



# KTRA Stirr-Up

Celebrating 30 Years of Service

Fall 2018

## Capacity Building Initiative with the United Way Thompson Nicola Cariboo



**United Way**  
Thompson Nicola Cariboo  
Change starts here.

### What's Inside?

~ Pippa Hodge  
~ Remembering Jacob

~ New Office Trailer  
~ 2019 KTRA Hoe  
Down

~ Staff Farewell  
~ Thank You

United Way Thompson Nicola Cariboo have always been strong supporters of KTRA. In 2017, they applied for and were successful in obtaining a Capacity Building Initiative Grant to help three organizations within their area. Fortunately we were one of the extremely lucky organizations picked to be part of this grant. Not only did the grant offer operational cost funding but there was also separate funding to help any capacity building initiatives. The first thing that the United Way did was put us in touch with Lee Morris. Lee Morris brought years of experience of extensive expertise with a wide range of leadership roles with diverse volunteer non profit societies and board involvement at national / provincial and regional levels. Lee acted as an adviser for us, helping to support our mission and vision through long term sustainability and best practices. With Lee's help we designed our Strategic Plan for 2018-2021.

*Continued on page 3*

In 1990 she produced a video "Analysis of Horse & Human Movement" which has sold internationally and won first prize for research in the 1997, 2nd Festival du Fiolm Hanid Cheval in France.



## Pippa Hodge

Pippa is a pediatric physiotherapist with a specialty in clinical hippotherapy, N.D.T. trained and a CanTRA Coach/Examiner. She is on faculty of the American Hippotherapy Association and President of Hippotherapy Canada. She is also a founding member of the American Hippotherapy Association.

We had the pleasure of hosting Pippa here for a workshop with our instructors. We reviewed Therapeutic Riding vs Hippotherapy. We also learned more about assessing riders for our programs and therapy horses for our programs.

Hippotherapy is a form of physical, occupational and speech therapy in which a physiotherapist uses the characteristic movements of a horse to provide carefully graded motor and sensory input. A foundation is established to improve neurological function and sensory processing, which can be generalized to a wide range of daily activities. Unlike therapeutic horseback riding (where specific riding skills are taught), the movement of the horse is a means to a treatment goal when utilizing hippotherapy as a treatment strategy. Hippotherapy has been used to treat patients with neurological or other disabilities, such as autism, cerebral palsy, arthritis, multiple sclerosis, head injury, stroke, spinal cord injury, behavioral disorders and psychiatric disorders.



Capacity building is the process by which organizations obtain, improve, and retain the skills, knowledge, tools, equipment and other resources needed to do their jobs competently or to a greater capacity (larger scale, larger audience, larger impact, etc).

Our strategic plan is based on four pillars of excellence. Organizational excellence is focused on our governance structure, policies, HR structure and processes, legal and compliance issues, membership and strategic direction. Community engagement includes assessing our community profile, maintenance and expansion of partnerships, increasing the success of our grant submissions and giving back to the community. Making a difference includes improvements to our programs, client, parent and volunteer enrichment. Sustainability is key to the ongoing success of the KTRA programs and includes assessing our mix of social enterprise activities and our core programs to ensure our plans are achieved and funding uncertainty is well mitigated.

#### Kamloops Therapeutic Riding Association Strategic Plan 2018-2021

##### **MISSION STATEMENT:** To create opportunities for personal growth, healing, and connection through a shared experience with horses.

**FOCUS:** Our strategic plan is based on four pillars of excellence. **Organizational excellence** is focused on our governance structure, policies, HR structure and processes, legal and compliance issues, membership and strategic direction. **Community engagement** includes assessing our community profile, maintenance and expansion of partnerships, increasing the success of our grant submissions and giving back to the community. **Making a difference** includes improvements to our programs, client, parent and volunteer enrichment. **Sustainability** is key to the ongoing success of the KTRA programs and includes assessing our mix of social enterprise activities and our core programs to ensure our plans are achieved and funding uncertainty is well mitigated.

| 1. Organizational Excellence  | 2. Community Engagement   | 3. Making a difference  | 4. Sustainability  |
|---|---|---|--|
| INITIATIVES   |   |   |  |
| 1.1 Decision framework for Executive Director<br>1.2 Board of Directors Meetings Procedural Policies<br>1.3 Enhancement of Records Management<br>1.4 Ensure compliance with the B.C. Societies Act<br>1.5 Continued Development of Human Resources Policies<br>1.6 Development and Implementation of Input/Output Models for Fundraising Events and Outreach<br>1.7 Continue Refreshment of Board of Directors to Ensure Appropriate mix of skill sets.<br>1.8 Identify and Implement work opportunities for Volunteer Office Staff to include KTRA Clients | 2.1 Develop Video on KTRA to be used for outreach<br>2.2 Enhance Parent/family engagement<br>2.3 Enhance Relationships with Community Partners and Donors to increase the KTRA Profile and Ensure an effective Donor Appreciation Mechanism is in Place<br>2.4 Continue to Build on a Robust Relationship with TRU. | 3.1 Enhancement of Individualized Lesson Plans for Clients<br>3.2 Implementation of a Professional Development Plan for KTRA Staff<br>3.3 Work with the Medical Community and Others to Refer Potential Clients to KTRA Programs.<br>3.4 Increase Volunteer Recruitment, Retention and Enrichment.<br>3.5 Work with HCBC to look at feasibility of a Group Membership Rate for KTRA Clients<br>3.6 Enhancement of KTRA Membership | 4.1 Hold a Major Fundraiser<br>4.2 Assess the Appropriate Mix of Not for Profit and For Profit Programs and Activities<br>4.3 Improvement to Summer Camp Programs<br>4.4 Provide a Used Tack Store Consignment Program |



JUST WANTED  
TO SAY  
**THANK YOU!**

Thank you very much to the United Way Thompson Nicola Cariboo for your continued support to our organization over the years. We truly appreciate all that you do for us!



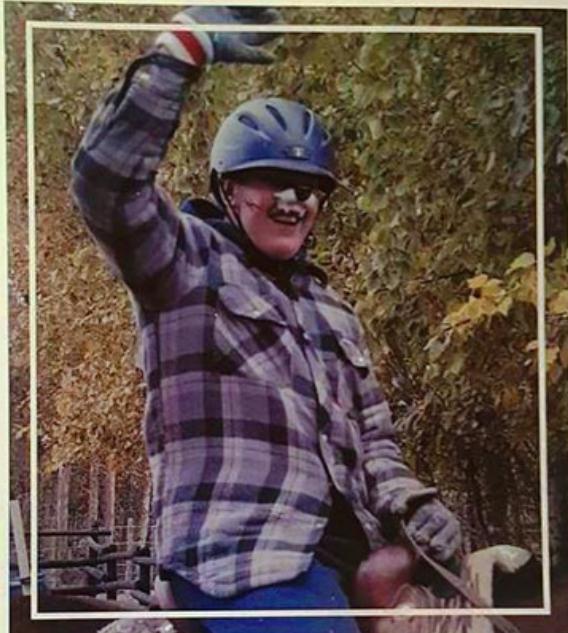
*In*  
*Loving*  
*Memory*

## Jacob Charles Mattia Springhetti

1999-2018

It is with heavy hearts, that we announce the unexpected passing of one of our riders, Jacob.

Jacob's Dad told us that when he was younger he was afraid of horses and riding but that eventually changed and horses became a part of Jacob's life and it was one of his happiest places to be, on the back of a horse. Here at KTRA we had the pleasure of working with Jacob in lessons and seeing his joy of horses. Every lesson he had to ride down the walk-way to find Ashley to say "Hello". We will really miss Jacob's incredible smile here at KTRA. In honor of Jacob we will be creating the 'Jacob Springhetti Memorial Trophy' that will be awarded to an outstanding rider once a year at our Annual Horse Show.



PVC  
Jacob



# Our New Office

We know that not many of you have to venture down to our Crestline end of the property that often but if you have you would have noticed that we have moved from our single-wide office trailer into our new double-wide office trailer. The process in getting a new office trailer has taken approx. 4 years but definitely worth it. If you have a chance to come by and visit us in our new office, swing on by so that we can show it off!

Getting our new office trailer, having it delivered and then having it built into a usable space is not something that we were able to complete all on our own. There were many helping hands that worked really hard to get this new space all ready for us. We cannot express our gratitude enough for all of their support, hours and materials that they provided to make this happen. Without them we would still be in the old one.

The journey first started with Alana Weaver working with Horizon North to get two used trailers donated. Then we needed to have them delivered to the property which Horizon North was willing to do but because we have permanent fencing to keep our livestock in we needed a crane to get over the fencing and coordinate it with the airport. In stepped Mr. Gordon Buie who offered to donate his crane services to help us with our fence predicament. We also needed the ground prepared and a pad formed for the trailers to sit on so Dan with Wrabel Brothers donated a crew to come and level and pack it for us. On March 15th, 2017 thank you to Jeff Scherban and Fred Legace with the Kamloops Airport, Gordon Buie and Jordan Foster with RKM Crane Service Interior/Okanagan, Dennis Bowden from Horizon North, Darren Tonge, Team Supervisor, Kamloops Flight Service Station and Navigation Canada's permission the new office trailers were delivered. Easy right?!

Now the next adventure started. Dan's crew from Wrabel Brothers worked diligently and efficiently to turn the office shell into workable space for us. The double-wide trailer quickly turned into a reception area, full kitchen, meeting space, bathroom, two private offices and a storage room. Dan and Drew were also great at getting us in touch with other contractors to do the electrical and plumbing. We worked closely with SA Electric, Craig Mclean, Hall Excavating, Bob from Bridgeport, Kelly and Fisher Electric who donated their time to help get everything in working order.

Now we needed to get a kitchen and a hot water tank. We contact Brian Vermey at Living Kitchens seeing if they could donate an old kitchen they were pulling out of someone's home and they went above and beyond and donated brand new kitchen cupboards and counters. I'm not sure how they did it but they even matched the cupboards to our new office desks without even seeing them! AMAZING! Samantha Bentley from Service Plus Plumbing & Heating was able to donate a hot water tank and installation for us. We haven't had hot water in our office in quite a while so this was truly a pleasure to have. We also needed blinds for our windows and Kamloops Paint and Window Coverings Ltd. custom made and donated blinds for all of our windows.



# We are having a Hoe Down!

Help make this a Kamloops tradition  
and support a great local cause while  
having a ton of fun! Yeehaw!

Each year we brainstorm how to raise a significant amount of funding to help sustain our programs. We used to do an Amazing Race downtown, we have tried three Food Truck Festivals, we have also hosted numerous pub nights but we were inspired last year when visiting another therapeutic riding centre in California. They host a very successful Hoe Down each year outside. While we would LOVE to host one outside (it may happen one of these years) we needed to have one before our year-end in March.

SO we have taken a leap of faith in our community and we are hosting one on  
March 9th, 2019 at Colombo Lodge.

We are busy planning a Western style dinner, square dancing lessons, live country band,  
live auction with real auctioneer and much much more!

We have booked the band Tennessee Walker to perform! If you haven't enjoyed them yet  
you should check them out at our event.

By purchasing a ticket you are first hand helping us with our fundraising initiative to  
generate revenue for our therapeutic services.

Check out event details on Facebook:  
<https://www.facebook.com/events/263899071129384/>  
OR  
<http://www.ktra.ca/2019-ktra-hoe-down.html>

Tickets are available online to purchase:  
<https://www.eventbee.com/event?eid=192677265#/tickets>

# Become A Sponsor!

## Interested in sponsoring our Hoe Down?

All sponsors will receive prominent display of sponsor logo on our website and event Facebook page as well as recognition for a year in our e-newsletters and dedicated social media postings (creating visibility to over 1,500 followers/connections).

### **Annie Oakley Sponsor \$10,000**

*(Annie Oakley was a sharpshooter and exhibition shooter; starred in Buffalo Bill's Wild West show)*

10 event tickets

20 drink tickets

Event materials and prominent placement on event program.

Banner (2.5'x8') with company name and logo at the event and on one of our arenas during session.

### **Bill Pickett Sponsor \$5,000**

*(Bill Pickett was a Rodeo cowboy; introduced bulldogging)*

8 event tickets

16 drink tickets

Event materials and prominent placement on event program.

Banner (2.5'x8') with company name and logo at the event.

### **Buffalo Bill Sponsor \$2,500**

*(Buffalo Bill organized Buffalo Bill's Wild West, an outdoor extravaganza)*

6 event tickets

12 drink tickets

Event materials and prominent placement on event program.

Banner (2.5'x4') with company name and logo at the event.

### **Charley (Charlotte) Parkhurst \$1,000**

*(Charley Parkhurst was a woman stagecoach driver, farmer and rancher)*

4 event tickets

8 drink tickets

Event materials and prominent placement on event program.

Banner (1.7'x3') with company name and logo at the event.

### **John Ware Sponsor \$500**

*(John Ware is remembered for his ability to ride and train horses)*

2 event tickets

4 drink tickets

Sponsorship listing on all event materials.

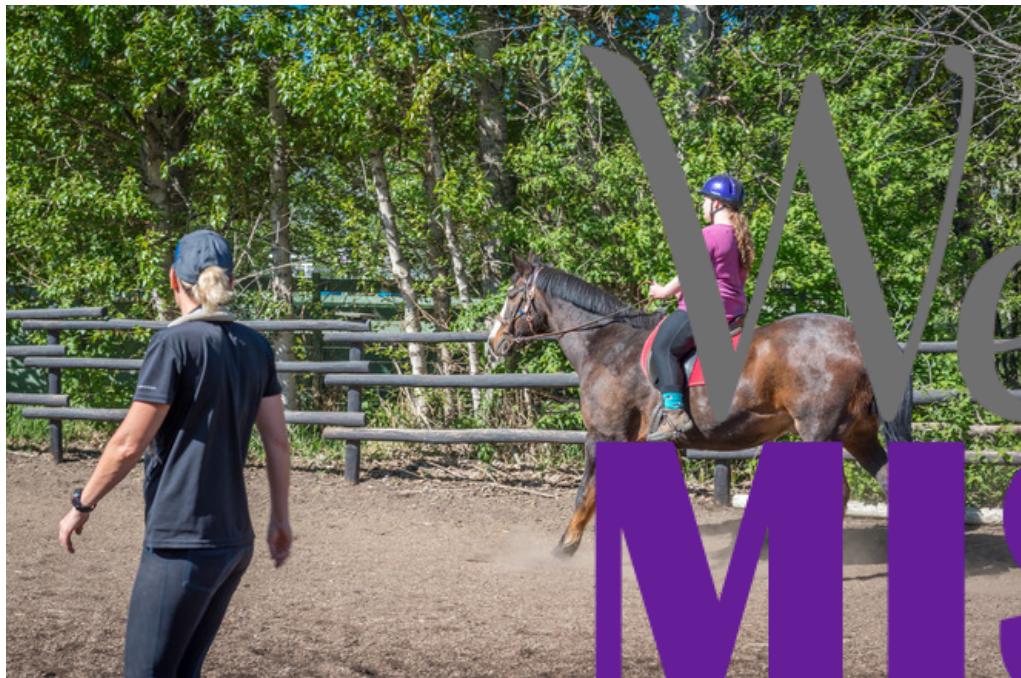
### **Kitty (Katherine) Canutt Sponsor**

*(Kitty Canutt was a Bronco rider, known as "Diamond Kitty")*

Donated Live and Silent Auctions items are also a great way to support our event and get sponsorship recognition.

**Please contact Ashley at 250-554-3811 or [asudds@ktra.ca](mailto:asudds@ktra.ca) to reserve your sponsorship opportunity today!**

**Thank you**



We'll  
**MISS  
YOU!**

## Farewell Lauren

We are excited for her but also sad to be loosing her.

Lauren and her family will be moving back to South Africa next year! Lauren is hopeful that she will still be here at the start of our Spring Session and can help transition her students over to their new instructors.

Lauren joined us in September 2014 as a part-time instructor and has enjoyed being part of the KTRA team. Lauren started riding at a young age in Australia. She now is an Eventer and competes with Z Eventing on a horse named Zee.

Lauren is a certified CTRBI CanTRA Basic Instructor and made with the journey to California last year with Ashley to become a certified PATH Intl. Registered Therapeutic Riding Instructor.

We will miss her dearly! We wish her and her family all the best.



Good luck!

# thank you

And we would like to extend a very special thank you to the support we have received since our last newsletter:

AI Roadburg Foundation  
Susan Slynyk  
Carol McNeil  
Laura Rausch  
Kamloops Blazers Sports Legacy Fund  
Purair Kamloops

Visit our 'Home' page at <http://www.ktra.ca/> to check out our 30th Anniversary Video!

Thank you to Warren Palmer and his team and his lovely wife Gabriela for the amazing 30th Anniversary video and lovely photographs. We absolutely LOVE them!

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**Thank you to the Kamloops Storm for helping us unload 300 bales of hay on October 2nd. They did it in record time - 32 minutes!**

