

Cowichan Therapeutic Riding Association

FEBRUARY/MARCH 2011



THE LEADING REIN

CALENDAR OF EVENTS

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April 4

April 9

April 10 -15

April 30

June 6 -11

June 12

June 13-18

August 15-19

22-26

September 24

Spring Session Starts

CTRA at the Volunteer Fair (Duncan Mall)

Volunteer Appreciation Week

CTRA at the Autism Expo (Beban Park, Nanaimo)

Ride-a-thon Week

Fun Fair

Make up lesson week (spring session)

Summer Camp

Summer Camp

25th Anniversary Celebration at CTRA

RIDING PROGRAMS

Spring Session April 4, 2011 to June 10th 2011
Session Fee is \$295.

Call Carole Ireland for
more information at 250
746-1028

A word from the Executive Director

Hello my name is Jennifer Barnes van Elk and I am the new Executive Director at CTRA. I am so thrilled to be here and to be part of this amazing program. One of the first things I noticed upon starting here in January is the incredible strength of our community. Be it participant, volunteer, staff, or supporter - everyone involved at CTRA is dedicated and truly involved. I am honored to be welcomed into this incredible circle!

I come from a diverse equestrian background and have worked in just about every corner of the industry (even briefly at a Hawaiian polo barn). I am a certified Equine Canada Coach and have taught lessons and trained horses in various capacities for approximately 11 years. I have ridden consistently for 22 years. I have a MA in Professional Communications from Royal Roads University and strong corporate experience. I am looking forward to pulling together all these relevant aspects of my training, education, and life experience in my role as Executive Director with CTRA. As a personal aside, I enjoy hiking, camping, riding my horse, and generally anything that gets me out and about in the beautiful environment of Vancouver Island.

We have lots of fun things planned for the upcoming spring and summer seasons. We are looking forward to returning to the trails with the horses and getting out in the sun. We are developing our summer program and look forward to another round of summer camp fun. Our new website is in the works and will be debuting soon - please do check in online throughout the coming months to learn more on our growing program and exciting upcoming events. Ride-a-thon week and the "Fun Fair" are coming up fast as well. We are always looking for sponsors and pledges for our riders so please do not hesitate to contact us to find out how you can get involved in supporting this special event.

Also in the wings: we are arranging to open a "free store" for horse stuff out of our barn and are also working to convert our garden space into memorial horse garden for those who wish to honor their late companions (avid gardener volunteers - we welcome your visions and contributions in this endeavor!).

I am looking forward to getting to know all of you. Please do not hesitate to call me at the office, drop me an email (Jennifer@ctra.ca), or stop by the farm and introduce yourself. I am looking forward to meeting all of your smiling faces in the coming months.

My very best,

Jennifer Barnes van Elk, Executive Director, CTRA

DID YOU KNOW THAT:

- From our integrated riding program to our therapy sessions, CTRA offers equine-based therapies and experiences for everyone.
- CTRA is the ONLY Canadian Therapeutic Riding Association (CanTRA) Accredited Center in BC and the Yukon Territories.
- CTRA's charity # is: 89172 3843 RR0001
- Each week over 85 riders and 100 volunteers visit CTRA

“Polo Anyone?” Gala Goes off Without a Hitch! (Sort of...)

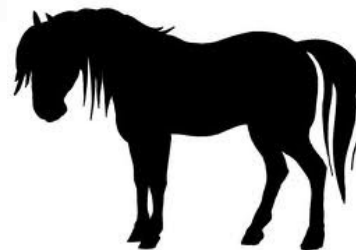
CTRA's 15th Annual Dinner Auction Gala themed “Polo Anyone?” was once again a big success and fun night on the town for everyone involved. From the champagne reception, to the silent auction, to the excitement of the live auction, and the hilarity of Cam Drew—the event was an enjoyable evening of food, fun, and frolic.

Highlights of the evening include: Rider/presenter **Kiah Beagley** bringing the house down with an incredible and moving presentation on her experiences with therapeutic riding at CTRA; the many exciting moments during the live auction— including the fervor over the honey basket; and of course—**that balloon**. Pandemonium broke out shortly after the balloon raffle pop when it was discovered that two of the balloons had come free of their moorings and had floated to the ceiling—and that one of them held the winning ticket! Suddenly people were balancing on chairs and other people in a series of valiant efforts to bring one of the errant balloons down to earth. After a couple of hair raising moments the rebel balloon was snagged and the winner of the outdoor barbeque was declared! Needless to say this unexpected adventure proved to be another hilarious demonstration that even the best laid plans....

CTRA wishes to thank all of our attendees, donators, volunteers, and sponsors for their efforts in making our annual Dinner Auction Gala a continued success. This year, the event raised approximately 20,000 for the program. **Way to go everyone!**



Polo Originated in Persia around the 5th Century. Military Officers imported the game to Britain in the 1860's. Polo is now an active sport in 77 countries.



New: 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!

“Like the Wind” (Author Unknown)

I run
through the meadows
and the fields.

Always wild
never tamed
I run fast and free,
my mane and tail
whipping in the breeze
that's hardly there.

My chestnut color
can be beautiful as
the sun on good days,
or dark as devil
on bad days.

Like the wind I run,
yet quiet, my hooves
touch the grass.

Like the wind, the horses run,
Like the wind.

Spotlight on Staff:

Head Instructor Lisa Pink

Below: Head CTRA Instructor Lisa Pink doing what she does best—teaching!



An Interview with Lisa Pink: Accomplished rider and trainer, CanTRA Coach, and Head Instructor at Cowichan Therapeutic Riding Association

Q: How long have you been involved in horses?

A: All my life! One of my personal highlights was when I rode for the Canadian Junior Jumper team two years in a row!

Q: What drew you to therapeutic riding?

A: Jane James recruited me. I started out volunteering, it was a great step towards learning how to teach. It was also a great way to give back to the community.

Q: What is the best part about being a Coach at CTRA?

A: Many things! The horses, the smile of a child. Being able to give someone less fortunate the chance to be free from their everyday challenges. The incredible feeling it gives me to see someone come out of their wheelchair and ride tall and proud upon a horse.

Q: What is your favorite memory of CTRA?

A: So many. To list a few: camps, accreditation, the many celebrations, good times with the “old timers,” and taking teams to the summer games.

Q: What are some of the things you are looking forward to this year?

A: The new faces; working hard to become a CanTRA accredited Training and Certification Center; and all of our work and growth as a staff and as a team!

Each year, **National Volunteer Week (April 10 –16)** allows Canadian organizations (especially social profit associations and groups) the chance to say “thank you” to their dedicated volunteers. Volunteers are an invaluable asset to the Canadian social profits and charities. The 2007 Canada Survey of Giving, Volunteering, and Participating (CSGVP) shows that 46% of the population aged 15 and over volunteered 2.1 billion hours. Given these statistics, it is easy to see how the contributions of volunteers contribute significantly to the sustainability of the Canadian social sector.

CTRA supports National Volunteer Week and wishes to say a heartfelt “thank you” to each and every volunteer that has

honored us with their time, effort, and dedication. **We could not do it without you—Literally!**

THANK YOU!

CTRA is always welcoming new volunteers in many capacities. We are always on the lookout for horse handlers,

side walkers, office assistants, gardeners, event-enthusiasts, committee members, and handy helpers. If you think that you, or someone you know, may be interested in joining our volunteer community—give Carole Ireland a call at 250-746-1028 or drop us an email at ctra@telus.net.

Volunteers! Don't forget to pick up your complimentary coffee and cookies in the rider's lounge. Also please remember to take a “courtesy coffee” card (redeemable at a number of Cowichan Valley coffee joints all National Volunteer Week) - available at CTRA and courtesy of Volunteer Cowichan.



CTRA Wish List

CTRA is looking and wising 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 upcoming “free store”
- ◆ A good vacuum cleaner
- ◆ Cordless Drill
- ◆ Power Bar (w Battery) for computer
- ◆ Gift Certificates for Office Supplies



Para Equestrian Canada Regional Development Coach Lynn Marshall puts on Clinic at CTRA

CTRA was honored to host Para Equestrian Development Coach Lynn Marshall on Wednesday March 30th. CTRA riders Kiah Beagley and Daelen Cleugh participated in the Athlete Development Clinic at CTRA, alongside visiting riders from the Victoria Riding for the Disabled Association (VRDA). Sponsored by Para Equestrian Canada, this event was an incredible opportunity for both riders and coaches to learn from Marshall, a certified Equine Canada Coach and dressage judge. Lynn's experience as a therapeutic riding coach in Australia and international equestrian coach proved invaluable for the participants of the event.

The athlete development session was part of Para Equestrian Canada's ongoing initiative to provide development opportunities for athletes and coaches with the aim of improving competitive goals and training regimes in Canadian para equestrian sport. Marshall helped CTRA instructor staff learn more about the nature of para equestrian competition in Canada today and enabled our staff to engage in a vibrant and constructive dialogue on the best way to help each rider achieve their individual goals.

CTRA would like to warmly thank Lynn for all of her efforts in coming to our facility and offering our staff and students such wonderful and constructive feedback. We are especially thankful for the time Lynn took out of her day to prepare and facilitate an in-depth presentation on the current state of judging and performance expectations in para equestrian Sport.

Thank you Lynn!

2011 Ride-a-thon & Fun Fair!!

Once again it is that time of the year when **the Ride-a-thon approaches!** This year is going to be a fun-filled week of ride-a-thon efforts culminating in our big **Fun Fair** under our very own big top!

Our rider participants will collect pledges from the community and honor these pledges during their ride-a-thon week lessons. Riders hit the trails of the beautiful Providence Farm and work hard to earn their signature t-shirts!

The week runs June 6 -11th and wraps up with a Fun Fair on Sunday June 12th. Held in the indoor arena this not-to-be-missed event is filled with fun and games for the whole family!

As always these events are made successful by the support of our community. We are looking for t-shirt sponsors (\$200) and pledges for our riders!

For more information on this event or how you can get involved with making the **2011 Ride-a-thon** a galloping success please contact us at the office via email at ctra@telus.net or via telephone at 250-746-1028.

Good Luck to All of Our Participants!

At right: A brave rider rises to the challenges of a past ride-a-thon course.



FUN HORSE FACTS QUIZ:

- 1) True or False: Prehistoric horses had toes instead of hooves.
- 2) What horses are black when they are born and pure white as adults?
- 3) Horses are measured in hands. How big is a hand?
- 4) What horse of Russian origin can go for days without food or water and is characterized by its metallic sheen?
- 5) By what age do most horses get all of their teeth?
- 6) A horse jump that has two crossed poles is called a "cross pole." What is a horse jump called with one horizontal pole straight across, parallel to the ground?

- 1) True
- 2) Camargue
- 3) 4 inches
- 4) Akhal-Teke
- 5) 5
- 6) A vertical

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:** ctra@telus.net

Visit us online at 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
Sophia Link	Stable Staff
Rhiannon Ashton	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



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

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

Horse sponsorship
(\$2,600/year)

**Donations
In
Kind**

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

Rider Support:
Rider User Fee Assistance: \$600/year or \$190/session
Program Sponsor Fund: \$1200/year per rider
 or \$400/session per rider