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Spring | 2020

CanTRA Caller

The Canadian Therapeutic Riding Association | L'Association Canadienne d'Equitation Therapeutique

Registered Canadian Charity # 11883 6543 RR001

President's Message



With this current COVID-19 crisis, we have been globally 'put on pause' so to speak. It's scary. It's uncertain. It is causing real suffering and real difficulties.

Still, it is also our chance to re-evaluate, reconnect, rediscover, and rejuvenate. Now is our time to breathe deeply and consider, not just ourselves, but others.

Many of you are missing your programs and the vibrancy of the therapeutic riding community. With no precise date of return to programming, we could easily get discouraged, or worse, stay stationary. Waiting can be an action! Is there something we can do while we wait? This is where amazing things happen.

CanTRA will keep you posted on our end as to where we are at and what we need to do next. I encourage you, as the caring and compassionate group you are, to find an opportunity to grow, to serve, to show up differently.

I will be actively be awaiting the day when we start to move forward with the vital work of therapeutic riding and equine-assisted activities.

Please know, we are feeling sad but wise in our CanTRA Board of Director's decision to CANCEL our 2020 CanTRA Conference, Celebrating 40 Years of Leadership, and the Pre-Conference Mentoring Clinic, which was set to take place at Olds College in Olds, Alberta, on May 29-31st.

Of utmost importance in this decision has been the health and well-being of our delegates, members, volunteers, staff and their families. Health safety in gathering for this event could not be assured, and therefore cancellation was inevitable.

We are forever grateful to CanTRA Board Member and Conference Chair, Shelene Williams and her team, for their care and attention in the intricate planning of every aspect of this conference. We commend her, her conference committee and the volunteers and staff of Mountain View Special Riding Association, for all their hard work, before and throughout this challenging time.

Looking ahead, we're excited about CanTRA's educational webinars coming soon for updating hours. For information and other important happenings, please read on, check out our website, and follow us on Facebook. Get out, enjoy your horses if you can, but stay safe in the weeks ahead.

JoAnn Thompson Franklin, PT

2020 CanTRA National Conference

"Celebrating 40 Years of Leadership"
May 29-30, 2020

CANCELLED



In Conversation With Pippa Hodge

I had the opportunity for a short phone interview with Pippa, who is highly respected and widely admired for her work in the field of Hippotherapy.

To start, what is Hippotherapy?

Hippotherapy is a specialization reserved for rehabilitation specialists: physiotherapists, occupational therapists and speech-language pathologists trained in this field. In the same way a physiotherapist will use an exercise ball or have a session in a swimming pool, in Hippotherapy, a PT uses the 110 multi-dimensional movements of a horse. The rider will take different positions on the horse to stimulate affected muscle groups.

Have there been changes in the practice of Hippotherapy since you started in the field?

I would have to say the equipment we're using. We started with just a sheepskin on the horse where now we have Supracor pads and Christ™ saddles for better positioning and the health and maintenance of our horses. The quality of the horse's movement is crucial. Horses used in Hippotherapy have to be athletic and balanced with a fluid gait and have the right amount of forward movement needed for each client's therapy. Long-lining the horse gives better control for quality movement over leading by hand.

Can you comment on the state of Hippotherapy in Canada today?

There is a growing interest in this therapy across the country as a result of more research and proven positive results. When I first started practicing Hippotherapy in Canada, there were only two of us, Judy Todd and myself. The numbers of physiotherapists practicing Hippotherapy in Canada are consistently rising, and we even have a Canadian on the AHA board of directors.

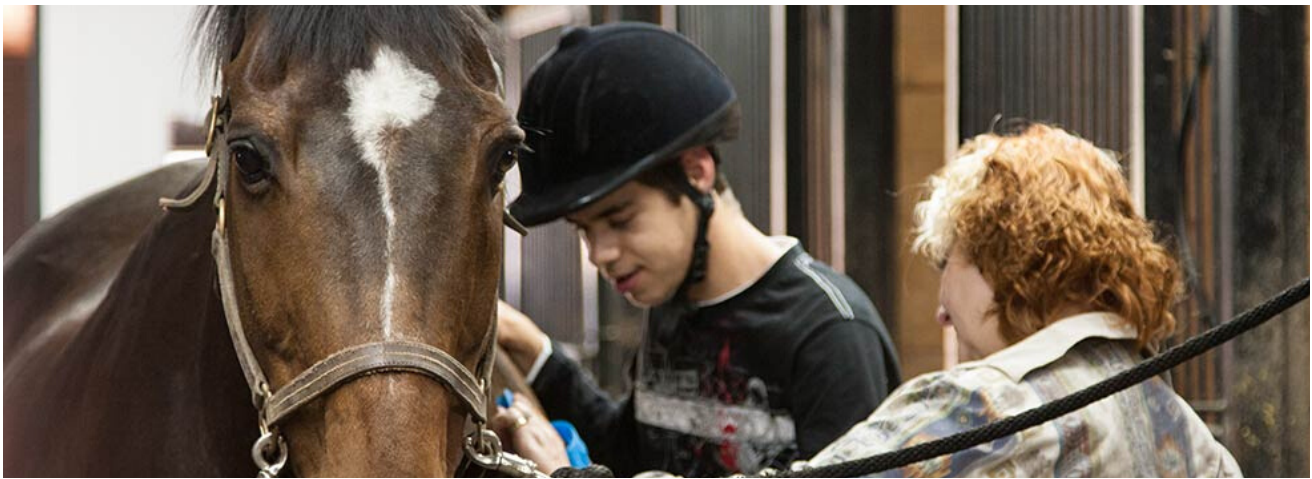
Are you involved in any research presently?

Over the past year, I have been collecting data from a Seniors pilot project mainly focused on fall prevention. Otherwise healthy senior adults can be debilitated by a fall that results in a hip fracture. If we can build core strength, increase ankle stability, and improve balance, we can help prevent incidents. The preliminary findings have been very promising.



Pippa Hodge, Chair, CanTRA Hippotherapy Committee, founder member of the American Hippotherapy Association (AHA), and CanTRA Coach & Examiner.





Jonathan B and Instructor Céline Bellerose are featured in an informative video showcasing Projet Goldie on Youtube.

Photo courtesy Projet Equestre Goldie



Projet Goldie ACET/CanTRA Centre in Boisbriand, Quebec

The adventure began back in 1999 when founder Carole Nantel discovered how to combine her passion for horses with her work as a therapist. Inspired by her old mare, Goldie, and the work being done through therapeutic riding services for disabled children, Carole left her job and focused her "second career" on becoming a CanTRA-certified Senior Instructor (CTRSI). Joining forces with a team of volunteers, administrators and donors, she set her mind, body and soul on the goal: Projet Équestre Goldie. The Goldie project has an excellent reputation. It has allowed for more than a hundred students every year to partake in therapeutic riding, in a CanTRA-accredited centre, and with CanTRA-certified instructors.



Super Hero Therapy Horse **Steady Teddy**

He moves with the smoothest rocking-horse gait I have ever experienced. It relaxes me. Teddy has one eye. The other was removed due to infection. So he too, has adapted to a handicap. I was born with Cerebral Palsy. Riding Teddy stretches muscles that I can't reach any other way. I love Teddy and ride him with respect and confidence. I am fortunate to have him as my four-legged partner.

Teddy, from the Therapeutic Riding Association of Ottawa-Carleton - Sincerely, Heather Pigden

Photo courtesy of TROtt

Alexis and Kit

Creston & District Society for Community Living -
Therapeutic Riding
(CDSCL), Creston, BC

Born prematurely, due to an umbilical cord complication, **Alexis** developed cerebral palsy shortly after she was born. It was slow going when Alexis started therapeutic riding at the age of three. With her first lesson only lasting 10 minutes and needing two side walkers with holds, through the years, Alexis' progression was amazing.

Kit, a bay mare, started with CDSCL at the age of seven. She is now 20 years old. Kit moved to the Creston Valley from Bella Coola with her original owner Julie Fisher. Julie adopted Kit from a riding stable and schooled her on. Kit's name when Julie first met her was "Skid Stop Kit". Needless to say, that isn't her name now! Her nickname now is Princess Kit or Kitten.



Photo courtesy CDSCL

Partners since 2013, Kit has given Alexis vast amounts of confidence on and off the horse. In addition to regular lessons, they have also enjoyed competing together. The team has been in two Cowboy Up competitions and two gymkhanas held by the Creston Valley Horse Association, as well as an Open Show, organized by Creston Flats Stables.

Passing the Torch

The Errington Therapeutic Riding Association (ETRA) on Vancouver Island became a registered society in 1989 and, after 30 successful years, was facing the prospect of having to close the program. Senior Instructor, Sheila Morrison, was retiring after 13 years with ETRA, and there was no one available to take on the instructor's role. The centre's plight was featured on the local news and caught the eye of Erica Sutfin, an Equestrian Canada Instructor of Beginners. With no previous experience in therapeutic riding, Erica began an intense journey of volunteering, study, and practical application, until she became certified as a CanTRA Intermediate Instructor in September 2019.

Erica wishes to thank Sheila Morrison for her many years of contribution to the program, and her mentoring and guidance leading up to her retirement (and beyond). As well, the extraordinary support of the Cowichan Therapeutic Riding Association, and its head instructor and mentor Lisa Pink, were instrumental in making a seemingly impossible and daunting task, become a reality.

ETRA encourages all therapeutic riding centres to have a succession plan in place to ensure the continuity of these worthwhile programs. They are currently looking for experienced volunteers who have a desire to become, or who are presently certified, CanTRA instructors. Please contact karenanker2456@gmail.com or ericasutfin@gmail.com.



Sheila Morrison and Erica Sutfin

Photo courtesy of ETRA

Silent Auction Online Facebook Event

Bronze statue: Showing Off Her Stuff #14/24 – original limited edition bronze sculpture by artist Gina McDougall Cohoe (Donated by: Bronzes by Gina) All proceeds in support of the Canadian Therapeutic riding Association.

Bidding starts: April 10th

**Auction closes: May 30th
at 6:00 pm**

Full rules and regulations online on our 2020 Conference page at www.cantra.ca



Sam and Nathan Chaulk, Nfld

Photo credit: Charlotte Ackerman

The Good Deeds Cup

Inspired by the connection between two brothers, a fundraising idea to provide a free week of Therapeutic Riding for kids in St Johns Nfld, turned into a serious bid for the Chevrolet Good Deeds Cup. One brother is a Northeast Eagles PeeWee C goalie and the other brother is a Rainbow Rider. Their shared understanding, that all kids need equal opportunity to engage in the sport they are passionate about, was the impetus to engage a hockey team, a therapeutic riding barn, and their province to go for gold!

A video was made to showcase what the team was raising money for and promoting therapeutic riding. Each view of the video was a vote, helping their bid for the cup, a \$100,000. prize for the Rainbow Riders program. On February 29th, the announcement was made by Ron McLean on Hockey Night in Canada. **The Northeast Eagles PeeWee C All Stars are the Chevrolet Good Deeds Cup Champions and secured the prize!**

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Sponsors and Donors 2019-2020

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.

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IN- KIND DONATIONS



**Therapeutic
Riding stables are
the stomping
ground of
champions.**



This is Frances

She excelled at her first Open Schooling Show in walk/trot classes.

She has taken part in Para Equestrian Canada Video Competitions.

She has passed her Equine Canada Rider 1.

She participates in Special Olympics.

Backing a champion starts with providing the opportunity. Become a sponsor or donor to help CanTRA continue making strides in building quality equine-assisted programs that power potential.

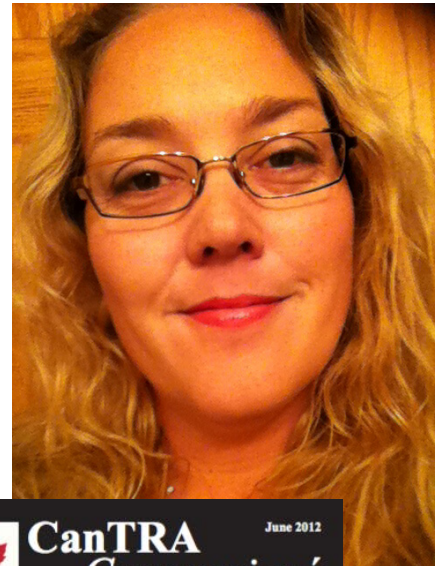
Farewell Tracy

In 2012 – seven years ago – CanTRA found itself suddenly without designers for both the English and French versions of our two CanTRA newsletters, the *Caller* and the *Communiqué*. So we put out an urgent call for volunteer help. Enter **Tracy McGee-Graham** (English, pictured right) and **Céline Bellerose** (French), both of whom had great design skills and were involved in their local therapeutic riding programs.

Thanks to both Tracy and Céline, the newsletters were not only resurrected on a regular schedule, but the design quality moved right up the ladder. And they have stayed faithfully on the job, despite the many inconveniences of the inevitable horse-race to meet deadlines that accompanies newsletter production.

But now Tracy is moving on. We can only say how deeply we appreciate her service to CanTRA over the past seven years, filling such an important role. We will be looking for a new designer for the English version of the *CanTRA Caller*, while Céline continues to design *L'Appel ACET*.

Photos courtesy of Tracy McGee-Graham



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.

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!

WHO'S WHO at CanTRA

2019 - 2020

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Bren Pickel, Communications Coordinator

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Bren Pickel, Editor & Designer
Daphne Davey, Copy editor
Gilles Jolie, Translator
Céline Bellarose, Designer (French)

As we celebrate 40 years of leadership, CanTRA is committed to staying true to our core values. Our concise and newly revised mission statement is the road map as we move forward.



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!

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www.cantra.ca



Mission Statement

The Canadian Therapeutic Riding Association - Promoting Excellence throughout Canada in Therapeutic Riding and Equine-Assisted Therapies through Certification, Accreditation and Education.