



Fall 2018

PONY EXPRESS

Sunrise Therapeutic Riding & Learning Centre

Celebrating the Human-Animal Bond

On June 24, many friends of Sunrise had the opportunity to enjoy watching two musical rides by Sunrise riders at "Celebrate Sunrise!" One of the riders in the first group was Asher. Asher is 6 and has Down Syndrome. He is one of the friendliest children you will ever meet, always greeting friends and strangers with a hello and a giant smile!

Asher has been riding at Sunrise since January 2016, and asks every day if it is a horseback riding day and if he can see Fantasy (his horse at Sunrise). His mom, Jackie, says, "We are so grateful for the opportunities that Sunrise has offered Asher. He is confident while riding and enjoys the interaction with both instructor Tiffany and the volunteers. Sunrise is a highlight of our week!"

Asher's father, Andy, shared his 'Sunrise story' with the audience later that afternoon...and with a CTV videographer! "Sunrise is a breath of fresh air for us...and for Asher," states Andy, adding that riding at Sunrise provides an opportunity for Asher "to focus on individual ability, not disability."

You can watch the full video, which includes footage of the musical ride as well as interviews with Andy, and also Karen, parent of rider Claire, at <https://kitchener.ctvnews.ca/video?clipId=1425358>



Left: Asher during a lesson at Sunrise. Below: Asher checks on his sidewalker during the musical ride at Celebrate Sunrise! The children rode to "The Bear Necessities" from The Jungle Book.



Celebrating Sunrise Volunteers

Sunrise programs would simply not be possible without the incredible support of over one hundred volunteers EACH WEEK! We appreciate every individual who generously gives a few hours of their time every week to empower someone with special needs by leading a horse or sidewalking in their therapeutic riding lessons.

However there are many more volunteers who help to make our centre run: committee volunteers (who serve on our Board of Directors or special event committees), event volunteers, garden & property maintenance volunteers, office volunteers, professional advisers...and even volunteer farriers (a group of whom meet regularly at Sunrise to care for all the horses' feet in one day!) We appreciate the time and skills of all our volunteers!

If you would like to learn more about volunteering at Sunrise, please visit www.sunrise-therapeutic.ca or call 519-837-0558 x31. We are presently seeking lesson volunteers (aged 15+) for daytime, evening or Saturday lessons. This is a great opportunity to enjoy fresh air, exercise, and meeting new people. All training is provided. Come join our team!

Volunteer Profile: Claire P.

Upon her high school graduation in June, Claire was awarded the Lieutenant Governor's Award for Students "in recognition of exemplary volunteer activity and community contributions." The majority of her volunteer work was done at Sunrise! In fact, throughout high school, Claire spent most Saturdays at the Sunrise barn, where she now works as a weekend Stable Assistant! She also volunteered her time during our busy summer camp season. Her incredible dedication was also recognized by a \$500 scholarship from Denso Manufacturing, Guelph.

Claire started volunteering as a way to be able to spend time with horses, and because she has a close friend with special needs. "I love being around the horses and the kids. There are always new challenges and things to learn. Sunrise is such a positive place to be, and the bright part of my week," says Claire. She encourages other high school students to volunteer at Sunrise too!

Camp Sunrise 2018

Over 300 children and youth enjoyed an amazing summer at Camp Sunrise. Sunrise offers two camps - Riding Camp for ages 8-13+ and Farm Discovery Camp for ages 5-8+ - which are both now so popular they sell out long before the summer season. This year Riding Camp set a new record, when its 120 spaces filled in only 10 days!

Every day is packed with fun activities, but campers were delighted to also be able to enjoy new science and nature based activities at Camp Sunrise, as part of an initiative made possible through three grants from local organizations:

Kitchener Waterloo Community Foundation

- George Cluthe Fund

Grand River Agricultural Society

Cambridge and North Dumfries Community Foundation

- Bryan and Gayle Webber Family Fund
- Verna & Valerna Fisher Fund

The six different Science Creation Stations, housed in the Rotary Club of Guelph Nature Pavilion, provided a range of materials to encourage campers to explore, discover and create.

Campers also enjoyed daily riding lessons (Riding Camp), hands-on learning about horse care, swimming, archery, low ropes activities, games and crafts...plus playing on our accessible playground! Annette, the mom of a child with special needs, says, "As always Grace is having an amazing time...it wouldn't be a perfect summer without Sunrise in it! Sunrise is a magical place for Grace; we can physically see her body relax as we drive onto the lane. To watch her enjoyment and interaction with the horses is nothing short of a miracle in our world."

Camp Sunrise also offers a Leader-in-Training program for teens aged 13-16. Jayden, an LIT, reflects, "Volunteering at Sunrise is the best. Everything from the campers, to the horses and the whole atmosphere is amazing. So amazing that I had to come back for another week, and another week, and another. And my favorite part about being an L.I.T. here is being told that *you are amazing too.*"

Our Camp Scholarship fund ensured that finances were not a barrier for any child who wished to attend Camp Sunrise. The fund was supported through a grant from the **Guelph Community Foundation (Hugh and Lorna Guthrie Fund)** and donations from the **Kiwanis Club of Cambridge**, and the **Rotary Club of Guelph South**.



Science at Camp Sunrise!

Hoofbeat Challenge: Saturday, Sept. 29

Join us on **Saturday, September 29** for our annual Hoofbeat Challenge event. **Bring your horse, your dog or a friend** and enjoy riding or hiking our beautiful, groomed trails. Riders and walkers each have their own marked routes, with volunteers at each checkpoint to help to ensure everyone's safety. With over 200 acres to enjoy, there is no roadwork or repetition involved!

Help us reach our goal of \$25,000! Pre-registration (on-line or by phone) is encouraged, with the first 100 registrants receiving special goodie bags, but participants can register on the 'day of also. A minimum of \$50 in pledges is appreciated to participate. The event includes on-site lunch (event registrants receive a \$5 voucher towards lunch), **Starbucks** coffee, bake sale, Life Skills craft and produce sale, raffle, door prizes and

fundraising prizes. Special guests this year are several members of the **Ontario Mounted Special Service Unit (OMSSU)** who will be riding with participants, and Taylor Poole of **Taylor's Toons**, who can create a caricature of you and/or your horse, dog or family for a modest fee.

Visit www.sunrise-therapeutic.ca/hoofbeat/ to learn more or to register, or call Jennifer at 519-837-0558 x32.

Saturday, September 29:

Walkers: Register at 9 AM Walk starts at 10 AM sharp
Riders: Register at 10 AM Ride starts 11:00-11:15 AM

Celebrate Sunrise 2018 - over \$65,000 raised!

Despite heavy rain, over 100 guests joined volunteers, staff and riders at Sunrise on June 24 to "Celebrate Sunrise!" **Over \$65,500 (net) was raised** at this annual event which featured musical rides by riders (pictured at right) and wonderful food by local chefs Moe Vidotto (Savour the Season, Guelph) and Steve Chaves (Malasada World, Cambridge).

The meal was followed by inspiring words from Wayne MacDonald (pictured below), a local musician, glider pilot, SCUBA diver and competitive kayaker, who is also a paraplegic, and from Andy Speers (see page 1). These special guests were introduced by Canada's own musical legend Tommy Hunter, and Lisa Richards, host of the early show at Magic 106.1 FM, Guelph.

Robert Milburn, auctioneer (Milburn's Auto Sales & Service) once again entertained the audience as he auctioned an array of amazing auction prizes, including vacations in South Africa, Mexico and several Ontario inns & resorts.

Sunrise would like to thank the many individuals and corporations that made this event such a success. Proceeds from this event support Sunrise's therapeutic riding and inclusive recreation programs.

Please refer to our insert for a complete list of Celebrate Sunrise! supporters.



Harvest Sponsors (\$5000)



Field Sponsors (\$2500)



Crop Sponsors (\$1000)



Root Sponsors (\$500)

Bird Elinesky Schuett Private Wealth Management

Seed Sponsors (\$250)

Fengate Real Asset Investments • MacMillan's Gourmet Frozen Foods

Thank You to...

UPI Energy FS for donating the proceeds of their annual golf tournament to Sunrise. We are overwhelmed by their incredible annual support through this fundraising event!

Spaenaur Inc. for their amazing support of Sunrise's therapy and recreation programs! Their recent grant will benefit our horse sponsorship and scholarship programs, and a variety of other Sunrise projects and initiatives.

Harold E. Ballard Foundation, for their generous grant towards our 'Arena Improvement Project' This gift funded the first stage of the project, which was to install higher efficiency lighting in the arena and throughout the barn. We can already see SO much better in the barn, and look forward to a much lower hydro bill once evening lessons resume.

Capital Paving Inc. for so many barnyard and driveway improvements and maintenance tasks. They keep our driveways looking great, and our paddocks accessible!

McDonald's Restaurants of Guelph, for their enthusiastic support of Sunrise through **McHappy Day** (held May 2, 2018). We greatly appreciate their partnership through this annual event, which benefits children with special needs in our community.

The Co-operators Group Ltd. employees, 50 of whom came to Sunrise for a day in June to 'spring clean' the farm. From painting to gardening, they made Sunrise sparkle!

Ross-Shire Foundation, for quietly supporting Sunrise as an ongoing donor for many years, making so many of our therapy and recreation programs possible!

Rotary Club of Guelph South, for their donation of funds and volunteer time, enabling us to host our **2nd Annual Fun on the Farm Night** for children from a low-income neighbourhood in Guelph. On July 25, 40 children were bused out to Sunrise to enjoy a BBQ dinner, swimming, archery, horse grooming and soccer activities. Many of their families do not have access to a vehicle, making this rural evening extra-special for them.

Fidelilty Investments for their generous donation to benefit Sunrise's therapy and recreation programs.

Stewart Family Foundation, a new 'Friend of Sunrise', whose gift will assist us in serving individuals with special needs through our therapeutic riding program.

Aberfoyle Farmers' Market for hosting their annual Peaches and Cream fundraiser in support of Sunrise. We appreciate the support of our local market vendors and patrons!

Please refer to our insert for a complete list of recent Sunrise supporters. Thank you, Friends of Sunrise!

Sunrise Mission

"To develop the full potential of children and adults with special needs and lead them closer to independence through 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 & Fridays.

VOLUNTEER OPPORTUNITIES

- **Lesson volunteers needed!** Must be 15+ years old.
- **Student Instructors:** Residential training opportunities for Canadian and International students (3-12 months)

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

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Please email info@sunrise-therapeutic.ca to receive your newsletter by email, or to be removed from our mailing list

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(Tours & visitors are welcome by appointment.)



Sunrise is a Member of:



Canadian Therapeutic
Riding Association



Ontario Camps
Association

- Ontario Equestrian
- Guelph Chamber of Commerce
- Cambridge Chamber of Commerce
- Volunteer Action Centre
- PIN (The People and Information Network)
- SKIC (Supporting Kids In Camp)