

# TAILS FROM WINDY ACRES

Animals as Natural Therapy (a non-profit organization)

Fall 2015 Volume XVIII Issue 2

Tails from Windy Acres is published at  
721 Van Wyck Rd., Bellingham, WA 98226-8789

## What do these people have in common?

By: Sonja Wingard BSN, Director



A teen has headaches almost constantly and suffers from joint pain, she has her own farm experience at home, a happy family...but she wants something different so she comes to a week of day camp and then mentors younger kids the rest of the summer. Now she is assisting our trainer Trish Pendleton with training our newer horse Abby and says the horses give her comfort.

The foster parents of a five year old find ANT. He had been in foster care because he was seriously abused, his erratic behaviors are out of control and personal boundaries do not exist. Beside and atop his horse Moonshadow he slowly learns he can start to manage his behaviors and his foster parents find they can manage him well enough to adopt him by age eight!

A forty year old veteran still suffers frequent nightmares of his time in Iraq twelve years ago. He has not forgiven himself yet for what he had to do. He questions living. When he asks out loud if anyone will care if he is no longer on this earth his horse leaves her hay bag and moves over to him, and nudges him as if to say "I will." His horse nuzzles him, reassuring him that he matters to her.

A fourteen year old girl lives in almost constant anxiety. A boy in one of her classes so intimidates her by his gazes that she sometimes goes in the restroom to cut herself after that class. At ANT she learns to find her inner power and stand up for herself with Sucia (and even the chickens helped with this!) Now she has not cut herself for five months.

An elder has had a stroke and half her body is paralyzed. She was wondering why she was still alive and not in heaven with her Lord. Then she tells me she realized it is to mentor and pray for the teen girls in

## Inside This Issue

From the Director	1
MH Counselor Reflections	2
Volunteer Appreciation	3
Horse Profiles	4-5
Appreciating our Donors	6-7
ANT Recent & Upcoming Events	8-10

recovery who come visit her every few weeks with the ANT dogs and rabbits. The girls and animals bring her great joy and she feels she can still contribute to the good in the world.

## What do all these people have in common?

**They all have a need to face their day with confidence and courage that they can make it through another day.** Isn't that what we all need? (Although in a veteran's case it may be to make it through a night of disturbing dreams.)

As Fred, a veteran with many years of service, said to us: "At ANT you find out you can make it." With a suicide rate for our veterans of twenty-two casualties a day you see why this is so very important.

And what is plaguing so many of our young people? What may be driving many to chemical dependencies? Anxiety. It is the new epidemic in our schools and community.

How does that high anxiety affect them and us? I recently read in the Washington Nursing Commission News that Washington had the third highest rate of non-medical use of prescription pain killers in a 2011-12 study. Why do people feel they have to kill their emotional pain? Why do we not as a society work to ingrain in our young people the belief that they have the power within themselves to handle the daily stresses of life?

According to writer and broadcaster Paul Tough: GRIT, SELF-CONTROL, ZEST, SOCIAL INTELLIGENCE, GRATITUDE, OPTIMISM, and CURIOSITY are the character traits a young person needs to succeed as an adult. These seven traits are often the result of ANT's amazingly effective programming.

The bottom line is that we all strive for the same sense of inner peace each day but the challenges are a lot different for an abused child or a combat veteran.

As their neighbors it is our opportunity and privilege to offer them hope and encouragement for tomorrow.

Like Animals as Natural Therapy  
on Facebook!!



## Shifts

**By: Lorna Shepardson, M.A.  
Mental Health Counselor**



Lives can be changed in a split second. On June 10, 2015 a group of kids from Windward High school in the town of Ferndale were out walking through the school's neighborhood when a horrific accident took place killing Shane Ormiston and Gabriel Anderson while two other students were severely injured.

Shane was a member of my daughter's youth group and a church member at the United Church of Ferndale. The loss of such a vibrant young man shook the congregation to its core. I was contacted by Pastor Bobbi Virta and asked if ANT had a therapy dog that could be brought into church the first Sunday after the accident took place. She had seen therapy animals at a recent gathering to support people as they waded through their loss and grief and knew that such an animal could be a healing addition to the Sunday service.

I asked Sonja if she thought Gabby, her golden retriever, was up to the mission. We agreed that she might be able to support some of those in need and I would take her to church with me.

As Gabby rode along in the front seat of my truck I explained to her where we were going and what the plan was for the next hour and a half. I asked her to let me know if the grief was overwhelming to her, to let out a bark and we would leave the sanctuary. I explained to her it wasn't her job to take on the grief and loss but to be there for moral support. (If you have been involved with any of the human / horse interactions at ANT you know we talk to the mentors, horses and staff about not taking on the human pain. We can all be witnesses but it is not helpful to another to hold their pain. Our job is to be witness to the other's process as they work towards acceptance and healing.)

Gabby and I arrived at the church and joined the congregation as we sat in the pews. As Pastor Bobbi began to speak of Shane's death Gabby began to howl, yowl and cry out in moans, you could hear the sobs of the church members at the same time. This went on for a couple of minutes until the church service went on to other subjects. When Shane's name was mentioned again Gabby repeated the yowling, howling and moaning.

I was curious about her timing as were those in the church that day. With the over whelming loss to the church members heard in their sobbing and then Gabby moaning as well, was it just happenstance?

Before I could spend much more time watching this unfold, Gabby started to bark. As agreed I took her out of the sanctuary and into the play yard for a few minutes.

After ten minutes Gabby took me back inside and up front where the Children's Moment was just starting. We sat down with the kids and Gabby went to each of the participants and nuzzled her nose in each person's hand, both children and adults. I was simply amazed by her kindness and the connection she made with each person. We went back and sat in the pew for a few minutes and Gabby was restless, she began to whine and bark so I took her out of the sanctuary into a waiting area where we could see into the sanctuary but were separate from it.

As Pastor Bobbi finished the church service and began to speak of the memorial service for Shane and the other youth and bless the congregation, Gabby began to howl, yowl and bark once again as if adding her exclamation point to light and love while sending off these two new angels in heaven.

The congregation laughed and was lighter as they greeted Gabby on their way out the door.

Thank you to Gabby for being of service to all who are lucky enough to be in your presence.



## Volunteer Appreciation

By: Susan Lewis,  
Barn Manager & Instructor



How I love training new volunteers! Every quarter we offer three, 3-hour trainings to our new volunteers: an Orientation to the farm and overview of our philosophy and values, a horse handling training to insure the herd receives consistent, considerate handling, and a specialized training for those who wish to mentor our program participants. Every quarter our meeting room and shavings barn fill up with people of all ages and backgrounds, but with one thing in common. In some manner they have learned of our healing work, and they want to become part of it.

Over the years of training new volunteers, I have noticed an interesting phenomenon among our new trainees. At some point in the training, a new volunteer will comment on the fact that they are suddenly and unexpectedly feeling quite emotional. Usually, at least one other volunteer will chime in “me too!” What is it about these trainings that so deeply touches the volunteers’ hearts?

Sometimes, we hear that what struck the cord was as simple as their understanding that we are truly, deeply appreciative of the gift of time and heart they offer. Others feel, perhaps for the first time that they are surrounded by like-minded people, or that here, walking beside horses they have at last found their tribe. For some it’s the dawning realization that they suddenly have an opportunity to make a real and visible difference in the life of another. Or perhaps that they are about to walk beside another on a healing journey. It’s powerful and profound.

I know. I know this feeling. And I know this: Witness the change in the life of a child as they walk in relationship with a horse, and your life too will be forever altered. Welcome to all our new volunteers; and thank you for choosing to share your time and gifts at Animals as Natural Therapy.

## ANT Wish List

- Reams of multi-purpose white paper
- Rubber curries sizes large and small
- Good quality horse hay
- Horse grain: Strategy GX and Senior Horse Feed
- Plywood ¾” –recycled is great
- 10’ 2 x 6’s lumber –recycled is great
- Rubber stall mats

## Animals as Natural Therapy Premier Accredited Center and the Global Community

By Sonja Wingard

Animals as Natural Therapy’s Premier Accredited Center status has been renewed by PATH International, Professional Association of Therapeutic Horsemanship. This is no easy feat. PATH’s 130 standards of administrative practice, horse care, participant care, and facility care must be complied with and involves a thorough review and updating ANT’s policies and procedures. Accreditation is every five years and includes a site visit conducted by PATH professionals.

Our program staff all maintain PATH instructor and mental health certifications. PATH now embraces the value of ground work as well as riding as originally its focus was mounted horse work for physically and cognitively challenged individuals. I had quiet tears of joy at the national PATH conference five years ago when the sentient nature of the horse (“finely sensitive in perception or feeling”) was officially recognized by the entire PATH organization, something the mental health division (EFMHA) had fore-fronted the movement towards.

Equine assisted therapies, learning and interventions have become quite popular and are increasingly in the news. **Animals as Natural Therapy has been a pioneer in the field** of addressing mental health and behavioral issues with our unique programming since 1997. Our staff has cross training in EAGALA, (Equine Assisted Growth and Learning Association), Epona with Linda Kohanov, and Adventures in Awareness with Barbara Rector and Ann Alda; all which involve un-mounted equine work. Frank Bell and other Natural Horsemanship practitioners have greatly influenced us.

It is an honor to not only be recognized by PATH for the quality of our work but also to be part of global networking communities of amazing professionals who facilitate these powerful models of equine experiential learning and therapy which offer hope and healing to a troubled world. This spring, at the EAGALA conference that Lorna and I attended, there was a workshop with women from South Africa who take their horses into the rural townships to help the at-risk youth. Their program is very similar to ANT’s.



**Rusty,  
Quarter Horse X Thoroughbred**

I'm Rusty. I want to share a little story. On a crisp fall afternoon four little kids walked very timidly into my barnyard. I knew it was time. I continued to nibble on my afternoon snack when one little boy wandered a bit away from the group and very slowly started to make his way over to me. He kept his eyes focused on the ground. I, too, kept my eyes down towards the ground. The little boy came a little closer. I kept an indirect, cautious eye on him. Now the boy stood right in front of me. I looked up. Then the boy looked up and we locked eyes. I knew instantly this was the one, this was my kid. And the close, intimate work began as we bonded and I was able to pull him out of his personal world of isolation. He began to trust, and I trusted him. He shared his heart. I shared my soul. We are bonded.



*"Rusty is very good at teaching, he taught me patience."  
-Vision Participant*

**Patriot,  
Tennessee Walking Horse**

My name is Patriot. I'm so proud to be part of the ANT herd. We meet individuals who have experienced the unimaginable. They are oftentimes so severely wounded emotionally that you wonder if you'll be able to help them at all. But we do. Every individual who comes to ANT receives the utmost care, even if they're unable to pay. Ninety percent of the people who come to ANT to experience our unique form of therapy are low-income. Rather than deny a person the help they so desperately need, ANT seeks funding, LOTS of funding, to offer scholarships that will pay for the programs, all the food we eat, our care and upkeep, and the excellent staff that work with us. We believe in investing in our people, in their futures, knowing they WILL become successful in their daily lives, within their classrooms and in their workplace. We not only offer healing, we provide one giant necessity – HOPE!



*"If Patriot was a human he would probably be really wise to young people...he is my best friend forever no matter how far we are apart, he is just in my heart."  
-Emily*

Now it's my turn, I'm Sienna. On behalf of the herd and other ANT animals, Board of Directors, volunteers, mentors and staff, all of us are thrilled to announce our HOPE CAMPAIGN!

**Sienna,  
Quarter Horse**



“My horse is Sienna, and I have learned a lot from her like how to stay calm in situations, and how to forgive people when they mess up.” –John

What happens at ANT?

Hope happens.

Horses happen.

Healing happens.

You make it happen!

We are embarking on a strategic 4th quarter fundraising campaign. We want to prepare you. You will see lots of hope about the ANT work—in the media, at the farm, throughout the community, in print, through social media, at events, and through word-of-mouth.

**This is where you come in.** You're the key to the campaign's success. First and foremost, we ask that you support us in any way you can. We ask that you give a donation, big or small (and there will be plenty of opportunities to give!). We ask that you invite your family and friends to join you with their own gift. Perhaps your employer will match your gift, we ask that you ask them. We ask you to share our social media posts. We ask that you invite us to speak at your church, Kiwanis meeting, Lions or Rotary luncheon, special service organizations that you participate in and any other group that would be suitable. We ask you to join us in spreading the word.

We ask you to open your heart and join us in providing hope to the 500 youth and veterans that we will work with in 2016.



**Thank you, Donors, for your generosity!**

Jack Aguirre  
 Mark Asmundson  
 Kimberlye Bachman  
 Clarice Barnett  
 Linda Barsaleu  
 Eric Bartlett  
 Kara Black  
 Maureen Boncheff  
 Monty S. Bosman  
 David Bouma  
 Kim Boyd  
 Anne Brand  
 Barbara Brenner  
 Grace Briskey  
 Mary Brooke  
 Leslie Brown  
 Robert Brystrom  
 Marylou Cahill  
 John & Jeanette Campagna  
 Nicholas Cecil  
 Sophie Chi  
 Judy Chiasson  
 Donna Chieppo  
 Gracie Close  
 Patricia Cochrane  
 Janis Conn  
 Stephen Connella  
 Amanda Cook  
 Dominique Coulet du Gard  
 Tom Crabtree  
 Janet Crossen  
 John Cuneo  
 Nicholas Cunningham  
 Mary Curran  
 Marilyn Dager  
 Betty Dame  
 Megan Davis  
 Nanette Davis  
 Roberta DeBoard  
 Gary DeZarn  
 William & Patricia De Groodt  
 Michael & Anneke DiSpigno  
 Marcia Drake  
 Leslie & Charles Drury  
 Carol Dukes  
 Teresa & Thomas Eiden  
 Joan & Steve Ellsworth  
 Ali Erickson  
 Anne Ewing  
 Carrie Farthing  
 Shannon Felcher  
 Sally Foster  
 Evan & Heather Freedman  
 Constance Funk  
 Gail Gates



Carol & Dave Gavareski  
 Nancy & Moheb Ghali  
 Louise Granger  
 Norman Green  
 Joanne Greenberg  
 Jill C. Gruber  
 Karen Hansey  
 Genese Harney  
 Carmen Harris  
 Clarice Harrison  
 Maya Hartford  
 Mrs. Oliver Hofstad  
 Pamela Hooper  
 Virginia Hostetter  
 Ellen Howard  
 JoAnn Howe  
 James Hudson  
 Gertrude James  
 Mathias James  
 Valerie James  
 Barbara Jenks  
 Sunny Johnson  
 Nancy Jones  
 Jennifer Jons  
 Pamela Jull  
 Casey Keenan  
 Libby Kemp  
 Edris Kenan  
 Susan Kilgore  
 Dianna Kirkha  
 Paula Klemm  
 Richard Klemm  
 Kathy & Al Korelin  
 Joelle LaBlond  
 Daniel Larguier  
 Bill LaTurco  
 Melisa Lepinski  
 Marti Leviel  
 Brian Lewis  
 Stephen & Elizabeth Gabay Liu  
 Joanna Littlefield  
 Kimberlee Long  
 RoseMarie Longmire  
 Joe & Chris Luma  
 Ben Mann  
 Sally Majkut  
 Goode-Mariotti

Jon Martin  
 James & Lorisa Marshall  
 Lynne Masland  
 Katie Matthews  
 Cipriano Mauricio  
 Heather McAleer  
 Shannon McCune-Dickerson  
 Kim McElroy  
 Philip McKee  
 Sandra McKee  
 Lynn McKinster  
 Marilee & Patrick McKnight  
 Molly McLaughlin  
 Elaine McRory  
 Molly Meggyesy  
 Terri & Mike Melcher  
 Julia Menkee  
 KA & RC Miannecki  
 Marcia Miller  
 Carl Mueller  
 Margaret Mustard  
 Shenandoah & Brian Myrick  
 Misty Newell  
 Paul & Nancy Orlowski  
 Mary Ostlund  
 Virginia Parine  
 Eugene Pasinski  
 Morgan Pasinski  
 Nadene Pasinski  
 Cindy Peers  
 Cheryl Picolet  
 Cynthia Purdy  
 Joann Reider  
 Leo Remington  
 Kevin & Margaret Riley  
 Janice Roehl  
 Barbara Rofkar  
 Lauren Rosano  
 Paul & Stephanie Sadler  
 Debra Salazar  
 Terry Lynn Salsbury  
 Doris Scharpf  
 Leaf Schumann  
 Patricia Sehlke  
 Christa Shaw  
 Justin Smoak



Russell Snelling  
 Susanne Snortland  
 Abigail Soley  
 Julie Soriano-Brunhaver  
 Pamela Spencer  
 Art & Coly Spring  
 Judith Stahlbush  
 Margie Stanley  
 Julie Straight  
 Jaime Strauch  
 Craig Swanson  
 Gerry Swieringa  
 Robert & Carmen Thibault  
 Casey Thomas  
 Marian Tobias  
 Eileen & David Turk  
 John Two-Hawks  
 Rod Valdez  
 Carletta Vanderbilt, MD  
 Tania Vega  
 Liz Vennon, M.D.  
 Kathryn Vinciguerra  
 Sheila Walls  
 Richard Ward  
 Jill Webster  
 Ann Welch  
 Danny Williams  
 Karen & Nick Walker Williams  
 Susan Windnagel  
 James Wingard  
 Sonja M. Wingard  
 Gini & Tom Wingard-Phillips  
 Fran & Renee Arko Wyngaert  
 Michael & Judy Yeend  
 Carol Yoon  
 James Zielinski



**Ollie & Alfie  
 new bunnies**

**You make our hearts  
 happy ☺**

**A Big Thank You to  
our Business  
Donors!!!**



- 3 OMS Yoga
- 20<sup>th</sup> Century Bowl
- A Pet Lover
- Amazon Smile Foundation
- Angels of the Winds Casino
- Animals as Natural Therapy
- Anvil Corporation
- Bay to Baker Trading Company
- Bellingham Appliance Repair
- Bellingham Bells Baseball Club
- Bellingham Fitness
- Bellingham Flat Bread and Bakery
- Bellingham Theatre Works
- BelleWood Acres Inc.
- Benevity Community Impact Fund
- Borthwick Jewelry
- Big Dipper Wax Works
- Builder's Alliance
- Calico Cupboard Café & Bakery
- Camel Safari
- Ceramics by Sheryl
- Chelle Beautiful Face & Body Painting
- Chuckanut Brewery and Kitchen
- City of Seattle
- City of Seattle Combined Charities
- Classy Lassies
- Columbia Athletic Club - Silver Lake
- Community Food Co op
- CrossFit Chuckanut
- Dakota Creek Winery
- Darrel Stewart & Co.
- David Wright Studio
- Discount Tire
- Discovery Sea Kayaks
- Dishes & More
- Dorothy Collins Brown Charitable Fund
- Dynamite Marketing
- El Agave
- Evolve Truffles
- Fairhaven Runners

**You help create the  
smiles and laughter  
at ANT.**

- Fairhaven Village Inn
- Fairy Godmother's Unlimited
- Fairhaven Toy Garden
- Fringe Salons
- Garden Room
- Garden Spot Nursery
- Girl Scouts of Western WA
- Glass Mountain Studios
- Great Clips
- Great Harvest Bread Company
- Hamster Endurance Running
- Hank & Bubby's
- Hardware Sales
- Healing Touch Massage
- Hecht Aesthetic Center
- Heritage Bank
- Hillcrest Capital Fund
- Inside Pitch Bellingham
- Internal Harmony
- Katie's Cupcakes
- Kohl's
- Kroger
- Kulshan Brewing Co.
- La Fiamma
- Lisa Crosier Skin Care & Beauty Boutique
- Looking Glass Salon
- Lynden Breakfast Kiwanis Club
- Math 'n' Stuff
- Martini Metal Craft
- Mikol's Salon
- Moondance Inn
- Mt. Baker Ski Area
- Mt. Baker Theatre
- Mt. Baker Thrivent Financial for Lutherans

- Network for Good
- Northwest Eye Clinic
- Olive Garden
- Pickford Film Center
- Quality Sewing & Vacuum
- Re/Max Whatcom County, Inc.
- Red Barn Jewelry
- Red Barn Lavendar
- Roger Jobs Motors
- Rotary Club of Bellingham
- Rusty Wagon
- Samson
- San Juan Airlines
- San Juan Cruises
- Seattle Symphony
- Silver Reef Casino
- Sirena Gelato
- SPIE
- Spirit of the Horse Gallery
- Sudden Valley Golf Course
- T & T Nails
- The Chrysalis Inn & Spa
- The Clothes Rack
- The Oyster Bar
- Thrivent Choice
- Trampoline Zone
- Tree Frog Night Inn
- United Methodist Women
- United Way of Skagit County
- Unity Church of Bellingham
- Upfront Theatre
- Valley Market
- Vital Choice Seafood Inc.
- W Seattle
- Wander Brewing
- WECU
- Western Washington University
- WFC
- Woodylane Farm
- WOW Hair Salon
- Your Cause, LLC
- Zip San Juan



**We appreciate all  
that you give.**



### MobileANT

By: Janis Conn,  
Volunteer Coordinator & Office  
Manager



A favorite destination of the MobileANT program at any time of year is visiting anyone of the local nursing homes; so much joy and comfort is shared with the elders.

On one such visit last month our teen participants shared Ollie & Alfie, our newest MobileANT rabbits, with a woman who seemed very detached and not interested in the animals, but accepted Ollie when offered. After holding and stroking the rabbit for a minute or two the woman started chatting with two volunteers, telling tales of her life growing up on a farm raising rabbits and other animals. One of the nursing home staff approached our Mobile ANT volunteer, Shannon Felcher, and said that the bunny had brought this woman to life. Until now her conversations were only one or two word answers or statements and rarely did she interact with others. For a few minutes the MobileANT visit brought joy to her life and the Visions participants were also able to experience the joy brought from reaching out to someone and sharing.

If you are interested in learning more about MobileANT or interested in participating with the program contact Janis Conn, [volunteers@animalsasnaturaltherapy.org](mailto:volunteers@animalsasnaturaltherapy.org). Trainings will take place on Mondays Fall quarter.



Animals and teens befriend elders during a Mobile ANT visit to an area care facility.

### 10th Annual Bluegrass Bash a Great Success!

By: Jeanette Campagna,



Nearly 200 people kicked up their heels at the annual Bluegrass Bash held July 11<sup>th</sup>. The family fun farm day was filled with live bluegrass music and dancing with the Prozac Mtn Boys and Moongrass, unique interactive games, and personal animal encounters with some of Windy Acres' furry critters—miniature horses, goats, rabbits, llamas, turkey and chickens. Horse demonstrations were conducted by ANT Executive Director Sonja Wingard with ANT Instructors and volunteers from the audience that showed guests a first-hand example of some of the activities that take place with horses and their human partners. A very tasty northwest salmon barbecue followed by delicious ice cream from the famous Mallard Ice Cream shop completed the evening.

Many thanks to this year's event sponsors: Bellingham Appliance Repair, Birch Equipment, Builders Alliance, Cascade Radio Group, Community Food Co-op, Icy Strait Seafoods, KAFE 104.1 FM, Mallard Ice Cream, Scratch and Peck Feeds, Shew Design, SPIE.



Prozac Mtn. Boys (left) and Moongrass (right).

## Healing Hearts Breakfast

The annual Healing Hearts Benefit Breakfast offers volunteers, donors, friends, clients and community members a special time to come together to be educated and inspired by the amazing stories of hope and healing that have transformed lives at Animals as Natural Therapy.

In a one-hour event, the powerful work that is done at ANT is portrayed through an impactful video and speakers who share from the heart how their work with ANT has truly touched their family or their child's life. This year the breakfast will be at Windows on the Bay at Squalicum Harbor on October 22nd from 7:15-8:30 am.

For additional information call the ANT office at 360-671-3509 or visit [AnimalsAsNaturalTherapy.org](http://AnimalsAsNaturalTherapy.org).



ANT Staff & Board with Ginny Lang at September 2015 Retreat.

**We thank our 2015 Board of Directors for their dedication**

Art Spring  
 Robert Bystrom  
 Joanne Greenburg  
 Susanne Snortland  
 Shenandoah Myrick  
 Misty Newell  
 Christa Shaw

Board Advisors  
 Carletta Vanderbilt, M.D.  
 Anastacia Metcalf  
 Ellen Howard

## Dates for Upcoming Events

Events	Dates
<b>Healing Hearts Breakfast</b>	October 22 <sup>nd</sup> , 2015
<b>Bellewood Acres Ciderfest</b> ANT Therapy horses Rusty and Moonshadow will be present to visit and tell their stories	November 7 <sup>th</sup> , 2015 1-3 PM
<b>ANT's Giving Tree</b> <b>Portal Way Feed in Ferndale</b> <b>Whatcom Farmers Coop on Fairhaven Parkway</b>	Giving Trees at these stores all month December 12 <sup>th</sup> 2015 is our special visit to the feed stores for photo and hug ops with our minis and other critters dressed for the Holidays.
<b>Annual Fundraising Gala</b> <b>Bring your sweetheart!</b>	February 13 <sup>th</sup> , 2016
<b>Blessing of the Animals</b>	April 2016
<b>Bluegrass Bash</b>	July 19 <sup>th</sup> , 2016

NOTE: As a cost-savings measure ANT is now sending *print newsletters* to *only* those constituents for whom we have *no email* address. If you would prefer to receive a newsletter via email and are only receiving one via print mail or vice versa...please email [office@animalsasnaturaltherapy.org](mailto:office@animalsasnaturaltherapy.org) and state your preference.



**ANIMALS AS NATURAL THERAPY**

721 Van Wyck Road  
Bellingham, WA 98226

NON PROFIT ORG  
U.S. POSTAGE PAID  
PERMIT NO 106  
BLAINE, WA

Please visit our website  
[www.animalsasnaturaltherapy.org](http://www.animalsasnaturaltherapy.org)  
to be inspired  
or to order newsletters by email.

Printing partially donated by Automated Mailing Services

You are warmly invited to

**Healing Hearts  
Benefit Breakfast**

Presented by  
**Animals as Natural Therapy**

Thursday, October 22, 2015

~7:15am Breakfast  
~7:30am Program  
~8:30am Conclusion

Windows on the Bay Event Center  
2625 Harbor Loop Drive (Squalicum Harbor)  
Bellingham

Let our stories of hope and healing inspire you!