

# Cowichan Therapeutic Riding Association

OCTOBER/NOVEMBER 2010



## THE LEADING REIN

### Contents

Para-Equestrian Canada Competes in Lexington, KY	1,2,3
Golf Tournament Sponsors	3,4
Our Great Lake Walkers	5
Thrifty Food Smile Card Fundraising Program	6
Polo, Anyone?	6

WE ARE LOOKING FOR A DONATED HORSE, VACUUM CLEANER and a FLAT SCREEN MONITOR!!

### CALENDAR OF EVENTS

Oct 20	Fall session starts
Nov 14	Open House/In-House Horse Show (10 am)
Nov 28	CanTRA Workshop <i>"The Art of Lungeing the Therapy Horse—Level I"</i>
Dec 4	Fall session ends
Dec 6	Make up lesson for October 11
Dec 9	Make up lesson for November 11
Jan 10, 2011	Winter session starts
Feb 24	Annual General Meeting
March 12	15th Annual Dinner Auction—themed <i>"Polo anyone?"</i>

### RIDING PROGRAMS

Winter Session January 10, 2011 to March 19  
Session Fee is \$295.

Call Carole Ireland for more information at 250 746-1028

## PARA-EQUESTRIAN CANADA COMPETES IN LEXINGTON, KENTUCKY

The Para-Equestrian Canada had 7 team members represent Canada at the 2010 Alltech FEI World Equestrian Games (WEG) held in Lexington, Kentucky held September 25 to October 10, 2010.

The Canadian Para-Dressage Team members were Lauren Barwick, Sharon Buffitt, Eleonore Elstone, Ashley Gowanlock, Tara Kowalski, Madison Lawson and Jennifer McKenzie.

#### Lauren Barwick

Lauren Barwick, of Aldergrove, BC, started riding horses at the age of seven. She moved quickly through the ranks of Pony Club and began to compete in both eventing and show jumping. Barwick loved the thrill of competition and dreamed of becoming a professional stunt person specializing in horsemanship.

But Barwick's life took an unpredictable turn in 2000, when a bale of hay from an unstable stack fell on top of her. The incident broke her back, and paralyzed her from the waist down. One year after the accident, Barwick shifted her dreams away from stunt riding, and quickly refocused on Para-Equestrian sport.

Barwick, has successfully represented Canada at a number of para-equestrian international competitions. She earned great results at the 2004 Paralympic Games in Athens, but most remarkable is her gold and silver medal performances at the 2008 Paralympic Games in Hong Kong. Along with her horse Maile, Barwick, 32, has helped to propel the sport of Para-Dressage into the spotlight. Maile is a 16-year-old bay Dutch Warmblood mare.

#### Sharon Buffitt

Buffitt, 35, of Montreal, QC, leased Ecurie d'aubrac's ten year-old Canadian Sport Horse, Gitane D'Aubrac, in the winter of 2009 with the goal of becoming a member of the Canadian Para-Equestrian Team.

### DID YOU KNOW:

- **CTRA is now registered with the Cowichan Valley Bottle Depot. You may donate the money from your empties by letting them know to put it on CTRA's account.**
- **CTRA is an independent non-profit charity that leases the Providence Therapeutic Riding Centre from Providence Farm.**
- **CTRA's charity # is: 89172 3843 RR001**

Continued on Page 2

## PARA-EQUESTRIAN

.....continued from page 1

This past spring, Buffitt traveled to Moorsele, Belgium to compete on a borrowed horse. Buffitt was also a member of the Canadian Para-Equestrian Team at the WindReach International, where she finished in fourth place in each of her tests.

### Eleonore Elstone

As a native of Langley, BC, Elstone was born in Germany and immigrated to Canada in 1974. As a Grade 4 rider, Elstone, 58, first began competing in the sport of Para-Dressage in 2006 at the CPEDI4 Pacific Rim competition held in Langley, BC where she successfully won each of her classes, and continued on to represent Canada at the World Para-Dressage Championships the following year. These successes qualified Elstone to compete at the 2008 Paralympic Games in Hong Kong, allowing her to accomplish her goal of participating at a Paralympic Games. For WEG, Elstone rode Why Not G, a seven-year-old bay Dutch Warmblood gelding owned by Kelleigh Kulscar and Elstone.

### Ashley Gowanlock

Gowanlock, 23, started riding for therapeutic reasons when she was two-years-old, and for her, what started as a hobby soon grew into a passion. A resident of Vancouver, BC, Gowanlock, first represented Canada at the 2007 Para-Dressage World Championships in Hartpury, Great Britain, where she finished eighth in the Team Test and Freestyle, and placed seventh in the Individual Championship Test. In 2008, Gowanlock qualified for the Paralympic Games where she had strong results in each of her tests.

### Tara Kowalski

At the young age of five, Kowalski, 20, of Chilliwack, BC, was introduced to the world of equestrian sport. Born three months premature with cerebral palsy, she was quick to discover a love and passion for horses and Para-sport. Kowalski recently began riding and competing on MJ Fatal Atracson, a 19-year-old Anglo-Arabian gelding owned by Dr. Philippa Keegan and Rachael Tipper.

### Madison Lawson

Following a riding accident in the summer of 2007 while exercising a friend's horse, Lawson, 16, of Bonfield, Ontario, suffered spinal damage and spent the rest of the year learning to walk and adjusting to life as an incomplete paraplegic. By February 2008, Lawson was back in the saddle and put all of her energy into learning about the sport of Para-Dressage. Lawson has emerged as a promising young Canadian athlete with her horse McGuire, a 15-year-old dark bay Canadian Sport Horse gelding. Lawson and McGuire first represented Canada at the WindReach International, earning three, fourth place finishes in the Grade 4 tests.

### Jennifer McKenzie

Jennifer McKenzie began her riding career as an avid pony clubber, and eventually established herself as a successful three-day eventer in Western Canada. In 1982, she represented British Columbia at the prestigious North American Young Riders' Championships. Just one year after the Championships, an accident on a cross-country course left McKenzie with paresis, or partial loss of movement, throughout the right side of her body. She was unable to continue with the rigours of eventing, and it was not until 1999 that she turned to the Para-Dressage discipline.

Since starting para-equestrian pursuits, McKenzie has represented Canada 10 times, most notably at the 2003 and 2007 Para-Equestrian World Championships and at the 2008 Paralympic Games in Hong Kong. McKenzie, 46, of Maple Ridge, BC, has also been named Athlete of the Year 2007–2008 by PacificSport Fraser Valley and by Horse Council British Columbia in 2003.



**Tara Kowalski**

### Results of the Canadian Para-Dressage Riders at the 2010 Alltech FEI World Equestrian Games (WEG)

Canada's first participant in the Freestyle was Tara Kowalski riding MJ Fatal Atracson. Kowalski earned a score of 59.950% for 15th place overall in Grade 1a.

In the Grade 2 Freestyle, Lauren Barwick and her horse Maile, earned a score of 74.500 % for fourth place, just 0.45% away from the bronze medal score.

In 12th place in the Grade 2 Freestyle test, with a score of 67.850%, was Sharon Buffitt riding Gitane d'Aubrac.

Jennifer McKenzie and Sunbury Lodge Voodoo finished in 16th place with a score of 65.750% in their Freestyle Test.

In the Grade 1B Freestyle Test, Ashley Gowanlock and Donnymaskell received a score of 67.050 % for eighth place.

Continued on Page 3

Your **CERTIFIED** Vancouver Island Dealer



**WINDOWS & DOORS**

- NEW CONSTRUCTION
- RENOVATIONS • INSTALLATION

5272 Boal Road, Duncan  
(250)746-9570



**THRIFTY FOODS™**




**HAYES STEWART LITTLE & COMPANY**  
CHARTERED ACCOUNTANTS

823 Canada Avenue, Duncan (250)746-4406



*Kate Roome Shannon Roome*

Put four generations of Valley life to work for you!



Duncan - Mill Bay  
shannonroome@remax.net  
kateroome@remax.net

250-748-7200

**Winners of our 2nd Annual Golf Tournament were:**  
Darren Pridham  
Sean Lefebure  
Rob Larsen  
Gary Renton

## PARA-EQUESTRIAN .....continued from page 2

Finishing in 11th place with a score of 69.500% in the Grade 4 Freestyle test was Madison Lawson with her horse McGuire, a 13-year-old Canadian Sport Horse gelding. Rounding out the Canadian riders in Grade 4 was Eleonore Elstone and Why Not G. The pair finished in 13th place with a score of 68.550%.

### About Para-Equestrian Canada

Para-Equestrian Canada is the Equine Canada committee responsible for developing programs for athletes with a physical disability, and implementing the Para-Dressage high performance program. Para-Equestrian is one of Canada's most successful international disciplines, achieving an individual gold medal and an individual silver medal at the 2008 Paralympic Games, as well as two individual bronze medals at the 2004 Paralympic Games.

### About Para-Equestrian Sport

Para-Equestrian sport provides riders with a physical disability the opportunity to compete against other riders with similar abilities. Riders are given a "Grade" based on their functional ability, and are judged on their riding skill against other athletes of the same Grade. There are five grades of competitions in dressage, with Grade 1A representing the more severely impaired riders, and Grade 4 representing the least severely impaired riders. Many Para-Equestrian athletes also compete alongside able-bodied competitors in Equine Canada competitions. At the grass roots level, Para-Equestrian encompasses a number of different disciplines, while the international stream focuses only on Para-Dressage.

### 'Sea-to-Sea' Para-Dressage Video Competition Series here at Cowichan Therapeutic Riding facility

Para-Equestrian Canada also hosts the "Sea-to-Sea" Para-Dressage video competition series. This series provides dressage riders with an opportunity to experience competition conditions in the comfort of their home stable and on a familiar horse. On August 14 CTRA had 4 riders perform a "Sea-to-Sea" test, Angel McGrath, Ross Wristen, Kiara Caplin and Kirsten Milligan in our own riding ring. The riders enjoyed the challenge of the test. **We are holding an In-House Horse Show and Open House at 10 am, November 14 and everyone is welcome to come and watch.** There will be concession food available in our heated lounge.

Hole-in-1 sponsor



Chapter Owner: Rob Larsen  
email: [mulligangolf@live.ca](mailto:mulligangolf@live.ca)  
Phone: (250) 618-9511

## Mulligan Tour

"The Public Golfers Tour"

Hole sponsor

### Arrow Custom Cycle

5255 Trans Canada Hwy  
Duncan, BC  
(250)746-0373

Hole sponsor



**Ken Evans Ford**  
1-800-748-2155  
439 Trans Canada Hwy  
Duncan, BC  
Quality People, Quality Products, Quality Service


6466 Bell-McKinnon Road, Duncan (250)748-5814

Hole sponsor



Jayne Shaw of  
and Selkirk Shaw Golf Services Ltd.

Bonnie Siddals of



OFFICE  
9728 Chemainus Rd.  
Chemainus, BC  
[bonniesiddals@shaw.ca](mailto:bonniesiddals@shaw.ca)  
TOLL FREE: 1-800-665-8313

Hole sponsor


Hole-in-1 sponsor



Lynda Larsen of

Mortgage Expert  
Tel: 250-729-7099  
Cell: 250-713-6123  
[llarsen@dominionlending.ca](mailto:llarsen@dominionlending.ca)  
Dominion Lending Centres Vanisle

Hole sponsor



Fireplace Products Ltd.  
Duncan, BC (250) 748-1184

Hole sponsor

### Dodds Lumber and Building Supplies

7281 Trans Canada Hwy  
Duncan, BC  
(250)748-1032

Other Golf Tournament supporters include: Apple Auto Glass, Arbutus Ridge Golf & Country Club, Beverly Corners Liquor Store, Horse Council BC, Cherry Point Vineyards, CIBC (Chemainus), Cowichan Sound & Cellular, Cobblecinos, CVI-Best Western, Dave Campbell Golf Academy, Dinter's Nursery, Discovery Honda, End of the Roll, Furniture One, General Paint, Georgina Montgomery, Highway Rentals, Planet Clean, Just Sew Embroidery, Just Jakes, Leon Signs, Merridale Cidery, Meyers Norris Penny, Mid Island Ink Depot, Pioneer House Restaurant, Safeway, Brook Holdack, Sleep Country, Tim Horton's, Woodworks Renos, and Zuk Designs.

*Thank you to all who participated!*

# OUR GREAT LAKE WALKERS



**Rebecca Ridley**

This year we were fortunate to have 2 walkers, Rebecca Ridley and Lara Kestello walking on our behalf. They chose Cowichan Therapeutic Riding Association as their charity of choice.

Rebecca Ridley fell in love with horseback riding at an early age. She has been riding since she was young, both competitively and recreationally. She loves every moment she spends with her horses and finds peace in the atmosphere. Rebecca is a second year student nurse who understands how important riding can be as a therapeutic modality which is why she chose to support CTRA.

Lara Kesteloo grew up on a hobby farm where her aunt taught her to ride when she was 5. They moved away when she was 12 only to get a new opportunity to start riding again at the age of 20. To her, riding is a source of relaxation and a break away from life. Like Rebecca, Lara is a second year nursing student. She works with three disabled children, one of which is involved in a riding and sailing program and has seen the difference it has made in that child's life.

The girls completed the walk in 10 hours, 15 minutes placing 123rd and 124th. The net proceeds pledged for Lara and Rebecca's efforts were \$2,015. The Great Lake Walk is a very challenging 56-km around Lake Cowichan. Details of the event may be found at <http://www.greatlakewalk.com/>

***Thank you both for a job well done. Cowichan Therapeutic Riding Association is most grateful to you for walking and raising pledges on our behalf! "***



**Lara Kestello**

## COWICHAN THERAPEUTIC RIDING ASSOCIATION

1843 Tzouhalem Road  
Duncan, BC V9L 5L6

Phone: 250-746-1028 Fax: 250-746-1033

Email: ctra@telus.net Website: www.ctra.net

Office Hours: Monday to Friday— 9:00 to 4:00

### CTRA Staff

Carole Ireland: Volunteer/Program Coordinator  
Jodie Lang: Stable Manager  
Sylvia Berryman: Financial Coordinator  
Barb Hill: Caretaker

### CTRA Instructors

Lisa Pink (CanTRA Coach)  
Jane James (CanTRA Coach)  
Margaret Rigby (CanTRA Coach)  
Dani Vipond (Intermediate Instructor)  
Irene Lintner (Intermediate Instructor)  
Katie Mahon (Intermediate Instructor)  
Sabine Molfenter (Intermediate Instructor)

### Part-Time Staff

Beth Davies, Rhiannon Ashton, Nicole Nash-Little,  
Angel McGrath, Katrina Evernden

## Thrifty Foods Smile Card Fundraising Program

By Shopping at Thrifty Foods, here is an easy way to support CTRA.

1. **Pickup your Smile Card** at CTRA offices or phone (250) 746-1028 and have a card mailed.
2. **Take the Smile Card with you to any Thrifty Foods** and ask the cashier to load any amount you wish onto the card before having your grocery order rung through.
3. **Pay for your card** load with cash, debit card or credit card. Thrifty Foods will donate an amount equal to 5% of the amount you load on your Smile Card to CTRA. **There is absolutely no cost to you.** When the card balance is running low, load it again to continue support.
4. **Ring the grocery order through and pay for the order with your Smile Card.**

## POLO, ANYONE??



Our 15<sup>th</sup> annual event will be themed “**Polo anyone?**” and will be taking place on March 12, 2011 at the Quw’utsun’ Cultural and Conference Centre. This much anticipated social event is always a fun-filled evening with Cam Drew as auctioneer, raffles, live entertainment and delicious food.

Our dinner auction last year, themed “**A Day at the Races**” was a huge success thanks to the generosity of our donors and enthusiastic attendees. The revenue from the Dinner Auction is a significant portion of our fundraising dollars, thanks to all our past supporters.

We usually auction off 10 to 15 larger items in our live auction and have five silent auction tables that close throughout the evening. If you have any new items you would like to donate please bring them to our lounge or call for pick up.

Tickets for this year’s Gala Dinner Auction are \$60 per person or \$420 per table of eight. Space is limited at the Quw’utsun’ Centre and last year the event did sell out. We are able to email you registration forms ahead of time to streamline the arrival process. If you are interested in attending it is recommended you order your tickets as soon as possible.

Please give us a call if you would like more information at 746-1028.

***We hope to see you and your friends there!***