



The CTRA newsletter has a new look!

## Cowichan Therapeutic Riding Association Summer 2013 Newsletter

### A word From the Executive Director

Notice anything different? Welcome to our new newsletter format! This slick email system was made possible through a generous donation from *Emma* Email Marketing. CTRA was lucky enough to be selected for a free lifetime account under the annual *Emma 25* initiative. You can learn more about Emma's "Give Back" programs here: <http://myemma.com/meet-us/giving-back>

With summer upon us and fabulous weather in the forecast it's finally time to hide the wool socks and grab the flip flops (but not in the barn!). Our summer session is underway and we are looking forward to another year of camps.

While it's always beautiful here on Providence Farm, summer is my favorite season. The gardens are spectacular, the fields are full of greens, and the farm is full of visitors. This is a great time of year to come for a visit and check out the CTRA facility. Make a day of it and go for a light hike around the trails (or go big and challenge yourself up Mt. Tzouhalem). We love visitors and are happy to provide tours to groups or individuals. Let us know if you would like a tour ahead of time so that we can plan to show you around! 250-746-1028

All of us at CTRA wish everyone out there a truly wonderful (and safe) summer filled with fun and sun!

### CTRA Head Instructor Lisa Pink Honored with National Award!

Cowichan Therapeutic Riding Association Head Instructor, Lisa Pink was recently awarded the *Andrea Gillies Award* for Outstanding Instructor. This is a national award issued by the national governing body for therapeutic riding in Canada - the Canadian Therapeutic Riding Association. The award is in memory of Andrea Gillies of the St. John's Therapeutic Riding Association and honors exceptional instructors in the field of therapeutic riding from across Canada.

Lisa Pink started riding as a young child and has



Lisa Pink with her 2013



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accomplished countless successes in the equine industry/sport. She has ridden competitively for decades and works actively with the local Pony Club as an instructor. In addition to teaching countless students of all abilities to ride, she is also a Pony Club Examiner.

*Andrea Gillies Award for  
Outstanding CanTRA  
Instructor (photo credit:  
Colleen Hunt)*

Lisa began her involvement with therapeutic riding when she was a teenager, volunteering her time and her horses to come out and support a fledgling therapeutic riding program operating a few hours a week in the Cowichan Valley. As this program grew, Lisa mentored with founder Jane James and achieved her certification as a CanTRA Coach. She in turn has mentored many other individuals and currently is an invaluable asset to the Cowichan Therapeutic Riding Association, serving as Head Instructor.

Lisa is an amazing instructor and it does not take long watching her interact with participants to know that you are witnessing someone who is incredible at what they do. Lisa works with some of the most challenging situations and makes it look like a cake walk. She is a competent, professional Coach and a natural leader. She truly educates everyone involved with the therapeutic process and always makes everyone feel like a valuable member of the team – all with a smile on her face and an amazing sense of humor. She is admired by everyone who has a chance to watch her “in action” and you would be hard pressed to find a person more dedicated to therapeutic riding and positively changing the lives of others through programs like the CTRA.

As the Head Instructor at CTRA, Lisa is at CTRA most days of the week – training horses, teaching lessons, mentoring candidate Instructors, meeting with co-workers and handling the administrative minutia associated with her role. Beyond that, Lisa makes an incredible effort to keep herself available for daily advice and input despite holding down a busy personal business. Her dedication to the program knows no bounds. When there is an event, or an occasion, or help is needed around the facility – Lisa is always a smiling face and a helping pair of hands.

Lisa truly deserves this recognition for all that she has done not only for our therapeutic riding centre, but for therapeutic riding in our region. She is a true asset to our program, a hero to so many, and a legacy in the field. All of us at CTRA are so happy to see her awarded for her decades of commitment and service to this cause and all the individuals who benefit from therapeutic riding in our community.

Way to go Lisa! We couldn't be prouder!



*Do you have a disability? You could be eligible to receive up to \$500 in provincial fuel tax refunds.*

## **Fuel Tax Refund Program for Persons with Disabilities**

Do you know about the Fuel Tax Refund Program for Persons with Disabilities under the Motor Fuel Tax Act? This is a program that provides persons with qualifying disabilities with a refund of the provincial fuel tax they pay on gas, diesel, or propane used in their vehicles.

People with “qualifying” disabilities are encouraged to register for the fuel tax refund program. Once registered, individuals can apply to be refunded their money spent on the provincial component of fuel tax for a personal vehicle. The maximum that will be refunded annually is \$500 and receipts proving purchase must be provided.

In order to take advantage of this program, individuals must be at least 16 years old and be the registered owner/lease of the motor vehicle for which you are claiming receipts. Joint ownership or “ownership interest” (i.e. the use of a spouse's car) also may qualify for this refund.

People claiming this refund can do so for a maximum of 4 years of fuel purchases. Note that the claims need to be received by the ministry within 4 years of the date that the tax was actually paid.

Since this program might be news to some people, here is an interesting exception to note: If an individual has not collected fuel receipts prior to receiving their letter confirming registration, the ministry says that they "may make a one-time exception." Purchases for the period between the effective date of qualification and the date of the confirmation letter may be entitled to a tax refund with alternative documentation. Examples of acceptable documents are credit card/debit card statements, bank account statements, and notarized statements outlining the details of the purchase(s). The 4 year limit applies to any alternatively documented purchases as well.

More information on this program is available at:  
[http://www.sbr.gov.bc.ca/documents\\_library/forms/0472FILL.pdf](http://www.sbr.gov.bc.ca/documents_library/forms/0472FILL.pdf)  
and  
[http://www.sbr.gov.bc.ca/documents\\_library/bulletins/mft\\_004.pdf](http://www.sbr.gov.bc.ca/documents_library/bulletins/mft_004.pdf)

### **2013 Ride-a-Thon Brings in Over \$10,000 to the CTRA Program!**

During the week of June 10 – 15, 2013 the Cowichan Therapeutic Riding Association (CTRA) held their 22<sup>nd</sup> "Ride-a-Thon." This annual event is a fundraising initiative where program participants raise pledges for their involvement. Each year, a special Ride-a-Thon course is designed to facilitate the needs and challenge the skills of our diverse ridership. During Ride-a-Thon week, approximately 90 riders navigate the course with the assistance of over 100 volunteers. The week culminates in a big celebration picnic for our participants, their families/support networks, our volunteers, and supporters. Each individual who participates in the annual Ride-a-Thon receives a gift for their involvement. Special prizes are donated by the community and are awarded at the celebration picnic.

This year's event raised over \$10,000 for the CTRA program. Fundraising initiatives like our annual Ride-a-Thon are crucial to ensuring that this charity is able to continue to provide this important program for our community.

Horses are incredible therapeutic partners. However, work with horses brings about unique considerations that require substantial operational resources. Every year CTRA must find the resources to bridge the growing gap between the rising costs of service provision and the minimal income we derive from our non-prohibitive user fees. It is important that this program remain accessible, and fundraising events like the Ride-a-Thon are essential to ensuring that economic circumstance does not pose a barrier to participation.

We are so thankful for all the hard work of our Ride-a-Thon participants and all the people who supported pledges. It is so wonderful to see the participants, their families and support networks, as well as our community stand



*Rider Rebecca Loeffertz on course with therapy horse "Floella" and volunteer Tamara Ryzak during the 2013 Ride-a-Thon (photo credit: Colleen Hunt)*

behind this program.

The 2013 Ride-a-Thon was generously supported by the Cowichan Valley community. In addition to funding brought in through pledges, many businesses and individuals generously donated prizes and supported the event through sponsorship. This support brought in about \$2000 more in vital funding over last year's event. Chinook Scaffold Systems Ltd. alone pledged \$1000 to a CTRA rider.

CTRA plans to continue to grow this event and looks forward to the excitement of the 2014 Ride-a-Thon!

### **2013 Ride-a-Thon Event Sponsors**

#### **Ride-a-Thon Sponsor**

Duncan Walmart

#### **T-Shirt Sponsors**

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*Here's a hint: He hears a Who.*

## Can You Tell?

Okay Folks, here's a fun new contest to go with our new newsletter! Check out the picture on the left. Do you know what it is? Do you know where it belongs?

Today's picture comes from the CTRA Horses page @ <http://www.ctra.ca/program/horses>. Check it out.

If you can guess which CTRA horse this piece of a picture belongs to, email us back at [info@ctra.ca](mailto:info@ctra.ca). Your name will be entered into a draw. **We are giving away a coupon for a nitrogen tire fill at Bowmel Chrysler (a \$50 value).** What is that? Inflating your tires with nitrogen (as opposed to air) maximizes proper tire pressure, fuel economy, safety/reliability, and tire life.

Make sure to include your name and preferred method of contact in your email. The winner will be contacted on Wednesday August 9, 2013. Good luck to all those who enter!

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