

Spring 2016



PARDNews



Ontario
Trillium Foundation



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.



PARD brings RCMP Musical Ride in Sept

Peterborough, ON - One of Canada's most recognized icons, the Royal Canadian Mounted Police (RCMP) Musical Ride, will be performing at The Peterborough Agricultural Society's grounds at 11 Roger Neilson Way on Wednesday, September 7th, 2016, hosted by PARD Therapeutic Riding.

The RCMP Musical Ride represents a colourful Canadian tradition. The troop of 32 horses and riders will perform a variety of cavalry drills choreographed to music. Working through a unique medium, they support the RCMP community policing efforts throughout Canada.

The Musical Ride was developed in 1876 by early members of the North-West Mounted Police to display their riding ability and entertain the local community. It has evolved over the decades into a uniquely Canadian performance enjoyed by tens of thousands of spectators every year.

Members of the Musical Ride are first and foremost police

officers. They all have at least two years experience in active police work before volunteering for duty with the Musical Ride. Surprisingly, most have no prior riding experience.

Watch for upcoming local advertising, the PARD website www.pard.ca and our Facebook page for ticket information. Proceeds from ticket sales will support PARD.

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.



Tuesday, November 29, 2016 starting at 7:15pm.
Delta Gaming Centre, 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**.

You can also find us on **facebook** - You'll  **Like** us!

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.

We need your support!

Message from the Chair

No hour of life is wasted that is spent in the saddle. ~Winston Churchill

Angie Muir

Chairperson, PARD Therapeutic Riding

As we settle in to our new home, I'd like to take the opportunity to thank our host farm Wendon Hills Equestrian Centre. If it wasn't for their tremendous support, PARD would not be able to accomplish what we have so far since moving in just a few seasons ago. If you came with us from our last location, you'll remember that our home was just a pasture field when we decided to move and expand our program. This year we plan to erect our first building, which will house our tack equipment and is designed to be accessible to the

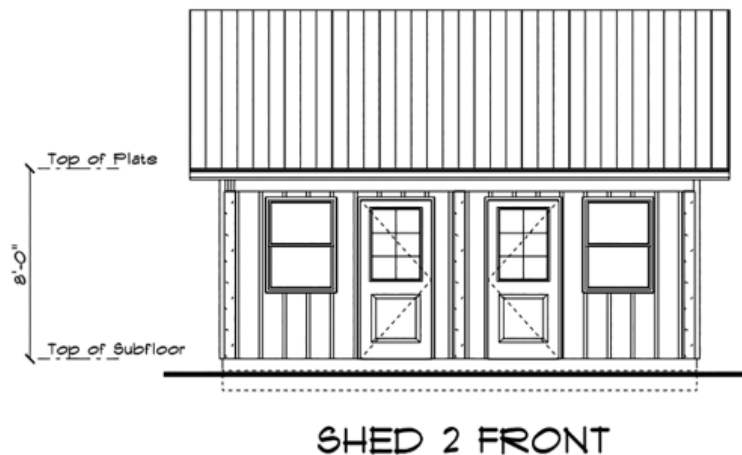
riders in our program. Last year we were able to serve 25 riders and this year we hope the addition of our fifth horse, Frank will allow us to serve 28-30 riders. Frank joins our other new horse, Bobby, in the pasture along with our old friends NuBuck, Stormy and Doc. Sonny has moved on to his new family where they report he is doing well and enjoys his new paddock.

The purchase of a fifth horse for the program was made possible through our Ontario Trillium Foundation grant. The purpose of the grant is to purchase horses and equipment and to train instructors and volunteers so that the organization can better serve more riders with a range of disabilities. The grant will also enhance the organization's fundraising capacity and volunteer recruitment, making the organization

more sustainable. Thanks in part to the grant, we now have two certified instructors, one awaiting testing and another approximately halfway through the process of becoming a therapeutic instructor. It takes over 200 volunteer hours and countless

such a fantastic group of caring and giving people!

This year we will need our volunteers more than ever. We always need smiling and caring people during the lesson nights, but will also be looking to our volunteers to help out with some events we are planning to help raise funds to sustain the program. We have our two shows planned this summer, as well as our super-awesome-fun BINGO fundraiser this fall. In case you missed it last year, we had a great deal on BINGO packages from Delta Bingo in Peterborough and made over \$2300 between the silent auction and ticket sales. This year, in addition to the BINGO we



workshops and training sessions to prepare for the CanTRA testing. Our instructors give so much more than the hours in the lesson ring each week and their overwhelming commitment and dedication is shown in the quality of programming we offer. So a huge thank you to our instructors!!!

This year we saw a few new faces on our lesson nights and we hope to see those people return this coming year. Part of our Trillium grant reporting asked us to calculate how many volunteers' hours we logged in the last three seasons...would you believe we had 3673 hours logged? WOW! What a testament to the outstanding work our volunteers do! This doesn't include the hours the Board of Directors spend planning and preparing for the program and events! I am so proud to work with

have something else planned the whole family can enjoy. For the first time since 1988, the RCMP Musical Ride will be in Peterborough as a fundraiser for PARD. This is extra special for our organization as one of our own riders has an Aunt who rides with the RCMP. We are over the moon to be hosting the RCMP for almost a week, so stay tuned for details to come!

I hope you are as excited as I am about this upcoming year. As I look back and reflect about what we have accomplished already at WendonHills, I am eternally grateful of all the help we receive from our wonderful volunteers. So thank-you, to each and every one of you for everything you give, no matter how small or insignificant it may seem to you, your thoughtfulness brightens someone else's day!

2016

CALENDAR

of events

Tuesday lessons begin: June 7, 2016
Thursday lessons begin: June 2, 2016

Open House
 Sunday, May 29, 2016
 1:00 pm - 2:00 pm
 1372 Fourth Line Rd, Douro-Dummer

Volunteer Orientation & Training
 Sunday, May 29, 2016
 2:00 pm - 4:00 pm
 1372 Fourth Line Rd, Douro-Dummer

PARD Schooling Show
 Sunday, July 3, 2016
 9:00 am
 1372 Fourth Line Rd, Douro-Dummer

Volunteer & Rider Appreciation Corn Roast
 Monday, August 22, 2016
 6:00 pm
 1372 Fourth Line Rd, Douro-Dummer

RCMP Musical Ride
 Wednesday, September 7, 2016
 Watch for time & ticket details
 11 Roger Neilson Way, Peterborough

PARD Games Show
 Sunday, September 25, 2016
 11:00 am
 1372 Fourth Line Rd, Douro-Dummer

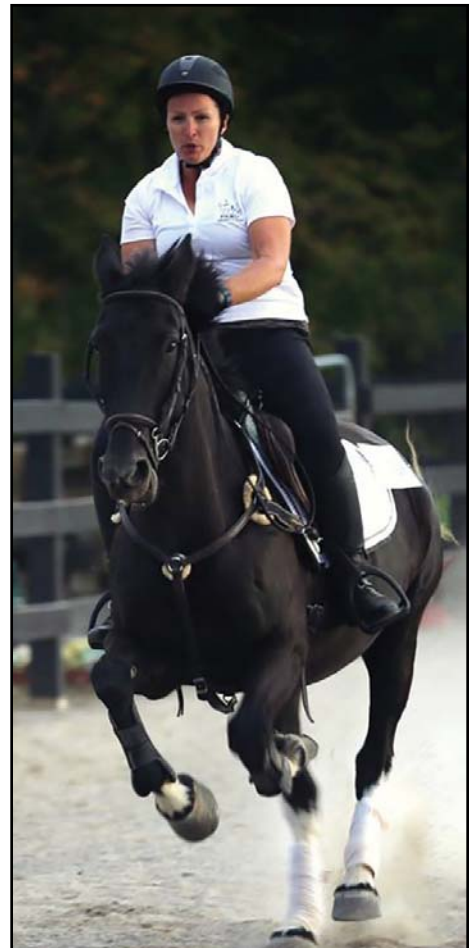
Bingo to benefit PARD Therapeutic Riding
 Tuesday, November 29, 2016
 7:15 pm
 Delta Bingo Hall
 1019 Clonsilla Av, Peterborough

Warsaw Christmas Parade
 Saturday, November 26, 2016
 Time to be confirmed
 Town of Warsaw (meeting details to follow, RSVP required)

PARD 2015 Games Show



Hillary Lunn and Ginger whiz past spectators during their leg of the Relay Race.



Fancy carries Chris Walker towards the finish line in a blur during the Relay Race.



Kaitlynn Hoover puts a western spin on the day with her horse, Arizona.



Rachel Quilty guides Stormy through the Key Hole.



Kristen Craig gives a helping hand to Logan riding Eve in the Walk/Trot Division.

PARD 2015 Schooling Show



Jen and Jellybean watch the activity while they await the judge's attention.



Mikayla and Bobby proudly display their ribbon.



Presley Ireland and Marcos are a confident pair in their Showmanship class.



Competitors line up their mounts for judging in the Showmanship Division.



Hillary Lunn and Ginger look good in red -- first place red ribbons, that is.

Marcos keeps an eye on Sarah Magee-Graham's bucket as she guides him around the ring.



One of Quinn's dreams came true

PARD rider, Quinn Heffernan loves Jeopardy. He got the opportunity of a lifetime recently thanks to the Sunshine Foundation. Quinn and his parents went to California to meet Alex Trebek and watch several tapings of the show.



Quinn's dad, Kevin tells us, "You can tell the joy he had and the life-lasting memories this experience had on Quinn, Robin and myself.

None of this would have been possible without Jessica Kyles and the Sunshine Foundation <http://sunshine.ca/> and Winner's — a sponsor/supporter of the Sunshine Foundation. Shannon, Winner's Peterborough

store manager, made and gave Quinn a beautiful replica of the Jeopardy set which has a prominent place in our home.

Special thanks to our Mayor Daryl Bennett who asked Quinn to present Mr. Trebek with the Key to the City of Peterborough. Mr. Trebek was deeply moved by this gesture from Mayor Bennett."

Here we grow again!

Well, even though Nubuck might have grown a bit around his middle this winter (ahem!) what I was really referring to was the growth of our numbers!

In December of 2015, Kathy and Chris (two of PARD's instructors) introduced Stormy, Nubuck, Bobby and I to Frank. Frank is 17 years of age and he's also a gelding like the rest of us.....no pesky mares in our field! He is dun with a dorsal stripe and has had "SHOW EXPERIENCE"

so we are sure he has some exciting stories to share with us. So far, he has settled in well. He seems to be a real nice fellow and if everything goes as well as expected he will join us in our regular riding program this summer.

Picking a horse to be part of a therapeutic riding program, like ours here at PARD Therapeutic Riding, takes expertise so "hats off" to the instructors at PARD who take on this task. As you might guess, we have to be thoroughly checked out to make sure that we are suitable for the important role of carrying riders.

Of course, we have to be healthy and in good physical shape, but there's more to it than just lookin' good! Our temperament is critical, and we are evaluated to make sure we can remain "cool, calm and collected" under circumstances that might make many horses jump around and perhaps even try to run away. It really helps if we've already had some "life experience". If we've been ridden on trails, in show rings, in parades or along roads, we've had opportunities to get exposed and used to stuff that might otherwise scare us. And that helps make us safer mounts for our riders.

We also need to stay quiet when volunteers are getting riders onto our backs, even if their legs and feet unintentionally bump against our sides. When we have a rider on-board, we have to walk at a steady, even pace – not too fast and not too slow – and always listen and watch for cues that the human who is leading us gives us. These humans (the "leaders") tell us when and where we need to turn, stop and sometimes even back up. Lastly, when it's not our turn in the ring during lesson nights, we need to stand patiently tied outside the ring and be "ready to go" as soon as we are needed.



STRAIGHT from the HORSE'S MOUTH with Doc

Our size is important too. If we are too tall, the volunteers that walk beside us (the "side-walkers") or the instructors are not able to easily and quickly reach our riders if they need to, and that's not safe. If we are too small, it may be hard for some riders to sit properly balanced on us so that they get a good muscle stretch; and they may not get the full benefit that riding can provide.

Oh, and age is also considered. Like a well-aged fine wine, we are "mellow". We are all considered to be "middle-aged" and well past the "foalish" stage of running at full gallop, kicking up our heels over our heads or prancing and dancing (although we might do a bit of this on our own on a cold frosty autumn morning – but never with a rider on-board!).

Well, Frank seems to have passed HIS evaluation and Stormy, Nubuck, Bobby and I think that he'll do just fine. All five of us are pretty easy-going guys and we get along well together in our pasture. When we aren't working this summer, you may see us standing head-to-tail swishing the flies from each other. Feel free to stop by and visit with us. We enjoy being groomed and relish an occasional apple or carrot treat.....but just don't give Nubuck too many!

Thanks for checking in with us; hope to see you this summer!

Doc

I feel privileged to be involved



For as long as I can remember, I have loved horses, so when my friend Jacquie told me about PARD, I was excited to see what it was all about. From the very first visit, I realized how special both the horses and people involved with PARD are. I actually cried the first time I saw how one of the horses interacted with the rider after the lesson, and from the look on the riders face I realized how important this program is to them. The trust between the riders, horses and the Instructors is incredible, and I

feel privileged to be involved as a volunteer. I no longer think of our riders as disabled, rather, they are able to do the best that they can, while having fun being involved with this organization. I have seen dramatic improvement in some of the riders with their physical disabilities, and certainly their social skills have also progressed tremendously. When I see a rider smile and hug their instructor, even though they may not even be able to speak, that says a thousand words. I cannot even express how I feel about Kathy and the other instructors. You have to have a very special gift to earn the trust of these students, and be able to help them discover their individual limits, and sometimes push them slightly beyond. The joy on their faces is the thanks that they get, and it is well earned. This year will be the start of my fourth year volunteering with PARD, and I can't wait for it to start. I have heard in the past that most of the volunteers "come for the horses, but stay for the riders", and that is certainly true!

Jen



Welcome Frank

We are very excited to introduce everyone to Frank. He is a 17-year old Canadian Warmblood/Quarter Horse/Morgan cross who has show experience as a hunter and as a jumper.



The PARD instructors found Frank in December and decided that he might have what it takes to be one of the "PARD boys" so they brought him home. Frank has begun his training and we hope to introduce him into the lesson program soon.

In the meantime, he has been getting to know Nubuck, Doc, Stormy and Bobby as well as the instructors and volunteers who have been out to visit since his arrival.

He will certainly enjoy the social visits and grooming.

"Howdy", from Sherriff Mitchell



How ya doin' everyone. My name is Sherriff Mitchell McColl and I love to go horseback riding. I like Bobby. He is a nice horse. He's white with a brown nose. He looks like Roy Roger's horse named Trigger. First, Bobby went nice and slow. Then, we went a little faster so that we could watch out for all the robbers with guns that are very dangerous and the bad guys too that were right around the corner. They are very sneaky. The PARD helpers were friendly and I made them laugh. I learned how to ride with no hands.

I had a lot of fun. I can't wait until I can ride Bobby again. So watch out and keep your eye on the bad guys.

Mitchell

2016 PARD Board of Directors

Chairperson: Angie Muir

Treasurer: Julia Dean

Secretary: Crystal Edwards

Program Director: Kathy Carruthers

Volunteer Director: Michelle Bozec

Communication Director:

Marissa Wheal

Media Director:

Tracy Magee-Graham

Directors: Sarah Magee-Graham

Cathy Rae

Chris Walker

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

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!

If you are interested in becoming a volunteer with PARD or joining the board of directors, please contact our Volunteer Coordinator. We are currently looking for a bookkeeper to work closely with our Treasurer.

It's time to renew your membership in PARD Therapeutic Riding? *Thank you!*

2014 was our inaugural year for selling annual memberships in PARD Therapeutic Riding and we were pleased to welcome many to the organization. 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.

The Board of Directors for PARD 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 PARD Therapeutic Riding going and growing!

Can you help fill our wish lists?



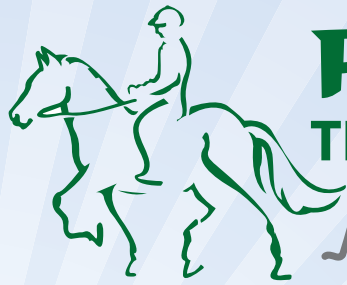
- Canadian Tire money
- grey Tremclad spray paint
- Hand sanitizer
- Large garbage bags
- Blue recycling bags
- Bottled water
- Sun screen
- Bug repellent
- Letter size printer paper

- Hanging file folders (8-1/2" x 11")
- File folders (8-1/2" x 11")
- Canadian stamps
- Size #10 envelopes
- Laminating sheets
- Laminator
- Name tag labels

Specifically for the horses:

- MSM equine supplement
- Cowboy Magic detangler
- Bit wipes
- Spray bottles





PARD THERAPEUTIC RIDING



P.O. Box 1654, Peterborough, ON K9J 7S4
Tel (705) 742-6441
Charitable Registration No. 11909 1759 RR0001

PARD Therapeutic Riding is excitedly preparing for this year's program and season events. We are planning a variety of fundraising events to support our efforts and would like to invite you to be a part of something wonderful.

On July 3rd, 2016, PARD will be hosting our annual Schooling Show, a horse show open to riders of all experience levels and abilities. We hope that you or your business will support this fantastic event through a gift-in-kind or financial sponsorship. In appreciation, we will proudly display your name on our website, on our sponsor board, in our event program and in our newsletters so that our community will know of your generous support.



PARD Therapeutic Riding boosts riders' confidence and skills offering riding lessons to individuals of all ages who have various disabilities including cystic fibrosis, multiple sclerosis, muscular dystrophy, spina bifida, cerebral palsy, stroke, accident injury, visual impairment and hearing challenges. The Peterborough area charitable organization has operated for over 25 years solely by volunteers and relies on financial support from our community.

With annual operating costs of \$30,000, these fundraising events are paramount to PARD's survival. We want to continue to offer PARD's benefits to our riders, and ultimately, PARD would love to be able to expand our program allowing us to reduce the length of our rider wait list.

You are, of course, also invited to visit the new PARD facilities at 1372 Fourth Line Road in Douro-Dummer on all of our event days or any other program night. It's wonderful to see the happy faces of our riders!

If you would like more information on PARD, please check out our website at www.pard.ca, and click on the "Video" link to see our riders, instructors and volunteers in action. You can also find us on Facebook as PARD Therapeutic Riding – you'll Like it!

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



Ontario
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OPEN HOUSE

Sunday, May 29, 2016 @ 1pm
1372 Fourth Line Road
Douro-Dummer
followed by Volunteer Orientation

Isabelle Charron and her mom, Janet attended an event at the Pan Am Games courtesy of Metroland Media Group and PARD Therapeutic Riding.



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 bearing recycle symbol #1. PARD logo on side.

\$5 each

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

