



TEC Connections

The Therapeutic Equestrian Center engages the power of horses to challenge people with special needs to build stronger bodies, minds, and spirits.



2021 Event Calendar

- ♦ July 24 - Once Upon a Time 5K (Baroda) - runsignup.com/onceuponatime5k
- ♦ July 28 - 30: Camp TEC
- ♦ August 25 - 27: Camp TEC
- ♦ September 1: Volunteer Training Workshop
- ♦ September 13 - October 31: Fall Riding Session
- ♦ September 20 - 23: Papa Vito's Giveback Nights
- ♦ November 1: Volunteer Training Workshop
- ♦ November 8 - December 11: Holiday Riding Session

www.tecfarm.org

Contact TEC at
(269) 429-0671 or
info@tecfarm.org.



All TEC instructors are certified by and TEC is a member center of:



A Veteran's Healing Journey

When Adrianna Ruark was 19, she enlisted in the United States Air Force (USAF). By that time in her young life, she had already experienced the nightmare of repeated sexual assaults. Once in the military, she again became the victim of multiple rapes, including once while deployed to the Middle East. Adrianna eventually returned stateside, completed her 6 1/2 year stint, and took a medical retirement in 2016.

When Adrianna got home, she knew she needed to find ways to deal with the trauma she had experienced. She turned first to Papa (God), who she says was with her the whole time, and who has played a large part in her healing. Having been an artist her whole life, she began spending a good deal of time drawing and painting, and decided to create a series of paintings as a way to express her feelings. She has found the process to be therapeutic, and in addition has begun working on a book documenting her military experiences. She has also become very involved in training and competing as an athlete with the Wounded Warrior Project. She trains on her own in a number of different sports, and competes with other Wounded Warrior athletes from around the country. Unfortunately, like so many other things this past year, the competitions have had to be held remotely due to the COVID pandemic.

Despite the time she devotes to these activities, Adrianna was looking for something else she could do, as a veteran, to help restore her health and wellbeing. An online search led her to TEC. She had always liked horses, and had even participated in two different therapeutic riding programs while serving in the USAF. **But what she found at TEC was a program designed specifically for veterans and their family members, called TEC WITH VETS.** Many veterans like Adrianna have benefitted from this program, thanks to the generosity of the *Stephen E. Upton Love Your Community Grant* through the Berrien Community Foundation.

When she first started riding at TEC, Adrianna was hesitant and unsure of herself, but she persisted. **After a year of riding Grace, her confidence and independence have increased.** She is now ready to ride another TEC horse to further develop her riding skills. She also has found the time spent at the barn to be a good outlet for her stress.

Describing the emotional healing she has experienced through her participation at TEC, Adrianna says that despite not being a "touchy" person, she is now able to give hugs. Asked if she is talking about hugging horses, she says, **"No, I've always been able to hug horses. Now I can give hugs to people."**



To learn more about TEC WITH VETS, visit www.tecfarm.org/tecwithvets.

Garth ... The Heart of the Horse

We know that all horses are special, but there are some who are called to share their hearts with others. One such horse was gentle giant Boru, a huge Irish Draft/Cleveland Bay cross who had a heart as big as he was. He was owned by Janeen Pasquill and leased to Cathy Alwine. The Heart of the Horse Award, given each year by Cathy and Bill Alwine, celebrates the impact horses like their beloved Boru have had on people.

The horses who have been honored with this award have come in different shapes, sizes, and breeds, but they all share one important attribute: "heart", that magical combination of kindness, gentleness, and willingness to try. Add to that mix being "intuitive, versatile, and rock solid", and you have TEC's own Garth, 2020's Heart of the Horse Award recipient.

Garth, who is 28-years old, is a Halflinger Quarter Horse cross who came to TEC 13 years ago. Previously used as a rental horse, Garth soon showed that he had the makings of an amazing therapy horse. **Because of his short and sturdy stature and his unflappable nature, he has been TEC's "go-to" horse for most of those years.** A

little boy who needs a smallish horse? Put him on Garth. A girl with Cerebral Palsy? Garth will be a "Steady Eddie". A fearful adult? You guessed it – Garth. He has been hand-painted on by school children and ridden independently by veterans, and through it all, he has done every job like a champion.

Erica Anglemeyer rode Garth for several years. She says, **"It gave me a freedom I didn't have before. He helped me physically and mentally. He helped me to sit up straighter. He gave me the sensation of feeling what it's like to walk."** Although Erica is no longer able to participate in TEC, she adds, "I have so many great memories! I love Garth and miss riding him so much!"

Garth has spent half his life serving those with special needs in our society. TEC Board President and PATH-certified Riding Instructor, Autumn Zick, describes him as **"a blessing, especially now! In TEC's 14-year history, no other horse has given more or made as much of an impact on participants and volunteers as Garth. I can honestly say in my 40-year career he's the very best horse I have worked with."**



Garth receiving his award with his TEC friends (L to R): Margie Hadsell-Hojora, Cathy Alwine, Autumn Zick, and Pam Mosley.



Erica Anglemeyer poses atop her old friend, Garth.



Garth sharing Christmas joy with Scott Spoonholtz.

The Journey to Beautiful Destinations Begins with YOU

Summer 2021

Dear TEC Family,

Zig Ziglar once said **“Difficult roads often lead to beautiful destinations.”** The COVID pandemic has definitely taken all of us down difficult roads and altered our journey towards our planned destinations for the year. We are grateful to have made it through this past year thanks to the generosity of donor support, who made it possible for TEC to push onwards with every twist and turn COVID threw at us. **Our journey continues and we need your help as we push forward to those beautiful destinations of making more “I Did It!” moments happen for our participants.**

During the pandemic, TEC participants have traveled many different roads. Take for example, Liam, a teenager with Autism, who began his lessons anxious about a new experience. During his first lesson walking in the barn to meet unfamiliar people was an accomplishment. Each week’s lesson was a building block for his next “I Did It!” moment with the end goal of sitting on the horse. The last day of the session Liam confidently walked up the ramp and sat on Garth. **He then surpassed his goal by walking around the arena while his proud mother took a picture of his “I Did It!” accomplishment.**

Another example is Pam, a mother of one of our participants, who lost a leg over a year ago in a motorcycle accident. She had ridden horses as a child and knew she wanted to do that again. That was the motivation for her to spend long, hard hours in physical therapy to make that dream come true. After a year of treatment, Pam came to TEC to prove that all of her efforts would allow her to ride. **With determination written all over her face Pam rode TEC horse, Elsa. Tears of joy were shed that day as another “I Did It!” moment was witnessed.**



Pam shared about her experience at TEC, “It makes me feel whole. There’s happiness, fulfillment, and excitement. I feel like I’m in control and I can work with my horse. I rode a lot as a kid spending many hours with my horse. He was my best friend. It feels like I got my best friend back.”

For Liam, Pam, and the other TEC participants the horses not only provide the motivation but the means to improve physical, emotional, and intellectual needs. **We need your financial support to make that happen. We especially appreciate your donation this summer as the weather is causing the price of hay to skyrocket.**

Your donation today will see that TEC’s participants turn those difficult roads into beautiful destinations. As Michigan’s restrictions are lifting, we welcome you to come and witness firsthand the “I did it! moments of our participants. Arrange a visit to one of our lessons by calling (269) 429-0671.

Together we will make “I did it!” moments happen,

Autumn Zick

TEC Board President, PATH-certified Instructor

PS: By making a donation today you are providing more than horse care and a lesson - you are making a positive difference for everyone who walks through TEC’s doors. Please give as generously as you can. By doing so you’ll help the horses work their magic as they help all of us return to the “new normal”. Thank you!

There's More Than One Way to Support TEC

We know it's not always easy to make a financial contribution to your favorite charity. **At TEC, we have a variety of ways that you can help without having to pull any funds out of your bank account.**

Can you spare an hour or two? **Volunteer at TEC.** This is a great way to learn a new skill, meet new friends, be active in your community, and have fun at the same time.

Do you shop for groceries at Harding's or how about online at Amazon? **Earn donations through charitable shopping.** Turn your everyday shopping habits into donations. When you shop, both organizations give a percentage of your order as a donation to TEC. Learn more at:

bit.ly/shophardings



TOGETHER WE MAKE A DIFFERENCE!

bit.ly/amazonsmile4TEC



You shop. Amazon gives.

Speaking of shopping, if you have a few extra dollars, **donate supplies and materials.** In-kind contributions; such as, mouthwash for cleaning the horses' buckets, horse treats, dry cat food, and many other items are greatly appreciated.

And if you fret over finding just the right gift for that special person, **honor them by making a donation to TEC in their name.** This is a unique way to show them how special they are to you.

The list of ways to support TEC goes on. **To learn about more ways to help make "I Did It!" moments happen as TEC, visit our website at www.tecfarm.org/support.**



Horse Owners ... Here's an simple way for you to support TEC: If you use Tribute Equine Nutrition products, donate your product labels to earn TEC \$0.25 cents for every label collected. Labels can be dropped off at Family Farm & Home in Benton Harbor or mailed to TEC.



Yes! I want to support more "I DID IT!" moments at TEC with this tax-deductible donation.

Name: _____ Phone: _____

Street Address: _____ City: _____

State: _____ Zip: _____ E-mail: _____

Enclosed is my tax-deductible gift of: \$ _____

SPRING/SUMMER 2021

☐ Check or Money Order (Payable to: Therapeutic Equestrian Center)

☐ Visa ☐ MasterCard ☐ Discover Account Number: _____

Cardholder Name: _____ Cardholder Signature: _____

Expiration Date: _____ Security Code (3-digit code on back of card): _____

☐ Please apply my donation to: _____

(Unless specified, all donations go to the general fund.)

☐ This donation is made in ☐ honor or ☐ memory of: _____

☐ Yes, I'd like to become a TEC volunteer. Please contact me at: _____

Mail your donation to: Therapeutic Equestrian Center, PO Box 1250, Niles, MI 49120

Save a stamp! Make your donation online using your debit/credit card or PayPal at www.tecfarm.org/donate.

Donors Like YOU Make “I Did It!” Moments Happen ...THANK YOU!



To say the past 16 months have been rough is beyond an understatement. **Each and everyone of us has had to pivot in some part of our lives.** Families have had their routines turned upside down. Businesses and organizations have had to find a new way to operate. It's rare that you'll find someone who has not been touched by the COVID pandemic in some way.

With the pandemic adding extra challenges to our lives, it makes your donation mean even more to us. **We know you could have used that money some other way but you chose TEC and that makes us feel extra special.**

Know that your support allows TEC to not only care for our horses but provides us with the tools and means we need to make our participants feel extra special with each “I Did It!” moment they achieve.

From all of us at TEC to all of you, thank you for being our superstars.

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|---------------------------------|-----------------------------------|----------------------------------|
| ♦ Linda Best | ♦ DeWayne & Lori Hellenga | ♦ Plym Foundation - The Moorings |
| ♦ Berrien Community Foundation | ♦ Bradford & Anne Jensen | ♦ Mary Poehlman |
| ♦ Frederick S. Upton Foundation | ♦ Linda Jeschke | ♦ Michael Priest |
| ♦ Heart of Cook Grant | ♦ Kalmbach Feeds, Inc. | ♦ Lisa Quiroz |
| ♦ Phoenix Endowment Fund | ♦ Deborah Kaniewski | ♦ Laura Reynolds |
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| ♦ Margie Hojara-Hadsell | ♦ Joseph & Diane Petlick | ♦ David & Quin Wright |
| ♦ Richard & Marilyn Harvey | ♦ Kristine Petlick | ♦ Russ & Autumn Zick |

Donors recognized above are for the period of December 1, 2020 - May 31, 2021.

Never Miss Important News from TEC



We do our best to communicate key information to TEC participants and volunteers. Here's how you can ensure you never miss the latest updates:

- ⇒ Follow us on Facebook - www.facebook.com/TherapeuticEquestrianCenter
- ⇒ Watch our website. Several pages are updated regularly, including:
 - ♦ Home page - www.tecfarm.org
 - ♦ Announcements - www.tecfarm.org/announcements
 - ♦ Fundraisers & Special Events - www.tecfarm.org/fundraisers-special-events
 - ♦ COVID Safety Measures - www.tecfarm.org/covid-safety-measures
- ⇒ Make sure we have your most up to date contact information.
- ⇒ Sign up for our e-communications at: bit.ly/signupfortec



Plan to Attend one of the Giveback Nights



Turn off the oven. Put the crockpot away. Close the door to the kitchen. We invite you to take a night off from having to think about what to make for dinner and worrying about who's cleaning up the mess. **Join us at Papa Vinos in St. Joseph (MI) for one of the giveback nights between September 20 - 23, 2021.**

Papa Vinos will donate up to 20% of the sales (excluding tax and gratuity) generated by our guests who present an event voucher one of those four nights while dining at the location on Hilltop Road in St. Joseph (MI).

Vouchers must be presented to servers or take-out staff when making payment for your meal. Not valid on online orders placed through DoorDash or for the purchase of gift cards.

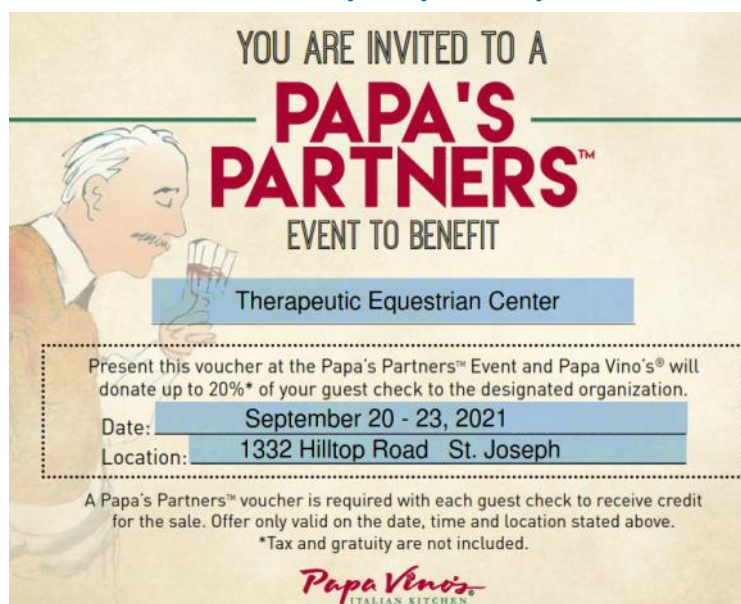
Please note this is a fundraising event for TEC. **The event voucher must be presented in order for your meal to count towards their donation to TEC.** For your convenience, we've included two vouchers below. You may print additional vouchers from our website at: bit.ly/papavinogivebacknight.



Thank you in advance for supporting TEC through this giveback event.

One for you & your family.

One to pass on to a family member, friend, or co-worker.



Be Part of the Fun

TEC is honored to once again be the benefit partner of the SWMI RACERS' 4th Annual Once Upon a Time 5K. The event takes place on Saturday, July 24, 2021, at 8:30 a.m. in downtown Baroda. This chip-timed event starts and finishes across from the Baroda Fire Department. Can't make it in person? You can also participate virtually. Learn more by visiting: runsignup.com/onceuponatime5k



Help Spread the Word ... TEC Volunteers Needed

Give your heart. Lend a hand.

Volunteer at the Therapeutic Equestrian Center!

The Therapeutic Equestrian Center (TEC) partners with horses to build stronger bodies, minds, and spirits for people with special needs, veterans, and active military. But we can't do it without your help.



Volunteer opportunities include helping with:

- Therapeutic riding lessons and activities
- Chores around the barn and pastures
- Marketing and community outreach
- Teaching in our school programs
- Administrative and office tasks
- Fundraising and special events

CALL US OR GO ONLINE FOR MORE INFORMATION!

PLEASE VISIT US AT:

Stockbridge Equestrian Center
615 N. M-140
Watervliet, MI 49098

CONNECT WITH US AT:

Therapeutic Equestrian Center
PO Box 1250 | Niles, MI 49120
269-429-0671 | info@tecfarm.org
www.tecfarm.org | 



SERVING BERRIEN, CASS, AND VAN BUREN COUNTIES

TEC is a 501(c)(3) nonprofit organization

Therapeutic Equestrian Center

Mailing Address:

P.O. Box 1250

Niles, MI 49120

NON PROFIT

USPS

#510

49120

Barn Address:

Stockbridge Equestrian Center

615 N M-140

Watervliet, MI 49098

ELECTRONIC SERVICE REQUESTED

Phone: (269) 429-0671

E-mail: info@tecfarm.org

Website: www.tecfarm.org



Horses Change Lives Through TEC

Thanks to Our Essential Workers ...

To Our Unsung Heroes ... TEC Chore Volunteers:

- ⇒ You put exceptional effort and determination into your work.
- ⇒ You worked throughout the COVID pandemic.
- ⇒ You care for our horses during all types of weather.
- ⇒ You rarely call in sick.
- ⇒ You love what you do, and it shows.
- ⇒ Your work is vital to the care of our horses and to the entire TEC program.

You are our essential workers! Thanks to all of you for helping us to make "I Did It!" moments happen.

