

TROT TAILS

TROT promotes physical, psychological and social well-being of people with special needs by providing animal-assisted therapies and activities.



A Note from the Executive Director

What a vibrant and fantastic fall we have had! It has been an honor and privilege to serve as TROT's Executive Director and to witness firsthand the positive impact that therapeutic horsemanship provides to our families. Therapy and activities incorporating horses has a profound effect on the children and adults that live with physical, psychological, and social challenges and on individuals pursuing personal growth and learning. I'm so impressed by our staff that helps drive our now five programs and the amazing volunteers and horses who are the backbone of these services. Thank you to the many sponsors and donors who are helping to change lives...We see it, we feel it, we know it.

Sincerely,

Cynthia MacFarlan

Cynthia MacFarlan
Executive Director



IMPORTANT DATES

COWBOY CHRISTMAS DECEMBER 17TH | 1-3PM

Come to TROT to take your holiday photos with some of your favorite equine therapists. You can expect hot cocoa, treats, a raffle, and lots of horsey, holiday cheer!

RAFFLE DRAWING DECEMBER 31ST | 1:00PM

Enter for a chance to win a Henry Brass Rifle! Tickets are \$20 and can be purchased at TROT's office or Ranch & Home in Kennewick, WA on 11/19 and 12/10.

SPRING CLASSES APRIL - JUNE 2023

7TH ANNUAL MANE EVENT JUNE 24, 2023

Join us for a boot scootin' barn burnin' rip roarin' good time! There will be food, drinks, live & silent auction, and live music by Jamie Buckley. Interested in becoming a sponsor? Contact info@trot3cities.org for more information!

Thank You To Our Trot For TROT Sponsors!

Title Sponsor



Gallop Sponsors



501c3 Non-Profit Sponsors



In Kind Sponsors



Trotting With A Purpose

The 2nd Annual Trot For TROT was a huge success! We had over 232 runners registered and added a 10K route this year. Dutch Bros. served their delicious coffee and hot chocolate. We had many wonderful volunteers who helped make the event possible. Thanks to everyone who came out and made it a huge success! Together we raised over \$7,000! This money will go towards the development of our new program, Horses Helping Heroes, and our future Summer Cowboy Camp.



Horse Helping Heroes Highlight

This August, TROT piloted a new program called Horses Helping Heroes. This program is a six week course designed to benefit Veterans, First Responders, Law Enforcement Officers, and Healthcare workers. Meet Paul, a new participant at TROT who recently joined the program. Paul spent 20 years in the Air Force and currently lives on 5 acres outside of Othello. They have five horses on the property. Paul commented, "I really enjoyed taking care of them, but I wanted to learn more about horsemanship. That's when I heard about TROT on one of the local country radio stations."



"I didn't understand how much horses actually teach me instead of me teaching them. I've been in senior management positions for a long time. I'm used to being in charge, calling the shots, and expecting people to get things done when I ask. I love working with Andy, but he's stubborn and doesn't always do what I ask. I've realized that until I relax, change my body language, and calmly give him the right cue, he won't respond to me. Because of Andy, I've learned I need to make some changes in the way I deal with people around me."

"My favorite part about the program is the people. I've spent a lot of time with Richard, helping him get the horses ready for class and just learning from him. Janelle kind of adopted me and has helped me feel so welcome. I was excited when I trotted for the first time on Andy. I realized I could not have done it without the community around me."

Interested in our Horses Helping Heroes program? Please call our office at 509-412-0112 or email us at info@trot3cites.org for more information.



WELCOME JACY THOMAS!

Jacy joined the TROT Team in August as our new Program Coordinator! Jacy received her bachelor's degree in criminal justice and spent time working with at-risk youth in the juvenile justice system. She also worked on a troubled boys ranch in Wyoming. Through these experiences, she discovered her love for horses and her passion for helping people in the community. Welcome to the TROT Team, Jacy!

WE WILL MISS YOU, NICK!

Nick, a beloved rider and employee at TROT, will be moving to Colorado this winter. Nick began riding in our adaptive riding program in 2017. In 2021, Nick was hired as our Facility Maintenance Staff and has been a huge help keeping our facility clean and our horses happy.



Meet Cobie!

Cobie joined the TROT herd in August and has been a wonderful equine therapist. He is a twenty-year-old chestnut quarter horse. He is a former barrel racer, and he has been in 4-H and WAHSET. He is a sweet, easy going guy that everyone has come to love.



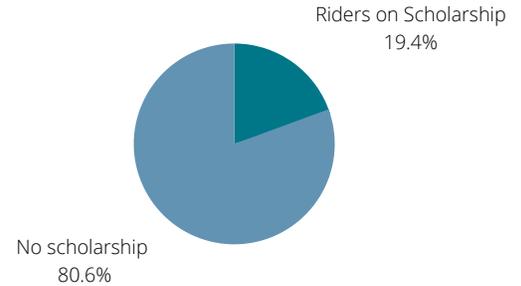
Instructor Highlight

Rebekah began volunteering at TROT in 2022 and quickly became one of our wonderful instructors. Her favorite part about teaching therapeutic riding lessons is getting to know the students and their families while watching them grow and learn with each lesson. It's easy to see how her students light up when she interacts with them during each session.

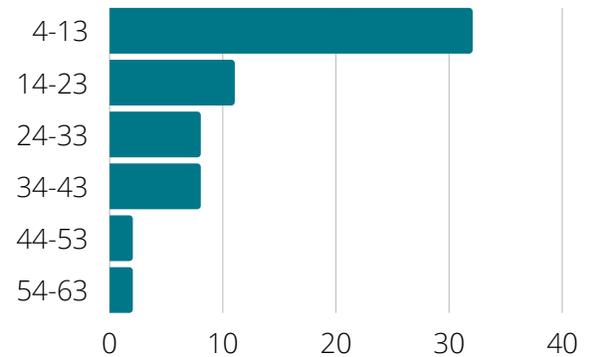
2022 Fall Programs

Statistics

Students and Scholarships



Age Range for Participants



Q: How much does it cost to feed and care for a horse per year at TROT?

A: \$3,040 per horse

Q: What does it cost to run TROT's Adaptive Riding Program for one year?

A: Equine care, staff, and scholarships is \$146,840.

Want to Help Support TROT's Programs?

**Become a Board Member!
Now accepting applications!
Apply at trot3cities.org under "About" or call 509-412-0112.**

*****For more information, contact board@trot3cities.org*****

Cowboy Christmas

Saturday, December 17th | 1:00 - 3:00pm

104 E. 41st Place, Kennewick, WA 99337



Come to TROT to take your holiday photos with some of your favorite equine therapists! You can expect hot cocoa, treats, a raffle, and lots of horsey holiday cheer!

TROT wishes to thank the following foundations and organizations for their generosity in 2022!

- William H and Mattie Wattis Harris Foundation \$2,000 grant for TROT's new Cowboy Camp
- Women Helping Women (undisclosed) grant to support TROT's Adaptive Riding program
- PAVE Respite \$500 Technology Grant for a new webcam - the OWL
- Legends Casino \$5,695 Equipment Grant for a new Independence Saddle for the Adaptive Riding program
- J.R. Simplot Company Foundation for sponsoring TROT's Mane Event "Trail Blazin' Barbeque"
- GESA Credit Union \$10,000 Local Heroes grant to support TROT's new Horses Helping Heroes program
- Three Rivers Community Foundation \$5,000 Annual Grant to support TROT's Adaptive Riding program
- Wildhorse Foundation \$5,695 Equipment Grant for a new horse shelter

Interested in Volunteering?

Did you know when our adaptive riding classes are in session, 40 students/week requires 60-70 volunteers/week? TROT relies on volunteers to help us offer vital services in the local community.

For more information, email volunteer@trot3cities.org or scan the QR code with your phone to fill out a volunteer application today!



QUARTERLY NEWSLETTER FALL 2022

STAY UP-TO-DATE ON TROT HAPPENINGS

Sign up for our monthly newsletter and get the latest updates delivered right to your email inbox.



Scan the QR code with your phone's camera