



From the Director's Desk ...

Classes at EAT are always fun and exciting. Every achievement.... every tiny step forward is momentous for us. The participants give it their all and the instructors and volunteers couldn't be more proud. Their accomplishments are our joy, likewise, their grief is our grief. We're heartbroken when they suffer pain or anguish.... when they're bullied or left out at school....when they must have surgery or fall ill. We realize that these things happen to everyone everywhere but at EAT, we're family.



Yesterday we received news that one of our little ones had succumbed to his disability and it cut us to the core. He was only 6. How can these things happen, we wonder.

An unusual silence fell over the class that was his..... we all took a minute to say a prayer. Then, as class began and I looked into the faces of this little boys classmates and saw their determination to carry on through the days lesson plan, exercises and challenges. I noticed the volunteers catching this contagious courage and the love and hope was back. Heads were held high, encouragement was flowing, high fives were handed out with every attempt.

Please remember you never know when you might be seeing someone for the last time.
Make it wonderful!



EAT's Super Spectacular Annual Easter Egg Hunt

Saturday, March 28 (rain date April 4th)

To Benefit Equine-Assisted Therapy

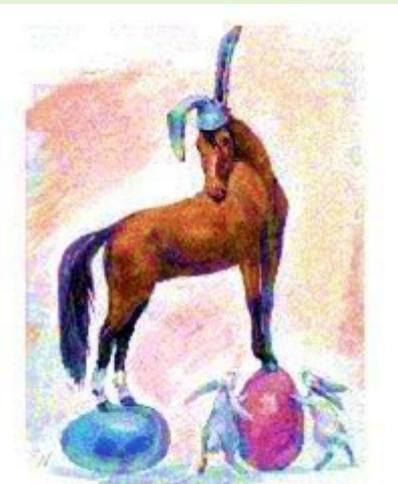
Longview Farm Park, 13525 Clayton Road, Town & Country
Registration opens at 11am and the hunt starts at Noon sharp

\$10 per hunter with 100% going toward
Equine-Assisted Therapy

Ages 2-12 years welcome.

Ages are sectioned into different areas so your little
one can hunt safely!

We give kids a unique egg hunting experience !
Gather eggs, "sell" them to us and use those EAT bucks
to buy games, toys, books and more
from our General Store.





♥ Thank You ♥♥ Thank You ♥

♥ Thank You ♥♥ Thank You ♥

A number of people are always working behind the scenes to keep our facilities beautiful and running smoothly:

- ♥ St Louis Equine Veterinary Services
- ♥ Homestead Veterinary Hospital
- ♥ Rick Winheim – farrier
- ♥ Rick Turner – tack
- ♥ Keith Pey – newsletter editor
- ♥ Keith Weber – arena care
- ♥ Chuck Smith – horse care & leader training
- ♥ Scott Smith – horse care & leader training
- ♥ Matt Eckelkamp – welder extraordinaire
- ♥ Dave Holst – Iodiform & donuts! (-:
- ♥ EAT Barn Buddies
- ♥ EAT Board of Directors
- ♥ EAT Class Volunteers
- ♥ Jody Crow – grading work and snow removal
- ♥ Stan & Geggy Sween – removal of dead trees
- ♥ John Robinson and friend Barry – raking T&C field
- ♥ Dr Jay, DeeDee and Margot Epstein - donation
- ♥ Brandon Roberts – donation
- ♥ Christina Tobin - donation
- ♥ Jill Sliker – an adorable western trash can!
- ♥ In honor of Bob Bowers Birthday – Shawn Bowers
- ♥ The Boeing Company - donation
- ♥ Reachout America - donation
- ♥ The Cassaday Family – water for our volunteers
- ♥ John, Susie & Stuart for Spring cleaning the T&C pad-dock!
- ♥ Allen Smith – multiple donations!
- ♥ Liz Johnson – fly sheet for Cowboy in hopes he won't succumb to his fly allergies this year!
- ♥ Tiffany Schroeder – donation in honor of EAT Volunteer Sally Mortons birthday
- ♥ David & Carol Otto – donation in memory of EAT Volunteer Patty Rudds mother, Mary Ann Rudd
- ♥ Diana Cassaday for bringing us gobs and gobs of stuff form our wish list
- ♥ Gaye & Susie for the TLC they give our therapy herd and making Valentine's for our Participants
- ♥ Abby Neptune for her gift of horse cookies and a lead rope



We Love Our Volunteers!!!



**THE BEST WAY TO FIND YOURSELF
IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.**

GANDHI

In Memory of Derek & Graham Halley

- ♥ Debra & Douglas Clark

In Memory of EAT Participant Finn Murphy

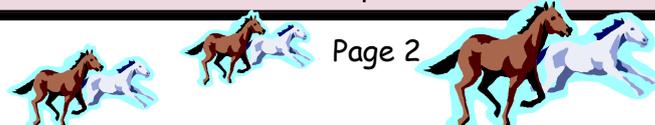
- ♥ Karla Poisson

In Memory of Natasha Strauss

- ♥ Sarah Kaye

In Memory of Annmarie Robeson Riding Instructor at Baskin Farms

- | | |
|----------------------------|---------------------|
| ♥ The Kabbes Family | ♥ Chas Waeltz |
| ♥ James & Deborah Campbell | ♥ The Reando Family |
| ♥ Loy & Clyde Wehmeier | ♥ The Dodds Family |
| ♥ Stella Robinson | ♥ The Taylor Family |
| ♥ Brenda Ferrell | ♥ The Kusmer Family |
| ♥ Dorothy Biggs | ♥ The Huels Family |
| ♥ Todd Strawser | ♥ The James Family |
| ♥ Anne Koenig | ♥ Brenda Ferrell |





Meet the Parks and Recreation Team at Longview Farm Park!

Meet the Parks and Recreation Team at Longview Farm Park!

Anne Nixon, Lindsey Hodge and Geno Russo run things at Longview Farm Park – the site of EAT’s T&C program - so smoothly that you wouldn’t know there were ever problems up there.

Au contraire!

In the 10 years we have occupied this beautiful 100+ year old barn we have had power outages, various forms of wildlife break into the barn office, broken/frozen water pipes, broken fences, loose horses, lots of interest in the horses when we’re not there and people wanting to know more about EAT in general.

Although EAT has Barn Buddies on site twice a day, every day, the majority of the week it’s **Lindsey**, the Parks and Rec secretary, who gets the mail and visitors coming to her desk in the old farmhouse. Rather than say “Hey! I’m not EATs secretary!” Lindsey graciously tries her best to answer any questions or finds us if necessary to help meet the needs of park visitors.



Geno is in charge of park maintenance for the city but EAT has had to find him many times to help us with various situations and he is always accommodating! He has trapped more than a few raccoons and possums in the barn, dug to the root of an electrical or water problem, helped with sticky barn doors and sheets of ice. He has even gone above and beyond the call of duty by helping us get a horse on the trailer one day. All without losing his cheerful disposition.... at least not in front of us! (-:



Anne, the Parks and Rec Director, is nothing short of amazing! She is not only cool, confident and knowledgeable, she has always welcomed us like family. We know that what we do is “different” than most parks directors have to deal with in their office, making EAT one more task on Anne’s list in a very prestigious community. She has handled this extra challenge with grace and not a hint of exasperation!



Everyone at EAT – 2 & 4 footed – sends out a huge thanks to these Three Wonderful People and the City of Town & Country.

Knights of Columbus – Council 11139

Once again the Knights of Columbus Council 11139 has come to the aide of Equine-Assisted Therapy with a lovely donation towards our Wish List. We are so grateful for the relationship we have enjoyed with these wonderful men and women who do such great things for the community.

Grand Knight Mel Trotter, Development Drive CoChairs Paul Blase and Mike Nugent join Brother Bob Moore, wife Pam, and daughter Christa (on horse) presenting EAT’s own Scott Smith with a donation check from the KOC Development Drive to Equine-Assisted Therapy January 10th 2015.





Happy Birthday to Queen Lee!

Hooray for EAT Volunteer and 2013 Queen, Lee Steck, who has just celebrated her 62nd birthday by retiring from her job of 32 years at Penske. A great party was held in Lee's honor and she asked that donations be made to EAT. Thanks to those who donated :

Daniel Siebert * Theresa Vorhies * Vicki Vogt * William & Mary Vorhies
* Michael Vorhies * Paul Weisner * Eric Bachman * Dave & Debra Holst

At her final regional meeting in Cleveland she was called to the stage to honor her big day and they had gone to the trouble to look up her interests back home and thus, had pictures of EAT flashing up on the screen behind her as 200 people stood to applaud! Wow!



You rock, Queen Lee!

All Hail Queen Lee!

Thanks to EAT Volunteer Mark Dorsey



Mark Dorsey, a new Volunteer to EAT, saw the need for so many things up-on his arrival, two of them being a drag for our arenas and something with which to pull a drag. That something was a "Gator" pictured below.

Mark immediately set out to raise money for these things and the result, as you can see, was a bunch of fabulous people giving toward Mark's goal.



Thanks to Mark and his friends and family:

Bill & Suzanne Kunderman * Bradley Crawford *
Michael & Laverne Dorsey * John & Janice Dorsey * Terry Fritz
Shannon Minnich * Caribbean Crème * Ron Deters

Sheridan Franchise Systems * Susan & Michael Stein *

Matt McClelland * Tracie Roedder * B Heath & Maureen Scoggin

William & Molly Baker * Shakes Frozen Custard



Welcome to Holland

WELCOME TO HOLLAND

by Emily Perl Kingsley
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I am often asked to describe the experience of raising a child with a disability to try to help people who have not shared that unique experience to understand it, to imagine how it would feel.

It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy.

You buy a bunch of guide books and make your wonderful plans.

The Coliseum. The Michelangelo David. The gondolas in Venice.

You may learn some handy phrases in Italian.

It's all very exciting.

After months of eager anticipation, the day finally arrives.

You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says,

"Welcome to Holland."

"Holland?!?" you say. *"What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."*



But there's been a change in the flight plan.

They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.



So you must go out and buy new guide books. And you must learn a whole new language.

And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy.

But after you've been there for a while

and you catch your breath, you look around... and you begin to notice that Holland has windmills... and Holland has tulips.

Holland even has Rembrandts.



But everyone you know is busy

coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say *"Yes, that's where I was supposed to go. That's what I had planned."*

And the pain of that will never, ever, ever go away... because the loss of that dream is a very very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.



EAT ~ 2015 Wish List

For our Volunteers

- bottled water/canned soda/juice/gatorade
- Wet-ones antibacterial wipes
- gift cards in \$5-10 amounts
- Germ-X individual hand wipes
- individually packaged snacks
- bug spray
- sunscreen

For our Events

- small toys – egg hunt
- nice, clean stuffed animals - egg hunt
- unfilled, hinged eggs – egg hunt
- gift cards
- gift baskets
- silent auction items
- prize/award items
- round tables (SAM's)
- folding chairs

For our Classes

- two XL riding helmets
- one 37x37 or larger western saddle pad
- dressage saddles - used/new, all sizes
- plastic bead necklaces
- feather boas
- heavy duty wooden puzzles
- Bean Bags
- Toss Across Game
- dry erase and magnetic boards

For our facility –

- riding lawnmower
- round up weed spray
- gas leaf blower
- gas weed eater
- Equicizer
- truck with towing capability
- shelves in maintenance bldg.

- John Deere Gator
- arena drag
- power washer
- 40' round pen
- tractor
- umbrella table/chairs for volunteer deck
- grass seed/pasture mix/sod
- fork lift implement for tractor
- wishing well/fountain
- concrete pads for hitching rails/wash racks
- walls in arena
- automatic front gates

For our office –

- white card stock
- computer paper
- pens
- pencils
- tape
- clear packing tape
- white out
- laminating sheets
- dry erase markers
- staples
- manila letter-sized file folders
- any color, letter sized hanging file folders
- postage stamps
- Kleenex
- paper towels
- window cleaner
- Clorox cleaning wipes
- dish soap
- hand soap
- toilet paper
- Swiffer Duster refills
- Contractor Grade 40 gallon trash bags (SAM's)
- kitchen trash bags
- fax machine
- copy machine
- coffee maker
- toilet wand refills
- floor cleaning concentrate for Hoo-

- ver Floor Mate (Wal Mart – green bottle)
- help cleaning WW office clean (any day, any time)

For our horses/donkeys/barn cat

- fly spray
- Fly Predator
- Skin-so-soft bath oil
- Vetrocin
- 3-in-1 triple antibiotic ointment for horses
- Straatmanns 10% grain
- Acti-Flex 4000 fluid joint supplement
- Cowboy Magic Detangle & Shine
- Mane and Tail Shampoo (can be found at Wal-Mart in the pet section)
- rubber curry combs
- hoof picks (Oster)

Volunteering your skills/ company services

- mane and tail combs (Oster)
- Farnam Rainmaker for hooves
- cat food
- 50# mineral blocks for fields
- catering
- landscaping
- tiling
- electrical
- concrete
- manual labor
- fencing
- plumbing
- grant writing
- painting
- printing services
- gardening
- matching gift programs through your place of business
- replace front deck at WW – make wheelchair accessible
- build deck between volunteer building/riding arena



2015 - EAT Calendar . . .

Session 1 Feb 8th – March 28th – Wildwood only
ANNUAL EGG HUNT MARCH 28th – 11:00 am at T&C
 Session break – no classes March 29th – April 4th
 No classes April 5th for Easter

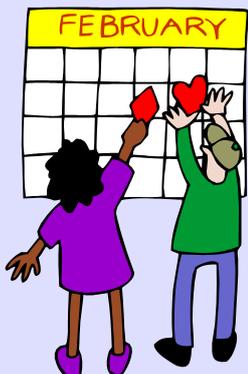
Session 2 April 6th – May 22rd – both locations
HORSEMAN CLINIC BY Mark Schwarm May 2 & 3 - 9 am – 4 pm
 No classes Saturday May 2nd or Sunday May 3rd for Mark Schwarm clinic
 No classes Saturday May 23rd for Memorial Day Weekend
 No classes Sunday May 10th for Mothers Day
 Session Break – no classes May 24th – May 30th



Session 3 May 31st – July *19th – both locations
Whole Foods Market presents Story Time in our T&C Barn June 8 & 9 at 10:00 am
 *note extra Sunday class due to so many events falling on Sundays
 No classes Sunday June 21st for Fathers Day
 No classes Saturday July 4th or Sunday July 5th for 4th of July weekend
 Session break – no classes July 20th – Aug 1st

Session 4 Aug 2nd – Sept 19th – both locations
3rd ANNUAL HOE DOWN – SATURDAY Sept 26 – 4 – 8 pm at WW
 No classes Sept 5th, 6th or 7th for Labor Day weekend
 Session break – no classes Sept 20th – Sept 26th

Session 5 Sept 27th – Nov 13th – WW
 Sept 27th – Oct 24th – T&C
FALL FESTIVAL – Saturday Oct 3 – 3 pm – 6 pm – T&C
 No classes October 3rd for Fall Festival
4th ANNUAL PARTICIPANT HORSE SHOW – SUNDAY OCT 18th – 10 am – 2 pm at WW
VOLUNTEER THANKSGIVING DINNER – SATURDAY NOV 14th – 6 pm – 8 pm at WW
 No classes Sunday Oct 18th for the Participant Horse Show
 No classes Saturday Nov 14th for Volunteer Thanksgiving Dinner
 Join us for our **HOLIDAY BOUTIQUE – Friday Nov 20 from 2 – 8 pm and Sat
 Nov 21 from 10 am – 4 pm at our Wildwood facility**





2015 - EAT Calendar . . .

Equine-Assisted Therapy
&
Mark Schwarm
Horse & Rider Boot Camp

Trail Riding and Horsemanship Exercises

Dates: May 2-3, 2015
Time: 9:00 a.m. to 4:00 p.m.
Cost for Participants: \$250
(Advanced registration required, limited to 15 riders)

Cost for Auditors: \$25/day
(Auditors bring a lawn chair.)

Location: 3369 Hwy 109, Wildwood, MO 63038

Email us at info@eatherapy.org
Call: (314) 971-0605
Visit our website at <http://www.eatherapy.org>
For info on Mark visit Mark Schwarm's website at <http://www.markschwarm.com>

Lunch and refreshments available at a reasonable price.

This clinic offers lots of riding and plenty of exposure for horse & rider.

Negative Coggins required. Out-of-state horses must have health certificate.

Horses must come and go each day. We do not have boarding or lodging facilities.



EAT's Mission . . .

Equine-Assisted Therapy, Inc has but one purpose; that is to provide horsemanship experiences to persons with mental, physical, and psychological disabilities in order to enhance the quality and productivity of their lives.



Please 'like' us on Facebook
www.facebook/eatherapy

Equine Assisted Therapy - Contact Info

Office Manager
Lindsey Roscoe

Phone: (314) 971-0605

Executive Director
Ginni Hartke, RN

Phone: (314) 221-3642
ginni@eatherapy.org

T & C Barn Mgr
Carla Abernathy

Phone: (314) 630-5479

Equine-Assisted Therapy - Program Addresses

EAT - Business Office
5591 Calvey Creek Rd
Robertsville, MO 63072

EAT - Longview Farm Park
13525 Clayton Rd
Town & Country, MO 63141

EAT - Wildwood
3369 Hwy 109
Wildwood, MO 63038

Newsletter Editor : Keith Pey

Email EAT : info@eatherapy.org
visit our web-site: www.eatherapy.org