# News From the "Neigh" bourhood



#### **July**

July 3 - 14 Partnering with Camp Tamarack

July 17 - 24

Week 1 Summer Camp

July 24 - 28

Week 2 Summer Camp

July 28

Barton's Shoot for PARDS Stars

#### **August**

July 31 - August 4 Week 3 Summer Camp

August 7

Daftes to Remembe

Heritage Day - Office closed

August 8 - 11

Skills Camp

Week 4 Summer Camp

August 21 - 25

August 14 - 18

Week 5 Summer Camp

August 28 - 31

Adult Summer Camp

#### September

September 11
Therapeutic Lessons begin
September
Youth Leadership begins

September 16 Public Lessons begin

#### **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



www.pards.ca









We are very excited to announce that PARDS has partnered with Barton's Big Country for PARDS very 1<sup>st</sup> clay shoot fundraiser!

Teams can be up to 5 shooters and all skill levels are welcome. However, teams require 1 person with PAL for every 1 person without PAL, as they will need to be directly supervised by a person with PAL when they are in procession of a firearm. If you would like to attend, please complete the registration form for Barton's Shoot for PARDS Stars which is available at Barton's or at <a href="https://www.pards.ca">www.pards.ca</a> under events.

If paying by cash, cheque or debit, registration forms are to be dropped off at Barton's.

**If paying by credit card** please email registration forms to <u>community@pards.ca</u> and you will be contacted via phone for payment.

A team is not considered registered until payment is processed.

If you have any further questions, please contact Helene, at Barton's at 780-539-5414 or Jenn Ash at 780-897-6341.

# ~ Rider Spotlight ~

## Marilyn Walker



Marilyn has been riding at PARDS for 2 years. She began at PARDS volunteering and saw the benefits of Therapeutic riding while helping in lessons. Marilyn is a senior who has been diagnosed with arthritis. For Marilyn, riding relaxes her muscles and loosens up her hip joints which reduces pain. Riding as well, increases her core strength and builds muscle tone especially in her legs.

The horse Marilyn rides also has arthritis and together through exercise, Marilyn and Windsor work to lessen joint stiffness and have built a comradery and bond. Inactivity and idleness tends to increase pain and stiffness for Marilyn; so as well as lessons, Marilyn has been volunteering as a leader in lessons to be more active.

In Marilyn's lesson we begin with

stretches at the walk, followed by work posting at a trot which benefits in strengthening legs, hips, back as well as increases posture and balance. Marilyn is an intermediate rider and has had lessons both in groups and privately.

Marilyn is a quick learner and her progression has been amazing. She is very concise and asks questions for better understanding to improve her horsemanship. Marilyn was hesitant when first beginning to ride as she was concerned about falling. In her first year she was hesitant to trot, but by the end of the first session she learned how to be in control of her horse and gained confidence in her abilities and began trotting. One day perhaps she may even canter.

She has developed finesse of hand and posture, learning about the subtleties of rein pressure and learning to use her legs to bend the horse

correctly in turns.



Equine Canada judges. Marilyn and Molson competed in April and placed 3rd in the Coast to Coat dressage competition.

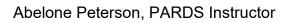
When you receive your marks form the judges you are given comments on your strengths and areas to develop further. Marilyn just recently competed again and we eagerly await the results.

Marilyn has set a new goal not in

riding but in a new life journey and will be moving South to be closer to family. We thank her for her dedication to volunteering and her lessons here at PARDS and wish her all the best.







# ~ New Facility Update ~

Thank you to all the volunteers who have come out these past few weeks to help bring things together in our move to PARDS new facility. A lot of hard work has been happening to get stalls ready, water to the paddocks and sand in the arena. The horses have settled in nicely to their new home and Summer Camps begin at the new site in July and everyone is so excited. Thank you to all our Sponsors, Donors

and volunteers for making this all happen!







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























Dean & Sheilah Swanberg











Tom Brown 1000 Mile Ride

















OB





















- Glen's Graders ⊗ McLeod Family ଔ Sanjel Corp. Staff Fund ⊗ 1266823 AB Inc. ଔ
  - Diamond J Equine Services Ltd. Sheepo Fencing Roy Bickell
- න Dulux Paint 🗷 St. Gerard School -Leaders of the New World 🔊 Hans Valen Painting & Décor 🔊
- ওে AccuPro Real Estate Appraisal & Consulting ১৩ Bryan Tink & Family ১৩ Roy Borstad ও
  - න Charlie & Marilyn Cramer & Family හ Wade Mayer හ DTA Christmas Carollers හ



## **PARDS SUMMER CAMPS**

# **Youth Day Camp**

Week 1 July 17 - 21

Week 2 July 24 - 28

Week 3 July 31 - August 4

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# **Adult Day Camp**

August 28 - 31

## **Youth Skills Camp**

August 8 - 11

Registrations now being accepted Limited spaces

Forms available at www.pards.ca

# ~ Volunteer Opportunities ~



#### **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

# ~ Volunteer Spotlight ~

### Kasandra Hudson



Kasandra has been volunteering at PARDS since 2014. She brings a wealth of knowledge with her from B.C. where she lived and volunteered at Maple Ridge Therapeutic Equestrian Centre.

Volunteering gives Kasandra something meaningful to do while getting out of the house to meet new people and spend time with horses. "Everyone is so friendly at PARDS. I like the physical aspect of keeping the stables tidy and I can be a horse addict" says Kasandra. Another interest of Kasandra's is art. She enjoys drawing, painting and sculpting and is a member of the Centre for creative Arts here in Grande Prairie.

Kasandra learned great horsemanship skills at Hastings Park Racetrack where she worked for some highly regarded horsemen and brings a high level of dedication and work ethic to her volunteer work here at PARDS.

She remembers a therapeutic rider from Maple Ride that inspired her to look for a therapeutic centre when she moved here to Grande Prairie. "I remember a sad little girl who was non-verbal but whenever she was on a horse, she would come alive, she would smile and have great attention for her lesson and instructor.

Kasandra has worn all the boots at PARDS and we all value and appreciate her highly. She has taught lessons when we needed a substitute in therapeutic and public lessons. She feeds, grooms, tacks, keeps the barn clean, can bandage and even catch loose horses! Kasandra is willing to help with whatever is needed and always with a meticulous effort to details.



Kasandra is dependable and comes regularly and is honest that she comes first for the horses and secondly for the riders which makes her a terrific fit in the barn. She enjoys the appreciation she gets from riders, instructors, staff and other volunteers.

Kasandra shared one of the highlights in volunteering is seeing the long term improvement and joy in the therapeutic riders she has gotten to know.



PARDS helps Kasandra be active doing something constructive, be in the moment, develop focus, lessen anxiety and help her with social skills and make friends.

We appreciate having Kasandra on our team and thank her for all she does.

PARDS Instructor, Abelone Petterson



Northern Mat & Bridge (NMB) is Canada's largest temporary access solution company providing safe, environmentally friendly, cost-effective solutions for any industry with operations from British Columbia to Newfoundland. They are locally based, with their head office here in Grande Prairie and are very invested in the communities they serve; donating the use of mats to organizations. You will regularly see mats with their signature pink corners at events around town such as Peace Draft Horse Club for their Northern Spirit Light Show and the Grande Prairie Stompede. Four years ago, the local branch began hosting a clay shoot fundraiser to benefit local charities which has become a huge success seeing over 180 shooters annually and raising over \$400,000 to date for United Way, Kev's Kids, Grande Prairie Regional Hospital Foundation, Red Cross Fort McMurray Fire Relief and new this year...PARDS!

The NMB event team, led by Justin Nelson & Tannis Dobson put many hours into planning the charity shoot, which always has a fun and creative atmosphere from their "Shoot & Shuck" to "Pigeons & Perogies" themes. This year's "Pull'd Pork" Charity Shoot saw 130 shooters, a great burger lunch, beyond delicious pig roast supper, complete with cornbread & desert, exciting raffles & auctions, a unique comedy show and lots of good times!

Tannis has always been interested in PARDS programs and through a community awareness event in June 2016 both Tannis & Justin learned a lot more about PARDS programs and rider stories leading NMB to choose PARDS as a shoot beneficiary. NMB loves that PARDS is a local charity helping kids and the disabled, as well as what PARDS represents as a whole, "support to reach your goals & inclusiveness where everyone is welcome". They will tell you the most interesting thing they have learned about the organization are the rider's stories and the amazing things the New Facility will do for the community.

NMB are extremely excited to be part of the New Facility and what it represents by sponsoring a pasture. So when you come out to visit the beautiful new facility make sure you stop by the Northern Mat & Bridge Pasture to say Hi to our hard working equine staff!

Justin & Tannis will tell you their most memorable moment working with PARDS are the clients and working with staff at the Pull'd Pork Shoot. They wish more people within the community had awareness of PARDS programs and the benefits our riders see in their lives. We had a delightful time working with them as well and look forward to many awareness creating adventures with them in the future!





This April, 12 PARDS riders competed with others from across Canada in the Para-Equestrian Video Competition. Riders are judged, evaluated and given positive feedback on their skills and areas for further growth. We are so proud of our riders for taking on this exciting challenge!

#### **About Para-Equestrian Sport**

For individuals with a disability, Para-Equestrian Sport can provide riders with goals, improve or restore self-confidence and feelings of satisfaction as a result of acquiring the ability to work in partnership with their horse to achieve success. It can provide a sense of empowerment and the ability to acquire the knowledge, skills and enables riders, competing alongside their peers, to progress to high-level competitions such as the Paralympic Games or the World Equestrian Games. Challenges can be overcome and the experience is often rewarding. At the grassroots level, Para-Equestrian sport includes all equestrian disciplines practiced by individuals with a disability, which can range from western pleasure to jumping, to games. Para-Equestrian riders are judged on their riding skills and not their level of disability.

#### What are video competitions?

Video competitions provide riders of all levels and abilities with the opportunity to experience competition conditions in the comfort of their home stable and on a familiar horse. Riders are judged by Para-Equestrian judges against other similar riders across Canada.

Video competitions encourage riders to develop effective riding skills and provide riders with the opportunity to compete in a progressive and structured environment. Video competitions are a fantastic way to ensure that all riders across Canada, no matter how isolated, have the chance to compete. Competition is an integral part of athlete development and provides riders with new goals as well as a sense of empowerment and accomplishment.

To participate, riders simply have themselves recorded performing a specific test and upload it to the secure Equestrian Canada server, along with an online registration form and the appropriate entry fees.

Classlist	Place	Name	Coach	Rider_centre
C2	1 <sup>st</sup>	Kamryn Bond	Robyn Boudreau	PARDS
C3	3 <sup>rd</sup>	Rochelle Driver	Robyn Boudreau	PARDS
C3	2 <sup>nd</sup>	Nicole Wasylchew	Anna Killitsen	PARDS
C3	1 <sup>st</sup>	Dakota Lynch	Abelone Peterson	PARDS
C9	68 %	Janelle Tucker	Sarah Gunter	PARDS
	2 <sup>nd</sup>			
C9	75%	Zayda Charles	Sarah Gunter	PARDS
C9	62%	Leah Post	Sarah Gunter	PARDS
	3 <sup>rd</sup>			
C9	69%	Marilyn Walker	Abelone Peterson	PARDS
C9	67%	Abbygaelle Breuls De Tiecken	Sarah Gunter	PARDS
C9	1 <sup>st</sup> 77%	Zachary Bienert	Robyn Boudreau	PARDS
C9	60%	Andrew Bienert	Robyn Boudreau	PARDS
	1 <sup>st</sup>			
C13	66%	Michelle Sandvold	Anna Kittilsen	PARDS

# 32<sup>nd</sup> Annual Fund Ride & Community Carnival

"Mane" Event Sponsor

You're at home here.



Horseshoe Sponsors







Great 'Neigh' bour







Hoofbeats & Heartprints













# ≈ 32nd Annual FUND Ride & Community Carnival ~

Fun was had by all at this year's FUND Ride & Community Carnival, making the event in itself a success! A huge thank you to the participants, Sponsors, Donors and volunteers who, with their help, raised over \$50.000.00. With these funds PARDS is able to keep Therapeutic programs accessible and affordable to all Peace Area residents living with disabilities through program subsidies.

# 32<sup>nd</sup> Annual Fund Ride Sponsors

**Carnival** Aquatera

Pony Rides UFA - Fentie's Petroleum

Pony Cart Rides Field Engineering & Associates ltd.

FUND Ride Supper New Horizon Cooperatives

Glitter Tattoos Nancy Ingram

Carnival Prizes GP Promotional Products Ltd.

Signage Prairie Signs (2000) Ltd.

Medic Superior Fire Control Ltd.

Breakfast & Lunch Grande Prairie Rotary Club BBO Crew

Friday Lunch The Butcher Shop

Beverage Northern Bottling Ltd.

# 32<sup>nd</sup> Annual Fund Ride Donors

Alberta Recreation Giant Tiger Rentco

Alberta Wildfire Horse Trekking Adventures Rick Parsons

ATCO In the Zone Party Rentals Safeway North

Boston Pizza Westend James Holton Safeway South

Carolyne McBride Jennifer Wolf Secure Energy Services

CIKT Q99 Jim Rawlek Sticky's Candy

Countryside Motor Sports London Drugs Street Performer's Festival

Crime Prevention No Frills Sue Wasylchew

Devon Tretiak Northern Bottling Ltd TeePee Creek Hauling

Dino's Potable Water Peace Country Amateur Peace The Home Depot

Domino's Pizza Radio Club The Pita Pit

Elite Vac & Steam Peace Draft Horse Club UFA Farm Store

Evergreen Park Peace Fuel Distributors (2012) Vector Communications

Expert Mobile Peavey Mart Willy's Trucking Services

Fraction Energy Services Reach 96.3FM Wizard's Touch Countertops

# ~ 32nd Annual FUND Ride & Community Carnival ~

PARDS 32st Annual FUND Ride was a huge success, as fun was had by all!
We couldn't have done it without the amazing volunteers who gave hours of their time.
We thank you!



Thank you to the ROTARY CLUB of Grande Prairie Barbeque Crew for providing an amazing pancake breakfast and BBQ lunch

#### **TRAIL SETUP**

Mort Timanson– Captain Darrell Sweetman Gordon Frentz

#### TRAIL CHECKPOINTS

Rick Parsons-Captain

Ian Brian Nock
Mike Cassidy
Dennis Bancessco
John Gilge
Lee Johnson
Heinz Schar

All above are members of the Peace Country Amateur Radio Club

Ashley Heft Shane Anderson Ian Puckett Tanya Warner

#### **PONY RIDE**

Robyn Boudreau— Captain
Carol Balcome
Doug Balcome
Rhonda Schneider
Justeen Schneider
Ernie Pigeau
Judy Moynihan
Jaiden Russell-Sperling
Louis Ducsharm
Barb Wald
Della Morrison
Roxy Landry
Laurie Prichuck - cart
Sarah Gunter
Abelone Peterson

# PEACE DRAFT HORSE CLUB

Lance Wilson

**Tiara Chambers** 

Dayton Fenton

# VOLUNTEER BBQ & FUND RIDE DINNER

Sue Wasylchew– Captain Willie's Trucking BBQ Crew: Shirley McDonald Dawn Miller Laurie Watters Shirley Kyle Kelly Wilson Carolyne McBride

#### **REGISTRATION**

Lorri Predy

Gayle Mayer- Captain
Carolyne McBride
Lorri Predy
Dave Perks
Nancy Ingram
Kelly Wilson
Jan Sharp
Don Sharp
Jodi Peebles
Scarlett Peebles
Mayis Bretkreutz

# SITE PLANNING SETUP & TEARDOWN

Jenn Douglas- Captain
Jim Rawlek - Captain
Dave Westwell
Jenn Ash
Tyler Boudreau
James Holton
Barb Wald
Robyn Boudreau
Rick Parsons
Jennifer Wolf
Gayle Mayer
Josh Dyck
Katie Mayer
Robert Noskey

#### **MEDIC**

Connie Steigenberger

TICKET SALES Doug Edey Glenn Mayer

Anevay Fraser

#### **CARNIVAL**

Jennifer Wolf – Captain
James Holton – Captain
Dave Westwell
Josh Dyck
Wade Mayer
Madison Holton
Abby Renner
Sharon Wilson
Len Nordlund
Janet Enfield
Chris Giraldi
Russ Giraldi
Emma Costley
Shelby Douglas

Brandy Boudreau
Tyler Boudreau
Lindsey McNeil
Chris Moore
Nancy Ingram
Katie Mayer
Sally Perkins
Robyn Wells
Presley Wells
Dave Perks
Camryn Timmins
Lyne Hallman
Annabelle Hallman
Cathy McKay
Taylor Langlois

Raven Lynch
Erin Post
Kelly Wilson
Anne McLeod
Christie Woodward
Linda Beinert
Ken Beinert
Rose Sandvold
Ed Sandvold
Don Sharp
Jan Sharp
Ryan Trofanenko
Josia Selzler

# **2nd Grande Prairie Pathfinders**Adrea Simmons

Carolyn Schmid
Cindy O'Flaherty
Debbie Stadelmann
Courtney Stadelmann
Samantha Labrecque
Ashley Brown

# PARDS RIDER'S Donna Hatton Kevin Simon Michael Knox

**Todd Perks** 

Shannon Shomady
Rowan McKay-Listman
Erik McKay-Listman
Leah Post
Bailey Beinert
Zachary Beinert
Andrew Beinert
Kolby Braseth
Amanda Fisher
Michelle Sandvold
Lynnae Trofanenko
Lyndon Knox
Brittney Neudorf

#### **FUND RIDE COMMITTEE MEMBERS**

Jim Rawlek Dave Westwell James Holton Rick Parsons Mort Timanson Sue Wasylchew Marge Elliott Shirley Kyle Carolyne McBride Nichol Buchaski Shane Anderson Robyn Boudreau Jenn Ash Gayl Mayer Jenn Douglas Jennifer Wolf

# ~ Our Equine Partners ~

## Risley



Risley is a Bay Quarter Horse X Morgan Gelding, and he stands a sturdy 14.1HH. Risley was born in 2000.

Risley started service in 2013, and he is sponsored by Risley Equipment.

Before he started at PARDS, Risley spent many summers trail riding in the mountains. In his early years he was used as a lesson pony.

A young rider with Congenital Dislocation of the hip may benefit from riding Risley; his broad back puts the rider in a riding position with their legs far apart, which reproduces the wide leg position of the brace. The gentle rocking motion of his walk can help strengthen muscles which stabilize the joint.



# ~ Just Horsin' Around ~



## Q: Which side of a horse has the most hair?

See below for answer

## Can horses get sunburn?

Yes. Horses absolutely can get sunburn. They generally get it on their nose, and sometimes the lower legs, but only where they have white markings. The pink skin lacks melanin and is vulnerable (Grey horses have dark skin and are not particularly vulnerable.)

Just like in humans, repeated sunburn can increase the risk of skin cancer. Sunburn can be prevented with sunblock - there are special horse sun blocks available but a lot of people just use pediatric sunblock, which is cheaper.

If you would like to help our herd, donations of sunblock would be greatly appreciated.

