

PARD News 2020



PARD's Mission is to provide the physical, social, 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.

PARD
THERAPEUTIC RIDING



Richelle gives her love to Stormy while PARD volunteers Jennifer, Danielle and Michelle look on.

A Pandemic Changes Everything...

For so many of us, life drastically changed this spring and it's been a struggle to keep up, and keep positive. However our new rescue puppy, Oscar, isn't complaining! He LOVES having us home 24/7 and quite enjoys his loooong walks each day as my husband and I take turns getting some fresh air and decompressing. I'm not sure what life will look like when we do finally emerge from our family den and slowly return to life outside the home but I'm pretty sure this puppy wont want to go back to the old normal!

For the PARD horses, we thank our lucky horseshoes for the Carruthers

families who live at the farm and love them like their own. With the rest of their lives in limbo, the Carruthers have also been working away at the buildings and their progress gives me something to look forward to! While recreation programs are on hold and physical distancing the norm right now, there is much uncertainty surrounding the start of our 37th season. After learning that the 2020 CanTRA Conference was cancelled this spring, the decision was made to postpone our 2020 Charity Golf Tournament for a year. At this time, no decisions have been made about other events for the rest of the year, because like everyone else we continue to stay at home and wait...

In the meantime, checkout PARD's Facebook and Instagram pages for pictures of the horses. The website will also be updated with any announcements regarding the season or

upcoming events. We can't wait to get back to the farm and get back to it! Wishing you all health and happiness until we can meet again...

Sincerely,
Angie Muir
Chairperson
PARD Therapeutic Riding

We couldn't do it without our wonderful **Board of Directors!**

Angie Muir, **PRESIDENT** (2012)

Dr. Cathy Rae, **SECRETARY** (2012)

Julia Dean, **TREASURER** (2007)

Kathy Carruthers, **PROGRAM DIRECTOR** (1994)

Sarah Magee-Graham, **DIRECTOR** (2008)

Crystal Edwards, **ASSISTANT PROGRAM DIRECTOR** (2010)

Mary Babcock, **MEDIA/MARKETING DIRECTOR** (2018)

Dr. Melody Campbell, **DIRECTOR** (2019)

Darlene Pearson, **DIRECTOR** (2019)

A BIG thank you to all of our wonderful volunteers!

Volunteers help our organization in many different ways! Our most valued volunteers are the individuals who come out to assist our riders & instructors in the riding program from June to August. They each spend a few hours on a Tuesday or Thursday night. They groom the horses, organize the tack and tack up each horse, arrange the riding helmets so they are easily accessed by the instructors for each rider, and assist with mounting the rider. Each rider can need as many as 3-4 volunteers to assist them during the 30 min riding session: a horse leader (the person in control of the horse) and a side-walker on either side of the rider. Side walkers can offer emotional support to riders, or light physical support to help the rider get the most out of each session. We have side walkers who sing in harmony for the riders who really enjoy hearing the music. Singing can also calm and relax the riders.

We also need to acknowledge the dedicated team of people who make up our Board of Directors! They have devoted time and energy to keep our organization on track to make the absolutely best experience for our riders. Angie Muir, our dedicated Chairperson, has guided PARD for many years and she relies on board members to carry out the many tasks to fundraise, organize & support the riding program. Our current board members have actually been serving an extended term due to the Covid-19 pandemic. All members of the PARD board are volunteers who meet monthly, in person and now

virtually, in order to keep our organization running from year to year. A BIG thank you to all of you!!

We would not be able to operate our riding program without the assistance of Wendon Hills Equestrian Centre. This is where our five horses and outdoor riding ring are located. Wendon Hills provides the care for our horses year-round and they have always gone above and beyond the expectations of a boarding arrangement. They spend many volunteer hours, in addition to the care provided, in order to keep our program running smoothly. Another BIG thank you to Wendon Hills!!

On behalf of PARD's riders and volunteers we would like to extend a big thank you to our instructors Kathy, Chris, Wendy, and Sarah. These ladies have put in countless hours from training and certification, to lesson planning and teaching in order to provide our riders with a fantastic experience on horseback. They are the heart and soul of our operation and we simply couldn't do it without them.



Stormy

PARD Therapeutic Riding is a not-for-profit organization run entirely by volunteers and affiliated with the Canadian Therapeutic Riding Association. Our certified instructors provide individualized instruction to riders with differing disabilities/abilities in a safe environment to improve their physical, mental and emotional well-being.

At this time PARD is accepting mailed cheques for membership renewal but we are working on something exciting...watch our website for online payment for membership when it becomes available.

Memberships are \$10 annually and the form to fill out is on our website. Members have the opportunity to vote at the AGM, receive a digital copy of the annual newsletter, and are invited to attend events such as the Open House. First time members receive a weather-proof PARD decal to display, and renewing members can request a replacement when needed. A great way to support the program!

Our 2020 AGM is scheduled for June 22, 2020 at 6 pm. The format will be virtual to keep everyone safe. We are accepting applications for new Board Directors!

For more information, please contact us at 705-742-6441 or by email: pardtherapeuticriding@gmail.com or visit us on-line: www.pard.ca



Volunteers Needed!

In an ideal world:

Volunteers are needed for a few hours a week to assist with the PARD riding program. Horse experience is not necessary. The program runs from June through August in the Warsaw area, about 15 mins North of Peterborough (detailed directions are on our website). Assisted lessons, on Tuesday and Thursday, are scheduled at 6:00, 6:30, 7:00, and 7:30. Each lesson runs approximately 30 minutes in length, with 1-4 riders in each lesson.

Each rider requires 1-5 volunteers to safely assist them during their ride. There is a leader who is responsible for the horse, and often side-walkers who support the rider in a variety of different ways. More details are covered during the annual Open House and in the volunteer manual which each volunteer receives. Specific directions, based on the needs of each rider, will be given by the Instructor during the lesson. Typically, volunteers arrive around 5:30 to assist with preparing for lessons and stay until the horses are untacked and turned out. However, we understand this doesn't work for everyone and appreciate whatever time you can give!

Due to Covid-19, as of the creation date of our Spring Newsletter, our riding season for 2020 is currently on hold until we receive more direction from health authorities. As a result, this year our Work Day, Open House and lesson program start dates have not been determined. If you are interested in volunteering with us this year please contact us. We currently have a need for more board members and individuals to help with fundraising so we can keep our program running through these stressful times.

We would love to hear from you! Visit the Volunteer Page on our website to learn more or drop us a line at pardtherapeuticriding@gmail.ca

Financial Supporters of PARD

Horse Sponsorships:

Platinum Sponsorship

Gainey Foundation sponsoring Bobby

Silver Sponsorship

Kawanis: Sponsoring Frank Dennis Round
(private sponsor): sponsoring Stormy Julia Dean (private sponsor): sponsoring NuBuck Crystal Edwards,
Century 21: sponsoring Doc

Grants Received:

Community Investment Grant, City of Peterborough

Notable Donations:

Wilmont Creek Auxiliary
In Memory of John Collins
In memory of Sandra Macfarlane
Rob & Denisa Martin
Investors Group Financial Services
(c/o Rimmi Sidhu)

2019 Show Sponsors:

Nightingale Nursing
John Eadie
Crystal Edwards
Alf Curtis
Your Steel Roof
Melody Campbell
Starfra Feeds
Durham Fasteners

And many more individuals and businesses who made financial contributions or donations-in-kind to PARD...you are too numerous to list but we appreciate and thank you all!



Chantel Clarke competing in the 2019 Charity Games Show in support of PARD Therapeutic Riding.

Note of Thanks

I received a note of thanks this week from the PARD Board and I thank you for the acknowledgement and appreciation. The PARD organization and it's Board need to know that it is you that deserve all of the thanks and appreciation. It is because of people like you and all of your volunteers with your tireless dedication to this cause that allows people like me to from time to time to humbly assist in helping your program and its participants. Thank you for what you do for the organization, the participants, their families and the other people who are lucky enough to be associated with PARD through monetary or time giving donations. Forever best wishes and best of luck for the 2019 program season.

Regards,
John Eadie

Horse Sponsorship Thank you

Did you know it can cost upwards of \$5000 to keep just one of the PARD horses for a year?

When you consider board, feed, vet and farrier costs, plus special treatments or any other unexpected expenses that arise during the year it can quickly add up. Our Horse Sponsorship Program gives anyone in the community the opportunity to support PARD by contributing directly to the care and keep of our horses. 100% of the proceeds are used directly towards the horses. PARD's staff and Board of Directors are all volunteers, therefore PARD has ZERO staffing or wage expenses!

Sponsorship packages range from the Bronze package for \$1000 which covers basic vet or farrier bills, right up to the Platinum Package aka "The Grand Prix" to ensure board, vet and farrier bills are paid for. Any extra money goes right back into spoiling the horses with new blankets, special diets or treat, and massages (from a certified equine massage therapist, of course)

PARD would like to specifically thank the Horse Sponsors for donating directly to the care of our horses:



BINGO raised \$1670 from ticket sales plus an additional \$550 from the Silent Auction, and received \$130 in donations that night. PARD would like to thank Tracy Magee-Graham for the great job she did organizing ticket sales and collecting items for the silent auction. We also thank Delta Bingo, and everyone who supported the event by purchasing a ticket and attending the event!



"Bobby", a 20 yo Arabian gelding. Bobby is the smallest of the five therapy horses making him ideal for those with smaller physiques such as children



Being A PARD Volunteer

Two words come to mind when I think about my first Summer as a PARD volunteer. enthusiasm, and happiness. That's what I experienced when I went to the Open House in May. The same enthusiasm was there on my first day and then every week after.

Riders, teachers, volunteers (old, and new) everyone is happy to be there and help whoever needs it. You don't have to be an experienced horse person, just show up with your enthusiasm and happiness. You will be made to feel part of "the herd"!

Kim Allaby

(LEFT-RIGHT) Melody, Stephen, Frank (horse), Merlyn, and Kim after a Tuesday evening lesson photo: Kim Allaby



In A Class Of Their Own

Emma and her therapy horse, **Bobby**, are competing in the Costume Class in the 2019 PARD Charity Games Show. Emma has been riding with PARD since 2015 in the assisted riding program. Bobby is a kind and gentle 19-year-old Arabian gelding, the smallest of the therapy horses, making him the perfect size for younger children. This photo won recognition and prizes in the Celebration of Horses Photo Contest!!

Photographer: Angela Muir of Bethany, Ontario.

It Took A Village...

PARD would like to express a heartfelt thanks to the owners and staff at Linwood Homes who made PARD's dreams come true by finishing two outbuildings at the facility. In 2013 PARD left their former home in Keene and moved to the current location just outside the village of Warsaw in the township of Douro-Dummer. The hay field was excavated by Edwards Sand & Gravel and a meager sandring and driveway created just in time for the start of the riding season. The former buildings from the Keene site were deconstructed and the materials saved for reuse. The new buildings were designed to be bigger, accessible and barrier free. Bob Hynes from Your Own Design worked with PARD to draw up blueprints for two buildings, one affectionately referred to as 'the office' although it's actually so much more, and the other to house tack and equipment. The buildings are seated on concrete pads with an accessibility ramp along the front of the tack building giving riders easier access to the ring. The cost of the concrete was



LEFT-RIGHT: Wendy Carruthers, Instructor; Kathy Carruthers, Instructor; Craig Mcfarlane, Linwood Homes; Brad Macfarlane, Brad Macfarlane Construction Inc; Chris Walker, Instructor; Richelle Lalond, Rider; Michelle Bozec, volunteer; Jennifer Eade, volunteer and Stormy all standing in front of one of the two new buildings

paid for by a grant PARD received in 2014 from Peterborough Foundation and the work was completed by Castle Ridge Concrete. When it was time to construct the buildings, Peterborough Truss generously donated the trusses and then Craig and his team from Linwood Homes got to work constructing the two beautiful buildings you see at the facility now. Linwood Homes donated their time and materials to finish the buildings for which PARD is very

grateful. And a thank you to Alf Curtis Home Improvements who have long supported the PARD organization and their endeavours. In fact, PARD is at a loss for words when it comes to thanking all the businesses, individuals and community community groups who donated their time, materials and financial support.

“A very BIG Thank-you to all!”



The second building constructed with the help of many generous donors and volunteers



Lesson Night!

LEFT: Bobby and Donna after a beautiful Tuesday evening lesson. RIGHT: Stephen rides Frank with a leader and two side walkers. Stephen joined PARD in 2019 and is a natural on the horse!



Did Someone Say Parade?

PARD is always happy to participate in the **Warsaw Santa Claus Parade**, and give back to a community that supports us. The parade was on November 30, 2019 and the theme was 'Scarves & Mittens'. We were happy to make our float and contribute some scarves & mittens!



Thoughts From Richelle...

by Richelle Lalonde - translated by her Dad

If I could speak, I would truly say,
How much I look forward to my riding day.

I've ridden at PARD for such a long time,
The riding experience is a favourite of mine.

The car ride to the farm is just as much fun,
We need to get there quick so that I can ride in the sun.

The folks at PARD are always so kind,
Their knowledge of horses is the best you will find.

They greet me each week with enthusiasm and joy,
And decide what works best and the strategy to employ.

I start on a barrel to stretch my leg muscles,
Then get up on Stormy and make sure he hustles.

While riding is fun, the benefits I can measure,
The friendship I share are ones that I do treasure.

When my ride ends and it's time to dismount,
My highlight occurs and one I will forever recount.

I am helped down to sit low in front of my horse,
As he nuzzles my hair which I enjoy of course.

It is like Stormy knows enough to be gentle,
I get teary eyed when he gets sentimental.

I am tired and exhausted as we make our way home,
I can't say thank you enough in this simple poem.



Richelle Lalond and her father Ron Lalond at the Volunteer Appreciation BBQ

Bobby The Little White PARD Horse

by Kathy Carruthers, Program Director and Instructor

You know Stormy and Frank and NuBuck and Doc
But do you recall..the smallest white PARD horse of all?

Bobby, the little white PARD horse,
Had a very bad habit of banging his stall door.

And if you ever heard him,
You would know how naughty he is!

All of the other horses
Wouldn't believe Bobby was a great therapy horse
They never let Bobby explain to them

That's why he started banging his stall door
Then one Christmas Eve, Brendon and Wendy came to say,

Bobby with you coat so white,
Stop all the door banging in our barn tonight!

Bobby began to think about all the commotion he caused
And the special request from Brendon & Wendy

And he did his best to comply to the 'request'
Then all the horses loved him

And they shouted out with glee
Bobby with your coat so white

You'll go down in PARD history



Bobby in his stall



Stormy, NuBuck, Frank, and Doc all having a hard-earned meal at the end of the day!

Straight from the Horse's Mouth

Well, as I sit down to write this article for the newsletter, spring is not far away! Well, actually I don't really sit. it's more of a squat supported by my pasture buddies Nubuck, Bobby, Stormy and Frank. Thanks guys! Couldn't do this without you!

It was a pretty good winter, by horse-standards. We don't mind the cold especially if there's sunshine but the few days we had with freezing rain were not fun for anyone – man or beast. Freezing rain can make “travel” tricky. The ice-covered paths are treacherous and it's hard to keep all 4 legs moving in the same direction! We wait patiently until our care-givers at Wendon Hills Equestrian Center scatter sand to improve the footing. Thank you, Wendy and Brendon Carruthers! We can always make our way to the delicious bales of hay and the water trough and our shelter! Truthfully, it would be a good thing if Nubuck got slowed down in his gazillion trips to the hay feeder!!

There were a few brrrrrrrr-cold days but Wendy makes sure each of us is

cozy in a winter blanket. These are designed specifically for horses and we each have one that fits our shape and size. My blanket is a Calvin Klein original (well, not really! LOL). Our blankets are water-proof and contain fibrefill for extra warmth. Believe me, we are snug as bugs in rugs!

Regarding blankets, ahem! .. I do have an apology to make. I have had a bit of a problem this winter with Stormy's blankets. For some reason, I often find myself reaching out and taking a big bite out of his! And then maybe another bite, and another, and another.. until finally, Stormy is feeling a bit chilly and looking a bit angry in a blanket that resembles swiss cheese! Wendy has been SO patient with me but it means she has had to fix or replace Stormy's blanket more than once this winter. I am now working on this problem and I hope to have it under control soon, or at least by next winter! Okay, Stormy?? Eh, buddy??

Frank wanted me to tell you about “THE NIGHT” (he is SO dramatic!). Well, Frank did give us all a bit of a scare a few weeks again when he got

a BIG tummy ache. Nubuck and I got Wendy's attention as soon as we could and pretty soon, she had Frank in the barn and the vet called. Gilson Equine Veterinary Services looked after him and he made a quick and full recovery!

As you can see, although our riding program isn't in operation in the winter, the farm is still a busy place as we still require daily care. We are thankful to ALL of our “horse sponsors” in 2019 to 2020 who generously donated funds to make sure we stay happy and healthy. A big thank you from Bob to the Gainey Foundation, from Stormy to Denis Round, from Nubuck to Julia Dean, from Frank to the Kiwanis Club of Peterborough and from me, Doc to Crystal Edwards. We really appreciate your support!

Come and visit us this summer and see us in action. The riding program here at PARD Therapeutic Riding runs from June through August at Wendon Hills Equestrian Center near Warsaw, Ontario.

Sincerely,
DOC