

FROM TROT'S BOARD OF DIRECTORS

Recently, a volunteer aptly described TROT as a “beehive.” This summer was abuzz as Property Committee members **Ralph Houkom, Hal Bryd, Vicky Zoerb** and **Steve Ozee** remodeled the classroom to better accommodate the special needs of our riders, repaired and re-poured the concrete steps leading to the main office, and rewired the path lighting.

On two of the hottest days of summer, a team of volunteers put their muscle, sweat, and probably a few tears, into pulling out the old irrigation system in preparation for our Greener Pastures Irrigation Project. TROT has partnered with Arizona's Natural Resources Conservation Service (NRCS), who is supplying the material costs to replace the defunct irrigation in the large pastures with a top-of-the-line, water-wise system. This will help us turn dirt into grass for our herd of 11 beloved horses.

Inside the ring, Program Director **Sandy Webster** designed a summer therapeutic riding course and has begun to train a new group of instructors who will be working with our riders this fall. In addition to TROT's regular offerings, Sandy will lead a PATH International Registered Instructor's workshop for certification on November 17-20. This program is sure to attract aspiring instructors from across the country and is a great way to showcase the learning and healing taking place at TROT.

As our fall semester fills to capacity with student riders, I hope you will stop by and check out all the wonderful improvements to the campus. Come meet our new staff members **Steve Ozee**, Barn Manager; **Dora Kafkaridou**, Instructor in Training; and **Sophie Clymer**, Instructor. Say hello to the herd, buy tickets to Horsin' Around on October 14, and consider joining TROT's volunteer family.



The Hearts & Horses Gala is our major fundraising event of the year and is always a fabulous night for TROT. This year was no exception, raising more than \$150,000 to support our 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. Please look for this generous group of people listed in the acknowledgements pages of this issue.

A testimonial from one of our participating families was the highlight of the evening. **Mateo** and his mother **Georginia Georgelos** expressed how exciting it is for Mateo to be excelling at TROT, reaching their goals much faster than they thought possible. When Mateo first arrived at TROT he could not walk from his car to the

mounting area; now he gets out of the car and walks into the classroom to get his helmet with all the smiles that only a child can have. Mateo melts the hearts of all around him.

Mateo's testimonial was accompanied by a video detailing the scope of his lessons at TROT. The crowd was visibly moved, and the spirit of hope and celebration brought the crowd to their feet with applause and admiration.



Mateo with Ramon Quinonez



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BARN MANAGER



Steve Ozee joined the TROT team in March 2018. He and his wife Nancy relocated from central Illinois to be

closer to family and get away from the cold winters.

Steve grew up with horses, cattle and other farm animals and has always had sensitivity to the needs of animals of all shapes and sizes. For many years he has been involved with farming and equipment management. These skills make him a valued member of our team. Steve and his wife live on the TROT property and look after the herd and the ranch.

INSTRUCTOR



Sophie Clymer was born in Doylestown, Pennsylvania and spent most of her childhood in

Stowe, Vermont. She is a recent graduate from Lake Erie College with a Bachelor of Science in Equine Facility Management and Therapeutic Horsemanship. Sophie was a four-year member of Lake Erie's IHSA Hunt Seat team as well as an officer for two years. In addition to showing in IHSA, Sophie has competed in both the Hunters and Jumpers.

She was also member of the Beach Haven Ocean Rescue for four years and is an avid snowboarder.

She recently moved to Tucson to join TROT.

INSTRUCTOR IN TRAINING



Dora Kafkaridou was born in Cyprus but has been a Tucson resident for the last 23 years. She graduated from the University of Arizona with a Bachelor's in

Psychology and has been involved in behavioral health and non-profits for over ten years. Dora has worked extensively with children in the foster care system providing behavioral management and de-escalation training, as well as grief and loss work. She is certified with Eagala as an Equine Specialist and was most recently the program director for Desert Dove Farm, a non-profit equine assisted therapy program. She is a recent newlywed and a mother of an energetic little boy. She began riding as a hunter-jumper at age seven and has had the pleasure of assisting in training different types of horses, as well as complete barn management duties of caring for the nutritional and medical needs of the horses. She is currently pursuing her PATH Intl. Instructor Certification and looks forward to becoming a TROT certified instructor in the Fall.

CALENDAR OF EVENTS

HORSIN' AROUND

Tanque Verde Ranch
Sunday, Oct. 14, 2018
4pm - 8pm

TACK SALE

TROT
Sunday, Dec. 2, 2018
12pm - 4pm
Gates open at Noon

HORSE SHOW

TROT
Saturday, Dec. 15, 2018

2019 HEARTS & HORSES GALA

Loews Ventana Canyon
Saturday, April 27, 2019

VOLUNTEER AT TROT

TROT volunteers share in the success of their students, meet the challenges of new experiences, and make a difference in the lives of others. We will train you to work alongside horses and riders. Volunteers must be at least 14 years of age and in good health. Volunteer opportunities include:

- Working directly with the horses and riders
- Facilitating non-mounted therapeutic equine activities
- Office tasks, yard work
- Special events

GENERAL ORIENTATION AND TRAINING SESSIONS ARE OFFERED MONTHLY.

LEARN MORE

Contact Becky Noel, Volunteer Coordinator
(520) 749-2360 x612
Email: volunteer@trotarizona.org
www.trotarizona.org

WINNERS CIRCLE

You never know what someone is struggling with until you walk a mile in their shoes. With the assistance of a TROT horse named **Rune**, guided by Program Director **Sandy Webster**, a team of volunteers learned firsthand the meaning of empathy through their experience with rider and teammate **Cindy**.

For many years, Cindy always looked forward to her weekly riding activities at TROT, enjoying her time in the saddle on her favorite horse that she affectionately called “Runester.” Rune has as big a personality as Cindy, and their bond is like super glue.

Cindy has difficulty with change and in overcoming certain fears in her daily activities. It is not easy for her to trust others and to remain upbeat with many physical, cognitive, and emotional challenges that impact her independent living.

Last semester she faced big challenges, such as changing her horse from Roxy to Rune, mounting from a less assistive mounting block, riding independently, and the biggest of all – dismounting to the ground. It took nine weeks of physical support and cognitive reasoning for Cindy to trust and embrace the concept of getting on and off her horse independently. Each week she trusted in herself and her team a little more, until one day the fears were overcome, and she descended to the ground, bursting with pride.



A celebration of achievement like this happens every day at TROT; in Cindy’s example, she overcame her fears, physically persisting and trusting in her team to keep her safe. Ultimately, Cindy walked away with a new pair of shoes because of her ability to adapt, overcome her fears, and trust her teammates.



BARN BUZZ

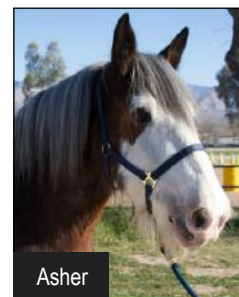
Hi, Skittles here!

Let me catch you all up on the latest barn buzz.

Last Spring and Summer were very busy for us at the barn. We finished up the semester with a bang as we all got to help our riders show off their achievements at the Spring Horse Show. Boy, was that fun!

We have two new horses that have joined the herd. **Asher** is a Clydesdale and truly a gentle giant. **Dixie** is a quiet and relaxed Quarter horse cross our riders are bound to enjoy. She has made friends with Tootsie and Mr. T, and she loves all the attention she gets from the volunteers.

The Summer has been filled with early morning training sessions for us. We have been learning a new way of being led and how to position ourselves with our leaders. We are much more physically fit and eager for the Fall semester to begin. We miss our riders and can’t wait to have the ranch full of activity again.



Asher



Dixie

WITH GRATITUDE TO OUR DONORS

July 2017 through June 2018

TROT appreciates the hundreds of generous individuals, businesses, foundations, and community groups who make TROT possible through their financial and in-kind donations. Your name is most likely among them, and we thank you.

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