

PARDS 13th Annual Dine & Dance fundraiser

~ Saturday, November 20th, 2010 ~

It's that time of year again, the frosty nip in the air, the bare trees and PARDS is all a buzz with Dine & Dance fundraiser preparations! Yippee!

We have a wonderful committee hard at work making sure that everything is going to be ready for another fun event at Five Mile Hall on Saturday, November 20th, 2010. This year PARDS' Dine & Dance will be all about:

"Our Shining Stars"

It will be a magical evening honouring our Riders, and the volunteers, community members and businesses who help to keep this essential service available in our community.

Enjoy a champagne greeting, delicious buffet dinner, cash bar, auctions, draws, door prizes, music and dancing! Our goal this year is to raise \$50,000 in support of PARDS therapeutic programs, and with your help, we know we can do it!

Tickets are only \$50.00 each and are available through the PARDS office, 780-538-3211. Call today to order your tickets and reserve your tables. We look forward to seeing you at PARDS 13th Annual Dine & Dance in celebration of "Our Shining Stars"!

Executive Director's Note

Keeping Busy!

PARDS has been very active over the past few months with a full session of Therapeutic Program riders. Our Equine Facilitated Wellness (EFW) Pilot Project - Life Skills Development is in full swing, our Public Riding Program was extended an additional half day to accommodate riders and a number of new program horses are in training so they can be ready and raring to go for our second session.

Provincial Provisions...

We have also been diligently seeking funding for both our operations as well as our new facility. We are thrilled to announce that the Government of Alberta has supported PARDS in two major funding initiatives through the Culture & Community Spirit Ministry. We have received a \$75,000 grant through the Community Initiatives Program to be used over two years to help support operations as well as \$100,000 through the Community Facility Enhancement Program directed toward the construction of our future facility. The successful outcome of these grant applications was helped by the tremendous support we are given by MLA Wayne Drysdale and Minister Mel Knight.

Valuable Volunteers...

I would like to offer a HUGE "Thank you!" to all the volunteers who have rejoined us this session, as well as the truly astonishing number of volunteers who have newly signed up. Whether you assist in the barn, arena or office, or come out to assist with our various fundraisers, bingos or events, we rely on your assistance to help us continue to offer this essential service to the disability community in the Peace Region and we can never fully thank you enough for that! We will be holding our Annual Volunteer Appreciation Potluck in early December (details on page 4) and I hope to see you all out here then to let us express our thanks and admiration of your commitment to PARDS (and to play lots of PLINKO!).

Enjoy the newsletter and come out and visit us anytime!!



SPECIAL POINTS OF INTEREST:

- ◆ Help PARDS get a wheelchair accessible bus! Vote for us every day in the Aviva Community Foundation Contest! (pg2)
- ◆ Tickets for our Annual Dine & Dance - Saturday November 20th - are on sale for only \$50 each!
- ◆ Therapeutic Riding Session I (Fall) successfully underway!
- ◆ PARDS now accepting pre-registrations for 2010/2011 Therapeutic Riding Session II (Winter) and III (Spring)!

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Therapeutic Lessons

This is what PARDS is all about, and we're always so excited to begin each new year of therapeutic lessons! PARDS Therapeutic Session 1 started on September 13th and now we're already nearing the end! It's been so good to see so many familiar faces again, and so very exciting meeting all the new ones. We are now taking pre-registrations for all those who are interested in participating in Session 2 (Nov 29th 2010 - Mar 3rd 2011) and/or Session 3 (Mar 7th - May 26th 2011), just drop into the office or give us a call if you would like more information.

Public Lessons

PARDS has offered public riding lessons (beginner to intermediate) on Saturdays, during our regular riding season, as a means of helping support our therapeutic programs. Well, we had such a great response from our public riders this year, that we opened PARDS 1st Session up to include Sundays in order to meet the demand. We are now into Public Session 2 (Nov 6 - Dec 19, 2010), and are taking pre-registrations for session 3 (Jan 8 - Feb 13, 2011).

All sessions are scheduled on a first come - first served basis and there are limited spaces available, so be sure to book your session early to avoid disappointment!

PARDS Success Stories

We are proud to share with you the second of many PARDS Success Stories in this new regular feature of our Newsletter. This story, originally featured in our 2009 Annual Report, is told by our Lead Instructor, Sheri Young.

PARDS has had the pleasure of working with a 20 year old young lady who has been riding here since the age of 4. She lives with several different physical challenges which have confined her to a wheelchair as well as blindness and the inability to formulate speech. She is, however, very emotionally aware of her surroundings and has taught me how to communicate with her and to understand her communication to me.

In the past year, this rider has progressed tremendously. She has begun sitting up independently on the horse with a straight posture and is expressing much happiness and contentment during her lessons. Her mother

has also shared with us that her daughter is so eager to come riding that whenever they experience that distinctive "horse smell" so identifiable in spring, her daughter rings her communication bell enthusiastically, thinking they are on their way to PARDS.

One of the most moving experiences in my life occurred recently during a lesson with this young lady. During her lesson, she turned toward me from on top of her horse, noticeably listened to the sound of my voice and then leaned into me; for the first time ever she "hugged" me.

It was a truly wonderful moment in time for me and one that I will never forget.



Volunteer Spotlight: Carol Balcome

Carol Balcome began volunteering with PARDS in early 2009. She signed up to be a horse-leader in lessons and was hooked from the start. She immediately developed relationships with not only the clients and horses, but the staff as well. Her tremendous organizational talents led to assisting with both the Fund Ride and the Dine & Dance as a member of the organizing committees and at the events themselves. She also became a member of the Fundraising Development Committee, whose mission is to develop and organize new fundraising opportunities and relationships. All the while she continues as a regular lesson volunteer. Carol's energy, elegance, and enthusiasm are inspirational, and we are very fortunate to have her here at PARDS.



Upcoming Events

Northern Lights Academy of Cosmetology Fantasy Hair Show ~ Sunday, November 14th, 2010

Lights! Camera! Hair! The Northern Lights Academy of Cosmetology is putting together a Fantasy Hair Show & Competition at the Grande Prairie Inn on Sunday, November 14th, 2010, and they have chosen to donate proceeds from the Fantasy Hair Show to PARDS in support of our therapeutic programming!

The evening will start with cocktails at 6pm, followed by live entertainment at 7pm. Doors to the show open at 8pm, and it is sure to be a spectacle you won't want to miss! VIP tickets are \$45, or \$20 for general admission tickets.

To purchase tickets and for more information, please contact Teena Coon at the Academy, 780-402-8887, www.northernlightsacademy.com.



Get your tickets! Get your tickets!

It's PARDS 13th Annual Dine & Dance Saturday, November 20th, 2010!

“Our Shining Stars”

(continued from front page)

Cocktails will begin at 5:30pm and Dinner at 6:30pm. Dancing will follow, and the raffles, auctions and draws will be held throughout the evening.

Tickets are only \$50 each and are available at the PARDS office. Drop by or call us at 780-538-3211 to purchase your tickets and reserve your tables, Monday to Friday 9am-6pm.

A Big Thank You goes out to the following Dine & Dance Sponsors:

- Canadian Tire - “Mane” Event Sponsor
- UNIGLOBE Total Travel - Hearts, Hooves & Courage Sponsor
- Curry's Jewellers - Horseshoe Sponsor
- Maddhatter's Liquid Lounge - Horseshoe Sponsor
- Southwest Steel - Horseshoe Sponsor
- Crown & Anchor Pub - Champagne Greeting Sponsor
- Cloud 10 - Music Sponsor



Sponsorship opportunities still available:

One “Hearts, Hooves & Courage” and three “Horseshoe” sponsorship opportunities are still available for the taking. Sponsorship commitments can be filled through cash, gift-in-kind or a combination of both. For more information on becoming an Event Sponsor on the benefits of Sponsorship, please contact the PARDS office at 780-538-3211 or email info@pards.ca.

Calling for Donations

We've been busy securing auction items and prizes for the Dine & Dance and have a really good line up started. If there are any items or business services you would like to donate that could be used as auction items or prizes, please contact us at the office.

Interested in Volunteering?

Want to help? If you would like to be a part of making the night extra special as a Volunteer, please contact Gayle Mayer at the PARDS office. There are a number of opportunities available from set-up on Thursday Nov. 18th and Friday Nov. 19th, the Dine & Dance itself on Saturday the 20th, and then tear-down on Sunday the 21st. Even if you cannot make it for the Dine & Dance itself, you can still be a very important part of it. PARDS would not be able to exist without the wonderful help of our Volunteers.





International Volunteer Day Celebration Breakfast ~ Friday December 3, 2010 ~

The Grande Prairie Volunteer Services Bureau will be hosting the International Volunteer Day Celebration Breakfast at the Golden Age Centre on Friday, December 3rd, and we would love for our volunteers to join us and be our guest! There will be a complimentary hot breakfast served, door prizes, presentations and awards, including the Volunteer of the Year (last year's recipient was PARDS' volunteer, Terry McConville)! If you would like more information contact Gayle at the PARDS office, 780-538-3211.

PARDS Volunteer Appreciation Potluck ~ Sunday, December 5, 2010 ~

From Bingos to lessons, maintenance and horse care to special events and fundraising, our Volunteers are there for us. We logged over 13,000 Volunteer hours last year, and could not exist without their help. So, to our many wonderful Volunteers (who, if we thanked individually would result in a 100+ page newsletter), Thank you so much for the amazing dedication, energy, valuable time and skills you so generously give to help keep PARDS going and providing the programs we do to people living with special needs in our community.

To show our thanks to our wonderful Volunteers, we will be hosting our **Annual Volunteer Appreciation Potluck** on Sunday, December 5th at 2:00pm here at PARDS. We hope you will be able to join us for great food, fellowship and fun to celebrate all the hard work you have given and generosity you've shown to help keep our programs going. Please RSVP your attendance to the office at (780)538-3211.

Help us get a wheelchair accessible bus for our Riders!

Vote for PARDS every day in the *Aviva Community Foundation Contest*

It's as easy as 1 - 2 - 3!

1. Go to www.pards.ca where you will find the link for our "idea" on the Aviva Community Foundation website on our homepage and click! Or type in <http://www.avivacommunityfund.org/ideas/acf6011> into your web-browser's address bar.
2. **Register and Vote for PARDS every day** from November 15 until November 26 (third mini-round) and help us get to the semi-finals with your daily votes
3. **Spread the word and tell all your friends across Canada** to vote for PARDS when you see them, over the phone, Email, Facebook, Twitter and YouTube!

The first two mini opening-rounds are over, and unfortunately, we didn't get enough votes to get into the semi-finals.

We are back at zero to try again, so, this time,

we really need your ongoing votes (and help spreading the word)

to make it through the next mini-round, get into the semi-finals, and then the finals!

The Opening Round of voting is separated into three phases lasting 10 days each, so you'll have a total of 10 votes to use, one each day, during each mini-round. The top 60 of each mini-round go directly into the semi-finals, so, PARDS has 3 chances to make it into the semi-finals, where voting starts again to make it into the finals! Each "idea" starts at zero votes at the beginning of each round/mini-round of voting.

The most popular ideas from the semi-finals - as voted by Canadians - will compete in the Finals where a panel of selected judges will determine the final winners of each of the following categories: Small (up to \$25K); Medium (\$25K-\$100K); Large (\$100K-\$500K); and then any additional finalists until all of the money is used up (\$1million in total). The winners of the competition will be announced January 25th, 2011.



RIDDLE: *In a stable there are men and horses. In all, there are 22 heads and 72 feet.
How many men and how many horses are in the stable?*

Our Community Continues to Give from the Heart

PARDS would like to extend a heart felt *Thank You* to our most current Donors!

The following organizations and individuals have helped us greatly by donating Cash, Gifts-in-Kind and/or Labour:

- ~ In Memory of Louetta Rudinsky
- ~ Bottles4Cash
- ~ Ladies of the World Professional Chuckwagon Assoc.
- Jean A Driver
- ~ Carol Fritzsche
- ~ Laurie Sutherland
- Gordon & Jo Otto
- ~ Cloverdale Paint
- ~ Northern Metalic
- ~ ACT Ladies Club
- ~ Garry Walker
- ~ Prairie Signs
- ~ Bearing & Transmission
- ~ Judith Grant
- ~ Sterling Upholstery
- ~ Karen Badger

An evening of Music at

Laurel's Café & Peace Country Preserves

A huge "Thank you!" goes out to Laurel Kirsch who hosted a night of music and delicious food at Laurel's Café & Peace Country Preserves on October 15th. PARDS was chosen to benefit from the evening's proceeds and we are grateful for the support of such a wonderful, community-minded business. The evenings music featured Ken Campbell, the Saskatoon Mountain Pickers and Celeigh Cardinal.

Swan City Breakfast Lions Club

After more than 25 years of providing good works to Grande Prairie and area communities, we were saddened to hear of the Swan City Breakfast Lions Club disbanding. It is due to the support of community organizations such as the Swan City Breakfast Lions Club that we have been, and are able to provide this service to our community. We are truly grateful for the support this organization has given to PARDS, and are honoured to have been chosen as one of the final good works performed by this organization.

Big Country CJXX host Grande Prairie Storm Hockey Tailgate Party

On Friday, September 10th, in the Crystal Centre parking lot, Big Country CJXX FM hosted the Grande Prairie Storm Tailgate Party, to kick-off the first home-game of the season! The Crystal Centre donated the food, and the Big Country crew did a fantastic job feeding the people! It was a fun event with lots of games and prizes. PARDS would like to thank Big Country for inviting us and choosing PARDS as the recipient of the proceeds from the barbeque. We had lots of fun out there with our PARDS Plinko board, and appreciate the support Big Country CJXX, the Grande Prairie Storm Hockey Team, and all their event partners have shown us, and for all the community members who came out to join the party.

Straight from the Horse's Mouth

"Neigh" there!



My name is Root Beer. I am a Fjord cross and I am new at PARDS. If you thought Holly was big...well...I'm Bigger! ...and a lot faster (don't tell her I said that)! I've been here since August, so, I have just started helping in the programs and I'm loving it ! Ooh! Here comes the dinner wagon ! It was nice nickering with you !



Happy Retirement to Bree, Thrift & Vern!

For many years before his arrival at PARDS, Bree, an Anglo-Arabian, did endurance racing with Karen Badger, who free-leased this handsome horse to PARDS for our Therapeutic riding programs. After two great years working with us, Bree, with his big, kind heart and gentle eyes, has retired and gone back home with Karen to live the easy life, grazing with some new pasture buddies.

Thrift was donated to PARDS by the Hythe Thrift Shop. This beautiful Morgan began as a PARDS Therapeutic horse in 2003. He has taken many riders from an immobile state to becoming advanced riders with his never-ending patience and empathy. Now that he has retired from our programs, he and his new owner are having a great time together riding on the trails.

And then there's Vern. What can we say about Vern? This charming Norwegian Fjord is one of only 2 equine staff to receive the PARDS Long-time Service Award for serving 15 years in our programs. He has retired to a lovely home with two very happy children, helping them to achieve their goals, and being a great friend to them, as he has been to us for such a long time.

Bree, Thrift and Vern have been valuable PARDS staff members. Like all of the many wonderful horses that have passed through PARDS' barn doors, we are grateful for the hard work these horses have done with us, and although we will miss them, we look forward to keeping in touch, and wish them all the best in their retirement!





PARDS Wish List

PARDS is currently looking for the following items:

- ◆ Electric or Cordless drill
- ◆ Winter coolers, rain sheets and fly sheets, size 78-80 blankets
- ◆ Round & Square bales of Timothy & Brome mixed with 25-35% Alfalfa
- ◆ Fuel or fuel card donations - diesel and natural gas
- ◆ Western saddle covers
- ◆ Western bridles
- ◆ Draft-size bridle
- ◆ Horse toys and exercise balls
- ◆ Durable black hose

Current Volunteer Opportunities...

Special Events Volunteers

Volunteers are needed to assist with upcoming special events and information booth events. Current Upcoming Events include:

Dine and Dance Event Volunteers:

Set-up: **Friday, November 19th** Evening of event: **Saturday, November 20th** Tear-down: **Sunday, November, 21st**

If you are interested in assisting with any of our upcoming events, please contact the PARDS office at 780-538-3211.

Bingo!

Please contact Gayle at (780)538-3211 to sign up to Volunteer for one of the following dates (or any future dates):

Fri, December 17, 2010 (evening & late night)

Thurs., January 18, 2011 (evening)

Thurs., February 24, 2011 (afternoon)

PARDS Therapeutic Riding Sessions - Day-time Volunteers

Would you like to make a difference by getting directly involved in our Therapeutic Riding Lessons?

On Mondays through to Thursdays we are seeking Volunteers to help during lessons with the following:

- ◆ **Leading horses around the arena**
- ◆ **Supporting Riders as a Side Walker**
- ◆ **Maintaining the barn**

Even if you don't have much experience with horses but have a love for them and for helping your community, it's very easy to learn, and our experienced instructors will show you how.

If you have an hour or two to spare each week, or more, and are looking for a fulfilling experience, please contact Jessica at 780-538-3211.

Cars for Christmas Lottery

We are looking for Volunteers to help sell tickets at the Cars for Christmas booth inside the Prairie Mall:

Mon, Dec 6th through Fri, Dec 10th, 2010 :
9:15am-1:00pm / 1:00pm-5:00pm / 5:00pm-8:45pm

Additional volunteer opportunities will also be available for this event at a future date (TBA). Please call Gayle at 780-538-3211 for more information and to sign-up!

We'll see you again next time with our Winter issue, out in January 2011, so until then, we hope everyone has a happy and healthy holiday season!

Peace Area Riding for the Disabled Society (P.A.R.D.S.)

has been offering equine assisted therapy to children and adults

with physical, intellectual, behavioral and emotional challenges since 1984.

P.A.R.D.S.
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