



# NEWS from the *Eagle's Nest* HOLIDAYS 2010

## YEAR IN REVIEW

### JANUARY 2010

Our second year of skiing classes was a success by any and all measurements. The participants thoroughly enjoyed themselves as did the volunteers. The participants are already asking about next January's activities. Please call 442-6103 for information and registration.

### MAY 2010 – SEPTEMBER 2010

The equestrian program was enlarged this year to include a fall session in September because we had many requests for additional sessions. We gave it a try, but found it gets dark pretty early and we were ending the sessions in almost dark. Of course safety is a major concern, so with that in mind, we will

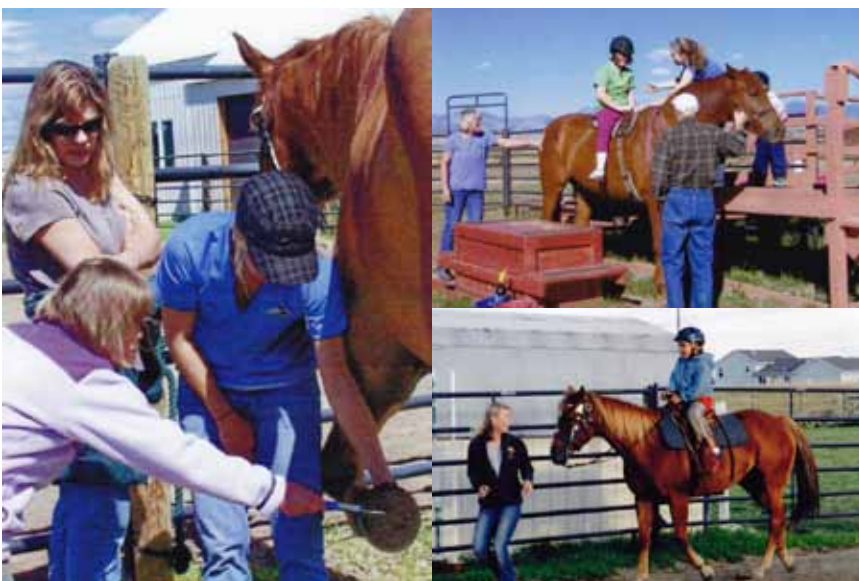
not have sessions that go into September again, but instead concentrate on our three main sessions that run May through August.

The 2010 Equine Program was a great success, and without the time and effort made by Program Manager Cheryl Liedle and the four instructors, Haylee Otteson, Taryne Ela, Tina Buttelman and Katie Stiffler, we would not have had such a successful year. To watch the four of them was a real experience in the process of bonding with the participants and the horses.

Eagle Mount Helena offered 176 sessions with a total of 87 participants this past year. Putting that into action takes a real commitment on the part of our Cheryl, the instructors and all the other volunteers. A big thanks to all of you for your continued and tremendous efforts!

### JANUARY – PRESENT

Alyssa Talent continues as our swimming instructor. I must say she is excellent in working with individuals with various special needs. The last class started on October 25<sup>th</sup> and ends in December. To enroll in the January 2011 class, call the office at 442-6103 as we are now taking reservations for upcoming classes.





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**MESSAGE FROM THE PRESIDENT**  
***DARRELL MILLER***

I suppose it's human nature to occasionally feel sorry for oneself and to think about how much easier life would be with less responsibilities such as those required by being president of Eagle Mount Helena — I know I have felt that way on occasion. Then I participate as a side walker for our equine program and I am reminded how important our mission is, and I realize that the time and energy I put into this organization is nothing compared to the effort that is required from many of our participants just to get through each day. Activities that able-bodied people take for granted can be a struggle to achieve for our participants and our efforts are very much appreciated and in some cases are a dream come true. These people are an inspiration to me and I have a different perspective on life after being involved with them. So, I will do whatever is necessary this coming year to strengthen and grow this organization.

After a difficult and trying spring, EMH has emerged with new enthusiasm and great momentum as a result of the great support from our volunteers, the generosity of our donors, the dedication of our board and our new Executive Director, Henry Gehl. I have no doubt that this momentum will continue under Henry's guidance and EMH will see more growth and stability in 2011.

Thanks for all of you for helping to make EMH such a great success.

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**VOLUNTEER THANK YOU PICNIC**  
***HENRY W. GEHL, EXECUTIVE DIRECTOR***

On Saturday, October 9<sup>th</sup>, our volunteers gathered at the Eagle Mount Arena on York Road to enjoy good food and to visit with their fellow volunteers. Many participants were also in attendance, enjoying the brats and burgers and the beautiful fall day. Besides it being a perfect day, the barn was decorated (thanks to Cheryl) and the barn was as clean as could be and the grounds were in tip-top condition.

There is never enough said or done to show our appreciation for the many volunteers that devote the extra hours in making the activities enjoyable for the participants.

All I can say is a big *Thank You!*





**WE'RE GROWING FAST!**

During the past year, Eagle Mount Helena has been very successful in growing the various programs we provide. We **doubled** the number of participants that took advantage of our wonderful programs. This shows that our programs are working and are well accepted. At the same time, higher enrollment means that our costs are rising.

As with any non-profit organization, there is always a long list of wants and needs. The question is how do you list them by priority? In our case, and we are rather young, but growing fast, and we do have a number of urgent needs. We are not necessarily looking for new items, but rather fixer-ups or used items in working condition. Please see the Wish List

on the back page for a list of items and services we are currently looking for. If you can help us out with any of these items, please call the office to let us know. We'll even come pick it up – no charge!

If you can't help out with any of those items, please consider making a cash donation using the envelope provided. Your continued financial support will mean that we can keep providing our services to more and more participants.

You may also use the donation envelope to make a donation in honor of or in memory of someone close to you. What a great way to show them you care and help Eagle Mount Helena at the same time.

Thanks in advance for your continued generosity!



*Steve Pelcher (l), Derek Brown (m) and Darrell Miller (r) work on getting water to the barn. Electricity is next!*

**WE NOW HAVE WATER!**

When we started the water project, I had no idea as to how we would get it completed. But many thanks to Darrell Miller, Derek Brown and Steve Pelcher as they stepped up and got the job done!

**UPCOMING EVENTS & CLASSES**

**March 11<sup>th</sup> and 12<sup>th</sup> (Friday & Saturday) LEPRECHAUN SKI & RUN**

The ski activities will be at the Great Divide Ski Area and the Run will be held in Downtown Helena. Watch for more information on the website or call the office at 442-6103.

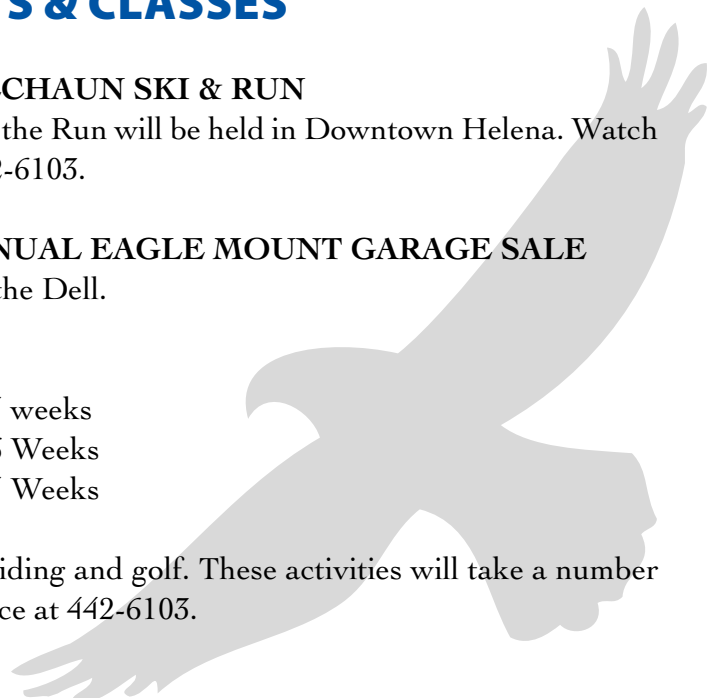
**April 30<sup>th</sup>, 31<sup>st</sup> & May 1<sup>st</sup> 1<sup>ST</sup> ANNUAL EAGLE MOUNT GARAGE SALE**

To be held at the riding facilities adjacent to the Farm in the Dell.

**Summer 2011**

Spring Equine Session	May 9, 2011	4 weeks
Summer I Session	June 13, 2011	6 Weeks
Summer II Session	August 2, 2011	4 Weeks

We would like to proceed with classes in canoeing, trail riding and golf. These activities will take a number of additional volunteers. If you can help, please call the office at 442-6103.





**Eagle Mount Helena**  
3400 Centennial Drive  
Helena, MT 59601

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US Postage  
**PAID**  
Permit No. 126  
Helena MT 59601

*Eagle Mount Helena  
is committed to  
provide therapeutic recreational  
opportunities to enhance  
the quality of life  
for people with disabilities  
and to provide support  
for families  
and participants.*

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### **EAGLE MOUNT HELENA Board of Directors**

Darrell Miller  
*President*

Tia Nelson  
*Vice President*

Luke Downing  
*Treasurer*

Marie Connolly  
*Secretary*

Gary Bye  
Ed Kerins  
Derek Brown  
Karen Putnam

### **EAGLE MOUNT HELENA Coming Soon**

*Check out our website at  
[www.eaglemounthelena.org](http://www.eaglemounthelena.org)  
for more information and  
constant updates!*

January 2011  
*Swimming Classes Begin*

March 11-12, 2011  
*Leprechaun Ski e<sup>3</sup> Run*

April 30 - May 1, 2011  
*EMH Garage Sale*

### **EAGLE MOUNT HELENA Wish List**

**Electric  
to Barn and Corrals**  
**16 - 20' Trailer**  
(goose neck or bumper pull)  
**Mechanized Lift for  
Participant (Hoyer)**  
**ATV – to be used in arena**  
**6' Disk and/or 4 - 6' Harrow**  
**Usable Riding Mower**  
**Child's Saddle**  
**Adult Saddle - 16" plus**  
**Outdoor Yard Light**  
**Rebuild the Loading Ramp**  
**Vet Supplies** (such as leg  
wrap, healing salve, etc.)  
**Hay** (horses enjoy eating!)