

Summer 2011

Cowichan Therapeutic Riding Association

25th Anniversary Edition



THE LEADING REIN

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CALENDAR OF EVENTS

September 24	25th Anniversary Celebration at CTRA
October 3-8	Volunteer Orientation /Training Session
October 10	Thanksgiving (Holiday—no lessons)
October 11	Fall Session Starts
November 11	Remembrance Day (Holiday—no lessons)
December 13-17	Make Up Lessons (Fall Session)
December 19-Jan1/12	Christmas Break (no lessons)
January 2-7/12	Volunteer Orientation/Training Session
January 9	Winter Session Starts
March 10	Dinner Auction Gala

Riding Programs

We are now accepting registration for new and returning participants for our Fall Session. Sign up early to ensure your spot! Cost is \$270/9 weeks for riders with referrals.

Contact Colleen for more information at

[250 746-1028](tel:2507461028) or

info@ctra.ca

A word from the Executive Director

Hello again friends and supporters of CTRA.

The summer programs were a huge success and we are in the midst of hosting our 2 weeks of summer camps for children of all abilities. Once again, we are looking at a full roster of campers and prepared for excitement with our "medieval" themed camps.

Our summer "Preparation for Competition" riders competed on Saturday August the 13th in an in-house dressage show and some participants simultaneously filmed their entries for the upcoming "Sea-to-Sea" video competition hosted by ParaEquestrian Canada. We wish them the very best of luck in this upcoming national competition! Thank you to the Horse Council of British Columbia for their support of this summer program!

Our new Operations Manager/Volunteer Services Coordinator, Colleen Hunt is looking forward to receiving registrations for our upcoming Fall Session. Make sure you sign up early to ensure your spot! You can reach Colleen at colleen@ctra.ca or by phone at our office 250-746-1028. We are also in need of volunteers for this session—contact our office if this is something you may be interested in.

Also, make sure you do check out our *new* website from time to time! We have our CTRA calendar posted on our website and will be posting all of our upcoming program information and announcements on our site. It is also a great way to check out our events, program, staff, board, and horses.

Of course, the big word around town is our **upcoming 25th Anniversary!** CTRA has been in operation in the Cowichan Valley for 25 years and we are kicking up our heels with a big party! Join us this September the 24th at the CTRA facility on Providence Farm for a **Disc Golf Tournament and Beach Party** in celebration of this quarter century milestone!

With 25 years under our belts, this is a great time to reflect on all of the people who have supported CTRA year after year. Be they volunteers, donors, sponsors, members, staff, or other contributors—it is clear that it is the support of our community has enabled us to flourish for as long as we have. From all of us here at CTRA, thank you for 25 wonderful years in this beautiful community. We look forward to at least 25 more.

Happy 25th Anniversary! We look forward to seeing you all on September 24th!

My very best,

Jennifer Barnes van Elk, Executive Director, CTRA

DID YOU KNOW THAT:

- **CTRA started operations in 1986?**
- **CTRA's founder Jane James is a CanTRA (Canadian Therapeutic Riding Association) Coach, CanTRA Examiner, and (lucky for us) CTRA Instructor**
- **User fees only account for approximately 1/4 of CTRA's operating costs. Donations and Sponsorships keep our user fees to a minimum.**
- **CTRA's charity # is: 89172 3843 RR001**

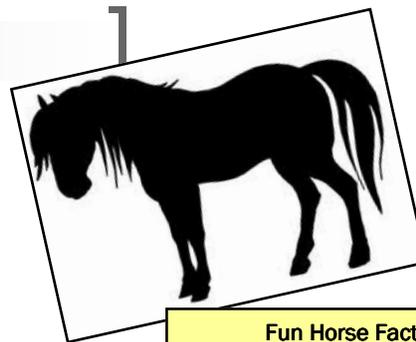
CTRA's 25th Anniversary—Disc Golf Tournament and Beach Party!!

CTRA has been helping persons with disabilities experience the therapeutic value of riding and the horse-human relationship since 1986. Now that 25 years has come and gone, its time to celebrate! Join us on Saturday September 24th for an afternoon and evening of fun and entertainment. Admission/Entertainment is free and disc golf "rounds" are only \$10/person (children under 10 free) with all proceeds supporting CTRA. All "green fees" include a complimentary 25th Anniversary CTRA disc for you to keep.

The event will kick off at 1pm with disc golf registration and play from 1pm-4pm through a course built on the trails surrounding the CTRA facility. Pre-registration for disc golf is strongly encouraged as space is limited.

Entertainment will be available all day in the indoor arena. This space will be converted into party head quarters with a beverage garden, live musical performances, and a dance floor. In addition beach volleyball, bocce, horse shoes, and family games will be set up in the indoor for the enjoyment of our guests.

For more information on this event, please visit our website at www.ctra.ca and look under "events." You can always contact our office directly at 250-746-1028 or reach us via email at info@ctra.ca.



Fun Horse Facts:

- ◆ Horses can see almost 180 degrees in each eye. They have "blind spots" directly in front and directly behind them
- ◆ Horse's sleep for an average of 3 hours out of 24. Someone put on the coffee!
- ◆ The Przewalski's Horse has never been successfully domesticated and remains a truly wild animal today.



SPONSORSHIP OPPORTUNITY!

We are looking for sponsors for our upcoming 25th Anniversary celebration. Be a part of celebrating a quarter century of helping individuals with disabilities in your community by supporting this high profile event. Your \$500 sponsorship will ensure that all the money brought in by this event will go directly towards helping persons with disabilities benefit from our program. As a sponsor, you will:

- ◆ Be featured on our event website.
- ◆ Receive a complimentary "foursome" for disc golf play.
- ◆ Have your company/person featured on a hole—with your company logo incorporated into the tee box.
- ◆ Be recognized in our Newsletter and at the event itself.
- ◆ Contact Jenn at Jennifer@ctra.ca for more details!



Disc Golf Tournament & Beach Party!
 Saturday September 24th 2011
 @ The Cowichan Therapeutic Riding Association (CTRA) on Providence Farm

Performed by: The Love Guns & Selector Professor

Featuring:

- Disc Golf Tournament (No experience necessary and complimentary 25th Anniversary CTRA disc included!)
- Beach Volleyball and Bocce
- Live Musical Performances
- DJ and Dancing
- "Refreshment" Garden
- Family Games

CTRA has been helping individuals with disabilities in our community for 25 years! Come out and celebrate our quarter century anniversary and support this important cause!

Disc golf play and registration 1pm-4pm
 Price: \$10/9 holes—children under 10 Free!
 Free admission & entertainment all day!
 Event finish: 10pm
 Pre-registration is strongly encouraged!
 All proceeds go towards supporting CTRA

For more information go to www.ctra.ca, email info@ctra.ca, or call 250-746-1028

Thank YOU to 25th Anniversary Supporters:



Featured Horse Poem

I Ride My Horse

(Author: John A. Davies)

I cannot walk, or run or play
A game of tennis every day,
I cannot dance or ride a bike
I'll never know what skating's like.

I have no soccer boots or ball,
They are no use to me at all.
I'll never ski the waves of snow,
So many thrills I'll never know.

I'll never sail the wind or surf,
Or chase a ball across the turf.
Nor climb the snow-capped peaks
above—
So many thrills I'll never love.

But I CAN follow mountain tracks,
Past climbers weighted down with packs,
To trace a river to its source,
Above the clouds to feel the force.

Yes, I enjoy the "Sport of Kings,"
When carried high, my feet take wings
To fly me on a pleasure course,
For I CAN mount and ride a horse.

Do you have a horse poem to share? Either collected or written yourself, please send us your horse poems and we will include them in upcoming additions of the Leading Rein. Include a brief biography if you are the author—we would be happy to share your work of art with the CTRA community!

Fingerless Gloves—For Sale

HORSE HANDLERS! Look stylish and get the job done with cozy hand-made "fingerless" gloves. Available in any color you like and made to order by volunteer extraordinaire Dorothy. Proceeds will benefit CTRA. \$6/pair. Check them out in the CTRA office and fill out an order form from the volunteer board or order directly via email:

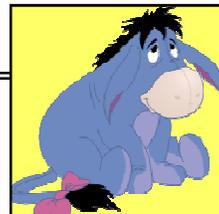
emarshal@cow-net.com



CTRA Wish List

CTRA is looking and wishing for donations of:

- ◆ good quality hay and grain (please check with us)
- ◆ Tack and horse equipment for use in the program, sale at the tack store, or as stock for our horse "free store"
- ◆ Power Bar (w Battery) for computer
- ◆ Gift certificates for office supplies
- ◆ Good quality walkie-talkies
- ◆ Walker—Great Lake walk!



Grant opportunity for aspiring Para Equestrian riders!

PARA EQUIPMENT FUND

From the Canadian Paralympic Committee.

From Para Equestrian Canada:

On August 22, the Canadian Paralympic Committee will launch the next round of First Contact and Para-Equipment Fund applications!

The funding opportunity supports grassroots and provincial organizations by growing the number of athletes with a disability competing in Paralympic Sport and increasing the availability of introductory Paralympic sport equipment. Grants will be awarded to cover 50% of the total cost of the equipment per season (summer/winter), up to a maximum of \$5,000 per applicant per season. The applicant is responsible for covering the other 50% of the total equipment costs.

Additional details, including the application form and program guidelines, can be found on the CPC website after August 22 via www.paralympic.ca or contact: Laura Ferris – Coordinator of Recruitment Programs lferris@paralympic.ca 613-569-4333 X 233

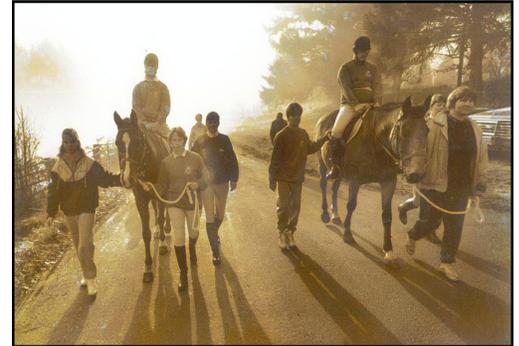
Good Luck to applicants!

CTRA would like to give a special thank you to:
Mike Baker Financial Services Inc. for their support of our annual Ride-a-Thon. Thank you for making our event a big success!



Important Historical Dates for CTRA

- August, 1986** Organizational meeting for Pacific Riding for the Disabled, Cowichan Valley Branch.
- September, 1986** First Fall Session at Foxrun – Instructors: Jane James & Jane Stone
- September 1986 –to December 1987** CTRA operates out of “Foxrun” Stables
- Fall, 1987** Work begins on the barn and new ring at Providence Farm.
- April, 1988** First therapy horses arrive at Providence Farm. Jane James starts working for program (4 hrs daily) Duties include: looking after horses, scheduling therapy program, fencing, teaching. We become the Cowichan Therapeutic Riding Association, a non-profit society.
- May, 1988** Spring Session – 6 weeks – with 3 horses; Cochise, Alachi, Bushy,
- Spring, 1989** Work begins on the indoor arena and barn connector. Work done by Cowichan Valley Alternate School.
- November 30, 1989** Grand Opening of Providence Therapeutic Riding Centre. Lieutenant-Governor David Lam official opening.
- 1990** Lounge and viewing area completed.
- 2011** **CTRA Celebrates 25 Years!!!**



Test Your Horsey Knowledge!

1) Which kind of vision do horses utilize?

- A) monocular
- B) binocular
- C) xray
- D) both monocular and binocular

2) True or False: The canter is a 3-time (count) pace

- A) true
- B) false

3) Palominos, pintos, and cremellos are examples of horse:

- A) colors
- B) breeds
- C) color breeds

Answers:
 1) D
 2) A
 3) C

Walkers Needed—Great Lake Walk 2011

CTRA is looking for some tough, ambitious walkers to walk in support of our charity for the **upcoming GREAT LAKE WALK** in Lake Cowichan on September 17th. If you are thinking of doing this walk and want to help out CTRA in the meantime, this is a great opportunity.



Walkers collect pledges from their community and walk the event “for” their chosen charity. Information on the walk is available on the event website: <http://www.greatlakewalk.com/index.htm> and pledge forms can be obtained here: <http://www.greatlakewalk.com/index.htm>.

Please contact our office if this is something you are interested in doing. We would love to see some CTRA representatives out there on the Great Lake Walk 2011!

CTRA Information

Summer 2011

The Cowichan Therapeutic Riding Association is located at Providence Farm. Although we operate out of the Providence Therapeutic Riding Center, we are a separate entity that operates on completely independent funding.

Location: 1843 Tzouhalem Road, Duncan, BC, Canada, V9L 5L6

Phone: 250-746-1028 **Fax:** 250-746-1033 **Email:** info@ctra.ca

Visit us online at www.ctra.ca!

CTRA Staff

Jennifer Barnes van Elk	Executive Director
Colleen Hunt	Operations Manager/Coordinator of Volunteer Services
Katrina Evernden	Stable Manager
Beth Davies	Stable Supervisor

Instructor Staff

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

Stable Staff

Barb Hill	Caretaker & Stable Staff
Megan Winship	Stable Staff
Nicole Nash-Little	Stable Staff

*****If you are interested in becoming a part of our team we are always looking for volunteers to side walk, horse handle, help out in the barn, help out in the office, contribute to events and committees, and lend a pair of hands around the farm. Drop us a line or give us a call, we look forward to hearing from you*****

BOARD OF DIRECTORS 2011

Kate Roome

Chairperson

Susan Harrison

Vice Chairperson

Sylvia Berryman

Treasurer

Denise Hamilton

Secretary

Bill Buckeridge

Director

Keith Granbois

Director

Diana Hamilton

Director

Irene Lintner

Director

Jayne Shaw

Director

Vicky Stickwood-Hislop

Director

In riding a horse we borrow freedom. ~ Helen Thomson

Support CTRA, Become a Member Today!

Cowichan Therapeutic Riding Association

New Renewal

Membership Form

Name(s), Association or Corporation: _____

Mailing Address: _____

City/Town: _____ Postal Code: _____

Home Phone: _____ E-mail: _____

Do not add me to the mailing list



Dues (paid yearly January 1 to December 31):

- | | | | |
|--------------------------------|--------------------------|---------------------|--------------------------|
| Individual - \$10 | <input type="checkbox"/> | Family - \$15 | <input type="checkbox"/> |
| Lifetime - \$100 | <input type="checkbox"/> | Single Event - \$ 5 | <input type="checkbox"/> |
| Association/Corporation - \$20 | <input type="checkbox"/> | Volunteer | <input type="checkbox"/> |

If applicable, please indicate which areas you would be interested in volunteering for:

Riding Program Fundraising Work Parties

 Date: _____ For Office use Only Amount Received: _____ Receipt #: _____

Other ways to Support CTRA:

Donations of Wish List Items

Spread the Word! Tell people why YOU support CTRA

Volunteer:)

Financial Help in Any Amount

Sponsorship of Events/Riders/
Horses

Donations
in kind:

Leave A Legacy:
Talk to us about
partnership
funding &
legacy projects
today!

Birthday/Event Donations
Ask guests to donate to CTRA instead of bringing a
gift
Put out a CTRA donation hamper/tin at your event!

Dinner Auction items,
horse stuff, Prizes
for riders/events