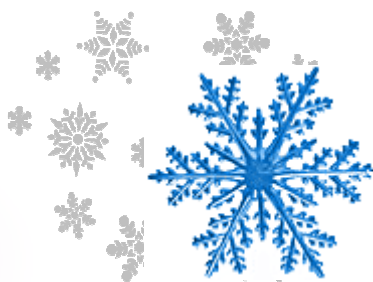


JANUARY, 2021

MVSRA Neighbourhood News



2021 Membership Fees are due:

(Paid once-yearly).

- Non Voting Membership: \$5
- Voting Membership: \$10

e-Transfer to:

mvsratea@gmail.com

A welcome to everyone to 2021...hopefully with a light on the horizon!
To say that 2020 was turbulent and unexpected would be an understatement.

Due to Covid restrictions, the Spring and Fall Riding Sessions had to be cancelled, as well as the much anticipated CanTRA Conference in May.

In September, while the restrictions had been eased somewhat, Board members and Volunteers held a "Covid Preparedness" practice session, involving scenarios of riders and walkers etc. and how the AB Health Care Covid guidelines would be applied to our particular situations to ensure rider and volunteer safety.

As of this newsletter date, riding arenas and public facilities remain closed due to pandemic restrictions. As this continues to evolve—hopefully these restrictions will be eased—allowing equine activities to resume in the near future.

With that in mind, MVSRA continues to optimistically move forward with the planning of the AGM for Mon, Jan 25—to be held by ZOOM at 7:00 pm. Looking forward to seeing everyone soon—either on-screen or in-arena!

UPDATE: Thanks to everyone who attended the AGM via ZOOM! Very enjoyable to see and talk to each other—albeit virtually. Some highlights:

- Various Reports were read, including the President's, Treasurer, Instructors, Tack, Food Committee, Website and Policy Committee.
- Spring Session dates were discussed. Planning is tentative at this time, pending evolving Covid restrictions.
- Membership fees remain the same for 2021: Lessons: \$15/lesson with a once-yearly \$5 membership fee. Once-Yearly Voting membership: \$10.
- Election of 2021 Directors and Committee Positions: These remained mostly the same through acclamation. We welcome Kate Tutt as a new Member-at-Large.

MVSRA AGM 2021

Monday, January 25

7:00 pm

President: Burt Hunt

PH: 556.6883

Treasurer: Gerty Kure

PH: 352.9873

Secretary: Terry Tiberghien

PH: 556.0215

Food: Sandra Hanson

PH: 556.7008

Board Member/Tack Manager:

Bonar Hanson

PH: 556.7008

Rider and Volunteer Liaison:

Karla Brautigam

PH: 335.9146

Board Member / Website:

Anne Allison

PH: 638.5052

Board Member / Wind Up

Nights: Kate Tutt:

PH: 740-3264

The following is information courtesy of Shelene Williams:

The Canadian Therapeutic Riding Association (CanTRA) is hosting some webinars over the next few months, which focus on some of the issues our riders may deal with. Please be aware that you must be a CanTRA member to attend any of the webinars. Annual CanTRA membership is \$40.

Session 1: Autism Spectrum Disorder: Wednesday, January 20, 2021

Session 2: Attention Deficit Hyperactivity Disorder and Attention Deficit Disorder:
Wednesday, February 17, 2021

Session 3: Fetal Alcohol Spectrum Disorders: Wednesday, March 10, 2021

The 2021 Winter Education Series on Neurodevelopmental Disorders has been organized in response to requests from CanTRA programs who are seeing the need for further education in this area. There are many clients coming to Therapeutic Riding Programs and Equine Facilitated Wellness Programs with these disorders.

Dr. Anne Barnfield, who is Associate Professor of Psychology at Brescia University College in Ontario, has kindly put together this series for the benefit of CanTRA Members to help broaden the knowledge of these disorders within the CanTRA membership. She is also a long term member of the CanTRA Equine Facilitated Wellness Committee.

Dr. Anne Barnfield has carried out research projects on the psychological effects of sport/physical activity participation, including Therapeutic Riding and also on the effectiveness of Equine Assisted Psychotherapy.