



THE JOYRIDERS
THERAPEUTIC RIDING ASSOCIATION
Prince Edward Island, Canada

“THE WHINNY”

Issue #10
NOVEMBER 2012



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.



CHRISTMAS AND VOLUNTEER RECOGNITION PARTY



SUNDAY, DECEMBER 2, 2012 🐾 **1 – 4 pm** (pot-luck meal at 1:15 pm)

MALCOLM DARRACH CIVIC CENTRE

East Royalty (*see directions, page 3*)



FAMILY AND FRIENDS WELCOME!



* Delicious food * Lots of Christmas cheer * Door prizes *
* Recognition of our wonderful volunteers * Etc. (who knows, eh?) *



**FROM THE EDITOR'S
DESK**

Well, that was a hot summer! But it didn't stop us from riding. In fact, we were pretty busy hosting a CanTRA Technical/Exam event, running our summer Introductory Program, and preparing three riders for their CanTRA Achievement Awards. So read on to catch up with the news – not only of current riders, volunteers and program team members, but Joyriders alumni as well. At the same time, the best way to put a face to a Joyriders “family” name in the news is to come to our Christmas party. Don't miss it!

With this issue, I am delighted to introduce our new roving reporter, Sally Russell. When not galivanting around the viewing room in search of a story for the *Whinny*, Sally is a program volunteer on Saturday mornings with her husband, Les. So enjoy Sally's first *Whinny* interview with Charley's mother, Tracey Cutcliffe (*see page 3*). Sally and Les plan to be back with the program next spring, so look for more Views from the Viewing Room in the next issue.

A big thank you to everyone for another successful Joyriders year: our riders and their families, all our volunteers, board members and program team, and our faithful supporters. On to new adventure in 2013!

OUR THREE MUSKETEERS



We started the summer season off by hosting a CanTRA Technical/Exam event. Our three Joyriders candidates for the CTRAI (Assistant Instructor) Technical were **Stephanie Compton, Helen Kristmanson and Lauren MacIsaac.**

As expected, all three candidates were recommended to take the CanTRA CTRAI exam at the next available opportunity. Congratulations to Stephanie, Helen and Lauren! Examiners were Sonia Koczekan (Ontario) and Evelyn Fraser (Nova Scotia). Candidates came from PEI, New Brunswick and Ontario.



From left: Volunteers Becka Henderson and Hannah Hughes with CTRAI candidate Lauren MacIsaac. Cue was one of the therapy horses used for the event.

While CanTRA's austerity plan of the past few months has put a temporary hold on future tech/exam scheduling, it is expected that all will be back on track next spring. Truth is, with a thinner population of Maritime candidates for techs and exams than in other parts of the country, it has been normal in the past for candidates to have to wait a few months for the next opportunity, if travelling outside the region is not an option.

Thanks to all the cheerleading volunteers who helped out. And special thanks to our riders, without whom the candidates simply could not do their tests: **Rachael Loggie, Ryan MacNeill and Marc McKearney.** You are professionals!



From left: Rachael Loggie, Ryan MacNeill and Marc McKearney, who participated in the "dummy" lessons for the candidates. Apparently, they enjoyed not being the ones tested!

ACHIEVEMENT AWARD GRADS

Congratulations to **Paxton Cole, Claire Lockhart and Kenneth Stewart**, who all gained their CanTRA Achievement Award, Level 1.

The riders had to learn eight parts of the horse, 10 parts of the saddle and bridle, how to feed a treat to a horse (and retain all your fingers), and some basic stable management know-how. They qualified for the riding component (halt, walk and change direction) during the spring riding session.

The tests were conducted in-house by Kathy Barrett and Daphne Davey. Each rider received a blue achievement certificate. Cue and Tanner were patient demonstration horses.



Kenneth Stewart successfully completes the “name the parts of the horse” section of the CanTRA Achievement Award, Level 1. Cue never said a word!



CONGRATULATIONS . . .



. . . to former Joyriders president **Sibyl Cutcliffe** on her recent induction into the Order of Prince Edward Island and as a recipient of the Medal of Merit.

DIRECTIONS TO CHRISTMAS PARTY

From the intersection of the Charlottetown Bypass and St. Peters Road (KFC on corner), take the St. Peters Road east, past several new apartment blocks on the LH side, then first left onto MacRae Drive (brown house on LH corner). Take first right onto Avonlea Drive. The Malcolm Darrach Civic Centre is “right there” (as they say in Newfoundland). In case of difficulty (GPS failure, or you’re left-handed and reversed all the directions), call Deena at 626-6525.

RIDING WITH CHARLEY by Sally Russell, Roving Reporter



When Tracey Cutcliffe first heard about the Joyriders, she immediately felt riding would be a signal activity for her daughter Charley Anne, who has developmental and physical issues. But the eager mother had to be patient. There was a waiting list, and it took nearly three years for Charley’s name to reach the top. She was about six years old when the great day arrived (in 2006) and she could begin her lessons.

After waiting so long, Tracey nevertheless found herself apprehensive when Charley got on Cue, the palomino pony she first rode. Charley, however, was joyriding from her first day. She felt that magical horse/girl bond with Cue. At home she had a bucketful of plastic ponies to play with, and although she has outgrown that activity, she still enjoys her real riding. Today at age twelve, she is riding 14-hand Jewel, a bright chestnut mare.



< Charley in 2006
Photo: annmacneill.com



Charley riding Peanuts in 2011

Charley enjoyed her riding so much from the beginning and was so enthusiastic that Tracey felt she ought to offer riding lessons to her older daughter, MacKenzie. But MacKenzie, ever supportive of Charley’s challenges, said, “No, I won’t ride. Let riding be Charley’s thing.”

Tracey has been amazed and gratified to see how much riding helps Charley. "Standing, she might look a little small for her age, perhaps out of shape a bit," Tracey said, "but on that horse, she looks just like any other twelve-year-old kid. She sits up straight, she's not stiff. I continue to be thrilled to see her sitting on and riding such a big animal."

Through the years, Tracey has seen riding help Charley's posture, her balance, and her muscle tone. The activity has increased the child's confidence, too, providing invaluable learning experiences. Once Charley clapped in jubilation after completing a manoeuvre, and the startled horse jumped forward. When everyone settled down, thanks to what Tracey calls "that calm Kathy voice," chief instructor Kathy Barrett used the incident to underline to Charley how she has to be quiet and calm with horses.

Charley also takes dance lessons. Although she can be reluctant about the dancing sessions, she is always eager to come to her riding lesson. Tracey is an avid promoter of the Joyriders for any child with multiple developmental and physical issues. Even after nearly seven years, she and Charley are glad that riding is still such a benefit.



WELCOME . . . to Elaine Watts, a volunteer with PRANCE (a CanTRA member centre in Port Elgin, Ontario), who is visiting with us this fall. Elaine is currently at UPEI studying food nutrition.

WELCOME BACK . . . to Anand Desai, a former volunteer who worked especially with Barbara Gillis. Anand recently married Heather Lea of PEI, and as the couple have settled on PEI he thought he'd look up his old friends.

SUMMER PROGRAM, SUMMER SUNSHINE



Our 2012 summer sessions took place at Kathy Barrett's stables in Hunter River. We held three different programs for six weeks in July and August, including the CanTRA Achievement Awards (*see page 2*).

Introductory Program

Tanner and Cue obligingly took some time from their summer holidays to introduce the art of horseback riding to three new riders: Patricia Bradley, Victoria Jay and Dakota Morrison.



*Dakota riding Cue.
First the exercises,
then take five.*



*Patricia rode both
Tanner (above) and
Cue.*

VOLUNTEERS MAKE THEIR MARK

Cyril Roy, an Atlantic Veterinary College graduate student, presented on the topic of welfare issues associated with the transportation of horses at the Animal Transportation Association conference in Vancouver.

Les Warrington recently became a Canadian citizen at a ceremony in Charlottetown.



Victoria enjoys a ride on Tanner.



Volunteer Hannah Hughes buddies up to Tanner.

Of course, our summer programs cannot run without willing volunteers! Thanks to the following volunteers who came to help out:

Daphne Davey
Merv Froehlich
Robert Gao
Sarah Gillis
Debbie Gormley
Trish Helm-Neima

Hannah Hughes
Lauren MacIsaac
Pat Phillips
Gilles Richard
Joan Sullivan

Driving Program

Our experimental driving program went very well, with three drivers -- Paxton Cole, Claire Lockhart and Kenneth Stewart -- "taking the lines." Miniature horse Daisy patiently allowed herself to be walked and trotted around the driveway.



Top to bottom: "Whips" Claire Lockhart, Paxton Cole and Kenneth Stewart.



JOYRIDERS ALUMNI NEWS

Congratulations to former volunteers Heather and Malcolm Lizama on the birth of their son, Ian (now eight months old).



A MERRY CHRISTMAS
AND
HAPPY NEW YEAR
TO ALL

AND SAFE HOLIDAY DRIVING

PROGRAM TEAM

Chief instructor (CTRI)

Kathryn Barrett

Assistant Instructors (CTRAI)

Daphne Davey Trish Helm-Neima

Debbie Gormley Gilles Richard

Marg Gray

CTRAIs in training

Stephanie Compton Lauren MacIsaac

Helen Kristmanson

Physiotherapist

Trish Helm-Neima

Other team members

Joan Leslie, Equipment Manager

Deena Robb, Volunteer Coordinator

[deena.robbs@gmail.com]

Julie Scales, Rider Coordinator

[juliescales@msn.com]

DISABILITY TODAY NETWORK

The Joyriders video and a selection of photos are posted on the DTN CanTRA Channel. Go to www.disabilitytodaynetwork.com (Therapy channel).

VISIT OUR WEBSITES!

www.thejoyriders.ca

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

www.cantra.ca

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Kathryn Barrett

(Chief Instructor)

Trish Helm-Neima

(Physiotherapist)

Deena Robb

(Volunteer Coordinator)

“THE WHINNY”

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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 anmacneill.com.

The Whinny is also posted on our website.

CHANGE OF CONTACT INFORMATION

Please forward address or email changes to the editor.