



Winter | 2018-19

Patron: HRH The Princess Royal G.C.V.O.

CanTRA Caller

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

President's message



As we enter 2019, I would like to offer you my sincere wishes for a year full of peace and serenity.

During the past year, CanTRA has grown in a number of ways, affecting its structure, committees, and the board. It is important for us to present a consistent professional standard by offering its members high quality service and specialized expertise. For that reason, we will be continuing to enhance its services and restructuring in 2019.

CanTRA's participation at the HETI International Congress in Dublin was definitely one of the highlights of 2018. Sponsorship of the Dr. Gillian Lawrence Memorial Lecture at the congress gave us the opportunity to honour our very dear Gillian, while at the same time making ourselves known on the international scene.

As our 2020 national conference, when CanTRA will celebrate its 40th anniversary, draws closer, the conference committee will be very busy throughout the year putting the final touches on its plans. It gives me great pleasure to invite you to join us in beautiful Alberta to celebrate this anniversary.

In closing, I would like to thank everyone who holds at heart that CanTRA will continue to develop as a lasting organization, and who unhesitatingly and generously gives of themselves for that cause.

With best wishes,

Eliane Trempe, President

Our new Communications Coordinator Introducing Bren Pickel

CanTRA is delighted to welcome **Bren Pickel** into our new position of Communications Coordinator. Bren lives on Vancouver Island and is the Program and Volunteer Coordinator for the Cowichan Therapeutic Riding Association in Duncan. Originally from Ontario, she holds a diploma in Agriculture from New Liskeard College of Agricultural Technology, and has worked in New Brunswick as a veterinary technician. In 2016 she completed a Graduate Certificate in Publishing at Ryerson University. She is a passionate advocate for volunteerism and community building. In addition to taking over existing communications responsibilities from volunteer board members, Bren will have the opportunity to put her creative ideas into effect to enhance CanTRA's profile, both in-house and in public. Bren says she is excited to join the CanTRA team. The feeling is mutual!



Bren with her friend, Josefa.

Photo courtesy Lisa Pink



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.

Happy 90th, Lelia!

The double sapphire is the symbol for a 90th birthday. This gemstone stands for royalty and wisdom, both of which you can say about **Lelia Sponzel**. The depth of her contributions to therapeutic riding and her foundational work within CanTRA have set up a lineage of instructors and centres that will continue the work she has been passionately devoted to.

An avid horsewoman and special education teacher, Lelia emigrated to Canada from Germany in 1966. In 1975, she founded the Greenbelt Riding Association for the Disabled (GRAD) which evolved into the Therapeutic Riding Association of Ottawa-Carleton (TROtt). Wearing many hats (instructor, program director, president), she continued to move the work forward locally, and then nationally.

A founding board member of CanTRA in 1980 and an honorary life member, Lelia served a grand total of 24 years on the board. She was a key member of the team that developed CanTRA's Instructor Certification Program and its training manual. "I have enjoyed the challenge, the risk-taking, the learning, and above all the opportunity to share my sport – riding horses – with so many others," she says.

Lelia still keeps up with CanTRA's news and sends encouraging emails to those still involved. In October, she hosted a special birthday party in Ottawa. A large group of friends and family came from across Canada to raise many a toast.

From all your friends in CanTRA, Happy Birthday, Lelia. You're a gem!



"Lelia was the teacher of a group of aspiring therapeutic riding instructors (of which I was a part) in Ottawa, leading to us successfully earning our CTRIs in 1989. She was a strong, skilled teacher and I learned so much from her."

Mary Trafford

"Lelia was such a driving force in kick-starting CanTRA Certification."

Ann Caine

"I was delighted to represent CanTRA at Lelia's birthday party and to present her with a copy of the CanTRA souvenir book created for HRH Princess Anne."

Gay Wood



At Mount View Therapeutic Riding Society (Olds, Alberta), therapy horse Rose and her leader, Sue, are ready for her rider on show night — complete with painted hooves, fancy mane, and sparkles on her rump!

Photo courtesy of MVSRA

Top left: Lelia enjoying her 90th birthday party.

Photo courtesy
Paula Rolfe

Left: Lelia shares a laugh with colleagues Nancy Reid and Victoria Andrew at TROtt's 40th anniversary celebration.

Photo courtesy
TROtt

Jeanne Greenberg A life of service to therapeutic riding



Photo courtesy of SARI

Below: Jeanne Greenberg (standing far left in front row) and friends at the 1986 CanTRA Conference in Charlottetown.

Photo courtesy of The Joyriders



We remember with great admiration and affection one of CanTRA's founders, **Jeanne Greenberg**, who recently passed away at the age of 96. She was predeceased by her husband, Sydney, with whom she founded the Special Ability Riding Institute (Arva, Ontario), named for their daughter, Sari, who was born with Down Syndrome and who died at the age of 14.

Jeanne was a true visionary and a passionate advocate for children with special needs. She saw, first-hand in her daughter and thousands of other children with disabilities, the therapeutic effects of riding horses.

Mary Trafford writes, "The Greenbergs were amazing visionaries and real trailblazers in therapeutic riding in Canada. Mrs. Greenberg will be fondly and admirably remembered by many, many people."

Ann Caine also has fond memories of Jeanne and Syd. "I remember being on so many booths in various places with them promoting the benefits of therapeutic riding," she says. "They certainly were trailblazers – especially for non-horse people – fantastic and very generous in every way possible."

Jeanne was also a founder and first president of the Ontario Therapeutic Riding Association (OnTRA). The very first OnTRA Games were held at SARI. "A large group of riders and their supporters from the Community Association of Riding for the Disabled (CARD) drove down to Arva, and there were riders from other groups as well," recalls Gay Wood. "It was a lovely day. That was the first of many visits to SARI. Jeanne was always a very strong supporter of OnTRA and a very gracious host."

Others also admired Jeanne. In 1984, CKSL Radio in London, Ontario, honoured her as Radio Citizen of the Year. The citation stated that she was "a superb example of an individual who made significant personal sacrifices without expectation of commendation or reward to assist the handicapped of our community." What more fitting summary of her service.

We're alive online!

Website www.cantra.ca

DTN CanTRA Channel
www.disabilitytodaynetwork.com (Partners tab)

Newsletter team

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

Donating the easy way

Would you like to make a donation to CanTRA? Go the CanadaHelps way! www.canadahelps.org

Type in "Canadian Therapeutic Riding Association" in the "I want to give to" space. Your tax-deductible donation will support children and adults with disabilities right across the country.

Dublin rocks!

Some highlights from the 16th HETI International Congress in June 2018. For more information on the host centre, Festina Lente (Bray, Co. Wicklow), and its many programs, visit <https://festinalente.ie>



Above: Equine-Assisted Learning workshop. Participants had to cooperate with each other and communicate with the horses at each end of the “conga line” (Lear at front and Belle at back).



Above: Equine Back Care workshop. Senior citizen Duke gets a shoulder-to-shoulder push, activating an abdominal lift, to determine his back flexibility.



Above: Equine Conformation workshop: Fred back home at Festina Lente’s stables after serving as a conformation model in Dublin, where he got a little bored and had a roll in the sand!



Left: Psycho-educational Vaulting workshop: Rico, the friendliest horse ever, chums up with two participants learning how to approach a vaulting horse on the lunge.

Right: Psycho-educational Vaulting workshop: International cooperation! From left: Gay (Australia), Daphne (Canada), Dr. Li (China), Pauliina (Finland).



Left: Festina Lente: The Victorian Walled Garden, one of many programs run by the centre in addition to able-bodied and therapeutic riding.



All photos courtesy of Daphne Davey

...continued from "Dublin Rocks!" on page 4



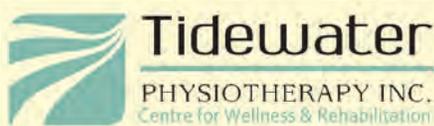
Mary Longden from Australia, a long-standing CanTRA friend and clinician, chats with Eliane Trempe.



Nina Ekholm Fry (left) meets Anne Barnfield (CanTRA EFW Committee) in person for the first time. Nina is a board member of USA-based CBEIP (Certification Board for Equine Interaction Professionals) on which Anne sits as CanTRA Representative. The CanTRA-CBEIP Agreement has proved to be mutually beneficial.

Special thanks...

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



A providential journey

Bren Pickel, Communications Coordinator

Looking back, it had been too many seasons of working a demanding desk job. I needed to find some outside influences to help me alleviate stress and add some missing components to my life. I started a list: a deeper level of human interaction, being part of a team or community, and spending my time in support of a cause I was passionate about. As I was putting together a 'to do' list for a fulfilling life, I noticed a bumper sticker on a car parked beside me one afternoon in support of the Cowichan Therapeutic Riding Association. Cue lightbulb above head!

It took about fifteen minutes, sitting in the volunteer orientation at CTRA, for me to realize that I needed to be involved full time supporting therapeutic riding. It was almost serendipitous, no it was Providence, that my education

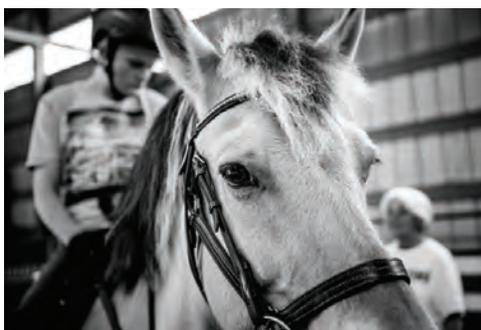


Bren horse-handling with Ella on Ember.
Photo courtesy Lisa Pink

in agriculture, employment in administration, experience working with children and families, and recent studies in publishing would come together as my offering to bolster the work of therapeutic riding in my community and now with its national association.

I am thrilled to be a part of CanTRA and the vibrant collective using equine therapy to engage, empower, and enable people of all abilities across Canada and the world.

Orion: A remarkable therapy horse



North Fraser Therapeutic Riding Association's beloved Orion.

Photo courtesy Anita Bonnarens Photography

In October 2018 at the age of 22, our dear friend, co-worker, and equine therapist, **Brambers Orion**, succumbed to colic. A key piece of the therapeutic riding puzzle at the North Fraser Therapeutic Riding Association (Maple Ridge, BC), Orion will be sorely missed.

For 16 years, Orion cared for all his riders by not passing judgment, only giving unconditional love. Patient, gentle, calming, friendly, and kissable with an unflappable disposition — these have all been

words used to describe this wonderful Fjord, who was named Remarkable Therapy Horse of 2012 in *Canadian Horse Journal*. He taught many program participants the skills needed to ride and care for horses, but more importantly, he encouraged them through riding to be independent, happy, and confident individuals.

Thanks to Emily Felgnar of NFTRA for providing information on Orion.

Dr. Gillian Lawrence Memorial Lecture **Introduction to inaugural presentation**

CanTRA sponsored **Marion Drache** from Germany to deliver the inaugural **Dr. Gillian Lawrence Memorial Lecture** in Dublin. She presented on her research using hippotherapy with multiple sclerosis patients. It was particularly meaningful for the Canadians in attendance as Gillian's daughter, Dr. Sarah Lawrence, was also able to attend to represent the family. Eliane Trempe delivered the following introduction:

Good afternoon, ladies and gentlemen. My name is Eliane Trempe, and I am president of the Canadian Therapeutic Riding Association (CanTRA). I have the great pleasure of saying a few words to introduce the inaugural Dr. Gillian Lawrence Memorial Lecture, which CanTRA has committed to sponsoring in her memory at each HETI international congress.

Dr. Lawrence was very well known in the therapeutic riding world, from locally, regionally, and nationally in Canada through to the international level at the Paralympics. Despite her pioneering and continuing deep involvement at so many levels, she was always a humble person, never seeking the limelight, just getting on with the job in her positive, cheerful, high-energy, and very effective way.

Among a very long list of her contributions, she was a founding member of CanTRA in 1980, she served as president of the FRDI (the forerunner of HETI), and she was a para-equestrian international classifier. Her legacy is huge.

Dr. Lawrence once said, "Live as if you were to die tomorrow, and learn as if you were to live forever." There is nothing we can add that would more appropriately sum up her approach to life and to therapeutic riding.

CanTRA's choice of the inaugural presentation by Marion Drache on the subject of Hippotherapy and Multiple Sclerosis is, according to her family, one that their mother would have heartily approved. That makes us very happy! So please enjoy this inaugural Dr. Gillian Lawrence Memorial Lecture.



From left: Dr. Sarah Lawrence, Marion Drache, Eliane Trempe, Daphne Davey

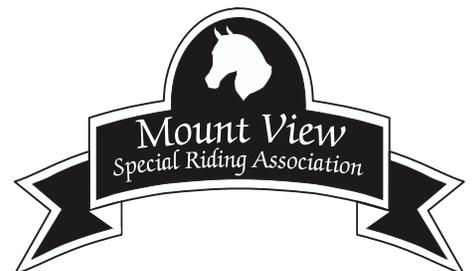
Stop press!



2020 CanTRA Conference

May 29-31

Host: Mount View Special Riding Association (Olds, Alberta)



Theme: Celebrating 40 years of leadership

Pre-Conference Mentors Clinic

Start budgeting to attend this very special anniversary conference! More information will be posted on the CanTRA website soon, www.cantra.ca.

Errata

The following corrections are noted from the summer issue of the *Caller*, with our apologies:

New board member Christine Ross has moved up from CTRSI to the highest instructor level, CanTRA Coach, and in 2016 qualified as an Equestrian Canada Competition Coach. Congratulations!

New board member Jo-Anne Billington qualified as a CTRAI (now CTRBI) in 1988.

...continued from "Stop press!" on page 6



HETI: New international executive

President Sanna Mattila-Rautiainen, Finland

Vice-president Gisela Heimsath-Rhodes, Germany

Treasurer Jill Carey, Ireland

Executive Director/Secretary Roisin Brennan, Ireland

Directors:

Irene Kapari, Greece

Jeong-Yi Kwon, Korea

Roswitha Zink, Austria

Marilyn Sokolof, USA

Anton Saratov, Russia

Gustavo Dos Santos, Uruguay

Marie-Therese Kuypers, Belgium



13th World Congress on Brain Injury

March 13-16, 2019

Sheraton Centre Hotel, Toronto, Ontario

www.ibia2019.org

Delegates typically include physicians and nurses, therapists, social workers, and other professionals involved in the research or treatment of brain injury and/or stroke.

Registration deadlines:

Early bird: February 13

Regular: February 14-March 1

On site: March 13-16

Sponsors and Donors Honour Roll 2018-2019

Thanks to our Sponsors and Donors (not to mention our members!), CanTRA's programs can move forward with a measure of security that is most valuable. We greatly appreciate this support.

Red Ribbon (\$5000+)

Spruce Meadows Leg Up Foundation

Red Ribbon (\$5000+) In-kind

Canadian Horse Journal



Disability Today Network



Saddle Up magazine



White Ribbon (\$500+)

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Linda Rault

Lelia Sponset

Kenneth Elna Strand

Tidewater Physiotherapy Inc.

Shelene Williams

Gay Wood

We heartily congratulate CanTRA board member **Margaret (Muggs) Tibbo** from St. John's on her recent induction into the Newfoundland & Labrador Volunteer Hall of Fame. Her citation includes such a long list of pioneering work in para-sports and recreation (including co-founder of Rainbow Riders) that we strongly encourage you to read the full story online at <http://volunteerhalloffame.ca> (The Hall / Hall Inductees)

We are fortunate to have Muggs on the CanTRA board, bringing with her such a wealth of knowledge and experience.

Photo courtesy of halloffame.ca



HRH Princess Anne ~ A royal visit

It was a thrill and an honour for members of CanTRA and **Little Bits Riding Association** to visit recently with our Patron, **HRH The Princess Royal, Princess Anne**, in Edmonton, Alberta. Princess Anne was in Canada to open the Royal Agricultural Society of the Commonwealth's (RASC) biannual conference. To commemorate this first-time visit, the City of Edmonton was proud to present the Princess with a saddle that she in turn generously donated to Little Bits.

The saddle was on display, along with other special riding equipment, at Little Bits's booth at Northlands FarmFair where the 28th conference was held. Princess Anne met and spoke with Jo-Anne Billington (CanTRA director and Little Bits volunteer instructor), Linda Rault (CanTRA Coach and Little Bits Program Administrator), Jodee Pearse (Little Bits President), and Andrea Wiebe (Little Bits Vice-President).

"Princess Anne greeted each of us



Left to right: Princess Anne with Gord Wilson (Northlands Chair), Linda Rault, Jodee Pearse, Andrea Wiebe, and Jo-Anne Billington.

Photo courtesy of Dale Macmillan

with a handshake. She is very passionate about therapeutic riding and is very knowledgeable with keen insights about the topic," said Linda Rault.

CanTRA greatly appreciates the trouble that the Princess goes to when visiting Canada to connect with member centres when her itinerary permits the time.



Congratulations to our Canadian Para-Dressage Team at the 2018 World Equestrian Games! Left to right: Lauren Barwick and Lauren Massey with Engelbrecht, Jody Schloss and Jessica Rhineland with Lieutenant Lobin, Winona Hartvigson and Sarah MacKenzie with Ultimo, and Roberta Sheffield and Rich Neal with Bailaor.

Photo courtesy of Cealy Tetley



Mount View Special Riding Association (Olds, Alberta) held a wrap-up show night for riders, families and staff. The event included games, supper, socializing, and of course lots of rosettes and trophies. Everyone had a great evening with lots of big grins!

Photo courtesy of MVSRA



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

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.



Who's Who at CanTRA 2018-19 Board of Directors

Eliane Trempe, President	Québec
Daphne Davey, Past President	Prince Edward Island
Shelene Williams, 1st Vice-president	Alberta
JoAnn Thompson Franklin, 2nd Vice-president	New Brunswick
Sonia Koczekan, Secretary	Ontario
Jane James, Treasurer	British Columbia
Jo-Anne Billington, Director	Alberta
Tricia Mellor, Director	Ontario
Kathleen Murphy, Director	Ontario
Christine Ross, Director	British Columbia
Margaret Tibbo, Director	Newfoundland & Labrador

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Bernard Gluckstein	Ontario
Jeff Tiessen	Ontario
Dr. Bob Wright	Ontario

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Bren Pickel, Communications Coordinator

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John Davies	USA
Jim Elder	Ontario
Kara Grant	P.E.I.
Mary Longden	Australia
Dr. Ian Millar	Ontario
Mea Renahan	Ontario
Dr. Bob Wright	Ontario

Spread the word!

The *CanTRA Caller* is an official vehicle for providing news to our members, sponsors and donors, and complimentary list. Please circulate it to your board members and key personnel, and post a copy in your barn. **Thank you!**

Some of my best friends,
have never said a word to me

