

# TAILS FROM WINDY ACRES

## Animals as Natural Therapy

Winter 2020

2019 Non-Profit of the Year!

721 Van Wyck Rd, Bellingham, WA 98226

### Moving to Ease from Dis-ease

By: Sonja Wingard, Director

As we enter a new decade, we of Animals as Natural Therapy have so much to feel grateful for.

First of all is the shift we have seen in many lives. We are seeing families communicating more effectively and being kinder to one another, as a result of the horses pointing out the humans' disruptive painful habits in **reacting** to one another. The horses, without judgement, invite all of us to see the possibilities in responding with different, more compassionate behaviors, and living with more ease.

We have seen an angry teen, who had not even wanted to get out of the car on his first day at ANT, be patiently invited into a friendship by our Paint-Arab gelding, Obrigado. When in week four of his program, the boy spoke for the first time in front of the small group of young teens and added a feeling to the group brainstorming, "I trust others when they let me be me", it was a powerful shift felt by all. From there he started to interact with peers and trust a bit more. His parent saw a shift in five areas:

- My child gets along with their teachers: moved from Never to Some of the time
- My child works well in a team: moved from Never to Some of the time
- My child is good at solving problems: moved from Never to Some of the time
- My child says no to things that are wrong: moved from Never to Some of the time
- My child stays away from violence or fighting: moved from Some of the time to Most of the time
- My child feels good about themselves: moved from Never to Some of the time.

When an angry loner feels a connection with the animals and then people, starting to trust and rely on other humans, we all breathe a sigh of relief and **know the world is safer because of you, our community, helping us provide this farm experience** where kids are supported as they discover hope and community. When a suicidal youth or veteran comes to realize that they have deep value and multiple possibilities and decide it is worth sticking around for the big life adventure, it has a ripple felt throughout our community.

Since getting diagnosed with follicular lymphoma in May of 2018, I have been on a mission to better understand my own and others' health and wellness. Dr. Gabor Mate's book, *When the Body Says No: The Cost of Hidden Stress*, speaks of types of people who get cancer and autoimmune disorders and how they often shove their emotions down, creating disease.

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As a nurse and caregiver of 45 years I could relate. Yet the saying goes: 'we teach what we need to learn'... and we on the farm have been requiring everyone to share our feelings with our horses for almost the entire twenty years we have been in operation. And yet, it's easier to do this with animals, as there is no retaliation or severe consequences, and so a good safe place to start.

Maybe it took me getting cancer to share my deepest feelings, to get honest with myself, coming to realize that shoving my emotions down and not speaking my truth has likely contributed to the cancer. So the practice of sharing and checking in with each other not only helps our horses trust us more, but helps us learn to trust ourselves and our emotions more. So ANT's animals invite all **to move from dis-ease into a place of ease.**

I have immense gratitude to be alive, since the surgery I had (for the lymphoma that was blocking my intestine) would have caused my death if I was visiting somewhere without surgery immediately available. Luckily, I was old enough to be on Medicare, so I didn't lose this farm to insane medical bills! Another blessing was that my surgeon told me about Kris Carr, who lives well with "incurable" but thrivable cancer, and her *Crazy Sexy Cancer* books and videos with a multitude of resources. Plus, a telemarketer from the Sierra Club shared how Taheebo (Pau D'Arco) tea had cured his prostate cancer 12 years earlier. So many great resources for a dis-ease free life.



Sonja & Patriot in the snow

*Continued from previous page:*

So, thanks be to God, my kids and grandkids and dear friends and coworkers for support, I have decreased the stress, am taking better care of myself, and thriving. My last CT scan showed only two enlarged lymph nodes, staying stable since November 2018; this is after a belly full of cancerous nodes in May of 2018.

In December my granddaughter Ely and I offered a reflection on cancer at “Vaudevillingham” with a skit titled ‘Crazy Sexy Cancer’. Ely played my doctor and then my granddaughter. It was healing for me to offer the community a new perspective on cancer from my own personal journey, and to move from seeing cancer as scary (or terrifying) to seeing it as crazy and opening new possibilities. The kids, veterans and others who come to ANT and challenge their deepest fears in the barnyard were the catalyst for my courage I drew upon for my own healing.

An ANT board member recently told me that I look **the most relaxed** she has ever seen me, and **I attribute that to an amazing team I work with**. They are all awesome! Our new hire, Jaime Arnett, is Director of Operations and will be moving into the Executive Director role by the end of 2020, as I will continue as Program Director part time. Jaime has been our off-site grant writer for four years and has extensive nonprofit experience. She brings calm and good sense to any situation and is already lifting the burden of leadership and fundraising, making all the difference in the world (read more about her on pg. 3).

### WHAT’S NEXT?

Sue Swank, our bookkeeper, and I attended a week-long retreat (Equinicity) on a 300-acre horse ranch in B.C. last August. The sixteen horses there developed in me a dream to bring a **culture of compassion** into all our local schools. ANT already has strong school partnerships, but specifically our Leadership/ Bully Awareness workshops for middle school youth teach people how to play with their power and how to use their power in positive ways rather than in coercing others.

We envision this curriculum being advantageous for all middle school youth someday, as well as all school staff. Our staff and animals will be offering programming to the new Whatcom Intergenerational High School opening in fall of 2020, helping staff and students establish a culture of compassion from the first days the doors open.

Lorna Shepardson, mental health counselor, and I presented at the November conference of the Professional Association of Therapeutic Horsemanship International on the subject of creating cultures of compassion in the workplace. Out of 75 attendees at our workshop, only two said that their facility had intentionally created a culture. We feel it is essential at this time in history to assure that schools and workplaces create a culture of compassion, with leadership—students and staff alike—avoiding humiliation, shaming and systemic bullying. Horses & animals are brilliant at teaching this and we plan to offer experiential workshops for businesses on this topic in the coming year.

It is so rewarding to our staff and volunteers to continually witness lives being significantly changed in the barnyard by the horses and other animals, who day after day, show up for people in unique and amazing ways. And being a part of the youth/animal/elder visits brings great joy to mentors, youth and elders alike.

I am personally feeling very blessed and my faith in our endlessly-loving Creator only grows stronger, while Mother Earth continues to support this work on this sacred ground, supporting all in their move to ease. ANT is very blessed and **appreciative of all of you for your prayers and support** in millions of ways over the years...

Wishing you inner peace and boundless joy! ~ Sonja

### *Horse Wisdom Workshops*

Horse Wisdom Workshops for adults have resumed, facilitated by Sonja, Lorna Shepardson MA, Kirsten Koel, and Rachel Billingsley. The two fall workshops were great catalysts! Our next one is scheduled for April 18<sup>th</sup> if you are interested in having a horse guide you deeper.



From one Horse Wisdom participant:

*“My experience last week was absolutely profound. I found healing in areas of my heart and soul that I thought were too wounded to ever heal. I’ve gone through therapy in the past, but never found the peace I was seeking... The grief I had been carrying for so many years was slowly fading and being replaced with gratitude.”*

**We hope you can join us for a farm tour on the third Friday of the month at noon to experience for yourself the healing environment here.**

- Please call to reserve your spot
- 360-671-3509

## Welcome new Director of Operations, Jaime Arnett!

I began grant writing for Animals as Natural Therapy in December of 2015, after leaving a job I loved in Oregon with Habitat for Humanity to move back to Whatcom County and be near family as my son started kindergarten.

I had secured a position in the commercial fishing industry, a family tradition, but I have a passion for nonprofit work and at the time

this allowed me to stay connected to the community in a meaningful way. From that time, I have been allowed to witness the many miraculous and life changing moments experienced by program participants at ANT, and have developed a deep-seated faith in our programs' ability to reach our most vulnerable populations.

On a more personal level, I am drawn to the program for its innovation in the treatment of behavioral and mental health issues. My husband took his own life in May of 2018 after a 10-year battle with paranoid schizophrenia, and as a mother who recognizes there are both genetic and environmental components to this illness, ANT programming gives me hope that intervention can transform lives and provide more favorable outcomes.

When a position opened for a full-time Director of Operations & Development to eventually assume the role of Executive Director (as Sonja moves into the role of Program Director, where her passion ultimately lies), I knew it was time to make that leap of faith and engage more fully in the work here at ANT.

~ Jaime Arnett

*We are thrilled to welcome Jaime to the team here at ANT, and deeply appreciate her heart for our mission. She brings over 12 years of experience in nonprofit management & grant writing, and we look forward to her future role as Executive Director!*



## Thank you to the following foundations & grantors for their generous investment in ANT's participants & animals!

~ 2019-2020 Grants Awarded ~

**Chuckanut Health Foundation** - \$30,000 grant for New Horizons/Visions Recovery Program, and Outcome Measurement

**McEachern Charitable Trust** - \$10,000 grant for new ANT Round Pen

**Norcliffe Foundation** - \$10,000 grant for Leadership & Bully Awareness (LBA) Workshops

**Eleanor & Henry Jansen Foundation** - \$8,724 grant for LBA Workshops

**T-Mobile USA Foundation** - \$6,000 grant for ANT participant scholarships

**Norman Archibald Foundation** - \$5,000 grant for new ANT Round Pen

**Tulalip Foundation** - \$5,000 grant for LBA Workshops

**Umpqua Bank Charitable Foundation** - \$4,000 grant for BRIDGES Program (school partnerships)

**Whatcom Community Foundation** - \$1598 grant for Project Neighborly ~ Family Farm Day (for families living in homeless shelters)

**Lummi Nation Community Contribution** - \$1500 grant for LBA Workshops

## Hooray!!

ANT received the **2019 Non-Profit of the Year** Award from the Bellingham Regional Chamber of Commerce in December! We were delighted by this wonderful recognition of ANT's twenty years of contribution to our community.

We also wish to recognize the amazing and impactful work of all the other non-profits who work beside us in service to our community. The other finalists for this award were Brigadoon Service Dogs and the Whatcom Family YMCA.

The award is based on:

- organization purpose
- contribution to the community
- community service
- ethics and integrity
- upward mobility for clients



**The Artist and the Critics**

By: Katie Rohwer

This past summer, I had the pleasure of working alongside one of our 11-year-old campers. The moment I met her I knew she was an old soul.



During day camp we create lesson plans based on campers' personal goals. At the beginning of the exercise we ask youth to brainstorm some of their goals. I heard all sorts of goals throughout the summer, from, "Get a dog" to "Become a chiropractor." I love hearing the dreams and goals of our young campers.

The first day of camp is spent getting to know each other and all the animals on the farm. As my camper & I visited the chicken pen I asked her what she was interested in. She said songwriting and music. We spent the next 15 minutes chatting about our favorite artists, and my intuition of her old soul was confirmed when she mentioned her favorite band was The Beatles.

The next day we asked campers to go out into the arena and create an obstacle course for them to complete with their horse, that reflected a goal they had in their life. My musical camper, however, just stared at the ground while the other kids scurried off to build. I walked up to her to see what the problem was.

She said, "I'm not good at this kind of stuff." I related building this obstacle to building a song. I said, "What in this arena looks like words to you?"

First, she found white ground poles. Then she found barrels to represent chords to the music. She finished off her obstacle with three barrels placed evenly apart. I asked her what those were. She said, "Critics" with an ominous look.

Once campers had finished their obstacles, we brought their horses out to the arena to join them. Often the horses lend wisdom to our participants as they lead them through their goals/obstacles. The horses will often react at a certain point and it becomes a great moment to discuss fears or apprehensions moving towards a goal.

My young artist was working with our youngest mare, Starlight, who is often blatant and obvious in her communication. I asked my camper to explain to her horse what her goal was: she told Starlight her goal was to put her songs out to the world. Starlight listened and licked & chewed, a horse behavior that communicates understanding.

Then they walked together. They breezed through the word poles and chord barrels, had a slight pause before the critic barrels, and proceeded confidently forward. The pair weaved through the critic barrels and as she rounded the last critic barrel, Starlight pushed her body into it and knocked it over. Starlight looked over to her girl as if to say,

*"Don't worry about those critics; they're hollow, just like these barrels."*

The girl chuckled and I saw a new confidence on her face.



**Can you help us out?**

**~ ANT's WISH LIST ~**

- Fly Spray (organic)
- Large Push Brooms
- Large Rabbit Water Crocks
- Mare Magic Equine Supplement
- Gauze Bandages/Vet Wrap
- Equine Hair Detangler
- Alfalfa Cubes & Pellets
- Albers Rabbit Feed
- Himalayan Salt Blocks
- Timothy Pellets
- Horse Treats
- Grain-free Dog Treats
- 2-Horse Tall/Wide Trailer
- Shop Vacuum
- Youth & Adult**
- Leather Riding Boots
- Rubber Boots
- ASTM/SEI Riding Helmets
- Copy & Photo Paper
- Cardstock & Envelopes (4x5")
- USPS Mailing Stamps



## From the Field: By Jessie Pemble

### MOBILE ANT UPDATE

In 2019, Mobile ANT made **103 visits** in the community – WOW! As a result, our animals & volunteers engaged with:

- **2,175 elders**
- **1,612 students** (K-12 through college)
- **107 family shelter residents**
- **1,458 Microsoft employees**
- **1,517 local community members**
- **108 service learning youth**

What an amazing year! We entered 2020 inspired by this achievement, and hopeful for even greater impact over the next 12 months. And wouldn't you know it, we are already well on our way!

Mobile ANT recently visited Sehome and Bellingham High Schools during winter Finals Week, and students were ecstatic to see miniature horses, baby goats, cuddly bunnies, and playful dogs as they filed out from test taking & studying. The stress of finals quickly disappeared from their faces as they gave Gabby belly rubs, took selfies with the horses, and giggled at the goats. *“How can you not be happy when there are animals around?!”* one teen exclaimed.

We watch closely to ensure that the animals are not anxious or stressed (around so many people it's a serious concern!), but I am always pleasantly surprised to see youth approaching them with respect and even reverence.

A young boy at Sehome High cautiously advanced towards Persephone (our mini horse) and slowly lowered the back of his hand to her nose, so she could smell him – the equine way to say hello. He then lightly brushed her neck, thick with winter fur, and smiled up at me:

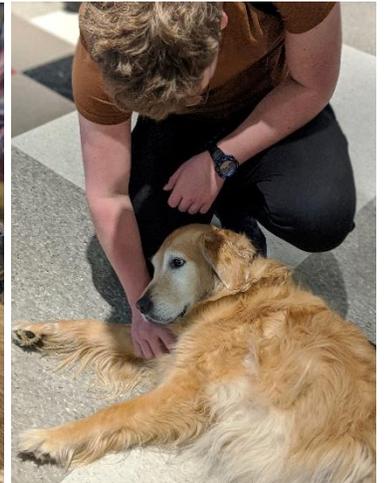
*“I've never touched a real horse before, this is my very first time.”*

The joyful wonder on his face stayed with me the rest of the day – I hope it stayed with him, too.

Mobile ANT visits are always the highlight of my day, and the special moments I witness carry me through the stressful ones. I'm so happy to share some of these encounters with you.



*Thank you to the dedicated volunteers who make this program possible by donating their time & compassion!*



### ***YOU CAN SPONSOR THIS MUCH JOY!***

If you are a business owner or community member who would like to **sponsor our Mobile ANT visits**, please contact us! We are seeking sponsors to cover the costs of Mobile ANT visits, so that our animals can regularly connect with more seniors around Whatcom County. Many facilities do not have the ability to pay for regular visits, or for any animal visits at all.

Please email Jessie at [office@animalsasnaturaltherapy.org](mailto:office@animalsasnaturaltherapy.org), or call us at 360-671-3509.

## ANT Grads Honor our Therapy Animals On May 1st

Last spring the owners of the beautiful Lairmont Manor approached us saying they love what we do and want to support it by offering their space for a benefit event. The same week a past ANT participant contacted us and asked if he could lead the production of a musical event to benefit ANT's therapy animals for his eighth grade project, in an effort to give back to those who had given him so much.

On Friday May 1<sup>st</sup>, Animals as Natural Therapy will be hosting an event that Gus Chionis and his mentors have envisioned; he will be playing with local artist & violinist Swil Kanim, who inspired Gus. Other youth from the community will participate in the concert with multiple stringed instruments, interspersed with poetry and prose shared by past ANT participants along with Rosemary Vohs and members of the Bellingham Storytellers Guild. It will be a lovely and inspiring event. Please check our website for updates.

## From a Small Seed... ANT's Healing Hearts Breakfast

"From a small seed a mighty trunk may grow" ~Aeschylus  
On October 2<sup>nd</sup> Animals as Natural Therapy held its 15<sup>th</sup> annual Healing Hearts Breakfast. This year, we celebrated 20 years of Hope & Healing at Windy Acres Farm. It was a time of thoughtful reflection on the many blessings we have received since we opened the barnyard to youth in need.

Twenty years ago, we couldn't explain the series of miracles happening in our stables, we just knew that healing was happening through human-animal interaction. So we planted our seeds. We sowed our dreams into the soil here at ANT; dreams for a future where all in need could come, dreams for a culture of compassion in Whatcom County, and dreams for a time when people would come to understand what we already knew to be true, that animals are powerful facilitators for healing.

And in 20 years we have reaped a bountiful abundance: we have expanded our curriculum to include direct school partnerships, intergenerational projects, a veterans program, and have touched many lives.

In that spirit, we challenged our Healing Hearts Breakfast attendees to share their dreams for ANT. Each person was given a pink paper heart and was asked to write their wishes for participants, and they did not disappoint. Nearly 200 wishes were captured that day, all full of love and hope for the future. All a reassurance that from our small and humble seed, we are growing a mighty tree and we have already built an unstoppable culture of compassion. Save October 1<sup>st</sup>, 2020 for an inspiring morning!

[www.animalsasnaturaltherapy.org/events](http://www.animalsasnaturaltherapy.org/events)



## Hope Is Found on Stable Ground

This is the title of our 10<sup>th</sup> Annual Gala because **hope** is the major outcome of ANT programming. The evening promises to be an **inspiring** and **fun** night to remember!

Last year, a volunteer at the gala quietly approached me asking if next year she could share about her two sons, who came to ANT while going through major struggles in their early teen years. When her younger son signed a suicide pact at age 12, he refused traditional counselling but with his older brother's encouragement and knowledge of how ANT had helped him, the younger brother agreed to return to the farm. Our horse Artemis rose to the challenge. In fact, it seems that this mare's expertise in her years at ANT was helping people who were wondering if life was really worth it. Last year when I attended my granddaughter's middle school graduation, as a particular group walked onto stage to get their diplomas, I saw one young face that immediately brought tears to my eyes. For up there getting his diploma was the young man who had been suicidal two years earlier. He had decided that life was worth living after all.

We invite you to come hear this mother's tender story at our **upcoming Gala on March 14<sup>th</sup> at the Holiday Inn & Suites by the airport**. Have fun as you dash for delicious desserts, play Heads & Tails, meet therapy horses Ogrigado and Moonshadow, and bid on lovely items such as original art from acclaimed Canadian artist/writer Liz Mitten Ryan (canvas print 'Freedom' closely resembles ANT's therapy horse family: Rusty, Moonshadow, Sucia and Sundance). Other special items include a prayer wheel by local artist Chris Moench, Chrysalis Hotel Getaway, and Mobile ANT Visit to your business! **For tickets and more information:** [www.animalsasnaturaltherapy.org/gala](http://www.animalsasnaturaltherapy.org/gala)

Hope to see you there. ~ Sonja



***"It's all because of you, Gabby!" – Jaime Arnett***

In early February, our Mobile ANT team was invited to a 3-day Microsoft convention for attendee wellness. They provided us with a fenced area for people to sit and cuddle with a bunny or our golden retriever, Gabby. Because we have now participated in 5 Microsoft events (wow!), Gabby has become famous! We cannot walk the halls of the convention center without being stopped for pets and acknowledged with "Hey, Gabby's" as we pass.

On the last day, a gentleman from England stopped by and his eyes lit up when he saw Gabby. As he was petting her and telling her what a good girl she was, he looked up at me and said, "You know, last year I met Gabby here shortly after my own Golden had passed on. I was heartbroken and refused to get another dog even though my wife and kids kept begging me. And right after I left Gabby, I phoned my wife and told her to start looking; I was ready for another dog". He then proudly showed me pictures of his family's new fur baby and said, "It's all because of you Gabby".

*Mobile Ant: opening hearts one visit at a time!*

***Did you know?***

*Pet Therapy: How Animals and Humans Heal Each Other*  
NPR news special March 5, 2012 by Julie Rovner.

Rebecca Johnson, a nurse who heads the Research Center for Human/Animal Interaction at the University of Missouri College of Veterinary Medicine, reports that studies have been focusing on the fact that interacting with animals can increase people's level of the hormone oxytocin. "That is very beneficial for us," says Johnson. "Oxytocin helps us feel happy and trusting." Which, Johnson says, may be one of the ways that humans bond with their animals over time.

But Johnson says it may also have longer-term human health benefits. "Oxytocin has some powerful effects for us in the body's ability to be in a state of readiness to heal, and also to grow new cells, so it predisposes us to an environment in our own bodies where we can be healthier."

**Tribute to our beloved Jake**

Jake came to Animals as Natural Therapy in 2010, when Sonja's son Matthias needed a home for the dog while he went off to medical school. What was to be a one-year visit turned out to be ten years, joining our Golden Retriever Scout in her therapy work here.



Jake became the main greeter and protector of the farm, always out wagging his tail to welcome everyone, BUT only if you were driving slowly enough. If a car was speeding, Jake risked his life to physically slow cars down in the driveway and barked voraciously to protect the people and animals of the farm. One time he even made a toddler plop down in the yard as the child wandered towards the barnyard, heading to interrupt his older brother's private session with his horse and therapist.

Jake, the descendant of a standard-sized poodle, was the perfect wheelchair height for the intergenerational Mobile ANT visits and was a steady visitor all over the county until only a few years ago, when he could no longer comfortably do it. Jake lived to be just over sixteen years old and was laid to rest here on the farm in December. He will always be known for his flowing Fabradoodle hair, soothing to the touch, and his gentle kind eyes. **We love you, Jake.**



*Gabby lies on the floor at Parkview Elementary School, cuddled by a ten year old preparing for six weeks of animal therapy at Windy Acres Farm.*



## OUR SUPPORTERS

Abbey, Teresa  
Abbott, Claudia  
Adams, Anna & Chris  
Aguirre, Jack  
Aldridge, Emily  
Ambauen-Meade, Diana  
Ambauen, Linda  
Anderson, Ellen & Kent Turner  
Anderson, James & Gretchen  
Anderson, Janice  
Anderson, Laura  
Anderson, Roz  
Arnett, Jaime  
Asmundson, Mark  
Attygalla, Amali  
Avalon, Juels  
Baek, Megan  
Bailey, Kathy & Ron  
Ball, Stephanie  
Baranek, Foster  
Barats, Betty  
Barclay, Michael & Ashley Sweeney  
Basel, Sandra  
Bastow, Emily  
Bates, Maggie  
Beardsley, Eric & Pat Morgan  
Beelman, Joyce  
Belk-Krebs, Sharon  
Bellingar, Karen  
Benedict, Martha  
Bigelow, Robin  
Billingsley, Rachel  
Bishop, Marie  
Blunt, Julia & Jacob Kerlin  
Bob, Grace  
Boyd, Kim  
Bradfield, Brad & Eve  
Brady, Mary Jean  
Braverman, Jackie & Jack Kintner  
Brighton, Kathryn  
Bristol-Treat, Bobbi  
Brode, Alfred  
Brown, Heather  
Brownrigg, Beverly  
Buethorn, Candace  
Buys, Don & Leona  
Buzzard, Linda  
Cain, Paula  
Cannon, Tyler  
Catholic Daughters #243  
Chamberlayne, Suzan  
Chambers, Angela  
Chase, Christine  
Chidiac, Lisa  
Citron, Lisa  
Clark, Richard & Karen  
Clem, Carol  
Close, Gracie  
Cole, Kathy & Craig  
Cole, Lee & Prentiss  
Collier, Donna  
Collins, Jeff  
Compton, Linda  
Cook, K



Cornell, Stefanie  
Coulet du Gard, Dominique  
Courtis, Dorothy  
Crosser, Chris & Kirk Roberts  
Culver, Judith  
Cunningham, Liz & Steve  
Curley, Jayme & David  
Curran, Mary & Mike  
Currie, Dana  
Curry, Diane  
Cutler, Addie  
D'Onofrio, John  
Dallas, Jo & Jon  
Daniels, Rhonda  
Dearstyne, Martha & Daniel  
Coffey  
Delaney, Debra  
DeLeon, Sue  
Delight, Timothy  
Derhgawen, Kira  
DeRosa, Peggy  
Detels, Polly & Charlie Embry  
Devine, Shawn & John  
DeWeber, Obadiah  
Dickerson, Biff  
Didier, Haley  
Dilbeck-Kopp, Deirdre  
Dove, Jenny  
Downey, Roberta  
Doyle, Christy  
Drake, Marcia  
Drechsel, Marta  
Duenas, Clara  
Duncanson, Donna  
Dutton, Janille  
Dykstra, Rich & Jennifer  
Eastwood, Mary & James  
Edmundson, Marlene and Dean  
Eid, Kirk & Kirsten  
Eiden, Teresa & Thomas  
Ellis, Stephanie  
Erickson, Ali  
Ermold, Wendy  
Evans, Mary & Garrett  
Evans, Wanda  
Ewell, Raynell  
Ewing, Anne  
Farley, Melissa  
Farthing, Carrie & Teddy  
Feingold, David  
Fenwick, Andrea & Jerry  
Ferguson, Elaine  
Ferguson, Joanna  
Ferran, Poli & George  
Fine, Claire  
First Christian Church  
Flaherty, Heather & Drew  
Flint, Marilyn  
Flittie, Jeanette & Michael  
Flory, Michael & Shannon  
Fogarty, Matthew  
Foulke, Nancy Pelham  
France, Barb  
Frank, Stephen  
Frank, Valerie & Jim  
Friel, Patricia

Friend, Lisa  
Fruhauer, Judy  
Fuller, Barb & Larry Paquette  
Funk, Connie  
Garbarino, Laquita  
Gavareski, Carol & David  
Geis-Poage, Cliff  
Ghali, Nancy & Moheb  
Gibb, Mary & Gary  
Gilfilen, Joy  
Golde, Esther  
Goldstein, Lucas  
Goode, Hilary & Karl Mariotti  
Gordon, Krista  
Gossage, Jay & Shari  
Green, Tina & Tim  
Greisen, Susan E  
Grossman, Rachel  
Gruber, Jill  
Guelker-Cone, Leslie  
Guernsey, Renee  
Guerrero, Michael & Susan  
Hamblin, Codi  
Handy, Meg & Doug  
Hanna, Jerry & Diane  
Hansen, Jim & Maggi Kriger  
Harmon, Burl & Nanette Davis  
Harney, Genese  
Harper, Djuna & Rollin  
Harris, Carmen  
Harris, Catherine S  
Harrison, Clarice & Mark  
Hartmann, Carey and Susan  
Hartmann, Dietrich  
Hartmann, Kelsy  
Hartmann, Michelle  
Harvey, Dale  
Hasche, Carla  
Hausner, Andrea  
Hayes, Danny & Julie  
Heald, Georgia  
Heck, Laurie & Ken  
Heckathorn, Jill & Glenn Merrill  
Henderson, Lin  
Hennings, Phillip & Shannon  
Henshaw, Carol & Bill  
Hensley, Joni  
Hill, Krisann & Perry Eskridge  
Hiltner, Joel and Helena  
Hilton, Sue  
Hixson, Amber & Andrew  
Richardson  
Hiyane-Brown, Kathi  
Hjorten, Lisa  
Hofstad, Sarah A.  
Hofstatter, Ginnie  
Holcomb, Annette  
Hollinsworth, Cindy  
Hoppe, Amanda & Chas  
Horat, Bill & Marcia  
Hostetter, Ginnie  
Houseman, Kat  
Hughes, Tara  
Humiston, Kathleen & Robert  
Ihmoda, Sara  
Isensee, Michael & Jana Schofield

James, Lief & River Mariotti  
James, Matthias  
James, Paul  
James, Raymond  
Janz, Karen  
Jenkins, Kathy  
Jepson, Shelley & Ron  
Jerome, Margaret  
Johnson, Patty  
Jones, Jennifer  
Jones, Timothy & Susan  
Jones, Tom & Sandy  
Jull, Pamela  
Kahn, Bobbie  
Kanikeberg, Mary  
Kanim, Swil & Lori Marshall  
Kasper, Judith & Richard  
Kaufman, Mark  
Kawell, Judith  
Kaye, Nancy & John  
Keenan, Casey  
Kemp, Libby  
Kenan, Edris  
Keyes, H Craig  
King, Josh  
Kirkham, Diane  
Klein, Bob & Cindy  
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## WE'RE MOVING YOU...

*Into our new database!*

ANT is moving our database to **Network for Good**, who will handle all online donations and host our growing network of supporters. As we transition to this new system, we ask that you allow us grace to navigate the change!

We anticipate a few hiccups along the way, and we apologize in advance for any errors! **Please let us know if your mailing preferences have changed, or if we have your contact information wrong.**

We are also changing email providers and will no longer use Constant Contact. Please keep an eye on your inbox for updated messages!



*You are changing the lives of youth, veterans, and animals ~ thank you!*

**45** teen girls in drug & alcohol recovery discovered important tools & new possibilities for healthy, empowered lives

**365** youth participated in ANT programs, including Leadership & Bully Awareness Workshops

**6,921** people engaged with our therapy animals through community outreach & Mobile ANT visits

**68%** of participants received ANT scholarships or agency funding

**55** youth participated in service learning programs, developing empathy & compassion through animal visits with elders

**YOUTH QUOTES**

“My horse taught me that I am not a victim, I am a survivor.”

“You have an animal that you get to hang out with; if you need to just talk, they will listen with no judgement.”

“I gained a lot of trust in [my horse] Sucia and learned a lot about love & relationships, even though it was hard at first.”

“Abby lets me be myself and lets me laugh, and I know I won’t be judged.”

“There are lessons in everything I do as long as I’m open to them.”



*Veteran Adam shows off his painting of Patriot*

**Recent Impact**

*Based on a survey of youth & families from Fall 2019*

**YOUTH**

Because I came to ANT...

*I care more about other people: 73.7%*

*I get along better with other people my age: 68.4%*

*I am more of a leader: 65%*

Coming to ANT has helped me...

*Try harder in school: 50%*

*Feel better about myself: 68.4%*

*Stay away from drugs or alcohol: 76.5%*

*Feel better about my future: 84.2%*



**PARENTS**

My child tries hard in school:

Pre-Test: *Most of the time* - 28.6%

Post-Test: **Most of the time** - 60%

My child cares about the feelings of others:

Pre-Test: *Some of the time* - 42.9%

Post-Test: **Most of the time** - 50%



My child is good at solving problems:

Pre-Test: *Some of the time* - 66.7%

Post-Test: **Most of the time** - 55%



**Veteran Quote**

*“When I got back from deployment, I saw things in a different light. It was hard to re-transition. It was difficult fitting in and repairing relationships I’d left. With people, I worried about what I’d say. I was going through a rough patch in my life. I was in the house a lot looking for ways to get away from things that hurt. Coming to the ranch was a way of getting out of my house. It was not stressful. I’ve come leaps and strides. Coming here allowed me to heal and grow.”*



**Animals as Natural Therapy**  
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 360-671-350 / office@animalsasnaturaltherapy.org

**See page 10 for more information!**

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Animals As Natural Therapy

*10th Annual Gala and Auction*

03.14.2020

*Hope*

*is Found on Stable Ground*

**Please join us Saturday, March 14<sup>th</sup> at the Holiday Inn & Suites, Bellingham!**

**Tickets on sale now!**

[www.animalsasnaturaltherapy.org.gala](http://www.animalsasnaturaltherapy.org.gala)

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