

# Cowichan Therapeutic Riding Association

DECEMBER 2010/JANUARY 2011



## THE LEADING REIN

### CALENDAR OF EVENTS

Jan 10	Winter session starts
Jan 23	Strategic Planning Meeting
Feb 24	Annual General Meeting
Mar 12	Gala Dinner Auction
Mar 19	Winter session ends
Mar 28	In-house Horse Show
Apr 1	Spring session starts
June 11	Spring session ends

### RIDING PROGRAMS

Winter Session January 10 to March 29, 2011  
Spring Session April 1 to June 11, 2011

Session Fee is \$295.

Call Carole Ireland for more information at 250 746-1028

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### HOW DO YOU SAY HORSE IN SPANISH?

Jane James, one of the founders, past Executive Director and current Instructor at CTRA left for Mexico in December. She connected with a couple of Equine Therapy Centres in Mexico and shares her story below.

*"Merida is a lovely cultural city located in the Yucatan peninsula. Its inhabitants number several million and it is the capital of the state of Yucatan. It is billed as the "safest place in Mexico" and I have found the Mexican people to be very warm, friendly and family oriented. They have a therapeutic riding*

*program on the outskirts of the city with approximately 60 riders who attend weekly. Their riders have a wide range of disabilities, both physical and cognitive, much the same as we do. Their program operates from what used to be the Club Hippico (riding club) but it has since moved to a new and grander location and the therapeutic riding program is just waiting for their new facility to be ready for occupancy. There is a huge amount of work to be done before the new facility will be as nice as the location they currently occupy.*

*The big task over Christmas break was to dismantle their covered arena and transport it to the new place. This new facility is made*



Riders typically ride with no helmets and the instructor mounted behind.

### CTRA Wishlist

Flat screen monitor  
Horse  
Hay  
Saddle  
Laptop  
Vacuum



Computer Technician to help with Local Area Network. Please call 250-746-1028.

### DID YOU KNOW THAT:

- In 2011 we will celebrate CTRA's 25th Anniversary



- CTRA started in 1986 and moved to Providence Farm in 1988
- CTRA serves children and adults with a wide range of physical, intellectual, emotional and behavioural special needs
- CTRA's charity # is: 89172 3843 RR0001

## ENGLISH "HORSE" = SPANISH "CABALLO"

.....continued from page 1

entirely of cement - cement block fence around the perimeter, cement block box stalls, cement block offices, even a cement block round pen.....not a tree in sight! Mexico has very little in the way of lumber resources but they are very good at constructing anything out of cement.

I spent a morning at APLE (Asociacion para la Equinoterapia), observing the lessons and offering help as the need arose. The instructors and volunteers at APLE are typical of "us". They are dedicated, passionate about what they do and totally devoted to their riders and horses. Unfortunately, they have no access to educational or updating opportunities and, at a guess, I would say they are about 25 years behind us in terms of program delivery and safety standards. This is not to say that they are not interested in gaining knowledge and updating the skills they have. When I asked how I could help (visualizing horse handling or side walking) they asked if I could observe the lessons and offer suggestions on improvements. They are thirsty for knowledge and desperate to learn! It is so easy to help when people are so open to learning! After observing for a morning it was obvious that we can help in so many ways. The lessons I observed involved an instructor back riding their rider. Some riders were young, some were teenagers. CanTRA will no longer condone back riding as a method of therapy because of the many safety concerns and we had a good discussion on this.....also the fact that no one was wearing a riding helmet. We did experiment with a rider who had never been alone on a horse before. He is 15 years old, with cerebral palsy and had a small amount of trunk control, so we decided to see how well he would manage on the horse alone. Results were good.....he looked pretty happy to be up there by himself and I'm sure his abdominal muscles got a good workout working to stay on top!

Many of their riders ride with a surcingle and pad, no saddle, no stirrups and in many cases, no bridle, just a rope halter and a lead rope, no reins. The horses are in good condition, well looked after, shod, groomed and trained. Mexican horses are naturally narrower than our NOB (North of the Border) varieties, which works well for therapy horses. When we had finished the morning session, I had a walk around and found their tack room. They had a couple of very old saddles (definitely not functional), a couple of saddles that were functional and a few bridles. Nothing close to the amount of tack needed to outfit 11 therapy horses of all sizes and shapes.

On my return home for Christmas, I discussed their situation with CTRA staff and we all agreed that our storage room was overflowing with equipment, much more than we will ever use. So, I am returning to Merida with two duffle bags full of saddles, bridles, pads, lunge lines, and, best of all, helmets that we have replaced but that will serve them well for a few years. Victoria RDA has also donated from their storage room. It's going to be like Christmas all over again and our Merida group is so excited.

It is amazing that, on the same continent, there can be such a great disparity between countries. We are so fortunate in Canada to have high standards and safety guidelines and the ability to share "our wealth" with programs in other countries."



## DINNER AUCTION — “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. One of the raffle prizes of the evening will be One Night Accommodation and Dinner for Two at Spinnakers Gastro Brewpub and Guesthouses in Victoria.

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. Some of our items received to date include a BC Forest Discovery Centre Family Day Pass, a leatherman, Tofino whale watching certificate, Robert Bateman print, and a stainless steel BBQ and rotisserie.

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 which is a great deal for a gourmet meal and an evening of entertainment. 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 RSVP to the office at (250)746-1028 or via email to [ctra@telus.net](mailto:ctra@telus.net)

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



### Dinner Auction Sponsors

**Meyers Norris Penny**

**Kate Roome and Shannon Roome of ReMax**

**Cowichan Press**

**Cowichan Citizen**

**89.7 Sun FM**

## TONKA , 2011 HORSE OF THE YEAR

Tonka came to CTRA in June, 2008 from Courtenay. She is a 16 hand Arab/Percheron cross, brown in colour. She was born in 1998. She is a good-natured mare, that really likes attention and affection.

Tonka has a conspicuous white mark on her head in the shape of a capital “T”. In the barn, Tonka is definitely the alpha-mare who wants to know what is happening everywhere at all times. Her stall is strategically located in the middle of things, with no immediate neighbours to bother her.

She is a good multi-tasker and tries very hard to tackle the job at hand. She can be mounted with the assistance of the lift, and is easily led through a dressage pattern by more independent riders. On the trail she is the first to spot strangers and always comes when she is called; a bit like a guard dog in that respect.

Tonka is a very expressive horse. When handed to someone new her nose wrinkles in curiosity as if to say, “Who are you?” Interestingly, Tonka, can hold a grudge. If she is mishandled by an individual, she won’t forget it, although can be talked out of it eventually (there is room for forgiveness).

We are very fortunate to have Tonka as she a beautiful, personable horse and very useful for therapeutic riding and horsemanship.



**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**

Jenn Barnes van Elk	Executive Director
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, Sophia Link

**Cowichan Therapeutic Riding Association**

**The Annual General Meeting**

will be held at 7:00 pm in the CTRA lounge on February 24. Paid up membership is required to be able to vote at the AGM. Please complete the form below if you wish to be a member for 2011.

*Thank you!*

**MEMBERSHIP FORM**

Cowichan Therapeutic Riding Association

New  Renewal

**Membership Form**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_



Dues (paid yearly January 1 to December 31):

Individual - \$10	<input type="checkbox"/>	Family - \$15	<input type="checkbox"/>
Lifetime - \$100	<input type="checkbox"/>		

Are you interested in any volunteering? Please indicate which areas:

Riding Program  Fundraising  Work Parties

Submit membership fee with this form and mail to CTRA or drop off and have a visit.