



**CONTACT
US**

VOLUNTEER

DONATE

SHARE



In this issue:

- [Horse of the Year](#)
- [Volunteer Spotlight](#)
- [Instructor Spotlight](#)
- [Hoedown 2019](#)
- [Volunteer Dinner 2019](#)
- [2020 EAT Calendar](#)

New For 2020!

- ⇒ Starting in January, EAT class sessions are changing to **6 weeks** in duration.
- ⇒ Effective in 2020, **ALL CURRENT EAT VOLUNTEERS must re-submit a new Volunteer Application.** Watch your email for your new form.
- ⇒ Our colorful new **2020 Session/Special Event calendar** can help remind you of EAT special events and help you plan vacations around session breaks.
- ⇒ **EAT-logo merchandise** is for sale at the Wildwood facility. Choose from cool summer polos to warm winter sweatshirts, hoodies, long-sleeve tshirts and jackets in size S=2XL

Dear Friends,

This year, EAT's torch was passed from the Hartkes to myself in fulfilling our goal of inspiring more than 125 disabled riders to develop skills and confidence they never thought possible.

I thank each of you for your patience and understanding during this year of transition. I have enjoyed getting to know more of you and hearing your stories, goals and suggestions.

In our efforts to make horse therapy programs accessible to more disabled people in the Greater St Louis Area, this year we trained several new instructors, added more day classes, welcomed new riders of all ages and recruited hundreds of more volunteers. We have witnessed the first words and first steps of so many we serve here!

Please join EAT in the New Year as we continue to reach out to neighbors in need, regardless of their ability to pay. With any successful program comes a great deal of needs. We rely on donors and grants to help make our programs affordable for our participants. Here's how you can assist us with each year's rising costs and increasing needs in our programs:

- Attend EAT's annual Fall "Hoedown for Hope" fundraisers
- Sponsor your favorite therapy horse
- Engage your firm's Corporate Matching Program
- Consider a tax-deductible year-end donation via EAT's website

Thank you for an amazing first year! We're looking forward to another New Year of miracles on horseback!

Sincerely,

Executive Director

Horse of the Year: **CHEWEY**



Chewey today with his special soft nose band



Chewey as a foal in Jefferson City



Chewey on a trail ride

In November, EAT riders, volunteers and instructors excitedly cast their votes for EAT's Horse of the Year candidate. The majority chose Chewey, an American Paint Horse gelding known for his beautiful sorrel and white coloring and his soft, fuzzy white nose. After the announcement was made at last month's annual Volunteer Appreciation Dinner, Chewey was trotted out into the arena to take photos with his adoring fans. Everyone agreed that Chewey is an amazing therapy horse.

Chewey is a senior fellow at 22-years of age who has called EAT home since early 2015. He was named SP Pathfinder on July 2 in Jefferson City and had a career as a polo pony before he came here. Maybe that's why he's so good at dodging away from leaders trying to catch him for lessons! And just like many of his young riders, Chewey can be a very picky eater, although he loves peppermint candies. Chewey is patient and follows his riders' directions very well. He loves it when our volunteers groom him, nuzzling us after every brushing to say "thank you!" Every summer, we apply sunscreen to Chewey's sensitive pink muzzle so he doesn't get a sunburn there. His best friend in the herd is EAT's Palomino Quarter Horse, Obi.

Thanks, Chewey, for being one of our favorite horsey friends!

**Feed Your Favorite!
EAT's Adopt-A-Horse
donation program!
Details coming soon!**

Donate a Miracle!

15% of our riders benefit from EAT's Participant Scholarship Fund.

EAT accepts all disabled riders, regardless of their ability to pay & is free for veterans & foster kids.

Please give generously.

Volunteer Spotlight: PHIL MILLS



Chewey is the best riding and therapy horse," Phil said. "But Riley is the best 'project' horse. Both are beautiful horses-- I guess I'm partial to Quarter Horses."

Des Peres resident, past participant and veteran volunteer Phil Mills originally signed up for an EAT Silver Saddles class with his wife, Etta, many years ago just to learn how to ride horses. At the time, he had never ridden a horse—much less groomed or tacked one—except for two trail rides on two different vacations.

After more than 28 years as a Navy pilot and 16 years in Program Management and International Business Development, Phil had finally retired. He was looking forward to having more time to play golf, go road biking, build crafts around the house, go downhill skiing and, of course, fly his own plane.

But Phil wanted to learn more about horses, and when EAT needed more volunteers, Phil and Etta started to Sidewalk together in the weeknight classes. Phil soon found himself fascinated about the amazing therapy horses that were so inspirational and pivotal in the development and progress of other riders.

After a few months of Sidewalking, Phil was asked to join EAT's Horse Leader training and not long after that, he progressed to Advanced Horse Leader training. These days, Phil volunteers as a Horse Leader, assists Chuck, EAT's Horse Trainer and in his new role as Tack Captain, manages the Monday and Friday class tack schedule.

"I thought volunteering as a Horse Leader would just teach me more about horses, but I found service to the participants was equally rewarding," Phil admitted. "My advice to those new to EAT would be to give it a try. It's healthy, keeps your mind engaged and offers fresh challenges. If you volunteer, you'll get rewards from both seeing the participants benefit as well as enjoying the horses, and you can get a lot of exercise in addition."



Fifty years ago, Phil and Etta enjoyed two Wyoming trail rides together. Then his daughter told Etta about Silver Saddles and Phil joined her in class. "The relationship with the horse is special. It's all about respect and trust. Riding is a physical challenge to do it right and it's so rewarding when you do."



Instructor Spotlight: LINDA TAYLOR



Linda inspires her rider teams every Tuesday and Saturday. Here she is preparing therapy horse Chewey for class.

Linda said of the power of her relationship with her Arabian mare, Rosebud: "She has taught me to be calm, patient, and present in the moment, listening to things spoken and unspoken."

Volunteer, Advance Horse Leader and current Certified Therapy Horse Riding Instructor Linda Taylor has been involved with Equine-Assisted Therapy since 2004.

"EAT fit right into my life," she said.

Prior to joining EAT, Linda worked as a dental hygienist with her dentist husband, Dick, and as a Rockwood School District teacher, in addition to her roles as wife, mother, and grandmother.

"All of these experiences have given me the patience and skills that now help me work with children and adults on horseback," she explained.

In 2011, after retiring from full-time teaching, and at the request of EAT founder Ginni Hartke, Linda began working toward her certification with Professional Association of Therapeutic Horsemanship (PATH). She passed her exams with flying colors.

One of the many things that have impressed Linda about working at EAT is seeing amazing relationships form between each horse, rider, and volunteer team. She marvels at their commitments to make it to class, week after week in all types of weather, and for many of our riders and volunteers, year after year. These teams provide trust and reassurance each rider that he or she matters to everyone at EAT.

"I have seen children and adults with smiles and looks of shock on their faces when they take that first trot or that first independent ride without a lead rope in the horse leader's hands," she laughed. She said what melts her heart the most is when EAT horses turn their heads around toward their riders after the rider dismounts, as if to say, 'Thank you for making me a part of your life.'

"You can feel a bond is there, uniting their two hearts," Linda explained. "Well, actually, three hearts, mine with theirs. I'm so thankful to be a part of their lives."



Linda and Rosebud, Dick and Autumn

Special Event Spotlight: HOEDOWN FOR HOPE

In October, more than 400 tickets were sold to EAT's "Hoedown for Hope" annual fundraiser—nearly twice as many than have ever been sold in EAT's history! The popular event benefitted from the support of nine corporate sponsors and the sale of all 50 unique silent auction items. Participants Kristin Seidel and John Kindschuh joined Executive Director Lulu Bogolin in expressing their thanks for the amazing turnout and support of both EAT participants and hundreds of volunteers. The Back In Time Band made its debut at this year's event, and kept everyone on the dance floor until the very end. The band has already been booked to return in Fall 2020.
Mark your calendar now for the next Hoedown for Hope on October 17, 2020!



Mark Your Calendar!

Volunteer Appreciation BBQ
June 6, Wildwood facility

Socialize. Eat. Relax by our new firepit. Details coming soon!

New for 2020:

EAT Parents' Corner!

Enjoy monthly speakers
& social hour!
Details coming soon!

Special Event Spotlight: VOLUNTEER APPRECIATION DINNER

More than 50 volunteers enjoyed EAT's annual Volunteer Appreciation Dinner in November, despite a last-minute date change caused by Professional Association of Therapeutic Horsemanship's (PATH) annual conference. The yummy traditional Thanksgiving meal was provided by Callier's Catering, who also generously donated the mashed potatoes and gravy, cornbread stuffing and green bean casserole. Delicious green salads and desserts were provided by participant families, instructors and staff. Afterwards, there were multiple ties among the winners of the fun EAT Trivia game. Chewy was voted the Horse of the Year, and he posed for photos afterwards with his adoring fans.

Mark your calendar now for the Spring Volunteer BBQ Bash in Wildwood on June 6 & the next Fall Volunteer Appreciation Dinner in Wildwood on November 14!



First-Responders & Veterans Program

EAT is hosting "**Boots in the Barn**" Open Houses every 2 months to build camaraderie among service people & horses. **Please RSVP. The next Boots in the Barn event is Sunday, Jan 26 at Noon!**

EAT Welcomes 2 New Board Members!

Welcome and thanks to new board members Mary Piccirilli and Linds Roscoe. Mary is a participant mom and Linds is a certified riding instructor. Congrats!

2020 Calendar

January	February	March	April
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
May	June	July	August
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
September	October	November	December
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
S1 January 6 - February 15 S2 February 24 - April 4 S3 April 13 - May 21 S4 June 1 - July 11 S5 July 26 - September 3 S6 September 14 - October 24 S7 November 2 - December 19	No Classes (during Session) or Office/Facility Closed Event	Session Break Dates 2/16 - 2/22 4/5 - 4/11 5/24 - 5/30 7/12 - 7/25 (two weeks) 9/6 - 9/12 10/25 - 10/31 11/22 - 11/28 12/20 - 12/2021 (two weeks)	Session Break Event List April 4 - T&C Easter Egg Hunt June 6 - Volunteer BBQ Bash June 14 - EAT Horse Show October 3 - T&C Fall Festival October 17 - HOEDOWN for Hope November 14 - Volunteer Dinner

Donate an EAT Session!

In addition to sponsoring an EAT therapy horse, you can also **Sponsor-a-Rider** for 6 weeks of classes for \$300.

Call EAT for more details.

RSVP for Training Now!

EAT hosts **Volunteer Training Days** every 2 months year-round at our Wildwood arena. Please call the office to RSVP for hands-on Sidewalker or Horse Leader training. **The next training day is Sunday, January 26 at 2pm.**