

NEWS FROM THE "NEIGH"BOURHOOD

May

~Dates To Remember~

May

May 23
Victoria Day - Office Closed

June

June 4 **FUND RIDE!**

June 7– 10
Adult Summer Camp Wk 1



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

~Keep in the Know~



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our website



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us on facebook



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us on instagram



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us on twitter



www.pards.ca

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 for more information

If you would like to Ride, Bike or hike.....
PLEDGE packages are ready!

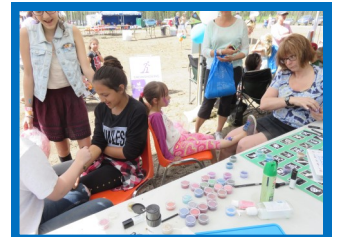
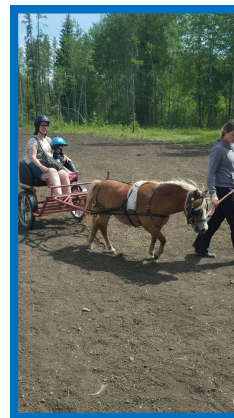
For over 30 years, Peace Country residents experiencing a variety of challenges have benefitted from the Equine Assisted Therapeutic Programs offered at PARDS. Help us to keep offering these services in support of our community!!!

Pledge packages are available at the PARDS office. For more information about becoming involved please contact the office at 780-538-3211.

As a Community

Come Out and Join Us for the Day!

- * Fabulous Food
- * Carnival Games
- * Pony Trail Rides
- * Glitter Tattoos
- * Face Painting
- * Bouncy Castle
- * Cart rides for the little ones!



The list goes on and on and on!!!

~ Rider Spotlight ~

Kamryn is one of our young riders who has recently begun her riding journey with PARDS. In addition to her therapy, sport, recreation, and educational goals, Kamryn aspires to be a jumper. As a quadruple amputee, Kamryn has made great strides in her riding. In five short months, Kamryn has gone from having a leader and two side walkers to recently only requiring a leader. She started riding with no reins, quickly progressing to using neck reining as her method of steering. Kamryn's newest mount, Montney, has a background in the western discipline and neck reining, making them an amazing team! One of her goals was to ride in the Para Dressage Video competition. Kamryn has been working hard to prepare herself and Montney for their first riding competition and together completed their competition video the last week of April. We are all very excited to see the competition results and wish her and Montney the best of luck!

When asked about Kamryn and her experiences with PARDS, Kamryn's mother Dale shared some insight into Kamryn's life journey. Thank you Dale, Kamryn is an inspiration for all!

"Born healthy on March 15, 2010 Kamryn fell ill at the age of 11 months. After spending a week on life support, two months in the Stollery Children's Hospital and 6 months away from her home, Kamryn returned home to GP in August 2011 as a quadruple amputee.

Kamryn has proven from day one that she is a fighter and full of energy and life. She spends her free time keeping up with her brothers and every day discovers new ways to do all the ordinary tasks that too often we take for granted. Like any typical child, Kamryn loves sports and keeping busy. She has tried dance, swimming and gymnastics and constantly overcomes any challenges to be successful in all that she does.

Kamryn has also been an animal lover and in particular very fond of horses. Kamryn attended her first riding lesson at PARDS and both her and I knew immediately that this was going to be a perfect fit.

As a child with quadruple amputations, Kamryn has found a way to be successful in all that she does, however it comes with a lot of work and often times isn't easy. At PARDS, Kamryn immediately felt comfort and success with that first lesson; a feeling that she often has to work much harder to experience. Kamryn rides once a week, however she asks to go seven days a week. With each new week Kamryn's confidence grows leaps and bounds. She is able to vocalize everything that she does and her demeanor exudes pure confidence and pride as she recaps every moment of each lesson.

As mentioned, she has found a way around the barriers and has been successful in all that she does, however this experience is beyond anything we have experienced with any sport. Immediately Kamryn succeeded and nothing had to be altered for her to do so. She doesn't have to use special equipment, doesn't have to take breaks and, most importantly, she has been able to find her passion in something that is realistic for her abilities now and as she grows.

Having two brothers who both participate in competitive sports, Kamryn yearns to also be a competing athlete and PARDS is making this a reality for her.

As a parent of a child with quadruple amputations it's a constant struggle of wanting to ensure that Kamryn experiences everything that any other child may experience while still preserving her self esteem and confidence. PARDS has given us the perfect opportunity for Kamryn to be active, gain skills, find a passion and experience success while following her current dream of entering competitions."

PARDS is glad to be a part of your dreams Kamryn!



Video Competition Day!!

~ 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.

CART DRIVING

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 build core strength, develop sequencing skills, gain a sense of independence, be out in the open air and have fun!

Riders in the Cart Driving program participate in weekly lessons and now have access to competitive Driving opportunities through Equine Canada Video Competitions!

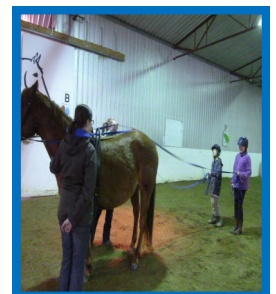


~ Youth Leadership ~



For some, the term ground driving may bring thoughts of carts and wagons, but at PARDS it has a much larger definition. Ground driving is typically used as a teaching mechanism for horses learning to pull a cart or a wagon. It teaches the correct movements based on aides, before incorporating the large, heavy cart into the training. In the Youth Leadership program, ground driving takes on a whole different role. Here, it teaches not only the horses, but also the clients. Clients are asked to communicate with their horse through long reins and are not able to touch their horse to help them understand what they are asking. They must use their problem solving skills and brainstorm ideas on how to effectively ask their horse to achieve a task, all the while, learning a skill themselves. Once the client achieves this goal,

and are able to move their equine partner with the long driving reins, the activity can become more challenging; bringing another client into the mix, asking the two clients together to drive the horse, using one rein each. This not only develops problem solving skills but also helps the clients understand the need for effective communication not only with the horse, but between themselves and their peers as well. They are able to test their ideas, work collaboratively on a shared goal and increase critical thinking and sequencing skills. Together, they are encouraged to celebrate their achievements as a team. This simple training tool is transformed into a challenging game teaching vital life skills, including communication, teamwork, conflict resolution, and equality between team members. They must put aside their differences and become one unit working towards a mutual goal.

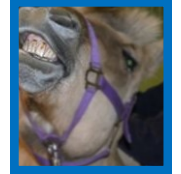


~ Equine Partner Spotlight ~



Windsor is a handsome Anglo-Arab Gelding and he stands at 15.3HH. On April, 27 Windsor celebrated his 19th birthday! Don't let Windsor's age fool you, he is a lively boy and has a lot left to give!

Windsor started as a Therapeutic riding horse in 2014. Windsor brings a lot to our program. His three smooth gaits (walk, trot, canter) can help improve muscle tone, balance, coordination, protective reactions and over all physical condition. As well, he is responsive, understanding and pays close attention to what a rider or situation needs from him, making him a perfect fit for all the programming we offer at PARDS.



Before Windsor came to PARDS, he was a familiar face on the dressage circuit and competed up to Training Level. His experience and knowledge makes him a great match for our students looking to participate in our video competitions!

Windsor is generously sponsored by Windsor Ford, Grande Prairie.

Windsor Ford

HAPPY BIRTHDAY
WINDSOR!



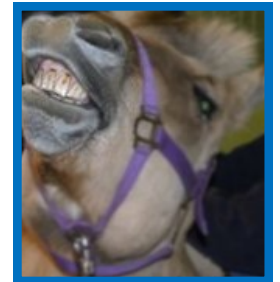
~ Test Your Horse Sense ~

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.

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?

Answer: Encana is doing what is called a “flehem”. This is seen in males more than females especially in stallions. A flehem is known to be a way to detect scents in the air using specialized olfactory glands at the end of the nasal passage.

May’s Question: Why do riders mount and dismount on the left side of their horse?



~ Did You Know? ~



Vocalizations are highly important to horses. Examples: Whinnying and neighing sounds are elicited when horses meet or leave each other. Stallions (adult male horses) perform loud roars as mating calls and all horses will use snorts to alert others of potential danger.

~ Volunteer Spotlight ~



Hunter has been involved with PARDS for several years, attending summer camps and lessons. He became a weekly volunteer in September of 2015 and in that time has become another invaluable PARDS volunteer.

Hunter is one of our younger volunteers who gives his time to PARDS. While he is young, he shows a maturity beyond his years; he comes with a great attitude and

strong work ethic, always busy mucking out stalls, grooming and tacking horses without needing prompting or continuous guidance which makes him a reliable and dedicated help in the barn.



Hunter also helps in lessons with riders as a leader or a side walker and our riders look forward to seeing him each week. He is encouraging and understanding with the riders; building confidence through kind words and actions, helping them to reach their highest potential.

During this year's summer camp, Hunter was the "big brother" to some of the younger campers, the helping hand to the staff and the team leader whenever a team was formed. Hunter played to his best ability, while demonstrating teamwork and honest sportsmanship. PARDS' summer day camps are inclusive, therefore, some of the youth that participated have some form of disability. Hunter gave them support; taking the campers under his wing, helping them participate in camp games and activities to the best of their ability.



Hunter is an all round great volunteer who is a pleasure to be around and work with and we are lucky to have him.

~ Volunteer Opportunities ~



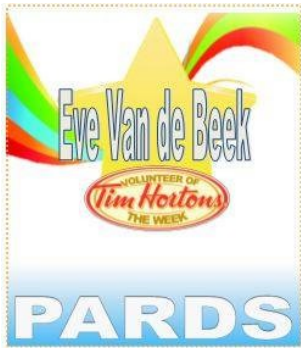
PARDS runs Inclusive Summer Camps all summer long and we are in need of volunteers!

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

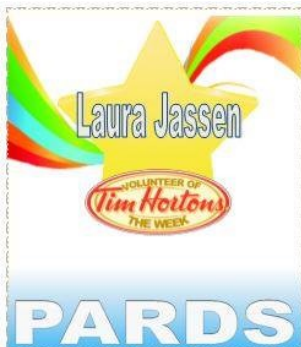
If you have weekday, daytime availability and would like to join us, please call the office at 780-538-3211.

Full orientation will be provided.

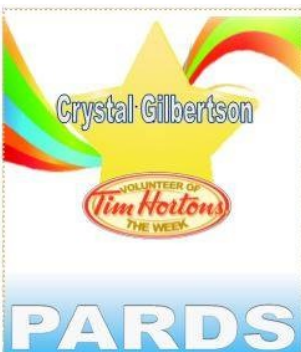
~ Volunteer Stars ~



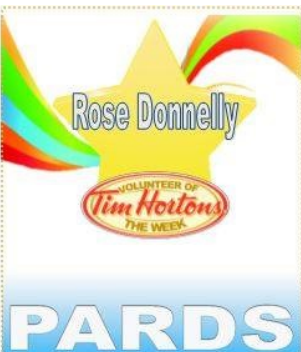
Eve began volunteering on the weekends before and after her lesson in the barn, helping her instructors get the horses groomed and ready for the day's lessons. When a barn volunteer position became available during therapeutic lesson times, Eve jumped right in, eager to help. She comes in at one of the busiest times of the day to help get horses out, the barn cleaned up and 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's really nice to have youth want to help out in the community. Thank you, Eve!



Laura volunteers every Wednesday with a school group that participates in the therapeutic riding program at PARDS. She helps riders with grooming and saddling to prepare their horse for the lesson. Once ready, she leads the horse during the lesson to ensure the riders safety. These students are the first lesson of the day but Laura comes in even earlier to the barn to help the instructors get other horses groomed and ready for the day ahead. Thank you for coming each week and volunteering in lessons and being a tremendous support to the instructors and the care the horses!



Crystal has been volunteering at PARDS for many years. She is a busy girl between school and work but still offers her time weekly to come lead or sidewalk in lessons. Chrystal is also very flexible if we need a last minute coverage for a lesson volunteer, or help with various fundraisers. Crystal participated with PARDS instructors in an equine assisted therapy course from Ross & Dee McLees with Higher Trails and now holds a certificate as an Equine Personal Development Coach.



Rose recently became a volunteer at PARDS and boy has she fit right in! She comes in every Thursday morning to lead, sidewalk and help in the barn. She is always willing to help out wherever needed and such a joy to be around . Rose also signed up to be a PARDS Fund Ride, pony ride volunteer and helps with fundraising activities! Thank you for joining the PARDS volunteer team; we are so lucky to have you with us!

~ 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. 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

Dates and registration forms are available on our website at www.pards.ca.

~ 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

~ 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
- 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
April 30th is

\$6046.55

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 ~