



Heartland Equine Therapeutic Riding Academy

HETRA ■ PO Box 260 ■ Valley, NE 68064 ■ (402) 359-8830 ■ www.betra.org

December 1, 2003

"If you were to see my child riding her horse you would not know that she had a disability; she looks like every other kid up there riding." You can imagine how proud this HETRA parent was, but even greater than that, can you imagine how proud that HETRA student was the first time she took the reins and rode off without assistance.

At HETRA we see miracles like this happen every day!

- ◆ Miracles such as the horse that ever so gently reaches down to take a treat from a weak and uncoordinated hand.
- ◆ A rider that you normally have to strain to hear speak, shouts his horse's name so loudly that it startles everyone in the arena.
- ◆ The student that normally slouches in his wheelchair suddenly sits up tall without much assistance when they are riding their favorite horse
- ◆ The student who won't use their weaker hand for any activity, use every muscle in their body to reach out and pet their horse to tell the horse he did a good job.
- ◆ And it is not just the self esteem and self confidence that we see improve but the student's physical abilities and the ability to be more independent in the their every-day life.

HETRA has been witnessing these small miracles since we opened our doors in 1989. This past year we completed 1015 individual therapeutic sessions (or small miracles) for adults and children with disabilities out of our main facility in Valley, and our satellite facility in Omaha. With the help of generous people like you, HETRA offers scholarships for those who cannot afford to participate in our program. In order to keep our fees minimal HETRA supplements \$50 for each student each time they ride. We do this through private donations and fundraisers. This has allowed us to keep the HETRA experience affordable for everyone.

As you can see the expenses incurred to operate the program are great, but the benefits to our students can't be measured in dollars and cents. I am writing to ask your assistance in helping HETRA meet it's needs so we can continue to provide a quality program that facilitates these small miracles each day. →

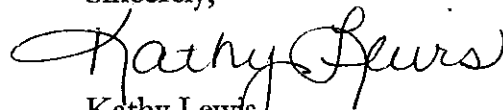
YOU CAN HELP CREATE A SMALL MIRACLE TODAY!

You can help HETRA continue to expand the program, and allow us to reach out to more individuals who would benefit from HETRA's small miracles. In addition to the therapeutic horseback riding program, and Hippotherapy program, we are in the final stages of planning for a driving program. The driving program will allow us to serve those students who, due to a severe disability, may not be able to mount and ride a horse. Yet through the driving program, they will be able to sit behind the horse and experience the joy and self fulfillment of controlling and interacting with these amazing animals from a cart. HETRA is also working towards raising funds to heat our indoor riding arena. We are currently running therapeutic riding sessions from March through October, but due to the inclement Nebraska weather we are unable to run sessions year around. Many of our students are missing out on 4 or 5 months of valuable therapeutic sessions. If we can raise the funds to heat our indoor arena, it will allow us to run sessions throughout the year.

Out of the 11 programs of this type in Nebraska, HETRA is the only NARHA (North American Riding for the Handicapped Association) **Premier Accredited program**. All of our instructors are certified through NARHA. Please visit HETRA's web site www.hetra.org if you are interested in learning more about the organization, meeting some of our very special therapy horses, or seeing some of our extraordinary students and volunteers in action.

We invite you to become part of this miracle and part of the HETRA family by sending a donation that will make a difference in someone's life!

Sincerely,



Kathy Lewis
Annual Fund Chairperson