



# LETHBRIDGE THERAPEUTIC RIDING ASSOCIATION NEWSLETTER

Volume 1 / Issue 2

## Retirement Announcement

### Marjory

While we will miss your warm presence and infectious laughter around the office, we are excited for you to explore all the opportunities that retirement has in store. Whether it's traveling to far-off destinations, spending more time with family and loved ones, or pursuing personal passions, we know that you will embrace retirement with the same enthusiasm and zeal that you brought to your work.

Please know that the doors here will always be open for you, and you will forever be a part of our extended work family. As you embrace this new phase of life, remember to take time for yourself, savor every moment, and create beautiful memories to cherish.

Once again, congratulations on reaching this significant milestone. You've earned every bit of this wonderful retirement, and we can't wait to see where life takes you next!



Marj

## YOUR GIFTS AT WORK

### A Look Inside Therapeutic Riding

“Hello everyone! I'm Tamara and I'm from Lethbridge. I'm currently taking summer sessions at Lethbridge Therapeutic Riding Association (LTRA). I love riding Toby and the other horses. Horseback riding has been fun, and I love the staff and volunteers, they are really cool! I like brushing the horses and feeding them treats after riding. I also like riding outside when the weather is nice, and I like riding inside the arena when the weather is cold. I love the all the cats and Arlo they are really nice and fun to pet.”



Tamara

Since Tamara has been attending LTRA her support worker, Kelly, has noted many marked improvements in Tamara and it has enriched her life in numerous ways. Riding has provided Tamara with a feeling of freedom and independence and an exposure to nature not easily found elsewhere. The connection between her and the horse provides a unique relationship and offers a blend of physical exercise, mental stimulation, and emotional connection; not only with the horse, but with the trust she puts in staff and volunteers. LTRA is special in that it provides Tamara with learning opportunities while at the same time providing a break from the challenges of her everyday life.

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*“Riding at LTRA is simply ‘good’, ‘wonderful’,  
and ‘awesome!’”*

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Tamara loves the atmosphere at LTRA. It has not on benefitted her physical well-being, but her mental and emotional well-being as well. Through consistent training and interaction, she has developed unique and fulfilling relationships with the horses, staff, and volunteers. The surrounding sights, sounds, and smell have given her a connection to a new world she otherwise

wouldn't have access to. It is an atmosphere that fosters patience, discipline, and learning on an individual level as well as one of joy and sense of fulfillment.

Riding has enhanced Tamara's physical wellbeing as it requires balance, coordination, and core strength. It has helped improve her overall fitness and stamina. The rhythmic motion of the horse has helped her reduce stress and has promoted relaxation while simultaneously improving her confidence immensely. With help and guidance of staff and volunteers, Tamara has overcome many of her fears and apprehensions and has learned to trust in her abilities.

The skills Tamara has acquired through LRTA have transferred to all aspects of her life allowing her to approach challenges with a mindset of confidence and independence. Horses are beautiful, majestic creatures and the benefits of the unspoken bond between horse and rider are not easily articulated but are vast and difficult to find elsewhere. In Tamara's words riding at LRTA is simply 'good', 'wonderful' and 'awesome'!

## GET INVOLVED

### Ride For Dreams – Save The Date

Starting in Joanne Perlich's yard in 1976, LTRA has been dedicated to providing therapeutic riding services, changing lives, and bringing joy to those most in need. Our annual fundraiser- now in its 40th year- is an integral part of this journey, symbolizing the commitment of our community to this worthy cause.

As we celebrate the ruby anniversary of the Joanne Perlich Ride for Dreams, we're honoring four decades of a wonderful tradition. This year, we invite you to join our cause and participate in our "Boots, Buckles & BBQ" event on September 15<sup>th</sup>, presented by Murray Chevrolet Cadillac. Amidst the live entertainment, mouth-watering BBQ, and a lively auction, you'll be contributing to LTRA's continued mission. Our celebrations continue on September 16<sup>th</sup> with a trail ride through Pavan Park. Together, we'll traverse beautiful landscapes, enjoy each other's company, and ride for a reason; raising funds and awareness for the therapeutic services provided by LTRA.

## UPCOMING EVENTS

**Summer Camps – July - August 2023**

**Ride for Dreams – September 2023**

**Volunteer Appreciation – October 2023**

**Contact us for more information.**



*Darlene with her horses.*

## A VOLUNTEER'S STORY

Darlene exemplifies the spirit of volunteering with her unwavering dedication to the Lethbridge Therapeutic Riding Association and has done so since 2018. Her passion and commitment shine through her relationships with clients, volunteers, and staff alike. No challenge is too great for Darlene. She seamlessly bridges gaps with clients exhibiting challenging behaviors and consistently steps up, even in the eleventh hour. Her compassion, reliability, and willingness to go beyond expectations make her a lynchpin for our operations. She aids in many areas from therapeutic programming to horse care. Darlene's efforts genuinely enrich our community.

Darlene moved to Lethbridge from Ontario in 2018 after a colourful working life that included nursing, the Canadian Armed Forces Medical Service, medical office management and a paralegal in a personal injury law firm.

Volunteering has been a lifelong passion for Darlene that started at 15 years of age as a "Candy Striper" (hospital volunteer) and she went on to donate her time to organizations serving the elderly, brain injury survivors, domestic violence survivors, and the unhoused. Darlene has been surrounded by animals and pets since her early childhood and working with horses at LTRA has been a natural fit. Darlene lives in Lethbridge with her daughter Shona, her dogs Hudson and Grizzly, cats Teo and Tarot, and her horse Midas.

Darlene, leveraging her nursing background, elevates our community's well-being, especially those with disabilities and marginalized groups. Her compassionate approach and unwavering advocacy empower individuals, fostering an atmosphere of inclusivity and support at LTRA. She uses her skills and knowledge to not only connect, but also to uplift, making significant strides in dissolving stigma. As a dedicated advocate and compassionate volunteer, Darlene has indelibly shaped our community, creating an environment that champions acceptance, understanding, and growth.



*Tracey*

Tracey's background is in Finance and Human resources. She has been a Finance Manager for several non-profit and for-profit organizations. Prior to joining the team at LTRA, she was the Clinic Director at a health and wellness centre that served the community with holistic and complementary health care. Although she has never had the opportunity to own her own horse, she grew up riding her friends' horses and developed a love for them and their ability to help and support people with various health challenges.

Tracey was born and raised in British Columbia but moved to sunny Southern Alberta in 2023 with her husband, two dogs, and cat. She loves living here and is thrilled to be a part of all that LTRA has to offer to the community that she now calls home.

## MEET OUR TEAM

### Office Manager – Tracey

## HORSE OF THE MONTH - KING

King is a 16 year old Quarter horse with a height of 15.1hh. King is our shining star. One of the most honest horses, as he is so calm with any rider. He excels in all aspects of our program. 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>.



[Sponsor King Today](#)

## A DONOR'S STORY

### JPH Equipment – Danni

JPH Equipment is a locally owned family business. They have been supporting the LTRA over the past few years, through sponsorships for different events and volunteering in classes. The work LTRA does for the community is something that is unique and amazing that JPH Equipment strongly believes in and supports.

JPH Equipment noted that choosing to donate to the LTRA was an easy decision because they not only include individuals of all skill and abilities, but they also work on community engagement with programs like horses in the park and window visits sharing the therapeutic benefits of horses with so many people in our community. Danni at JPH said “It is so amazing to not only be able help with sponsorship, but the addition of volunteering for classes provides a greater connection to the work and the programs that LTRA offers.”

### Contact Us

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## THANK YOU FOR YOUR DONATIONS

We would like to offer our deepest gratitude and heartfelt appreciation for your generous donations.

Your unwavering support and selflessness have made a significant impact here at LTRA. Thanks to your contributions, we have been able to support those in need and make a positive change in the community.

We are truly humbled by your kindness and willingness to stand by our side in making a difference. Your donations have not only touched the lives of those directly affected, but they have also brought hope, joy, and relief to their families and loved ones.

It is through the compassion and generosity of individuals like you that our mission becomes possible. Your actions inspire us to continue our work with renewed dedication and determination.

Please know that every dollar you donated will be utilized prudently and responsibly, with the utmost commitment to our cause. We understand the value of your contribution, and we are committed to maximizing its impact to effect positive change. Visit our website to see a list of the sponsors who made our Drive for Dreams and Denim, Diamonds, & Derby events possible, <http://www.ltra.ca>.

Once again, thank you from the bottom of our hearts for your invaluable support. Together, we are creating a brighter and better future for those we serve.

If you have any questions or would like to know more about the impact of your donations, please do not hesitate to reach out to us. We are always eager to share updates and progress with our generous donors.

With deepest gratitude,

Lethbridge Therapeutic Riding Association

## OUR MISSION

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*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.*

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