



# Jeremiah's Crossing Quarterly Newsletter

Volume 5, Issue 3

November 2021



*Bright colors grace our stately trees  
That gently bend by autumn breeze.  
Their last display they proudly show,  
With bright and shining leaves they glow.  
As sunlight shines to catch the eye,  
They stretch to reach a waiting sky.  
Their hues will dim as snow comes down  
To switch the scene from dusk to dawn.  
Bright vistas greet at dawn's new light  
As colors fade with snows so white.  
A bright new day arrives and now is here,  
A fresh new start that we'll hold dear.  
A joyous horse stands by with bended knee.  
Winter's gift so white & pure, right there to see.*

## Why a horse is so special for healing

It is a pretty well understood fact that horses and humans have a long history of working together. For anybody who has been around horses knows full well that the mutual relationship is quite enjoyable. This newsletter usually shows photos of smiling people, mostly kids, who are petting, snuggling, or happily riding horses that we have here at Jeremiah's Crossing.

The more important observation is that our horses are specifically trained to bring about positive changes that have been difficult to obtain by any other means. We describe this horse power as equine-assisted therapy, and it truly changes young lives in very constructive ways. The underlying fact involved is that the movement of the horse is similar to the human gait (manner of walking on foot), and it transfers that movement to the rider very naturally as if the horse's legs become extensions of the human's legs. This "equine movement" is actually quite parallel to the exercise of walking, and this quite efficiently supplies motor and sensory inputs for individuals with physical challenges while providing cardio (heart) and respiratory (lung) fitness and weight control (caloric burn). Further benefits improve circulation, muscle tone, and relaxing muscle spasticity. Simply put, what we do here at the ranch is really good stuff!





That's a snorting thing to say!



Thanks for waiting for me. I'm ready to go for a ride now.

**Question:** Did you hear about the horse with the negative attitude?

**Answer:** She always said "Neigh".

Bet you didn't know this!

Old Billy (1760-1822) holds the record of the [oldest horse in history](#). He was an 18th-century barge horse from Woolston, Lancashire, England. He was most likely a Shire-type horse with a brown coat and a white blaze.

Typically horses do not live longer than 25—30 years. At the time of his death, Old Billy was approximately 62 years old—equivalent to a human living about 165 years. Surprisingly, he had a very active life to the end.

"I can make a General in five minutes but a good horse is hard to replace." — Abraham Lincoln

## From the horse's mouth— an interview with Lil Prince

So Lil Prince, you seem to have a role on the ranch as among the best trained, why is that?

**Lil Prince,** "I guess some folks think of me that way because I had the role of "cart puller" in my last job. Some folks think that's a hard thing to do, but I found it easy."

**Why do you suppose you were named "Lil Prince"?**

**Lil Prince,** "I'm not sure, but I think that Kathleen and Roger Harris thought I deserved a more noble name because they felt I was so talented. At my last ranch I was called 'Squeak!' Who would want that name!

**When did you join the team here at Jeremiah's Crossing?**

**Lil Prince,** "I arrived here in 2007 along with Jazzy and Journey. We're now great friends."

**How do you like it here?**

**Lil Prince,** "This the best place to be if you want to join a great team. We are all very dedicated to really helping the kids. What we do here is life changing, and it feels great helping our students find new enjoyment and pleasure in the saddle.

Heck, I could be rigged up to plow fields. Instead, we're



here helping kids discover happiness. It's good stuff! I love it, and I love the kids! We're all excited about the new arena. What a difference this will make. It will mean endless saddle giggles and lots more happy neck hugs.

## Editor's comment

We have so much to be grateful for at Jeremiah's Crossing. Our service continues to be fruitful only because there is so much community support for this nonprofit mission ministry. We are specialists in therapeutic horseback-riding services, and we are wholly dedicated to produce this service in an ongoing manner, always striving for the best possible results. To do so at no cost to those within our reach with diagnosed physical, cognitive, emotional, and academic special needs at no cost to either the students or their parents is both challenging and heartwarming.

I find it uplifting to see the tremendous level of community support for this very special service. We see amazing and life-changing results here, and each new smile that emanates from a ride in the saddle affirms that this is a place where really, really good things happen all the time. To state that it is heartwarming is actually an understatement. Something nice occurs when you realize what a privilege it is to witness happiness in a child's face. It is a "coming alive" phenomenon that stands out as life changing. It's as if a switch was just turned on to brighten a life, and that's the what spreads happiness around. To witness this goodness is an honor, and that is a common theme that you hear over and over again with anyone associated with this wonderful ministry.

We here at the ranch sincerely thank any and all of our sponsors and supporters for striving so hard to insure the success of Jeremiah's Crossing. At such a time as this, when troubles abound due to current events that seem to stretch out of control, we see another side— the brightness that radiates from happy young faces that experience joy in a saddle.

Thanks to all that share this warmth with us, all who strive to assist in carrying this mission forth. It means so much. It is so good. We are all lifted when associated with a wonderful cause like Jeremiah's Crossing. If you receive this newsletter, you surely know and share our desire to carry out this mission in the best possible manner.

I can't resist a special salute to Aidan George (my grandson) with his dad, Jack, and his aunt, Elizabeth Hipke, along with scouting friends for their magnificent effort to produce beds for the Jeremiah's Crossing bunkhouse in his Eagle Scout project— see page 6. We'll feature Wyatt Erdman's Eagle Scout project in our next newsletter.

Phil George, Editor

## Benefits of visualization and relaxation

Gerry Harrington, in *How Horses Help*, advocates using a technique of visualizing yourself actually doing what you want to achieve. You might call it a “what if” game to place a desirable thought in your mind as if it were a prelude to what you expect to achieve. Some might call this a pipe-dream idea, but it actually makes sense. Would you go out for a drive somewhere without first consulting a map? Better to plan ahead, setting expectations as to how you’d like the trip to come out.

This is a technique of first picturing in your mind what the end goal will look like along with the joyous feeling that will emerge with success. Now you know what you are shooting for, and it looks appealing, worth the effort. When you find yourself saying “I can do this”, you’re in a better mood, and you are anxious to go for it.

With a smile on your face, buoyed by a good dose of anticipation, a strange dose of optimism seeps into your psyche. You begin to relax as the road ahead seems so well set forth. You’re thinking, “This is really going to happen. I can feel it!” You haven’t actually done anything, but you feel as if you have accomplished the goal you envision.

This is the miracle of a great attitude, and it puts you in a frame of mind that is both enjoyable and encouraging. Sure, you might not have everything turn out in champion form, but you most certainly will have made advancements. Just thinking about the whole adventure gives you a taste of success because you have prepared the way, you see the goal, and you’re about to make the initial steps that will take you there.

This is the type of process that we teach at Jeremiah’s Crossing. We show our young students how to visualize (see how the horse does it) and then relax and enjoy the ride. Sure enough, they will benefit from increased confidence and heightened self-image with a new ability to relax, contract muscles, and breathe better their mind at ease.



## So what’s a special need

At Jeremiah's Crossing, our focus from the beginning has been to find ways to help our horses be specifically trained to minister directly with students who need a pathway that will help them cope with their special challenges.

We have found that horses have a wonderful ability to display patience and calmness that exemplifies for our students how neat things can be when we learn how to cooperate with life. In a way, it is a method that illustrates for the student the benefits of working with others, in a mimicking way, for a pleasurable result.

The special needs category that defines our mission includes individuals who require assistance for disabilities that may be medical, cognitive, or psychological. These needs range from students with autism, Asperger syndrome, cerebral palsy, Down syndrome, dyslexia, dyscalculia, dyspraxia, dysgraphia, blindness, deafness, ADHD, cystic fibrosis, and students with missing limbs.

It is not expected that most people would have knowledge of these special needs, although it is important that the general public be aware that these people did not ask for these impairments, but they must contend with them. In our society we all care and would like to help people who have these needs. This feeling drives our ambition to bring a better life condition for anyone in our service area who would like help with the difficulties inherent with these special needs. We like to point out that our horses are totally dedicated to serving the needs of people who can benefit from horses specially trained for this service. We offer our help in this special way at no cost to those with this need. Volunteers, grants, and gifts from the community enable us to function through a widespread offering of love and compassion.



Thanks to our 4th of July supporters last summer in the Pittsville parade. We get the word out any way possible.

## Facebook reflection

August 4, 2021 — Statement provided by Jeremiah’s Crossing on Facebook— titled What’s it all about?

- \* It’s the little girl who cannot speak at will but talks to her horse...
- \* The man who took 5 seasons, but just RODE his horse for the very first time...
- \* The man who, after his accident never thought he could feel grounded again, felt balanced after his first lesson...
- \* The big brother who can share horseback riding with his little sister and brothers because horse back riding puts them on an equal plane...
- \* It’s to see the smiles of the teenage girl who doesn’t see well or communicate easily with the world, who loves the “Poppas” who help her ride her pony, Jack.
- \* It’s for all of these and 47 others that the staff and volunteers show up each day of the week, because miracles happen and no one wants to miss them.

For news, pictures, and current ranch updates, check out Jeremiah’s Crossing on their Facebook site.





## New arena riding is underway. The stable barn is next.

We are pleased to share that our new arena is now in use. We still have some finishing touches to make it fully serviceable, but we now have a place to go when rainy weather arrives. There are projects yet to be completed that will produce the accompanying stable barn and tack room, and work has been started on that project. It will be necessary to prepare horses for riding during rainy weather, and that can't be done in the rain because we don't want to ruin the riding equipment by getting it wet. We do have many of the supporting timbers in place for this necessary structure, and we hope to have it finished before the 2022 season begins.. It is being located right next to the arena.

At Jeremiah's Crossing, we strive to provide the best possible services for our students, and we appreciate all the community support that enables us to offer this free service to our clients.



Use all your 10 claws for digging,  
sweep up with your tail,  
and don't talk when your mouth  
is full of acorns!

Timothy Trotalong Toolittle

## Fencepost viewpoint by Timothy Trotalong Toolittle

Well, here I am again giving you my ground-level thoughts. You might as well learn more about me and my kind. Here are some things you probably didn't know about chipmunks. We chipmunks, some 16 species of us, are spread across North America in woodland areas. We dig complicated systems of underground burrows that extend down several feet into the soil and contain storerooms, a nest, and many connecting tunnels. I can carry seven chestnuts in one trip, three in each cheek pouch and one in my mouth. In summer I have to store up enough nuts, seeds, and grains to eat all winter season. You see, I don't really hibernate. I've got to eat all winter long.

OK, now I hope I've got your

attention, because I want your sympathy about the task I have had adjusting to this new horse arena. First of all, it messed up much of my tunnel system, so while everyone is excited about the new arena, no one seems to give a hoot about the task I have had to make a whole new system of tunnels.

Well, after several false starts, when the new arena foundation blocked some of my main tunnels, I had to build an entirely new route outside of the arena area. It's a secret where I plan my entry into the arena, but I'll get in there—don't you worry about that.

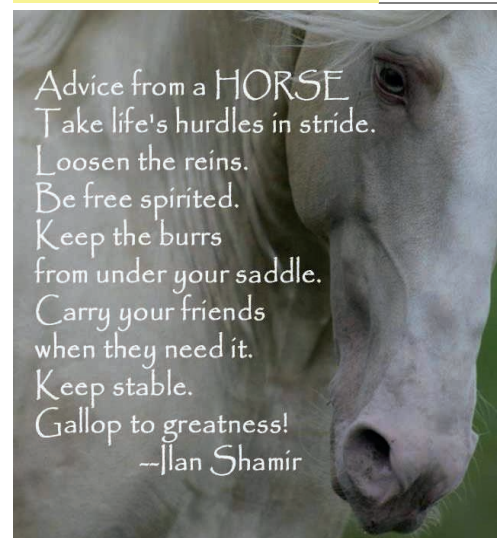
I figured out a way to get the new tunnel system in place, just outside the arena, and I'm working on a way to build an

access route into the arena that winds in through the ground deep under the arena entryway. This way, I'll be able to enter the arena when no one is around and pick up some scraps here and there to make my diet more interesting. You know, people drop things when they are munching on a sandwich while standing around in there. A nibble here and there makes my life more interesting. This is going to work out fine.

I've got to admit, the new arena is impressive. And it sure will be nice for both horses and students when the weather gets nasty. This is a pretty neat community that came forth to support building the arena. Nice folks around here. And the students are gonna love it.



I picked this just for you because you are so special to me.



Advice from a HORSE  
Take life's hurdles in stride.  
Loosen the reins.  
Be free spirited.  
Keep the burrs  
from under your saddle.  
Carry your friends  
when they need it.  
Keep stable.  
Gallop to greatness!  
—Ilan Shamir

## Six Things We Can Learn From Horses

1. **The Effects of Our Emotions.** We know that horses understand our emotions and can tell when we are sad, angry, happy, etc., and it affects them.
2. **Trust.** This one may seem pretty obvious, but it's highly significant. It is one of the best qualities upon which to base a friendship.
3. **Perseverance.** The ability to stay in place and soldier on when it may be difficult to do so.
4. **Humility.** Recognizing that we may not sense all of the truth when we encounter a difficulty.
5. **Responsibility.** Knowing when we must accept ownership in any given situation that requires our attention.
6. **Teamwork and Patience.** The ability to work with others when needed.

## The horse knows the way to make your day, 'cause they get us!

We have a simple theme here to just recognize a bit of what horses have to offer us. The reader must suspend belief that humans are superior to horses. You might say, both horses and mankind are superior together.

In effect, mankind has been benefitting from the superiority of horses since the beginning of time, well, at least the beginning of horses. Archeological evidence indicates that the domestication of horses had taken place by approximately 6,000 years ago somewhere north of the Black Sea from Ukraine to Kazakhstan. In other words, horses have been benefitting mankind for 60 centuries. One might ask, "Could we have survived without them?"

Suffice it to say that horses and humans have been working together for a long, long time. Look—we're great friends, have been forever. Get it? It's time we just accept the fact that these guys have been around as long as we have. We're both survivors. Makes sense to learn from each other!

## How can a horse help a student gain a general sense of well-being?

It has to do with gaining self confidence. Just being out in the loveliness of nature in the fresh air of our ranch, the student is transported to different surroundings—wide open spaces, beautiful horses, and pleasant folks who smile a lot and offer encouragement.

A sense of confidence is gained by practicing and learning new skills. The opportunity to actually control an animal much larger and stronger than oneself is a great confidence builder, and our horses are carefully trained to be wonderfully patient with their new friends in the saddle.

Riding increases the interest in what is happening around the rider, and it helps the student develop new possibilities for engaging and exploring the wider world around them. Even exercising becomes interesting when done on horseback.

The excitement of riding and the experience involved stimulates the students and encourages them to speak and communicate about what they have learned. In the process the student learns to master fears through the act of staying on the horse and attempting new skills and positions with the horse. This helps them acquire the art of patience and develop emotional control and self-discipline.

A new sense of normality settles in on our students as they grasp that they have mastered a skill considered difficult by any definition. This may be a new experience for the student which expands the locus of self control.

The student now begins to view him/herself as having mastery over their world as control of a powerful animal increases. In effect, the affection of the horse removes the debilitating sense of fear that had previously clouded the student's mind, and the brightness of a renewed horizon comes into view.

At Jeremiah's Crossing we specialize in new days, new horizons, and happy awakenings in the comfort of a saddle on a horse that has become a friend.

*If you give goodness from your heart, it is received as a blessing. This shows that you care. Caring so freely given can make a big difference to others. It can plant a seed that blossoms into healing for a new beginning. Bless someone with a smile. Bless someone with kindness. Bless someone with compassion. Be a shoulder for someone. Listen to someone. Hold someone's hand. Touch someone's heart.*

*(inspired by Charity M. Richey-Bently)*



We are grateful for the new guest house deck install. This facilitates entry to the building.



Getting ready for a little happiness in the saddle.



You're my buddy. I know you always want me to scratch your nose, so I'm doing it just the way you like!



**My 4 legs and strong neck beat your 2 wimpy legs and puny arms any day! Why not just say "please"?**

**What did the mommy buffalo say to her little boy for the first day of school?**

Bison (say it slowly)

**What is a cow with a twitch?**

Beef Jerky!



**I see with my eye, but I behold with my soul.**

## We have stocked up our hay

We now have some 209 bales of hay in stock, enough to get us through to next summer. We are so grateful God has provided this bounty and praise Him!

Thank you Amber, Shannon, Mistie, and Isabel for helping get the hay barn ready, and thank you Ralph, Larry, and Doug for all the help with growing, hauling, and unloading hay. Our hay barn is full and we are feeling content. This is a mighty big task, and to be well stocked at this point is a blessing most worthy.



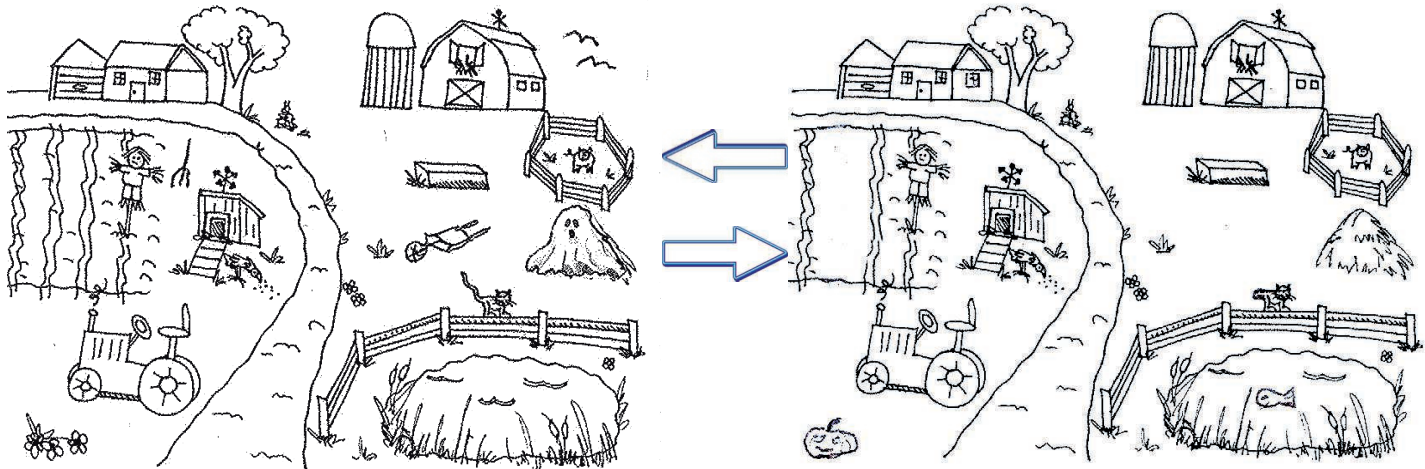
## It's bedtime at the ranch

Let's give a shout out to Aidan George and his fellow scouts and families from Troop 299, Stevens Point. He is heading up an Eagle Scout project to create six new double bunk beds for Jeremiah's Crossing's bunkhouse. The beds are being crafted from rough sawn oak wood harvested from fallen trees on the ranch property. Each bed frame piece had to be heavily trimmed, sanded, and then crafted into sections.

Final steps included varnishing 2 coats on all pieces (bottom picture) and hauling all the separate sections (12 bed frames and 12 end frames) to the ranch for final assembly in the bunkhouse in time for our 2022 spring lesson opening. This massive effort is greatly appreciated by Jeremiah's Crossing. It will facilitate housing groups of volunteers who come to the ranch for extended stays. We salute Aidan and Troop 299 for sponsoring this project. Picture at right shows the finished beds in one of the two rooms furnished. Pleasant dreams!



Can you spot the 9 differences? (Suggestion-- draw in what's missing with a colored pen)



Differences revealed at bottom of page 8

## The 2021 August car show and Family Fun Fest was a great success

Thanks to all who attended this year's special car show fund raising event on Saturday and arena fun fest show off event on Sunday.

We had many comments about the splendid quantity and quality of the car show. Each year we draw a larger crowd for this event, and this year it was really an extravaganza. What a beautiful day for the event!

Special thanks go also to all the vendors that came to show off their hand-crafted items on display for enthusiastic buyers.

Jeremiah's Crossing uses this automobile event each year to help publicize our special services and raise funds to help fund our non-profit mission to help kids with horses. Your editor is enjoying the lovely wood carving ornament of a camper he bought from the vendor shown here.

Our Sunday Family Fun Fest at the ranch was held inside our new arena, and that was a delight. For one thing, it meant we didn't have to erect a tent to shelter our offerings. Everyone enjoyed the opportunity to be impressed by the sheer giant size of the arena. Thanks to all those who provided raffle items and to our many supporters who participated by their purchase of raffle tickets. Food items were delicious, especially the pulled pork sandwiches! We appreciate everyone's effort to help us with this endeavor. Although the outdoor riding event had to be cancelled, we had a few horses cluster nearby for folks to appreciate.



### Why a horse is so special for healing . . .

Recent studies conducted by the Institute of HeartMath provide a clue to explain the bidirectional "healing" that happens when we are near horses. According to researchers, the heart has a larger electromagnetic field and higher level of intelligence than the brain. A magnetometer can measure the heart's energy field radiating up to 8 or 10 feet around the human body.

While this is certainly significant, it is perhaps more impressive that the electromagnetic field projected by the horse's heart is five times larger than the human one (imagine a sphere-shaped field that completely surrounds you). The horse's electromagnetic field is also stronger than ours and can actually directly influence our own heart rhythm!

Horses are also likely to have what science has identified as a "coherent" heart rhythm (heart rate pattern) which explains why we may "feel better" when we are around them. Studies have

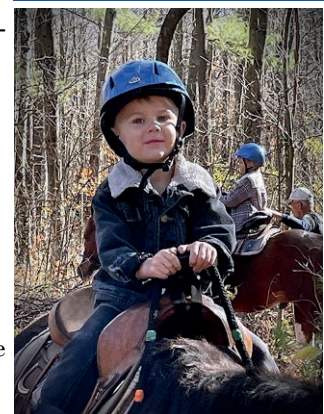
found that a coherent heart rhythm or HRV is a robust measure of well-being and consistent with emotional states of calm and joy—that is, we exhibit such patterns when we feel positive emotions. A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently.

Often times, we only need to be in a horse's presence to feel a sense of wellness and peace. In fact, research shows that people experience many physiological benefits while interacting with horses, including lowered blood pressure and heart rate, increased levels of beta-endorphins (neurotransmitters that serve as pain suppressors), decreased stress levels, reduced feelings of anger, hostility, tension, and anxiety, improved social functioning, and increased feelings of empowerment, trust, patience and self-efficacy.

Facebook post by Idalee Hutson-Fish

*"A horse doesn't care how much you know until he knows how much you care."*

Pat Parelli



It's FUN TIME!!!

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Thanks to Sandy Schreier for sending us this photo (read it out loud for best effect). Repeated from 2018.

## Changing lives

Jeremiah's Crossing is a nonprofit mission ministry. This ministry serves as a therapeutic horseback-riding ranch and is located in Babcock, Wisconsin. The ranch is dedicated to helping horses help children and adults with diagnosed physical, cognitive, emotional, and academic special needs at no cost to the students or their families.

Jeremiah's Crossing is God's ranch. He has provided for many people to be involved, using their gifts and talents to help others. We want to share our experiences with all who have interest—both those wishing to join our team as well as those wishing to be our prayerful friends.

Now in our second decade of service, we serve a large territory that draws people with special needs from throughout the area—Marathon, Wood, Portage, Waupaca, Juneau, and Adams counties.

For more information, check out our website at <http://jeremiahscrossing.org> or view our Facebook page.

## Jeremiah's Crossing Board of Directors

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Page 6 spot 9 differences: flowers vs. pumpkin, garden rows, birds, hay stack vs. ghost, ripple vs. fish, window, cat tail, wheelbarrow, pitchfork.

Be our friend, inspired by our efforts. Keep us in your prayers, and enjoy our successes, beside us if you can, supportive if you're able.