



*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.*

## President's Report

This year I would like to take time to thank our long-time volunteer Michelle Bozec and reflect on the commitment and generosity she has dedicated to PARD. Michelle has been a pillar of strength and support for almost 20 years as the organization has strived to achieve sustainability while undergoing change and growth. When PARD expanded and moved locations in 2013 Michelle wasn't much use with a hammer but her excellent administration skills kept us organized and able to operate our regular program amidst the construction. In 2016 Michelle was nominated and won the Jenny Chapman Award: Outstanding Administrator award for her role as Volunteer Coordinator for PARD. But Michelle has been so much more than just our 'volunteer coordinator' and I must say that every organization needs a "Michelle"! We wish her nothing but the best in her 'retirement' from the PARD Board of Directors and look forward to her continued service as a volunteer.

I would also like to recognize and offer many thanks to our Treasurer



Julia, who will now be providing her numbers expertise from the shores of the Atlantic ocean. We are very fortunate that Julia will remain on the Board despite such a long commute. Julia was instrumental in helping us manage the Trillium grant, a five-year grant which allowed PARD to provide volunteers and instructors with additional training, purchase a fifth horse and ultimately expand the program. Now that the Trillium grant has wrapped up we will be working on some new fundraising projects for 2019/2020 and focusing on our Horse Sponsorship program. Last year we had our first full horse sponsorship (Platinum level) from the Gainey Foundation, with a commitment to continue the sponsorship into the 2019 and 2020 seasons. This means that expenses for Bobby such as board, hay/feed, vet, farrier and other things like a new blanket are all taken care of! What

a relief it is to have such generous sponsors in the community! A shout-out to Kiwanis who renewed their Silver Sponsorship for Stormy in 2018. Receiving year-over-year funding and sponsorships helps us to better budget and plan for the year. It also means that we don't have to spend time applying, so we were thrilled when the City of Peterborough committed \$4000 per year for three years to PARD through the Peterborough Community Investment Grant.

2018 marked a few milestones for PARD. We celebrated our 35th Anniversary (of being incorporated). If you missed it, don't worry. It was miserable and pouring rain. But it didn't dampen the spirits of our volunteers who were eager to kick off the new year. The 2018 season saw the reinstatement of the Horse Stewardship program, a pairing of a horses with



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volunteers to give extra attention and exercise the boys under our horse managers' direction. This program will continue as we gear up for 2019.

This coming year we will focus on the completion of the two site buildings which have been generously donated by Linwood Homes. I'm eagerly awaiting moving and putting them to use. I'm also looking forward to seeing two of our Instructors advance their CanTRA certifications. This is such a huge commitment of time on their part, and very difficult to achieve. I commend Wendy and Sarah for even attempting the testing and wish them the best of luck! There is so much to look forward to this year and I'm happy to share it with some new faces who bring fresh ideas and a renewed enthusiasm to the Board of Directors.



## YOU'RE INVITED TO OUR OPEN HOUSE

Celebrate

# 36 years



Drop By Anytime  
between  
1:00 - 4:00

**Sunday May 26th 2019 • The Open House time is 1-4**  
(with the Demonstration at 2 and Volunteer Orientation from 3-4)

PARD Therapeutic Riding is a Peterborough area not-for-profit organization that has provided a riding program for over 36 years to individuals of varying ages and abilities.

- Learn about our program
- Meet our PARD horses
- Meet our instructors & volunteers
- Watch lessons of riders at different skill levels
- Join us for refreshments
- Immediately followed by VOLUNTEER ORIENTATION

1372 4th Line Rd  
South Dummer,  
Douro-Dummer

For more info, visit [PARD.CA](http://PARD.CA) or EMAIL [INFO@PARD.CA](mailto:INFO@PARD.CA)



## What does it take to become an instructor?

Ever wondered just what goes into becoming an Instructor? Just what makes our instructors 'qualified'? It's no easy task! Certification is a voluntary process and requires hundreds of hours over a minimum of at least two years.

There are several levels of Instructors and each one builds on the base of the previous level to develop further knowledge in each area.

Before becoming an Instructor a volunteer must complete:

- 100 hours with a CanTRA therapeutic riding program
- Home Study (written document)
- Rider Level qualification (instructor has to demonstrate a specific level of riding ability)
- Valid First Aid and CPR certification
- 20 hours with a mentor at least one level above their certification level
- 5-week student report (written document)
- Written Exam (75% pass mark)
- Technical Assessment (2-day practical on weekend commitment, done in front of CanTRA examiners and they either recommend further development in specific areas before moving forward to the Exam or ready to take the Exam)
- Exam (Practical 2-day on weekend commitment)

Within all the different elements of certification the instructor's knowledge of Stable Management, Volunteer Training, Mounting and Dismounting, Teaching and Safety are tested — either verbally and/or written.

Once certified all instructors must remain certified in First Aid and CPR and complete 20 approved updating training hours every three years.

## Riding skills transfer over into daily life

PARD has been an extremely positive and rewarding experience for my daughter, Helena, who has Down Syndrome and Autism. Her ride on "Stormy", thanks to the dedicated volunteers, was the highlight of her week last summer.

As a soft-spoken girl who speaks very little, Helena quickly learned to give verbal commands to her horse. In addition, she learned to sit up tall and hold her head up, while always looking forward.

These skills noticeably transferred over into her daily life. When walking down the street, Helena continues to keep her head up and look straight ahead, which previously required constant reminders.

The people and the experience at PAR D have exceeded our expectations. We were so excited when we received a phone call from Chris that planning for the 2019 riding season was underway. We can't wait to start again! Thank you PAR D!

Lori Anne Steers



*The PAR D Instructor team (left to right): Sarah Magee-Graham, Kathy Carruthers, Wendy Carruthers and Chris Walker*

## It's time to renew your membership. Thank you!

PAR D Therapeutic Riding has been selling annual memberships in the organization for only a few years now and we are pleased to welcome many to the organization each season. For a nominal fee of \$10.00, members receive all electronic newsletters & updates and are welcome to attend all of our events including the annual appreciation corn roast and the annual general meeting. That's combined with the knowledge that you have supported a wonderful program that truly makes a difference in people's lives.

The membership fees are used directly to help offset the operating costs of our riding program. Selling memberships is an integral part of our fund-raising activities. Contact us at [info@pard.ca](mailto:info@pard.ca) or visit us in person during lesson nights or at any of our events.

The Board of Directors for PAR D Therapeutic Riding would like to thank ALL of you who joined and will be inviting you to continue your membership this year. Why not consider inviting a friend or family member to join as well?

We greatly appreciate your support and interest in keeping PAR D Therapeutic Riding going and growing!



*Vetern rider, Richelle and her farther Ron, help the PARD team demonstrate proper ramp mounting techniques for new volunteers at the May 2017 Open House and Volunteer Orientation.*



## Please Help Us Fill Our Wish List...

- ✓ Canadian Tire money
  - ✓ Grey and/or Black Tremclad spray paint
  - ✓ Canadian Stamps
  - ✓ Name tag labels
  - ✓ Size #10 envelopes
  - ✓ Paper towels
  - ✓ Hand sanitizer
  - ✓ Large garbage bags
  - ✓ Blue recycle bags
  - ✓ Bottled water
  - ✓ Kleenex
  - ✓ Simple Green cleaner
  - ✓ Paint Brushes (bristle)
  - ✓ Bug repellent
  - ✓ Letter size printer paper
  - ✓ Pencils
  - ✓ Stapler & staples
- Specifically for the horses:**
- ✓ MSM equine supplement
  - ✓ Cowboy Magic detangler
  - ✓ Bit wipes
  - ✓ Spray bottles
  - ✓ Healthy Hair Shampoo

## 2019 PARD Board of Directors

**President:** Angie Muir  
**Treasurer:** Julia Dean  
**Secretary:** Cathy Rae  
**Program Director/Facility Manager:** Kathy Carruthers  
**Fundraising Director:** Jessica Harvey  
**Volunteer Director:** Anne Marie Duncan  
**Media Coordinator:** Mary Babcock  
**Directors:** Crystal Edwards, Sarah Magee-Graham, Mark Orlecki, Darlene Pearson and Melody Campbell

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

One of PARD's most important resources are the selfless volunteers who come 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, our volunteers are vital to keeping the program operational.

"Thank you" to all of the program volunteers who come out to support us! If you are interested in becoming a volunteer with PARD or joining the board of directors, please contact our Volunteer Director. We are currently looking for new members to bring fresh ideas, energy, skills and experience to the PARD board.

## 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.

# PARD 2019 Games Show

Registration information and forms available online at [www.pard.ca](http://www.pard.ca).

**Sunday, August 25th, 2019**

Games begin at 9:00am

Entry fees - \$5/game

1372 4th Line Rd, South Dummer,  
Douro-Dummer

**W/T & LEAD DIVISION (17 & under)**

1. Barrel Race
2. Pole Bending
3. Flag Race
4. Carrot Race
5. Chew the Cracker & Whistle
6. Relay Race
7. Trail Class

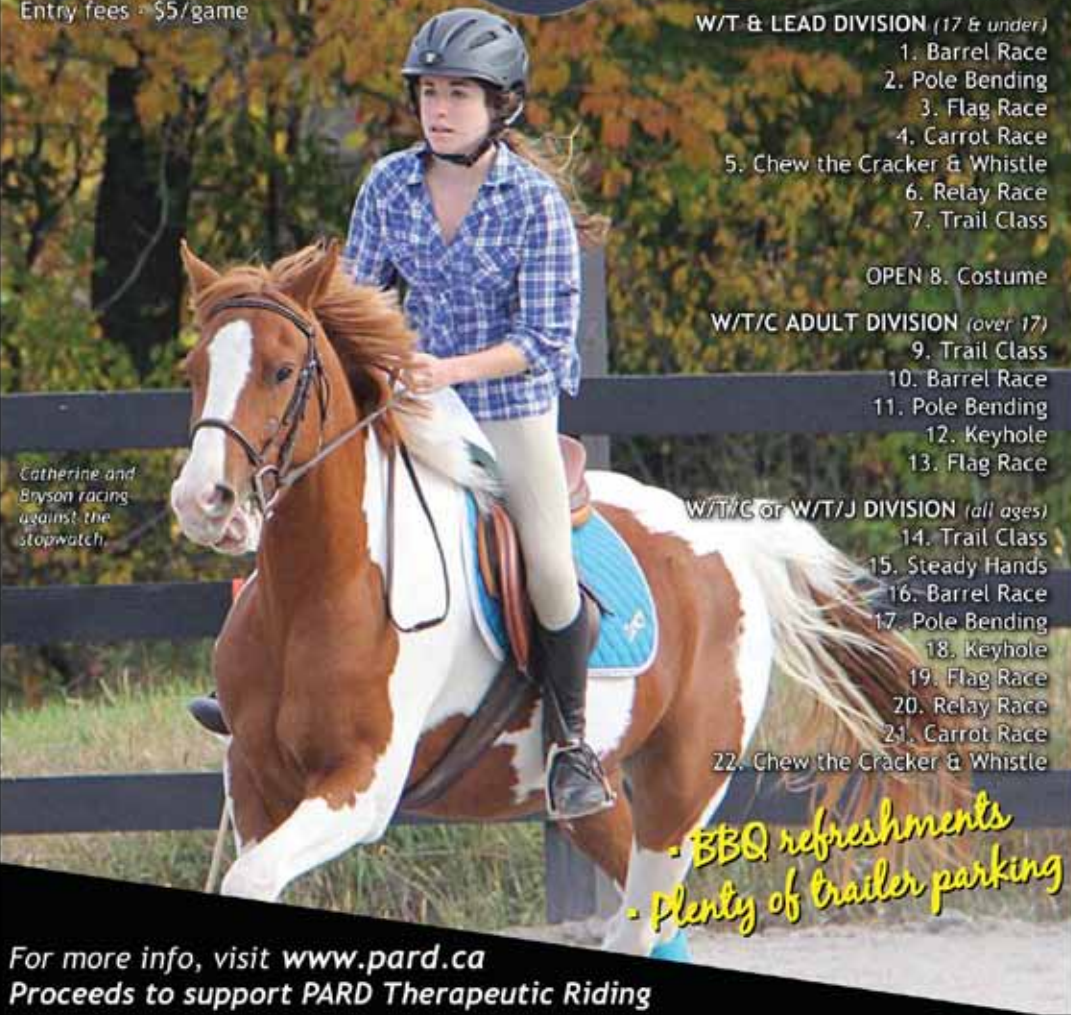
**OPEN 8. Costume**

**W/T/C ADULT DIVISION (over 17)**

9. Trail Class
10. Barrel Race
11. Pole Bending
12. Keyhole
13. Flag Race

**W/T/C or W/T/J DIVISION (all ages)**

14. Trail Class
15. Steady Hands
16. Barrel Race
17. Pole Bending
18. Keyhole
19. Flag Race
20. Relay Race
21. Carrot Race
22. Chew the Cracker & Whistle



Catherine and Bryson racing against the stopwatch.

*- BBQ refreshments  
- Plenty of trailer parking*

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



## THANK YOU!!!

to everyone for our successful BINGO Night fundraiser held on March 26th, 2019. As a result, PARD received \$1,670 from ticket sales!

***A Huge Thank You To Everyone Who Attended!***

## Meet Our Horses

PARD couldn't run such a successful program without our wonderful lineup of therapeutic horses. Each horse is carefully selected for our program, and go through extensive screening to ensure they are the best match for PARD.



**DOC** - 23 year old Quarter Horse gelding



**FRANK**- 19 year old Warmblood/ Quarter Horse/Morgan cross gelding



**BOBBY**- 19 year old Arabian gelding



**STORMY**- 23 year old Quarter Horse gelding



**NUBUCK**- 22 year old Halflinger cross gelding



## Being A Board Member With PARD

Hello, I'm Julia, a board member with PARD. Telling people I'm a board member of PARD gives me a sense of pride that very few things in my life having given me. I started my PARD journey in May 2007 when they needed a treasurer. I had moved to the area three years before and decided it was time to get involved in the community. I showed up at the Police Station to meet my fellow board members and the rest is history. Two of the board members in that meeting are still with PARD today and have become very good friends. That's the thing about PARD. The people involved are exactly the type of folks I look for in a friend; smart, caring, giving, loyal, fun, dedicated, amazing, and all around fabulous. The people I am talking about aren't just the board members, it's the riders, the volunteers, and the instructors. Being on the board doesn't just mean I meet with my fellow board members once a month. To me it also includes helping at lesson nights in the summer, working at various fundraising events, building stuff, tearing stuff down, giving talks to various organizations, reading about therapeutic riding, learning about horses as well as, in my case, doing the bookkeeping and filling out tax forms. All these things I do for PARD are not expected of me as a board member (well other than the bookkeeping and tax crap), they are something I am happy to do. Seeing our rider's excitement before their lessons and their smiles and laughs during the lessons, especially when I do something clumsy (which is quite often) makes any day a good day. It might be a cliché but a lousy day at work could all be made right by a night of volunteering at lessons.

I moved to Nova Scotia in October of 2018 but was so reluctant to give up my connection to the organization that I insisted they let me remain as a board member. I was even willing to continue with the bookkeeping if they let me stay. Sounds desperate, I know, but that is what PARD means to me.



<b>WORK DAY</b>	<b>Sunday May 5th, 2019</b>	<b>Anyone with a few hours to spare to assist with getting the ring ready for our season is welcome to join us. Please email for details.</b>
<b>OPEN HOUSE &amp; VOLUNTEER ORIENTATION</b>	<b>Sunday, May 26th, 2019</b>	<b>1:00 - 4:00 P.M.</b>
<b>TUESDAY RIDING BEGINS</b>	<b>Tuesday, June 4th, 2019</b>	<b>6:00 P.M. New volunteers are welcome. Please email for more details.</b>
<b>THURSDAY RIDING BEGINS</b>	<b>Thursday, June 6th, 2019</b>	<b>6:00 P.M. New volunteers are welcome. Please email for more details.</b>
<b>GAMES SHOW</b>	<b>Sunday, August 25th, 2019</b>	<b>More details to come.</b>

## Testimonials...

*"Richelle looks forward to coming to PARD each week in the summer. She enjoys the experience on the horse and the social gathering with the friendly instructors, volunteers and other riders. It is one of the few physical exercises that she can enjoy and the benefits have been quite evident."*

- Ron LaLonde on behalf of rider Richelle

*"The patience of each PARD horse with the amazing PARD students is powerful. The riders beam with pleasure around the horses, bring them treats and, best of all, get stronger with each lesson. The riders come to the farm ready to learn from the upbeat, encouraging instructors, even those hot dusy evenings!"*

- Karen Lowe, Volunteer

*"PARD Therapeutic Riding has give our family joy! It brings so much joy to our family to see our daughter, Emma, sitting so tall and straight on her horse, Bobby, with the biggest smile you could ever imagine and saying "look at me!" with every time she passes by our beaming faces. To be given a therapy that is not work, is not painful, and brings only joy to your child is an amazing gift! Thank you, PARD for all that you do. You really do make a difference!"*

- The Hendry's

*"I have volunteered with PARD for several years and find the program to be very beneficial to the disabled children & adults who participate. The obviously love the horses (as do I) and while I am not able to do everything*

*many of the volunteers can, despite my advancing age I do what I can and personally find my time spent with the riders, the program directors, the vollunteerrs and the horses very rewarding"*

- Gerry Smith, Volunteer

*"On any PARD lesson night, volunteers, students and horses gather to create a gentle, supportive community where mutual respect, shared goals and laughter make everyone feel valued and at ease. One of my favourite moments volunteering is when a student is assisted onto the horse. The bravery & focus I observe when that student sets aside her walker, and clambers onto an animal 10x her weight, shakes my heart."*

- Janet Austin Pearson, Volunteer

## COME SHOP 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**



### Clothing Prices

**Toque - \$10 each**

**Magic Mini Gloves  
\$10/pair**

**T-Shirt (white or green)  
\$20 each**

**Pullover Hoodie  
\$40 each**

**Zip Hoodie  
\$45 each**

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

9" plush pony  
Chevy: brown spots  
Reno: palamino & Bo: black spots

**\$15 each**



**We have MUGS, too  
\$10 each**