We would like to welcome back all of the riders in our program and all of the wonderful volunteers that enable PARD to continue with our therapeutic riding program. We look forward to another great season at PARD.

PARD welcomes new Chairperson of the Board of Directors for 2010

On February 10th, the PARD Board of Directors nominated and approved the appointment of a new Chairperson, welcoming Tracy Magee-Graham to the position.

“I began volunteering with PARD in the winter of 2008 as a way to spend time with my daughter, Sarah, enjoying our shared love of horses. We would brave the cold and ice to help other volunteers groom the five horses, pulling burrs, brushing away the ice and removing any dirt from their coats so they would be warm.

As the warm weather approached, we were asked to continue with the program during the riding lessons. This was new to us, but we happily agreed. We haven’t regretted it for a moment!

“There is no better reward than the squeal of laughter or the beaming smile of a PARD rider.”

After a long day in the office, there is no better reward than the squeal of laughter or the beaming smile of a PARD rider as they sit high atop one of the horses and walk gently around the ring or play a game with their friends.

The therapy these riders receive is physical, mental and emotional. I have been most deeply touched by a wheelchair-bound boy. Although he is non-verbal, there is no doubt about his joy and pride as the volunteers call him ‘Cowboy’ and he - perhaps for the only time in his life - is looking down at us instead of up from his seat in a wheelchair. When he reaches for my hand, I know how much he appreciates his time with the horses.

PARD relies on volunteers like my daughter and myself to continue this therapeutic riding program. Each rider needs three volunteers to ensure their safety - a leader plus two side-walkers. Aside from help on riding nights, volunteers are needed for fundraising events, horse care and facility upkeep. For those who are unable to volunteer, PARD is in need of financial assistance. Money for feed, veterinary care, equipment and board are the goals of our fundraising efforts. Donors will receive a charitable tax donation receipt for their financial gifts.

Joining the Board of Directors was a natural step for me, allowing me to use my professional skills and contacts to support PARD. I am excited to have been chosen as Chairperson and hope my efforts in this role prove beneficial to the program. I look forward to meeting all of this year’s riders and families, the volunteers as well as saying ‘Thank you’ to our wonderful donors.”

In July 2009, Bail joined the PARD lineup. Bail is a 16-year old quarter horse purchased after many months of searching.

Bail moved into the lineup quickly showing obvious signs of enjoyment for his new role in life. With his kind disposition, he soon became a favourite for many volunteers and riders.

“Thank you, Karla”

PARD lost a valuable member of the volunteer team, when Karla Faig accepted a job on the East Coast. We thank Karla for all her hard work as an instructor and also as PARD’s physiotherapy consultant.

We wish Karla and her family all the best, and hope they’ll be back to visit us soon.
Bear went to a new home in August. Although he had great potential, finances and time constraints dictated the decision to sell Bear. We hope that he is enjoying his new home!

Buck retired from the PARD lineup in July after several years of service as a trusted therapeutic horse. He was fostered by his very special friend, Sarah, who made sure to have a stock of carrots for Buck to enjoy while she groomed him. Sadly, Buck passed away suddenly in October.

A few words from a rider

“Some get to have the experience of horse riding while others don’t get to live their dreams”, says Isabelle.

“The PARD program helps me with learning about horses and how to do things on a horse that many persons with disabilities want to do. It has fun games to do while you’re on the horse in a class or by yourself and you get to learn how to control the animal by yourself as you move up in the levels of riding. You get to go onto different horses from time to time. Most of the horses are very old, but the rest are younger than people think.

As an example, Robbie - “the poky pony” - acts like an old man inching his way to somewhere he needs to go to, but he’s really active. I made him go on and on the whole entire time of my lesson until it was all over.

My legs were really sore after all that pushing and riding.

My goals are to keep on riding until I’m able to jump over a fence with the horse. My favourite horses to ride are Bail, Robbie and Sharky. They give me lots of courage to keep on going and never give up from an injury or quit for the fun of riding a horse everywhere that a car or a truck or any other type of vehicle can’t go into at all. It looks easier when someone else is riding a horse than when you’re riding one for the first time.

If you know someone with disabilities, tell them about the program and they might become expert riders some day.

I’d like to say thanks to all the volunteers and instructors for helping me understand about how to use the equipment and know the horses by their coats and what style they move at the walk or the trot depending on the type of breed in the bloodlines of the horse.”

2010 PARD Board of Directors

Chairperson: Tracy Magee-Graham  Directors: Michelle Bozec
Treasurer: Julia Dean  Kathy Carruthers
Vice-Treasurer: Chantal Dufour  John Eadie
Secretary: Jennifer Bellissimo  Crystal Edwards
  Marissa Wheal

PARD would like to send a big “Thank you!” to Phil and Meme McCabe acknowledging their many years of dedicated volunteer service. Their commitment to the program will be missed tremendously.

PARD’s Board of Directors meets on the second Wednesday of each month. You can contact PARD Therapeutic Riding or members of the board at:

PO Box 1654, Peterborough ON  K9J 7S4, Telephone (705) 742-6441 or via email at info@pard.ca
Why I like being a PARD volunteer

When you watch the PARD riders, you can see that they’re thrilled every time they clamber onto Robbie, Bail, Sequal, or Sharky. Knowing that makes volunteering all worthwhile - no matter how much sand I get kicked in my shoes (thank you, Robbie).

I started volunteering with PARD in 2005 after I’d seen a booth at the Royal Winter Fair. As an avid horse lover, I wanted to be involved. I sent a letter asking if I could volunteer with the program and received a warm welcome.

Since then, I’ve been volunteering each summer, and I love it. All the other volunteers are so friendly and I look forward to chatting with them every week.

I’d like to become a school teacher, and I’ll be forever grateful to PARD - the experience has been fantastic. I’m looking forward to this summer and new adventures at PARD.

Let’s Horse Around - PARD’s Family Fun Day
Sunday, April 25, 2010
1:00 - 6:00 pm
Trentwinds International Centre
264 Lansdowne St E, Peterborough
Call for tickets: (705) 741-9203, (705) 748-6024 or (705) 313-0806

Volunteer Orientation Day
Saturday, May 15, 2010
10:30 am
PARD, 570 Woodside Rd, Keene

PARD Schooling Show
Sunday, August 15, 2010
9:00 am
570 Woodside Rd, Keene

Volunteer & Rider Appreciation Corn Roast
Monday, August 16, 2010
6:00 pm
PARD, 570 Woodside Rd, Keene

Hallowe’en on Horseback
October 2010
Stillbrook Stables
570 Woodside Rd, Keene
www.stillbrookstables.com

2009 raffle winners

Congratulations to the winners of PARD’s 2009 fundraising raffle. A big “Thank you” to everyone who bought tickets.

We hope to hold another raffle this year. If you would like to donate a prize, please contact a board member or PARD volunteer.

Kayla B Quilty won $100 in gift certificates for Jake’s Neighbourhood Grill.

Rick Dallinger will enjoy 18-hole green fees for 2 with cart at Black Diamond Golf Course.

Ann Parker is the winner of our grand prize, 2 nights at Pine Vista Resort including fireplace & complimentary bottle of wine plus full use of facilities.

With special thanks

Fred and Jeannine Stillman and family – for your on-going support of our program and for the great care of our horses.

For the excellent care of our horses, we thank Campbellford Veterinary Services and Douglas Parkes, our farrier.

The riders of Stillbrook Stables – for getting pledges for Hallowe’en on Horseback.

Caravaggio Orthotic Clinic - for once again sponsoring our Horse Show.

Ron Lalonde and Investors Group Matching Gift Program for your generous donation.

The Staff at Central East Correctional Centre – for your continued support.

Graeme Walker – for all your help (and patience) in keeping our website up to date.

OUR VOLUNTEERS – You are our greatest asset (together with our horses!), without you we could not run our program.

OUR DONORS – Your continued support allows us to offer our program at a reasonable cost to our riders. Thank you for your generosity.
Stillbrook Stables supports PARD with Hallowe’en on Horseback fundraiser - spooky fun for everyone!
Volunteers are at the heart of PARD Therapeutic Riding.
Without your help we simply could not operate.
Your involvement is greatly appreciated.

For further information please e-mail PARD Therapeutic Riding at info@pard.ca or visit our website at www.pard.ca
My name is Mitchell. I started riding at PARD three years ago and I love it! My big sister has been riding horses since I can remember. Now, thanks to everyone at PARD I get to ride just like her!!

I was born with Dandy-Walker Syndrome, so some things aren’t as easy for me to do as other kids my age. My mom and I have searched and there are not alot of organized activities/sports for kids like me to be involved in. Thank goodness we have PARD. It makes me feel good to be out there riding with everyone. My mom says it’s good physio and speech therapy for me when I’m on the horse.

I have to use lots of muscles when I’m riding. My horse listens to what I tell him to do so I really have to try hard to say my words so I can tell the horse to stop and go. Riding helps my coordination — we do exercises and fun games while we’re at our lessons.

Everybody tells me what good work I do when I’m out there riding but I don’t notice the work because I’m having too much fun!!

-Mitchell

Helping riders achieve their dreams

PARD Therapeutic Riding is a Peterborough area charitable organization that has provided a riding program for over 25 years to individuals of varying ages and abilities.

The benefits of therapeutic riding are:
- Improved balance
- Development of coordination
- Strengthening of muscles
- Normalization of muscle tone
- Improved attention span
- Promotion of independence
- Increased confidence & self-esteem
- Access to recreation sport and/or competition.

As part of an amazing organization, PARD volunteers enjoy the smiles of the riders every week, feeling their happiness and sense of accomplishment.

PARD does not receive government funding and is financially dependent on support from the local community, businesses, service clubs and fund-raising events. PARD does not have any paid staff, relying solely upon volunteer commitment. In today’s economic times, this has proven to be an ongoing challenge for the volunteers to raise sufficient funds to keep the program operating.

Help us, help them in achieving their dreams.

PARD Therapeutic Riding
P.O. Box 1654, Peterborough, ON K9J 7S4 Canada
Tel. (705) 742-6441 · Online: www.pard.ca
E-mail: info@pard.ca
Charitable Registration No. 11909 1759 RR0001
Charitable tax donation receipts will be issued for donations of $20 or more. Receipts for Donation-in-Kind will be issued for retail value before taxes.

Contact information collected here is for administrative purposes of PARD Therapeutic Riding only and will not be shared with third parties.

YES, I want to help PARD riders achieve their dreams.

☐ $25  ☐ $50  ☐ $100  ☐ $200  ☐ Other _________  ☐ Donation-in-Kind
☐ Please find enclosed my cheque payable to PARD Therapeutic Riding
☐ I prefer to charge my donation to my credit card:  ☐ VISA  ☐ MasterCard

Card No.: ___________________________ Expiry Date: _____________
Name on Card: ___________________________
Cardholder Signature: ___________________________
Donor(s) Name: ___________________________
Address: ___________________________
City: ___________________________ Prov: ___________ PC: ___________
Telephone: ( ) ___________ Email: ___________________________

Charitable tax donation receipts will be issued for donations of $20 or more. Receipts for Donation-in-Kind will be issued for retail value before taxes.
Held in August, PARD’s Schooling Show is an annual fundraising opportunity for the program as well as a chance to increase awareness for the cause.

The show is open to all riders and spectators are also welcome.

Our specialty classes - especially our Costume and Mother/Daughter Pairs - are always a favourite!

This year’s show is scheduled for Sunday, August 15th. We invite you to get involved as a volunteer, an active riding participant or as a spectator. It will be a great day for everyone!
PARD 2010 Schooling Show

Sunday, 15th August
570 Woodside Rd, Keene

CASH PRIZES!

Registration information and forms available online at www.pard.ca
Pre-register by dropping your forms off c/o Peterborough This Week at 884 Ford St, Peterborough

For more info, visit www.pard.ca - Proceeds to support PARD Therapeutic Riding