



KTRA Stirr-Up

Celebrating 30 Years of Service

Summer 2018

30 Years of Service



2018 is a very special year for us! We have been providing 30 years of service...30 years! We are super excited to make this an extra special year and we are looking forward to the next 30 years to come!

30 Years of History

1988 Kamloops Therapeutic Riding Association (KTRA) incorporated as a society

Initial operations were in Barnhartvale

2000 operations moved to Knutsford

2005 at that point operations were at the current Crestline location. The riding program was seasonal and only had one staff member – an instructor. All hard labour for cleaning the yard, tack etc was done as work bee with board members.

2008 - successful capital project – new barn purchased and put up at current location

2009 - Tiffany Burns was hired as instructor and began to provide many good ideas about expanding and moved into Role of Program Director and more staff was hired.

2014 - Ashley Sudds was hired as Session Coordinator and we hosted our first recorded Open House

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We LOVE our



Volunteers!

**Everyone who
wants to ride well,
can - but only if
they know where
they want to go.
~ Mary Longden ~**



Bridging The Gap Clinic with Mary Longden

By Shannon Ainslie

The day is overcast yet bright. It gives a light that makes me squint my eyes and I regret not bringing my sunglasses. My boots hit the dirt of the KTRA grounds. All is quiet. Horses calmly munch on hay in the field. I follow a loud, clear voice to the main arena. A small gathering of volunteers and trainers sit at the arena's edge on white, plastic chairs, coffees steaming beside them, completely engrossed in the lesson taking place. No one takes notice as I find a seat on the concrete wheelchair ramp. I set down my own cup of Joe and take out my notebook, feeling the coldness of the concrete beneath me. Cool spring breezes pull at my hair. The comforting smells of horses, manure, and hay fill my nose, relaxing me. Closing my eyes, I tune into the sounds around the arena: the ticking of last year's brown, crumpled leaves, still clinging to the surrounding aspen, the rhythmic clumping of horse's hooves, jingling stirrups, squawking crows. Horses in the nearby stable stamp their feet impatiently.

A strong voice with a British accent cuts crisply across the arena. I open my eyes to see a lady dressed in a baby blue, knit sweater. She is instructing two riders as they guide their horses around the ring. The riders are listening intently, sitting with perfect posture. Dust puffs up around trotting hooves; the riders click their tongues. The horses in the surrounding pens pause in their eating, seemingly watching too. The instructor is Mary Longden, an International Level 3 coach, an Australian 'A' Level dressage judge, FEI 'I' Level Eventing judge (until 2009), FEI 'O' Level Para-Equestrian judge, and an International Para-Equestrian coach and consultant. Mary's Philosophy: Everyone who wants to ride well, can - but only if they know where they want to go. (www.longdencorp.com) Mary's style is sharp, commanding, and witty. She engages her audience. She makes us laugh. She asks us questions.

"So you see the rider's weight is on the right side. The horse will keep leaning toward the right to get himself directly under the saddle. What is the solution?"

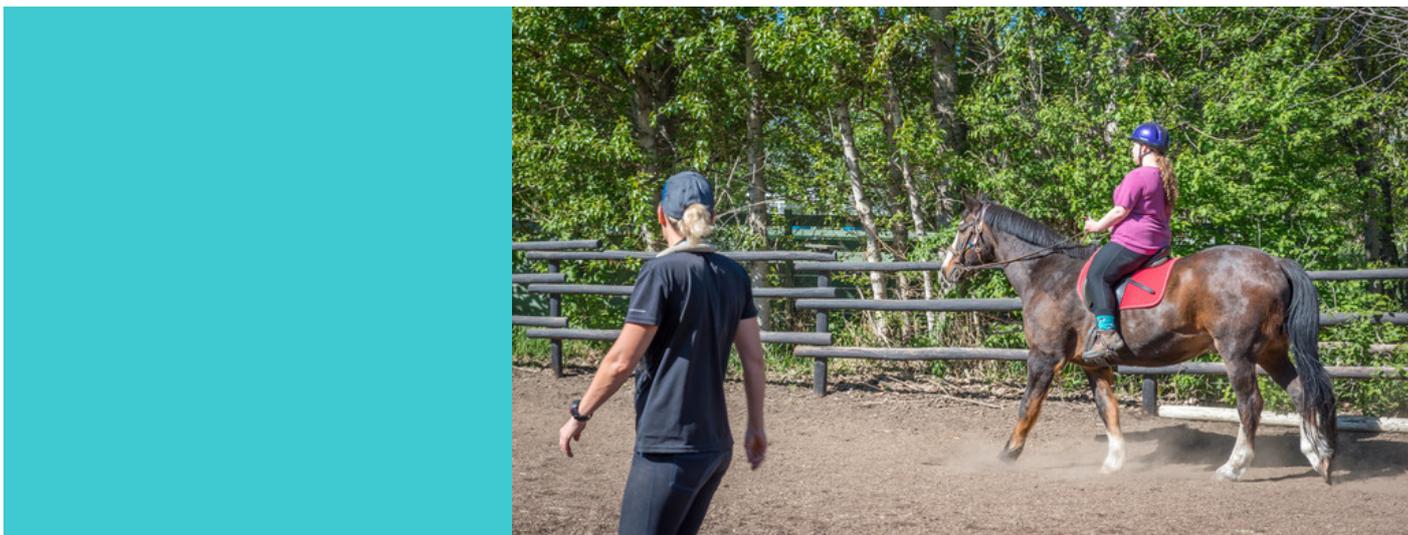
"Shift the weight," the onlookers suggest.

"Yes," she calls out, "and also change the direction!"

She talks to a rider: "There are two of you. Horse and rider. One of you needs to be in control. Do you know what frontal lobes are? The frontal lobe of humans is the like this!" She holds up a clenched fist. "The frontal lobes of horses are the size of peas!"

Mary changes her expression from concentrated when instructing, to joy as she jokes. She is extremely knowledgeable, noting the finest of details, yet she is down-to-earth and personable. "Trainers need to fix the cause, not keep trying to change the result!" She coaches her trainers.

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Other News

New Office

We moved into our new office at the beginning of April and we are really enjoying the new space. We have a fully functioning kitchen now and central AC!

PATH

Lauren and Ashley become certified PATH Intl. Registered Therapeutic Riding Instructors in October 2017. This year KTRA became the only PATH International Center Member in all of Canada!

Fire

Unfortunately there was a fire at KTRA in April. It completely burned an old hay shed down at the front of our property and scorched the side of our new office trailer. We were very lucky that the local fire departments were able to contain it and put it out quickly. We lost our ride on lawn mower in the fire too. We are happy to report that no animals or people were injured in the fire so that is very fortunate. They couldn't say exactly what caused the fire but most evidence was leaning towards arson.

Summer Camps

2018 was the first year all our Kid Summer Camps were full by June 1st. There was so much interest in them that we added an extra camp. Unfortunately, there wasn't much interest in our Teen Overnight camps or Adult camps, so we may just plan to add even more kid camps next year. A stable management handbook and 3 levels of stable management booklets have been created with plenty of fun activities. No camper will experience the same stable management activity twice. The campers love to feed the horses and goats treats and look forward to seeing their favorite horses each day of camp.





To create opportunities for personal growth, healing, and connection through a shared experience with horses.

30 Years ~ Continued (from Page 1)



October 2014 - Ashley moved into the newly-created role of Assistant Manager

September 2015 - Ashley moved into the newly-created role of Executive Director

2015 - Youth At-Risk Program Started

2016 - Two of our Instructors received their CanTRA Certification

2016/2017 - Another successful capital project: Hay Shed. Many thanks to Warner Rentals and Shawn Anderson.

2017 - New Office Trailer donated and delivered by Horizon North, vaulting program started, two of our Instructors received their Path Certification.

2018 - 30th Anniversary! Lots to celebrate!

We decided to celebrate with an Open House on Saturday, May 12th, 2018! We had four local food trucks on site along with an exciting schedule of entertainment. 10am-Noon we offered mini riding lessons for children and adults. From 11am-Noon we had Uncle Chris the clown perform for all the kids. Tanner Dawson performed live from Noon-1pm and we rounded the afternoon off with an interactive performance and drum circle by Kamloops Drum Connection.

It was also very important to us that for our 30th Anniversary we created a video about KTRA. With the talented Warren Palmer, his team and his lovely wife Gabriela they created a touching video that is very special to us. To see the video visit our website: <http://www.ktra.ca/>

CallMedia21.com | OkanaganDrone.com | GabrielaSládková.com



"Trainers need to fix the cause, not keep trying to change the result!"
~ Mary Longden ~



Bridging The Gap Clinic with Mary Longden ~ Continued

Longtime rider and volunteer, Alicia Viner, approaches Mary timidly, leading a horse named Theo. She is to have a lesson next. Alicia is nervous and explains to Mary that she hasn't ridden Theo before. Mary smiles encouragingly. "Are you more afraid of the horse or of me?" she asks, making everyone laugh. Alicia visibly relaxes and grins widely. "You!" she says, and we all laugh again. The lesson gets underway. Mary observes and shares tips regarding how to properly approach the mount and the proper length of stirrups.

We watch Alicia and Theo working together, paying close attention to Alicia's position in the saddle and the amount of bend in her elbows. I admire Theo's coloring, his muscled body, the bright red bridle under wavy dark mane. I take a lot of notes, trying to keep up with the equine lingo. When it is time for me to go, I feel humbled and honored to shake Mary's hand, goodbye. The volunteers and trainers will soak up knowledge for the rest of the day.

After a weekend of training with Mary, Alicia shares her thoughts about it on her facebook page (Alicia A V Para Equestrian): "Thank you so much Mary for giving me the tools and aids, tips and goals to work on this weekend.



Thanks to the Kamloops Blazers Sports Legacy Fund for helping us bring Mary here!

It's a bit difficult for me to write in words how I feel and how much your coaching and teaching has impacted my rides with Theo, from saddle fitting to bending my elbows; using my legs to get Theo going to practicing his bend. Also transitioning from the walk to a halt and shortening as well as lengthening my reins without leaning forward. The whip as an aid makes a world of difference as well when needed. So glad I got to experience both as a rider and a volunteer. You have made my year and I can't wait to continue to carry out the skills you have taught us both in hand and riding. So thank you for all you have done."

Thank you KTRA for giving me and several others the opportunity to meet an international equine icon! And of course, a big thank you Mary Longden.

www.longdencorp.com



Leg Up Program - Brought to you by Telus

Thanks to the Telus Okanagan Community Board Grant we were able to run a 4 week program in June for females ages 18-25. The goal of the program was to help youth at-risk with social and employment skill development through equine therapy. This program worked with youth coping with trauma impacting their social skills and employment opportunities. The main focus was to help these youth, specifically those aging out of the system, with employment skills.

Group Equine Assisted Learning is an interactive horse-human learning experience, offering a powerful opportunity to develop greater self-awareness and personal growth. Through enhancing trust and empathy, reducing anxiety, anger and stress, and increasing self-confidence. Equine Assisted Learning is a life changing experience. An EAL session is comprised of activities that require a group of youth to apply specific skills in a horse-human interaction. Non-verbal communication, assertiveness, creative thinking and problem solving, leadership skills, boundary setting, teamwork, and relationships are addressed in a safe and non-judgemental EAL setting. Activities are associated around therapeutic ground-work with horses. There are no riding or horsemanship skills. Activities are designed to increase self-awareness and address specific life skills specifically employment skills development.

The youth learned techniques for communicating with horses, they also learned how to gauge and modulate their own feelings, emotions and body language enough to influence the horses' behaviour. In turn, the youth learned how the skills they learned to communicate with horses can be reflected on how they can communicate with each other, their families, future employers and members of the community.

The program was lead by our Equine Psychotherapist, Karen Lara and assisted by one of our riding instructors, Matina Durfeld. Karen is a registered mental health therapist and an Equine Assisted Growth and Learning Association (EAGALA) certified mental health professional. Karen focuses her clinical practice in the area of complex trauma and is passionate about exploring alternative and body-centred modalities for emotional growth and healing, particularly through horses. In November 2017, Matina took her EAGALA (Equine Assisted Growth and Learning Association) 1 course in Stephenville Texas.

Without our dedicated volunteers we wouldn't be able to offer our programs - thank you!



Vaulting

We were sad to lose our vaulting instructor, Mona, this year. We wish her all the best as she moves her family back to Horsefly to live a more country style life and enjoy her horses.

We were planning on starting an adaptive vaulting program for our therapeutic riders but with the loss of Mona we have put that program on hold.

We were able to bring in Stephannie Maria Wall for two vaulting clinics. Stephannie is in the process of getting certified to be a registered vaulting instructor. She is a CHA certified Level 2 English and Western coach. She had to travel 8-9 hours to get here for each clinic, so we were super appreciative that she traveled all that way so that we could still do some vaulting this year.

We are still on the look out for a vaulting instructor as we would like to continue to offer vaulting and start our adapted vaulting program. If you know anyone local and they are interested please have them contact us!

9th Annual KTRA Horse Show

On Sunday, June 24th we hosted our 9th Annual KTRA Horse Show for our riders to showcase what they have been working on this past spring session. We also for the first time hosted our AGM right after the show and had the best attendance that we have ever had, thank you to everyone that attended!

We had three classes: Dressage, Hunter Hack and Speed Barrels with 28 participants.

It was a lovely day for all friends and family to come and watch their loved ones perform.



Thanks to the Murray family we were able to raffle off a special bike to our members and the Pawlyshyn family were the lucky recipients - congratulations!

We also invited all of our riders, those who came to watch them and our dedicated volunteers to stay for a BBQ between the show and AGM. We handed out some special rider and volunteer awards.

2018 Rider of the Year was awarded to Talia Collins.

2018 Volunteer of the Year was awarded to Kate Greffard.

We also gave Sandy a special recognition award for all his hard work over the past 9 years here at KTRA!

THE OUR TEAM

New Staff

Since our last newsletter we have had quite a few new staff join our team - we are pleased to present:

Fall 2018 Volunteer Coordinator - Jacquie Arnold

Jacquie joined our staff in the role of Volunteer Coordinator in July 2018. Her deep life-long love of animals, previous career as a Disability Advisor, background in psychology, and a passion for helping others lead Jacquie to KTRA first as a rider and volunteer and now as a staff member. As a person who is legally blind, Jacquie has a keen understanding of the physical and emotional challenges faced by those who are differently abled. She holds a B.A. in the fields of psychology and Anthropology from UBC, an Education Diploma in guidance counselling from UBC, and M.A. training in leadership, HR management and organisational psychology from Royal Roads University. She lives on a small acreage with her husband and daughter, along with an ever-expanding assortment of pets.



Community Riding Lessons Instructor - Joyan Winter

Joyan has a diverse background with horses, and has been involved with most disciplines over the years. She particularly enjoyed many years as a successful competitor in the hunter ring. She managed the school horse program at Sun Meadows in Barnhartvale for three years, bringing riders along from beginner level to competition ready. "I believe in versatility for horses and riders, and like to include exercises in lessons that keep everybody thinking." Up until a year ago, you may have met her working at Greenhawk where she helped outfit horses with tack, and riders for lessons and shows. Joyan currently lives on a cattle ranch with her husband Dirk, riding quarter horses to work cattle – and is looking forward to competing in mountain trail next year.

<http://www.ktra.ca/community-riding-lessons.html>

THE OUR TEAM

Part-time YAR Instructor - Cherise Warde

Cherise moved from Kelowna to Kamloops in February, 2018. She is a certified CanTRA Intermediate Instructor. She taught therapeutic riding in Kelowna for many years, as well as worked at a veterinarian clinic. Cherise just finished a Community Mental Health Certification and is working towards her Equine-Facilitated Wellness Certificate. She grew up around horses, and has loved them as long as she can remember! Cherise started riding at the age of three and got her first horse when she was thirteen. She enjoys hunter/jumpers, as well as dressage.



Part-time Instructor - Matina Durfeld

Matina is originally from Williams Lake, BC. She moved to Kamloops in March of 2017 and is so excited to be on board with KTRA as of 2018! She volunteered with Williams Lake's Child Development Center horse therapy program from 2009-2012, and she reigned as the Williams Lake Stampede Princess in the year of 2014. She has competed in high school rodeo and BCRA rodeos, and has attended many clinics from horsemanship and colt starting, to reining and barrel racing. From 2013-2015 she attended the BC College of Equine Therapy in Vernon, and in November 2017 she took her EAGALA (Equine Assisted Growth and Learning Association) 1 course in Stephenville Texas. She plans to further her learning in equine therapy and looks forward to meeting everyone!

Equine Psychotherapist - Karen Lara, BA Psyc, MC, CCC

Karen is a registered mental health therapist and an Equine Assisted Growth and Learning Association (EAGALA) certified mental health professional. Karen focuses her clinical practice in the area of complex trauma and is passionate about exploring alternative and body-centred modalities for emotional growth and healing, particularly through horses. In the past, Karen has worked in community development projects, provided trauma counselling services through Indigenous restorative justice programs and First Nations Court, and written Gladue Reports. She is currently employed as a mental health therapist and clinical supervisor at an Indigenous non-profit health society. Karen has enjoyed volunteering with the Kamloops Therapeutic Riding Association since January 2016.



THE FOUR SEASONS TEAM



Weekend Feeder - Ezekiel SiJohn

Ezekiel is our loyal weekend feeder that looks after our special herd of therapy horses. Ezekiel started riding at 4 years old and was showing in the Arab circuit at the age of 7. Ezekiel Pony Clubbed to C Level and was a Equine 4-H club member for 3 years. Ezekiel is certified in Equine Nutrition and Equine First Aid. We are very pleased to have Ezekiel as part of our team!

Mouse was originally our new office cat but she has fallen in love with the barn and hasn't been back since! It is probably because she has a toasty tack-room all to herself with her very own cat door. She LOVES her naps and she can run very very fast and is an amazing climber! She can often be found hitching a ride on the wheelbarrow at feeding time. She also likes to be very active with our riders and visits everyone. She even likes to join the riders on horseback sometimes!



Buchi (Japanese for patches) and Piaffe (The piaffe (French pronunciation: [pjaf]) is a dressage movement where the horse is in a highly collected and cadenced trot, in place or nearly in place - our cat does this ALL THE TIME! lol) They are our new office cats and are approx. 8 months old now.

and YES we have GOATS!
Gandalf (white), Chiclet (smallest with horns), Fitz & Kieffer (TWINS)
They have free range on our 10 acres.



THE OUR THE TEAM

And our VERY Special Horse Heroes!



THE FOUR SOME TEAM

More VERY Special Horse Heroes!





thank you

And we would like to extend a very special thank you to everyone who has supported us over the last year:

Telus Corporation
HCBC
Rotary Club of Kamloops Daybreak
Don Shearer Ltd.
The Benevity Community Impact Fund
Valleryview Overlanders Lions Club
Loyal Order of Moose - gaming - Lodge 1552
Rotary Club of Kamloops Aurora Centennial
KLAVC
Kamloops Skydivers Sport
KPMG MSLP
Piva Contacting Ltd.
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Kamloops Blazers Sports Legacy Fund
Benjamin Moore (Kamloops Paint)
New Gold
Ellen McCurrach
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