

News From the "Neigh"bourhood

January

~Dates to Remember~

February

February 1
Great "Neigh"bour Campaign begins
Feb 18 - 24 No Lessons
February 20
Family Day Office Closed
February 21
Volunteer Orientation 6:00 p.m.
February 25
Public Riding session 4 begins

March

March 2
Youth Leadership session 4 begins
March 6
Therapeutic Session 3 begins

April

April 8
Public Riding session 5 begins
April 13
Youth Leadership session 5 begins
April 14
Good Friday - Office Closed
April 15 - 21
No Lessons



PARDS New Facility Update Inside... page 4

Thank you to our most recent donors and sponsors for your continued support!

Rotary Club of Grande Prairie

County of Grande Prairie No. 1

Dean & Sheilah Swanberg

Karen Blais

The McLeod Family

Bryan Tink & Family

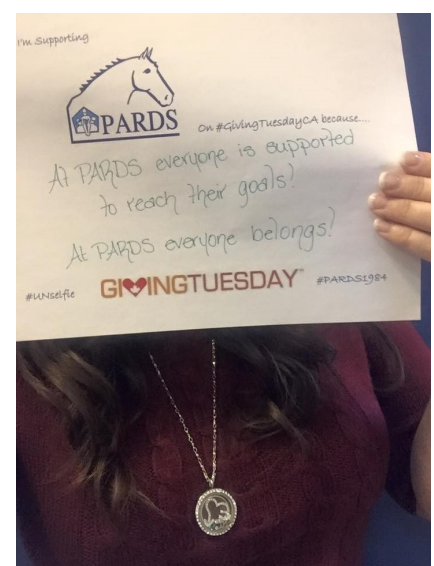
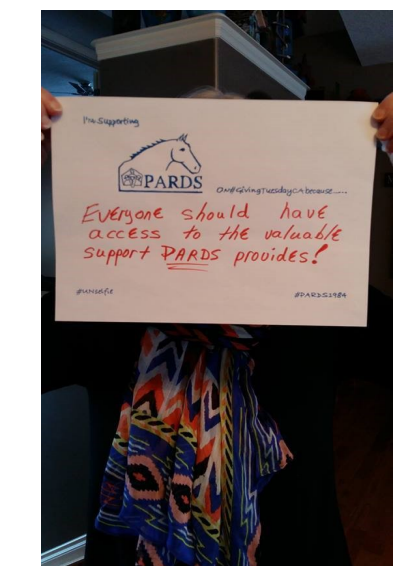
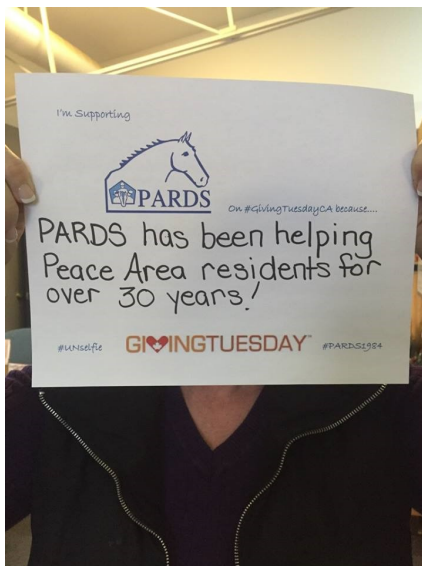
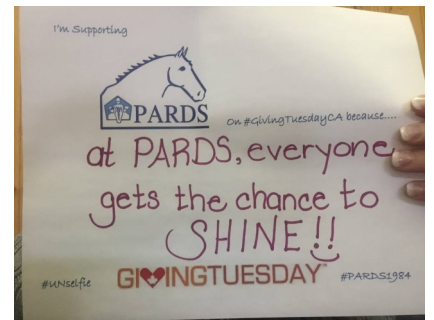
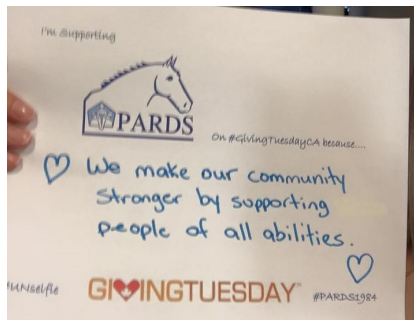
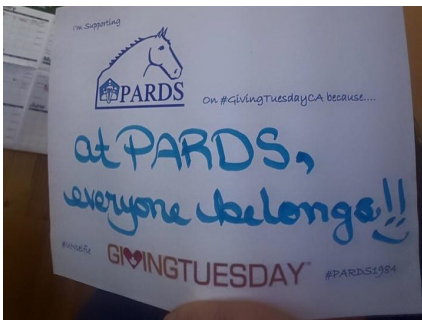
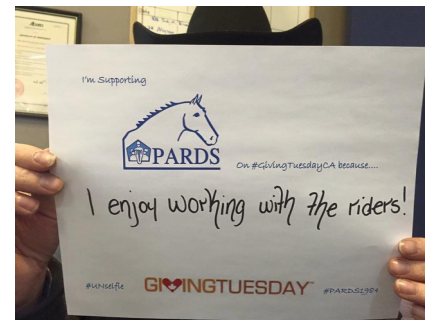
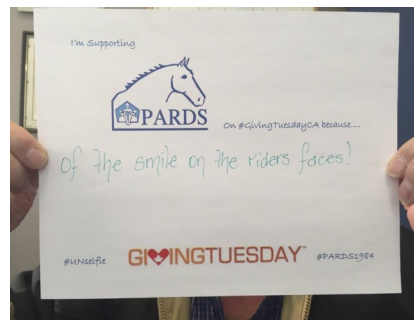
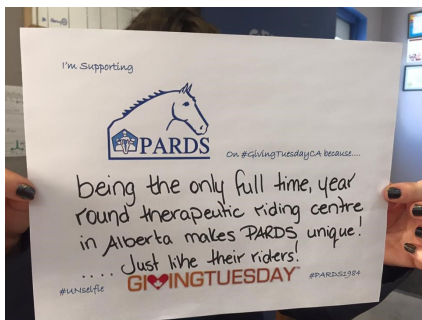
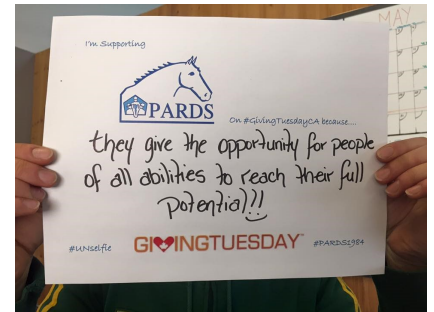
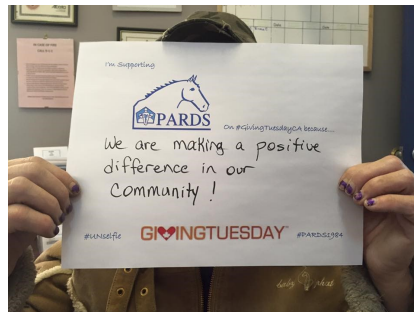
Charlie & Marilyn Cramer & Family

~Stay In Touch~



~Giving Tuesday~

PARDS had a great show of support during the Giving Tuesday Campaign to kick off the Christmas Giving season. As part of the campaign, we asked our donors to post an "un-selfie" to their facebook page to share why they choose to support PARDS riders. Here is what some of them had to say...



Thank you all so very much! You are appreciated!

~Rider Spotlight~

Justeen Schneider

Justeen Schneider is 12 years old and enjoyed an occasional ride at her auntie's farm before joining our PARDS Therapeutic Program in 2013. Justeen is challenged with dyslexia/dyspraxia and joined the PARDS program to increase her confidence and self-esteem which had been negatively impacted by her learning challenges.

In Justeen's lesson program, her instructor identifies a variety of activities and challenges to support Justeen in her riding and therapeutic goals. For example, when Justeen first began riding, her lack of confidence made it extremely difficult

for her to complete a riding pattern without constant verbal cues from her instructor. In order to build her confidence, her instructor incorporated strategies like giving instruction in smaller bits, allowing extra time for Justeen to process, plan and execute the pattern and consistent positive reinforcement. Since joining PARDS and participating in weekly riding lessons, her confidence levels have increased and we have seen her blossom not only as a rider but also as a person.

Justeen has ridden many PARDS horses and is currently partnered with our big, friendly Windsor. Together they have grown as a team, getting to know each other and improving their skills consistently. Windsor was chosen as a partner for Justeen as he has big movement which can be intimidating for some and her instructor felt this would be an excellent opportunity to give a big initial boost to Justeen's confidence. Justeen was up for the challenge, working hard in every lesson to continue to perfect and learn new riding skills. Being given challenges helps to build confidence and this follows her into her every day activities while improving her riding skills. She and Windsor competed in an Equine Canada Coast-to-Coast Video Competition, receiving first place in the Walk Trot classes with very positive feedback from the judges. This year she is aiming to compete in the Walk, Trot, Canter classes.

For individuals with a disability, Para-Equestrian sport, like video competition, can represent an opportunity to enjoy freedom and movement by learning to ride a horse, competing alongside peers, and progressing to high-level competitions such as the Paralympic Games or the World Equestrian Games. Challenges can be overcome and the experience is so rewarding which further builds confidence and improves self-esteem.

Justeen is an amazing young lady who we enjoy working with and supporting. As her confidence increases, we see her more outgoing; conversation and laughter seem to come easier for her around others. We look forward to continuing to work with her and helping her set and attain her goals in riding and everyday life.



~New Facility Update~



We are getting so close to calling our new facility "home"! We are on track to launch our summer programming from our new site and we can't wait for our riders to experience their first lesson in our beautiful, bright and spacious arena. This facility takes away all barriers to growing, expanding and serving those in the Peace Region that experience physical, developmental, behavioural and social challenges.

Thank you so much to all of our project partners who have gotten us so close to realizing the dream of building our capacity to serve all who need us. There are still many opportunities to get involved through work-bee volunteering, donating or sponsoring. Please call Jennifer at 780-538-3211 for more information on how to get involved.



**Rotary Club
of Grande
Prairie**

Tom Brown 1000 Mile Ride **Robert & Ruth Finch**
Dean & Sheilah Swanberg



SOUTHWEST
Design & Construction Ltd.



**Swan City
Rotary Club**



Bowes Family

Karen Blais



**Rotary Club of
Grande Prairie
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☞ St. Gerard School - Leaders of the New World ☞
☞ AccuPro Real Estate Appraisal & Consulting ☞ Bryan Tink & Family ☞ Roy Borstad ☞
☞ Charlie & Marilyn Cramer & Family ☞ Wade Mayer ☞ DTA Christmas Carollers ☞

Thank you!

~Volunteer Spotlight~

Lacy Schramm

Lacy joined the PARDS Volunteer team in the summer of 2016. She was looking for a way to become more involved in the community when she approached PARDS and within days, stepped right in during our annual Fund Ride in June. Lacy has since joined us weekly where she assists riders in lessons as a side walker and as a leader. She has also been a quick study and offers her help in the barn, grooming and tacking horses prior to the lessons.

Lacy is currently working towards her Bachelor of Social Work Degree. The program is very competitive and one of the requirements is volunteer work and involvement within the community. She was particularly interested in the volunteer program at PARDS as it allows her to work with and learn from the riders she supports in a field of her interest as well as enjoy time with the horses.

Lacy is a natural with the riders, making them feel welcome and comfortable during lessons. She has developed relationships with the riders she works with, which helps them feel comfortable and thus enables them to excel. Lacy is very reliable and punctual which is hugely appreciated by her riders and PARDS staff alike.

When asked about her experiences here at PARDS, Lacy was open and eager to share.

“My expectations while volunteering have been exceedingly met. I had expected to learn the procedures of helping prepare the horses for lessons, to learn terminology and the equipment involved in lessons, as well as to learn how lessons are structured to meet the needs of each individual. I have learned so much from my time at PARDS and am developing unique interpersonal relationships with the people who work and attend the program. I enjoy most the progress I can see clients make, the interactions I have with them and their interactions with the horses. My biggest motivator to continue with PARDS is knowing that there is so much more I can learn from being involved. My time here has been special to me, with a few highlights that come to mind, all that include my interactions and building relations with clients and instructors. PARDS has effected my life in a great way. It is interesting that it is a program to provide therapy for people, where I find and express humor to my family and friends that PARDS is like free therapy for me. I say this because I thoroughly enjoy working with the horses, learning about mental and physical health and getting experience in a field that I could see myself working in.”

We look forward to continuing working with Lacy in the future and want to express our appreciation and gratitude to her for all the hard work and commitment she gives to PARDS.

If you would like to join our volunteer team to experience first hand the benefits that Lacy described, please contact the PARDS office to find out about volunteering opportunities!



~Volunteer Opportunities~

Volunteer Orientations

Volunteer Orientations are mandatory for each volunteer and are held throughout the year. During the orientation you will:

- Learn about Volunteer Opportunities
- Meet other volunteers
- Be given a tour of the facility
- Introduction to barn/ arena care and maintenance
- Introduction to lesson practices
- Practice in mock lessons

Volunteer Orientation Dates

Tuesday, February 21 6:00 p.m. and Tuesday, April 18 6:00 p.m.

Orientations are held at the PARDS facility at 8202 84th St., GP

To register, please complete and return the Volunteer Registration Form which can be found on our website at www.pards.ca

~Fabulous Volunteers~



PARDS would like to congratulate Laurie for being selected as the Volunteer of the Week. Not only does Laurie volunteer in lessons, but her ponies volunteer too! Tory and Jetta are PARDS' driving ponies and Laurie is our volunteer driving instructor. Laurie does anything and everything from teaching in lessons, clipping horses to grading the yard. Laurie is always willing to help in any way she can. We appreciate you so much Laurie. Thank you for volunteering with PARDS!



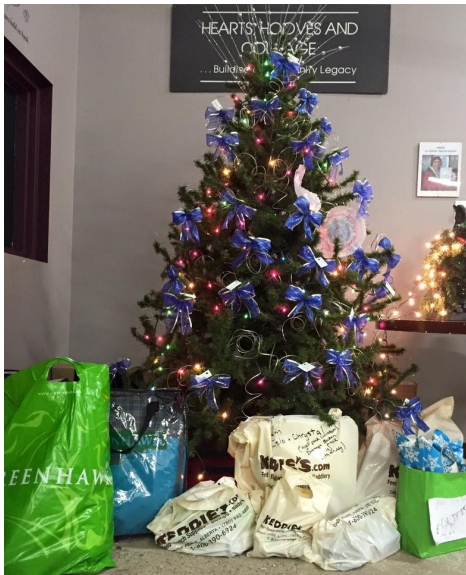
Congratulations to Gerri as Volunteer of the week for January 9. Gerri is new to volunteering and is learning lots about horses. So much so that she expressed an interest in taking lessons! Gerri is a reliable volunteer, showing up each week to help our clients have a safe and enjoyable ride. Thank you Gerri!

~Community Champions~

Thank you to the many generous community members who helped support PARDS throughout the Christmas season. On Giving Tuesday we launched our 'It Takes A Community Campaign' in which we decorated PARDS Christmas tree by recognizing all monetary donations made to PARDS therapeutics programs in December with a Blue Bow. We started December 1st with our very first bow and by December 24th our tree was decorated very nicely!



As part of this campaign all of PARDS hard working equine staff wrote their letters to Santa asking for items that they would like for their riders, such as new helmets & boots, as well as items for their therapeutic programs, such as lesson aids, new tack and vet supplies. Keddie's Tack & Western Wear, Greenhawk Equestrian, and Peavey Mart partnered with PARDS to promote the herd's Wish List. Each store posted the Wish List and had a drop off box for any items purchased. Keddie's even had a PARDS Christmas Wish List Tree and read the horses' letters on the radio! PARDS Riders and our very generous community members surprised the herd with all kinds of goodies for Christmas!



Thank you to PARDS great 'Neigh'bours who came together throughout the giving season to decorate our Christmas tree and brought gifts for our Riders and Horses! It is all Thanks to you that PARDS 'It Takes a Community' campaign was such a success! It truly does take a community!

A Dime At A Time...

In 2016, we raised \$14887.10!!!

Thank you to all of the hard working volunteers, generous community members and the many PARDS riders who participated in the 2016 campaign. We also thank Better Than Fred's, Great Northern Casino, Crown & Anchor, Urban Red Rock BBQ, Sharks, Earl's, Boston Pizza North, Boston Pizza West and Sawmill Prime Rib & Steak House for donating to our monthly bottle drives and the numerous other businesses who donated periodically through the year.

To kick-start PARDS 'Dime At A Time' campaign and help reach the 2017 goal of \$15,000, therapeutic rider Hinton Wells took it upon himself to complete a 'mini' bottle drive on behalf of PARDS. This bottle drive saw Hinton and his dog Sydney out braving the chilly winter air to collect recyclables for PARDS herd from all of their neighbours on January 4th. He was very innovative and had his puppy tow a sleigh in which he collected the bottles. Hinton & Sydney did an amazing job and collected 2 pickup truck loads of bottles, with all funds going to PARDS therapeutic programs!

Thank you Hinton & Sydney!



~Upcoming Events~



"I'm a Great 'Neigh'bour" Campaign

We are excited to announce
PARDS 2017 "I'm a Great 'Neigh'bour" Campaign,
with the goal of raising \$5,000!

This campaign will run from February 1-28, 2017
and help fund PARDS Therapeutic Programs,
directly impacting over 300 riders.

To date we have partnered with 20 local business' and you can participate in this
campaign through the purchase of a
"Great 'Neigh'bour" card for \$2, on which you can write your name.
It will be proudly displayed, recognizing your contribution,
throughout the month of February.

Thank you for your support!

To become a Great 'Neigh'bour please visit the PARDS office
or one of these businesses

Beachcomber Hot Tubs & Home Leisure	Daddio's Pizzeria	Mama & Papa's Café in Clairmont
Bear Creek Animal Clinic	D. Luxe Style	Peace Fuel
Beaverlodge Butcher Shop	Grains Bakery	Distributors(2012)
Coffee Crave	Greenhawk Harness & Equestrian Supplies	Peavey Mart
Commandeur Mechanical	Home Hardware	Tip Top Barber Shop
Country Club Animal Clinic	Downtown	UFA
Countryside Motor Sports	Home Hardware West	West County Animal Clinic
	Keddie's Tack & Western Wear	

~Other Ways to Give~

To see other Giving Opportunities, please visit the PARDS' website:

<https://www.pards.ca/ways-to-give/>