



# Equine Assisted Therapy **EAT NEWS**



314-971-0605 | [info@eatherapy.org](mailto:info@eatherapy.org) | [www.eatherapy.org](http://www.eatherapy.org)

**Dec 2021**

## *Letter from Lulu*

Hello EAT Family and Friends,

Thank you for making another year together amazing! This year we started more new riders than ever, welcomed a new Licensed Professional Counselor, three more certified instructors, 2 new horses, and many new volunteers to our EAT family. Considering we are still navigating our way through a pandemic, I think we are coming together and doing an amazing job for our riders and their families.

As we move together into 2022, I can not wait to see where a new year may take us. We could not do what we do without the support of each one of you, our amazing herd of horses, and our entire team, whom I happen to feel are the very best out there.

Thank you for another year of allowing us to be a part of your family. I wish each of you a wonderful holiday season and a healthy and happy New Year.

Walk On,  
Lulu Bogolin

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# Hoedown For Hope 2021

Our annual Hoedown for Hope is our primary fundraiser that helps fund our participant scholarships, feed and care of our horses, as well as helps to maintain our twenty-five-acre property used solely for the purpose of our mission.

This year, our Hoedown was held on September 25th. It was a huge success! Our amazing guests were all there to support what we do and they got to enjoy live music, dancing, dinner, an open bar, a petting zoo and pony rides, and our live and silent auctions.

We want to thank Randi Naughton who was an incredible emcee, the Roach family for sharing their heartfelt story, Bold Adventure Band for playing great music, and Clancy's who served delicious food and beverages.

Thank you to our sponsors who made this all possible: ELCO Chevrolet, Auto Spa, Hoffman Brothers Plumbing, Manna Pro, OJ Laughlin Plumbing, Meramec Valley Bank, Bank of America, J&J Vizslas, Nancy R., Merrill Lynch, Dr. Richard P. Taylor DDS.

Many thanks to our donors, community, and amazing volunteers who helped to put this event together. We could not have done it without you!



# Volunteer Spotlight

## Kristie Brezany

Kristie has lived in St. Louis most of her life, with the exception of 8 years in Littleton, CO when she and her husband, Bob, were first married. They have 3 grown children and one grandson and love spending time with all of them. Kristie has been watching her grandson Luca since he was a newborn and will miss her time with him when he goes to kindergarten next year.

"I first heard of EAT from my neighbor, Gerry Frank. He loved his time spent with the horses and encouraged me to come with him one morning when he was barn buddies. I met Lulu in the office, she had just taken over as the fearless leader of EAT. I walked around with Gerry and got some horse nuzzles and the rest is history!"

"I have enjoyed all of my time at EAT, but I especially like barn buddies once a week. It's truly my therapy to spend time alone with these terrific horses! I've taken leader and side walking classes and love interacting with the different participants as well as the other volunteers. I've made some great friends; I think EAT has a draw for a special kind of volunteer and they are truly a wonderful bunch of folks! AND THEN... I decided to start riding as well. I absolutely love my experience learning to groom, tack, and ride."

Besides her grandma duties, she loves spending time on their boat at Table Rock Lake and traveling. "Bob is due to retire ANY day now and I hope we get to do more of that! I love to walk, cook, read, and spend time outdoors as much as possible!"

"My advice to new volunteers would be to stick with it! I went from feeling like I knew nothing when I first started but have learned so much and continue to learn almost every time I'm there. Everyone I have encountered, including the horses, are very willing, patient, and kind in their instruction! I find it very rewarding and fulfilling. Even if I arrive in a not-so-great mood, I leave feeling great!"



# Instructor Spotlight

## Nicole Lesh



Nicole grew up in Sequim WA, west of Seattle. She began riding lessons in the fifth grade after years of begging for a horse. "I was fortunate to have many great equine & human teachers throughout the years. I participated in Pony Club while in high school & spent a memorable summer in college teaching riding lessons at a camp & caring for over 60 horses. Despite never having my own horse, I had many wonderful horses to ride over the years that have taught me many things."

Nicole learned about equine assisted therapy in 2010 at Little Bit Therapeutic Riding Center in Redmond, WA. "My husband brought an information sheet home from his work & said "This looks like something you would like. You should volunteer here." I started as a volunteer & fell in love with the mission & purpose of equine assisted therapy & never looked back!" Nicole joined the staff at Little Bit the next year as a horse handler/schooler & became a PATH Certified Instructor in 2017.

"When our family moved to St. Louis in June 2019, I immediately looked for a place to be involved in equine assisted therapy & found EAT right away. I began working at EAT that first week here! I became certified through SpiritHorse in 2020."

Nicole says it is hard to choose her favorite EAT horse. "All of our boys do such a great job for our riders! If I have to choose, the 2 horses I enjoy working with most are Dokka & Mike. Both have great attitudes & do a wonderful job of taking care of their riders."

Outside of EAT, Nicole is a mom to 3 girls ages 8, 6, & 3. She likes to sew, crochet, & read. "We also enjoy traveling as a family & visit zoos where ever we go!

Over our recent holiday break, we visited the Memphis Zoo & saw giant pandas!"

Nicole's biggest advice to volunteers, new & experienced, is to ask questions & never stop learning. "If you don't know what to do, just ask us & we can help you learn & find the answer. Take advantage of the information & experience of those around you to help you become the best volunteer you can be!"



# Equine Wellness Retreat



Our third Equine Wellness Retreat was held October 23rd and 24th. We collaborated with LaSalle Retreat Center to provide 7 mothers of children with special abilities some much needed rest and relaxation. Each mom got 4 home cooked meals, a night of uninterrupted sleep, and a basket full of wonderful goodies donated by local businesses. There was no cost to the moms because all spots were sponsored by local businesses.

These mothers got to relax, mingle with each other, and spend some quality time with our horses! They learned how our amazing horses help not only their kiddos, but all of us as well. They even got to enjoy a trail ride with their new 1200lb best friend.

Our next retreat is planned for June 4-5th! Ask us how you can sponsor or support a very deserving parent. If you or someone you know is interested in attending, contact us to get on the waiting list for future retreats.

Thank you to all volunteers and donors who made this possible!



# Town and Country

Our Town and Country barn is located in Long View Farm Park. It operates from May through October and we had another successful season this year! Mike, Brody, and Odin worked very hard and were loved by many riders and volunteers. Mike and Odin are currently back at our Wildwood location for the winter and Brody and Sarge are at Town and Country enjoying the winter off.

Town and Country classes will start back up in May 2022. We are always looking for volunteers to help with classes! If you or anyone you know is interested in volunteering at Town and Country, please let us know!



## Yoda

With a very heavy heart, we had to say goodbye to our barn cat, Yoda. He crossed the rainbow bridge this past October. He had such a personality and was such a joy to all of us. We will greatly miss you Yoda!



# Volunteer Thanksgiving Dinner

Our volunteer thanksgiving dinner was held on November 20<sup>th</sup> this year. This dinner was for any of our active volunteers and their families so we could show them our appreciation. We could not run without the help of countless amazing volunteers. Everyone enjoyed dinner catered by Super Smokers, dessert by Blue Pumpkin Farm, a trivia game, and visiting with each other outside of normal class times. We are truly grateful for each and every one of you!!

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**



## Adopt-A-Horse

Our adopt-a-horse program allows you to sponsor one of our therapy horses (or donkeys) for a period of time. We spend more than \$100,000 a year on the care of our therapy animals. This includes feed, hay, supplements, hoof trims and shoes, and annual and emergency vet care. Bennett is one of our therapy horses who has not yet been adopted!



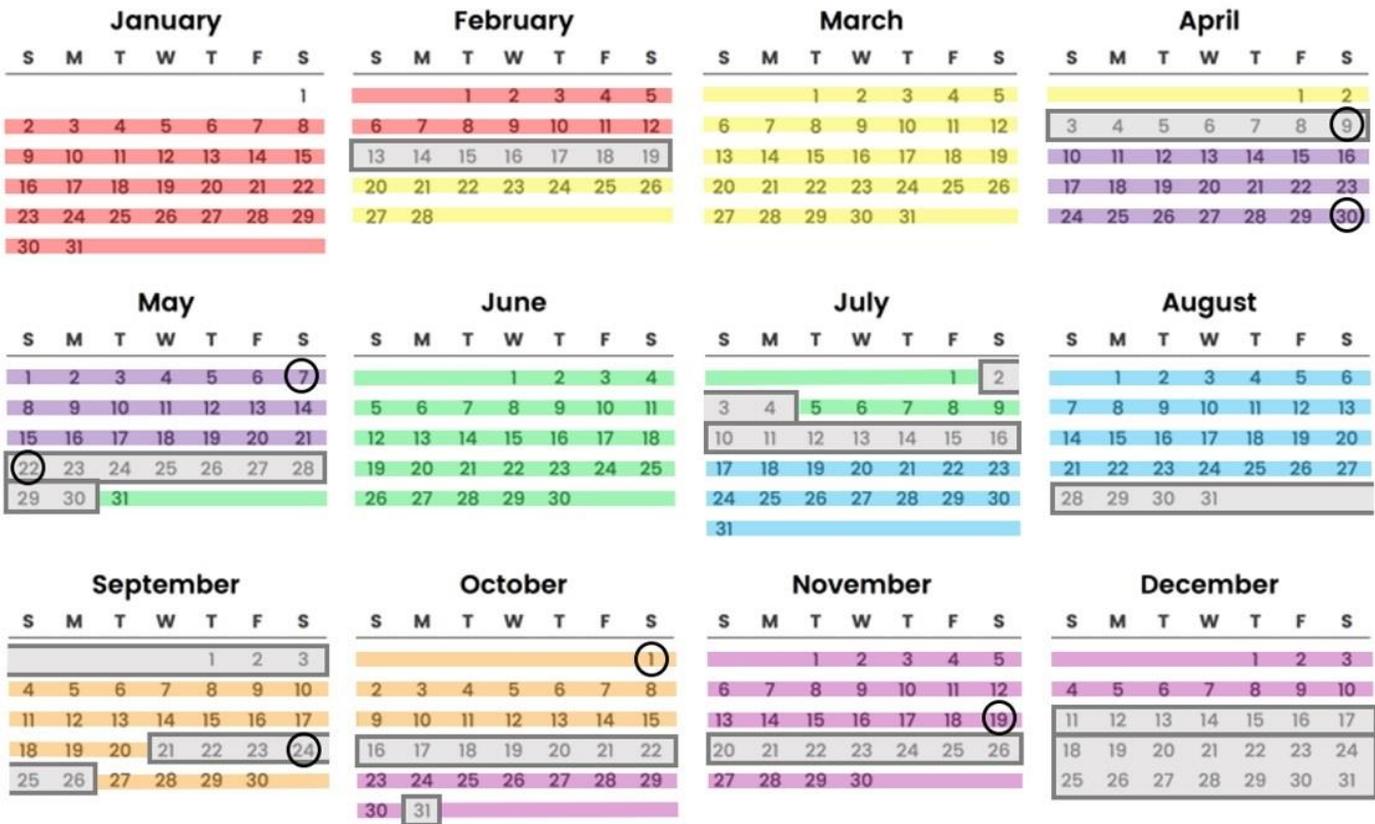
### Meet Bennett

I'm big, I'm beautiful, I'm Bennett! I am a 2003 Belgin/draft cross. I'm a big baby wanting cuddles & scratches on my forehead all day long. Look into my eyes and you will see that my heart is as big as I am. I will trust you, I will do my best for you, I will love every minute I'm with you (and my best friend Cash!). I came to EAT with some arthritis but my heart is so open to helping others and I am the perfect horse for this job. I hope to be adopted by a big heart like yours!



<https://eatherapy.org/donate/>

# 2022 Calendar



- April 9 Easter Egg Hunt at T&C
- April 30 Volunteer BBQ / Car Show at WW
- May 7 T&C Fundraiser at T&C
- May 22 EAThery Horse Show at WW

○ EVENT DAY  
 [ ] NO CLASSES

- September 24 Hoedown for Hope at WW
- October 1 Fall Festival at T&C
- November 19 Volunteer Thanksgiving Dinner

## EAT's Christmas Wish Tree

A HUGE thank you for all the generous donations from our Wish Tree. We are so very thankful!!



## Volunteer Training

We require all of our volunteers to attend at least 1 training a year. Trainings will be held regularly on the second Wednesday of each month (sign up is required as space is limited) and sporadically throughout the year as well. Please contact the office to sign up for a training.

# Thank You!

## Thank You Thank You

As always, we are thankful for our amazing volunteers and instructors who give us their time each week. We are extremely grateful to everyone who continues to support us and helps us continue to change lives.

### Special Thanks To:

- Liz Johnson – our PATH Mentor Instructor who donates her time and expertise to mentor instructors in training through the certification process
- William S. Kallaos Family Foundation
- Peggy Browne – Brody sponsorship
- Patty R – Sarge Adoption
- Jenny Piccirilli – Mike Adoption
- James Miller – Odin adoption
- Dana Garner – Ace Adoption
- Sarah Spencer – Ace Adoption
- Magic Adoption – in memory of Denny
- Mark and Marla Maloney
- Ed Thomasco
- The Wool Foundation
- The Carrigan Family Charitable Fund
- Jim and Patricia Black
- Rex and Jan Proctor
- Ms. Catherine Cortwright
- Jurkiewicz family
- Betty Beckmann Charitable Trust
- Schnuck Family Trust
- All of our maintenance volunteers for all they do on our properties
- Scott Smith – plumber and handy man
- Keith Repa – electric work
- Dick Scheffel Family Charitable Foundation



## More Ways to Donate

~Check out our Adopt-a-Horse program on our website – [eatherapy.org/donate](http://eatherapy.org/donate)

~EAT online merchandise store [eatstore.itemorder.com/sale](http://eatstore.itemorder.com/sale)  
(Quick link at bottom of our website)

~ Go to [smile.amazon.com](http://smile.amazon.com) and select Equine-Assisted Therapy as your charity of choice. Amazon donates 0.5% of your eligible purchase cost back to us