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www.etra.ca



ETRA's 2015 Featured Rider Janelle!

Janelle's perspective

ETRA therapeutic horseback riding has done wonders for my physical health and emotional well-being. My name is Janelle Armstrong, I'm 26 years old and a university student at Vancouver Island University. I have Cerebral palsy and rely on a power wheelchair for mobility in my everyday life. I have been horseback riding with ETRA since I was 16 and my love for it grows stronger and stronger with each session I ride. Horseback riding provides a way for me to physically engage in an activity which improves balance, posture and lung capacity.

When I first get transferred onto Tulsa (the horse) my legs are tight and do not reach the stirrups and my right arm is bent up in the air due to spasticity. I have two side walkers on either side of me to ensure I don't fall, however I am usually able to ride without holds. As we start walking around the ring at a steady pace, my body starts to relax- my legs and arm slowly drop into place. Another thing that allows me to relax and build self-confidence is Tulsa's calm personality which

enables me to challenge myself. With the guidance of Sheila, amazing side walkers and a trust worthy horse I am able to confidently do activities such as reaching for bean bags and dropping them into a bucket.

Going for trail rides is my favourite thing to do as it gives a totally different sensation through my body. With slightly uneven ground and hills throughout the trails here and there, my body is constantly engaged and focused on keeping my balance and straight posture. Every now and then, Tulsa has thrown an extra step or tripped on a stone making my heart skip a beat. One day we headed out for a trail ride on a bright and sunny day, I filled my lungs with fresh air and felt confident in the saddle. Several strides after our first little hill, Tulsa tripped and went down on her front knees. We were down and back up before I knew it and continued along the trail. Yes, it was a scary moment however I was impressed I stayed relatively calm, gripped the horn and stayed on with no trouble. This experience did not frighten me off riding, it heightened the confidence level of both myself and side walkers in knowing what to do in this type of situation. I have learned that trust is key when riding.

I always look forward to the adventures of horseback riding each week. I also enjoy seeing Sheila and the side walkers as relationships develop between us for the duration of the session. These relationships create a warm, safe and judgemental free environment. Without volunteer side walkers and instructor Sheila, this opportunity I have been given would not even be possible. I appreciate everything you all do! I look forward to each session as my body benefits immensely from horseback riding.

-Janelle Armstrong

ETRA generously supported by:



United Way
Central & Northern
Vancouver Island

President's Report

Having served for 3 years as ETRA's President I am pleased to hand the position over to a very capable, high energy and pragmatic fellow Board Member, Regine Eder! She is better known as Gini, but answers to most anything. She has a great sense of humor and has been an enthusiastic ETRA supporter and volunteer for many years. Congratulations Gini!

ETRA has been blessed with many excellent volunteers over its 25 year history. Without sufficient, well trained and committed volunteers it would be impossible to continue the program we know today. A program that is highly regarded in the community we serve, by the clients and their care givers and by our financial supporters.

It has been another remarkable year for ETRA.

Our Sponsors And Donors

Thanks to the efforts of Hanna Coulson and her supporting cast we can look back on a very successful year from a financial perspective. Hanna was instrumental in obtaining significant funding from the United Way and Coast Capital Savings that will provide a solid base for our current and future operations. Other grants and the success of the Pledge Ride have put us on a sound financial footing. These, combined with our support from our traditional and loyal donors and sponsors mean that we could hold the line on client fees in 2014 and for the foreseeable future.

Our Clients

We continue to enjoy strong support from our client base with full enrollment to both sessions in 2014 and a continued strong list of potential new clients on our waiting list. In the fall session we began to address the challenge by finding an equitable way to allow those on our waiting list a chance to participate in the program. Thank you to Lisa Jaggard for coordinating the client activity for the Board, her diligent efforts and sympathetic approach ensure continued client and caregiver support.

Our Volunteers

As we all know our program can only succeed with the support and participation of our volunteers. It is gratifying to see the significant retention of existing volunteers as well as the quality and dedication of

our new recruits for 2014. Thank you to everyone for the contribution of your time and energy to make life just a little bit better for those in need. A special thank you to those who always go that extra mile to lend a helping hand and a big thank you to Karen Anker for coordinating the volunteers for the Board.

Our Instructor

Over the last number of years Sheila Morrison has shaped our program to help get the best results for clients. The expanded volunteer orientation session was very well received by all. We are all learning a lot from Sheila. The Board extends its appreciation for her continued support and direction.

Pyramid Stables

The move to Pyramid Stables has proven to be mutually beneficial for our two organizations. Pyramid has been very supportive and has remained responsive to our needs. The riding trails are in better shape but we must remain vigilant on the quantity and quality of the horses being provided for the program.

The Board

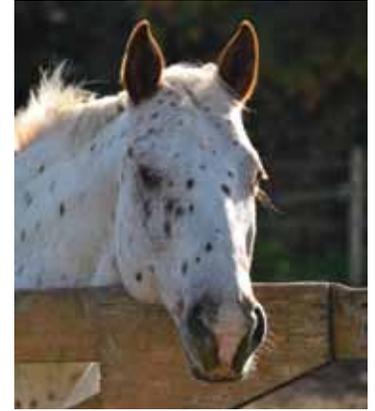
I was very pleased at the high level of involvement of each and every one on the Board. Kathy Calder, our Secretary, Marie Morton and Gary Petersen, Members at Large who all can be counted in to do their utmost to ensure special events are successful. Phillip Hopewell with assistance from Joanne Scott for maintaining ETRA's owned equipment. CJ and Gini for spearheading the takeover of the ETRA web site. Debra Vincent for taking on the Treasurers role and Gordon Reid for stepping up to get involved more directly in fundraising. You have all done a great job and your desire for ETRA to succeed is obvious.

I want to thank those of you who indicated that they would be stepping away from the Board for your many years of service to ETRA. In particular Hanna Coulson, our Fundraising Coordinator, Bev Bravender, responsible for soliciting sponsor door prizes and Barb McGowan our Special Events Coordinator who deserves special recognition for a very successful Pledge Ride. Your presence on the Board will be missed but I am pleased that each of you will remain active with ETRA as will I!

Thanks to All!

- Barry Galenzoski, ETRA President

*There is nothing so good
for the inside of a man
as the outside of a horse.
~ John Lubbock*



Program Coordinator

2014 was a great success with 40+ clients enjoying the two sessions this Spring & Fall. We continued with our two 11-week sessions, 5 one-hour classes on Tuesday and Wednesday, with a maximum of four riders per lesson. We can accommodate up to 40 clients each session and in 2014 we were filled to capacity. Many of our clients return each session year after year; one since our inception 25 years ago! This season we did have the opportunity to welcome a few new clients from our extensive waiting list.

In 2013 I joined ETRA as a side walker and horse handler and with the urging of the past Program Coordinator, Kim Jury I joined the ETRA Board and with her help and guidance took over the duties of this position for 2014. I have had the pleasure of working with all the clients and their caregivers to find a spot in our program that works for them. I'm grateful to be able to spend time with our clients of the Wednesday morning lessons as a horse handler and watch the progress and accomplishments that are met throughout the 11 lessons. Witnessing the small triumphs of overcoming fear, improving core strength & coordination and the sheer joy of being one with a horse.

Therapeutic for All!

I look forward to a successful 2015 season for ETRA and our clients.

-Lisa Jaggard, Program Coordinator

25th ANNUAL Pledge Ride

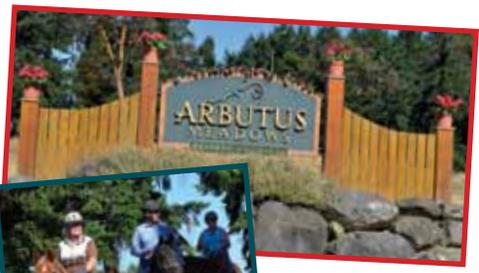
WOW! September 14th was a wonderful day to celebrate our 25th year Pledge ride! The weather was sunny and warm with bright blue skies, 40 stunning horses with their most enthusiastic riders ready to ride and a crew of volunteers that never quit!

This year's ride was another very successful event, more than \$12,500 was raised, numerous door prizes given out and a BBQ with endless food! Tim Hortons and their coffee and treats kept us going in the morning! Quality Foods and Thrifty Foods with their delicious burgers and hotdogs and drinks to wash it all down! Coast Realty with their tents to give us shade(yes, it was that warm). It was the perfect day!

Congratulations to our top five pledge earners in order of most funds raised: Lesley Coultish - Cedar Horse Club, Barb McGowan - Paradise Acres Ranch, Jenny Payne - Pyramid Stables, Terry Kinch - Silver Spurs Riding Club and Meghan Hassan - Nanoose Bay. ETRA gratefully acknowledges the generosity of the following businesses for donating gift certificates for the top five placings: Buckerfields (Parksville), Old Country Market (Coombs), Bridles and Bits (Parksville), The Trading Post (Cassidy) and Shar-Kare (Parksville). A big Thank You to The Cutting Edge (Parksville) for providing the trophies for the ride!

Rob Bau and his family at Arbutus Meadows Equestrian Centre, who year after year donate their land, barn, and trails to our ride, is always a most generous and gracious host!

As this is our major fundraiser of the year, we are delighted when there is such strong support from both the riding community and our local communities! And our volunteers, they are the best! Thank you to all for making 2014 such a wonderful year for ETRA. We are most grateful and truly appreciate your support! It could not happen without you!



Save the Date!
Next Pledge Ride
SEPTEMBER 20, 2015

ETRA thanks the following businesses for their generous 2014 Pledge Ride support:

- Arbutus Meadows Equestrian Centre
- Aioli Seafood Restaurant
- Alberni Outpost
- Bellevue Veterinary Hospital
- Boston Pizza
- Black Goose Inn
- Bridles and Bits
- Buckerfields(Parksville)
- Butchart Gardens
- Coast Realty
- Coombs Old Country Market
- Crow and Gate Pub
- Dog "N Suds Pet Services
- Eaglecrest Golf Club
- Earls' Nanaimo Restaurant
- Energy Healing with Lindy

- Fairwinds Golf Club
- French Creek Marine Pub
- Galaxy Cinemas
- GP Cottonwood Stables
- Home Depot Nanaimo
- Imax Theatre Victoria
- Jumping Jiminy's
- Ken-Dor Garden Centre
- Lefty's Restaurant
- Lighthouse Bistro and Pub
- Little Caesar's Pizza Nanaimo
- Milano's Ristorante
- Miller's Landing Pub and Bistro
- Morningstar Golf Club
- Nanaimo Theatre Group
- Nanaimo Golf Club
- Natural Synergy Day Spa
- North Island Wildlife Recovery Association
- Paradise Mini Golf and Fun Park

- Prince of Whales Whale Watching
- Purdy's Chocolates
- Quality Foods(Parksville)
- Quality Resort Bayside Bistro and Lounge
- Qualicum Beach Memorial Golf Course
- Rocking Horse Pub
- Serious Coffee
- Shar-Kare(Parksville)
- Stubbs Island Whale Watching
- The Accent Inn Victoria
- The Cutting Edge
- The Port Theatre
- The Royal BC Museum
- The Trading Post Feed and Tack
- Thrifty Foods(Parksville)
- Tiger Lily Farm
- Tigh-Na-Mara Seaside Spa Resort
- Tim Hortons(Parksville)
- White Spot Restaurant Nanaimo

Challenges of Therapeutic Riding

Therapeutic riding is challenging for all involved—the clients, horses and volunteers, in part because whether or not a ride goes well is not predictable. Most of us are made anxious by any activity in which the outcome is uncertain. So, what can we do about this? We can do as the Girl Guides do, and “Be Prepared”!

Anyone who has worked around horses knows they are both sensitive and fearful, and some are more emotionally volatile than others. We avoid using high strung horses in therapeutic riding, choosing instead horses who are not easily aroused. Nonetheless, a horse is a horse, and those volunteers who handle them have to be prepared to prevent them reacting with speed and power to what ever frightens them. This means that the horse’s level of anxiety, and the possible threats to it in the environment in which we are working, must always be monitored. It also means that the horse handler must never communicate his own anxiety to the horse, but rather confidently reassure the horse that as leader he is paying attention and taking care.

Similarly, sidewalkers must be prepared to prevent the client from falling off the horse, perhaps because the horse stumbles or spooks and the rider loses his or her balance, or perhaps because riders often do just fall off, especially when trotting. Sidewalkers can prepare for possible falls by maintaining their position, keeping their hands free, and by making sure they know what hold, if any, is appropriate. They must also monitor and if necessary report the client’s level of either anxiety or carelessness, and the effect of either upon the horse. Like the horse handler, the sidewalker must confidently reassure the rider that she is paying attention and taking care.

While volunteers are most likely anxious about making mistakes that can result in harm to the clients, anxious clients are worried about being hurt or frightened or just overwhelmed. They, like the volunteers and the horses, are worried about what they cannot predict and/or control. How can we help them with their anxiety? First, by remembering that people can only control their emotions if they understand them. If we can understand that our anxiety pertains to not being able to keep the client safe, and that it is best alleviated by knowing our jobs and taking care to do them well, that itself may be the solution to the fears of the clients. Being prepared yields self-control, which allows us to be more predictable, and also patient with the fears of others. Being prepared gives the clients (and horses) confidence in us, and a virtuous circle of confidence building then begins. – Sheila Morrison, ETRA Instructor



Pyramid Stables and Farm Inc.

Pyramid Stables and Farm Inc. continues to be a great fit for our ETRA program. Co-owners Jenny Payne and Howie Thomas expand Pyramid each year and it continues to get better! This year Jenny began selling her organic produce. Each morning she picked, washed and displayed her vegetables before the volunteers and clients arrived. Jenny’s mixed greens with nasturtium flowers was a favorite. Howie, not to be outdone, began providing aged composted manure for sale. Both ventures have been well received and supported by volunteers, parents and caregivers.

This year ETRA client parking signs were added to the parking area nearest the barn entrance. This has been quite successful as vehicle turnaround time means parking is available closer to the main entrance for our mobility challenged clients in following lessons.

Horse highlights of 2014 include the addition of Valentine to our program. Valentine is a girly-girly larger pony who has smoothly made the transition into the program. She is very sweet and quickly became popular with everyone. Hobo, one of our veteran therapeutic horses, has been retired from the program. He is missed especially by the volunteers and pony handlers as he is always a gentle horse with great ground manners. A bouquet of carrots to Turbo, Prince, Addy, Pepper, Dreamer, Buddy, Valentine, Chester, Laz, Hobo and Tulsa. Without their calm personalities and accepting ways there would be no therapeutic program.

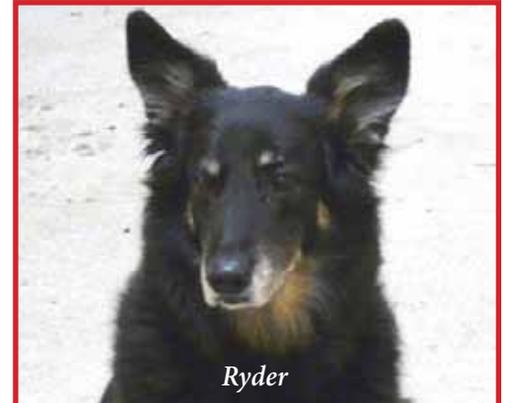
Sadly this year also saw the passing of Ryder, Pyramid’s long time dog. When he wasn’t off on an adventure with Howie, Ryder greeted all the visitors to the barn. He was always looking for his next treat and a snack or lunch left unattended was fair game. His presence is missed by all.

As usual, Jenny, Howie and all their staff continue to make us feel very welcome at Pyramid. This is truly appreciated, especially by the pony handlers. We look forward to seeing what awaits in 2015. – Kathy Calder www.pyramidstables.com



Hobo

Valentine



Ryder



Volunteers

Another year of therapeutic riding has come to an end and we can all take a well deserved break.

I would like to thank our CANTRA certified instructor, Sheila Morrison, for the expanded orientation sessions this year. Sheila put more information together for both the sidewalker and horse handling orientation sessions as well as hands on demonstrations that many of you indicated was helpful and much appreciated.

The main goal of ETRA is to provide therapeutic riding experiences that are safe, effective and fun. As volunteers you play an extremely important role in enhancing our clients experience on a week to week basis. Feedback from parents and caregivers indicates you are meeting these objectives.

I am very thankful for each and every volunteer who help to keep this program successful. Without your time and efforts there would be no ETRA. Many of you have been rewarded with a wave, a smile, a high 5, or a little pat on the head and these are the little gestures, along with the friendships formed with other volunteers, that keep us coming back.

On behalf of the ETRA Board, clients, parents and caregivers thank you for your dedicated support.

I look forward to our spring session and will be in touch with all of the volunteers in late February. Orientation for our spring session will be on March 31 and we will begin the following week. - Karen Anker



Fundraising Report for Fiscal Year 2013/14

At the end of ETRA's fiscal year on August 31, 2014 we had raised enough funds to make sure 2015 programs are adequately funded. Great team work by the board members and volunteers resulted in our goal of \$40,000 being surpassed by \$7,614.

	FY 2013	FY 2014	Increase/(Decrease)
In house fundraising	\$14,145.00	\$17,810	\$3,665
Grants	\$13,800.00	\$11,500	(\$2,300)
Service Clubs	\$9,967.00	\$10,600	\$633
Others	\$12,056.00	\$7,704	(\$4,352)
Total	\$49,968.00	\$47,614	(\$2,354)

This year's Pledge Ride was a great success, raising \$12,330. That and some unexpected donations make for a very promising start for 2014/15. Thanks go to everyone involved: board members, volunteers, supporters and sponsors.

– *Hanna Coulson*

Some very well deserved words of THANK YOU!

With the end of 2014 some members of the board bid their farewell either to their position on the board or to the board duty all together.

Barry Galenzoski, president for ETRA for the last three years, left pretty big shoes to fill! His commitment to the cause, tireless support, sensible input to all matters arising and last but not least his great sense of humour made it lots of fun to work with him! Luckily he will stay with the board as past president and will keep on doing lots of good things for our program!

Hanna Coulson, our tireless fundraiser decided it is time for her to move on, spend more time with family and friends here in Canada and back in Germany. Her exceptional hard work and dedication left ETRA in a sound financial situation. Our organization has a very good name and standing and this is also thanks to Hanna's doing!

Joanne Scott not only looked after all the tack and equipment and made sure everything is in prime condition, she is also

with ETRA since the very beginning over 25 years ago. In this time she served as president of the board and helped this great program through all kinds of challenges!

Barb McGowan, who organized with unprecedented energy and enthusiasm the 2014 ETRA Pledge Ride, helped to raise a substantial sum for our program.

Bev Bravender organized the most amazing door prizes for ETRA events over the last few years.

Helen Vetvik who managed to create a very relaxed and fun atmosphere in the hats and belts area. She would dress up as a clown, Easter Bunny ... whatever was needed to cheer some of our riders up and relax the concerned ones enough to climb onto the horse.

We are very glad that all you great people keep volunteering or helping out with ETRA - so we can pick your brains, ask for advice and still have lots of fun together!

A HUGE THANK YOU for all your hard work, time, dedication, laughs and great contributions!

– *Gini Eder, ETRA's new President*



ETRA generously supported by:



United Way
Central & Northern
Vancouver Island



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SAVINGS

You're at home here.



MID ISLAND



District of Lantzville

Thank you!

Sponsors, Benefactors and Service Clubs in 2013/14

ETRA gratefully acknowledges the support of the following Sponsors, Benefactors and Service Clubs

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- Alberni Veterinary Clinic
- Arbutus Meadows
- Mary Alexander
- Rob Bau
- Penny Bentley
- Belinda Boyle
- Bridles and Bits
- Buckerfield's Parksville
- Rob and Lorna Calderwood
- Cedar Horse Club
- Cenovus
- Coast Capital Savings
- Coast Realty
- Stephen Coulson
- Cutting Edge Engraving and Trophies
- District of Lantzville
- Shirley Dixon
- Brenda Hutchinson
- Marcelle Leveille
- Pat Manuel
- Mid Island Co-op
- Karen Mullen
- Parksville Beach Festival
- Parksville & District 69 Team
- Phillips Brewing Company
- Martha Pow
- Pyramid Stables (Home of ETRA)
- Quality Foods
- RBC Dominion Securities
- Seabreeze Riding Stable
- Shar-Kare Parksville
- Silverspur Horse Club
- Toby Stubbs
- The Trading Post (Cassidy)
- Thrifty's
- Tim Horton
- United Way

SERVICE CLUBS

- Benevolent and Protective Order of Elks
- Lodge 26 Nanaimo
- Lodge 589 Parksville Qualicum
- Catholic Women's League
- Church of the Ascension Parish
- Fraternal Order of Eagles
- Aerie 15 Nanaimo
- Aerie 2096 Port Alberni
- Independent Order of Odd Fellows
- Kinette Club
- Nanaimo
- Lioness Club
- Harbor Lites Nanaimo
- Parksville

- Lions Club
- Hub City Nanaimo
- Qualicum Bay
- Nanose Bay
- Rotary Club
- Nanaimo
- Parksville
- Royal Canadian Legion
- Branch 49 Mount Arrowsmith
- Branch 76 Qualicum Beach
- Branch 211 Bowser
- Branch 256 Mount Benson
- Branch 257 Lantzville
- Royal Canadian Legion Ladies Auxiliary
- Branch 49 Mount Arrowsmith
- Branch 211 Bowser
- Women of the Moose
- Chapter 197 Nanaimo



Our sincere apologies if we have missed donors in this issue.

This sign appears at all ETRA functions and at Pyramid Stables. We are very proud to display the names of those who make our program possible. From our clients, their families and caregivers, and our volunteers thank you for making a difference.

**2014/2015 ETRA
Board of Directors**

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Gini Eder

Vice-President

Cynthia Stone

Past-President

Barry Galenzoski

Treasurer

Debra Vincent

Secretary

Kathy Calder

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Lisa Jaggard

Volunteer Co-ordinator

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