



Christmas | 2017



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

Warm greetings to all:

Only a few weeks before Christmas and already the holiday season crunch is invading us from all sides: get-togethers with friends, family gatherings, shopping, decorating, carolling... For horse people, embellishing the barn with Christmas decorations comes just as naturally as trimming the Christmas tree in your home.

And for good reason. Our wonderful horses have been serving us all year round with patience and dedication. Isn't this a good opportunity to encourage our riders to thank their equine partners by perhaps posting drawings, poems or greeting cards on stall doors or in the barn aisle. Please encourage everyone at your centre — riders, volunteers, and staff — to reflect on the hard work performed by these gentle creatures. Why not give them gifts of hugs and treats to show your gratitude for their significant contribution as part of your team.

I wish each of you health, peace and joy during the Christmas holiday season in these chilly months. May the warmth of your heart spread among those near and dear to you to make this festive season the highlight of the past year.

With regards,

Elaine Trempe



## 2018 HETI Congress June 25-29, Dublin, Ireland

### “Striking the Balance”

Registration is now open! The Early Bird rate ends on March 19, 2018. Check out all the details on the Congress website [heti2018.org]. The pre-Congress one-day workshop invites you to immerse yourself in the World of Equine-Assisted Learning, Psycho-educational and Recreational Vaulting, and Equine Back Care.

This Congress will see the inauguration of the Dr. Gillian Lawrence Memorial Lecture sponsored by CanTRA. The content of the lecture is to be either the result of medical research or contains updated medical information of benefit to therapeutic riding instructors and/or medical professionals. The lecture to bear this name will be selected by CanTRA from the final abstracts chosen by HETI.

The host organization, Festina Lente [festinalente.ie] offers a variety of equine-assisted programs — and much more. Several YouTube videos show them in action, including a delightful one of their Shetland ponies performing a longline routine (search Long Lining Small Ponies at Festina Lente).

## 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.



# Sharing their hearts

## Urban Stable celebrates 15th anniversary

Empowering youth. That's what Urban Stable does best. This CanTRA-accredited program located in the Winnipeg area offers equine experiential learning programs, impacting the lives of over 500 youth. From a start with two students to serving over 50 youth today, the centre now offers multiple programs for grades 5–9 students. They also offer alumni and leadership programs for students in grades 9–12 who have graduated from the school program, giving them the opportunity to stay connected and develop skills for their future workplace.

Each class includes four students who work with their own horse and a one-on-one volunteer horse handler. The CanTRA-certified instructors provide a safe and stimulating learning environment. Students experience powerful social and emotional growth as they learn to groom, tack, lead and ride their horse, and participate in equine activities specifically designed to facilitate this growth.

Of course, the horses are the real teachers, helping to foster skills such as team building, listening, leadership, boundaries, respect of others, assertiveness, empathy and confidence. The horses also act like mirrors, reflecting the students' emotions and behaviours, creating a unique learning experience. The personal, honest and non-judgmental feedback is more easily accepted by the students when it comes from the horses.

Urban Stable had the great privilege to be invited by the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba, to celebrate its 15th anniversary at Government House. The event was attended by students past and present, volunteers, instructors, parents, board members, school and community partners, and donors. Executive Director Wendy MacDonald, Urban Stable's executive director, shared heartfelt thanks to all involved in the program over the years. Throughout the celebration, success stories and warm memories of the program, horses and students could be heard around the room. Government House staff commented that the dedication, love and "heart" of all the people involved with Urban Stable was palpable in the room that night.

Happy Anniversary from CanTRA! On to the next 15 years.

Right: Wendy MacDonald, Executive Director (and a "Manitoba Hero"), left, with the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba.

*Photos courtesy Eleanor McLellan*

Below: Urban Stable board members and instructors, left to right: Hayley Edwards, Heather Clements, Michelle Kowalchuk, Kelly Scrivener, Lana Stevenson, Wendy MacDonald, Shari Block, Julie Galluzzo, Jaclyn Koskie, Carla Bergen.

*Photo by Tatym Marie Photography*



### Donating the easy way

Would you like to make a donation to CanTRA? Go the CanadaHelps way!

[www.canadahelps.org](http://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.

## Ryan's story

Ryan MacNeil rides in the Joyriders therapeutic riding program in Hunter River, Prince Edward Island. In 2016, his effort and progress were recognized with the Joyrider of the Year Award.

Ryan's story of determination is repeated thousands of times in therapeutic riding programs across Canada and beyond. Sometimes the riders picked out by the media are "poster children," those with visible physical disabilities whose new-found freedom on the back of a horse can be easily seen in videos and photos. But, as we know, many mountains are also climbed by those with intellectual disabilities, autism, and other conditions who also strive and achieve.

Ryan is one such rider. When he started with The Joyriders in 2010 at a tender age, he needed a lot of support to learn and understand what riding was all about and the relationships he needed to develop with his horse and his instructor.

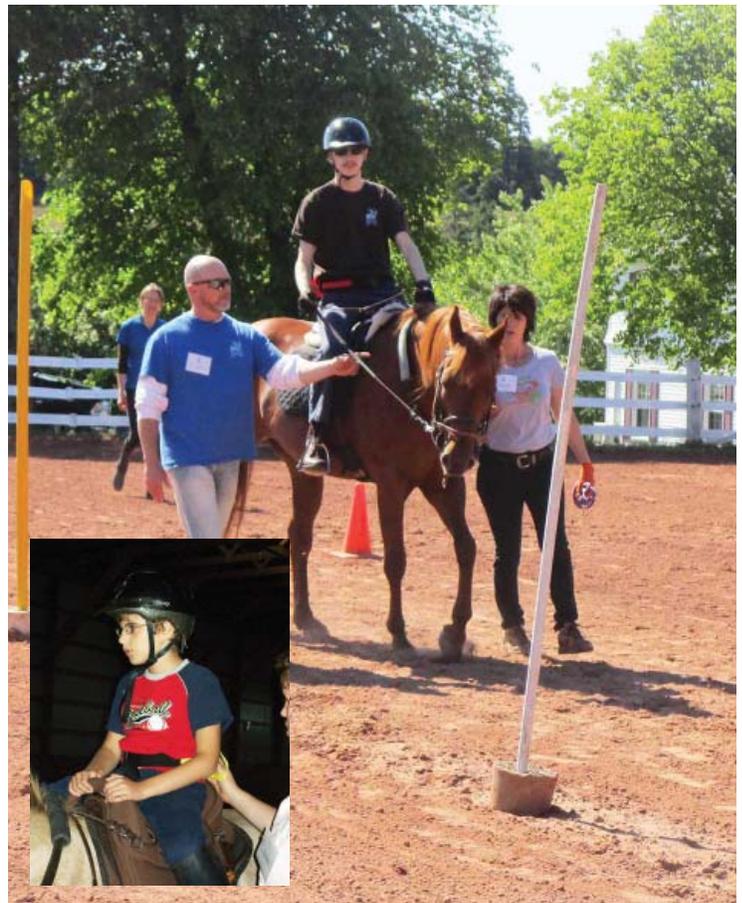
Kathryn Barrett, CanTRA Coach and Chief Instructor, notes: "Back then, there were times when I was not sure if horseback riding was something Ryan really liked or wanted to do. Or if he was perhaps thinking of other things he would rather participate in. But he always behaved appropriately, he was always polite to his instructors and volunteer helpers, and respectful of the horse or pony he rode. The question remained: Was Ryan understanding that riding involved taking responsibility, actually doing more for himself rather than relying on leaders and side-walkers to think and act for him?"

One spring, when Ryan came to registration night with his mother, Kathy and physiotherapist Trish Helm-Neima reviewed his progress report with him. They challenged him to take more responsibility for steering his horse, paying attention to what the lesson was all about, and generally working towards being more independent.

From then on, Ryan has never looked back. He has become a very capable rider, often riding without a leader or side-walkers. He has become enthusiastic and willing to ride any

horse offered to him. He focuses on his instructor and carries out the exercises and school movements, whether walk, sitting or posting trot, halt, or games - not to mention doing a trail course for Canadian Para-equestrian competition.

In a video taped by the United Way of PEI, Ryan spoke of his thrill to be riding. As Kathy Barrett said, this really touched all of their hearts.



Ryan rides Tessa through the poles.

Photos courtesy of the Joyriders

### Stories to tell...

Holding an event? Highlighting an achievement? Celebrating a milestone? Share it with us! Send in a photo and description of the occasion to Daphne Davey, managing editor, CanTRA newsletters: [ddavey@eastlink.ca](mailto:ddavey@eastlink.ca) Your contribution may also be used for articles in Canadian Horse Journal and Saddle Up magazine (BC and AB).

### We're alive online!

Website [www.cantra.ca](http://www.cantra.ca)  
DTN CanTRA Channel  
[www.disabilitytodaynetwork.com](http://www.disabilitytodaynetwork.com)  
(Partners tab)

### Newsletter team

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

## Rainbow Riders on a roll

Step 1: Dare to dream of a brand-new therapeutic riding facility rising from the ashes of the old, woefully inadequate one. DONE.

Step 2: Raise the funds to build it. ONGOING.

Step 3: Host the Princess Royal, Princess Anne, at a sod-turning ceremony in 2016. DONE.

Step 4: Build the new facility and have it commissioned (all systems meeting building code). DONE.

Step 5: Hold a Grand Opening Ceremony in December 2017. JUST IN TIME FOR CHRISTMAS.

Congratulations from CanTRA to Rainbow Riders on such a stupendous and successful effort!



Top left: Outside the new arena, a great – if damp – view of Signal Hill in the distance.



Bottom left: Happy volunteers give the thumbs up for their new arena and dragging equipment on Commissioning Day. Photos courtesy Rainbow Riders

## Sponsors and Donors Honour Roll

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.

*Thank you*

### Red Ribbon (\$5000+) In-kind

*Canadian Horse Journal*



Disability Today Network



*Saddle Up* magazine



### Blue Ribbon (\$1000+)

Estate of Dr. Gillian Lawrence

continued on next page...

## Retiring? Become a supporting member

Are you retiring from active involvement in therapeutic riding but would like to continue supporting CanTRA's work? You can change your membership category from Individual (\$40.00/year) to Supporting (\$20.00/year). Supporting members receive the semi-annual CanTRA Caller and CanTRA Communiqué newsletters. So instead of advising the CanTRA office that you are no longer active and want your name removed from the list, why not ask to be transferred to the Supporting Members list now? Then when you receive your membership renewal notice in December, you can sign up for the \$20.00 membership instead. For further information, contact: Brenda Coward, Administrator, ctra@golden.net.

## White Ribbon (\$500+)

Canadian Foundation for Physically Disabled Persons



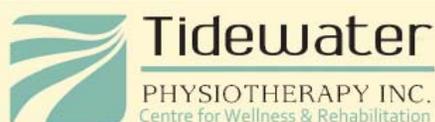
Dr. Dorrit A. De Demeter  
Gluckstein Personal Injury Lawyer  
Horse Alternative Therapeutic Services  
Joanne Nicholson  
Dr. D. G. Williamson  
Arlene & Robert Wright

## Friends of CanTRA (\$100+)

Christine and Oren Birch  
CHEO Department of Pediatrics  
John & Donna Davies  
Daphne Davey  
Greenhawk (Burlington, Ontario)  
H.A.T.S. (Ontario)  
Jill & Robert Irving  
Jane James  
Sonia Koczekan  
Maureen Lunney  
Dr. Alan and Suzanne Manning  
Manning Equine Vet Services  
Candice Miller  
Murphy Frum Foundation  
Lelia Sponzel  
Margaret Tibbo  
Tidewater Physiotherapy Inc.  
Shelene Williams  
Gay Wood

## Special thanks...

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



# What do they have in common?

## Thunder, Stormy, Scout, Tuffy, Cash, Bonnie, Dana, Licorice, Snowball, Buddy, Bailey, Molly, and Leo

They are all past winners of CanTRA's Therapy Horse Award! Starting with Thunder (Lucky Harvest Project, QC) in 1999, the first year the award was offered, these most-loved therapy horses and ponies have won national recognition — and provided a great local PR opportunity — for their service.

If you have a favourite equine friend in your program — or a favourite instructor, volunteer or administrator — make sure that your centre enters them for the 2018 CanTRA Annual Awards. The official application package will be sent to all centres in the New Year. Results are announced at the CanTRA AGM in May.

For further information, contact Brenda at head office, [ctr@golden.net](mailto:ctr@golden.net).



Dana, 2011 CanTRA Therapy Horse (Clinique de réadaptation Carolyne Mainville, QC)  
Photo courtesy Clinique de réadaptation Carolyne Mainville

## Two exceptional equestrian women A salute to Lis Hartel and Tricia Lovegrove

Danish dressage rider **Lis Hartel** is known by name to so many people in the therapeutic riding world. She was already the Danish dressage champion — twice, in 1943 and 1944 — when, at age 23, she contracted polio that permanently paralyzed her legs below the knees and affected her arms and hands. Nevertheless, she rode in the 1952 Olympics (there were no Paralympics in those days) and won a silver medal on her horse, aptly named Jubilee. Until that time, dressage was only open to commissioned military officers. That 1952 medal was the first by any woman in any individual sport when in direct competition with men at the Olympics. And she did it again with Jubilee in 1956!

In addition to her two Olympic silver medals, Lis was to be Danish dressage champion four more times. After her retirement from competition, she supported causes for polio and for therapeutic riding. In 1992 she was inducted into Denmark's Hall of Fame, and in 2005 she was named one of Denmark's top 10 athletes of all time.

But did you know Lis Hartel had a connection with CanTRA? She donated the silver tray she received at the Olympics to the 1991 World Dressage Championships for Disabled Riders in Denmark, to which Canada sent its first international team (fielded by CanTRA with Dr. Gillian Lawrence as Chef d'Équipe). The Lis Hartel Trophy was to be presented to the rider who overcame the biggest challenges at the competition. Voting was open to all competitors and coaches. Canadian team member **Tricia Lovegrove**, a blind and partially deaf rider from British Columbia, received this award!

To catch up with the indomitable Tricia Lovegrove, watch this inspiring YouTube video at

<https://www.youtube.com/watch?v=mJEVj2LuA0I>  
(Empower Team Series #1 – Story of RMT Tricia Lovegrove).

### 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.



Lis Hartel and her Olympic dressage horse, Jubilee.

Photo: Terry Fincher

### PARD's popular games

The annual Games Show held by PARD (Peterborough, ON) is traditionally held towards the end of the riding season, giving riders of all skill levels and abilities the opportunity to relax and enjoy the company of riders from area stables.

The Games Show has been a successful fundraiser for PARD since it began hosting the event in 2011 through entry fees, a BBQ, and sales of promotional items. Local media are very supportive and the event is generally well attended by the community — friends, family, program volunteers, and members of the public interested in a day of fun!



Left: Aimee Carter on Stormy enjoying her run through the Barrel Race  
Right: Isabelle Charron coaxes her horse Doc in the Carrot Race under the watchful support of volunteer Dave Carruthers..

Photos courtesy of PARD

## Anniversary round-up

### Cavalier soldiers on

**Cavalier Therapeutic Riding Club** (Irishtown, NB) has been in operation for *thirty years*, the brain child of Linda Clark, Ann Murray, and JoAnn Thompson Franklin, PT (currently serving on the CanTRA Board and its Medical Advisory Group – and sponsor of the *CanTRA Caller*). Formerly operating at property owned by JoAnn, the program has recently moved to Double Diamond Stables, where they hope to run the program year round.

Cavalier currently serves 24 riders using four horses, with two CTRBI (basic) and two CTRII (intermediate) instructors. We take this opportunity to give a farewell salute to Dianne Larocque, now stepping

down after over 20 years as a volunteer with Cavalier, including serving as President.



Left: Dianne Larocque with furry fund-raising friends.

Photo: Daphne Davey

Below: Cavalier's new home in Irishtown.

Photo: Cavalier TRC



### Magazines give us a "face"

#### Canadian Horse Journal

This popular national equestrian magazine has been supporting CanTRA for *ten years*, donating space for an article in each issue. With access to such a wide readership, CanTRA is



most fortunate to have this support. We have been able

to write about every conceivable aspect of therapeutic riding and CanTRA's work in the field, illustrated with photos of our horses, riders, instructors, therapists, and volunteers in action.

#### Saddle Up magazine

For the past *five years*, we have been able to reach *Saddle Up* readers in British Columbia and Alberta with our news and



photos. CanTRA has a number of accredited centres in the region, so readers who might be

inspired to volunteer have a good chance of finding a centre near them. We so greatly appreciate the generosity of this very newsy magazine in donating article space in each issue.

#### Our designers do us proud

Our CanTRA newsletter designers have now been on the job for *five years*. So we are taking this opportunity to thank them for their great service.

**Tracy Magee-Graham**, our anglophone designer, is deeply involved in PARD Therapeutic Riding in Ontario. She also has an extensive background in publishing – her day job. In her spare time, she designs the English version of the *CanTRA Caller* and the *CanTRA Communiqué*. Tracy says, "Working with CanTRA on the newsletters appeals to me for a couple of reasons: my interest and involvement in the therapeutic riding field, and graphics and page design are what I refer to as my 'ice cream.' It's the fun stuff!"



Photo: Tracy Magee-Graham

**Céline Bellerose**, our francophone designer, is as passionate about horses as she is about children. She has worked as a CanTRA CTRBI with a wide spectrum of clients at Projet équestre Goldie (Mirabel, QC) for over 10 years. She makes a point of forging a unique bond with each of her special friends. Céline also keeps busy at home, sharing her daily life with three horses, two dogs, and more than nine Korat cats (a very rare breed from Thailand) that she breeds. Céline says, "Being involved in the production of CanTRA's newsletters puts me in the most privileged position to keep up with the news of our organization."



Photo: Céline Bellerose

## Who's Who at CanTRA 2017-18 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
Tricia Mellor, Director	Ontario
Margaret Tibbo, Director	Newfoundland & Labrador

### Advisory Council

Ann Caine	Ontario
Bernard Gluckstein	Ontario
Jeff Tiessen	Ontario
Dr. Bob Wright	Ontario

**Staff:** Brenda Coward,  
Administrator

### Honorary Directors

Lisa Burd	Australia
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



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### Administrator

Brenda Coward, [ctra@golden.net](mailto:ctra@golden.net)



## 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!



## Thrills at T.H.R.I.L.



Above: T.H.R.I.L riders Alex (above left) and Kendra (above right) show off their souvenirs.

Left: Riders and parents at T.H.R.I.L. (Lindsay, ON) watch their friends participate in their combined Open House, Volunteer Appreciation, and Fundraising event. (From left) Liam (mom Kathleen), Jeanine (mom Rosemary), and Brittany.

*Photos courtesy of T.H.R.I.L.*