



Summer | 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

I have always been fascinated by the way things evolve around us. Let's think about methods of communication – newspaper, radio, television... what a tremendous evolution since the 70s and 80s! And what about the availability of information within everyone's reach, both children and adults. We question ourselves, and with good reason, on the impact of such daily flow of news. And who is not amazed by the numerous new approaches in health care.



How about the equine community? Improvement in barn management, new research on horse nutrition, better healthcare for our equine partners through the ever-evolving knowledge of our veterinarians and farriers. What a fabulous evolution over the past fifty years!

And us, equine practitioners, are we following this trend? Are we abreast of the recent discoveries in equine biosafety? Are we knowledgeable about the new products used in the manufacture of our equipment? Have we inquired about these new professions in equine care? So many changes arriving at our doorstep at dazzling speed. How do we follow this current while ensuring that we receive accurate, rigorous, and professional information?

I invite you all to take advantage of a wonderful new tool recently launched on the market, a modern and state-of-the-art technology tool, namely the Horse Portal (<https://thehorseportal.ca>). Don't wait any longer... you're worth it!

*Eliane Trempe, President*



## A warm welcome!

### Margaret Tibbo joins the CanTRA Board

We are pleased to announce that Margaret Tibbo from Newfoundland & Labrador was elected to the CanTRA board at the recent AGM. Margaret is co-founder of Rainbow Riders in St. John's, one of the oldest therapeutic riding centres in Canada, and still serves on their board. For many years until her recent retirement, she worked professionally as a Recreation Specialist for children with physical disabilities, mental delays, and autism at the Janeway Rehabilitation Centre in St. John's, recommending many young clients to Rainbow Riders along the way. Margaret has been deeply involved in various capacities in a number of para-sports, including bocce, alpine and cross-country skiing, athletics, and swimming. She has also served as an official at Paralympic and Para-World games.

### 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.

## A good and faithful servant

Those of us involved in therapeutic riding programs count our blessings for the wonderful therapy horses we are privileged to work with. They have the patience of Job and the forbearance of a saint. Yet each retains his or her personality, along with a few quirks, which enriches the relationships that develop with their riders and handlers.

Unfortunately, the inevitable happens sooner or later. Our horses leave us for the eternal grasslands. We would like to honour one such faithful mount who, sadly, recently passed on.

Petey was a 19-year-old Appaloosa gelding who served for 12 years at the Sunrise Therapeutic Riding and Learning Centre (Guelph, Ontario). He was always willing to dress up as “Princess Petey” for the little girls who rode him. A wonderful thing about Petey was that he would give a staff member a firm shove with his nose if he wanted something, yet he was very patient and gentle with even the most fragile riders. He would stand perfectly still and lower his head so they could pet him on the nose. Petey sometimes got caught sleeping on the job, although he still had a feisty spirit and loved a good rip around the paddock with his friends. Polka dot Petey was a lovable, gentle, dependable guy with a quirky personality, and he will always be remembered as a Superstar.

To Petey and all the other therapy horses who have gone before him, we give heartfelt thanks.



Above: Petey with Bentley and lots of helpers.  
Below: Petey shares a fun moment with Madelaine.

*Photos courtesy Sunrise TRLC*



### Website pending translation

We regret that the French version of the CanTRA website is not yet in operation. Information posted on the website, referred to in this newsletter, will be in English only.

### Quelle langue?

Si vous désirez recevoir cette publication en français, s.v.p. contactez Brenda Coward à [ctr@golden.net](mailto:ctr@golden.net).

### 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.

# Benjamin wins big 2016 Horse of the Year (non-competitive) Horse Council British Columbia

“Benjamin” has seen much service in his thirty years of life. A spunky little dark bay gelding with a blaze, four white socks, and just enough white spots to confirm his heritage (a POA/TB cross), Ben came into the life of CanTRA board member Sandra (Evans) Mudry in 1996.

It is impossible to count the number of people Ben has touched. He started his career in a small private riding school in Mission, BC. From there he moved into the therapeutic riding program in Richmond. As a lesson horse, with a personality far exceeding his physical size of 14.2 hh, he stole the hearts of clients, their families, and program volunteers. He was obedient to instructor voice commands and patient with young riders learning all the necessary skills. Ben would stand immobile in the cross-ties while a visually impaired rider explored with touch and learned about horses and tack. Ben loved to play with the volunteers during tacking up – “pick up the lead rope” was his game. If the lead rope was placed within reach he would always pick it up and drop it on the floor, prompting the volunteers to pick it up and put it back – only to have the cycle begin again. As long as someone was willing to participate in this game, he was happy to play it!

In 2010, Ben retired as a therapy horse and returned to his home town of Mission where he met a young girl who could benefit from his years of experience as a special lesson horse. He took this new rider from requiring the full support of a leader and side-walker to complete independence at walk, trot, and canter. She also had the joy of competing on him in 2015 when she left the arena glowing with pride at her well-earned ribbons.

After twenty years teaching children and adults (with and without disabilities) to ride, Ben is now enjoying a much-



Benjamin with Sandra Mudry

*Photo: Sandra Mudry*

deserved retirement, loved and spoiled every day as we give back to him for giving us so much over the years. He continues to entertain at every opportunity with his spark of mischievousness. He is the “receptionist” of the stable as he wanders about and greets his human friends upon their arrival.

Congratulations, Ben, on your award!

*Adapted from Horse Council British Columbia citation.*

## 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:  
Pas de Deux Communications  
Designers:  
Tracy Magee-Graham (English)  
and Céline Bellerose (French)

## Life memberships for retiring directors

Please see *Who's Who in CanTRA* for the full list of CanTRA directors elected at the AGM.

At the 2017 CanTRA AGM, we regretfully said goodbye to two retiring board members. Each was bestowed with Life Membership, with our grateful thanks for their service.



### Ruth Carter (New Brunswick)

Ruth was no stranger to the CanTRA board when she was approached to serve three years ago. This was not her first term of service! But although she has retired as a board member, we are grateful that she is taking over as the new Zone Representative for the Atlantic Provinces, allowing the long-standing and hard-working Zone 6 representative, Sallie Murphy, a chance to retire. Ruth will also remain on the Standards & Accreditation Committee.



### Sandra (Evans) Mudry (British Columbia)

Sandra has also been a hard-working board member in her three years of service. Although she is leaving the board, she has fortunately agreed to continue on the Finance Committee where her accounting background has been of great help to our Treasurer, Jane James. Sandra is a CanTRA Coach and Examiner, and a strong supporter of the standards set by CanTRA. We look forward to the ongoing benefit of her experience through these roles.

## Our sponsors and donors

Thank you to the following sponsors and donors for your valued support covering 2016 and 2017.

### Sponsor Roll of Honour

#### Red Ribbon (\$5000+)

##### In-kind

Canadian Horse Journal



Disability Today Network



Saddle Up magazine



#### Blue Ribbon (\$1000+)

Estate of Dr. Gillian Lawrence

#### 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

*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.

## Friends of CanTRA (\$100+)

Christine and Oren Birch  
CHEO Department of Pediatrics  
John & Donna Davies  
Daphne Davey  
Greenhawk (Burlington, Ontario)  
Jill & Robert Irving  
Maureen Lunney  
Dr. Alan and Suzanne Manning  
Manning Equine Vet Services



Murphy Frum Foundation  
Lelia Sponsel  
Tidewater Physiotherapy Inc.  
Shelene Williams  
Gay Wood

## We are also grateful to the following for donations under \$100:

Diane Boodoosingh  
Brown's Fine Food  
Ann Caine  
Ruth Carter  
Blake & Vicki Daley  
Gillian & Justin Daniels  
Helen Douglas  
Norma Hail  
Patricia Hartman  
Gordon Jackson  
Rev. Elizabeth Johnson  
The Joyriders Therapeutic Riding Association of PEI  
Dr. Diana Khor  
Stephen Mackinnon  
Terri McCormick  
Lillie Partridge  
Marianne Price  
Marion Slatter-Blitstein  
Richard VanSnick  
Ellen Vonkintzel

# Dr. Gillian Lawrence Memorial Lecture CanTRA sponsorship announced



In January 2017, the CanTRA board approved the institution of the **Dr. Gillian Lawrence Memorial Lecture**, to be sponsored by CanTRA at each triennial International Congress of HETI [Horses in Education and Therapy International] and funded to a maximum of \$1,500. 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 funding is contingent on CanTRA being involved in the selection of the lecture from the final abstracts chosen by HETI.

Donations already received by CanTRA in memory of Dr. Lawrence will be used as seed money for the Lecture, and the board will carry out fund-raising for its ongoing support as needed.

The Dr. Gillian Lawrence Memorial Lecture will be presented for the first time at the 2018 HETI International

Congress in Dublin. Several key CanTRA members are planning to attend and will be on hand to see the Lecture launched. It will be an exciting moment, and one that will help with CanTRA's visibility within the international therapeutic riding family.



Striking the Balance  
[www.heti2018.org](http://www.heti2018.org)

ROYAL DUBLIN SOCIETY  
25th – 29th June 2018

## 2017 CanTRA awards: The results!

Sincere thanks to our judges for their service: Gayle Ecker (ON), Dr. Rhonda Hamilton (NB), and Muffy Knox (AB). The CanTRA Awards were announced at the 2017 AGM and will be posted on the CanTRA website and the DisabilityTodayNetwork (CanTRA channel), as well as published in *Canadian Horse Journal* and *Saddle Up* magazine.



Photo courtesy of TRLC

### **Andrea Gillies Award Outstanding Instructor** Sponsor: Gay Wood

**CATHI ILLERBRUN**  
**Sunrise Therapeutic Riding & Learning  
Centre, Guelph, ON**

Cathi Illerbrun is a CanTRA Intermediate Instructor (CTR II) who has been employed at Sunrise since 2007. Through many hours of practice and training she has also become the main driving instructor at the centre. Cathi is a ceaselessly thoughtful and dynamic instructor, in constant motion to adjust her methods of teaching to fit the needs of each rider. She approaches each of her riders with recognition of, the belief in, and commitment to helping them realize their full potential. Cathi brings a joy to teaching that is infectious and empowering, not only to her riders, but also for volunteers and staff.

*Deb Heard, parent:* "If more teachers were like Cathi, the education world would be a much better place for individuals with disabilities."

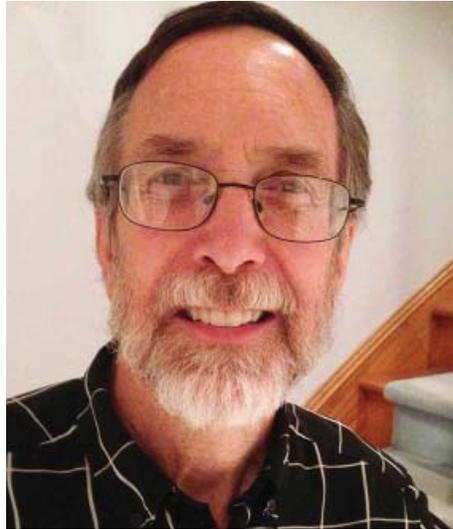


Photo courtesy of TEAD

### **Rhonda Davies Award Outstanding Volunteer** Sponsors: John and Donna Davies

**ERIC FERGUSON, PT**  
**T.E.A.D. Equestrian Association for the  
Disabled, Mount Hope, ON**

Eric has been the volunteer physiotherapist with T.E.A.D. for more than 25 years. During that time he has referred and approved hundreds of children to the program. Eric has a special way with children and he can always manage to get a smile out of them. He has a zest for life and a playful nature that always puts the children at ease. Eric has so much experience that he is always able to figure out a solution from a piece of foam to a specially adapted saddle.

*Amanda Rader, parent:* "We are sad to hear that Eric is retiring and we will miss him dearly. He is kind, compassionate, gentle, accommodating and always makes you smile no matter how your day is going."



### **Jetty Chapman Award Outstanding Administrator** Sponsors: Christine and Oren Birch

**SALLIE MURPHY**  
**Halifax Area Leisure and Therapeutic  
Riding Association (HALTR), Halifax, NS**

Sallie joined HALTR as a volunteer in 1985. Later, she organized a satellite summer program, but when it closed, the IWK Hospital in Halifax offered her a grant to start up again at her own farm, "Byfield." Her early intervention riders would eventually move on to ride at HALTR. Sallie has served as president and secretary of HALTR, and is a CanTRA Intermediate Instructor (CTR II). Sallie's has also served with CanTRA as a board member and, for 20 years, as Atlantic Zone Representative. She has said she sees others as "family" in the field of therapeutic riding and loves this work. Sallie's dedication is legendary.

*Margaret and Michael Pegg, parents:* "We as parents owe an incredible debt of gratitude to Sallie for all she has given over the past 25 years."

*Lisa Burd, Past President, HALTR:* "Sallie's drive and passion for making a change in the lives of those living with a disability is truly inspiring."



Photo courtesy of Rachel Bodger

## CanTRA Outstanding Therapy Horse Award

Sponsors: Manning Equine Vet Services / Greenhawk (Charlottetown)

### "LEO" - Cowichan Therapeutic Riding Association, Duncan, BC

Our lovely Leo has worked himself into a reliable, safe caretaker of little kids in sheepskins on the lead, as well as a trusted independent walk, trot, and canter school horse. He has led many of his young riders to victory in [Para-Equestrian Canada] Sea-to-Sea competitions. His excellent ground manners and gentle nature make him perfect for unmounted activities. Most recently, Leo pioneered as CTRA's first vaulting horse. He is the most sociable and expressive horse in our herd. Leo is a favourite among many students, volunteers, and staff.

*Meygan, rider:* "We make a great team and Leo is such a wonderful horse. I don't know what I would do without him."

## Equine-Facilitated Wellness News

Congratulations to **Katlyn Wildfang**, Guelph, Ontario, who recently qualified as an EFW Equine Professional (Basic). Katlyn graduated from the University of Guelph with a Bachelor of Applied Science, studying Child, Youth, and Family, with a minor in Psychology. She is a CanTRA Basic Instructor (CTRBI), currently employed at Sunrise Therapeutic Riding and Learning Centre in Guelph where she has coordinated a variety of summer programs. In 2017, she will take over as Camp Coordinator. Katlyn is also program facilitator at the Bright Side Initiative, providing children, youth and families the opportunity for empowering, positive and creative experiences through a strengths approach.

In addition to gaining her new EFW qualification, Katlyn has joined the CanTRA EFW Committee. We are delighted to welcome her on board.



Photo courtesy Katlyn Wildfang

At the same time, we say goodbye to Dr. Claire Dimuantes, Jennifer Giroux, Sandra (Evans) Mudry, Kathleen Murphy, and Dr. Jan Yorke who have retired from this service. We extend our thanks to them for their contributions to the committee. Special thanks to Dr. Jan Yorke who was instrumental in the formation of this committee.

## Spread the word!

The *CanTRA Caller* contains information of importance and interest to our member centres: board and administrators, instructors, and volunteers. Please circulate it to your key personnel – and post a copy in your barn -- so they can keep up to date on CanTRA news.

Thank you.



## 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.

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## 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

**Staff:** Brenda Coward, Administrator

### Advisory Council

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

### Honorary Directors

Lisa Burd	Australia
John Davies	USA
Jim Elder	Ontario
Kara Grant	Prince Edward Island
Mary Longden	Australia
Dr. Ian Millar	Ontario
Mea Renahan	Ontario
Dr. Bob Wright	Ontario



## CanTRA Contacts

### General Enquiries

[ctra@golden.net](mailto:ctra@golden.net)

### Website

[www.cantra.ca](http://www.cantra.ca)

### Mailing address

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

### Phone

519-767-0700

### Fax

519-767-0435

### Administrator

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



Participants from all over Alberta pose at the Mentoring Workshop presented by Nanci Picken (front row, second from right) in the brand new arena at Lethbridge Therapeutic Riding Association. Subjects included teaching a lesson, mounting, leading and side-walking, volunteer training, emergency procedures, and a tour of the facilities as a simulated site inspection for CanTRA standards.

*Photo courtesy Nanci Picken*

## Faculty

**Pippa Hodge**, BSR, SCSP, MCPA, HPCS

A physiotherapist specializing in Paediatrics in British Columbia, Canada, Pippa works as a consultant in the school district & infant development program. She is also a CanTRA (Canadian Therapeutic Riding Association) Examiner and is a member of the CanTRA Medical Committee. Pippa is a founding member of the American Hippotherapy Association and is Chair of the CanTRA Hippotherapy Committee. Pippa is a driving force behind this movement in Canada and has 35 years of practical experience in the therapeutic benefits of horses.



Sunrise Therapeutic Riding & Learning Centre  
6920 Concession 1  
Puslinch, ON, N0B 2J0  
519-837-0558  
519-837-1233  
lynne@sunrise-therapeutic.ca  
www.sunrise-therapeutic.ca

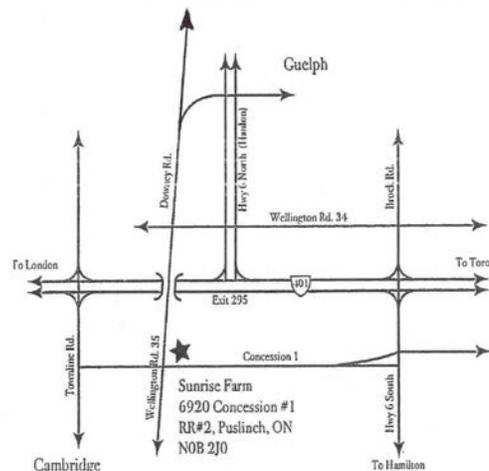


## Continuing Education

A certificate of attendance will be provided. Contact hours total 27. Courses are not pre-approved unless indicated otherwise.

## Directions/Hotel Information

There is a good selection of accommodation in Cambridge and Guelph, both 20 minutes by car from Sunrise. Please see the reserved accommodation in Guelph in the attached email.



## Daily Course Times

Friday: 10 a.m. – 6 p.m.

Saturday: 8.30 a.m. – 4.30 p.m.

Sunday: 8.30 a.m. – 4.30 p.m.

Monday: 8.30 a.m. – 2 p.m.

**Lunch & Breaks Provided by Sunrise.**

The curriculum may be utilized only under conditions set forth by AHA, Inc.

## Sunrise Therapeutic Riding & Learning Centre

Presents

**AHA Inc. Approved**

**Level I:**

**Treatment Principles**

**Fri. Aug. 25 – Mon. Aug. 28**



**6920 Concession 1**

**Puslinch, Ontario**

**Canada**

**N0B 2J0**

**sunrise-therapeutic.ca**

## Level I:e Treatment Principles

This 4 day course is an overview of the principles of Hippotherapy, designed for therapists (PT, OT, SLP, PTA, COTA, SLPA) interested in utilizing Hippotherapy in their practice. The first day emphasizes the horse, and the importance of the quality of the horse's movement working in treatment. Using experiential non-mounted activities, the attendee will learn to interpret the body language of the horse, groom, tack and lead the therapy horse, recognize desirable conformation, soundness, movement quality, gaits, and understand training, conditioning and humane treatment of the therapy horse.

Building on these equine skills, the attendee will explore the dynamic system of therapist, patient, horse handler and horse as is applied in Hippotherapy. Topics include: the history and development of Hippotherapy in the US, understanding the biomechanical and sensory interaction of horse/human, horse selection, safety principles, patient and horse selection, precautions and contraindications, patient evaluation, maximizing the effects of equine movement including use of school figures and movement progression, the role of the therapy team members, documentation, business aspects and current research in the effects of equine movement.

Adaptive riding instructors, horse handlers, administrators and others interested in Hippotherapy treatment principles are welcome to attend, teamed with their therapist. Graduate occupational, physical and speech therapy students must be in their last semester of graduate school to be eligible to attend this course for credit.

## Registration Information

All attendees will receive a hard copy of the AHA, Inc. Level I Treatment Principles Manual. The course fee also includes lunch daily. During the course you will be on and/or working directly with horses. Please have appropriate clothing/footwear. Helmets will be provided. If your weight exceeds 180 lbs., you may be excused from the mounted portion of the course. Indicate any special restrictions on the registration form.

**Cancellation Policies:** AHA, Inc. and the host facility reserve the right to adjust course dates, times and faculty to accommodate unforeseen circumstances including cancellation of the course due to insufficient registration up to 3 weeks prior to the scheduled start date. Notification will only be made to advanced registrants. Neither AHA, Inc. nor the host facility is responsible for any expenses incurred by registrants due to such adjustments.

Participant cancellation requests must be made in writing no less than 3 weeks prior to the course start date to receive a refund, minus a \$200 administrative fee. No refunds will be given for cancellations received within three weeks prior to the start of the course.

**COURSE PRE-REQUISITE:** Successful completion of the on-line "Intro to Equine Skills" test reviewing equine care and management. Completion of the course must be at least 3 weeks prior to the start of the course. AHA, Inc. staff will confirm with the host site that the test has been completed and passed. The cost of the test is \$35.00. Visit the AHA, Inc. website under "Curriculum Overview," under the Education tab for a link to purchase.

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ City: \_\_\_\_\_

Prov/State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

CanTRA Member

CanTRA Centre Affiliation

\_\_\_\_\_

\*AHA, Inc. Member #/exp.: \_\_\_\_\_

New memberships are accepted. Join today at [www.americanhippotherapyassociation.org](http://www.americanhippotherapyassociation.org).

**Credentials as listed on course certificate:**

\_\_\_\_\_

Non-therapists: *Please Circle one:* Riding Instructor / Horse Handler / Administrator / Other \_\_\_\_\_

Special needs-mobility restrictions/diet/etc:

\_\_\_\_\_

\_\_\_\_\_

Registration is limited.

\_\_\_ \$800 Cdn. Funds for AHA, Inc. Member

\_\_\_ \$925 Cdn. Funds for Non-AHA, Inc. Member

\_\_\_ E-Transfer – email: [lynne@sunrise-therapeutic.ca](mailto:lynne@sunrise-therapeutic.ca)

\_\_\_ Cheque - payable to Sunrise Therapeutic Riding

\_\_\_ Charge - MC VISA

Name on Card \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_