



Ontario Therapeutic Riding Association

The ManeLine www.ontra.ca

President: Karen A. Sibbald
Vice President: Sonia Koczekan
Treasurer: Victoria Davidson LaCombe
Secretary: Gay Harper
Directors: John McClellan, Judi Island, Pat DiMambro, Chris Peare, Julia Thompson

OnTRA Instructor, Martha Lloyd-Smith, Awarded Ontario Medal for Good Citizenship

An OnTRA Instructor has been recognized for her outstanding contribution to the community.

A ceremony was held at Queen's Park to honour Martha Lloyd-Smith and the other 11 recipients in the province for an Ontario Medal for Good Citizenship.

The Honorable David C. Onley, Lieutenant Governor of Ontario and OnTRA Patron with Citizenship Minister Michael Chan presented the medals at a ceremony at Queen's Park on October 20th.

Created in 1973, the Ontario Medal for Good Citizenship recognizes people who, through exceptional long-term efforts, have made outstanding contributions to the well-being of their communities.

"These people have made tremendous contributions to their communities and the province of Ontario," Onley said. "Their volunteerism and community service are a gift to their fellow citizens."

Martha Lloyd-Smith of Markham, ON was recognized for over 32 years of volunteer work with the Ontario Therapeutic Riding Association (OnTRA) and Community Association for Riding for the Disabled (CARD), a therapeutic riding center in North York.

Therapeutic riding was first introduced to Canada in 1968. In 1969, CARD was incorporated. CARD was relocated to G. Ross Lord Park in 1979 with the enthusiastic support of Mel Lastman, then Mayor of North York.

Ever since 1976 when Martha first began volunteering at CARD she saw the huge benefits to the participants. The program benefits riders who seek physical or cognitive therapies who have a variety of disabilities. The swinging, repetitive motion imparted to the rider through therapeutic horseback riding helps improve balance, coordination, strength and muscle tone while gently mobilizing the joints.

She provided lessons improving muscle tone, balance and coordination at the same time encouraging appreciation of their equine partners.

Lloyd-Smith has instructed and coached well over 700 riders with a disability making a huge positive impact on both their health and quality of life. Some of her students have progressed to Provincial, National and International competitions.

Martha Lloyd-Smith has also participated in fundraising and competitions to raise public awareness and help people with disabilities.

In addition to supporting the riders Lloyd-Smith also sup-



Mrs Ruth Ann Onley, The Honourable David C. Onley, Lieutenant Governor of Ontario, Martha Lloyd-Smith, Colonel Jim Hubel

ports and encourages other volunteers. The volunteers who work on a weekly basis under Martha's guidance in the Thursday morning classes have collectively volunteered over 135 years!

COMING EVENTS

2008 OnTRA AGM - Sat. Nov. 29 at 10:30 am.

The 24th Annual General Meeting will be held on Saturday, November 29th at the Delta Meadowvale Conference Center, 6750 Mississauga Rd., Mississauga in conjunction with the Ontario Equestrian Federation Conference.

This year you can attend single seminars at the OEF conference. For details see: www.horse.on.ca

CLASSIFIED ADS

Wanted: Volunteer Therapeutic Riding Instructor

Community Association for Riding for the Disabled (CARD) is looking for instructors for its therapeutic riding program

To apply, please contact or send your resume to: Alie Volpatti, Program Director at card.equestrian@sympatico.ca or call 416-667-8600 x72.

For more information about CARD please visit our website at www.card.ca

OnTRA Thanks Four Members With Over Eight Decades of Service

Ontario Therapeutic Riding Association (OnTRA) members with a cumulative 8+ decades of service to therapeutic riding will leave the OnTRA Board of Directors at the November Annual Meeting.

Karen Sibbald, Board President, and Sonia Koczekan, Vice President, announced in June that they would be retiring at the AGM. Also retiring are John McClellan, CA, Treasurer, and Gay Harper, Secretary.

"We recognize that it is time for OnTRA to grow with new Board members and new ideas," Karen said. "We'll continue to vigorously support therapeutic riding, but without the responsibility of Board membership."

Sonia noted that "we will all continue to support OnTRA's programs whenever

possible." Karen Sibbald came to OnTRA in 1997. She served as Director and OnTRA representative to the Ontario Equestrian Federation (OEF) Association Council and most recently as OnTRA President.

Karen came to OnTRA from the Community Association of Riding for the Disabled (CARD), where she became a Director in 1992 and served as President of the Board from 1994 to 1996. She raised funds for, and produced, a fundraising CARD video with \$40,000 in support from the Bank of Montreal, Cadillac Fairview and the Variety Club.

A lifetime horse person, Karen is a communicator and marketer with a flare for fundraising and corporate and special events. She was co-chair of CARD's

first major special event, a celebration of the career of former championship jockey, Sandy Hawley.

Sonia Koczekan has been involved with horses for 45 years. She has been a certified CTRI (Canadian Therapeutic Riding Instructor) since 1985. She recently qualified as a Canadian Therapeutic Riding Association (CanTRA) coach, the highest level of certification for therapeutic riding instructors in Canada.

Sonia became an examiner with CanTRA in 1991, travelling across Canada training and examining individuals who wish to become certified instructors. She was on the CanTRA Certification Committee and is past chair and a mem-

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OnTRA MEMBER CENTRES

- ASBBURN:** 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 - 705-327-7801
- 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 - 905-668-6690
- 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! (Uniquesnti Ltd.) - 613-546-7770
- KITCHENER:** Central Ontario Developmental Riding Program (CODRP) - 519-6534686
- 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 - 519-874-1168
- 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



Ontario Therapeutic Riding Association

Please return this completed form to: OnTRA, RR 1 Staffordville, ON, N0J 1Y0

2009 OnTRA Individual Membership Application
 January 1st to December 31st, 2009
 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 / OPSG Competition participants be current members of OnTRA

Please make cheques payable to: Ontario Therapeutic Riding Association
 Charitable Registration No. BN 88745 8867 RR0001

OnTRA Members will receive free subscription to The Rider. Sign up today!
 Don't miss out on 2009 Clinic, Competition and Grant information.

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 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.

Go Green Go 4-H!

Waterloo 4-H horse club members display their green in support of National 4-H month.
Waterloo 4-H Precision Riding horse club members:



Left to Right - Waterloo 4-H leader Sharon Grose, and 4-H members - Rebecca Grose, Zoe Ninos, Lois, Gingrich, Alice Gingrich, Marty Metzger, Andrew Grose, Charlene Coach, Jessica Dunbar, Kristen Bradly, Michealah Robinson, Shania Robinson, 4-H Leader Lori Robinson, Diva Allen, Heather Bauman, and Kristen Harris are pictured showing their green. The Canadian 4-H Council invited all 4-H members, leaders, and alumni to go green to show their support for National 4-h Month. Green and white are the official colours of 4-H in Canada. Green represents agriculture, and white represents youth and purity. Youth involved in 4-H Clubs have an opportunity to learn new skills, meet new friends while having fun.



4-H Precision Riding club president Andrew Grose presents Dave Liefso of Mt. Forest Cover-All Building Systems with a thank you photo booklet. Coverall of Mt. Forest donated \$200 and a sign to the 5-H 4-H Precision Riding Club. (5 H horse, head, health, hands, heart) The club has over 20 kids riding each Thursday night in Linwood



Waterloo 4-H Trail Riding Club raised over \$802 for Sunrise Therapeutic Riding & Learning Centre during the Hoofbeat Challenge for 2008. The 4-H club wanted to give back to the community, and by participating in the hoofbeat challenge the club members and leaders were able to support folks with special needs in their pursuit of sport they all enjoy - horseback riding. Pictured are left to right- 4-H Leader-Dennis Weber, Meagan Weber, Rebecca Grose, 4-H Leader Sharon Grose, 4-H Leader Lynne Strenzke, Emily Strenske, and Emily Schurmann.

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ber of both the Competition and Education committees. She also conducts insurance inspections at therapeutic riding centres around Ontario.

Sonia served on the CanTRA Board for nine years and on the OnTRA board for more than 10 years. In addition to her role as Vice President, she is chair for education, membership and special events.

Sonia is a volunteer instructor for CARD in Toronto where she started her career in therapeutic riding more than 30 years ago. She is also the Director of Therapeutic Riding for the Exhibition Therapeutic Riding Academy (EXTRA) which runs out of the Riding Academy at the Horse Palace at the CNE. It is Sonia's commitment to riders with disabilities which keeps her involved in therapeutic riding and involved in mentoring others who are looking to get certified.

John McClellan became a board member in 1998 where he served as treasurer for almost 10 years. He arrived at OnTRA at Karen's request and stayed on as he acquired a growing appreciation for therapeutic riding.

Gay Harper is a "CARD retired horse mother," who joined the CARD Board in 1990 at the invitation of the late Sandra Silcox. A fundraiser by profession, she drafted foundation and corporation proposals and helped to expand CARD's fundraising base.

Gay joined the OnTRA Board in 1995. She has served in many roles including: Fundraising Adviser

OnTRA's representative on the OEF Associations Council

OEF Council Vice Chair
OEF Board of Directors.

After 13 years serving on the OnTRA Board she steps down from her current position as Secretary of OnTRA.

OnTRA would like to take this opportunity to recognize and thank them for their many years of dedication and commitment to therapeutic riding.

To Find out more about becoming an OnTRA member check our website, www.ontra.ca or call 905-839-4931



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