

Spring 2013

Annual Recognition Issue!

Cowichan Therapeutic Riding Association



THE LEADING REIN

CALENDAR OF EVENTS

April 15–June 15	Spring Session
June 10–15	Ride-a-Thon-Week
June 15th	Big Celebration Picnic (2-4 @ the picnic shelters ~ everyone welcome!)
June 18th–22nd	Make up lessons (Spring Session)
July 2nd–August 13th	Summer Session
August 13th–17th	Make up lessons (Summer Session)
August 19th–23rd	Summer Camp I
August 26th–30 th	Summer Camp II
Sept. 9th–Oct. 21st	Fall Session I
Oct. 22nd–26th	Make up lessons (Fall I Session)
Oct.28th–Dec. 9th	Fall Session II
Dec 10–14th	Make up lessons (Fall II Session)

RIDING PROGRAMS

We are now accepting registration for new and returning participants for our Summer Session and the Fall Session.

Cost is \$30/lesson for riders with referrals.

Contact Colleen for more information at

250 746-1028 or

info@ctra.ca

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A word from the Executive Director

Now that our taxes are done and 2012 has "officially" come to a close, we are happy to release our annual recognition issue of the *Leading Rein*. This issue of the *Leading Rein* is dedicated to all the individuals, groups, businesses, and associations that helped to make our program possible in 2012.

So much goes into not only making this program possible, but keeping it accessible for the people who need it. The nature of our therapeutic services (namely work with horses) creates a unique set of circumstances and challenges for our association. The support of our community—be it through volunteerism, donations, or sponsorships—enables us to bridge the considerable gap between the costs of service provision and the minimal user fees we charge to our participants. By keeping our user fees to a bare minimum, we keep our program accessible for our users—many of whom face multiple barriers already. The support of our community is the what enables us to open our doors (and our hearts) day after day.

From the bottom of our hearts and hooves thank you to everyone who makes this program possible. You make a big difference!

Jennifer Barnes van Elk, Executive Director, CTRA

Did You Know That:

- **CTRA has a VOCATIONAL DEVELOPMENT PROGRAM?** This program, introduced in 2012 through funding from the Vancouver Foundation is designed to use the therapeutic environment of the stable to provide applied, transferrable employment training for persons with disabilities. Contact our office or visit our website for more information.
- **CTRA's charity # is:** 89172 3843 RR0001



First Time Donor Super Credit adds 25% to the Tax Credit Calculation for First Time Donors



Donating is always a wonderful thing to do, and the tax credits available for charitable donations through Revenue Canada certainly sweeten the deal. Now the deal is even sweeter with **a new super credit available for first time donors.**

Starting for the 2013 tax year, the Canada Revenue Agency (CRA) proposes a temporary supplement to the existing non-refundable tax credit (for charitable donations by individuals). This supplement, called the First-Time Donor's Super Credit (FDSC) is available for first time donors and can be claimed once from the 2013 to 2017 taxation years.

Currently, non-refundable charitable donations tax credits (CDTC) are calculated as the total of lowest income tax rate (15% for 2013) multiplied by the first \$200 of the donations claimed by an individual and the highest income tax rate (29% for 2013) multiplied by the portion of the donations claimed over \$200.

The FTDCS (First Time Donor's Super Credit) is a temporary, non-refundable tax credit for charitable donations that effectively adds a large percentage to the rates used in calculating an individual's tax credit for a charitable donation – increasing the amount of the tax credit available for first time donors.

This credit effectively adds 25% to the calculation rates used to calculate the credit for the first \$1,000 of monetary donations. This means a first time donor will be allowed 40% federal credit for donations up to \$200 and 54% credit for the portions of donations over \$200 up to \$1000.

The CRA considers any individual a "first time donor" if neither they nor their spouse/common-law partner has claimed a charitable donation tax credit (CDTC) in the previous 5 tax years. The super credit (FDSC) can also be shared by an individual and their spouse/common-law partner in a tax year (up to \$1000). Only donations of cash qualify for the super credit, and the credit only applies to donations made after March 20 2013. You will see a new line on Schedule 9 (Donations and Gifts) – this is where you identify eligible donations.

This super credit is just one more good reason to support your community. Help the Cowichan Therapeutic Riding Association to continue today.

For more information on the First Time Donor's Super Credit, visit the Canada Revenue Agency's website at <http://www.cra-arc.gc.ca/gncy/bdgt/2013/qa01-eng.html>

~Thank You~

2012 Bronze Donors

- ◆ Ian Nimmo
- ◆ Ladies Auxiliary to Cowichan Bay Fire and Rescue
- ◆ John and Joanne Murray
 - ◆ Agnes Clawson
 - ◆ Cynthia Klassen
- ◆ Provincial Employees Services Fund
 - ◆ Shirley Campbell
- ◆ Island Savings - Pay-it-Forward
- ◆ Community Investment Initiative
 - ◆ Jane James
 - ◆ Margaret Rigby
- ◆ Onsite Equine Safety Services
 - ◆ Frederick Brown
 - ◆ Robert Bown



CTRA is always on the look out for community fairs, awareness days, festivals, expos, and the like. If you know of an event, please let us know—we'd appreciate it! We also do private presentations!

*Double-Rainbow Dressage Letters:**What does it Mean?*

Am I the only one who has ever looked at those dressage letters and wondered what they mean? I should be ashamed that after decades of deep involvement in the equine industry, I am still at a loss. Fortunately as usual, a wonderful CTRA volunteer has saved the day by researching the origin of these “mysterious symbols” in our lives!

Apparently, the letters come from markers that were used around the courtyard of the stables of the Imperial German Palace. This courtyard doubled as a schooling area. Prior to the “grand imperial hack,” horses would stand at the ready with their grooms at assigned “stations” designated by these letters. The letters stood for:

K = Kaiser/Konig (Emperor/King)

F = Fust (Prince)

V = Vassal (Servant/Squire/Equerry)

P = Pferd knecht/Ostler (Groom)

E = Edeling/Ehregast (Guest of Honour)

B = Bannertrager (Standard Bearer)

S = Schatzkanzler (Chancellor of the Exchequer)

R = Ritter (Knight)

H = Hofmarschall (Lord Chancellor)

M = Meir (Steward)

A = Ausgang (Exit)

Now that you know this ancient piece of trivia, double points for pronouncing them all correctly. CTRA Instructor Dani might be able to give you some pointers :-)

*DID YOU KNOW?***Volunteering will extend your life!!!**

A recent study from the University of Michigan published in the APA journal “Health Psychology” demonstrated that selfless volunteering can prolong a lifespan.

The Cowichan Therapeutic Riding Association

Would like to thank

The Vancouver Island Community Association (Providence Farm)

for over a quarter century of community partnership.

&

The Sisters of St. Ann

for the legacy of our community!



The CTRA Penny Drive Continues!

As the last pennies are being taken out of commission, remember that instead of losing your pennies at the till, you can donate them to CTRA's penny drive! CTRA has raised over \$150 so far—in pennies! Talk about making every cent count!

CTRA would like to sincerely thank all the folks who retired their pennies with us—it all adds up!

The Gift of a Horse!

Did you know that a lot of the CTRA therapy horses are donated or loaned by generous members of our community? This very unique job requires some very special horses and CTRA is incredibly grateful to the people who have given their special partners in service of the program.

CTRA would like to warmly thank all the individuals and families who have shared their wonderful horses with our community through the CTRA program throughout the years. The support of our community makes this program possible!



Test Your Horsey Knowledge!

1) Which one is the correct chronological order?

- A) Foal, mare, filly
- B) Filly, foal, mare
- C) Foal, colt, gelding
- D) Gelding, colt, foal

2) An example of a "hot blooded " horse is a:

- A) Percheron
- B) Oldenburg
- C) Thoroughbred

3) On a horse, a "chestnut" can be:

- A) A thing I find in my backyard
- B) A horse colour
- C) The vestigial 3rd toe
- D) Both B & C

4) Harness racing is dominated by what breed?

- A) The thoroughbred
- B) The quarterhorse
- C) The standardbred

Answers:

1) C 2) C 3) D 4) C

~Thank You~

2012 Silver Donors

- ◆ IBM Employees Charitable Fund (in honor of Ben Ben)
 - ◆ Maple Bay Yacht Club
 - ◆ Duncan Lions
- ◆ CVRD Area C—Cobble Hill
 - ◆ Mad Dogs Crabs
 - ◆ Candice Campbell



CTRA Thanks the Duncan AOTS Men's Club



CTRA Thanks the Ladysmith Lions for their Support

Poetry Slam Corner!

Horses running across the meadow on a hot sunny summer day

Over the big fallen log the horse jumps

Running as fast as the horse can run

Snoiting loudly as it runs across the meadow

Enjoying the freedom of being a horse

Stops to take a nice long break and eats the big nice long green grass

- By CTRA rider Britney Ronningen (pictured above, with "Ember," showing off her riding talents)



CTRA thanks the Ladysmith Legion #171 for their support!

~Thank You~

2012 Gold Donors

- ◆ E. P. Carson
- ◆ PricewaterhouseCoopers LLP
 - ◆ City of Duncan
- ◆ CVRD Area A—Malahat/Mill Bay
- ◆ Alexandra Hamilton Farrier Services
- ◆ Phoenix Performance Products
 - ◆ TELUS
- ◆ Municipality of North Cowichan
 - ◆ Dr. Dan Duta Medical Corp.
 - ◆ Coast Capital Savings
 - ◆ Coast Capital Savings
 - ◆ Sisters of St. Ann
 - ◆ Laura Ferreira

Meet "Lexie"



The Cowichan Therapeutic Riding Association is pleased to announce the purchase of a wonderful new therapy horse. Purchased for CTRA by the Children's Health Foundation of Vancouver Island, "Lexie" is a Norwegian Fjord mare rising 5 years. A naming contest was held for the new addition to the CTRA herd and the name "Lexie" (Queen Alexandra) was chosen to honor the Children's Health Foundation of Vancouver Island's history under the name of the Queen Alexandra Foundation. While young and currently in training, Lexie was selected as a long-term investment for CTRA based on her suitable build, breed, background, and temperament. We are excited to see Lexie make a big difference in the lives of our participants and are confident that she will fill the big (horse) shoes that come with being named after the incredible work and history of the Children's Health Foundation of Vancouver Island.



CTRA thanks the Fraternal Order of Eagles Ladysmith Aerie #2101

CTRA thanks the Kinette Club of Duncan for their support



CTRA thanks the Chemainus Legion #191 for their support!

CTRA *Thanks the*
Cowichan District Riding Club
for their support!



Provincial Employees Community Services Fund



CTRA Thanks the Duncan Lions Club



CTRA—By the Numbers: Some Facts and Figures

A trained versatile therapy horse works with approximately 8 participants per week.

CTRA typically welcomes between 80-90 participants each week of session.

A program of CTRA's size requires approximately 12 therapy horses.

Each therapy horse costs approximately \$2500 each year to feed and care for. For a herd of 12 horses this amounts to about \$30,000 per year.

Barn expenses (including hydro, insurance, rent, repairs and maintenance) total about \$22,000 per year

The Instructor staff teach approximately 44 hours each week when in session.

Our program requires approximately 105 hours of stable staff support each week when in session.

The program requires approximately 80 hours of administrative support each week.

CTRA received \$77371 in lesson fees, summer program fees, and registration fees in 2011.

This revenue amounts to about 30% of the reported 2011 income and the 2012 forecasted budget.

Based on the 2012 budget, CTRA's cost of operations averages \$5068 per week. Based on the 2011 financials, CTRA receives an average of \$1488 per week in user fees. CTRA must raise approximately \$3580 each week to cover the difference.

How Your Support Helps:

\$42 subsidizes one participant per week.

\$2190 subsidizes a participant for a year.

\$600 pays for one therapy horse's hoof trims/shoes for one year

\$350 pays for one therapy horse's routine veterinary costs for one year.

\$1000 pays for one therapy horse's hay for one year.

\$25 feeds one therapy horse for a week.



" \$25 Feeds One Therapy Horse for a Week "



CTRA Thanks the Fraternal
Order of Eagles Chemainus-
Crofton #4400



THRIFTY
FOODSTM





Canadian Paralympic Committee | Comité paralympique canadien



**SHE DOESN'T WANT
YOUR SYMPATHY.
BUT HER
OPPONENTS MIGHT.**



childrenshealthvi.org

Helping children on Vancouver Island.

Children's Health Foundation of Vancouver Island supports the health and well-being of children and youth in need and their families on Vancouver Island.

One of the ways we help kids and families is by granting funds to organizations that offer programming to support the health of children and youth on the Islands. Cowichan Therapeutic Riding Association is one of the wonderful organizations we are proud to support.



If you would like more information about Children's Health Foundation or wish to donate, please visit us at childrenshealthvi.org or call 250-519-6977.

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND



Rebecca's Story

CTRA has changed our lives.

This is a rather broad, sweeping statement to make, but it is, in fact, true. Our daughter Rebecca was born 9 weeks early, and very fast, in a very high-risk situation, as she and her twin shared a placenta, and the probability of damage & death to one, two, or all three of us was uncomfortably high. She didn't develop at the same rate of 'reaching milestones' as her sister, and by 6 months, we were aware that something was 'different' about our little girl. By the time she was two, she was diagnosed with Cerebral Palsy - spastic diplegia. 'They' told us that she would most likely spend her life in a wheelchair. As the shock wore off and the weeks passed, the reality of how our lives would be far different than we imagined began to sink in, and the uphill climb of doctor's appointments, referrals, specialists, therapists etc. took over (not to mention a crash-course in new medical vocabulary!) as we nursed and cared for our tiny little twin daughters.

When the girls were three, we moved back home to the Cowichan Valley from London, England, where they were born. We had finally just begun to understand how the system in the UK worked, and Rebecca was just beginning to learn how to balance in her AFOs with the use of a walker, and here we were, in a brand new situation, with a whole new system to learn. It was mind boggling, simply the forms and the people, and all of the extra things to learn... and then we were introduced to CTRA. Well, re-introduced with a vested interest. Rebecca's Oma had been involved with CTRA for years, and was really excited for her time there to be of use to her new grandchild. Therapeutic Riding is THE TOP therapy for children with the type of CP that Rebecca has: she was just four years old when she first met Jane, and Margaret, and Danni... and Ember. The sight of our tiny little wobbly girl on top of this enormous powerful animal, and not even in a saddle, just on a thick sheepskin, was a bit alarming to my maternal heart! But the staff and volunteers were kind, gentle, PATIENT, encouraging and informative: they taught us how to warm up her muscles on the 'ram' in the tack room before each lesson; they helped us to understand how each exercise was designed to help a particular area of struggle; they cheered her victories, and encouraged her to 'try again' each time she didn't quite get it. And as we watched, and the weeks became months, we saw something astonishing begin to happen: she became able to sit up straighter and straighter. Her breath wasn't so laboured. She was able to reach for things - and get them! - at home (including her sister's hair when cross with her!) - The following spring, we were astonished and overcome to watch her leave her walker behind and take her first few independent steps by herself!

The week-after-week exercise, combined with regular visits to her lovely "Silliotherapist" (physio!), Bonnie, was working her core, and making her strong. The week-after-week support, encouragement, and belief supplied by her instructor(s), as well as the volunteers who led and sidewalked the horse during every lesson: rain or shine, wind, damp, cold... they were there. Investing in our daughter. Giving Rebecca hope. Helping her to reach for the full potential of the amazing person that from the beginning she was created to be.

Rebecca is now nine-and-a-half years old. She still has 'Sam', her walker: he lives in the supply cupboard at school, and is so seldom used that he was forgotten there at the end of grade 3, and only looked for in August - and then to be used in the building of a fort in the back yard. Betsy walks by herself. She is perpetually surrounded by friends at school. She is the coordinator for games for the younger children at recess, a student leader. Two years ago, at a friend's birthday party, she climbed a 60-foot rock wall at an indoor climbing venue in Nanaimo, cheered on not only by all her classmates and parents, but by all the staff and general public who were there at the time. Her victories are embraced and celebrated by all who know her, and even those who have only just met her.

Earlier this autumn, at another birthday party, she completed the Monkido course at the Wildplay Elements Park. It took the rest of the kids there about 20 - 30 mins to complete the course. Rebecca persevered and after 2 1/2 hours came down from the last challenge: the park was closed, the children hadn't been allowed up on the course for over an hour... but again, she finished to the rousing cheers of all the other children, as well as the Wildplay staff, who had stayed on in a volunteer capacity to ensure that she could finish. A couple of weeks ago, Rebecca - the girl who 'would probably spend her life in a wheelchair' - won a participation ribbon at the School District 68 Cross Country Meet - walking most of the 1.6 km course - and running, actually RUNNING - the last 100m to the finish line.

This may all seem unrelated, until you put it together with an observation by a friend of ours in the UK, when we were there visiting last summer. Emma is a member of the church we attended in London, and is also a Physiotherapist. Ironically, had we stayed in England, Emma would have been assigned to Rebecca, as we were living in her cachement area. We all walked into church the first Sunday after we arrived. All four of us walked in. Rebecca was nearly eight. Conversation stopped, and nearly all eyes turned towards our family - walking slowly, so that Rebecca could keep up, but walking steadily nonetheless. And then most eyes got all misty as Rebecca stood there, on her own, and Emma came up, wide-eyed in amazement: "This is Rebecca???" She was incredulous. She stood back and looked at her, then slowly walked around her, as Rebecca, following Emma with her head, beamed. Emma's first comment after her perusal was "She rides, doesn't she?". Emma went on to tell us that she has three other clients, of an age with Rebecca, and with remarkably similar diagnoses. None of them are walking, let alone running.

If it wasn't for CTRA, the staff and volunteers there - their knowledge and their hearts - I honestly don't know how things would stand with Rebecca. Or if she'd be standing. What I do know is that because of CTRA, we have a vibrant girl, full of excitement about horses, and with a goal of one day riding on the Canadian Paralympic team. CTRA is giving her belief in herself, teaching her discipline and perseverance, and filling her heart with encouragement and love.

- Michelle Liefertz (Rebecca's Mother), 2012



Rebecca (left) celebrates with her sister at the 2011 Ride-a-Thon Wrap Up Fair

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www.vancouverfoundation.ca



The CTRA Horse Herd Thanks

Chris Archibald and

Alderlea Veterinary Services

For the gift of health!



CTRA Volunteers are Heros!



Ask any of the people around CTRA—our volunteers are our heros! CTRA volunteers give their most valuable asset: their time. From the barn to the board, volunteers are not only the lifeblood behind CTRA as an organization, they are the incredible individuals that make a REAL DIFFERENCE in our communities.

CTRA wishes to warmly and sincerely thank the many wonderful volunteers who make our program possible every day.

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Thank you to everyone who:

- ◆ Uses a CTRA smile card
- ◆ Donates to/patronages our used tack store
- ◆ Bids on our auction items
- ◆ Supports our fundraisers and events
- ◆ Donates their bottle depot \$ to CTRA
- ◆ Gives CTRA their Canadian Tire \$



HELPING HANDS

- ◆ Robin Heatley
- ◆ Shannon Deluca
- ◆ Versa Sign

THANK YOU TO EVERYONE WHO SHOWED THEIR SUPPORT FOR CTRA BUT CHOSE TO REMAIN ANNONYMOUS!

(we know who you are and we love you)



HELPING HANDS

- ◆ Accent Screen Printing
- ◆ Alexandra Hamilton Farrier Services
- ◆ Carole Ireland and Geoff Potter
- ◆ Caroline Thom
- ◆ Cavalier Equestrian Inc.
- ◆ Corix Water Products
- ◆ David Barnes
- ◆ Debbie Webb
- ◆ Denise Hamilton
- ◆ Dodd's Lumber and Building Supplies
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- ◆ Jacquie Smith
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- ◆ Julie Swindell
- ◆ Karen Pavicic
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- ◆ Lisa Medler
- ◆ Margaret Rigby
- ◆ Panago Pizza Duncan
- ◆ Rachel Wassman & Brookhaven Equestrian

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- ◆ Pulp, Paper and Wood workers of Canada Local 2
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- ◆ Janet Barclay
- ◆ Mr Howard Martin
- ◆ Jane James



Thank you to
**Trevor Watkins and
 Purica** for the
**incredible support
 of our program
 over the years.**



Held Sat., March
 10th, 2012

~THANK Y' ALL FOR YOUR SUPPORT~

2012 Theme: "Born in a
 Barn"

of the

*Cowichan
 Therapeutic*

CTRA 16th Annual Dinner Auction Gala

*Riding
 Association*

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 Margaret Rigby
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 Mary Ann's Hair Care Studio
 Merridale Ciderworks
 Meyers Norris Penny LLP
 Michael Lee
 Michael Moore Fine Woodworking
 Michaela Davidson Art & Gift Gallery
 Mid Island Ink Depot
 Mill Bay Veterinary Hospital

Mount Washington Alpine Resort
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A special thank y'all to the following businesses & individuals for making this event possible!
 * Zuk Designs * Beverly Corners Liquor Store
 * DV Media Inc. * Shirley Campbell
 * Joe Ann Thorpe * Cam Drew
 * Sue Billings * Top Shelf Feeds
 * Laura Huhtanen * Shelley Smiley
 * Quw'utsun' Cultural and Conference Centre



Thank you the sponsors of the 2012 Ride-a-Thon

- ◆ Alexandra Hamilton Farrier Services
 - ◆ Joann Champoux
- ◆ Grant Clement ~ Sutton Resource Realty
 - ◆ H & R Block Duncan
- ◆ Mike Baker Financial Services
 - ◆ Peter Baljet GM
- ◆ LMG Pringle Insurance
- ◆ Flip Productions Ltd.
- ◆ Duncan Auto Parts
 - ◆ Purica
- ◆ Just Sew Embroidery
- ◆ Creative Custom Services
- ◆ JS Custom Draperies



Thank you to the prize donors of the 2012 Ride-a-Thon

- * Wal Mart Duncan
- * Buckerfield's Duncan
- * Future Shop Duncan
- * Sylvia Berryman
- * Bucky's Sport Shop
- * Red Balloon Toy Shop
- * Rockabilly's Clothing
- * Colleen Hunt
- * Lisa Pink

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 #: _____