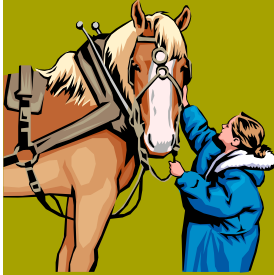


Fall 2006

Riding High



Richmond Therapeutic Equestrian Society 13671 No 3 Road, Richmond BC V7A 1X7 604-241-7837



Interesting Horse Fact...

Horses' hooves are constantly growing and require the regular care of a farrier.

Farriers are trained professionals who specialize in horse hoof care. Our farrier comes every 6 weeks to trim and re-shoe our horses!

Horse keeping Costs...

Did you know that costs for farrier, veterinary care and board (includes feed, bedding, turn-out & stall cleaning), average \$767.00 per month for each horse?

That's \$9,200 every year for each horse!



Welcome to School

Welcome riders and volunteers to another fun and exciting fall session. You will find articles in this issue to help you understand more about R.T.E.S. and introduce you to our staff and ponies.

We're especially looking forward to watching our riders receive the wonderful benefits therapeutic riding offers and seeing them reach new goals.

Our program wouldn't be possible without the hard work and dedication of our many volunteers who help with our children and ponies, as well as with fund raising.

Nor would it be possible without the generous contributions from all of our sponsors & donors.

Interested in volunteering?

Horse experience is an asset *not a requirement*. We will provide training. Call our Volunteer Coordinator, Joan Simmons at 604-241-7837.

Interested in sponsoring your favourite pony?

For more information, call Sandra Evans at 604-241-7837.

What Is Therapeutic Riding?

It is a physical therapy utilizing the unique qualities of the horse.

The movement of the horse mimics the rider's own pelvic movement. The body movement improves strength, balance, muscle tone, posture and coordination.

The personal goals for each rider vary as much as the riders do.

These goals are reached through a highly individualized lesson plan with the instructor taking into account the rider's physical, emotional and mental strengths and limitations.

The more subtle improvements are increased self-esteem, self-control, self-confidence and social skills.

(Reproduced with thanks to Little Bit Therapeutic Riding Center in Woodinville, Washington)



When does a horse talk?

Whinney wants to!

How Therapeutic Riding Helped Rebekah



March 6, 2006

Dear Frances, Sandra, Bev, Erinn and RTES Board Members:

I would like to sincerely thank you all for continuing with the therapeutic riding program for children with disabilities. It is because of your ongoing effort that children like my daughter are being helped in so many different ways.

Rebekah was born with a condition called ocular motor apraxia, which means that she has difficulty moving her eyes. This greatly affects her balance. She did not walk until she was 25 months old and even then, she was prone to injuries from falling because of her balance. She was working with different people, including a physiotherapist.

Since starting the riding program with RTES this past year, Rebekah has shown great improvement not only in her balance, but also in her core strength and confidence. Her physiotherapist, who she continues to see, has noted and commented on this. He is familiar with the program and knows other children who participate.

Rebekah now loves to show off her abilities to balance and lift heavy things now, by putting on "shows". She can run with confidence and doesn't fall down as much as she used to. When she does, she can react quickly enough to not sustain injuries like before.

Rebekah loves riding Duffy and she has learned a lot of horse riding skills, which she would love to continue. She would really like to do horse jumping in the future - she knows this already and she is only 4 years old! In fact, she says she wants to ride by herself (without her side-walkers). I said maybe when she gets older and becomes a very good horseback rider. She says, "But Mommy, I am a very good horseback rider ALREADY!" Erinn is an excellent teacher and she made the sessions extra fun for Rebekah with the "tricks" and flips they did.

We will be moving to Ontario within the next couple of months so unfortunately cannot continue with RTES, but we do wish to thank you very much for accepting Rebekah into the program and working with her to see this great improvement. Keep up the good work!

Yours truly,

Heidi Williams

Wayne & Heidi Williams
Rebekah, Melanie & Emily

*"I am always doing things I can't do, that's how I get to do them."
Picasso*

2006 Milestone – 8 Riders Compete



Photo:

6 of the 8 RTES riders who competed at the Phae Collins Memorial Horse Show in Langley this past July.

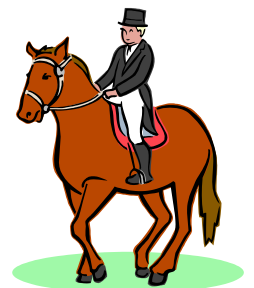
In 2005, Stephaney Schneider became our very first rider who graduated to a competitive level of performance. Stephaney's story is one of phenomenal accomplishments, first documented in the February 2003 issue of Gaitpost magazine.

This year, we took a tremendous step forward with eight more RTES riders advancing to the competitive riding level. We are extremely proud of these students who demonstrated through their hard work and dedication that competitive riding is an achievable goal for many.

Due to their success stories, we are now devoting a section of our program to students who are working on further development of riding skills and riding independently.

Note:

Many of the show clothes were generously donated by the Cavanaugh family of Twin Oaks Farm and Montei Semple, a rider at Twin Oaks.



Our Instructors

Our instructors have a strong background in riding and working with horses and are familiar with the disabilities of their riders.

*Instructors are certified by **CanTRA** (Canadian Therapeutic Riding Association) which ensures a safe, appropriate riding program, providing maximum therapeutic benefit.*

CTRI – Certified Therapeutic Riding Instructor

CTRAI – Certified Therapeutic Riding Assistant Instructor



Sandra Evans, CTRI, is Program Director and Head Instructor.

Beginning her life passion at age 12, she trained, read and eagerly took every opportunity to learn about and work with horses.

Sandra took Equestrian Coaching & Management and EC Level 1 Coach certification. After having 2 children of her own, one with a disability, she moved on to acquire her CTRI and has worked with therapy horses since 1997.



Erin McRae, CTRAI, is our second Instructor. She is sufficiently experienced for full CTRI certification and is waiting for CanTRA to schedule her exam.

Erin grew up with horses and competes in dressage with her horse, Guinness. In October, she will enter her first Horse Trial (dressage, stadium & cross-country jumping).



Joan Simmons passed her exam to become a **CTRAI** after volunteering with RTES and receiving training for two years.

Joan also manages the complex role of Volunteer Coordinator – recruiting, training & scheduling our many volunteers.



Kitty became Admin Assistant after volunteering with RTES.

She had her own horse for many years and finds it extremely satisfying to be back in the world of horses. Kitty strongly believes in the benefits of therapeutic riding and is committed to ensuring the continuing success of RTES.

Our Special Horses



Benjamin or "**Ben**" belongs to Sandra. He is a 20 year old Pony of America/Thoroughbred cross gelding.

He is clever and loves to be the centre of attention.



Dandy is a 22 year old Appaloosa gelding on loan from clients of Twin Oaks Farm.

Dandy is kind and gentle. He loves being around people.



Phoebe is a 20 year old Quarter Horse/Welsh cross owned by RTES.

Our only mare, Phoebe has a lovely quiet and sensible disposition.

Although we refer to our horses as "ponies" most are technically horses as they are all more than 14.2 hands high.

1 hand = 4 inches



Duffy is an 11 year old Connemara/Arab cross gelding – our smallest at 14.2 hands high.

Donated by Chinatown Lions Club, he has a big personality and hates being bored.



Harley is a 17 year old Quarter Horse/Draft cross - 15.3 hands high.

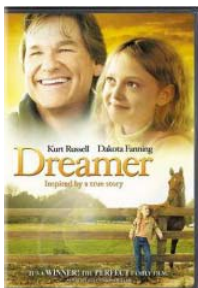
Donated by Scott Vanjioff, he is a former event horse with a huge heart and a desire to take care of his riders.



Joker is a 29 year old Thoroughbred gelding. He is a schoolmaster on loan from Cheryl Berge.

Joker has "been there, done that" - nothing fazes him.

Each of our horses is specially chosen for its disposition, height, evenness of gait and overall suitability for the job.



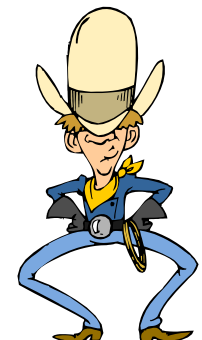
Great Horse Movies available on DVD...

Dreamer (2005)

Seabiscuit (2003)

The Horse Whisperer (1998)

The Black Stallion (1979)



Spring Fundraiser

The annual Sparking Champagne Luncheon held at the Executive Airport Plaza raised a much needed \$24,000.

Fire Chief Jim Hancock did a grand job as Master of Ceremonies while Councillor Bill McNulty was our lively auctioneer.

Funds were raised through both live and silent auctions, ticket sales and generous donations from Steveston Harbour Lions Club and Richmond Fire Fighters Local Union 1286.

Thank-you to the support from everyone who attended, including MLA Linda Reid, Mayor Malcolm Brodie, Councillor Cynthia Chen and Councillor Evalina Halsey-Brandt.

A huge thank-you to all of our generous donors whose contributions made this event such a great success.

Star Trek's William Shatner

RTES' Chairperson Frances Clark had noticed in a local newspaper that William Shatner was coming to Richmond. He was to host the first Canadian Awards for the ELANS (Electronic & Animated Arts).

You wonder why we mention this? Well, William Shatner, the man who "*boldly dared to go where no man has gone before*", is a passionate supporter of Therapeutic Riding programs, raising money through his Hollywood Charity Horse Show for the past 16 years.

Knowing this, Frances contacted HollyWords Publicity to see what opportunities were possible. To her great delight, part of the awards included a \$10,000 US donation to a local charity and with RTES couldn't have been a better fit.

Thank-you to HollyWords for facilitating this donation and to Mr. Shatner and the Golden Palace for making it possible!

Don't Forget....

The Parent Fundraising Committee will be selling Callebaut chocolate horseshoes again this holiday season. They are available in either milk or dark chocolate and will be priced at \$5.00 each. Support RTES by buying several to give as small holiday gifts or stocking stuffers.

Send an email with the quantity you wish to order and your contact information to **admin_rtes@shaw.ca**. Kitty will pass the orders along to the Parent Committee.

We welcome story & fundraising ideas, photos and any comments or corrections to our Newsletter.

Contact us:
 Email: admin_rtes@shaw.ca
 Phone: 604-241-7837

Visit our website:
www.rtesrichmond.com

Did You Know That You Can Be A Member of RTES?

RTES Membership (\$25 annually) and Donation Form

All donations are tax deductible. Registered Charity No# 1063429-56

I wish to support the Richmond Therapeutic Equestrian Society.

Enclosed is \$ _____ for Membership and/or \$ _____ for Donation

Date _____

First Name _____ Last Name _____

Address _____ Postal Code _____

Phone Number _____ email _____