

The official magazine of

CATWALK™

Funding research to cure spinal cord injury



December 2020

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A special thank you
to our supporters
who help us produce
this magazine

NATIONAL PATRONS

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David Pretorius (Chair), Grant Sharman (Deputy), Emeritus Professor Louise Nicholson, Tom Brady, Paul Wilcox, Fiona Webby, Simon Manners.



Founder's Footnote

Dear CatWalkers,

It's fair to say that 2020 will go down as memorable!

Whether it's for Covid, an Olympic postponement or the American Election, it's definitely a year we shall not forget! And despite the challenges along the way, I've yet to meet someone who didn't enjoy aspects of the first lockdown - it seemed to give us all time to breathe and assess where we're going and what we really want to do in life.

As Kiwis in New Zealand, we are acutely aware of how fortunate most of us are to be pretty much trucking on as normal right now. To our international supporters and close friends, we are with you every step of the way mainly because we LOVE our adventures with you, let alone the celebrations!

A special high in September was getting to ride my handcycle from Masterton to Martinborough with 79 year old John Winkle on his 79 year old bike with all his 'wise' friends.

It's fair to say that 2020 will go down as memorable!

A man on a mission and that was to raise funds for CatWalk due to a close friend Jim Dollimore breaking his back and ending up in Burwood hospital. A bunch of fit locals joined us which made for good banter until the last 20km where fit John and his very fit friends took off to battle it out for the first beer at the Martinborough hotel. A great reminder that a healthy body and mind is a lifelong programme and makes for excellent escapes!

A shout out also to our Auckland Marathoners of every distance who ran and walked the talk and raised \$45,000 for CatWalk this year. Some of you were back for a repeat effort - great stuff! Like SCI research the grind doesn't stop but the rewards for each step are absolutely worth it.

A personal thank you to my team who train with me every week. You keep me focused on that goal of dancing with Sam again and although progress tends to mirror the turtle's pace rather than the hare, it is progress and I'm loving every minute of it.

Enjoy this issue, another passionate effort from CatWalk's communication champ Chris Lovelady and all the very best for 2021.

Catwalk



John Winkle, Catriona and Patron Aaron Slight MNZM

International Patron

Dear CatWalk friends and family, I think we can all safely say this has been 12 months no one will ever forget!

And - despite the trials and tribulations of a year like no other - I believe three words have been key to getting us all through some unprecedented challenges..

Yes "friends and family" are most definitely my key take-outs from these crazy times and I'm sure I'm not alone in that. For instance, in our own little household during the GB lockdown, Mike has worked so hard alongside Mia to keep her schoolwork up to the mark. I'm not sure who got the better of the maths, and homeschooling certainly wasn't on our horizon this time last year, but like dads and mums and extended families everywhere, everyone just got on with the job.

Right now, there are few truer words than "it was the best of times and the worst of times" (still so appropriate, thank you Charles Dickens!).

As always, I send my love to New Zealand and to CatWalk. Even in the face of this ongoing adversity, you have kept on creating opportunities for Spinal Cord Injury, and I admire you all the more for that.

Bring on 2021!

Zara Tindall MBE

“It was the best of times and the worst of times”

Thank you Charles Dickens!



Bring on 2021!

Time for a Refresh

CATWALK
Funding research to cure spinal cord injury

by **Origami**

Hi CatWalkers,

Since 2005, and thanks to our donors, the CatWalk Spinal Cord Injury Research Trust has been working hard. The goal of CatWalk is, and has always been, to raise significant funds for world-class research to repair, and ultimately cure, spinal cord injury.

In order to continue doing this great work, and following a generous offer of pro-bono support, CatWalk undertook a strategic review of our fundraising programme. A plan was set in action to make sure we have the best strategies in place to generate sustainable funding for our vital research projects.

Our remarkable supporters at Origami (a brand strategy, design and communications agency), designed and gathered insights from a number of CatWalk donors to ensure that as we develop new fundraising initiatives we stay true to the values that have inspired our donors.

Research:

- » A group of donors were invited, via email, to take part in a 5-10 minute telephone interview about their involvement with CatWalk. Telephone interviews are ideal as the direct conversations provide rich, in-depth information.
- » Questions included: *What would you describe as the main goals of CatWalk? What events or activities do you get involved with for CatWalk? What do you see as the key reasons for this fundraising success?*

Outcome:

- » We thank all those that took part in the research and provided us with the overwhelmingly positive feedback.
- » The feedback and insights have been taken on board for our strategic review.

How did this brand refresh come along? / Why are we refreshing our brand?

One of the unexpected outcomes of the review was the misperception around CatWalk's role and relationships: CatWalk, the CatWalk Spinal Cord Injury Research Trust, the Spinal Cord Injury Research Facility etc.

The current brand didn't reflect the mission and purpose of CatWalk; it became clear that we needed a refresh and the addition of a strong functional description to realign the brand with our dedicated goal.

In order to clearly define the role of CatWalk, we agreed to review the strapline on our logo and with Origami's help we explored many alternatives before agreeing on the functional description: **CatWalk - Funding research to cure spinal cord injury.**

The CatWalk Board of Trustees believe this functional description is helpful for anyone (new and possibly even some current supporters) to clearly communicate what CatWalk's role is and always has been. We took this opportunity to 'refresh' our brand and give it a lift of energy, without undertaking a full rebrand.

The outcome, we think, is an honest reflection of CatWalk's mission and purpose while remaining true to our foundation direction: to find a cure for spinal cord injury.

Origami donated a significant amount of time on our strategic review, clearly defining our role and refreshing our brand. We are delighted with the outcome.

Thank you to the team at Origami for your substantial contribution to CatWalk - Funding research to cure spinal cord injury.

David Pretorius | Chairman

About Origami

Origami is a brand strategy, design and communications agency based in Auckland.

Coming from business backgrounds, they know that branding isn't just another word for marketing or advertising. It's about identifying the essence of what you do, distilling it down to a core promise that everyone in the company

understands and believes in, and delivering it every time your customers (and donors) interact with us.

They've worked with small businesses to large corporations and have always made time for non-profit organisations, supporting Auckland City Mission, SPCA and Christchurch Helicopters on their conservation projects.

Research

Spinal Cord Injury Research Facility Progress

November 2020

We are coming to the end of a very challenging year at the SCIRF, with Covid-19 and lockdown impacting on our work. However, due to the incredible hard work and dedication of the team we have been able to make some exciting progress on the projects underway in the lab.

Visualising changes in the spinal cord after injury

The work being carried by PhD student Ms Zahra Laouby, in collaboration with Dr Juliette Cheyne and funded by the Jon and Louise Nicholson Spinal Cord Injury Research Scholarship, is helping us to understand how changes happen in the brain and spinal cord in real time and therefore understand more precisely how they are working.

This will improve our ability to develop more effective techniques to repair the spinal cord. To do this, we can use a tiny camera to look at changes in nerve cell activity in the brain and spinal cord as they happen. This electrical activity can be used to see if the nerve cell is functioning normally. We are now able to see the activity of nerve cell

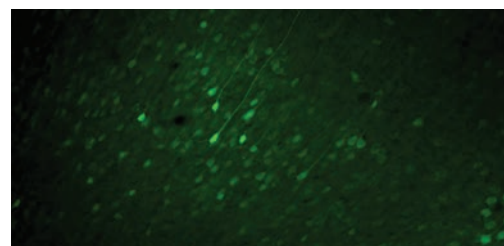


Fig 1. Labelling of nerve cells.

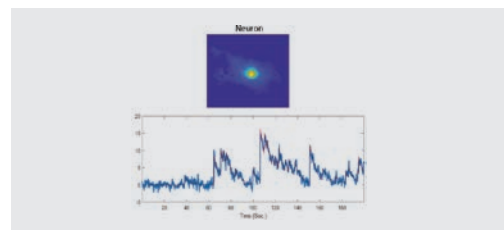


Fig 2. Activity of a single neuron - electrical "spikes" showing activity of the nerve cell.

activity in the brain and spinal cord as they happen. This electrical activity can be used to see if the nerve cell is functioning normally. We are now able to see the activity of nerve cells and the next step is to see how this changes with injury. We will then use our treatment and be able to accurately measure the effect it is having and how we might improve it.

Gene therapy and cell transplantation

In collaboration with Associate Professor Debbie Young and Professor Bronwen Connor from the Centre of Brain Research, the project being undertaken by PhD student Connor Clemett, to inject cells alongside our gene therapy is progressing well. Connor is currently growing up these cells and early next year, we plan to carry out experiments where we add the cells to the injured spinal cord. These cells will improve the function of the nerves that regrow because of our gene therapy, with the goal this will lead to better functional outcomes.

Connor has also carried out study to understand what novel genes are changed with our gene therapy approach. This has led to some novel findings, which we are current assessing for their potential to be therapeutic targets for spinal cord injury.

Novel targets for spinal cord repair

Following spinal cord injury, nerve cells at the injury are damaged and ultimately die. Nerve cells can produce proteins that are able to protect them from ongoing damage but in the case of spinal cord injury, this is not enough to keep them alive. If it was possible to increase the levels of these proteins, this would be a potential therapy to keep nerve cells alive and reduce the damage after injury.

Dr Sheryl Tan is currently working on a project to accurately understand where these proteins are found in the spinal cord. Following this, we plan to see how this changes with spinal cord injury and then test ways to increase these proteins in injured nerves, with the goal of determining if this may have potential as a treatment.

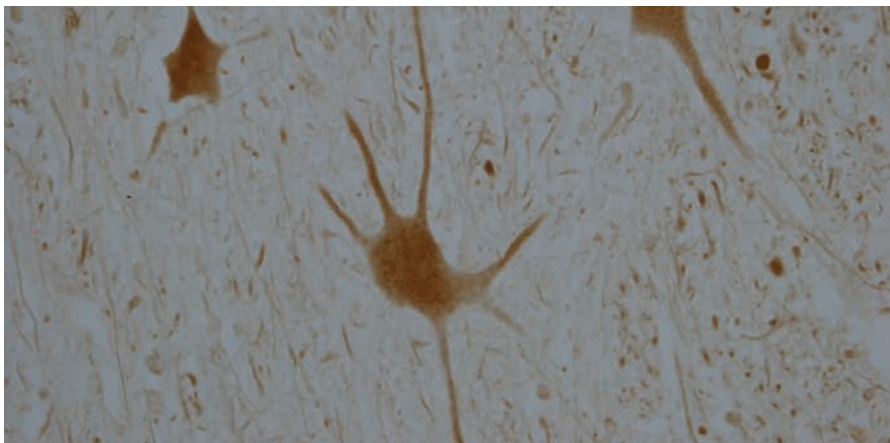


Fig 3. Uninjured nerve cells expressing the protective protein

This will improve our ability to develop more effective techniques to repair the spinal cord.

Research Update

CatWalk Fellowship

Dr Amy McCaughey-Chapman

Generating human oligodendrocyte cells for the treatment of SCI

I began my post-doctoral fellowship generously supported by the CatWalk Trust on the 1st August 2020.

My research will focus on the generation of human oligodendrocyte precursor cells and mature oligodendrocytes generated directly from human skin cells (a technique known as cell reprogramming).

The overall goal of this research is to generate a source of human oligodendrocytes that can be used to repair the injured spinal cord through cell-based remyelination therapy. Therefore, the potential of these reprogrammed cells to remyelinate and repair the injured spinal cord will first be considered using rattan animal spinal cord slice culture system, which will mimic the demyelination and endogenous remyelination that takes place following spinal cord injury.

I was granted a small project grant by the Maurice Phyllis Paykel Trust earlier this year which enabled me to build on the preliminary findings that formed the basis of my fellowship application. Unfortunately, due to Covid-19 and a lack of access to the laboratory twice this year, this caused major disruptions to my cell cultures which meant some of my 13 week-long oligodendrocyte cultures had to be prematurely terminated.

The silver lining is that I still managed to repeat the protocol I had previously devised when applying for this fellowship and have confirmed that I can generate human oligodendrocyte precursor cells and mature

oligodendrocytes from human skin. I will undertake a full characterisation of these cells and prepare a manuscript for publication in the New Year.

With Ms Muna Dhakal, a student who is undertaking her Honours degree in our laboratory, we have developed a longitudinal animal spinal cord slice culture system.

We use postnatal new borns for this; we cut the spinal cord length-wise (longitudinally) to maintain the integrity of the fiber tracts and culture these slices for up to 6 weeks. We have also treated the slices with a chemical demyelinating agent to mimic the demyelination that takes place following spinal cord injury and Muna is currently busy analysing the data characterising the demyelination of the slices.

**...to repair the
injured spinal
cord through
cell-based
remyelination
therapy**

In the New Year, we will utilise the animal spinal cord slice culture system established this year, to look at the differentiation and myelination potential of our human oligodendrocyte precursor cells, by transplanting the cells onto the slices, which I am particularly excited about! This work will then lead on to a pre-clinical animal study, in which we will confirm the remyelination capability of our cells and their ability

to repair the injured spinal cord and assess consequential behavioural recovery of our animals. This pre-clinical research will demonstrate the potential of our reprogrammed human oligodendrocytes as a remyelination therapy for the treatment of spinal cord injury.

Refer to the graph on Page 12 for funding committed to this project.

“I can generate human oligodendrocyte precursor cells and mature oligodendrocytes from human skin”

Dr Amy McCaughey-Chapman

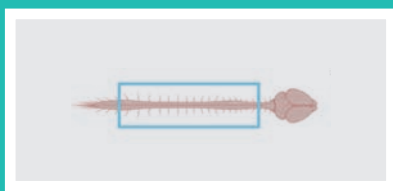


Figure A

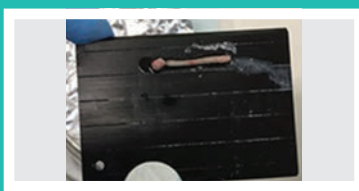


Figure B



Figure C

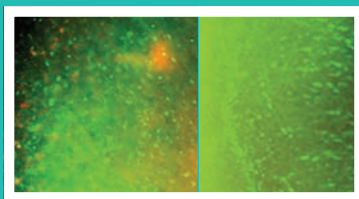


Figure D Calcein/EthD-1

Above **Figure A**) is a schematic of a spinal cord depicting the longitudinal sectioning which we have used to generate our spinal cord slices. **B**) is a picture of a rat spinal cord mounted onto the slicing machine's chuck (vibratome) ready for sectioning.

Longitudinal spinal cord slices in culture are shown in **C**). The spinal cord slices remain viable for up to 6 weeks in culture which is shown in **D**) (side of spinal cord slice) and **E**) (centre of spinal cord slice) which demonstrate live cells in green and very few dead cells in red.

The Health Research Council of NZ (HRC) and The CatWalk Trust strategic partnership

Dr Darren Svirskis PhD, RegPharmNZ

The last six months has come with some additional challenges, as it has for everyone. Between lockdowns we have continued to make progress with materials, cell-based and animal-based research.

We prepare the conducting polymer PEDOT in our labs and have demonstrated a new method of achieving highly stretchable and electronically conductive surfaces. The research we do is disseminated in the scientific literature making a contribution to the wider scientific community, it has been published as 'Stretchable Electronics Based on Laser Structured, Vapor Phase Polymerized PEDOT/Tosylate'. We continue to develop these materials into stretchable microelectrode arrays that we will later use to investigate and treat injured nerve cells.

We have developed a nerve cell injury model using primary tissue. Nerve cell projections are isolated within microchannels and a stretch injury applied. Using this setup we were able to study changes to cells that occurred immediately following a stretch injury and out to 7 days following the injury. We will continue to refine this injury model, but this is an important first step as cell-based models of spinal cord injury allow us to test the treatments we are designing.

In our animal-based research we continue to develop our bioelectronic implant that can be seen in Figure 2. Jackets were initially trialled to secure the implants to the animals, however these weren't successful. We have now developed a different approach designing a 3D printed component to secure the bioelectronic implant to the animal. This work is ongoing and using this approach implants have been maintained in animals for 9 weeks and counting. This new method of securing the external connector of the implant has allowed us to take some preliminary recordings of spinal neural activity in freely moving rats, and this is a focus as we move forward.

Figure 2

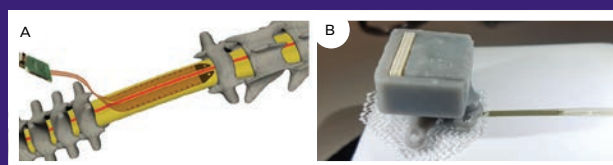


Figure 1

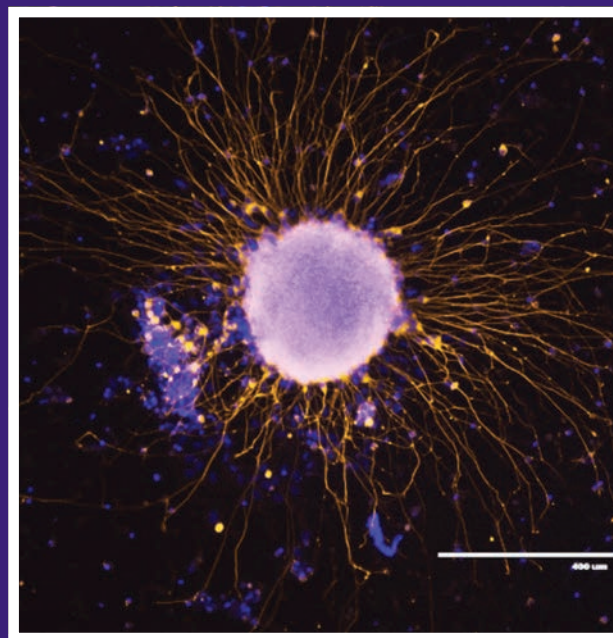


Figure 1: Spinal motor neuron neurosphere differentiated from stem cells. We are refining our processes with nerve cells like this to allow us to determine changes that occur in spinal cord injury, and to test our developing treatments.

Figure 2: A) Schematic of bioelectronic implant positioned directly on the spinal cord of a rat. B) The bioelectronic implant can be secured using a newly designed and 3D printed backpack that is sutured to back muscles using hernia mesh.

2020 Event update

Following further discussions, the Board of Trustees have made the considered and difficult decision to postpone Our Wonderful Journey indefinitely.

We wish to thank everyone for their support and enthusiasm and please rest assured that, when the TIME is right, the next CatWalk event will be bigger and brighter than ever!



Our
Wonderful
Journey 2005-2020

CATWALK
NEVER SAY NEVER

SPINAL CORD INJURY RESEARCH TRUST

See who you're supporting with your donations.

Neurostimulation treatments Sydney-based clinical trial

Development of neurostimulation treatments to return feeling and function to those that have been paralysed.

Total commitment: \$1,750,000 AUD\$

Gene therapy and cell transplantation in chronic SCI

This project aims to combine the gene therapy approach with enriched cell transplantation to promote stronger connections for recovery.

Total commitment: \$114,777 (payments also made in 2018-2019)

The NZ Brain Bee Challenge (NZBBC)

This high school competition encourages students in Year 11 to learn about the brain and its functions, the latest advances in neuroscience research and career pathways.

Total commitment: \$45,000 (committed until 2024)

Spinal Cord Injury Research Facility (SCIRF)

A goal of SCIRF is to maintain ongoing research programmes to develop novel treatments for SCI and to attract new ideas through local and international biomedical and clinical collaborations.

Total commitment: \$580,880 (committed until 2025)

Generating human oligodendrocyte cells for the treatment of SCI

This study will investigate whether the precursor cells of human oligodendrocytes (highly specialised neural cells) generated from human skin cells can be used for cell transplantation to promote natural repair and improve electrical pathways.

Total commitment: \$186,842



The Health Research Council of NZ (HRC) and The CatWalk Trust strategic partnership

Co-funded by CatWalk and the HRC, this project investigates an innovative new treatment combining both beneficial electrical fields and nerve growth factors to regenerate damaged nerves.

Total commitment: \$250,000

(payment also made in 2019)

Dr Sheryl Tan (Extension)

Complete analysis and testing of an existing drug (Tonabersat) to stop chronic inflammation and provide training.

Total commitment: \$22,464

	2020	2021	2022
Total :	\$1,180,813	\$1,204,825	\$131,176

Thank you for all your support!

Your generosity enables critical research and gives hope to those with spinal cord injuries that they will walk again.

Living with Covid and SCI in the UK



Melanie Reid sustained her SCI in 2010 in a riding accident. Here, she shares some insight into dealing with COVID-19 in the UK.

When the UK first went into lockdown, many of us in the SCI community were among the 2.5 million told to shield. Shielding was lockdown on steroids: we were supposed to self-isolate within our own household – a joke when you can't wash or dress yourself, and must share your specially adapted bedroom/bathroom.

We made our lives as safe as possible in our small, remote small cottage. My carer still came every morning but she reduced her clients to two - me and the 91-year-old farmer down the road. My husband, who's 73 and therefore also in the vulnerable category, was drilled into being careful when he went for papers and milk in the local store. My son, a furloughed commercial pilot (no luck there then), fled London for Scotland and quarantined in the barn before we let him in. He did the big supermarket runs.

Shielding was lockdown on steroids



Because we live in the Loch Lomond and Trossachs National Park, in Scotland, we were lucky. Fields, forests and hills, my horse-riding heaven before my accident, are on our doorstep - well, door ramp. I sat and watched my family head off for walks, cycles and runs with the perpetual wistfulness of those whose legs don't work. I've been doing that since I fell off my eventer in 2010 and broke my neck. In fact lots of us tetraplegics have been training to be Covid hermits for years - inside four walls looking out, buried in our laptops, living life second-hand. One thing I didn't regret: in 2020 I'd been due to launch the paperback of my spinal memoir *The World I Fell Out*

Of - and if I'm honest I didn't miss the ordeal of loading myself up like a horse and driving to book festivals places to perform.

Something did change though. We'd taken on a rescue dog just before lockdown. We sought a gentle, lazy, middle-aged female Staffordshire bull terrier, to replace the one who'd died. Instead, we found ourselves with an excitable mouthy male who'd never been off the lead and took off like a bat out of hell as soon as he tasted freedom. "Too much horse" - as we used to say in a world I once inhabited. He was definitely too much dog for an old man and a cripple, but we couldn't hand him back, not in lockdown. We'd no choice but to exhaust him with exercise and pray he'd chill out.

I dug out my mobility scooter, a Trumper. As you grow older with a SCI, you get lazy. I'd stopped using it. Now it became a lifesaver. I steeled myself to transfer onto it every afternoon and head out. Thankfully the dog had a homing instinct, some recall (eventually), and didn't

attack stock. So I ran him for hours on my old horse trails, and in the process rediscovered something of myself, out there alone.

Psychologically, I survived my injury by being relentlessly positive. Right from the start I'd figured things could have been worse for my family - I could be dead, or brain damaged. I fixed on the cheerful face, like so many of us do. When it came to Covid, I defaulted to that. Things would get better. Now we know vaccines coming, perhaps even by Christmas. Things will definitely

get better. SCIs already know there's no such thing as normal life any more. But while we await the return of our normal abnormal, we'll carry on being hardcore copers.

PS: the good news is, the dog has chilled



Psychologically, I survived my injury by being relentlessly positive.



Team
CATWALK
2020
Running so others can walk



Auckland Marathon Review

For many, the question that hovered in the background in the months leading up to Sunday 1st November was “is it going to go ahead”?

Our trusty team continued with their training and fundraising with the positive attitude that yes, indeed the ASB Auckland Marathon would proceed – and it did!

This year our team consisted of individuals, family and work groups, some first timers and some returning. Amongst them, Susan and son Angus Simpson, who have been part of Team CatWalk for three successive years! Susan and Angus

raise money for spinal cord injury research following an accident in 2015 which left son and brother Ian Simpson a C5/6 tetraplegic. Each year, Susan travels from the family farm in the middle of the South Island to join Auckland based Angus.

“John, Angus and I and no doubt everyone who have family in chairs would be so happy when the breakthrough happens. Spinal cord

injuries are icebergs, people don't realize what goes on behind the scenes.

I actually enjoy running now since I became a charity runner!!!”

It was wonderful to meet the team members at the CatWalk marquee after completing their chosen distance and to be able to present them with the Charity Hero medal while they enjoyed some delicious refreshments provided by Jess's Underground Kitchen.

A great atmosphere, excellent conditions for running (so I am told!) and \$45,000 raised for spinal cord injury research – what a great effort! Thank you to all of our wonderful team and supporters for making this event such a success.



**\$45,000
raised
for spinal
cord injury
research**

Antique Roadie

Challenge complete!

The seed of the idea was to get donations for a challenge which mimicked the everyday reality of spinal injury recovery. And to mark Jim Dollimore's appreciation of the attention he's received at Burwood.

Jim is a close friend and fellow cyclist who sustained a spinal cord injury earlier in the year, and spent his rehabilitation time at Burwood Spinal Unit before heading back to his home north of Auckland.

Clearly, it had to be hard. It had to extend over a period. It had to be a team effort with various specialists contributing to the overall result. And of course total commitment from close family - in this case wife, children and grand children.

The final format was established by brain-storming from a simple format of an 80 year old on several 80 km rides around Matakana to a month long series covering North and South Islands culminating in NZ's toughest one day bike ride - Le Race which was scheduled for the 19th September. John's cycling group, The Warkworth Riders, made up the team ready for riding, fund collection, and organisation.

Not content with just making it a tough riding series, the brain-stormers also decided a normal bike was too easy and wanted a further 80 involved - ride it on an 80 year-old bike. This was eased by getting the team to ride in true cycle road race fashion - lead out and protect from the wind but absolutely no direct physical assistance.

Was it hard? Very! It certainly pushed John beyond his limits and for a short time there was serious danger

the last of the Port Hills would cause his undoing. But mimicking spinal recoveries, a great deal of personal determination together with great team support and family encouragement saw the finish line in Akaroa otherwise unaided.

In the month leading up to Le Race John undertook demonstration rides on rollers (something John had to relearn having last ridden rollers in track events in the early '80's) in Matakana Market and Omaha plus several 40-80 km rides in Matakana, Hamilton, Masterton, Wellington and Marlborough.

Two of these need highlighting. First Le Race in John's own words

"Mother nature played a very benign hand - and thank goodness she did. Both the bike and I were on the absolute limit as we took on the last 20 kms of the Le Race course on the 19th September. The first 1,600 metres of climbing were tough enough but that last 400 metres just went on for ever. Not a single climb but a series where we thought each one was the final only to find the road snaking up again and again. The views are spectacular but along with open landscapes often comes strong winds and the day was no exception. Without team protection the cross winds would have been my undoing.

And little respite on the final downhill with very ineffective 80 year old brakes meaning high stress levels continued until the final few yards."

Then there was Masterton

"The most notable lead up ride had to be Masterton to Martinborough along with Catriona, Aaron Slight and a whole lot of wonderful Masterton people. Great start from Little Avondale Stud with pre-ride sustenance and finish at the Martinborough Hotel to replenish used energy. As tends to happen with cyclists the firm control exercised over the first half of the event morphed into a mini Tour de France sprint stage as the flat white aromas took control."

Covid 19 had a serious effect on the challenge with Auckland at level 3 meaning no crowds at the "roller" events and crowd restrictions on all rides. Most of all the competitive element of Le Race was cancelled. Perhaps in some way this mimicked spinal injury recovery too - if one aspect doesn't work then think again but whatever happens keep going. NEVER SAY NEVER! Team Antique Roadie didn't and Jim certainly hasn't.

Over \$22,000 was raised by John and his team, a wonderful effort given the climate it was undertaken in and that Le Race was cancelled. We sincerely thank John and all his supporters, and also wish Jim Dollimore all the best as he continues his recovery.

Was it hard? Very!



**Over
\$22,000
was raised
by John and
his team**



Stepanova Filly has a name

Introducing Passarela!

There was a tremendous response to the Name the Filly competition with 99 names put forward to the judging panel of Jo Lindsay, Joanna Hickman and Catriona Williams.

The judges faced a tough decision with some well thought out and relevant names put forward.

After much deliberation Jo Lindsay announced that the name submitted by Nicholas Birch of Dunedin, was the winner:

“Thank you to everyone who submitted a name. There were so many great entries to select from but in choosing Passarela (‘CatWalk’ in Portuguese) it was a unanimous decision by all three judges. We felt the name suited our filly and captured this wonderful promotion”.

CatWalk founder Catriona Williams added her endorsement as the filly continues with her training regime “Here’s to her strutting her stuff for Lance Noble who now, as trainer, has the challenge of turning her into model material!

The name has been approved and the NZTR have generously waived the naming fee usually charged.

Thank you to all those who entered and raised a further \$1,200 for spinal cord injury research, and once again we thank Darley who started this wonderful story with the donation of the Brazen Beau service, Kevin and Joanna Hickman for purchasing the service and then donating the sales proceeds from the filly at Karaka, Jo and Brendan Lindsay for purchasing the filly and all of the industry and service providers who have so generously supported this lovely girl.

We look forward to sharing the next chapter of Passarela as she heads towards the track.

Passarela has been continuing her education under top trainer Lance Noble at the state of the art Cambridge Stud training facility. Cambridge Stud CEO Henry Plumptre describes her as “a gem of a filly to train – bright, interested and enthusiastic”.

The little filly has now had two trials and has been working well at home. As with these young horses, each individual has a plan based on how they are progressing both physically and mentally, and she may head to the paddock for some down time over the next few months or continue on with more education.

We look forward to following her progress!

Dog's Getting Fat

By Hamish Ramsden

Hamish
Ramsden
1ST BOOK

\$ **24⁹⁵**
plus p+p

Dog's getting **FAT**

Living with
Tetraplegia

Hamish Ramsden

CatWalk ambassador Hamish Ramsden has just released his first book!

This is an autobiography of Hamish's life as a tetraplegic. It starts from the moment of his accident, on the family farm in Southern Hawke's Bay, New Zealand, in 1994.

The story details his rehabilitation at the Burwood Spinal Unit, and his resettlement into his home environment. Nine years after his accident his life takes a dramatic turn, which brings new highs and new lows.

It is a very personal look into Hamish's life as a tetraplegic without trying to be overly motivational, with a subtle mix of humour which contrasts well with the traumatic theme of the book.

And what's this about the dog?

Well, you will just have to read the book to find out!

Books can be purchased via Kindle or in paperback version for \$24.95 plus p+p by contacting Hamish - hamishramsden@outlook.co.nz.

The proceeds of the book sales will be donated to The CatWalk SCI Trust and The NZ Spinal Trust

 **BARENBRUG**

CATWALK
NEVER SAY NEVER

SPINAL CORD INJURY RESEARCH TRUST

**SPECIALIST
HORSE
PASTURE MIX**

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Specialist horse pasture mix

\$200 +GST per 25kg bag

Support a great cause. Purchase yours now!

1 bag/ha recommended sowing rate. Limited stocks.

Seed available from your local Farm Source store.

Sita Tarini Clark

Honours award

Sita Tarini Clark stepped up to supporting CatWalk through the 38 in 38 fundraiser held at Mount Maunganui last year. We were thrilled when it was announced that Sita had won The Blues Award at the recent Auckland University Prizegiving, going on to win the overall award for all categories.

“The Blues Awards” originated from Oxford and Cambridge Universities in the UK, and have come to symbolise excellence in extra-curricular and co-curricular commitments by University students. The Blues Awards are awarded in recognition of outstanding achievements in one of four categories: Sports, Arts and Cultural, Service and Leadership, & Innovation. Multiple Blues Awards are given each year to chosen nominees from each category. Out of the list of nominees, one Major Award is given annually to a nominee from each category.

Sita Tarini Clark was awarded a **“Blues Award in Service and**

Leadership” and the **“Award for The Most Outstanding Contribution (Service and Leadership)”** in recognition of her work initiating, leading and participating in the ThirtyEightin38 fundraiser last year, in support of The CatWalk Trust. ThirtyEight in 38 involved a team individually climbing Mauao (Mount Maunganui) 38 times, the equivalent height of Mount Everest, in 38 hours. The team raised publicity for people living with spinal cord injury in NZ, with social media and radio campaigns and exposure in print media, as well as raising \$33,674.81 in support of their mission.

Thank you to all of the sponsors, support crew, family members and teammates for their tireless support and commitment to this event - these awards are dedicated to each and every one of you. Sita also plans on continuing to support and advocate for CatWalk in the future as she has recently been appointed as a CatWalk ambassador. She hopes to run the New York marathon sometime in the future as a part of the CatWalk team and is committed to creating future initiatives to help fundraise and increase awareness of CatWalk’s mission.

Congratulations Sita!



Sita Tarini Clark (2nd from left) with fellow award winners

Ambassadors

Our Ambassadors help share the vision and goals of CatWalk, by talking with others, creating and attending fundraisers and being the champions of the Trust. All of them have some close connection to spinal cord injury, whether it

be themselves, a friend or family member. They are passionate advocates as we are grateful for the time and energy they give to CatWalk. You can read more about them on our website catwalk.org.nz/about/supporters

Share the vision and goals of CatWalk

Sophia Malthus - Auckland



Penny Barnett - Greytown



Heelan Tompkins - Rotorua



Nick Mannix - Wanaka



Kate Lambie - Auckland



Anna Hiatt - Wanaka



Charlotte Gendall - Wellington



Carolyn Beaver - Wellington



Ian Douglas - Wellington



Jamie Astwood - Hamilton



Oliver Bradshaw - Auckland



Gracie Taylor - Auckland



Debbie Rolmanis - UK



Hamish Ramsden - Christchurch



Sita Tarini Clark - Auckland



Good for your horse, Good for the planet & Good for spinal cord injury research!

CatWalk are thrilled to announce a new partnership with Treadlite NZ Ltd, the manufacturer of the Premium Arena Surface – a recycled rubber product made at their purpose built plant in Cambridge.

Treadlite NZ Ltd was formed when Cambridge man Paul Collins started to enquire as to where the end-of-life tyres from his trucking company Collins and Sons were going. The answers he got weren't great and included; in a field, to landfill or sent overseas to be burnt.

To Paul and wife Jo, this outcome did not sit well, so their journey to find a solution began. After a number of trips to different countries, they found a system which they felt could provide the solution for the waste tyres whilst also creating a product that could be repurposed.

The Treadlite NZ plant began manufacturing the Premium Arena Surface in January 2020 with the product now used extensively in equestrian arenas, horse walkers and training tracks from Southland to Northland.

Paul and Jo, alongside co-owners Brad Pierce and Blake Richardson, have very generously offered to support spinal cord injury research

through a \$2.50 donation from each bag of Premium Arena Surface sold from all sales beginning 1st October 2020.

Treadlite NZ CEO Brad Pierce is extremely excited about the new relationship, "as Treadlite NZ grows through the support of the equine industry we wanted to give something back as we understand we all become stronger together. Just as we tackle the massive environmental issues that are faced by waste tyres we wanted to support CatWalk in their journey to advance spinal cord injury research, we truly hope this becomes a long and successful relationship for both parties"

CatWalk General Manager Meg Speirs echoes Brad's sentiments - "This is a superb mutually beneficial relationship. Generating funding for world-class spinal cord injury research while also protecting our precious earth; we are delighted to be a part of this partnership."



TREADLITE
— NZ —

Did you know - More than 7.75 million tyres (passenger tyre equivalents) reach their end of life in New Zealand every year some 73,700 tonnes worth!

It is estimated that 70% are going to landfill, stockpiled or illegally dumped.

Treadlite NZ - Recycle for Repurpose

Further information on Treadlite and the Premium Arena Surface can be found on www.treadlite.co.nz or on Facebook **Treadlite NZ**.

GOOD FOR YOUR HORSE GOOD FOR THE PLANET!



PREMIUM ARENA MIX

Treadlite is excited to offer a new Premium Arena Mix made right here in New Zealand from recycled rubber.

The recycling process takes used tyres which would otherwise be disposed of in landfill, stockpiled, illegally dumped or shipped offshore to be burnt. At our plant in Cambridge our triple treated refinery process uses a series of shredders and magnets to produce a consistent evenly sized material that is 99.9% metal free.

Why use Treadlite arena mix:

- Less wear and tear on horses hooves
- Reduced concussion on joints through better impact absorption
- Lively surface allows horses to get more air above the ground and better take off for jumping
- Maintains a more even spread than traditional sand surface
- Less affected by rain
- Reduced dust means less respiratory issues
- Can be used alone over base-coarse or spread on top and mixed with existing sand



Available in Recycled Treadlite bags

Arena Length (M)	No. of Bags		
	20	40	60
100	20	40	60
80	16	32	48
60	12	24	36
40	8	16	24
	20	40	60

Arena Width (M)

NI - \$225 +gst per bag, ex Cambridge

SI - \$275 +gst per bag, ex Darfield

Tracy Smith riding Jamesons RE on her Premium Arena Mix surface

For more information follow us on Facebook or visit www.treadlite.co.nz



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CATWALK
BETTER BAY BETTER

Shop with purpose this Christmas

Earn free donations for us every time you shop online at 150+ leading stores.

Find us at Rewardhub.co.nz



Rewardhub



“The reason I chose CatWalk was because many years ago I had a skiing accident and fractured a vertebrae in my spine very nearly putting myself in a wheel chair - ever since I have felt extremely grateful that I can walk. I think it would be so exciting if a cure could be found.”

“I would like my [chosen] charities to be continued on when I am no longer here and I know they will carry out my wishes.”

Leave your Legacy

A few words in your Will can give those with spinal cord injury paralysis hope.

Leaving a gift in your Will could benefit spinal cord injury in a special way. Your charitable legacy may well ensure that the vital research necessary to cure spinal cord injury paralysis endures, no matter what the cost.

 **CATWALK™**
Funding research to cure spinal cord injury

A gift for the future

Our vision is a world free from spinal cord injury paralysis. We fund the best research in NZ and internationally to find treatments to restore movement and sensation.

We want to reach the day when spinal cord injury is no longer the devastating event it is today but a routinely treatable condition.

You can help to create this future - with a gift in your Will.

After you've looked after family and friends, would you consider leaving a gift in your Will to CatWalk?

If you want to leave a legacy gift, we would welcome the opportunity to talk with you to ensure we fulfil your wishes and make the most impact in the areas you care about.

Thank You

Corporate Supporters



BELL GULLY



We are grateful to the Lindsay Foundation for their ongoing support

www.lindsayfoundation.co.nz



Our bank account has changed!

Please note our new bank account details.

BNZ 02-0108-0525933-000
The CatWalk Spinal Cord Injury Research Trust

Thank you!



Our vision is a world free from spinal cord injury paralysis

Name:

Address:

Phone: Email:

Yes, I want to donate to spinal cord injury research.

Please accept my gift: (all donations of \$5 or more are tax deductible)

One-Off Donation

OR

Regular Donation

I authorise CatWalk to make automatic deductions every week/fortnight/month/year from my credit card until further notice.

I will be paying regular donations every week/fortnight/month/year by Direct Credit.

(Please circle frequency)

\$45⁰⁰

\$75⁰⁰

\$100⁰⁰

Other \$

If paying by Direct Credit, please ensure the following details are provided so we can track and acknowledge your details accurately:

- In the Internet bank field called "particulars" put [YOUR NAME]
- In the Internet bank field called "reference" put [DONOR ID]

Payment Method:

Please debit my credit card:   Amount: \$

Card Number: Exiry Date:

Name on Card:

Signature:

OR

Direct Credit to BNZ account number

02-0108-0525933-000

Note: New bank account number

OR

Via our website
www.catwalk.org.nz/help-us/#donate

OR

I have enclosed my cheque to
The CatWalk Trust

Please ensure the following details are provided so we can track and acknowledge your details accurately:
In the Internet bank field called "particulars" put [YOUR NAME]



06 377 5430



PO Box 555
Masterton 5840



www.catwalk.org.nz
info@catwalk.org.nz



FACEBOOK@thecatwalktrust
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