



THE STABLE VOICE

VRDA HAS A NEW HOME!

At the end of last spring VRDA was approached by one of its members with an incredible offer of a place for our exclusive use for the next 50 years. If wishes were like horses we'd have a stampede! This sure applies to us!

What does this mean for us? It means that we can expand our program to include evenings, weekends and holidays. The barn has extra stalls for more horses as we need them. We will have an office and large viewing area as well as a new home for our equisizer and special equipment.

The facility is located close to the business section of Keating X Road where we hope to be able to partner with local business people by sending our riders, families and volunteers to patronize their shops and have those shopkeepers be willing to display our posters and support our fundraisers. Maybe we'll even get some of them out to volunteer with us.

Our fall classes will start in the new arena. Construction may not be complete by that time but we hope to host a big public open house as soon as it is finished.



VRDA ANNUAL GENERAL MEETING 10AM

Saturday November 14, 2009
Brentwood Cultural Centre & Library
1209 Clarke Road, Brentwood
(behind Greenhawk)



**Congratulations to our instructor Samantha Howe who has taken and passed her Canadian Therapeutic Intermediate Instructor Level.
Way to go Sam!**

IMPORTANT DATES

Oct. 19	Fall Classes Begin
Nov. 11	Remembrance day - <u>no riding</u>
Nov. 14	AGM 10 AM
Nov. 19	Dinner/Silent Auction
Dec. 4	Volunteer Luncheon
Dec. 10	Last day of fall term
Jan 5 - 7	Volunteer Training
Jan. 11	Winter Classes Begin
March 11	Winter Classes End
March 30 - Apr 1	Volunteer Training
April 5	Spring Classes Begin

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Mya's Story

Mya loves her horsies!! Mya cannot speak or sign, but boy does a smile say a thousand words!!

Mya, also known as The Little Fighter, has had a tough go of things since very early in her life. She started fighting seizures at 6 weeks of age and has been fighting ever since (she is now 4 and a half). This fight has taken her to hospitals all over North America, in search of the one thing that would stop the seizures. Ultimately this journey took us to the Hospital for Sick Children in Toronto where Mya had brain surgery when she was 18 months old.



When we decided to have the brain surgery performed to try and stop the seizures, we were told that it could potentially cause paralysis down the entire left side of Mya's body. Immediately after surgery, you could tell right away that she was indeed paralyzed on the left side. While in the recovery room we would hold her left hand and just pray for it to squeeze back and give us a sign that things were going to come back for her. After many hours of waiting and praying, those little fingers started to squeeze and we knew that things were going to be ok.

Now if someone had told me then, that in just over 2 years Mya would begin horseback riding, I would have been a bit surprised. Well sure enough it happened and here we are, now 3 years later and almost a year since she first began horseback riding. While Mya's surgery did not cure her seizures, it dramatically reduced them. Mya does not communicate in many ways, except when she is really happy and that huge smile beams brightly. One of the best ways for you to see that smile is when Mya is on her horse Faensi. When Mya first started riding she could only last about 5-10 minutes on Faensi and would very quickly become tired and need to stop. Over time she has become much stronger and now likes to ride Faensi as long as she can!

Before Mya started riding, she would always lay on her mats in the living room and she would spend countless hours trying to sit up on her own, but was never able to do it without her Mom or Dad giving her a little help. Since the riding she has developed much more trunk strength and has finally been able to sit up on her own. This simple act of independence has been huge for Mya. She is so proud of herself when she sits up! Most of the time she will lay back down just so she can sit up again! And almost every time you will see that same smile that all started with her best bud Faensi!

Did you know.....

The Government provides up to \$6000.00 per year to parents/guardians of children with autism age 6 years and up to access services to alleviate the symptoms of autism. And up to \$22,000.00 to children before the age of 6 for early intervention. Also..... With your family Doctor's help, you can fill out the T-2201 for Canada Revenue and qualify for the disability tax credit. And that the non-refundable tax credit can be applied to previous tax returns up to and including the year your child was born?

I can tell you what I did and maybe help steer you in the right direction. Both of these resources are easy to access. Call me and I can tell you how to get started at **(250) 388-2972. Dave Wheeler** (A.K.A. Cooper's Dad)

Contact Info

VICTORIA RIDING FOR THE DISABLED ASSOCIATION
 Victoria North PO Box 43032
 Victoria, BC V8X 3G2

Phone: Barn (778) 426-0506 (new)

Email: vrda@shaw.ca

Web: http://members.shaw.ca/vrda/

Instructor & Program Coordinator: Stella French
 Instructor & Admin: Samantha Howe
 Instructor: Kyrie Martinez
 Admin & Coordinator of Volunteers: Sue Colgate

VRDA WISH LIST

- * Hoses
- * Push brooms
- * Straw brooms
- * Aluminum scoop shovel
- * Dressage letters for the arena
- * Large plexi glass mirrors for the arena
- * Jump standards
- * Trotting poles
- * Coffee supplies (for volunteers)
- * Stamps & envelopes
- * Copy paper

By Ann Marie Neworth

As part of another assessment for my sister Eileen, the concern about how to minimize the progression of osteoporosis came up. The physician recommended two avenues; one was an injection (done once a year) rather than Eileen taking the oral medication which needs to be swallowed whole and Eileen is unable to do that.

The physician also stressed the importance of getting Eileen into some sort of weight bearing exercise. She put me in touch with one of the physio/occupational therapists at the RJH hospital. The PT/OT stressed that generally exercises per se tend not to work well because of motivation and generally people don't continue with activities they don't really enjoy. Also with all of Eileen's coordination challenges, she could not see how we could easily do something in a group or design something that Eileen would be able to do on her own. She asked me what activities Eileen did and I happened to mention that she went horseback riding once a week. The physio immediately said, "that could be one of the best **exercises**" that Eileen could possibly get as it was such an excellent "bone strengthening" exercise.

VRDA THANK YOUS

The United Way of Greater Victoria

The Mr. & Mrs. P.A. Woodward's Foundation

The Norgaard Foundation

Victoria Foundation

Telus Foundation

McAdams Foundation

Vandekerkhove Foundation

CIBC World Market's Children's Foundation

Equine Canada

Rotary Club of Saanich - Royal Oak

Rotary Club of Saanich - University Club

Trafalgar Pro Pat's Legion

Roy Wilmin-Browne

Central Saanich Lion's Club

Becon Support Services

West Shore Lion's Club

NEEDS of Victoria

Sara Spencer Foundation

Logan's Bar

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Linda Jarman

Rita Henderson

Joan Yazedjian

Sharon McDonald

Stephen Olson

Dean & Jan Innes

Carol Davies

Skate Canada

Glynn Morrey-Jones

Doreen Atkins

Luciana Battilana

Charles Moser

Chevron Canada Resources

Al Job

Leslie Climie

Ruth Claydon

Fiona Reid

Van City

Pat Coverdale

RBC

Anne Gustavson

Victoria CA Assoc

Elizabeth Julie

MAJOR DONORS



VICTORIA FOUNDATION



MR. AND MRS. P.A. WOODWARD'S FOUNDATION

NORGAARD FOUNDATION



McADAMS Foundation

TELUS

FUNDRAISING

HOW YOU CAN HELP (Tell your family and friends)

RECYCLING:

⇒ Take your bottles, cans etc to the bottle depot on Quadra or Burnside and ask them to credit VRDA. You may also bring them to the barn a put them into our recycle boxes located to the left of the barn door

PHONE BOOKS: We collect books all year!

⇒ We collect phone books. You can bring them to the barn. We will also do pick ups for larger numbers, so if the business where you work would like to donate them to us, please email vrda@shaw.ca or call Bert to arrange for a pick up. (360-3030 or 744-5074)

Bert could also really use a hand with this fundraiser. He does the whole thing himself and it's quite a lot of work for one person. Please let him know if you can lend a hand.

ISLAND FARMS BAR CODES, CANADIAN TIRE BUCKS, USED STAMPS:

⇒ Bring your Island Farms bar codes, Canadian Tire Bucks and your used stamps to the barn. We turn them in for money

CO-OP GAS & FOOD CENTRE:

⇒ We have a co-op number 37989 - please pass this along to everyone you know & ask them to help

⇒ Give our number every time you make a purchase at the following co-op Centres and we will receive credit:

Co-op Gas Centres: Keating, Brentwood, Pat Bay Hwy, Royal Oak, Langford, Millstream, Duncan, Gorge Road, Sidney, Wilkinson Road, Prospect Lake Road, Sooke

Deep Cove Save on Gas, Home Heating, Commercial Cardlock

3RD ANNUAL LIVE AND SILENT AUCTION

November 19th VRDA will be hosting our 3rd annual silent and live auction at the Royal Victoria Yacht Club. This is our largest fundraiser of the year and we look forward to your support. We will still be accepting donations of items for the auction up until November 5th. We are looking for large individual items (electronics, gift certificates, accommodation etc) and small items to go into theme baskets. Here are a sample of things you and/or your friends can expect to be bidding on: Pacific Sands in Long Beach, Inner Passage passes, furniture, Mt. Washington accommodation. Theme baskets include: garden, home, tourist in your town, spa, golf, recreation and much more.

If you can contribute to this event please contact Sue 479-1988 or vrda@shaw.ca

If you would like to purchase tickets please contact Sue 544-3111 or Janet 592-2670

VRDA 20TH ANNUAL RIDE-A-THON

The sun was rising and the moon was waning as volunteers set up the registration table and 28 riders arrived and started off on the Galloping Goose Trail, the brilliant blue sky and sunshine lighting up the fabulous fall foliage. This year there were 10 VRDA riders and horses. Kim Scott and 'Warden King' collected the magnificent sum of \$3350 winning both the Russ Knight Memorial Trophy and the Nicole Bell Trophy for riders under 18. (Kim is now 14). Second place in this class was Sarah Johnson on 'Tigger' who raised \$505 and also won the new "Erik the Pony Trophy" for best turned out horse and rider, presented by Gary Kangas on Erik, who has retired from the Ride-a-thon after 18 years participation. VRDA won the Tidman Trophy realizing over \$7000. All proceeds directly benefit our Therapeutic Riding Program.

As always, Niels and Kerry Poulsen made delicious veggie chili, very welcome after a long ride. Breadstuffs Bakery in Brentwood Village provided a beautiful 20th Birthday Cake and we were entertained by the "Old Country Duo" playing country and western music.

John Walls and his Radio volunteers have checked numbers and kept everyone in touch for almost 20 years. Another safety feature was the RCMP Community Policing Volunteers Judy Pryce and Trevor Whitten (who comes for the chili!) their flashing cruisers really slow down the traffic. First Aid was provided by Patty Anne Lea, Medical First Responder - just one bee sting!

A thousand thank you's to our many generous long time prize donors and the t-shirt sponsors, seventeen hard working VRDA volunteers, and all the riders and horses. Without you we could not have raised the fabulous sum of \$8300.
by Christine Leach

PRIZE DONORS

HIGH HORSE TACK	VICTORIA SADDLERY	LIZ MONAHAN	CORDOVA BAY GOLF COURSE
WHITE HOUSE STABLES	BUTCHART'S GARDENS	GREENHAWK	PETS WEST
PETS PLUS TACK	SIDNEY FEED BARN	STABLE WAY OF LIFE	BC FERRY

T-SHIRT SPONSORS

SHAW PET HOSPITAL	QUEEN ALEXANDRA FOUNDATION FOR CHILDREN	COAST CAPITAL SAVINGS
SHELBOURNE PHYSICAL THERAPY	THE BROKEN PADDLE COFFEE HOUSE	TEAM SALES
GARRY OAK VETERINARY HOSPITAL	DONN MANN EXCAVATING	SMART DOLPHINS I T SOLUTIONS

VICTORIA
RIDING
For the
DISABLED
ASSOCIATION



LIVE AND SILENT AUCTION



*ALL PROCEEDS SUPPORT THE VICTORIA
RIDING FOR THE DISABLED ASSOCIATION*

Fabulous evening of tasty appetizers, cocktails, live and silent auction featuring works by well known local artists, travel packages and gift baskets galore. Perfect for your pre Christmas shopping.

HOSTESS: DAPHNE GOODE
AUCTIONEER: ERIC CHARMAN

THURSDAY, NOVEMBER 19th 5:30 - 9:30PM

Location: 6475 RIPON ROAD
Lots of free parking
Information: vrda @shaw.ca
 Sue 544-3111
 Janet 744-8285

Tickets \$35
Available at: Penny Farthing Pub
 2228 Oak Bay Ave
Cadboro Bay Peoples Pharmacy
 3825 Cadboro Bay Rd.

BOARD MEMBERS

EXECUTIVE

PRESIDENT	NAIRN HOLLOTT	744-4019
VICE-PRESIDENT	OPEN	
TREASURER	WENDY CURRY	479-2487
SECRETARY	MARJORY HELLMAN	592-7524

MEMBERS AT LARGE

MIKI DEKEL	544-2167
SUE PATERSON	544-3111
CHRISTINE LEACH	656-0619
DAVE PATERSON	544-3111
SHERRY NILES	881-8896
LESLIE CLIMIE	655-9544
STEVE TRIBE	652-3700

VRDA BOARD MEMBERS

Marjorie Helland (Secretary)

Born and raised in Cranbrook, in the southeast corner of B.C., I loved school, participated in selected sports, and enjoyed reading, movies and youth groups. I graduated from Mt Baker Secondary School, and then attended the University of Victoria, Faculty of Education, with plans to become a primary teacher. I taught first and second graders in Port Renfrew before I elected to move into clerical and administrative work with the provincial government. A variety of positions and work experience, together with Administrative Management studies at B.C.I.T., made for a satisfying career with the government. Three ministries (Finance, Forests and Attorney General), and thirty-five years later, I retired from service as the Manager for Vancouver Island, for the Residential Tenancy Office. Life has not been all at the workplace. I was also married for almost twenty-five years, and have two sons that I am very proud of. Today, as a retiree, I still enjoy reading, movies and regular trips to the Lower Mainland to visit my family. Also, over the past several years, I have become an avid Cauncks fan. My new retirement activities include walking groups, dragon boat and outrigger paddling at the Victoria Canoe and Kayak Club, and the many social events related to my paddling and walking groups. And as a retiree, I finally had the time to consider some form of volunteer work. Santas Anonymous keeps me busy prior to the Christmas season, leaving me free for other volunteering through the rest of the year. The VRDA notice in the "Volunteering" section of the Times Colonist drew my attention and though I could not continue as a side walker, I was pleased to be asked to join the board and fill the vacant secretary position for the Association. I look forward to continued volunteering with VRDA – an amazing group to be associated with!

Wendy Curry (treasurer)

Hi. My name is Wendy Curry. I have lived my whole life in Victoria and grew up loving horses and kids. Imagine my surprise and disbelief when I saw an article about taking kids with disabilities horseback riding... Volunteers needed. It was just at the time, my young sons were all in school and I had a little time to spend as I wished. It was 1984, VRDA was about 2 years old and I was hooked. We worked as a very grassroots organization. If a job needed doing anyone would do it. Board members all worked at the barn, so everyone knew the day to day occurrences. We hadn't any employees, except the instructor. We didn't own any horses, and our budget was much smaller! I was soon convinced to join the board, where I served as Secretary for 5 years and switched hats to become the Treasurer in 1993. I have watched the program grow and improve and seen the delight of many riders and their parents as they enjoy the benefits of their interaction with our wonderful, patient horses. I live with my husband, Russ. Together we have three grown, married sons and four grandchildren.

NAIRN HOLLOTT (President)

I was born England 1942 and immigrated to Canada 1948. I attended high school at Queen Margaret's School in Duncan and attended UBC, SFU and Acadia. I have a Professional Education Certificate and a B.Sc. I taught elementary school from 1969-1983. I have volunteered with:

- Aids Vancouver Island: Education Coordinator, 1987-1991, Friends of Government House Gardens as Garden Supervisor, Board member, President, Director of Garden Activities, 1993-2009.
- Victoria Therapeutic Riding Association as a side walker, Board member, President, Administrator, 1994-2004.
- Victoria Riding for the Disabled Association: Board Member, Coordinator, Volunteer Coordinator, President, 2004-2009.
- Government House Foundation: Board member.
- Capital Region Beekeepers' Association: Board member, President.

My Interests include: beekeeping, gardening, birds, butterflies, current events, nutrition. I am widowed, have two sons, and four grandchildren.

I WISH TO SUPPORT THE WORK OF THE VICTORIA RIDING FOR THE DISABLED ASSOCIATION

- \$ 10.00** Regular Membership
- \$ 200.00** Lifetime Membership
- \$** _____ Horse Sponsorship
- \$** _____ Rider Sponsorship
- \$** _____ Donation
- \$** _____ Trust Fund

Name: _____
 Address: _____

 Postal Code: _____
 Email Address: _____

Please send your cheque and this form to:
 • Victoria Riding for the Disabled Association
 • Victoria North, PO Box 43032,
 • Victoria, BC V8X 3G2

An official receipt will be issued for donations over \$10.
 Charitable registration #89034 1977 RR0001