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June 2015

WELCA Riding Arena Replacement Project

Edmonton's City Council passed a motion in July 2014 to support a project budget of \$6.5 million to replace Whitemud Equine Learning Centre's most crucial program spaces. The approved scope of Phase I includes a riding arena, horse and grooming stalls, indoor washrooms, classroom space, demolition of the old arena, and reclamation of the land.











Whitemud Equine Centre Redevelopment Project



Alberta Carriage Driving Association Donation

by Linda Rault

In December 2014, Joyanne Brown from the Klondike Chapter of the Alberta Carriage Driving Association asked if we would like to be the recipients of the proceeds from the sale of a calendar they were making. "Of course we would!" I said, and I mentioned a neighbor of mine, Harry Harrison, who is a member of the Klondike Chapter. We happily accepted their offer and actually a few of our members purchased the calendars for themselves.

On February 10th, 2015, I went to Harry's farm (five miles from my home at Pigeon Lake) and received a cheque in the amount of \$1395.00 from



Harry on behalf of the Alberta Carriage Driving Association - Klondike Chapter for proceeds from the 2015 calendars they had made and sold on our behalf. I have ridden with Harry a few times over the many years that we have been neighbors. Harry's passion was driving and he is an excellent wheelwright himself, having built and refurbished many carriages over the years at his business, *K and H Carriage House - Thorsby AB*. Many thanks to Joyanne Brown for considering Little Bits a worthwhile charitable organization.

ACT/UCT Edmonton South Club Donation

Thank you to the ACT/UCT Edmonton South Club for making a donation of \$3,000.00 to Little Bits! LBTRA received the following email last October:



My name is Gerald Belke and I am the President of the UCT Edmonton South Club. We are a community service group that supports physically and mentally challenged groups in and around Edmonton. We also support youth sports groups and numerous other charities throughout the year. We provide financial support from our fundraising activities to various groups. Camp HE HO HA, LY Cairns receive ongoing donations from our club. This year we have extra funds to disperse and are considering your association as a possible recipient.

UCT Edmonton South club raises funds by renting wheelchairs and strollers at K-Days and Heritage days. We are privileged to host a Casino event every 18 months as well. We do have a need for extra volunteers at these events to fill the shifts. Our club would like to possibly partner with your volunteer base for our fundraising events in the future.

If you would send a letter or email of request for funds to our club, we would take it into consideration. Donations to your group could be as much as \$5000 yearly, based of course on what is in our account balance.

After submitting a letter of request and exchanging more e-mails, Linda Rault attended a meeting of the ACT/UCT Edmonton South Club on Monday, January 19th. According to Linda, she enjoyed a lovely dinner and good conversation; she was and then presented with a cheque for \$3000.00. This summer we are hoping to have LBTRA represented (PSF credits will be given) at the wheelchair and stroller rentals.

Achievement Days 2014

Some of the highlights of 2014 Achievement Days were:

Our riders and their families, friends and sponsors are the best! Thank you so much for making 2014 Achievement Days a wonderfully successful event. Only with the participation of each of you who did collect donations were we able to cumulatively collect so much money. Every donation counts and they all add up to the grand final sum. Many small donations make a huge impact!

Congratulations to the Turgeon family who collected just over \$2800.00 this year, now totaling over \$6000.00 since their daughter started riding with Little Bits in 2011! As well, the Allard family collected over \$2000.00 and for both families they will receive their spring 2015 riding fees and 8 weeks of PSF for 2015 at no cost, a value of \$565.00.

We would also like to thank the Leung family who collected over \$1500.00 for the third year in a row and will receive the spring riding lessons at no cost, a \$405.00 value.

The Little, Ostashower, Thompson, Lanctot, Witten, and Tsoukalas families each collected over \$1000.00 and will receive credit for their 2015 PSF hours (16), a value of \$320.00.

Those riders who collected more than \$100.00 will all have their name entered into a draw for one of 10 gift certificates ... to be drawn the first week of fall riding.

Collectively you made Achievement Days 2014 one of our most successful yet. Without your achievements, your sponsorships and your dedication, we could not have exceeded our goal. So again, we say thank you to the best riders for working so hard, for without you we could not have raised in excess of \$24,000.00.

Congratulations to each of you who passed onto the next Skill Development Level, and congratulations to those whose gains did not quite move them up to the next Skill Development Level, for good things come to those who persevere. Our philosophy is that we want you to be excellent at the skills you have mastered, and to spend time becoming excellent at those you are working on.

EQUINE CANADA PARA-EQUESTRIAN VIDEO COMPETITION RESULTS

LBTRA was proudly represented for the November 2014 Video Competitions. Following are the results from classes taught by Sonja and Jo-Anne:

Coast to Coast Class # 8

Equitation/Horsemanship class for riders with a leader and no side walker (walk, trot/jog).

1st place: Ava S. ON. Windreach Farm 2nd place: Jerred M. AB. Little Bits TRA 3rd place: Jan A. AB. Little Bits TRA

4th place: John J. AB. Little Bits TRA

5th place: Derek S. AB. Little Bits TRA

6th place: Erin K-G. AB. Little Bits TRA

7th place: Dawn C. AB. Little Bits TRA 8th place: Aliyyah L. AB. Little Bits TRA

9th place: Spencer L. ON. Private barn

10th place: Philip R. AB. Little Bits TRA

11th place: Casey A. AB. Little Bits TRA

Coast to Coast Class # 9

Equitation/Horsemanship class for Independent Riders (Walk, Trot/Jog, Canter/Lope - optional).

1st place: Meghan B. ON. Private barn 2nd place: Micah K. ON. Caydon Farm 3rd place: Julia S. AB. Little Bits TRA

4th place: Chantelle M. AB. Little Bits TRA 5th place: Kristine G. AB. Little Bits TRA 6th place: Michael Y. AB. Little Bits TRA

CELEBRATING 40 YEARS OF SUCCESS



Proudly serving Edmonton & area since 1975



In May of 1975, a trial run of a therapeutic riding program was successfully carried out at the Whitemud Equine Academy. It was so successful, that in September of that same year the Little Bits Therapeutic Riding Program began running classes on Monday & Friday evenings with children ranging in age from 9 to 16 years old.

Over the next 40 years, the Little Bits program has been able to successfully grow and now includes both children and adults, runs several classes 3 days a week and a week long summer camp in August. All which is made possible by the support received from the Edmonton & area community

Without the support of *a lot* of people, and businesses, Little Bits could not have become the success that it is today. For this milestone anniversary we would like to celebrate by recognizing, and thanking, all the people involved in all the tasks that make Little Bits such a wonderful program.

For more information about our program or to help support our celebration, please contact us at:

info@littlebits.ca

www.littlebits.ca

(780) 476-1233

Little Bits 40 Years Celebration

40 years ago this wonderful organization was first started. Back then, there were only a handful of riders and very dedicated volunteers and staff. The number of riders has grown and with it, the dedication from everyone to make Little Bits such a success.

We will be hosting a 40th year party on Sunday, August 30th at Fort Edmonton Park. We want you to come join us in celebrating our time together as riders, parents, volunteers and staff alike. The park will be opening at 10:00 am and ticket cost will be \$15.00 per ticket. This includes full access to the park and rides plus lunch. We will be announcing the full schedule in the near future.



VOLUNTEERS NEEDED

Monday, August 10th thru Friday, August 14th to assist riders for summer session of 5 consecutive days of riding

Volunteer times: 9:30 am to 2:30 pm (Monday to Friday) Location: Whitemud Equine Centre

We have a wide variety of riders that will be attending the summer riding week this year, so we do need to have enough volunteers to help make this happen. The hard part is that we have the riding during the day when most people are at work, so we really rely on our volunteers to make this a success. If you have any spare time during this week (or even if you want to come out and help for the whole week), please call: 780-476-1233 and leave a phone number with a message on how we can contact you -- or email us at: volunteers@littlebits.ca with who you are, what times you are interested in, and which days (if not all) you are available for.

Thank you from all of the Little Bits Staff

9:30 am to 2:30 pm



Edmonton Prospects Baseball Game Friday, July 17th, 2015 @ Telus Field

- * Come and help us sell 50/50 tickets *
- * Little Bits is the Charity of Choice! *

Doors open at 6:00 pm Game starts at 7:05 pm Please plan to attend to support



Daisy Day at the Canadian Derby

Saturday, August 15, 2015

9:30 am - 4:00 pm

Northlands Park

Come and sell daisies to the public!

25 workers needed (earn PSF service hours)

10:00 am to 3:00 pm

11:00 am to 4:00 pm

(Shifts WILL be assigned)

This position involves enthusiastic selling, handling money and making change. Workers must be willing and able to perform these tasks in order to receive credit for hours. Please dress for the weather as you may be outdoors for much of the time.

No jeans or t-shirts; please wear office attire.

Wheelchair accessible; parking and refreshments available.



Nomination for Butterscotch Ripple AKA Frost



Frost is a wonderful, gentle, trustworthy, kind and honest pinto gelding who was born in 1982, making him 33 years old. He is a registered $\frac{1}{2}$ Arab/Quarter horse gelding who is 14.2 hands high. Frost has a wide blaze on his face and is sorrel and white tobiano with four stockings.

His owner Lynda Tennessen (CTRI), who is the Whitemud Equine Learning Centre Association (WELCA) herd and lesson manager, bought Frost so she would have a horse to do her Equine Canada Riders levels. He took Lynda to her Instructor of Beginners Level. In December of 2013, Lynda was honored with the first ever Equine Canada Horse Health and Welfare stewardship award. Frost is a testament to the wonderful care that all the lessons horses receive at WELCA. Lynda brought him to (WELCA) in March of 2004 and he started working in the lesson program in September of 2004. Since that time, Frost has taught innumerable young riders the joy of horseback riding and jumping. Frost no longer jumps and now works a total of 6 to 8 hours a week in the Little Bits Therapeutic Riding Association (LBTRA) program and the walk/trot/canter lessons at WELCA.

Prior to his arrival at WELCA, Frost was privately owned and participated in Pony Club. Frost is a great leader for new riders and for the other horses in his lessons. He is very smooth with a horse-like stride. Extremely well-schooled and trustworthy, Frost still has boundless energy.

His pen outside with his pal Spud is his favorite place to be as he does not like being inside a stall for any longer than it takes to eat his meal. He will bang on the door to let you know he is finished eating and ready to go to work or back outside. However, this impatience does not follow him to the grooming/tacking stalls, as he loves to be groomed and is always ready to be tacked so he can go to work.

Once in the arena he eagerly sets up at the mounting block and takes his rider to the middle of the arena to have stirrups adjusted. Whether first or last on a trail ride, Frost is steady, calm and unphased by any passers-by on the trail ... bikes, dogs (on leash), rollerbladers and baby strollers.

Our instructors use Frost for the first ride of our new members and for those riders who have advanced to learn to canter. He is the all-round therapy horse as he will tolerate a leader and two sidewalkers or he may be ridden by our independent riders. Frost has a rhythmic forward walk as

well as a lovely Western jog which he can also extend into a fine trot. We have used Frost in English and Western tack as well as surcingles and bareback pads. One of Frost's riders who was very shy and withdrawn said to her instructor: "I like Frost because he does not look into my soul. I feel safe with him."

"I think Frost really deserves to be nominated as Therapy Horse of the Year. Frost is very gentle and sweet. He is very easy going, and responsive to me as his rider. He always took direction from me easily, which made my learning experience very good. In fact, I learned how to canter on Frost! I didn't have to worry about him misbehaving. Frost was also very cooperative when I was grooming him, and I never felt afraid of him at all. Frost was very, very gentle. He made me feel at ease, and confident about myself as a rider."

Six year old August wrote a book with 6 "contents" about Frost, each with a drawing. This is an exact reproduction of August's manuscript! It is titled: **Frost by August P.**

- **1.** how Frost and I met: We met at Little Bits. he was my horse for Last year.
- **2.** What frost and I do: We go for walks in the river vally. We go for trots. We go around the pylons.
 - **3.** how much I love Frost: I love frost 100%. (When August read his book to me he thought he should have changed it to infinity because that was more!)
 - **4.** how frost taut me about nature: I see dogs. I see Birds. I see water. I see trees. he taut me how to ride in nature.
 - **5.** What frost looks like: a drawing with the following labels: ear, face, nek, back, tail, legs (front), tumy, legs (back).
 - **6.** How frost taut me to Back up: hold the Blue part of the rain and pul Back and say Back. the End

I would like to submit this application to nominate Frost for the 2015 CanTRA Therapy Horse of the Year. We are proud of all the lesson horses we use at Little Bits, however Frost stands out as a phenomenal example of the ideal therapy horse.

Respectfully,

Linda Rault, CanTRA Coach, Riding Program Administrator, LBTRA

Roy's Story

Tonight I had a surprise experience at dinner. I had gone out for dinner because it was Sunday and I didn't want to cook for myself. As I approach my 73 birthday, I celebrate my days that are granted to me. Today was such a day.

I had a fine dinner with several glasses of fine wine and the server came over to my table and informed me that there was no charge. Curious, I asked her how come I was selected -- was it some lottery or what? She pointed out a young lady and her gentleman companion who paid my bill. I did not recognize either one. I walked over to their table to thank them. They denied that it was them. I was confused. I said that it was my mistake but the waitress pointed out that the man in the white hat (there was only one) paid my bill. They explained that I reminded the lady of her grandfather and she got all emotional and said that they would pay my bill. They were total strangers.

That's my story and I'm sticking to it!

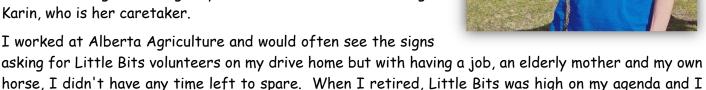
Life with Molly and Little Bits

by Lynn Letros

I began my life with horses at 48 years old when my sister in-law, who is a harness horse trainer with Standardbreds, moved here from Calgary. I worked with her on weekends in the backstretch for 5 or 6 years, and in 2002 I was gifted a Standardbred mare named Molly who was too slow to race. I didn't know anything about riding so I took riding lessons at Colchester Stables in Sherwood Park for a few years.

Molly is a very easy going horse and adjusted to being ridden with a saddle very quickly, as the majority of Standardbreds do. They get exposed to so many different situations during training and racing, there isn't much that frazzles them. Molly is a sweet horse who aims to please and I can't imagine my life without her in it. I feel very fortunate to have had our paths cross; she is my forever horse.

The lady who started boarding Molly in 2006 had never had any experience with Standardbreds in the past, and when she became familiar with Molly's willing disposition she began rehoming off track horses who were finished harness racing. In the past 5 or 6 years, she has probably placed 15 or 20 horses who otherwise would have gone to auction. Molly's gentle influence has gone a long way to save other horses through Karin, who is her caretaker.



I like side walking the best because it gives me a chance to interact with the kids. I've been fortunate to have the same 2 girls for the past year and feel that we have formed a bond. I feel so warm inside when I see their skills develop but the very best part is when they smile or reach for my hand. The other day I got a kiss and a hug and I was so touched by their gestures of their acceptance of me. I really enjoy hanging out with the kids and feel blessed that it seems they feel the same about me.

Volunteering with Little Bits is very rewarding ... all the staff and parents are very appreciative of the help. We are very lucky to have this beautiful facility in the heart of the city. It will be exciting when the rebuild begins.



began volunteering last year.

Highlights from Janis

My name is Janis McDowell and I have been volunteering for Little Bits on and off for the past 6 years. I am the mom of two teenagers. I also have a 4 year old German Shepherd, who will soon be participating in a local pet therapy program.

One of my favourite highlights was saying "Good Morning" to K.D. Lang on the bike path one morning during last year's fall session. I think the Whitemud Equine Learning Centre is a crown jewel for the city of Edmonton and Little Bits is one of my favourite places to be!

Each week, I am continually amazed by how much progress the riders achieve. Both the physical and emotional benefits that the horses provide are immeasurable. The instructors and volunteers show such compassion and enthusiasm to all participants.



LBTRA rider Aven presented the ribbons for the .75M Little Bits Open Jumper Event during the Little Bits Classic Breakfast on May 31st!



Patches by Diane Sample

I fell in love at Little Bits ... with a pinto pony named Patches.

At one of the very first sessions I attended, all of the volunteers were waiting at the fence of the arena waiting for the previous class to dismount. As the volunteers headed off toward their preferred riders/horses, I realised that no one seemed to want to lead this cute black-and-white pony. So, off I went and took the lead rope. By the end of the class, I realised why no one wanted to lead him, I was covered head to toe in green slime!

From that day on, Patches and I seemed to make a real connection.

When it came time for him to retire from Whitemud, I asked if I would be able to "adopt" him and take him to my Aunt's acreage outside of Sherwood Park. I was delighted when I was told that I could.

Once out at the acreage, he soon made friends with my Aunt's horses, a big grey Anglo-Arab called Apache and a little chestnut Welsh mare named Toffee. Once Patches met Toffee, I was out of the picture! He was glued to her side 24/7, even when she would chase him away! She was definitely the boss in the pasture, but he didn't seem to mind. He would chase her around and "show-off" in front of her.

Patches was a notorious "cribber" when he was at Whitemud, to the extent that he had to wear a bucket over his mouth and nose. I took the bucket with me when I took him to my Aunt's and warned her that, if he didn't wear it, her fences might never be the same again. She ignored my advice and didn't put it on him. The next day, I went out there and he wasn't cribbing at all, and didn't ever after. The only exception was when he was getting his feet done and then he proceeded to slobber all over the farrier!



After having two wonderful years with Patches, sometimes riding but mostly just hanging out with him, I lost him on May 2, 2015. According to some of the ladies at Little Bits, he was around 39 years old ... a pretty good innings by any estimation.

Fittingly, May 2, 2015 was the day The Kentucky Derby was run. I say fittingly, because I always used to tell his riders that he thought he was running in it! What I do know is that Patches shared a lot of characteristics with the horses in that race: speed, passion, single-mindedness, determination, but, most of all, a ton of heart.

Patches ... you will be missed.

Short Bits About Our Linda

I first met Linda Rault 8 years ago as a new volunteer for Little Bits. I will always remember her speaking to the group of volunteers on volunteer training night; what she said has stayed with me all the years I have known her.

She started by saying that she had been there for 30+ years and that coming to work still did not feel like a job. She spoke with pride of the wonderful riders and the joy they brought to her, seeing them grow, succeed and enjoy riding. She spoke with gratitude of the amazing volunteers and how we could not do without them. She spoke with compassion of the lesson horses, who are truly unbelievable creatures that teach us so much about acceptance and love. And she spoke with love of the staff of Little Bits whom she said were like family to her.

I knew after hearing her speak that I wanted Little Bits and therapeutic riding to be part of my life. I wanted to be part of everything she had mentioned. She has been a mentor, friend, fantastic boss and a tremendous help to me throughout my training to become a therapeutic riding instructor and my years as part of this amazing team. Her love and dedication to Little Bits and therapeutic riding in general has always been an inspiration to me.

Thank you, Linda, for all that you do. You are more appreciated and loved than you could possibly know! Lisa D.





Linda has a keen eye for details when it comes to riders, horses and equipment. Whenever she talks about therapeutic riding, I learn something. Linda is especially able to look at things objectively, and she has invaluable knowledge and experience working with riders with special needs. She is always willing to listen and brainstorm about riders and horses in order to plan for the best possible outcome. As a result, when we talk, she always has a creative idea that I have not considered. Her suggestion of an anti-cast roller in place of a western saddle made participation so much easier for one of my riders, and in turn his team. Everyone noticed a difference! The dedication, professionalism, and genuine passion Linda demonstrates for therapeutic riding inspires those around her to approach it with the same enthusiasm. It really unites us as a team! Even K.

"What can I do to help?" is a question I hear several times a day as Linda appears behind me in the barn -- usually just as I'm thinking one more set of hands would be really useful. I don't know how she does it, but Linda has an uncanny knack of being in the right place at the right time. Anywhere a helping hand is needed, there she is with a smile, whether it be dealing with questions from parents or riders, leading the warm up part of a lesson, catching hard to catch horses, grooming, tacking up, sweeping the barn, or shoveling the ... well, let's not go there!

Not long after I joined Little Bits, Linda's mare gave birth to a filly. A group of us decided we would throw a 'baby shower' for the new arrival; we had a wonderful gathering complete with all things horsey in many varying shades of pink. Chanti, as the filly became known, recently celebrated a birthday and when I asked how old she was, Linda replied "twenty five."

Linda has spoken of her passion for Little Bits, and this shines through everything she does for the organization. I don't know where that twenty five years has gone, but I'm proud to have her as a friend and co-worker. Ros S.

For the past 15 years, Linda has been my mentor and someone who I've aspired to learn from. Whether it has been watching her interactions with the riders, parents/caregivers, horses, volunteers, or barn staff, hearing her teach a riding lesson, having her join a class as a leader or a side-walker when needed, or experiencing her one-on-one instruction and

There are many reasons why I am honored to know and work with Linda, but I will list the top three. Linda believes in a vision of how people and animals can come together to help each other. If it weren't for Linda's dream, dedication to high standards, hard work and guiding hand, Little Bits would not be what it is today: a program that is recommended by doctors and health professionals.

I also admire Linda for her communication skills. She can see a sensitive issue from both sides and is amazing at communicating in a positive way that helps find win-win solutions for everyone. However, Linda isn't just good at talking, but she walks her talk. She truly cares about the people and animals in her life, and it is common to see Linda go above and beyond her job description at Little Bits. I have witnessed Linda visiting and comforting many former Little Bits volunteers in palliative care, and I know that she has attended many funerals of former volunteers and former riders in the program. On many occasions, she has paid out of her pocket for lesson horses to get complementary therapy treatments (to complement the excellent vet care covered by WELCA) to help horses be more comfortable and happier in their job.

I also know that without Linda's guidance and encouragement, I would not be the certified therapeutic riding instructor that I am today. Ghandi said, "Be the change that you wish to see in the world." Linda lives her life this way and that is why I am honored to know Linda and feel blessed to work with her. **Sonja** *C*.

mentorship while going through the CanTRA instructor candidacy and examination process, Linda has been an example of dedication, source of knowledge, and someone who genuinely cares for those around her. Although she may not know it, each week Linda encourages every one of us, whether riders, volunteers, or instructors, to do our best, to treat the horses fairly and with kindness, and to value this program that we are all privileged to be a part of. Thank you Linda for all that you do for LBTRA and CanTRA! $Joy\ V$.

Almost thirty years ago, I started to volunteer at a place called Little Bits Riding Club for the Disabled. Little did I know then just what an impact that organization would have on me. Not only was the organization extraordinary, but the people that came with it were as well.

One person in particular, who has seen this program evolve through the years, is Linda Rault. When I started on Sunday afternoons, she was an instructor on Thursday evenings. Back then, we ran two days a week, Thursday evenings and Sunday afternoons.

You see, Linda lived in the city with her husband, but went to their cabin at Pigeon Lake

The first time I had interaction time with Linda was just after I started to volunteer with Little Bits in the fall of 2007. I cannot remember our first meeting, but I knew that I really liked Linda from the get-go. She was kind but firm with both the riders and horses. No question was ever too big and she always, always has a positive attitude. Linda makes you strive to be your best. One Halloween, Linda and Jo dressed as each other wig and all, it was really funny! As a boss and as a co-worker, you could not ask for a better person. Thanks, Linda, for always believing.

Marielle L.

every weekend. That was her stipulation when she began with Little Bits ... no weekends. After a little while, I started calling her to discuss riders, horses and the everyday events that occurred while programming.

As they say, that was the beginning of a beautiful relationship.

Linda now has the designation of Riding Program Administrator. She is the glue that holds us together. She is available to every instructor, board member, volunteer or volunteer coordinator who may have a question. The riders, parents and family members are all part of her extended family. She knows them by name, if not by the horse they ride!

Linda is not only a CanTRA Certified Instructor, Cheff Center Certified Instructor, and Certified Western Coach, but is also an examiner for CanTRA as well. I have had the pleasure of attending exams with her. Having known Linda for all these years, it never ceases to amaze me when the candidates come to me and say how intimidating she looks. As I sat back and watched her at one exam, I think I saw what they were talking about: standing with a clipboard in hand, serious look on her face, glasses placed just so on her head, and her pen at the ready. Linda takes her job very seriously and wants to ensure the new ranks of instructors are up to the task. Seeing this, I decided I was glad it wasn't me being examined, even though it was just Linda!

People say that when you are married for a long time, you begin to look like your spouse. I think that this may be true when you work with someone for a long time too. Linda, as you know, has short blond hair. I, on the other hand have long dark hair and always wear a ball cap with a ponytail. If I had a nickel for every time I have been called Linda, I may be able to fund the new arena! All kidding aside, I am honoured that I get mistaken for one extraordinary woman.

I could go on, but space is limited. I do want to say, however, that because of Linda, Little Bits is what it is today. Her dedication to the program, riders and families, staff and board members is unsurpassed. She is an amazing woman who puts her heart and soul into whatever she does.

Last of all, I want to say thank you to her. Through her wisdom and knowledge, she has made me a better instructor and person and I am proud to call her my friend. **Jo-Anne B**.