



**PARDS**  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

June

## Dates to Remember

### 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

Week 3 PARDS Youth Camp

### August

August 7 - 10

Adult Therapeutic Day Camp

August 13 - 17

Camp Tamarack Horse Camp

August 20 - 24

Week 4 PARDS Youth Camp

### September

September 15

**PARDS Grand Opening**

September 17

Therapeutic Programs begin

September 19

Public Programs begin



**PARDS**  
THERAPEUTIC CENTRE

**Save the Date**

**Grande Opening Celebration**  
**Saturday, September 15th, 2018**

*This is Our Story...*

*This is Our Song*

**Live Entertainment**  
**Live Auction**  
**... And More!**

Stay In Touch



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



# Unique Opportunities

## **NEW Specialized Therapeutic Programs for Summer**

PARDS is very excited to have Esther Schlegel with us to offer specialized programs during the summer. Esther spent a year with PARDS while achieving her volunteer hours for her CANtra certification. Her warm caring nature captured the hearts of many of our riders. Esther is a German Occupational Therapist Bsc., with Hippotherapy (AHA), a Therapeutic Riding Instructor (CanTRA) and is an Instructor of Beginners in English Riding (Equine Canada).

Esther has lived, gained her education and worked in Germany, the Netherlands, USA and Canada before starting her own practice which she runs with competence and lots of heart. Besides treating clients in her practice, she enjoys teaching Occupational Therapy students at the Birkenfeld Social and Medical Sciences College (Sozialfachschule Birkenfeld), in Germany as well as offering clinics regarding various topics related to Occupational Therapy, Hippotherapy and Therapeutic Riding.

[www.aufsteiger-therapeutische-konz.jimdo.com](http://www.aufsteiger-therapeutische-konz.jimdo.com)

[mail-an-aufsteiger@gmx.de](mailto:mail-an-aufsteiger@gmx.de)

[facebook@aufsteigertherapie](https://facebook.com/aufsteigertherapie)

## **THERAPEUTIC RIDING ASSESSMENT**

Esther Schlegel (CTRSI) and PARDS Lead Instructor Robyn Boudreau (CTRII) will assess the individual rider's goals, abilities and challenges. The thorough, client centered assessment of communication, mobility, balance, coordination, visual, auditory and tactile perception is carried out on our equicizer Pinocchio, PARDS mechanical horse. Our goal is to ensure that PARDS Therapeutic Riding lessons will be of the best benefit of the rider. After this assessment, lessons can be tailored to the Individual's needs in regards of lesson content, teaching strategies, matching horse and rider as well as the use of adaptive riding equipment. We strive to ensure our students develop to their full potential as riders and also receive the highest possible health and developmental benefits that Therapeutic Riding can provide.

July 13<sup>th</sup>, July 14<sup>th</sup>, July 15<sup>th</sup>, July 20<sup>th</sup>, July 27<sup>th</sup>, August 3<sup>rd</sup> or August 10<sup>th</sup>

Cost \$120.00 - 60 minute assessment

Therapeutic forms and medical required

## **INTRODUCTION TO HIPPOThERAPY**

In "Introduction to Hippotherapy" Esther Schlegel offers clients insight into this powerful treatment strategy that uses the equine movement in order to achieve a functional outcome. The holistic approach includes a client centered assessment as well as tips and pointers for everyday life. How these insights can be incorporated into your Therapeutic Riding lessons to promote the best health and developmental outcomes will be discussed.

Therapeutic Riding Assessment (required to participate) see above

Therapeutic forms and medical required

Introduction to Hippotherapy

July 16<sup>th</sup>, July 23<sup>rd</sup>, July 30<sup>th</sup> or August 13<sup>th</sup>

Cost \$ 100.00 – 45 minute treatment

Esther Schlegel



Occupational Therapist Bsc. with Hippotherapy (AHA), Therapeutic Riding Instructor (CanTRA), Instructor of Beginners in English Riding (Equine Canada).

# Volunteer Spotlight



## Our Mission Statement

"To develop people to work together to create value for the Company's shareholders by doing it right with fun and integrity."

Earlier this month PARDS was fortunate to have a fantastic group of Canadian Natural employees come out for their Giving Back to Our Community event. This hard working, full of energy group, took on any task we had and then some; so the term, many hands makes "light" work sure applied, although the work was not "light"! During the bbq lunch there was laughter and a bit of kidding around, letting us know that they truly lived to their mission statement of doing things with fun and integrity. We can't thank them enough!

When asked more about this event Canadian Natural responded with this:

### Canadian Natural employees proud to support PARDS

"Many of Canadian Natural's employees live and work in towns and cities near our operations, and as members of those communities, we recognize the importance of creating shared value as part of our commitment as a responsible operator. We believe our most valuable asset is our people and Canadian Natural employees take tremendous pride in supporting local communities and efforts to assist those in need. The Company's field staff in the Grande Prairie region are certainly no exception and one of their regular initiatives (launched more than a decade ago) is a very special day each year during which employees spend time together *Giving Back To Our Community*.

With a lot of employees eager to participate and contribute, this tradition expanded earlier this year to include volunteer activities with the *Peace Area Riding for the Disabled Society (PARDS)*. Many of our employees share a personal appreciation for the wonderful work that PARDS does to assist people across the region. PARDS and its staff put remarkable care into their work and Canadian Natural was excited to show its appreciation for an organization that makes such a positive impact on people's lives. The opportunity to help put smiles on children's faces at the new PARDS facility was a reward our staff appreciates and will not soon forget."

When asked about why they volunteered we were told:

"To take time out at PARDS was very gratifying, knowing that there will be big smiles on the children's faces being in their new facility."

"My reason is because these organizations work so hard and are committed to helping others in our community and this is my way of showing how much I appreciate their efforts. It is a feel good moment to know that we are helping the people that go out of their way to help others."

~Jennifer Wolf, Volunteer Coordinator



# 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**



## ADULT THERAPEUTIC CAMP

**August 7 - 10**



**Looking for Volunteers for Summer Camps**

**Monday, Tuesday and Friday**

**To help with leading and side walking of newer riders**

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

**or**

**Contact the PARDS office at 780-538-3211**



# Upcoming Events



**PARDS**  
THERAPEUTIC CENTRE

Shoot for  
**PARDS Stars**

**July 26, 2018**  
**PARDS Clay Shoot, Wapiti Shooters Club**

BBQ ~ SHOOT ~ DINNER ~ AUCTIONS ~ RAFFLES

**Clay Shoot**  
Registration: \$175 pp  
Team of 5: \$800  
Includes 72 Clays, Ammo & Dinner.  
Shooters must supply their own gun.

**Dinner Only: \$35**  
For More Information  
Please Contact:  
Jenn Ash at PARDS  
(780)538-3211

**12:00-1:00PM**  
BBQ Lunch by Donation

**1:00-2:00PM**  
Registration

**2:00-4:30PM**  
72 Clay Shoot

**5:30PM**  
Supper

**6:30PM**  
Auction

PARDS is thrilled to be hosting our 2nd Annual Clay Shoot fundraiser! Get your friends together, grab your shotgun & shells, fill your belly with delicious supper and get in on the auction frenzy! Come out & join us for a fun (and loud) day of shooting & great friends all in support of PARDS Riders!

Registration of \$175 includes: 72 clays with Ammo at 12 stations & Steak supper.

\*Please Note: You are required to supply your own gun for this event which requires preregistration with Jenn Ash at PARDS (780)538-3211.

Registration 1pm-2pm

BBQ Lunch by Donation 12pm-1pm

72 Target Shoot 2pm-5pm

Wow! It has been almost a year since PARDS opened the doors to riders at our brand new facility! Save the date for our Grand Opening Celebration, Saturday, September 15th. A unique experience with live entertainment by Trevor Panczak, a dancin' in the dirt barn dance and have you ever heard of a Pitch Fork Fondue? Watch PARDS FB page for upcoming details!



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# Rider Spotlight

## Tristin Nowicki



Tristin began riding at PARDS in 2002 when he was 7 years old, and now, at 23, he is still engaged, progressing and loving his time here at PARDS. Tristin was diagnosed with Cornelia de Lange Syndrome, a very rare genetic disorder that causes a range of physical, cognitive and medical challenges. Characteristics of CdLS include delayed growth, small stature and hearing impairments.

Tristin uses sign language to communicate. When he is riding he has to communicate with the horse in the way they understand, such as squeezing or bumping to get the horse to walk, pulling the reins back to stop or moving the reins to steer in the direction he needs to go. Tristin also drives the miniature horses in the cart. When in the cart the same aids apply for stopping and steering, but he is learning to use the driving crop for a gently tickle on the pony's rump to walk on. Tristin and I brush and saddle the horse together at the beginning of each



lesson. He used to be a little afraid if the horse moved toward him and he also wanted help leading the horse into the arena or while holding them. Since we began getting the horse ready together, he is much more confident. Tristin has had a few equine partners over the years; Finale, Becky and now Polly. These are all very quiet horses chosen for Tristin because they are very responsive to leg cues, have a smooth trot and respond well to voice commands from the instructor when needed.



When working with Tristin, planning a lesson is more than setting up the arena and having a specific goal to achieve for that day. The instructor needs to be able to give him instruction in a way he can understand, using sign language and drawing the instruction of the activity on the whiteboard.

Tristin has been really supportive with us as instructors learning his language. He loves when people interact with him, sharing his big smile and chuckles. One of our staff asked Tristin to teach her a word a week when he came in for lessons. He would laugh at her attempts; and with his sense of humour who knows what he may

have been teaching her! If you would like to learn sign language there is a group in Grande Prairie that is just getting started and is free for anyone to join. We get together with other people learning to sign and practice. Follow this Facebook link to join the group.

[www.facebook.com/groups/1661150227344770/](http://www.facebook.com/groups/1661150227344770/)

Recently PARDS was featured in AMI's Our Community. Watch the episode to learn more about Tristin and how our programs have been a beneficial activity in his life .

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

Cornelia de Lange Syndrome (CdLS) is a genetic disorder present from birth, but not always diagnosed at birth. It causes a range of physical, cognitive and medical challenges and affects both genders equally. CdLS does not discriminate—it's seen in all races and ethnic backgrounds. The occurrence of CdLS is estimated to be 1 in 10,000 live births.

For more information go to: <http://www.cdlsusa.org/what-is-cdls/>



# Our Equine Partners

## Meet the 2018 Summer Camp Horses

**Encana** - Registered name "Bramas Zeus" ~ 20year old Norwegian Fjord ~ Started Service in 2002.

Purchased thanks to a sponsorship from **Encana Corporation**

Encana is one of the longest herd members at PARDS and was a previous pack horse.

Known for his spiky mane and smiles, this little guy and his quick choppy gaits makes a great horse for strong confident riders of all abilities.

**Molson**- Registered name "Gandolf Leroy Brown" ~ 17 year old Canadian Gelding ~ Started Service in 2013

Purchased thanks to a sponsorship from **Bob and Ruth Finch**

Molson is the majestic black beauty of the herd and the largest standing at 15.3hh. He is experienced in dressage, jumping and cross country. Molson is a lovely horse for riders of all abilities. His slow smooth trot is ideal for riders learning the upwards transitions and his dressage background is great for teaching the more advanced riders lateral movements.

### **Risley**

18 year old QH/Morgan Cross ~ Started Service in 2013

Purchased thanks to a sponsorship by **Risley Equipment**

Risley brings with him experience in trail riding, jumping and cross country. He is the perfect horse for riders of all abilities; he has three slow and steady gaits and is the ideal horse to learn how to ride your first canter. If your not a confident horse person he will help make you one.

### **Windsor**

Registered name "Arrow's Point" ~ 21 year old Anglo Arab ~ Started service in 2014

Purchased thanks to a sponsorship from **Windsor Ford**

Windsor is the oldest and wisest member of the herd. Windsor's experience in dressage, jumping and in the show ring make him a steady and reliable guy to teach riders of all abilities.

**Montney**- Registered name "Badger Blanca" ~ 12 year old QH Gelding ~ Started service in 2014

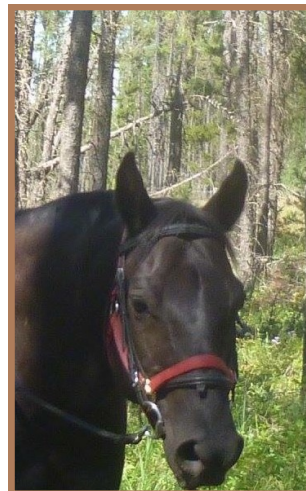
Purchased thanks to a sponsorship from **Arc Resources**

This shiny red headed horse will teach his students how body language and energy effects those around you. Previously a trail riding horse, he is right at home here on our 55 acres of land filled with trails to take our riders on. Montney is great for the advanced rider learning to ride more effectively and how to influence the horse to be responsive to the aids given for a balanced and rhythmic ride.

### **Holly**

16year old Norwegian Fjord/ Belgian Mare ~ Started service in 2008 ~ Donated to PARDS by **DJ Korol**

Don't let Holly's slow pace and big voluminous figure fool you ...this girl can move! The second longest working herd member A great mare to learn how to use effective leg aids for riders of all abilities. Holly came to us with cart driving experience and now that we are in a larger facility she'll be seen pulling our larger cart as this is one of her favorite things to do.



### **Ace**

17 year old QH Gelding ~ Started service in 2016 ~ Donated to PARDS by **Daylce Sather McNabb**

This other black beauty in the herd is tricky and playful; always taking his halter off his stall door and throwing it. This silly guy will steal the heart of the more seasoned rider that has learned the correct position of the hands and how to post the trot. He is ideal for those working on more advance skills like posting diagonals and impulsion.

### **Ghost**

18year old QH /Arab Gelding ~ On lease from **Shelby Lueken**

It's actually MR. Ghost and he takes his job seriously and wans his rider to focus and learn just as he does. He is experienced as a trail riding and lesson horse Ghost ... sorry... Mr. Ghost is ideal for the intermediate to more advanced riders ready to take their riding skills to the next level.

### **Moonbeam**

16year old Paint Cross ~ Started service in 2015 ~ On lease from **Shauna Wells**

The mare that needs the most TLC. If you're lucky to have been paired with this sweet quiet mare, be ready to oil her dainty feet, put her eye protection on and sunscreen her nose after every ride. Worth her weight in gold "Beams" has experience in dressage and jumping and teaches her riders to be gentle and empathetic to her and her equine friends.

### **Vala**

10year old Paint/ Morgan ~ Started Service in 2016 ~ On lease from **Crystal Gilbertson**

Vala, the black and white horse that everyone wants to ride. Vala comes to us with experience as a trail riding horse, which she enjoys during those Summer Camp trail days. This beauty is great for the first-time rider and for the more advanced looking to build confidence in the saddle.

### **Becky**

19 year old QH ~ Started service in 2015 ~ Purchased thanks to a sponsorship from **John and Linda**

### **Perkins**

The mare with the smoothest gaits in the barn and experienced in Western Pleasure makes her the most ideal horse to introduce riders to the trot and canter. She is nice and responsive to leg and voice cues which is great for the younger riders with legs that don't quite reach far enough around the belly.

### **Finale**

19 year old Welsh Cross ~ Started Service in 2010 ~ Donated by **Maryann Isaacson**

This pretty buckskin dappled mare sustained a serious injury in the show ring that brought her jumping career to a screeching halt. After a lengthy rehabilitation she settled into a new job with us at PARDS. Finale is a fabulous horse for all riders from beginner to advanced and she absolutely loves getting out on the trails.

### **Tim-BR**

14 year old Percheron / QH ~ Started service in 2012

Purchased thanks to a sponsorship from **Woodland Tim-BR Mart**

Don't let her size fool you; standing at 15.2hh this stocky mare will pack around the kids all day and is in no rush to get anywhere. Timber is great for teaching riders of all abilities proper effective leg aids.





# Community Champions



The New Horizon Co-operative (Co-op) are a community minded, locally invested company celebrating their 80<sup>th</sup> anniversary this year. In 2016, they gave over \$130,000 back to local charities and PARDS is delighted to be 1 of their chosen charities! The New Horizon Co-operative have had a very big year! Not only did they celebrate their 80<sup>th</sup> Anniversary in 2017 they also opened many new stores including the Grande Cache Grocery Store, the Stoneridge Gas Bar & Liquor Stores and the Clairmont cardlock. New Horizon Co-operative currently operates 6 Grocery, 6 Cardlocks, 4 Gas, 4 Car Wash & 1 Liquor store & this year they are looking to grow with the addition of their Trader Ridge project!

Co-op employees have learned many things about PARDS over the years but say they found it interesting *'That you are the only full time, year round Therapeutic Riding Centre in Alberta'* and *'That you offer a Youth Leadership program for youth at risk, helping our youth become productive in the community.'* The Co-op continues to give to PARDS because *"We feel that they are a great asset to the community & continually work hard to fundraise. We like that we are helping to give back to our community by supporting an organization that helps to provide a better quality of life for people living with disabilities."*

In 2016 & 2017, Co-op entered a team into PARDS FUND Ride, collecting pledges for PARDS Riders and they had such a great time! Employees will tell you FUND Ride and touring the new facility were their most memorable moment with PARDS. Holly, Co-op's Marketing Coordinator, attended PARDS Donor appreciation and with her Triple Crown VIP invite she was able to participate in a demonstration of PARDS Youth Leadership program which she found very touching. In 2016, New Horizon Co-operative increased their sponsorship of PARDS FUND Ride to become the Supper sponsor, supplying a super tasty steak supper with all the fixings for our event participants to enjoy! In 2017, Co-op again raised their support of the event and were the Mane Event sponsor at FUND Ride as well as the Supper sponsor, commitments they continued to keep throughout 2018! They were also the 2017 Supper Sponsor at PARDS newest fundraiser 'Shoot for PARDS Stars' supplying a steak meal for all of our clay shooters to enjoy! Their grocery manager Andrew was so very generous that he even purchased one of the two packs of steaks that made it into the Shoot's live auction! Both packs sold for almost three times their shelf price, showing just how delicious the steak supper was and the generosity and support this community has for PARDS! New Horizon Co-operative sponsored the Raffle at Dine & Dance last year and are sponsoring the Dine & Dance again this year. New Horizon Cooperative was PARDS very 1<sup>st</sup> Triple Crown Sponsor and have kept their Triple Crown sponsorship again in 2018! We can't thank them enough for their support over the years to help ensure PARDS programs remain accessible to all Peace Area residents!

New Horizon Co-operative has been a long-time supporter of PARDS therapeutic programs; for almost 2 decades, they have donated the cake to FUND Ride donated annually to FUND Ride, given to the Dine & Dance fundraisers, held a Beef on a Bun fundraiser in 2013 raising \$1052.21. The past 2 years they have been a Great 'Neigh'bour partner business, and have chosen PARDS to benefit from their coin boxes in 2005, 2008, 2010, 2013, 2016, 2017 & 2018 raising a grand total of \$3751.18 for our Riders! Co-op made a generous donation of \$2500 and held a BBQ raising \$906.15 for PARDS in 2012. PARDS has been the chosen charity for the New Horizon Co-operative/Big Country 93.1FM Stompede Breakfast in 2012, 2014, 2015, 2016 & 2017 raising \$5002.19 for PARDS Therapeutic programs! PARDS is very thankful for the many ways New Horizon Co-operative supports our organization. They are a delight to work with! Holly is always on the ball and never misses a beat and we look forward to working with them for many years to come!

~ Jenn Ash, Community Engagement Coordinator