

# News From the "Neigh"bourhood

## November

Paying It Forward (GP) Foundation Presents

### The Fire & Ice Winterval

Hosted by Friesen Bain Chartered Professional Accountants

*Come sun or snow, join us for an afternoon of carnival games, food, hot chocolate and more!*

Sunday, December 10, 2017  
At the new PARDS Facility located behind Evergreen Park  
[www.pards.ca](http://www.pards.ca)

Hours of Event: 2:00 - 6:00 pm  
All ages welcome  
Admission by Donation

For more information follow us on  

PARDS All proceeds supporting PARDS PARDS

Our 2017, 20th Annual Dine & Dance event  
"THIS IS OUR STORY" was a huge success!

Over 300 came out to enjoy an evening of fun, great food, dancing and a live and silent auction.

All proceeds from the event go directly to keeping PARDS programming accessible to over 300 riders in the Peace area living with all abilities.

Please turn the pages to see and thank along with us the many Sponsors, Donors and Volunteers who made this event possible!

THIS IS OUR STORY



PARDS  
THERAPEUTIC CENTRE

PARDS 20th Annual Dine & Dance

## ~ Dates to Remember ~

### December

December 4  
Session 2 Therapeutic Lessons begin

December 16  
Session 2 Public Lessons begin

December 22 - 31  
Christmas break  
Office Closed

### January

January 1 - 2 office closed

January 1 - 4 No Lessons

January 5 & 6  
Friday and Public Lessons resume

January 8  
All lessons resume

### February

February 17  
No Public Lessons

February 19  
Family Day - Office closed

February 19 - 22  
No Lessons

## ~ Stay In Touch ~

[www.pards.ca](http://www.pards.ca)



# "MANE" EVENT CO-SPONSORS



**SOUTHWEST**  
Design & Construction Ltd.

## HEARTS HOOVES & COURAGE

## WESTJET



**Horizon Hauling**  
"Looking Into the Future"

Horizon Hauling is excited to be a sponsor for the 20th Annual PARDS fundraiser. Your therapeutic centre is a fabulous program and a huge benefit for our community.

Lyons Production Services is locally Owned & Operated since 2003. Proud Community Supporter of PARDS.



Canadian Tire is proud to once again support PARDS Dine & Dance and hope that the evening is a great success for this wonderful organization.

## HORSESHOE



Grande Prairie, Peace River, Ft. St. John



Crown & Anchor Pub



Concrete

**INLAND**  
HEIDELBERGCEMENT Group



**ENTEGRYS**  
ENGINEERING

**ENTREC**



DEW-Line  
Enterprises



# GREAT "NEIGH" BOUR



**Bolin Family**

**KEDDIE'S**  
Feed • Ranch Supplies • Clothing • Saddlery

**Northern  
Mat & Bridge**



**Teepee Creek  
Stampede**



**Communication  
Connections**



**Lee's  
Sheet Metal**



**Scott & Tina  
Gaylard**

**KMSC  
Law** LLP

**Kathy Crough  
Catering**

**RING BOX**  
**JANINA'S**  
DIAMONDS and TIME



**CHAMPAGNE RECEPTION**

*Windsor Ford*

*Thank you to Crystal Catering  
for supplying glassware*

**SANGRIA**

**BROWNS SOCIALHOUSE**  
restaurant . bar . socialize

**PARTY IN A CART**



**MUSIC**



**DJ & ENTERTAINMENT  
SERVICES**  
**780-933-6936**  
DAWGHOUSEPRODUCTIONS@LIVE.CA

**MIDNIGHT LUNCH**



*Thank you to Sue Wasylichew and Shirley  
Barstad for preparing and serving the  
Midnight Lunch*



# 2017 DINE & DANCE DONORS

4 Paws Dog Grooming  
 Ab.SOLE.utely Reflexology  
 Aero Rental Services  
 Action Car & Truck Accessories  
 Adrea & Suzanne Simmons  
 Al's News  
 Alberta West Transportation  
 Amadora Massage Studio  
 Anderson Hearing Aid & Audiology  
 Service  
 Angela Almstrong  
 Arc resources  
 Assure Lock  
 Aurora Eye Care  
 Basic Hair Care  
 Barton's Big Country  
 Bear Creek Animal Hospital  
 Bear Creek Funeral Home  
 Better Than Fred's  
 Big Timber Archery & Hunting  
 Bliss Be Fit  
 Boston Pizza Westend  
 Brown's Socialhouse  
 Bowling Stones Ten Pin Entertainment  
 Centre  
 Bradvin Trailer  
 Brandt Tractor  
 Braeheid Gardens  
 Breezy Ranch  
 Beaut Oilfield Services  
 Calista's Career & Bridal Wear  
 Canadian Brewhouse  
 Carline Muffler  
 Centrewest Enviro  
 Chatter's Salon  
 Cheeky Chic  
 Cineplex  
 City of Grande Prairie  
 Countryside Motor Sports  
 Commandeur Mechanical  
 Controltech  
 Crosslink County Sportsplex  
 Culligan Water Conditioning of GP  
 Cute As A Bug's Ear  
 Daddio's Pizzeria  
 David Linton  
 Dawn Miller  
 Healing Elements  
 DNC Cleaning  
 Domino's Pizza  
 Don Golden Auto Body Ltd  
 Dune's Golf & Winter Club  
 Dunvegan Gardens (GP) Ltd.  
 Dressed to Dry  
 Edward's Factory Outlet  
 Expert Mobile  
 Encana Event Centre  
 Entrec Corporation  
 Ernie's Sports Experts  
 Expressions Home Décor  
 Fashionista  
 Famoso Neapolitan Pizzeria  
 Forbes & Friends  
 Fenton's Greenhouses  
 Fletcher Bootle  
 Giant Tiger

Global Pet Foods  
 Golden Guns & Tackle  
 GP Animal Hospital  
 GP Express  
 GP Lawn Doctor  
 Grande Prairie Airport  
 Grande Prairie Auto Group  
 Grande Prairie Coffee Co.  
 Grande Prairie Golf & Country Club  
 Grande Prairie Regional Hospital  
 Foundation  
 Grande Prairie Live Theatre  
 Grande Prairie Storm Hockey Club  
 Great Northern Casino  
 Grande Prairie Stompede  
 Grande Prairie Storm Hockey Club  
 Greenhawk Harness & Equestrian  
 Supplies  
 Inspectrum Testing Inc.  
 Investor's Group-Shaun Maldoon  
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 Josh Dyck  
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 Health Hut  
 Health Wellness Living  
 Helen Moore-Party Lite  
 Holly J Chrichton  
 Home Depot  
 Houses by Design  
 House of Spades Boutique  
 Lakeview Hotels & Resorts  
 Laurie Pichuck  
 Lava Flow Studio  
 Lead Wellsite  
 Leather Plus  
 Love Boutique  
 Lee's Sheet Metal  
 LSM Powdercoating Division  
 Jamie Oliver  
 Jim & Janice Watson  
 Kal Tire  
 KD Racing Stables  
 Kelly Rawlek  
 Kelly Sutherland  
 Kelsey Hesse-Arbonne  
 KG Design Hand Stamped Jewelry  
 Kimanski Gold Panning  
 Klassica Fashions  
 Marge Elliott  
 Marlin Travel  
 Matt Patershuk  
 Mavis Breikreutz  
 McDonald's  
 McGovern's RV & Marine  
 Mort Timanson  
 My Horse's ASSets  
 Nevada Bob's Golf  
 Nicole Boudreau-Origami Owl  
 Nitehawk Year Round Adventure Park  
 Norlan Chrysler  
 Northern Bottling Group  
 Northern Lights Metal Art

Nitrogen Technologies of Canada  
 Norwex Enviro Products  
 Paintings by Shirley  
 Paige Kerckaert  
 Pala's Vitamin Honey Farm Ltd.  
 Papa's Woodshop  
 Pat's Auto Supply  
 Peace Country Western Dance Club  
 Perkin's Family  
 Phillip J. Currie Dinosaur Museum  
 Pita Pit  
 Podollan Inn & Spa  
 Pomeroy Hotel & Conference  
 Centre  
 Primetime Hunting & Fishing  
 Pure Home Design  
 Quality Inn  
 Reach 96.3FM  
 Red Rock Urban BBQ  
 RONA Building Supplies  
 Resource Purchasing & Supply  
 Richard's No Frills  
 Richmond Dry Cleaners  
 Rick & Sue - "team 23"  
 Ricky's All Day Grill  
 Rio Grande Rodeo  
 Rhonda Schneider  
 Royal Spirits Wine & Ale  
 Ruskin Construction  
 Russel Glover  
 Safeway North  
 Safeway South  
 Sandvold Family  
 Santa's by Helene  
 Sarah Gunter  
 Save On Foods  
 Sawridge Inn & Conference Centre  
 Service Plus Inns & Suites  
 Shaun's meats  
 Silver Barn Fabs  
 Seven Generations Energy Ltd.  
 Sherry Drysdale  
 Smash & Sons Contracting Ltd.  
 Snap on Tools-Travis Gitzel  
 Strandz Styling  
 Stringham LLP  
 Suddenly Slender  
 Suncapsule Tan N' Fitness Center  
 Sundog Tours  
 The Den Pub & Eatery  
 The Gift Box  
 The Office Cleaners  
 Thirty One-Jessica Tinney  
 Tim Hortons-The Allard Group  
 Todd Lowen MLA  
 Tony Roma's  
 Touch of Wellness  
 Tractor Jacks  
 Troyer Ventures  
 Tu-Bees  
 Val Bundy  
 Vector Communications  
 Vintage Wine & Spirits  
 Wade Mayer  
 Wapiti Gravel Suppliers  
 Wayne Drysdale MLA  
 Warehouse One-The Jean Store  
 Western RV Country  
 Wizard's Touch Countertops  
 Younique-Lindsay Rivet

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*Thank you to all of our generous donors and sponsors for your continued support. We would like to extend a special thank you to the following individuals and businesses for your commitment in making PARDS 20th Annual Dine and Dance a huge success.*

- ~ Tom Pura for emceeing the event
- ~ Kathy Crough Catering & crew for the mouth watering meal
- ~ Dave Neale and his entourage for auctioneer services
- ~ Dawghouse Productions for donating the evening's DJ services

### *This Evening's Volunteers*

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- ~ Robyn Boudreau ~ Shelby Douglas ~ Adrea Simmons ~
- ~ Sarah Gunter ~ Tiara Chambers ~ McKayla VanNieuwkerk ~
- ~ Abalone Petersen ~ Jessica Anderson ~
- ~ Dine & Dance Committee Members ~

### *PARDS Dine & Dance Committee Members*

~~~~~

Jenn Ash, Carol Balcome, Nicole Boudreau, Nichol Buchaski, Jennifer Douglas, Tina Gaylard, Gayle Mayer, Kathy McNally, Jim Rawlek, Sue Wasylchew, Kelly Wilson and Jennifer Wolf  
Thank you for volunteering your time, ideas and expertise to make this evening a success!

...and a HUGE PARDS "Thank You!!" to you, our guests.

# Thank you!!!



# ~ Upcoming Events ~



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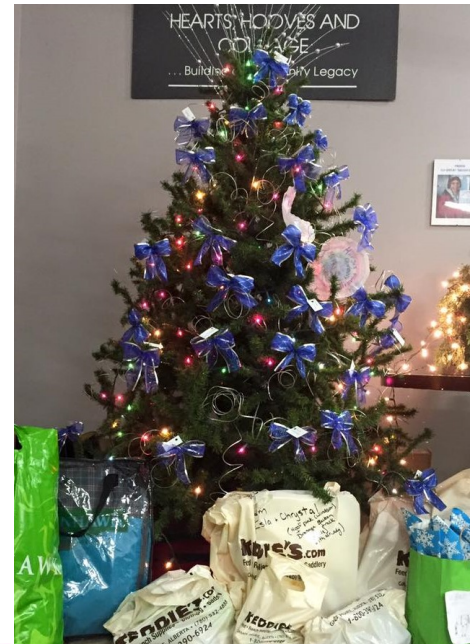
For more information follow us on  f

PARDS All proceeds supporting PARDS PARDS 

PARDS 'It Takes A Community' Christmas campaign will launch on Giving Tuesday, November 28, 2017 and run until the end of December. We will be decorating PARDS Christmas tree by recognizing all monetary or Gift in Kind donations made to PARDS therapeutic programs with a Blue Bow. We hope by December 24th our tree will be decorated very nicely!

As part of this campaign the hard working PARDS herd have written their letters to Santa asking for PARDS Wish list items that they would like for their riders and barn, such as new helmets & boots, as well as items for their therapeutic programs, such as lesson aids, new tack and vet supplies. You can see these letters and PARDS Wish list posted at any of the 4 participating stores; Keddies Tack & Western Wear, Greenhawk Equestrian & Harness Supplies, Peavey Mart and UFA or on PARDS Facebook where we will be adding 1 letter per day.

You may also make monetary donations via PayPal or Canadahelps on PARDS website; [www.pards.ca](http://www.pards.ca), by clicking donate on PARDS Facebook page; Peace Area Riding for the Disabled Society or by calling the PARDS office at (780)538-3211.





# ~ Rider Spotlight ~



## Janelle Tucker

Janelle is a bright enthusiastic 10 year old who has been riding with PARDS for 3 years. Janelle struggles with PTSD after experiencing not one, but two house fires. This effects her everyday life in the form of anxiety. She has always had a love for all animals, especially horses, so when her mom heard about PARDS offering therapeutic riding, she felt it was obviously worth trying.

Janelle participates in the weekly riding lessons where she has progressed to an independent walk trot rider who has successfully competed in 2 Coast to Coast Paradressage video competitions. In her lessons Janelle is learning how to be a capable rider, working on skills such as transitions, correct riding position and control of the horse through the use of natural aids.

Throughout her time at PARDS Janelle has ridden many of our awesome horses that have all taught her something new. This at first wasn't easy for her as change, even a change in her equine partner, could be a trigger for her anxiety. However, her love for all the horses helped her to create a bond and trust with each horse she rode and she has been able to see what each horse has to offer to help her become an all-round strong rider. However, out of all the horses, Janelle has the strongest bond with Finale; just hearing her name makes Janelle's eyes light up. She is her heart horse and Finale shows her mutual love, they are truly a cute pair!



Janelle describes PARDS as her "Happy Place". She loves riding, but she also just loves to be around the horses and anything involved with their care. There were many nights she would stay late to help clean the stalls or trek through the mud to take horses outside with staff. She is always willing to help no matter the task. She finds it calming and rewarding to be in this atmosphere, which is therapy in itself. She hopes to one day be able to teach riding lessons to children and to share her love of horses and the therapy they provide with others.

We look forward to continuing to work with Janelle on her equestrian and personal goals through her time with us at PARDS.

*Sarah Gunter, PARDS Instructor*

# ~ Volunteer Spotlight ~

## ~ 2017 Volunteer of the Year ~



### Carol Balcome

Each year, we take a moment to recognize the outstanding efforts of one of our precious volunteers. This year we are pleased to honour Carol Balcome as the recipient of PARDS 2017 Volunteer of the Year Award.

Carol has been helping us for many years in lessons, selling tickets for various fundraisers, sitting on the Dine & Dance committee, helping with Pony Rides at the Fund Ride and manning information booths.



She is engaged in all areas of our organization, celebrating our riders' accomplishments, welcoming new horses to the program and mourning along with us when we must say farewell to one of our amazing riders or one of our wonderful herd members. She always makes the riders feel welcome and as though seeing them is the best part of her day.



I feel confident in saying that there are few times that she doesn't have PARDS front of mind. If she sees an item she feels could be useful to us while out shopping, she always makes sure to share the information. If she is attending an event in the community, she always comes back with ideas, insights and recommendations about what went well and what we might want to incorporate into our fundraising plans.

Although we have recognized Carol in the past, the outstanding support she has continued to give to PARDS made it impossible not to choose to celebrate her contributions once more.

*Jennifer Douglas*, PARDS Executive Director



## ~ Community Champions ~



PARDS 'It Takes A Community' Christmas campaign is kicking off in style this year! This holiday season, we have 4 truly giving local companies partnering with us for the campaign; Greenhawk Harness & Equestrian Supplies, Keddie's Tack & Western Wear, Peavey Mart & UFA.

All four of these generous companies have set up delightful PARDS trees with Wish List ornaments to ensure our hard working herd doesn't get left out in the cold this holiday season. The herd has spent the chilly Northern Alberta days in the barn working hard on their Santa Letters and the wish list items at these stores are their most wanted items for Christmas. We invite you to become a Santa and make their Christmas wishes come true!

The ornaments include items to make their riders more comfortable, their volunteer's jobs easier and keep their tummies full with their favorite treats. That means the wish list includes required items for PARDS therapeutic programs such as the herd's favorite alfalfa/timothy hay cubes, supplements to keep

them healthy and helmets to keep their riders safe right up to wish list items such as a heated water hose to make the barn staff's day a little easier. The ornaments vary in price from \$2 up, ensuring the campaign includes anyone who would like to participate this giving season. Once you have chosen the wish list ornament, you are then able to leave the item under the tree at the store or you can bring it down to PARDS and give it to the herd member. They love when their Santa's visit!

Keeping things festive, the stores each have their very own unique PARDS tree. You will find the PARDS 'Charlie Brown Christmas Tree' at Peavey Mart, a full sized angel topped tree in the entry at UFA's farm store, a 4' tree full of colorful mini bulbs at Greenhawk and a cute little tree with Charlie the Horse collecting donation items at Keddie's.

Over the years, all 4 of these businesses have shown a strong commitment to supporting our riders & herd members. Their continued support through the 'It Takes A Community' Christmas campaign is truly appreciated!

Please show your appreciation for the community commitment shown by these businesses by considering their goods and services when filing your shopping needs this holiday season.



# ~ Our Equine Partners ~



## Saphyre

Saphyre Blue McCue is a 17 year old large Pinto Pony. Her stout body makes her a very solid mount for any rider working on balance. She is leased to PARDS by PARDS instructor, Abalone Peterson. Saphyre is very friendly, gentle and easy to ride. She is trained for both English and Western disciplines. She has a healing spirit which is very calming for new riders. One of her eyes is blue and the other is brown. According to First Nations folklore and legend, horses with 2 different coloured eyes, like Saphyre, are marked as "Spirit" horses. Often the Spirit horse would be owned by the medicine man in the tribe.

Saphyre loved mountain climbing in B.C. where she always tried to scurry up to look over the valleys like a scout. She has been taken to many festivals where she was exposed to masses of people and loud noise levels. She has

always been willing to do whatever is asked of her. Saphyre has worked at a racetrack, cattle drives, Pinto horse shows, birthday parties, trail rides, western dressage and helped teach riding since she was 3 years old making her a well rounded Pony for PARDS programs.



~ Just Horsin' Around ~

## Interesting Fact!

It's important to know the resting pulse and respiration rate of your horse.

The normal respiratory rate for adult horses is eight to 12 breaths per minute. Newborn foals have respiratory rates that are 60 to 80 breaths per minute. Older foals have resting respiratory rates from 20 to 40 breaths per minute

The pulse rate of an adult horse at rest averages 30-40 beats per minute (bpm). A pulse rate of 50 or higher in an adult horse at rest may mean the horse is in physical distress. The average pulse rates for young horses are as follows: Foals (70-120 bpm), Yearlings (45-60 bpm), 2yr.

Knowing this about your horse can help when you feel something is not right with them.

