Prior Lake Sahara Sands, Inc. (Steve Gilbraith) Tee It Up for the Troops, Inc. (Mendakota) Tee It Up for the Troops, Inc. (Oak Marsh Event) VFW Post #217, Columbia Heights VFW Post #6206 Prior Lake VFW Post #6208, Prior Lake VFW Post #9433, Rosemount

### In Kind donations (Silent Auction Items for our Events)

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Ichiban Japanese Steak House Illusion Theater Izzy's Ice Cream Jennifer Espinoza Jensen's, Eagan Joe Senser's Restaurant Jungle Red Salon Jungle Theater, The Kalli's Popcorn Shop Kim Howard Kim Jones (Fine Art America) Kowalski's Markets, Woodbury

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**Corporation Donations** 

ABC Companies Canterbury Park Holding Corporation Minnesota Valley Electric Trust TASC (Total Administrative Services Corp.) Thompson Reuters Walmart (Sam's Club-Shakopee) Western National Insurance Group

### Employer / Business **Matched Donations**

Allina Health Systems (Karen Meyer) **Amazon Smiles** Ameriprise (Charlene Klaus) Blue Cross Blue Shield (Anne Bueltel, Lindsay Healey, Michelle Bayer-Kohler) Give Back Foundation (Melissa Sather) Medtronic (Al Kupka) Prime Therapeutics (Gay Uttenhove) United HealthCare (Susan Brunes) United Way (Eide Bailey)

#### In Kind donations

Erik & Shanon Bjornard Erik Espinoza Jackie Buie Jackie Peterson Jennifer Espinoza Julie Eckert Kris & Rick Zieska Larry Johnson Legacy Companies Susan Angel Susan Auer Tracy Hacker

### **Individual Donors** Al Kupka

Allison Bakken Anne Bueltel Charlene Klaus Daniel V Hulse David A Swanstrom Deborah A.Dusterhoft **Eide Bailey** Emma Roeske Erik Heule Gerald & Sandra Doran James Sauber Jon Hatch Karen (Kim) Howard Karen Meyer Karen & Steve Sanger Lindsey Healey Luanna B. Hacker Melissa Sather Michelle Bayer-Kohler Mike & Shari Reiser Patrick & Jackie Buie Rachelle Grimm Sherry Rasmussen Stephanie Paige Johnson Susan Brunes

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Canterbury Park Minnesota Fund James B. Meister Larry R. Johnson Loeffler Construction & Consulting Luanna Hacker M & E Engineering, Inc. Michael R. Lundgren Robert & Ann Karrick TASC (Total Administrative Services Corp.) Thomas Osterberg

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## 2017 PROGRAM GOALS

- Hire an Instructor who is PATH Certified in order to increase the participants in the Heroes on Horseback Program, which will open windows of opportunity for the ranch.
- Have a second Instructor PATH Certified for emergency back up that will be able to cover all programs.
- Add new board members who have the capability to commit to the time and effort, ensuring Majestic Hills Ranch's interests are a primary focus. These potential board members must fully understand that fiduciary responsibility is a number one priority.
- Develop a plan going forward on how to achieve an indoor arena capable of supporting all programs effectively and efficiently.
- To renew and renovate the barn lounge starting with a total paint job from floors to ceilings, a wall chalk-board and other new items. This will also include the attached deck. We also need to repair and renovate our horse shelters, paddocks, arena, and pastures. These have been worn down by the horses over the years and all need refurbishing and painting.
- Change out and incorporate other small animals into our petting zoo, due to the passing of Clyde (our goat) from old age, and to replace Lamb Chop and Mutton (our well loved Baby Doll Lambs). They have grown up and want to play but their playful habits have unfortunately become too dangerous to have in the zoo. They will go to a new and fun home where they can play away. We are seeking a couple of miniature goats to join Aries and possibly a miniature donkey.
- Seeking the addition of four new horses to join the programs. Two of them able to accommodate the weight of adult riders and to keep up with the expansion of the HOH program. Two will be added to the children's program to replace those gone over the rainbow bridge and to keep up with the program numbers of participants.

hours.)

## STATISTICS FOR 2016

### Children's Program

- Total number of riders served by the Children's Program: 72 Participants in Horse Sense Psychotherapy Sessions: 11
  - 11% 5 years old or under
  - 44% Between ages 6 and 10 years old
  - 37% Between ages 11 and 18 years old
  - Over 19 years
- 62% of our riders were male; 38% were female
- While over 42 different diagnoses were present in our riders, below are the 4 that affected a majority of our riders.
  - Autism Spectrum Disorder (ASD)
  - Developmental Delay (DD)
  - Attention deficit disorder / Attention deficit hyperactivity disorder (ADD/ADHD)
  - Cerebral palsy (CP)
- We offered classes to riders throughout the 7 county metro area, but 92% lived in the cities south of the Minnesota River. Of those cities, the top 4 are:

Apple Valley Lakeville (22%)(15%)Burnsville (13%)Eagan (10%)

 We work closely with several military organizations and most of our riders/participants were referred by the following groups:

•	Outpatient Referrals	22%
•	Veteran's Home-Hastings	28%
•	VA Medical Center–Mpls: Poly-Trauma Unit	28%
•	Journeys Program (outpatients)	22%

### **Our Volunteers**

We had over 200 volunteers helping out with our riding programs and special events, and ranch projects:

Children's Program = 3197 hours Projects/Events = 758 hours Veteran's Program = 1525 hours

Total Volunteer Hours = 5480 Hours

### **Our Horses**

MHR owns 2 draft horses, 3 ponies, and 8 horses which are used in our riding programs plus 3 privately owned horses that are used for select classes. In 2016 these horses had a total of 1525 rider hours throughout the season. We also used select horses for 72 hours of Equine Facilitated Psychotherapy during the summer session.

### MHR Heroes on Horseback Program

Total number of injured military personnel, active duty and veterans in rehabilitation, that were served by the Heroes on Horseback

1: <u>36</u>	357 visits & 714 hours (a 62% increase in visits &		
•	Air Force	14%	
<b>♦</b>	Army	42%	
<b>♦</b>	Army National Guard	3%	
<b>♦</b>	Marine	22%	
<b>♦</b>	Navy	19%	

- 72% of our veterans were male; 28% were female
- While multiple diagnosis were present below are the top (4) four that affected our riders participating in the Heroes on Horseback Program: (Many have multiple secondary conditions.)

<b>♦</b>	(PTSD) Post Traumatic Stress Disorder	36%
•	(TBI) Traumatic Brain Injury	19%
•	Anxiety/Depression	8%
•	Schizophrenia	8%