



Summer | 2020

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

CanTRA Caller

The Canadian Therapeutic Riding Association | L'Association Canadienne d'Equitation Therapeutique

Registered Canadian Charity # 11883 6543 RR001

President's Message

Summer has arrived, and for CanTRA members and their programs, it is a summer like no other we have known. Much-loved programs and camps are being fully revised to accommodate the current COVID-19 situation.



I am proud to see our CanTRA accredited programs stepping up to the challenges this pandemic has presented, faithfully doing all they can to sustain themselves. Thanks to those who have shared their struggles and solutions with all of us. Your optimism is an inspiration. Re-opening plans can seem complicated and cumbersome but are so important and appreciated by all concerned.

In response to the pandemic, our team at CanTRA has put together informative webinars to educate and inspire. Keep watching for our next in the series. We are also working towards our Strategic Plan, which will help to guide us through the next five years of program development. Emphasis will be placed on advancing education, mentoring, fundraising and program planning to help our members and their centres thrive.

On behalf of CanTRA, I want to extend our hope for your program's continued resilience, and to see a return to the valuable equine-assisted services you provide in your unique community as soon as it is feasible.

Through it all, stay strong, stay calm and CanTRA on.

JoAnn Thompson Franklin, PT

New Partnership with Equine Guelph

CanTRA is very excited to announce our new **Accredited Partnership with Equine Guelph**.

Equine Guelph is a Centre at the University of Guelph which is also home to the world-renowned Ontario Veterinary College – the oldest veterinary college in North America.

Becoming a partner with Equine Guelph will allow CanTRA members in good standing to access their 'Horse Portal' courses at 15% off the regular price.

The Horse Portal offers many online courses that you will find under the CanTRA partnership tab on their webpage. These courses are flexible, informative and a great way to stay current on emerging issues and national codes for horse care. Many of these courses can be used as updating hours.



Making Strides with ZOOM!

In 2019, CanTRA had started to use Zoom video conferencing for various meetings and some small Q&A mentoring sessions. With the country thrown into an urgent need to respond to the COVID-19 crisis, and the cancellation of the 2020 CanTRA Conference and other planned events, CanTRA strategically changed leads amid the general uncertainty and reached out to its members to connect through Zoom.

'Survival Strategies in the Time of COVID-19' was the first Zoom conference call, hosted by president JoAnn Thompson Franklin. The goal was to understand the issues that programs and members are facing, and to provide an opportunity to share solutions and ideas. In response to this discussion, Valley Therapeutic Equestrian Association hosted the next Zoom meeting to share their COVID fundraising initiative with the membership.

Additionally, in place of the much-anticipated national conference, presenters quickly shifted from prepared workshops and lectures to Zoom webinars. Teg Harper's webinar series, 'Enhancing the Position: Biomechanics for the special needs body to enhance the longevity of the therapeutic horse,' took place in April. The primary focus of Teg's webinars was to provide participants with the tools needed to help maintain the therapy horse's longevity. The series discussed three key elements: the equipment, the rider, and the horse itself.

In May, CanTRA Honorary Director Mary Longden, an internationally renowned therapeutic riding and para-dressage coach, presented a webinar titled 'Adapting Principles of Teaching.' The session highlighted accepted methods for teaching riding skills and several adaptations for the restrictions of various conditions such as blindness, spastic cerebral palsy, Down syndrome, high-functioning autism, autism with an intellectual disability, paraplegia, and hemiplegia. The webinar also featured adaptations in equipment and the unique progression from instructor to coach.



A big thank you goes out to CanTRA Vice-President, Christine Ross, for her attention to our webinar offerings and the 'Survival Strategy' series over these difficult months.



"One of our greatest resources is the collected knowledge held within CanTRA. And one of our greatest assets and challenges is our program's herd of therapy horses."
-Teg Harper



"A coach is the inspirer who helps to turn dreams into realities." -Mary Longden

The 2020 CanTRA Awards!

CanTRA Outstanding Therapy Horse- Rusty's Moon (aka Rosie), VTEA, BC

This striking Red Roan 'Splash' Overo Paint mare, Rusty's Moon (aka Rosie), has "been there done that." Rosie had worked as a lesson horse throughout her career and landed at VTEA when her current owner began volunteering with them over five years ago. When used for hippotherapy, Rosie is relied upon to provide steady and robust movement. Her personality shines when she is working with some of VTEA's more timid riders. Rosie touched the heart and soul of one rider in particular - that of Fran McGuckin.

"The sweetest mare you will ever meet. Rosie has the kindest temperament and the heart of an angel. Always ready to work, always ready to please. She loves her job, and it shows." -Lynn Moseley, Director, Valley Therapeutic Equestrian Association (VTEA)

Rosie and Fran became partners in VTEA's Senior's Hippotherapy pilot project. At age 69, with severe chronic obstructive pulmonary disease and a brain injury from a motor vehicle accident, 15 years earlier, Fran suffers many residual effects, including anxiety and depression. The confidence, joy, and peace of mind restored in Fran through her interactions with Rosie became the impetus to write again. Their story is now part of the popular collected series *Chicken Soup for the Soul: Think Positive, Live Happy*.



While the job of a therapy horse is not an easy one, Rosie does it with such grace and willingness; she is one of the cornerstones of Valley." -Kristin Griffin, Director, VTEA

Photo Credit: Lindy Mayer

Andrea Gillies Award for Outstanding Instructor - Kerry Houlding, TEAD, ON

In 2001, Kerry Houlding started at The Equestrian Association for the Disabled (TEAD) as a volunteer. With a Masters in Behavioural Science and her work in intensive behavioural intervention helping children with Autism, she was an asset to the program. After completing more than 100 volunteer hours, it was inevitable for her to step into the study and process to achieve her CanTRA instructor certification.

An open mind and fluidity are other beautiful qualities that Kerry demonstrates, and it sets her apart from other instructors. She finds that certain connection point, and she compassionately understands that abilities are not a static thing. She realizes that what people can tolerate, fluctuates from day to day and one lesson to the next. Kerry has this unique ability to ensure as much benefit and joy is gained from each experience as possible. " - Amelia Kowalshyn, Mom to 3 riders.

In 2019, Kerry decided to continue building upon her skill set and experience. Contacting the CanTRA Equine-Facilitated Wellness (EFW) Committee, she set about acquiring all of the qualifications needed to become a certified EFW Mental Health Professional. While working towards her qualification, she designed, marketed and implemented the 'Equine-Assisted Social and Relational Skills Building Unmounted Program' at TEAD. Programs such as this are paramount in alternative therapies, meeting a variety of special needs.



"Kerry is a pretty special lady. To know her is to love and admire her!" - Hilary Webb-CanTRA Coach and Examiner.

Photo Courtesy T.E.A.D

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Marian Chartley Award for Outstanding Administrator - Roberta Landry, Cavalier Therapeutic Riding Club, NB



**"With her years of experience and knowledge in all aspects of the program, Roberta has proved to be a huge asset to the club. Without her, I don't think the club would still be going."
- Patricia Carter, Treasurer and Volunteer**

Photo Courtesy Cavalier Riding Club

"This lady goes above and beyond for the club every single day; you could say she's 'the backbone'... truly." - Debbie Wilson, Instructor

In 1998 Roberta Landry, and her husband Jim, bought a farm in Riverview, N.B. that housed the Cavalier Riding Club. They both wanted to see the program continue, and Roberta immediately became immersed in the club.

Attending lessons each night, first as a representative of the farm, she quickly joined in as a horse handler and side walker, whatever was needed. She always made sure that the ring was clean and ready for the club, helping out around the barn with grooming, tacking, and organizing volunteers.

As time passed, Roberta became a member of the Board of Directors, instrumental with fundraising and administration. To this day, she takes on the vital task of coordinating the rider schedules, which is not an easy job. With many phone calls and a lot of discussions, she sets each rider in the right lesson that works with everyone's schedule.

Over the past few years, Roberta held the position of vice president and stepped into the president's seat when it became necessary. In that role Roberta managed and oversaw the relocation of the club to another property, their current home, in Irishtown.

Rhonda Davies Award for Outstanding Volunteer(s)- Wayne & Brenda Singbeil, VTEA, BC

Eleven years ago, the Valley Therapeutic Equestrian Association (VTEA) relocated to its current location across the street from the Singbeils. What started as a simple act of kindness, helping a neighbour during a snowstorm, blossomed into one of the most dedicated relationships in VTEA's history.

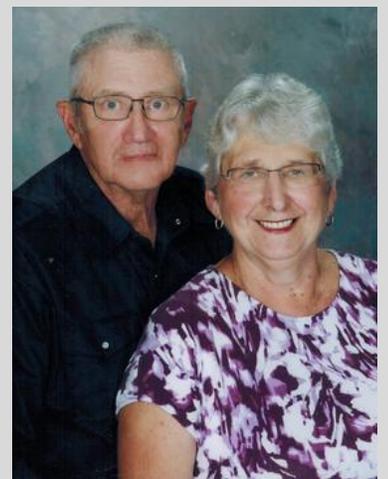
Volunteers are the backbone and the breadth of the organization. From the everyday tinkering that keeps the facilities running smoothly, to governing through the toughest of economic climates, the Singbeils have been there for VTEA.

As Board Secretary, Brenda is very involved behind the scenes at VTEA. She works diligently on policy and procedure protocols, keeps track of volunteers' hours, and is a key organizer with fundraisers and events.

Wayne wears many hats around VTEA. Ever the handyman, from building paddocks, to installing sprinkler systems, and harrowing the arena, he also volunteers his time leading and side walking in therapeutic lessons. And then he sits on the Board of Directors. Brenda and Wayne's investment in VTEA has even rubbed off on their grandchildren, who are now helping out around the property!

"I hope that they continue to enjoy all that they do, as that is what keeps them coming back every day, and their spirit is infectious - something that every nonprofit organization needs."

-Jackie van Dassen, CPA, CA, VTEA Interim President



"They are our 'Dynamic Duo', and to nominate one without the other, would be like trying to separate the yin from the yang - it is simply not possible."

- Lynn Moseley, Director, VTEA

Photo Courtesy VTEA

IN MEMORIAM - WENDY ROBERTS

A passionate advocate for CanTRA



It is with great sadness that we have learned of the passing of Wendy Roberts. Wendy was a physiotherapist by profession, but her contribution to CanTRA and the field of therapeutic riding went far beyond that role. She served on the CanTRA board from 1984 to 1995, including a stint as president. She also chaired the CanTRA Medical Committee. In 1988, when CanTRA hosted the 6th International Congress on Therapeutic Riding in Toronto, Wendy co-chaired the Scientific Committee. She also served as Canadian team physio for all five world para-dressage championships held between 1991 and 2002. These teams were fielded by CanTRA before the (former) Canadian Equestrian Federation took over this responsibility.

Wendy grew up in Australia, but settled with her husband in Halifax, Nova Scotia, and volunteered with HALTR, her local therapeutic riding centre. There she conducted a research project on the benefits of therapeutic riding for patients with multiple sclerosis, and co-authored a paper on this preliminary trial that she presented at the 1988 International Congress. She helped to form the Nova Scotia Riding for the Disabled Association and served as its president. Beyond our borders, she was also a director of NARHA (North American Riding for the Handicapped Association). In due course, Wendy was made a CanTRA Life Member.

Probably most people who were privileged to meet Wendy over the years did so at CanTRA conferences and workshops. There she would demonstrate various ways of handling riders, each unique in their needs. Memories of Wendy from these occasions are of her enthusiasm, laughter, sense of humour, and love of what she was doing. Especially, other therapeutic riding centres in the Atlantic Region benefited from her support, so freely given.

Former CanTRA president Ann Caine remembers Wendy as “a passionate advocate for CanTRA, who worked tirelessly in all areas of the national organization from the day CanTRA was founded until her health failed in recent years. Even then, she always wanted to be kept up on all CanTRA news, it was such a big part of her life.”

According to Wendy's daughters, Jennifer, Fern, and Gillian, her parents instilled in her a profound sense of community and volunteerism, and her first instinct was always to be kind. Ann Caine agrees. “It was such a privilege to have known this gentle, hard-working and totally committed CanTRA leader.”

*Submitted by Daphne Davey
Photos courtesy of Jane James*



from l to r - Wendy, Dr. Gill Lawrence
- in Aarhus, Denmark 1999 World
Championships



from l to r - Wendy, Greg Honour,
Nancy Tapley - in Copenhagen
1999 World Championships



from l to r - Wendy, Ann Caine
- 2007 CanTRA Conference at CTRA



from l to r - Greg Honour, Jane James,
Wendy
- Aarhus, Denmark 1999 World
Championships

SALLIE MURPHY AWARDED THE SOVEREIGN'S MEDAL FOR VOLUNTEERS

CanTRA is delighted to learn that its submission to the Governor General's Sovereign's Medal for Volunteers program on behalf of Sallie Murphy was successful.

Sallie has served the cause of therapeutic riding as a volunteer in many capacities. With her local therapeutic riding program (HALTR) in Halifax, Nova Scotia, she served among other capacities as board president and chief instructor, as well as running her own satellite program from which her riders graduated to HALTR. With CanTRA, Sallie served on the board for several years, and as Atlantic regional representative. In 2017, she received CanTRA's Jetty Chapman Administrator of the Year award.

Sallie's dedication to therapeutic riding – locally, regionally, and nationally – is legendary. She has said she thinks of her colleagues in therapeutic riding as a large family. Her colleagues think the world of her. Congratulations, Sallie, for an award so well deserved!

Article and photo submitted by Daphne Davey



Sallie Murphy, standing far right with other CanTRA directors, meets HRH The Princess Royal in 1988 on the occasion of the royal visit to the CARD centre in Toronto.



(above) The Governor General's Sovereign's Medal for Volunteers.

The sunburst pattern of the rim symbolizes the time that volunteers are giving and their actions. The ribbon uses the viceregal colours of blue and gold. The five gold stripes evoke the fingers of a hand, present in the Caring Canadian Award emblem, while the deep red colour is associated with royalty.

Source - gg.ca



Jane James - Photo credit: Bren Pickel

Retiring from CanTRA's Board of Directors

Jane James joined CanTRA in 1991 and is a Life Member. She is the Founder of the Cowichan Therapeutic Riding Association (CTRA) in Duncan, BC and retired in 2007 after 22 years. As a CanTRA Coach and Examiner, she has been intimately involved in the development of the CanTRA Certification system. She has served on the CanTRA board from 1998 to 2008 (including 6 years as President and several years on the Advisory Council). On this go-round, she served from 2014 to 2020 as Treasurer and chair of the Finance Committee.

Appointments to the CanTRA Advisory Council



Margaret Rigby - Photo credit: Anne MacNeill

Margaret Rigby is an accomplished and dedicated equestrienne. Moving from England to Canada in 1987, with her British Horse Society certification, she became a CanTRA member in 1988 and obtained her CanTRA Instructor certification in 1989. In 2002, she became a CanTRA Coach. She has been a CanTRA Examiner for approximately 25 years and the chair of the CanTRA Certification Committee for 10 years. Margaret is a Life Member of CanTRA and was appointed to the Advisory Council in February of this year.



Daphne Davey - Photo Courtesy: D Davey

Daphne Davey was recently appointed to the CanTRA Advisory Council after serving 12 years on the board of directors, four of them as President. She was a founding member of CanTRA in 1980, serving as Secretary for the first eight years of its history. As a board member for 20 of CanTRA's 40 years, Daphne pulls from her long experience to support an organization about which she is as passionate as she is for her own therapeutic riding centre, the Joyriders, in Prince Edward Island (which she co-founded in 1979). As a member of the Advisory Council, Daphne will focus on governance issues, especially ensuring CanTRA conforms to CRA and Corporations Canada requirements, and developing the board Policy Book, while also maintaining the CanTRA Archives and coordinating the production of *L'Appel ACET*, the French version of this newsletter.

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.

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!

WHO'S WHO at CanTRA

2020 - 2021

BOARD OF DIRECTORS

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Daphne Davey, Copy editor
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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!

Mission Statement

The Canadian Therapeutic Riding Association - Promoting Excellence throughout Canada in Therapeutic Riding and Equine-Assisted Therapies through Certification, Accreditation and Education.