

HOOFPRINTS

Therapeutic Riding of Tucson

Spring 2023

A Letter from the Executive Director

TROT--Woodland Road's bustling little city!

Did you ever notice that people who work or volunteer at TROT are not very good at slowing down? Everyone is so incredibly dedicated to providing the best possible services and experiences for our participants and clients that oftentimes we pass up a chance to take a deep breath and enjoy the view ourselves. It's because there is always something amazing happening at TROT: side walker trainings, tours, classes, EAC sessions, volunteers working everywhere, property projects, events to be planned and horses moving about.



Maybe we should take a page out of *Skittles'* playbook:

**“Work hard, but don't forget to take time for yourself
and just graze for a while.”**

I had one of those grazing moments today. Someone asked me what changes I've noticed about myself since coming to TROT. Honestly, I had never thought about this, so I had to take a grazing moment to really reflect. And the answer was easy. TROT brings joy to my life like no other place I've ever worked. I know every one of our staff and volunteers experience the same joy because all of you make a positive difference in each other's lives and in the lives of the people we serve. So take a well deserved grazing moment! Reflect on your time at TROT and the wonderful difference you are making. Be proud of yourself because, most certainly, I am proud and eternally grateful for each one of you!

Stronger together,

Jeff Copfer, TROT Executive Director

COMING IN MAY: TROT'S OASIS IN THE DESERT!
ARENA GARDEN RIBBON CUTTING!

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TROT's Mission:

To enrich the lives of people with special needs using equine-assisted activities to improve physical, mental, social, and emotional well-being.

Changing lives, One stride at a time!

PAR FOR THE HORSE
2023



May 6, 2023

PRESENTED BY:

DONEGAN BURNS
FOUNDATION

.....

DEL LAGO GOLF COURSE

14155 E Via Rancho Del Lago, Vail, AZ

.....

Bloody Mary Bar & Lunch Included

SHOTGUN START AT 8AM

Four Player Best Ball Scramble



7:00a - Registration

8:00a - Tournament begins

1p - Lunch and Awards

.....

Grab your team and lets
change lives, one swing at a time!

EVENT RECAP

HEARTS AND HORSES:

Black & White

SATURDAY, NOVEMBER 12, 2022

6:00 PM

TUCSON CONVENTION CENTER

Presented by: **DONEGAN BURNS**
FOUNDATION

Benefiting:  **Therapeutic**
Riding of Tucson

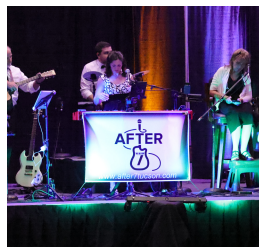


The Hearts & Horses Gala, TROT's major fundraising event of the year, is always a fabulous night. We know it seems so long ago, but we can't forget what a huge success our 2022 gala was. We raised over \$106,000 to support TROT's life-changing programs. Results like this can only happen with the generous support of sponsors, auction donors, dedicated attendees, and a hard-working group of staff and volunteers.

The event was held in a new venue—the Grand Ballroom at the Tucson Convention Center. Highlights of the evening included: the presentation of the colors by the Davis-Monthan Air Force Base Honor Guard; the national anthem sung live; a high-spirited live auction; and dancing to music from *After 7 Tucson*.

Thank you to our Hearts and Horses sponsors and underwriters for making this event possible:

Donegan Burns Foundation ★ Mike & Claudia Levin Family
Gladden Farms ★ Reata Veterinary Hospital
Farhang & Medcoff ★ JPMorgan Chase & Co ★ Gust Rosenfeld
Rio Nuevo ★ Frank & Laurel Brown ★ Hal & Jeanie Byrd
Gary & Colleen Reeve ★ Jeanette Wendt



HORSIN' AROUND


Saturday, March 11, 2023 | 4:00pm

Therapeutic Riding of Tucson | 8920 E. Woodland Rd.

Presented by:

DONEGAN BURNS
FOUNDATION

Benefiting:

 **Therapeutic**
Riding of Tucson

The second Horsin' Around on TROT property gave us a chance to improve the experience and make some tweaks to the event the year before. This year, we set up tents for shade and the silent auction items, no more melted chocolate or popped wine bottles!

We heard your request to bring back local country band Flipside and they rocked it! Prince Julian and Raven worked hard to drop the winning puck in Horse Puck Bingo. And the program demonstration showcased improved skills and new talents like our drill team.

It is a dream come true to host Horsin' Around on TROT's property! TROT is the perfect location for a little "Horsin' Around" and we sure got the job done--We raised over \$48,000! We are incredibly grateful to our event sponsors who helped make this event possible!

Donegan Burns Foundation  OneAZ Credit Union
Reata Veterinary Hospital  Larry Levey Foundation
Holy Cow Tack, Pet & Feed  Leo & Chris Rocca
Santa Rita Ranch  Kristen, Sue, & Bodhi



TREES FOR TROT



It has been 18 months since the completion of TROT's covered arena. This giant 15,600 square foot building provides so much shade, water and pride in our property.

After some early discussions and plans that fell on the back-burner plans, Margaux DeConcini, TROT's Development Director, pulled volunteer, Jack Huss aside on a whim. Jack is a retired landscape architect who has already decorated TROT with his talents. Margaux said jokingly, "Jack, wouldn't it be neat if we had a beautiful, landscaped garden around the covered arena?" No more than two weeks later, Jack came into the office with a large roll of

white papers under his arm. He spread the papers on the office conference table, and everyone in the office was in shock and awe at the sight of detailed architectural drawings of the proposed garden around the covered arena! "We had never seen anything so perfect," said Margaux. The original idea which was more like a fantasy of having a garden surround the covered arena suddenly started to become a reality!

After a couple meetings, the TROT team created the garden campaign called Trees for TROT. The campaign's goal was to obtain all the trees, cactus and shrubs needed for the garden, but we still needed other assistance for this massive undertaking. TROT is incredibly fortunate to have many long-time organization connections in the community, and the opportunity for new partnerships makes us giddy.



With the Trees for TROT campaign underway, we found this to be a perfect time to increase our community ties by partnering with Andrada Polytechnic High School SPED Program, a part of the Vail Unified School District. "We aim to create a more diverse and dynamic learning environment that expand our students' learning experiences beyond the confines of the classroom" says Alvin Albasco, Special Education teacher at Andrada Polytechnic High School. "Our recent collaboration with TROT has proven to be a valuable avenue for promoting community involvement and fostering a sense of accomplishment among our students". Through our partnership with TROT, we are creating a dynamic and diverse learning environment that provides our students with opportunities to apply and expand their skills, while simultaneously promoting a sense of community involvement and social responsibility. The participating Andrada students have developed a strong sense of pride and excitement about their work and enthusiastically recount their experiences to staff members, as they eagerly anticipate future visits.

Continued on the next page.

TREES FOR TROT...Continued

Since January 2023, the students from Andrada Polytechnic High School have worked twelve to sixteen hours a week alongside TROT volunteers, including our landscape architect. They prepared the area for planting, laid the plan, and installed the infrastructure for TROT's amazing garden. So far, with Jack's instruction and leadership, the students have sorted and placed 22 tons of rip rap for the water retention basins; flagged locations for all 150 plants specified in the landscape plan; laid 800 feet of underground irrigation line; connected 150 water emitters to 600 feet of drip line; and have dug more than half of the holes needed for the plants. The students have learned how to use all of the gardening tools, how to look at the landscape plans to figure out where plants are supposed to be placed. "My favorite part of this project is the student interaction" said Jack Huss, TROT volunteer and landscape architect. "It is true inspiration to see these students show up and work hard; they have never missed a day!"

The Trees for TROT garden project is expected to be 100% completed by May 2023, but there is still plenty of work to be done between now and then. However, completion is in sight. We are grateful for all of those who have given their time, in-kind gifts, and monetary assistance to support this dream project. If you are interested in helping in any way, please contact Margaux at mdeconcini@trotarizona.org.



The Trees for TROT garden project was made possible by many generous local nurseries that are donating trees, cacti, and shrubs to this project including:

Mesquite Sponsor \$3,000+

Ponderosa Cactus

3751 E Fort Lowell Rd

Tucson, AZ 85716

www.ponderosacactusaz.com

Bougainvillea Sponsor \$2,000+

Tucson Cactus & Koi

7810 N Oracle Rd

Oro Valley, AZ 85704

www.tucsoncactuscompany.com

Plants for the Southwest

50 E Blacklidge Dr

Tucson, AZ 85705

www.plantsforthesouthwest.com

Civano Nursery

5301 S Houghton Road

Tucson, AZ 85747

www.civanonursery.com

INSTRUCTOR MISSION MOMENTS

TROT has been empowering individuals living with disabilities to live life without barriers. Read on to learn about the impact TROT has on its participants from their dedicated instructors.

Dora Brown, Program Director:

A new adult participant in the Back In the Saddle (BITS) adaptive riding program has delighted me with her talent! This long-time equestrian had many years away from the saddle after a serious motor vehicle accident and was looking for a way to get back in the presence of an equine partner. Within one semester, she does not require any holds; she is posting her trot off lead; and is learning to bend and supple her horse. It is amazing how muscle memory can be positively influenced by being Back In The Saddle!



Melissa Radtke, CTRI:

One of the participants in my school-age class began riding last semester. Initially, he came to TROT a bit anxious and worried about riding horses. He quickly progressed from riding our steady Dixie to riding the more energetic Prince Julian and he gained confidence every week. His balance and coordination improved to the point that he can now perform trot transitions with only 1 side-walker offering support. This participant recently accomplished the incredible feat of attempting a trot transition all the way around the arena! I am so impressed with his growing confidence and willingness to try and refine new riding skills! As an instructor, it is so exciting for me to see participants progress in riding skills and at the same time gain strength, coordination and confidence.



Rachel Radtke, CTRI:

A participant in one of my adult classes has been riding for a little over a year now. She loves riding Fiesta and looks forward to riding him each week. She has learned to direct Fiesta with minimal assistance from her horse handler, and she has built up the strength to hold the two-point position for longer periods of time. What really makes her light up though, is learning new skills. She has recently learned to back up Fiesta and to complete a trot transition. She beams with excitement every time she gets to trot! Seeing the delight on her face and getting to celebrate with her when she learns new skills brings so much joy to me each week.



INSTRUCTOR MISSION MOMENTS



Coco Hames, CTRI:

I was so proud of L's work on emotional regulation and impulse control in class a few weeks ago. he can get excited and have a hard time controlling his body, but we worked out a plan, and he talked through his physical impulses. I was so thrilled and proud of him when he made good decisions and, more importantly, he was proud of himself! I knew how hard he had to try to do the right thing, and we high fived and celebrated. Now he mentioned his good choices, and realizes that he can take a deep breath and think about what he is doing choosing self control.

Tara Leingang, CTRI:

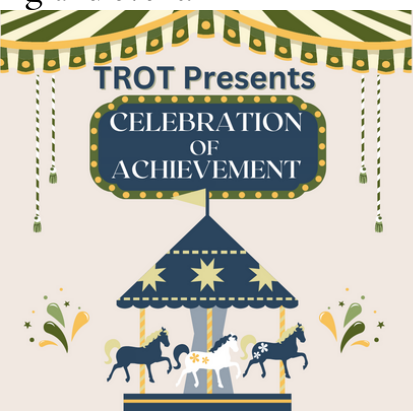
"My recent "mission moment" has been witnessing friendships developing among my riders. On Tuesday afternoon, I teach a group of elementary age students who have difficulty making friends in "the real world". At TROT, it's different. They began by shyly greeting each other in our warmup leapfrog game. Now, I sometimes have to call them over to mount because they are having so much fun playing together before class! That's what it's all about! TROT helps them feel comfortable being silly, normal kids, in a way that is not always understood in other parts of their lives.

CELEBRATION OF ACHIEVEMENT



On Saturday, April 8, 2023, TROT held the Annual Celebration of Achievement Horse Show AND Open House! This year was a HUGE success! We had so much fun playing games, meeting new friends, cheering on our participants, and coming together as a community. Thank you to everyone who helped make this event a grand event!

"This event is and continues to be one of my FAVORITE events that TROT puts on. Sometimes in the hustle and bustle of everyday life and everything we do, I think we can sometimes forget why we do what we do and the impact that each of us has on TROT. This event puts all of those why's into perspective for me! To see how proud the students are to be able to perform and show their family and friends what they have been working on throughout the year is beyond rewarding and something that I cannot easily put into words. To see each of the students light up when they receive their ribbon while everyone is clapping and congratulating them warms my heart and makes me want to continue to work even harder for them and for TROT. I hope everyone has the chance to attend this event so you can also feel and truly see the impact that we have on each of these participants." -Tanya Mitchell, TROT Board President



& OPEN HOUSE!

April 8, 2023 | 8am to 12pm

Join us at TROT's annual horse show as we celebrate our participants and their achievements over the year!

- Games & Activities
- Community Resources
- Photo Booth
- Food Trucks
- TROT tours and more!

TROT VOLUNTEERS

VOLUNTEER MISSION MOMENT | By: Karen Cromey



I found TROT over ten years ago. I had finished homeschooling both of my sons and know I needed to find something to do with my time. My first visit to TROT happened to be on a day when the veterans rode. Watching the transformation of people who moved with physical limitations to riders on horseback who moved without limitations touched my heart in ways that I had not experienced before. One of my first assignments was with children from the Arizona School of the Deaf and Blind. I watched children who could not see call out to their horses as they were led to them. With joy they mounted and rode with confidence. Again my heart was impacted in ways that I did not expect.

My main equine partner for most of my time here has been Carmela. She keeps me on my toes. She is often sassy at the hitching post and will find the smallest patch of grass to try to eat on the way to the arena, but I love working with her.

I am also one of the TROT gardeners. As a desert dweller for over 40 years, I rejoice when it rains. However, I know that while the TROT gardens flourish after the rain, the weeds flourish as well! If you see a weed, you are welcome to pull it along with others around it!

While I have seen many changes over the years, the heart of TROT has remained consistent.

We truly do change lives one stride at a time!

What Does a TROT Volunteer Do?

In a word, EVERYTHING! As with most volunteer efforts, the great thing about volunteering at TROT is that your gift never stops giving. Participants utilize the skills they learn at TROT and put them to use in their everyday life. This phenomenon is evident in every aspect of volunteering at TROT.

It is a fortunate organization that attracts volunteers who work hard to leave a positive mark. The great thing about TROT is that we don't just have one or two. We have an entire volunteer force, made up of hundreds of wonderful people who make their mark each and every day they spend with us! Thank you to each of you...we couldn't do what we do without you!

Have you thought about volunteering but haven't been ready to take the leap? Are you a current volunteer who might have friends who would want to join the fun at TROT? If so, we are looking for more volunteers to help in classes, care for horses, and keep the facilities looking great!

Go to www.trotarizona.org/volunteer to learn more and get started!



JOIN OUR VOLUNTEER TEAM!

HELP ENRICH THE LIVES OF OTHERS BY VOLUNTEERING AT TROT.

8920 E WOODLAND RD
TUCSON, AZ 85749



VOLUNTEER OPPORTUNITIES:

- SIDE WALKERS: HELP OUR PARTICIPANTS SUCCEED
- HORSE HANDLERS: SPEND HANDS ON TIME WITH OUR HERD
- PROPERTY & BARN: KEEP OUR FACILITY IN TIP TOP SHAPE
- EVENTS & ADMIN WORK

CALL OR EMAIL OUR VOLUNTEER COORDINATOR TO GET STARTED!

Laura Bissing
volunteer@trotarizona.org
(520)-749-2360 ext 612

Visit trotarizona.org for

YES! I Would Like To Make A Difference!



Giving Options:

I would like my gift to be used:

- ☐ Wherever needed most
- ☐ For TROT Programs:
 - ☐ Heroes & Horses
 - ☐ Equine Equine-Assisted Counseling (EAC)
 - ☐ Adaptive Riding for Children & Adults
- ☐ Arizona Tax Credit
- ☐ Horse Support
- ☐ TROT General Scholarship Fund
- ☐ TROT Designated Scholarship for a specific student

To give online, visit: trotarizona.org/donate

Payment Options:

Enclosed is my gift of:

- ☐ \$15 ☐ \$50 ☐ \$150 ☐ Other \$ _____
- ☐ I have enclosed my check payable to
Therapeutic Riding of Tucson (TROT)
- ☐ Please charge my credit card
 - ☐ Visa ☐ MC ☐ AmEx ☐ Discover
- ☐ A monthly gift of \$ _____
on the ☐ 1st or ☐ 15th of each month

Name

Address

Email

Card Number

Exp. Date

CVV

Signature