YOU ARE CORDIALLY INVITED TO ATTEND
THE 15th ANNUAL
HEARTS & HORSES GALA
TO BENEFIT THERAPEUTIC RIDING OF TUCSON

The Desert in Bloom

Saturday * April 11, 2015

Commencing at 6 pm - enjoy our hosted Champagne or our specialty cocktail and hors d’oeuvres while making your bids on the most diverse silent auction in town.

For your listening pleasure during the silent auction and cocktails will be a trio of harpists Annika Revis, Bree Sonnlietner and Sarah Carruth

Gourmet Dinner & Dancing to East2West

Live auction, by Professional Auctioneer Corky Collins, including an Oil Painting “Getting to Know You” by internationally renowned artist Bill Moomey, custom designed jewelry and a surprise or two.

Semi-formal attire requested - $200.00 per person ($115 is tax deductible)

Valet Parking available for your convenience

Loews Ventana Canyon 7000 N. Resort Dr. Tucson, AZ

RSVP by March 27, 2015

To Attend: Purchase your ticket today by calling (520) 749-2360, x600 no later than March 27th.

Payable with: Visa, Mastercard or by personal check.

Mail to: TROT • 8920 E. Woodland Rd. • Tucson, AZ 85749
September 27, 2014 was a blustery day at TROT but a very rewarding day. TROT opened the property to over 300 people to celebrate the 40 years that it has provided services to our community. Thanks to many volunteer hours, the property looked fabulous for its big day. The afternoon began with a parade of horses, starting with the miniature horses, Lily & Tulip and ending with the big guys, Tiny & Roxy. The parade was followed by our own mounted veteran honor guard, providing a very moving scene for all attending. Demonstrations from two of our programs were shown including one demonstration from the out-patient clinic and one from the adaptive riding program. Our riders had a wonderful time showing their skills!

While our guests enjoyed dinner prepared by Viro’s Italian Deli, we enjoyed hearing honorary chair Diana Madaras tell us how much she values TROT. Co-founders Nancy McGibbon and Barbara Rector gave us a very moving description of their dream of helping people with special needs and how TROT came to be. A surprise announcement from longtime volunteer and donor Bonnie Beckman was the highlight of the day when she made her donation for the year in the amount of $10,000 and challenged the crowd to match her generosity. By the end of the afternoon TROT had raised $33,000 in support of our programs! A huge Thank You to all who helped make this a very successful afternoon for TROT.

If you missed the open house, please come see us – we love giving tours and talking about the magic that happens at TROT every day.

For the past 9 years, Guy Jones has been a friend and generous supporter of TROT. He seems to know exactly what we need and shows up just at the right time. When Guy comes to TROT; his truck is always filled to the top with paper products, office supplies and much more. He recently donated shop vacs for both the house and the barn and hummingbird feeders for several areas of the property. We have relied on Guy for our supply of horse books for our riders at reading roundup. He also never forgets our volunteers and brings candies and cookies to sweeten their day. Guy is an honorary volunteer for all the time, attention, and support he gives to our organization. We’re always happy to see him coming. Thank you Guy!
Introducing Our New Executive Director

by Laurel Brown, Board President

Every non-profit organization faces challenges throughout the years with solutions implemented by a highly qualified and strong leader. The Board of Directors is pleased to announce Sandi Moomey as TROT’s Executive Director effective January 19, 2015.

Sandi comes to TROT with more than 25 years of exceptional experience in the non-profit world. Originally from Wisconsin, Sandi and her husband, Bill Moomey, an internationally renowned artist, began an adventure that brought them to Tucson in 2001. In Wisconsin she held the prestigious position of Executive Director for the Old World Wisconsin Foundation. Sandi is well known in the Tucson community for her accomplishments with the AZ Aerospace Foundation, the Arthritis Foundation and Carondelet Foundation. Her untiring commitment and passion for TROT has earned her, in a very short period of time, the utmost respect and admiration of our Board and staff.

With Sandi’s leadership and guidance, coupled with the efforts of our Board, staff, volunteers and most importantly, the generosity of our donors, we are confident that TROT will continue to provide its unique and life-changing equine programs for many years to come.

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

Staff Member Spotlight

by Vicky Zoerb, Staff Liaison

Melanie Roeder
Equine Training Coordinator / Instructor

Melanie has had a life-long passion for horses and riding. She grew up riding hunter/jumpers on the East Coast, and as a teenager competed in junior hunter, junior jumper, and 3’6” equitation classes. In 2010, Melanie received her PATH International certification and began teaching therapeutic riding at Freedom Woods Equestrian Center in Chicago. In 2012, she moved to Tucson to join TROT as an instructor and equine training coordinator. Melanie’s dedication to TROT and her riders is inspiring to watch. Her lessons are filled with activities that provide many components that enable her riders to achieve as much independent riding as possible. The TROT herd is in fantastic shape both physically and mentally under her training supervision. She is a wealth of equine information and is always happy to share her knowledge with any volunteer who is interested. TROT applauds you, Melanie!
TROT Needs Your Help!

As you might imagine in these tough economic times, non-profits such as TROT experience lean periods from time to time. This is one of those times! We do not want to reduce our programs that provide wonderful, positive and life changing experiences for so many in our community. All of us at TROT, both staff and the Board of Directors, are dedicated to continuing our outstanding programs. Please join us in this crucial fundraising endeavor!

Here’s how you can help today:

♥ Buy tickets to the Hearts & Horses Gala (see front page)
♥ Donate to the general fund in the following amounts:

☐ $5,000
☐ $2,500
☐ $1,500
☐ $1,000
☐ $ 500
☐ $ 250
Other Amount $___________

All donations are 100% tax deductible.

You may mail a check today, make a donation on our secure website at www.trotarizona.org now, or call the office with your credit card information.

Please make your check payable to TROT
8920 E Woodland Rd. • Tucson AZ 85749
520-749-2360 (Fax 520-749-0123) • www.trotarizona.org

Thank you for your generous gift!

TROT Town Extreme Makeover

by Mary Vardi, Program Director

Have you been on the TROT Sensory Course lately? “TROT Town” received a major overhaul and beautification this winter. A wonderful young man named, Zach Ryan, chose TROT for his Eagle Scout project. Our town boxes were looking pretty shabby, so Zach and his fellow scouts from Troupe #122, re-did them from the ground up. They built new posts, new boxes with magnetic doors and handles to open each box. A bright coat of paint with detailing finished the project. Thank you so much Zach and also a big thanks to Zach’s grandfather, Bill Johnson, who helped with the project. (“TROT Town”, 2015 population still 35? Guess no one is counting the ground squirrels!)

Rider Spotlight: Nikkolas by Mary Vardi, Program Director

Nikkolas is a new student to TROT this semester. He is fourteen years old and had already heard about TROT from one of his classmates who had ridden here in the past. He was beyond excited when he started. He is riding our stocky, black and white horse, “Skittles.” He and “Skittles” quickly formed a bond. Despite limited use of his lower limbs, Nikkolas is already riding off lead at the walk and leaving his side walkers behind to cheer him on while he rides independently. Nikkolas’ family is so proud of him. He is learning to become an independent rider which is one of our important goals in therapeutic riding. We look forward to helping Nikkolas learn new riding skills such as trotting off lead and walk-trot-walk transitions in our coming semester. Nikkolas is sponsored by two long-time donors and we want to thank them for their generosity.

Rider Spotlight: Hannah by Sarah Merrill, Instructor

Hannah has been a TROT rider for two years and rides Tootsie. Throughout the two years at TROT Hannah’s confidence has increased. She is more willing to try new things even if those things seem scary to her at first. As she has progressed in her riding she has started to learn how to cue Tootsie correctly. Hannah is also learning how to care for her horse. Hannah is learning how to approach Tootsie, brush the horse, and saddle the horse. It is a pleasure to watch this horse and rider combination progress in their riding skills together.
Your freckled coat grew in wild tufts of white and red
Until yesterday
At 1 pm.
You frolicked and flirted and begged for treats
Until the pain in your eyes
Became everything.
You carried me across miles of trails
Happily
And took good care.
You--
The one with no words--
Told me everything.

The sun will not burn your delicate pink nose
Your back won’t sag
And your legs will ache no more.
The greenest of grasses grows where you are
And you’re already busy mowing it down.
Like fireworks, love burst forth when you went down.
I saw you go down.
I wasn’t supposed to see, but
I turned back just at the second
You lay so gently and peacefully on your side.
And my heart burst.
I heard your silent prayer for me-
Don’t wait until death to love.
They cut a few hairs from your tail,
 handed me your halter-
All that’s left of you.
But I will keep you alive
Carry you in my heart
With no weight or burden.
My boy with one eye
Blue.

Your life, long and good
Was served well
and you were loved
Widely.

May I go as gently into the night.

~ by Diana Madaras
Greyson has been participating in physical therapy here at TROT for two years. In that time he has made enormous progress! He went from poor sitting posture and inability to jump, run, climb stairs, or walk a balance beam to doing all of these things and more. Greyson used to cry when his horse Skittles sneezed, because of poor auditory sensory processing, but he doesn’t anymore. He is having fewer meltdowns and Skittles really calms him especially on a trail ride. Greyson enjoys walking up and down the hills on the roller coaster course independently now, and he is even able to ride Skittles on the hills too. Greyson now can climb up and slide down the slide by himself and can do the slides at his local park, too. Greyson loves Skittles and his team Emma and Gail, and always says “see you next week” while giving high fives and hugs. Amanda, Greyson’s mother, believes that doing hippotherapy at Trot has made a huge impact in his strength, skills, and confidence. She had proof the other day when he did bear walking on the bars at his gymnastics class!

The Dance of Mindfulness with Horses

by Sierra Ohrel, EFP Instructor

I am always soothed by moving with horses. There can be movement in the stillness, riding, groundwork or a response to non-verbal communication – it’s all a dance. My goal is to find “power with” rather than “power over” horses, moving together like dance partners. The core of what I have learned from horses is their ability to teach us how to be in the human experience with more authenticity and grace.

My own herd is aging and can no longer be ridden. My life with horses used to be full of grand adventures -- long distance riding or gathering cattle on our family ranch. Now things are different, and I enjoy being rather than doing with our herd of seven. At feeding time, they remind me to kick up my heels, dance, and show up for whatever unfolds in the day. The horses also remind me to be present in noticing the quality of my breath, the light, the sounds, and what it feels like to have my feet on the ground.

I have been fortunate to receive training in various forms of yoga and dance. This has given me greater depth in the way I work with and care for horses -- to be aware of my own quality of movement and to get in touch with what is received and given to all that is around me. I look to the sunrise and notice how I show up in the morning at feeding time. Horses have their own clock, and movement happens at feeding time or when something in their environment draws their attention.

I love to watch a horse lie down to roll -- the softening and release of his back as he bends and drops to the ground. It’s just like the best play on the floor, rolling around in a yoga or dance class. As I watched one of my horses joyfully rolling on his back, it reminded me of a “happy baby” pose in yoga. And then there’s the last big movement in the horse’s rolling dance -- the rising and shaking off. This brings me such joy!

Shoveling manure can even become a form of meditation if I allow it to be. There is something gratifying about cleaning up and visiting with each horse in the process. It is a process of gathering and letting go.

Pasture time is a great opportunity for exploration, a time to check in with the horses and one’s self. It’s a time to pause and take a breath and observe the internal and external environment. It is being a guest in the horse’s space and changing routine. Horses may become momentarily startled or curious, yet they will return to grazing which is their place of neutral. We as humans all need a place to find stillness. Driving through the gate at TROT often provides the moment to exhale and be present with all that the property, horses, and people that make this a safe and wonderful place.

As spring bursts out all over, hair is flying off the horses. I used to dread the springtime shedding process, having horse hair clinging to every part of me. Now I gratefully embrace the change of season and all that can be shed on so many levels. Now I see the horse hair flying everywhere as being like blowing a dandelion. What wish can we let go into the breeze? Gratitude for all that is!
**Barn Buzz**

by Melanie Roeder, Trainer-Instructor

In the past six months, there have been a lot of changes in the herd. We have some wonderful new horses working in our programs. **Dandy** is a gorgeous 16.2-hand Trakehner who was working as a low-level dressage horse before being donated to TROT. **Dandy** is well-educated, mellow, and easy to handle. We are excited to have this great horse working with our adult and veteran riders. **Preston** is a handsome 15.3-hand Appendix gelding who arrived at TROT in February, thanks to the generosity of donor **Beth Kasser**. His sweet personality and push-button ride have already won him many fans. **Preston** will be working with our independent riders helping them learn to trot, canter, and jump. In addition to acquiring new horses, we have also retired a longtime resident, **Calypso**. The Norwegian Fjord who was born on the property in 1991 has found a wonderful retirement home with volunteer **Maria Altemus**. We thank **Calypso** for his years of dedicated service and wish him a long, happy retirement.

**HORSIN’ AROUND UNDER THE DESERT SKY**

by Marla Skinner, Chair

Camaraderie, fireside barbeque, Tubs Galore, and dancing to the Clear Country Band under a full moon and star-filled sky at the Cottonwood Grove, Tanque Verde Guest Ranch. Does it get any better? Over 200 guests attended the festive Horsin’ Around on October 10, 2014, for great food, music, dancing and to bid on the ever creative and unique Tubs Galore silent auction. Diego and his family captured our attention and melted our hearts as they spoke of him and his experiences as a TROT rider. In addition, **Marla Skinner** had the privilege of challenging guests to match a $2500 donation made by longtime volunteers and donors, **Mr. & Mrs. Ralph Houkum**.

The fun and festivities wrapped up at 10 pm, about the time the local javelinas arrived, lured by the savory scent of barbeque. Thanks to the crowd’s generosity, TROT was able to raise $10,424 to support its programs!

**Volunteer Appreciation Party**

by Cathy Brooks, Volunteer Coordinator

On Saturday evening April 18th, volunteers, staff and supporters will gather at TROT to honor the many people who make our organization the special place it is. There will be dinner, awards and our famous “make it go away” raffle, as well as parting gifts for all in attendance. This party is just a small way for us to show our gratitude for all the time and commitment we receive from volunteers, making this a truly magical place. Call the TROT office at 749-2360 to RSVP and please, bring a guest!

**TROT’s New Signs**

by Mary Vardi, Program Director

The signs that our visitors and participants see all over our property were looking pretty tired. The sun, wind and rain have taken their toll and it was time to take down the old and replace them with new signs--eighty-one new signs! We needed replacement signs for the pastures, for the barn, for directions and for all of our activities on the Sensory Course. A long-time volunteer, **Ralph Houkom**, generously offered to fund the new signs--all of them!

**For a Boot Stomping Good Time!**

When: Sunday, May 31, 2015
Where: **The Maverick Live Country Club**
       6622 E. Tanque Verde Rd. Tucson
Time: 2 pm to 7 pm

Cover charge of $10 per person goes to TROT; three live bands, raffles and door prizes! Come spend your Sunday afternoon with us and support our life changing programs. Thank you **Maverick** for opening your doors to us!
During our Thanksgiving break our majestic Eucalyptus tree that shaded the entire east side of our main house had to be taken down. It had begun dropping large limbs, and the experts informed us that it was no longer safe to remain towering over TROT. It was a huge project, managed professionally by Alan E. Wolcott and his company Green Leaf Solutions, LLC. Alan was able to leave us the trunk of our tree and then cut us stools so a nice remembrance was left behind. A special thanks is due to Pima County and Supervisor, Ray Carroll and his assistants, who made the safe removal of our dear tree possible.