



The Heartland Hoofbeat

Heartland Equine Therapeutic Riding Academy

Mark Your Calendars!

Blue Jeans & Dreams

March 28, 2009

New Volunteer Training

February 21

Omaha 9:00-11:00

Valley 1:00 to 3:00

Interested in Volunteering?

We have various areas where support is needed, from helping in the barn, to administrative duties and fundraising.

Contact Erin Bevington at
erin@hetra.org
or 402-677-5986

Check out the events calendar at www.hetra.org for more activities!

Horse Penny Drive For Horse of the Year!

HETRA has begun it's quest to find the 2009 Horse of the year, and you can help! Each barn has a set of donation jars with a photo of each horse.

By dropping your pocket change into the horse's jar of your choice you can submit your vote for horse of the year.

1 penny = 1 vote!

Or if you would like to make a more significant donation you can log onto HETRA's web site at www.HETRA.org.

This year's winner will be announced at Blue Jeans and Dreams on March 28th.



"Jessie" 2008 Horse of the Year

HETRA'S 9th Annual Blue Jeans and Dreams Event

Heartland Equine Therapeutic Riding Academy (HETRA) is excited to announce the upcoming "Blue Jeans and Dreams" Benefit Dinner, Dance, Auction and Student Demonstration on **Saturday, March 28, 2009.**

Entertainment for the evening includes a demonstration by 2008 Mustang Makeover winner, Mark Lyon, his amazing mustang, Christian, and sidekick Roy, the Cowboys of "Wild West Creations", face painting and the highlight of the evening will be a dynamic riding demonstration by the HETRA Students and Horses.

The event will be held at Five Star Stables,

23203 Dutch Hall Road in Bennington. The evening's festivities will begin at 5:00 with a social hour and silent auction. Dinner will be served by Skeeter Barnes BBQ. Mark Lyon and Christian will amaze the crowd at 7:00 and the HETRA students are scheduled to perform at 7:45 with the live auction immediately following.



2008 Live Auction Winners

This is a great opportunity for the public come out and meet the HETRA students and our amazing horses. We invite you to come out and witness for yourself the unique benefits of Therapeutic Riding!

There will be appearances by HETRA students and sponsors who will assist in the live auction with items including an

American Flag flown over Afghanistan, Minnesota cabin stay, romantic picnic at James Arthur Vineyards, NASCAR tickets, Airline Tickets, additional autographed items and numerous area gift certificates and great items for kids of all ages!

To purchase tickets go to our web site www.hetra.org or call us at (402) 359-8830.



HETRA Student helps show off a live auction item

Local Businesses Organize Casual Days For HETRA

In December the employees of Info USA in Omaha participated in a casual day that benefited HETRA. These generous employees helped to raise \$828 for HETRA. We would like to thank Mike Freel for helping to organize this event for us!

Because Maggie and Michelle, HETRA volunteers, feel it is very important to support HETRA and our mission, they organized a Jeans day for HETRA at First National Bank in the Enterprise Technology Services division. Thank you very much to everyone at First National Bank for your support!

If you would like to help organize a casual day for HETRA or would like to learn more about how you can help, please contact us at (402) 359-8830.

SPECIAL THANK YOU'S

HETRA would like to send a special thank you to the following individuals or businesses for their recent donations:

BenefitPlansInc.
North Hills Hunt Club
Mighty Morgans 4-H Club

We would also like to thank everyone that participated in the **Cox Classic**. HETRA received a check for over \$13,000 last fall from the Cox Classic. This was a very successful event, and we would like to thank all the volunteers that came out to help!

2008 100 for HETRA Club

HETRA Would like to thank the following people for joining the 2008 100 for HETRA Club. These individuals or businesses donated \$100 or more to HETRA, and thus joined the 100 for HETRA Club.

Thanks to these generous donors we raised \$10,927.00, which exceeded our goal.

Joe Holm & Mary McHale
Bill & Pam Bruneau
Brian & Donna Foutch
Vincent Mueller
Louis Rotella Jr.
Mary Elizabeth Lomax
Rick & Judi Dunham
Sam & Vicki Maggio
Janine Emmons
Edye Godden

Steve & Diane Probst
Kathy Sangimino
Jeffrey Hiatt
Rachel & John Pinkerton
Mr. & Mrs. George Tangeman
Rich & Sue Hallgren
Joan Henninghausen
Charolette Conner & William Dana
Tim Kurlmel
Jodi Teal
Liz & Bill Fleissner
Ron Dudley
Matt & Donna Johnson
Steve Haack
Ward Putnam
Erin & Ian Bevington
John Sibley
Nancy Kehrli
Mary Jessen
Ray & Pheobe Berry
Paula Wachholtz
Kathy Lewis

John & Eileen Dunham
Katherine Smith
Tom Cramer
Gale & Susan Larsen
Neil & Lori Sergel
Paul Murphy
The Falk Family
Carol & Garth Fletcher
Vicki Rinne
Dan Flynn
Bob & Kayla Howard
Vicki Wroblecki
Lisa & George Stillahn
Dr. Tim & Mrs. Ann Moore
Carm Costentino
Maria Burgess
Rita Burgstadt
Darren & Teresa Konda
Sam & Vicki Maggio
Bob & Suzann Dutton
Dick & Jan Rasmussen
Jeanne Patrick
Loren & Pam Johnson



Diane Binkly
Scott Curran
Deryle & Nadine Morton
Carolyn Key-Suhr
Steven Cassata
OJ Glass Jr.
Dr. William & Lynette Singer
Mary Pat O'Callahan
The Leavitt Family
Nitya & Nikhil Mummalaneni
Debbie & Nikki Palmer

Trust Orthotics Supports HETRA

The opening of a new orthotics clinic, Trust Orthotics, has brought Tim Mertens to Omaha. Tim first heard of HETRA after a seminar in which he was teaching about the benefits of some of the new orthotic devices that his company provides. Diane Bemis, OTR/L asked Tim about some of the materials with which they work and their potential application in therapeutic horseback riding. Tim was interested and came to the Omaha barn for a look at what we do.

Tim's become a familiar face as he has generously been donating his time, expertise and orthotics to help some of our riders in need of supports to enhance their stability in the saddle. He's also made inserts for helmets, a torso brace, hand splints and has even fixed a special saddle handle adapted for our students.

Trust Orthotics has a new technology thermoplastic to make the pediatric orthotics. In addition to orthotics, they carry various durable medical equipment items. They also have a mobile unit for on the spot adjustments that are so often helpful as a student's needs or activities change.

HETRA VOLUNTEER GOES ABOVE AND BEYOND!

I believe all of the folks who give of their time and energy to HETRA participate in the process of improving the organization. Every so often an individual will find their way to HETRA and participate in this process in subtle and unique ways. In addition to the work of helping to keep the students safe while side walking, or helping to create a pleasant environment by cleaning up after the horses and watering the arena, it takes an observant eye to see other areas of need. Chris Meneely has not only that ability to observe for the not-so-obvious, but also the training to recommend simple strategies to help remedy some of the procedural inefficiencies.

Chris came to us with a desire to help the kids, and willingness to do whatever was necessary. As all volunteers do, he started with side walking. Almost immediately, Chris saw that it takes longer to get things ready on Sunday morning than planned. He started coming early enough to get the arena cleaned, watered and set up so that the instructor could concentrate on the horses.

It didn't take long for Chris to observe that the staff in the stall barn didn't always know what time it was and therefore didn't always have horses ready when they should be. Chris put clocks everywhere and now even the horses know when they're suppose to be ready to work.

One of the difficulties with getting things put back to where they belong is having items and locations identified. Chris provided a labeler which we use for everything from labeling files, putting names on student helmets and showing where toys and tack belong.

Chris has now begun the horse grooming and tacking phase. And we look forward to hearing all his great ideas for enriching this process! Thanks, Chris, for all that you do. We are so lucky to have you onboard.



Chris & Whitney (HETRA's volunteer coordinator)

HETRA Volunteer & Student Awards Party



Penny West & Jan Doiel at the awards Party

Many braved the cold weather on Sunday, January 11th, to celebrate HETRA's 2008 record breaking accomplishments. A wonderful meal provided by the parents and instructors was enjoyed by all. The HETRA students were recognized for all their achievements in 2008 with a personalized certificate and trophy. There were 20 volunteers that contributed 100 or more volunteer hours in 2008. These volunteers received certificates and mugs for all their hard work. HETRA also recognized the two Volunteers of the Year – Penny West for our Valley facility and Jan Doiel for our Omaha facility. Penny has gone above and beyond at the Valley barn, helping to organize and keep our office area clean, as well as

helping out in the arena sidewalking and leading the horses multiple nights each week. Penny completed an astounding 404 hours in 2008. Jan Doiel has been instrumental in keeping everything at the Omaha barn organized, volunteers during sessions, she is also helping to feed the horses and participating in the horse conditioning program. Jan amazingly completed 570 hours in 2008. Congratulations & Thank You ladies!!!

HETRA volunteers logged a record of more than 12,500 hours in 2008, many of which were spent in sessions with a record number of 90 students per week - that is beyond amazing! There were a lot of volunteer hours spent planning and putting on several fundraising events, without which HETRA couldn't continue to operate. Volunteers used their hours to purchase HETRA apparel and to bid on dozens of wonderful items donated by HETRA students and their families. Words cannot express how grateful all of the HETRA staff and the families of our students are for all of the time, energy, talent and love that each volunteer contributes towards the success of our program!! We're all looking forward to another great year in 2009.



HETRA Students receive their awards



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Visit our website at
www.hetra.org

HETRA's Mission: To improve the quality of life both physically and emotionally of adults and children with disabilities through equine assisted activities.

HETRA Celebrates 20 Years of Miracles 1989-2009!

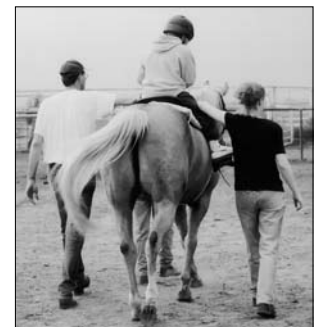


HETRA student in 2008

In 1989 Steve and Janet Henthorn of Omaha started Heartland Equine Therapeutic Riding Academy, also known as HETRA. It all started with one horse, one student and three volunteers. We have come a long way since 1989, in 2008 HETRA completed 2841 student sessions, and our 200+ volunteers donated 12,576 hours of their time. HETRA is now serving 90+ students per week at two facilities, we have 13 NARHA certified instructors and 16 therapy horses. This is a huge milestone for us and we would like to thank everyone that has helped us get to where we are today especially the Henthorn family, we would not be where we are today without their vision for this wonderful program. You can help HETRA continue to create miracles in the lives of our very special students by making a tax deductible donation. Donations can be sent to PO Box 260, Valley, NE 68064. Or log onto our web site for more donation options, www.hetra.org.



A few of HETRA's first students



HETRA students & volunteers in 2001