



Issue 2 - 2012

# RTRA

Regina Therapeutic Riding Association

*Thank you*  
to our corporate  
and private donors!



RTRA's sponsors are very important to our program. They help us keep this great program going and provide such joy to our riders. We are grateful for their support.

Visit our web page at [rtra.ca](http://rtra.ca) to see our growing list of sponsors and donors and information on how you or your organization can support the RTRA.



**Find us on Facebook!**

**Inside:**

Mae Smith retires from Sask. Horse Federation executive .....	2
New look for RTRA volunteers .....	3
RTRA volunteers seek Assistant Instructor designation .....	3
Physiotherapists needed .....	4
Blue's News .....	4

## First session of 2012 begins March 12

Parents and students were invited to Setting Sun Stables on January 8 to meet Dana and receive their rider information packets and forms for enrollment.

Reactions were positive and Dana is looking forward to instructing her first therapeutic riding lesson.

The first session of the year will be held March 12 - May 4. Additional 2012 sessions have also been scheduled as follows:

- June 18-August 11
- August 13-October 5
- October 15-December 7.



*Luc rewarded Apache with treats after a good riding lesson.*

### Who can ride?

RTRA provides qualified instruction and horsemanship to mentally and physically challenged children and adults.

Our students challenges have ranged from mild to severe, and include Down Syndrome, Autism, Cerebral Palsy and MS - just to name a few.

### What are the benefits of therapeutic riding?

Physically, riding increases balance and mobility. Riding can strengthen tight muscles and tendons, facilitate upper extremity and hand control, and stimulate the "riding reflex" that allows us to sit and walk upright. The warmth and motion of the horse's body

significantly reduce spasticity and enhance coordinated action in other muscle groups.

The psychological benefits of riding are extremely powerful as well. A whole new world opens up to the student and their limitations and capabilities suddenly will never be the same.

The many positive effects on self esteem, self image, and self confidence in riders cannot be overstated. Horseback riding gives RTRA students a sense of accomplishment and independence and improves their motivation.

### How do riders apply?

All the forms and information you need to get started are available on our new website - [www.rtra.ca](http://www.rtra.ca). Just a click to download and print!



The RTRA is a charitable organization formed in 1992 with the goal of providing qualified instruction in therapeutic riding and horsemanship to children and adults with special needs.

RTRA is a member of and operates under the guidelines of the Canadian Therapeutic Riding Association (CanTRA) website: cantra.ca

RTRA is a corporate club member of the Saskatchewan Horse Federation. website: saskhorse.ca

RTRA is a Canadian registered Charity. Donations of \$10 or more to the RTRA are tax-deductible, with receipt issued to the donor from the Regina Therapeutic Riding Association.

RTRA's Charitable Registration Number: 0906834-11.

### Questions? Comments? Contact us!

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Newsletter Editor  
Lynn Woods-Nordin

This newsletter was printed on March 7, 2012.

## Anyone who visits or volunteers must sign a Setting Sun Stable Liability Release form for 2012.

Release forms will expire on Dec. 31 of each year and new forms will be required to be signed on January 1 each year.

Thank you for your anticipated cooperation.

### FOR YOUR INFORMATION

#### Important message regarding Capri Liability Insurance for students, volunteers and instructors at Setting Sun Stables.

The Regina Therapeutic Riding Association provides an insurance fee to the Saskatchewan Horse Federation at the start of each riding session to ensure everyone is covered in the case of an equine related accident.

The Regina Therapeutic Riding Association also ensures this coverage is in place at all other events hosted at Setting Sun Stables, such as workshops and barbeques.

## Mae Smith retires from SHF executive

After 28 years of dedicated service, Mae Smith is retiring from the position of Executive Director at the Saskatchewan Horse Federation.

"Mae has been a tremendous asset to our SHF organization and is going to be tremendously missed," said Sask. Horse Federation president Terry Fagrie in his Jan.-Feb. 2012 *Show Trail* report. "She has been a big contributor to our growth and development as an organization and I personally am going to miss her, not only as an executive director, but as a friend."

SHF members will thank Mae for her long and dedicated career in service of the membership and wish her well at the SHF annual conference in March 9 to 11, 2012, in Regina.

We wish Mae all the best in her future endeavours.

*Editor's note: The RTRA is a corporate club member of the Saskatchewan Horse Federation.*



## RTRA instructors and volunteers are dressed for success

We have designed a new volunteer button, RTRA pins, and ID vest for quick recognition of our volunteers and instructors to be worn at Setting Sun Stables and all other events we participate in.

Every new volunteer will receive an ID vest, button and pin on their first day.

### Consider volunteering!

Volunteers are valuable to our organization and without those who choose to make a

difference our program could not exist. Most positions require no special skills - just a willingness to learn and to be a valuable part of our organization. We provide training sessions to provide information and training to all volunteers.

There are a number of positions for volunteers in the RTRA.

**Lesson Volunteers** prepare the horse for class (grooming, tack, etc.) and lead the horse during the lesson. Others

participate as a side walker, walking along beside the rider to provide them with support, guidance, and encouragement.

**Physical/Occupational Therapist volunteers** assist in lesson planning to develop the most beneficial program for each student.

If you are interested in becoming an RTRA volunteer, visit our website at [rtra.ca](http://rtra.ca) to find all the required forms and information you need to get started. Just click to download and print!

## Volunteers work toward Assistant Instructor designation

RTRA instructor Dana Zubko may soon have four CanTra certified assistant instructors.

Four of our volunteers have submitted their certification registration forms to CanTRA (Canadian Therapeutic Riding Association). These women are working hard to complete their required volunteer hours, study work, and exams required to become qualified CanTRA

assistant instructors in the future.

Our program is very fortunate to have dedicated and capable volunteers who are willing to put in the training and time to assist Dana in

providing enjoyable riding instruction to our riders.

If you are interested in becoming an Assistant Instructor, visit the CanTRA website at [www.cantra.ca](http://www.cantra.ca) for more information.

**Need it? Find it on our website!**  
**[www.rtra.ca](http://www.rtra.ca)**

# HELP WANTED

## RTRA is seeking a Registered Physiotherapist(s).

We need a Registered Physiotherapist to assist on a voluntary basis and be part of the assessment process – with our Medical advisor – in evaluating our prospective riders' acceptance into the program.

A Physiotherapist with equine experience would be a great asset to the Association.

You would make a profound difference in the lives of those facing physical, cognitive, social or psychological challenges. You can help change a life and make a dream come true!



RTRA rider Max riding Perez.

If you are interested in becoming a valued member of our team – or if you have questions about what would be involved – contact us at: [ReginaTRA@sasktel.net](mailto:ReginaTRA@sasktel.net)



Does everyone know who a farrier is and what a farrier does? A farrier is a man or a woman who trims our hooves. They can also be called blacksmiths or horseshoers.

It's really important that I stand really still so that my farrier can trim my feet at the correct angle, size and shape. It doesn't hurt. It's like trimming the end of a human's fingernail.

Some horses get shoes. They are a custom- molded piece of iron that is shaped to the trimmed hoof. Shoes are needed if they work really hard or do a lot of racing, jumping or training. It's a good idea to have proper footwear. I don't need shoes because my life is pretty easy. I prefer the natural look anyway.

My farrier is an artist. I have great looking feet! (I have overheard some compliments from the other guys in the pasture).

Until next time!

Blue's gentle manner and sweet disposition have made him a favourite among RTRA students, instructors and volunteers. He is the unofficial mascot and face of the RTRA.



Find me on Facebook!  
I'm "RTRA Blue"

## thank you **Setting Sun Stables**

RTRA would like to acknowledge the support and generosity of Korey and Davey Dunlop who allow us to board our horses and use their indoor arena for RTRA lessons at Setting Sun Stables.



Setting Sun Stables is a family-run horse boarding facility five miles North of Regina. The stable houses 12 x 14 ft. indoor box stalls, individual tack lockers, a washroom, and complete laundry services. The entire facility is heated and insulated.

Visit [www.settingsunstables.org](http://www.settingsunstables.org) to learn more about Setting Sun Stables and their expansion plans for 2012.