



Hello to all our family & fans!!!

Welcome to Amik's Legacy, the monthly newsletter from Equestrian Spirits non-profit animal rescue Sanctuary. As a Forever Home located just outside of Ocala in Central Florida, we are preparing for some very nice fall weather. Join us as we step through more Tales of Tails! Have you recognized anyone yet? I have received a few comments in the affirmative. More grand things to share!

Some of our animals like to meet life head-on, others turn their backs on their problems. Here are some early fall photos from Amik Run; enjoy!



1 "Hey, how did *you* get a Chewy collar?? I like 'em too!!" **2** Our Camelot has bright & happy flowers to keep us smiling through every season. **3** Many of our horses share their feed-tubs regardless of all herds always having more tubs than mouths. These two have been friends for life. For those who are following our stories, you met the *front end* of the horse on the left in our August issue. This is the 'other end' of illustrious Kool Runnings, aka Bhenn, who came to us in 2000 as a lame 2-year-old. His buddy is Whispir, our most vocal horse - ever (go figure...)! He was also quite gifted at picking up tubs others moved around so that he could place them where they belong along the fence-line for easy meal distribution, a trick he taught himself with prompting from Moose.

September has always been a calm month for me. No longer hot summer days, not yet a winter chill.

In wandering through my mind as what to write, my heart kept pulling at some of the special people who have traped through the years with us. To my special Godparents, who helped me begin Amik Run & to Tom, ever the Phoenix; loyal & reliable Mike & Marla (who she titled M 'n M); silly Lori Mac; tiny Abra; Tammy, whose heart still belongs to us even through the miles & so many years gone by.

Each are legacies in themselves... Meet some humans from within our world!



Wonderful Godparents, Jim & Elaine Mitchell & my Godsister, Sandy. Horse lovers from the get-go!!! Jim & Elaine were High School sweethearts who came out of retirement to help me begin Amik Run.



Center L-R: Tom, since 1989. Lori Mac, since 2003. Abra, since 1994

Below L-R: Allen with daughter Athena, since 2004. Tammy, since 2009. Marla & Mike (M'nM), since 2014



So many students, so many assistants, so many apprentices - how each of you became our family, were often miracles in themselves. Hard workers, every one...

Beasties to bunnies, llamas to goats, porcine to fowl, our loyal and gentle friends carried on.

Trust is a glorious thing... keys to our doors as well as keys to our spirits, where would we be without....

Dida, Frosty, Rokkit, Buster, Jac, Bhaya/Rhaya/Khaya & Stelah, Wil-Hee, Slic. Love won you over.

Equestrian Spirits Non-profit Forever-Home also rescues cats. What we don't do, is rehome. Every resident stays for life – whatever time that may be. However, we certainly believe in the power of foster & the heartwarming joy of a perfect new home for a wayward kitty. Founded in 2010 & rescuing out-of-pocket for many decades, among others our farm provides a haven for cats or dogs who come upon hard times, were abandoned, injured &/or, cast aside. To play a role in control of the world-wide challenge of feral cat populations, we not only spay or neuter all our felines, but we also support a 'satellite' rescue where an affiliate catches wild cats, thoroughly vets them, houses & gentles them, until they are suitable to rehome. Through 3 decades of saving cats, she has found loving homes for dozens, one-at-a-time... Such is Lana's Garden...

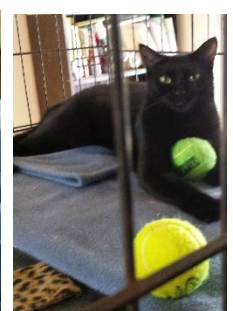
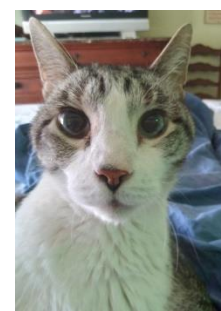


Meet Alice! Her life began as a 'feral/trap' project. Once adapted to human care through Lana's Garden, she was ready for a new home. Not wanting to be housebound, her guardian suggested a 'barn home'. A board member of Equestrian Spirits, readily took her in. Over the years, the joy & travels they shared proved the union was just perfect!

K.M.O. - founder: *"Lana Turner Lang was a smooth as silk black cat with green eyes, & she was part of my soul. Lana was part of my strength during times I needed support. I would look at her & hear her say 'It's fine, don't worry, it always works out, I'm here.' I continue to hear her to this day.*

Unfortunately, Lana had medical issues that she dealt with head on, with patience & acceptance. She passed at the young age of 7, leaving her sister, Sophia & I, heartbroken. Not a day goes by that I don't think of her tenacity & strength.

I wanted to honor Lana's spirit. Let her know she should continue helping animals, spirit or earthbound, sick or transitioning. In her name, I refer to her work as Lana's Garden where her spirit will comfort, heal or assist in moving to the next life. So, when you have a sick companion or concerns, & out of the corner of your eye you see a black cat with green eyes, that's Lana. Or you may have a vision of red roses & green, green grass, that's Lana. She's sending comfort & assisting. 'It's fine, don't worry it always works out, I'm here.'"



So, who did the quietly grazing horse face belong to? **Well, that's Sky, of course! Sky High!!!!**



Age 6



nearly 30



Age 26

Now & then a horse comes along who will do it all. Cimmi, Zeik, Jak, Mhason..... and Sky.

Offered to ES, 3-legged lame after a track injury became tragic, he was sent home to convalesce. Instead of 90 days of stall-rest, a groom misunderstood a request, put the crippled horse into a large pasture... then, was unable to catch him for 4 days! When he finally submitted, his owner decided he was not worth the salvage & sent him on to us. Sky is 'well-bred', as they say. Handsome, extremely versatile & very, very silly. Our vet suggested an ultrasound to see just how bad his injury was. When Dr. Julia looked at her screen she asked, "Well, do you want to good news first, or the good news..." Dr. Peck & I simply giggled & said we'd 'take the good news first'. That news was that his deep digital flexor tendon was NOT involved; only the superficial flexor was torn. The 'good news' that followed was "the tear is small, already healing nicely." Technically he could have gone on to race but that was not in our plan. Instead, after a lengthy recovery this 'good-looker' won championships in Dressage, Jumper, Hunter, Pleasure, he could drive, go cross-country, win conformation, carry riders - beginner or international in lessons, trail rides, Pleasure, Equitation ... & loved costumes *of any kind*.

His photos here, span two decades. I first saw him in 2002. Lynn co-owned him as of 2003 & twenty-two years later his lovey grey shading only adds to his grinning character. Sky never complains, has a twisted outlook on 'work' & never took a lame step again. Now our eldest equine, he is still the sweet, gentle, kind & funny fellow, who stole my heart on day one.



Where would any of us be, if not for the special “managers & technicians” who can literally make, or break us! A few years ago, we thought we had found the most perfect groomer for our long-haired pasture dog. After several excellent baths & brush, for a forever unknown reason, the groomer proceeded to *shave* a breed who is **not** to be shaved... We were left with a very damaged, sick dog, who was healthy going into that appointment. After much struggle & medical care the dog began to come around. In the meantime, we have found a **truly** gifted, gentle & reliable groomer. Amy’s ‘Love to Groom’ has been trying to work a miracle to revive the healthy coat this dog once had. We love her as much as he does!!

Then there is Justin, our internet ‘Viasat man’. In 2014 he left a notice on my gate with a deal ‘too good to be true’. Well, the deal & Justin were both totally legit & we have used him now for a full decade! He has replaced modems hit by Florida lightning, made sure to up-grade our service as needed, answered our calls personally & even moved us to a new location in 2017 – without a glitch. A refreshing personality, we have come to think of him as a friend.

And then... Eric. We met Eric when he worked at the Ocala, Florida North 441 Tractor Supply. When we moved to Morriston in 2017 that store became an hour away. We continued to shop there due to their outstanding staff. I make friends easily & that store had become a huge favorite. When a new building was planned (15 minutes from our farm...) N441 asked if I would change stores “NO WAY! We love this place, you are my store, I don’t care if the new one is closer.” Well as life would have it, upon the Grand Opening I was told Eric & another wonderful employee, Sabrina, were going to manage the Williston, Florida store. Well... the ‘rest is history!’ I loved the other store & as much as I knew I’d miss all our pals from Ocala, the proximity of the new store became a lovely ‘side-effect’ of switching. In the many years I have known Eric, he has *never* let us down. That’s a lot to say about a manager within such a large company. In August of 2024, Eric left his position for a new job to spend more time with his family. We certainly understand people have their own callings, but we felt like we were losing a friend. Eric – we wish you the very best on your new path – you have been a shining light, through some rather dark times.

Justin, I imagine we will not see you until we have an ‘internet glitch’, but it’s such a relief to know you are only a phone call away.

And Amy, with tears in my eyes, thank you for caring about our dog & the injustice he endured. You are a blessing to us all. We can’t wait to see how much better our boy will look with his next grooming!



October challenge... anyone remember 'the sisters?' And what does 'Coy' mean?

I would like to thank everyone who has sent comments & kudos for the undertaking of this newsletter. The kind words & encouragement belies the general consensus that said, "people don't really read anymore," or "no-one is going to care about *another* rescue center."

From the number of responses since our very first issue it seems, at least for us, that neither statement holds true. We have even picked up a few new monthly donors, which has renewed an energy that had been tapped over some very difficult times.

Since we are fully donation funded, your gifts improve each & every day for the awe-inspiring creatures who grace our lives. Whether a bag of kitty litter or a gift card for feeds, hay, or vet care, the threats & pain from an earlier time move farther from their memories knowing there are so many out there who Care!

When Lynn & I founded ES with two other animal lovers, our goal was obviously saving as many animals in whatever way we could, educate anyone willing to learn about different remedies & modalities to comfort or heal, but predominantly, we hoped to create a special world for our residents where they could find the peace, security & the love that too many of them had been denied. With your help, we have done that. The peaceful calm that hovers over our days & the playful freedom from those who have bled or cried, or nearly given up, has made our own personal sacrifices well worth our while. Thank you all for your role in our welfare. Whether as a donor, a friend or someone who simply enjoys reading nice stories & looking at pictures, our sincere gratitude. Have a wonderful, animal filled, fall season!

Sky would like to ask you to help with his Rescue Fund. Just click "Save the Animals" on our website: www.EquestrianSpirits.ORG. All proceeds go only to the animals, as our board is unpaid.



if we could all just live together... in gentle peace, & kindness

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