

# Cowichan Therapeutic Riding Association

APRIL/MAY 2011



## THE LEADING REIN

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### DID YOU KNOW THAT:

- All of our Instructors are certified by the Canadian Therapeutic Riding Association (CanTRA). Our CanTRA Coaches hold additional certification under Equine Canada.
- CTRA's charity # is: 89172 3843 RR0001
- Although CTRA operates out of Providence Farm and works in close collaboration with VIPCA, CTRA is an independent entity with completely separate funding.

### CALENDAR OF EVENTS

June 18th	Free Horse Store—Open for Business
July 4—Aug 13	Summer Session (limited)
August 15—19	Summer Camp 1
22—26	Summer Camp 2
August 13	Preparation for Competition—in house dressage day
September 24	25th Anniversary Celebration at CTRA
October 3 –8	Volunteer Orientation /Training Session
October 10	Fall Session Starts

### Riding Programs

**Summer Program (Preparation for Competition and Trail Riding)** July 4, 2011 to August 13, 2011—6 week Session  
Session Fee is \$205 (Preparation for Comp.) and \$177 (Trail Riding).

**Call Carole or Colleen for more information at 250 746-1028**

### A word from the Executive Director

Hello again friends and supporters of CTRA.

We are at the conclusion of our Fall/Winter/Spring full-time sessions and are moving towards our limited Summer session. We are wrapped up another great year here at CTRA with our annual Ride-a-Thon all week June 6—11 and our annual Family Fun Fair on Sunday June 12th.

We are excited to start another Summer Session in the beautiful Cowichan Valley sunshine and are thankful that after a long, cold, and wet spring that our horses are finally shedding out their wooly winter coats in anticipation of the coming change in season. The two programs we will be offering this summer are "Preparation for Competition:" a ring-based program aimed at polishing up skills and preparing for the end-of-session dressage test day; and "Trail Riding:" where riders get the chance to hit the trails and extend their therapy into the beautiful and dynamic world of trail riding. Contact the office for more information on either of these summer programs.

As usual we are offering Summer Camps again this year. We are excited to host another exciting round of fun-in-the-sun camps featuring riding lessons, stable-management lessons, and hands-on horsemanship activities. The office is still taking registrations for either of our camp dates—please contact us for more information.

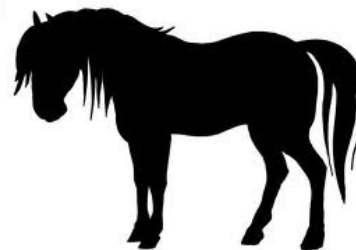
Lastly, it is my bittersweet duty to bid goodbye to Carole Ireland in her current role with CTRA. This adieu is bitter-sweet because even though Carole's retirement means a great loss for CTRA, we congratulate her on her departure into this new and exciting phase of life's journey and thank her for all of her selfless contributions throughout the years. We feature Carole in this edition of the *Leading Rein*—please read on.

We welcome Colleen Hunt to the CTRA team. Colleen will be taking over for Carole in the realm of volunteer coordination and program administration. Colleen comes from an extensive background in the not-for-profit sector including work with the Red Cross and the United Way. Moreover Colleen is a self-proclaimed "horse girl" with a strong affinity for the work of CTRA. Colleen is very excited to meet each and every member of our CTRA community.

We hope you enjoy this edition of the *Leading Rein* and take the time out of your busy day to learn a little bit more about our program here at CTRA and how your support (in whatever capacity) makes a world of difference in the lives of people living with disabilities. We wish all of you a safe and happy Summer!

My very best,

Jennifer Barnes van Elk, Executive Director, CTRA



## CTRA Riders Excel in Sea-to-Sea Video Competition

Two of CTRAs young riders did very well in the recent Para-Equestrian Canada Sea-to-Sea Video Competition. In series 6, **Ross Wristen** placed 1st and **Kirsten Milligan** placed 2nd in the Novice category. In series 7, Kirsten placed 1st and Ross placed 3rd in the Novice category. Overall, Ross is the Grade 1a High Point winner and Kirsten is the Grade 1b High Point winner. CTRA honored the achievements of Ross and Kirsten at the Family Fun Fair on Sunday June 12th. Ross and Kirsten received some very special prizes from Para Equestrian Canada in recognition of their achievements in this nation-wide competition. Congratulations to all of our riders who competed in this competition and good luck in Sea-to-Sea competitions to come.

Check out the results online: [http://www.equinecanada.ca/para-equestrian/index.php?option=com\\_content&view=article&id=86&catid=33&Itemid=553&lang=en](http://www.equinecanada.ca/para-equestrian/index.php?option=com_content&view=article&id=86&catid=33&Itemid=553&lang=en)

### Fun Horse Facts:

- ◆ The “chestnut” on the horse’s leg is a evolutionary leftover from when horses had 3 toes.
- ◆ Long ago, horse dealers used to command a higher price for horses that could roll all the way over.

### Featured Horse Poem

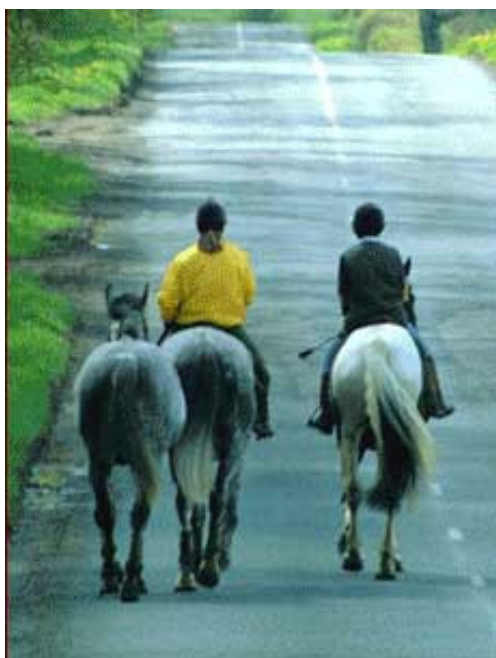
*Do you have a horse poem to share? Either collected or written yourself, please send us your horse poems and we will include them in upcoming additions of the Leading Rein. Include a brief biography if you are the author—we would be happy to share your work of art with the CTRA community!*

## Watch for Horses when Hitting the Trails and Roads this Summer

As the weather gets warmer and the days longer, more and more riders are hitting the great outdoors with their horses. This is a time to remember that the combination of horses and human activities such as biking, hiking, and vehicle traffic creates unique and significant risks for everyone involved.

Horses are very instinctive animals that are often started by loud noises, sudden movements, or unexpected environmental changes. A horse possesses a very strong “fight or flight” instinct which may result in unexpected and potentially dangerous behaviors. Here are a few pointers passed down from the Horse Council of BC on meeting horses during your travels this summer:

- ◆ Speak to the rider/horse so that they know you are coming and the horse can understand you do not pose a threat.
- ◆ Stay where the horse can see you—do not try to “hide.”
- ◆ Slow down or stop if the horse appears anxious.
- ◆ Keep dogs by your side.
- ◆ If possible, turn off your motor or dismount your bike.
- ◆ Let the horse pass you, or pass the horse slow and wide.



**Happy Trails to Everyone!**

### I Ride My Horse

(Author: “Horse Poet” - [www.poemhunter.com](http://www.poemhunter.com))

I feel the wind  
I hear the birds  
I ride my horse  
As I sing words

I see the grass  
I feel the leather  
I ride my horse  
Upon the heather

I taste the dust  
I see the heat  
I ride my horse  
To his own beat

I feel the joy  
I taste the fun  
I ride my horse  
Into the yellow sun

## Spotlight on Riders:

### Ross Wristen

Below: Ross celebrates his recent Sea-to-Sea victory with therapy horse "Mac!"



#### An Interview with Ross Wristen—CTRA rider and rising star.

**Q: How long have you been riding at CTRA?**

**A: Ross:** My first ride was 2 weeks before my 5th birthday.

**Q: What first drew you to therapeutic riding?**

**A: Ross:** Mom brought me.

**Karen (mother):** A niece of mine had been involved at CTRA. She had cerebral palsy and loved riding. Between Amanda's experience and the recommendations of the physiotherapist I got Ross started.

**Q: How has therapeutic riding made a difference in your life?**

**A: Ross:** I've learned about horses and it has helped with my muscular dystrophy.

**Karen:** Ross has maintained his strength to a greater degree than medically predicted. Riding has provided opportunities for Ross to learn to listen to his body and recognize his limits. It has also increased his self-confidence.

**Q: What is the best part about your therapeutic riding at CTRA?**

**A: Ross:** Trail riding is my favorite part!

**Karen:** The experience has taught Ross how and when to ask for help. CTRA has shown Ross tremendous support and encouragement.

**Q: What is your favorite memory about riding at CTRA?**

**A: Ross:** Staying on Beau when he startled and bucked! I also liked getting first in the Sea to Sea Competition for dressage! •

#### CTRA Wish List

CTRA is looking and wishing for donations of:

- ◆ good quality hay and grain (please check with us)
- ◆ Tack and horse equipment for use in the program, sale at the tack store, or as stock for our horse "free store"
- ◆ Power Bar (w Battery) for computer
- ◆ Gift certificates for office supplies
- ◆ Low-lying plants and shrubs for our upcoming memorial horse garden (summer 2011)



#### Funding Opportunity—for Young Riders

Did you know about the **Canadian Tire "Jump Start" Program**? This program is designed to help children adopt healthier lifestyles through their participation in sports and recreational activities. Applications are being accepted July 1–December 1st for the upcoming fall/winter period and January 1–June 1 for next spring/summer. Funding (maximum \$300) is designated for financially disadvantaged children aged 4-18. The program emphasizes activities that support an active lifestyle (equestrian sport is a great example of this!). For more information visit <http://www.canadiantire.ca/jumpstart/funding.html> or call 1-877-616-6600

**TELUS Employees Get the Dirt on CTRA!**

On Saturday May 28th, a group of TELUS employees led by Peter Fox volunteered their time and gardening skills to clean up the garden at CTRA. Though the TELUS community investment philosophy to “give where we live,” TELUS employees contribute volunteer hours to local charities and not-for-profits. Local TELUS employees participating in this year’s “TELUS Day of Service” came down to CTRA and spent a day rejuvenating our rock garden to make way for our upcoming horse memorial garden project. Thanks to the efforts of these community volunteers, we now have a great start on this important community space.

**FREE HORSE STORE—OPENING SOON!!!** - The Cowichan Therapeutic Riding Association is very pleased to announce the opening of our aforementioned “Free Store” for horse stuff on Saturday June 18th! Many thanks to the efforts of volunteer Loree l’Anson and her mother in creating this space and helping us to realize this project for the whole community. This project is unstaffed and open during operating hours (daily 9-4).

For those of you unfamiliar with a “free store” or a “give away shop” - these initiatives are a popular mechanism that supports collaborative wealth and the reuse of commodities. CTRA has pioneered this project with the understanding that horse/riding equipment can be particularly expensive and this expense often creates a barrier to participation and/or negatively impacts the daily life of horses and horse-keepers. As those of you in the community may well be aware, it is common that the diligent horse owner will buy a new horse blanket over a personal winter coat if both are required. This “store” is intended as a community space where people can contribute items they no longer require and take freely the items they do require but may be unable to afford otherwise. The basic premise behind our free store will be that community members are encouraged to take what they need. In return we ask individuals to give what they are able. Often this store might serve an individual in both capacities simultaneously. At this point the majority of the inventory is coming from CTRA staff, volunteers, and portions of the unused CTRA tack inventory.

This project is a community-building initiative facilitated by CTRA. As such we hope that the local community will step forward (as they have for these types of initiatives all across Vancouver Island, BC, and Canada) and contribute their used horse items for the collective good.

CTRA will continue to run tack sales (we are hoping in the near future to open a volunteer-run, in-house consignment store for a few hours every week to generate income for the program) in addition to the free store project. As such, un-demarcated items that are donated to our program will go to one of three uses: 1) items will be used directly in the program, 2) items will be selected for re-sale in the used tack shop, 3) items will be re-distributed to the community via the free store. If you would like your donated items to go towards a specific use, please ensure you specify your wishes prior to donating them. For safety and suitability reasons, we may not be able to use or sell items requested to be used or sold for the benefit of the program. If you are dropping off any donations for CTRA please leave your contact information in the event that we are unable to use your items as desired. For more information on this initiative, donations, or volunteer opportunities with this project please call us at **250-746-1028** or email us at **info@ctra.ca**.



**FUN  
HORSE  
FACTS  
QUIZ:**

**1) cat’s tail, cocksfoot, and crested dog’s tail are some examples of:**

- A) birds
- B) band names
- C) pasture grasses

**2) Dandy, Curry, and Cactus are examples of:**

- A) grooming equipment
- B) dinner options
- C) cool new children’s names

**3) Kimblewick, Half-Moon Pelham, Bridoon and Eggbutt are examples of:**

- |          |             |
|----------|-------------|
| Answers: | A) pirates! |
| 1) C     | B) bits     |
| 2) A     | C) cars     |
| 3) B     |             |

**Farewell and Thank You: Carole Ireland**

*On the eve of Carole Ireland’s retirement from her current position with CTRA, we would like to take a moment and reflect upon what brought Carole to CTRA and why we will all miss her so much.*

Carole came to CTRA as a volunteer in October 1991 on the recommendation of a friend. She had recently moved to the Cowichan Valley and was seeking something to do that would benefit the community. In 1994, Carole became an Assistant Instructor. Over her time here at CTRA Carole has worked in the roles of Caretaker, Volunteer, Instructor, Volunteer Coordinator, Administrative Assistant, Operations Manager, Executive Director, and even Board Director. The list is exhaustive!

Carole’s highlights include several team road-trips associated with the BC Summer Games for Athletes with a Disability—including Port Alberni, Kamloops, Maple Ridge, and Nanaimo. She remembers fondly how the riders thoroughly enjoyed these experiences and boasted many ribbons.

Carole credits her work at CTRA and Providence Farm with providing her with a greater sense of purpose. In her own words: “I have been grateful every day when I drive up this beautiful driveway to work. I would like to thank everyone who has helped CTRA and myself become what we are today and wish the present team great success for the future journey of CTRA.”

Obviously none of us can bear to say “goodbye” to Carole—she means too much to CTRA. So we say “thank you” and plant Carole’s home number permanently on the speed dial. **Happy Retirement Carole and thank you for EVERYTHING!**



## 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
Carole Ireland	Coordinator of Program and Volunteer Services
Katrina Evernden	Stable Manager
Beth Davies	Weekend Supervisor

### **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
Megan Winship	Stable Staff
Nicole Nash-Little	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 2011

**Kate Roome**

Chairperson

**Susan Harrison**

Vice Chairperson

**Sylvia Berryman**

Treasurer

**Denise Hamilton**

Secretary

**Bill Buckeridge**

Director

**Keith Granbois**

Director

**Diana Hamilton**

Director

**Irene Lintner**

Director

**Jayne Shaw**

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*



**CTRA**

Dues (paid yearly January 1 to December 31):

Individual - \$10	<input type="checkbox"/>	Family - \$15	<input type="checkbox"/>
Lifetime - \$100	<input type="checkbox"/>	Single Event - \$ 5	<input type="checkbox"/>
Association/Corporation - \$20	<input type="checkbox"/>	Volunteer	<input type="checkbox"/>

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

Riding Program  Fundraising  Work Parties

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Date: \_\_\_\_\_ For Office use Only Amount Received: \_\_\_\_\_ Receipt #: \_\_\_\_\_

## Other ways to Support CTRA:

Donations of Wish List Items

Spread the Word! Tell people why YOU support CTRA

Volunteer:)

Financial Help in Any Amount

Sponsorship of Events/Riders/  
Horses

**Donations  
in kind:**  
  
 Dinner Auction  
 items, horse stuff,  
 Prizes for riders/  
 events

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

**Birthday/Event Donations**  
  
 Ask guests to donate to CTRA instead of bringing a  
 gift  
  
 Put out a CTRA donation hamper/tin at your event!