

# NEWS FROM THE “NEIGH”BOURHOOD

## July

### ~Dates To Remember~

#### July

July 1

Canada Day - Office Closed

July 4-8

Camp Tamarack Wk 1

July 11-15

Camp Tamarack Wk 2

July 18-22

Camp Tamarack Wk 3

July 25– August 1

PARDS Summer Camp Wk 1

#### August

August 1

Heritage Day—Office Closed

August 2 - 5

PARDS Summer Camp Wk 2

August 8 - 12

PARDS Summer Camp Wk 3

August 15 - 19

PARDS Summer Camp Wk 4

August 22 - 26

PARDS Summer Camp Wk 5

August 29 - September 1

Adult Summer Camp

#### 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 15

Youth Leadership Session 1 begins



**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)**

# ~ Summer Camps ~

Come join us at summer camp! Our Inclusive 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. 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, including grooming and tacking 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. The last day of camp includes a horse show where campers are individually celebrated for their achievements and family members are invited to watch and enjoy a BBQ lunch (by donation, please) with their camper.

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

**Week 3 - August 8-12 is full  
Don't miss out - register now!**

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

**Dates and registration forms are available 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

# ~ 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. As this race pushes you to reach your goals, and that is exactly what we support our riders to do here at PARDS, 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 orienteering workshops and registration information.



Last Year's Winners

6th Annual  
**PARDS**  
**Adventure Race**

**OFF THE GRID**  
**Adventure Race**

**Saturday, September 10th, 2016**

**13 Hour Multi-sport Adventure Race**  
**Grande Prairie, Alberta**  
**PARDS Off The Grid Adventure Race on Facebook**  
**Visit [www.pards.ca](http://www.pards.ca) or call (780)538-3211 to register**

Test yourself against the elements by trekking and mountain biking in teams of 2 all while navigating a 50-70km course. Test your endurance, determination and mental toughness! Sign up today and start training for one of your biggest challenges while supporting PARDS!

New to adventure racing? We've got you covered! Join us for orienteering clinics leading up to the race. Call for details!



Are you interested in running the POTGAR but unfamiliar with orienteering?

If so, register for our July 11th, 2016 orienteering clinic by calling the PARDS office at (780)538-3211 today!

This navigation training will run from 6-10pm. It will include classroom & practical. The cost of this clinic is \$10 per person. If you would like to attend please call the PARDS office at (780)538-3211 to register as spaces are limited.

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.



## ~Community Champion~



### New Horizon Co-op

PARDS is thankful to have such a great partnership with the New Horizon Co-op and would like to say THANK YOU for all they do! .



During the month of May, the New Horizon Co-op chose PARDS as their charity of the month. In support of PARDS, Co-op participated in our Great 'Neigh'bour campaign selling donation cards at all 7 locations.

At the end of May, during Stompede week, PARDS partnered with New Horizon Co-op for the Big Country 93.1fm Stompede pancake breakfast, which raised over \$700 for our therapeutic programs!

New Horizon Co-op further showed their community involvement in June at our 31<sup>st</sup> Annual FUND Ride & Community Carnival by becoming the sponsor for our dinner and entered a team in our hiking trail team competition.



We are lucky to have a strong community minded 'Neigh'bour that has chosen to invest in our therapeutic programs.

*We truly appreciate your continued support!*

*Thank you from PARDS!*

## ~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

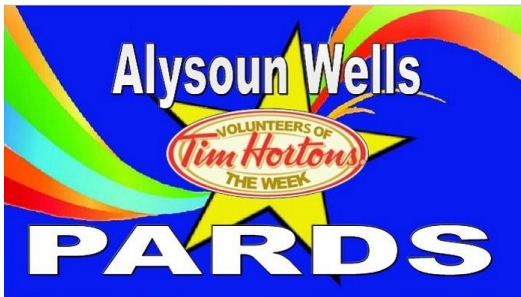
## ~ Volunteer Stars ~



PARDS would like to thank and acknowledge Dave Westwell for his help at this year's Fund Ride and Community Carnival. Dave began at last year's event with the Game Country Archer's sponsoring a booth at the Carnival and this year brought his group of volunteers back again and also sat on the Fund Ride Committee. He gave many hours at meetings, as well as during set up, the day of the event and tear down. The name "Big Dave" became synonymous with laughter, hard work and heavy hauling. We can't thank him enough for all his help!



Laurie leases her two wonderful ponies, Tory & Jetta to our Therapeutic Driving Program. She volunteered each week in their lessons with our riders during our regular sessions and did cart rides at our Annual Fund Ride and Community Carnival with the girls. Thank you so much Laurie for sharing your precious Tory & Jetta with our riders and spending the day at the carnival! Have a fabulous summer!



Aly volunteered leading horses in therapeutic lessons on a weekly basis for all three of PARDS regular riding sessions this year. The riders really enjoy seeing Aly each week in their lesson. At PARDS 31st annual Fund Ride and Community Carnival, Aly helped by leading horses on the trail for pony rides as well as hauled the PARDS horses to settle in before the big event and brought them all home at the end of the day. Words can't thank you enough, Aly, for the time you give to PARDS, from lessons to fundraising and everything in between. Looking forward to seeing you back in the fall for the new therapeutic session!



### **PARDS runs Inclusive Summer Camps all summer long and we are looking for volunteers!**

This is a unique opportunity to be out in the sun while assisting campers with leading, side walking and other barn activities.

If you have weekday, daytime availability and would like to join us, please call the office at 780-538-3211.

Full orientation will be provided.

## ~ Equine Partner Spotlight ~

### What does a PARDS horse look like?

We don't look for a specific breed, as each horse is viewed as an individual. Traits we look for include: soundness, three good clear gaits (no gaited breeds) at walk, trot and canter, a nice temperament, low flight response, a minimum of 14hh and ideally between the ages of 10 and 17. We look for horses that are well-schooled in either English or Western. Experience in 4H, Pony Club and the competitive riding disciplines is a huge asset. They should have good ground manners and be able to tolerate the attention of many people.

### Soundness is extremely important.

All horses coming into the PARDS program must be functionally sound at walk, trot and canter. Horses that are lame do not have the movement required to create a 3 dimensional walk (up/down, back/front, side/side) desired for physical therapy. It is also extremely unfair to the horse. All horses, whether donated or purchased, undergo a lengthy assessment and vet check before they come into the program as a PARDS 'Trial Horse'. During the trial period, PARDS instructors will further assess the horse before accepting them into the program.

If you are seeking a new home for your equine friend and feel they may be suitable for our program, please [contact us](#).

## ~ Test Your Horse Sense ~

**June's Question:** When is a horse, a horse? (Age)

Answer:

Colt: A male horse under the age of four. A common terminology error is to call any young horse a "colt", when the term actually only refers to young male horses.

Filly: A female horse under the age of four.

Mare: A female horse four years old and older

Stallion: A non-castrated male horse four years old and older. The term "horse" is sometimes used colloquially to refer specifically to a stallion

**July's Question:**

**What are "chestnuts" on a horse?**

## ~ Did You Know? ~

### Long Life Span

One of the most amazing horse facts is the lifespan of horses. A common question is how long horses typically live. Domestic horses have an increased lifespan, thanks to the better understanding of horse care and health. The average life span of a horse is approximately 28 - 33 years. Some ponies and horses can even live up to 40 years or more!

# ~ 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  
June 30 is

**\$8616.40**

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 ~



# ~ 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**