



Therapeutic
Riding
Association
Prince Edward Island
Canada

The Whinny

Issue #15 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

Paxton Cole: 2014 Joyrider of the Year

The following citation was read by past-president David Park at the Island Horse Council awards night.

Paxton Cole started riding with the Joyriders in 2009. We asked our instructors and our therapist to give us their view of Paxton, and it's not really a surprise that we found we were all saying the same things about her. These are the qualities we have enjoyed in Paxton: her determination, good humour, positive attitude, gentleness, patience, quiet smile and her willingness to try anything that is asked of her.

Paxton is a very motivated young lady. She has always worked hard to improve her equestrian skills. She clearly loves horseback riding and participates as much as she can as often as she can, including participating in Para-Equestrian

Canada Coast-to-Coast video competitions. She continues to try to use all of her physical abilities in her riding, to be as correct as is possible for her in her position. We think she is an inspiration to our program. Paxton also remembers her special partner, her therapy horse, never leaving the arena after her lesson without thanking her horse with a pat. She is able to ride her horse through a trail course without being led by a horse handler, and this summer enjoyed an outdoor trail ride on a Quarter Horse, Logan, through fields and woods with her human friends and a little spotted Miniature Horse for company.

But here is what Paxton herself says about her participation in the Joyriders:



Kathy Barrett presents Paxton with a plaque at the Joyriders Christmas Party.

"I love riding because, when I am on the horse, I feel like I am the same as any other rider. Horseback riding helps me improve my balance, and is a good exercise for people with cerebral palsy. I love the pony I ride. His name is Cue and he is a great listener! I also love all the volunteers that help me. The instructors are awesome, too. Kathy Barrett always makes sure I have a great ride. We play games, we learn routines, and we learn lots about being a good rider. Thank you, Joyriders, for all you do for your riders!"

We congratulate Paxton on this award, which represents our admiration of her efforts. She has made great strides in her equestrian learning, and is reaping the therapeutic benefits.



From the Editor's Desk

The best thing about the Joyriders is that it never stands still! In 2014, new riders and volunteers brought their own insights to the program while, we hope, learning skills that will enrich their lives. At the same time we have to part with much-valued volunteers as they move on to new endeavours, leaving behind great memories of their contributions to the program.

Daphne Davey

Everyone who makes an effort achieves. And we do like to celebrate achievements, which is what our Christmas Party is all about. Our mission is to provide the programs that will support and encourage all our clients to achieve the best they can be through their relationship with the horse. It takes a strong team with many partners to make it all happen: our board of directors, instructors and coordinators, arena volunteers, our clients and their families — and our therapy horses. May many new therapeutic riding adventures unfold in 2015!

Win some, lose some

Our volunteers become like family to us. Unfortunately, life dictates that sometimes they must leave to go on to other pursuits. Two of our dedicated volunteers will not be returning this spring: Anja Whiteway and Elaine Watts. Two others, Lisa Gollop and Basil Fischer-Fox, have moved away. They wrote, "... We have learned an incredible amount by being with your organization and we would like to thank you for the opportunities to help in our community on such a profound level. Keep up the great work!"

We shall miss them all for their great commitment and positive contribution to the program and we wish them the very best in their new adventures — and for those remaining on PEI, remember the Christmas Party!

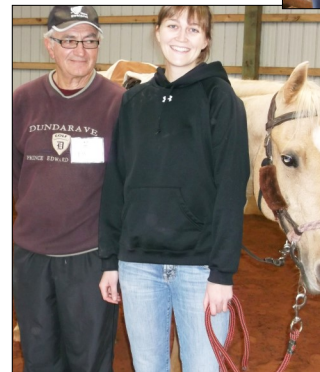
Among new recruits last fall and this spring are HaeRin Park, Jill Parker, and Ewen Taylor (see Jill's article in this issue). We welcome all our new volunteers who have signed up to help on Tuesdays, Thursdays or Saturdays.



Anja with Dot.



*Claire Lockhart
with HaeRin.*



*Ewen and
Elaine with
Tanner.*

News from National



*Celebrating 35 Years
of CanTRA in 2015!*

CanTRA celebrates its 35th anniversary in 2015! The Joyriders was a founding member in 1980, and Daphne Davey served as Secretary for the first eight years. Fast forward to 2015. At the recent CanTRA AGM held in London, Ontario, Daphne completed four years as President and steps into the equally demanding role of Past President for several more years.



*Jane James, CanTRA Coach/
Examiner Photo: Jane James*

CanTRA Coach/Examiner, from BC. Several Joyriders instructors will be attending.

Plans are to conclude this special year with a Royal Reception to be held on Saturday, November 7, in the Royal Ballroom at the Royal Winter Fair. As with the successful event in 2012, the program will include a brunch, appreciation presentations to major sponsors, and a silent auction. Special guest Ian Millar (an honorary director of CanTRA) has confirmed his attendance. So if you need a nudge to attend the Royal this year, this will be it!

The CanTRA AGM was coupled with two workshops that Daphne attended, one on FASD (Fetal Alcohol Spectrum Disorder) and one on Self-Regulation (how to help dysregulated children to cope physically, emotionally and mentally to life's stresses). They were part of a series of regional "35th anniversary" workshops taking place across the country this year. We are fortunate that the series includes back-to-back Instructor and Volunteer workshops being held in Moncton in June with Jane James,

Congratulations ...

to Kathy Barrett who has been awarded CanTRA Coach status by the CanTRA Certification Committee. This designation recognizes both the breadth of experience in therapeutic riding and the length of service in this field. Kathy is only the second CanTRA Coach in the Atlantic Provinces (along with Evelyn Fraser in Nova Scotia). The announcement was made at the CanTRA AGM.



Disabilities Workshop

During the winter, Trish conducted a Disabilities workshop with members of the Program Team. From left: Lauren, Marg, Trish, Stephanie with baby Evan, Gilles, Kathy, and Debbie.

Jill's Eye View

Ed. note: Sally Warrington, Roving Reporter for The Whinny, invited Jill Parker, who started volunteering with the program in the fall of 2014, to respond to some interview questions that Sally could then develop into an article about Jill's involvement in the Joyriders. But Jill had other ideas. She wrote her own article! And here it is.

I have been riding since I was four. My parents have always supported me and encouraged me to do my best and work hard. I'm very grateful for the sacrifices they've made so I could ride. Recently, I wanted to start volunteering somewhere in my spare time. As I've had family members who have been riders in the Joyriders program, I figured it was the perfect way to combine my passion with community service.

I'm inspired by how willing the riders are to learn. I know from experience that riding can be hard, but the riders are so brave and optimistic. It inspires me to do the same with my own riding. The friendships between the volunteers and the riders is one of my favourite parts of volunteering. From the moment you step into the barn, everyone makes you feel welcome and comfortable. I've met lots of amazing people and I love how it's like one big family. The only thing I find daunting is meeting a new rider. It's hard at first to tell how much independence they need or want. I'm sometimes unsure of how to help them, but it always gets better after one or two lessons, because you get to know the rider quickly and

it's easier to give them the help they need. I would definitely recommend this work to other equestrians that are my age. Sometimes, we get caught up in the competition

atmosphere and the more business side of this sport, but Joyriders really shows you that it all comes back to the love of the horses. It's very humbling and makes me think about how much I love my own horses, and reminds me how lucky I am to be involved with such a great sport. I think teamwork is some-

thing that I've learned more about that I can apply to other aspects of my life since there are so many volunteers working together at once to make sure everything runs smoothly and is as safe as possible.

One of my favourite moments so far was a lesson I was side-walking in last fall. There was a small course of poles on the ground, and the riders were steering their horses through the course, independent of a leader. I was side-walking Patricia who did everything perfectly. Her turns were spot on every time and she rode over the middle of every pole. I was so proud of her and it was so amazing to see the improvements since the start of the lessons.



Jill with her horse, Sam (Barbie's Spirit)

Photo: Jill Parker

Wonderful horses, generous owners



Our therapy horses — the real teachers — are central to our program. We are blessed to have generous horse owners who lend them for our use.



Paxton on Logan with her volunteer team.



Logan
Owner:
Kathryn Barrett

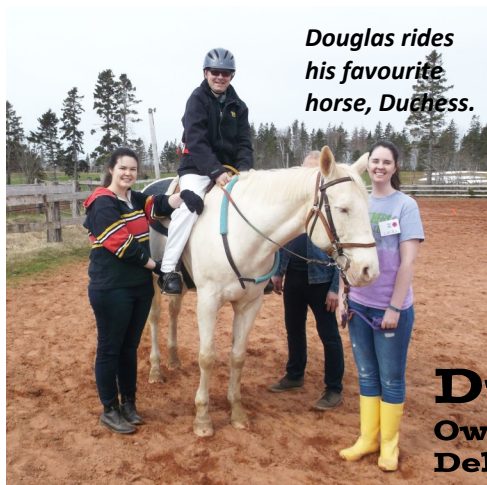
Cue

Owner:
Dr. Jean MacLean



Cue with volunteer Wendy Eisen.

Douglas rides his favourite horse, Duchess.



Duchess
Owner:
Deb Wellner

Jewell

Owner:
Laurie and Gordie Kirkpatrick



Marc enjoys an outdoor ride on Jewel.



Volunteer Kylie warms up Dot.



Dot
Owner:
Harma Germs

Tanner

Owner:
Kathryn Barrett



Wendy leads Tanner in the outside ring.

A Bumper Christmas Party

More than 100 riders and their families, instructors, volunteers, board members, friends of the Joyriders, and visitors (including Santa) crammed into the Malcolm Darrach Arena in East Royalty for yet another successful Christmas Party.

During the festivities, we took time to thank our instructors and volunteers, and to recognize two award recipients: Paxton Cole (Joyrider of the Year) and Daphne Davey (Island Horse Council Appreciation Award). Their awards were presented in November at the IHC annual awards night.



First prize goes to these cupcakes, made by Anja and her mother.



Some of our volunteer crowd onto the stage for a big round of applause.



Justin enjoys the parcel game with brother Chris (left), Ryan, Lauren and Kenneth.

"For one to fly, one needs only to take the reins."

~ Melissa James

The Joyriders Fundraiser: *An Evening with Lennie Gallant*

Gingerwood Farm, Stanhope

Saturday, September 26, 2015, 7:00 p.m.

Reception, auction, entertainment

Emcee : Nationally acclaimed comedian Patrick Ledwell

Tickets: \$65 Corporate Tables \$500

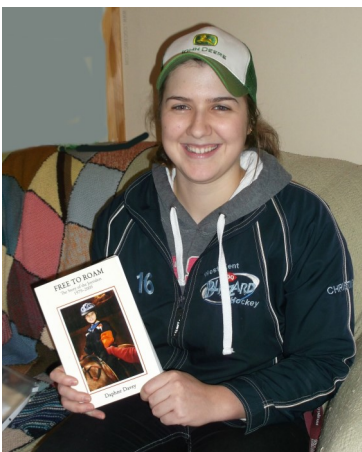
Contact Deena at 902-894-5750 or deena.robbs@gmail.com



The Program Team hard at work organizing for the spring session. Like everything else we do, we wade in paperwork!



Volunteer Hayley chats with Jesse, while Charley Anne peeks through from behind.



Christine Leblance, an AVC student from Bouctouche, NB, bought the last copy of Daphne's book, Free To Roam: The Story of the Joyriders 1979-2009.



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

Julie Scales, Rider Coordinator

juliescales@msn.com

BOARD OF DIRECTORS

2015-2016

President

[vacant]

Past-president

David Park

Vice-president

Janice Cole

Secretary

Adele Dixon

Treasurer

Jennifer DeCoursey

Directors

Nicole Kitchener

Melda Jones

Heather MacLeod

Butch McGee

Jim McQuaid

Lori Morris

Ex Officio

Kathryn Barrett

Chief Instructor

Trish Helm-Neima

Physiotherapist

Deena Robb

Volunteer Coordinator

Director Emeritus

Andy Robb

VISIT THESE WEBSITES!

www.thejoyriders.ca

www.cantra.ca

www.disabilitytodaynetwork.com

(CanTRA channel under Partners tab)

"THE WHINNY"

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

PO Box 20149, Charlottetown, Prince Edward Island, Canada, C1A 9E3

Daphne Davey, Editor

PO Box 36, Crapaud, PEI, C0A 1J0

(902) 730-2052 / ddavey@eastlink.ca

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

CHANGE OF CONTACT INFORMATION

Please forward address or email changes to the editor.