



THE JOYRIDERS
THERAPEUTIC RIDING ASSOCIATION
Prince Edward Island, Canada



“THE WHINNY”

Issue #6
NOVEMBER 2010

OUR MISSION

is the enhancement of the physical, emotional and social well-being of children and adults with disabilities through various forms of therapeutic riding.



*Jessie Craswell says he's having a blast.
Photo: Mike Rowledge*



Paul Boswall tells volunteer Rose-Ellen Ghiz he had fun too.



**FROM THE EDITOR'S
DESK**
Daphne Davey

It doesn't pay to take a few weeks off to move house. By the time I was free to return to the program, the fall session was almost over. Not only did I miss everyone, I missed some new, exciting events.

Mikaela Arsenault, who I met in the summer program, was now making strides in the fall; new volunteers, whom I had not met, were getting their feet wet (and muddy); and our new Hoist (Harold the Hoist, perhaps?) made its (his?) debut.

But, as our president Andy Robb points out in his article, there's much more by way of excitement coming down the pipe in the next few months. The grass never grows under our hooves.

First, though, there's our famous **Christmas party**, not to be missed. Please do come, riders and volunteers all! We not only celebrate the season but the achievements of our riders, the absolute dedication of our board, instructors and volunteer force, and the special partnership we have with our horses.

The upcoming winter may be short on riding lessons, but it will be long on training, planning and preparation for all the fun of 2011. See you in the spring!

PRESIDENT'S REPORT
Andy Robb



Since the last issue of *The Whinny*, the Board has been active on a number of fronts. Fund-raising, always a priority, provides the resources to let us thrive and grow as a program. This fall we received two grants. The Telus Atlantic Community Foundation awarded \$4900 to purchase an electric lift (hoist) and other equipment, and to support the 2011 CanTRA conference. We also received \$500, representing the Dr. Donald Taylor Award, from the Community Foundation of PEI for the conference.

In addition, ParaSport and Recreation PEI is making a generous grant of almost \$1200 to fund the second year of tuition for our trainee Assistant Instructors. Finally, a cheque for over \$700 arrived from the Hope Reins therapeutic riding program in Nova Scotia, whose program is winding up and who decided to donate their remaining funds to Joyriders. It is sad to hear they are folding, but the unexpected funding is more than welcome!

Visitors to our program will know that the new electric lift is installed and in use. Blair Gallant of Lawton's Home Health gave a training session at which instructors and volunteers got to experience the lift in action. Now with both ramp and lift, we have moved forward significantly.

The year 2011 will be a busy one for Joyriders. In June we will host the CanTRA national conference. Most of the program is set, and local planning is well under way. PEI's very own Olympic pentathlon athlete, Kara Grant, will be keynote speaker. Then in early September we will hold our major fund-raiser. Both events will be hosted by Danny and Martie Murphy at Gingerwood.

Two other new initiatives take place this fall. The first is that two of our riders, Claire Lockhart and Hannah MacLellan, will be videotaped performing dressage tests as part of Equine Canada's para-equestrian program. The taped rides will be judged centrally as part of a national competition. This is an exciting addition to the program and the girls have been working hard on their tests. The board has also acted to create a new group, **Friends of**

Joyriders, members of which will be called on periodically for advice or assistance as needs arise. This group will be listed on our website but will not be expected to attend meetings or do other board work.

Finally, come and enjoy the Christmas and Volunteer Recognition Party (*see page 5*)! We hope to see many *Whinny* readers there so we can wish them "Merry Christmas" in person.



SUMMER PROGRAM HIGHLIGHTS

Four new riders enjoyed our introductory program this summer: Mikaela Arsenault, Ryan MacNeil, Brett Robinson and Brody. Here they are in action.



Brett on Cue.



Mikaela on Moose.



Brody on Peanuts.



Ryan on Cue.

**CHIEF INSTRUCTOR'S
REPORT**
Kathryn Barrett, CTRI



Our riders have made tremendous progress this fall. Several factors seem to have come into play, including the extra help of three keen trainee assistant instructors (Helen Kristmanson, Stephanie MacDonald and Lauren MacIsaac—fresh voices for our riders!), our qualified AIs (Daphne Davey, Debbie Gormley and Gilles Richard), and lesson plans designed to give clear guidance to both trainee instructors and riders.

Everyone seems to have stayed focused, to the point that Cody MacDonald, for instance, can now ride Syd without a leader over the ground poles. Spencer Brennan, too, has tried very hard and clearly progressed. Congratulations to both of them and to all our other riders!



Cody MacDonald and Kathy practice a suppling exercise.

Our physiotherapist, Trish Helm-Neima, conducted a workshop for in-depth discussion on the riders specifically targeted by the trainee AIs as part of their qualifying work. This was most useful for all of us. We thank Trish for so readily offering these workshops that teach us more about the physio side of therapeutic riding.

Our new electric lift has been used to good effect. Its most important contribution is saving potential back strain through lifting riders into the saddle. While the mechanics take a little getting used to, the relief from heavy lifting is felt by rider, instructor and therapist. Barbara Gillis has been the chief beneficiary of the lift. She took to it straight away, being already used to such fancy equipment. Claire

Lockhart has also successfully tried the lift, despite not being keen on heights. Our horses have come to accept it as just one more new-fangled thing to get used to. While Cue raised a couple of eyebrows at first, Syd never raised one. During the training session, each instructor or volunteer took a turn to get in the harness and be hoisted into the saddle. It's the best and only way to appreciate things from the rider's point of view.



Trish tries out the lift. Why is Joan waving goodbye to her??
Photo: Valerie Paton

Now it's Barb's turn. This is more fun than the midway!
Photo: Mike Rowledge



Barb then went on to negotiate the ground poles on Cue without being supported by her side-walkers. Photo: Mike Rowledge.

**VOLUNTEER
COORDINATOR'S
REPORT**
Deena Robb



Many thanks to our amazing volunteers, the majority of whom returned once again for the fall 2010 riding session. Added to our list of 35 regular helpers are a few new volunteers who completed the training session in September. We are very pleased to welcome the following: Linda Thorpe, Dawn Hobbs-Penton, Hannah Hughes, Katie Harrison, Joan Sullivan, Melissa MacKinnon, Chelsea Pellerin and Sarah Davidson. A happy face from the past rejoined the team as well. Welcome back, Sarah Gillis! Special thanks also to Sandy MacDonald who has been helping out in the viewing room by replacing me every second week or so. It's sure nice to have a new face and different snacks on a Saturday morning.

I am also grateful to volunteers Charlie Goodwin, Joan Leslie, Helen Kristmanson, Catherine Thomas, David and Winkie Park, GloriaJean Murphy, Janet Fraser and Merv Froehlich who helped out at the Gingerwood horse shows in August, doing everything from working at the in-gate, to slaving as ring crew, driving golf carts, giving out prizes, and serving in the canteen. You helped give back to the Murphy family, who so graciously host our major fund-raiser every second year. We hope you all enjoyed the experience.

Thanks again, volunteers. We hope to see you back again in the spring.



Volunteer Winkie Park with Spencer Brennan, who rides on Tuesday evenings.



Justin MacEwen shows volunteer Mike Rowledge how to run up a stirrup for safety after riding. Mike, playing with his fancy new camera, has kindly shared some of his images for this newsletter.



Pringle, a new therapy horse, has proved very steady and willing. His owner, Alisha Mermuys, is very happy to see him used in the program. But it's not all work. Pringle and assistant instructor Gilles Richard take five between lessons.

NEWS BYTES

- * **Rachael Loggie** took part in the Special Olympics this summer and came home "swimming" in medals: gold in 100 m freestyle, silvers in 25 m butterfly, team relay freestyle, and 50 m freestyle, and bronze in 25 m breaststroke. Wow!
- * **Dan Bevan-Baker**, who volunteered with us in the past year, flexed his trotting muscles in the Confederation Centre Young Company's noontime show, "Abegweit: The Soul of the Island." That's a lot of singing and dancing, Dan!
- * **Catherine Colodey**, another former volunteer, graduated from the Atlantic Vet College in May and has now joined a vet clinic in Weyburn, SK. Congratulations!

**THE JOYRIDERS
CHRISTMAS
AND VOLUNTEER RECOGNITION
PARTY**

Not to be missed!

**SUNDAY, NOVEMBER 28, 2010
1 pm -- 4 pm
Malcolm Darrach Civic Centre
cnr. MacRae Drive and Avonlea Drive
East Royalty**

- * Delicious potluck meal *
- * Recognition of our wonderful volunteers *
- * Visit from Santa *
- * Music and fun *
- * Pass the Parcel game *

**FAMILY AND FRIENDS WELCOME
Please bring food contribution for the meal**

**RSVP: Deena Robb at 894-5750 or
deena.robbs@gmail.com**

ANOTHER NEWS BYTE

Congratulations to Adam's mother, Carolyn Bateman, on receiving the Red Cross, PEI Division, Humanitarian of the Year award! Carolyn is co-founder of the Autism Society of PEI and president of the Stars for Life Foundation. Both organizations are dedicated to improving the lives of autistic children and adults on Prince Edward Island.

For more information on Carolyn and her work, visit
www.autismsociety.pe.ca
www.starsforlife.com

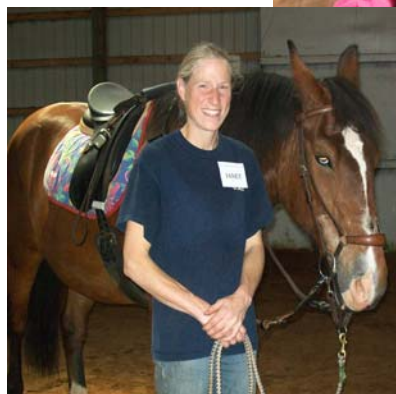
CANDID CAMERA



*Cyril, Daphne,
Mary, Joan*



*Paxton Cole
Photo:
Mike Rowledge*



*Janet Midgley with
dear old Moose
Sadly, he had to be
put down this fall.
We'll miss this gentle
giant.*



*Cue (above) and Syd, two
anchor therapy horses. Are
they dreaming about the
Christmas party?
Photos: Mike Rowledge*



Cindy on El Fay

IN MEMORIAM

Cindy Steele, one of our original riders in 1979, passed away in July. Her smile could light up the arena. She used to exchange her wheelchair for a pony and enjoy new freedom. Our condolences to her mother, Jean, and family.

PROGRAM TEAM

Chief instructor (CTRI)
Kathryn Barrett

Assistant Instructors (CTRAI)
Daphne Davey
Debbie Gormley
Marg Gray
Trish Helm-Neima
Gilles Richard

CTRAIs in training
Helen Kristmanson
Stephanie MacDonald
Lauren MacIsaac

Physiotherapist
Trish Helm-Neima

Other members
Joan Leslie, Equipment Manager
Deena Robb, Volunteer Coordinator
Julie Scales, Rider Coordinator

Note: Enquiries from new riders should be addressed to Daphne Davey (see this page for contact information).

VISIT OUR WEBSITES!

www.thejoyriders.ca

Video --- *The Whinny* --- information --- photos --- links

www.cantra.ca

**BOARD OF DIRECTORS
2010-2011**

<i>President</i>	Andy Robb
<i>Past president</i>	Trish Helm-Neima
<i>Vice-president</i>	Valerie Paton
<i>Secretary</i>	Mel Gallant
<i>Treasurer</i>	Charlie Goodwin
<i>Members</i>	Philip Cutcliffe Stephanie Drake RoseEllen Ghiz Shelley MacEwen Mary Morrison Douglas Roper Debbie Vickerson-Doucette
<i>Ex Officio</i>	Kathryn Barrett (chief instructor) Deena Robb (volunteer coordinator)

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SUBMISSIONS are welcome! Why not write something for the next newsletter? Or send a photo or drawing.

PHOTOGRAPHS are by Daphne Davey unless otherwise credited. Thumbnail photos of Daphne Davey and Deena Robb are by AnnMacNeill.com.

The Whinny is also posted on our website.

CHANGE OF CONTACT INFORMATION

Please forward address or email changes to the editor.