



# CanTRA Communiqué

## Greetings from the President

Season's greetings to all our members! Many of our member centres (comprising instructors, volunteers, board members, and supporters) will be taking a well-earned winter break from active riding lessons – a time to take stock, do some training, and plan ahead to the spring and the promise of more achievements in 2012.

We should also congratulate our riders, for what seem like small steps forward to us may in fact be very large ones for them. Everyone's a winner! After over 30 years in this field, I am as

freshly excited about what our riders achieve today as I was in the early days (before CanTRA existed to provide us with the services we so much value today).

The *Communiqué* is a vehicle to circulate useful information to our centres. Please share it with others (members of your board and other key personnel) and post a copy on the bulletin board at your barn.

Daphne Davey  
President



Photo: Heckbert Studio, Charlottetown, PEI

## Welcome to the CanTRA Board

The CanTRA board of directors welcomes two new members to its team: Kim Munich and Sandra Evans.

Kim combines her love of horses, children and nursing in therapeutic riding. She was actively involved with the North Fraser Therapeutic Riding Association in Maple Ridge, BC, for six years. This experience has opened her eyes to the need for more research in the field, to which she hopes eventually to contribute. Kim is an assistant professor at Thompson Rivers University with an interest in community nursing.



Sandra is a certified CanTRA Coach and Equine Canada competition coach who is actively teaching in her home community of Mission, BC. She has over 35 years' horse experience in many capacities. As a parent of a young adult with a disability and former program director for the Richmond Therapeutic Equestrian Society, she also has a strong background in therapeutic riding.





## Announcements



### Congratulations to CanTRA's most recent Accredited Centres

#### TEAD

Hamilton, Ontario

is now an Accredited CanTRA Examination Centre

#### Sunrise Therapeutic Riding & Learning Centre

Puslinch, Ontario

is now an Accredited CanTRA Training and Examination Centre

For more information on CanTRA Accreditation send an email to [ctra@golden.net](mailto:ctra@golden.net)

### Changes to Tuition for Therapeutic Riding Instructor Certification

CanTRA's certification tuition system was developed in 2005 and our base fees have remained the same for over 6 years. However, in the same time period, the costs to implement our technical evaluation and examination system have gone up dramatically due to ever increasing costs for components such as postage, examiner travel and accommodation.

In order to maintain our internationally respected certification system, we must increase the fees charged for the certification process. **Fee increases will take effect on February 1, 2012** and will be as follows:

- |                         |             |
|-------------------------|-------------|
| • CTRAI                 | \$1,025.00* |
| • CTRII (with CTRAI)    | \$ 475.00** |
| • CTRII (without CTRAI) | \$1,300.00* |
| • CTRI                  | \$ 995.00*  |

\*Tuition includes CanTRA membership for two years, CanTRA Instructor Manual, CanTRA Home Study, review of the completed home study, technical evaluation and related costs, examination and related costs, certificate and badge.

\*\*Tuition includes CanTRA membership for one year, examination and related costs, certificate and badge.

**Certification registrations received in the CanTRA office on or before January 31, 2012 will be processed at the current tuition rates. Registrations received on or after February 1, 2012 will be processed at these new rates.**

### CanTRA's New Centre Resource Manual

Many Centres are already taking advantage of the useful information contained in CanTRA's new ***Centre Resource Manual***. From centre administration, policies and procedures, risk management, camp and therapeutic horses to fire safety, teaching, camp and risk management, this is an invaluable publication for all therapeutic riding centres. We are pleased at the positive feedback we have already received in response to our new Centre Resource Manual. At just \$65 for members and member centres don't wait—get yours today!

We've also been asked about the availability of ***electronic versions of the included sample policies, procedures and forms templates*** so that centres can save time in creating their own documents.

In response to this, a DVD has been developed and is now for sale as an accompaniment to the CanTRA Centre Resource Manual. The DVD is available to members/member centres for \$20.00 with the purchase of a Resource Manual. If you have already purchased a Resource Manual, the DVD may be ordered separately. However, the DVD may not be purchased on its own (as the accompanying reference information in the manual is key to the appropriate use and development of the sample policies, procedures and forms).

Should you wish to order the Resource Manual Template DVD, please contact the CanTRA Office – [ctra@golden.net](mailto:ctra@golden.net), or visit our website at [www.cantra.ca](http://www.cantra.ca) for an order form.

### Paper Accepted to FRDI's XIVth International Congress in 2012

Please join us in congratulating Dr. Jan Yorke, Assistant Professor at School of Social Work, Laurentian University. *Brains, Horses and Kids: A Pilot Study* and *Brains, Horses and Kids: Brains, Horses and Kids: a meta analysis of four single case designs* have been accepted to the XIVth International Congress of Therapeutic Riding taking place in Athens, Greece, April 24-27, 2012. Jan was instrumental in finalizing the Equine Facilitated Wellness certification system and continues to liaise with CanTRA as a consultant to the Board in this area.

Look for the full story on this exciting news in the CanTRA Caller coming to your inbox in January!

Visit [www.frdi.net/congress](http://www.frdi.net/congress) for more information.

## Helping CanTRA to Grow

### Ian Millar Helps Spread The Word



We are delighted to announce that honorary board member Dr. Ian Millar has kindly signed a letter of support for CanTRA to potential corporate donors.

This will make a huge difference to our national fund-raising efforts. In the jungle that most charities find themselves battling through to reach those essential

sponsorship dollars, we will now have a national equestrian icon heading our promotional efforts.

Look for more news about Ian and CanTRA in the *CanTRA Caller*, coming out in January!

### DT Network



The Disability Today Network is an online village like no other, the disability community's first social media network. It is an "exposition" of 150 independently hosted media channels under 15 different areas of special interest to people with disabilities, their families and friends, and healthcare professionals.

Jeff Tiessen, DTN's executive producer (and we are so fortunate, CanTRA board member), has donated one of the channels to CanTRA -- our "storefront" in this exciting online disability community.

To read more about Jeff's achievements and innovations, find his bio on our website, [www.cantra.ca](http://www.cantra.ca) (Contacts tab). And do visit our DTN CanTRA Channel (especially our photo gallery) at [www.disabilitytodaynetwork.com](http://www.disabilitytodaynetwork.com) (Therapy category).

### Office Donation from Brother

Thank you to Brother Canada, [www.brother.ca](http://www.brother.ca), for their generous donation to the CanTRA office of a new office Printer/Fax/Scanner!

## Centre Fundraising Opportunities

### FundScrip

We at CanTRA have recently learned of a fundraising opportunity that looks like it would be an excellent fundraiser for local centres and we wanted to pass this on to you, our member centres.

The program is called Fundscrip ([www.fundscrip.com](http://www.fundscrip.com)). The concept is that, through your centre, individuals purchase gift cards for use at any of a number of over 150 participating well-known stores or businesses (such as Canadian Tire, Sobeys, PetroCanada, Best Buy, Home Depot, Winners and more). Although the individual receives a gift card for the full amount of their purchase, your group receives a percentage of these sales. The centre pays the shipping costs for the cards to be delivered for distribution to the individual purchasers, but it is our understanding that there are no additional fees to your centre.

Although we cannot guarantee the success of this program, we wanted to pass on this information and we encourage you to investigate this as a potential fund-raiser. Please do let us know if this becomes a successful endeavour for your centre!

### RBC Investments

RBC offers Community Sustainability opportunities. For information on this, eligibility, and Employee Volunteer Grants visit their website at:

<http://bloomfornonprofits.com/?p=291>

and

[www.rbc.com/community-sustainability/community/index.html](http://www.rbc.com/community-sustainability/community/index.html)



*PEI rider Hannah MacLellan, knight in shining armour, on therapy steed Cue, learns a new game on horseback at the 2011 CanTRA Conference.*

Photo: [annmacneill.com](http://annmacneill.com)

## Your 2011—2012 Board of Directors

Daphne Davey, President	Prince Edward Island
Eliane Trempe, Past President	Quebec
Gay Wood, 1st Vice-President	Ontario
Margaret Rigby, 2nd Vice-President	British Columbia
Neil Mahnke, Treasurer	Ontario
Anita LeMaître, Secretary	Quebec
Sandra Evans, Director	British Columbia
Kim Munich, Director	British Columbia
Jeff Tiessen, Director	Ontario

### CanTRA's Honourary Directors:

Lisa Burd	Australia
John Davies	USA
Mary Longden	Australia
Dr. Ian Millar	Ontario
Mea Renahan	Ontario
Bob Wright DVM	Ontario

## Holiday Closing

The CanTRA office will be closed for the holiday period from December 23, 2011 through to January 2, 2012, inclusive

We wish you all a joyful and safe holiday and new year and look forward to working with you in 2012.

## Certification and Education Opportunities and Events

CanTRA announces all upcoming workshops, certification and educational events and opportunities on our website.

Visit [www.cantra.ca/cert&eduevents.shtml](http://www.cantra.ca/cert&eduevents.shtml) for our 2012 and 2013 calendars!

## Membership Renewal Reminder

Just like the New Year, the CanTRA membership renewal deadline is fast approaching—December 31, 2011.

If you have already sent your payment, please accept our thanks. Payments can be made by cheque or credit card. If you wish to pay by credit card, please provide us with the name on the card, the card number and the expiry date.

As always, if you are having difficulty in paying the invoice for your membership all at once, please feel free to contact the CanTRA office to discuss a payment plan that will work for you.

Start the New Year knowing your membership is up to date!

## Donate the Easy Way

Go to [www.canadahelps.org](http://www.canadahelps.org)

Type in 'Canadian Therapeutic Riding Association' in the "I want to give to" space to instantly help children and adults with disabilities across the country.

*Thank you!*

## Contact Us

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Guelph, ON, N1H 6J2.  
Phone: (519) 767-0700, Fax: (519) 767-0435  
[ctra@golden.net](mailto:ctra@golden.net)      [www.cantra.ca](http://www.cantra.ca)

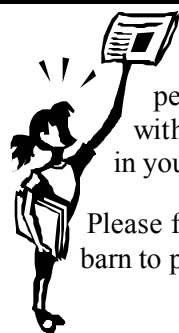
## Safety Belt Update By Nanci Picken, Development Co-ordinator

In my travels across the country and to many different therapeutic riding centres, I have noticed that some side-walkers are using safety belts on riders to hold onto while side-walking.

These belts are meant for mounting and dismounting procedures and in case of emergency only. If side-walkers hold on to them, it is very hard on the rider because different pressure from one or two side-walkers can be very uncomfortable and can pull them off balance. It could also cause the side-walker to accidentally pull the rider right off the horse if they lose their footing or the horse moves suddenly.

If you are using these belts in your program, please instruct your side-walkers on their proper use. Thanks so much for your attention to this important issue.

## Spread the Word



Please circulate the CanTRA Communiqué to all board members and other key personnel. It is important to us to connect with everyone involved with therapeutic riding in your community!

Please find a space in your administration area or barn to post a copy for all to see.

Thank you!