



From the Director's Desk ...

Happy Winter Everyone!



I know you're probably cursing the freezing temperatures right about now but look at it this way. All these extra evening hours of rest and relaxation are, minute-by-minute, coming to an end at which time we'll feel compelled to stay busy every daylight hour - volunteering at EAT of course - anxiously awaiting the 2nd of November when we gain that extra hour of sleep again. Vicious cycle!

Things haven't slowed down at EAT, however.

- ◇ Office Manager, Lindsey, has been organizing and perfecting an office system, training new volunteers, meeting and greeting our many visitors (planned and walk-in) keeping our Facebook page fun and interesting and putting together our 2014 calendar
- ◇ CRI Karen Ernst, volunteer Scott Smith and Gary have been putting our brand new tack room together. *It's gorgeous!*
- ◇ Volunteers and Barn Buddies have been coming out in all sorts of weather to make sure our therapy herd is happy, healthy and comfortable.

- ◇ The EAT farrier and veterinarians have been keeping our equines up to date on all necessary care
- ◇ EAT Equine Specialist, Scott Pitzer has been hosting a special class for horse owners every week, using the EAT horses and giving them the behavior reminders they need throughout the break.
- ◇ Allison and Marti have been working with a few participants over the winter who couldn't physically or mentally afford to take time off from the progress they had made over the year.
- ◇ The EAT Board of Directors has been consumed with perfecting our program for wounded veterans.
- ◇ As you've noticed, our newsletter editor, Keith Pey, has kept these highly informative newsletters coming
- ◇ A pilot program has been created for "undiagnosed disabilities" such as depression, fear, low self-esteem, grief. We are enjoying its progress during this winter trial.
- ◇ New Instructors In Training are preparing to go through the arduous task of certification.
- ◇ We're cleaning tack and activity items



- ◇ And, of course meetings, meetings and more meetings!
- ◇ Not to mention a herd of 14 horses and 3 donkeys to care for twice daily
- Ω But I think it's safe to speak for everyone at EAT in saying we're excited to get our participants back in the saddle! That's REALLY why we're here and what keeps us coming back

Ω We love Equine-Assisted Therapy!

We Love Our Volunteers !!!



Equine-Assisted Therapy Veterans Program

After a very successful pilot in 2013, our veterans organization is gearing up for a new and improved look in 2014! LuLu, Cal, and Scott recently met with Occupational Therapists from the Veterans Administration (VA) in order to both better structure our program, as well as establish a valuable resource for recruiting future participants.



We are excited to report that initial meetings indicated that the VA will be poised to start referring new veterans to our program in time for the start of our second session in June! Additionally, we have joined forces with another non-profit organization titled "Return with Purpose" (RWP), from which we expect to recruit numerous applicants and future volunteers.

With all of this activity and collaboration, we can't help but believe that 2014 is going to be a great year for our veterans program. And speaking of "veterans program", in order to better project who we are and what we do, our original name of "Pathfinders" is now changing to simply "Equine-Assisted Therapy Veterans Program". We feel that this new name, although simple, better describes the mission of our program and great people that we strive to serve!

Westminster Christian Academy . . .

Equine-Assisted Therapy is blessed with a partnership we hold with Westminster Christian Academy. This program for seniors class members encourages the WCA students to get out in their community and help residents with any needs they might have. Every year WCA sends us 2 of their seniors to help us with the many tasks of our Town & Country or WildWood locations. This year we've had fun getting to know Mackenzie Yeager and Leah Votava:

"Hi, my name is Mackenzie Yeager and I'm currently a senior at Westminster Christian Academy. I really love being outside and working with animals so I jumped at the chance to volunteer at EAT every Thursday morning. Next year I'll be attending Missouri State University double-majoring in computer animation and creative writing. I plan to study abroad in college and hopefully find an organization similar to EAT to volunteer at. I'm thankful for the opportunity I've been given to interact with horses and I hope that I



Dave Sinclair Driven to Give Event for Equine-Assisted Therapy This is a first for EAT!

Dave Sinclair will be bringing their newest, most beautiful Lincolns to our Wildwood facility on Saturday May 3rd from 10 am - 5 pm.

Sinclair gives \$20 to EAT for every test drive taken that day!

Come on! Let's show 'em what EAT people are all about! We totally rally for our cause - not to mention we're always up for a ride in a luxury vehicle!



♥ Thank You ♥♥ Thank You ♥♥



A big "we couldn't do it without you" to:

- ♥ St Louis Equine Veterinary Services
- ♥ Homestead Veterinary Hospital
- ♥ Rick Turner - "tack guy"
- ♥ Rick Windheim - "shoe guy"
- ♥ Keith Pey - our editor
- ♥ All of our fabulous Barn Buddies
- ♥ Our EAT Board of Directors
- ♥ Scott Pitzer - our Equine Specialist
- ♥ Carla Abernathy - our T&C Barn Manager
- ♥ Jody Delf - decorator extraordinaire
- ♥ Matt Kretsinger - "computer guy"



Year-end donations from:

- ♥ Helen Gilbert
- ♥ Tom & Trudy Rider
- ♥ The Tarlow Family Foundation
- ♥ A **GINORMOUS** thanks to the Rotary Club of West St Louis County for their ginormous check!



- ♥ Thanks to the Golden Horseshoe Tack shop for choosing Equine-Assisted Therapy as the recipient of their fund raiser in 2013! \$1,419 was raised through their efforts and will benefit Equine-Assisted Therapy in so many ways!



- ♥ Kristin Downey for caring for our retired therapy horses at Crescent Farm
- ♥ The Missouri Cameo Club
- ♥ Beckmann Family

- ♥ Thanks to Gaye for always thinking of our four-legged therapists at EAT and bringing them this yumscious basket of horsey goodies for Christmas
- ♥ Mona Cauley at BASF on the recommendation of EAT volunteer Claudia Sharp & her husband Larry
- ♥ Jody Delf for her donation and touch of decorative class at our WildWood location
- ♥ Jody Crowe for caring for Soxs feet
- ♥ Scott Smith for his help with the new tack room
- ♥ And Scott Smith AND Jody Crowe for helping us keep the hay bins at WW full
- ♥ Lindsey Roscoe for making such thoughtful and yummy goodie boxes for our Barn Buddies at BOTH locations
- ♥ Mary Badler
- ♥ Peggy Browne for her donation and for providing continuous Acti Flex for our aging therapy herd
- ♥ The Tarlow Family Foundation
- ♥ Bob Bower for stopping in to see if he could do anything to help over the winter months
- ♥ Chrissy Tobin-Grandma to EAT Participant, John Henry
- ♥ Suzanne Campbell
- ♥ Board Member Cal Kretsinger for spending Christmas Eve helping Gary transfer round bales to WW
- ♥ Thanks to Barn Buddies Marty & Jamie Tobben and Kathy & Amanda Frank for covering our Christmas Eve and New Years Eve BB services at WW
- ♥ Becky Hadfield
- ♥ Mark Fletcher & Diane Miller
- ♥ John & Barb Perlmutter
- ♥ Jim & Patricia Black
- ♥ Wathens Lawn Care
- ♥ Mile High United Way
- ♥ Cheryl Barnett through Give with Liberty Community Campaign
- ♥ Katie Radoll
- ♥ Our EAT Volunteers for their help during this wild winter:



Suzanne Campbell ~ Denise & Jody Crow
 Gary Hartke ~ Scott Pitzer
 John Robinson ~ Scott Smith
 Marty & Jamie Tobben
 Susie Pace & Keith Weber





More Thank You's

We want to thank this years group of "5 Years of Service to Equine-Assisted Therapy Volunteers" with a special shirt that marks the occasion.

If those listed below would please pick up their 5 Years of Service t-shirts on their first day of volunteering in 2014 you can wear it with pride all year long!

- ♥ Kathy and Amanda Abele
- ♥ Cheryl Anderson
- ♥ Denise Bertrand
- ♥ Elliot Forseter
- ♥ Clayton Mundell
- ♥ Ed and Debbie Rikert
- ♥ Pam Schneithorst



Donations made in Memory Of:

- ♥ EAT Participant, Graham Halley & his brother Derek
- ♥ John & Eileen Langowski in memory of Joseph Langowski
- ♥ Rick & Connie Mihalevich donated to EAT in memory of Bobby Meyer

Donations made in Honor Of:

- ♥ David and Lindsey Roscoe made a donation in honor of Audrey Groff
- ♥ Shawn Bower made a donation in honor of EAT Volunteers Bob & Sandy Bower
- ♥ EAT Volunteer, Sally Morton



Thanks to Lulu Bogolin, Cal Kretsinger and Scott Pitzer for meeting with the VA to discuss future plans for our veterans program at E.A.T. We anticipate some wonderful progress in 2014 for our *Equine-Assisted Therapy Veterans Program* as we continue to grow and build upon steps made in 2013.

Hey Hay!

- Ω On January 23rd in single digit temps EAT was blessed with some warm blooded volunteers to help unload 60 bales of hay! Many hands makes light work and this great group was done in 15 minutes! Thank you SO much: Carla Abernathy ~ Judy Kabbes ~ Susie Pace ~ Stuart Percy ~ John Robinson ~ Claudia Sharp AND a park visitor who regularly walks his dog and stops to say "hi"
- Ω Big thanks to Suzanne and Bryant Campbell for seeing a need for hay at our T&C barn and paying for 60 bales of fresh, yummy hay to be delivered to warm the bellies of Brody and Picasso!



Our youngest supporter, Millie, granddaughter of CRI, Michelle Ennenbach.



THE GREATEST GIFT YOU CAN GIVE SOMEONE IS YOUR TIME. BECAUSE WHEN YOU GIVE YOUR TIME, YOU ARE GIVING A PORTION OF YOUR LIFE THAT YOU WILL NEVER GET BACK.



Lil' Bit Donations

Calling All Volunteers

Every "Little Bit" Helps!



Kicking off our "Every 'Little Bit' Helps" campaign for year-end giving was received with open arms and we are SO grateful to these wonderful people for these financial or volunteer offerings!

Badler, M

BASF - Mona Cauley

Beckmann Family

Black Family

Bob Bower

Browne, P

Delf, J

Fletcher - Miller Family

Frank Family

Fraser- Miller Family

Gilbert, H

Giving Back Fund

Golden Horseshoe Tack Shop

Hadfield, B

Halley Family

MO Cameo Club

Perlmutter Family

Sharp, L & C

Tarlowe Family

Tobben Family

Tobin Family

Zagarri Family

MISSOURI CAMEO CLUB

Thank you to the Missouri Cameo Club of which EAT volunteer, Judy Davis, is a member.

The Missouri Cameo Club was established in 1989, and is a non-profit organization. Each year, the State of Missouri holds a special pageant to choose a new Queen. This is a pageant for women, who reside in Missouri, and are at least 60 years old----we call it "the Age of Elegance"!

It is an opportunity for these women to feel empowered, encouraged, and appreciated for their wisdom and inner beauty!

Hello EAT volunteers! Hope your holidays were peaceful and spent with those you love. Lindsey has been working through the holidays to get our lesson schedule at WildWood all set up and we're already full! We do have, however, a few Instructors in Training (IIT's) who are working towards getting their Certification in a few months so we will be able to open up more classes and get our participant waiting list whittled down to nothing!

But that means we'll need more volunteers!

I'll be hanging out the flyers tomorrow but if you guys can tell your friends and neighbors about EAT we'd be so grateful!

Our big Spring Volunteer Orientation for WW "volunteer wanna-bes" is February 8th at WW at 10 am. (if you have already attended once there is no need to repeat unless you want to)



Immediately following that basic training (noon-ish) is the Leader Training for any of you who might be interested in becoming a leader or for those leaders who need a refresher course. Becoming a leader is not mandatory but attending the training class is necessary for anyone wanting to become a leader.

The Volunteer Orientation for Town & Country is scheduled for Saturday April 5th at 10 am

Now the big question: if you have a spot that you served last year and you'd like to KEEP that spot please let Lindsey or me know at info@eatherapy.org so we know our needs before the orientation where we can fill in the openings. We'll be waiting to hear from you!

Thanks everyone!

EAT is in need of new or gently used stuffed animals for the Egg Hunt Country Store



Cooking with Dierberg's ...

LET'S E.A.T.



We have a lot of fun with our acronym but this is going to be the best ever! EAT Volunteer and chef, Peter Rumbolo, is teaching a cooking class at the **Des Peres Dierbergs Cooking Kitchen** Manchester & Lindemann Rds to benefit Equine-Assisted Therapy.

Why Des Peres? Because that location has the largest kitchen in our area and we want to fill the place - limit of 35 people - who would like to learn how to make Peters wonderful homemade pasta creations!

So plan on joining us for this yummy evening of great food and lots of fun on May 7th, 2014 at 6:30 at Dierbergs in Des Peres!

Call to reserve your spot: 314-221-3642

or email: specialevents@equine-assistedtherapy.org

Price is \$40 per person - checks payable to:

E.A.T.

3369 Hwy 109

Scouting Volunteers



Girl Scouts®



Thanks to Ballwins' Claymont Elementary School Girl Scout and Brownie Troops 1889, 2100, 1820, 1649, 1855, 527, 718, 2786 & 93 for raising \$415 at a dance they hosted in honor of EAT.

Presenting the cash to EAT on Saturday is

Paige Schnarr of Troop 1855.





EAT Poker Run ...



EQUINE-ASSISTED THERAPY POKER RUN SUNDAY, JUNE 1, 2014

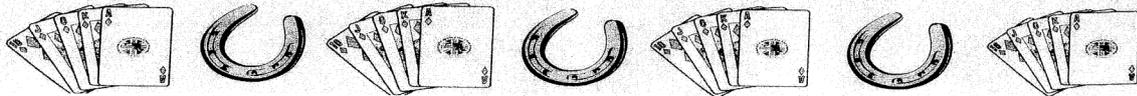


7:30- 10:30

GREENSFELDER PARK- MUSTANG SHELTER 4250 ALLENTON ROAD, PACIFIC MO 63069 REGISTRATION OPENS AT 7:30AM- 1ST RIDE BEGINS AT 8AM

BREAKFAST AVAILABLE 7-10:30- LUNCH INCLUDED IN \$25 ENTRY FEE 10:30-12 ADDITIONAL LUNCH \$8

EARLY REGISTRATION RECEIVES AN EXTRA CARD REGISTRATION + MORE INFORMATION AVAILABLE AT EATHERAPY.ORG OR 314-971-0605



EAT Calendar

*EEE Pilot classes starting Jan 15 and running thru Feb 12th

LEADERS CLASS AT WW - Feb 1st at noon Lafayette High School Presentation EAT BOARD MEETING - Feb 4th at 7 pm SPRING VOLUNTEER ORIENTATION FOR WW - FEB 8TH, 10 am - noon

*SESSION 1 Feb 9 - March 29 - classes at WW only Whole Foods Market Camp Expo - Feb 15th Kirkwood Rotary presentation - Feb 27th Kirkwood Middle School to T&C - March 13th Webster University presentation - March 17th

Session break - no classes March 30 - April 5 SPRING VOLUNTEER ORIENTATION FOR T&C - April 5th, 10 a.m. - noon Kirkwood Middle School to T&C - April 11th

*SESSION 2 April 6 - May 24 - classes at both facilities

JOIN US FOR OUR ANNUAL EGG HUNT - T&C - APR 12th, noon

No classes April 20th for Easter

SINCLAIR DRIVEN TO GIVE EVENT AT WW - May 3rd 10 am - 5 pm LET'S E.A.T. - Dierbergs Cooking School event! - May 7th

No classes May 11th for Mothers Day

Summer camp for middle schoolers at T&C - May 12 - 16th 9 - noon

No classes May 24th for Memorial Day weekend Session break - no classes May 25 - May 31

2ND ANNUAL POKER RUN AT GREENSFELDER PARK - JUNE 1ST

No classes June 1st for Poker Run

*SESSION 3 June 2 - July 19 - classes at both facilities

No classes June 15th for Fathers Day

Summer Camp for middle schoolers at T&C - June 16 - 20 9 - noon

No classes July 4th, 5th - 6th for 4th of July weekend

Session break - no classes July 20 - August 2

*SESSION 4 August 3 - Sept 20 - classes at both facilities

2ND ANNUAL HOE DOWN - AUGUST 23RD

No classes Aug 23rd for the 2nd Annual Hoe Down No classes Aug 30, 31 or Sept 1 for Labor Day weekend Session break - no classes Sept 21 - Sept 27

*SESSION 5 Sept 28 - Nov 15 - classes at WW only

8TH ANNUAL T&C COMMUNITY DAYS - Oct 4th 9 - noon

No classes Oct 4th for Community Days

PATH National Conference 10 - 29 thru 11 -2

No classes Oct 31, Nov 1 or Nov 2 for American Cancer Society Cattle Barons Ball

American Cancer Society Cattle Barons Ball - Nov 1st

End of year for EAT - Next classes to begin Feb 2015

* even though WW & T&C are not the same as far as #ing sessions goes, they will be marked the same for bookkeeping purposes.





2014 EAT Annual Egg Hunt



EAT's Annual Egg Hunt at Longview Farm Park in Town and Country 13525 Clayton Rd at Mason.

Equine-Assisted Therapy does its Egg Hunt a little different than most. Eggs are found then brought back to the EAT Country Store where the eggs are turned in for EAT Bucks that can be spent in the child's own shopping spree.

Saturday April 12th

Registration starts at 11 a.m.

Hunt starts at noon.

\$10/hunter



Equine Assisted Therapy - Contact Info

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visit our web-site: www.eatherapy.org