



PARDS
THERAPEUTIC CENTRE

News From the
"Neigh"bourhood

June

IMPORTANT DATES

**July 1 Canada Day - Office Closed
Closed**

**August 5 Heritage Day - Office
Closed**

Upcoming Events

2019 Summer Day Camps

Little Pony Motricity Half-Day Camp

Two weeks to choose from, mornings or afternoons available: July 2 to July 5 ~ August 26 to 29

Little Pony Motricity half-day camp is available to children between the ages of 3 (as of January 1, 2019) and 6 (maximum 55" tall and 65 lbs.), of all abilities. Camp is set up with fun activities that incorporate fundamental skills in early ages of development while working with our miniature ponies. Riding, groundwork and horse care skills are taught.

Camp fees are \$250.00 per week plus PARDS Membership

Youth Day Camp

Four weeks to choose from: July 15 to 19 ~ July 22 to 26 ~ July 29 to August 2 ~ August 19 to 23

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 games, group activities and crafts.

Camp fees are \$350.00 per week plus PARDS Membership

Adult Therapeutic Day Camp

One week only: August 6 to 9

Adult Day Camp is 4 days filled with fun and learning for campers aged 15+ with a clinical diagnosis. Campers experience the social, recreational and physical benefits that come with a four-day immersion in PARDS therapeutic programs.

Camp fees are \$180 plus PARDS Membership

Equestrian Skills & Leadership Day Camp

Two weeks to choose from: July 2 to July 5 ~ August 26 to 29

This camp is for riders who are looking to improve their existing skills and understanding of equine care. Leadership skills are also gained through supporting and mentoring pre-school program campers in their activities. Riders must be able to ride independently and be confident. Proficiency with walking, stopping and steering skills are mandatory.

Camp fees are \$350.00 plus PARDS Membership

Visit our website to register for all Summer Camps

THANK YOU!

FUND Ride Sponsors

MANE EVENT



CART RIDES



PONY RIDES



HOBBY HORSE CORRAL



HOOFBEATS & HEARTPRINTS



CARNIVAL



SUPPER



HORSESHOE



GREAT NEIGHBOUR



Royal T Equestrian



SADDLE PRIZE

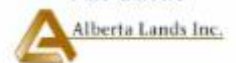


LUNCH BBQ



Rotary Club of Grande Prairie

POPCORN



GAMES



EVENT PRIZE DONORS

~ Big Timber ~ Dominos ~

~ Home Hardware West ~ Peavey Mart ~ County of Grande Prairie ~

~ Mr. Mikes ~ Canadian Tire ~ Sticky's Candy ~ Daddios ~

~ Tim Hortons-Allard Group ~ Home Depot ~ MD Of Fairview ~

The 34th Annual FUND Ride & Community Carnival was the place to be in June!

PARDS riders collected pledges and enjoyed a trail ride and BBQ on the Friday before the FUND Ride, each

with a chance to earn credits towards their therapeutic lessons. Saturday, June 15, was the public ride where community riders collected pledges and then rode the 25 km trail through PARDS beautiful treed acres in

hopes of winning one of 2 fabulous saddles, generously donated by Keddie's Tack & Western Wear. The event saw over 700 community members enjoy over 25 games, with prizes to be won, archery, paintball, target shooting, face painting, glitter tattoos and pony trail rides for young riders as well as free wagon rides courtesy of Peace Draft Horse Club. Everyone was well fed by the Rotary Club of Grande Prairie (by donation) and of course all was done in support of PARDS programs. We would like to thank all the participants, sponsors, donors and volunteers who made this event a fun filled, successful day!



Volunteer Spotlight

Natasha-Rae Stamp is 23 years old and started volunteering at PARDS during session 2. Natasha grew up on a cattle farm near Wembley so she had previous experience with horses and cows. Her experience made her comfortable around the horses and in the barn at PARDS. Natasha became involved with PARDS through her father Kelvin. Kelvin has been a weekly volunteer at PARDS and was going on holidays so "drafted" Natasha to fill in while he was away. Natasha came out prior to him leaving and worked along side her dad, learning what he did when he volunteers. Natasha said she always knew about PARDS and was happy when the opportunity presented itself to volunteer when her father started coming. Watching the 2 work side by side is very rewarding and at times comical; listening to the 2 ribbing each other. However, terms like "good kid" can often be heard as there is a sense of pride exuded when Kelvin speaks of his daughter Natasha and the smile on Natasha's face when she speaks of her father to others.



Natasha enjoys volunteering at PARDS because of the socialization and physical activity she gets from it. She previously volunteered at the Wembley food bank which is where her enjoyment for volunteering began. At PARDS she likes having the ability to help other people in an activity they normally may not have been able to

experience without the help of others (volunteers). Natasha has some previous experience working with people who have disabilities as she babysat for families with children with autism. One of Natasha's favorite things to see while volunteering at PARDS is the amount of communication the riders have with each other, the staff and

volunteers; even though some of them may be non verbal or have different ways of communicating they always find a way to show or tell how they are feeling. To her this expresses the feeling of comfort, patience and acceptance the riders, volunteers and staff have with each other.

We thank you for all you offer to us Natasha and we look forward to seeing more of you around the barn!

~ McKayla Van Nieuwkerk , PARDS Instructor

Community Champions



Smash and Sons Contracting has been a pillar of support for the Peace area with their love and generosity in serving those within the community. Their dedication to Grande Prairie and area and those within it is admirable and always benefits the community as a whole.

The owner Randy Smashnuk was born and raised in Grande Prairie and his wife Liz is formerly from Manning. They raised their five boys to be reliable, hardworking gentlemen while also running their local business, Smash and Sons Contracting Ltd. for the last 32 years, giving back to the community every chance they get. As Randy and Liz begin the stages in their

retirement, their sons continue their legacy of support to PARDS and the community.

When first hearing of Randy and Liz Smashnuk and their family business, I didn't have much knowledge outside of the history coworkers had told me. I was looking forward to meeting Randy, as I heard he is a straight shooter and calls everything as he sees it. I was intrigued to meet the couple whom I could tell hold a great love for the community in which they live.

Little did I know, upon meeting Randy, that I was genuinely meeting one of the most honest, straightforward, family-oriented and community-minded people I have ever been blessed with encountering in my life. Well, then his wife showed up and added one more to my list of blessings.

I learned that PARDS plays a special place in Randy's heart because he knows first hand the struggles that come with having someone close to you being dealt an "unfortunate hand in life"; as his sister Debbie had Down Syndrome. For a period, she was a rider at PARDS and Randy knows the power that equine therapy can have for someone like his sister. "You couldn't get a bigger smile on her than every time she was up on a horse", he stated.

Unfortunately, in 2000, their family lost Debbie, but they continue to honor her legacy by supporting a cause that means so much to them all. From donating to events, pledging sponsorships, sending equipment, to help with our yard needs, to supporting our *Need to Feed* campaign, by not only loading but also supplying staff-hours AND trucking for all of the bales of hay and it is all out of the goodness of their hearts!

Even though she is gone, there is a sense of security with Randy and his family that hopefully Debbie sees how much of an advocate they continue to be for PARDS. They believe every child, youth and adult deserve to be as happy and at peace, as his sister Debbie was on those horses.

It was an absolute honor to meet this incredible couple and to learn about their family, their business, and why they choose to do what they do for the city that has also given back so much to them. The community is so blessed to have people like Randy, Liz, their sons and local businesses like Smash and Sons Contracting Ltd.. If you don't know who they are or what they do, I highly recommend looking into Smash and Sons Contracting Ltd. for any contracting, trucking, oil/gas needs and the many other services they offer, because when you support local; you're helping people like them to be able to support local also.

~ April Parker ~ PARDS Community Engagement Coordinator

Rider Spotlight

Brooklyn Batty, Jennah Kessler and Rielley Lafrance ride together in a group therapeutic lesson each week. Riding in a group lesson enables riders to progress independently while encouraging interaction with

others, develops observation skills and provides the interest and support of others. The three girls started taking lesson together and over time developed friendships with each other. Because of that friendship it always makes their lesson very fun and rewarding for them as they each support, encourage and share in their successes together. This enhances their individual confidence levels as well as develop leadership and

support qualities they may not get riding independently.



Brooklyn is 12 years old and has been riding at PARDS since the fall session of 2018. In the time she has been riding she has built a strong bond with her horse Polly. This is part of the learning when riding as it produces a comfort level/trust between horse and rider. Brooklyn's riding goals are to fully understand her posting trot and to learn both english and western riding skills for fun. Brooklyn's diagnosis of a learning disability and ADHD has made it difficult at times for her to learn new things, but she is doing a great job understanding everything and working through any struggles, one step at a time. Instructions are kept short and precise and understanding is confirmed before moving on. Since the instructions remain the same weekly for each riding activity it creates a

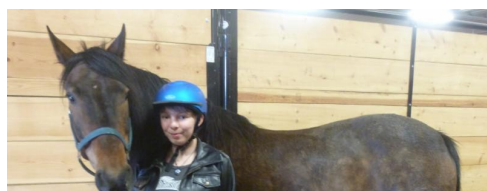
sense of predictability and normalcy which is important for someone with ADHD as it can elevate unnecessary stressors. Since I became her instructor, Brooklyn has gone from meeting her horse in the arena and having a leader, to tacking up her own horse and riding independently. Everything from basic walk/halt to her posting trot has been what Brooklyn has been working on in the last two sessions. Her confidence has increased and Brooklyn is always super excited for her lesson and has made quick friendships with the other girls in her lesson.

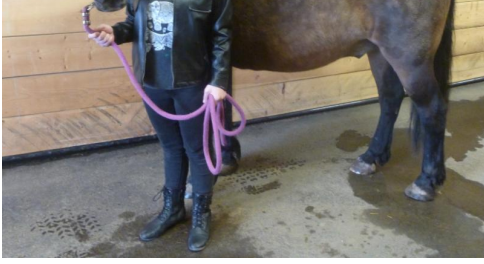
Jannah is 12 years old and has been riding at PARDS for 2 sessions.

Jannah has a diagnosis of Generalized Anxiety Disorder which can create excessive, ongoing anxiety and worry that are difficult to control and interfere with day-to-day activities. Jannah had a little riding experience before she came to ride at PARDS but mostly with walk. Jannah is currently working on her posting trot and one day would like to learn to jump and compete. With confidence building in her riding ability and seeing how to work through new learning, it is the hope that these new found coping skills and confidence can follow her through her day to day routines as well. When asked, Jannah said her favorite horse is Chance even though he makes her work hard. A bond between horse and rider is helpful with someone with GAD. Horses can have a natural calming nature and some are innate to the feelings/anxieties of their riders which can help when working through new riding skills. Even just the gentle stroking motion when petting a horse or grooming can be very therapeutic. Jannah always works hard during her lessons and sets a good example for the other riders on how to push through any frustrations one might have to be able to reach their goals. Chance is a newer horse to PARDS and was chosen for Jannah because of her natural seat and connection with horses. Her determination allows her to help Chance settle into our program while also improving her riding and horsemanship skills.



Reilley is 14 years old and rode at PARDS for the last session of this year. In the small amount of time she has been riding, Reilley has learned to brush, tack and various riding skills. Reilley has been working on her posting trot and has picked up the movement very quickly. With riding, the lessons and skills taught are repetitive and remain constant as in, the way we halt, post, rein will always be the same which can be reassuring for someone with ADD and mild intellectual functioning skills, like Reilley. The instructions and goals are kept short, repetitive from week to week so they become predictable; the same is true when instructions are needing to be broken down and processing time is needed. When what is being asked, and is understood, the riding ability happens as it becomes natural as it does with learning any new skill. When asked, she said her favorite horse is Risley. Reilley's goals with riding are to learn to jump and compete one day for fun. Reilley can be quiet in her lessons but once she is asked to do something she is very good at focusing (a learned skill for many with ADD) and completing the task. Before Reilley



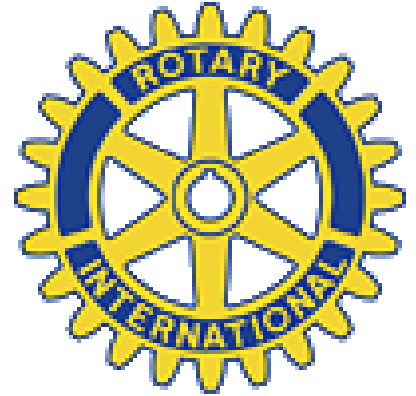


started riding she was a part of a Youth Leadership Program. In this program she learned horse safety, brushing, and confidence on the ground around the horse before she started riding. This program was a way to built confidences around the horses, give her some knowledge prior to riding which enabled her to relax and focus more. This step prior to her taking on the riding program may be a part of why she has excelled so quickly other than the fun just the fun she is having!!

~ McKayla Van Nieuwkerk , PARDS Instructor

In the past year, PARDS has been fortunate to partner with both Swan City Rotary and the Rotary Club of Grande Prairie for Cash & Camping, Cars for Christmas and the Dream Home Lotteries.

This has been made possible due to the many wonderful, hardworking volunteers who came out to sell tickets, no matter what the weather or the time of year. The list of volunteers is too long to name here, but know, we are eternally thankful for the support of these marvelous PARDS volunteers.



FALL REGISTRATION

Registration for all PARDS programs is now available online at www.pards.ca
For a list and overview of all our programs and registration, please click on Program Information

Program Information

PARDS Therapeutic Centre

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Contact Us

