



From The Director's Desk ...

Classes for the 2013 season are officially underway and we've been having a great time getting all of our participants back in the saddle. It's wonderful how much the participants retain through the winter . . . remembering their proper seat, cues, and parts of the horse and tack.

2013 - Session/Event Schedule

Feb 10th - First session opens at Wildwood location

Session 1 - WW only

Feb 11 - March 30



March 23rd - Annual Egg Hunt at Longview Farm Park in Town and Country registration begins at 11 am. Hunt begins precisely at noon. Rain Date - March 30th.

No classes March 31 - April 6

Session 2 - both locations

April 8 - May 25

April 21 - 27th - Volunteer Appreciation Week

No classes May 26 - June 1

June 2nd - Poker Run at Greensfelder Park



Session 3 - both locations

June 3 - July 20

No Classes July 4th

No classes July 21 - August 3

Session 4 - both locations

Aug 5 - Sept 21

No classes Sept 2nd - Labor Day

Mid-August - BBQ Pulled Pork cook-off at Stovals

3rd Annual EAT Horseshow Sept 22nd first class at 10 am.

No classes Sept 22 - Sept 28

Session 5 - WW only

Sept 30 - Nov 16

No classes Oct 31st - Halloween

October 19th - 9 am - noon - Annual Community Days Event at Longview Farm Park in Town and Country

December 1, 2013 - \$100.00 retainer due for participant spot in 2014

No classes Nov 17 - Feb 10, 2014





Parelli Connect Website . . . Check it out !



Here is an opportunity you won't want to miss. Jen Hall, Pat and Linda Parelli have given EAT Staff, Volunteers and Riders the ability to use the Parelli Connect Website to learn more about horses and how to be safe around horses, ask questions about why a horse does the things he/she does, view lessons, learn more about horsenalties and what to do and what the horse needs depending on his/her horsenality.

Go to www.parelliconnect.com.

The **username** is info@equine-assistedtherapy.org and the **password** is moonpie.

Then click the **sign in** tab.

Once you get to the Parelli Connect page look for the word "**Resources**" at the top of the page. Click on Resources. You should be on a page that has the word **Video Vault**. Click on **Level 1**. Look for **Video L1-CHO1 of 17-Introduction** and click on it. The video of that segment should start playing. Start here and work your way through the lessons.

I can't tell you how valuable this is and what a great opportunity we have been given to work with the professionals at no cost using Parelli Connect. You can click on any of the tabs and see comments from others and how they have worked with their horses. Look for a tab on the right side of the screen that says Questions. There you can type your question to them. Add your email address and they will answer your question to your email address.

Have fun and as Pat says "May the Horse Be With You".



*"Courage is being scared to death -
and saddling up anyway." ~ John Wayne*

Pathfinders



As you all know, Pathfinders, our newest EAT program, created BY American Veterans FOR American Veterans has gotten underway and has received some real enthusiasm from the public. Pathfinders Director, Mike Pereira and our own Equine Specialist, Scott Pitzer who will be training our vets how to work with our horses, were interviewed by Dave Glover on 97.1 January 24th. It was a riveting 7 minutes of EAT in the limelight as the guys quickly yet intelligently told the listening audience about EAT and our new Pathfinders program.

At the end, Dave Glover offered to do a fund raiser for us this Spring, which is HUGE!

A big thanks to Mike and Scott for making the trek to Union Station and speaking on EAT's behalf!



The Blue Rose

Having four visiting family members, my wife was very busy, so I offered to go to the store for her to get some needed items, which included light bulbs, paper towels, trash bags, detergent, and milk. So off I went I scurried around the store, gathered up my goodies, and headed for the checkout counter, only to be blocked in the narrow aisle by a young man who appeared to be about sixteen-years-old. I wasn't in a hurry, so I patiently waited for the boy to realize that I was there. This was when he waved his hands excitedly in the air and declared in a loud voice, "Mommy, I'm over here."

It was obvious now, he was mentally challenged, and also startled as he turned and saw me standing so close to him, waiting to squeeze by. His eyes widened and surprise exploded on his face as I said, "Hey Buddy, what's your name?"

"My name is Denny and I'm shopping with my Mommy," he responded proudly. "Wow," I said, "that's a cool name; I wish my name was Denny, but my name is Steve."

"Steve, like Stevarino?" he asked.

"Yes," I answered. "How old are you Denny?"

"How old am I now, Mommy?" he asked his mother as she slowly came over from the next aisle.. "You're fifteen-years-old Denny; now be a good boy and let the man pass by."

I acknowledged her and continued to talk to Denny for several more minutes about summer, bicycles, and school. I watched his brown eyes dance with excitement because he was the center of someone's attention. He then abruptly turned and headed toward the toy section.

Denny's mom had a puzzled look on her face and thanked me for taking the time to talk with her son. She told me that most people wouldn't even look at him, much less talk to him. I told her that it was my pleasure and then I said something I have no idea where it came from, other than by the prompting of the Holy Spirit.



I told her that there are plenty of red, yellow, and pink roses in God's Garden; however, "**BLUE ROSES**" are very rare and should be appreciated for their beauty and distinctiveness. You see, Denny is a **BLUE ROSE** and if someone doesn't stop and smell that rose with their heart and touch that rose with their kindness, then they've missed a blessing from God.

She was silent for a second, then with a tear in her eye she asked, "Who are you?"

Without thinking I said, "Oh, I'm probably just a Dandelion but I sure love living in God's garden."

She reached out, squeezed my hand, and said, "God bless you!" and then I had tears in my eyes.

May I suggest that the next time you see a **BLUE ROSE**, don't turn your head and walk off. Take the time to smile and say Hello. Why? Because, by the grace of GOD, this mother or father could be you. This could be your child, grandchild, niece, or nephew.

What a difference a moment can mean to that person or their family.

From an old Dandelion :

"Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God."

"People will forget what you said, People will forget what you did, but people will never forget how you made them feel."

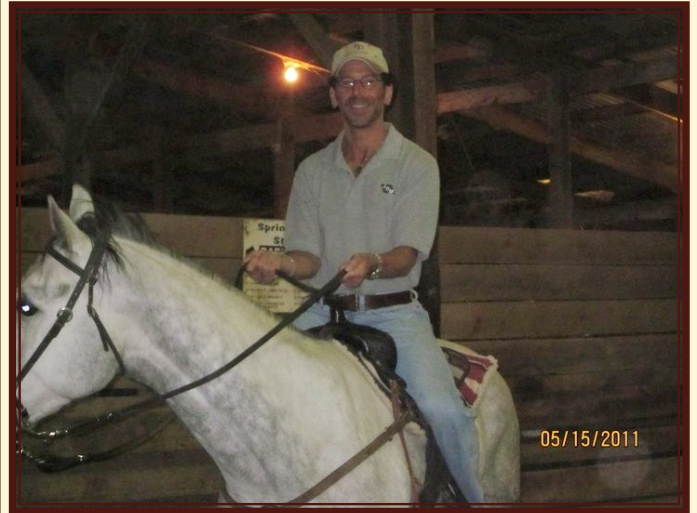


♥♥ Thank You ♥♥

- ♥ Bill Schmidt - cares for our horses hooves at a reduced rate
- ♥ St Louis Equine veterinary Services - David Hunt - cares for our WW horses health at a reduced rate
- ♥ Homestead Veterinary Hospital - cares for our T&C horses health at a reduced rate
- ♥ Rick Turner - cares for the tack we use every day
- ♥ Our Barn Buddies - feed and care for our therapy horses each and every day at both locations
- ♥ Our EAT Board of Directors - makes the difficult decisions
- ♥ Scott Pitzer - works with our therapy herd to keep them obedient and happy for safe lessons
- ♥ Keith Pey - our Newsletter Editor
- ♥ Julia Smith
- ♥ Knights of Columbus Council 11139
- ♥ Laura and David Herman
- ♥ Mike Pereira - director of our new Pathfinders program
- ♥ Missouri Senior America Cameo Club
- ♥ Paul Adam of Boeing
- ♥ Keith Pey donation through Wells Fargo Community Support Campaign
- ♥ Scott Pitzer - matching grant donations from Boeing
- ♥ Sue and John Ragsdale
- ♥ Todd & Michele Oswald for their donation in honor of their daughter and our participant, Katy.
- ♥ Thank you to Patty Rudd and her place of business - Target for their donation to EAT
- ♥ Jim and Vicki Vogt for the new shades in the office and to Gary for putting them up!
- ♥ Don Morton for his donation in honor of his wives and EAT's volunteer, Sally, birthday.
- ♥ Town and Country Target Store



Volunteer Spotlight - Ronnie Kaufman



After attending Horse Shoeing School I started my own Farrier business in 2002, part-time. While walking my dog at Long View Farm Park I saw requests to volunteer for E.A.T.. I inquired and offered to volunteer as their Farrier and was accepted. After the 1st season doing that I became a volunteer as a Side-Walker in my 2nd season. Then, I trained to become a Horse-Leader. I decided to volunteer, not only because I love horses, but it is rewarding to help others learn, seek enjoyment, and offer various therapies for their improvements, just as I did years ago volunteering for Hidden Valley teaching handicap skiers the basics. Another hobby I enjoy is writing papers on Definitions, Facts, & Knowledge of the Universe. An experience that happens often is seeing the joy our riders exhibit as they have fun and improve their skills; balance, reining, etc.

We Love Our Volunteers!!!



Participant Spotlight . . . Samantha



Samantha has been riding with EAT since September of 2010 and has come such a wonderfully long way. She is now riding in our independent riders class where she catches her horse, grooms and tacks her horse, rides with no leader or sidewalkers, then untacks and re-

leases her horse back into his field. Volunteer Sarah Schimmele is Sams right-hand when Sam has questions and they have grown very attached to one another. Sams mantra at lessons is "if I want my own horse someday I have to be able to do this." Sam is such a joy to work with. Below is her moms version of what EAT has meant to Samantha.

Samantha is a 23 year old child. She is forever caught in a time warp of loving childhood and teen things, but continually aging out of them. Every little princess wants a pony and Sam is no exception! EAT has provided this princess her pony, but the returns have been immeasurable. The teachers have taught her the skills she needs to not only ride a horse, but to do so with confidence. When Sam rides all her imaginary friends stay home. It is HER time! Her and her horse, Hero had an instant connection, that even the previous owners came and saw for themselves! Sam has been given the opportunity to not just ride, but learn total horse care which will help immensely when she someday reaches her goal of owning her own horse. Sam is always trying to keep her weight down. This is difficult with all the medication she takes. She tries really hard because she knows the less she weighs the better Hero feels

when she rides. Sam loves everyone at EAT and the horses so much that her current goal is to become a trainer herself. She said she wants to help other kids learn to ride and love the horses as much as she does. I think her mission in life is to get the world to all ride and love horses.

Mardi Gras

EAT's 1st Annual Mardi Gras dinner/dance on Feb 9th was something new for us but turned out to be a lot of fun. With music by the Hot Flashes, food catered by Andres, and an open bar to warm things up, we sang and danced and ate and bid on beautifully decorated Chairs at our Chair-ity Auction, well into the night.



Thanks to all who came out to this event and a special thanks to the Hot Flashes for donating their awesome talent for singing the oldies and to the staff at Andres for their hospitality. Also sending out a big thanks to all who created and donated the fabulous Chairs sold in our Chair-ity Auction

We want to thank these National Charity League members for their help as well :

Mary Ann Coleman

Janette Coleman

Julie Stiles

Gillian Stiles

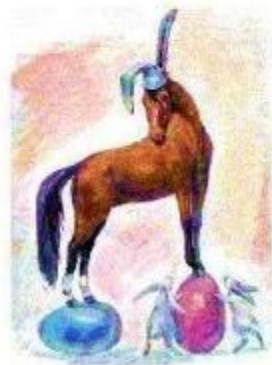


EAT Annual Egg Hunt . . .

The super spectacular annual Easter Egg Hunt

Saturday, March 23 (rain date March 30)

Benefitting 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*

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 your EAT bucks to buy games, toys, books and more from our General Store.



Equine-Assisted Therapy is a 501(c)3 non profit that provides a unique form of therapy through horseback riding to children and adults with special needs. Equine-Assisted Therapy is located at Longview Farm Park in Town & Country and 3369 Highway 109 in Wildwood. Online – EATtherapy.org or find us on [Facebook.com/eatherapy](https://www.facebook.com/eatherapy)



Equine-Assisted Therapy

(314) 971-0605

EAT News

EAT Poker Run . . .



EQUINE-ASSISTED THERAPY POKER RUN



SUNDAY, JUNE 2

7:30-12:30

GREENSFELDER PARK - MUSTANG SHELTER

4250 ALLENTON ROAD, PACIFIC, MO 63069

REGISTRATION OPENS AT 7:30AM ~ RIDE BEGINS AT 8AM

BREAKFAST AVAILABLE 7-10:30 ~ LUNCH INCLUDED IN ENTRY FEE 10:30-12
ADDITIONAL LUNCH \$8

EARLY REGISTRATION RECEIVES AN EXTRA CARD

REGISTRATION AVAILABLE AT EATHERAPY.ORG OR 314.971.0605

A SPECIAL THANK YOU TO MERS LARGE ANIMAL RESCUE (MERSTEAM.ORG) FOR LETTING US TAKE OVER THEIR POKER RUN DATE THIS YEAR TO BENEFIT EQUINE-ASSISTED THERAPY!



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