



# LITTLE BITS

THERAPEUTIC RIDING ASSOCIATION  
*for persons with disabilities*

info@littlebits.ca

www.littlebits.ca

November 2018

## Our Visit with Princess Anne *by Linda Rault*



In late September, the Canadian Therapeutic Riding Association (CanTRA) notified me that Princess Anne had requested a visit to LBTRA during her time in Edmonton at the Royal Agricultural Society of the Commonwealth's biannual conference at Northlands during Farm Fair. HRH is an Honorary Patron of CanTRA and an enthusiastic horseperson herself. The request was made in confidence, as were all further communications regarding the visit. Due to scheduling changes, HRH was not able to visit us at WELCA as she had requested.

On Monday, November 5<sup>th</sup>, Jodee attended the welcome reception for HRH on behalf of Little Bits along with Diane David from WELCA. At that time there was supposed to be a presentation of a saddle to HRH from the City of Edmonton. She would then donate the saddle back to LBTRA. Due to unforeseen circumstances, that presentation was not made.

We were also invited by the Lieutenant Governor of Alberta, Lois Mitchell, on Tuesday, November 6<sup>th</sup> to a reception and the unveiling of a plaque announcing the development of a Commonwealth Walkway in the river valley. Jodee, Andrea and I attended on behalf of the Canadian Therapeutic Riding Association. Princess Anne did speak with us briefly about therapeutic riding and its benefits.

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Scott Sinclair (Racing and Gaming Director for Northlands) had contacted me a few weeks ago about doing a demo ride for HRH at FarmFair International on Wednesday, November 7<sup>th</sup>. He generously donated over 300 free tickets to FarmFair for our members and volunteers. Jodee and I met with Scott in October and laid out our requirements in order to have a safe presentation. After some discussion, thought and again a change in the schedule for HRH, the demo ride was cancelled. Scott then asked if we could possibly set up a display at FarmFair for Wednesday, November 7<sup>th</sup> and meet and speak with Princess Anne for a few minutes in the afternoon. Jo-Anne and I set up our display along with some special equipment and the saddle from the City of Edmonton. The city managed to courier a plaque over to us regarding the saddle as a gift for HRH.

We had all been approved by her security team (profiles were sent to Buckingham Palace the week prior), and as promised she came to our booth that afternoon. She greeted myself, Jodee, Andrea and Jo-Anne each with a handshake. We then chatted at length (about 20 - 25 minutes) about many aspects of Therapeutic Riding. Princess Anne is very passionate about Therapeutic Riding and is especially knowledgeable with keen insights about the topic.

She was also accompanied by the Chair of Northlands, Gord Wilson, and the current Master of the Horse, Lord Samuel Vestey. Today, the Master of the Horse has a primarily ceremonial office, and rarely appears except on state occasions, and especially when the Sovereign is mounted. He, too, was very interesting and spent much of his time chatting with Andrea. Princess Anne then left to do a walk through and see many of the animals at FarmFair. I am pretty sure that most of the people in the building would have had no idea who she was as her “security” was very casual and there was not a lot of fuss around her.

Earlier in the day, Scott presented us with \$1145.00 from the sale of artwork from the Racing offices at Northlands Park. We will also be receiving \$1000.00 from another “gift” to HRH, and Scott has promised us yet another \$1500.00 for the purchase of equipment. Scott and Northland’s have been long-time supporters of Little Bits with affiliations at the CFR, Daisy Day and my involvement with Rodeo Magic for several years.



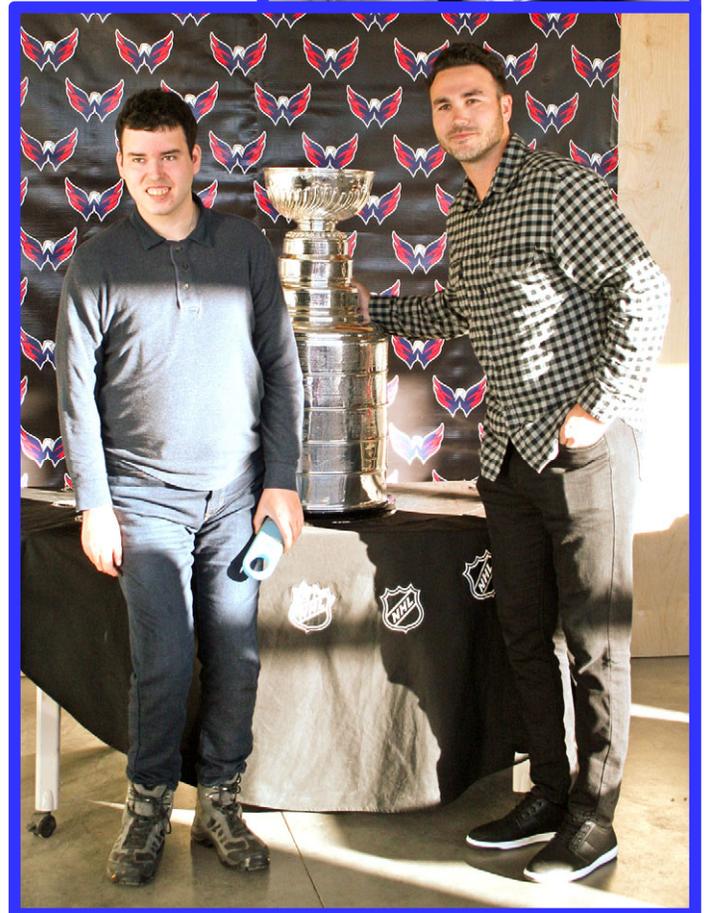
# Stanley Cup Visit



The Stanley Cup was brought to LBTRA on October 26<sup>th</sup> by Brian Sutherby in honor of his brother Greg, who rides with us. Brian played in the NHL for the Washington Capitals, Anaheim Ducks and the Dallas Stars and is now a scout with the Washington Capitals. Since they won the Stanley Cup this year, Brian had his day and chose to share it with us.

Brian said that since horseback riding is Greg's favorite activity and he loves coming to WELCA, he wanted the other LBTRA families and volunteers to have a chance to get their photo taken with the cup. Tim Horton's from the Misericordia Hospital provided all of the refreshments for free (coffee, tea, hot chocolate, juice and water bottles) as well as Tim-Bits.

The hour and a half was well attended with about 160 people viewing and having a photo taken with the Stanley Cup. The family was then off to share the cup with Brian's grandmother where she lives. Many thanks to Brian, his wife and children, and to Sharon, Barry and Greg Sutherby in making this such a special morning for our Little Bits family. And of course, thanks to Tim Hortons – Misericordia Hospital for all the goodies.



## 2019 Winter Orientation

Wednesday January 16, 2018

Sign in: 6:00 pm to 6:30 pm

Introduction talk: 6:30 pm to 6:45 pm

Sample lesson: 6:50 pm to 7:15 pm

Break into 4 groups for hands-on experience

Finished: 9:00 pm

## 2019 Winter Schedule: *for New Riders Only*

Sundays: January 20 to March 10

Riding times: 10:00 am ending at 3:00 pm

Wednesdays: January 23 to March 13

Riding times: 4:00 pm ending at 9:00 pm

## 2019 Spring Schedule

*No orientation*

Sundays: April 7 to June 23

Riding times: 10:00 am ending at 6:00 pm

\* We do have riding on April 21<sup>st</sup> – Easter \*

\* No riding on May 19th - May long weekend \*

Tuesdays: April 9 to June 18

**Tuesday morning** riding times:

9:00 am ending at 1:00 pm

**Tuesday afternoon** riding times:

4:00 pm ending at 9:00 pm

Wednesdays: April 10 to June 19

**Wednesday afternoon** riding times:

3:00 pm ending at 9:00 pm

# 2018 LBTRA Service Awards



*Blu*  
Gail Thompson – 5 years



*Echo*  
Karen MacIver – 5 years



*Blu*  
Nickie Geier – 5 years



*Gemini*  
Rae-Anne Demers – 5 years



*Steel*  
Kath McKenzie – 10 years



*Cocoa*  
Diane Sample – 10 years



*Steel*  
Amissa Jablonski – 10 years



*Ali Cat*  
(Linda Rault)  
Janet Venner – 20 years



*Blu*  
Lloyd Thompson – 25 years



On October 10<sup>th</sup> we received the final reporting for the Shaw Charity Classic and Birdies for Kids Fundraiser. This is the second year we have participated, and we made great strides in increasing our donations. Total donations were \$13,845.00 and the matched amount (up to 50%) would be \$6922.50, for a total this year of \$20,767.50. Jodee Pearse (Chair – Board of Directors) and Andrea Wiebe (Vice-Chair – Board of Directors) have agreed to go to Calgary to receive the cheque as it is important that our presence be known so that we will be invited again next year. The presentations are in Calgary on Wednesday, November 28<sup>th</sup> at the Calgary Tower Observation Deck at 10:00 am. We informed people about the BFK fundraiser through Facebook, Twitter and our website. A big huge thank you to all who donated through [#birdies4kids](#) [#shawcharityclassic](#) [#Altalink](#)



On June 5<sup>th</sup>, 2018 we received notification from “100 Women Who Care” that we had been one of three finalist charities selected to present at their Summer Pawrade Event on June 19, 2018 at Lexus West Edmonton. Each charity was given 5 minutes to tell the ladies (and some gentlemen) everything they could about their organization. We were invited to speak about what we do and how we make a difference with our program. We were well represented by Jodee Pearse (Chair – LBTRA Board of Directors) and Andrea Wiebe (Vice Chair and parent of a LBTRA rider). After the three charities spoke, the voting began. In the end, Little Bits was the chosen charity for the evening. Each member of the “100 Women Who Care” then make a \$100.00 cash or cheque donation to the chosen charity.

On Wednesday, September 19<sup>th</sup> we were pleased to welcome four ladies from the group to Little Bits. Andrea gave them a tour of the facility and they were able to watch and meet some of the riders/volunteers and staff. We would like to thank Stanice, Sunshine, Stephanie and Bonnie for coming to see the program in action and to present the cheque.



# Daisy Day at the Canadian Derby

by Linda Rault



I want to thank all of the Daisy Day volunteers for their efforts at the Canadian Derby on August 25<sup>th</sup>. I have deposited \$5000.30 proceeds for the day. Thanks to Dave and Faye for their guidance and leadership in Daisy Sales 101! A special thanks to Dave for staying until the last daisy was sold and helping with clean-up.

One of our volunteers commented: *I had a great time and would definitely do that again. I think the best part of the day was when a family came by and the mom made a donation, and about 20 minutes later the daughter came back and said "my mom read your brochure and sent me back to give you more money."* Awesome day and well-coordinated!

The photo shows Ray Zadrey, father of a LBTRA rider who was interviewed at Daisy Day. The interview was shown on the big screen!



## Please Remember to Call!

For parents, riders and volunteers that cannot make it on the day of riding, please call **780-476-1233** and leave a voice message.

Please save this number on your phone for easy access.

The staff will greatly appreciate your call!



On Wednesday, September 19<sup>th</sup>, Kevin Campbell, a parent of one of our Little Bits riders, presented Little Bits with a cheque from the proceeds of a golf tournament he participated in. Many thanks to Kevin and his group of friends!

# New Horses Join Little Bits!

## Shamus

Shamus is a Fjord horse that is dun in colour. We tested Shamus out this fall to see if he would be a good addition to our Little Bits program, but he has headed back home to Airdrie.

## Remy

Remy is a 16.1 hh grey warmblood that stands very stately, and his quiet stature allows independent riders to feel his great strides. Remy has a lot of training which makes it easier for both his riders and leaders, and we are lucky to have such a wonderful new horse as part of our program.

## Treasure

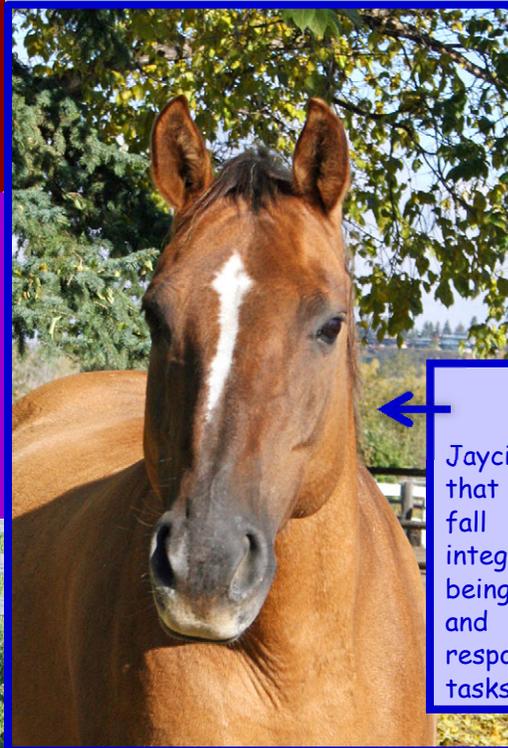
Treasure is a 15hh Seal Brown Morgan gelding that has lots of pizzazz and loves to show it. Treasure is a treat for leaders and his long stride keeps riders engaged and active.

## Jaycie

Jaycie is a dun Quarter Horse mare that started with Little Bits in the fall 2018 and has been slowly integrated into the program. Jaycie is being ridden by independent riders, and the leaders find her very responsive when asked to perform tasks.

## Gumper

Gumper (aka: Life's Desire) is a dark bay Canadian Standardbred gelding who is patient, curious with a very trusting nature. Gumper has quickly wormed his way into people's hearts and his 15.2 hh size make him ideal for more independent riders.



## A Lotta Love for Little Bits!

Hi! I'm Leanne Rempel. I've been volunteering with Little Bits since Spring 2017, and I've loved every second of it. LBTRA allows me to perfectly combine some of my greatest passions: horses, children, and teaching. During the day, I teach Spanish around the city, and I can also be found at a hockey arena, café, or out exploring the river valley.

I was born and raised in southern Manitoba and was fortunate to have had the opportunity to take riding lessons as a child. My parents thought (& hoped!) that I would grow out of this expensive hobby, but instead my love for all things horses kept growing. I continued to ride through high school and university and to seek out any opportunity to be around the barn.

A couple years ago, I moved to Edmonton to further pursue my education at the University of Alberta. Being a graduate student was consuming me, and I realized that I needed to find an activity that would give me purpose outside of studying. Thankfully, I found WELCA and Little Bits. I love that there are volunteers from every walk of life, and every age! As a student I felt completely welcome, and now while working full time, I still make time to come out once a week.

The relationships that I've built with the staff, other volunteers, the riders and even the horses brighten my days beyond belief. I'm so thankful for this organization and I believe that together we are making lifelong impacts in our wonderful riders!



### Horsing Around

*by Michelle*

I definitely love being a volunteer at Little Bits. I like volunteering because I get to work with the horses and help in the stable and arena. Horses are amazing animals. I also love the people and the atmosphere at Little Bits; they are helpful and fun. My favorite horse to work with is Sheeza.

A bit about myself: in my free time I like to go for walks, I enjoy watching movies and spending time with friends. I am originally from Edmonton. I don't currently own my own animals but I sure do love them!

Here is a photo of me and with my favorite horse, Sheeza!

## A Note from Darryl T.



I was born in Calgary and we moved to Edmonton shortly after. I attended LY Cairns for five years and throughout my time there, I spent a lot of time with animals during animal science. I also did work study at the Whitemud facility while attending high school. That is how I got into working with horses.

I have worked a few jobs over the past years. I was at Culligan Water as a part-time Janitorial Assistant

for 16 years. I also used to work for the City of Edmonton Pound, and my job was to pick up dead animals that got hit on the road. I have worked for the past 11 years at JLL as an ABM checker. I service bank machines around the city and some surrounding communities.

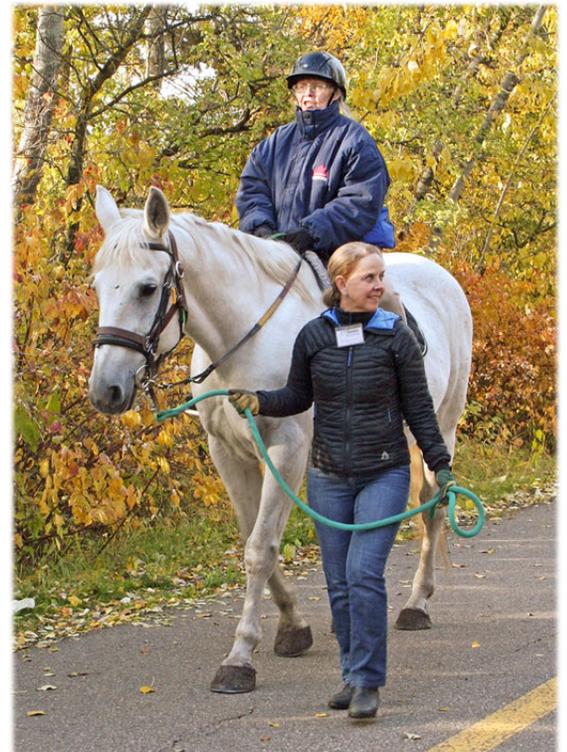
Throughout the years, I have done lots of volunteering because I love to help out. I will list a few because there are far too many to count. I have volunteered at The Humane Society, Taste of Edmonton and Edmonton Street Performers. I also have helped sell 50/50 tickets at an Oilers game and at the Canadian Final Rodeo.

My most recent volunteering has been with Little Bits. I have been here for longer than I can remember. I truly enjoy working with the horses old and new and look forward to many more sessions in the future. Selections has been in the background supporting me, but I am very independent at Little Bits.

## Wendy Enjoys Volunteering and Riding!

I'm Wendy from Kamloops, B.C. I came to Edmonton in 1986, the year of my mother's death. I also owned horses until 2014. My two horses that I remember best are Snake and Nikki. Snake was colored like Caffi, but with a big blaze. He was kind and gentle and kept me on my toes! Nikki was black with a star and a snip. He was my buddy for 10 years. He was easier to work with.

I enjoy volunteering as I enjoy the people and the horses. Now I am riding in the spring and fall sessions. My current horse is Steel -- he's awesome and we're a team! I am friendly, outgoing and talkative. My cat, Tina Turner, is the same. I hope you have met me; if not, I would love to meet you!



# Why Do I Volunteer At Little Bits?

Hey there! My name is Riya Nayar and I am a 14 year old high school student. I anxiously started at Little Bits five months ago and ever since the first day, I've been excited to come back every week.

In 2004, I was born in a rainy city called Sheffield in England and I lived there for nine years of my life. In England, horseback riding is a major sport and 75% of my friends were competitive horseback riders. When I was little, I had a love for figure skating, and I pursued that instead of horseback riding. To this day, some of my friends still ride and compete in competitive shows.

In 2013, my family and I moved to Edmonton. Two years after moving, my family and I got two dogs, Oreo and Enzo. Oreo is a lazy 2 year old mini Goldendoodle (Golden Retriever and Poodle) and Enzo is an energetic 2 year old mini Aussiedoodle (Australian Shepherd and Poodle). I enjoy their rambunctious and playful attitude and I am always excited to see them after a long day of school.



Three years after moving to Edmonton, I discovered a passion for volleyball in Junior High. The reason I have continued playing to this day is because of the adrenaline rush you experience while playing on the court and the team atmosphere. I also enjoy volunteering, especially at diverse animal organizations/shelters - I volunteer at over five different places. Being a teenage girl trying to keep her grades up, hanging out with friends, and playing volleyball, you must be wondering why I put so much commitment and time into volunteering.

I enjoy volunteering at Little Bits for a multitude of reasons, but I'll break it down into some main justifications. The number one reason I volunteer is because it gives me pleasure to give back to the community. Many of the riders have difficulties in their lives and watching them grow and become comfortable with their horse is a really rewarding experience. I enjoy helping out other volunteers, tacking and grooming the horses, and also keeping the horses company when they are in the barn.



Another reason for me coming back every week is my passion to learn. Before this volunteer opportunity, I knew nothing about horses or how to handle them. But I have been slowly gathering information and the knowledge never ceases! In addition, I love looking after specific horses, especially May, Frost, Remy, and Luke. May and Frost were the first horses I had a connection with. Unfortunately, May and Frost did pass away together and that void in my heart can never be filled again. Another convenient aspect about Little Bits is their location. They are a five minute drive away from my house.



And my last reason for volunteering at Little Bits is the people. Everyone is extremely friendly, cooperative, and helpful. They make everyone feel like they are family. Little Bits has expanded my knowledge and my heart, and I am grateful for the long-lasting memories they are helping me create.

# Horses We Have Lost



## Snickers

Snickers was a big part of the Little Bits program. His gentle and kind nature allowed his riders to enjoy his smooth gaits, and the leaders all loved working with him. As Snickers was the perfect height, his riders often had two side-walkers and his consistent pace kept the riders moving in the saddle. Snickers also walked to the mounting ramp which allowed easier access for riders who required assistance. We will miss this handsome and patient horse that was a true gentleman.

## Frost and May

Frost & May - Frost was a big part of Little Bits program for many, many years and would help nervous and timid riders gain their confidence and succeed as riders. May was a quiet little pony that joined Little Bits later in life but became a big part of the Little Bits program. Frost and May both found happiness together and were able to retire into other roles at the barn. We will miss both Frost and May but know that they are galloping in fields of green side-by-side.

