

NEWS FROM THE “NEIGH”BOURHOOD

March

~Dates To Remember~

March

March 7

Therapeutic Session 3 begins

March 25

Good Friday - Office Closed

March 26 - 27

No Public lessons

March 28 - 31

No Therapeutic Lessons

April

April 9 - 10

Public Session 5 begins

April 14

Youth Leadership Session 5
begins

May

May 23

Victoria Day - Office Closed



~Keep in the Know~



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our website



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~ 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'



PARDS has a trailer available for pickups on Saturday March 5th.

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

THANKYOU!

As of February 29th
our total is

\$3363.00

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 ~

~ 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.

~ Equicizer ~

Pinocchio is our mechanical Equicizer. The Equicizer offers fun alternative ways of conducting therapeutic exercises for children and adults who have a contraindication to traditional riding. Exercises beyond the typical horseback riding positions can be applied with stretching, strengthening and balancing in a safe, controlled manner. Riders increase their strength, stability, flexibility, balance, confidence and overall well-being through the 3-D motion of the hips and core muscles that riding Pinocchio provides. These benefits are very similar to those realized from traditional riding as clients are able to practice proper position and build core strength and muscular control. Pinocchio can also help riders who are a part of our mounted riding programs to improve their practical riding skills such as proper leg position, correct hand position and posting (rise and sit at a trot) in a close contact, teachable manner without having to worry about the many required focuses that go along with riding.

Pinocchio is also a vital tool during initial rider assessments to measure balance, core strength and to evaluate the ability to mount and dismount. This information is necessary for us prior to determining program placement.

For more information on Equicizer please see our Rider Spotlight on the next page.

~ Youth Leadership ~

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

This experiential learning program focuses 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.

If you poked your head into the arena on a Thursday evening to watch the Youth Leadership program in action, you would see a multitude of different activities going on. You might see many horses wandering about, or just one acting as a canvas for the clients to show their goals, fears and even strengths upon. Sometimes the games are quiet and slow, asking for calm and collected attitudes, letting the client feel the emotional connection they share with their horse. Sometimes however, there is excitement and laughter bouncing from the walls. This is what anyone watching would have seen in the arena a few weeks ago. The arena was empty except for a line of poles at either end indicating the "start" and "finish" lines. Each youth brought in their horse; this day they were partnered with Starlight, Encana and Rajah, all varying in size and personalities. The youth lined their horses up at the start line awaiting further instruction.

The instruction was simple; get the horse to move from the start line to the finish line as fast as possible. On your mark, get set, and GO! Immediately the clients began dragging their horse forward with no other thought in mind but to get to the finish line the fastest. However, what they did not expect is that their horses (especially little Starlight) would brace themselves and not allow themselves to be pulled forwards. After a few minutes and many unsuccessful attempts, the activity was called to a halt. When the youth returned to the start line, they evaluated the results and brainstormed other possible strategies to successfully accomplish the task. After much discussion, it was agreed upon that encouragement and gentle coaxing was the next strategy they would like to try. The youth started the race again, and immediately the horses perked up and willingly trotted beside their partners all the way to the finish.

The clients came to the conclusion that they were not as successful in effectively achieving their goal when they used overt control and coercion to move their horses. When they changed their tactic and used encouragement, the horses were much more willing to run with them. This prompted discussion about the relationships the youth have with family and peers and how kindness and encouragement would be received by another person versus how coercion and control would be received. They discussed that, although it may be easier sometimes to try to gain full control in a situation, ultimately, encouragement got them better results and helped maintain a healthy and positive relationship with their horses. There was further discussion surrounding how this technique would transfer into everyday life.

~ Rider Spotlight ~



Michelle has been riding with PARDS since the 90's and has lots of experience with the ins and outs of all the PARDS programs. Michelle has ridden most of the horses that have been a part of the therapeutic program and has competed in para dressage video competitions. Currently, she is working with our Equicizer and incorporating weight exercises to improve her muscle strength and elasticity to achieve peak riding condition. Within a short four week period, Michelle has been working hard to strengthen her back, core, and shoulders to improve her ability to sit straight and tall in the saddle. Michelle has shown great progress which has motivated her to do additional strength building exercises at home to accelerate her results. We continue to work with Michelle to support, instruct and encourage her to work hard, challenge herself and celebrate her milestones on the way toward her goals.

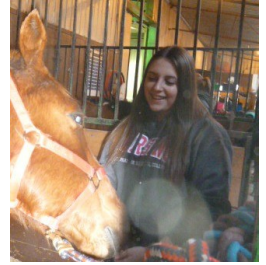
Keep up the effort, Michelle! You are doing GREAT!



Above: Together Michelle and her instructor Anna work on strengthening her core, using light weights and repetitive movements. The goal is to strengthen the small stabilizer muscles around her spine and her shoulder muscles so Michelle can keep herself straight, on her own, while riding. Michelle is working to get back into the arena with her horse partner, ride independently and continue toward her competitive para dressage riding goals.

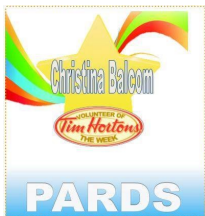
~ Volunteer Spotlight ~

Nicole volunteers at PARDS as a mentor; a very unique position with our Youth Leadership program. Nicole started volunteering at PARDS 4 years ago, because she loved horses. She was a part of PARDS' public riding program as well, and learning to ride bred her love of what PARDS does and the programs we offer. She wanted to be involved in a friendly environment to grow within herself, while helping to bring about self-realizations with clients. "The smiles on the clients' faces when they achieve something for themselves and the support of my fellow volunteers and the staff have accomplished

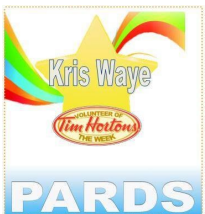


this for me," she says. Now, 4 years later, Nicole says it is this fulfillment and the excitement she sees in the clients, that motivates her to keep coming back. She feels volunteering has given her a chance to be away from the stresses of school life, as well as provide her opportunities in social learning, working with children, working with horses and her own personal growth. She remembers seeing a particular client grow from the person she was into a new, stronger, more confident person throughout the program. She notes she sees the Youth Leadership program effects the participants in many positive and noticeable ways, "it's amazing and very rewarding". We are truly appreciative of Nicole's contributions to PARDS.

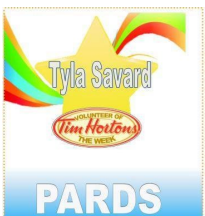
~ Volunteer Stars ~



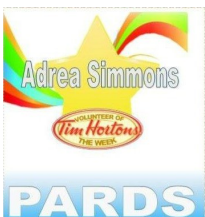
Christina has served on the PARDS' Board since 2008. In her time with PARDS, she has filled all roles on the executive and currently serves as our Board Chairperson. Christina brings a wealth of experience in business management and a passion for inciting positive change within the community. We thank you, Christina, for giving PARDS your time and expertise.



Kris joined the PARDS board in 2014 to have a unique volunteer experience where his efforts result in a noticeable, positive change in his community. As a coordinator for a large oilfield company, Kris brings exceptional organizational and supervisory skills. He thrives in a fast paced, active environment and is eager to assist and provide guidance in many areas of organizational governance. Kris' 2 daughters are riders at PARDS giving Kris a personal connection to PARDS as well. Kris says, "PARDS is an organization I am proud to be a part of." And we are fortunate to have him working with us. Thank you Kris!



Tyla joined the PARDS' Board in 2015 filling the position of Treasurer on the executive. Tyla has served on numerous Boards at both the local and provincial levels which have given her in depth experience in board governance. She has also been actively involved on many committees for a variety of community and school events and is an active member of the Grande Prairie Rotary Club. Tyla's career has encompassed both the non-profit and for-profit sectors which gives her a multi-faceted perspective to help guide PARDS in our social enterprise endeavors. We are thankful for your efforts, Tyla, and appreciate having you volunteer with us.



Adrea has volunteered with PARDS since 2005 and joined our Board in 2013. She currently fills the role of Secretary on the executive. In addition to her Board responsibilities, Adrea is an active volunteer mentor in our Youth Leadership program and has achieved certification as Equine Assisted Personal Development Coach and has sat on a number of PARDS' event committees. Her rich history with PARDS and all of our programs enables her to provide a program based perspective to board governance. Adrea's career in the Health Services field has given her in depth experience in policy and procedure development which has directly benefitted our organization. We thank you so much Adrea, for all you do for PARDS.

~ Equine Partner Spotlight ~



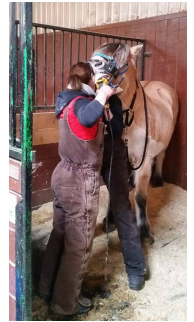
Tory and Jetta

Jetta and Tory are a mother-daughter team that are brand new to the PARDS herd! These lovely ladies were generously leased to us by Laurie Prichuk for our cart driving program. Jetta and Tory are both miniature horses, standing at only 36 inches tall at the wither. Jetta, the jet black mama is 9 years old and Tory, a flaxen haired chestnut, is 6 years old. These girls came to PARDS in the middle of January 2016 and have already become a vital part of our herd. If you wander into the barn when all our minis are in, you may hear Tory and Jetta having conversations with Hot Wheels and Petunia from different stalls!

~ Did You Know? ~

Did you know horses have up to 40 teeth? Male horses often have 2 to 4 more teeth than mares. Their teeth never stop growing, and instead of cavities they get sharp and uncomfortable points over time from natural uneven wear.

Keeping a horse's teeth well maintained is important, so they need to see the dentist too! Here is Holly getting her annual "float" from [Bear Creek Animal Clinic](#).



~ 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 or answers will be published in the next months' newsletter.



January's question:

Did you know it is important for horses to have their hooves cared for? How often do horses need to have their hooves trimmed and why?

Answer:

Horses' feet can grow at different rates depending on the breed, living conditions and workload. Some horses need to be trimmed every 6 weeks while others 8 weeks. Waiting beyond that amount of time can lead to painful splits and cracks in your horse's foot and those issues can cause your horse to become lame which can cause issues in gait and comfort! A common saying is "No hoof, no horse"; so certified Farriers are very important for your horse's wellbeing!

February Question: How are horses measured? Can you guess how tall these PARDS horses are?



Manny



Service



Star



Petunia