

May 2020 NEWSLETTER

Happy Mother's Day to all the mothers, moms, mommies, grandmothers, grandmas, nanas, aunts and aunties, and any other woman who cares for, supports, encourages and loves a child as if they were your own! We also celebrate the dads doing double duty as both mom & dad to their youngsters! Celebrate the love that is family!

**Special
thanks....**

-to everyone who has donated yarn for our knitters and to all of our knitters and crocheters busy making squares so that blankets can be made for those in need!

-to the generous donors of laptops, computers, ipads and phones which are being rehomed with those in need of a way to reach out to loved ones and friends!

-to all of the essential workers out there making sure we have everything we need get through this pandemic. If you are working or volunteering your time, we wouldn't be able to make it without you!

ETRA initially began as a backyard pleasure-riding opportunity for three challenged high school students. In the years that followed, a group of volunteers committed to developing a program in therapeutic riding following the Canadian Therapeutic Riding Association (CanTRA) guidelines. ETRA became a registered society in 1989. As a member of CanTRA and the British Columbia Therapeutic Riding Association (BCTRA), they enjoy many benefits: ongoing education, and an instructor certification program.

Riders and clients come to ETRA with a variety of disabilities and challenges. ETRA's goal is to enhance physical and cognitive abilities and an enhanced quality of life.

Therapy horses used in this program are owned and trained by Pyramid Stables. Horses are carefully chosen for gentleness and responsiveness. Each horse receives training to become familiar with ETRA protocols. Horses are creatures of habit and learn by repetition; therefore, maintenance training is consistent.

ETRA's Instructors are certified by the Canadian Equestrian Federation; volunteers are the backbone of this organization. Without them there would be no program!
Horse handlers and

Member of the Month

ETRA - Errington Therapeutic Riding Association

*anne
middleton*

side walkers, the main group of volunteers, work directly with the horses and riders. A variety of other volunteer positions include: assisting riders with helmets and belts, tack and equipment maintenance, fundraising and administration. Volunteers are incredibly valuable to the safety and success of the riders. All volunteers receive initial in-depth orientation and training as well as ongoing training; safety is of paramount importance. There is a job for all, and all can take away a sense of achievement and pride; the volunteers contribute much to keeping this program running!

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ETRA -----Mission
Statement:

“To provide the benefits of therapeutic riding to the mid-Vancouver Island region to children and adults who face a wide range of physical and mental challenges in a safe and fun environment while maintaining the high standards of accreditation as required by CanTRA by means of a wholly volunteer-run program, including the Members of the Board of Directors, with the exception of our paid certified CanTRA and Equine Canada Instructor.”

Youth Network of Volunteer Nanaimo & Volunteer Nanaimo YouthCan 2020

We are blessed to have a strong co-ordinator working with youth in our area - keeping them active with brainstorming meetings, games and projects on-line. The latest project was making posters for Eden Gardens. With supplies delivered to our young volunteers, great art was created! Thank you to Gwen and her team of amazing youth volunteers keeping busy to brighten the community! If you know of a young person aged 11 - 29, they are most welcome to join us. For more information, please contact Gwen:

**Volunteernanaimo.youthnetwork@gmail.com or
youth2020cannanaimo@gmail.com**

Vancouver Island Community Knitters Association

We are actively seeking out knitters and crocheters to make 8" squares which can be used to make blankets. We believe that the need continues to be great, and it is a terrific way to pass the time when you stay indoors!

If you would like to contribute to VICKA and need some wool to get started, please phone Volunteer Nanaimo at 250.758.7121 and leave a message. Also, if you have yarn to donate, that would be amazing!

**Sudoku for
May**

***Why be a
Volunteer?***

**It's not for money, it's not for
fame**

**and it's not for any personal
gain**

**It's just for love of fellow
man**

**It's just to lend a helping
hand**

It's just to give a tithe of

self

**That's something you can't buy with
wealth**

**It's not the medals worn with
pride**

**It's just for that feeling deep
inside**

**It's that reward down in your
heart**

**It's that feeling that you've been a
part**

**of helping others far and
near**

**That's what makes you a
*VOLUNTEER!***