



**PARDS**  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

# January



## Dates to Remember

### February

February 16 - 22  
No lessons

February 18  
Family Day Office Closed

February 24  
**Winterval**

### March

March 25 - 30 Spring Break  
No lessons

March 30 - 31  
Gold Show

### April

April 19  
Good Friday Office Closed

April 20 - 25  
No lessons

## Stay In Touch



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





*Happy New Year from the Staff &  
Board of Directors at PARDS!*

We want to take a moment to Thank all of our volunteers and donors for their continued support throughout 2018. From leaders to sidewalkers, ticket sellers to event volunteers, program Gift-In-Kind donors to Triple Crown event sponsors; your support makes a huge difference in the lives of PARDS Riders!

2018 was a big year for us here at PARDS with the ridership increasing 25% and our herd growing to 25. It is YOU who made all of this possible with your generosity. You are making miracles happen in our arena and helping to change lives!

Thank you again, we loved working with you in 2018 & hope you continue to work with us in 2019! Here's to a happy and healthy year ahead!

# Rider Spotlight



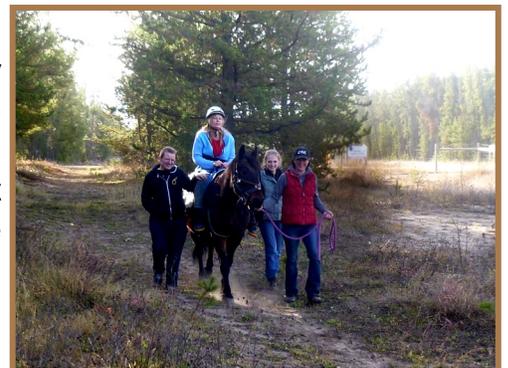
## Cindy Bishop

Cindy is a wonderful rider who we all, including the horses, love to see each week. She is a friendly face and is always chatting up a storm. Cindy has ridden a few of PARDS horses but mostly rides Ace or Risley in her lessons. Each week she arrives with fresh carrots to share with her horse. Feeding treats gives her some quality one on one bonding time with her horse which is an important component in any therapeutic lesson. The engagement is calming and allows for muscle stretching while grooming and/or scratching using long smooth stroking motions on the neck and builds the relationship between horse and rider.

Cindy is 54 and is a retired elementary school teacher. She is married and has 2 now adult children. Cindy was a figure skater growing up and a skating instructor into her young adulthood. She rode horses a little bit as well in the past.

When Cindy was 25 she was diagnosed with Multiple Sclerosis, also known as MS, which is the breakdown of myelin (an insulating sheath around many nerve fibers, which increases the speed at which impulses are conducted along neurons). This slows and sometimes stops electrical signals (messages) from the brain and spinal cord to muscle. This chronic disease often progresses differently for each individual. In Cindy's case, it began as relapsing-remitting, meaning that for periods of time Cindy experienced little to no symptoms so she was still able to do most of her usual activities; even some trail riding with family in Manitoba! Cindy now has secondary progressive MS so there is no break of symptoms and the symptoms will continue to bring greater disability. Cindy is now no longer able to walk independently. She uses an electric wheelchair to get around. While the chair helps her get around independently, it does not allow her muscles to stretch out or to work as often. This means that she needs other opportunities to engage her core and leg muscles.

While her children were growing up, Cindy was often at PARDS watching them ride in lessons, but in her words, "she was never brave enough to ride herself". That was until summer of 2018 when Cindy finally decided she, "had the nerve" as she says and now she is so thrilled she did. She loves spending time with the horses, but she also loves how much the riding impacts her. The first time she got back on a horse, she was brought to tears because the movements of the horse made her feel like she was able to walk again! Often after lessons she mentions that she forgot she couldn't walk. She notices that her strength has increased and she is able to move around home easier on her own. Her muscles which are normally very tight have relaxed a lot from coming to PARDS on a regular basis. When Cindy rides Ace or Risley, the heat from their bodies helps to warm up her tight leg muscles, which allows them to relax and stretch. While Cindy rides, she attempts different stretches to target her tight muscles. Cindy has been working on improving her balance by strengthening her core and is now able and confident to ride while holding the reins rather than use her hands for balance. Cindy is working on improving her strength and balance while at physiotherapy, but she is now also able to improve muscle strength and flexibility while hanging out with the awesome horses as well as the caring and supportive staff!



Kataryna Hagglund, PARDS Instructor

# Community Champions

## PEMBINA

This month we highlight Pembina Pipeline Corporation for their generosity and support of PARDS programs and the many riders we serve.

PARDS reached out to Pembina last fall requesting funds to purchase a UTV to replace PARDS quad as it was showing its many years of dedicated service. The Grande Prairie Pembina branch approved the grant by gifting us one of the units they had in service! They took the unit for a complete maintenance check and service before delivering the beautiful 2012 Can-Am Commander to PARDS on December 21<sup>st</sup>, just in time for Christmas!

This multi-use piece of equipment will be extremely helpful in many areas around PARDS facility. The unit is essential for many daily activities but, most importantly, harrowing the arena for PARDS high



quality equine assisted therapies. Regular harrowing is necessary for many reasons including the safety of our horses, staff, volunteers & riders, as well as to help extend the life of our arena footing. We also harrow the arena for use by our boarders, a maintenance item that is required to continue the essential social enterprise revenue stream of horse boarding. This unit also allows us to transport tools & supplies for fencing and other facility and yard maintenance such as sanding icy parking lots. It will be utilized to feed our herd supplements & minerals and it allows for the transportation of 2 staff members whereas previously one staff member drove the quad while the other had to walk the distance with a

wheelbarrow-full of tools for fencing repair or yard maintenance. This Side by Side will not only make day to day activities easier, it will make tasks more efficient, increasing productivity and reducing labour costs.

***Thank you, so very much, Pembina Pipeline Corporation for your support!***

*Jenn Ash, Community Engagement Coordinator*

*Calgary-based Pembina Pipeline Corporation is a leading transportation and midstream service provider that has been serving North America's energy industry for over 60 years. Pembina owns an integrated system of pipelines that transport various hydrocarbon liquids and natural gas products produced primarily in western Canada. The Company also owns gas gathering and processing facilities and an oil and natural gas liquids infrastructure and logistics business. Pembina's integrated assets and commercial operations along the majority of the hydrocarbon value chain allow it to offer a full spectrum of midstream and marketing services to the energy sector. Pembina is committed to identifying additional opportunities to connect hydrocarbon production to new demand locations through the development of infrastructure that would extend Pembina's service offering even further along the hydrocarbon value chain. These new developments will contribute to ensuring that hydrocarbons produced in the Western Canada Sedimentary Basin and the other basins where Pembina operates can reach the highest value markets throughout the world.*

# Volunteer Spotlight



## Tammie Dalglish

Tammie is one of our many excellent volunteers. She volunteered with PARDS previously at our past location for about a year and, after a 6 year hiatus, she returned to the PARDS family last year supporting many riders in their therapeutic lessons. Since Tammie started volunteering she has seen how much PARDS has progressed over the years. When Tammie returned to volunteering at PARDS new facility, she was drawn back in by the

passionate staff and amazed with how wonderful the new facility is.

Tammie is married with 2 adult children. Tammie and her husband were chicken and beef producers and raised their family to love animals and the outdoors. Tammie and her daughter both love riding and took part in reining. Tammie is now hoping to get into cow horse or cutting. As a family, they enjoy camping, quadding, hunting, fishing, river boating, and spending time at their trapper cabin.

Tammie began volunteering because of friends who also volunteered and encouraged her as well; but the reason that she continues to volunteer is because of her passion for the riders and the horses. Tammie knows how valuable she is to our riders and how vital she is to our programs, and that value allows her to feel proud that she is helping somewhere where she is needed.

The most impactful moment that Tammie experienced was when she first started volunteering at PARDS. She was volunteering in a therapeutic lesson with a young client who instantly took a liking to her. The connection the rider had to Tammie was very special to her. The rider would listen to Tammie so well so the instructors were often able to approach Tammie and ask her for advice during lessons.

Tammie is a very dedicated volunteer who knows what tack each rider uses and ensures that horses are ready so that lessons begin on time and run smoothly. Tammie has a quiet personality which is an important quality for some of our riders who respond better to quiet interactions where they can focus on the instructions given to improve their program goals. She is a valued member of our team and we appreciate all she offers to PARDS riders and horses.



~ Kataryna Hagglund, PARDS Instructor

## Volunteer Orientation

**Would you like to become a PARDS lesson or barn volunteer?**

**Volunteer Orientation**

Thursday, February 21, 2019

6:00 p.m at PARDS facility

Please call to register at 780-538-3211

# Instructor Spotlight

## Sarah Gunter



Sarah joined PARDS Instructor team in 2016. She has been riding from the age of 8 and has participated in many equine disciplines including barrel racing, eventing and racing. Sarah received her Registered Equine Massage Therapist certification in 2012 from The D'arcy Lane Institute in London, ON. Sarah has also attained her Equestrian Canada Certification as a Western Riding Instructor.

Sarah is PARDS Lead Instructor and also runs the public boarding program. In these positions she is actively working with the instructors and over sees the equine health and safety for both PARDS program herd and privately owned horses.

### Fergus BY JEAN ABERNETHY



# Barn Volunteer Spotlight



### Riley Mervyn

Riley's first experience at PARDS was as rider in summer camps. She enjoyed her time riding and being around the horses so much that she returned in September to begin lessons and to volunteer. Riley is quiet in nature, but don't let the quiet fool you, there is a ton of help done in the barn getting Encana ready for his lessons on time and making sure that his hooves and coat are clean and then leading in that lesson. Riley has helped with birthday parties and the experience made her feel more confident with riders. Riley has also been a huge help covering for volunteer cancellations in our Little Pony Motricity program. If you ask Riley why she keeps coming back her answer is always "Because I like the horses"; but we think the young riders may have something to do with it as well, seeing the smiles on both the riders and Riley's faces.

~ Eve van de Beek, Instructor In Training