



LITTLE BITS

THE THERAPEUTIC RIDING ASSOCIATION
for persons with disabilities

info@littlebits.ca

www.littlebits.ca

November 2022

2022 LBTRA Service Awards



Luke

Elizabeth



Gwen

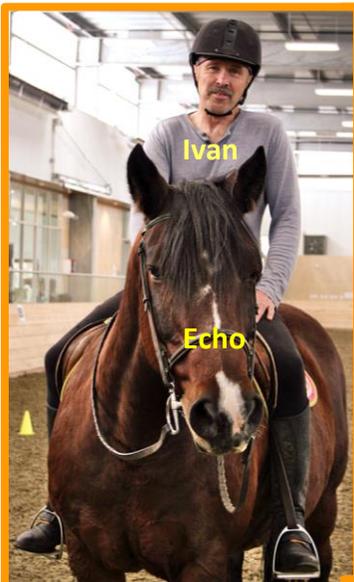
Marielle



Aries

Andrea

15 Years



Ivan

Echo



Rachel

Kassidy



Debbie

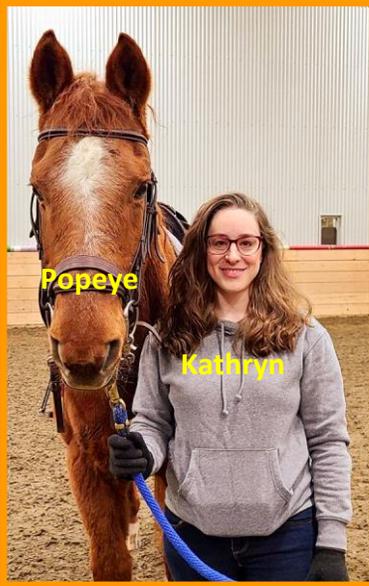
Mike



Marlyn

Steel

10 Years



Popeye

Kathryn



Carla

Krista

Pearl



Kassidy

Jan



Darryl

Luke



Heather

Treasure



Lynn

Lilo



Mike

Kathryn



Leslie

Freddie



Treasure

Nancy

5 Years



2023 WELCA Calendar

Last year we had a very successful calendar print run and the proceeds all went to our horses, so we are very happy to offer it again this year. The 2023 calendar features new horses, new images and new designs! It will be an excellent addition to any office, kitchen or study area. The WELCA 2023 Calendar is a must buy for horse lovers, WELCA students, and Little Bits riders and participants. To place your calendar order, go to:

<https://www.welca.ca/shop>



Bill Gunter

Bill Gunter (our current Past Chair) resigned from the Board of Directors after 32 years of service. Bill's son, Andrew, rode with us for many years and enjoyed his time in the saddle whether indoors or outside. We will miss them both, but they are always welcome to come for a visit anytime! Bill is shown standing in front of the Little Bits Memorial tree, receiving a gift of appreciation from Jodee Pearse (current Chair of the Board).

LBTRA 2023 Calendar of Events

Winter 2023 Riding Session (10 weeks) New riders only
Volunteer Training: Wednesday, January 11, 2023

Sunday: January 15 to March 19-Achievement Day (10:00 to 3:00 pm)
Wednesday: January 18 to March 22-Achievement Day (4:00 to 9:00 pm)

PSF Hours available on red dates above:
Achievement Days - Cooking hotdogs and serving snacks to riders and families

Spring 2023 Riding Session (10 weeks)

Sunday: April 2 to June 18 (10:00 to 6:00 pm) excluding April 9th and May 21st
Monday: April 3 to June 19 (10:00 to 2:00 pm) excluding April 10th and May 22nd
Tuesday: April 11 to June 13 (9:00 to 1:00 pm and 4:00 to 9:00 pm)
Wednesday: April 12 to June 14 (3:00 to 9:00 pm)

PSF Hours available:
Early spring - Clean fieldhouse at WELCA west grounds: haul away, paint, may involve minor construction activities and/or heavy lifting.
CASINO - Sunday April 9th and Monday April 10th at Pure Yellowhead Casino

2023 AGM - Wednesday, May 24th at WELCA - 6:30 pm

Summer 2023 Week of Riding

July 24 to July 28 - first choice to winter 2023 riders who haven't registered for spring/fall 2023

PSF Hours available: LBTRA Pancake Breakfast - WELCA fieldhouse (date TBA)
Volunteer Appreciation BBQ - WELCA front yard Wednesday, June 28th 5-8pm
Canadian Derby Century Mile Racetrack - DAISY DAY (date TBA)

Fall 2023 Riding Session (10 weeks)

Volunteer Training: Wednesday, August 30, 2023 (5:30 to 9:00 pm)

Sunday: September 10 to November 19-Achievement Day (10:00 to 6:00 pm)
excluding October 8th

Monday: September 11 to November 20-Achievement Day (10:00 to 2:00 pm)
excluding October 9th

Tuesday: September 12 to November 14-Achievement Day (9:00 to 1:00 pm and 4:00 to 9:00 pm)

Wednesday: September 13 to November-15 Achievement Day (3:00 to 9:00 pm)

PSF Hours available: Volunteer Appreciation Dinner (date TBA)
And on red dates above:
Achievement Days - Cooking hotdogs and serving snacks to riders and families



Eight drivers visited
LBTRA
for a tour
and demonstration!



November 24th was National Driving Championship day at the Century Mile Racetrack and Casino. At 10:00 am, 8 drivers stopped by Little Bits Therapeutic Riding Association for a tour (given by Linda) and demonstration of our program (taught by Jo-Anne) at Whitemud Equine Learning Centre. Four riders from our program participated in a lesson, where 8 drivers learned a little about leading and side-walking. One brave driver even got a ride on Popeye. Big shoutout to Linda N., Debbie and Maddie who came out to help get horses ready and helped the drivers out, and for those at Century Mile Racetrack for reaching out to WELCA and LBTRA so that our program could be shown.



Fall 2022 Orientation

We had a tremendous turnout this fall with our orientation, as we paired up with Dr. Leanna Grenwich from the University of Alberta with her students in the Equine Science class. With everyone there, we had over 48 new volunteers, 10 fairly new volunteers that wanted to attend, and 5 returning volunteers who wanted to brush up on their skills. We had 8 returning volunteers who helped by leading horses, getting horses ready, bringing horses in to use during orientation time and returning them back to their fields and friends. Gwen also helped me by taking photos, which really does help when I must sign all of those legal documents.



The instructors extended the stations so that everyone could get a feel for leading and side-walking in particular. Lisa was one of the test riders and Sam was the other (huge applause for both doing a great job). Catherine showed everyone how to mount and lead with Gemini away from the mounting block (it's not as easy as some make it look). Cindi and Melody worked with Jaycie in one section on leading and side-walking, while Jo-Anne and Lynda worked with Maui in the other section on Leading and side-walking. This way they could have more students participate. Ros had plenty of help in the barn area with Jasper and Major showing what great horses they are by loving all the attention and being great, gentle horses with everyone.



Our returning volunteers helped make sure that everyone got swapped to the next station, kept areas clean and were ready to jump in to help if needed. Big thanks to Jenna, Gail, Michelle, Kale, Bev, Priya, and Gwen for helping and Andrea for speaking about our Board. Linda oversaw all and helped keep everything in order.



We have some terrific new volunteers that have joined our Little Bits family (some for only a short time) and we appreciate any time that you can volunteer to help our riders achieve so much.

Thank you to everyone new and returning this fall. We appreciate you all!

Marielle

Stone House Foundation Repair

The stone house needed to have its foundation redone as the building was classified by the city as unstable. All of the items were removed from the stone house and in the months that followed, work started. The house was lifted up and to the side so that the foundation and



other work could be done safely. The photos attached are the house front and back lifted up. The third photo shows the start of the cement being laid. There is constant activity around the house but most of the time you would have no



clue anything was happening except when you see the cement trucks or giant CATS heading in that direction. Luke and Maui have become very familiar with all this activity happening right beside their paddock.



Mandy 1996 – July 27, 2022

We are incredibly sad to say that one of our school horses, Mandy, passed away on July 27th. Mandy was a favourite school horse of adults and children alike and went in almost every program we have to offer, from summer camps to Little Bits to Horsemanship. She came to WELCA as a donation in 2011 and has been a diamond ever since. Many riders took their first canter strides on Mandy—either planned or unplanned! If a rider had a steady seat and hands, a sitting trot sometimes became an “oops canter” where she decided her riders were ready! Fast was her forte, but she was always willing to slow down and take care of her riders, too.

Ever playful, she was loved by riders for her versatility and great nature. These qualities were recognised in 2019, where Mandy was named the Alberta Equestrian Federation’s Horse of the Year, an honor usually reserved for high-performance horses. Her crooked nose, bright eyes, and perfectly oval star were ready to greet anyone who came through her stall door. Fast or slow, she took care of them all, and she was always eager to meet her next partner.



Farewell to our friend Birdie ...

Birdie was a beloved lesson horse who was equal parts sass and patience. Her colouring was very unique, and she turned heads wherever she went.

Birdie started out as a jump horse in a lesson program in Saskatoon. That is where her forever family found her - and they began to show her the world of gymkhana and roping. Birdie was always game for whatever was thrown her way and tried her best at every task. She came to WELCA just a few years ago and quickly became a barn favourite- introducing many people to the sport of horse riding.

Over the summer, volunteers counted every dot on her for a contest we were having. She had a total of 1079.

This is a great loss for WELCA and Birdie’s family. May her remarkable personality and unforgettable spots forever roam greener pastures. 🌈



Summer Fun

We had a very successful summer session that ran from July 25 to July 29. We had 19 very happy riders enjoy the trails and adventures out on Keillor Road. Our riders were able to help some new volunteers ease into our program and make new friendships. We love our summer week of fun!



Visit from Pacesetters Home

Earlier this fall, two ladies from Pacesetters Home joined us for a day on a sunny Tuesday morning. Both Taylor and Delia had the opportunity to learn how we function in the barn area and assisted us in the arena with our riders. They got to see first-hand how our program allows our riders to feel the freedom on horseback and enjoy the outdoors on such lovely days. We loved having them visit, and Delia has even joined us for a few extra days. Thank you for taking the time to experience our program.





A note from Theresa

I have been volunteering with Little Bits since September. I recently moved to Edmonton from Victoria BC, where I had over three years of experience assistant teaching and horse handling in therapeutic riding sessions at the Victoria Therapeutic Riding Association. I'm overjoyed to have the opportunity to continue my involvement in therapeutic riding through Little Bits, and am so very happy to be here!

After finishing my undergraduate degree in BC this past spring, I began my journey to Edmonton to pursue a Master of Science in Occupational Therapy at the University of Alberta. I'm passionate about person-centered healthcare, adaptive rehabilitation and mental health, and love that my Masters degree aligns very well with what Little Bits is all about. I have big dreams of becoming a certified instructor and eventually a hippotherapist one day, as the benefits from equine therapy have changed my life and perspectives on healthcare completely. I grew up riding and jumping and am thankful to have both traditional and therapeutic experiences in my skillset. Little Bits has been so welcoming and inclusive, and I look forward to volunteering every week. Helping participants grow as riders and as people, alongside beautiful horses, never fails to warm my heart. I hope to be involved for many years to come!





**Kris as a rider
in 2016**

A LBTRA Journey

Hi, I am Kristian (Kris) and I started with Little Bits in Spring 2016 as a rider. I rode for a few sessions and now I am a volunteer. I have a disability. I am very capable of doing many tasks. I love animals and they seem to love me back. I love being a volunteer at Little Bits. The staff is good to me. They understand me and are very kind. I mostly work in the barn, but sometimes I sidewalk and lead the horses. I am good with little kids. I have a lot of brothers and sisters. I hope I can be at Little Bits for a long time.



**Kris as a volunteer
in 2022**

LBTRA “Employment Partnership” with Selections Career Support Services

Little Bits Therapeutic Riding Association is thrilled to be honored as a partner organization for Selections Career Support Services. We were nominated as “Employment Partners” with some very big organizations at Selections AGM on September 30 at the Rundle Family Centre; we are very proud of our volunteers from Selections that come out to assist us.

Little Bits has always been inclusive and diverse in both sectors of our riders and volunteers. While our riding program accepts most people with disabilities (there are certain conditions which are contraindicated for horseback riding), our volunteer program also accepts a huge variety of people from many demographics, including folks with varying abilities. Little Bits will continue to offer our affordable and safe therapeutic program while offering all persons to interact with and learn from the incredible riders and volunteers who access our program every year.

Rachel T. has been volunteering with Little Bits since spring 2009. Once a rider in our therapeutic program, Rachel moved from riding with Little Bits to volunteering with us.

Rachel has a wonderful sense of humor and is such a caring and compassionate young woman. She assists our Volunteer Coordinator in setting up for the daily sessions on Wednesdays. She assists in the barn and is getting more comfortable each year working with the horses on the ground. Rachel often shows up at the arena with snacks for her fellow volunteers, and they are always delicious and disappear quickly! Rachel will be receiving her 10-year award this fall.

Darryl T. has been volunteering with us since spring 2016. Darryl helps in the barn putting out tack for each individual horse, does some grooming and helps with traffic control and keeping the alley way and stalls clean, thus making the barn area safe for others working there. Darryl will lead horses into the arena for lessons and hands them off to their assigned volunteers. Darryl is also a big help in keeping the walkway into the facility’s front doors clear. We find Darryl to be a confident and dedicated worker who engages well with his fellow volunteers, and he is a wonderful addition to our Little Bits family. Darryl will be receiving his 5-year award this fall.

Siobhan T. is new to Little Bits and just started to volunteer with us in spring 2022. Currently Siobhan helps in the barn, getting the horses groomed and tack-up for their riders. This fall, Siobhan has started to learn how to assist our riders in a more hands-on way by training to become a side walker.

Alanna S. is also new to Little Bits and started volunteering with us this fall 2022. Alanna started in the barn area and was eased into helping in the arena area on Tuesday afternoons. Alanna then joined the Sunday team but had to go back to once a week with her new job.

Little Bits is so pleased to provide access for two communities of individuals - those who wish to assist and those who require assistance, to come together to forge new and often lasting friendships. We see this as a wonderful benefit in our community and we value every individual for the special talents they bring to our program.