

Come to Camp Horseshoe this Summer

Little Bits owns and operates this camp located on Joseph Lake near New Serepta.



We offer 5 one-week (Monday to Friday) overnight summer camps for children and youth 7 years and up.

The camp offers fun activities,

including horseback riding, lakeside play, arts and crafts, a recreational leadership program and campfire friendship. The staff are trained and experienced and include an awesome cook. Camp Horseshoe is open to children and youth 7 and over, with and without disabilities. Bring your siblings, bring your friends and stay a week or more.

2005 Camp Dates

July 4 to 8
July 11 to 15
July 18 to 22
July 25 to 29
August 1 to 5

For more information and registration call Jan at 476-1233 or visit us at www.littlebits.ca

Registration forms are on the website.

The cost of this subsidized camp is:
\$280 per week per child
\$80 for Parent or Aide
\$15 membership

A registration deposit of \$20 must accompany each application, balance payable two weeks prior to camp. Cancellation of registration less than two weeks before camp date will result in a forfeiture of \$20.00 unless a medical statement is provided.

While we hope to have most of last year's camp staff return we are also accepting applications from qualified individuals.



NEWS BITS

Little Bits Therapeutic Riding Association

Spring 2005

Little Bits Centennial Father's Day Breakfast Sunday June 19, 2005 at 9:30 AM The Continental Inn 16625 - Stony Plain Road - Ballroom AB&C



In celebration of Alberta's Centennial Global Country, who sponsors this event, have changed their format this year to include a Family Celebration at West Edmonton Mall on Father's Day. Little Bits was invited to join in on the fun and born was the idea of the Father's Day breakfast in a west-end location instead of our typical weekday business brunch downtown.

We hope that Little Bits families will take this opportunity to come and celebrate not only the 100th Birthday of the Province of Alberta, but also the 30th Birthday of Little Bits, and help raise funds for our programs!

As in previous years the event will be hosted by local country music celebrity Lisa Hewitt. Some of country music's best-known performers will be present in support of the riding program and summer camp. There will be a silent and live auction, greetings from the City and the Province and of course a scrumptious breakfast. Come for breakfast, treat dad and plan to head to the Mall for more country music events!

Advanced tickets for Little Bits members will be available in May through your class representatives. Tickets for the general public will be available through LB members and Ticket Master. I hope you can support this event, by coming out, selling tickets and by getting donations!



*Little Bits
Therapeutic Riding
Association
provides recreational
riding programs that
have therapeutic
benefits.*



LITTLE BITS
THERAPEUTIC RIDING ASSOCIATION
for persons with disabilities

News Bits is published twice a year by Little Bits Therapeutic Riding Association. For more information on LBTRA, phone (780)476-1233, write to Box 204, RR 4, Edmonton, AB T5E 5S7, e-mail info@littlebits.ca or visit our website at www.littlebits.ca. Your letters and comments are welcomed.

Newsletter Editor: Petra Schulz, Board of Directors, Public Relations

Thank you!!

To our 2004 donors and supporters

Fees only cover about one third of the cost of providing Little Bits riding and camp programs and we do not receive any government funding outside of grants. The remainder of the operating costs are generated by hard working volunteers and your generous donations.

We wish to thank the following individuals, organizations and granting agencies who have contributed more than \$500.00 in funds or gifts in kind in 2004:

Over \$10,000

Variety Club of Northern Alberta, Edmonton
Edmonton Sheriffs Posse
Achievement Day Donors (combined)



Edmonton Community Foundation



Over \$2,500

The Winspear Fund (Edmonton Community Foundation)
City of Edmonton Community Investment Operating Grant
Children's Ability Fund Lone Star Program

Over \$1,000

Mr. Frank Thibaudeau , Edmonton
CIBC Word Market Children's Miracle Foundation
Edmonton Gymkhana Association, Spruce Grove
Mychelle Zimmer, Edmonton
Gail Tory, Sherwood Park
Gwen and Bryan Bruce , Sherwood Park

Over \$500

Tammi-Rae Syrnyk, Camrose Nurses Association
John McDonald, Edmonton
Bob Hahn, Edmonton
Hole's Greenhouse and Gardens Limited, St. Albert
Peter Wildgroub Professional Corp, Edmonton
Don Klein, Bon Accord
Ralph Hutchinson, St Albert
Alberta Cattle Mans Penning and Sorting Association
Sheppard Insurance, Edmonton

On-going Supporters

Edmonton Northlands—Canadian Finals Rodeo
Optrics Engineering and CA-Registrar
Global Country
A-Channel
Northlands Daisy Days
Alberta Reigned Cow Horse Association



(Ontario)

variety club of Northern
Alberta

The single greatest donation Little Bits received in 2004 came from the Variety Club of Northern Alberta. Many of you may know this charity through their fundraising activities supported by local media. Every year the Variety Club supports organizations who benefit children who have special needs .

While the donation given to Little Bits was not earmarked for any special project it neatly covered the expenses of paving the trails at Camp Horseshoes. Thanks for wheelchair accessible trails at our camp!

Variety was founded in Pittsburgh in 1927. A group of friends, decided to organize a social club where they could relax after work. Had it not been for the intervention of fate on Christmas Eve of 1928, Variety might not exist today. A one-month-old baby was abandoned that day and left on a seat in the Sheridan Square Theatre where the club met.

When all efforts by the police and local newspapers failed to locate the parents, the club members, decided as a group to act as "godfathers" and to underwrite the infant's support and education. The ensuing publicity put the Variety Club of Pittsburgh on the front pages of newspapers across the nation. Other men in the business wanted to help. More was donated than one child could use and, other children became the beneficiaries. Out of this effort grew the international organization that today is known as the Variety Children's Charity.

Today, Variety - The Children's Charity has changed in many ways focusing on inclusion. rather than an exclusive club, but the charity's mandate remains the same: to help children and their families. Little Bits needed help and we are

thankful the Variety Club came forward with their generous support.

(Retrieved from the BC Variety Club Website

<http://www.variety.bc.ca>)



Tuffi's 40th Birthday

When the long-time Little Bits volunteers Jeanette Buckingham and Philine Hillas plan to throw a party, no efforts are spared. Back in October the star of the occasion was no other than our very own Tuffi, who celebrated his 40th in style. There were big banners and cake (and carrots of course). More than 50 well wishers packed the hall, mostly riders, parents and volunteers who have known him over the years.

The media duly covered the event with the ever supportive A-Channel, as well the Edmonton Journal in attendance.

Tuffi, who has been a lesson horse at the Whitemud Equine Centre since 1974, and at the grand age of 40 he still participates enthusiastically in riding lessons (walking only) for Little Bits and continues to introduce new riders to the world of horses. During his 30 years at Whitemud, Tuffi has helped countless riders learn and gain confidence during their riding experiences. In 1999 he was awarded the Canadian Therapeutic Riding Association service medallion for long and distinguished service to riders with disabilities. Tuffi was adopted by Jeanette Buckingham in 2002, after the death of Pax, another exceptional lesson horse she had adopted three years earlier.

Thanks Tuffi, for all the wonderful rides you give and thanks Jeanette and Philine for honoring this champion as he deserves!



Meet Jan Chapman

Hello! My name is Jan Chapman and I am the new volunteer coordinator/administrative assistant at Little Bits. I have worked with volunteers for some years, mostly in church settings. Starting out as a Diaconal Minister in the United Church, I served in Carleton Place and Pakenham, two small towns near Ottawa. My husband Dave and I moved to the Okanagan Valley in B.C. to work with a church-related publishing house, and from there to Edmonton.

We have two teenaged sons, two dogs, and of course, a horse (El Khazar, my 5 year old Arabian). We live in West Edmonton, so I board my horse at Yodi Ranch. After I applied to work for Little Bits, I discovered two of Little Bits' instructors, Lorraine and Pam, work at Yodi Ranch. It's a small world when you are a horse enthusiast!

I am excited to get started here in the Little Bits office, and I look forward to meeting many of you as we get closer to the start of the Spring riding session. See you then!



Achievement Day 2004

Linda Rault

We were treated to some excellent displays of riding skills by all of our Little Bits riders at the 2004-week of Achievement Days. We had riders doing rising trot, riding independently, and riders doing some intricate trail work. Some riders were able to trot with only one sidewalker, some held their reins and steered their horse on their own, and some riders sat up for an entire loop of the arena. The instructors were never more proud of all the students and horses who put on such a pleasing display of their skills. To all the volunteers who aided in the success of each ride, you make a positive impact for every rider and we could not do this without you.

A huge thank you goes out to all of the 58 riders who participated in Achievement Days 2004 by collecting pledges. In total you all collected in excess of \$10,000.00 and the Board of Directors thanks each and every one of you. Jesse Shell and her family collected the largest amount of \$1250.00, and so Jesse wins the sum of \$265.00 for spring 2005 riding fees. Running a close second was Brittany Gauld with total pledges of \$1176.00 from 40 sponsors. Brittany wins her choice of a limited edition "Dreams" print, or \$50.00 off her spring 2005 riding fees.

In the group of riders who collected \$200.00 or more we have: Ian Greenwood, Emma Picco, Jigh Wolfe, Jenna Close, David Sobsey, Carra Weinmeyer (who had 49 sponsors), and Shawn Pollock from Sunday. Our Tuesday morning adults were: John Gibson, Casey Anderson, John Jackson, and Leanne Montgomery who had pledges from 57 people! Wednesday night riders Connor Balog and Greg Sutherby also collected in excess of \$200.00 each. These riders will all get their choice of a limited edition Ward Traves nature print.

Our phenomenal outcome this year was also due to every other rider who participated. Collectively you managed to put us over the \$10,000.00 mark and without each and every person who made the effort to get sponsors, this Achievement Day would not have been the great success that it was.

A special thanks to our riders who donated their allowances, or gave up a trip to Dairy Queen. This type of sharing and generosity is an indication of the person you will be when you grow up. These riders also collected pledges: Andrew Gunter, Lisa Larson, Andrew Gushway, April Lam, Philip Ross, Willi Long, Alex Murray, Cody Carson, Cassidy Fonteyne, Katie Leibel, Jenny Langlois, Vanessa Ramsden, Derek Sanderman, and Lukas Tyzuck from Sunday. The other adult riders from Tuesday morning were: Danita Schoenroth, Angie Roden, Marlin Schiewe and Brian Zimmer. And from Tuesday night: Katie Halldorson, Hannah Crowther, Shaun Russenholt, Emily Johnson, Kevin Appleton, Hanna Gunderson, Sean Ryan, Daniel Summers, Ian Wyatt, Marlow Witten, Neil Ward, C.J. Sutherland, Kimberly Raypold and Emily Tsoukalas.

The other Wednesday riders who collected pledges were: Connor Thompson, Laura Court, Emily Taylor, Mikhayla Wynnyk, Michael Yaceyko, Katie Horne, Kristy Hitchen, Ben Labahn, Chelsea Lord, Shannon Dosser, and Neal Mayan.

Next year I am sure the instructors will have some challenging goals for each rider. We would also like to challenge each rider to participate by collecting pledges from 3 sponsors. Let's set our goals together for the best Achievement Day ever in 2005!



Back in the Saddle

From Horses All, November 04

Another school year and the kids are raring to go. No better way to start off the week than to load up the kids in the van and head on down to the river valley. It's the most beautiful spot in the world. The trees are all changing colors and the smells are so rich with the scents of autumn. We never have trouble with attendance on Mondays, because the kids really look forward to their weekly riding lessons down at Whitemud Equestrian Centre.

For the past four years the All-Star class of École St. Angela School has participated every spring and fall in a 10-week riding program offered through **Little Bits**. Students from the class have a variety of challenges ranging from physical, cognitive, behavior and attention, but when it comes to riding horses, these challenges seem insignificant. All of the students are pumped when they get to the stables; excited about the thought of going on a trail ride along the river valley, getting to ride their favourite mount, and visiting with the fantastic volunteers that come out each week to assist them with their riding exploits.

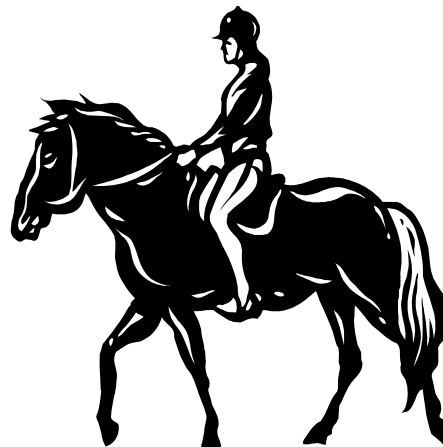
It's a win-win situation for everybody. The students are so focused on their riding, you sometimes wonder if they're the same students who have so much trouble with their reading and writing assignments back in class. And the confidence that they exude after a successful posting trot, or winning a game of "Simon Says" on horseback, is very hard to duplicate with the ordinary everyday activities awaiting them back at school.

Riding is an exhilarating sport, with lots of excitement and exercise for the students, not to mention providing an opportunity for the development of self-esteem and confidence. The **horses act as equalizing agents**, allowing students (with varying degrees of abilities) to participate at the same level. Instructors choose mounts from a broad range of horses to suit the particular needs of the riders – from the sport utility models who can perform some pretty awesome maneuvers, but require a steady hand at the reins and lots of confidence from the rider; to the push-button Cadillacs, who perform brilliantly with only the slightest request from their riders; to the old tried and true faithful beaters, who may not be all that showy to look at, but will do anything their riders ask of them. In this way, advanced riders get more of a challenge out of their spirited mounts, while riders needing to build-up their level of confidence work on skill development to achieve their goals with quieter mounts. Goals are individualized for each rider even though they may be riding in a mixed ability level class. Each rider is able to progress at his or her own speed, thanks to the bond formed between them and their faithful partners.

Students from St. Angela School raise their own money for riding lessons through writing fund-raising letters to supportive individuals and corporations, as well as singing and performing at various functions throughout the city. Students learn to take responsibility for their riding lessons, by practicing their reading and writing skills, along with a little performing arts thrown in for good measure. At the end of every session we try to perform for our volunteers and instructors to say "Thank you" for their hard work and dedication.

"Thank you" for their hard work and dedication.

Our riders get a chance to participate in extra-curricular events with Little Bits, such as washing saddle pads down at the local Laundromat, performing at their Celebrity Breakfast in June, selling daisies at Northlands Race Track's "Dash for the Daisies", riding in demonstration classes at the Northland's Horseshow, and participating in Little Bits' summer camp program, Camp Horseshoe. Last June our riders were invited to participate in **Whitemud's Fun Horse Show** for local pony club members and 4H riders. We dominated the costume class, where our riders were the envy of all the other entries. Parents and volunteers worked very hard along with our riders to turn out some pretty awesome looking entries – and they all walked away winners!



Horses and riding are a very big part of our classroom curriculum. Students get to look up information about their favourite breeds, or equestrian events, on the internet and in our library resource books. We read a lot of stories about horses and horse people, but most importantly, our students get a chance to really live out these experiences each time they go down to the stables and interact with the staff and volunteers, grooming and tacking horses, putting the horses away at the end of their lessons, and sweeping out the shed rows. These are the real life experiences that make school such a rich and meaningful learning environment for our students, and one that they will always treasure - right into their adulthood.

It's interesting and exhilarating to see children, who through no fault of their own, have been given special challenges to face in their lives, take up the reins of life and go full gallop where many of us would be afraid to walk or trot. It is through their real life experiences with horses that these youngsters have been able to develop their confidence, adapt to new challenges, and confront their qualms and fears to reach their fullest potential in today's world.



Support Little Bits Therapeutic Riding Association
Box 204, RR 4, Edmonton, AB T5E 5S7

YES! I will help Little Bits riders.

Enclosed is my donation of \$ _____.

Enclosed is my annual membership fee of \$15.

NAME _____

ADDRESS _____

PHONE _____ **E-MAIL** _____