

# NEWS FROM THE “NEIGH”BOURHOOD

## August

### ~Dates To Remember~

#### August

August 15 - 19  
PARDS Summer Camp Wk 4

August 22 - 26  
PARDS Summer Camp Wk 5

August 29 - September 1  
Adult Summer Camp

August 31  
Volunteer Orientation  
6:00 pm.

#### September

September 5  
Labour Day - Office Closed

September 10  
Off the Grid Adventure Race

September 10  
Public Riding Session 1 begins

September 12  
Therapeutic Session 1 begins

September 14  
Youth Leadership Session 1 begins

#### October

October 9 - 10  
No Public Lessons

October 10  
Thanksgiving - Office Closed

October 11 – 13  
No Lessons



**Registrations are being taken now for all summer and fall programs**

**Summer Camps**

**Therapeutic Riding**

**Cart Driving**

**Grooming**

**Youth Leadership**

**Public Riding Lessons**

**Information and registration forms can be found  
on our website at [www.pards.ca](http://www.pards.ca)**

# ~ Program Spotlight ~



## Therapeutic Riding Program

Therapeutic riding is offered to clients aged 3 and up. Clients who participate in riding lessons must have a clinical diagnosis. Our therapeutic client base encompasses a wide spectrum of disabilities classified under the scope of Physical (includes riders with limited mobility, delayed fine and gross motor skills, low trunk control/core strength, undeveloped balance, etc.), Developmental (includes riders with limited cognitive capacity, autism spectrum disorders, traumatic brain injury, etc.), Sensory (includes riders with visual, auditory or speech impairment) and Nonvisible (includes riders with learning disability, epilepsy/seizure disorder, ADD/ADHD, anxiety, a variety of psychological disorders, etc.).

## Cart Driving Program

Not everyone can ride – or wants to – but cart driving is an excellent way to access the benefits of equine assisted therapy. Learning to work with and control a horse as the driver of a cart brings many therapeutic benefits, similar to the ones for therapeutic riding. Cart driving is where a horse or pony is hitched to a wheeled cart and is driven around an arena, an obstacle course, or out on a trail. Driving is a fabulous opportunity to make new friends, gain a sense of independence, further develop fine & gross motor functions, be out in the open air (weather permitting) and have fun!

Cart driving opportunities range from arena activities, outdoor driving on our specially designated cart trail to thrilling Equine Canada Video Competitions.

## Youth Leadership Program

This is a program where horses and humans work together to help at-risk youth become confident, centred and conscientious.

Youth Leadership is a ground work experiential learning program focusing on cooperation, relationship-building, self-esteem and more. It's learning without realizing that you're learning. It's all about choices. That's our ultimate goal: participants make the choices and they evaluate those choices in the end. As co-facilitators the horses guide and support.

## Public Riding Program

If you love horses and want to learn more about them, PARDS' public riding program might be the solution.

Our Public Riding Lessons are for anyone aged 6+. The lessons are geared toward many skill levels, from riders with little or no experience with horses to more advanced novice riders. Lessons are facilitated by qualified instructors and are designed to help riders become comfortable with riding basics; enabling progress to an intermediate novice riding level. We run five 6-week Public Riding Sessions that mirror the traditional school year. The programs are personalized to each rider's abilities, giving you the choice of participating in any or all of the five, 6-week sessions. Throughout your session, our goal is to help you progress, perfect your techniques and, most importantly, have fun!

All PARDS Fall programs begin the week of September 12, 2016.

For registration forms and more information on these and other PARDS' programs; visit our website or contact the PARDS office at 780-538-3211.



Click [here](#) to visit our website

# ~ Career Opportunity ~



## **Peace Area Riding for the Disabled Society (PARDS)**

PARDS is a non-profit organization that provides equine assisted therapeutic riding to people with physical, emotional, cognitive, and social challenges. Since our inception in 1984 we have become one of Canada's premier equine centers. Under the direction of a pro-active governing Board we are poised to grow and move forward.

Currently we are seeking Therapeutic Riding Instructors and Weekend Public Riding Instructors to join our team.

### **Therapeutic Riding Instructor**

The successful candidate must have, or be able to obtain, Equine Canada English Rider level 4 or Western Rider level 2 within the first 3 months of employment and have, or be willing to work towards, a Canadian Therapeutic Riding Association Certification.

### **Public Riding Instructor - Weekends**

The successful candidate must have, or be able to obtain, an Equine Canada English Rider level 4 or Western Rider level 2 Certification within the first 3 months of employment. Candidates must be 18 years of age or older.

The successful applicant will be responsible for stable management duties, prepare and record lesson plans, maintain client files, facilitate all aspects of classes including overseeing and working with a volunteer team. Our team is dedicated to ongoing training.

Please email resumes and a cover letter outlining why you would be suitable for the job and your horse riding and teaching experience to [horses@pards.ca](mailto:horses@pards.ca) or fax to 780-538-3683. Alternatively, you can drop your resume and cover letter off in person at our office between Mondays – Friday, 9am-6pm





# ~ PARDS Off the Grid Adventure Race ~

Kelly Boyd travels the world adventure racing and 6 years ago he created "Off The Grid", bringing adventure racing to the Peace Region! Kelly approached PARDS last year to invite us to host the event as an annual fundraiser. This event highlights teams with a strong drive, intense commitment, competitive spirit and focus on cooperation; all characteristics that epitomize PARDS riders. The race also pushes you to reach your goals, and that is exactly what we support our riders to do here at PARDS, so we decided it was a perfect fit for us! Kelly has created another great course this year!



Thank you, Kelly!

We appreciate everything you do to help make the race a success!

## What is PARDS Off the Grid Adventure Race (POTGAR)?



Test yourself against the element by running, hiking, mountain biking, in teams of 2 all while navigating a 50-70 km course. Test your endurance, determination, and mental toughness.

The PARDS Off the Grid Adventure Race is a great way for new teams to be introduced into adventure racing or for experienced racers to have a fun day outdoors. Many hours go into scouting and designing a race course that will challenge and excite all levels of racers. Racers can be assured of a well-run event that highlights the amazing Northern Alberta terrain, "POTGAR" will be an experience that will not soon be forgotten!

This year's PARDS Off the Grid Adventure Race is a multi-sport off road Endurance Race held in the Grande Prairie area. The actual race course and locations of check points are kept top secret until Race Day. Teams of two complete a course that is 50-70 km in length, while running, hiking and mountain biking all while navigating themselves on an unmarked course with only a topographical map and compass. Team mates must be within 100 meters or within sight of each other for the duration of the course.

PARDS Off the Grid Adventure Race is an unsupported race (ie: no support crews to move gear or serve food). Teams provide their own bins to have whatever gear, food and water they desire at transition points that are placed on the course where required. This is a wilderness event so participants are prepared to deal with unexpected situations. This means bringing the mandatory gear plus any other equipment that they think will help, as long as the rules do not prohibit it. Participants could expect a checkpoint every 2 hours, assuming they do not get lost. Beyond that, they are on their own. And to start the day they need to prepare for the starting line to be anywhere!

Check out the PARDS Off the Grid Adventure Race Facebook page or the PARDS website for updates and information including registration forms.



Last Year's Winners

Don't have a partner?  
No worries, contact the PARDS' office and we will add you to the list of others who are seeking partners as well.





# ~ Rider Spotlight ~

## What are video competitions?

Video competitions provide riders of all levels and abilities with the opportunity to experience competition conditions in the comfort of their home stable and on a familiar horse. Riders are judged by Para-Equestrian judges against other similar riders across Canada and are eligible to place and win great prizes.

Video competitions encourage riders to develop effective riding skills and provide riders with the opportunity to compete in a progressive and structured environment. Video competitions are a fantastic way to ensure that all riders across Canada, no matter how isolated, have the chance to compete. Competition is an integral part of athlete development and provides riders with new goals as well as a sense of empowerment and accomplishment.

PARDS was proud to see a number of our riders compete in the Para-Equestrian Video Competition held in May.

## **Para-Equestrian Canada is pleased to announce the results from the May 31, 2016 Video Competition**

### **Coast-to-Coast Video Dressage Competition**

Class #2 – Steering Pattern Class for Riders with a Leader and 1 Side Walker

2<sup>nd</sup> Kamryn Bond / AB / PARDS

Class #3 Steering Pattern Class for riders with a Leader

1<sup>st</sup> Kevin Simon / AB / PARDS

2<sup>nd</sup> Matthew Withers / AB / PARDS

Class #5 Obstacle Course for riders with a Leader

1<sup>st</sup> Nicole Wasylchew / AB / PARDS

Class #6 Obstacle course for Independent Riders

1<sup>st</sup> Andrew Bienert / AB / PARDS

Class #9 - Equitation/Horsemanship Class

for Independent Riders Walk, Trot/Jog, Canter/Lope

3<sup>rd</sup> Bailey Bienert / AB / PARDS

4<sup>th</sup> Justeen Schneider / AB / PARDS

5<sup>th</sup> Zayda Charles / AB / PARDS

6<sup>th</sup> Zachary Bienert / AB / PARDS

7<sup>th</sup> Leilani Rubie / AB / PARDS

### **Sea to Sea Video Dressage Competition**

Class #17 – Bronze Grade Ia Test 1

1<sup>st</sup> – Aly Keay / AB / PARDS



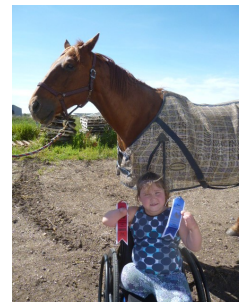
Aly Keay



Leilani "Lon" Rubie



Zayda Charles



Kamryn Bond



Zachary Bienert



Bailey Bienert



Andrew Bienert



Nicole Wasylchew



Matthew Withers



Kevin Simon

## ~ Community Champion ~



PARDS is one step closer to moving into our new facility thanks to Kevin Bjornsen of Big Stick Rentals. Kevin is an amazing supporter of PARDS and our new facility. Knowing how close we are to our goal of a move in day, pending the final funding needed, he came up with a very generous and unique offer.

On Saturday July 16, Kevin suspended himself 125 feet high on a boom lift where he vowed to remain until his goal of raising \$10,000 for PARDS Capital Campaign “Let’s Ride to Success, Together” was met. PARDS staff was on hand BBQing burgers and hotdogs for anyone who came down to see and support Kevin.



Family, friends, coworkers, business and community members came out to make donations, cheer him on and give suggestions on other ventures he could take on, such as raising pledges to keep him up there!

To add to the fun; Kevin had a paint ball gun onsite and with a \$5.00 donation per shot, he sat as a caged target! You could hear the pings as targets hit the boom and see the sudden movements Kevin made when one found its mark.

With a cooler of water and cell phone in hand, Kevin began making calls for support at 10:30am; and by 6:00pm he had exceeded his goal! He was greeted on the ground by Jenn

Douglas with burgers and much thanks for his fantastic efforts of the day, raising more than \$11,000.00 in pledges and donations! Thank you to all the generous businesses and community members who supported Kevin in his efforts and helped more than 350 therapeutic riders take a significant move forward toward riding in their new arena!



Our riders, staff and board can’t thank you enough for all you do, Kevin!

## ~ Keep in the Know ~



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



Click [here](#) to visit our website



Click [here](#) to “like” us on facebook



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



# ~ Summer Camp ~



Only a few spaces left in our summer camps!



PARDS Summer Camps are underway!

Days are filled with riding, horse care, barn chores, crafts and, of course, fun is being had by all!

Many of our riders go on to register for public and Therapeutic riding sessions after coming to camp.

There are a few camp spaces left; if interested contact the PARDS office.

Registrations are also being taken.

Registration forms are available on our website at [www.pards.ca](http://www.pards.ca)

# ~ Volunteer Stars ~



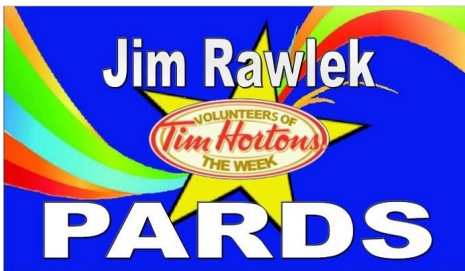
PARDS is pleased to nominate Rebecca Charles for recognition as Volunteer of the Week. Rebecca's daughter rides with us at PARDS and when Rebecca heard we were ready to paint at the new facility, she offered her help. She worked with our team to arrange work bees over her free weekends to get the painting of the offices at our new facility completed. She helped us build a supply list and worked with our less experienced painting volunteers to ensure a high quality finish. We are so appreciative of all your help, Rebecca, and for sharing your time and expertise with us!



PARDS would like to recognize Jacob Charles as Volunteer of the Week for his "volun-told-ing" (by wife Rebecca) to assist with the painting of our offices at our new facility. Jacob's patience and attention to detail were extremely appreciated as he helped our less experienced volunteers to discover their hidden painting talents! Also, a big shout out for his truly impressive cutting in skills! Thank you so much, Jacob, for the numerous hours of labour and the professional advice and support.



Connie was the volunteer medic for PARDS Fund Ride & Carnival this past June. Over the course of a long hot day, Connie was out and about, checking in with both attendees and other volunteers, offering sunscreen and water to be "proactive", ensuring everyone was safe and healthy. Her participation in the Ride each year makes everyone involved feel safer and we are very glad she manages to keep herself busy with prevention rather than having to be busy with emergencies! In addition, Connie also helps out with other fundraising activities throughout the year. Thanks Connie, for all your efforts and time.



Jim is no stranger to volunteering his time to PARDS. Jim has been involved in PARDS for many years, giving countless hours wherever needed. Jim received the 2015, PARDS Volunteer of the Year Award and this year began his first term on the Board of Directors and as the board representative for construction of the new facility. Jim has a passion for smiles and says he does the volunteering for the smiles on our riders faces. Jim has been very active over the years sitting on the committees of the PARDS Fund Ride and Dine & Dance, volunteering with everything from set up to tear down. You can see Jim at many of our ticket sales and other fundraising events such as the Stompede breakfast and has been very involved with the Dime at a Time Bottle Campaign making pickups at various businesses and taking them to the recycle location. A jack of all trades, if something needs fixing, our first response is, "call Jim" and out he will come!

**PARDS Fall Session begins September 12 and we are looking for volunteers for lessons; leading, side walking and barn help. If you would like to become involved in a rewarding and fun activity please call the PARDS office at 780- 538- 3211. Registration forms and other volunteering opportunities can be found on our website at [www.pards.ca](http://www.pards.ca).**

**VOLUNTEER ORIENTATION  
WEDNESDAY, AUGUST 31 6:00PM**



780-



## ~ Equine Partner Spotlight ~



Hot Wheels has been a busy equine partner this summer. PARDS instructor, Amanda Udey CTRII, instructs a Summer Cart Driving Program offering weekly lessons for therapeutic riders. For some, this is an alternative to traditional riding, while others participate as an extension of their regular Therapeutic Riding Program sessions.

Hot Wheels is a Bay Miniature Horse Gelding and he stands at a mighty 8HH. Hot Wheels was born in 2006 and has been a member of the PARDS herd since 2009 when he was donated to our program by Rhonda-Lynne Lanctot.

Hot Wheels acts as our 'official greeter'. Pull into PARDS and his face may be the first thing you see!

If you are interested in the Therapeutic Cart Driving Program, please contact the PARDS office at 780-538-3211 or visit our website [www.pards.ca](http://www.pards.ca)

## ~ Test Your Horse Sense ~

### July's Question:

What are "chestnuts" on a horse?

### Answer:

Horse chestnuts are normal, healthy growths found on most horse's legs. In the scientific community chestnuts are generally accepted to be the vestigial "toes" of Eohippus, an early ancestor of the modern horse that lived roughly 50 million years ago. (By the way, "vestigial" means something that has lost most or all of its original function through evolution.)



### August Question:

On average how many teeth do horses have? (Hint: Males and females are different)

## ~ Did You Know? ~

Horses are herbivores. This means they only eat vegetation. Typically, horses eat grass, but domesticated horses are often fed bran, rolled oats, barley and hay, as well. A well-fed horse eats 1 to 2 percent of its body weight in roughage, such as grass or hay, every day.. Domesticated horses are also given blocks of salt and mineral blocks to lick. This is to supplement the nutrition that the horses get from their food.



# ~ 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 'A Dime at a Time'!!!**

**A Dime At A Time...**

**Your donation will help us raise funds for our hard working equine staff!**

**To schedule a pick up:**

- Message us on Facebook
- Email [community@pards.ca](mailto:community@pards.ca)
- Call the office at : **(780)538-3211**

**PARDS Recycle Plus Account #:**  
**1273-3211**

**Thank You for Donating!**



**Drop Your Bottles Off At:**

**PARDS**  
**8202 84 Street**  
**Grande Prairie, AB**

**Recycle Plus Depots with PARDS Account # 1273-3211**

To arrange a pick-up,  
please contact the  
PARDS office  
780-538-3211

**THANK YOU!**

Our total as of  
July 31 is

**\$9329.80**

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

~ Better Than Fred's ~

~ Pita Pit ~

~ Game Country Archers ~

~ Ritchie Brothers Auctioneers ~

~ Sawmill Prime Rib & Steakhouse ~

~ Boston Pizza West ~

~ Crown & Anchor ~

~ Great Northern Casino ~

~ Starbucks Mission Heights ~

~ Starbucks Westside ~

~ Starbucks Eastside ~

# ~ 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**

LAST MONTH TO BUY  
YOUR CHANCE TO WIN!

**Tickets can be purchased at Prairie Coast Equipment, Keddie's Tack & Western Wear, ATB Southside, Edward's Factory Outlet, or at the PARDS office**