

Spring 2014



# PARDNews

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

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*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.*

## Come frolic with PARD at new home in Warsaw

It's been just over six month now and the boys' – that is, the PARD Therapeutic Riding horses – have settled into their new home nicely. Reno, Nubuck, Doc and Stormy are “totally enjoying their new environment ... frolicking and settling in well”, according to Chris Walker, an instructor with the riding program. The horses have more space available to them, horses close by in neighbouring fields and they've even been caught playing tag since the move.

This past summer, the PARD board realized that it needed to review its plans for growth and how to accommodate future needs. After visiting multiple sites and weighing the benefits of each proposal it received, the board chose Wendon Hills Equestrian Centre, northeast of Warsaw as the new host farm. Located at 1372 Fourth Line Road, Wendon Hills was selected for its convenient location and quality horse care along with the suitable facilities and expansive space available to PARD.

“The site at Wendon Hills and the arrangement made with [management] provides PARD with the opportunity to grow in our program,” explains board co-chair, Angie Muir. “We have room for a larger ring, access to a warm-up ring, better parking and lots of trailer parking for visiting riders when we host our shows or other events. In fact, we can have more events!” The PARD office and tack room made the move, as well, and will be erected again in the spring, likely a little larger than they were.

The PARD board, their families and a small group of volunteers provided much of the labour needed to dismantle the ring and buildings at the old site, move everything and help get the new site ready for the horses to move in. That donation of time and energy saved a great deal of expense but PARD is in need of a kind benefactor to help with some of the hard costs associated with the move. As a registered charity, PARD is able to provide a tax receipt or arrange other sponsorship opportunities.

We invite you to join us at our Annual Open House in the spring to check out our new scenic location and visit the PARD boys. Keep an eye on what's happening on our website [www.pard.ca](http://www.pard.ca) or Like Us on Facebook. We're always looking for volunteers and would love to show you around.



## Message from the Board of Directors

This past year, both Cathy and Angie had the unique opportunity to share the position of “Chair” on the PARD Therapeutic Riding Board of Directors. Each of these two “Co-Chairs” brought a unique set of skills to the position and worked in unison with the board to plan and coordinate events throughout 2013.

Ah, spring is upon us and it's almost time to ride again. Many of you are probably very eager to visit our new site in Warsaw. There is still much to be done to prepare for this season, but with the helping hands of many volunteers, and a little cooperation from Mother Nature we will be ready to welcome our first students when lessons. It was a difficult decision to leave our old location after over 10 years, but PARD Therapeutic Riding is excited for this opportunity to expand the program. We look forward to seeing everyone out at our new facility.

2013 was a wonderful year, thanks to our great volunteers and instructors. Last year we had an opportunity to attend some special events including ‘All About Horses’ at the Lindsay Exhibition during ‘Stampede Days’. Doc and Nubuck did a meet-n-greet with the public with passersby stopping to say hello and give the boys a little pat on the nose. Hanna, one of our riders at PARD, and her mount Doc strutted their stuff in front of a crowd of onlookers during a demonstration that enlightened people as to what the organization is all about. The boys and volunteers did a great job and it was a fun opportunity to reach out to the horse community.

Throughout the year, PARD hosted several fundraising events that were as much fun as they were successful. We kicked off the New Year with the Rhythm ‘n Riders music fest at the

Red Dog in Peterborough, Ontario. Some wonderfully talented musicians took the stage and entertained us all afternoon. Between ticket sales and the silent auction, we had a rockin’ time raising funds for our program.

We also had a great time participating at a Bingo Fundraiser, combined with a silent auction, which were held at Delta Bingo in Peterborough. We were so overwhelmed with generous donations from local business and individuals, it was hard to keep track of it all! No one at our table got to yell “BINGO” but everyone was a winner when we all accepted a giant, oversized cheque from Delta Bingo for being the charity benefactor that evening!

***“Many drops make a bucket, many buckets make a pond, many ponds make a lake, and many lakes make an ocean.” ~ Percy Ross***

Our annual Schooling Show was held in the early summer and all the riders who came out looked fantastic and did a great job in their respective classes. It was nice to see a mix of riders from the area, as well as some of our own riders competing in the show. Unfortunately our fall Games Show was cancelled due to the move. However, this means it will have to be twice as much fun this year, so look out!

Last year, thanks to a generous donation from the Retired Teachers Foundation, select students will now be able to compete in nation-wide shows without leaving the comfort of our farm. The RTF grant allowed PARD to purchase video equipment; to tape and electronically submit a rider's test through CanTRA, the Canadian

Therapeutic Riding Association. This unique opportunity will allow our riders to advance their skill level and compete in more shows that would otherwise be logistically or financially impossible.

As our riders continue to grow and develop their skills, we are excited to see our volunteers and coaches grow with them. PARD would like to congratulate Chris Walker in completing her CanTRA Intermediate Instructor (CTR II) certifications - an accomplishment which entailed many hours of volunteerism, studying, travelling to conferences and, of course, successful completion of both written and practical tests.

We look forward to seeing our returning volunteers this year, and hope that everyone will take advantage of the additional training we are offering this year. Volunteers will have the opportunity to become CPR-level C certified, as well as to expand their horse knowledge by attending our horsemanship clinics, which we are offering this summer. Of course, we will be very excited to welcome new faces this spring at our Volunteer Orientation, as well as those returning.

Overall, 2013 was another great year and we are looking forward to more great things in 2014. It will be a year of change, and an opportunity to build something beautiful together with our riders, their supporters, our volunteers and the community. It will be hard work with good friends, and no matter in what capacity you give, it's giving, and graciously appreciated.

“Many drops make a bucket, many buckets make a pond, many ponds make a lake, and many lakes make an ocean.” ~ Percy Ross

See you all at the farm!

Angie and Cathy

# 2014 Schooling Show

Classes begin at 9am  
Entry fees - \$10/class or \$35/division

Sunday, 20th of July

1372 4th Line Rd, Warsaw

## CASH PRIZES!

☑ Champion in these Divisions wins \$100

- Hunter
- Jumper

☑ Champion in these Divisions wins \$50

- Showmanship
- Cross Rails
- Green Horse
- Novice
- Games

☑ Reserve Champion in each Division wins \$25

☑ 1st Place in each Class wins \$10  
• Hunter Pairs wins \$20 per winning team

☑ Ribbons awarded 1st through 6th

*Special thanks to our sponsors!*

*Wendy Carruthers and  
Wendon Hills' Adelaide  
take a jump at the 2013  
PARD Schooling Show.*



### SHOWMANSHIP DIVISION

1. Showmanship
2. Halter

### CROSS RAILS DIVISION

3. Equitation Under Saddle
4. Hunter Under Saddle
5. Equitation Over Fences (X-rails)
6. Hunter Over Fences (X-rails)

### GREEN HORSE DIVISION

7. Equitation Under Saddle
8. Hunter Under Saddle
9. Equitation Over Fences (1'9")
10. Hunter Over Fences (1'9")

### NOVICE DIVISION

11. Equitation Under Saddle
12. Hunter Under Saddle
13. Equitation Over Fences (1'9")
14. Hunter Over Fences (1'9")

### SPECIALTY CLASSES (no Champion)

15. Lead Line
16. Hunter Pairs On Flat
17. Hunter Pairs Over Fences

### HUNTER DIVISION

18. Equitation Under Saddle
19. Hunter Under Saddle
20. Equitation Over Fences (2'3")
21. Hunter Over Fences (2'3")

### JUMPER DIVISION

22. 2'6" (no jump-off)
23. 2'6" (with jump-off)
24. 2'6" Speed
25. Gamblers Choice

### GAMES DIVISION

26. Command Class
27. Steady Hands
28. Chew the Cracker and Whistle
29. Ride \$5 Bucks
30. Best Turned Out



*For more info, visit [www.pard.ca](http://www.pard.ca)  
Proceeds to support PARD Therapeutic Riding*



## PARD program benefit from RTO grant



The Retired Teachers of Ontario (RTO/ERO) provide grants to local district

projects each year that meet specific requirements for Service to Others. The local RTO/ERO Peterborough District 36 received the 2013 grant for the project "PARD – Therapeutic Riding

Para-Equestrian Video Competition". The PARD group received \$4000.00 to purchase video equipment ( video camera, camera bag, tripod, battery, power box ) and riding apparel (riding jackets, riding boots, breeches, half

# 2014 CALENDAR of events

**Tuesday lessons begin: June 3, 2014**  
**Thursday lessons begin: June 5, 2014**

### Adapted Bike & Recreation Show

Saturday, February 22, 2014  
 11:00 am - 2:00 pm  
 Trent University, Trent Community Sport & Recreation Centre  
 1600 West Bank Dr, Peterborough

### Volunteer Orientation & Training

Sunday, June 1, 2014  
 2:00 pm - 4:00 pm  
 PARD, 1372 Fourth Line Rd, Warsaw

### Horsemanship Clinic

Saturday, July 5, 2014  
 10:00 am - noon  
 PARD, 1372 Fourth Line Rd, Warsaw

### PARD Schooling Show

Sunday, July 20, 2014  
 9:00 am  
 PARD, 1372 Fourth Line Rd, Warsaw

### Horsemanship Clinic

Saturday, August 9, 2014  
 10:00 am - noon  
 PARD, 1372 Fourth Line Rd, Warsaw

### Volunteer & Rider Appreciation Corn Roast

Monday, August 18, 2014  
 6:00 pm  
 PARD, 1372 Fourth Line Rd, Warsaw

### Equine First Aid Clinic

Saturday, August 2014  
 Date and time to be confirmed  
 PARD, 1372 Fourth Line Rd, Warsaw

### PARD Games Show

Sunday, September 28, 2014  
 11:00 am  
 PARD, 1372 Fourth Line Rd, Warsaw

### Bingo to benefit PARD Therapeutic Riding

Wednesday, October 2014  
 Date to be confirmed, 7:15 pm  
 Delta Bingo Hall  
 1019 Clonsilla Av, Peterborough



chaps, dress shirts, gloves, hair nets, collar pins, dressage pads).

In order to compete in the Para-Equestrian Video Competition riders have themselves video recorded performing a specific test, and competing at their level of capability. Riders are judged by Para-equestrian judges. The para-equestrian Video Competition is a way to ensure that all riders across Canada, no matter how isolated, have a chance to compete.

Aimee, a PARD rider competed in the fall of 2013 and received a 5th place ribbon. Several riders will now have an opportunity this year and in the future to enter the competition.

PARD thanks RTO/ERO for this grant.



*Aimee Carter on Reno.*

## Jonah found independence at PARD



My son Jonah, who is 9 years old, started his first year of riding with PARD, last summer. Jonah has a rare genetic disorder called CHARGE syndrome. It leaves him deaf, and without balance. He didn't walk independently until he was almost 5 years old. Due to this, we felt that PARD would help Jonah find his balance and his confidence. We weren't wrong.

When he showed up for his first lesson, Jonah was excited, yet very hesitant. The staff helped Jonah acclimate himself to the horse, and allowed him to take the time to feel ready enough to get up on the horses back. Once on, Jonah was still quite hesitant and the staff gathered around him to make him feel safe. They allowed his father to walk beside the horse, and sign to Jonah to let him know what was going on around him.

By the second week, Jonah was showing more signs of confidence, he told his father that he could step away and let the staff be with him. The staff not only took the time to make Jonah feel comfortable while in the saddle, but asked to be taught the ASL signs for certain commands. This made Jonah feel a sense of inclusion and that he was a part of a loving community.

We started to notice changes in Jonah by the third week. He was holding his head higher on the horse, and he looked proud. This transferred into his everyday life, and we noticed that he walked taller, and with more purpose. His balance greatly improved, and he started to run. Something had never endeavored before. We also noticed that he started to join peer activities, and did not let his physical limitations slow him down. By the end of the summer, Jonah was jumping, hopping, kicking a ball, and even initiating conversations, all things he would never even attempt before he started riding.

The staff that worked with Jonah, were wonderful. They walked beside him to allow him to feel the safety he needed, but at the same time allowing him to feel that he was in control of how his horse moved. They taught him how to help his horse participate in the games at the end of the night, which soon became one of Jonah's favourite parts (especially the dice game). The sense of friendly competition aided in allowing Jonah to find his competitive spirit, which in turn helped him to join a school sports team.

We have seen such a huge difference in Jonah, and we know that PARD and all the staff are to thank for it. They allowed him to feel free, and to feel a sense of community. We are so pleased with the whole PARD experience, and Jonah cannot wait to return to his weekly riding schedule. My son is now a confident, athletic young man who is not afraid to take the first step to try something new. We couldn't be prouder of our son.

*Jessika, George and Jonah Van Spronsen.*

## Wendon Hills welcomes PARD



As the new host farm of PARD Therapeutic Riding, Wendon Hills Equestrian Centre would like to welcome everyone involved in the organization to the farm. We are located 25 minutes north east of Peterborough in the picturesque rolling hills of Warsaw Ontario. Located on a quiet rural road, the serene atmosphere will be a great place for riders, their families and caregivers as well as volunteers to enjoy everything this program has to offer.

Wendon Hills hopes to provide PARD Therapeutic Riding a place to grow and expand so that it can assist as many riders as possible in the years to come.





## Were you at our 2013 Open House & Volunteer Orientation?



For this first time, PARD opted to make a single day event for our Open House and Volunteer Orientation - taking the opportunity to showcase sample lessons to the crowd of potential volunteers and riders with their families. As always, our instructors were on hand for the active question & answer period. The Open House and Orientation proved to be a productive and successful afternoon which resulted in finding new volunteers to join the PARD program.

To accommodate our move in the fall, this year's Open House will be scheduled later in the year. Our board members will be on hand to answer your questions. Of course, we'll have refreshments, too. Keep an eye on our Facebook page, website and for an announcement in the local media. We hope you come out to visit.





# PARD 2014 Games Show

Sun, September 28, 2014

1372 4th Line Rd, Warsaw

## WALK/TROT DIVISION

1. Command
2. Steady Hands
3. Barrel Race
4. Team Relay Race
  - 4 horses per team
5. Flag Race
6. Key Hole
7. Trail Class

## WALK/TROT/CANTER DIVISION

8. Command
9. Steady Hands
10. Barrel Race
11. Team Relay Race
  - 4 horses per team
12. Flag Race
13. Key Hole
14. Trail Class

## OPEN DIVISION

15. Ride \$5 Bucks
16. Chew the Cracker & Whistle

Games begin at 11am

Entry fees - \$5/game

*Emilie Raaymakers and Cactus Jack compete in the Key Hole at the 2012 PARD Games Show.*

Registration information and forms available online at [www.pard.ca](http://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](http://www.pard.ca)  
Proceeds to support PARD Therapeutic Riding*



## 2014 PARD Board of Directors

**Co-Chairpersons:** Angie Muir &  
Cathy Rae

**Treasurer:** Kevin Reimer

**Secretary:** Crystal Edwards

**Program Coordinator:** Kathy Carruthers

**Volunteer Coordinator:** Michelle Bozec

**Communication Coordinator:**

Jane Raaymakers

**Media Coordinator:**

Tracy Magee-Graham

**Directors:** Julia Dean

Chris Walker

Marissa Wheal

**Junior Member:**

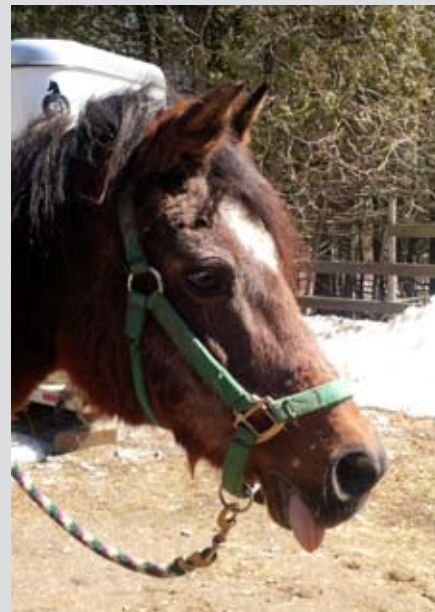
Sarah Magee-Graham

PARD's Board of Directors meets monthly. You can contact **PARD Therapeutic Riding** or members of the board at: PO Box 1654, Peterborough ON K9J 7S4, Tel (705) 742-6441 or email at [info@pard.ca](mailto:info@pard.ca).

It takes a lot of resources to keep the PARD program running. One of the most important resources is the selfless volunteer who comes out on Tuesday and Thursday nights to help with the program. Whether it be to lead a horse, sidewalk with a rider for safety, assist with grooming and tacking or just to help the riders put on their helmet at the start of a lesson, the program night volunteer is vital to keeping the program operational.

"Thank you" to all of the program volunteers to come out to support us!

## To say good-bye



*When we think of those companions who traveled by our side down life's road, let us not say with sadness that they left us behind, but rather say with gentle gratitude that they once were with us.*

*Author Unknown*

At over 32 years of age, Sequal was always determined to do things his way. He passed away during Fall 2013 and will be sadly missed.

Program coordinate, Kathy Carruthers, refers to Sequal as a "program saver" when he joined PARD Therapeutic Riding in 2008. His poise, diminutive size and refusal to be rushed made him a wonderful therapy horse.

Sequal's defining characteristic - besides kicking sand in the shoes of every person who led him around the PARD ring - was his habit of keeping his tongue stuck out.

He was a great character and will definitely be missed.

## Can you help fill our wish list?



- Canadian stamps
- Size #10 envelopes
- Canadian Tire money
- Paper towels
- Hand sanitizer
- Large garbage bags
- Bottled water
- Kleenex
- Chalk
- Dry erase markers
- Sun screen
- Bug repellent
- Stapler and staples
- Letter size printer paper
- Letter size card stock
- Pencils
- Large manual envelopes
- Metal pencil sharpener
- Laminating sheets
- Blue recycling bags
- Simple green cleaning products

## Important notice: police checks

Reminder that all volunteers require a current Police Check with a Vulnerable Sector Check. If you are under 18 yrs old, only the Police Check is required.

For Peterborough-Lakefield Regional Police, we have a letter so that you can qualify for the volunteer rate. For OPP, we have a form that needs to be taken for the Vulnerable Sector Check. Please inquire.



## Come shopping at the PARD Store

### Therm-O-Snack Bag

Sturdy insulated bag is imprinted with the PARD logo & features zipper closure & elastic pouch on side.

**\$10 each**

### Executive Umbrella

Nylon umbrella imprinted with PARD logo features wooden tipped ribs & sturdy wooden shaft & handle. Automatic open for quick coverage. Velcro® tie closure.

**\$15 each**

### Elite Baseball Cap

Heavyweight 100% brushed-cotton cap includes PARD logo embroidered on front.

**\$10 each**

### Roll Up Fleece Blanket

Cozy fleece blanket folds up into itself, secures with a Velcro® closure & has handle for easy carrying. PARD logo printed on flap.

**\$15 each**

### PolySure Sport Bottle

Screw-on cap has a push/pull lid. Wide mouth offers easy access for cleaning or stirring powdered drinks. Bottle made with BPA-free PETE plastic bearing recycle symbol #1. PARD logo on side.

**\$5 each**

### Folding Chair

Comfortable oversized seat & mesh cup holder on each arm.

Made of sturdy 600-denier nylon & steel tubular frame with a 136kg weight limit. Includes carrying bag. PARD logo on back of backrest.

**\$25 each**

### "Chevy", "Reno" or "Bo"

9" plush pony with PARD bandana

Chevy: brown spots


Reno: palamino & Bo: black spots

**\$15 each**

### Hand Sanitizer

Handy 2 oz. cleansing gel will leave hands feeling refreshed without leaving a sticky residue.

**\$5 for 2 bottles**

 Included in Volunteer Welcome Package. Ask about becoming a volunteer today.

## PARD 2013 Schooling Show



*Sarah Magee-Graham looks ahead to the next jump riding Mojo.*



*Makayla Llewellyn with Doc during the Showmanship class.*



*Julie and Erin relax outside the ring before their next class.*



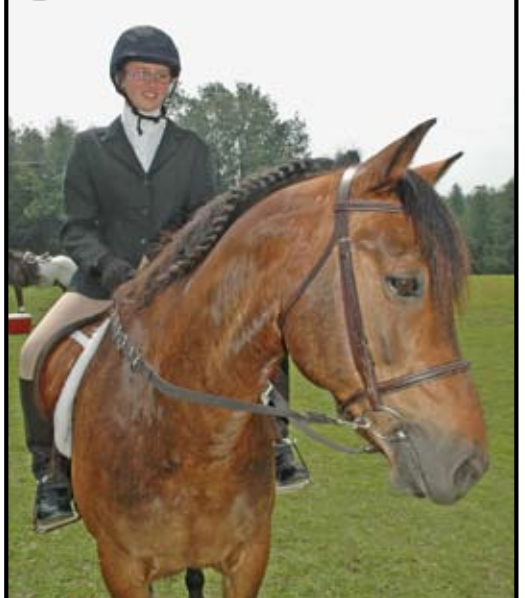
*Isabelle Charron leads Reno out of the ring with their ribbon for placing in the Showmanship class.*



*Katie Winship and Everest win the Championship for the Games division.*



*Jenn, Wendy and Sailor from Wendon Hill Equestrian Centre.*



*Rachel Quilty on Nubuck, relaxed and dressed for show.*



*Chris Walker on Joker get great air over a jump in their round in a Jumper class.*



## Update on PARD instructor training

PARD instructors are continually upgrading their certification and attending workshops to learn new techniques. The Canadian Therapeutic Riding Association (CanTRA) monitors the instructor training levels and administers the requisite testing.

In addition to the standard therapeutic and equestrian training, PARD instructors have been afforded the opportunity for additional learning that will benefit our riders and the program including American Sign Language, Non-Violent Crisis Intervention plus first aid and CPR.

This past year has seen a lot of accomplishments for PARD's instructors with Chris Walker achieving her CanTRA Intermediate Instructor (CTRII) certification and Wendy Carruthers advancing towards



completing her CTRII certification this fall. Chris, Wendy and Kathy Carruthers also added training hours by attending Equine Affair in Columbus, Ohio in February.

Our junior board member, Sarah Magee-Graham has now registered

for CanTRA certification and began by accompanying Chris, Wendy and Kathy Carruthers to Moose Jaw, Saskatchewan to attend a weekend workshop at the Prairie Mentoring Centre for Therapeutic Riding Inc in April.

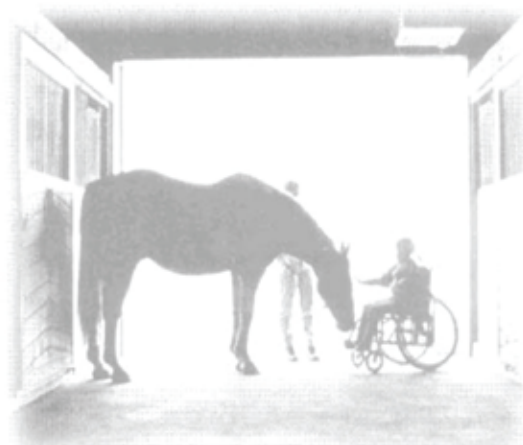
**PARD**  
THERAPEUTIC RIDING



P.O. Box 1654, Peterborough, ON K9J 7S4 Canada  
Tel. (705) 742-6441 • Online: [www.pard.ca](http://www.pard.ca)  
e-mail: [info@pard.ca](mailto:info@pard.ca)

Charitable Registration No. 11909 1759 RR0001

**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 contribution to my credit card.

*Credit card donations are coordinated securely through PayPal online at [www.pard.ca](http://www.pard.ca) via the **Donate** button.*

Donor(s) Name: \_\_\_\_\_

In memory of (optional): \_\_\_\_\_

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



## Membership Form

Please forward the completed form with your payment of \$10.00 to: PARD Therapeutic Riding, P.O. Box 1654, Peterborough, Ontario, K9J 7S4.

Members receive PARD's newsletters & updates, and are welcome to attend all of PARD's events including the annual corn roast & annual general meeting.

*PARD's mission is to provide the physical, emotional and psychological benefits of therapeutic riding in a non-clinical environment to qualifying individuals living in the Peterborough area regardless of age, ability, or financial means.*

For more information, please contact us at 705-742-6441 or by email: [info@pard.ca](mailto:info@pard.ca) or visit us on-line: [www.pard.ca](http://www.pard.ca)

Detach below line:

### Member Information (please print clearly)

Name: .....

Address: .....

Town/City: ..... Province: .....

Postal Code: ..... Telephone: .....

Email: .....

Would you be interested in volunteer opportunities with PARD Therapeutic Riding? .....

How did you hear about PARD Therapeutic Riding?

.....

.....

.....

Method of payment: cash ☐ cheque ☐

Please circle: Renewal or New membership