



# ONTARIO THERAPUTIC RIDING ASSOCIATION

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

**President:** Viki LaCombe  
**Vice President:** Kirsten Smith  
**Treasurer:** Virginia Pohler  
**Secretary:** Pat DiMambo

**Directors:** Jessica Malpage, Kelly McGarrell, Megan Vance  
**ManeLine Editor:** Kelly McGarrell

*therapeutic riding... horses helping people*

## The ManeLine

OnTRA Welcomes Pippa Hodge, P.T. for a highly interactive clinic May 14 and 15, 2011 at TEAD in Hamilton.

Topics include:

- Observation and assessment of riders via video and in the ring
- Planning activities that are rider/disability specific
- Discussing confirmation of therapy horses and how it relates to riders

- Injuries instructors are at risk for receiving
- Equipment and

**Instructor Tips**

- Care of the horse - assessing back soreness, leg stretches, etc.
- Long-lining explanation and demonstration
- Problem solving session - bring your questions and/or videos! (with rider consent of course)

We are limiting the attendance at the clinic to 75, so book early! Registration deadline is May 1 2011. Clinic pricing, schedule and registration will be available at [www.ontra.ca](http://www.ontra.ca).

**Enhancing Your Lessons—Clinic with Sonia Koczekan Saturday March 26, 2011 at CARD in Toronto.**

**Topics to be Covered:**

- Mounting/Dismounting (safely and efficiently)
  - Achieving Maximum Benefits for Your Riders
  - Rider Supports (too much or too little)
  - Safe and Logical Rider Progression
  - Stability to Mobility
- Price**  
 \$50 for OnTRA members (before March 20)  
 \$60 for OnTRA members (at the door)  
 \$80 for non-members  
 Registration forms available at [www.ontra.ca](http://www.ontra.ca).



Check out [www.ontra.ca](http://www.ontra.ca)! We have a new site with lots of new information that is easy to navigate. Be sure to take a peek at our interactive map with all of our member centres!

2011 Ontario ParaSport Equestrian

**Summer Games (OPSG)**  
 August 19-21, 2011. Hosted by Fiddick's Stables, 4993 Durham Creek Line, Petrolia (Enniskillen), ON N0N 1R0  
 This show will have something for everyone! In the morning we will be

Continued on Page 47

*May 14 & 15, 2011 - Pippa Hodge Clinic at TEAD in Mount Hope. More details and registration coming soon, please check [www.ontra.ca](http://www.ontra.ca).*

**Mark your calendar for OnTRA's 2011 events!**

**Saturday March 26** - Sonia Koczekan clinic at CARD  
**Sat/Sun May 14-15** - Pippa Hodge clinic at TEAD  
**Saturday August 20** - Ontario Para Sport Summer Games - Para Equestrian Championships and Entry Show

### 2011 OnTRA MEMBER CENTRES

**ASHBURN:** The Stables at WindReach Farm - 905-655-5827  
**BARRIE/ORILLIA:** Stonegate Farm - 705-327-7801  
**BELLEVILLE:** Quinte Therapeutic Riding Assn. - 613-395-4472  
**BRACEBRIDGE:** With Care Oke-Cook Family Farm - 705-645-5866  
**BRAMPTON/CALEDON:** Caledon Equestrian School - 905 584-2022  
**BRENTWOOD:** Kuruka Equestrian  
**CALEDON EAST:** Peace Ranch - 905-584-9156  
**CARLETON PLACE:** Lanark County Therapeutic Riding Program - 613 257-7121  
**CORNWALL:** Brave-Hearts Riding Club - 613-528-1616  
**CORNWALL:** Second Wind Acres - 613-528-1616  
**GREELY:** TROt  
**GUELPH:** Sunrise Therapeutic Riding & Learning Centre - 519-837-0558  
**HAMILTON:** T.E.A.D. - 905-679-8323  
**HARROW:** Four Willows Farm  
**KITCHENER:** CODRP / Pride Stables - 519-653-4686  
**LONDON:** SARI Therapeutic Riding - 519-666-1123  
**MILTON:** Windrush Stable Therapeutic Riding Centre - 905-854-6008  
**NIAGARA ON THE LAKE:** Red Roof Retreat - 905-684-0235  
**NORTH AUGUSTA:** Touch a Rainbow - 613-926-2116  
**OWEN SOUND:** G.R.A.C.E. - 519-372-2721  
**PETERBOROUGH:** PARD Therapeutic Riding - 705 742-6441  
**PETROLIA:** Tomlynn Acres Reg. Quarter Horses - 519-882-0958  
**PORT BURWELL:** Jabez Therapy Ranch - 519-874-1168  
**PORT ELGIN:** P.R.A.N.C.E. - 519-832-2522  
**SCHOMBERG:** King's Ransom Equestrian  
**ST. CATHARINES:** Horse Alternative Therapeutic Services - 905-704-9820  
**SAULT STE. MARIE:** Therapeutic Ride Algoma - 705 945-8546  
**VAL RITA:** Northern Lights TRA  
**HAMILTON:** T.E.A.D. - 905-679-8323  
**THUNDER BAY:** Thunder Bay Therapeutic Riding Assoc. - 807-472-5650  
**TIMMINS:** Timmins Therapeutic Riding Assoc. - 705-269-5994  
**TORONTO:** C.A.R.D. - 416-667-8600  
**WHITBY:** Durham TRA  
**WINDSOR:** Windsor-Essex Therapeutic Riding Assoc. - 519-969-1261

Please volunteer at a centre near you!

**DISCLAIMER:** Please be advised that OnTRA is not responsible for the accreditation, actions or activities at any OnTRA Member Centre. OnTRA has no legal or structural authority over any Member Centre as each Centre is autonomous. Be aware that horseback riding can be a dangerous sport therefore you should verify the safety procedures & the certification of the instructors at the therapeutic riding facility of your choice.



The Ontario Therapeutic Riding Association is please to present the

## 1st Annual OnTRA Awards

Do you know an outstanding

- Volunteer?
- Adult Rider?
- Youth Rider (8-18)?
- Horse?



**Nominate them to receive an amazing prize and plaque to recognize their remarkable achievements.**

**Awards will be presented at the 27th Annual General Meeting, fall 2011.**

**Applications coming soon! Keep checking**

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

**\*Applications will be due no later than September 31, 2011**

**\*Nominee MUST be at an OnTRA Member Centre**

# OnTRA

Continued from Page 46

hosting a Gold Level Dressage Competition. The afternoon will see the Entry Level Dressage as well as the Prince Phillip Games. Be sure to register early as either a participant or a volunteer. [www.ontra.ca](http://www.ontra.ca) has all of the details and the links to register with ParaSport.

**Youth Assisting Youth The Youth Mentoring People**  
401 - 5734 Yonge Street  
Toronto, Ontario, M2M 4E7



*"Saddle Up and Eat Right" Boosts Self-Esteem For At-Risk & Newcomer Young People*

When it comes to building a child's self-esteem and self-control, there's nothing like horseback riding.

That's why Youth Assisting Youth (YAY) and the Ontario Equestrian Federation (OEF) launched the "Saddle Up for Success" therapeutic horseback riding program almost a decade ago - and why Saddle Up continues to report a remarkable record of positive results for marginalized young people who were referred to YAY as being on the brink of involvement with gangs, drugs and violence..

YAY has a 98% rate of success in keeping at-risk and newcomer children in school

and out of the juvenile justice system.

In fact, the demand for therapeutic riding is so great that YAY is planning a second Saddle Up program, "Saddle Up and Eat Right" at Windridge Acres in Uxbridge, to serve marginalized young people in the north and east sectors of the GTA. YAY is currently seeking appropriate horses and tack.

YAY is a prevention organization, based on peer mentoring. Youth volunteers aged 16 to 29 are matched with a child aged 6 to 15 and commit to spending three hours a week with that child for a year, becoming a positive role model and enhancing self-esteem.

The demand is so great that newly referred youth must spend 2 to 12 months on the

waiting list for a Match, creating the need for group mentoring to keep them engaged.

Saddle Up is a wildly successful therapeutic program for these waiting list children. The new "Saddle Up and Eat Right" program will incorporate riding, stable management, gardening and nutrition into the curriculum.

The combination of group mentoring and horses provide youth with a positive outlet for their energy, a focus to their actions and an opportunity to experience the benefits of mentoring. What's at stake is huge, and can amount to salvaging a youth's sense of belonging and raising their self-esteem and self-confidence. As an added bonus, positive recreational activities help keep them physically fit and allow them to

develop new activity-based and social skills, such as non-violent conflict resolution abilities.

**Real-life Anecdotes tell the story best:**

**A Mother's Story:** The mother of one young rider reported that her daughter was bullied to the extent that she had to eat her lunch in the school custodian's office. She gained so much self-confidence and self-esteem during Saddle Up that she confronted the bullies and now happily eats her lunch in the school cafeteria.

*Feed the Way Nature Intended*

## Heronview Raw and Natural

**Pet Foods**

Lori Dzingala  
leolvr@sympatico.ca

**905 655-5747**  
7692 Ashburn Rd. Brooklin, ON L1M 1L5  
[www.heronviewrawandnatural.com](http://www.heronviewrawandnatural.com)

## GRANDE FARMS

Orangeville, ON.

WARM BLOOD BREEDING TRAINING AND SALES



*Grande Farms has operated since 1999 as a first class breeding and training facility of imported and home bred warm blood sport horses.*

*Now, this fine facility is offering a boarding service as well. The 100 acre property features a 24 stall barn, indoor arena and outdoor ring with jumping facilities, numerous paddocks and acres of pasture.*

### CONGRATULATIONS

Home bred Cacius Clay, was named 4 yr. old Canadian Champion in 2008.

Our own Cattu was 2009 4 yr. old Reserve Canadian Champion at Show Jumping Finals - NOW FOR SALE -



• 519-938-8637 • 519-938-1193 cell •

• [grandefarms@on.aibn.com](mailto:grandefarms@on.aibn.com) • [www.grandefarms.com](http://www.grandefarms.com) •

# WANTED

## USED ENGLISH & WESTERN SADDLES

**Call us today - we have customers waiting**



**We pay Cash for all your used tack and apparel!**

Mail Order is our specialty

380 Kingston Road East, Ajax, Ontario L1Z 1W4 (905) 686-0948 TOLL FREE: 1-800-661-9622  
email: [picovstackshop@on.aibn.com](mailto:picovstackshop@on.aibn.com)  
• [www.picovs.ca](http://www.picovs.ca)



CABARDINO

### CABARDINO

1999 Holstein Prem. Stallion by Carpaccio x Gaspari "Offering The Complete Package to H/J breeders." A truly spectacular 4' Hunter who stamps his offspring with his athleticism

### VIVA VOLTAIRE

1996 Elite Hanoverian Stallion by Voltaire - Argentinus x Grannus Producer of many Dressage and Hunter Champions. "Our best kept secret!"

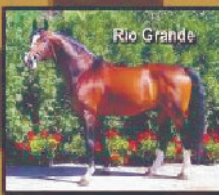


VIVA VOLTAIRE



Rio's Filius W

**Rio's Filius W**, 1998 Hanoverian Stallion, Rio Grande x Sandro Spitting image of his legendary sire



Rio Grande

**Rio Grande**, 1986 Elite Hanoverian Stallion by Raphael x Windhuk "Arguably the best Hunter Jumper sire in Canadian history"



Futurist

### Futurist

1995 Elite Hanoverian Stallion by For Pleasure x Matcho Winner at Spruce Meadows (International class)

## W. Charlot Farms Stratford, ON.

519-271-5322

[wcharlotfarm@cyg.net](mailto:wcharlotfarm@cyg.net)  
[www.charlotfarm.com](http://www.charlotfarm.com)