

Spring 2011



PARDNews

www.pard.ca

Visit us on

facebook

... You'll  Like us!

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.

Stillbrook Quadrille Show proves to be a very successful event for fundraising



Volunteers, program participants and their families from PARD Therapeutic Riding joined in the day's activities at Stillbrook Riding Stables' Quadrille Show in November.

On November 28th, Stillbrook Riding Stables hosted a Quadrille Show with riders collecting pledges to support PARD Therapeutic Riding. The event included a bbq, silent auction, fudge sales and a 50/50 draw. At the end of the day, PARD was presented with proceeds totalling over \$7000!

We send out a resounding "Thank You" to Jeannine and Fred Stillman along with all of the riders, sponsors, donors and volunteers who helped make this event such a success. We appreciate Jeannine's creativity and the commitment of the entire Stillman family.



OPEN HOUSE

- learn about our program
- meet the PARD horses
- meet our instructors & volunteers
- watch lessons for riders at different skill levels
- join us for refreshments

Sunday, May 1, 2011
1pm - 3pm
570 Woodside Rd, Keene

continued on page 2



PARDNews

Some memorable moments from the 2010 Quadrille Show



In appreciation

PARD is excited to be able to update our program riding helmets this year. The Peterborough Foundation has approved a grant request for \$3000 that would enable us to replace all of the protective headgear that must be worn by every rider. The funds were received in January and the new helmets will be purchased before the start of our 2011 program at the end of May.

We offer a sincere "Thank You" to the Peterborough Foundation for their consideration and support.

Since 1953, the Peterborough Foundation has been receiving donations from generous citizens and investing those funds for maximum growth before granting support to local community groups who apply.

For more information, visit www.peterboroughfoundation.org.

CALENDAR of events

PARD Therapeutic Riding Open House
Sunday, May 1, 2011
1:00 - 3:00 pm
PARD, 570 Woodside Rd, Keene

Volunteer Orientation & Training Day
Saturday, May 7, 2011
9:30 am
PARD, 570 Woodside Rd, Keene

PARD Games Show
Sunday, May 29, 2011
11:00 am
PARD, 570 Woodside Rd, Keene

PARD Schooling Show
Sunday, August 14, 2011
9:00 am
570 Woodside Rd, Keene

Volunteer & Rider Appreciation Corn Roast
Monday, August 15, 2010
6:00 pm
PARD, 570 Woodside Rd, Keene

Quadrille Show
November 2011
Stillbrook Stables

2010 PARD Corn Roast



Visitors to PARD last season may have already had an opportunity to welcome Nubuck to our group.

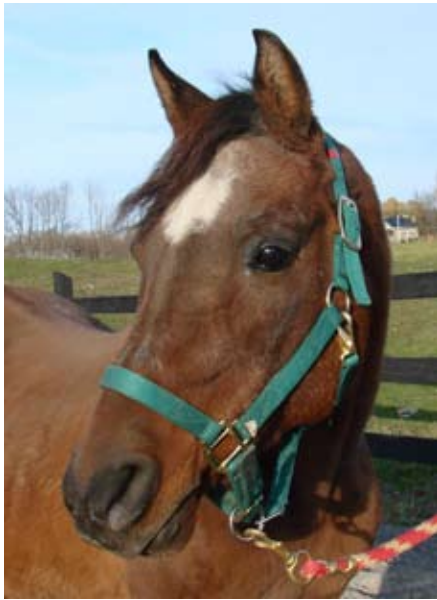
Nubuck joined our team in June of 2010. He is a Halflinger cross who is approximately 12-years old.

Nubuck has proven to be a valuable addition to our line-up - even winning several ribbons at our schooling Show last August.



People often ask, "How old is Sequal?" and the joking response might be, "He's older than dirt."

In fact, Sequal is 32 years old and has definitely earned his retirement having worked 3 seasons in the PARD program since 2008.



Bail joined the PARD team in August 2009 and he quickly became a favourite of many of our riders and volunteers with his gentle nature.

Bail has moved to the Warsaw Horse Hilton where he is enjoying a life of leisure.



A graduating rider says "Thank you"



I am writing this letter because I wanted to thank everyone at PARD for all they have done, I have recently graduated from PARD, but plan to volunteer forever, and maybe someday become an instructor.

My name is Emilie Raaymakers; I started riding at PARD when I was around seven years old, a few years after I was diagnosed with epilepsy, I am now 14 and seizure free. After I knew I had epilepsy I was a little bit scared and insecure because I was afraid of what people might think of me, but PARD changed all of that for me, it gave me confidence, courage and independence I never thought I could have.

I went from riding the Halflinger/Welsh Cross Pony "Robbie", to "Bail" the Quarter horse to one of my favourites NuBuck (but shhh ...I'm not supposed to have favourites), in between riding Robbie, Bail and NuBuck I have ridden almost all of the horses PARD has had, and I loved it. Along with the horses there are so many people I would like to thank. I would like to thank the volunteers of PARD because if we didn't have the volunteers none of this would have been possible. I would also like to thank the instructors I have been lucky enough to have, they are Laura Smith, Linda Hubbard, Karla Faig, Kathy Carruthers and Wendy Ireland. I would like to give special thanks Kathy because of her dedication to PARD she has taught me so much from grooming and tacking to living my dream of jumping and I am so excited because I know that this is just the beginning. I would also like to thank Tracy Magee-Graham and Chantal Dufour they are a big part of PARD.

Honestly I don't know where I would be without the amazing experience I had at PARD. So to me my epilepsy was a blessing in disguise because if I wasn't diagnosed with epilepsy I wouldn't have gotten the chance to make a dream of mine reality. PARD has changed my life in no ways imaginable, and I can't thank everyone (including the horses) enough for it, but I hope this letter helps to show how great-full I am to have had the experience, thank you so much! I am currently riding at Wendon Hills Equestrian Centre with Wendy Ireland as my coach, but I wouldn't be there without the help of PARD. So thank you to everyone.

Love, Emilie.

2011 PARD Board of Directors

Chairperson: Tracy Magee-Graham

Treasurer: Julia Dean

Secretary: Chris Walker

Directors: Michelle Bozec
Kathy Carruthers
Crystal Edwards
Jacquie Hansford
Nancy Martin
Jane Raaymakers
Marissa Wheal

Junior Members:

Sarah Magee-Graham

Emilie Raaymakers

PARD's Board of Directors meets on the second Monday 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

Take a moment to enjoy some of Chantal's photographic skills...

Chantal is rarely far from her camera. For every year she has been involved with PARD, there is a large store of photographs that chronicle the program activity, personal commitment and sentiment that every participant has come to cherish.

Nearly every photo in this newsletter (with the exception of the one at right of Chantal herself and Kathy's snapshot of Reno on page 1) originated in the viewfinder of Chantal's camera. These shown here are but a few of Chantal's photographs that are among our favourites.



PARD bids a warm, "See you soon!" to Chantal Dufour. Chantal has filled the role of Vice-Treasurer for PARD for the last year.

She has embarked on an exciting new chapter in her life, relocating to Chile in South America to teach English.

We wish Chantal all the best but eagerly await her return. A space on the board remains for her.



Gwen Carter sold her awesome fudge at the Quadrille Show in November, donating a portion of the proceeds to PARD. Thank you, Gwen for your generosity and support.

Gwen's daughter, Aimee participates in PARD's independent riding program.



Open to all riders!

PARD 2011 Games Show

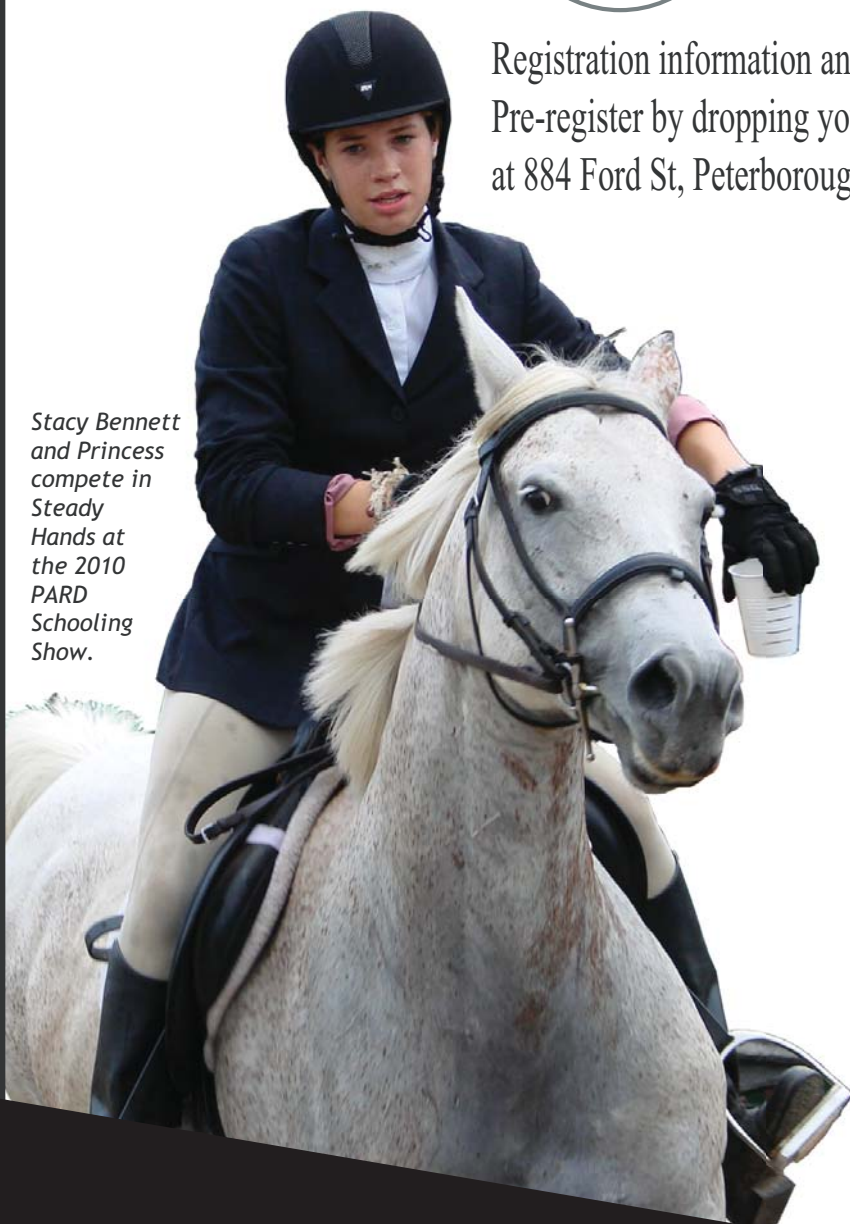
Sunday, 29th of May



570 Woodside Rd, Keene

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

*Stacy Bennett
and Princess
compete in
Steady
Hands at
the 2010
PARD
Schooling
Show.*



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

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



PARD 2011 SHOW ENTRY FORM

Games Show

Sunday, 29th of May 570 Woodside Rd, Keene
Games start at 11am

WALK/TROT DIVISION	COST	TOTAL
<input type="checkbox"/> 1. Command	\$5.00	_____
<input type="checkbox"/> 2. Steady Hands	\$5.00	_____
<input type="checkbox"/> 3. Barrel Race	\$5.00	_____
<input type="checkbox"/> 4. Team Relay Race	\$5.00	_____
<i>4 horses per team; each pays registration fee on own entry form; list team mates here:</i>		
2. _____		
3. _____		
4. _____		
<input type="checkbox"/> 5. Flag Race	\$5.00	_____
<input type="checkbox"/> 6. Key Hole	\$5.00	_____
<input type="checkbox"/> 7. Trail Class	\$5.00	_____
DIVISION TOTAL	\$35.00	_____

WALK/TROT/CANTER DIVISION	COST	TOTAL
<input type="checkbox"/> 8. Command	\$5.00	_____
<input type="checkbox"/> 9. Steady Hands	\$5.00	_____
<input type="checkbox"/> 10. Barrel Race	\$5.00	_____
<input type="checkbox"/> 11. Team Relay Race	\$5.00	_____
<i>4 horses per team; each pays registration fee on own entry form; list team mates here:</i>		
2. _____		
3. _____		
4. _____		
<input type="checkbox"/> 12. Flag Race	\$5.00	_____
<input type="checkbox"/> 13. Key Hole	\$5.00	_____
<input type="checkbox"/> 14. Trail Class	\$5.00	_____
DIVISION TOTAL	\$35.00	_____

OPEN DIVISION	COST	TOTAL
<input type="checkbox"/> 15. Ride \$5 Bucks	\$5.00	_____
<input type="checkbox"/> 16. Chew the Cracker & Whistle	\$5.00	_____

SHOW NUMBER DEPOSIT	\$5.00	_____
<input type="checkbox"/> will be refunded when number is returned at end of show		

Rider Name: _____

Horse Name: _____

Stable: _____

RIDER #

IMPORTANT - If 18 years of age or under, Waiver must be signed by Parent or Guardian.

SHOW WAIVER

This document will affect Your Legal Rights and Liabilities
PLEASE READ CAREFULLY

I understand that horse riding is a risk sport and that I am participating at my own risk and in the full knowledge that there is some element of risk that an accident could occur and result in injury or death to the rider or their mount. I also understand that while participating in this high-risk sport, it is recommended that I wear a helmet with fixed harness while mounted.

In consideration of acceptance of this entry I agree to save harmless all members of PARD Therapeutic Riding, Stillbrook Riding Stables, officials, servants and representatives from and against all claims, costs and expenses and demands in respect of death, injury, loss or damage to person or property however caused.

Date of Show: **Sunday, May 29, 2011.**

I acknowledge as Rider (or Parent/Guardian of) PRINT NAME _____ that I have read and fully understand and agree to the terms and conditions stated above.

☐ Rider's Signature _____

OR ☐ Parent/Guardian Signature (if rider under 18 yrs)

Parent/Guardian print name _____

Date _____

*Payment by cash ☐ or cheque ☐ only.
Please make cheque payable to: PARD*

CLASS TOTAL \$ _____

DEPOSIT *for show #* \$ 5.00

TOTAL PAYABLE \$ _____

REFUND for returned number \$ _____



PARD 2010 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 Hunter Pairs and Lead Line classes - are always a favourite!

This year's show is scheduled for Sunday, August 14th.

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!



Open to all riders!

PARD 2011 Schooling Show

Sunday, 14th August



570 Woodside Rd, Keene

*Zoe Mahussier and
Stillbrook's Jackson
take a first place
ribbon at the
2010 PARD
Schooling
Show.*



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

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

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 (2'6")
21. Hunter Over Fences (2'6")

JUMPER DIVISION

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

GAMES DIVISION

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

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

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

Giving kids a sporting chance!



One in three Canadian families cannot afford to enrol their children in sport and recreation activities because of financial barriers (Ipsos Reid, 2009). That means that many kids are missing out.

Canadian Tire Jumpstart is dedicated to removing barriers - not unlike PARD Therapeutic Riding's program - so that children can participate in organized sport and recreation. Participation in organized sport and recreation increases a child's chance for success in life.

They discover and participate. They gain self-confidence. They develop self-esteem. They learn leadership skills. Their lives become richer. This is the power of Canadian Tire Jumpstart.

For more information or to apply for funding, visit www.canadiantire.ca/jumpstart.

WANTED



Donate your Canadian Tire money to PARD for purchasing supplies that are required for the maintenance of equipment and our facilities.

Tall in the saddle & then some

Reprinted in part with permission from Peterborough This Week, August 13th, 2010 edition.

by LAUREN GILCHRIST

Sharky was snowy white and furry with a soft grey mane but it didn't matter that he was a horse. He was Mikayla Llewellyn's best friend.

As part of the PARD therapeutic riding program, operating out of a stable near Keene, 11-year-old Mikayla spent a lot of time with Sharky over the past two years, learning how to ride the 18-year-old draft/quarter horse cross.

"There was a real connection there," says Joanne Beattie, Mikayla's mother. She says it was Mikayla's therapist that introduced her to the PARD program, a Peterborough-based not-for-profit organization geared towards riders with disabilities, including those afflicted with multiple sclerosis or spina bifida as well as those with stroke, and visual and hearing challenges. It's also proven to be of benefit to those with an intellectual disability.

"I can't even put it into words what it has done for her. It's like it has empowered her. All of a sudden she just started to blossom," says Ms Beattie.

"It's amazing. As soon as she gets on there, a smile comes on her face. This is for her. This is something she can do. Without PARD, she wouldn't have the opportunity to do this."

Kathy Carruthers says there are many both physical and emotional benefits for riders in the PARD program.

Ms Carruthers says, emotionally, she sees a lot of young people gain confidence through the program, and interact with the other volunteers and the riders. The benefits also include development of co-ordination, strengthening of muscles, improved balance, improved attention span and increased confidence and self-esteem.

Ms Beattie says horseback riding became Mikayla's thing and Sharky was "her" horse.

On July 19, Sharky suddenly died.

Ms Beattie says losing Sharky hit both riders and volunteers hard, and highlights how desperately PARD needs funding. Riders in the program only pay a nominal fee for classes.

"We are solely dependent upon community support and volunteers. There is no paid position," explains Tracy Magee-Graham, chair of the board of directors for PARD.

She notes the program, that operates twice a week from May to October, already has a waiting list because there are not enough horses and volunteers to meet the demand.

She adds because each rider is carefully matched with a horse, there are some riders that rode Sharky that are now left on the sidelines, although they have found a temporary match for Mikayla.

With the generous support of our local community and a particularly kind anonymous donor, PARD Therapeutic Riding was able to acquire Reno (see page 1) who will join the 2011 riding program.



**CHECK
US OUT!**



PARD
THERAPEUTIC RIDING

Ontario
Trillium Foundation

Fondation Trillium
de l'Ontario

*Volunteers are at the heart of **PARD Therapeutic Riding**.
Without your help we simply could not operate. Your involvement is greatly appreciated.*

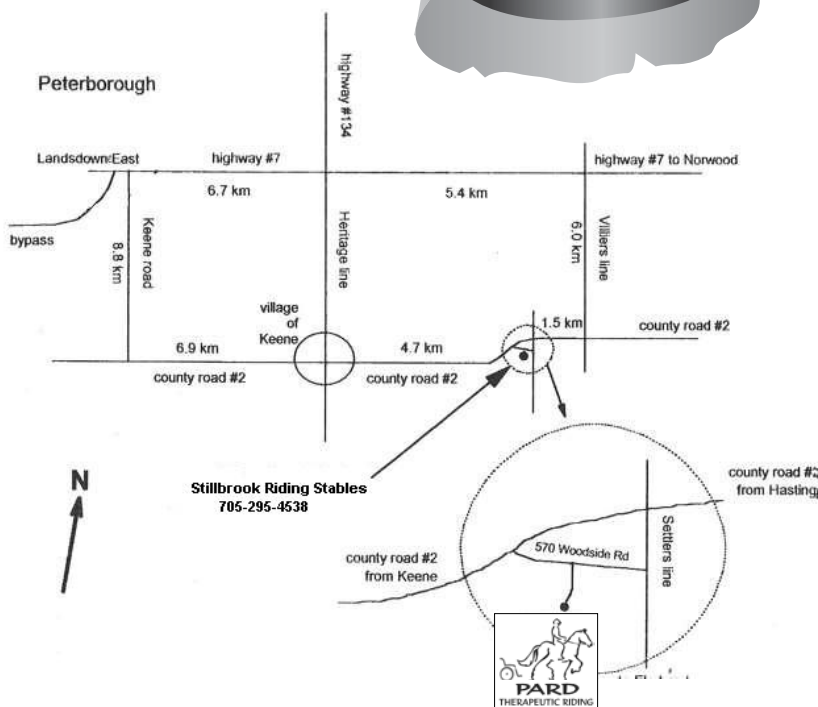
Volunteer Opportunity!

Open House: Sunday, May 1st, 1pm - 3pm
Orientation Day: Saturday, May 7th, 10am - 12pm
570 Woodside Road, Keene

***Horse experience is
not necessary.***

Volunteers are needed for a few
hours a week to assist with the
riding program which runs from
June into September.

Get your high school community
service requirement hours.



For further information please e-mail **PARD Therapeutic Riding** at info@pard.ca
You can also find us on **facebook** under PARD Therapeutic Riding ... You'll  Like us!

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 not-for-profit organization that has provided a riding program for over 25 years to individuals of varying ages and disabilities.

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.

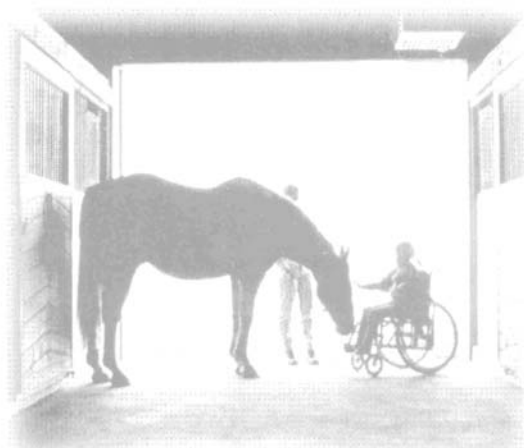
PARD
THERAPEUTIC RIDING



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 contribution 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.