



# Happy New Year!

We hope everyone had an enjoyable and festive holiday season!

Our horses enjoyed the extra carrots and apples they got while they relaxed over the holidays, but as much as they enjoyed their time off, they were all very happy on January 4th, 2010 when Session 2 of our Therapeutic Riding Program resumed. They were all excited to see our riders again and get back into lessons, which started the week of December 7th, 2009. The second session of Public Riding lessons also began on January 9th and our public riders look like they're having a good time and learning lots this session.

We've been working hard in the office making updates to much of the content of our website. We've also added a map and handy-dandy Calendar with important PARDS dates like session start and end dates, events, holidays, etc., for your convenience, and we are excited to be able to bring you our Newsletter exclusively via our website from this point forward! Just look for the teaser in your email inbox and follow the link!

PARDS is off to a great start for 2010 and we're all pumped and motivated to make it a great year for everyone!

## *Executive Directors Note*

The winter edition of our newsletter is my favourite. It gives me the opportunity to step out of the here and now and review where we have been over the past year and where we are heading for the next.

In addition to our riding programs, in 2009 PARDS was very focused on moving forward with our plans for our future facility. We have been very busy fundraising for our Capital Campaign (Thank you so very much, Bob Wallace!) and making presentations to the various levels of government and local service clubs. Our Capital Campaign Project has been supported by the Bowes Family who have pledged \$25,000 toward this project, we have received a number of anonymous donations through CanadaHelps.com on our website and the Grande Prairie Rotary Club has pledged \$20,000. Our efforts have further been rewarded with a County of Grande Prairie Capital Grant of \$1,000,000 over three years! All of these developments have taken us further toward making our new facility a reality.

We have also been working on the development of our Equine Facilitated Wellness (EFW) Program Pilot Project. This program provides at-risk-youth with tools and support to help develop

personal boundaries, social skills, relationship skills, improve self confidence, build self-esteem and manage anger and stress appropriately. We are very pleased to be partnering with Alberta Health Services – Child and Youth Addictions and Mental Health in delivering and developing this program. A huge PARDS thank you goes out to Gerry VanNie and Patti Hagarty of Alberta Health Services for their dedication and support of this project. The pilot project for this program begins in April.

Another of the major highlights of 2010 was the Volunteer of the Year Award offered by the Grande Prairie Volunteer Services Bureau. Out of a number of nominations, our PARDS volunteer, Terry McConville was honoured with the award. Terry has assisted our organization with lessons, events, maintenance, and the list goes on. We are so fortunate to have Terry as a part of our wonderfully dedicated volunteer team.

We hope you enjoy this issue of our newsletter and invite you to come out to PARDS facility to tour the grounds, visit the horses, view a lesson or just share a cup of coffee and some conversation with the staff...Welcome to 2010!

## **SPECIAL POINTS OF INTEREST:**

- ◆ The next Annual General Meeting will be held April 26, 2010 @ 7:30 pm at the PARDS office. All PARDS members are invited and encouraged to attend.
- ◆ 2010 Memberships are now due. Forms are in the Lounge or on the internet to download. Look for your NEW membership card.
- ◆ PLEASE remember to check rider and boarder mailboxes each week.
- ◆ Our Annual Fund Ride and PEP Games will be held on Sat., June 5, 2010. If you are interested in volunteering on the committee, please contact our office for details!
- ◆ We had our 3rd annual PARDS Christmas Volunteer Appreciation Potluck Dec. 6th, 2009. Thank you to everyone who attended for all the great food, fun and conversation!

## **INSIDE THIS ISSUE:**

### **Pg. 2:**

*Therapeutic Lessons  
Public Lessons  
Upcoming Events  
Fund Ride & PEP Games  
Dine & Dance 2010  
Volunteer Appreciation  
Luncheon review*

### **Pg. 3:**

*12th Annual Dine & Dance  
A Big Success!*

### **Pg. 4:**

*PARDS Wish List  
Our Community Continues  
to Give from the Heart  
Straight from the Horse's  
Mouth, featuring Dusty*

### **Pg. 5:**

*Best Wishes to Cloud and  
Freedom  
Looking for Horses  
Volunteer Opportunities  
PARDS contact information*

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## Therapeutic Lessons

Session 2 started in December and after a break for the holidays resumed on the 4th of January. We are now accepting registrations for Session 3 (Mar-Jun 2010). Register early to secure your spot. Final schedules will be confirmed 2 weeks prior to the start of sessions.

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## Public Lessons

We finished Session 1 of our Public Riding Program and began Session 2 on the 9th of January. If you are interested in riding, we are taking registrations for Sessions 3 and 4. Please give Sheri a call at the PARDS office (780)538-3211 to register and schedule your lessons.

*All Therapeutic and Public Riding Sessions are scheduled on a first-come-first-served basis and there are limited spaces available, so be sure to book your session early to avoid disappointment!*

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## Upcoming Events

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### 25<sup>TH</sup> ANNUAL FUND RIDE & 2<sup>ND</sup> ANNUAL PEP GAMES ~ Saturday, June 5, 2010 ~

PARDS 25th Annual Fund Ride will be held in conjunction with the 2nd Annual PARDS' Extraordinary People (PEP) Games on Saturday, June 5th, 2010 at the future site of our facility at Evergreen Park. We've been busy bees and have already started getting things organized to make this event even better than before. If you are interested in participating as a rider, walker, cyclist or with your ATV, and/or if you would like information about volunteer opportunities, please call us at the office (780)538-3211 or email us at [volunteer.pards@xplornet.com](mailto:volunteer.pards@xplornet.com). We will continue to keep you posted about the event and let you know when fundraising pledge sheets will be available for our participants.

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### 13<sup>TH</sup> ANNUAL DINE & DANCE ~ Saturday, November 20<sup>th</sup>, 2010 ~

Start polishing your dancing shoes! PARDS 13th Annual Dine & Dance fundraiser has been confirmed for November 20, 2010 at Five Mile Hall. More details will follow as we get closer to the date. Please contact our office for sponsorship information or to donate a prize for our live or silent auctions at (780)538-3211, or send us an email to [info.pards@xplornet.com](mailto:info.pards@xplornet.com).

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## Lots of fun at the Volunteer Appreciation Potluck!

Our Annual Volunteer Appreciation Potluck was held on Sunday, December 6th, 2009, and we had a great time! We had a really good turn out, accompanied by an enormous amount of really yummy food! Thank you to everyone who attended - and a lip-smacking thank you to everyone who contributed to the wonderful meal we shared. We had a good laugh playing PARDS "gift-wrap" Plinko to help in the selection of gifts from under the tree; a humble token of our appreciation for all the time and effort our volunteers have given to everything that is PARDS. Our organisation would not be able to exist without the help of our Volunteers. We are grateful for all your hard work, dedication and generosity. You truly are incredible people and we thank you from the bottom of our hearts!





## 12th Annual Dine & Dance a Big Success

The ballroom at Five Mile Hall shimmered and sparkled on November 14th, all dressed and draped in blue, white and silver. It was a very special night, because, not only were we there to have a great meal and an entertaining evening raising funds for our Therapeutic Programs, but we were celebrating 25 years of serving our community, and all the people, businesses and organisations who helped us along the way. We were amazed and humbled by everyone's generosity that night, as we were able to raise \$54, 211 in support of our programs. A warm PARDS Thank You to the individuals, businesses and groups who attended our Dine & Dance. We greatly appreciate your support and hope you had a fun time with us!

### Dine & Dance Sponsors:

Main Event Sponsor *Grande Prairie Canadian Tire*

Hearts, Hooves & Courage Sponsors

*Curry's Jewellers, SouthWest Steel*

Horseshoe Sponsors

*Buck-A-Roo Catering, Cloud 10 Music, Kelly Talbot, Windsor Ford*

Champagne Sponsor *Crown & Anchor Pub*



A special thank you goes to all the many organizations and individuals who donated items toward our auctions and various raffles and prizes:

- |                                       |  |                                      |   |
|---------------------------------------|--|--------------------------------------|---|
| Absolute Laser Therapy                | Ernie's Sports Experts                 | Keddies Tack & Western Wear          | Q99 FM  |
| Adventure Aviation                    | Expert Mobile                          | Kelly Rawlek                         | QE II Foundation                                |
| Al's Lawn Care & Snow Removal         | Expressions in Bloom                   | Kelly Talbot                         | Rainbow Automotive                              |
| Amanda Tinworth, Arbonne              | Family Affair/ H. J. s Family          | Kelly & Debbie Sutherland            | Rock Solid & Reco                               |
| Anodyne Chiropractic & Sports Therapy | Faye McConville                        | Kettles & Company                    | Romance 101                                     |
| Aussie Western Wear & Sheepskin       | Fenton's Green houses                  | Leather Plus                         | Casey Van der Kaa & Jamie Menzies, Royal LePage |
| Baker Oil Tools                       | Fire Power Oil Field Firefighting Ltd. | Leavitt Machinery                    | Rural Tranquility Day Spa                       |
| Bar 2A Ranch & the Klimp Family       | Five Mile Hall                         | Leisure Centre                       | Rustler Resources                               |
| Bear Lake Bible Camp                  | Forbes & Friends                       | Long & McQuade                       | Ruth & Robert Finch                             |
| BeautiControl                         | Future Shop                            | Lynx Massage                         | Ryon Hemingson, Farrier                         |
| Best Western Grande Cache             | Gateway Farm Equipment                 | M&M Meats                            | Safeway   |
| Big Country CJXX 93.1FM               | Gerd Piepers                           | M5 Jeanswear                         | Sally Beauty                                    |
| Blackman's Butcher Shop               | Global Pet Foods                       | Majestic Tire                        | Samantha Campbell, Epicure Selections           |
| Canadian Linen                        | Gold Canyon                            | Marie Ann Dubord                     | Satori Yoga                                     |
| Cardon Homes                          | Golden Age Quilter's Club              | Mark's WorkWearhouse                 | Save-On Foods                                   |
| Carolyne Sinclair                     | GP Auto Group                          | McDonald's Restaurant                | Sawridge Inn                                    |
| Cascade Services                      | GP Express Ltd.                        | McGovern's R.V. & Marine Centre      | Silpada Jewellery                               |
| Cathy Blais                           | Grande Prairie Fire Department         | Mel Knight, MLA Grande Prairie-Smoky | Simply Massage by Rita                          |
| Cathy Hawkins, Avon                   | Grande Prairie Little Theatre          | Michael & Vanessa Schoen             | Simply Primitive                                |
| Charles Autobody                      | Grande Prairie Shorinryu Karate Club   | Michael's                            | Sinclair Racing Team                            |
| City of GP, Mayor's Office            | Grande Prairie Soccer Assoc.           | Mike's Lube 'N' Clean                | Smash & Sons contracting Ltd.                   |
| Clique Interiors                      | Grande Prairie Equipment Ltd           | Nadeen Ribar - Mary Kay              | Snapshot Photo                                  |
| Creative Memories                     | GP Firefighters Charitable Foundation  | Natalie Green                        | Southgate Liquor Store                          |
| Crest Consultants, Calgary            | Grande Prairie Storm Hockey            | Nicky Rae Photography                | Sportswear Plus                                 |
| Crystal Glass Canada                  | Gregg Distributors Ltd.                | Nitehawk Recreation Area             | Spring Fresh                                    |
| CTC Energy Services                   | GT's Oilfield Hauling                  | Nolan's Shoe Repair                  | Spruce Meadows                                  |
| Dairy Queen                           | Haircraft                              | Northern Bottling Group              | Stampin' Up                                     |
| Dayton Fenton                         | Helen Moore, Party Lite                | Northern Linen & Uniform             | Stanford Inn                                    |
| Dean Drysdale                         | Holly Crichton                         | Norwex Enviro Products               | Stephen Mah Photography                         |
| Des McCaffery                         | Ian Rossiter                           | OK Tire & Auto Service               | The Keg   |
| Diapers Naturally                     | IGA South                              | Paradise RV                          | Trendy Totes                                    |
| Don Golden Autobody                   | Shaun Muldoon - Investors Group        | Jenny Reimer - Party Lite            | Union Tractor                                   |
| The Downtown Association              | Jade Cash                              | Peace Country Western Dance Club     | Vintage Wine & Spirits                          |
| Dunes Golf & Winter Club              | Jake's Down South                      | Photography by Cee                   | Warrington's Jewellers                          |
| Elly Van Dyk                          | Janina's Jewellers                     | Picture Perfect                      | Watson's Photo Source                           |
| En Style Clothing                     | Jasper Raft Tours                      | Podollan Inn                         | Wayne Drysdale, MLA                             |
| Eppic Gallery                         | Jenn Ash                               | Pomeroy Group - Holiday Inn Express  | WestJet   |
|                                       | Joan Prankie - Royal LePage            | Pomeroy Inn & Suites                 | Wild Blue Yonder                                |
|                                       | Kay, McVey, Smith & Carlstrom          | Pye Family                           | World Gym                                       |
|                                       |  | Pye's Photography                    |   |

**A big thank you also goes out to our Dine & Dance Committee for all their hard work:**

Jenn Ash, Christina Balcom, Carol Balcome, Ray Binks, Krystle Dubord, Tamara Klimp, Margaret Lester, Brooke Peterson, Jim Rawlek, and Vanessa Schoen

**and to all our other dedicated volunteers who so generously gave their time and talents to help make the evening a great success!**

Each year we learn more and more, and each year, our event gets better. We couldn't do it without you, and we hope you can all join us again next year!





## PARDS Wish List

PARDS is currently looking for the following items:

- ◆ Fuel or fuel card donations - diesel and natural gas
- ◆ Durable black hose
- ◆ 150 gallon water troughs
- ◆ Round bales of Timothy & Brome mixed with 25-35% Alfalfa
- ◆ Winter coolers, rain sheets and fly sheets, size 78-80 blankets
- ◆ Western saddle covers
- ◆ Western bridles
- ◆ Rainbow reins
- ◆ Halters and leads
- ◆ Horse toys and exercise balls

Every May and June we do a big grounds clean-up here at PARDS. To assist with this we are seeking the use of a small or medium sized farm tractor. If you or anyone you know has some time to help us with their equipment/ machinery during this time, please contact us at the office: 780-538-3211.

## Our Community Continues to Give from the Heart

PARDS would like to extend a heart felt *Thank You* to our most current Donors!

The following organisations and individuals have helped us greatly by donating Cash, Gifts-in-Kind and/or Labour:

ARC Resources  
 ATCO EPIC  
 Bale Express  
 Victor Bartsch  
 Capistrano Holdings  
 Downtown Association  
 Carol Fritzke  
 GP Elks  
 GP Performing Arts Guild  
 GP Petroleum Association  
 Roger Halwa Memorial:  
 Doug and Carol Balcome  
 Haining Farms

Ian Lapp  
 Doreen MacDonell  
 Terry McConville  
 Tina Noble  
 Overhead Door Co. of GP Ltd.  
 Mark Prout Memorial:  
 P. & J. Barber  
 Leonard & Florence Bowie  
 Irene & Gerald Callum  
 Margaret & Peter Dechant  
 Andre & Carmell Elzinga  
 Brad & Julie Emond  
 Roscoe & Shirley Grant

Mark Prout Memorial continued:  
 Anne Housworth  
 Annette Jones  
 Murray & Jane Keck  
 Allen & Jeanette Marshall  
 Brian McCann  
 Raymond Meadus  
 Phyllis Parker  
 Olga & Charles Prout  
 George & Brenda Rowe  
 Julie Westerson  
 William S. Stepanco Prof. Corp.  
 Rick Fraser's Vacuum Truck Service  
 Garry Walker

The cost to run our therapeutic program per year, per rider is \$1,700.00. The fees from registrations total \$450.00. This leaves a difference of \$1,250.00, for which PARDS fundraises to keep our services accessible to our riders. Our cost to care for our equine staff is \$4200.00 per year for each of our therapeutic horses.

If you or someone you know is interested in being a sponsor of a rider or a horse, or would like to make a donation to help make a difference in your community, please contact our office at 780-538-3211 for more information.

## Straight from the Horse's Mouth



*Hay, everyone!*

My name is Dusty and I'm a newer horse who has joined the PARDS team. So far, I have been introduced to many great riders, volunteers, staff and other humans who are involved with PARDS. I've been blown away with how wonderful you all are, and I love all the dust I can roll around in outside. My roommates have made me feel right at home. They have shown me a lot and I am ready to take to the reins. I'm really loving the lessons with all the wonderful riders and I can't wait to meet more!





## Best Wishes to Cloud and Freedom

Our lovely ex-polo horse, Cloud, is off to retirement, and with a wonderful family too! It just so happens that around the same time, another one of our equine staff, Freedom, was having some foot problems that prevented him from being a part of our programs, and needed lots of time and TLC to heal, so that same family fell in love with him too. We wish both Cloud and Freedom all the best with their new family and thank them for all the wonderful work they did at PARDS!

## Looking for Horses

PARDS is on the look-out for horses for our Therapeutic Riding Programs. It takes a very special kind of horse to be a part of our programs, and this is what we are looking for:

- Up to 15hh
- Strong, stocky build
- Calm and kind nature
- A horse that would enjoy being a part of the work we all do here at PARDS.

If you or someone you know is interested in donating a horse or discussing possibilities, please contact Sheri by calling 780-538-3211 or emailing [horses.pards@xplornet.com](mailto:horses.pards@xplornet.com). Charitable tax receipts are available for donations.

## Current Volunteer Opportunities...

### PARDS Therapeutic Riding Sessions

Would you like to make a difference by getting directly involved in our Therapeutic Riding Lessons?

On Mondays through to Thursdays we are seeking Volunteers to help during lessons with the following:

- ◆ Leading horses around the arena
- ◆ Supporting Riders as a Side Walker
- ◆ Maintaining the barn/labour

Even if you don't have much experience with horses but have a love for them and for helping your community, it's very easy to learn, and our experienced instructors will show you how.

If you have an hour or two to spare each week, or more, and are looking for a fulfilling experience, please contact Sheri or Jessica at 780-538-3211.

### Bingo!

Please contact Gayle at 780-538-3211 to sign up to Volunteer for any of the following dates (or any future dates):

- Friday, February 5<sup>th</sup>, 2010 (afternoon)
- Wednesday, March 31<sup>st</sup>, 2010 (evening)
- Sunday, April 18<sup>th</sup>, 2010 (afternoon)
- Monday, June 21<sup>st</sup>, 2010 (evening)
- Friday, July 16<sup>th</sup>, 2010 (afternoon)
- Monday, August 2<sup>nd</sup>, 2010 (evening)
- Sunday, August 15<sup>th</sup>, 2010 (evening)
- Wednesday, September 1<sup>st</sup>, 2010 (afternoon)

## *Peace Area Riding for the Disabled Society (P.A.R.D.S.)*

*has been offering equine assisted therapy to children and adults with physical, intellectual, behavioral and emotional challenges since 1984.*

P.A.R.D.S.  
RR1, Site 24, Box2  
Grande Prairie, AB  
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Phone: 780-538-3211  
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