



Ontario Therapeutic Riding Association

The ManeLine www.ontra.ca

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COMING EVENTS

May 24 - Roadbreakers Road Hockey Tournament in conjunction with the Memorial Cup Junior A NHL Tournament, Kitchener. Funds raised will benefit OnTRA centres. Contact OnTRA to see how your centre can get involved!
May 31-June 1 - Canadian National Para Dressage Championships, Maple Ridge, BC For info and entry forms see: www.nftra.ca
July 25-27 - 2008 Ontario ParaSport Summer Games hosted by Variety Village, Scarborough. Equestrian will be held at C.A.R.D., 4777 Dufferin Street, Toronto. For info and entry forms see: www.paralympicsontario.ca. Online Registration will open May 12, 2008. Games website: www.varietyparc.org/parasport/index.htm
 To advertise Events in The ManeLine, send to: ji@eno.netscape.ca

OnTRA CLASSIFIEDS

PART-TIME THERAPEUTIC RIDING INSTRUCTOR position available in Hamilton. One or two evenings and Saturdays.
 Looking for someone with current AI Qualifications and preferably working towards Intermediate Instructor. Instructors with OEF certification who would be interested in working with riders with disabilities and willing to take training for certification as a therapeutic riding instructor should also apply. Reply to pat@tead.on.ca

HEAD INSTRUCTOR

All-year riding facility in the Guelph area is seeking a mature EC Coach 1 with extensive coaching and horse management experience. This riding stable has an integrated program including regular riding club and therapeutic riding students. The applicant should be interested in working with riders with disabilities and willing to take training for certification as a therapeutic riding instructor. Salary commensurate with training and experience. Please forward a resume to the mailing address or email address below:
 Sunrise Therapeutic Riding & Learning Centre
 6920 Conc. 1, RR #1, Puslinch, ON N0B 2J0
 Attention: Lynne O'Brien - Operations & Volunteer Manager
 Email: lynn@sunrise-therapeutic.ca

Book - 'HIPPOThERAPY' by Dr. Ingrid Strauss

OnTRA is proud to sell an outstanding book called 'HIPPOThERAPY'. Dr. Strauss has written this manual for therapists and instructors involved in hippotherapy (therapeutic horse back riding).
 The contents include many topics such as: definition of Hippotherapy/ working principles/ the therapy horse/ development of physiotherapeutic methods/ neurological movement disorder/ orthopedic dysfunctions and changes in the movement apparatus/ pathological basic functions/ contraindications/ treatment, approach and documentation/ practical advice for Hippotherapy for various disabilities, etc.
 Cost: \$30 including postage
 For more information contact Helen Brcko at: brcko@sympatico.ca.

OnTRA MEMBER CENTRES

ASBURN: The Stables at WindReach Farm- 905-655-0889
BAILIEBORO: Mirabel Morgan Farm Special Riding Centre - 705-939-6485
BANCROFT: Equine Assisted Living and Learning - 613-339-1668
BARRIE/ORILLIA: Stonegate Farm - 613-339-1668
BELLEVILLE: Quinte Therapeutic Riding Association - 613-395-2990
BRACEBRIDGE: With Care Oke-Cook Family Farm - 705-645-5866
BRANTFORD: The Heart of Dream Equestrian - 519-750-9940
CALEDON EAST: Peace Ranch Inc. - 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
DESERONTO: Dare To Dream Therapeutic Riding Program - 613-396-3045
DURHAM REGION: Durham Therapeutic Riding Association - 905-668-6680
GREELY: Therapeutic Riding Association of Ottawa-Carleton - 613-821-1844
GUELPH: Sunrise Therapeutic Riding and Learning Centre - 519-837-0558
HAMILTON: TEAD The Equestrian Association for the Disabled 905-679-8323
INNISFIL: Springland Riding Stable - 705-431-7009
KINGSTON: Happy Heart Hippotherapy (Uniquistri Ltd.) - 613-546-7770
KITCHENER: Central Ontario Developmental Riding Program (CODRP) - 519-653-4686
LONDON: SARI Therapeutic Riding - 519-666-1123
MILTON/CAMPBELLVILLE: Windrush Stable Therapeutic Riding Centre 905-854-6008
NEW LISKEARD: Catch A Dream Therapeutic Riding Association - 705-647-8607
NEWMARKET: Horse At Heart Therapeutic Equestrian Adventures Inc. - 905-898-1530
NIAGARA ON THE LAKE: Red Roof Retreat - 905-684-0235
NORTH AUGUSTA: Touch A Rainbow - 613-926-2116
OWEN SOUND: Georgian Riding Association for Challenged Equestrians (GRACE) - 519-372-2721
PETERBOROUGH: PARD Therapeutic Riding - 705-927-0358
PETROLIA: Tomlynn Acres Registered Quarter Horses - 519-882-0958
PLANTAGENET: Passage Equitation Therapeutic Riding Association - 613-673-4875
PORT BURWELL: Jabez Therapy Ranch - 519-874-1188
PORT ELGIN: Pegasus Riding Association Nurturing Challenged Equestrians - 519-832-2522
PORT HOPE: Therapeutic Riding Association in Northumberland 905-885-5770
RIDGEWAY: "I Can" Therapeutic Equestrian Riding Association of Niagara (ICANTER) - 905-894-3276
SAULT STE MARIE: Therapeutic Ride Algoma - 705-759-2965
SHELBURNE: Traditions Farm Therapeutic Riding Centre - 519-925-1866
STOUFFVILLE: Giddyup - 905-642-8001
ST. CATHARINES: Horse Alternative Therapeutic Services - 905-682-3924
THUNDER BAY: Thunder Bay Therapeutic Riding Association - 807-472-5650
TIMMINS: Timmins Therapeutic Riding Association - 705-269-5994
TORONTO: CARD, Community Association for Riding for the Disabled - 416-667-8600
TORONTO: Exhibition Therapeutic Riding Academy - 416-790-2502
TORONTO: Saddle Up for Success - 905-932-1919
VAL RITA: Northern Lights Therapeutic Riding Association - 705-335-2441
WINDSOR: Windsor-Essex Therapeutic Riding Association - 519-969-1261

OnTRA News

'Making the step from Therapeutic Riding to Para Equestrian Sport' on Coaching Para Equestrian Riders was on held Sun. April 13, 2008 at Community Association for Riding for the Disabled (C.A.R.D.) in North York.

By Victoria Davidson LaCombe

Thanks to Judi Island's quick organizing and partnership between Paralympics Ontario and Coaches Association of Ontario, 37 members of OnTRA, 23 of which were coaches from across Ontario, were treated to a fabulous morning with Dr. Rivkah Roth - free of charge.

Dr. Roth passed her Swiss National License for all Olympic Disciplines. She is also a European Grand Prix Dressage Judge and trainer. Dr. Roth is proud to have professional equestrian students on four continents with dressage and event horses and riders trained and developed to the FEI ranked list.

Dr. Roth is not only a distinguished Equestrian professional; she is also a Doctor of Osteopathy, Naturopathic Medicine, Acupuncture and Traditional Chinese Medicine as well as a sought after lecturer and published author. In 2003 she became accredited by the Examining Board of Natural Medicine Practitioners (EBNMP) Canada, to which she since has been appointed as an advisor. In 2005 she received an award as Doctor of the Year for her dedication and contribution to the field of Natural Medicine.

Ontario Coaches Week Includes a Para Equestrian Clinic For the First Time!

Dr. Roth combined all of her expertise into a morning lecture packed with information for coaches on best practice techniques for progressing riders from therapeutic riding to Para Equestrian riding and competition. She particularly stressed the need for riders to learn how to learn to ride a dressage test; which she preferred to call a dressage program.

Also stressed in the lecture was the technique of teaching any dressage pattern backward; from the last movement to the first. After the lecture, the session moved into the arena for practical demonstrations with some of C.A.R.D.'s riders. All of the riders received many useful tips and thoroughly benefited from riding their program 'backward'. Riders, coaches and spectators came away with a great deal of highly useful information and skills they can now apply to all levels of riding.

After a lovely lunch, also provided free of charge, participants watched videos of performances from the 2004 Paralympics in Athens by both Canadian and international riders. Judi Island, Paralympian provided commentary and background on riders and their disabilities.

Once the videos were completed, Judi walked everyone through the levels of competition, from provincial to international, as well as all of the associations involved at the varying levels. This was also appreciated by all of the participants as it clearly laid out what associations require membership for competing and at what levels.

OnTRA thanks all who were able to attend this clinic on such short notice, and special thanks to Judi Island for organizing and C.A.R.D. providing the venue, horses, riders and volunteers for the occasion.

The Education Committee at OnTRA hopes we will be able to have Dr. Roth back in the future so more rid-

ers and coaches can benefit from her wealth of knowledge and experience.

Please contact Judi Island, OnTRA Competition Chairperson through the OnTRA website for more information about Para Equestrian.



Maria Simpson, CARD Rider, with Dr. Rivkah Roth. Photo by Judi Island

ATTENTION - Volunteers Required:
 OnTRA is Urgently Seeking volunteers to work on the following committees - Competition, Fundraising, Public Relations, Special Events & Newsletter. For more information please contact us through our website.



Disclaimer: Note: 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 totally 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.

Ontario Therapeutic Riding Association

Please return this completed form to:
 OnTRA, 660 Eglinton Ave., E., P.O. Box 50058, Toronto, ON M4G 4G1

2008 OnTRA Individual Membership Application
 January 1st to December 31st, 2008
 (Please print clearly)

Name: _____
 Address: _____
 City: _____ Postal Code: _____
 Res. Phone: () _____ Bus. Phone: () _____
 Fax: () _____ E-Mail: _____

Which therapeutic riding centre are you associated with? _____
 What is your affiliation with therapeutic riding? _____
 ___ Rider, ___ Volunteer, ___ Instructor, ___ Therapist, ___ Educator, other

MEMBERSHIP CATEGORIES

___ Individual \$20 ___ Family \$30
 ___ Junior (under 18, non-voting) \$12 ___ Life \$300

It is mandatory that all OnTRA Games participants be current members of OnTRA
 ___ Please check this box if you are an OnTRA Games participant
 Please make cheques payable to: Ontario Therapeutic Riding Association
 Charitable Registration No. BN 88745 8867 RR0001
NEW! OnTRA Members will receive free subscription to *The Rider*. Sign up today!
 Don't miss out on 2008 Clinic, Competition and Grant information.



Show Season is on the Horizon!

To get you inspired to participate this year as a rider, coach or volunteer at a competition for 'riders with a disability' this is the first part of 'ParaEquestrian Series'.

What is ParaEquestrian?

To begin, it helps to first understand what it is not.

ParaEquestrian is not therapeutic riding.

ParaEquestrian is a division of com-

petition. Some of the riders with a disability ride better than many able-bodied riders.

level of their disability/impairment so as to provide for meaningful competition. A ParaEquestrian with a permanent disability is able to use special aids and/or adaptive equipment when competing in Dressage or Driving, so long as the aids or equipment do not provide the athlete with a competitive advantage.

Many also confuse the Special Olympics, which is for mentally challenged individuals, with the Paralympics, which is for physically challenged individuals.

The Paralympic Games are the second largest sporting event in the world after the Olympic Games and are held immediately after the Olympics in the same city and venues. Since 1996 ParaEquestrian Dressage has been a regular fixture at the Paralympic Games, in which more than 40 countries participate, while 2006 was host to the 5th ParaEquestrian World Driving Championships.

Presently at the Paralympic level, riders compete in dressage only in the Paralympic Games.

There is a movement to have ParaEquestrian show jumping and vaulting included.

In 2006, ParaEquestrian joined the ranks of the other 7 disciplines regulated by the FEI to become the 8th FEI discipline, with national and international competitions in both Dressage and Driv-



ing for individuals with a disability. The FEI became the first International Federation to govern and regulate a sport for both able bodied and disabled athletes.

When this sport first began internationally, the competitors used 'borrowed' horses. The organizing committee would put together a pool of horses, and the riders drew for their horses. Now, it's become an 'own-horse' competition. Riders in Europe have always had their own horses. Our riders must now have their own quality horses that can compete at the international level.

ParaEquestrian competition highlights the rider's abilities, not their disabilities.

Entry Level riders are not required to be classified and can compete at Provincial OnTRA and ParaSport competitions. Their instructor would choose the test best suited for them.

The Entry Level IPEC test #1 is the least difficult and is at a walk only. They can have someone read their test at this level.

Classified riders who are unable to compete at their classified level but are working towards it, may choose to compete 'Hors Concours' but they would not be eligible for awards.

b. Where do we get the Para Equestrian tests?

For Para-Equestrian Rules & Tests see: www.fei.org/Disciplines/Para-Equestrian

c. Do riders have to bring their own or the 'program's' horse?

At OnTRA competitions, we try to provide a limited number of therapy horses for riders 'from a distance' to 'borrow'. It is on a first come basis and a Horse Request Form must be submitted.



d. Are riders to be expected to be totally independent in Walk [no leader].

All dressage riders must ride independently.

Send your questions to Judi Island: ji@eno.netscape.ca



petition. Some of the riders with a disability ride better than many able-bodied riders.

To create fair opportunities for all people with disabilities to compete and achieve their goals in equestrian sport, athletes are classified according to the

Competition Questions

a. Do riders have to be classified to participate?

Therapeutic Riding Allows Future Dreams

By Jennifer Zubko

I am an adult who lives with diagnoses of chronic pain, generalized dystonia and spastic diplegic cerebral palsy. An identical twin, Johanne and I were born two and a half months premature. I weighted two pounds, fourteen ounces at birth. This was a scary beginning for my parents, who had

ties, and though testing was done, no reason could be found for it. At age 16, I was sent to a physiatrist at the local rehabilitation hospital. My rehabilitation specialist then told me that I needed to get a power wheelchair to help with mobility. I was determined not to give up walking altogether.



Jennifer Zubko with Mika

let perfectly normal lives prior to the unexpected early arrival of my sister, Johanne and I.

Shortly after birth, I contracted meningitis. While I was still in the Neonatal Intensive Care Unit, well-meaning physicians told my parents that I was not expected to live. If somehow I did, I was not expected to hear, see, speak, or walk.

I was diagnosed with cerebral palsy at the age of one and a half by a developmental pediatrician who specialized in the condition. I was able to provide those physicians wrong! By three, I was walking independently.

I endured multiple orthopedic surgeries though none seemed to aid in functionally improving my walking or to help with the spasticity, which seemed to increase with each passing year. I also started to experience pain in my extremi-

I was also determined that I would not live my life in chronic pain. Since my physiatrist had truly run out of options for my management, I began to search out different treatments on my own, using the Internet and looking through medical journals.

At long last, I located a paediatric neurosurgeon in Calgary, Alberta willing to perform rhizotomy surgery. The surgery was performed form L2-S2, with nearly sixty percent of my dorsal nerves being severed.

The procedure was successful, in that my pain was initially reduced, and my gait and balance greatly improved after extensive physiotherapy done postoperatively.

Unfortunately, a year post-rhizotomy, the pain returned with a vengeance. I did not know where to turn or what to do. At long last, I realized a childhood dream and began to participate in therapeutic riding. I can vividly remember my first night at the barn. I was holding onto the horse for dear life as tack was carefully chosen by my coach and a group of therapists.

My only goal that first evening was not to fall off of the horse! When I began riding, it was difficult for me to balance in the saddle. Holding reins was extremely difficult for me because I have tremors in my hands. The coach worked diligently with me to find tack that would enhance my riding experience.

When I began riding three years ago, it was difficult for me to balance in the saddle or use my legs effectively. This was because I had nearly stopped walking in recent years. Being on the horse motivated me to use my legs again. I had to use them to use my legs to ask the horse to change direction, walk on and stop. I discovered that riding was the one exercise that did not hurt me. The warmth of their body lessened spasticity, leaving me more free than I ever had been in using all of my limbs. Though this improvement began on horseback, it soon spread to my daily life. I was manipulating things like pencils, eating utensils and accessing my computer mouse with greater ease.

Today I ride using a set of loop reins, therapeutic riding saddle and devonshire boots. I am working on posting trot and have recently begun to work at trot without the need to use my hands to grip the front of the saddle for balance.

Working at trot gives me such a sense of freedom, as it is the only way I have ever been able to run. I have worked on many dressage shapes, such as circles, serpentine and figure eights. Some of my most recent riding challenges have been turn on the forehand and leg yielding. I have also done some dressage tests to music.

I know that I will eventually compete provincially. I also would love the opportunity to compete for Canada in the Paralympics one day.

Horses have helped heal my body, mind and soul. Given me a sense of control in my life. These gentle animal therapists are granting me a chance to hope, to continue to dream. I now know that anything is possible thanks to determination and therapeutic horseback riding.

Jennifer Zubko began riding 5 years ago. She presently rides at SARI in London, ON.



Victoria LaCombe, Jennifer Zubko with Mika (center) at Over The Moon TRC.



ILDERTON EQUINE SERVICES

13985 Ilderton Rd, Ilderton, On
519-666-0911 fax 519-666-3997
Ildertonequineservices@bellnet.ca

Dr. Kendra Boehnke Dr. Tara Foy
Dr. Stan Henderson Dr. Chris Robson
Dr. Robert Boyce

Digital Radiography Pre Purchase Exams
Digital Ultrasonography Herd Health
Shock Wave Therapy Reproduction
Dentistry (Powerfloat) Lameness Evaluation
In House Lab Emergency Service



Springcreek Farm
4243 Springcreek Rd.
Vineland, ON.

**For Programs
Contact Brenda
905-563-6191**

**BUBBLEGUM SHOWS
FOR JUNIORS
2008**

**WEDNESDAY, JULY 2ND
WEDNESDAY, JULY 16TH
WEDNESDAY, JULY 30TH
WEDNESDAY, AUGUST 13TH**

