Fall/Winter 2011/12

Cowichan Therapeutic Riding Association

THE LEADING REIN

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CALENDAR OF EVENTS

December 13-17	Make Up Lessons (Fall Session)
December 15	Volunteer Holiday Party
December 19-Jan1/12	Holiday Break (no lessons)
January 2-7/12	Volunteer Orientation/Training (Winter)
January 9	Winter Session Starts
March 10	Dinner Auction Gala
March 19-24	Winter Session Make-Up Week
March 31	In-House Horse Show (tentative)
April 2-7	Volunteer Orientation/Training (Spring)
April 6	Good Friday (Stat Holiday)
April 9-June 16	Spring Session

Riding Programs

We are now accepting registration for new and returning participants for our Winter Session. Sign up early to ensure your spot!
Cost is $300/10 weeks for riders with referrals.

Contact Colleen for more information at

250 746-1028 or

info@ctra.ca

A word from the Executive Director

Hello again friends and supporters of CTRA

The fall season has just whipped by and we are fast approaching the holidays! The CTRA horses are growing their fuzzy winter coats and bundling up against the growing cold. We've seen the first flakes of snow falling and we have all broken out our best wooly clothes for the short days and long nights of winter.

The fall season welcomed a number of new participants, with 85 individuals signing up for this session! We also welcomed new therapy horse "Willow" into the program. Also new to the program this fall were miniature horses "Joe" and "Lou." Joe and Lou helped facilitate our pilot "Therapeutic Horsemanship" program which creates opportunities for equine-based therapeutic services beyond our traditional "mounted" therapies. Participants in this program explore the dynamic world of horsemanship from a therapeutic standpoint—clients learn to groom, handle, lunge, long-line, and care for horses under the direct supervision and tutelage of our certified Instructors. The highly accessible nature of the miniature horse makes Joe and Lou-welcome additions to this program.

CTRA riders were once again in the ribbons for the September Sea-to-Sea video competition series! This ParaEquestrian Canada video competition gives riders with a disability a chance to compete on a national level without the expense and difficulty of leaving their home facility. Congratulations to all of our riders on their success in this important Canadian competition! (more information within this newsletter)

We all know that horses are expensive and involved animals. Given the expense involved, few people have access to horses—especially horses specifically trained and maintained as therapeutic partners. CTRA works year-round to raise the funds necessary to bridge the gap between these important, life-changing animals and the persons with disabilities who benefit so much from our program. It takes approximately $2500 to feed, shelter, and care for one therapy horse for one year. As a charity, the unique and significant costs of using horses in our therapy program creates a challenging operational expense. We very much count on the support of our community to continue to bring horses and equine-based therapies into the lives of persons living with disabilities. As the holidays approach we hope you remember CTRA as you make your gift giving plans. A small donation towards maintaining our therapy herd goes a long way and makes a great gift when made in the name of someone.

Wishing you and yours all the best for this holiday season!

Jennifer Barnes van Elk, Executive Director, CTRA

DID YOU KNOW THAT:

- **CTRA has two new members in our herd? Look out for "Lou" and "Joe" (miniature horses and CTRA ambassadors) at events around town!**
- **It costs CTRA approximately $2,500 to maintain (feed, shelter, care) one therapy horse for a year.**
- **CTRA is a proud member of the Cowichan Valley Safe Harbour Program.**
- **CTRA's charity # is: 89172 3843 RR0001**

Providence Farm and CTRA—Together but Separate

Often, because of the history of the close relationship between Providence Farm and CTRA, people think that CTRA is still part of the programs offered by the Vancouver Island Providence Community Association (VIPCA or Providence Farm as it is more commonly known). It may surprise some people to learn that while CTRA continues to enjoy a wonderful co-habitation and strong symbiotic working relationship with the VIPCA, **the two organizations are completely separate with entirely independent funding.**

Providence Farm itself has a long and interesting history. The Sisters of St. Ann purchased the 400 acre farm in 1864 and used it as a boarding school for girls until 1904 when it became a boarding school for boys. In 1921 Providence House (the "big house" as its known today) was built and in 1956 the school became a day school for both boys and girls. The school closed in 1964 and **in 1979 the Sisters partnered with the Vancouver Island Providence Community Association to create a community project for people with special needs.**

In September 2009, in celebration of the 30th Anniversary of Providence Farm, the Sisters of St. Ann formally transferred stewardship of the farm to the Vancouver Island Providence Community Association.

CTRA started operations out of "Fox Run Stables" in 1986. The Cowichan Therapeutic Riding Association was originally the Cowichan branch of the Pacific Riding for the Disabled Association. CTRA as we know it today was created in 1989.

By 1987 CTRA had been invited to become a tenant of Providence Farm and by 1988 the first therapy horses moved into the facility. **The facility at Providence Farm that CTRA now calls home was built by VIPCA specifically for CTRA's program for riders with disabilities.** Although many people were involved in making the dream of a therapeutic riding centre in the Cowichan Valley possible—Jack Hutton, Charlotte Lawrence, and Jane and Bob James were monumental founding members. Jane James credits Jack Hutton's incredible capacity to "get things done" with so much of the progress of the early days. The first Board of Directors met in 1988.

At the conclusion of our 25th anniversary year, we would like to take a moment to thank everyone who has come together throughout this time to make our program possible. **It is the culmination of myriad efforts that enables a program such as ours not only to survive, but to thrive.** CTRA would also like to thank VIPCA for the opportunities provided to us during the founding years and the ongoing support of decades since.

An aerial view of the Farm (CTRA top left)

Want to learn more about the history of the farm? A great 4 part series (written by Jack Hutton) chronicles the history in fascinating detail:

February 2009: http://www.providence.bc.ca/news-feb-09.pdf

May 2009: http://www.providence.bc.ca/news-may-09.pdf

August 2009: http://www.providence.bc.ca/news-aug-09.pdf

Winter 2009: http://www.providence.bc.ca/news-winter-09.pdf

Fun Horse Facts:

- The oldest recorded horse was "Old Billy" an English barge horse, who lived to be 62 years old.
- The average horse head weighs 11.84 pounds
- In the wild horse world, the mare decides when and where the herd will go while the stallion follows. R.E.S.P.E.C.T.
- On the aquatic front: The male seahorse is the one who gets pregnant and delivers the baby seahorses.
- China not only has the most people in the world, but also has the most Horses with 10,000,000

CTRA Wish List

- 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
- Office supplies
- Good quality walkie-talkies
- Fax Machine (newer model)
- Canadian Tire Money

FOR SALE!

HORSE HANDLERS/FASHIONISTAS:

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

Remembering Hickstead (Styx)

1996-2011

The equestrian world is still reeling from the recent untimely death of legendary **grand prix horse "Hickstead."** Rider Eric Lamaze and the international show jumping community could only look on helplessly as Hickstead passed away only moments after completing a 13 fence course at the Rolex FEI World Jump in Verona, Italy on Sunday November 6th, 2011. Hickstead was 15.

Eric Lamaze and "Styx" enjoyed a remarkable bond. Both were, in a way, "outsiders." Eric came from a difficult past to excel in equestrian sport. Hickstead was once considered too small and wild to be ridden, let alone become a champion. These two outsiders came together to form a winning bond that would culminate with their 2008 gold medal win for Canada at the Beijing Olympic Games. Many credit the special connection between rider and horse that helped transform this unlikely duo into international heros.

In addition to the 2008 Beijing win, Lamaze and Hickstead won team silver and individual bronze at the 2007 Pan American Games as well as the $1 Million CN International Masters at Spruce Meadows this September. Hickstead earned over $3 Million dollars of prize money in his career.

Akaash Maharaj, CEO of Equine Canada, stated that Hickstead was, "without question the most dominant show jumping horse on the planet." FEI President president Princess Haya called Hickstead "a horse in a million." For Eric, his beloved partner was simply, "the best horse in the world."

National Treasure:

Eric Lamaze and legendary show jumping horse "Hickstead" celebrate one of their many wins.

Photo Credit: Cealy Tetley

CONGRATULATIONS CTRA SEA-TO-SEA WINNERS!!

CTRA Riders are "in the ribbons" again!

From left to right: CanTRA Coach and CTRA Founder Jane James; Rider Kiara Caplin; CanTRA Coach and CTRA Head Instructor Lisa Pink.

Congratulations are in order once again for CTRA riders! This past September CTRA was pleased to participate in another round of the **Sea-to-Sea video competition series**. This competition is hosted by ParaEquestrian Canada and allows riders to compete on a national level by uploading videos of "tests" to a national website where they are judged by a dressage official against entries from across Canada. Each rider completes and videos his or her "test" for the level in which he or she is competing. Opportunities are available for riders ranging from those competing at the walk to those riding carefully choreographed and complex "Freestyle" routines set to chosen music.

The Sea-to-Sea video series is an amazing competitive opportunity for riders with a disability looking to explore the "sport" side of therapeutic riding—para-equestrian competition. Competing on any equestrian circuit requires considerable resources, time, and investment. Competition on the para-equestrian circuit requires presents even greater logistical challenges. For riders with a disability, these challenges often preclude participation.

Competitions such as the Sea-to-Sea series are presenting para-equestrian riders with innovative new ways to participate and develop in their sport.

Congratulations to CTRA riders for their successful placement in the following **national** *Sea-to-Sea* categories!:

Para-Dressage Grade Bronze 1a Test 1

1st Place—Ross Wristen

Para-Dressage Grade Bronze II Test 1

3rd Place– Kayla Cleugh

4th Place—Angel McGrath

5th Place– Daelen Cleugh

6th Place—Kiara Caplin

Para-Dressage Grade Bronze III Class Test 1

1st Place-Kiah Beagley

2nd Place—Bobbi-Jo Scharff

3rd Place– Kirsten Milligan

WAY TO GO!

DID YOU KNOW?

Saturday December 3 2011 is the International Day of Persons with Disabilities!

As a social service charity committed to providing inclusion and opportunities for persons with disabilities, CTRA would like to take this day to celebrate everyone who works so hard to make our community a place of love, support, understanding and encouragement. Thank you to all of our participants, our volunteers, our staff and our supporters for making our work possible.

Test Your Horsey Knowledge!

1) Penalties in show jumping are measured in:

A) Faults

B) Penalties

C) Points

2) In dressage you must always remember to salute:

A) Your Country

B) The Audience

C) The Judge

3) A "half-pass" is a:

A) A driving maneuver

B) A dressage movement

C) A tired flirtation

4) In the "horse world" a chestnut is:

A) A delicious roasted snack in winter

B) A horse colour

C) The remnants of the "3rd toe"

D) Both B and C

Answers: 1) A 2) C 3) B 4) D

THE GIFT OF GIVING

The "Jane James Used Tack Shop" is Officially Open!

Donate! *Your old horse stuff could make a big difference in the lives of riders with disabilities!*

The Jane James Used Tack Shop (named after founder Jane James) celebrated its grand opening on November 5th. The store is located within the CTRA facility and is open regular Saturdays from 11am until 1pm and throughout the week by appointment. The store is always getting new inventory and sells a wide assortment of quality used tack and used horse/riding equipment at very affordable prices. All proceeds benefit the CTRA program.

Looking to donate? CTRA is always accepting donations of used horse/riding equipment. Donations of "horse things" are either used directly in the program, are sold in the used tack store (the funds of which benefit the program), or are placed in the "free store" for the benefit of others in the local horse community. Larger gifts may be eligible for a tax receipt. Donations can be dropped off during operational hours (9-4 daily). Please contact our office if you are looking for a tax receipt or have a specific intention for your donation. 250-746-1028

Visit our website for more info: www.ctra.ca

A therapy horse is a very special animal. Unfortunately, this special animal also comes with a hefty maintenance bill. Each year it costs CTRA $2500 to feed, shelter and care for *just one therapy horse*. The breakdown is as follows: Feed (grain) $460; Farrier (horse shoes/trimming) $490; Bedding (stall) $150; Hay $780; Tack/Repairs $100; Veterinary (teeth care, vaccinations, "call outs") $520. At CTRA we stretch every dollar as far as we can in order to ensure that these important and life-changing animals are cared for in the best way we can afford.

This holiday season we hope that you will consider making the **gift of support for a therapy horse at CTRA.** Making a donation to this important cause in the name of a loved one makes a great gift. Best of all, this is a present that continues to give to those in our community who need it most. Become a horse sponsor or simply donate funds to keep your favorite therapy horse in shoes for a year. Contact our office for more information on how you can help. **Every penny makes a difference.**

CTRA Information

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
Nicole Nash-Little	Stable Staff
Sophia Link	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 ☐ Family - $15 ☐

Lifetime - $100 ☐ Single Event - $ 5 ☐

Association/Corporation - $20 ☐ Volunteer ☐

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

Riding Program ☐ Fundraising ☐ Work Parties ☐

For Office use Only

Date: _____ Amount Received: _____ Receipt #: _____

Other ways to Support CTRA:

Donations of Wish List Items

Spread the Word! Tell people why YOU support CTRA

Smile Cards/Online Shopping Donation Programs

Volunteer:)

Financial Help in Any Amount

Sponsorship of Events/ Riders/Horses

Birthday/Event Donations

Ask guests to donate to CTRA instead of bringing a gift

Put out a CTRA donation hamper/tin at your event!

Canadian Tire Money

Donations in kind:

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

Leave A Legacy:

Talk to us about partnership funding & legacy projects today!