



Summer | 2019

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CanTRA Caller

CANADIAN THERAPEUTIC RIDING ASSOCIATION | L'ASSOCIATION CANADIENNE D'ÉQUITATION THÉRAPEUTIQUE
Registered Canadian Charity No. 11883 6543 RR0001

President's message

At the 2019 Annual General Meeting, I was given the honour and great privilege to be elected CanTRA's president and I take this challenge on with great optimism.

Moving forward, our goals will focus on improving communication and on streamlining training and mentoring programs for the continued success and growth of CanTRA's member centres all across the country. By doing this, we aim to give them what they need to help them advance their work.

I have great pride in our accredited centres. Despite the ups and downs common to the equine world, they continue to provide exceptional horses and safe facilities for therapeutic riding, supported by dedicated CanTRA-certified instructors. We all continue to share our love of horses with our special community of participants and are rewarded by their smiles.

I am very excited about our upcoming 2020 CanTRA Conference at Olds College in, Olds, Alberta, May 29–31, 2020. Please try your best to come. It will be a fantastic time to share ideas and learn together. I hope to meet you there.

Happy trails to all!



*JoAnn Thompson Franklin, PT
President, Canadian Therapeutic Riding Association*

Mission statement

To promote the benefits of therapeutic riding throughout Canada, by raising public awareness, working closely with the medical profession, providing continuing education, maintaining high standards for therapeutic riding instructor certification and accrediting therapeutic riding centres.

Rainy's Retirement

We cannot praise the role of the therapy horse enough! Therapy horses come from various backgrounds, range in size and breed, as well as age and personality. Physically, they need to be sound, steady, and patient. Above all, therapy horses enjoy working with people. They will be surrounded by many different people, working with them, handling them, and riding them.

Rainy, a standardbred, has been a therapy horse at Hope Haven Therapeutic Riding Centre for 4 years. She has had many careers during her life, from racehorse to broodmare to school horse, and finally to therapy horse. At 25 years of age, it is now time for her to enjoy retirement. This raises the question, Where do therapy horses go when they retire?

Every therapeutic riding centre deals with this issue. These incredible animals, who have given such depth of service, have been instrumental in creating positive change and well-being. They deserve nothing less than to be honoured with a secure and safe retirement.

When Cindy came to volunteer at Hope Haven as a horse handler three years ago, she quickly developed a close relationship and bond with Rainy. It was an easy decision for both Cindy and Hope Haven for Rainy to be cared for in retirement by her favourite person. Hope Haven made it official this past May, transferring ownership to Cindy on her birthday! This is a great example of the caring communities that come together to support therapeutic riding, start to finish.

Rainy, thank you for all the joy and smiles you have brought to Hope Haven. We wish you a happy retirement! And what a birthday to remember for volunteer Cindy!



Rainy will still be living at Hope Haven as a boarded horse under Cindy's loving guardianship.

Photo courtesy R. Bridle

Social Stories Simplified

Jade rides on Thursdays. Coming from school, he can be overwhelmed from the abundance of classroom noise and activity and find it hard to transition to a new situation like his therapeutic riding lesson. Jade has Autism Spectrum Disorder (ASD).

Jen, Jade's instructor, needed to find a way to help him organize ideas. Too many stimuli (anything that rouses activity or energy) causes disorganization of Jade's thought patterns. She realized he needed fewer words so she thought to use visual cues. She wrote his riding plan in point form on a whiteboard, adding pictures beside each one. Using the story with consistency helped him change gears from school to the barn. This 'next step' approach turned what was once chaotic for Jade into more of a relaxed routine.

Social stories were conceptualized by a pediatric doctor and autism researcher, Dr. Carol Gay, in 1991 to help address apparent disconnects with social skills in children with ASD.

Social stories help to create a mental picture that allows a child to feel safe stepping into an experience. Here they can explore cause and effect, feelings, choices, support systems, and positive outcomes. Primarily, most social stories act as a script using descriptive sentences to build a scene. Jen, however, took these same principles and opted for minimal word usage and simple pictures to help Jade focus and keep stimuli to a minimum.

Using a visual version of a social story has helped Jade focus



Above: Jade with his instructor Jen.

Photo courtesy of B. Pickel

My Riding Lesson



'Hello'



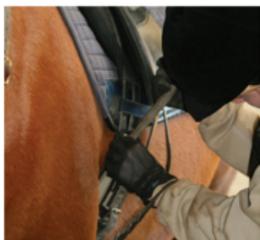
WALK



Get ready



Greet Floella



Stirrups



WAIT

Left: Example of a visual social story.

Photo courtesy of B. Pickel

and understand his responsibilities. This allows him to enjoy his lesson while building confidence and creating coping skills that have become what his Mom describes as his "job."

"We call it his job. If he starts to get overwhelmed when we arrive at the barn, I simply ask him what his job is, which is the next thing he needs to do to ride Floella. It has really helped take away a lot of aggravation."

A therapeutic riding lesson routine such as greeting a horse, putting on a helmet, adjusting stirrups, mounting and dismounting, lends itself perfectly to the use of social stories and is another piece of the many factors within the benefits of equine-assisted activities.

2019 CanTRA Awards

CanTRA Outstanding Therapy Horse Award Sponsor: CanTRA

"RUDY" - Mount View Special Riding Association, Olds, AB

Since 2005, 29-year-old Rudy has been an indispensable team member of the Mount View Special Riding Association (MVSRA). He is a handsome black (now greying) 15.3 HH gentleman with soft eyes, white flecks on his forehead, and the typical tan muzzle of a mule. Yes, Rudy is a mule. A special equid who is patient and reliable with every rider and driver he is entrusted with. Rudy, truly, is the right solution to a variety of needs; he carries both Western and English riders, standing solidly for mounting and slowing when a rider starts to lose balance. The best choice for horsemanship practice, Rudy doesn't mind having labels stuck all over him to help teach the parts of his body. He drives both single and double harness and pulls MVSRA's specially designed cart for wheelchairs. The horses in MVSRA's program are all aware of his mule uniqueness and have become better for it! Participants and stablemates are entertained with the occasional braying. Thank you, gentle soul, for your extraordinary service in therapeutic riding and equine-assisted activities.



Diane Luxen, MVSRA Instructor, Linda Leggette, Rudy's owner and MVSRA volunteer, Brenda Spanier, CanTRA AB/NWT Zone rep, Shelene Williams, MVSRA Instructor and CanTRA Board member.

Photo courtesy of MVSRA.

Jetty Chapman Award Outstanding Administrator Sponsors: Christine and Oren Birch

RUTH CARTER

Fredericton Therapeutic Riding Association, Fredericton, NB

The Fredericton Therapeutic Riding Association (FTRA) has seen a great many changes over the years, but the one constant has been Ruth Carter. Ruth has been involved with the FTRA for over 35 years, and during that time, she has served in virtually every capacity of the organization. Starting as FTRA's only instructor, she began to mentor candidates to expand the program, as well as other programs around New Brunswick. Sharing her knowledge and experience, Ruth has provided valuable guidance to other therapeutic associations in Atlantic Canada.

In recent years, she has been instrumental in grant writing and securing funding for FTRA, as well as recruiting board members to ensure the continuance of the program and its mission. Her devotion, giving countless hours to FTRA, and never seeking any reward, reveals her focus. As one of her peers said, "Everything she does is for the joy she sees on the faces of the many riders benefiting from these programs".



Jennifer Sutherland Green, President of FTRA, presents Ruth with her award.

Photo courtesy of FTRA.



Andrea Gillies Award Outstanding Instructor Sponsor: Gay Wood

PAULA BERNARD
Therapeutic Riding Association of Ottawa, Greely, ON

Paula Bernard began volunteering at the Therapeutic Riding Association of Ottawa (TROtt) in its early years and became an Instructor in 1999. She has served in this capacity, as well as many others, for twenty years. This award is a celebration of Paula's devotion to the many riders whose lives she has touched. It is for all of the instructors in training she has mentored. It reaches to the volunteers and parents she has supported and the therapy horses she has selected and trained. She makes time to collaborate with numerous therapists, teachers and parents to ensure the evolving needs of the riders are addressed. Paula also builds into her volunteer teams, making sure they are made aware of particular adaptations; this gives them the confidence to safely and effectively fulfill their role as an integral part of the therapeutic team. She has a special bond with each of her riders and a soulful quality in her eyes and smile that brings out their best efforts. As a CanTRA Coach and Examiner, Paula's exemplary skills and focus is unwavering and always for the benefit of the riders. Paula gives; she gives of her time, her knowledge, her humour, her patience, her dedication and her love for therapeutic riding.

Left: Paula Bernard with Trin

Rhonda Davies Award Outstanding Volunteer Sponsors: John and Donna Davies

SUSAN TILLEY
The Equestrian Association for the Disabled, Mount Hope, ON

What every therapeutic riding centre needs is a volunteer who loves helping riders and isn't afraid of getting their hands dirty. This describes Sue Tilley, a dedicated volunteer with The Equestrian Association for the Disabled (TEAD) for 12 years. Sue is known for her compassion and patience for every rider and horse she works with, no matter what the situation is. Coming from a teaching background, Sue continuously offers encouraging words to empower riders to reach their goals. She has recently taken on responsibilities in the barn, cleaning out stalls, turnout, feeding, and general horse care. As a certified equine massage therapist, Sue makes sure the herd at TEAD feels at ease and able to do their jobs. The barn cats are not neglected from her attention, as she provides them with cat food and treats! Thoroughly invested in the TEAD program, Sue has donated generously to support the horses and facilities and regularly participates in fundraisers and promotional opportunities. Sue is a woman of many talents and dedicates herself entirely to what she takes on. This is inspired volunteerism at its best!



From left to right: Hilary Webb, Sue Tilley, Sue Schramayr
Photo courtesy of TEAD.

Celebrating 40 Years of Leadership in 2020

We're getting excited! May 29-31, 2020, CanTRA is hosting its national conference "Celebrating 40 Years of Leadership" at Olds College, Olds, Alberta.

By developing and expanding the knowledge of instructors and program managers, this conference will give a "leg up" to thousands of riders with diverse abilities participating in quality therapeutic riding and other equine-assisted activities.

Highlighted equine-assisted activities and keynote speakers include:

Hippotherapy - Pippa Hodge is an international instructor and speaker who brings over 35 years of experience in applied Hippotherapy as a Physiotherapist and CanTRA Coach/Examiner.

Therapeutic Riding - Tegwyn Harper pulls an array of experience as a Human Sports Body Massage Therapist, CanTRA Coach and Examiner, with a Rider Bio-Mechanics



Level #2. She applies it all to instructing therapeutic riding and protecting the horses used in these programs.

Equine-Facilitated Wellness (EFW) - Tricia Mellor, a CanTRAIL, has earned her Master's in Social Work and is currently working as a mental health clinician focused on children and youth and their families. She runs an EFW private practice.

Para Dressage - Jane James is an Equestrian Canada Senior Dressage Steward. Jane has been a member of stewarding teams at two Paralympic Games and four World Championships, as well as numerous FEI-level international competitions. Jane is an active CanTRA Coach/Examiner.

Find general information, conference schedule, speaker biographies, accommodations and travel information, as well as registration rates and forms, on our website www.cantra.ca under News & Info.



An interactive clinic at the 2011 Conference in P.E.I.

Photo credit: Ann MacNeill

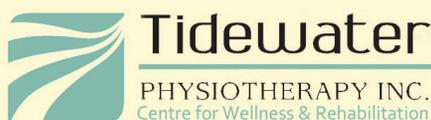


Saddle fitting with Christian Lowe during the 2011 Conference.

Photo credit: Ann MacNeill

Special thanks...

Special thanks to our *CanTRA Caller* sponsor, **Tidewater Physiotherapy Inc. Centre for Wellness and Rehabilitation**, Lower Coverdale, New Brunswick.



Spread the word!

The *CanTRA Caller* is an official vehicle for providing news to our members. Please



circulate it to your board members and key personnel, and post a copy in your barn. **Thank you!**

Newsletter team

Editor: Bren Pickel
Translator: Gilles Joly
Designers:
Tracy Magee-Graham (English)
Céline Bellerose (French)



Spotlight on Tricia Mellor

One of the presenters on Equine-Facilitated Wellness (EFW) at CanTRA's 2020 National Conference

My introduction to the horse world I credit to my parents, who signed me up for riding lessons as a child. I experienced a deep connection to horses and found peace and fulfilment at the barn. I always approached riding as a partnership and treasured my relationships with the horses in my life.

In 2002, I gained certification as a therapeutic horseback riding instructor through CanTRA. I completed my undergraduate degree at the University of Guelph while volunteering at Sunrise Therapeutic Riding and Learning Centre. Upon completion of my Masters of Social Work at Laurier University in 2011, I have worked as a children's mental health clinician at a community-based agency in Guelph, and now recently with the Upper Grand District School Board.

I bring a client-centred, trauma-informed approach to my work. This means I strive to ensure that clients feel they are being heard, understood, and valued. The unique personalities and temperaments of the equines I partner with bring a vulnerability, humour, and spontaneity to our EFW sessions.

Currently, I sit on the CanTRA Board of Directors and the CanTRA EFW Committee as well as being a member of the Sunrise Medical Committee. I am eager to share insight from my fifteen years of experience working for the well-being of various age groups dealing with mental health struggles, learning needs, and physical and developmental disabilities.

*Tricia Mellor, Therapist & Founder
Open Spaces - Equine Facilitated Wellness
<https://www.openspacesefw.ca>*



*Photo courtesy
of Kristin
Clancy*

Who's Who at CanTRA: 2019-2020

Board of Directors

JoAnn Thompson Franklin, President, New Brunswick
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Bren Pickel, Communications
Coordinator

Donating the easy way

Would you like to make a donation to CanTRA? Go to www.canadahelps.org Type in "Canadian Therapeutic Riding Association" in the "I want to give" space. Your tax-deductible donation will support children and adults with disabilities across the country.

Sponsors and Donors Honour Roll 2018-2019

Thanks to our Sponsors and Donors (as well as our members!), CanTRA's programs can move forward with a measure of security that is most valuable. We greatly appreciate the support.

Red Ribbon (\$5000+)



White Ribbon (\$500+)

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Lelia Sponsel
Kenneth & Elna Strand
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Gay Wood
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Tidewater Physiotherapy Inc.



CanTRA Contacts

General Enquiries
ctra@golden.net

Website
www.cantra.ca

Mailing address
Canadian Therapeutic Riding
Association
5420 Hwy. 6 North
RR5 Guelph, ON N1H 6J2
Canada

Phone
519-767-0700

Fax
519-767-0435

Administrator
Brenda Coward, ctra@golden.net



The lazy, hazy dayz of summer are here! Dallas and Dakota (Sunrise Therapeutic Riding and Learning Centre, ON) don't mind sharing breakfast while enjoying the sunshine.

Photo credit: R. Bridle

Rubber emails

Our members keep in touch with us by email more than any other means of communication. Unfortunately, emails can bounce and when they do it is very time-consuming to research new contact information. If you change your email address (or surname, mailing address or telephone number), please notify the CanTRA head office so we can stay in touch!

