

Spring 2018



PARDNews

www.pard.ca

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... 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.

Chairperson's Report

Program 2017

PARD saw 23 riders benefit from our Program; 20 in our weeknight lessons and 3 in the Independent lessons. PARD is very grateful to the almost 50 volunteers whom contributed over 600+ hours to support the program in a variety of ways. Changes to the CanTRA requirements for insurance meant PARD was faced with a difficult decision to change the lesson plans for the Independent riders on Saturdays and no longer offer cantering instruction. This decision proved to be bittersweet as we saw three of our Independent Riders graduate from the PARD program. We are extremely proud of the accomplishments these riders have made not only in their horsemanship and riding skills, but in the personal growth they have all achieved over the years. We wish them all the best!

For 2018 we hope to fill a few vacant spots in the program with riders from our waiting list. There are almost 20 new riders wanting to join the program! Riders are fitted into the program based on the availability of a suitable horse (considering height, girth, gait, etc) and how appropriate the lesson grouping is. As always, our fantastic volunteers make sure we can maximize our lessons by safely accommodating as many riders as possible. It's not always feasible to have four or five riders in each 30-minute time slot on lesson nights. Our boys sometimes need breaks between riders and our more complicated riders demand more



attention from our instructions during the lesson. This has been a valuable realization as years ago when we applied for the Trillium Funding, we were very ambitious projecting the number of riders we could serve. It's also a challenge to recruit such a high number of volunteers on a minimal budget. PARD is very grateful to the volunteers who commit their time and we always look forward to volunteers returning week-after-week, and year-after-year! Without you, we simply could not do what we do!

As our program grows and changes so do the roles and responsibilities of our volunteer staff and Board or Directors (BOD). It was decided in 2017 that the existing role of Program Coordinator really encompassed three different responsibilities and should be broken down into three different roles. There is now a Program Coordinator,

an elected position that will represent the program as a member of the BOD; a Horse Manager, an appointed position that reports to the BOD, and Facility Manager, also an appointed position

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that reports to the BOD. Details of these positions and the members holding these positions can be found following the 2018 AGM.

Funding

PARD is now finishing the fifth and final year of the Trillium Grant funding. The purpose of this grant has been to strengthen the program by enhancing riding experience and safety of riders; and to strengthen the capacity and enhance the sustainability

of the organization. PARD was very fortunate to receive this money as it provided the opportunity for our instructors and volunteers to learn and grow. Last spring, a handful of volunteers/instructors attended the Equine Affair Conference in Ohio. This event was filled with workshops and learning sessions lead by experts from around the world. PARD was



also pleased to have our volunteer Physiotherapist, Jenny Murdoch, attend the Hippotherapy Clinic with Pippa Hodge at Sunrise Therapeutic Riding and Learning Centre to further her knowledge of equine therapy and apply it to rider assessments.

Events

It's not all work and no play around here! PARD was the beneficiary of a fun new event this year: the 'Grand Ole Opry' fundraiser at the Ranch Resort in Bethany, ON. Organizers reached out to PARD regarding the event which showcased local country music talent and a delicious dinner. As usual, PARD held the annual Games show and Schooling show, annual Corn Roast and attended the annual Warsaw Santa Claus Parade. Annual events such as these shows are also fundraisers to that help cover operational costs so we can keep our rider fees low. All year long PARD is grateful to receive donations, sometimes anonymous or through our website, sometimes at our events or otherwise. We are especially grateful to the Kiwanis Club who committed to Silver Sponsorship for the second year in a row, and to the City of Peterborough for awarding us the Community Investment Grant once again. PARD felt the power of social media when we won a Canpressco Facebook contest and were flooded with kind messages about the work we do as people voted for us! You guys rock, thank you! We also received

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Hunter/Jumper Charity Fundraiser Show 2018

in Support of PARD Therapeutic Riding

1372 4th Line Rd, Douro-Dummer · Sunday, 5th of August · 8:30am Start

BEGINNER WALK/TROT DIVISION

- 101. EQUITATION
- 102. HUNTER UNDER SADDLE
- 103. EQUITATION OVER FENCES
- 104. HUNTER OVER FENCES

NOVICE W/T/C DIVISION

- 105. EQUITATION
- 106. HUNTER UNDER SADDLE
- 107. EQUITATION OVER FENCES
- 108. HUNTER OVER FENCES

SPECIALTY CLASSES

- 109. LEAD LINE
- 110. HALTER
- 111. SHOWMANSHIP

HACK DIVISION

- 112. PLEASURE HACK
- 113. HUNTER HACK
- 114. SHOW HACK
- 115. ROAD HACK

OPEN 2' HUNTER DIVISION

- 201. UNJUDGED SCHOOLING ROUND
- 116. HUNTER OVER FENCES
- 117. HUNTER OVER FENCES
- 118. HUNTER OVER FENCES
- 119. HUNTER UNDER SADDLE

OPEN 2'3" HUNTER DIVISION

- 202. UNJUDGED SCHOOLING ROUND
- 120. HUNTER OVER FENCES
- 121. HUNTER OVER FENCES
- 122. HUNTER OVER FENCES
- 123. HUNTER UNDER SADDLE

OPEN HI/LO HUNTER (2'6" or 2'9")

- 203. UNJUDGED SCHOOLING ROUND
- 124. HUNTER OVER FENCES
- 125. HUNTER OVER FENCES
- 126. HUNTER OVER FENCES
- 127. HUNTER UNDER SADDLE

PARD CHARITY COSTUME CLASSIC

- 0.90m JUMPER DIVISION
- 204. CLEAR ROUND
- 128. TABLE A
- 129. TABLE C
- 130. TABLE C

ENTRY FEES:

- Jumper Class - \$15.00
- Hunter Division - \$50.00
- X-Rail Schooling - \$5.00
- Unjudged Schooling - \$5.00

CASH PRIZES!

- ☒ 1st Place in each Class wins \$10
- ☒ Ribbons awarded 1st through 6th
- ☒ Champion in these Divisions wins \$50
 - Beginner
 - Novice
 - Hack
 - 2' Hunter
 - 2'3" Hunter
 - Hi/Lo Hunter
 - Jumper
- ☒ Reserve Champion wins \$25

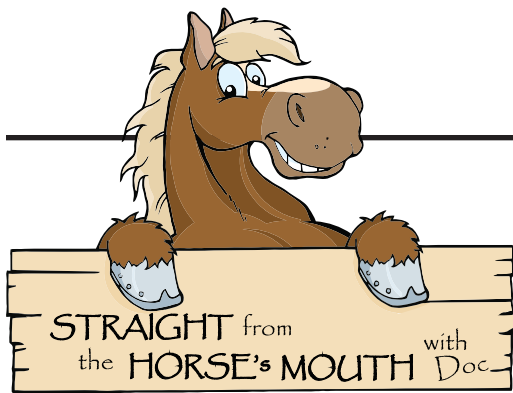


Special thanks to our sponsors
for their generous support.



Hilary Lunn and
Ginger riding in
support of PARD.

For more info, visit www.pard.ca



Happy Spring to you all from all of us – Nubuck, Bobby, Stormy, Frank and of course “me”, Doc!

Today, there’s a spring in our steps! Why? Because our farrier Christina Adamo visited us today to check out our feet. Christina runs her own farrier service in the Peterborough area. In case you don’t know what a farrier is, according to Wikipedia (Stormy Googled this for me) “a farrier is a specialist in equine hoof care, including the trimming and balancing of horses’ hooves and the placing of shoes on their hooves, if necessary.” Well, that more or less sums it up! Christina examined our feet and made sure that they were healthy before giving each of us a “spring trim” - more about that later!

Our hooves are VERY important. We spend most of our time on our feet. (Did you know that we can even sleep standing up?) Whether standing or moving, our feet support all of our weight, which for Nubuck is considerable, I might add!hey, just kiddin’ Buckie old boy!

Maybe you’ve heard the old saying “No foot, no horse!” There’s no truer saying. Our friends at PARD make sure that we receive regular hoof care - that means daily checks to ensure that our hooves are in good condition and haven’t chipped or cracked or gotten too long. Like your finger and toenails, our hooves constantly grow. If our hooves become too long, the excess length can interfere with our balance and our ability to move at a steady and even pace, which is so important when we are carrying our PARD riders in their lessons. And should deep cracks

ever develop, our feet can become sore.

Our farrier prevents these issues by visiting us on a regular basis - about every 6 or 8 weeks - and using her “tools” to shorten and shape our feet. She uses a special tool called “hoof nippers” to remove the extra growth and then files or “rasps” any sharp edges to make our feet smooth, even and balanced and the soles (that’s the underside of each foot) level.

Before the riding season gets underway, Christina measures and fits three of us with shoes. For those of us that need them, they give added protection to our hooves. Horseshoes have been used for a very long time. Some folks think that they were invented as long ago as 500 AD to 900 AD, and that’s older than any of us! Today’s

shoes are made of steel or aluminum and are held onto the bottoms of our feet with special nails that are placed carefully through the hoof wall. When shoeing is done by someone skilled and knowledgeable (like Christina), it is a painless procedure because the nails never enter any tissue that has “feeling” in it.

We always stand very quietly when Christina is working on our feet. We appreciate her top-quality care. And she appreciates our good behavior!

Come and visit us this summer and see us in action. The riding program runs from June through August at Wendon Hills Equestrian Center near Warsaw, Ontario. We look forward to your visit.

Sincerely, *Doc*

2018

CALENDAR

of events

Tuesday lessons begin: June 5
Thursday lessons begin: June 7

Open House
 Sunday June 3 - 1:00 pm - 2:00 pm
 1372 Fourth Line Rd, Douro-Dummer

Volunteer Orientation & Training
 Sunday, June 3 - starting at 2:00 pm
 1372 Fourth Line Rd, Douro-Dummer

Hunter/Jumper Charity Fundraiser Show
 Sunday, August 5 - 8:30 am
 1372 Fourth Line Rd, Douro-Dummer

Volunteer & Rider Appreciation Corn Roast
 Monday, August 20 - 6:00 pm
 1372 Fourth Line Rd, Douro-Dummer

PARD Games Show
 Sunday, September 9 - 9:00 am
 1372 Fourth Line Rd, Douro-Dummer

Hallowe’en Dinner & Dance
 Date & details to be confirmed

Equine First Aid
 Date & details to be confirmed

Warsaw Christmas Parade
 Saturday, November 24 - 5:00 pm
 Town of Warsaw (meeting details to follow, RSVP required)

a donation from TRANE, a sister therapeutic organization that had to fold its program recently. It's always sad seeing a similar organization have to say goodbye to riders and families, and we took a moment to reflect and feel grateful for the ongoing support of our own community.

Ahead

Looking ahead, PARD is going to be looking its best this year with the completion of the new buildings on the property. We look forward to having gardens again and all the things that make it feel like 'home'. Check out the new county road signs that will hopefully make it a little easier to find us, and if you haven't already scored some new swag, we have PARD clothing for sale including new hoodies and sweatshirts!

2018 PARD is celebrating 35 years as an incorporated charity and over 40 years since inception! That's a lot of individuals, business, organizations and other supporters to thank over the years! I hope you all know how much your contributions have made a difference in the lives of our PARD riders! Thank you!

We also have money for CPR/First Aid training for any of our volunteers who may be interested. As the grant comes to an end, PARD will ensure we have fulfilled our obligations and commitments as part of this grant, and work on a five-year fundraising and strategic plan to help ensure we can keep our fees as low as possible for our wonderful students.

There is much that goes on behind the scenes at PARD, even in the off season. I'd like to thank the group

of hardworking board members and volunteers that come out year-after-year and give so much time to PARD. I would mention them all by name, but most of you know who they are—they are the ones at every event early and still there long after the sun goes down...THANK YOU! I realize that not everyone can make this kind of commitment, so if there is anyone interested in a short-term project, or helping with just one event, please let us know. We always welcome the extra hands and ideas!

My main focus this year will be on the using the website better as a tool for communicating, and finalizing the Trillium grant. Julia has taken the lead on completing the buildings which allows Kathy the time to focus on the horses and program. Watch for exciting building and site updates on the Facebook page and website. We can hardly wait! Spring is officially here, so... let's build!

Thank you again for this opportunity and for all you have given PARD. I am humbled to serve such a great organization.

Angie Muir, Chairperson

YOU'RE INVITED TO OUR

OPEN HOUSE

celebrate

35 years

PARD THERAPEUTIC RIDING



Sunday, June 3rd, 1pm – 2pm

PARD Therapeutic Riding is a Peterborough area not-for-profit organization that has provided a riding program for over 35 years to individuals of varying ages and abilities.

- Learn about our program
- Meet our PARD horses
- Meet our instructors & volunteers
- Watch lessons of riders at different skill levels
- Join us for refreshments
- Immediately followed by VOLUNTEER ORIENTATION

For more info, visit PARD.CA or EMAIL INFO@PARD.CA

**1372 4th Line Rd
South Dummer,
Douro-Dummer**



What does it take to become an instructor?

Ever wondered just what goes into becoming an Instructor? Just what makes our instructors 'qualified'? It's no easy task! Certification is a voluntary process and requires hundreds of hours over a minimum of at least two years.

There are several levels of Instructors and each one builds on the base of the previous level to develop further knowledge in each area.

Before becoming an Instructor a volunteer must complete:

- 100 hours with a CanTRA therapeutic riding program
- Home Study (written document)
- Rider Level qualification (instructor has to demonstrate a specific level of riding ability)
- Valid First Aid and CPR certification
- 20 hours with a mentor at least one level above their certification level
- 5-week student report (written document)
- Written Exam (75% pass mark)
- Technical Assessment (2-day practical on weekend commitment, done in front of CanTRA examiners and they either recommend further development in specific areas before moving forward to the Exam or ready to take the Exam)
- Exam (Practical 2-day on weekend commitment)

Within all the different elements of certification the instructor's knowledge of Stable Management, Volunteer Training, Mounting and Dismounting, Teaching and Safety are tested — either verbally and/or written.

Once certified all instructors must remain certified in First Aid and CPR and complete 20 approved updating training hours every three years.



The PARD Instructor team (left to right): Sarah Magee-Graham, Kathy Carruthers, Wendy Carruthers and Chris Walker.

Riding skills transfer over into daily life

PARD has been an extremely positive and rewarding experience for my daughter, Helena, who has Down Syndrome and Autism. Her ride on "Stormy", thanks to the dedicated volunteers, was the highlight of her week last summer.

As a soft-spoken girl who speaks very little, Helena quickly learned to give verbal commands to her horse. In addition, she learned to sit up tall and hold her head up, while always looking forward.

These skills noticeably transferred over into her daily life. When walking down the street, Helena continues to keep her head up and look straight ahead, which previously required constant reminders.

The people and the experience at PARD have exceeded our expectations. We were so excited when we received a phone call from Chris that planning for the 2018 riding season was underway. We can't wait to start again! Thank you PARD!

Lori Anne Steers

It's time to renew your membership. *Thank you!*

PARD Therapeutic Riding has been selling annual memberships in the organization for only a few years now and we are pleased to welcome many to the organization each season. 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. Contact us at info@pard.ca or visit us in person during lesson nights or at any of our events.

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!



Veteran rider, Richelle and her father, Ron help the PARD team demonstrate proper ramp mounting techniques for new volunteers at the May 2017 Open House and Volunteer Orientation.

2018 PARD Board of Directors

Chairperson: Angie Muir

Treasurer: Julia Dean

Secretary: Anne Marie Duncan

Program Director:

Chris Walker

Director/Facility Manager:

Kathy Carruthers

Volunteer Director:

Michelle Bozec

Media Coordinator:

Mary Babcock

Directors: Crystal Edwards,

Cathy Rae, Sarah Magee-Graham

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

One of PARD's most important resources are the selfless volunteers who come 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, our volunteers are 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 new members to bring fresh ideas, energy, skills and experience to the PARD board.



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



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.

City of Peterborough approves grant

At the beginning of March, PARD was notified that the Community Grant Advisory Committee for the City of Peterborough would be recommending that our organization receive three year funding through the City's Community Investment Grant program for 2018.

On March 19th, City Council approved the motion, and PARD is now awaiting the first installment of \$4000 per year for the next three years.

Most funding grants are restricted to capital expenses. This grant is different in that it is specifically to be used for operational costs - an exceptional clause that will be put to good use.

The PARD Board wishes to express our gratitude and appreciation for the generous support of the City of Peterborough.



City of Peterborough

Registration information and forms
available online at www.pard.ca.

PARD 2018 Games Show

Sun, September 9th, 2018

Games begin at 9:00am

Entry fees - \$5/game

**1372 4th Line Rd, South Dummer,
Douro-Dummer**

Catherine and Bryson racing against the stopwatch.

W/T & LEAD DIVISION (17 & under)

1. Barrel Race
2. Pole Bending
3. Flag Race
4. Carrot Race
5. Chew the Cracker & Whistle
6. Relay Race
7. Trail Class

OPEN 8. Costume

W/T/C ADULT DIVISION (over 17)

9. Trail Class
10. Barrel Race
11. Pole Bending
12. Keyhole
13. Flag Race

W/T/C or W/T/J DIVISION (all ages)

14. Trail Class
15. Steady Hands
16. Barrel Race
17. Pole Bending
18. Keyhole
19. Flag Race
20. Relay Race
21. Carrot Race
22. Chew the Cracker & Whistle

• BBQ refreshments
• Plenty of trailer parking

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

BINGO! Night wins big for PARD

"Thank you" to everyone for our most successful BINGO Night fundraiser yet! PARD sold 173 tickets to the February 27th event with 131 of those attending. As a result, PARD received \$2185 from ticket sales plus \$690 from the silent auction for a total of \$2875!



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



Clothing Prices

Toque - \$10 each

Magic Mini Gloves

\$10/pair

T-Shirt (white or green)

\$20 each

Pullover Hoodie

\$40 each

Zip Hoodie

\$45 each

"Chevy", "Reno" or "Bo"

9" plush pony

Chevy: brown spots

Reno: palamino & Bo: black spots

\$15 each



We have MUGS, too

\$10 each