



# FREE REIN

## HORSES HELPING HUMANS

Providing a loving sanctuary for abused and unwanted horses and harnessing their unique intuitive abilities to help youth overcome mental health challenges.



L to R: Rosie and Night Dust (renamed Midnight) came to the Free Rein sanctuary in January after nearly 8 months of planning, preparation and fundraising for mini rescues. Read the minis' & our other rescued horses' stories, and find details on Free Rein events at our **newly redesigned website**, [freereinfoundation.org](http://freereinfoundation.org).

### Minis Melt Hearts at Hug & Groom

On the first Sunday of each month and at private Hug & Groom events, guests are invited into the Free Rein pasture to interact with herd members and volunteers, and gain an appreciation for the rescued therapy horses' unique journeys, value and charms. When Free Rein's first-ever miniature horses joined the fun at the March monthly Hug & Groom, a record 75 community members were welcomed.

Friendly, gentle and non-judgemental, the adorable minis bring big benefits to Free Rein's therapy and equine discovery programs for at-promise youth, and everyone else they encounter.

Creating their sanctuary and rescuing the minis was a direct result of funds raised at the 2023 Cattle Baron's Ball. For this summer's 2nd annual Ball, funds raised will be used to double the number of at-promise youth served per year from 400 to 800 kids. Please see pg. 2 for more details about this sensational event.



### Free Rein's Curriculum Grows with Garden Therapy

Free Rein Foundation (FRF) welcomes Annette Hatala OTL, OTD. Her Garden Therapy sessions, stemming from decades of knowledge using refreshing approaches for problem-solving and wellness, complement pasture time with rescued horses.

Gardening Therapy can help with a spectrum of conditions, beyond the lift one gets from being outside. Annette focuses on symptom rather than disease management. She finds the issue and gears the gardening therapy to it.

Class typically begins by having participants assist in work projects, including planting and harvesting. After students sit down to refresh, questions pop up about gardening and more. In a March Sunburst Youth Academy class, cadets weeded, planted a strawberry wall and ghost peppers, then sat down to talk about carnivorous plants and other topics of interest to them. One young man said, "My grandpa has Parkinson's Disease. What can I do for him?" Annette's thoughtful follow-up response included, "Just be with him. Talk about what he used to enjoy. He may develop bed sores from sitting in a chair too long, so put lotion on his hands and elbows, and make him reach his arm to you ... If he likes to sing, it's good breath work for his lungs, as is playing harmonica."

Kids and adults dig it! To ask about a Free Rein garden & pasture program for your group, please contact FRF Manager Judy Alexander at [judy@freereinfoundation.org](mailto:judy@freereinfoundation.org).



"Pulling out weeds can be symbolic of ripping out problems," says Annette.



Above, Sunburst cadets harvest nasturtium. Below, Annette has them sample its edible flowers.



## Sponsor Support Gets Cattle Baron's Ball Rolling



**CATTLE BARON'S BALL**



This Ball's 10-Year Diamond Anniversary theme celebrates 10 years of healing horses & humans; & supports a brighter future for the next generation served by Free Rein Foundation.

While the Aug. 10, 2024, Cattle Baron's Ball is still months away, behind the scenes volunteers have been busy planning and building on last year's overwhelming success. The 10th annual gala/ 2nd annual Cattle Baron's Ball will feature great music, entertainment, dining and live and silent auctions in rustic-yet-elegant surroundings. An integral part of planning another fun-filled evening is finding sponsors whose brands align with Free Rein's mission of rescuing horses and harnessing their unique abilities to help youth overcome mental health challenges. Already, an anonymous sponsor has generously gifted Free Rein as a Sapphire \$10K sponsor, and The Plant Nerd, a Huntington Beach landscape designer, has signed on as our Cattledrive Cocktails Sponsor.



**The Plant Nerd, Inc.**

To achieve our goal of doubling Free Rein's reach from 400 to 800 at-promise youth served per year, additional sponsors are now needed, and will receive the maximum-length exposure on Free Rein CBB social media & at the event to a truly blue-ribbon audience. For more details on support opportunities, please visit [freereinfoundation.org/wp-content/uploads/2024/02/Gala-Sponsorships.pdf](https://freereinfoundation.org/wp-content/uploads/2024/02/Gala-Sponsorships.pdf).

### Cattle Baron's Ball Tickets on Sale May 1

This event is sure to sell out again this year, so please don't stall in securing your seat or table. For more information about the event, sponsors, tickets and tables, please contact FRF Manager Judy Alexander at [judy@freereinfoundation.org](mailto:judy@freereinfoundation.org).

# 3K WALK FOR HORSES & TREES

Support Free Rein Foundation and HB Tree Society

## SATURDAY OCTOBER 12, 2024

**WALK WITH US ALONG HB URBAN FOREST TRAILS AND AROUND FREE REIN FOUNDATION'S PASTURE**

- REGISTRATION A: \$25 per person includes snack & drink
- REGISTRATION B: \$35 per person includes t-shirt + snack & drink

6956 Ellis Ave., Huntington Beach, CA

Walk Start Time: 9:00 am to 11:30 am

Dogs are welcome on leashes but are not allowed in the pasture.

3K Walk for Horses & Trees registrations fees are tax deductible, Tax ID: 46-3753339

For available sponsorship opportunities, please at 714-328-9923.

Online registration is required.

[www.walk4horsesandtrees.com](http://www.walk4horsesandtrees.com)

## Free Rein's Herd Welcomes Local Kids



This spring, Free Rein Foundation (FRF) will begin hosting sessions for the Boys & Girls Club of Huntington Valley, a club that each year reaches 10,500 children of diverse backgrounds, abilities, and needs. The Boys & Girls Club of HV – Free Rein partnership is a natural outgrowth of both service organizations' advocacy for the wellness of our community's children.

Free Rein continues to expand its programs for at-promise kids through relationships with the Los Angeles and Huntington Beach Police Departments, and welcomes kids' clubs and schools.

Confidence and skills developed in FRF equine-assisted services are transferable to relationships with family and friends – a vital step in growth and recovery from the mental health struggles rampant among today's youth.

Read about the benefits of equine therapy at [freereinfoundation.org/programs/](https://freereinfoundation.org/programs/).

*Tex, rescued from slaughter in 2023.*

