

# Cowichan Therapeutic Riding Association

AUGUST/SEPTEMBER 2010



## THE LEADING REIN

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### CALENDAR OF EVENTS

Aug 16 to 20	Summer Camp 1
Aug 23 to 27	Summer Camp 2
Aug 20	CTRA Golf Tournament
Sept 4	Volunteer Orientation (10 am to noon)
Sept 11	Volunteer Orientation (10 am to noon)
Sept 18	Great Lake Walk
Sept 20	Fall session starts

### RIDING PROGRAMS

**Summer Riding Camp:**  
August 16 to 20  
August 23 to 27  
Fee is \$200.

**Fall Session** Starts Sep-  
tember 20

Call Carole Ireland for  
more information at

250 746-1028

*CTRA  
Golf Tournament  
August 20, 2010  
at  
Cowichan Golf &  
Country Club*

Info: (250)746-1028

## REGISTRATION FOR GOLF TOURNAMENT STILL OPEN

On August 20th CTRA is holding its 2nd annual golf tournament at Cowichan Golf and Country Club. We encourage golfers of all levels to come out and join in the fun. Cowichan is a beautiful golf course and with the "Best Ball Texas Scramble" rules of the tournament and golf cart provided we guarantee even the novice golfer will have a great time.

### DID YOU KNOW THAT:

- CTRA serves children and adults with a wide range of physical, intellectual, emotional and behavioural special needs
- CTRA is an independent non-profit charity that leases the Providence Therapeutic Riding Centre from Providence Farm.
- CTRA's charity # is: 89172 3843 RR0001
- CTRA offers three 10-week long therapeutic riding sessions: fall, winter and spring.

The rules are very simple: A scramble means that all four team members tee off on each hole and then decide which of the four tee shots they like the best and mark the spot with a tee or ball marker. The other team members pick up their balls and place them by the marked spot. Each team member hits their next shot from the same marked spot. Each team should select a team captain to keep score and to make final decisions as to which ball the team will select to hit. This procedure is followed on every shot for the remainder of the hole, including putts.

The tournament is a great opportunity for golfers, volunteers and company representatives to get to know one another.

The tournament will include several contests: hole-in-one, closest to the pin and a putting contest.

Register a team, as a single or even just for 9 holes. **Registration Form on page 4.**



"3 Kings Contracting" foursome from the CTRA 2009 Golf Tournament silently watch and wait for the ball to drop (hopefully).

## At CTRA Summer Riding Camp we learned.....

“CTRA” has been providing riding camps for the children of the Cowichan Valley for the past 20 years. This year we are offering two camps: Camp 1 running August 16 to 20 and Camp 2 running August 23 to 27. The Camp Fee is \$200 per week.

Each camp blends campers from all walks of life and includes children with disabilities, as well as integrated riders from the community. Each camper is paired with one of our gentle therapy horses or ponies. Skills such as grooming, mucking out and tacking up help teach team work, responsibility and confidence while allowing each camper their own level of success. Stable management topics include parts of the horse, feeding and care of the horse, cleaning and care of tack and equipment.

Campers must be between the ages of 8 & 16. Priority will be given to riders in CTRA programs until July 24, 2010 after which spaces will be filled as received. Camp is a half day starting at 9:00 am and finishing at 1:00 pm. Riding groups will be made up of no more than 4 riders. Beginner and novice groups will have a one hour riding lesson each day. On the final day of camp all riders will trail ride on the many trails around Providence Farm. Each camper will be responsible for cleaning his/her horse's stall, replenishing water and helping to keep the aisle swept and clean. Stable Management lessons will feature a different topic each day.

Call 746-1028 to volunteer or to register your child.

**.....to tack up a horse.**



**.....to ride a horse.**



**.....to lead a horse.**



**.....stable management.**



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Mac giving Lisa Pink (Head Instructor) a photography lesson.

## All I need to know in life I learned from a horse.

- When in doubt, run far, far away.
- You can never have too many treats.
- Passing gas in public is nothing to be ashamed of.
- New shoes are an absolute necessity every 6 weeks.
- Ignore cues. They're just a prompt to do more work.
- Everyone loves a good, wet, slobbery kiss.
- Never run when you can jog. Never jog when you can walk. And never walk when you can stand still.
- Heaven is eating at least 10 hours a day... and then sleeping the rest.
- Eat plenty of roughage.
- Great legs and a nice rear will get you anywhere. Big, brown eyes help too.
- When you want your way, stomp hard on the nearest foot.
- In times of crisis, take a poop.
- Act dumb when faced with a task you don't want to do.
- Follow the herd. That way, you can't be singled out to take the blame.
- A swift kick in the butt will get anyone's attention.
- Love those who love you back, especially if they have something good to eat.

**COWICHAN THERAPEUTIC RIDING ASSOCIATION**

**1843 Tzouhalem Road  
Duncan, BC V9L 5L6**

**Phone:** 250-746-1028      **Fax:** 250-746-1033  
**Email:** ctra3@telus.net      **Website:** www.ctra.net

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

**CTRA Staff**

Carole Ireland:	Executive Director
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 Gerger	(Intermediate Instructor)
Irene Lintner	(Intermediate Instructor)
Katie Mahon	(Intermediate Instructor)
Sabine Molfenter	(Intermediate Instructor)

**Part time Staff**

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

**Great Lake Walkers step forward**

We are fortunate once again to have two friends step forward to participate in the Great Lake Walk on September 18 and donate their pledges to the Cowichan Therapeutic Riding Association.

Rebecca and Lara are second year nursing students at Camosun College and currently live in Victoria. Both ladies fell in love with horseback riding at a young age and continue to ride in their free time. As a result, they truly understand the potential riding has in therapeutic application and are excited to take on the Great Lake Walk for the benefit of the Cowichan Therapeutic Riding Association (CTRA).

If you would like to make a pledge for either/or both of our walkers or participate, please contact the office by phone or email ctra3@telus.net.

**Thank you! Thank you!**

**2ND ANNUAL GOLF TOURNAMENT—AUGUST 20, 2010  
AT COWICHAN GOLF & COUNTRY CLUB**

**Golf Tournament Registration**

Contact Name: \_\_\_\_\_ Company Name (if applicable): \_\_\_\_\_

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

Phone: \_\_\_\_\_ E-mail Address : \_\_\_\_\_

	Rate	
Individual	\$125/person for 18 holes	\$75/person for 9 holes
Foursome	\$500/foursome	
Sponsorship	Hole Sponsor or Prize Donor	Please call CTRA office for details at 250 746-1028