

## NEWS FROM THE "NEIGH"BOURHOOD

# April

### ~Dates To Remember~

#### April

April 9 - 10

Public Session 5 begins

April 14

Youth Leadership

Session 5 begins

April 25

Annual General Meeting

7:00 p.m. @ PARDS

#### May

May 23

Victoria Day - Office Closed

#### June

June 4

## FUND RIDE!



PARDS 31st ANNUAL FUND RIDE  
& COMMUNITY CARNIVAL  
*Saturday June 4, 2016*  
RIDE, BIKE, or HIKE!!!  
Collect pledges to Win Prizes!

**Fund Ride Participants:**  
9am Pancake Breakfast  
10am Registration  
5pm Appreciation Supper & Prizes

**General Public Activities:**  
11am - 3pm BBQ Lunch & Carnival

Pony Rides, Games, Archery,  
Face Painting, Glitter Tattoos  
and much more!!

Call 780-538-3211 or visit [www.pards.ca](http://www.pards.ca) for more information

### ~Keep in the Know~



Click [here](#) to visit  
our website



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us on facebook



Click [here](#) to follow  
us on instagram



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us on twitter

# ~ Community Engagement ~



## GATOR RAFFLE



**Proceeds will go towards a Tractor for PARDS new facility**

**Tickets \$20**

**2015 John Deere RSX850i**

**Value \$17,844.75**

**Draw Date: September 10th, 2016**

**8:00 p.m.**

**Licence # 430309**

**Odds of winning: 1 in 3500**

**Tickets can be purchased at the PARDS office or at Prairie Coast Equipment**

## ~ Donor Spotlight ~

PARDS would like to thank Hans Valen Painting and Decorating and his team for coming to the rescue! Hearing that PARDS had taken the painting of the offices out of our budget, Hans put together a team of volunteers who gave their time to paint the offices at our new facility! They did an amazing job taping, priming and painting and we truly appreciate it! PARDS would also like to thank Dulux Paint Store for helping with this project with a gracious donation of paint when approached by Hans. Through the generosity of these community businesses we are one step closer to our new home!



## ~ Community Involvement ~

PARDS would like to thank the following businesses and residents of Grande Prairie for the tremendous support of PARDS Great 'Neigh'bour Campaign. Together, throughout the month of February they raised over \$3000 in support of PARDS Therapeutic Programs!

*Thank You!!!!*



## ~ Youth Leadership ~

13 year old Anevey has been around horses before, she knows the basics of safety and horse care, but is still somewhat afraid of the large animals and what they can do. She has been participating in the Youth Leadership for only 3 lessons now, and has learned to be more comfortable with PARDS horses, both big and small.

A significant instance in her learning occurred during the Youth Leadership class when Anevey was paired with Finale, PARDS' Welsh cross mare. The objective of the activity was to lead Finale around the arena without a halter on.

How was she to do this? Anevey tried to coax Finale on with a click of her tongue; but Finale turned her head away and wandered over to join the mentors in the corner, who were watching. Uncertain of what had happened, Anevey brainstormed for a few minutes of things she thought might help her achieve her goal. She came to the conclusion that she had never met Finale before; perhaps Finale did not trust her enough to go with her willingly. When asked by the mentors what she would do to enhance that bond, Anevey decided to just stand with Finale and stroke her neck. As she stood with Finale, the mentors could see Finale's head slowly lowering, her body relaxing and her eyes closed. Anevey also looked similarly relaxed. All was quiet when one of the mentors asked Anevey if she felt that she could now achieve her original goal. Anevey slowly walked away from Finale, coaxing her along behind her with soft words. Finale immediately picked up her head and followed Anevey, moving with her as if they were one.

With a huge smile, Anevey walked with Finale around the arena back to the mentors. A discussion followed of what had happened. She felt she had achieved an amazing thing and felt that without that bond, Finale would never have gone with her. She and her horse partner needed to trust and communicate their intentions before the activity could be achieved. Now, Anevey and Finale are a mutual team, and who knows what they can achieve together.



# ~ PARDS' Programs ~

PARDS offers a variety of programs but ultimately seeks to accommodate. We don't fit the client to a program, we find what fits for the client. It might be a combination of programs, a modification or a brand-new program altogether. Each month in our newsletter we will highlight one of our unique programs.

## ~ Grooming ~

Not everyone is able to – or wants to – participate in mounted riding lessons, but still want to engage with a horse and experience the many benefits of Equine Assisted Therapy. For these individuals, we offer the Grooming Program. In addition to the increased endurance and low-level cardiovascular conditioning that occurs with physical activity, the Grooming Program also provides improvement of gross and fine motor skills and visual-spatial perception, stimulates sensory integration and builds the bond between horse and client. Some Grooming Program clients participate in the program as the first step to achieving their ultimate goal of mounted riding, while others choose to remain in the program long term.

### Physical Benefits

- Improved balance and muscle strength
- Improved coordination and faster reflexes
- Increased muscular control
- Improved postural control
- Decreased spasticity
- Increased range of motion of joints
- Stretching of tight or spastic muscles
- Increased endurance and low-level cardiovascular conditioning
- Stimulates sensory integration
- Improved visual-spatial perception
- Improved gross and fine motor skills

### Emotional Benefits

- Improved self-confidence
- Healthy self-esteem and self-image
- Development of patience
- Emotional control and self-discipline
- Expansion of locus of control
- Improved ability to assess risk
- Sense of normality
- Socialization and improved interpersonal skills
- Increased perception of quality of life and life satisfaction
- Stress reduction

### Educational Benefits

- Improved sequencing skills
- Improved comprehension
- Improved ability to follow instructions
- Learn safe behaviors around horses
- Improved literacy and numeracy skills



## ~ Rider Spotlight ~



Marilyn began coming to PARDS as a volunteer in therapeutic lessons as a horse leader. During her time in lessons, Marilyn saw how much the riding was benefitting the students and how much fun they had and decided to try it out for herself.

Her goals were to have a form a physical exercise that would still be suitable for her abilities; Marilyn has developed osteoporosis. At 71, Marilyn shows us you are never too young to learn something new. Her love of horses and desire to learn everything about them has really shone through. Marilyn is a wonderful student that is determined to expand her knowledge and learn new riding skills.

There has been growth and some challenges for Marilyn. As she was learning to do a posting trot, which can be challenging, there were days she had that; "I will never get it" feeling. Riders need to really work with the horse to find the same rhythm and maintain their balance all while staying in that very important riding position..... AND keep their horse at the trot. After a few short weeks, Marilyn is now posting the whole arena, changing directions at the trot and we've even started working on her posting diagonals!

Since Marilyn started riding at PARDS, there has been a noticeable difference in the confidence Marilyn brings into the arena as a rider and as a volunteer horse leader during lessons. It is truly exciting to imagine what new accomplishments Marilyn will achieve in the coming year!

~ Robyn Boudreau CTRII, PARDS Senior Instructor

## ~ Equine Partner Spotlight ~

### Montney - Registered name: Badger Blanca TJ



Montney is a Sorrel Quarter Horse Gelding and he stands at 15.1HH. Montney was born in 2006 and started service with PARDS in 2014, as a result of the generous sponsorship of ARC Resources. ARC Resources chose Montney's name as an homage to the land area known as the "Montney Formation" where they do a significant amount of work, the profits of which allow them to embark on their various charitable works.

Before joining the PARDS team, Montney was an equine partner to a gentleman during his healing journey recovering from chemotherapy treatment. He then moved on to spend many years enjoying and watching the excitement of the comings and goings of the Chuckwagon world with DeBolt Racing.

Since he first joined PARDS, Montney has built incredible relationships with many of our clients with Autism. By brushing, hugging and caring for Montney, an emotional bridge is built between the client and the horse. Montney is always so patient and kind with his riders.

PARDS is so lucky to have found Montney, and Montney has proven to be extremely lucky to have ARC Resources as his benefactor. They have outfitted him with a blanket, halter and, most recently a new saddle (shown in photo on right) that fits him like a dream!



## ~ Volunteer Spotlight ~



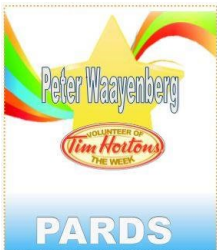
Eve has been riding in the public riding program for the past few years. She began volunteering on the weekends before and after her lesson in the barn, helping her instructors get the horses groomed and ready for the days lessons . When a barn volunteer position became available during therapeutic lesson times, Eve jumped right in; eager to help. She comes in at one of the busiest times of the day to help get horses turned out, the barn cleaned up and other horses brought in for the evening lesson. She's a very hard working girl that truly cares for the horses. Eve's confidence in the barn and with the horses has enabled her

to help lead horses in the therapeutic lessons. Eve has said that she would like to try teaching one day!

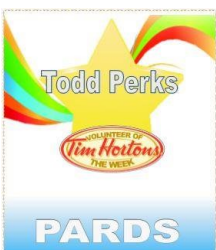
It is so nice to have youth engage with us, care about our riders and be committed to helping out in the community .... Thanks for choosing PARDS Eve; we are so lucky to have you!



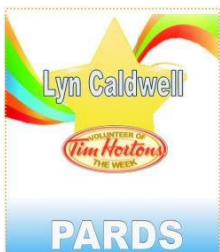
## ~ Volunteer Stars ~



Peter has been a director on the Board since 2013. He is a dedicated advocate for people with disabilities, offering a strong voice not only on the PARDS Board, but also with the Alberta Autism Society. Peter's 2 young grandsons have ridden at PARDS for a number of years, giving him a personal connection to PARDS and a firsthand perspective on how PARDS programs positively impact our community. In addition to his board responsibilities, Peter is also involved on the Capital Campaign and Fund Development committees. He can also, always be counted on to lend a helping hand with our fundraising events and initiatives and we thank him for all he does.



Todd has been on the PARDS' Board as a Director since 2010. Todd is currently attending GPRC and is working part time, but makes time to help with fundraising events benefitting PARDS. Todd began his involvement with PARDS as a rider in 1 988 and has returned to ride over the years. Todd was one of our first clients to participate in PARDS' cart driving program, giving him an alternative when he was unable to participate in the traditional riding program. Todd's experience with PARDS as a client over the years makes him a valuable voice on the board for our clients and we appreciate his input and commitment.



Lyn joined the PARDS board as a director in 2015. She was first introduced to PARDS when she took on the role of lesson instructor back in the early 90's. Lyn's youngest son was born with Cerebral Palsy and rode at PARDS for a number of years. Lyn prioritizes physical activity in her own life and is committed to ensuring there are opportunities for physical activity to people of all abilities. Aside from PARDS, Lyn sits on the board for the Walk, Run Club and her condo association giving her the understanding of board organizational procedures. We thank her for her past involvement with PARDS and the valuable asset she is on our board as we move forward.

## ~ Test Your Horse Sense ~

We are introducing a new feature in our newsletter to “test your horse sense”. Each month we will ask a question and you can watch for the answer on our Facebook page and answers will also be published in the next months’ newsletter.

**March’s Question:** How are horses measured? Can you guess how tall these PARDS horses are?



Manny 16.3HH

Service 15.2HH

Star 13.1HH

Petunia 8HH

Horses are measured in ‘hands’. One hand is equal to 4 inches and are measured at the withers.

<https://www.youtube.com/watch?v=IQ0HJGPfHNc>

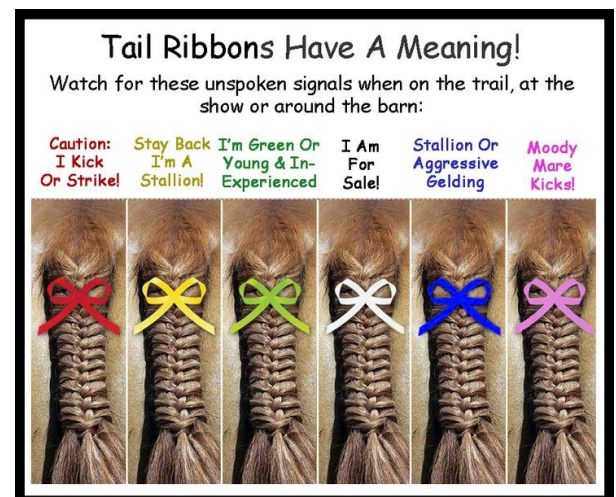
**April’s Question:**

Although Encana is a natural ham for the camera, he isn’t actually “smiling”. What is it called that he is doing and why do horses do this?



## ~ Did You Know? ~

At horse shows, competitors put ribbons on their horse’s tail to tell others about their horse. For example, a red ribbon means a horse may kick; a blue ribbon means a horse is a stallion, (an intact male horse) and a green ribbon means the horse is young and hasn’t been to many shows. Horses with a white ribbon are for sale.



# ~ Summer Camps ~

Come join us at summer camp! Our youth day camp is full of fun and friendship. It is also full of all kinds of learning and personal discovery hidden within the games, activities and adventures. Each camper spends time each week learning horsemanship skills, including grooming and tacking and the last day includes a horse show where campers are individually celebrated for their achievements. Almost all of PARDS' programs are incorporated into the day camps, making it a fantastic way to learn the basics of horse care, riding, horsemanship, cart driving and much more.

Youth day camp is open to children between the ages of 6 (as of January 1 of current year) and 14, of all abilities. Campers spend each day practicing and learning the basics of horse care and horsemanship through activities, lessons and hands-on learning. [Youth Leadership] activities are also incorporated into the daily camp schedule along with games, group activities and crafts.

PARDS summer camps provide an inclusive environment where children and youth of all abilities are encouraged and supported to identify and build on their own strengths as well as recognize and appreciate the strengths of others.

## PARDS Summer Day Camps Gives Youth the Opportunity to:

- Develop character
- Learn valuable life skills
- Make new friends
- Discover new interests

One of the many benefits of our Youth Summer Camp is the mix of campers of all abilities. The activities are designed to suit a wide range of ability and it gives the whole group a chance to operate on an even playing field as friends together.



Crafts



Riding



Barn Chores



Youth Leadership



Horse Care



Grooming



**PARDS Annual General Meeting**  
**Monday, April 25, 2016 at 7:00pm**  
**8202 84 St. (1km north of 68th Ave on 84th St)**

**Everyone is welcome to attend**  
**Light refreshments will be served**

2015 Financial Statements and 2016 budget will be presented for approval and we will be sharing an update on the progress of our New Facility Capital Campaign. Board elections will also be held.

Bylaw Review - please see PARDS website  
to view proposed bylaws  
[www.pards.ca](http://www.pards.ca) under news and events

All current members of PARDS are eligible to vote at this meeting. 2016 memberships will be available to purchase at the meeting - \$10 Individual, \$20 Family and \$25 Corporate.

Learn, share and be an important part of the decision making process. Our riders are counting on you!

If you have any questions or would like more information, please contact us at 780-538-3211 or email [info@pards.ca](mailto:info@pards.ca)

Please R.S.V.P. to ensure enough snacks for all!

# ~ Community Engagement ~

PARDS "Dime At A Time" is a year long campaign with a goal of raising \$15,000 towards equine staff healthcare through the collection of recyclables. The health & wellness of the PARDS herd is essential to what we do at PARDS which is to provide high quality equine assisted therapies to Peace County residents. If you would like to contribute towards this goal you can donate your recyclables by dropping them off at the PARDS office (in the red trailer or the rider lounge) or bring them to Recycle Plus bottle depot with PARDS name & account number on the bag: **1273**. If your office or business would like to become a partner in the campaign, PARDS can arrange to pick up your recyclables on a schedule that works for you; weekly, monthly, or quarterly throughout the year.

**Thank you for helping us reach our goal**

**'One Dime at a Time'**



If you would like to  
arrange a pickup,  
please contact the  
PARDS office  
780-538-3211

**THANKYOU!**

As of March our total is  
**\$4597.55**

Thank you to everyone that has made donations and to the following partners who have made a continuing commitment

~ Better Than Fred's ~  
~ Centre West Car Wash ~  
~ Game Country Archers ~  
~ Ritchie Brothers Auctioneers ~  
~ Sawmill Prime Rib & Steakhouse ~

~ Boston Pizza West ~  
~ Crown & Anchor ~  
~ Great Northern Casino ~  
~ Starbucks Mission Heights ~  
~ Starbucks Westside ~