



# Miracles in Motion

THERAPEUTIC EQUESTRIAN CENTER

## From the Director's desk...

June proved to be one of those exceptionally busy months!

Miracles hosted some of the families from the Autism Group of Coralville. The volunteers at Miracles offered various activities that the families could be a part of-- the favorite always is being able to groom and get close to the minis. We began with an educational activity in the indoor arena in which we focused on educating folks about the different breeds of horses. We then moved to the pavilion where the families could play outdoor games without the horses, e.g., Connect Four, sidewalk chalk, basketball and more. Our day also included a tour of the barn with some of horses standing handsomely in their stalls for viewing (and compliments!). And of course, everyone took a walk around the property including the Sensory Trail.



And then there was the travel.....the minis seem always to have their bags packed, willing and ready to hit the road! And travel they did...down the road to Brown Deer Memory Care in Coralville. The travelers, Mr. Sea and Lucky, were perfect gentlemen as they allowed the residents to come up close and personal, giving them pats on the neck or scratches on their ear. I am not sure who gets more out of these outings -- the volunteers, residents or the minis! Miracles is fortunate to have the Mini Program to take out into the community. Please let us know if you would like to have the minis come to your business.



Finally, our therapy sessions for clients of ChildServe of Iowa City (Hippotherapy) did end and will resume in August. Adaptive Riding classes will not take a break and will run through the end of October weather permitting. This is a program in which the instructors provide personalized lesson plans that are designed to provide students with the greatest opportunity to succeed.

Clearly, lots is going on at Miracles! It's an exciting and busy time of year for us and the summer is going fast! Take the time to enjoy and eat your apples (say the horses!)! Deb Leichsenring, Director of Operations



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## Community Nights

Miracles in Motion will be the Vue's designated organization on **Tuesday, August 10<sup>th</sup>**.

Ten percent of our sales that night from **5pm-10pm** (excluding alcohol) will be donated to Miracles in Motion. This includes to-gos/curbside/delivery sales as well.

*Please join us!*

### Issy Gray's Miracles Moment

I'm so grateful to be a part of the Miracles team. I'm currently a senior at the University of Iowa studying health promotion on the occupational therapy track. I've always loved helping people and animals in any way possible. Growing up some of my favorite memories were on my aunt's farm riding her horses. I was always eager to learn more about the horse's behavior and help her with chores. It's been so nice to be able to take a break from classes and come to Miracles, while being a fulltime student at Iowa. My passion with kids with disabilities started after taking an Intro to Disabilities class and volunteering at a daycare with kids with special needs. Miracles is the perfect combination of what I've been looking for in an organization. I look forward to coming to the barn each week to be around the horses and students



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### Wurstfest in the Amanas

**Thanks to all** who helped with Wurstfest in the Amanas the 19<sup>th</sup> of June. Becky Tranter organizes volunteers from nonprofits for both Wurstfest and Oktoberfest. Tips and contributions based on volunteer hours helps out the nonprofits and having a enthusiastic group of volunteers helps staff these events.

Oktoberfest will be the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> of October – **SAVE THE DATE!!!**

### Check out our progress!!!

We hope you will join us August 7<sup>th</sup> when we dedicate the Upmier Arena and invite you to check out the addition to our arena and enclosed pavilion. Open to the public from 2 – 4 with a short program at 2:30. Light refreshments will be served.





## News from the barn by Karla Miller

As usual, there has been a lot of activity in the barn this month. Feeding, grooming; pest control (Ace and Todd, resident pest control cats); hoof-trimming; tacking for class, and occasional vet visits. The barn is the hub-the heart-of Miracles where dozens of volunteers do chores, love on the horses, and feed them twice a day. Putting out hay and making sure they have plenty of water is a matter of course rain or shine, hot or cold, and everything in between.

The barn is also the operations center of our property manager and volunteers who tend to the plethora of projects and repairs keeping Miracles' 76-acres beautiful. You have no idea how mischievous (and destructive) the Miraculous Herd can be. Fixing fences from unauthorized visits and scratching itchy hind-ends is constant. In fact, Blaze and Lucky, especially, don't limit their scratching to fences as evidenced by the numerous bricks from the wall by the arena strewn about in their quest to "itch where it itches."

Volunteers clean stalls; wash and maintain equipment; organize grooming buckets; and sweep floors incessantly. Clean, comfortable and safe accommodations are the order of the day...day after day. There is a sign that hangs from a beam reminding people to be aware of the energy that they bring to the barn. Positivity, respect, and congeniality make the barn a fantastic and wonderful place for horses and people to co-exist.

It's not unusual to see three or four horses, heads out of their stalls, seemingly commenting on events of the day. Or Zip napping, his head on the saddle hanging just outside his stall. Or little Mr. Sea rolling in wood chips in his stall, earning him the nickname "Mr. Chips." Or countless other scenarios.

If you volunteer for Miracles, you, too, can step into this wonderful place; the beautiful scent of horses and the smiles of those already there who look up to greet you.



**Mock class for new volunteers was held on Sunday, July 11th at the Miracles arena.**

The Origin of 12 Horse-related Idioms  
Karla Miller

Last month, we ran an article in our newsletter listing some of the sayings that have to do with horses. We asked for submissions. We received a new one: "Horse feathers." This month, we would like to share with you the origins of some of these oft-used sayings.

To accomplish this, I turn to an article by Lucas Reilly who published an online article that focuses on the origins of horse-related English idioms. His article can be found on [mentalfloss.com](http://mentalfloss.com). This stuff fascinates me and I hope you enjoy it. I took editorial liberties in making a few comments.

**"Hold your horses!"** This idiom originated in 800 BCE. This came from a line in Book 23 of Homer's *Iliad*, commonly translated as "Antilochus-you drive like a maniac! Hold your horses!" (Although the original 1598 translation has it as "Contain thy horses!")

**"Don't look a gift horse in the mouth."** This originated in 380 BCE and is so old that when St. Jerome translated the New Testament, he included it in the introduction: "Equi donate dentes non inspicuntur." (Ed: Ok. That's a little over the top. It IS something that will go over well when you say it at your next party.)

**"You can lead a horse to water, but you can't make it drink."** This saying originated in 1175. A modern version appeared in the 1602 play *Narcissus*: "They can but bringe horse to water brinke/But horse may choose whether that horse will drinke." (Ed: They talked funny then.)

**"Horseplay."** This idiom originated in the 1580s. In the 16<sup>th</sup> century, "horse" was a common adjective describing anything strong, big, or coarse. Along with horseplay, that's how horseradish got its name. (Ed: Ha! A twofer! Didn't see that one coming, did you?)

**"A horse of a different color."** This one originated in the 1600s. In Act II, Scene 3 of *Twelfth Night*, Maria says, "My purpose is, indeed, a horse of that colour." It's believed the phrase evolved from there or that the idiom already existed and Shakespeare was twisting it. (Ed: That rascal!)

**"Beat a dead horse."** Originated in the 1640s. In the 17<sup>th</sup> century, sailors were paid in advance and promptly blew their checks on booze. The ensuing period of work was called "dead horse" time. Since they didn't have the promise of a paycheck for motivation, most sea dogs were woefully unproductive. (Ed: Well, this explanation is much better than the one I had in my head since I heard the.)

**"Eat like a horse."** This originated in the 18<sup>th</sup> Century. A full-grown gelding can eat up to 2 percent of its body weight per day-that's about 20 pounds of food!

**"Get off your high horse."** This one originated in the 1780s. Being told you were on a high horse used to be a compliment: Only soldiers and royalty rode tall war chargers. Then, as people lost respect for the high and mighty during the revolutions of the late 1700s, the high horse was seen as uppity.

**"Dark horse."** Not a reference to the Katy Perry song, the word dark was Victorian era lingo describing anything unknown. "Dark horse" was popular racing slang for an unfamiliar trotter that won a race.

**"One Horse Town."** This idiom originated in the 1850s. Settled in 1849, the village of One Horse Town in Shasta County, California, was a regular stop for gold miners. Legend has it that Jack Spencer's ole gray mare was the only horse around.

**"Charley horse."** This originated in the 1850s. Back in the 19<sup>th</sup> century, lame racehorses were called "Charley." Around the same time, old horses were used to drag the infield dirt at baseball stadiums. Whenever a ballplayer cramped up, they were compared to the grounds crew of limping equines-Charley horses.

**"Chomp/champ at the bit."** This last phrase originated in the 1920s. Part of the bridle, a bit rests inside the horse's mouth and is controlled by the reins. Impatient horses tend to anxiously chew on their bits before races.

Where would we be without horses who have, throughout history, been the inspiration for phrases to describing things so universally and poetically?