

EAT NEWS

Equine Assisted Therapy



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LETTER FROM LULU

Dear EAT Friends,

It has been another amazing year at our barns! We have witnessed significant progress amongst our riders, from one achieving independent sitting to another standing for the first time.

Additionally, we're thrilled to have provided 4,000 rides in 2023. We welcomed two new certified instructors who have allowed us to lower the number of riders on our waitlist. If you have not been to the Town and Country location, I encourage you to visit and see what our board members have done to create a wonderful and informative space all about EAT. Our Wildwood location received much needed office space and a conference room. The Hoedown for Hope sold out and our volunteer appreciation events were a huge hit.

We could not do this without every single one of you! From our INCREDIBLE riders and their families to the DEDICATED team of volunteers, and the BEST Certified Equine Therapy Instructors, EAT is a TEAM, all with the shared goal of "Changing Lives One Hoof Print at a Time".

We look forward to 2024. What a year it will be as it is the 20th Anniversary of Equine-Assisted Therapy! Celebrating our commitment to our mission, our riders, and being the best Equine Therapy Center in St. Louis, we hope you will all join us in the yearlong celebration "20 years of EAT". We hope you have a wonderful holiday season and health and happiness in the New Year.

Walk on,
Lulu Bogolin

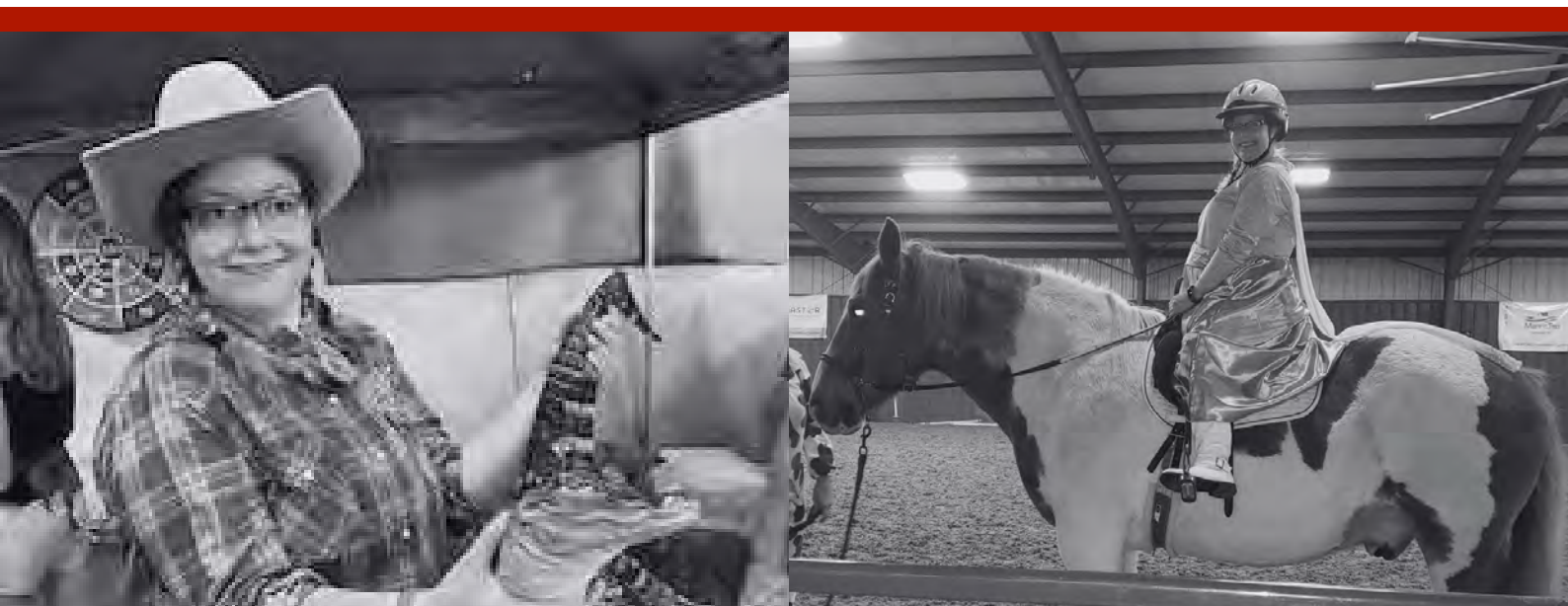
LETTER FROM A PARENT

by John and Juliana Stack

Our daughter's experience with EAT has changed her life for the better. Kristi has loved horses and other equines since she first rode a donkey in Jerusalem when she was 3 years old. She was immediately enamored with horses and wanted to ride them at every opportunity. Kristi has an aunt and uncle who have horses and her older cousins have given her lessons and let her ride with them since she was a small child, including riding in the Grand Entry opening for a horse show in Marshfield, Missouri. But generally, she would only get to ride a horse once or twice a year, until she started the EAT program.

“Since starting with EAT, Kristi gets to ride once a week. This is beyond a doubt, her favorite day of the week. She will write the days for EAT on her calendar, or should I say, calendars...every one that she finds”

Since Kristi is on the autism spectrum, she has usually been non-verbal. However, on her riding days and especially after EAT sessions, she is able to express her thoughts and feelings more easily and loves to talk about the session and especially the horses. When she is not riding, Kristi thinks, talks, writes and often draws pictures of the various horses from EAT. She writes stories about them, she puts together little booklets about the horses and she regularly writes her friends and family notes in which she almost always includes a sentence or two about which horse she is going to ride that week. She has her favorites but is happy to ride any of the horses. Kristi is often reluctant to leave the house or sometimes even her room and some days it can be hard to get her out to do everyday things like shopping, going to a restaurant, or even visiting with relatives. But on EAT nights she will get herself ready with riding boots and her helmet on waiting to go well before the time to leave. We would strongly encourage parents to enroll their children at EAT. We have found the staff, directors, instructors, leaders, walkers and other volunteers to be very well trained, thoughtful and professional. We would encourage parents to trust the process and the EAT team because even though this may be a new or intimidating concept, in our experience, the child will love the horses, team members, the experience, and it may become a highlight of their week.



Hoedown For Hope 2023

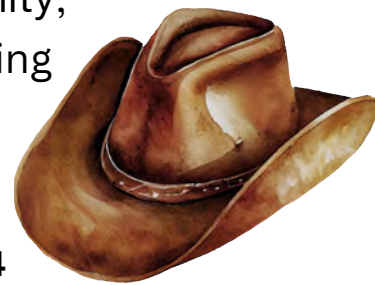
Our annual Hoedown for Hope remains the cornerstone of our fundraising events, playing a crucial role in supporting participant scholarships, equine feed and care, and the ongoing maintenance of our twenty-five-acre property dedicated solely to fulfilling our mission.

This year, the Hoedown took place on September 30th and exceeded all expectations! Our 500 guests rallied behind our cause as they enjoyed live music, dancing, dinner, an open bar, a petting zoo from Whit's End Farm, the Reptile Experience, and live and silent auctions.

We owe a special thanks to the Grobe Family for sharing their story, Bold Adventure Band for the music, and Candicci's Catering for the delicious dinner.

We're grateful to our sponsors who made it all possible: ELCO Chevrolet/Cadillac, Kennedy Capital Management, Williams S. Kallaos Family Foundation, MannaPro, O.J. Laughlin, Passiglia, Mastor, Mariner, Gantner & Capriano, Pella, Eureka Lions Club, J&J's Vizslas, Auto Spa, Montgomery Bank, BJC HealthCare, Just-In-time, Colton's Cause, Scotties Potties and Iron Workers.

Thank you to Laura Brock, our event Chairperson, the Hoedown Committee, The National Charity League, our donors, community, the Maintenance Crew, and volunteers for making this event a reality. We couldn't have done it without you!



Save the date for next years Hoedown: **9/28/2024**



HAPPY HOLIDAYS

From The Equine Assisted Therapy Family



HAPPY HOLIDAY

Happy holidays from the EAT team and our four-legged companions! Your support has been the highlight of our year and we can't thank you enough. Wishing you and your loved ones a fantastic holiday season! Break begins on December 17th, and we'll be back in the saddle on January 2nd.

GIVING TREE

A huge shout-out to everyone who contributed to our giving tree! The generosity poured in, and we're overwhelmed with gratitude.

Thank you for making our days brighter and spreading the holiday cheer. We appreciate each and every thoughtful gift – you've truly warmed our hearts!



MESSAGE FROM ODIN

“Hey there, humans! Just wanted to say we'll miss your company over the holidays. Don't worry though, we'll be holding down the fort, munching on hay and dreaming of our next ride together. Enjoy the holiday shenanigans and we can't wait for more adventures with you next year! See you on the flip side, riders!” –Odin



EAT's 2023 Horse of The Year is...

DOKKA



Our Volunteer voted Dokka as Horse of The Year! We announced the winner at our Volunteer Thanksgiving Dinner on November 18th.

"Conqueror of Weaving Cones! Baron of Basketball! Prince of Ground Poles! HORSE OF THE YEAR! I humbly, very humbly, accept this honor of which I am so worthy. Ask anyone! You name the class, and I've been a part of it. You name the saddle, and I've knocked it over (if you gave me the chance). From my crown-like mane to my majestically droopy lip, I'm proud to be the champion therapy horse that I am! I carry little bitty humans on my broad back, keeping them safe and making them giggle. I carry older riders, too, who love and praise me for the prince that I am (they know, with all that wisdom!). Thank you for this honor, which I will carry all year long in my big heart (and droopy lip)." -Dokka

Sponser-A-Horse

Our Sponser-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/horse shoes, chiropractic treatment and vet care. Poco is one of our therapy horses who has not yet been sponsored for 2024!

Meet Poco



"Excuse me... mind if I... mind if I introduce myself? I'm Poco, and I'd love to help you any way I can, in my humble way. I'll work so hard for you - you want me to walk on, I'll walk on the best I can! You want me to turn, all you need to do is think it and I'll do it! What I mean to say is - this chestnut quarter horse heart simply lives to serve. What's that you say? You... you just need a warm, soft shoulder to lean on? Just a pair of kind eyes to gaze into? Just a sturdy neck to hug, and maybe cry on? I'll stand here for eternity, for you. I'm just glad I can, in my small way, help you "walk on" in whatever way you need. That's my job, and I'm proud to do it well. Would you like to help me do my job by sponsoring me?" -Poco

<https://eatherapy.org/donate>

Joyce Jackson

VOLUNTEER SPOTLIGHT

To quote John Cougar Mellencamp, 'I was born in a small town,' and I was raised in a smaller town of 350 people in Southern Illinois. Yet, my parents were not farmers, so I had very little exposure to horses, cows, pigs, and other farm animals. I did love canines, enthralled by their eyes which expressed undying and absolute dedication to their humans. I had various mixed-breed canines as I grew up in a noisy home with two sisters and two brothers.

In 2010, my daughter Lauren (I call her Mila) and I joined an organization called National Charity League (NCL). This is a Mother/Daughter organization founded on Philanthropy, Leadership & Culture. Each year, NCL selects a number of local charities to enable our Mother/Daughter teams to volunteer in service, requiring a minimum of 15 hours per year. Mila loved these beautiful horses so it wasn't hard to make our minimum hours at Equine Assisted Therapy (EAT).

Mila and I started with the video about side-walking; we really had no idea to what we were committing. Mila confidently approached the horses, while I was deathly afraid of these huge animals. Yet, they say you need to conquer your fears...and, soon, I was asked to lead a horse. I fell in love with our students, as I watched them progress through the EAT program, getting stronger and more confident.

Working with EAT, they offered more and more courses on how to lead these beautiful animals, so I moved into the leader position. I've learned that every horse has a different personality. Plus, I learned that horses, much like canines, act to avoid conflict and move according to spatial relationships. I refer to my favorite (personable) horses as 'gentlemen' since they are very gentle but purposeful in their approach to me. My favorites are Brody at T&C and Ace at Wildwood.

Beyond volunteering, I keep myself pretty busy with raising purebred championship Hungarian Vizslas, rust-red bird dogs. I grace dog shows, fastcat runs, hunt tests, and field trials. I have three boys, Gizmo, Seger, and Cowboy as well as Cowboy's daughter, Roadie, all with song lyrics in their AKC names. I also borrowed another girl, Shay, for breeding purposes next year. My Vizslas keep me busy and definitely entertained. Note: If you're unfamiliar with the Vizsla Breed, my Cowboy is pictured on the South wall at EAT in Wildwood.

After 14 years of volunteering, I have learned much from EAT and working with our horses. I believe that each volunteer will find the position with which they are most comfortable and matches their abilities. Beyond the instructor, there is no pecking order in the volunteers who serve EAT. Side-walkers progress these children through the EAT program, improving their skills. Tack Captains ensure that our children are safe on our horses. Barn Buddies ensure that our horses are fed and healthy so our horses feel their best as they work with the children. Each volunteer makes this program better and stronger to satisfy the needs of our participants. God willing, I expect you'll find me volunteering for another 14 years and more.



Brenna Race

INSTRUCTOR SPOTLIGHT



Meet Brenna, one of EAT's amazing instructors! Brenna grew up in Kirkwood, Missouri and discovered EAT through a flyer at Dickey Bub right after graduating college. Brenna started volunteering with EAT in 2019 but it wasn't until 2020 that she started teaching. Beyond teaching, Brenna enjoys outdoor activities like hiking and being near the water. She loves to travel and occasionally tries her hand at cross-stitching.

Brenna's connection with horses goes way back. She started riding at 13, graduated with an equine science degree, and managed stables in Greensfelder for five years. Her long-time companion, Max, a 24-year-old Missouri Fox Trotter, became her partner in dressage after losing vision in his left eye.

Choosing a favorite EAT horse is a tough call for Brenna, given she can't help but love them all!

One memorable teaching experience for Brenna was with an early student struggling to communicate. Once they understood her needs, the student's progress was remarkable. A surprise hug after a session highlighted the true impact of EAT.

Teaching at EAT is very fulfilling for Brenna. Witnessing students improve their skills and hearing about the positive impact on their lives beyond the barn is inspiring. Sharing the joy of equine relationships with her dad, Rich Race, who transitioned from fixing fences and driving the tractor to becoming an EAT instructor, is particularly special.

Brenna's experience with EAT extends beyond the barn. Being part of EAT has made her more patient, active, and taught her flexibility. Equine Assisted Therapy has not only shaped her teaching approach but has also left a mark on her life that reinforces the power of equine therapy.

Volunteer Thanksgiving

Dinner

We host a dinner for our active volunteers and their families to express our gratitude and appreciation. Your support is invaluable, and we genuinely couldn't operate this organization without each and every one of you. Thank you for everything! We are honored to present this year's King and Queen...



Volunteer Kings & Queens



Wildwood: Augie Lopez,
Tammy Bader

Town and Country: Rex
Proctor, Kim Berndt



New Team Member Alert!

Quick message from EAT's Volunteer Coordinator Emelia Rief

Just a quick shout-out for the warm welcome – you all have made me feel right at home! A special nod to the volunteers – you keep me on my toes! Here's to more laughs, good times, and maybe just a smidge less horsing around...but hey, where's the fun without a little trouble? ~ Emelia

Calling All Volunteers

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



TOWN AND COUNTRY

T H E H O M E O F B U D D Y A N D B R O D Y



Our Town and Country location at Longview Farm Park is closed for the season, but not without a huge thank you to our volunteers, instructors, riders, and our furry friends, Buddy and Brody! A warm welcome to our new barn managers, **Carol Schmitt and Rich Race!** If you have a passion for helping others, horses and community, we invite you to join us as a volunteer. Let us know if you're interested!

DONKEYS

Thank you to **Tammy Bader** for adding a touch of fashion to our donkeys! She made blankets for our events in EAT-themed colors, making our four-legged friends the most stylish attendees. Kudos to Tammy for an awesome job – your creativity is truly appreciated!



2024 Calendar

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February 25 Cornhole Tournament

March 23 Easter Egg Hunt at T&C

April 27 Volunteer BBQ / Car Show at WW

May 19 Horse Show



EVENT DAY



NO CLASSES

September 28 Hoedown for Hope at WW

October 5 Fall Festival at T&C

November 23 Volunteer Thanksgiving Dinner



Upcoming Events



Winter Break: December 17 – January 1

Session 1: January 2nd–February 10th

Session 2: February 18th–March 30th

Corn Hole Tournament: February 25th

Easter Egg Hunt at T&C: March 23rd

Volunteer BBQ/Car Show at WW: April 27th

EAT Horse Show at WW: May 19th

Thank You

What a fantastic year it has been! A heartfelt thanks to everyone who has been a part of our journey and supported us. Your encouragement is the driving force behind our progress. Here's to another year dedicated to helping others and ensuring the well-being of our beloved horses. Looking forward to the adventures and accomplishments the upcoming year will bring. Thank you so much!

- Allison Barnhart
- Amy Auffenberg
- Amy Bayer
- Angela Kane and Colton's Cause
- Ann George
- Annalisa Bolin
- Anna and Patrick Vatterott
- Benjamin Edwards
- Betsy Kennett
- Carol and Bill Sackett
- Carolyn Polk
- Catherine and William Sackett
- Celia Hosler
- Connie Roessler
- Cynthia Fournie
- David and Victoria Keller
- David Hanson
- Dawn Freeze
- Debbie Crandell
- Delores Feaster
- Diane Pilgram
- Diane Wolf
- Dorothy Reimers Living Trust
- Doug and Lisa Nixon
- Dr. J Roger Nelson
- Eureka Lions Club
- Gary and Leslie Stevenson
- Jamie Taqui and Family
- Jean Beck
- Jen Cochran
- Jennifer Basler
- Jennifer Sills
- Jerrie Plegge
- Joan Carson
- Joan Koontz
- Jody Delf
- John and Anne Silvestri
- John Brugger
- John Olson
- Joseph Miller
- Karen Brown
- Karen Gupta
- Kate Lytle
- Kay Cross Baker
- Kelly Ferrick
- Kim and David Berndt
- Kim Jones
- Kristi Runyan
- Kristine and Ricardo Longoria
- Letah Carruthers
- Lindsey and Ryan Wolski
- Lindsey Malone
- Liz and Bob Baisch
- Marilyn and Bob Brangle
- Marilyn Schnuck Foundation
- Mary Ann Van Horn
- Mary McManemin
- Mary Pendleton and Avis Charitable
- Mary Theresa McLean
- Melody Mitchell
- Merriman Family
- Mike Diffley and the Corner Butcher Shop
- Mr. and Mrs. John Hogan
- Mr. and Mrs. Terry Rasst
- Nanette Wendel
- Nancy Garland
- Nancy Rosenstock
- Patricia Leicht
- Patricia McCandless
- Paul and Glenda Stanek
- Peggy and Alan Smith
- Rachel Harley
- Randee Bach
- Rosanne Reina
- Ryan Spencer
- Sabina Holtzman
- Sally Blackburn
- Sandra and Alan Mawhinney
- Sarah Bracken
- Sarah Trulaske
- Saigh Foundation
- Scott and Barbara Smith
- Scott and Kristin Ritchie
- Sherri Razer, Jan Novlan, Jodi Relbein
- Sherry Lundergan
- Steve and Joan Johans
- Stephen and Marianne Busby
- Steve and Joan Johans
- Sue Besch
- Susan Greditzer and Loose Change Syndicate
- Susan Medart
- Susan Vogel Sevin
- Suzanne Pettus
- Suzanne Pratl
- Susie Steiger
- Tanya Mayer
- The Cummings
- The Staehlings
- The Turley Family
- The Crawford Taylor Foundation
- The Scheffel-Anderson Charitable Family Fund
- Timothy and Rebecca Corbet
- Vik Khanna and Teri Deutsch
- William Kallaos Family Foundation
- William Nolan
- Witches of West County

