

*T.H.R.I.L.*



## Therapeutic Horse Riding In Lindsay - January 2025 – Winter Newsletter

WOW! We are entering a new decade of T.H.R.I.L. For over 10 years, we have strived to create a welcoming, accessible, affordable, quality program that enables participants of all ages with challenges to experience the wonderful healing energy of the horse and live up to our motto --- ***Changing Lives- One Stride at a Time!***

Registration for the Spring Session, which starts in early April, is coming soon. Current riders and participants should check their inboxes in February for a chance to register early. In March, registration will open to new participants.

### Your 2025 Board/ Executive and Instructors



We continue to challenge ourselves to offer affordable programs with therapy riding, ground horsemanship, and driving with our accessible carriage and cart that allows wheelchairs so that those that can't ride could drive! The volunteer-run *T.H.R.I.L.* executive (**Kelly Russell-Poliquin and Bernie Mitchell**) have been working diligently behind the scenes! We welcome **Audrey Cahais**, as communication/secretary, who has made this newsletter in an accessible format, and **Janice McDonald** (long time volunteer) as our Treasurer. Thank you, Corinne and Joan, who previously held these positions, for your years of dedication. We also welcome **Kathleen Norman** as a Director of T.H.R.I.L. Her business acumen and experience as a parent of a child with special needs is much appreciated.

Our office is currently staffed by **Renee Carman** (now a fully certified CanTRA instructor and superb carriage driver), with assistance from **Hannah Churchill**. And congratulations going out to our Program-Coordinator-on-maternity-leave, **Samantha Hill**, on the birth of her third son last year. Samantha will be back this spring to resume program management duties.

### Our Volunteers

We want to reach out and THANK our **Volunteers**. Without our volunteers we would NOT be able to run our program. We appreciate, respect, care and want to honour our volunteers in every way that we can. One way we have been able to give back to our volunteers has been offering winter horseback riding lessons weekly. We also held a pizza party in June and a Chili (Executive Cook-off!) contest in November for participants and volunteers to mingle and socialize! **We need more volunteers. Please e-mail us at [info@thril.ca](mailto:info@thril.ca) to see how you can help.**

### Recent, Current and Upcoming Events

We are currently running our **Winter Horsemanship Program**. Our participants are learning from the ground up! Equine anatomy, grooming, parts of the saddle and bridle, and truly making a connection to the horse to ask for partnership in the arena through obstacles on the ground. Email [info@thril.ca](mailto:info@thril.ca) and if you are interested in joining the next sessions in February.



Last summer, in addition to our weekly program, several riders took advantage of a video competition, and we had lots of ribbon winners! Congratulations to all our riders for their huge efforts and achievements.

We also did a few demo days this fall with Luna and her carriage. Lots of fun was had by all, with several participants having a chance to hold the reins. Exciting times to come!



Huge fun was had at our November **Euchre Card Party!** Lots of laughter and prizes and fundraising! Thank you to Joan Mercer, Fran Moore and volunteers for an immense amount of hard work to put this together. So much fun, that we have another **Euchre Night on Saturday, April 12<sup>th</sup>, 2025** again at the Lindsay Curling Club! Email Janice for information and to register your name at [piggottlake@icloud.com](mailto:piggottlake@icloud.com) Cost is \$40 includes pizza, salad and dessert and a charitable receipt. E-transfers are to go directly to [info@thril.ca](mailto:info@thril.ca)



We also had a wonderful **Fundraising Golf Tournament** in June last year. We have already rebooked for this year at the Lindsay Golf & Country Club! This is a huge fundraiser for us and a FUN day! Please join us on Wednesday, June 25<sup>th</sup>, 2025, for another great day of FUNdraising. Donations of prizes and raffle ticket items gratefully accepted. Sign up early and include a hole sponsorship! Contact [info@thril.ca](mailto:info@thril.ca) for more information to sign up yourself or a team! Cost includes, BBQ lunch, 18 holes with cart, goodie bag, dinner, prizes and fabulous raffle items and is \$140 per person for "early-birdy" registration, with a partial charitable tax receipt. Contact our golf tournament co-ordinator Guy Poliquin at [guypoliq@gmail.com](mailto:guypoliq@gmail.com) for more information. E-transfers are to be made to [info@thril.ca](mailto:info@thril.ca)



## Fundraising

Thank you to those individuals that donated in 2024 to support the costs of our programs, directly helping to keep our participant fees affordable. Continued support of our **Adopt A Therapy Pony Program** is essential. For a **\$100 BRONZE** donation, you can cover vet and farrier fees for one horse/pony for a month! For a **\$300 a SILVER** donation, you cover their food and accommodation for a month. For **\$500** as a **GOLD** sponsor, you cover all their needs that month and we offer a photoshoot with your pony! A donation of \$6,000 cover the costs for one horse for the year!

We also have our **Business Sign program**. New Sign Sponsors recently are Staple & Swain Professional Corporation. Know a business that would like to advertise and support *T.H.R.I.L.*? Contact [info@thril.ca](mailto:info@thril.ca) For as little as \$100 a year, your business can be promoted online and in our indoor arena.

## **REMINDER** - Bottle/Can Drop Off at Field of Dreams Farm for *T.H.R.I.L.*!

*T.H.R.I.L.* is continuing its year-round Returnable Bottle Drive! You may leave your empties in the designated bin in the viewing room! Last year it added up to over \$500. Thank You for recycling with us!

## Maxwell and Ruth Leroy Foundation

We are so very thankful once again for the fabulous support from this Foundation. Their support helped us complete our arena wall mural, with interactive sensory pieces, created by Jennifer Churchill, provided storage for our equipment and driving carts as well as helping to improve our accessibility on the farm with automatic door buttons for the tack room, viewing room and bathroom (to be installed 2025).



## Final Words

Please share our newsletter with your friends and family and ask for their support. As a registered charity, we can provide a charitable donation receipt for tax purposes. Funds can be e transferred directly by e-transfer to [info@thril.ca](mailto:info@thril.ca) or through our website which offers pay-pal/credit card payments. Please visit our web site at [www.thril.ca](http://www.thril.ca) and follow us on at [www.facebook.com/therapyonfourlegs](https://www.facebook.com/therapyonfourlegs) ! We truly need your help.