

Winter 2012  
~Holiday Issue!~



# Cowichan Therapeutic Riding Association



## THE LEADING REIN



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### CALENDAR OF EVENTS - 2013

- January 7 2013–February 16 2013–Winter I Session (6 weeks)
- February 18–23 2013–Winter I Make-up-Week
- February 25 2013– April 6 + April 12 2013–Winter II Session (6 weeks)
- April 8–11 & 13–Winter II Make-up-Week
- April 15 2013–June 17 2013–Spring Session (9 weeks)
- June 10–15 2013–2013 Ride-a-Thon
- July 2 - August 13 - Summer Session (6 weeks)
- August 19 - August 23 - Camp I
- August 26 - August 30 - Camp II
- September 9 - October 21 - Fall Session I
- October 28 - December 9 - Fall Session II

Save the Date! Our Annual **Dinner Auction Gala** will be held:  
**Saturday March 9th, 2012**

*We hope to see all of you out at this important event benefitting the programs for CTRA. Tickets are \$60 or a table of 8 for \$420. Donations are currently being accepted for the live and silent actions. See you there!*

### Riding Programs

*Would you or someone you know benefit from therapeutic riding?*

To learn more about registration and program benefits

Contact Colleen at  
**250 746-1028** or  
[info@ctra.ca](mailto:info@ctra.ca)



### 2012 AGM! NOT JUST A BORING MEETING!

- **Members! Join CTRA for our 2012 annual general meeting: Thurs, Feb. 21, 2013**
- **This year's AGM events will start with a very special presentation by Equine Behavior Modification Specialist Tina Barnes (5-7 pm, free for members/volunteers)**
- **AGM 7–8:30pm (drinks and snacks provided)**
- **CTRA will hold another "movie night" following the AGM—bring the popcorn (and a hankie—for Steven Spielberg's *War Horse*, 2011)**

### A word from the Executive Director

Hello and happy holidays to everyone whom this message may cross! CTRA is proud to see an excellent year off and to welcome in all the adventures of 2013!

2012 has been an incredible year that was filled with many gifts. We cannot thank our supporters enough for the generosity we were shown this year—what an incredible, dynamic, and selfless community we live in!

We are so lucky to have earned the support of our community that enables us to come together in this incredible place and change lives for the better. We are proud to be a part of something so incredible and are constantly in awe of the inspiring people that come through these doors every day. Participant, staff, volunteer, supporter, community partner, you name it—we are one community, one family.

From volunteering, to the donation of used horse stuff, to pennies in the penny-drive—every single act makes a difference. We simply couldn't do it without the support of our community—your time, your energy, your dedication, and your desire to make this world a better place. Thank you from the bottom of our hearts for the opportunities you have provided for everyone involved in this special program—we all have a part to play and we all have a reason to be thankful.

We are excited for all of the new things that 2013 will bring and look forward to continuing to work to serve our community in the very best way possible. We are always welcoming new faces to our team, so if you or someone you know may benefit from a CTRA program, or would like to make a difference through volunteerism—please do not hesitate to give us a call, drop us an email, surf us on the web, or give us an old-fashioned personal visit!

From each and every heart and hoof here at CTRA, we wish you and yours the very best for the holiday season and a safe, happy, and healthy new year.

Jennifer Barnes van Elk, Executive Director, CTRA

## CTRA ramps up for 17th Annual Dinner Auction Gala!



Executive Director Jenn and therapy horse "Ember" are on the hunt for a good time! (Photo credit and copyright Colleen Hunt)

CTRA is working hard, preparing for our 17th annual "Dinner Auction Gala!" event. This event will be held Saturday, March 9, 2013 at the Silverbridge Inn in Duncan.

The 2013 theme will be "fox and hounds" and the event will feature some of the same fun traditions (Cam Drew as our always-entertaining Auctioneer, Shelley Smiley returns as our crowd-pleasing entertainer) and even more of the stuff that makes this event a hoot and a half (raffles, games, and more!).

As usual, tickets are \$60 each or a table of 8 for \$420 (a savings of \$60!) and the proceeds from this important annual fundraiser benefit the programs of CTRA.



Theme costumes are once again strongly encouraged (and appreciated!).

CTRA is currently accepting donations for this event, as well

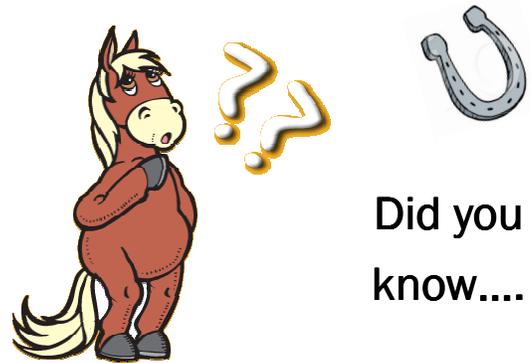
as our year-round silent auction table. This year think about re-gifting some holiday presents to CTRA to support an excellent cause. This is your chance to turn an un-needed holiday gift into funding to support a life-changing therapy for someone in need.

Sponsorships are available at various increments (ranging from \$500 introductory sponsorship to \$5000 "presenting sponsor" levels) and are a great way for local businesses, organizations, and individuals to build community visibility while supporting an important local charity.

To learn more about tickets, donations, sponsorships, or anything else pertaining to the dinner auction, contact our office at [info@ctra.ca](mailto:info@ctra.ca) or 250-746-1028.

P.S.

*~ Gala Tickets make an excellent holiday gift! ~*



Did you know....

- ◆ There is a breed of horse from Russia called Akhal-Teke. It can go for days without food or water.
- ◆ In the state of Arizona, it is illegal for cowboys to walk through a hotel lobby wearing their spurs.
- ◆ Arabians have one less rib, one less lumbar bone, and one or two fewer tail vertebrae than other horses.
- ◆ A horse's heart weighs nine pounds!  
*Well, anyone who has been around a CTRA horse lately could tell you these guys have big hearts!*



The Canadian Paralympic Committee is a proud sponsor of the CTRA Para-Equestrian program.

## Ways to Give and Give Back at CTRA this Holiday Season

### Make a Donation in Someone's Name

There are so many ways to donate to CTRA and every little bit helps! For example:

#### CASH donations:

- ◆ \$25 feeds a therapy horse for a week
- ◆ \$42 subsidizes one participant for a week.
- ◆ \$100 feeds a therapy horse for a month
- ◆ \$1000 buys hay for one therapy horse for a year!
- ◆ You can sponsor a therapy horse for \$2500 a year!

*When you donate in someone's name we will send them a seasonal card letting them know that a donation has been made in their name* (all donations). For

donations of \$100 or more, we will put their name on a brass plaque in the hallway of friendship. If a donation is made to sponsor a therapy horse for a year, we will put their name on a plaque outside the horse's stall. You can even arrange for your loved one to come and pick out the therapy horse of their choice for their sponsorship. As always, donations of cash are eligible for an income tax receipts and we are happy to provide tours to show people exactly how their contributions are making a difference!

### Shop at the Jane James Used Tack Store

- ◆ Have you visited the Jane James Used Tack Shop lately? The inventory is always changing and the prices are excellent!
- ◆ If you need something horsey, check with us first—only good quality items are sold and you are directly contributing to this important program each time you buy something from CTRA.

### Thrifty Smile Cards make Excellent Holiday Gifts!

**Pick up a Thrifty Foods Smile Card from CTRA and fill it up with cash—it's a great stocking stuffer and 5% of what you load onto the card benefits CTRA.**

- ◆ **Step one: Contact CTRA for a CTRA smile card (we can even mail it to you)**
- ◆ **Step two: pre-load the card at any Thrifty Foods location.**
- ◆ **Step three: Spread the joy!**
- ◆ **Step four: feel great about giving twice with one gift! - Good for you!**



#### Another Excellent Gift:

### Tickets to the 17th Annual CTRA Dinner Auction Gala

- ◆ *The dinner auction gala for 2013 will be held Sat., March 9 2013 at the Silverbridge Inn in Duncan*
- ◆ *A fun-filled evening of great food, entertainment, games, auction excitement, and much, much, more!*
- ◆ *Tickets are \$60 or a table of 8 for \$420*
- ◆ *A great evening out for a great cause!*
- ◆ *Tickets can be booked now, just in time for the holidays!*



**For the horse person in your life: Tickets to Jodine Carruther's "Calm and Confident" Workshop—Thursday January 31 2013**

**@ the CTRA facility (6:30-8:30pm)**

- ◆ Equine Behaviour Specialist and Harmonious Horsemanship founder/author Jodine Carruthers will be presenting on how to become "calm and confident" in the saddle and on the ground.
- ◆ Tickets are \$25 with 50% of the proceeds benefitting CTRA.

FOR INFORMATION ON ANY OF THESE EVENTS CONTACT THE CTRA OFFICE:  
\* info@ctra.ca \* 250-746-1028

**~ When the Holiday Season  
is Over ~**



### Unused/Unwanted Stuff?

- ◆ Did you get something under the tree that you: Don't need? Don't want? Have already?
- ◆ This year think of turning these items into something wonderful by donating them to the CTRA dinner auction or the CTRA silent-auction table.
- ◆ PLUS you may be eligible for a tax receipt for your contributions—win/win!

### Some Extra Holiday Pounds?

- ◆ Have you seen the CTRA volunteers lately?! They are lean, (not-so) mean, helping machines even in the height holiday feast season!
- ◆ *How do they do it?* Getting out-and-about in the ring and in the barn at CTRA is a great way of staying active, making friends, and changing lives!
- ◆ To find out how you can get involved contact Colleen, Volunteer Coordinator: [250-746-1028](mailto:250-746-1028) or [info@ctra.ca](mailto:info@ctra.ca)

## Spotlight: Therapy Horse “Red”



Red and Navron compete in a 2012 horse show at CTRA (photo credit & copyright: CTRA)

Anyone who has ever met Red will tell you he’s an interesting guy. He’s the first to greet you in the barn with a “hey, what’s that?” attitude, and if there is some sort of mischief going down—dollars to doughnuts Red’s in the middle of it.

Red is a “middle aged” 15.3 “hand high” registered Quarterhorse who was generously donated by the Winship family of Duncan, BC. Red’s history includes extensive training/competition in eventing (the sport where riders compete dressage, stadium, and cross country), making him a wonderful fit for CTRA’s developing “para-dressage” riders.

Head Coach Lisa Pink describes Red as a “class clown” although he works diligently in the ring as one of our resident schoolmaster sport horses.

In 2012 Red was selected as CTRA’s “Horse of the Year” and is featured on the 2012 ride-a-thon t-shirt (now on sale for \$2 in the CTRA lounge).

If you would like to meet Red, or any of the other therapy horses at CTRA, please give us a call or an email to book a tour or stop by anytime during operating hours (daily 9–4) for a quick visit. We look forward to meeting you!



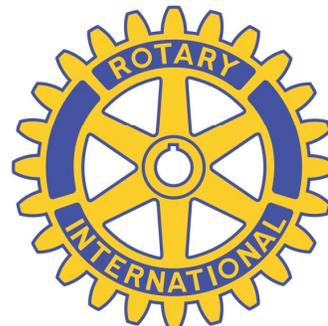
**Just in time for the Holidays!** CTRA is thankful once again to the Children’s Health Foundation of Vancouver Island for their continued support! Here Rodney Smith of the [Children’s Health Foundation of Vancouver Island](http://www.childrenshf.org) presents therapy horse Ember, rider Britney, and ED Jenn Barnes van Elk with a cheque for \$5000 to help CTRA purchase some much-needed therapy horses.

Don't forget to get your Bumper Stickers! only \$2 each



Proudly supported by the

Rotary Club of  
**Duncan**



Service Above Self

The Rotary Club of Duncan is a proud supporter of the CTRA

**CTRA Announces Calm and Confident Workshop with Jodine Carruthers, Equine-Behaviour Specialist!**

CTRA welcomes Jodie, author and founder of Harmonious Horsemanship back for a workshop Thursday January 31 2013, 6:30–8:30 pm.

**This workshop focuses on how to become “calm and confident” in the saddle and on the ground—including:**

- ◆ Simple exercises to calm the mind and body
- ◆ How to hear the message of fear
- ◆ How to move through fear positively.

**Tickets are \$25 with 50% of the proceeds going to the CTRA. Makes a great holiday gift!**

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## 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](http://www.ctra.ca)!**

### CTRA Staff

|                         |  |
|-------------------------|--|
| Jennifer Barnes van Elk | Executive Director                                   |
| Colleen Hunt            | Operations Manager/Coordinator of Volunteer Services |
| Loree l'anson           | Stable Manager                                       |
| Rhiannon Ashton         | Assistant Barn Manager                               |

### 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                   |
| Tammy Ryzak       | Stable Staff & CanTRA Instructor Candidate |
| Debbie McPheators | Stable Staff                               |
| Laurel Perron     | Stable Staff                               |
| Ida Herriot       | 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 2012

**Kate Roome**

Chairperson

**Bill Buckeridge**

Vice Chairperson

**Sylvia Berryman**

Treasurer/Secretary

**Janet Barclay**

Director

**Norm Fraser**

Director

**Diana Hamilton**

Director

**Irene Lintner**

Director

**Teresa McKinnon**

Director

**Jayne Shaw**

Director

**Kate Southworth**

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):

**Unrestricted**

Individual\* - \$10

Lifetime - \$100

**Restricted**

Association/Corporation - \$20

Single Event - \$ 5

\* voting members must be 18+

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

Riding Program

Fundraising

Work Parties

Date: \_\_\_\_\_

Amount Received: \_\_\_\_\_

For Office use Only

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

Donations  
in kind:

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

Canadian  
Tire  
Money

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