

Adventures Notes

~Glade Run Lutheran Services' Therapeutic Animal and Horticulture Program~
~Winter Issue 2009/10

JOANIE LAPIC JOINS GLADE RUN ADVENTURES



Filling Miss Liza's shoes is a difficult task, but Joanie comes to Glade Run full of enthusiasm and excitement for sharing her knowledge of plants and their many uses with our clients and staff. Joanie will begin her new position as the Therapeutic Horticulture Program Assistant in February. Joanie's main occupation is growing, caring for and using plants, especially herbs and vegetables. Joanie often speaks to civic, gardening, and church groups and teaches Act 48 Continuing Education classes about her favorite subject – HERBS! She

has instructed programs for the Beaver County Master Gardeners, Penn State (Beaver) and Old Economy Village, to name a few. She has cultivated many gardens over the years, including currently Merrick Art Gallery's and her own demonstration gardens in New Brighton. She looks forward to tending and teaching in our Adventures Gardens and greenhouse.

Joanie's educational background includes a Bachelor of Arts in both English and Environmental Studies. She is currently acquiring a Master Herbalist degree, and is certified in Herbology, Foot Reflexology and Aromatherapy.

ANOTHER PYGMY GOAT AT GLADE RUN

"Hank"



As you peered from your window on a cold winter morning you may have noticed a class walking a creamy white dog. You may have watched for a while pondering over what kind of dog it could be. As the class drew closer you exclaimed to yourself, "Why, that isn't a dog at all!" That 4 legged critter is our new 4 year old goat Hank. Just like Bubbles and Buttercup he is an African Pygmy Goat. He came to us when he lost his companion at home. His owner couldn't bear to see Hank sad so she donated him to a

place where he could have not only goat companionship but also the attention of many loving children. Unlike Bubbles and Buttercup Hank does have horns which he uses on a regular basis to scratch his back. His horns are not like antlers, which can fall off, but circulate blood and feel warm to the touch on these cold winter days. Be sure to stop down anytime to visit Hank, the newest addition to Glade Run's Small Animal Program!

THERAPEUTIC SUMMER CAMPS!



Who's ready for bug juice and trail mix? Glade Run Adventures is! This year, Glade Run Adventures is going to host weekly summer camps for children with mental health challenges including moderate to high functioning ASD and/or other Autism Spectrum Disorders. Each camp is going to include animal and horticulture programming all focused around an exciting theme. Wild West, Artsy Smartsy and Kitchen Crazy Week are just a few of the many fun filled themes that we have planned.

JUNIOR VOLUNTEER CAMPS!



For the two weeks of summer, Glade Run Adventures will be hosting Counselor in Training Camps for any community members aged 12-18 with the desire to help others. These CITs will graduate from our camp with the knowledge and ability to be valuable assets to our summer volunteer force. So, if you know a horse crazy boy or girl be sure tell them all about opportunities awaiting them at Glade Run.

More information and registration brochures for both camps can be linked to on the glade run website www.gladerun.org.

ANIMAL PROGRAM ACTS AS SURROGATE MOM



Carrie received a call to action and took on the challenge this past Valentine's Day weekend. A friend at WVU needed a surrogate mom for an orphaned Suffolk lamb. The lamb's mom had triplets and just couldn't care for them all, so Carrie is bottle feeding the 6 day old baby for the next few weeks until she can eat solid foods. "Ellie" is only visiting, but has already warmed the hearts of everyone who has met this sweetie - with the possible exception of Chunky, who as you can see needed some coercion to be seen with her on camera. We are pretty sure he is just self conscious since he outweighs her by 10 pounds! Don't worry Chunky, she'll catch up quickly! "Ellie" will be around, so stop down with your kids to let them meet the cutest baby sheep in a diaper that Glade Run has ever seen!

GLADE RUN'S 11TH ANNUAL SPRING SYMPOSIUM

Come to Glade Run on March 27th to listen, learn, and have fun! Details on the event and a registration brochure can be linked to at www.gladerun.org. This year's event features speakers on the local food movement, four season gardening, garden seed strategies, and growing everything in containers. The event also features an organic, locally grown luncheon, auction and raffle items, and a local artist vendor area. You don't want to miss this year! Call Julie for details; 724-452-4453 ext. 1236

TACO HOPES TO BE GLADE RUN'S BIGGEST LOSER!



It's a bird. It's a plane. No, it's Taco being escorted around campus by St. Stephen's students. These students, most smiling from ear to ear, are jumping on board to help Taco fulfill his New Year's resolution of getting his beach body back. For the past 3 weeks anyone on campus has had the opportunity to sign up to walk Taco as part of a new exercise regimen designed by the Therapeutic Animal Program. Not only is this program helping Taco lose weight and walk better on a lead it is also making the day a little better for a number of children. In addition to his strolls around campus, Taco just received his new driving harness. So hopefully, before to long you will see him pulling a cart around campus as well. If anyone has any interest in helping Taco with his New Year's Resolution call Carrie Moll at extension 1239.

CELEBRATING THE 2010 HERB OF THE YEAR

You can stop holding your breath; the International Herb Association has announced the 2010 Herb of the Year - it's dill (*Anethum graveolens*) a very useful herb! Dill LEAVES are used to season dishes like soups and dips - especially delicious on burgers and sandwiches. Add finely chopped to soup, potato salad, cream cheese, butter, eggs, salmon and grilled meats. Use the SEEDS whole or ground in soups, fish dishes, pickles, cabbage, apple pies, butter, cakes and breads. For COSMETIC purposes, the SEED is crushed, made into a strong tea and strained into a bowl for a bath to strengthen nails. Chew to sweeten breath. MEDICINALLY, Dill tea also relieves indigestion, flatulence, hiccups, stomach cramps, colic, insomnia and to encourage milk production in nursing mothers.

Herbs have been used for thousands of years. Ancient Egyptians recorded the use of Dill as a soothing medicine, and the Greeks claimed "dill stayeth the hickets" (hiccups). This herb was valued so highly in Biblical times that it was used to pay taxes.

In the garden, Dill grows best in rich, well-drained soil, in full sun, protected from wind and heavy rains (or staked). Thrown on the ground in the winter or spring, the seeds sprout and grow into 3 to 5 foot plants, mature, then re-seed themselves, growing up the next spring.

Please visit the Adventures Gardens to see Dill growing about mid-May onward, and pick some to use in your own food dishes throughout the summer.

You may find more information about Dill at www.iherb.org/hoy.htm and information about growing and using Dill on Joanie's website: www.EverlastingGardener.net

DILLY CORN MUFFINS

1 cup whole wheat flour
1 cup cornmeal
4 tsp. non-aluminum baking powder
1/3 cup molasses
1 tsp. sea salt

1 cup fresh, frozen or canned corn (drained)
1/2 cup snipped fresh Dill leaves OR 2 1/2 Tbsp. dried
2 eggs

1/2 cup milk, or rice milk

1/3 cup melted butter

~ Stir together flour, cornmeal, baking powder, salt,
corn and Dill.

Make a well in the center.

~ Combine eggs, milk, and melted butter and molasses,

Mix well.

~ Pour liquids into well in dry ingredients. Stir until just
moistened. Batter should be lumpy.

~ Fill greased muffin tins 2/3 full.

~ Bake at 400 degrees for 15 minutes. Serve warm.