



Therapeutic Riding and Equine-Based Therapeutic Services.



The Recognition Issue!



Word from the Editor

Every spring we like to put out a very special edition of the *Leading Rein* to honour all the incredible individuals, groups, businesses, and organizations that come together to make our program possible through major donations and sponsorships. We hope you enjoy this newsletter and take a moment to appreciate all the countless efforts, large and small, that come together to keep our program going strong. Whatever you have contributed - your time, your spare change, your old equipment, or just a smile - we thank each and every one of you for being a part of what we do...we couldn't do it without you! A comprehensive list of ALL of our 2013 supporters will be available on our website (www.ctra.ca) soon.

THANK YOU!

CTRA Students Clean Up in National Sea-to-Sea Video Competition

CTRA is incredibly proud to announce the recent successes of CTRA riders Ross Wristen and Bobbi-Jo Scharff in the November 2013 Sea-to-Sea Video Competition.

Bobbi-Jo placed 1st in her division (Para-Dressage Bronze Grade III, Test 1) on CTRA therapy horse "Red."

Ross placed 4th in his division (Para-Dressage Bronze Grade 1a Test 1) on CTRA therapy horse "Summer."

The Sea-to-Sea video competition is a national para-dressage competition that allows riders with a disability to submit videos of a "test" (a set pattern of movements) assigned to their level to a remote judge - creating a virtual competition. This competition is facilitated by Para-Equestrian Canada, a division of Equine Canada, and is a break-through way for riders with special needs to experience competition. The video program allows riders to film their test at their home centre, on their usual horse, in a setting that is comfortable and supported by a team of familiar volunteers and staff. Through the use of technology, riders from across the country can now access an important competitive opportunity, without having to tackle the logistics and costs associated with traditional central-site equestrian competitions. CTRA would like to thank Equine Canada for the opportunity of this competition and congratulate our riders, coaches, and volunteer personnel on a job fantastically done!



Bobbi Jo gives her winning partner Red a big congratulations kiss. (Photo credit: Lisa Pink)



Nicholas presents his donation to CTRA ED Anne Muir and therapy horse PHATS (photo credit: Colleen Hunt)

The Kids (are more than) Alright!

When Nicholas Pietrzak had his 7th birthday party earlier this year, he did something truly inspiring. Nicholas asked his 10 guests to bring a donation for CTRA instead of a present.

The result: a \$150 donation!

We are truly awed by the generosity of this young man and his incredible commitment to making a difference in his community. We would like to thank Nicholas from the bottom of our hearts (and hooves) for this truly altruistic act, as well as his mother Lynne Adam for helping Nicholas complete his wonderful mission. Our hats (er...helmets) are tipped to you Nicholas!

Shop the Community Farm Store and Donate to CTRA!

Love the Community Farm Store? Love CTRA? Did you know that you can participate in their charity rebate program and donate 2% of your purchases to help CTRA?



Are you a member of the Community Farm Store (CFS) located in the Garage building downtown Duncan? The CFS is an organic whole food grocery, bakery, & cafe that sells many other wonderful things! Members of the CFS qualify to have 2% of their total purchases reimbursed in the form of a grocery credit or donated to a partnering charity. The CFS supports a number of community non-profits and CTRA shares an account with Providence Farm – so donations made to this coffer are split between CTRA and Providence (a great way of supporting the therapeutic community on the farm with one donation!). Not a member? No worries! Membership is free and only takes a moment – just visit the store and fill out a form. More information on the Community Farm Store and their membership rebate program can be found at www.communityfarmstore.ca.



Looking for something to do for the mom in your life this mother's day?

CTRA has been selected as the beneficiary of the upcoming Mother's Day Tea hosted by the Fraternal Order of Eagles Chemainus-Crofton Auxiliary. The event will be held at the **Crofton Community Centre** (8104 Musgrave Street, Crofton) **May 3, 12-3pm**. Admission is \$4 and includes tea, coffee, sandwiches, sweets, entertainment and door prizes. Spread the word and bring down mom for a great cause!

CTRA's Ride-a-Thon is Just Around the Corner!

CTRA's annual ride-a-thon is taking place again this June and we are looking to our community for help with prize donations and sponsorships for the event.

We need prizes suitable for pledge awards for the participants involved in the event (suitable for children & youth). This is a great opportunity to re-purpose some unopened holiday gifts, or cash in a gift card for a great cause :-)

We are also looking for sponsors for the event and have two levels available: The Ride-a-Thon Sponsor (\$500) and T-Shirt Sponsor (\$200).

Tax receipts may be available for prize donations and event sponsorships!

For more information on sponsorships or how you can help make the 2014 Ride-a-Thon a wonderful event for everyone involved contact: 250-746-1028 or info@ctra.ca



A rider navigates the 2013 Ride-a-Thon Course (photo credit: Colleen Hunt)



Mark Your Calendars!

Participants, families, supporters, and friends are invited to join us for our annual **Celebration Picnic Sunday June 22nd**. This fun filled event wraps up our ride-a-thon and celebrates another year of success with games, fun, and ride-a-thon prizes - all fuelled by a potluck feast and chili cook off!

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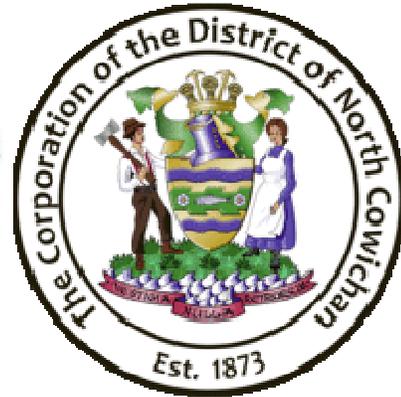
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Zone Funding through Horse Council of BC

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RBC Foundation	Laura Ferreira	Pennies For Presents

2013 Silver Donors

Island Savings Credit Union Employees (Casual Friday fund)	Shannon Roome	Candice Campbell
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2013 Bronze Donors

Joe Ann Thorpe	Rowan Property Management Ltd.	Prevost Veterinary Clinic Ltd.
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Mary V. Jordan	Bev & Ron Mathieson	Harvey and Lorraine Lloyd
Maisie Rainey	Ladies Auxiliary to Cowichan Bay Fire Rescue	Nora Dirom
Sun Life Financial	Moe Copiak	Maple Bay Yacht Club
Richard Grimes	Agnes Clawson	Joanne & John Murray
Isabel Tipton & Mrs. A Millar	Theresa Burke-Gaffney	Frederick Brown
HCMS Ottawa	Jack and Ida Wickham	

Do Good, Feel Good at CTRA

Did you know that research demonstrates that under the "do good, feel good" principle, participating in altruistic acts such as volunteerism can positively influence the way you see yourself. This shift in perception is linked to decreased stress levels, anxiety, and depression. To do something good for others (and yourself) talk to us about volunteering today! Volunteers are ALWAYS needed and no experience is necessary.

Now will someone please tell volunteer Jim that it's not "do horse-handling, be horse?"

To talk to CTRA today about volunteering, please email info@ctra.ca or call 250-746-1028!



Incredible Link: IMPOSSIBLE!

Did you miss the closing ceremony for the 2014 Paralympics? It is not to be missed!
Check out the incredible performance here:

<https://www.youtube.com/watch?v=dNHEYmByqCY>

Nothing is impossible!

Cowichan Therapeutic Riding Association | 1843 Tzouhalem Road | Duncan, BC, Canada | V9L 5L6

