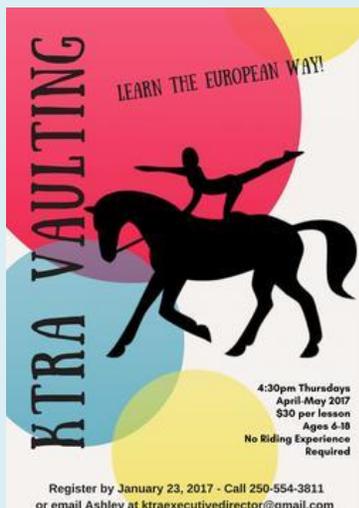


# KTRA Stirr-Up Winter 2016-2017

## New Programs

We are excited to be working on some new programs for KTRA.

1. Working with the EAGALA method we hope to be able to provide some **trauma/PTSD workshops** in 2017 and eventually have a full-time trauma/PTSD program here at KTRA. Karen Lara who has her degree of Master of Counselling in Counselling Psychology will be our mental health professional leading this program.
2. We will possibly be starting a trial Vaulting program for our Spring 2017 session. What is Vaulting? **Equestrian vaulting**, or simply **Vaulting**, is most often described as gymnastics and dance on horseback, which can be practiced both competitively or non-competitively. **Vaulting** has a history as an **equestrian** act at circuses, but its origins stretch back at least two-thousand years.



## Certification

Some of our instructors have been working hard towards getting the following certifications:

Congratulations to Lauren and Ashley for achieving their **CTRBI CanTRA Basic Instructor** through the Canadian Therapeutic Riding Association (CanTRA).

CanTRA is a registered charity that promotes challenge, achievement and empowerment for children and adults with disabilities through the use of the horse. CanTRA also provides education and instructor certification.

<http://cantra.ca/en/>

Lauren, Ashley and Crystal are currently working **PATH Intl. Certified Riding Instructor certification**. They are all currently in Phase 1 working towards Phase 2. To learn more about PATH check out: <http://www.pathintl.org/>



# KTRA Stirr-Up Winter 2016-2017



KAMLOOPS THERAPEUTIC RIDING ASSOCIATION PRESENTS

## SELF-EMPOWERMENT FOR WOMEN

April 8, 2017 - 9am-4pm

THIS 1-DAY INTENSIVE SEMINAR FOCUSES ON SELF-EMPOWERMENT FOR WOMEN THROUGH LEARNING ESSENTIAL ASSERTIVENESS TRAINING AND CONFIDENCE-BUILDING SKILLS. THE LARGE SIZE OF HORSES REQUIRES US TO LEARN TO BE ASSERTIVE USING HEALTHY DIRECTION AND INITIATIVE, RATHER THAN USING BULLYING OR MANIPULATIVE TACTICS. WOMEN ALSO LEARN TO MASTER FEELINGS OF INTIMIDATION, CREATING GREATER CONFIDENCE THAT CAN TRANSFER INTO ALL AREAS OF LIFE.

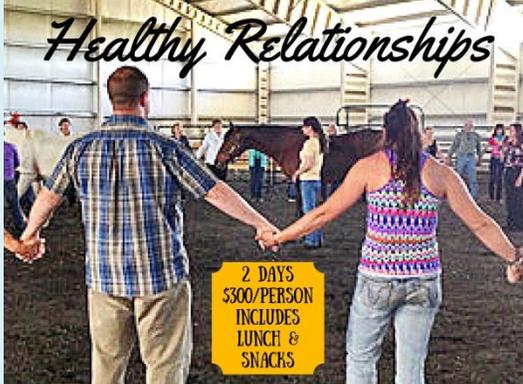
The seminar is provided by a registered mental health therapist specializing in trauma, and certified as an equine psychotherapist through EAGALA along with a horse professional.

**\$150 Per Person**  
Lunch & Snacks Included

REGISTER AT  
[KTRAEXECUTIVEDIRECTOR@GMAIL.COM](mailto:KTRAEXECUTIVEDIRECTOR@GMAIL.COM)  
OR CALL 250-554-3811

KAMLOOPS THERAPEUTIC RIDING ASSOCIATION PRESENTS

## Healthy Relationships



2 DAYS  
\$300/PERSON  
INCLUDES  
LUNCH &  
SNACKS

Improve communication skills and interpersonal relationships. Learn healthy assertiveness and problem solving skills, through increasing emotional awareness and stress tolerance.

MAY 27 & 28, 2017  
DISCOVER. ACHIEVE. SUCCEED.  
TO REGISTER CALL 250-554-3811  
OR EMAIL [KTRAEXECUTIVEDIRECTOR@GMAIL.COM](mailto:KTRAEXECUTIVEDIRECTOR@GMAIL.COM)

APRIL 9, 2017  
Kamloops Therapeutic Riding Association  
Presents

\$150 per person - includes lunch & snacks

## Anxiety

SEMINAR

This 1-day anxiety seminar provides the opportunity for people to address overwhelming feelings of fear in a safe environment, utilizing the sensitive nature of horses to assist in overcoming anxiety.

For people who may feel intimidated by the size of the horse, this is an amazing opportunity with the support of a mental health clinician and equine specialist, to increase self-awareness and learn to manage stressful emotions.



TO REGISTER CALL 250-554-3811  
OR EMAIL [EXECUTIVEDIRECTOR@GMAIL.COM](mailto:EXECUTIVEDIRECTOR@GMAIL.COM)

KAMLOOPS THERAPEUTIC RIDING ASSOCIATION PRESENTS

July 6, 2017 - 9am-4pm  
\$150/person includes Lunch & Snacks



## LEARN

Team Building  
Workshop

This one day intensive workshop provides the opportunity for corporate teams to improve their effectiveness in the workplace through working with horses.



TO REGISTER CALL 250-554-3811 OR EMAIL  
[KTRAEXECUTIVEDIRECTOR@GMAIL.COM](mailto:KTRAEXECUTIVEDIRECTOR@GMAIL.COM)

# KTRA Stir-Up Winter 2016-2017



## Volunteers

We are encouraging volunteers to invite their friends to check us out and inquire about volunteer opportunities. As we grow as an organization we need as many volunteers as we can get to help out! If you would like to bring a friend to watch you help in a lesson we strongly encourage this.

Volunteering at KTRA is great for any newly retired individuals that would still like to keep busy and enjoy working outdoors!

KTRA relies on the dedication and support of our volunteers on a daily basis. Life skills developed by volunteering are leadership, problem-solving and adaptability, time management, communication and working as part of a team.

Not all of our volunteers are adults; we have many youth volunteer after school and help with barnyard work. Some of our riders also volunteer and gain job skills to add to their resumes.

For more information or questions please contact our volunteer coordinator at [ktravolunteers@gmail.com](mailto:ktravolunteers@gmail.com)

Thank you!

## Barnyard Updates!



## Hay Shed

We are sure you have noticed that half of our barn is normally filled with hay. Thanks to Warner Rentals we have begun construction on a Hay Shed to house all of our hay for our horses. We go through over 3,000 bales of hay per year!

## Shelters for the Horses

We were very fortunate to be able to build 2 shelters for our horses this year. We would love to build at least 3 more eventually. Check them out when you are here next!

## New Office Trailer

We have been in the process of getting a new office trailer for over 2 years now. We are getting closer and closer. The plumbing and electrical has been put in the ground and the site has been prepped for fill to come. Once the pad is ready then the trailer will be delivered - it is a double-wide! Our new office trailer will have a reception area, kitchen, bathroom, 2 offices and a boardroom. We hope to host our 2017 Christmas Party in our new office trailer! We will be having an Open House so stay tuned!

# KTRA Stir-Up Winter 2016-2017

## New Arrivals



### Sunny

Breed: Paint

Born: 1998 (estimate)

Sex: Gelding

Leased by: Shelley Mills of Los Vientos Equestrian

Sunny is a 15.2hh dressage school horse. He is used for all levels of riders as he is very quiet and a great guy! We wish him the best of luck while he is here on trial! And thank you to Shelley for the opportunity to use him!



### LeRoy

Breed: Warmblood X

Born: 1998 (estimate)

Sex: Gelding

Leased by: Tanya

LeRoy has also done a little bit of everything from parades to rodeo even hunter jumper!

LeRoy's last rider was only 3 years old!

LeRoy is very sweet and we are happy to have him here on trial!



### Mouse

Mouse is our NEW office cat. The first night she caught an actual mouse so she is earning her keep right off the bat! She LOVES her naps and she can run very very fast!



### KTRA Annual Xmas Party

We had a lovely time last night! Everyone brought a dish to share and we were WELL fed, it was delicious! Santa visited! We did a fun gift exchange, handed out some door prizes and volunteer appreciation gifts. We hope that our party continues to grow and would like as many riders and their families to attend next year as possible! It is a great time to visit with other riders, staff, volunteers and board members. Hopefully you can make it next year if you missed it this year. We would LOVE to have you!

# KTRA Stirr-Up Winter 2016-2017

## Sponsorship & Donations

A huge THANK YOU to everyone who supported us this year and gave such generous gifts! We truly appreciate it, especially the horses!

- Mr Morris Matthews
- Team TELUS Cares
- Telus
- Barns Harley-Davidson
- Interior Savings Credit Union
- Rotary Club of Kamloops Daybreak
- The Canadian Foundation for Animal Assisted Support
- Sandy & Ellen McCurrach
- Robert Goode (AET) Trust
- Darryl Viscount
- Kamloops Blazers Legacy Fund
- BC Gaming
- Gayfer Wealth Advisory Group
- Teck Highland Valley Copper
- Warner Rentals
- Dr Elspeth McDougall