



# CanTRA Communiqué

## **“Basics and Beyond” – CanTRA’s 2011 National Conference Prince Edward Island, June 3, 4 & 5, 2011**



Stanhope Bay and Beach Resort, Stanhope, PEI — Conference Hotel

Planning continues for CanTRA’s next National Conference – **“Basics and Beyond”**. Conference organizers are recruiting speakers who will be of interest to multiple groups of individuals involved in providing therapeutic riding services across the country. To achieve this, the conference committee is putting together a ‘partial’ two-track conference so that separate sessions can be offered to riding instructors and other therapeutic personnel including topics such as fundraising, donor cultivation and retention and volunteer recruitment, training and retention.

The conference, hosted by The Joyriders Therapeutic Riding Association will be held in **Prince Edward Island** on **June 3, 4 & 5, 2011**.

Our keynote speaker will be Pauline Perry of Australia, President of the Federation for the Riding for Disabled International (FRDI). Pauline was recently awarded a life membership by Riding for the Disabled Australia (RDA) where she remains an active and committed volunteer. She began her career in 1979 as a volunteer and later became a coach with the Peninsula RDA Centre (Victoria).

At State and management level, Pauline has been a Regional Coordinator, State Vice President and State President; Victorian Representative on National Council

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### MESSAGE FROM THE PRESIDENT

Dear CanTRA Members,

It is with great pleasure that I am writing these few words to you as the year 2009 is ending. So many changes and new events have happened for me in the past year! This being my first message to you, I must admit that I am a bit intimidated.

In all simplicity, I wish to thank all of you for the warm welcome you gave to me at the May conference in Sorel-Tracy. Your kind words and smiles touched me. I start this first mandate with confidence, determination and a strong desire to stimulate the growth of therapeutic riding from coast to coast.

Quite soon, we will all be gathered with our families to celebrate Christmas. I wish you all a joyful Christmas season, filled with love, rest and serenity, hoping that the coming year brings us wisdom and good health.

To all of you, a very merry Christmas and a happy New Year for 2010!

Your President,  
Eliane Trempe



## The Joyriders of PEI Celebrate Their 30<sup>th</sup> Anniversary with the Publication of “Free To Roam” by Daphne Davey

From small beginnings as therapy for World War II veterans, horseback riding for challenged children and adults for therapy, recreation and sport has now spread around the world, bringing exciting benefits. In this book, Daphne Davey unfolds the story of one such program from bud to blossom as the Joyriders



Photo courtesy of AnnMacNeill.com

Therapeutic Riding Association celebrates its thirtieth anniversary. In so doing, she not only honours the many people who have contributed to its success but richly explains just how and why the concept of horses as therapists works. Viewed through this lens, our understanding of the *abilities* of people with disabilities experiences a metamorphosis—and we are assailed by an irresistible urge to sign up as a volunteer with the nearest program.

Daphne Davey is a freelance editor, writer, translator and indexer. She shares her mini-farm in Long Creek, Prince Edward Island, with two adorable donkeys, a bossy Shetland pony, a pair of irresistible cats, and a richly entertaining wildlife population. She is a certified assistant instructor (CTRAI) through the Canadian Therapeutic Riding Association. Daphne is also a life member of CanTRA and founding Board member. She served as the

CanTRA national secretary for the first eight years, 1980 - 1988. She recently returned to the Board, currently serving as second vice-president. She is a co-founder of The Joyriders and still an active instructor.

### To order “Free To Roam”:

Price: \$25 (no GST). Book launch December 2, so orders can be filled in time for Christmas. Out-of-province orders will be invoiced in order to include shipping cost.

Daphne Davey  
PO Box 299  
Cornwall, PEI  
C0A 1H0

Email orders to: [ddavey@eastlink.ca](mailto:ddavey@eastlink.ca)

## FARR SCHOLARSHIP YIELDS POSITIVE RESULTS

In late 2007, CanTRA received a donation from the John C. and Sally Horsfall Eaton Foundation in order to establish the Sarah and Richard Farr Scholarship Fund. These funds were given with the request that they be used at the grass roots level to enable children with disabilities to experience riding a horse.

To make this happen, the available funds were divided into ‘partial scholarships’ of \$200 each, which have been awarded to riders with disabilities from across the country

who are financially marginalized.

Since 2007, CanTRA has received two additional donations from the John C. and Sally Horsfall Eaton Foundation and we are beginning to hear of the tremendous results of this endeavour.

Many lives have now been touched by this generosity and the creation of the Sarah and Richard Farr Scholarship Fund. Most importantly, the recipients are having fun while developing in many important ways.



Nicole loves to ride

## CanTRA's Strategic Plan and the Accreditation of Member Centres

In the fall of 2006 the CanTRA Board of Directors, examiners, instructors and several other CanTRA members met for one and a half days with facilitator, Scott VanEngen, to produce a 5 year plan for CanTRA.

As we approach 2010, the fourth year of our plan, the Board of Directors will be reviewing our goals to determine our progress in all areas.

One of the most important focuses was to ensure that the majority of our member centres attained the Standard (Bronze) level of Accreditation by 2011.

To date we are behind in this process.

What does becoming Accredited entail? The Standard (Bronze) level requires Therapeutic Riding Centres to meet all the criteria set out in the Risk Management Evaluation (RME) form (this can be obtained from the CanTRA office or from the

website—www.cantra.ca). These are basic safety standards.

This criteria is used when CanTRA personnel visit a member centre to determine eligibility for CanTRA insurance.

### **However for Accreditation a centre does not have to hold CanTRA insurance.**

There would simply be a review of the insurance policy held by the centre to ensure there is comprehensive coverage, and this along with meeting the step-by-step safety and instructor certification standards identified in the RME, qualifies the centre to be eligible for accreditation.

We are convinced that CanTRA member centres strive to provide safe and well supervised programs. We want to support you in demonstrating to the general public that you deliver a service that is at a nationally accepted level. The accreditation plaque that centres can display, with

annual 'seals' for a 5 year period confirms your high level of service delivery.

We encourage all member centres to become involved in this process. Yes, it takes a little effort and yes, there may be some minor adjustments—like a few extra "No Smoking" signs, an extra fire extinguisher or the request to send a photograph to the office once something has been fixed or adjusted, but the credibility that accreditation provides is well worth the effort.

The CanTRA personnel who visit your centre are there to help and advise—they want you to succeed—so don't put this off any longer!

Contact the office today. Nanci Picken, Development Coordinator, or Ann Caine, Standards Committee Chair will be happy to answer any questions you may have.

**TOGETHER WE CAN REACH  
OUR ACCREDITATION GOALS!**

### CanTRA Conference 2011 Continued from page 1

and Chair of the Victorian Training Committee. At the RDAA National Executive level, Pauline was elected as Vice President for Coaching and Safety in 1998; served as Chair of the National Coaching and Safety Council; and was elected as President of RDAA in 2003.

Internationally, Pauline was elected Treasurer of the FRDI Executive Committee in 2006 and will serve as FRDI President from 2009-2012. Pauline is also a member of the Para Equestrian Selection Committee.

CanTRA Conference Registration information will be available soon and we will once again be offering a 'Super Early-bird Special' for those who register early as well as a discount to multiple individual members who are all attending from one centre.

There will be something for everyone, so we hope to see you there!



Conference Site — The Main House



Conference Site — Indoor Arena

## *Centered Riding* by Sally Swift

(North Pomfret, Vermont: Trafalgar Square Books, 1985)

### A Book Review By Mary Trafford, Level III Centered Riding® clinician

Sally Swift developed her ideas about riding over a lifetime that spanned close to a full century. When she died in April 2009, just 18 days shy of her 96<sup>th</sup> birthday, Swift had become a force to be reckoned with in the equestrian world – a renowned and innovative thinker whose approach to riding called for visualization, body awareness, empathy and mindfulness.

*Centered Riding*, the first of two books by Sally Swift, was published in 1985. At the time, it was revolutionary. Today, it is a true classic, an international best-seller in equestrian books. Swift's approach to the horse-rider partnership is as popular, effective and relevant as ever. It is a book I encourage every rider, instructor, trainer and horse lover to read.

The ideas expressed in *Centered Riding* are especially applicable to therapeutic riding. Swift once said, "We who have struggled with physical disabilities can often teach and explain coordination more easily."

Indeed, it was Swift's own experience with disability that led her to write *Centered Riding*. From childhood, Swift had a back condition called scoliosis (lateral curvature of the spine). This led her to work with some remarkable teachers who helped her better use and understand what she referred to as her "awkward body." In *Centered Riding*, she collects these ideas, builds on them, and presents them in a clear and systematic manner as an overall system or approach to riding that is accessible to riders of all levels and abilities.

Swift's writing style is almost conversational as she lays out her ideas in a logical and progressive way. Very good-quality black-and-white photographs and line drawings accompany the text, which is pleasingly laid out. The book is very user-friendly.

As a Centered Riding clinician, I encounter riders who have actually used *Centered Riding* as a kind of riding self-help manual. They tell me they read a bit and then ride, applying Swift's ideas themselves, as a sort of stop-gap measure until they can access an instructor versed in the techniques. Over and over, I have heard people say they find the book well-written and easy to understand. I even met an octogenarian who read the entire book. just for pleasure, having never really ridden in her life. She said she enjoyed it thoroughly! Swift's appealing style is evident from the outset. Early on in the book, she challenges readers to "Pretend You Are a Horse," so we can better understand exactly how the way we use our body affects the horse. This is important to the success of Swift's teachings in *Centered Riding* – that it is a system that answers the question of "how" rather than simply "what" to do to communicate with your horse.

Swift then introduces the Four Basics – Eyes, Breathing, Centering and Building Blocks. The Four Basics form not only the heart of her teaching in *Centered Riding*, but as she promises, they also "make your horse happy." Not only is this true, but the Four Basics also make you, the rider, happy! When I'm teaching, I sometimes tell my students, "The

Basics are like an imaginary 'tool kit' containing everything you need for better riding. Once you've learned them, you can always carry them with you, ready and easy to use whenever you need them."

Swift then discusses how we learn, and how an understanding of our anatomy can increase the rider's awareness and control of the body. Through 20 chapters of text and pictures, she takes us through all the gaits and many key concepts in riding, including halt, walk, trot and canter, as well as transitions, circles, turns, jumping and lateral work. Finally, Swift includes a handy point-form appendix, summarizing the useful images in *Centered Riding*, and a comprehensive index.

Now available in 15 languages and having sold close to one million copies worldwide, *Centered Riding* is a true classic, a must-read for all riders and instructors. Through it, Swift teaches us much more than simply how to ride better. The ideas she offers give us insight into how to take care of ourselves, our horse, our students, our family/friends and our circumstances in life. People often told Sally Swift that through *Centered Riding*, "you have not only helped my riding, you have changed my whole life." I have found this to be delightfully true!

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For more information on Centered Riding, visit the website at [www.centeredriding.org](http://www.centeredriding.org).

*Mary Trafford is a Level III Centered Riding Clinician, a Canadian Therapeutic Riding Instructor (CTRI – lapsed), and a former CanTRA and Canadian Pony Club Examiner. She lives in Chelsea, Quebec.*

## **CanTRA's First Retreat** *Lavender, Laughter and Learning* **April 30 — May 1, 2010**

We are aware that there is a high degree of Stress and “burn out” for those who work full-time, (or even part-time), while juggling family and a job in Therapeutic Riding programs, and we are planning to offer a series of “Retreats” in the next few years for key people in CanTRA member centres across the country.

The “pilot” project will be offered on the beautiful Ignatius College Farm site, home of the CanTRA office, in Spring 2010, at the time of the CanTRA AGM.

This will be a time for networking and supporting one another by exchanging ideas and with a panel of “experts” giving advice in response to your questions, some of which will be submitted ahead of time.

There will also be two presenters who will bring fun to the retreat to help you “re-charge your batteries” and return to your centre with renewed energy.



The grounds at Ignatius College Farm

These retreats will be open to all member centres, but by invitation to “key” staff such as Head Instructors, full-time instructors, Executive Directors and Volunteer Managers; in other words, those who carry the

primary responsibility for key aspects of the program. The date for the first retreat is April 30 / May 1, 2010. Invitations and registration information will be sent out in the near future.

### **Notice of CanTRA's Annual General Meeting**

**Friday, April 30, 2010**

**4:30pm—5:30pm**

Followed by a networking dinner (by registration).

Nominations for the Board of Directors will be accepted in writing up to two weeks before the AGM.

Nomination Forms are available on the CanTRA website - [www.cantra.ca](http://www.cantra.ca)

The Retreat begins in the afternoon on Friday and continues until 3pm on Saturday, May 1, 2010.

The evaluations from the participants will help us plan for future similar events in different locations across Canada.

Friday April 30, 2010 is the date of the CanTRA Annual General Meeting at 4:30pm, followed by a networking dinner. This of course is open to all members, (dinner tickets can be purchased from the CanTRA office).

We look forward to this time of sharing encouragement and growth.

## The 2010 CanTRA Stallion Service Auction begins soon!

**Bidding begins on January 13<sup>th</sup> 2010, 6:00pm**

**Bidding closes on January 27<sup>h</sup> 2010 6:00pm  
(All times are Eastern Standard Time)**

For more information, to make a donation, to view stallions available or to place your bid go to the CanTRA website:

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

or Contact us by mail:

5420 Highway 6 North, Suite 11, R.R. #5  
Guelph, Ontario. N1H 6J2

Tel: (519) 767-0700, Fax: (519) 767-0435,

Or by Email:

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




## Thank You to our Supporters at the 2009 Royal Agricultural Winter Fair


CanTRA no longer has a booth at the annual Royal Agricultural Winter Fair (RAWF), held in Toronto, Ontario every year, but we were still able to get the word out about therapeutic riding through the help and support of several RAWF participants who displayed CanTRA's material at their respective booths. Our sincere appreciation goes out to:

 Krista Breen, Author  
Horse Publications Group  
Olds College, Alberta  
Picovs Horseman Centre  
Pleasant Ridge Saddlery  
The Stables at WindReach Farms  
Wellington's Tack & Riding Apparel 

## Instructor Updating New Processes now Fully Implemented

The change to our processes related to instructor updating hours submissions has been fully implemented. Thank you to all instructors who have ensured their information is up to date in our files.

Beginning in January, 2010, we will be sending reminders to active instructors when their next submission is coming due as well as acknowledgment letters to confirm that your file is complete after your submission is received. 

A reminder – ***please*** hold all of your updating information and submit it all at once, along with the updating summary form when it is due. This makes it much easier to process your information in the CanTRA office and ensures your information is updated all at the same time. 

## Membership Renewals

We'd like to thank everyone who has already renewed their membership for 2010 – your prompt response is very much appreciated!

A reminder to others planning to renew that the deadline for renewal is December 31, 2009. We look forward to working with you in 2010!

## Holiday Season

The holiday season is approaching and CanTRA would like to wish everyone a safe and happy time. 

The CanTRA Office will be closed December 24 to January 3, inclusive, reopening on Monday, January 4. We look forward to helping you in 2010.

