

News From the "Neigh"bourhood

April

~ Dates to Remember ~

April

April 14
Good Friday - Office Closed

April 15 - 21
No Lessons

April 24

PARDS Annual General Meeting - 7pm

May

May 6, 6:00 - 9:00 pm.
PUB NIGHT Fundraiser

May 22
Victoria Day - Office Closed

June

June 10
FUND Ride

*PARDS Annual General Meeting
Monday, April 24, 2017 at 7:00pm
8202 84 St. (1km north of 68th Ave on 84th St)*

Everyone is welcome to attend. Light refreshments will be served.

2016 Financial Statements and 2017 budget will be presented for approval and we will be sharing an update on the progress of our New Facility Capital Campaign. Board elections will also be held.

All current members of PARDS are eligible to vote at this meeting. 2017 memberships will be available to purchase at the meeting - \$10 Individual, \$20 Family and \$25 Corporate.

Learn, share and be an important part of the decision making process. Our riders are counting on you!

If you have any questions or would like more information, please contact us at 780-538-3211 or email info@pards.ca

Please R.S.V.P. to ensure enough snacks for all!

~ Stay In Touch ~



The Autism Awareness Ribbon

The puzzle pattern of this ribbon reflects the mystery and complexity of autism.

The different colors and shapes represents the diversity of people and families living with this disorder.

The brightness of this ribbon signals hope - hope through research and increasing awareness in people like you.

~ Rider Spotlight ~

Katy Gerbrandt



Katy is a lively, energetic 6 year old who started riding at PARDS in the fall of 2016. She is now riding in her third session of therapeutic lessons.

Katy was born with Cerebral Palsy. Cerebral Palsy is caused by brain damage. The brain damage is caused by brain injury or abnormal development of the brain that occurs while a child's brain is still developing - before birth, during birth, or immediately after birth. Cerebral Palsy effects body movement, muscle control, muscle coordination, muscle tone, reflex, posture and balance. It can also impact fine motor skills, gross motor skills and oral motor functioning. How a person is affected is unique from one individual to another. For Katy, her balance, coordination and inability to fully use her left hand are challenges she has in her daily life.

When Katy began riding at PARDS her goals were to have good posture on the horse, gain balance, improve coordination, be able to grip objects and learn basic riding skills. She began with a leader for her horse and a side walker. She rode on a sheepskin pad to benefit from the horse's warmth and used a vaulting surcingle to hold onto as she began building core strength, balance and just enjoying the rhythmic motion of the horse. Having to hold onto the surcingle encouraged Katy to use her left hand to grip onto the handle. Katy rode Encana, PARDS faithful Fjord that is at PARDS though a sponsorship with Encana Corporation, hence the name Encana, but he is also playfully known as "Encana Banana". Katy thought that was pretty funny.

A wide barreled Fjord horse like Encana is not typically matched with a rider with Cerebral Palsy as most riders with CP have tight adductor muscles which would make riding a wide horse difficult and uncomfortable. Katy however, is able to stretch comfortably on Encana. Because of his rhythmic motion, riders focus on his movement and with physical goals of balance and coordination this made him a great equine partner for Katy to start with. She learned to ask Encana to walk by squeezing both her legs against his sides; this helped her coordinate using both legs at the same time. Her leader wouldn't let her horse walk unless she used both her legs. We continued working on posture and hands free balance through stretches in our warm ups and playing games that made her reach for objects. Katy would often say, "she couldn't reach that far", or that she couldn't grab onto something like a toy schleich pony during our pony picnic game or a brush in the grooming game, but with a little encouragement and concentration, Katy keeps trying and has learned that when she tries... she can!

This spring session, Katy has improved her balance enough to begin riding in an English saddle. She still benefits from the rhythmic movement of the horse in the saddle, but is now able to try more challenging riding goals. She is using loop reins, which are thinner than the surcingle, which means she needs to concentrate on gripping more with her left hand. Katy is also assisting with preparing her horse for her lesson by grooming and saddling. This teaches Katy to follow the sequencing of the brushes, hold objects and learn valuable horsemanship skills.

During lessons, I will often consistently repeat the phrase, "two hands". This encourages Katy to grip using both hands. While tacking up her horse Katy says "two hands" on her own while picking up each item to saddle Becky. On cold days Katy even holds the bit with two hands to warm it up before putting it in Becky's mouth! Katy is now with a leader but no side walker as she can correctly sit on her horse and adjust her position herself if needed. Katy's mom says she sees Katy's balance has greatly improved and she sees this outside of PARDS as well; she is able to regain lost balance quicker, where before she would just fall down.

Katy is now matched with PARDS horse Becky. Becky is with PARDS thanks to sponsorship by John & Linda Perkins and Family. Becky is a great horse for Katy with her wonderful slow and steady gait. Her rolling walk and sturdy build is great for any riders feeling a little nervous about riding a horse. She has a soft and quiet nature, and this helps her build relationships with her riders based on trust which will work wonderfully for Katy to reach her next goal of riding independently!



~ New Facility Update ~



Construction is moving right along and we are still on track for a June occupancy date! The excitement is contagious as our riders share the news with one another and discuss all of the new things they will be able to do in their lessons in the new arena. They are most excited about the numerous trails on the property, looking forward to riding through the trees and enjoying the great outdoors.

Our stalls have recently been delivered and will soon be installed in the barn. We would like to thank Strathcona Ventures, Swan City Rotary Club and the MD of Greenview for their financial contribution toward the purchase. The Evelyn Southerland

Family Foundation Barn will soon be looking much more like a fully functioning stable.

We are currently accepting applications for Indoor Stall, Outdoor Paddock and Outdoor Pasture Board to start in July. Contact Sarah at boarding@pards.ca for more information on all the amenities PARDS' Boarding Program has to offer.

To get a sneak peek of our new home before programs launch, come on out to our Fund Ride & Community Carnival event on June 10th and take a tour.



A HUGE Thank-You to all of our project partners!



Ed & Terri Haberman & Family

Tom Brown 1000 Mile Ride

Robert & Ruth Finch



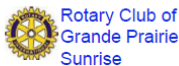
Dean & Sheilah Swanberg

Bowes Family

Karen Blais



Swan City Rotary Club



- ☞ Glen's Graders ☞ McLeod Family ☞ Sanjel Corp. – Staff Fund ☞ 1266823 AB Inc. ☞
 ☞ Diamond J Equine Services Ltd. ☞ Sheepo Fencing ☞ Roy Bickell ☞
 ☞ Evaskevich Family ☞ Joe Peskunowicz ☞
 ☞ 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 ☞

~ Welcome to the Team ~

PARDS staff and board welcome Tiara Chambers to our team. Tiara is a Certified Competition Coach through Equine Canada, bringing a wealth of knowledge and experience to our organization. Tiara's official title is Program Coordinator which, in addition to responsibilities surrounding the ongoing development of new and existing programs, also includes instructing in therapeutic and public programs as well as working in our Youth Leadership Program. Upon her arrival the beginning of April, Tiara jumped right in to all the action, learning through observation in therapeutic lessons, instructing some public lessons on the weekends, creating a skills camp for the spring break and getting oriented in the Youth Leadership Program so she can take it over as facilitator in the fall. Welcome, Tiara! We look forward to working with you!



~ Youth Leadership ~

I am very grateful to be a part of the PARDS team and have enjoyed learning about all the programs so far. My background lends itself very well to the variety of riding programs offered, but I didn't realize initially how much my experience in my development as a coach would lend itself toward further developing the Youth Leadership Program.

I find it inspiring seeing the sessions promote each youth's self-awareness, problem solving skills and use of natural senses to create awareness of their individual actions. The power of the program lies in the horse's response to the demeanor of their handler thereby allowing the handler to adjust their behavior or strategy without the pressure of feeling judged.

In the sessions I was part of, I watched the leadership of Adrea, Nicole and Jodi as they led the groups through the different steps for each activity. The sessions had a strong positive effect on the participants and I saw each walk away with a strengthened skill within themselves.

Ground driving was one of the challenges the groups faced. As a team they had to work together to steer the horse. The pony's patience became thin and she became more agitated waiting to start the lesson. Guided self-reflection was done when uncertainty occurred amongst the groups about what steps to take to achieve a successful outcome. After discussion and strategizing, the group created a calm atmosphere and the pony became more relaxed and then the pony stood patiently awaiting instructions.

In another group the goal was to gain trust through body language communication with the horse. The group worked with no speech, only using soft gestures and touches with the hands. This activity showed how individual body language can effect others. The horses showed an understanding of the body language by exhibiting a more relaxed demeanor after time with the participants.

Seeing the smiles, confidence and self-gratitude during each session shows what a benefit the program makes, I look forward to being a part of many more sessions in the future.

I truly believe that challenges are what make life interesting and overcoming them is what makes life meaningful.

~ Tiara Chambers, Program Coordinator

~ Upcoming Events ~

FUND RIDE

Pledge Packages are ready!

Join the fun on June 10th at PARDS 32nd Annual Fund Ride & Community Carnival.

There is a horseback riding trail, walking trail and biking trail so everyone can participate!

Collect Pledges to win prizes!

Proudly presented by:

You're at home here.



Carnival Sponsored by:



Fund Ride Participants:

9am Pancake Breakfast

10am Registration

5pm Appreciation Supper & Prizes

General Public Activities:

11am - 3pm BBQ Lunch & Carnival

Location:

PARDS New Facility, NE of Evergreen Park

Call 780-538-3211 or visit www.pards.ca for more information

Games, Archery, Face Painting,

Pony Rides and more!!



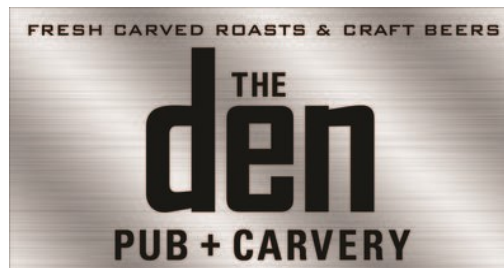
PUB NIGHT FUNDRAISER FOR PARDS NEW FACILITY

Come Join Us Saturday, May 6th

Roast Beef & Chicken
Buffet

Tickets

\$25.00 each



Tickets Available
through the PARDS
office

780-228-1468

~ DOOR PRIZES ~

~ SILENT AUCTION ~ 50/50 DRAW ~ RAFFLE ~

Grab a friend and come out for a night of fun!

~ Volunteer Spotlight ~

Judi Harker

Judi has been volunteering at PARDS since March of 2014. Judi never really had time to volunteer anywhere, so when her schedule opened up, her love for horses brought her to PARDS. Judi's other love for animals is with dogs; she has two at home, a Labrador retriever and a Labrahavest and is looking forward to doing some showing with them. Judi did have some previous horse experience before coming to PARDS; she enjoys being



around her daughter's horse and also fostered horses for a rescue organization. Judi is

enjoying learning more about horses with the students during grooming/ saddling lessons and in the arena.

"I love being in the barn and with the clients. I'm learning at the same time as the students are. Seeing their faces light up each week when they learn something new or remembering something already taught is a good feeling."



Judi volunteers as a horse leader and side walker to ensure the safety of the riders in the therapeutic lessons. She is a reliable volunteer that is committed to being at scheduled lessons to support the clients she works with each week. She has a quiet nature, a great sense of humor and is supportive to the client's needs without being over bearing. She allows the students to do everything they can for themselves while encouraging and guiding them, adding to their learning and self-confidence.

Judi's expectations joining the PARDS volunteer team *"was to get her horse fill and some fresh air; building relationships with the riders, horses and staff was all just icing on the cake."* Judi works often with one of the PARDS horses Vala. She assists the rider with grooming and saddling her for the lesson. Vala can be a challenging horse to bridle as she doesn't like to have her ears touched, so for Judi, being able to get the bridle over her ears has been a great feeling of accomplishment.



Judi volunteers 2 days a week. On one day, after she saw a need for more volunteers, she decided to support our riders by working a split shift coming in in the morning and then returning in the afternoon. She also volunteers one evening each week in the barn and, although we are not sure if it was her time away from home or hearing about how she enjoys her time at PARDS, but recently Judi's husband Don has joined her for her evening shift in the barn.

Thank you Judi for your continued commitment to PARDS riders ... and "Go Blackhawks!"

~ Robyn Boudreau, Senior Instructor

~ Donor Spotlight ~

The Drysdale Family has homesteaded in the Grande Prairie area for over a century. They are well known in the horse and farming community and take pride in giving back by supporting many local organizations such as their family church, local rodeos, 4H clubs and you will even find their name on a building at Evergreen Park.

Thankfully, PARDS is a charity the Drysdale Family has chosen to support as well. In 2016, Ken & Sherry Drysdale donated 600 square bales of hay to PARDS "Need for Feed" Campaign. Their grandchildren, Kaden & Kobe, seasoned PARDS Summer Campers, and son Craig, bale thrower extraordinaire, helped PARDS volunteers toss and transport the hay from their family farm to the PARDS facility.



Craig had such a good time with the volunteers that he brought his nephews Kaden and Kobe as well as his daughter Haylee out during a PARDS Bake Sale for "arts & crafts" to help cut paper rose petals for PARDS Dine & Dance decor. Craig is always there to help wherever he is needed and has volunteered his time in many areas. He has helped with arena work at PARDS new facility, made pickups for both Dine & Dance and Dime At A Time and has transported the Gator for PARDS Gator raffle; virtually anything that requires a truck or trailer; he's got it covered!

This year, PARDS partnered with the Grande Prairie Stompede to auction off the sponsorship of PARDS' cart at the WPCA Tarp Auction with the goal of raising funds to purchase a much needed second cart for PARDS ever growing Cart Driving Program. Not only did Craig volunteer to transport the cart back to PARDS, he showed up early and bid on the sponsorship! With the excitement of the auction and the desire to help PARDS, he even tried to bid against himself! Thanks to Craig's generosity, PARDS will now have a second cart for our drivers.



In his time supporting PARDS, Craig says the most interesting thing he has learned about us is the number of lives affected by the organization. When asked why he chooses to support PARDS, Craig says *"It's a great cause that makes people smile and I like to give back as much as I take; I just want to keep those smiles going."* Craig was introduced to PARDS programs by *"having good laughs with volunteers while throwing hay bales,"* but he continues to support the organization *"because of everything you do for the community; especially what you contribute to individuals in the community with disabilities."* We are so very lucky to have the Drysdale family's support and we can't wait for the good laughs when we throw hay bales with them again this summer!

~ Jenn Ash, Community Engagement Coordinator

~ Summer Day Camps ~

2017 Inclusive Summer Day Camp Dates;

Week 1 July 17 - July 21

Week 2 July 24 - July 28

Week 3 July 31 - August 4

Week 4 August 14 - August 18

Week 5 August 21 - August 25

Registration open for children 6 (as of January 1, 2017) thru 14 of all abilities

2017 Inclusive Summer Day Camp Dates;

August 28 - August 31

Registration open to ages 14 and up with a clinical diagnosis

For more information and registration forms, please visit our website www.pards.ca or call us at (780) 538-3211.

Spaces are limited, reserve your space by submitting a complete registration package along with payment.

~ PARDS Gator Raffle is Back! ~

PARDS is excited to announce that **Prairie Coast Equipment** has again partnered with us for this year's Gator Raffle!

This year's raffle is even bigger and better with even more prizes.

1st Prize **2nd Prize** \$1000 Cash **3rd Prize** \$500 Cash

John Deere RSXi860 Gator

- ◆ Power Steering
- ◆ 28" Mud Lite Tires with Aluminum Rims
- ◆ Sports Seats & LED Light Bar
- ◆ 3500lb WARN Winch
- ◆ Valued at \$24,161.55

With its four wheel independent suspension system and a top speed of 97km/hr this unit will take you anywhere you want to go!

Tickets can be purchased at:
Prairie Coast Equipment
Keddie's Tack & Western Wear
Lefty's Café
Global Pet Foods

Barton's Big Country
Al's News
J. Adams Autobody
The Muffler Man
Wapiti Shooters

Commandeur Mechanical
Bezanson General Store
Big Timber Archery
Pet Valu South 40
PARDS Office

Also new this year you may purchase tickets online at www.pards.ca under the News & Events tab!

Online tickets may be purchased by Alberta residents only

~ Our Fabulous Volunteers ~



PARDS Therapeutic rider, Kolby gave many hours of his time, over 3 different weeks selling Dream Home tickets for PARDS at the Mall. His dedication and commitment to PARDS has helped make our weeks there a real success. Thank you Kolby for helping out and giving back to PARDS, you are a wonderful volunteer!



Lenna has been a long-time supporter of PARDS fundraising events. Over the past weeks PARDS has been selling Dream Home tickets; Lenna gave 30 hours of her time for PARDS at the Mall. Her commitment, professionalism, and dedication helped to make our time a success. You are a wonderful person Lenna, and we appreciate all you have done for PARDS!

~ Volunteer Opportunities ~



32nd ANNUAL FUND
RIDE & COMMUNITY
CARNIVAL

Saturday June 10, 2017

PARDS FUND Ride & Community Carnival

Volunteers are needed to help with pony rides and games at the Community Carnival.

Volunteers are also needed to help with the ride in Registration, Check Points and Set-Up & Tear Down.

Please contact the PARDS office to sign up



PARDS Summer Camps

Volunteers are needed as leaders and sidewalkers during our 5 weeks of camps (daytime availability required)

Please contact the PARDS office to sign up

~ Our Equine Partners ~

Born in 2002, Holly is a Dun Norwegian Fjord/Belgian Mare. She stands at 15HH.

Holly was generously donated to PARDS by DJ Korol in 2006 and she started service in 2008. Holly was being trained to drive before she started work as a PARDS Therapeutic Equine Partner.

You will often see Holly tacked up in a sheepskin and a vaulting surcingle as close contact with Holly is particularly beneficial for riders whose motor control, mobility, perception, cognition, behaviour, mental health or language skills are impaired.

Stop by the barn, and you may catch Holly snoring during one of her well deserved naps!

Catch her here on our Facebook page

https://www.facebook.com/pg/PARDS1984/videos/?ref=page_internal



~ Just Horsin' Around ~



Q: What did the momma say
to the foal?

See answer below

How old is a foal when they can run?

Almost right away! In the wild, foals need to be able to keep up with the herd from the start, which is why their legs are often not much shorter than their mother's.

They can walk within two hours and they should be running within four hours of birth. Pretty incredible, right? (They do sometimes fall over a few times while working it out, but that is all a part of the learning).



A: It's pasture bed time!