



LETHBRIDGE THERAPEUTIC RIDING ASSOCIATION NEWSLETTER

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A DONOR'S SUCCESS

Jessica Siemens – Current Donor

When I was a kid, I was involved with therapeutic riding. I loved it. I loved that no matter what you had going on you were welcomed and accepted no matter what. As a kid with learning disabilities and a lot of confusion, this was a wonderful feeling. When I found the LTRA, I knew I was where I was meant to be.

I would like to help kids with disabilities; to help them gain confidence and feel accepted. When I first started volunteering, I met Gunner and instantly connected with him. In December I became Gunner's sponsor. After doing that I wanted to do more. I go out a couple times a week to brush him or walk with him around his pen. I am certified in energy work, sound therapy and Reiki, so I do that with him as well. It's time well spent.

Since I was a kid, I have believed in LTRA. Donating is something I have always wanted to do and now I am in a position to do so. This is my happy place.



Jessica with Gunner.

YOUR GIFTS AT WORK

LTRA Boarders

The Lethbridge Therapeutic Riding Association, LTRA, is a not-for-profit organization that relies on donations from our community. The LTRA is truly grateful for the boarders who board with us. They are able to give back to their community because they are helping provide therapeutic riding lessons through their boarding revenue as we operate as a non-profit. They are gifting healing through boarding as the more horses that we are able to board, the more money that can be reallocated to giving lessons. Below, Marlys Reynar, a current LTRA boarder, tells us a bit about her experience.

"I knew about the Lethbridge Therapeutic Riding Association for years but had not contemplated boarding my horses there until a friend did a few years ago. I was in a self-boarding situation and wanted to find a different place for them. I have been at the LTRA for over three years and still think it was an excellent decision to move my three horses there.

Shortly after I arrived, I had to have my 33-year-old gelding put down. I was surprised by the support I received from the staff even though I had only been there a few months. In addition to this support, there are a few things I appreciate about boarding at LTRA, and I will mention three.

"It seems there's always help available whether it's someone to hold a horse...or just share a good cry or laugh..."

The first is the sense of community I feel at the barn. There is considerable support both emotionally and with horses from others. It seems there's always help available whether it's someone to hold a horse for the trimmer, folks to remind me of the on-rein stop when my horse is rambunctious or just sharing a good cry or laugh when times seem tough.

Second, I know my horses are well taken care of. Whether it's minus 35 and snow is blowing or 35 above with gusting wind, someone is out there to make sure my horses are okay, to feed them and to check their waterers.

The last thing I will mention is the good feeling I have of being part of an organization doing such important work in the community. Whenever I mention that I board at LTRA, I hear positive experiences that people have had over the years through the various programs that the organization runs." - Marlys Reynar, 2023.

Marlys is always willing to lend a helping hand and a smile to those around her. She has donated not only monetarily but also her time and passion for horses to our organization. We could not do what we do without all our boarders. If you're interested in boarding with the LTRA, visit our website, ltra.ca or contact our office at (403)328-21652.



Marlys with her horse – Paddy.

DID YOU KNOW?

The donations we receive are used towards the upkeep of our therapeutic horses and our facilities. Our Therapeutic Riding Program has 13 program horses and a total of 12 therapeutic classes, with a total of 4 clients in each class. We require an average of 50 volunteer hours to run the program. We currently have 35 program volunteers and always welcome more!



Deborah with her horse – Paco.

their horse.

There can be times when a client is having a tough day and we need to be extra sensitive to help them have a positive experience. Most clients leave smiling, having had a chance to feel an emotional connection to these wonderful animals. One of the young people that I work with was asked how they felt when they were riding, the response was, "I feel like anything is possible". It's an honour to be part of that.

This will be my third year volunteering for the LTRA. My love of horses goes back to a childhood that was difficult. Saturdays at the library, with Black Beauty and Flicka, helped me escape. Now I have the great fortune to board my own horse at LTRA and to share this love with the clients and with the many friends I have made since coming here. This is a special place and I encourage anyone who may know somebody that would benefit from therapeutic riding to call and get information. This is also a very rewarding way to give of your time, please call if you would like to be a part of the volunteer team.

UPCOMING EVENTS

Donor Appreciation – April 2023

Denim, Diamonds, & Derby – May 2023

Drive for Dreams – June 2023

Ride for Dreams – September 2023

Contact us for more information. (See last page)

A VOLUNTEER'S STORY

Deborah Friesen – 3-year volunteer.

Have you every been a part of something and realized immediately the valuable impact it had for others? That's how it feels to be a Therapeutic Riding Volunteer at the LTRA.

The clients we work with have varying levels of cognitive and physical abilities. Some are able to assist with grooming and saddling their horse, others have the assistance of a lift to mount their horse. Whatever the situation, once they are up there, the smiles start. The relaxation happens and the fun begins. The horses will soften, it's like they know how important their jobs is. We begin with warm-up stretches and then play games, all the time encouraging a partnership with

MEET OUR TEAM



Therapeutic Coach, Eilish Short,

CanTRA Certified Coach – Eilish Short

We are very fortunate to have a team member as passionate and dedicated as Eilish. She always has a smile on her face and a joke up her sleeve. She has been teaching some of our riders for almost 12 years!

“My first days at the LTRA were in my grade 12 years volunteering for my High School, Catholic Central High School.

My passion for therapeutic riding started there, and I knew I needed to stay involved. I was offered the job as the Program Coordinator in 2013 when I was 19 years old, and this May will be my 10 year anniversary as the Therapeutic Coach and the passion is still as present for me now as it was when I was in grade 12!” – Eilish Short, 2023.

SPONSOR A HORSE

Our therapeutic herd is aging and requires a lot of tender love and care. You can help by sponsoring a horse on our website! Each one of our horse staff has their own personality- from snuggling to picking up pylons and decorating the arena. They are all so grateful for the opportunity to help our riders during a tough day and offer so much love. A quick description of each horse can be found on our website, <https://ltra.ca/about-us/meet-our-horses>.

We are thankful for all those who donate or have donated in the past. There are plenty of ways to help our organization, Lethbridge Therapeutic Riding Association. If you would like to donate in other ways please visit our website, <https://ltra.ca/payments-donations>.

[Donate Today](#)

HORSE OF THE MONTH - PEPPER

Pepper is a 20 year old Quarter horse with a height of 15.2hh. This goofball is always trying to make people laugh. He enjoys rearranging the arena by picking up obstacles (pylons) and placing them where he think they should go. He is the first one to greet you at the gate and is soaking in all the love and attentions from our riders.





A therapeutic class playing "What time is it Mr. Wolf?"

Contact Us

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OUR MISSION

LTRA is a sustainable, charitable organization that is dedicated to discovery, inclusion, and learning by building relationships with and through horses in collaboration with our community.


JOIN LETHBRIDGE THERAPEUTIC RIDING ASSOCIATION FOR A NIGHT WHERE KENTUCKY DERBY MEETS SOUTHERN ALBERTA

TICKETS: \$100/EACH
TABLES: \$700.00

DENIM DIAMONDS

DERBY

FRIDAY, MAY 5 | 5:30PM | COUNTRYSIDE BARN - MONARCH, AB


WWW.LTRA.CA FOR TICKETS

THE NIGHT WILL INCLUDE A CHAMPAGNE ENTRANCE FOLLOWED BY AN AMAZING BUFFET DINNER FROM LA CHEFS. THERE WILL BE A VARIETY OF GAMES INCLUDING OUR VERY OWN LTRA DERBY HORSE RACE!