



Ontario Therapeutic Riding Association

The ManeLine www.ontra.ca

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Centre Profile: Windsor-Essex Therapeutic Riding Association

The Barn Raising!

The new home of the Windsor-Essex Therapeutic Riding Association is taking shape as construction is underway at its new 73-acre site on North Malden Rd. near McGregor. WETRA provides therapeutic horseback riding for children and adults with physical, developmental and emotional disabilities.

Rosati Group is providing construction management services for the new venue, with its unique design providing complete handicapped accessibility.

The shell of the new 28,880-

square-foot riding arena and 4,585 square-foot office area has been put in place. The site will also include a 12,597-square-foot stable for up to 30 horses, a classroom area, hay storage and other equestrian amenities such as a hydraulic lift to assist people from wheelchairs to horseback.

WETRA staff and client families are anxiously awaiting the move to the spacious new quarters as they watch the buildings go up. "We're very excited and thrilled by how quickly the project is progressing," said Program Director Sue Klotzer.

Donations are still needed to assist the not-for-profit group to complete the project by the target date of March 2011, in order to obtain \$1.4 million in government infrastructure funding from the Ontario Ministry of Agriculture. The Building a Stable Future fundraising program aims to raise \$700,000.

For more information or to send in a donation, call Program Director Sue Klotzer at 519-969-1261. Donations can also be made on the WETRA website www.wetra.ca



OnTRA would like to send a special thank you to Margaret and Alan Hudak for their generous donation of \$500.00 in honor of Meghan and Rob Thompson who were married on September 11, 2010.

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

2010 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.

Para-Equestrian Canada Announces 2011 Election Results

Ottawa, ON — Para-Equestrian Canada is pleased to announce the 2011 election results for positions on the Canadian Para-Equestrian Committee (CPEC).

Jane James of Duncan, BC, and Isabel Reinertson of Salmon Arm, BC, both current CPEC members and were nominated by the general Para-Equestrian Canada membership and subsequently elected by acclamation for two-year-terms on the Committee. Sharon Buffitt of Pointe-Clarie, QC was nominated and elected for the position of Athlete Representative on the Committee by the Para-Equestrian Canada ranked athletes. Each of the elected positions is for a two-year term, which will begin on February 1st, 2011.

"We are very fortunate to have Jane and Isabel joining us for another term on the Canadian Para-Equestrian Committee," said Amie O'Shaughnessy, manager of Para-Equestrian at Equine Canada. "Jane and Isabel have each made significant contributions to the success of Para-Equestrian sport in Canada; their expertise and vision will be essential as we enhance our existing programs leading into the 2012 Paralympic Games."

"I am delighted to welcome Sharon Buffitt to the Canadian Para-Equestrian Committee as the Athlete Representative," said Isabel Reinertson, Chair of the Canadian Para-Equestrian Committee. "Sharon was one of the original interim board members and has contributed much to the initial structure and development of the discipline."

The 2011 Canadian Para-Equestrian Committee will consist

of: Sharon Buffitt of Pointe-Clarie, QC; Jane James of Duncan, BC; Margaret Murdoch of Orangeville, ON; Isabel Reinertson of Salmon Arm, BC; and Gwynne Rooke of Stouffville, ON. The Committee will elect a chairperson from amongst its own members at the first meeting in February.

About Viterra

Viterra Inc. is a global food ingredients agribusiness headquartered in Canada. The Company has extensive operations and distribution capabilities across Western Canada, as well as in Australia and New Zealand, with Adelaide, Australia being Viterra's base for its Southeast Asian operations. Viterra also has offices and operations in the United States, Japan, Singapore, China, Switzerland, and a joint venture in Ukraine. The Company is diversified into sales and services of crop inputs and equipment, grain handling and marketing, livestock feed, food and malt processing and financial products. These operations are complemented by value-added businesses and strategic alliances, which allow Viterra to leverage its pivotal position between growers and destination customers. The Company's common shares are listed on the TSX under the symbol VT. In Australia, Viterra's Chess Depository Interests (CDIs) are traded on the Australian Securities Exchange (ASX) under the symbol VTA. For more information, please visit www.viterra.ca.

About Para-Equestrian Canada

Para-Equestrian Canada is the Equine Canada committee

responsible for developing programs for athletes with a physical disability, and implementing the Para-Dressage high performance program. Para-Equestrian is one of Canada's most successful international disciplines, achieving an individual gold medal and an individual silver medal at the 2008 Paralympic Games, as well as two individual bronze medals at the 2004 Paralympic Games.

About Para-Equestrian Sport

Para-Equestrian sport provides riders with a physical disability the opportunity to compete against other riders with similar abilities. Riders are given a "Grade" based on their functional ability, and are judged on their riding skill against other athletes of the same Grade. There are five grades of competitions in dressage, with Grade IA representing the more severely impaired riders, and Grade IV representing the least severely impaired riders. Many Para-Equestrian athletes also compete alongside able-bodied competitors in Equine Canada competitions. At the grass roots level, Para-Equestrian encompasses a number of different disciplines, while the international stream focuses only on Para-Dressage. For more information, please visit www.equinecanada.ca/para-equestrian.

About Equine Canada

For more information about Equine Canada, please visit www.equinecanada.ca.

Windreach Farm Hires New Leader

It is with great pleasure that the Board of Directors of WindReach Farm is pleased to announce the appointment of Karen Gordon as Executive Director.

Most recently with Integra Foundation Children's Mental Health Centre in Toronto, Karen brings 20 years of senior management experience in the social service and not-for-profit sectors assisting people with disabilities. Karen possesses extensive experience as a leader of large staff teams and manager of complex programs and facilities. Her education, training, and experience combined with her intense dedication to delivering effective and life changing programs



will be a valuable contribution to the future of WindReach Farm.

WindReach Farm is the story of a man with a vision; Founder Alexander (Sandy) J. Mitchell, born with cerebral palsy. Through Sandy's passion and profound insight, the farm turns what most people view as ordinary activities, into extraordinary experiences.

Karen joins the WindReach team at an important time, since the organization is about to launch a strategic plan that will further support the mandate to enrich the lives of persons of all ages with different abilities and/or special needs through experiences in farming, nature, outdoor recreation and therapeutic riding.

In 2010, over 20,000 people participated in the various programs offered by the farm, including day/overnight visitors, work experience and therapeutic riding. The accessible

pathways, barns and stables, combined with a "can do" attitude of staff and volunteers, make an inspirational impact on all visitors and program participants. Karen's arrival marks the departure of long time Executive Director, Penny Smith, who through her strong leadership and commitment contributed to the growth and success of WindReach over the past 13 years.

To learn more about WindReach Farm and our programs or to book a visit, check out www.windreachfarm.org or call (905) 655-5827.

At Left: WindReach Farm Founder, Sandy Mitchell, welcomes Executive Director, Karen Gordon

Tribute to Therapeutic Riding Centres

By Lynn Marshall, Para-Equestrian Development Coach, Ottawa, January 2011.

Despite many years involved with riding internationally, I was still personally moved recently in witnessing a "first" in one of the aspects of my sport. This was at the World Equestrian Games in Kentucky where athletes with a physical disability competed for the first time as part of the regular event schedule. The games, which serve as the world championships for the eight disciplines of equestrian sport, were for the first time held outside of Europe. I was privileged to accompany the Canadian Para-dressage team as the development coach and was inspired by these remarkable athletes. Sixteen countries were represented.

It was amazing to see so many athletes of different abilities competing. Many had overcome horrific accidents and did not have the use of some of their limbs. Others were born with Cerebral Palsy, Visual Impairment and other conditions. 16-year-old Danish rider Stinna Tange Kaastrup, who was born without legs, particularly inspired me. I had asked her how she became involved with riding. She mentioned that a friend who rode at a Therapeutic Riding Centre one day said: "Come and see me ride". And for her that was it. Her climb to fame began in a Therapeutic Riding Centre. She won a bronze medal for her country at such a young age. In this article I wish to pay tribute to the incredible service that Therapeutic

Riding Centres offer in improving the lives of those brave souls who refuse to let their disabilities limit them.

Therapeutic Riding, also known as Equine Assisted Therapy, uses the horse to achieve a variety of therapeutic aims, including cognitive, physical, social, educational and behavioral goals. One of the first studies on the value of riding as a therapy was reported in 1875 when a French physician used riding as a treatment for a variety of conditions.

Therapeutic riding is practiced in some form now all around the world. It benefits individuals with all types of conditions including Muscular Dystrophy, Cerebral Palsy, Visual Impairment, Autism, Multiple Sclerosis, Spina Bifida, Emotional Disabilities, Brain Injuries, Amputations, Learning Disabilities, Attention Deficit Disorder and many others. It calms emotions and boosts the morale of children and adults and gives a positive self image, sense of responsibility and self-confidence - qualities that serve them well as they meet their challenges in life.

There are three aspects that I would like to pay tribute to in regards Therapeutic Riding.

1. The horse: It's been said that the relationship between human beings and horses is one of the most ancient and mutually beneficial relationships between man and animal to ever exist on our planet. This has certainly proven true for Therapeutic Riders. A famous saying among horse lovers and

attributed to Sir Winston Churchill goes, "There's something about the outside of a horse that's good for the inside of a man". Most horses will typically put out special effort for disabled riders. It is exciting to see or hear of a child who couldn't or wouldn't talk make sounds and formulate words or speak for the very first time while riding a horse. Riders develop physically, mentally and emotionally.

The horse seems to bring out the very best in riders, lift their spirits and give them confidence. The horse seems to sense that there is a special person on them. It is also exciting to see a child who could barely hold their head up for a few moments when they began the program at a Therapeutic Riding Centre, after some time actually sit up and ride for an entire lesson.

2. Therapeutic Riding Centres who have the vision to see that working with the disabled helps them to obtain the maximum of their capabilities. What an awesome responsibility to have a part in giving others an elevated quality of life in a world that is becoming more and more self-centered.

3. Volunteers: All Therapeutic Riding Centres need volunteers. And volunteers should know and appreciate that they are contributing to a worthwhile cause. After all, a caring community starts with people helping people. Volunteers enjoy the benefits of exercise and fresh air as well as the experience

of working with horses. And in meeting new friends and having a good time. They have the reward of being able to help those less fortunate than themselves to gain emotional and physical independence and self-confidence. They understand that humans who have positive contact with animals tend to have higher self-esteem and are empathetic and nurturing. With children, horses can act as a buffer to a child's traumatic experience - helping children express emotions - resulting in more coping strategies and reducing posttraumatic stress reactions.

So who benefits from Therapeutic Riding Centres? Everyone! Why not visit a center near you and be inspired by what you will see. TEAD is your local centre and they can be reached at 905-679-8323 or visit their website www.tead.on.ca

Do call ahead of time and let them know you are coming as their lives are incredibly busy.

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Rio's Filius W

Rio's Filius W, 1998 Hanoverian
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Spitting image of his legendary sire



Rio Grande

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