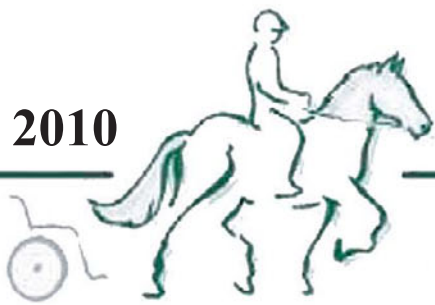


Spring 2010



PARDNews

www.pard.ca

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!



A few words from a rider



Isabelle enjoying a visit with Sharky

“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.”

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.



2010 PARD Board of Directors

Chairperson: Tracy Magee-Graham

Treasurer: Julia Dean

Vice-Treasurer: Chantal Dufour

Secretary: Jennifer Bellissimo

Directors: Michelle Bozec

Kathy Carruthers

John Eadie

Crystal Edwards

Marissa Wheel

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.

Sarah's intense commitment is clear as she tacks Robbie.



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.

CALENDAR of events

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

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.

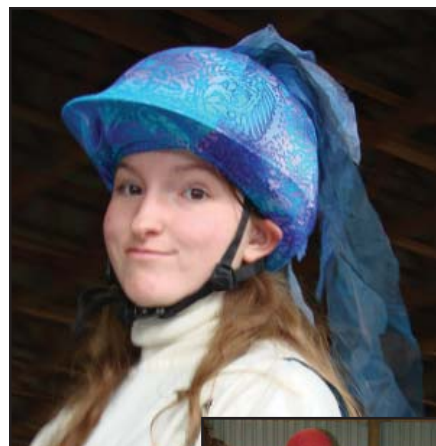
Graeme Walker – for all your help (and patience) in keeping our website up to date.

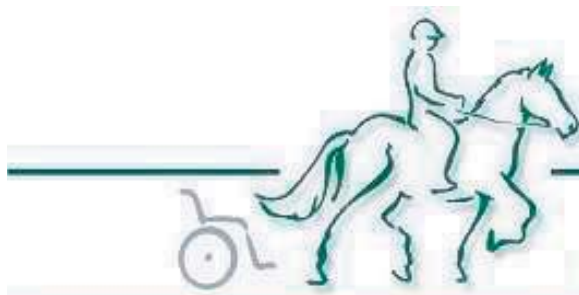
OUR VOLUNTEERS – You are our greatest asset (together with our horses!), without you we could not run our program.

OUR DONORS – Your continued support allows us to offer our program at a reasonable cost to our riders. Thank you for your generosity.

PARDNews

Stillbrook Stables supports PARD with Hallowe'en on Horseback fundraiser - spooky fun for everyone!





PARD
THERAPEUTIC RIDING

CHECK US OUT!
Orientation Day
May 15, 2010 • 10:30am

570 Woodside Rd, Keene ON

PARD Therapeutic Riding boosts riders' confidence and skills, offering sessions to individuals of all ages and with various disabilities, including cystic fibrosis, multiple sclerosis, muscular dystrophy, spina bifida, cerebral palsy, stroke, accidental injury, visual impairment and hearing challenges.

The Peterborough-area charitable organization is operated solely by volunteers with a certified instructor supervising each ride.

Join PARD as a Volunteer Assistant Instructor

Commitment Required

4-10 hours per week May-Sept 2010

Position Overview

Working with one of the current program instructors to develop skills required to teach within a therapeutic riding program

Duties and Responsibilities

- Act as a support to PARD therapeutic riding instructors
- Act as a role model and mentor to volunteers and riders within the program
- Be an active participant in ongoing education and training pertaining to all aspects of the program i.e. horsemanship; teaching skills; knowledge of medical conditions and rider impact.

Qualifications

- Minimum 16 years of age
- Ability to meet physical demands
- Basic horsemanship
- Interest in working with persons with disabilities

Benefits

Under the mentorship of program instructors will have opportunities to gain knowledge and skills pertaining to horsemanship, lesson planning, and benefits of therapeutic riding. Potential to work towards Canadian Therapeutic Riding Association (CanTRA) certification.

Join PARD as a Horse Steward, Horse Leader or Sidewalker

Volunteers are needed for a few hours a week to assist with the riding program which runs from June into September. Horse experience is not necessary.

As part of the PARD team of volunteers, you will have the opportunity to participate in a number of important aspects of the therapeutic riding program:

- Horse Stewards prepare the horses for the class
- Horse Leaders warm up the horses prior to the first lesson and are responsible for the horse throughout the lesson
- Sidewalkers under the guidance of the Instructor, provide instruction and/or physical support to assist the riders in achieving their goals

*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 a lot 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
- Strengthening of muscles
- Improved attention span
- Increased confidence & self-esteem
- Access to recreation sport and/or competition.
- Development of coordination
- Normalization of muscle tone
- Promotion of independence
- Mobilization of trunk & pelvis
- Prevention of contractures
- Improved social integration

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 on-going challenge for the volunteers to raise sufficient funds to keep the program operating.

Help us, help them in achieving their dreams.

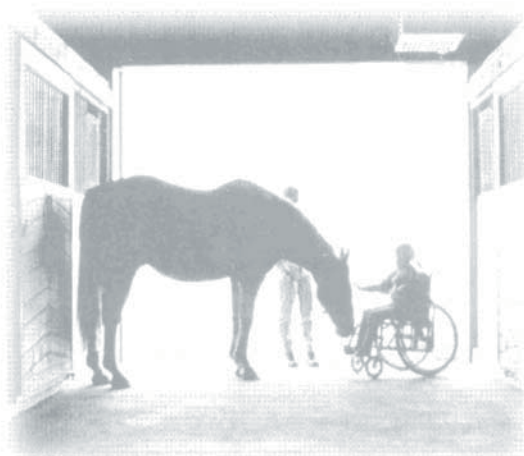


PARD
THERAPEUTIC RIDING

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

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

PARD 2009 Schooling Show



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!



FUN FOR THE WHOLE FAMILY! COME ON OUT! LET'S HORSE AROUND

to benefit



PARD
THERAPEUTIC RIDING

Sunday April 25th, 2010, 1pm - 6pm
Trentwinds International Centre
264 Lansdowne St. E. Peterborough

enjoy an afternoon of music,
games & a silent auction...

featuring music by:

KEVIN NEDOW & FRIENDS,
KATIE BATH & TAMI J. WILDE,
MUSIC VENDOR PROFESSIONAL DJ SERVICES,
& FULL THROTTLE

TICKETS:

- \$7/person or \$25/family in advance
- \$10/person at the door

TO PURCHASE TICKETS IN ADVANCE, CONTACT:

Jane Raaymakers (705) 741-9203
Chantal Dufour (705) 748-6024
Crystal Edwards (705) 313-0806



Crystal Edwards,
Sales Representative



PARD 2010 Schooling Show

Sunday, 15th August



570 Woodside Rd, Keene

Open to all riders!

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

SHOWMANSHIP DIVISION

1. Showmanship
2. Halter

WALK/TROT DIVISION

3. Equitation Under Saddle
4. Hunter Under Saddle
5. Equitation Over Trotting Poles

GREEN HORSE DIVISION

6. Equitation
7. Hunter Under Saddle
8. Equitation Over Fences - X Rails

NOVICE 1st & 2ND Year Showing

9. Equitation Under Saddle
10. Hunter Under Saddle
11. Equitation Over Fences

SPECIALTY CLASSES

12. Costume
13. Lead Line
14. Mother/Daughter Pairs
15. Hunter Pairs Over Fences

HUNTER DIVISION 2'6" Max.

16. Equitation Under Saddle
17. Hunter Under Saddle
18. Equitation Over Fences

JUMPER DIVISION

19. 2'6" With Jump Off
20. Gamblers Choice
21. Mini Puissance

GAMES DIVISION

22. Command Class
23. Steady Hands
24. Chew the Cracker & Whistle
25. Ride \$5 Bucks

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