





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 helped Hannah gain confidence

My name is Hannah Goode and I am 10 years old. I started riding horses with PARD in 2011. I was born with Down syndrome. Having Down Syndrome means I have to work a lot harder than other kids my age to do the same things. Sometimes, this makes it difficult to keep up with them.

When I came to PARD, I had never ridden a horse before, but I loved animals, so I wanted to give it a try. PARD has helped me to gain confidence in myself and work on my speech and social skills too. It is also a great way to strengthen my muscles and keep fit. I get to play a lot of games on my horse and last year I even started to trot!

The volunteers at PARD are great! They are always happy and friendly and they know a lot about the horses. I look forward to going every week. They encouraged me to try horse shows, and I have won two ribbons. Everyone was really proud of me.

This year, I am hoping to learn more about grooming and getting the horses ready for the people to ride. One day I want to learn to jump with my horse in the horse show, but that will take a lot of practice. When I grow up, I want to volunteer at PARD and lead the horses.



#### The little horse who keeps on going...

Sequal retired from the PARD program at the end of the 2010 season. He is living happily in Warsaw having worked three seasons in the program since 2008.

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

In fact, Sequal is 34 years old and is thoroughly enjoying retirement in Warsaw with his friends Jilin, Moon and Freedom.





#### Program night volunteers are vital

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!

Tuesday lessons begin: June 4, 2013 Thursday lessons begin: June 6, 2013

#### Rhythm 'n Riders

Monday, February 19, 2013 2:00 pm The Red Dog 189 Hunter St W, Peterborough

#### PARD Therapeutic Riding Open House

Sunday, May 5, 2013 1:00 - 3:00 pm PARD, 570 Woodside Rd, Keene

#### Volunteer Orientation & Training

Sunday, May 5, 2013 3:00 - 4:00 pm PARD, 570 Woodside Rd, Keene

#### All About Horses

Sat, May 25 & Sun, May 26, 2013 www.lindsayex.com for schedule Lindsay Fairgrounds

#### **PARD Schooling Show**

Sunday, June 23, 2013 9:00 am PARD, 570 Woodside Rd, Keene

#### Bingo to benefit PARD Therapeutic Riding

Wednesday, July 10, 2013 7:15 pm Delta Bingo Hall 1019 Clonsilla Av, Peterboorugh

#### PARD Games Show

Sunday, October 27, 2013 11:00 am PARD, 570 Woodside Rd, Keene

#### Volunteer & Rider Appreciation Corn Roast

Monday, August 19, 2013 6:00 pm PARD, 570 Woodside Rd, Keene

#### **Equine First Aid Clinic**

Saturday, August 24, 2013 Time to be confirmed PARD, 570 Woodside Rd, Keene

#### Rhythm 'n Riders

Thank you to everyone for the fantastic support at our Rhythm 'n Riders event on February 17th, 2013.

Dave and the staff at the Red Dog were fabulous hosts. Katie Bath, Jan Schoute, Rick & Gailie, Tami J Wilde, the Weber Brothers, Charlotte Melby and the Chris Collins Trio generously gave of their time and shared their considerable talents to entertain a packed room of PARD supporters.



We were overwhelmed by the fantastic support from our sponsors and the generous donors who contributed to the silent auction table.

Paul Rellinger was the best emcee ever. Ron Lalonde presented a lovely overview of the PARD program and kindly recognized the efforts that go into making our program a success.

And the extraordinary efforts of the PARD board who coordinated this event, collected items and assembled the silent auction and organized the snacks for the afternoon.



#### 『RED DOG

To everyone who bought or sold tickets: "We hope you had a fantastic time!" We are thrilled with the funds that were raised. The monies will be put towards care for the horses including board and feed.

Great job, everyone! Thank you.



#### Always more to learn

Therapeutic riding instructors are required to be certified by the OnTRA (Ontario Therapeutic Riding Association) and CanTRA (Canadian Therapeutic Riding Association). This certification is a time-consuming process and requires the instructor to complete many facets including a required number of volunteer hours. mentor hours, obtaining a specific rider level, preparing a home study, rider study and much more.

The final portion of the certificate is a written and practical exam. PARD has three instructors: Kathy, who is certified, and Wendy and Chris who are working towards their certification.



Our instructors also have to do a specific number of updating training hours yearly, be up to date on CPR/first aid and much more. Recently Kathy, Wendy and Chris participated in training for Non-Violent Crisis Intervention.

In the near future, all three instructors will be taking ASL (American Sign Language) training.

Instructors need to be trained in all aspects: the horses ability, the different riders' abilities and how that may or may not work with specific horses, plus first aid for the riders as well as the horses.

Being a therapeutic riding instructor is a big commitment, but nothing nearly as tremendous as the reward that an instructor receives from our amazing riders!



**Wednesday, July 10, 2013** starting at 7:15pm. Delta Bingo Hall, 1019 Clonsilla Ave, Peterborough ON

Contact PARD to purchase your special Bingo package!

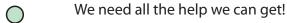
#### A \$26 value for only \$15

Proceeds support PARD Therapeutic Riding.

#### Come out and join us for a great evening.

Drop us an email to **info@pard.ca** to make arrangements for your tickets or call us at **705 742-6441**.

**Special note** - parents and families of our PARD riders are encouraged to give us a call and sell some tickets to their circle of friends, too.





#### **Equest Equine First Aid Clinic**

Register online at www.equestequinefirstaid.com

· Hosted by PARD Therapeutic Riding with Equi-Health Canada · Saturday, August 24th, 2013 · PARD, 570 Woodside Rd, Keene

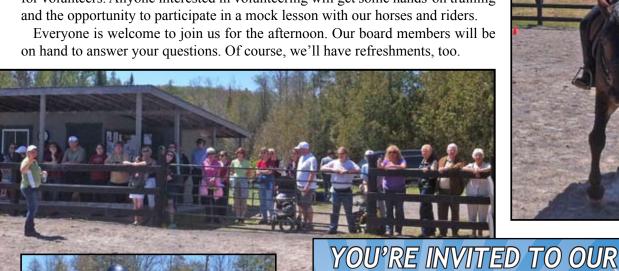




#### Annual Open House was a day full of sunshine

The PARD instructors, riders and horses look forward to our first official event of the year every spring - our annual Open House. Under bright blue skies on May 6th last year, the crowd of potential volunteers and riders with their families followed the sample lessons and actively participated in a question & answer period. It was a productive and successful afternoon which resulted in expanding PARD's volunteer support.

This year's Open House will be immediately followed by an orientation session for volunteers. Anyone interested in volunteering will get some hands-on training and the opportunity to participate in a mock lesson with our horses and riders.











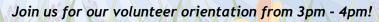
570 Woodside Road, Keene, ON



PARD
Therapeutic Riding

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.

- · Learn about our program
- · Meet our PARD horses
- · Meet our instructors & volunteers
- · Watch lessons of riders at different skill levels
- · Join us for refreshments



For more information, visit us online at PARD.CA or EMAIL us at INFO@PARD.CA





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 5th, 1pm - 3pm

Open House: Sunday, May 5th, 3pm - 4pm

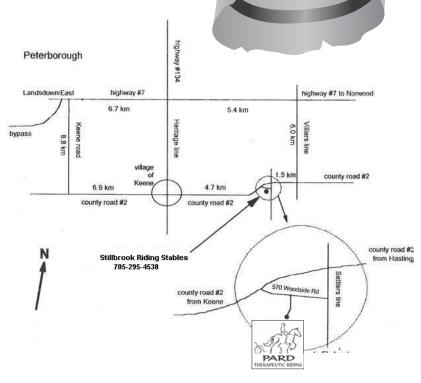
Volunteer Orientation: Sunday, May 5th, 3pm - 4pm

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!



## Volunteer profiles: "Everyone comes for the horses, but you stay for the riders"



Cathy Rae began volunteering with PARD and we knew we wanted her to join our board. Her positive energy and enthusiasm was encouraging.

Cathy writes about her first impressions of PARD:

"Throughout time, we have ridden and driven horses and used them in both our work and sport. They have inspired us to create, and been our companions and our partners. But through participation in PARD as a volunteer and getting to know the PARD horses, I have seen yet another dimension to our relationship with the horse.

These patient animals, Reno, Nubuck, Stormy and Doc, matched with caring PARD volunteers give their riders a feeling of freedom and independence. Through the rhythm of their stride, they "encourage" their riders to use muscles, tendons and bone to improve balance and strength. The riders that can, talk to their mounts, and rub their faces and necks, and the horses, in turn, respond to this attention. All of this is carried out under the competent & compassionate guidance of the PARD riding instructors. There is an atmosphere of warmth and respect

created by the volunteers and the instructors that fuels this desire to contribute to the well being of the riders. In combination with the beauty and magic of the horses, this is the power of PARD."



After the birth of my first child, the closest I had been to a horse in two years was, "oh, look honey, horsies", out the car window. Missing the creatures dearly, but not having the time or money to reinvest in riding I came across the flyer for the PARD open house in my newspaper. So I dug out my old paddock boot and marked my calendar.

Two weeks later, I wandered down the driveway at Stillbrook farms and fell in love with four of the sweetest horses I've ever met. Solid and still, I was astounded by their patience as riders mounted from a wheelchair ramp surrounded by volunteers all determined to give even the most unlikely riders a chance to feel that breathless feeling of freedom any rider knows. As the students passed, their smiles reminded me why I was there; because of how badly I missed the fluid movement of a horse carrying your weightlessness around the ring. I may not understand the physical and social benefits of therapeutic riding, but I witnessed an emotional benefit that could have never been put into words on a flyer. "Hey, come out and see how awesome our riders smile when on a horse" wouldn't do it justice.

After the demonstrations were over, the volunteers rounded the horses in the ring for a meet and greet. As I walked around and eyed up these magnificent beauties I chatted with the instructors and volunteers. I had already made up my mind to pick up a volunteer package on my way out, and was thinking what night I would drive the 50 kms to Keene to see all the wonderful smiles again. As I chatted with one of leads about her discriminate lack of horse experience, she summed it up for me. She said, sure "everyone comes for the horses, but you stay for the riders." Maybe we should put that on the next flyer.

After my first season as a volunteer in the ring, I took the invitation to join the Board of Directors at their annual planning meeting. My excitement to help PARD grew and the next month I found myself at the Board meeting again, with donation prizes and ticket sales in hand. Before I knew it there was a motion passed to make Cathy and I the newest board members. So here I am, hoping that this will be my reconnection to horses and so much more!



Sunday, May 5, 2013 @ 1pm 570 Woodside Rd, Keene

## ALL ABOUT HORSES & Extreme Rodeo

Presents....



## STAMPEDE DAYS

#### May 25<sup>th</sup> & 26<sup>th</sup>, 2013 at the LINDSAY FAIRGROUNDS

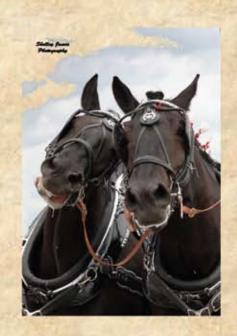
- Light & Heavy Horse Breed Displays
- Barrel Racing
   Bronco & Bull Riding
- Cutting Mechanical Bull Trade Show
  - · Merry-Go-Round · High School Rodeo
    - Canadian COWGIRLS

Stay tuned to www.lindsayex.com

Visit PARD's display in the horse barn and watch our demonstration on Sunday afternoon.

ADVANCED DISCOUNTED TICKETS AVAILABLE ON LINE SOON

www.lindsayex.com



Get up close and personal with a horse!

### PARDVews



PARD's independent riders Rachel Quilty, Aimee Carter, Isabelle Charron and Mikayla Llewellyn stand ready in their show gear beside the Greenhawk jump at the 2012 Annual Schooling Show. The girls did well, earning their share of the day's ribbons.

#### **2013 PARD Board of Directors**

Chairperson: Tracy Magee-Graham

Treasurer: Kevin Reimer Secretary: Chris Walker Directors: Michelle Boze

Michelle Bozec Kathy Carruthers Julia Dean Crystal Edwards Angie Muir Jane Raaymakers

Cathy Rae 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.

CANADA

#### Can you help fill our wish list?

- · Canadian stamps
- · Size #10 envelopes
- · Canadian Tire money
- · Paper towels
- · Hand sanitizer
- · Large garbage bags
- · Bottled water
- · Scissors
- · Kleenex
- · Chalk
- · Dry erase markers
- · Sun screen
- · Bug repellant

- · Stapler and staples
- · Letter size printer paper
- · Letter size card stock
- · Pencils
- · File folders: 8.5 x 11
- · Hanging file folders:

#### 8.5 x 11

- · Large manual envelopes
- · Metal pencil sharpener
- · Laminator
- · Laminating sheets
- · Blue recycling bags
- · Simple green cleaning products

#### To say good-bye



His life earnest, his nature kind A willing step, an active mind Anxious to please, loath to offend A loving soul and faithful friend.

We were saddened by the loss of our dear Robbie in 2012. Robbie was a favourite amongst the PARD riders and volunteers. He was known for his never failing efforts and his gentle nature.

Robbie came to PARD in 2000 when he was just 8 years old. He was a Halflinger/Welsh Pony cross. Robbie was trained to drive before PARD purchased him, therefore making it a fairly easy transition to becoming a riding horse and ultimately, becoming a therapeutic horse.

Robbie fell into the routine of PARD quickly and soon became a trusted mount for many young riders. Riders and volunteers alike loved Robbie's long and full mane, forelock and tail.

When the program moved to our current home, Robbie moved with us and continued to be an integral part of the program carrying a full slate of riders each lesson night until his retirement at the end of the 2011 season

He will be missed.



## 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

#### **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

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bearing recycle symbol #1. PARD logo on side.

**\$5** each

## "Chevy", "Reno" or "Bo" 9" plush pony with PARD bandana

Chevy: brown spots

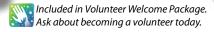
**\$15** each

Reno: palamino & Bo: black spots

#### Hand Sanitizer 🖾

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

**\$5** for 2 bottles



## PARDVews

Katie and Victoria strategize before riding in the Hunter Pairs classes.



Jen Shaunassy smiles after the Lead Line class on Sailor with coach Wendy.





Sarah Magee-Graham and Wendon



Merlyn Dryburgh and Sailor from Wendon Hill Equestrian Centre.



Both horse and ride have an obvious look of pride and professionalism about them for this class.



Stacey Bennett from Stillbrook Stables leads the class around the ring in an equitation class.



Riders and horses from Stillbrook Riding Stables enjoy a relaxed moment with friends.



Wendon Hills' Emilie Raaymakers and her horse Cactus Jack enjoy a clear round of jumping.

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

## Schooling Show

Sunday, 23rd of June

570 Woodside Rd, Keene

#### 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

☑ 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

CASH PRIZES!

- · Hunter Pairs wins \$20 per winning team
- ☑ Ribbons awarded 1st through 6th

Special thanks to our sponsors!



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



#### PARD welcomes a new treasurer

Hello everyone! My name is Kevin Reimer and I am very excited to be your new treasurer. I think the work PARD Therapeutic Riding does is very impressive and I feel privileged to become a part of it. I have an amazing partner Jen and two beautiful daughters, Cole and Lane who are soon to be 9 and 6.

We have lived in Peterborough for the past 4 years and absolutely love it. We definitely consider it home.

With the nicer weather finally here, we are all looking forward to seeing first hand the work you do. And we're not afraid to get our hands dirty either!

I suppose you could say I am on my third career. I recently went back to school to become a paramedic and have worked for Toronto EMS for the past two years. Prior to this, after 'retiring' from my first career, I had the good fortune of staying at home for several years with our daughters. And yes, I have experience in finance too! I am a Certified Management



Kevin Reimer with his family, Pat, Cole and Lane

Accountant, or CMA, and in my first career held a variety of positions with many different types or organizations, most recently as a senior financial analyst with CIBC in Toronto.

Happy spring and I look forward to getting to know everyone!

#### **Pennies for ponies**



PARD Therapeutic Riding will gladly put your pennies to good use in their retirement. We invite you to bring your pennies to PARD where we will

have buckets available for collection. Alternate arrangements can be made with our board members or volunteers if you are unable to bring the pennies to PARD but would like to contribute.

The pennies will be used towards operational expenses board, feed, veterinary care, etc. What a great way to give purpose to the penny's existence.



#### No night without

There is no night without a dawning No winter without a spring And beyond the dark horizon Our hearts will once more sing... For those who leave us for a while Have only gone away Out of a restless, care worn world Into a brighter day.



#### 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.



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

# PARD 2013 Sunday, October 27, 2013

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

Sue Clark and Stillbrook's King compete in the Key Hole at the 2012 PARD Games Show.

Games begin at 11am

Entry fees - \$5/game

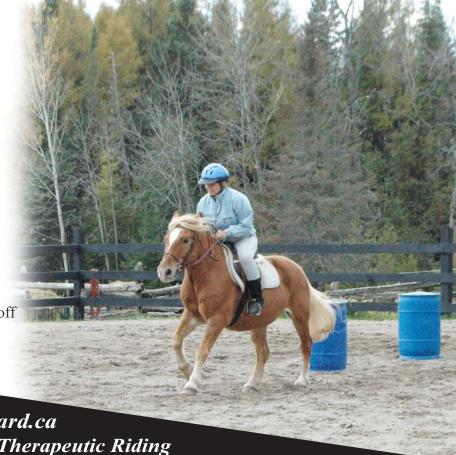
#### WALK/TROT/CANTER DIVISION

- 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

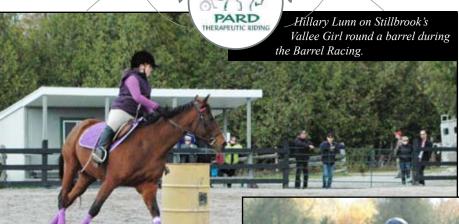
Registration information and forms available online at **www.pard.ca**. Pre-register by dropping your forms off c/o *Peterborough This Week*, at 884 Ford St, Peterborough.



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









Siomonn Lunn, from Stillbrook, takes Shadow through the Trail Class.



Meriah MacDonald and Jake from Stillbrook Riding Stables.



Hartley Thomson urges Pepper on for a quick start.



Noah Posthumus on Stillbrook's Jake in the Flag Race for the walk/trot division.



Erika Manley and Floyd stretch out for the race back to the finish in their Barrel Racing run.

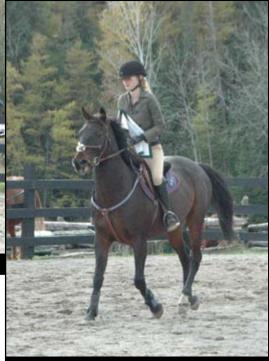


Eden Manley takes Jade around a fast corner in Barrel Racing.

## PARDVews



Stillbrook's Jesse steps out smartly under the guiding hands of Jineen des Vignes.



Allison Northey carries the flag on her return trip with Cooper during the Flag Race.



Stillbrook Riding Stables' Dakota takes care of the speed, while Brianna Tombs returns the flag in the Flag Race.



Cassidy Meier on Stillbrook's Diamond Rio.



Emilie Raaymakers from Wendon Hills Equestrian Centre and her horse, Cactus Jack in the Flag Race of the walk/trot/canter division.



Wendon Hills' Mojo doesn't need a lot of encouragement to run from his rider, Sarah Magee-Graham.







Volunteers Sarah Magee-Graham, Katie Winship and Emilie Raaymakers hang out at the kids' table. Dave Carruthers and Fred Stillman take up residence by the corn pot, assuming responsibilty for cooking the corn just right for a lot of hungry people. Fortunately, they do a great job!



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-Kin	d
□ Please find enclosed my cheque payable to <b>PARD Therapeutic Riding</b>							
□I prefer to charge my contribution to my credit card.  Credit card donations are coordinated securely through PayPal online at www.pard.ca via the Donate button.  Donor(s) Name:							
In memory of (optional):							
Address:							
City:				Prov:	P	C:	

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.

Telephone: (