

# Equine-Assisted Therapy News

## From The Director's Desk...

**A Year in Review . . . .** Well this is it, ya'll. It seems like I was just sending out the new year welcome letter for 2008 and now we're looking at 2009! Can you believe it?

We started our year with our Annual EAT Egg Hunt at Town & Country. . . always a fun event marking the beginning of Spring and the beginning of a new year for EAT. However, Easter fell early this year and cold, rainy weather threatened and our first date had to be cancelled. We rescheduled for the following week and, again, rain was in the forecast. Undeterred as always, we forged ahead and got the Hunt in before the heavens opened up!

Now we have closed our year on the same soggy note with rain at the door of our Pony Rides and Golf Tournament but, by golly, we again persevered and both events were wonderfully successful. A huge thank you to everyone who donned their waterwings and saw the month of September through with us! It wasn't easy! And I'm just grateful Trivia isn't an outdoor activity!

It has been another very busy year. . . We visited elementary schools, middle schools and high schools, charity fairs, horse shows, and places of business . . . We've sold, auctioned, raffled, leased and traded . . . We've given speeches, presentations, seminars, and created hundreds of requested documents . . . We've made slides, videos, power points, manuals and even had our own song written for us.

*Whew . . . . My head is spinning!*

We've met so many wonderful people from all walks of life but we all share one common goal : *To make Equine-Assisted Therapy available for anyone who might benefit from it's very unique ability to unite horse and rider.*

I know 2009 will be no exception to our programs continuous growth and I ask just one thing from you . . . Get a good nap! :-)

**Here are a few interesting EAT facts from 2008 for you! . . .**

- Ω Since April 1st, 2008 we have given 248 lessons using 500+ volunteer hours, welcomed 35 new participants, had 10 Fund Raisers, attended 11 promotional functions
- Ω EAT has now served 191 participants since it's inception in 2004

**Some firsts for this year are:**

- Ω Honored with the Civil Service Award by the Town and Country and Frontenac Chamber of Commerce
- Ω Our first ever TV Raffle through First Community Credit Union; Applebees Breakfast; Change Drive; Trivia Night; and Yard Sale
- Ω Our first (and second) ever radio interview(s) (KEZK and KFUE)

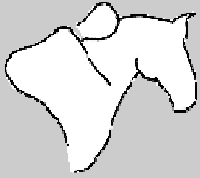
♥ *Ginni*

### EAGLE SCOUT PROJECT



Equine-Assisted Therapy is the beneficiary of new fencing for our Town & Country arena. Connor Perkins of the Boy Scouts of America is working toward achieving the distinguished Boy Scouts Eagle Scout Award and chose to plan and construct the fencing for the T&C arena as his Service Project. The weather was beautiful and with the help of some friends Connor successfully completed this project. A huge EAT Thanks to Connor Perkins for donating his time and efforts to the Equine-Assisted Therapy program.





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## Participant Spotlight . . . Bailey Kristine Pearson

Meet Bailey Kristine Pearson, she lights up when she is riding Dusty. Bailey's Mom had this to share with us about Bailey. . . .

"Bailey has two pets: one dog, Ruby and one cat, Spencer ( who acts like a dog ). She loves any outdoor activity that involves the wind in her face such as swinging, swimming or boating.

We had investigated hippo therapy a long time ago but didn't think Bailey at that time would handle it.

Then we heard such wonderful things about it from another participant's ( Mark ) Mom, Becky.

We decided Bailey was ready to try.

I remember Bailey's first day, she was riding sweet, gentle Dusty. I was extremely worried; I just knew Bailey was going to throw one of her " EXTRA SPECIAL " tan-



trums. She was apprehensive, she kept looking around to see if we were still there and watching. I was in disbelief, every time she caught us watching her she got the biggest, toothiest grin on her face, she was so PROUD of herself. I cried, I was so happy to see that look on her face. She was actually showing off!

Finally . . . something, a therapy/hobby she can call

her own and really enjoy ( therapy and joy rarely go hand in hand ). She is always her brother and four sisters best cheerleader. But this time, during therapy, it is Bailey who is the star.



Thank you to all volunteers that make this possible!"



## Volunteer Spotlight . . . Marti Schlegel

Meet Marti Schlegel who with her husband James have three adult children and four grandsons (ages 5, 4, 3, 2). In addition they have a little black & white cat who rules the house. Along with her passion for volunteering with Equine-Assisted Therapy, Marti's other interests include: reading historical fiction, hiking, quilting, knitting, sewing, reading, and of course horseback riding. On occasion she will indulge in making Psanka, an ancient Russian craft involving dying eggs.



Marti has worked with The Lutheran Church--Missouri Synod (LCMS) International Center for 18 + years. She loves working with and interacting with people and each position she's held has placed her in the midst of them.

She first heard about EAT from Julie Branson who works at the International Center with her. She didn't start volunteering until she met one of our instructors, Lori, one Saturday as she was walking at Longview park. Lori explained to Marti that volunteers were always welcome and Marti was at EAT the very next week. She's been passionate about EAT ever since.

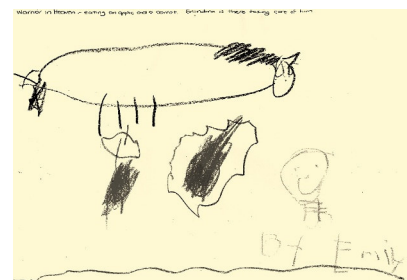
For Marti, being involved with the children and the horses puts her in a place of "action" and requires her full attention. She can't dwell on the woes of the day or concerns of the future when faced with immediate needs of child or horse. It takes her focus off herself and into a better place. She feels privileged to have the opportunity to volunteer with the Equine-assisted Therapy program.

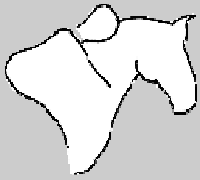
## Warrior in Heaven

" Dear Ginni,  
We are so sorry to hear of Warrior's passing. He meant so much to Emily and our family. We will forever be grateful for his service and friendship. How blessed we are for having had him in our lives. Please accept this donation in

(Picture of Warrior in Heaven) -->

Warrior's memory.  
2 more thoughts from Emily . . .  
She asked if he was eating apples in heaven. I told her that now that he is in Heaven, he can eat a whole big juicy apple. She said "oh good". And she has been keeping warrior in her prayers every night "





# Equine-Assisted Therapy News

## ☪ Saddle-Up with SCOUT ☪

Scout is a paint gelding who was donated to the Equine-Assisted Therapy program by Vanessa Friedmann's grand kids Cole & Grace. He was born in 1996 and has been a reliable member of our equine family from the day he step hoof on our farm. Scout will let you do just about anything to him with little to no reaction which makes him well suited for his role with EAT.



*We Love Our Volunteers !!!*

### Quotable:

"Why Volunteer ?

Because One Person Can

Make a Great Difference."



As if the smiles on our riders faces were not enough, we have thought of another way of saying "Thank You" for your continued support. . . . .

An advertisement insert page will be added to our monthly newsletter. This will allow those establishments who have supported us an opportunity to advertise their businesses to our readers free of charge.

Dependent upon the number of people interested, there will be several colored inserts that will be rotated into our newsletter on a monthly basis.

Each advertisement is limited to a standard size business card - 3 1/2" x 2". Your advertisement should be mailed to Karen Ernst at [ke1208luvshorses@aol.com](mailto:ke1208luvshorses@aol.com) . Your information should be in a format that will allow her to cut and paste onto our advertisement page whenever possible. Please provide the additional information identified below:

☪ Contact Person's Name

☪ Name of Business Advertising

☪ Contact Telephone Number

☪ E-mail Address

## ☪ A Special EAT Thanks . . .

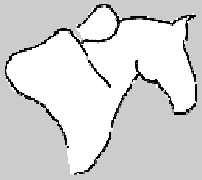
### Hair by Cindy LeClair

Located in the South County area . . .

Call 314-973-7988 for an appt



*Never a "bad hair day" with Cindy !*



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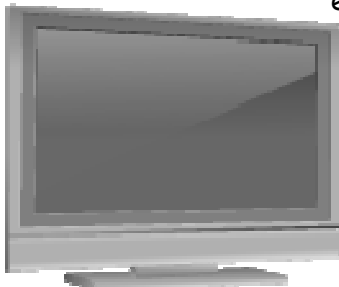
## Ω Fun with Fundraisers . . . Ω

### First Community Credit Union TV Raffle

First Community Credit Union conducted a raffle of a Big Screen TV with proceeds going to benefit our Equine-Assisted Therapy program.



They ended up selling over 1,300 raffle tickets. The lucky winner of the Big Screen TV was **Matthew Reardon**. EAT appreciates the support and excitement generated by



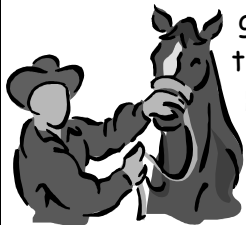
the First Community Credit Union employees and patrons. First Community Credit Union definitely has the "little guy" in mind. They involved all of their 22 lo-

cations, everyone really supported the raffle. The day of the drawing, First Community Credit Union celebrated with a casual day for all of their employees. YEA!!

A special EAT Thank-You to First Community Credit Union's **Glenn Barks & Laura Alfeldt** who were responsible for pulling together this great event.

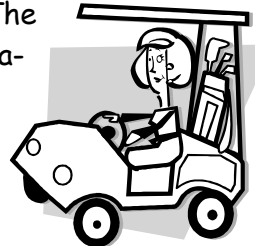
### EAT Pony Rides @ Town & Country

Once again the Equine-Assisted Therapy program was invited to participate in the Town & Country Community Days celebration at Longview Park. Thanks to all who came out to help with the EAT Pony Rides on September 20<sup>th</sup>. Our wonderful volunteers and staff were able to give 129 rides in just *three hours!*



### 4th Annual EAT Golf Tournament

We got it in . . . Hooray!! The 4th Annual EAT Golf Tournament was held at Crescent Farms Golf Course on Lewis Road in Eureka on September 13<sup>th</sup>. The weather was "iffy" and despite all of the preparation our scheduled date was in jeopardy, but with Ginni having the final vote it was sure we'd get it in . . . . The reception was moved inside the clubhouse where videos and slides about the Equine-Assisted Therapy program were shown and a silent auction was held. There were plenty of additional activities for our



guests as well such as the 50/50 raffle, Win a Booze Wagon, Skins game, Longest Drive, Longest Putt, Worst Score, and on & on . . . there was even a guy making an ice sculpture of a horse head!



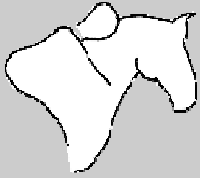
Thanks to all who participated, golfers and volunteers alike . . . a great time was had by all!

### 1st Annual EAT Trivia Night

Equine-Assisted Therapy held its first ever Trivia Night. The event was held at the Maryland Heights Rec Center on September 26<sup>th</sup>. There were a wide range of topics from sports to entertainment and celebrities as well as a wide range of answers from those in attendance . . . ☺



In addition to 10 rounds of trivia questions the night included a Silent Auction, 50/50 raffle and Gift Pack raffles.



# Equine-Assisted Therapy News

## Thank You!

This has been a very busy couple of months for Equine-Assisted Therapy. Thank You to all who have Instructed, Participated, Volunteered & Contributed to our program:

Equine-Assisted Therapy Instructors, Board Members, Volunteers and Participants.

Acero Restaurant- Linda Fahrenkrog  
Alpine Shop - Karen Modesto  
Ameristar Casino - Denise McKeown  
Anheuser-Busch, Inc. - Dave Brunette  
Anheuser-Busch, Inc. - Joe Vonder Haar  
Anne Schaller  
AT&T United Way - Carol Collins  
AT&T United Way - Johnny Wiggins  
AT&T United Way - Karen Ernst  
Auction Merchandise Source

- Lynne Prywitch

Becky Zaccarelo  
Ben Franklin Store  
Berg-Salus / Wachovia  
Berg-Salus Wealth Management  
Bernie McDonnell  
Bill Creecy  
Bodkin Family  
Brandon Roberts  
Brittany Roberts  
Brett Miller  
Brian & Kathy Schamel  
Brooke & Tammy Elsner  
Business Bank of St Louis  
C.J. Thomas Company - Pat Leach  
Colwellbanker - Toni Bilicki Caryn Mundell  
Capmark  
Carm Natoli  
Cecil Whittaker's Pizza  
Ceres Consulting LLC - Mark Fletcher & Mark Mestemacher  
Cheryl Lamprecht for referring EAT to Manna Pro  
Colliers International / Turley Martin Tucker  
Commerce Trust Company - Kevin O'Toole  
Commercial Development  
CQ Car Wash  
Crescent Farms Golf Course - Mike Roberts  
Crescent Farms Golf Course - Staff  
Cridler Consulting

Merc.

## Thank You!

Dane & Lori Rood  
Daniel & Ann Brown  
Diane Breckenridge Interiors  
Dierbergs - Fenton Crossing  
Doc's Harley Davidson  
Donald Gerth - adopted Tomeo for 3 months  
Dr Branham Family Dentistry  
Drury Marketing - Terry Drury  
Duffys - Woodsmill Plaza  
Eagle Scouts - Connor Perkins  
Ed & Karen Ernst  
Ellen Geders  
Emily Schmidt  
Environmental Operations  
Eric & Mary Paine  
Fabulous Fish Co  
First Community Credit Union - Glenn Barks & Laura Alfeldt  
Frisch Masonry  
Gary & Ginni Hartke  
Dick Taylor & Jim Schlegel  
Gary & Terri Richards  
Gelhot Family - Helen, Paul & Mary Joyce  
Gene & Nancy Basler  
Global Products  
Golden Horseshoe Tack Shop  
Goring Family  
Grey Eagle Distributing - Steve Nolan  
Hal Moore  
Harvest Arts - Janis Gates  
Hobbs Family  
ISC Construction - Scott Seymour  
Jane Chickey  
Jefferson Bank & Trust  
Jim & Marti Schlegel  
Joe & Kristin Downey  
Joe & Mitch Ennenbach  
John & Becky Lydon  
John Dunlap  
John Schmidt  
Johnny Wiggins  
Judy Deuker  
Kanes Steak House  
Kathleen & Timothy Smith  
Keith Pey  
Kelly Lowe  
Kevin & Louisa Dean  
Kristen Huggins  
Kyle Estes  
Laclede Gas - Gery Gorla  
Legends Golf Course  
Leslie Faust

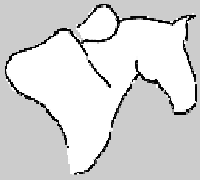
Gracias

## Thank You!

Linda Bosko-Wilmoth  
Llywelyn's Pub - Scott Kemper  
Lucy Mitchell  
Maggie Hobbs  
Maggie O'Briens Catering  
Magic House - Carla Krakoviak  
Manna Pro - Cheryl Lamprecht  
Maureen Clancy-May  
McCarthy Brothers  
McDonalds - 141 & Clayton Rd  
Melting Pot  
Melissa Curfman- Falvey  
Mike & Fran Natoli  
Mike & Melody Roberts  
Monsanto Matching gift - Holly Butka  
Montgomery Bank  
Mr B's Pool Center  
Nathan Lee  
Oak Brook School PTO  
Ozark Ridge Riders Saddle Club  
Pasta House Co  
Paul Adam  
Pevely Golf Course  
Port Salon & Day Spa  
P'sghetti's  
Randy & Tamara Nelson  
Robin Vogt  
Rollercade  
Sara Huggins  
Schnucks - Denise Moss  
Scott Roberts  
Scott Seymour, ISC Construction  
Smart Spa - Dr Helen Gelhot  
Spencer Dean  
Spirtas Wrecking Co  
Stacie Young & Edward Niemann  
Steve & Mary Ladd  
Steve Akre  
Steve Gable  
Stitz & Associates Inc.  
- Gary Stitz  
Sunnen  
The Business Bank of St Louis  
The Schuepperts  
Troy Baker, DDS  
US Bank - Dottie McGrael  
Watson Auto Repair  
West County Assembly of God Church  
- Kelly Lowe  
Westbridge Bank & Trust  
Western Waterproofing Inc - Bill Hohmeier



THANK YOU



# Equine-Assisted Therapy News

## Equine Assisted Therapy - Contact Info

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## Equine-Assisted Therapy - Program Addresses

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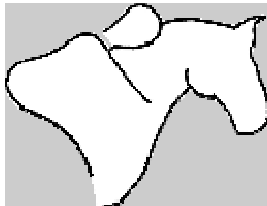
EAT-Longview Farm Park

Clayton & Mason Rd

Town & Country, MO 63141

Newsletter Editor : Keith Pey

visit our web-site: [www.equine-assistedtherapy.org](http://www.equine-assistedtherapy.org)



Equine-Assisted Therapy, Inc

5591 Calvey Creek Rd,

Robertsville, MO 63072

### Ω EAT's — 2009 Schedule . .

Check it out . . .

Here's the class schedule for 2009

Mark your Calendars !

Ω April 6- May 23 7 wks

Ω June 1 - July 18 7 wks (no July 4th)

Ω August 3 - Sept 19 7 wks (no Labor Day)

Ω September 28 - October 31 5 wks