



info@littlebits.ca

www.littlebits.ca

June 2019

2019 Achievement Day pledges/donations through Shaw Birdies for Kids

Please consider making your 2019 Achievement Day pledges/donations for your Little Bits rider **on or before September 1st** through the following website: <https://shawcharityclassic.com/donate/littlebits/> It's easy to use -- just go to the secure BFK site and donate now.

Shaw Birdies for Kids presented by AltaLink is a non-profit program run under the Calgary Shaw Charity Classic Foundation. All administrative costs and efforts for the program are covered by the Shaw Charity Classic tournament. Charities have no costs associated with the program and 100% of all LBTRA targeted donated funds through the Foundation will go directly towards Little Bits TRA, as your chosen charity.

On top of your donation, the most exciting part of BFK is the matching pool. Last year, we had \$12,695.00 donated through the BFK fundraiser and that amount was matched with \$6447.50. The donor is credited with both amounts (donation plus matched amount) for LBTRA Achievement Day Incentives. For your generous contribution, up to 50% will be matched and the funds will go directly to your chosen charity – Little Bits TRA. **Donors can make a donation to Little Bits until Sept. 1, 2019** either online or by mailing a cheque to the Calgary Shaw Charity Classic Foundation office. All donations received are matched up to 50%, and 100% of your donation is given to Little Bits.

The Shaw Charity Classic pays for all processing fees associated with the transaction. Tax receipts are issued from the Calgary Shaw Charity Classic Foundation which is a registered charity (CRA number 827378977 RR0001).





Volunteer Appreciation 2019 BBQ

Friday, June 21st

Hawrelak Park - Spot #2

We have this spot from 4:00 until 9:00 but will be eating and having fun between 5:00 & 7:30

The BBQ is being donated for use from **ATCO**

LBTRA 45th Anniversary Pancake Breakfast

Location: Under the tent by the front door
12510 Fox Drive, Edmonton, AB

Saturday, June 29th 10:00 a.m. - Noon

Tickets online at:

<https://whitemudalumni.eventbrite.ca>

Ages 6 and under: \$5 Ages over 6: \$10.00

Some tickets are available at the Little Bits office
or get your tickets at the event table on Saturday

Includes pancakes, sausage & juice or coffee

All Star Rodeo Wind Band

*featuring Joyce Smith
is playing during the breakfast*

Pancake Breakfast



Meet Marina

Marina is a science student at the University of Alberta who began volunteering with Little Bits in the Spring of 2018. She has been riding horses and competing in show jumping with her own horse for over 10 years. This passion drove her to seek equine volunteer opportunities, which led her to the Little Bits Therapeutic Riding Association program. Throughout her volunteering as a leader/sidewalker, Marina fell in love not only with the horses but with the children. She loves chatting with them and seeing their smiles during trail rides, as well as watching their confidence grow as they learn to perform different exercises and control their pony.



RED DRESS RUN - 2019

by Andrea W., Vice Chair LBTRA

On behalf of Little Bits Therapeutic Riding, I would like to deeply thank the Edmonton Hash House Harriers (EH3) for choosing Little Bits to receive the Red Dress Run proceeds this year. We had Board members, families, friends and former riders attend the event on May 4, 2019. It was a very fun day and the EH3 group was very welcoming and friendly to our Little Bits family. This group was amazing to get to know and I know I cannot wait to attend the Red Dress Run next year. If you would still like to donate on behalf of the Red Dress Run, please go to: <https://www.atbcares.com/donate-info/124-119021277RR0001?amount=10.00> and this will take you to ATB Cares. Thank you!



A Repurposed Saddle

by Linda Rault

Back in mid-April, we were contacted by a lady who wanted to know if we could use a saddle which her sister (who has a disability) rode in many years ago. She mentioned that her sister did gymkhana in the saddle and had finally outgrown it. She described it as “an older saddle with a high back and high front.”

All the time I was thinking in terms of an English saddle and finally asked her if she could send a photo. To my surprise (not sure why, as I am a certified Western Coach – and she mentioned gymkhana which is also a western sport), it was indeed a western saddle and would be just perfect for a few of our riders.

She managed to get the saddle here, and I took it home and gave it a good, thorough clean and oiling. The next week we tried it and it worked fantastic for one of our riders who likes to lay back when riding. No more of that!!! It has also been used for 2 other riders with a lot of success – giving them just the right kind of support they need.

Many thanks to the family for thinking of Little Bits – what was old is new again!!



Thank You
Hearts of Blue
by Linda Rault



Back in March, we were contacted by Kristy Kozun with Hearts of Blue through Alberta Blue Cross. She said in her e-mail: “I know in the past you have dealt with Mirella Nardi, but I am reaching out on her behalf to see if you have a wish list of items that we could look at purchasing for Little Bits.” Kristy asked what we were in need of, and we had been looking to purchase some smaller saddles for the younger riders in our program. They are relatively hard to find, however our contact Jen at Horse’n Around in Red Deer had a 15 inch WintecLite saddle and a 14 inch leather Collegiate saddle in stock. I put Kristy in contact with Jen, and Kristy and Hearts of Blue generously bought both saddles for Little Bits. My husband and I drove down to Red Deer and picked up the saddles for Little Bits. They are both in regular use now in our program. It is with much gratitude that we thank Kristy, Mirella and Hearts of Blue for so kindly reaching out to us again.



Summer Riding Session

Monday, July 29 to Friday, August 2

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

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!



Riding Dates for Fall 2019

Sundays: September 8 to November 17

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

Tuesdays: September 10 to November 19

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: September 11 to November 20

Wednesday afternoon riding times:

3:00 pm ending at 9:00 pm

***** Volunteer Orientation: Wednesday, August 28th *****

6:00 pm to 9:00 pm

New Horses Join Little Bits!

Secret



Major



Jasper



Ky



Kisses



Big



Why I Volunteer

Hi! My name is Andrea, and I am 18 years old. I have a few disorders that I live with and I am currently working on. I volunteer with Little Bits because I really love horses and I want to work with horses as a career. I also love dogs, wolves, books, dragons and movies. Another reason why I volunteer is because it makes me happy to see all the children smile when they come to ride the horses. Grooming and getting the horses ready for lesson is also great.



Janell

I'm a fourth year Bachelor of Arts student at the University of Alberta, double majoring in psychology and sociology. In my spare time, I play volleyball and volunteer with Little Bits. I started volunteering in September 2018 because I was looking for something that filled both my love for animals and helping people in need. I have always had a soft spot for horses as I believe they are incredible creatures, and I think it is so amazing that they have so many benefits for our riders. My favourite part about volunteering with Little Bits is seeing the smiles on the riders' faces after a lesson or hearing them laugh while on the horses and knowing that through this program we help these people experience something that couldn't be done without it.



Blaine

I am originally from Rocky Mountain House, but I moved to Edmonton in 2013 for University and have been here ever since. I love being outdoors, so most weekends you can find me out by Nordegg hiking one of the many trails of the David Thompson Corridor (if you're lucky you can sometimes spot a herd of wild horses out in the area), camping or out paddling at a lake. I also really enjoy hanging out around the city and grabbing a bite to eat at one of Edmonton's amazing restaurants, browsing through the various farmers' markets, and checking out a wide variety of festivals/events that the city hosts.

Like many, I have always had a love for animals, especially horses. As a child, I had the opportunity to attend a summer camp that provided riding lessons as one of the camp's activities. Riding and being in the barn was always my favourite part of the camp. I was elated when a friend told me about Little Bits because it was a chance to get back in the barn.



I started volunteering with Little Bits in 2017, and I have enjoyed every moment of it! Since day one, I have been inspired and in awe of the dedication and passion of the volunteers. Little Bits has built such an amazing community in Edmonton and I am so grateful to be a part of it. I really enjoy getting to know the riders and seeing all of the quirky personalities of the horses! It is also incredible to see the riders grow throughout the duration of the session. Volunteering with Little Bits is easily one of the best parts of my week.

Sixteen Seasons with Little Bits - Beate Sydora

This is my 16th season with Little Bits and I have enjoyed every hour hanging around the Little Bits community since I first set foot in the old arena on a Sunday in March 2011.

I always loved horses, but growing up in Germany I never had a chance to take riding lessons, let alone own a horse. My brother and I put strings on the handles of our bicycles pretending them to be reins to steer the bicycles on our trips to the surrounding farming area. Needless to say, this method caused frequent bloody knees and elbows on the gravel paths. There was a farm on our route with horses and kids our ages, and they let us ride sometimes bareback. My brother eventually married one of the farm girls and is now owner of several horses.

My life took a different turn. I went to the University of Cologne and studied Biology. Then I decided to continue my study at the University of California in Los Angeles, finishing off with a PhD in Microbiology and Immunology. Instead of returning back to Germany as originally planned, I met my Canadian future husband. After living several years in California and then in Japan, we moved our growing family (I have now 5 adult children) in 1998 to Edmonton. I got a job in Gastroenterology research at the U of A. In 2011, the laboratory I worked in folded and I had to look for a new job. That wasn't as easy as I thought as funding for basic research was very limited at the time. So I looked for volunteer opportunities while applying for possible new jobs. I always was intrigued by the horses when I drove along Fox Drive on my way to the University. An online search informed me about Little Bits and I was hooked. It combined my love for horses with my wish to help people.

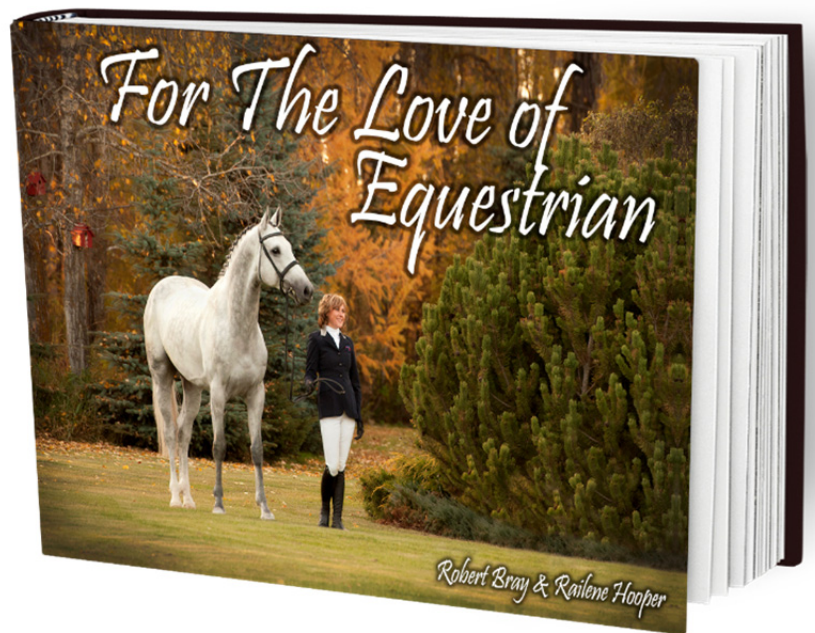
If my initial thoughts were that my volunteering would help other people, I quickly realized that it was an equally reciprocal reward. I am hard of hearing and I learned so much from the riders and their families about enjoying life despite disabilities. The bright faces and big smiles when sitting high on the horses are contagious, and seeing the joy when bouncing up and down in a trot is amazing even when it appears sometimes painful for the onlooker. Over the past 8 years I have worked with various riders and horses. I have seen riders growing from little kids to young adults, some were there already before I started my volunteering, others might stay only for a few years or a season, but they all were eager to get onto the horse and start their lesson.

The cheerful atmosphere is also reflected by the instructors, the support staff, and my fellow volunteers. Everybody there is extremely helpful and friendly. The knowledge of the instructors in pairing the best possible horse to a rider is remarkable; I very much appreciate the patience of people in the barn when showing me for the umpteenth time how to properly attach the rope in the tacking stalls and how to take off the halter without opening all buckle straps. Hanging around horses is still a big draw for me to come to Little Bits, and I mourn every horse I lead or side-walked that had passed away during my time of volunteering - there were way too many.

I did get a new research job in the clinical health sector shortly after I started volunteering with Little Bits, but that did not put an end to my volunteering. I only missed one season in the spring of 2012 due to a broken foot (it's just a bit awkward trotting along a horse on two crutches). Besides volunteering for Little Bits, I like swimming, travelling, playing piano, canoeing on the North Saskatchewan River, hanging out with friends and family and my cat Saroo, and going to rodeos. My favorite is the Ponoka Rodeo.

Volunteering with Little Bits has been a very rewarding experience for me and I am looking forward to many more seasons.





“For the Love of Equestrian” is a beautifully crafted book created by Robert Bray Portrait Design to encourage Albertans to support Little Bits Therapeutic Riding Association in a fun and creative way. This book shows both owners, riders, and their enchanting steeds in exquisite ways. It is a book that you can have as a center piece or as a keepsake and eternalize these moments for all time. With a payment of \$350.00 you will have your equestrian portraits taken on location for a full spread (2 pages) in "For The Love of Equestrian" and receive one copy of this book.

If you are interested in keeping memories in such an elegant way, you will need to contact Robert Bray Portrait Design at:

<http://robertbray.ca/fortheloveofequestrian/>

and set up a meeting where you will choose a date, discuss clothing, decide the best location and pay with either cash/ cheque. Once the portraits have been taken, another date will be arranged to choose which images you would like in this book (approximately one week after photos session). The book will be completed by the WINTER of 2020 and distributed.