



JOYRIDERS

**Therapeutic
Riding
Association**

**Prince Edward Island, Canada
Charitable #119239945RR0001**

The Whinny

Issue #21 November 2018

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

2017 Rider of the Year



(Left) Justin receives his award from Kathy Barrett at the Christmas Party. (Right) Justin with "Corey" and Corey.

The very first thing you notice about Justin is the big grin on his face. He comes for his riding lessons ready to take part, do his best, and be happy. Justin took part in our summer Introductory Program in 2005 and 2007, then graduated to our Riding Program. Justin's favourite horse was Duchess for several years until we moved to Hunter River (without her).

Now he rides whichever is the tallest horse and takes it all in stride. His favourite activity is trotting, although he is also a keen competitor in games on horseback.

A few years ago, Justin was inspired to make a life-like model of his then therapy horse, Corey. He brought the model to the barn to show the real Corey. In another way Justin

himself became a model. The photo of him riding Cue provided the inspiration for artist Lindee Climo to design our current logo.

In 2009, Justin went with his mom, Shelley, to the Canadian Nursing Students' Society conference, to accept a donation cheque for the Joyriders. Shelley told the audience what horseback riding was doing for Justin. We don't doubt he was sporting his usual smile, just to back up Shelley's words.

Justin shares his enjoyment of riding with his instructor, his volunteer team, and of course his fan club: mom Shelley and brother Kris. We honour Justin as 2017 Joyrider of the Year because he continues to try his very best with the greatest attitude. Congratulations, Justin!

From the Editor's Desk

So what happened to the Spring 2018 *Whinny*? Not enough time to put it together! Two major exciting events imposed themselves: the production of our new Volunteer Training Manual, and my impending trip to Dublin to attend the HETI International Congress (see more in this issue). But we're back on track. For this issue it's catch-up time, starting with the 2017 Christmas Party and ending with the 2018 Horsemanship Program. Enjoy!



Daphne Davey

Joyriders President Wins CanTRA Award 2018 Jetty Chapman Administrator of the Year



(Above) Janice Cole (left) accepts her award from Daphne Davey, CanTRA past president. (Right) Some mouth-watering cake followed the presentation.

The summer BBQ for board and program volunteers was hosted this year by Andy and Deena Robb. During the event, Daphne Davey, representing our national association, CanTRA, presented Joyriders president **Janice Cole** with the plaque and "keeper" for CanTRA's 2018 Jetty Chapman Administrator of the Year Award.

Janice's contribution is well known to board members and program volunteers, since she can be found actively engaged both in the meeting room and at the barn. She is also a consummate fundraiser, with thousands of dollars to

her name raised for the program. Congratulations, Janice, on a well-earned award!



Christmas Party Rocks!

A slightly smaller crowd than usual (perhaps due to the party being held on a Saturday) still pulled out all the stops to have a rollicking good time. The usual spectacular pot-luck meal (thanks to our kitchen volunteers!) “went down” well. Awards and messages of appreciation were joyfully applauded. Door prizes were won. That old favourite, the Pass the Parcel game, was played. And (gasp!) the festivities were interrupted by a message from the Mounties [see side bar below “Three Valuable Raffle Prizes”].



A good time was had by all! (Photo: Barbara Dylla)



Ugly Sweater Contest winners: L to R: Justin (2nd), Jessica (1st), Amanda (3rd). (Photo: Barbara Dylla)



Sharlena (opening parcel, helped by her son, Isaiah) hides in the Pass the Parcel crowd to avoid arrest by the Mounties!

Three Valuable Raffle Prizes

The winning tickets for our fall fundraising raffle were drawn at the Christmas Party. Former president-program volunteer-video cameraman-etc. David Park so well deserved to win the grand prize of two tickets from Air Canada. Two tickets were also donated for a night at the Great George Hotel, and two tickets to see “Jesus Christ Superstar” at Confederation Centre. Thanks so much to these generous sponsors.

But what’s this?!!

RCMP message

This is a warning ticket issued by the O’Leary RCMP to Sharlena Ward. She was caught on police video racing up and down the street in her wheelchair (with her accomplice, Dales, trying to keep up with her), accosting members of the public to

buy Joyriders raffle tickets. When the officer on the scene questioned her whether she had a licence to sell these tickets, she reportedly told her [OK, who assumed it was a him!] she’d answer that question after the officer bought a ticket. Ms. Ward has been warned that, next time she plans to sell such tickets, she must first report to the police station, and they will . . . well, they’ll pass the book around the station and save the wear and tear on her wheelchair. What else could a Mountie say, given their historical partnership with horses? Congratulations, Sharlena, on a terrific job of selling 10 tickets. That means you singlehandedly raised \$200 for the Joyriders.



Are Horses Stressed During Joyriders Lessons?

That was the subject of a research project carried out this spring at our program. Larissa Carr and Devon Lynn, two UPEI Honours in Biology students, evaluated indicators of stress in horses participating in the lessons. The project was supervised by Dr. Laurie McDuffee, PhD, a large-animal surgeon at the Atlantic Veterinary College, who conducts research on animal behaviour and welfare with an emphasis on stress, pain, and behaviour modification. Happily, Laurie is also one of our program volunteers!

The project was carried out by video-recording the lessons to observe horse behaviour, collecting saliva samples to test for cortisol levels, and interpreting the horses' heart rate variability using monitors on the halter and girth of each horse while being ridden. The results of this research project are awaited with great interest!



(Top) Jewel sports a device on her halter that connects to the one on her girth to monitor her heart rate. (Bottom) Larissa and Devon test saliva samples in their "mobile lab" in the barn.



Ever the conscientious horsewoman, Janice (Joyriders president) grooms Whinny.

Candid Camera

Debbie poses with her horse Jewel for a Facebook portrait. She generously keeps Jewel available for our program.



Volunteer Ginny poised to stop the music for the Musical Stalls game.

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... **And To**

- **Keith Boire** for refinishing the kitchen cabinets in the viewing room to give a professional look, and insulating the pipes.
- **Nicole Kitchener** for her fine article, "Miniature horses make a big impact on PEI therapy program," in *Atlantic Horse & Pony*, August-October 2018 issue.
- **Joan Leslie** for covering the mounting steps with non-slip rubber matting, and sharing the videotaping of our riders with David Park.

An Exciting New Launch

This spring, we launched our new Volunteer Training Manual, lavishly illustrated with Mel Gallant's professional photos. This is a great resource for our new volunteers, and a handy memory-jogger for our "old" ones. Thanks to the production team of Kathy Barrett, Daphne Davey, Mel Gallant, and Deena Robb.



The front cover of the new manual. (Photo: Mel Gallant)

Hot Work in Dublin! 2018 HETI International Congress

by Daphne Davey

My deepest thanks for the generous financial support I received - from the Joyriders, and through them a provincial government grant and an anonymous donor; the family of Dr. Gillian Lawrence; and friend Sallie Murphy - to enable me to realize my dream to attend the 16th HETI (Horses in Education and Therapy International) Triennial Congress in Ireland. And yes! It was hot work. Not only did I attend 30 presentations, several workshops that included horses, and a couple of evening entertainments, but unbelievably there was hot sun and not a drop of rain throughout the week!

The Congress was held at the Royal Dublin Society grounds in the city, while field trips were taken to the host therapeutic riding centre, Festina Lente, in Bray, Co. Wicklow. The Congress theme was "Striking the Balance," with as much emphasis on the welfare of the therapy horse as on research into the physical, psychological, and cognitive challenges of clients in equine-assisted activities and therapies worldwide. Nearly 400 delegates from 44 countries attended, and HRH Princess Anne (CanTRA's patron) stopped in for a brief visit as well.

Few of us in the Joyriders go back far enough to remember Dr. Gillian Lawrence from Amherst, NS, who mentored the Joyriders in our start-up years and went on to become CanTRA president, HETI president, and an international classifier for Para-equestrian athletes. In her memory, CanTRA has committed to sponsoring the Dr. Gillian Law-



(Above) Practicing a pose on "Vaulting Whinny." (Left) With Rico, a real vaulting horse who loves people.



rence Memorial Lecture at each HETI Congress. The inaugural lecture was delivered in Dublin by Marion Drache from Germany on her research into multiple sclerosis and the benefits of equine therapy. This was a very poignant moment for me personally as I so well remember Gill's support of our program.

From my voluminous notes and many photos, I will be developing a PowerPoint presentation for the board and program team - once this issue of the *Whinny* is put to bed!



At the Dr. Gillian Lawrence Memorial Lecture with (from left) Dr. Sarah Lawrence representing the family; Marion Drache, lecturer; and Eliane Trempe, CanTRA president.



Indie and Jelly enjoy the view from their box stalls at Festina Lente.



Vaeda puts a shine on Jewel with help from a step-stool and volunteer Eagan.



Gabriel grabs Donkey, leaving a sad Raccoon on the barrel.



Emily bones up on Larissa's re-search project (see above article, Are Horses Stressed?)



Summer Hot Spots



Despite the excessive heat, our Horsemanship Program ran for six weeks with two new participants (Frederick and Mike), and one returning (Ethan).

Special thanks to Amanda Champion for not only loaning her lovely Miniature Horse, Daisy, for the duration but volunteering to drive her - Driving Miss Daisy! - so that each participant could enjoy the experience, and even help by using voice and reins. A small barnyard of adorable soft toys added fun for the participants. Our thanks also to instructors and volunteers who cheerfully braved the wilting heat.

(Right) Ethan finds the hidden donkey while helping Amanda to drive Daisy. (Below Left) An unexpected visitor! Former volunteer Catherine MacInnis (now living in BC) dropped by to watch Ethan ride - and enjoyed a reunion with Bobby on the way to the arena. (Below Right) Frederick tidily runs up his stirrup after riding Logan.



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"THE WHINNY"

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

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- Daphne Davey, Editor
- Nicole Kitchener, Designer

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

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