



**PARDS**  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

**April**

### PARDS Pub Night Fundraiser



April 21, 2018 6-9pm at The Crown & Anchor Pub  
Roast Beef & Fried Chicken Buffet Supper  
The evening includes Raffles, Silent Auction & Door Prizes  
Tickets \$25 each available by calling PARDS at (780)538-3211  
All Proceeds benefitting PARDS Riders!  
*"Let's Ride to Success, Together!"*



**JOHN DEERE TOOL BOX WITH  
TOOLS RAFFLE  
\$10**

**999 Tickets Draw Date: June 9th, 2018**  
**Lottery Licence # 489880**

## Dates to Remember

### April

April 21  
**Pub Night Fundraiser**  
Crown & Anchor

### May

May 19  
No Lessons  
May 21  
Victoria Day Office Closed  
May 19 - 25  
No Lessons

### June

June 9  
**FUND RIDE &  
COMMUNITY CARNIVAL**

## Stay In Touch

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



# Rider Spotlight

## Kathrine Shields



Kathrine has been riding at PARDS for just over two years. She is your typical twenty-two year old in many ways; she enjoys spending time with her friends and family, she enjoys going swimming, goes for motorcycle rides with her dad, she plays the piano and most of all she loves riding horses. So what is it that sets Kathrine apart from others her age? She has no vision. That's right, she is able to do all those seemingly normal activities and excels at them while not being able to see what's in the world around her! Having known Kathrine all her life (in addition to being her riding instructor, I am also her cousin!), I have seen she does not let her vision impairment slow her down. Being



blind since birth, she has developed and used her other senses to make up for it and she has and continues to accomplish some pretty amazing things. Kathrine can tell you the colour of her shirt and other clothing by being told what colour it is and then remembers the texture and its colour. It may be the texture or an applique, but what a phenomenal memory! She often comes from her room and announces that she dressed herself and asks "how do I look?"

When Kathrine is at PARDS she trusts her equine partner to be her eyes and legs for her but she is still the rider in charge. The arena is set up as a standardized riding ring used in most competitions. There are letters set at every corner and the center of each wall at set distances. Kathrine is able to gauge where she is by feeling the movement as her horse takes each step and then feels and counts how many steps her horse takes to get to each letter. Kathrine has a horse leader and sidewalker in her lesson as a safety precaution. Kathrine independently steers her horse around all four corners of our ring and can accurately stop her horse beside each letter knowing by memory exactly where she is. The horses best suited for Kathrine are ones



with even, consistent strides and a shorter, sturdy wide build to assist with her balance. This gives her a sense of comfort and she is able to trust her partner with every step. In her lessons we give Kathrine many verbal descriptive cues as to her surroundings and give directions spaced out to allow her time to process before needing to execute the movement such as a corner or a halt.

Being Kathrine's instructor and able to share some insight into just what goes into the lessons we provide has been very rewarding. As her cousin, to watch her *live* with blindness and see her accomplish so much and be willing to take on anything given to her, I am filled with even more pride. It amazes me that Kathrine can recognize the staff and volunteers here by just the sound of our voices. It tells me that the staff and volunteers truly are engaged with Kathrine. Kathrine is always so happy to be here and that attitude is contagious!

~Jessica Anderson, PARDS Instructor ~



PARDS was recently featured in an episode of Our Community through Accessible Media Inc. which highlighted the possibilities PARDS offers to riders like Kathrine. Kathrine was a part of this video. To view visit:

<http://www.ami.ca/category/our-community/.../accessible-riding>



# Community Champions

Servus Credit Union is Alberta's largest credit union and the 2<sup>nd</sup> largest in Canada. Servus is a member-owned, community-based financial institution with roots dating back to 1938. They are very proud of their "Differentiators" that separate them from the rest of the banking world



such as being member owned and sharing their profits with those member-owners. Last year, Servus paid out \$50,000,000 in dividends to 400,000 members across Alberta! Regional Business Manager, Dara Campbell explains, "People who use the Credit Union are the owners of the Credit Union & they benefit from the profits and reinvest them right back into the local community." Unlike banks which operate federally, Credit Unions operate provincially. This allows for a strong understanding of the local economy and the opportunities and challenges that arise. Servus Credit Union offers a 100% deposit guarantee on all transactions within their business regardless of value, which is not something you can get at other banking institutions.



Servus Credit Union has been supporting PARDS for many years through event sponsorships of the Dine & Dance as well as sponsoring PARDS horse 'Servus' in 2012. He made an amazing Youth Leadership partner and was regularly seen having fun with the youth as a painted pony in the program. He grew a tremendous bond with PARDS rider Aly who, at the end of a lesson, would be helped to walk back to her wheelchair by Servus. This was a miraculous thing to watch in the arena that always brought viewers to tears and is by far my favorite story to tell about Servus' time as a staff member here at PARDS. Servus offered so much to his many rider partners over the years but, due to the development of an environmental allergy, Servus was re-homed to a Therapeutic Riding program in the Northwest Territories where he is working with a little boy with Autism in both a youth leadership and therapeutic program.

Dara first learned of PARDS when she attended a Dine and Dance in 2005. She volunteered in programs and became so involved with how energized volunteers were and what PARDS stood for and provided the community with that when a Volunteer Coordinator position came available she jumped at the opportunity and was the successful applicant. She has since been at Servus for about a decade but she has never lost her enthusiasm for everything PARDS. She thinks PARDS Equine Assisted Therapeutic Programs are an integral service in the community and feels that the work we do aligns very well with Servus' commitment to supporting and strengthening communities. "By supporting PARDS we are helping our members in the community that require your programs." Dara is very supportive of the non-profits in our community saying "Servus enjoys being engaged and invested in local not for profits because they weave communities together making them healthy and strong."

What interests Dara most about PARDS is the expanded service offerings to the community. At a recent Donor Appreciation event she learned about PARDS Equicizer Pinocchio, the cart program and PARDS newest program, Little Pony Motricity. She is also fascinated that PARDS is the only full time, year round therapeutic riding center in Alberta and that Grande Prairie is lucky enough to have this service in the community. When asked what she wishes people knew most about PARDS, Dara says, "That anybody can help. You don't have to be able to help financially to help. If you have money great, if you don't you can volunteer your time and you don't need to be a horse person to do that either. If you don't have time you can refer people. The possibilities to help are endless."

~Jenn Ash, Community Engagement Coordinator~



PARDS is thrilled to announce we have partnered with  
**Shawn's Custom Meats**  
 for our very first BBQ Fundraiser!

If you are looking for high quality, delicious meats  
 for your grill this summer,  
 we have what your taste buds are looking for!

Orders can be placed until April 27<sup>th</sup>, 2018  
 then  
 pick up your order at Shawn's on May 7<sup>th</sup>, 2018  
 where we will have the BBQ going!  
 Shawn's is located at 9302 141 Ave  
 on the North side of Grande Prairie.  
 Order forms can be found on our website at:

<https://www.pards.ca/team/bbq-meat-fundraiser/>

Or to place an order call the PARDS office 780-538-3211



## Fundraiser Invoice

DATE:	
SOLD BY:	

Name:
Address:
Email:
Phone:

**SUPPORTING**



780-538-3211 www.pards.ca

\*Please provide email so we can send you a reminder to pick up at 9302 141 Ave on May 7th, 2018!

DESCRIPTION	Price	Order	Total
Hot and Sweet Pork Jerky - 225 Grams	\$12.00		
Teriyaki Pork Jerky - 225 Grams	\$12.00		
BBQ Pork Jerky - 225 Grams	\$12.00		
Regular Beef Jerky - 225 Grams	\$12.00		
Gluten Free Beef Jerky - 225 Grams	\$12.00		
Black Pepper Beef Jerky - 225 Grams	\$12.00		
Gluten Free Peppered Beef Jerky - 225 Grams	\$12.00		
BBQ Beef Jerky - 225 Grams	\$12.00		
Regular Ground Beef Jerky Sticks - 225 Grams	\$12.00		
Teriyaki Ground Beef Jerky Sticks - 225 Grams	\$12.00		
Pepperoni Sticks	\$6.00		
Honey Garlic Pepperoni Sticks	\$6.00		
Garlic Sausage Sticks	\$6.00		
Garlic Sausage Sticks With Cheese	\$6.00		

Orders due by April 27, 2018

**THANK YOU FOR YOUR  
SUPPORT!**

TOTAL

Please make cheques payable to: ☐ Cash ☐ Visa/MC (Call 780-538-3211)  
 PARDS ☐ Cheque ☐ E-Transfer

\*Please send e-transfers to volunteers@pards.ca Password: PARDS1984



## BBQ Fundraiser

DATE:	
SOLD BY:	

Name:
Address:
Email:
Phone:

**SUPPORTING**



780-538-3211 www.pards.ca

\*Please provide email so we can send you a reminder to pick up at 9302 141 Ave on May 7th, 2018!

DESCRIPTION	Price	Order	Total
4 oz All beef patties - 10 pound box (40 patties)	\$45.00		
6 oz All beef patties - 10 pound box (27 patties)	\$45.00		
4 oz Beef and pork patties - 10 pound box (40 patties)	\$45.00		
6 oz Beef and pork patties - 10 pound box (27 patties)	\$45.00		
Pork breakfast sausages - 5 pound box	\$20.00		
Pork sausage patties - 10 pound box (40 patties)	\$35.00		
Wieners - 5 pound box	\$25.00		
Regular smokies - 5 pound box	\$25.00		
Cheese smokies - 5 pound box	\$25.00		
Pork chops - 10 pound box	\$35.00		
Pork cutlets - 10 pound box	\$40.00		
Lean ground beef 10 x 1 pound packs	\$40.00		
Pork side ribs - 5 pound box	\$20.00		
Bacon - 5 pound box	\$30.00		

Orders due by April 27, 2018

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Please make cheques payable to: ☐ Cash ☐ Visa/MC (Call 780-538-3211)  
 PARDS ☐ Cheque ☐ E-Transfer

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# Volunteer Spotlight



Meet Ava, she is one of our youngest volunteers here at PARDS. After signing up for public riding lessons this fall, Ava and her mom, Amanda started volunteering in the barn for a couple hours a week before her lessons. This has been a fantastic way for Ava to learn more about the many responsibilities that come with caring for horses and to gain confidence in herself when encountering new situations. Ava and her mom enjoyed their weekend time so much that they began coming during the week as well, to help us after a busy day of therapeutic lessons by making sure our tack room is always clean and organized, all the saddles and bridals are put away in their place and that all our horse's grooming brushes are cleaned! This is no small task this time of year as all the horses are starting to lose their big fluffy winter coats! Ava and Amanda work together to help clean and prep our horse's stalls for the next morning with clean shavings and fresh hay. Amanda says, "Ava looks forward to coming to the barn and it has been fantastic being able to lend a hand alongside my daughter to help out at PARDS. Amanda said as well, "who would have thought this city girl (herself) would be in a barn shoveling poop!" (We think it might have something to do with seeing the smile on Ava's face each week!). It has been absolutely wonderful to have these two smiling faces in the barn and we sincerely thank this mother/daughter team for all their help!



~Jessica Anderson, PARDS Instructor ~



**PARDS** will be selling tickets at the Dream Home from **Thursday April 12 to Tuesday April 17** and receives an honorarium for our time. There are daytime and evening positions available. If you would like to help with ticket sales please contact Gayle at the PARDS office, 780-538-3211.

PARDS FUND Ride & Community Carnival is on June 9th, 2018. If you would like to be a part of the planning, the first meeting has been scheduled for **6pm, April 9<sup>th</sup>** at the PARDS facility (northeast of Evergreen Park). Please RSVP to Jenn Ash at [community@pards.ca](mailto:community@pards.ca) if you would like to be a part of this fun event!



We are always looking for volunteers to help in lessons. There is no experience necessary and we have day and evening spaces available. Please contact Jennifer Wolf at the PARDS office, 780-538-3211 or by email to [lessons@pards.ca](mailto:lessons@pards.ca) if you are interested in being a part of this fabulous opportunity!

# Our Equine Partners



## Angel

Angel is a 10 year old Paint mare that was donated to PARDS by a great friend of ours, Petra Shelton. Petra is a CanTRA Certified Instructor that bought Angel for her therapeutic and Equine Assisted learning program in High Prairie. She was working really well in her program, but sadly just didn't fit into the herd.

Angel arrived at the old PARDS in the spring of 2017 and moved with the rest of the herd in early June to the new facility. It took Angel a while to settle in here. Her previous home had a much smaller herd and didn't have as many people working with her. She slowly realized that everyone at PARDS was pretty nice and we knew she showed the potential to be a great asset to our herd.

Every horse that comes to PARDS goes into a trial period before they become a working herd member in the program. This is a minimum of 30 days but ultimately it is when we feel the horse is ready for our riders.

### What makes a good therapeutic lesson horse?

- Horses accepted into the PARDS program must be in good health and functionally sound at the walk, trot and canter. Horse's movement should create a 3 dimensional walk (up/down, back/front, side/side) desired for physical therapy (no gaited breeds).
- Horses should have a nice temperament, low flight response, good ground manners and be able to enjoy the attention of many people.
- Horses that are well schooled in either English or Western, experienced in 4H, Pony Club and the competitive riding disciplines are a huge asset.

In Angel's case she even had previous experience as a therapy horse!!

### Angel's and all the horses trial period includes .....

- Ground handling including grooming - which she loved! ..... *she actually scared me the first time working with her because she kept turning her butt to me ..... Then Petra stepped up and starting scratching her butt which was all she wanted!! Sorry Angel, not gonna happen here!*
- Mounting and dismounting suitability – Stairs, Ramp and Lift
- Riding in the arena and outside
- Lesson props – because we learn though play!
- Therapeutic supports with Leaders / sidewalkers
- And finally a trail lesson with instructors posed as students!

~ Robyn Boudreau CTRII, PARDS Senior Instructor ~





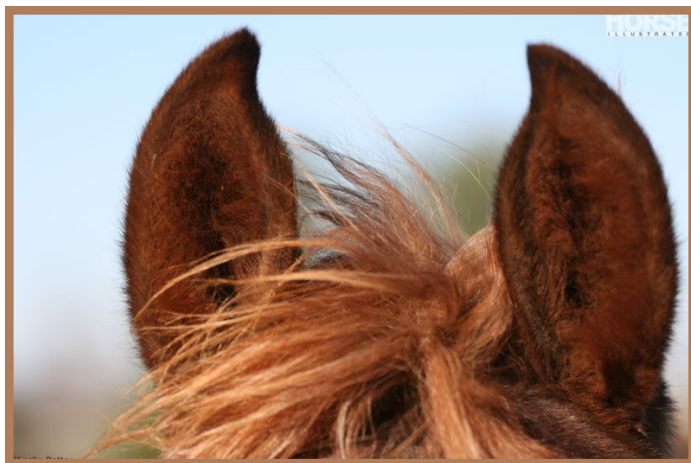
## Just Horsin' Around



With spring thaw around the corner!

## Interesting Horse Facts

Most of the time, wherever a horse's ear is pointing is where the horse is looking with the eye on the same side. If the ears are pointing in different directions, the horse is looking at two different things at the same time.



## Upcoming Events

**PARDS**  
THERAPEUTIC CENTRE

**33rd Annual FUND Ride**

**When:** June 9th, 2018  
**Where:** PARDS Facility

- ~ Short & Long Trails, All Ages Welcome!
- ~ Enjoy Gorgeous Scenery!
- ~ \$125 in Pledges Required to be Eligible for Prizes!
- ~ Pledge Packages available at Keddies, Greenhawk or by calling PARDS Office at (780)538-3211!

*Help us continue to provide high quality Therapeutic Programs to Peace Area Residents who need them!*

For more information please visit [www.pards.ca](http://www.pards.ca)

~ Pancake Breakfast ~ Trail Ride ~ Prizes ~ Appreciation Supper ~

**PARDS**  
THERAPEUTIC CENTRE

**Community Carnival**



**When:** June 9th, 2018 12pm-4pm  
**Where:** PARDS Facility

- ~ Over 20 Games including Bouncy Ball Mania & PARDS-EE!
- ~ Indoor Event!
- ~ Play Games to Win Prizes!
- ~ Pony Rides, Wagon Rides, Face Painting, Glitter Tattoos!

*Help us continue to provide high quality Therapeutic Programs to Peace Area Residents who need them!*

For more information please visit [www.pards.ca](http://www.pards.ca)

~ Food~ Games~ Prizes ~ Archery ~ Target Shooting ~ Pony Rides

# Summer Camps

**Come join us at Summer Camp!**

**Our** youth day camp is full of fun and friendship. It is also full of all kinds of learning and personal-discovery hidden within the games, activities and adventures. Almost all of PARDS' programs are incorporated into the day camps. It's a fantastic way to learn the basics of horse care, riding, horsemanship, cart driving and much more.

**Youth** day camp is open to children between the ages of 6 (as of January 1 of camp year) and 14, of all abilities. Campers spend each day practicing and learning the basics of horse care and horsemanship through activities, lessons and hands-on learning. Youth Leadership activities are also incorporated into the daily camp schedule along with group activities and crafts.

**Camps** run Monday to Friday 9:00 a.m. to 4:00 p.m. Drop off time is no earlier than 8:45 with pick up time no later than 4:30. PARDS summer camps provide an inclusive environment where children and youth of all abilities are encouraged and supported to identify and build on their own strengths as well as recognize and appreciate the strengths of others.

## SUMMER YOUTH CAMP DATES

**Week 1..... July 16 - 20**

**Week 2..... July 23 - 27**

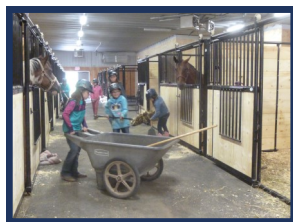
**Week 3..... July 30 - August 3**

**Week 4..... August 20 - 24**

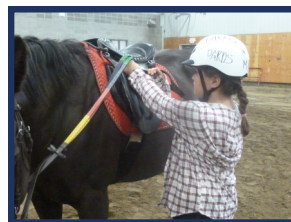
More information and registration forms can be found on our website  
at [www.pards.ca](http://www.pards.ca)



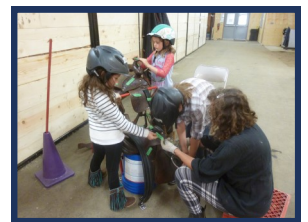
Horsemanship



Barn Maintenance



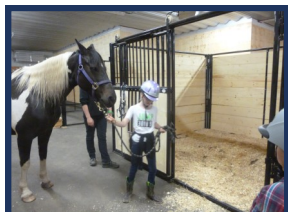
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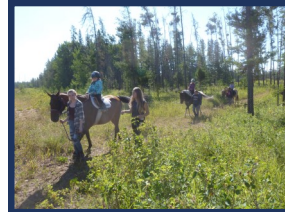
Learning Activities



Arts & Crafts



Horse Skills



Trail Rides



Grooming & Horse Care



# Summer Camps

## LITTLE PONY MOTRICITY DAY CAMP

**JULY 2 - 5**

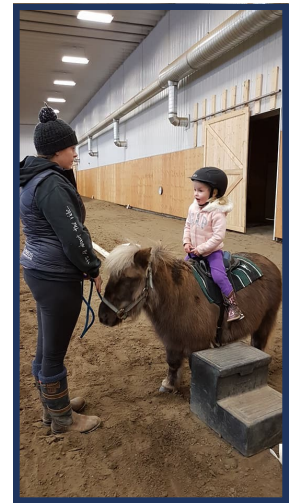
Little Pony Motricity was born into the PARDS programs in September of 2017 allowing another opportunity for therapy and learning. Offered to children 4 to 6 years of age, the program is designed to support growth and development in the following areas:

- ~ Self-confidence and independence ~
- ~ Fine and gross motor ability ~
- ~ Sequencing & problem solving skills ~
- ~ Verbal skills ~
- ~ Concentration and attention span ~
- ~ Understanding and application of instructions ~
- ~ Spatial awareness ~

Spaces are limited! Call now to reserve your spot!

\*\*\*Participants must

- ✓ be able to toilet themselves
- ✓ be independent from parents/ guardian for camp time of 2 hours.
- ✓ be a maximum height of 55 inches and 65 lbs



## ADULT SUMMER DAY CAMP

**AUGUST 7 - 10**

Adult Day Camp is 4 fun filled days of laughing and learning! Campers experience the social, recreational and physical benefits that result from a four-day immersion in PARDS' therapeutic programs. During their day at camp, participants will enjoy activities including riding lessons, cart driving lessons, stable management and crafts.

Campers do not have to be current PARDS therapeutic riders – the camp is open to community members from ages 15 to adult who have been diagnosed with a physical, behavioural, cognitive and/or social disability. Campers must provide their own support aide if required.

