

# Valley Times

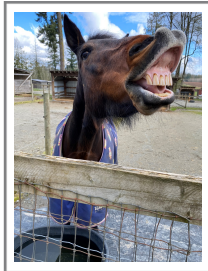
JULY 2021

VALLEY THERAPEUTIC EQUESTRIAN ASSOCIATION

LANGLEY



## Summer Newsletter 2021



**Gem** is a 23-year-old Morgan cross who has been with us for just over a year. She is owned by **Alyssa Balmes** who has had Gem most of her life – they are two peas in a pod! Together they have ridden with a drill team and done lots of trail and bareback riding, among many other things. Gem's sweet nature and extensive training makes her perfect for our riding sessions.

#### Fun fact(s):

- 1) Gem often smiles after she is given a treat.
- 2) She has an almost identical twin at Valley. Can you guess who it is???

This photo was taken by **Karen Katz**.

### Valley Therapeutic Equestrian Association

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Website: [www.vtea.ca](http://www.vtea.ca)  
Office Hours: Tuesday - Saturday  
8:30 am - 4:30 pm

#### Board Members

President	Lynn Moseley
Vice President	Robin Woodbridge
Treasurer	Paul Paterson
Secretary	Brenda Singbeil
Recording Secretary	Debbie Styles
Director	James Marchand
Director	Kristin Griffin
Director	Angie Parnell

Honorary Lifetime Member  
Agnes McCorquodale

### Pippa's Corner

The Senior's Riding Program continues to be a huge success with everyone enjoying their weekly sessions and benefiting from the varied exercises made possible with the use of our therapy horses. Our Senior's Program is well attended and includes pre and post session testing; **Janessa** and I are compiling the results and will be writing a paper in the Fall to highlight this amazing program.

In June, **Sidonia McIntyre**, an equine massage therapist, gave a few of us a fantastic lecture on horse anatomy with many visuals. It was a very informative evening and we hope to do another one in July.

On Wednesday evenings in July, I will be mentoring people who are interested in taking the Canadian Therapeutic Riding exams, BI and BI2. I will also be leading a webinar in July on Assessment and Progress Notes put on by the BC Therapeutic Riding Association.

In August, I am off on a 15-day adventure where I will be heading into the Canadian North to do some wilderness camping on horseback. We have to pack in our own food and sleeping equipment, keeping everything under 100 pounds. We hope to see lots of wildlife.

Have a safe and exciting summer, and remember,  
"Sit tall in the saddle!"

**Pippa Hodge, PT**  
**Hippotherapy Specialist**



Thirty-eight years ago on May 31st, 1983, Valley opened its doors for the very first time. Since then, we have changed properties, navigated some challenging times, met hundreds of AMAZING people, and grown into the incredible community that we are today! Thank you **Pippa** and **Agnes** for dreaming big and for making that dream become a reality. We would not be here without you! Thank you to each and every one of our clients, staff, and volunteers - you are Valley!



Valley Therapeutic  
Equestrian Association

### 100 Men Who Care

We are proud to have been selected to present to 100 Men Who Care for the chance to receive \$10,000. They are a charitable society of diverse high achievers, executive-thinkers and innovators. Although we were not selected to receive the donation, we made some new connections – we are always growing our Valley community.

# What's New at VTEA?



## Office

- Office copy paper - letter and legal
- File folders - legal and letter size
- Small, quiet vacuum cleaner
- Kleenex
- Paper towels
- Colour printer with ink

## Barn

- Salt licks

## Sharing Space

Valley has a new Sharing Space which is located under the cedar trees to the east of the arena, between the new fourth and fifth paddocks. It is in a quiet natural setting, a perfect place to relax and connect with other parents who have children with similar abilities. It is also a nice cool spot to be (which is often much cooler than the rest of the property) on a hot summer day – the perfect place to enjoy a book or podcast. Bring your favourite lawn chair and take a break. You deserve it!

## New Round Pen

Valley has a new round pen which will be used for a variety of activities such as Equine Facilitated Therapy and Equine Facilitated Wellness sessions, exercising and training horses, special training sessions and workshops for students and staff. This construction could not have been possible without the help of **Quiring Trucking and Gravel Sales** who helped out with the crusher dust and sand, **Tim Konkin** for levelling the ground, and **Wayne** and **Cody** for putting it altogether.

## Gardening Glory

VTEA is so lucky to have several avid gardeners in our community. We wish to thank **Jo Wing, Lynne Haber, Suzanne White** and **Carol Jenne** for their continuing care of the garden areas around the office and in front of the barn. These dedicated gardeners are amazing architects of colour and greenery that adds so much joy and life to Valley.



## Important Dates for Your Summer Calendar

**June 27**

5:30 p.m. - 8:30 p.m.  
Sentiment

**July 6 - August 14**

Summer Term

**September 7 - December 18**

Fall Term

**September 11**

VTEA to attend Langley Good Times  
Cruise-In Car Show

## Valley Swag

New Valley swag coming soon! Help us get the word out about Valley and what we do by purchasing a hat, hoodie, or t-shirt (or all of the above!). Details coming soon – keep an eye on our social media.



## Fall Term

With the successful Spring Term completed, and a relaxed Summer Term underway (and, hopefully, no more heat domes!!), we have our sights firmly set on our Fall Term. Come September, as long as BC's Restart Plan continues as planned, we will be back to a full schedule. This means welcoming back clients who require sidewalkers! To say we are excited to see the faces we have so sorely missed would be a gross understatement. We cannot wait!! We are also very excited to see many of our volunteers back in the arena. We will be needing many more volunteers so please, if you know someone who would be a good fit, let us know! Riders and Volunteers, check your email for updates from Valley – there's a lot to do before September.

## Equine Facilitated Wellness

Our first Sentiment session for women was postponed due to the heat wave. We have rescheduled the session for July 11 from 5:30 to 8:30 pm. We have all been through so much, especially as of late. If you or someone you know could benefit from an evening of sharing, self discovery, healing, and empowerment, send an email to [info@vtea.ca](mailto:info@vtea.ca).

Stay tuned through our social media for more sessions delivered by our Equine Facilitated Wellness Team (we believe they are even talking about a ladies' wine and cheese night – a suggestion from quite a few of our clients).

Also, just a reminder that Valley now offers traditional counselling services in a new, experiential and impactful way, delivered in a safe space, immersed in nature alongside our therapy horses. Need help with grief and loss, looking to work through a life challenge, reach out via email or call **Carol** in the office to book a session. You can also check out our website for more information. [www.vtea.ca](http://www.vtea.ca)



Valley could not do what we do without the kindness and support of the community. We would like to thank the following people for their generous donations:

Diane Russell – Hygiene Kits.

Lea Feddes – Echeveria plants for us to sell as a fundraiser.

Quiring Trucking and Gravel Sales – supplying sand for the arena.

Sarah King, Fleet Manager from Preston Chevrolet Buick GM Cadillac – 100 non-medical grade masks and five hand sanitizers. Post-COVID they hope to resume test drive events; they will be donating \$25 per person to anyone who refers people to the dealership for a test drive.

Weatherguard Gutters Langley – helping us out with our gutters and downspouts to keep them free and clear of debris.

## Valley's Makeover

With the somewhat dreary months behind us and summer well underway, it was high time for a Valley makeover!

A team of volunteers spent two weekends power washing, replacing boards, painting and more painting and then even more painting. The painting seemed to never end at times but what didn't end was the enthusiasm of our volunteers (the pizza, iced tea and baked items were a big help too).

A massive THANK YOU to **Evans, Carole, Lea, George, Gary, Wayne, Brenda, Lynn, Dave, Kristin, Robin, Carol, Bobby, Lauryn, Jack, Bridges, Jace, Easten, Stephanie, Ben, Tina, Rodd, Debra, Logan, Kayla, Norine,** and **Corinne** for all of your hard work painting. Valley looks amazing and so cheerful!

Thank you to **Eze Rent-It Centre** for donating a paint sprayer for a day and **Laura Liberatore** – Valley mom and Sherwin-Williams District Manager – for getting us an amazing discount on the paint and donating the much needed supplies to get the job done!!