



Summer | 2018

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 just arrived home from the magnificent city of Dublin, site of the 16th HETI International Congress, which I attended with my colleague, past president Daphne Davey. Despite my being a reluctant traveller, this trip turned out to be both fruitful and enriching at many levels. It gave us the opportunity to cross paths with a number of interesting people. Many were established researchers who passionately presented the results of their long and laborious research projects. Every subject was so interesting that the choices we had to make between them proved to be more difficult as each day passed. It was especially great to hear presentations by those who have published books and articles that we will be able to track down on the internet and avidly read.

The opening ceremony introduced us to the many native Irish horse breeds, presented in a grand parade and enlivened by traditional Irish music. And the closing ceremony caught us by surprise when everyone who attended got up on their feet to learn traditional Irish dancing! Daphne and I will be happy to share some of the stories and photos from the Congress in upcoming newsletters.

I looked a little anxiously towards this overseas trip, given that I would find myself conversing, socializing, thinking, and networking in a language other than my own. But I soon realized I wasn't the only one. Others in the same situation gravitated together, enriching our conversations. I was surprised to find how friendships developed so quickly and in such a short space of time, and our goodbyes as we left on the final day were very emotional.

I would like to close by sharing greetings from our Patron, HRH Princess Anne, with whom I had the pleasure of a few minutes' conversation at the Congress.

Eliane Trempe, President

Jane James heads to the World Equestrian Games

Jane James is one of five Canadians appointed as officials for the 2018 World Equestrian Games, to be held in North Carolina in September. The appointments of these officials to the World Equestrian Games recognize their record of excellence that each has curated over years of dedication to their sport.

Jane is a familiar name in Canadian therapeutic riding circles. In 1986, she founded Cowichan Therapeutic Riding Association (Duncan, BC). She has also served on the CanTRA board and its committees in major capacities over the years, and is currently CanTRA Treasurer.

From 1996 to 2004, Jane served as Chef d'Équipe for the Canadian Paralympic Team. She has also served as an official in previous World Equestrian Games and the 2008 Paralympics. With over three decades of therapeutic riding experience under her belt, Jane believes this has informed her knowledge as an Equestrian Canada and FEI Level 2 Para-Dressage Steward.

Congratulations, Jane, from all of us in CanTRA!



Gabriel

"So timid and nervous when he first came to ride, yet there he was trotting up to the mailbox in the trail course and leaning right over to get his mail. I mentioned to his parents what a treat it was to see him so confident. They said, when he used to see something funny he would never laugh in public. He used to cover his mouth with his hand and snicker to himself, he was so self-conscious.

However, since coming to the program, he has gained so much confidence that now, when he sees something funny, he laughs out loud, a real little belly laugh, and everyone around laughs with him."

Gabriel rides with The Joyriders of PEI. Excerpt from president's annual report.

Welcome to new board members

We warmly welcome three new and three returning members to the 2018-2019 CanTRA board. For the complete board of directors list, see last page.

NEW

Jo-Anne Billington

Alberta

Jo-Anne has been a volunteer with Little Bits Therapeutic Riding Association (Edmonton) for 30 years. She is a CanTRA Basic Instructor (CTRBI) and a NARHA-certified Instructor. She assists with enrolling new riders in the program, evaluating



Photo courtesy of Jo-Anne Billington

prospective therapy horses, and volunteer training. She also helped in the development of the Adult program and provides support to the Program Administrator. Jo-Anne is an active member of the Edmonton Area Alberta Dressage Association and enjoys owning her own Morgan gelding.

Through her employment and volunteer work, Kathleen has accumulated experience in a variety of settings, including working with children and youth, administration, fundraising, program and staff development, and event organization.

Christine Ross

British Columbia



Photo courtesy of Christine Ross

Christine is head instructor at CDSCL therapeutic riding centre (Creston, BC). She is a CanTRA Senior Instructor (CTRSI) and Equestrian Canada English Instructor of Beginners. Her responsibilities at CDSCL include teaching, mentoring, education, and overseeing the development of the therapeutic riding horses.

She also serves in a volunteer capacity as CanTRA's Zone

Representative for Zone 1 (BC and Yukon). Christine has been an equestrian for many years, both in England and Canada. She is an architect by profession.

RETURNING

JoAnn Thompson Franklin

New Brunswick

Sonia Koczekan

Ontario

Shelene Williams

Alberta



Photo courtesy of JoAnn Thompson Franklin



Photo courtesy of Sonia Koczekan

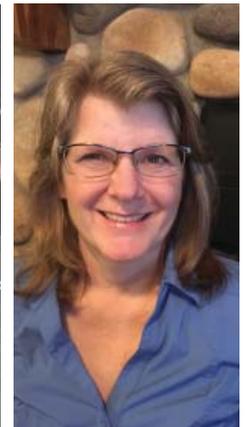


Photo courtesy of Shelene Williams



Photo courtesy of Kathleen Murphy

Kathleen Murphy

Ontario

Originally from Nova Scotia, where she was executive director of Free Spirit Therapeutic Riding Association, Kathleen is currently in Ontario working on her master's in social work. She holds Arts and Education degrees, as well as an elementary school teacher licence.

New faces on our program committees

The CanTRA board is pleased to approve the following appointments.

Sarah-Michelle Senécal has joined the **Hippotherapy Committee**. She has a master's degree in Occupational Therapy. She is an American Hippotherapy Association (AHA) member and has successfully completed the AHA Certification Board exam. Sarah is currently serving as vice-president of the Manitoba Riding for the Disabled Association in Winnipeg. She has been an active equestrian for over 20 years and is starting a private clinic incorporating equine-assisted therapies and activities into the plan of care for her clients.

Hippotherapy practitioners include physiotherapists (PT), occupational therapists (OT), and speech language pathologists (SLP).

CanTRA Hippotherapy Committee members:

- Pippa Hodge, PT (BC) ~ Chair
- Danielle Champagne, OT (QC)
- Corrine Daymond, SLP (MB)
- Ruth Isaac, OT (AB)
- Kristin Kelly, SLP (AB)
- Amy MacKay, PT (NS)
- Sandy Redden, SLP (AB)
- Devra Rich, OT (ON)
- Sarah-Michelle Senécal, OT (MB)
- Judy Todd, PT (BC)



Sarah-Michelle Senécal with Castaleo.

Photo courtesy Sarah-Michelle Senécal



Photo courtesy Hilary Webb

Hilary Webb has joined the Certification & Education Committee. In 2017, she celebrated her 25th anniversary as Head Instructor at T.E.A.D. (Mount Hope, Ontario). Hilary's biggest joy is working with her riders and seeing them grow and learn. She also enjoys mentoring instructors who are working towards certification.

Hilary received her CanTRA Coach designation in 2003 and also enjoys serving as an examiner, travelling the country to other centres and meeting new people. She looks forward to continuing learning for as long as she keeps teaching.

Certification & Education Committee members:

- Margaret Rigby, CanTRA Coach/Examiner (BC) ~ Chair
- Jane James, CanTRA Coach/Examiner (BC) ~ Board liaison
- Nicola Harman, CanTRA Coach/Examiner (ON)
- Linda Rault, CanTRA Coach/Examiner (AB)
- Hilary Webb, CanTRA Coach/Examiner (ON)
- Gay Wood, CanTRA Coach /Examiner (ON)

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.

We're alive online!

Website www.cantra.ca

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

Newsletter team

Editor: Daphne Davey

Translator: Gilles Joly

Designers:

Tracy Magee-Graham (English)
Céline Bellerose (French)

Four of the best! 2018 CanTRA awards

Thanks to our judges for a difficult job well done: Dr. Marion Anderson (AB), Linda Clark (NB), and Bernard L. Gluckstein (ON).



Photo courtesy of Jo-Anne Billington

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

JO-ANNE BILLINGTON
Little Bits Therapeutic Riding
Association, Edmonton, AB

Thirty years ago, Jo-Anne started volunteering with Little Bits, and soon qualified as a CanTRA Basic Instructor (CTRBI). Her trained eye brings success to each rider with her upbeat encouragement and insightful methods of achieving positive results, while ensuring a safe, progressive and fun ride. The miles she has walked, in the arena and on the trails! Jo-Anne is a team player, both in the barn and the office. Her role in fundraising events helps to ensure their success.

She will turn her hand to anything: cleaning stalls, organizing rider files, fundraising. She is one in a million!

**CanTRA Outstanding Therapy
Horse Award**
Sponsor: CanTRA

"PEBBLES" - TROtt Therapeutic Riding, Ottawa, ON

Pebbles arrived in 1998 at age seven and took to her therapy horse responsibilities right away.

Twenty years later, she is still a barn favourite. Her level-headed temperament makes her ideal for therapy work. She is the go-to horse for rider assessments, and doesn't flinch when riders become upset or become unbalanced. She is incredibly patient, making her ideal for mounting our wheelchair riders, and does not react to noises like thunder. The mother of one young rider says, "I think the most notable benefit to Hunter is that she is steady and calm. She walks at a moderate pace and never varies. Her balanced energy and peacefulness is imparted into Hunter's body through the rhythm of her gait. He really enjoys his time working with Pebbles."



Photo courtesy of TROtt



Photo courtesy of Linda Leggette

Rhonda Davies Award Outstanding Volunteer

Sponsors: John and Donna Davies

LINDA LEGGETTE
Mount View Special Riding
Association, Olds, AB

Linda has volunteered with MVSRA for 17 years. She hauls some of her trained horses (and a mule!) to the program, all of which have worked out well. Her careful observations of the lessons lead to a better experience for riders, horses and volunteers. Through her connections in the wider community, she actively promotes MVTRS, resulting in more volunteers, horses and donations. She also helps organize fundraising events, and with her graphic design background has upgraded our brochure. Linda says "I get so much out of the time I spend with these riders. I can't imagine anything that could be more important than this, or more fulfilling."



Photo by Daphne Davey

Jetty Chapman Award Outstanding Administrator

Sponsors: Christine and Oren Birch

JANICE COLE
The Joyriders Therapeutic Riding
Association, Hunter River, PEI

Janice has been a board member, president, and lesson volunteer. In these roles she has demonstrated outstanding skills, especially as an administrator. She has been instrumental in raising thousands of dollars from granting agencies, businesses, and fundraising events. Her outreach work has raised our profile in the community. Janice's impact has been remarkable in every area. Her leadership has strengthened the board, although she would say this is a team effort. But teams have to be led by example, motivated, empowered and recognized. She has done an exemplary job.

CanTRA coach appointment

Seana Waldon began volunteering at CARD (Community Association for Riders with Disabilities) in Toronto, Ontario, in 1988. As she gained experience in both therapeutic and non-therapy riding instruction, she picked up coaching qualifications with Equestrian Canada and PATH International (USA). She was certified as a CanTRA Senior Instructor (CTRSI) in 2011, and was granted the highest instructor level, CanTRA Coach, in 2018. Congratulations!



Photo courtesy of Seana Waldon

Teen filmmaker wins award Therapeutic riding documentary a hit

Fifteen-year-old filmmaker Geoff Arrowsmith has been awarded “Best Documentary” at the 2018 Inaugural Cowichan Valley Film Festival in British Columbia. His short film, “Just Like Them,” tells the story of a young man’s experience with cerebral palsy and therapeutic riding at the Cowichan Therapeutic Riding Association (CTRA) in Duncan, BC.

The film features **Neil Cutler**, a yoga instructor, as he looks back on his childhood with a disability.

Cutler reflects on his time at CTRA and how therapeutic riding helped him overcome barriers, gain confidence, and realize his potential during difficult teen years. In the film he recalls, “I remember the joy of coming and being with an animal . . . a being that worked with me and helped my disability be different.” After his start with therapeutic riding, Cutler became a very successful para-equestrian athlete, ultimately competing at the national level.

The film was supported by a cast of CTRA participants, staff, volunteers, and therapy horses. Both Geoff Arrowsmith and his mentor, Nick Versteeg (DV Media), volunteered their time and resources to film and produce the documentary for CTRA. The documentary can be found under www.ctra.ca/media.



Left to right: Vegas Dargatz (CTRA staff), Geoff Arrowsmith, Nick Versteeg, Neil Cutler, Alan Cutler (Neil’s father), Lisa Pink (CTRA staff/Neil’s childhood coach), Cate Scally, Atticus Scally (front), Aaron Scally.

Photo courtesy CTRA

Special thanks...

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

By-law amendment passed

By-laws provide an organization’s board of directors with a governing structure to ensure democratic operation and accountability, and provide a clear delineation of responsibilities. As such, they should be reviewed periodically and amended as needed to reflect the best practice from the board’s operational experience. As a federally incorporated not-for-profit (with Corporations Canada) and a registered charity (with Canada Revenue Agency), CanTRA is careful to follow their requirements in amending its by-laws.

At the 2018 AGM, one by-law amendment (clauses #41 and 42) was passed. This represented a simplification and improvement in the nomination process for new board members. With this amendment in place, the Nominating Committee can now prompt the membership to submit nominations well in advance of the AGM, giving the committee time to follow the appropriate procedures prior to making its recommendations to the board, and from the board to the membership in advance of the AGM.

The amended by-laws are posted on the website under About: Governance. If you have any questions about CanTRA’s by-laws, please contact Brenda at head office.

Sponsors and Donors Honour Roll 2017-2018

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

All Breeds & Disciplines
Canadian Horse
JOURNAL

Disability Today Network

DT DISABILITY TODAY
Network

Saddle Up magazine

Saddle Up
magazine

White Ribbon (\$500+)

Dr. Dorrit A. De Demeter
Arlene & Robert Wright

Friends of CanTRA (\$100+)

Christine & Oren Birch
John & Donna Davies
Daphne Davey
FS Financial Strategies
H.A.T.S.
Jane James
Dr. Alan and Suzanne Manning
Manning Equine Vet Services
Candice Miller

Friends of CanTRA (\$100+)

continued...

Hannah Morrison
Lelia Sponsel
Kenneth Elna Strand
Tidewater Physiotherapy Inc.
Shelene Williams
Gay Wood

CanTRA Zone Representatives

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Zone 6 (NB, NS, PE, NL)

· Ruth Carter,
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"If I were a horse"

If I were a horse . . . I would be a big horse. All white with a black mane and tail. My name would be "Snowfall." I would be very fast and agile, making really fast turns and I would be hard to train as I like being wild. I would live in open fields. I would eat dried grass and snow because that equals wet grass! I would live by myself so I could have more space. My saddle would not be black or brown. I would eat, sleep and play. I would sleep mainly lying down, though. I would make snowballs with my hooves and roll them with my nose and make snowmen by using my nose to lift the snowballs up onto each other. I would do training to be able to do that (make snowmen)."

Paige Nelson is 10 years old and rides at the Urban Stable therapeutic riding program, Winnipeg, Manitoba.



Paige with her horse friend, Lucy.

Photo courtesy of Hayley Edwards

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.

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

Staff: Brenda Coward,
Administrator

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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!

In riding a horse, we borrow

freedom.

- Helen Thompson Woolley



CanTRA Contacts

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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.

