



**PARDS**  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

**November**

## Important Dates

Sunday, December 1 ~ Volunteer Potluck  
December 3 ~ Session 2 Begins  
No lessons December 23 to January 3  
PARDS office closed December 23 to January 1  
Lessons resume January 4

**Thank you!**

### **PARDS 22nd Annual Dine & Dance ~ "Angels Among Us"**

PARDS 22nd Annual Dine & Dance, **"Angels Among Us"** was held November 2nd. The evening celebrates all that has been and can be accomplished when we share a common goal and vision. It was an evening honouring our riders and the volunteers, community members and businesses who help to keep this essential service available in our community. All proceeds raised through this event stay within the PARDS organization and directly benefit our riders by supporting our therapeutic programs. The generosity of everyone involved helps children and adults within our community access Equine Assisted Therapeutic Services in pursuit of living their best life. We would like to thank our Sponsors, Donors, Volunteers and attendees for making it a magical, fun filled and successful evening. To see pictures of the evening please visit our Facebook page.

**Thank you to Our Sponsors!**

**~ 'Mane' Event Sponsor ~**



~ Hearts, Hooves & Courage ~



~ Horseshoe ~



## Champagne Reception



## Collector Coin Raffle



## Ring Box Raffle



## ~ Great 'Neigh'bour ~

*You're at home here.*



## ~ Special Thanks to ~



Tom Pura



Dave Neale



Greg Podmore  
Photography

Diesel Powered  
Images



John & Linda  
Perkins

## ~2019 Volunteer of the Year~



### Judi Harker

Time is the most selfless gift a person can give; especially when it is given to make a difference in the lives of others.

At PARDS our volunteers are as unique as they are diverse in the skills they offer. We see over 15,000 volunteer hours per year from people as young as 8 who come to muck stalls to retirees coming to help lead or sidewalk in lessons or use their skills and trades in any way they can. We see volunteers selling lottery tickets, helping in events throughout the year and the list goes on. We see PARDS riders come to volunteer such as Erin, who comes every Monday in her wheel chair to dust our main office window sills and tables, or Josh who has a love of paper, who comes to do our weekly shredding or Kaylee who helped with the Dine & Dance decor folding paper stars.

Each volunteer gives of themselves doing what they can, in any way they can, all in support of PARDS riders.

Each year we honour a volunteer and choosing one is not an easy task. I would like to tell you a little about “our volunteer”, Judi Harker.

Like many of our lesson volunteers she says, the barn is her happy place, she enjoys working with the riders and she has a love of horses and she needs her “fix”. Judi said that “ohh about 1-3 hours a week is just about right” for her fix, but I am not so sure about that. Personally, I think she has PARDS on speed dial, as when there is a volunteer cancellation, Judi is one of the first to call to say she can help. Judi helps with birthday parties, leading the party goes and at the FUND ride helping in the carnival or with the pony rides. Judi has a quiet and understanding nature which allows PARDS horses to have trust in her and our riders to feel comfortable in their lesson, some even building strong bonds with her. One rider Rochelle, does not do well with change and as she came into the arena one day, she thought that her ‘regular’ leader volunteer was not there for her. Her arms crossed, her head went down and she shut down, unable to do anything more in her lesson. Well, Judi realized the problem, she called out to Rochelle and took off her toque, the locks of curls that had been tucked up fell, and Rochelle had HER leader again. She had the biggest of smiles and gave the biggest hug ever and Rochelle’s lesson began.

Judi began volunteering with PARDS almost 6 years ago, giving 2 hours each week on her day off; but when called back to work full time was thinking that time may have to end. Now we soon learned that this quiet nature was a source to be reckoned with. Returning to her full-time position Judi approached her employer and asked, “PARDS is my happy place and I need that; so if you would like this place to be just as happy, can I please continue my volunteering Wednesday afternoons?.” Which they did for as long as they could.

Judi is an ambassador for PARDS. When she heard PARDS was looking for welders to build the fences she approached her employer to see if they could help. Thank you to Ruskin Construction Limited, for building our fences.

Wanting more time with the riders and horses Judi took on another evening to help in lessons and when asked why she keeps coming back replied in her typical comical nature, “Because you guys haven’t abused me enough”. Now taking on an extra evening to volunteer at PARDS was not exactly what her better half Don had in

mind and he shared they didn't spend as much time together as they used to. And Judi's reply? "Well - come with me then", and they did, every Monday night.

We would like to thank Judi for everything she does for PARDS riders. Like all of our volunteers, we can't do it without you!



---

## **Volunteer Potluck Dinner**

**We would like to invite all the fabulous PARDS Volunteers**





You're invited!  
Volunteer  
Potluck Dinner



We would love to have you join us!  
Bring your favorite dish to share and enjoy a meal together with other  
PARDS volunteers and staff!

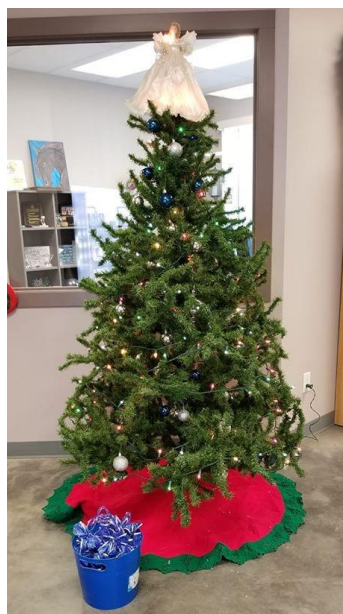
Sunday, December 1

4:00 to 6:00 p.m.

PARDS Facility

Please RSVP to 780-538-3211 or to [lessons@pards.ca](mailto:lessons@pards.ca)

## Christmas Blue Ribbon Campaign



### Decorate PARDS Christmas tree with Blue Bows!

PARDS horses work hard all year to ensure our riders are well taken care of & have the best lesson possible and would like to invite you to spread some Christmas cheer to them!

We would like to invite you to donate by December 20th and put a blue bow on PARDS' Christmas Tree with your name, by stopping by with an item or by making a cash donation at the office or online at [www.pards.ca](http://www.pards.ca). Our goal is to fill the tree with beautiful bows!

As well, our partner store Keddie's Tack & Western Wear has our horse's letters to Santa hanging. Items can be purchased off the PARDS' tree and put under the tree. Items begin at \$2 ensuring everyone can participate.

## Rider Spotlight





## Jilien Wilkinson

Jilien is a sweet 5 year old girl with a very comical yet serious nature, cracking others up with her straight forward, innocent, natural conversations and her love of being photographed on her terms and times, saying "wait while I pose" bringing smiles to everyone she meets.

In August this past summer, Jilien came to PARDS Little Pony Motricity summer camp where she met Chevy, her equine partner for the week. Chevy helped Jilien learn the basics in grooming, horsemanship, riding skills and was a reading partner during the literacy portion of the program.

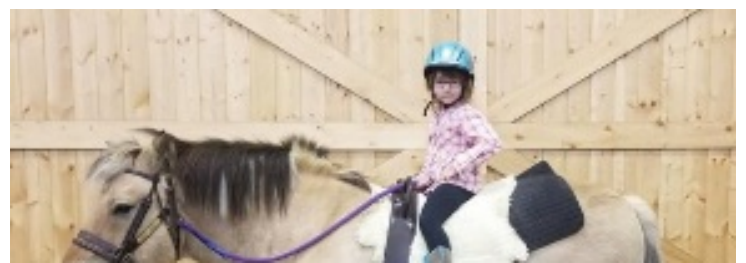
Jilien has a diagnosis of FASD with ADHD and OCD. With this, building positive relationships and her ability to hear, process and following directions can be difficult at times. The first day of camp Jilien found it difficult to focus with the stimulation of being in a group, the new surroundings and new learning.

During the week, Jilien's mother saw the enjoyment, the growing engagement Jilien was having with both her horse and instructors and the calming effects the horses were having on Jilien and decided to enroll Jilien in the PARDS Therapeutic riding program fall session.

In the therapeutic riding program, Jilien has made a new equine friend, Buttercup. The lesson goals are to help Jilien learn to trust and build healthy, safe relationships with others. Jilien gets closer to that goal every time she comes to PARDS; she wants to talk with everyone, give high fives, and pet the ponies.

When Jilien came for her assessment she saw a guitar on the wall and began to strum it. Her mother tried to deter her, but was encouraged by staff to let her play as the guitar was given specifically for our riders by entertainer Trevor Panczak at PARDS Grand Opening last year. Jilien's mother recognizes that Jilien thrives and copes on routine, so each lesson day they arrive early so Jilien can get her 2 to 5 mins of guitar time. Lesson instructions are kept repetitive and built on slowly. This helps with Jilien's trust of others as she knows what to expect going into each lesson and understands her instructors and volunteers are there for her. Her mother says she is also improving outside of PARDS, warming up to new people a little easier.

We are excited to see Jilien continue to grow and are very happy to see that she is taking big steps towards her goals!







## Equine Partner Spotlight

### Freckles

Everyone falls in love with Freckles at first sight! Her fun markings makes her an eye catcher in the barn. She is an 8 year old appaloosa, paint cross whose smooth gaits make her a great therapeutic horse for those riders with rather severe impairments in balance and equilibrium reactions. Freckles quickly becomes attached to riders and volunteers who handle her and loves snuggles and treats from anyone who will give them to her.

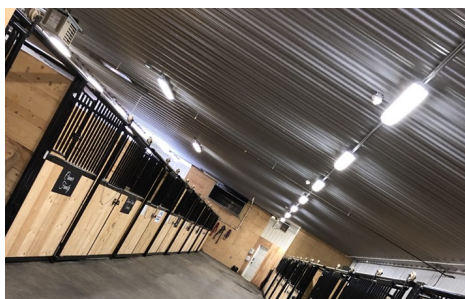


## PARDS Boarding

### Winter Is Coming! PARDS Boarding Available

PARDS offers a variety of boarding options and year round indoor arena use. For more information please go to our website by clicking on the link below

[PARDS Boarding Information](#)







## 2020/2021 REGISTRATION

Registration for all PARDS programs  
available online at [www.pards.ca](http://www.pards.ca)

For a list and overview of all our programs and  
registration, please click on  
Program Information

[Program Information](#)

## PARDS Therapeutic Centre

710009 RR 55  
County of Grande Prairie #1, AB  
T8W 5A7  
Phone: (780) 538-3211

[Contact Us](#)

