

News From the "Neigh"bourhood

May

~ Dates to Remember ~

May

May 15 - 19
last week of Therapeutic lessons

May 22
Victoria Day - Office Closed

June

June 10
FUND Ride

July

July 17 - 24
Week 1 Summer Camp

July 24 - 28
Week 2 Summer Camp

July 28
Barton's Shoot for PARDS Stars



Every twelve minutes a Canadian develops a problem with their vision; there are more than 836,000 Canadians who have significant loss of vision.

Vision Health Month raises awareness about the importance of protecting our vision health. This event is supported by the Canadian National Institute for the Blind (CNIB) and is recognized throughout the whole of Canada.

For more information please visit:

<http://cnib.ca/en/get-involved/join-an-event/Pages/vision-health-month.aspx>

~ Stay In Touch ~

www.pards.ca



~ Rider Spotlight ~

Matthew Lodge



Matthew is a 10 year old who has been riding in PARDS Therapeutic Programs since 2015. Matthew is a lovely young boy who is full of energy and laughter; his diagnosis of Down Syndrome does anything but hold him back. Matthew joined us at PARDS with goals of improving his speech and communication, gaining empathy, focusing on tasks and becoming more comfortable interacting with peers. In addition to his therapeutic goals he is also working hard towards his goal of riding independently.

Matthew rides in a group lesson every week. The lesson begins with grooming and tacking up his horse with the help of his volunteer, Hunter. Tasks are broken down into small, sequenced steps that allow for repetition and focus. In the riding portion of the lesson they are working on skills such as walk halt transitions, turning using open rein and direct rein, all while keeping focus and remembering to navigate the arena and, of course, having fun.

While grooming his horse, emphasis is put on the responsibility of getting the horse ready to ride as well as empathy towards the horse and other people. Horses are large but gentle animals and like humans enjoy time spent with others and need to be treated with kindness and compassion. Matthew has come to enjoy this time and looks forward to seeing his horse and making him shiny each week, although he says he wants to ride every other horse he passes in the barn.

Matthew likes an element of competition and learns very well through games. During his lessons we use different games with specific goal settings such as Pony Picnic. This is a game easily broken down into steps where the rider must focus and ride their horse to each "pony" and bring them back to the barn for their picnic. Focusing on where the pony is makes it natural for Matthew to look directly where he needs to go, which is one of his goals. Over the past 3 sessions Matthew's focus during the lessons has improved greatly. Matthew, with short, direct instructions from his instructor and the support of his volunteer is able to complete all basic riding skills and is working tirelessly toward his long term goal of riding independently.

Over the time Matthew has spent with us we have seen his communications skills improve greatly. Everything he says is important. While getting ready to mount and dismount it isn't uncommon to hear him telling stories to his instructor and volunteer. Time is always taken to listen and help him slow down and form full words and sentences. During lessons Matthew is learning more about listening skills as well, learning that it is important to hear instructions. His horse partner knows and listens to basic voice commands and we say his horse needs to listen and hear instructions from him. Matthew enjoys this and uses voice commands regularly.

We look forward to continuing to work with Matthew as he grows and continues through life's challenges with his "favourite" horse at his side.



Sarah Gunter, PARDS Instructor



~ New Facility Update ~

As we get closer to our move date we are pleased to bring with us a new board. PARDS AGM was held on April 24th where the election of board members for the 2017 - 2018 term was held. We would like to welcome both new and returning members. We look forward to working together with them and are eager to see the new ideas and support they bring us.

Chairperson - Christina Balcom

Past Chairperson - Ray Binks

Vice Chairperson - Tyla Savard

Secretary - Adrea Simmons

Treasurer - Ian Puckett

Board Members - Jim Rawlek

Todd Perks

Shane Anderson

Tanya Daily

To view PARDS Annual Report go to the PARDS website at www.pards.ca

A HUGE THANK-YOU TO ALL OF OUR PROJECT PARTNERS!



Tom Brown 1000 Mile Ride



**Rotary Club
of Grande
Prairie**

**Ed & Terri Haberman
& Family**

Robert & Ruth Finch



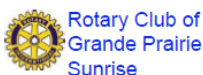
**SOUTHWEST
Design & Construction Ltd.**



Dean & Sheilah Swanberg

Bowes Family

Karen Blais



☞ 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 ☞

☞ Dulux Paint ☞ St. Gerard School -Leaders of the New World ☞ Hans Valen Painting & Décor ☞

☞ AccuPro Real Estate Appraisal & Consulting ☞ Bryan Tink & Family ☞ Roy Borstad ☞

☞ Charlie & Marilyn Cramer & Family ☞ Wade Mayer ☞ DTA Christmas Carollers ☞

~ Upcoming Events ~

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!!



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!

PARDS SUMMER CAMPS

Youth Day Camp

Week 1 July 17 - 21

Week 2 July 24 - 28

Week 3 July 31 - August 4

Week 4 August 14 - 18

Week 5 August 21 - 25

Adult Day Camp

August 28 - 31

Youth Skills Camp

August 8 - 11

Registrations now being accepted

Limited spaces

Forms available at www.pards.ca



BARTONS
Shoot for PARDS Stars

JULY 28, 2017
WAPITI SHOOTERS CLUB

SHOOT • BBQ • AUCTION • DINNER • RAFFLE

Tickets: \$125
Includes Shoot +
Steak Sandwich Dinner
Shooters must supply their own
gun and ammo.

Dinner Only: \$35

FOR MORE INFORMATION CONTACT
Helene at Bartons Big Country
(780) 539-5414
or
Jenn at PARDS
(780) 538-3211

11:00 AM - 1:00 PM
REGISTRATION

11:30 AM - 1:00 PM
BBQ LUNCH
BY DONATION

1:00 PM - 4:00 PM
SHOOT
72 TARGETS & 12 STATIONS

5:30 PM
DINNER

6:30 PM
AUCTION



All event proceeds go to the rescue and aiding for the disabled society.

~ Volunteer Spotlight ~

Marilyn Walker



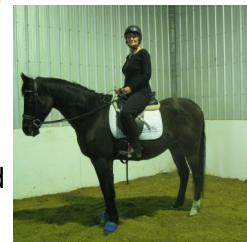
Marilyn is a well known and adored volunteer by riders and staff at PARDS. She comes in 2 days a week to lead or sidewalk in lessons as well as helps with grooming and tacking horses for lessons. Marilyn has built great relationships with many of her riders; often sharing stories and laughs with clients, or she visits the office chatting with staff in between lessons with a cup of tea.



Marilyn joined the PARDS volunteer team about 3 and a half years ago when she decided she wanted to learn more about horses and work with children in a happy and rewarding setting. Marilyn worked as a social worker for 18 years, before retiring. During her time as a social worker she helped many children in abusive and sad situations; volunteering at PARDS offered her the opportunity to work with children again, build relationships with clients and see the confidence and pure joy the horses and the PARDS programs offered them.

Marilyn has grown in many areas as a volunteer. She came to PARDS with little horse experience but a desire to learn. At first she was a little unsure, but said the help she received from the instructors helped her to gain confidence. She expressed how just spending time with the horses in the stalls grooming and tacking up with and without clients is therapy in itself.

Marilyn took her desire to learn about horses and the therapeutic program to the next level 2 years ago when she decided to register in the Therapeutic program as a rider. She has a diagnosis of arthritis and her worry of “old(er) bones”, she was nervous to start. Having built the confidence through volunteering, working with the horses and the staff, she jumped ‘on’ and said she was going to give lessons a try and became PARDS “senior” rider at 72. Since riding, she has had first hand experience how riding can be therapeutic on many levels. She shares how riding has helped to strengthen her muscles, which in turn has helped to stabilize and support her bones and joints. Riding has also increased her confidence and knowledge when working with the clients in her volunteer lessons.



Marilyn is a dependable and flexible volunteer, always willing to help out if there are cancellations when she can. Riders and staff look forward to the days she spends with us. The clients respond greatly to her kind and supporting nature. The odd day she can't make it in, the riders are first to ask where she is and when she will be back. She has developed amazing relationships with the clients and is a big part of their positive experience at PARDS.



Marilyn recently decided to move to Red Deer, Alberta to be closer to family. We all understand the need to be close to family, but we will be sad to see her go. Marilyn, all your family here at PARDS, the staff, clients and horses want to wish you the best in your move and new adventures. We will be missing you around here.

Thank you for all your time, effort and smiles over the years!

Sarah Gunter, PARDS Instructor

Just a few of the many riders Marilyn has been with over the years saying thank you during Volunteer Appreciation Week



~ Donor Spotlight ~

New Horizon Co-operative

You're at home here.



The New Horizon Co-operative Ltd. is a community minded, locally invested company celebrating their 80th anniversary this year. In 2016, they gave over \$125,000 back to local charities and PARDS is delighted to be one of their chosen charities!

New Horizon Co-operative Ltd. (Co-op) has been a long-time

supporter of PARDS therapeutic programs. They have donated a personalized cake to FUND Ride for almost 2 decades. They continue to support PARDS annual FUND Ride and Dine & Dance and for the last 2 years they have been a Great 'Neigh'bour partner business.



Co-op has helped through their own unique fundraisers like a BBQ for PARDS in 2012 and *Beef on a Bun* in 2013. They have chosen PARDS to benefit from their coin boxes in 2005, 2008, 2010, 2013 & 2016, and currently for the month of May, for our Riders! PARDS has been the charity chosen for the New Horizon Co-operative/Big Country 93.1FM Stompede Breakfast in 2012, 2014, 2015, 2016 and again in 2017. All these events over the years have raised over \$5000.00 for PARDS therapeutic programs! We would also like to thank them for their additional donation of 2500.00 towards programming.



In 2016, Co-op increased their sponsorship of PARDS FUND Ride and became the supper sponsor, supplying a super tasty steak sandwich supper with all the fixings for our event participants to enjoy! This year, Co-op has raised their support of the event and are the *Mane Event* sponsor at FUND Ride, as well as the Supper sponsor! They have added further support and will be the Supper Sponsor at PARDS newest fundraiser '*Barton's Shoot for PARDS Stars*' supplying a steak sandwich supper for all of our clay shooters to enjoy! Co-op is sponsoring a Raffle at Dine & Dance this year, making them PARDS very first **SUPER SPONSOR!**

Last year, Co-op entered a team into PARDS FUND Ride, collecting pledges for PARDS Riders and they had such a great time that they have entered again this year, with an even bigger team! Employees will tell you this and touring the new facility were their most memorable moment with PARDS. They found it interesting "*That you are the only full time, year round Therapeutic Riding Centre in Alberta*" and "*That you offer a Youth Leadership program for youth at risk, helping our youth become productive in the community.*"

Co-op continues to give to PARDS because "*We feel they are a great asset to the community & continually work hard to fundraise. We like that we are helping to give back to our community by supporting an organization that helps to provide a better quality of life for people living with disabilities.*" PARDS is very thankful for the many ways New Horizon Co-operative support our organization. Everyone is a delight to work with and we look forward to working with them for many years to come!

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 thru 14 of all abilities
(must be 6 as of January 1, 2017)



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

~ 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 John Deere RSXi860 Gator

2nd Prize \$1000 Cash

3rd Prize \$500 Cash

Tickets can be purchased at:

Prairie Coast Equipment
Keddies Tack & Western Wear
Lefty's Café
Global Pet Foods

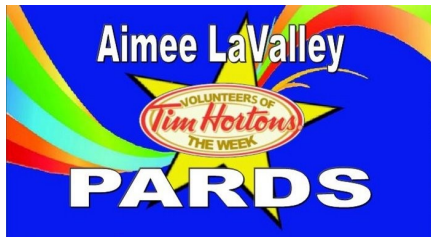
Barton's Big Country
Al's News
J. Adams Autobody
The Muffler Man
Wapiti Shooters

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

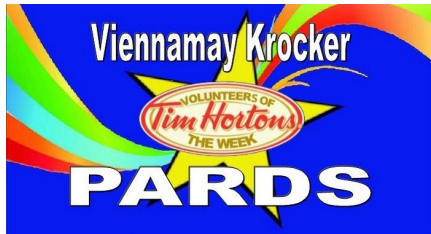
~ Our Fabulous Volunteers ~



Aimee has been volunteering with us since the beginning of the year, a truly reliable volunteer. She is at the barn one evening per week getting horses ready for lessons, assisting with mounting, leading in lessons and cleans the barn at the end of the night. Aimee is a hardworking volunteer that ensures the barn is clean and ready for our busy mornings. Thank you Aimee for all your help!



Karoline spends two mornings each week helping in the barn preparing the horses for lessons by grooming, saddling and warming them up, walking and stretching their legs in the arena. She also leads and sidewalks in lessons ensuring the safety of the riders. Karoline is eager to help out in any way she can. She is also interested in obtaining her CanTRA instructor certification!



Vienna comes to PARDS one afternoon each week and helps with the afternoon rush. Catching and turning out horses, grooming and getting them ready for lessons, sweeping and cleaning stalls and leads or sidewalks in lessons when needed. Thanks for being a reliable volunteer always prepared with your rubber boots on to concur the muddy spring weather!

~ 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)

Part time available and appreciated

Please contact the PARDS office to sign up

~ Our Equine Partners ~

FINALE

Finale is a Buckskin Welsh Cross mare, and she stands at 14.2HH. Finale was born in 1999.

Finale was donated to PARDS by Maryann Isaacson and has been in the PARDS Therapeutic Riding Program since 2010.

This little show pony spent many years competing in the show jumping ring at Spruce Meadows before starting life as a therapeutic riding horse.

You may see some of our youngest riders taking a lesson on Finale. Clients who experience challenges with expressive language may find that her movement encourages deep breathing, correct posture and trunk, neck and jaw control, all of which are needed for speech.



~ Just Horsin' Around ~



Q:
Where do horses shop?

See below for answer

Horse Sounds

Horses use a range of different vocalizations to communicate. Whinnying and neighing sounds are elicited when horses meet or leave each other. Stallions (adult intact male horses) perform loud roars as mating calls, and all horses will use snorts to alert others of potential danger. Mares (adult female horses) use deep smooth sounds, whickering, when they are nursing a foal (infant horse).

Old 'Neigh' vy