



PARDS
THERAPEUTIC CENTRE

News From the
"Neigh"bourhood

March

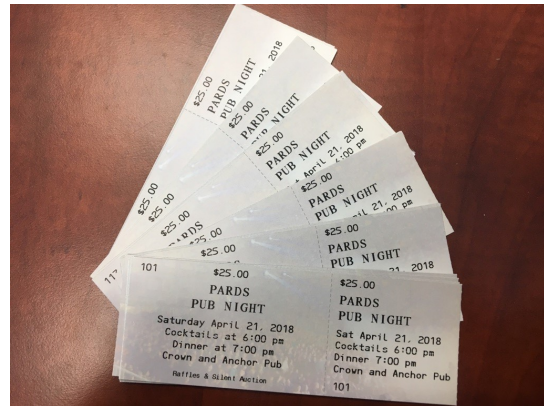
PARDS PUB NIGHT

Saturday, April 21

Dinner/Silent Auction/Raffles/Door Prizes

Tickets \$25.00

For more information see inside newsletter



Dates to Remember

March

March 5
Session 3 Therapeutic begins

March 17
Session 3 Public Lessons begin

March 30
Good Friday Office Closed

March 30/31
No Lessons

April

April 2 - 5
No lessons

April 21
Pub Night Fundraiser
Crown & Anchor

May

May 19
No Lessons

May 21
Victoria Day Office Closed

May 19 - 25
No Lessons

Stay In Touch

www.pards.ca



Rider Spotlight

Michelle Sandvold has been riding at PARDS for over 25 years, since she was just 9 years old! In addition to being a dedicated equestrian, Michelle has also earned the distinction of being the top fundraiser for our Annual Fund Ride. With the help of her mother Rose, each year Michelle sets a fundraising goal and together Michelle and Rose crush it! As top fundraiser, Michelle has won the registration fees for her riding lessons for the past 13 years!



Michelle began therapeutic lessons in the mounted riding program. She transitioned to the Cart Driving program about 2 years ago due to developments associated with her diagnosis of Cerebral Palsy which left her unable to balance evenly and safely on her horse. Her program then evolved to include time on Pinocchio, PARDS Equicizer horse (pictured left), to develop her core strength and improve her balance before transitioning into the Cart Driving program.

PARDS developed the Cart Driving program so riders like Michelle have program options outside of the mounted riding program to continue their Equine Assisted Therapy in a fun, engaging and new way.

In the Cart program, Michelle's instructor plans her lessons to include activities that help her increase her stability. These activities include lots of stretching and maneuvering and the cart seat supports her to be safe while sitting independently. She is learning the same techniques and skills that anyone riding a horse would learn like steering, stopping, turning and trotting. Trotting is one of Michelle's favourite things to do when she is driving. Michelle drives PARDS pony Cinnamon. Cinnamon is a little newer to the program and because she is still learning, can be a little nervous at times. Michelle is doing an amazing job to help Cinnamon relax every time she comes, which allows Cinnamon to do her job without any stress or worry.

Michelle participates in the ParaEquestrian Driving video competitions. She loves being a part of the competition world and hopes to win a couple, she says. After each competition the results and comments are reviewed and advice is given on areas to work on. These suggestions are incorporated into her PARDS lessons.



Michelle's long term goal is to rejoin the mounted riding program. To support her in this, her instructor has modified her program to alternate between cart driving lessons and lessons on Pinocchio. This strategy will maximize her strength and balance development, give her the feel of riding a horse, allow her to further improve her mounted riding skills and allow her to continue to develop a bond with Cinnamon.

When Michelle isn't at PARDS she is a very busy person. Michelle has recently transitioned to independent living and has enjoyed setting up her home. She can often be seen volunteering for PARDS with her Aide Debbie selling tickets at different events like Dream Home. Michelle does lots of other activities for enjoyment and to help her physical strength but says that swimming is her favourite. She is also currently taking a course to help her get her learners license which she is very excited about!

McKayla van Nieuwkerk, PARDS Instructor

PARDS Stars!!



PARDS was very fortunate to be approached by **AMI (Accessible Media Inc.)** to do a feature on our riders for their Our Community program. We were thrilled by the opportunity to share some of our rider's stories and very pleased with the results. Check out the link to meet a few of our truly amazing families! A warm and heartfelt thanks to Andrew Jones and his crew from Checkered Owl Media as well as Jim Krysko and everyone at AMI. And a great big PARDS "YeeHaw!" to our riders and their families for sharing their time and their stories.

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



Upcoming Events

Tickets for both are available through the PARDS office

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

Community Champions

Prairie Signs (2000) Ltd.

Dave Bury and his eleven fantastic Prairie Signs staff members are renowned for their creative, eye catching signage solutions customized to their customer's needs. Prairie Signs manufactures, delivers and installs signs including illuminated pylons, channel or plastic letters and decals. Prairie Signs is a member of the Alberta Sign Association, Alberta Chamber of Commerce and the International Sign Association. The business opened its doors in Grande Prairie in 1961 with Dave & his two partners purchasing the business in 1999. Dave became sole owner in 2005.

When asked, Dave doesn't remember the first time Prairie Signs donated to PARDS because Kirk & Mel were supporters of PARDS before he purchased the business, but he enthusiastically answered "definitely since 2000, so at least 17 years!" with a laugh. His first memory of PARDS is actually when Rob Haberman donated the 20 acres east of town that would become PARDS home back in 1993 because they donated the road signage, meaning they have been supporting PARDS Riders for at least a quarter of a century!

Along with the road signage at PARDS old facility, Prairie Signs has generously donated many of PARDS sponsor and safety signage for PARDS new home east of Evergreen Park. Dave has worked with PARDS FUND Ride committee volunteer, Caroline for many years and fondly calls her by name when remembering the donor signs he has made & donated for the event over the years. Last year he creatively made new signage for PARDS to recognize the sponsorship levels at all of our events. When PARDS orders a sign, Prairie Signs provides prompt service usually within 2 days. Dave's dedication to customer service at times goes above and beyond. On the Saturday morning of last year's FUND Ride, when the business was closed, he went in and learned to use a specific machine, creating a sponsorship sign to ensure that a last minute sponsor received proper recognition at the event. If that wasn't dedication enough, he knew how busy PARDS staff were with the event so he delivered it to our front door. Talk about donor commitment!

A conversation with Dave highlights the importance of Prairie Signs' involvement in the community. Supporting youth is a significant priority for them. "We support PARDS for the kids, PARDS is great for kids with special needs and overall a great organization to be part of", Dave says. He absolutely loves how happy riding makes the kids and says that is "the coolest thing in the world to me." He continues, "I wish more people in the community knew how much they do for kids and the happiness it creates in the community." Prairie Signs is also a major supporter of the Rainbow Society, in recognition of the tremendous support they provided for his family when his son passed away at age 7.

A visit to Prairie Signs is never a dull one. Dave is always teaching about the many different ways they make signs and he and his staff are always available to discuss needs and offer advice; they are a delight to work with. We truly are fortunate to have such a versatile signage donor here at PARDS and appreciate our long history with Prairie Signs and look forward to many more years of collaboration.



~Jenn Ash, Community Engagement Coordinator

Volunteer Spotlight



Kayla Euchner

Kayla is one of PARDS newest volunteers. Kayla believes volunteering is good for you and everyone should try it out! Kayla loves coming to PARDS to see the horses; her favourite horse so far is Molson, but shhhh don't tell the others! She loves being able to come to PARDS and give him a good brush and scratch. Kayla helps out in our therapeutic riding lessons as well as helping in the barn, grooming, tacking and cleaning and is always excited to come and help out any way she can. Kayla shared how her time here at PARDS is helping her turn her anxiety about being among large groups of people into excitement about new things, an unexpected benefit to be sure. Kayla is a part of our Volunteer Instructor program where our volunteers gain teaching experience by shadowing our instructors, learning and working toward the requirements of Instructor Certification through CanTRA

(Canadian Therapeutic Riding Association) and Equine Canada. Surprisingly, Kayla shared that she hasn't always wanted to pursue a career or even a hobby involving horses. "I actually just recently realized my passion for horses. I've always loved horses and all animals, really but never considered it a career path or that it could become such an important part of my life," she says. When Kayla isn't volunteering her time at PARDS she is a stay at home mom to her son. Kayla says eventually she would like to have her own horse to get her own personal experience.

~ McKayla van Nieuwkerk, PARDS Instructor



Come One, Come All!

PARDS (Peace Area Riding for the

Disabled Society) is looking for volunteers for our Therapeutic lessons and in the barn.

Volunteer opportunities include, leading (horse) and sidewalking (client support) as well as barn help. There is no experience necessary, as training will be provided.

We have daytime and evening availability. If you would like to help in this rewarding opportunity, please contact Jennifer Wolf in the PARDS office at 780-538-3211 or email lessons@pards.ca.



Upcoming Events

First Annual Grande Prairie Gold Mining Association Trade Show

March 24-25 2018 Grande Prairie Alberta

Where: The old PARDS Riding... Arena located at 8202-84 Avenue Grande Prairie Alberta

Cost general admission: Donation at door

This Event is in support of PARDS with proceeds from table rentals and Trommel draw being donated to PARDS

Grande Prairie Gold Mining Association is proud to announce the first annual Grande Prairie Gold Mining Association Trade Show! The event is two days packed full of gold mining equipment, both suppliers and vendors along with great outdoors inspired vendors as well. There will be talks in regards to prospecting in Alberta held throughout both days of the show. This event will be great for the beginner and vet alike. The speaker is well known author and prospector Doug Winkleman. A great family event as there will be indoor panning for all ages and a panning competition held in two groups, under 18 and over 18. Under 18 panning sign up will be \$5 and over 18 will be \$10. Panning competition sponsored by Kimanskis Gold Panning and Supplies. To register for the panning event please contact Kimberly at Kimanskis at (780)831-4131.



For more information on this event, go to the PARDS Facebook page.

Kimanskis Gold Panning and Supplies has generously donated a trommel to be drawn March 25, at the event. Tickets are available for \$20.00 each with all proceeds to PARDS. 250 tickets available.

To purchase tickets contact Kimberly at Kimanskis at (780)831-4131.

Rotary Club of Grande Prairie

Celebrating 25 Years.

Earlybird: 2018 GMC Terrain

Already 75% Sold Out

BUY TICKETS - ON SALE NOW -

HOME | TICKETS | THE HOME | SPONSORS | PRIZES | PROCEEDS | SOCIAL | CONTACT | PAST HOMES

Ticket Prices:
One for \$100
Three for \$250
Five for \$400
Eight for \$600

Prizes:
Vehicles, travel, gift cards & more. Details here.

Home Photos:
Click here for photos of home build.

2018 GRANDE PRAIRIE DREAM HOME LOTTERY

IMPORTANT 2018 DATES
HOME OPENS, TICKETS ON SALE December 29, 2017.

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 day and evening positions available. If you would like to help with ticket sales please contact Gayle at the PARDS office, 780-538-3211.

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



Horsemanship



Barn Maintenance



Tacking



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.



Our Equine Partners

Petunia

Like most mini's at PARDS new facility, Petunia wakes up every morning in peaceful surroundings and eagerly awaits breakfast before she is prepped to head into the barn for work. She enjoys when the volunteers, riders or instructors groom her palomino coat and luscious blonde mane.

Petunia came to PARDS as a yearling (baby) in 2008 and has been raised by the PARDS staff nurturing her education into many different areas of the program. She has been a huge part of the Equine Assisted Learning that Youth Leadership offers; helping others is what makes her feel proud of her job here at PARDS.



Petunia worked very closely with Hot Wheels when PARDS introduced the Cart Driving program allowing riders to have an alternative to mounted riding adding a unique equine experience to PARDS programs. Petunia is very excited to share with all of you her newest role at the new facility Little Pony Motricity!!!! She has so much fun teaching younger PARDS riders confidence, patience and most of all trust. We do all sorts of fun learning and motor skill challenges in every lesson and Petunia truly thrives on the

attention and affection she receives from all of her riders. To learn more about Petunia and all of her equine friends, visit www.pards.ca and find "Equine Staff" under the "About Us" tab.

Just Horsin' Around

Interesting Horse Facts



On the underside of a horse's hoof is a triangular shaped area called the "frog," which acts as a shock absorber for a horse's leg, and also helps to pump blood back up the leg. It is important to keep the area around the frog clean from mud and debris to ensure comfort for the horse.

