



Therapeutic Riding and Equine-Based Therapeutic Services.

2023 Fall News Letter

Our New Board

Welcome to:
Jana Pedersen (Centre)
Kaiti Elliot (Right)
Loree l'anson (Left)
Joanne Gorle
Suzanne Armour
Jane James
Gary Toller

The board has lost one board member due to medical issues, so we are looking for an interim director till the AGM. This is a great chance to join us in moving CTRA forward to continue their important role in The Cowichan Valley.



Our new Executive Director:

CTRA's new Director & Barn Manager goes by the name of Jill O'Neill. She's a lifetime rider, who has competed in both English and Western disciplines. She started out as an avid jumper and dressage competitor, and started her coaching career as a working student under Shirley Burr at Queen Margaret School & Stables. She holds an E.C. Certification and has been an active English competition specialist in both dressage & jumping plus Western competition coach.

Jill has trained horses, prepared coach candidates and taught clinics when she ran her own equestrian business with her husband, Mike when they lived in Smithers, raising their family.

Her love of coaching and being outdoors helped direct her to becoming a certified biathlon coach, where she was the assistant coach to the BC high performance team at the 2005 Canadian National Biathlon Championships

In 2015, Jill and her husband Mike moved from Smithers out to Alberta where she taught for two years as the English Horsemanship instructor within the Equine Science program at Olds College. In 2018 Jill chose to return to school and complete her Bachelor's Degree in Applied Sciences at Olds. Both she and Mike continued to work as instructors at Olds while residing there. Since many of their direct family members live scattered about Vancouver Island, or in the lower mainland, they made the decision to make the move back to the island where Jill took on the management of CTRA. If she isn't in the office, or around the barn, you can find her hiking, canoeing, or spending time with friends and family.

Photo below: Jill hiking with her blue healer, Kooki.



Our New Horses

Our herd numbers ten equine partners with three being new members. Dudley a 12 year old Norwegian Fjord gelding and Nova a 15 yr old Canadian gelding leased to us by Deb Schrott. Maddy, a 16 yr old Friesian/Hanovarian, leased to us by Jana Kotaka, is being slowly introduced to the therapeutic riding lessons. Our herd continues to amaze us every day in both riding and EAL sessions.

Photos below: Left to right - Maddy, Dudley, Nova



2023 CANTRA Instructor Training:

Jane James

Our 2023 Training and Mentoring course is vitally important to the CTRA Therapeutic Riding Program. CanTRA certified Instructors are the basis of quality instruction for our riders with diverse ranges of abilities and our number of instructors has dwindled over the past few years. This has been a growing need across the country and CTRA is committed to providing a learning environment where we can offer this specialized training to participants from all over BC. We held the course for three Instructors-in-training over the summer months, which culminated in a CanTRA Technical Evaluation on September 15th for two of the candidates. Diana Jamison and Chris Mayson passed their CTRBI (Basic Instructor) at the Technical Evaluation with high marks and are now able to teach lessons to single riders. This helps with reducing our wait list. Both Diana and Chris

Diana Jamison (Instructor), Chris Mayson (Instructor - Side Walker) with rider Brianna T & Bliss, Horse Handler - Patricia Harris-Seeley

have been CTRA volunteers over the past few years and it is greatly appreciated that they have worked so diligently to gain this certification as quickly as they have.

Congratulations go out to both Diana and Chris!

Our 2024 Training and Mentoring course will begin in January and will continue over the next six months with a tentative date of July 6/7, 2024 for the Exam. As of 2024 CanTRA will no longer be requiring a Technical Evaluation before the Exam, so it will be very important that our Instructors-in-training have strong mentoring and consistent skill development. Anyone interested in pursuing certification is encouraged to contact the office. We will hold an information session to share details and discuss course requirements.

Many Thanks to all who assisted with the summer course either as a clinician, mentor, volunteer, rider or CTRA barn and admin. staff!

Left Photo: Sandra Reder (side walker) helping Asia T (rider) on Smokey, with Irene Lintner (Instructor) behind Leo Mosley (horse handler)

Right Photo: Kathy Resanzoff (volunteer) schooling Maddy



Photo above: Jackie Scott hand walking Yilden

CTRA's Volunteer Magic:

Tessa Baker Coordinator of Volunteers

The Summer & Fall 1 Term have ended and WOW! did our volunteers ever work hard throughout the last twelve weeks. If you are an arena Side Walker, you'll notice that a new step was recently added to the offside mounting block, where riders get on their horses. This was accomplished by Elmer Poole and his friend, Gerry. That addition of one more step is now saving the ankles, knees and hips of any volunteer who regularly needs to take the big step down from that block. Between the two of them, these guys also managed to replace the majority of any rotting timber around the bleachers, front deck steps, small paddocks and they even cleaned out the gutters around the arena. Jackie Scott single handedly managed to put in over 250 hrs of time cutting the grass and demolishing the blackberry bushes around the property. She has her eyes set on the lower paddocks now. Carolyn Paxton spent hours brushing and walking horses this past couple of terms. A shout out to Sue Kosh for taking over the Jane James Tack Shop. She prices, organizes, answers questions on our Facebook page and ships items to purchasers. Her helpers, Kathy Rezanoff & Barbara Allen both do an amazing job of cleaning donated leather tack. The three of them have made that place sparkle! Every volunteer who has spent time with us throughout the summer and early Fall have contributed smiles, hard work, great stories and sometimes brought their own tools to share with us and we've all really appreciated it. CTRA has also hosted 10 plus training sessions for horse handling, grooming, lift training and side walking. It's been a fantastic Summer and Fall Term and we foresee the remaining months of 2023 carrying on in the same manner. Each and every one of our volunteers are INCREDIBLE and CTRA thanks all of you!!



Fall 1 Riding Term

Office of the Program

Coordinator & Instructors

Rachel Brears, Irene Lintner, Diana Jamison,
Jane James, Chris Mayson

*Photo: Bonnie Morley (side walker), Solara S riding
Ember, Morgan Matheson (horse handler) and Diana
Jamison instructing.*

The Fall 1 Term has been a busy term full of new and exciting things. We welcomed a few new amazing members to the CTRA team, both humans and horses.

New instructors Diana Jamison and Chris Mayson underwent their CanTRA instructor

training (CTRB1) this summer, and passed with flying colors! Diana now teaches lessons a couple times a week. We have heard nothing but great things from the parents of her students this term.

Our new members of the herd, Nova, Dudley, and Maddy have been going through training to be therapy horses this summer. All three of them have been carrying a couple riders a week this term, and have been doing an amazing job taking care of their riders in therapeutic lessons.

Photo: Kelly Shaw & Sierre Cooke-Potter working with Bliss in an EAL class offered to many of our volunteers



Equine Assisted Learning:

The EAL program is moving forward and started with an assistant training workshop facilitated by Tamera Merckens from Together in Stride. The first EAL session on Friday morning started with our volunteers

introducing them to EAL and Tamera Merckens used the sessions for mentoring our facilitators Irene Lintner and Chris Mason. Tuesday morning Oct 24 in the cold starts six weeks of EAL sessions for three school groups, six Duncan Christian high school students and sixteen Providence Nature School students.

Look out! Here comes the Events & Fundraising Committee

The CTRA Fundraising Committee has been back in action this fall and busy. The committee is made up of board member and long time CTRA volunteer Loree l'Anson; board member Kaiti Elliott; and barn staff Ally Boyce. Together they have spearheaded several fall fundraisers.



Cocoa Love Chocolate Fundraiser

By now you've heard about CTRAs fundraising partnership with Cocoa Love, a Cowichan based chocolatier. Whether you are gifting chocolates this coming holiday season, or are a chocolate lover please consider buying through our link

<https://ctra.chocofundraiser.com>

Order now through November 17th. Funds raised go towards CTRAs herd and programming.

That's not all!

Online Auction

Coming November 18, CTRA is hosting a Facebook online auction. The committee has been busy connecting with a wide variety of local people and businesses seeking donations. If you or your business is interested in donating please email us info@ctra.ca. We'd love to hear from you.

Equine Valley Market

Jane's James Tack Shop will be at the equine market on November 25th from 10am - 4pm. We'll be taking some saddles, bridles, reins, girths and a bunch of other stuff out there for this event. Make it a Christmas Stocking Stuffer shopping expedition, or just stop by and learn more about our programs.



Horse Sponsorship

The committee has been reaching out to the cowichan community to increase the number of sponsors for our horses. We welcome aboard the Promac Group: Gary & Kim Powers & Scott McKay for taking care of Nova for us this year.

There will also be some great events in the works for 2024. More information to come about CTRAs pub night and fun spring events!!





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