



Therapeutic  
Riding  
Association  
Prince Edward Island  
Canada

# The Whinny

Issue #14

November 2014

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

## Welcome to “Whinny” — The Newest Horse in the Herd



*Jessie, a rider in the Horsemanship Program, warms up on Whinny, supported by Lauren and Kathy.*



*Paxton on Whinny and Patricia on Wacky Wanda warm up with help from physio Trish and friends.*

With great excitement, we received shipment of our new Thoroughbred warm-up horse in July. She arrived just in time for the start of our summer Horsemanship Program and was used to great effect. Since the fall Riding Program started, there has been much competition among our riders to try her out as well.

The Equicizer, which can be used by adults or children, simulates the motion of a horse while remaining stationary. It has several important benefits in therapeutic riding:

- showing the rider how to use their pelvis as an aid to moving the horse forward
- teaching the rider to follow the movement of the horse's head and neck with the reins (otherwise Whinny stops)
- acting as a confidence-builder for a rider not confident enough to mount a live horse.

Whinny is especially useful for our program as the design more nearly simulates a real horse than our earlier-model Wacky barrel horses, including a head and neck that bobs up and down in a life-like way. But don't worry, Wacky George has found a new therapeutic riding home at Cavalier Riding Club in Moncton.

We also received shipment of a “horse” trailer for Whinny that allows us to transport her between our Winsloe and Hunter River program locations. As well, we purchased a new two-wheeled pony cart for the Miniature Horses used in our Horsemanship Program.

And all this thanks to the **United Way of PEI and several other generous sponsors and donors** who were approached by our hard-working fund-raising board. Give us the tools and we'll do the job!



*Dianne Larocque, President of Cavalier Riding Club, welcomes Wacky George to his new home.*



## From the Editor's Desk

Yes! This is the new-look *Whinny*! Thanks go to our board for approving two upgrades: the *Whinny* is now printed in colour, and board member Nicole Kitchener has taken over the design (hooray!). Our production team also includes Roving Reporter Sally Russell Warrington who is also a program volunteer.

*Daphne Davey*

As you can see on the first page, a new horse joined the program this summer. The "horse" (an Equicizer™) turned out to be a mare and was immediately christened - you guessed it - *Whinny*. She has been well ridden this summer in the Horsemanship Program and is already a favourite in our fall Riding Program.

### 2014 Rider of the Year Paxton Cole



**Congratulations to Paxton Cole who has been chosen for the Joyriders 2014 Rider of the Year Award. Paxton will receive her award at the PEI Horse Council awards night. Full coverage will be included in the next issue of the *Whinny*.**

## Congratulations

**Amy Arsenault**, program volunteer and horse leader, plays on the École François-Buote volleyball team. Recently, her team won the bronze medal in the school's provincial championships. Must be all those trotting muscles you've developed, Amy!

**Hayley VanInderstine**, was the winner of the Senior High School poetry prize at the recent Island Literary Awards. Hayley, who attends Charlottetown Rural High School, is also a program volunteer. She won with her poem titled "Cracked City." Another Roving Reporter for the *Whinny*, perhaps?



'TIS THE SEASON TO BE MERRY...  
CHRISTMAS AND  
VOLUNTEER  
RECOGNITION  
PARTY



*For riders, volunteers, supporters, their families and guests*

**DATE:** Sunday, November 30, 2014

**TIME:** 1:00 to 4:00 pm

**PLACE:** Malcolm Darrach Civic Centre, corner MacRae Drive and Avonlea Drive, East Royalty

**POT LUCK FEAST:** 1:15 pm. Bring your favourite dish, accessories, and drink. It will all disappear down the hatch!

**SPECIAL GUEST:** Santa Claus



**GIFT EXCHANGE / DOOR PRIZES:**

Any riders or young people wishing to take part in a gift exchange should bring a little unisex gift (up to \$10) to put under the tree. No food or candy, please. Some lovely door prizes will also be given out.

**ROAD DIRECTIONS:**

From Charlottetown, take the St. Peters Road east to the Bypass (Murphy Pharmacy and Kentucky Fried Chicken on the corner). Continue east on St. Peters Road. Not far along, watch for the big apartment buildings on the left overlooking the creek, then take the left turn lane onto MacRae Drive. Take the first right onto Avonlea Drive. The Malcolm Darrach Centre is on that corner. If you get lost, call 902-626-6525 -- or just follow the sleigh with the bells.

**RSVP!**

Please contact Deena Robb

Email: [deena.robbs@gmail.com](mailto:deena.robbs@gmail.com) (any time **before November 24**)

Phone: 902-894-5750 (any time **after November 18**)



*Ten-year flashback: At the 2004 Christmas Party at Camp Gencheff, we celebrated our 25<sup>th</sup> anniversary. From left: Trish Helm-Neima, PT; co-founders Daphne Davey and Anita Morrison; and Pat Binns, then Premier.*

# Lauren MacIsaac, Horsewoman

by Sally Russell Warrington



A familiar face at the Joyriders program since 2007 is the bright, lovely one of Lauren MacIsaac. Lauren received her CTRAI (Assistant Instructor) qualification in 2012. She and Stephanie Compton (featured in the last issue of the *Whinny*) went through the training program and qualified together.

In a happy twist of fate, Lauren's beginning riding career at the age of nine included Kathy Barrett as her instructor. Neither of them dreamed that Lauren would later become a Joyriders enthusiast. After a few years of lessons, Pony Club, and horse camps, Lauren drifted away from the horse world. Then when she was in grade 12 she saw a poster about the Joyriders in her school and decided to volunteer with the program. This decision changed her life.

Through her first year as a volunteer, Lauren rediscovered her love of being with horses, and because she had always had a caring nature she found working with special needs riders rewarding. When Kathy approached her about working as a summer program student, Lauren was launched into helping to organize the program, organizing other volunteers, maintaining equipment and studying safety standards. She also worked for Kathy doing general barn work and helping with riding camps.

This saturated exposure to the horse world suited Lauren like a well-fitted saddle. It led to her learning more about riding, including riding many different horses, and eventually graduating to a horse that needed a bit of training. This was Henry, who was to become her own horse when she was twenty years old. Lauren says Henry is the first fella she gave her heart to (not the last, however!) They learned a lot from each other. She taught Henry patience and

courage (those old green mounting boxes aren't dragons, Henry), and he taught her how to stay on a shying horse's back.

Considering her relationship with Kathy, her teaching experience and continued involvement with the Joyriders, Lauren felt training to be an assistant instructor was a good next step. In 2009, she began a two-

year training program, mentored by Kathy. The entire Joyriders team supported her and Stephanie as they studied, achieved the necessary riding levels, attended clinics, helped organize clinics, put on orientations, practiced their lessons and kept on studying.

Eventually, they received the notification of their exam, which was to take place in Moncton at the Cavalier Riding Club (another CanTRA-accredited therapeutic riding program). Both young women passed their exam first time.

Lauren expresses deep thanks to Kathy for all she has done for her since that first summer. "Kathy has been a constant mentor to me, as an instructor of all types of riders, as a horsewoman, and as a strong female figure in general. I give her credit for the confidence I have as a horsewoman today."

Lauren sums up her love for Joyriders: "I don't know where my life would be had I not gotten involved with the Joyriders. It rekindled my passion for horses, which led to my working with horses and people, after which I became not only an instructor but also a certified teacher as a profession. I met and gained another part of me, Henry. I became a better horse person and even travelled to the United States to work with horses for a few months. The Joyriders has been an inspiration and an arrow that has pointed me down the right path when I needed the direction. I am very thankful."



# Spring Smiles



As Christmas approaches, last spring seems far away. But smiles last forever. Here are some happy moments from the Spring 2014 Riding Program.

*Justin models a pair of gloves donated through CanTRA to therapeutic riding centres by SSG Riding Gloves.*



*Three graduates of our Leader Level 1 training. From left: Stephanie with Jewel, Heather with Heather, and Mary with Tanner.*



*Wendy and Julie with Tanner waiting for the next rider.*



*Gilles gets down and dirty with the hoofpick while Angela holds Cue.*



*Jesse gets rolling for his ride with the help of volunteer Maggie.*



*Therapy horse Duchess and her leader, Cassandra, chill out together.*



# Summer Snapshots

After our pilot of the new Horsemanship Program last summer, we invited some of those participants to return in 2014: Bronwyn, Cassie, Jessie, and Lucas. We also invited new participants from our waiting list: Isaiah, Jenny, Jessica, Maysea, Sharlena, and Will. Participants learned to groom the Miniature Horses, lead them around a trail course, and take a cart ride. Some decided to try riding as well (thanks to Cue and Logan). A great time was had by all!



*Chelsea, who owns the popular Daisy and volunteers with the program, fits a safety helmet on Cassie.*



*Cue and Abbey, complete with cheerful boots, take five between lessons.*



*Lauren teaches Will how to groom Bobby, kindly loaned to the program by his owner, Velda Pinnsonneault.*



*Isaiah enjoys a cart ride with Chelsea and Miniature Horse Daisy, while Sharlena rides Logan with the help of Trish, Gilles and Cassandra.*



*Jenny is persuaded to try riding Cue, with help from Patricia, Kathy and Debbie.*



*Volunteers Patricia and Janice (also a board member) wait with Cue for their rider.*



*Maysea with her Mini friend, Daisy.*



*Sharlena shows her Achievement Certificate at the end of the session. She had much to be proud of, graduating from a wheelchair to riding Logan over six weekly lessons.*



*Jessie takes over Daisy's reins from Chelsea.*



*Can you pick out our seven Joyriders participants?*

## Atlantic Autism Seminar

In April, seven members of the Program Team attended a one-day seminar on autism presented by Nicola Thibodeau from Guelph, Ontario.

Nicola's credentials shine in this field. She is a social worker with experience working as an Education Assistant for students with autism or behaviour disorders.

She is also a CanTRA Examiner, and was Program Director at Sunrise Therapeutic Riding and

Learning Centre in Guelph for 17 years where she worked with autistic clients.

JoAnn Thompson Franklin, PT, kindly donated the use of her clinic, Tidewater Physiotherapy in Lower Coverdale, NB. Participants also got to visit the facilities of the Cavalier Riding Club therapeutic riding program.

It is hoped an Atlantic Seminar will become an annual spring event to increase training and education opportunities in the region.

## Melda's Back!

Those of you who go back "a long way" with our program will surely remember Melda Jones who was a terrific asset to us. She started as a volunteer, obtained her CTRAI (assistant instructor) certificate, and became president of the board. Her connection to BMO didn't hurt, either.

Melda moved away to Ontario for a number of years, but now she has returned for retirement to her home town of Montague and has decided to volunteer again with the Joyriders. The icing on the cake is that she plans to get reinstated with CanTRA as a CTRAI CanTRA. Welcome back, Melda!



*Melda meets Whinny.*



## PROGRAM TEAM

### *Chief instructor (CTRI)*

Kathryn Barrett

### *Assistant Instructors (CTRAI)*

Stephanie Compton

Daphne Davey

Debbie Gormley

Marg Gray

Trish Helm-Neima

Lauren MacIsaac

Gilles Richard

### *Physiotherapist*

Trish Helm-Neima

### *Also part of the Team*

Deena Robb, *Volunteer Coordinator*

[deena.robb@gmail.com](mailto:deena.robb@gmail.com)

Julie Scales, *Rider Coordinator*

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## BOARD OF DIRECTORS

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[vacant]

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### VISIT THESE WEBSITES!

[www.thejoyriders.ca](http://www.thejoyriders.ca)

[www.cantra.ca](http://www.cantra.ca)

[www.disabilitytodaynetwork.com](http://www.disabilitytodaynetwork.com)

(CanTRA channel under Partners tab)

### "THE WHINNY"

Semi-annual newsletter of The Joyriders Therapeutic Riding Association of PEI Inc.

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Nicole Kitchener, Designer

Sally Russell Warrington, Roving Reporter

**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.

*The Whinny* is also posted on our website, [www.thejoyriders.ca](http://www.thejoyriders.ca)

### CHANGE OF CONTACT INFORMATION

Please forward address or email changes to the editor.