



1982

Celebrating 35 Years!

2017

Summer 2017

PONY EXPRESS

Sunrise Therapeutic Riding & Learning Centre

A Rider's Journey by Ann Caine



Molly and Gallop

Photo courtesy www.mollyburke.ca

Molly Burke is an accomplished motivational speaker. With her faithful guide dog Gallop by her side, Molly has co-hosted AMI This Week, a nationally airing Canadian television show, and has spoken to large audiences across Canada and the United States. Molly's story has appeared in a number of magazines and newspapers.

Between the ages of 8 and 10, when Molly was beginning to lose her sight, she attended Camp Sunrise for two years, and also rode in regular lessons on Saturdays. Looking back, at 23 years of age, Molly says her experience of being accepted, totally included and able to relax and enjoy herself at the Sunrise farm has stayed with her as a precious memory.

At camp Molly's leadership skills were already emerging. Alissa Gibson, Sunrise Camp Coordinator at the time, remembers Molly organizing a dance routine for her camp group to perform for "Parent Night", with great success.

Molly's accomplishments are many and varied. However her life has not always been this positive and dynamic. Molly experienced the worst forms of bullying in various school situations, and went through some very low and challenging times in her life. All this took over her life; it pulled her down and was emotionally draining. She tried hard to stay focused and positive, but it was not an easy path to travel. Her mother Niamh has been a constant support, while ensuring that Molly's older brother was kept occupied enjoying school and extra curricular activities, providing focus and balance in his life.

Molly has been able to take the dark and incredibly challenging times in her life and use them towards a positive outcome. She has spoken to hundreds of school children over many years to raise awareness about the cruelty and dangers of bullying. Now she is a role model for so many young people with disabili-

ties. At our recent Sunrise conference, celebrating 35 years of service to our local communities, Molly, who was our keynote speaker, held a room of 75 therapeutic riding instructors, therapists, volunteers and board members in rapt silence with her story.

On June 4th, at our "Celebrate Sunrise!" fundraising event, Molly was inducted as a Sunrise Honorary Director. But the best news of all is that she is back at Sunrise enjoying riding a horse once more! We are honoured to be a part of your story, Molly --welcome back!

Celebrate Sunrise 2017

We are thrilled to announce that "Celebrate Sunrise!" raised over \$70,000! The proceeds of this fundraising event, held on June 4, 2017, will support our therapeutic riding and recreation programs.

Over 160 guests attended the event. Unexpectedly beautiful weather that afternoon enhanced the day as guests enjoyed the riding demonstrations, a delicious lunch, a lively auction and moving (yet humorous) presentations by Andy Spencer and his daughter Cora (a Sunrise rider), Tommy Hunter and Molly Burke.

Special thanks to our volunteer chefs, Moe Vidotto of Savour the Season, and local cookbook author Emily Richards, as well as MC Lisa Richards of Magic 106.1 FM. Robert Milburn, of Milburn Auto Sales & Service was our entertaining auctioneer, working his magic to raise a staggering \$53,000 in the live auction.

Please refer to the newsletter insert for a complete list of "Celebrate Sunrise!" sponsors, donors and supporters. Thank you to everyone who participated; we could not have achieved this without your support!

Sunrise 35th Anniversary Conference

On May 5-7, Sunrise hosted a two day therapeutic riding conference in Puslinch in honour of the organization's 35th Anniversary. 75 delegates representing 29 therapeutic riding centres across six provinces assembled at Crieff Hills Conference Centre and the Sunrise Farm.

We were delighted to have Pippa Hodge from B.C. as our main educational speaker. Pippa is a paediatric physiotherapist and a CanTRA Coach/Examiner. She is a founding member of the American Hippotherapy Association, and the Chair of the CanTRA Hippotherapy committee. Always an engaging speaker, with innovative ideas on all aspects of therapeutic riding, Pippa led a seminar presentation and two hours of practical application in the riding ring.

In addition, Patsy Marshall of "Train on Track" presented two seminars, covering "Five Best Practices of Exemplary Leadership" and "Personality Dimensions". Dr. Bob Wright presented an insightful session on the "Care of the Older Horse" and Reva Cooper of Conestoga College shared the 3 R's of Volunteer Management: Recruitment, Retention and Recognition.

On the second day, Christian Lowe of Paramount Saddlery shared his knowledge on correct saddle fitting, and Gayle Ecker, Director of Equine Guelph, shared her expertise on conditioning for the therapy horse. Sunrise's consultant Speech Language Pathologist, Andrea Gow, presented a session on Language Facilitation Strategies and Augmentative and Alternative Communication Devices.

The conference received very positive reviews from all delegates. Perhaps most importantly, delegates had the rare opportunity to connect with, and learn from, each other, sharing their personal experiences, challenges and ideas. Participants left with greater



Top: Delegates share a laugh as they assess a therapy horse as part of a workshop on therapy horse confirmation, movement and selection by Pippa Hodge Below: Christian Lowe leads a saddle fitting workshop.



knowledge and fresh perspectives which will assist them in the months ahead as they work towards empowering those with special needs in their home communities.

Sunrise Instructor Wins CanTRA Award



This spring, Sunrise Instructor Cathi Illerbrun was awarded the 2017 Andrea Gillies Award, which is presented to an Outstanding CanTRA Instructor. Sunrise, along with 89 other centres across Canada, is an accredited member of the Canadian Therapeutic Riding Association (CanTRA).

Cathi has been a staff member at Sunrise since 2007. She completed her CTRBI (Basic Instructor) and then her CTRII (Intermediate Instructor) in 2009. Over the years, Cathi has worked with riders of all ages and abilities. She is a cease-

lessly thoughtful and dynamic instructor, constantly adjusting her methods of teaching to fit the needs of each rider. Cathi's commitment to her students is matched by a natural thirst for knowledge—she continually strives to improve her skills.

Deb, mother of Sarah, one of Cathi's students says, "Cathi takes the time to think about how to get [new] concepts across to the girls....she has a way [of making] each rider feel that they have accomplished the world...she has made them feel so positive about themselves. When others only see their disability, Cathi sees their abilities and challenges them to do more...and praises and cares about each big and small accomplishment." Well done, Cathi- richly deserved!

Thank You Sunrise Supporters!

Sunrise does not receive any ongoing government funding. Thus, our programs would not be possible without the ongoing support of our community. Thank you to the following recent major donors.

UPI Energy LP graciously donated the proceeds of their June golf tournament— an amazing \$35,000! This donation sponsors therapy horse “Toby” and supports the therapy and recreation programs that serve up to 400 children and adults with special needs. Thank you!



UPI's President and CEO, Rob McIntosh, Sunrise President Ann Caine, rider Cora & her father, Andy.

McDonald's Restaurants of Guelph, owned and operated by Jennifer Antolin, donated a record \$8000 from the proceeds of their annual McHappy Day fundraiser. We really appreciate this community partnership.

Costco Wholesale Canada (Guelph location) surprised Sunrise with a cheque presentation of \$5000 in April, part of which was used to help purchase a defibrillator for the farm.

We so appreciate the support of all our local services clubs,

who make the community a better place. Two clubs in particular have gone above and beyond recently: the **Rotary Club of Guelph Trillium** provided a major donation to our Horse Acquisition Fund. The **Rotary Club of Guelph South** hosted a very successful 15th Annual Taste of Italy dinner to benefit Sunrise and other Rotary projects. Thank you, Rotarians!

37 riders from Guelph special education classes each participated in 4 weekly riding lessons thanks to a grant from the **Guelph Community Foundation**. This was a very positive experience for the children and teachers involved. Thank you!

Join Us on Sat. Sept. 30

Ride / Dog Walk / Walk for Sunrise
at our annual
Hoofbeat Challenge Fundraising Event!

Pledge-Ride-Woof-Walk & Win Prizes!
Music, food, silent auction & more!
Saturday, September 30 from 9 AM - 1PM

Register at: www.HoofBeatChallenge.ca
or call Sylvie at 519-837-0558 x35
(Donations of silent auction items would be appreciated)

Capital Paving Gives Barnyard a New Look

If you have been to Sunrise lately, and wondered if something was missing from the landscape...you would be right! The old silo, which had ended its useful life several generations ago, has finally disappeared thanks to Capital Paving Inc., who generously offered to remove all the debris (the prohibitive cost of which was the reason the silo had remained standing for so many years).

Capital Paving also repaired and improved our accessible pathways to the office, and vastly improved the drainage and surfacing of the barnyard, allowing much better vehicle and pedestrian access to the stable and paddocks, and improved safety in all seasons!

We are so pleased with the outcome of this project, and the fact that Capital Paving has pledged to be a Sunrise patron for the next five years, rallying their people and re-

sources to tackle a variety of Sunrise projects. Thank you for your incredible partnership!



Left to Right: Alison & Jim Kelly of Capital Paving, Sunrise riders Jordan and Rebecca and Sunrise President Ann Caine, unveil a Capital Paving recognition sign at our “Celebrate Sunrise!” event.

Welcome New BOD Member

The Board of Directors are pleased to welcome Patsy Marshall as their newest board member. Patsy's company, Train on Track, specializes in the human side of business and organizational effectiveness.

She has been active in adult education for 38 years and continues to teach at Mohawk College, Conestoga College, Sheridan College, Brock University, University of Guelph, University of Waterloo and McMaster University. Patsy has held several full-time senior leadership positions in health care, including eight years as Director of Education with the Homewood Health Centre in psychiatry. She holds a B.A. Sc. and a M.Sc. degree from the University of Guelph.

Patsy is also a Rotarian, and has served as the District Governor. She has been involved with a variety of local charities. We are delighted to have her as part of our team.

Congratulations

Sunrise rider **Sharon Campbell** earned 1st place in her Sea-to-Sea Para-Dressage Video Competition. Congratulations, Sharon!

Rider **Jordan Tucker** does a stellar job riding independently with only one hand to control the horse, as she demonstrated at our recent fundraiser, "Celebrate Sunrise!" Jordan is also now a competitive swimmer, swimming with the Guelph Marlins. Jordan received classification in January as a para athlete, and in February posted a provincial time in 50 metre Butterfly! Jordan will be swimming in the Provincials on July 1st. She has also posted a national time, and will have the opportunity to swim at the Can Am games in the Fall.

Jordan suffered a stroke at age 2.5, and was completely paralyzed on her right side, but gradually gained a lot of her movement back, except the use of her right hand and arm. She has been riding since 2008 at age 6. These swimming accolades have all been achieved in under a year. Well done, Jordan - we are so proud of you!

Ann Caine, Sunrise President (and past Executive Director), was honoured on May 4 by the YMCA-YWCA as one of Guelph's 2017 Women of Distinction. This award recognizes Ann's decades of amazing service to the Guelph community. Ann has worked tirelessly to empower and inspire others through her extensive volunteerism with Sunrise, Rotary and the Salvation Army.

Sunrise Mission

"To develop the full potential of children and adults with special needs and lead them closer to independence through a therapy, recreation, horse riding, life skills, farm related activities and education programs."

Sunrise Programs

THERAPY PROGRAMS

- **Therapeutic Riding** lessons for children & adults with special needs
- **Grooming** sessions for youth / adults with special needs
- **Equine-Facilitated Wellness** for children & youth facing mental health challenges

RECREATION PROGRAMS

- **Riding Day Camp** for ages 8 to 13+ (summer)*
- **Farm Discovery Day Camp** for ages 5 to 8 (summer)*
- **Leader-In-Training** for ages 13 to 16 (summer)*
- **"Little Breeches" Club**: an introduction to horses for ages 4 to 7 selected Saturdays (mornings or afternoons) Spring & Fall *

LIFE SKILLS PROGRAM:

- **Scotiabank Life Skills Program**: Tuesdays, Thursdays year-round
NEW Friday session beginning soon. Please call for details

VOLUNTEER OPPORTUNITIES

- **Lesson volunteers needed!** Co-op students welcome.
- **Student Instructors**: Residential training opportunities for Canadian and International students (3-12 months)

* These integrated programs are open to children and youth with or without special needs. **All instructors are Canadian certified.**

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Sunrise is a Member of:



Canadian Therapeutic
Riding Association



Ontario Camps
Association

- Ontario Equestrian Federation
- Guelph Chamber of Commerce
- Cambridge Chamber of Commerce
- Volunteer Cambridge
- Volunteer Centre of Guelph-Wellington
- SKIC Supporting Kids In Camp