



# Equine Assisted Therapy **EAT Update**

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**Oct 2023**

## *Letter from Lulu*

Dear EAT Family and Friends,

On behalf of everyone at Equine-Assisted Therapy, I would like to extend a huge thank you for attending and supporting our fundraiser - the 2023 Hoedown for Hope. We could not do what we do at the barn without each and every one of you. We were thrilled that the event not only sold out 2 weeks before our cutoff date, but the number of sponsors and items we received for the event were more than ever. To have an event that includes some of our riders and their families in attendance, makes it all the more special for all of us.

Our family here at EAT never ceases to amaze me. We truly are a family and so I would like to formally introduce our newest family member, Emelia Rief. Emelia will be our new Volunteer Coordinator so that Lindsey can focus more time on training our incredible horses and amazing volunteers. I have included Emelia's introduction below.

As always, I welcome your suggestions and questions anytime and look forward to seeing you all at the barn.

Walk on,  
Lulu Bogolin  
Executive Director

# Welcome Emelia Rief

Hello EATherapy Family!

I am absolutely thrilled to be a part of this community and cannot emphasize enough how grateful I am for the warmth and kindness extended to me since my arrival. This opportunity feels truly incredible, and I can't wait to embark on this journey with all of you.

A little bit about my background: I'm proud to call St. Louis my hometown, having been born and raised here. During most of my high school years, I was homeschooled so I could pursue my passion for riding. Horses have always been an essential part of my life and I've dedicated a significant portion of my life to them. However, in my senior year, I decided to take a different route and enrolled at Eureka High School. It was there that I completed my high school education and graduated in 2022. After graduation, I took a gap year to fully immerse myself in my passion for riding and to explore the United States through travel. It was a year of personal growth and discovery.

Now, I find myself in the next chapter of my life, as I've recently started college at STLCC. While I continue my education, I'm also incredibly fortunate to be able to work closely with horses and their riders who share the same passion. I am eager to connect with all of you and learn from the diverse experiences and backgrounds within the EATherapy Family. I believe that each person brings a unique perspective to our community, and I cannot wait to get to know all of our riders and volunteers. None of this would be possible without each and every one of you!

Thank you,  
Emelia Rief

