



PARDS  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

May



PARDS  
THERAPEUTIC CENTRE

*33rd Annual FUND Ride &  
Community Carnival  
Saturday June 9, 2018*

### *FUND Ride*

*Pledge Packages now available  
PARDS Office / Keddie's / Greenhawk  
Prizes to be won*

### *Community Carnival*

*12:00 to 4:00*

*~Trail Rides ~*

*~Games ~ Glitter Tattoos ~ Face Painting ~*

### *BBQ*

*~by donation~*

*Thank you to the  
Rotary Club of Grande Prairie  
BBQ Crew*

#### May

May 19  
No Lessons

May 21  
Victoria Day Office Closed

May 19 - 25  
No Lessons

May 28  
**Annual General Meeting**  
7:00 p.m. at PARDS facility

#### June

June 9  
**FUND RIDE &  
COMMUNITY CARNIVAL**

#### July

July 2 - 5  
Little Pony Motricity Camp

July 9 - 13  
Camp Tamarack Horse Camp

July 16 - 20  
Week 1 PARDS Youth Camp

July 23 - 27  
Week 2 PARDS Youth Camp

July 30 - August 3 Youth Camp

Dates to Remember

## Stay In Touch

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



# Upcoming Events



PARDS

**PARDS Annual General Meeting**  
**Monday, May 28, 2018 at 7:00pm**  
**710009 RR55 (North East of Evergreen Park)**

**Everyone is welcome to attend**  
**Light refreshments will be served**

2017 Financial Statements and 2018 budget will be presented for approval and we will be sharing information on upcoming events and activities. Board elections will also be held.

All Individual, Corporate Board members of PARDS are eligible to vote at this meeting. 2018 memberships will be available to purchase at the meeting. \$25 Sustaining Member for Individual or Corporate.

Membership covers:

**Individual Membership** – held by any interested individual. Individual membership includes one vote by the named member at the Annual General Meeting.

**Corporate/Organization Membership** – held in the company/organization name with a representative of the company designated on the membership form. Corporate/Organization membership includes one vote by the designated representative of the corporation at the Annual General Meeting.

Learn, share and be an important part of the decision making process. Our riders are counting on you!

If you have any questions or would like more information, please contact us at 780-538-3211 or email [info@pards.ca](mailto:info@pards.ca)

Please R.S.V.P. to ensure enough snacks for all!

# Rider Spotlight

## Erin Costly



Erin is a very warm hearted lady with a pleasant personality and hugs for everyone! Erin is 35 years old and has been coming to PARDS since she was a child. She suffered a traumatic brain injury in 1985 and since this time Erin has been in a wheelchair and is legally blind.

Erin's goals are to improve her core strength, balance, independence and processing of information and instructions. Erin has limited use of her left hand. Gripping the reins helps to increase her strength in this hand, giving her greater control.

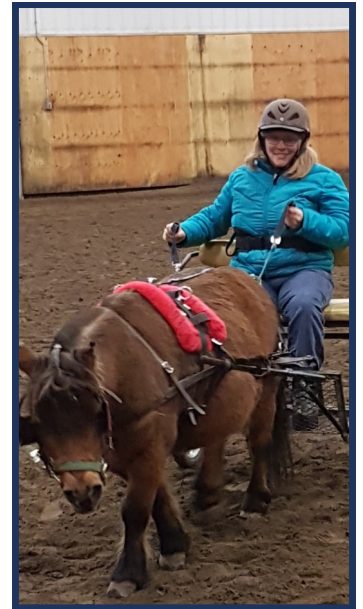
Erin works with Pinocchio, our Equicizer, as part of her program. Pinocchio allows instructors to evaluate a riders core strength and balance and use specific exercises to develop these areas.

Since then, Erin has transitioned to the cart program where she gains the same skills as in mounted riding but with the added support of a

stationary seat. Driving the cart gives Erin a little more support for her back, allowing her to feel secure and to focus more on her balance and developing core strength. Erin's instructions are kept short and she is given time to process. In the cart Erin was a little unstable at the halts so we incorporated sitting tall and applying pressure to her feet against the cart. Not only does this give her more control during the halt, but also strengthens her leg muscles.

Erin likes coming to PARDS so she can be with the horses. "I used to ride Holly who makes me feel special and happy, but Hot Wheels also holds a special place in my heart", says Erin. Erin feels she responds to the healing energy of the horses. Whether mounted or driving, Erin feels being a part of the programs at PARDS helps her overcome her fears and build more self confidence.

*Abelone Petersen, PARDS Instructor*



For more information on the origin and therapeutic benefits of the Equicizer go to:

<https://www.youtube.com/watch?v=rKEFJB1YZ1M>



*PARDS' PINOCCHIO*



# Community Champions

Shawn Pearson started experimenting with sausage and jerky recipes as a hobby back in 1999. By 2002, he had become a wild game processor opening a shop on his acreage. After rebuilding his shop, which was lost to a fire in 2012, he continued to operate off his acreage on Mercer Hill until April 2017 when he moved into a 7000 sq. ft. building in the McRae industrial park on the North East side of Grande Prairie. It is here he opened his retail store and in March of 2018, his abattoir. Today, Shawn's Custom Meats is a full time butcher shop that processes both wild and domestic animals. They pride themselves in providing high quality, local meats and ensuring that you always receive your own animal back, as each animal is processed individually. Shawn offers custom cutting & wrapping as well as in house made sausages, bacon, jerky and more.



Shawn is very involved with supporting youth in the community. He is a proud supporter of PARDS, the local 4H Clubs and Air Cadets. He began donating to PARDS in July of 2017 when Teepee Creek Stampede Board Member, Pam Badger, received a donation of breakfast sausage for the 3 breakfast fundraisers that are held on site during the Teepee Creek Stampede benefiting PARDS & Huntington's Disease. As PARDS was the benefitting charity for 2 of these breakfasts, we were there to help. After the Friday breakfast was held, we had people coming on Saturday & Sunday for the breakfast because, "our friends were here yesterday and told us we had to come try the sausage." Since then Shawn has helped in any way he can for PARDS. Two weeks after the Teepee Creek Stampede he signed on as the 'Shoot for PARDS Stars' Lunch Sponsor and since then has sponsored PARDS Summer Camps by donating 50% of anything needed for the BBQ's and donated to PARDS Dine & Dance Live Auction. He is currently 1 of 2 sponsors of PARDS BBQ Raffle, donating a meat gift certificate. PARDS is also currently running a Meat Fundraiser with Shawn. He previously ran a jerky fundraiser but when I heard about his abattoir opening in March I immediately called him asking if he could make a BBQ fundraiser, so people could support us with their grocery budget. Even though I know he was crazy busy with just opening the abattoir he didn't skip a beat before saying yes. The next day I had a BBQ Fundraiser in my hand. Shawn is always friendly, open to new ideas and great to work with.

With Shawn choosing to support several select local organizations throughout the community who support youth development and give back to the community, we are very touched that PARDS made his list. Shawn says he feels great giving his support as he "knows the money is going directly to the mission and not tied up in administration fees." When asked what he wished the community knew about PARDS he said "without contributions and support, both financial and volunteer, PARDS wouldn't be what it is today. You are a great organization giving back to the disability community, and not just physical but all of the different disabilities." He says we are bringing the community together and that is something we can't wait to do more of with him. We look forward to all of the creative and exciting paths this partnership will take us on!

If you would like to try Shawn's Custom Meats visit him at 9302 141 Ave, your taste buds won't be disappointed!

*Jenn Ash, PARDS Community Engagement Coordinator*

# Volunteer Spotlight

## Nancy Ingram



Nancy began volunteering at PARDS in 2014 and has filled many volunteer positions since then.

As kindergarten teacher at a local school in Grande Prairie, Nancy brings a tremendous amount of patience and kindness when working with our younger clients.

When volunteering, Nancy gets horses ready for lessons, leads and sidewalks in lessons and helps with cleaning the barn. During warm up in the lessons we often stop and look at the arena pictures and mimic the sounds the animals make. Nancy makes the best monkey noises! Nancy also really enjoys doing the glitter tattoos at many of our events throughout the year. If you see a PARDS information booth out in the community or at a special event, Nancy is likely there with glue and glitter in hand!

Growing up as a 4H kid, being involved in the community and volunteering was something they just did and loved. Later, a busy family life and career kept her away from volunteering for many years but once Nancy had some time on her hands she jumped right back into it. Nancy's favorite horse is the Appaloosa so upon coming to PARDS to start volunteering she was excited to have been matched with our now retired Appaloosa horse, Tidy and a young boy that will always remain special in her heart. Now as Nancy gets closer to retirement she can't wait to spend more time in the barn and with the PARDS clients!



Thank you Nancy, for being a dedicated member of the PARDS volunteer team for so many years!

Robyn Bourdreau CTRI



**PARDS FUND Ride & Community Carnival** is on June 9th, 2018.

We are looking for volunteers to help at this event. Volunteers are needed in a number of areas: set up/take down, trail checkpoints, registration, carnival games & activities and pony rides. If you are interested in being a part of this fun event, please contact Jennifer Wolf at the PARDS office at 780-538-3211.



PARDS Summer camps are for Youth 6 - 14 years of age and run Monday to Friday. We are looking for volunteers to lead horses throughout the day (times vary) camps run through July and August. If interested please call the PARDS office at 780-538-3211.



# Horse Boarding at PARDS

PARDS Therapeutic Centre offers many programs for all ages and abilities, whether you have your own horse or not. For those who do have their own horse, PARDS offers a number of boarding options to fit your needs and budget.

## Indoor Board:

- Your horse is housed in a 10'x10' stall with daily cleaning, turn out and feeding included (grain/supplements supplied by owner)
- There are 2 turn out options for indoor board a) individual turnout and b) group turnout (4 horses max)



## Paddock Board

- Group- your horse lives in a spacious paddock with up to 3 other horses
  - Individual- your horse lives in a separate individual pen
- Feedings, blanketing and shelters provided (grain/supplements supplied by owner)



## Pasture Board

- Your horse lives with up to 13 other horses in a large pasture with year round hay feed and access to shelter.



The PARDS boarding facility offers a large 100x200 indoor arena, a 25 stall barn with tack room, access to a wash bay, large outdoor arena (coming soon) and access to miles of trails just outside our gates as well as being in close proximity to shows and clinics.

For more information go to  
<https://www.pards.ca/boarding-at-pards/>

If you have any questions about boarding or would like a facility tour please contact our boarding coordinator Sarah Gunter at [boarding@pard.ca](mailto:boarding@pard.ca) or 780-538-3211



# Our Equine Partners

## Tim-BR 2017 Horse of the Year!



Tim-BR is a Blood Bay Quarter Horse Percheron Cross Mare, and she stands at 15HH.

Tim-BR is 14yrs old and at the prime of her career as a therapeutic equine team member here at PARDS. With Tim-Br's large stature she can look intimidating on first impression, but once you make initial contact, you will find she is a gentle giant, allowing the most nervous or smallest of riders to feel extremely safe. Tim-BR is always a strong team player in the herd to help out wherever she is needed in our programs whether it be riding, grooming, youth leadership or public lessons.

If you have a chance to ever meet Tim-Br you will experience first hand that she is loveable and unforgettable! Her motto to all our riders is *"The things that hold you down are going to lift you up and up and up!"* what a great way to improve self-confidence!

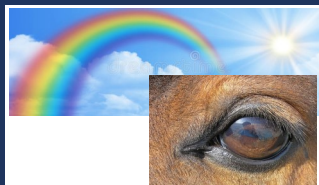
Tim-BR is one of our sponsored horses and her purchase and care (vet, farrier and feed) was made possible thanks to Woodland Tim-BR Mart of Grande Prairie. This was Tim-Br Mart's last community donation before being sold and we are so thankful to have partnered with them. Tim-BR has been at PARDS since 2012 and we are excited to congratulate her winning 2017 of the Year!



## Just Horsin' Around



## Interesting Horse Facts



### Are Horses Colour Blind?

Horses are not color blind, they have two-color, or dichromatic vision. This means they distinguish colors in two wavelength regions of visible light, compared to the three-color (trichromatic vision) of most humans. In other words, horses naturally see the blue and green colors of the spectrum and the color variations based upon them, but cannot distinguish red. Research indicates that their color vision is somewhat like red-green color blindness in humans, in which certain colors, especially red and related colors, appear more green.

Source: For more information  
[https://en.wikipedia.org/wiki/Equine\\_vision](https://en.wikipedia.org/wiki/Equine_vision)



# Summer Camps

**CAMPS ARE FILLING UP**

**DON'T MISS OUT!**

## SUMMER YOUTH CAMP

Week 1..... July 16 - 20

Week 2..... July 23 - 27

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

Week 4..... August 20 - 24



## LITTLE PONY MOTRICITY CAMP

July 2-5 A.M. or P.M. available



## ADULT THERAPEUTIC CAMP

August 7 - 10



For more information and registration forms go to [www.pards.ca](http://www.pards.ca)

or

Contact the PARDS office at 780-538-3211