



PARDS  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

# February

## 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

Sponsored By  
PARDS THERAPEUTIC CENTRE  
**Winterval**  
IN SUPPORT OF PARDS THERAPEUTIC PROGRAMS

**\$10/person**  
**\$25/family of 4**  
(Add'l family members \$5 ea.)

GET 10% OFF WITH PURCHASE  
OF EARLY BIRD TICKETS.  
AVAILABLE  
UNTIL FEB. 15, 2019.

**FEB. 24, 2019 • 2:00-5:00 PM**  
**AT THE PARDS THERAPEUTIC CENTRE**

Your admission ticket includes  
Indoor Arts and Crafts Activities, Glitter Tattoos  
and Outdoor Bonfire (weather permitting)  
~ALSO AVAILABLE FOR PURCHASE~  
Dog Sled Trail Rides (\$10/person), Hot Food  
Concession, and PARDS Birthday Party Raffle Tickets  
50/50 Raffle Tickets also available at the event,  
by calling 780-538-3211 or online at [www.pards.ca](http://www.pards.ca)

TICKETS AVAILABLE AT THE DOOR OR BY CALLING 780-538-3211

# Stay In Touch



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



# Upcoming Events



The poster features a winter theme with snowflakes and a horse head logo. It includes the event title 'Winterval', the sponsor 'LIONS PRODUCTIONS', and ticket information. The event is held at the PARDS Therapeutic Centre on February 24, 2019, from 2:00-5:00 PM. Ticket prices are \$10 per person or \$25 for a family of 4. A 10% discount is available for early bird tickets until February 15, 2019. The ticket includes indoor arts and crafts, glitter tattoos, and an outdoor bonfire. Additional activities like dog sled trail rides and hot food concession are also available for purchase. 50/50 raffle tickets are also available at the event.

**PARDS**  
THERAPEUTIC CENTRE

Sponsored By  
**LIONS PRODUCTIONS**  
SERVICES LTD.

## Winterval

IN SUPPORT OF PARDS THERAPEUTIC PROGRAMS

**\$10/person**  
**\$25/family of 4**  
(Add'l family members \$5 ea.)

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## PARDS 50/50 DRAW



**PARDS**

**\$5.00 each**

**or**

**5 for \$20.00**

Tickets are available at the PARDS office  
or online at [www.pards.ca](http://www.pards.ca)  
under Events

**Draw Date**

**Saturday, February 24**

**At the**

**PARDS Winterval**

1000 tickets printed

See PARDS website under events for more  
information about the PARDS Winterval



Our herd is sure feeling the love this Valentine's Day! We thank everyone who made sure their favourite four legged friend received a Valequine. A special shout out to Jett, Jaxon and Chance who all went above and beyond (with a little help) to campaign for their equine partners. After a very exciting couple of weeks, we are proud to crown Chevy as **PARDS Sweetheart of the Year** for the second year in a row! Thanks again to all who participated and don't forget to show all of our very special herd lots and lots of love all year through!!!



Jaxon & Nana Diane



Chance & Grandma Kathy



Jett and Mom Beverly

# Rider Spotlight

## Rae-Ann Young



Rae-Ann has been riding horses since she was 6 years old and is now 19. She has been riding twice a week in the therapeutic program at PARDS since September of 2018. Rae-Ann experiences mental health challenges including fear and anxiety and has a generalized developmental delay.

Before coming to PARDS Rae-Ann had been bucked off a horse while riding which heightened her overall anxiety. She wanted to continue to ride and thought being in a specialized riding program for people with

disabilities would be of benefit to her day to day living.

Rae-Ann has a positive interaction with her instructor and fellow riders, but this was not always the case as she was shy and reserved in the beginning. Rae-Ann has ridden a number of PARDS horses, each challenging her to achieve new riding goals and building her confidence. Rae-Ann shared that since riding at PARDS her confidence has increased, her processing skills have improved and she credits this to her ability to now secure employment. As well, the confidence and better processing is helping her to make better choices for herself.

Although Rae-Ann has ridden many horses she says she has a soft spot for Poco. This painted mustang gelding challenges her determination and has *"the best brakes"* she says. Rae-Ann takes on all Poco's speed challenges and brings him to a halt every time. Rae-Ann has learned that her own posture helps in her gaining control and that this is something she controls. She is learning to keep her chin up, shoulders back and core aligned while on her horse which carries on after she leaves PARDS giving her that posture that exudes and promotes confidence. Her rein-handling has improved and she has learned when to soften or harden her grip on them. All of these skills let Rae-Ann know she is the one that is in control and this understanding translates into her day to day life; helping to calm her and develop effective coping mechanisms to assist with controlling the frequency and degree of anxiety she experiences.

We know Poco looks forward to Rae-Ann coming through the barn doors because when he sees her he gives a friendly well heard neigh!

Abelone Peterson, PARDS Instructor

## Therapeutic Registration

Session 3 of PARDS programs begins the week of March 18. Registrations for all PARDS programs are now online. Please go to the PARDS website at [www.PARDS.ca](http://www.PARDS.ca) and click on "PROGRAMS" for a description and links to register.

**ATTENTION NEW RIDERS**—new riders registering for Therapeutic Riding or Cart Driving programs must complete a Physician Release form which can be found under "FORMS" and clicking on "MEDICAL" on our website. Following receipt of registrations and all associated forms, PARDS will contact you to schedule an assessment.

# New Addition



PARDS is thrilled to announce we are now offering another mode of transportation (in addition to our Equine partners ☺ our new bus!!! By offering transportation to residents of Grande Prairie we are breaking down the barriers for some riders who, without transportation, could not participate in PARDS programs.

The PARDS bus comes to us compliments of 911 Industrial Response Ltd. This prospective partnership began being discussed back in the spring of 2018 and then, while visiting PARDS that summer, 911 Industrial came for a tour of the facility, saw first hand some of our summer programming and decided they wanted to include PARDS in their ongoing support to local organizations. They have committed to a yearly free lease of the bus.

Ensuring the bus is safe and ready to provide the much needed transportation of our riders, long time supporter of PARDS, Windsor Ford, came on board by getting the bus in top shape before it was turned over to PARDS and offering one year of regular and ongoing maintenance.

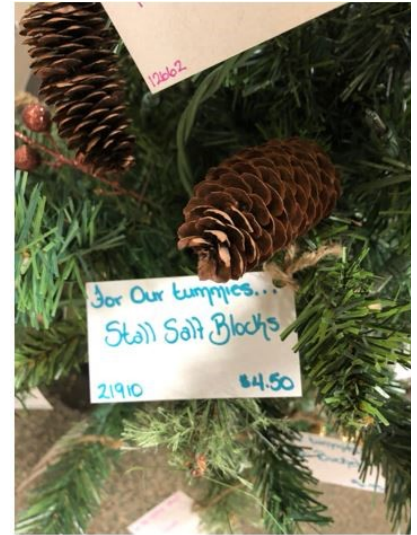
Another bonus is the awareness it brings of PARDS to the community as we make our regular trips through the streets of Grande Prairie. Thanks so much to TrimFX Sign & Design (2011) Ltd. who generously donated the decaling which looks amazing!

After all the inspections, licencing, as well as hiring a certified assisted transportation bus driver, PARDS brought our first riders to lessons earlier this month! Travel is available to anyone registered in a PARDS therapeutic program. There is a minimal charge of \$5.00 each way (aides travel free of charge). PARDS also offers group rates allowing for school groups and community organizations to benefit from PARDS programming. If you would like to book transportation, please contact the PARDS office @ 780-538-3211.



# Community Champions

PARDS Equine Assisted Therapeutic Programs are offered at a significantly reduced rate to ensure they are financially accessible to everyone. In order to achieve this, we rely on initiatives throughout the year to raise funds to offset operational and program costs. Most recently, we held our Christmas Campaign which included selling Blue Bows to decorate our Christmas tree and securing gift-in-kind donations of items such as horse feed, helmets, cleaning supplies and office supplies through our Horse's Letters to Santa. This year, through these campaigns, almost \$5500.00 in donations were raised! PARDS saw local businesses, PARDS riders and community members come together in support and generosity. Campaign partners, Keddie's Tack & Western Wear, Peavey Mart, Greenhawk Harness & Equestrian Supplies and UFA Grande Prairie put up Christmas trees in their stores decorated with items from PARDS wish list, some with item numbers and prices making participation easy for everyone.



Further to these generous donations, we were thrilled the Christmas spirit was alive and well in the staff of Secure Energy Services who chose PARDS riders as the recipient of a donation of \$1,875 which they raised at their Staff Christmas Party!

Thank you to everyone who made this a wonderful and inspiring Christmas season!

*Dear Santa,*

*My name is Encana. I'm a 20 year old Brown Dun Norwegian Fjord & I work here at PARDS. I've been working here for 17 years now, making me the longest PARDS staff member around here! I was born to be a PARDS' horse & plan to work here until I retire; I just love to make my riders smile! They have a lot of fun scratching my nose trying to make me smile too!*

*This year my wish for Christmas is the same as the last few years; I would like new helmets and boots for my riders. My riders would feel so special riding with nice new equipment! If it's not too much to ask for I would also love a 70" Winter Blanket & Leather Halter with my name on it for myself. I'd also like to ask for tools for the barn girls, they are always fixing something! We have a lot of volunteers that work here too; actually they work over 14000 hours a year, maybe you could bring them a nice new wheelbarrow or tools to make their job easier? I mean they do work for free after all & we really enjoy their company so we want them to keep coming back! The office girls are always happy with stationary supplies, you should see how excited they get over a new pack of sharpie pens! And don't even get me started on their reaction to a pack of paper! Thank you for remembering all of us Santa!*

*Please give my love to Mrs. Claus, the elves and all the reindeer. Our barn is nice and warm so you & the reindeer can warm up for awhile if you like! I'll make sure to keep the herd in the pasture so they don't see you! Safe travels Santa!*

*Love Encana*



# Volunteer Spotlight

## Joy McMahon



Joy is one of our newer volunteers who began in November of 2018. Joy rode horses as a teenager so when she retired last year, she wanted to fulfill some bucket list items; getting to know and be around horses again and helping people. Joy worked with the Alberta Gaming Commission where she often issued raffle licenses to PARDS; so after learning about us, she knew exactly where she was heading when she retired to fill those bucket list items.

Joy is the mother of 2 grown sons and has 4 grandchildren that she is very involved with. She is no stranger to volunteering having had her 2 boys in hockey and cub scouts over the years.

Joy now volunteers in lessons as a leader and side walker. She is often seen as well in the barn grooming and tacking horses before lessons or right along side the students who, as part of their lesson groom and tack. Joy also offers her time to help at birthday parties and special events like the Winterval. Joy spreads her smiles at PARDS as she enjoys seeing the riders on a regular basis, forming a special bond with many of them.



PARDS is helping to build Joy's own confidence with our equine partners and she feels she can recognize the joy the horses have here in their work with riders and staff.

Joy's biggest highlight since starting at PARDS has been volunteering here for the beginning of session 2 and getting to meet and work with some brand new riders and our school groups. She says it is amazing and fulfilling watching them grow and excel right from the beginning. Joy has no previous experience with anyone who has a disability, and says she is constantly learning. Her warm friendly personality is genuine and kind with everyone and all who have met and work with her feel that kindness and warmth.



We can't thank you enough, Joy and we look forward to seeing you around the barn for a long time to come!

~ Abalone Peterson 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

## Eve van de Beek



Eve van de Beek has been with PARDS since 2013. She started as a volunteer and began by cleaning tack and riding boots. With a love for horses, she began taking lessons and continued volunteering in the barn. Showing a fantastic work ethic and a passion for learning more, Eve was asked to join the team in September of 2018, as the Barn Lead/Instructor In Training. This involves making sure horses are ready for lessons, stalls are maintained, feeding and graining as well as helping to orientate and train new volunteers. Eve is a riding instructor in training and is now teaching a few therapeutic and public lessons with some of our beginner riders as part of her training. She also continues to keep busy in the barn making sure our herd is very well cared for. Eve is certified at Equine Canada rider level 4.

## Meet Our Equine Partners

### Chevy

Meet Chevy, PARDS 2019 Sweetheart of the Year!

Chevy is a 6 year old black and white miniature pony. Chevy is the perfect pony for our Little Pony Motricity program. She is a step up from our smaller mini's because she is taller, more narrow and simulates a larger horses movement. She is a great confidence builder because of her quiet and forgiving nature. Chevy doesn't feed off of nervous energy making her a happy quiet pony for any rider.



## Just Horsin' Around