



SaltSpring Therapeutic Riding Association

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SSTRA UPDATE

February 7th, 2025

Calling all horse lovers! The [SaltSpring Therapeutic Riding Association](http://www.sstra.ca) (SSTRA), dear to the hearts of this Island's community, has been saved from near dissolution by a dedicated group of volunteers and instructors. But we are not out of the woods yet. Not by a long shot!

After 24 years of supporting those with physical, mental, and emotional challenges with therapeutic riding lessons, SSTRA is seeking members at large (permits you voting rights at SGM & AGM), volunteers, and volunteer Board members to secure this valuable organization. Volunteers and Board members with special skills (accounting, financial, communications, fundraising and grant writing, leadership and more) are especially welcome to help bring the organization back to full health.

Hundreds of people, from early school years to retirement, have benefited from equine therapy at SSTRA for nearly a quarter century. Let's keep this beloved organization going strong, to serve the next generation.

Studies show that therapeutic riders demonstrate improvement in:

- ~ cognitive benefits: memory, attention span, problem solving
- ~ physical benefits: balance, coordination, posture, muscle tone
- ~ educational benefits: remedial reading, writing, mathematics, science

Seeing the psychosocial improvements in clients is rewarding itself for instructors and volunteers alike. Riders look forward to their weekly lessons or spring & summer camps, which are vital for their health and well-being. Volunteers find purpose and delight in assisting our certified instructors with lessons and in providing care for the horses.

If you have an hour a week to spare, you could become a volunteer and learn how to:

- Lead a horse during a lesson
- Side-walk with a horse during a lesson
- Feed and care for the horses daily

SPECIAL GENERAL MEETING

Saturday February 22, 2025
4:00pm – 6:00pm
215 Baker Road, Salt Spring Island

For just \$25 for membership, you can hardly say 'neigh'! You'll support the organization and know that you are helping the next generation of Salt Springers on their way to good health. And we haven't even talked about the 'garden gold' – enjoy a special rate for members on horse manure for your gardens. A win-whinny situation for everyone!

For more information on membership please visit our website [**www.sstra.ca**](http://www.sstra.ca)