



Fall 2020

# PONY EXPRESS

Sunrise Therapeutic Riding & Learning Centre

## PROVINCIAL MINISTER TODD SMITH VISITS SUNRISE

The Hon. Todd Smith, Provincial Minister for Children, Community and Social Services, visited Sunrise Therapeutic Riding and Learning Centre in Puslinch Township on July 30. The Minister was accompanied by Wellington-Halton Hills MPP, Ted Arnott, who extended the invitation to visit the centre.



The Minister toured the facility and reviewed the plans for a proposed residential/respite supportive affordable housing building for adults with developmental exceptionalities.

Also discussed were the proposed architectural plans for an expansion of the stables and barn buildings to provide much needed additional programming space.

The extra space will support not only the present waiting list for service, but also incorporate new and innovative teaching and life skills programs for future residents, adults enrolled in Sunrise's Life Skills day program and clients in the proposed Respite Program for adults 18 years and older.

L-R, MPP & House Speaker Ted Arnott; Provincial Minister for Children, Community and Social Services, Todd Smith; Therapy horse, Sparkle; Volunteer Coordinator/Instructor, Fiona Ryder; Head Instructor, Camilla Giffen.

We appreciate Minister Smith's time commitment, his keen interest in the Sunrise programs, and his instant connection with our therapy horses—the backbone of our many successful programs—sadly all presently closed due to the pandemic.

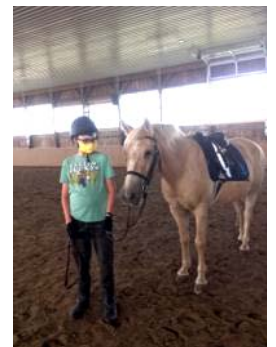
## JACK IRELAND BECOMES A SUNRISE AMBASSADOR

By Ann Caine

It is with great pleasure that we introduce rider Jack Ireland, as our newest Sunrise Ambassador. Jack is 15 years old and first came to Sunrise in 2013, when he had just turned eight years of age.

His mother Carrie Ann says about his first visit and assessment for horse riding, "He wanted to be there, but was tentative about getting on a horse. The volunteers and instructors were so welcoming, encouraging and understanding, that they took his stuffed dog Sonny for a ride first. It was the first place we went where Jack didn't have to fit into a box or do things a certain way in order to be part of the program."

Jack's favourite part of Sunrise is riding Toby, helping with grooming, and being involved in many events to help raise funds for Sunrise. His mother adds, "He looks forward to all things Sunrise." His grandmother Reggi Prior, is also a Sunrise volunteer and a great role model for Jack. For several years he joined her at the Aberfoyle Farmer's Market to help with a "Peaches and Cream" fundraiser generously initiated for Sunrise by market board members. Jack has willingly taken on many different tasks at Sunrise events, always staying to the end to help with clean up.



Regarding the impact of Sunrise on Jack's life his mother says, "Jack's mind and body were full of stress and anxiety. Riding Sunrise horses has helped him gain muscle tone, improve his balance, and help his eye strength, so that now he has better depth perception. We have seen a big increase in his confidence, and most of all it calms his mind and body. There were times due to weather, that his lesson had to be cancelled, but he was allowed to groom and help take care of the horses, and that really calmed him down after a long day at school." This young teenager has grown to become a strong and involved member of the Sunrise community. We look forward to working with him as our newest ambassador, and know that he will inspire other young riders to strive to reach their full potential. A quote from Jack: "Sunrise is the best, and makes me so happy. Riding Toby calms my brain down."

## PUSLINCH MAYOR JAMES SEELEY VISITS SUNRISE

Puslinch Mayor James Seeley visited Sunrise on August 28th, accompanied by his assistant, (son) Patrick.

He had the opportunity to review the plans for the proposed barn expansion and Residential/Respite building, and also to meet members of the Project Steering Committee and the Sunrise board. We appreciated this visit, and the interest shown by Patrick!

Puslinch Mayor James Seeley, Assistant, son Patrick with Cadbury and Program Coordinator/Senior Instructor Suzy Bender



Patrick Seeley, with Cadbury inspecting the plans.

## Horse Sponsorship

We are still seeking sponsors for several of our therapy horses without whom we could not provide our many programs. Annual sponsorships for feed, and daily care of each horse range from \$1,500 for a miniature horse to \$3,800 for all other horses in the program. Donation sponsorships may be made on an installment basis, or as a one time donation. General donations are also very much appreciated. Please refer to the enclosed donation slip. "Friends of Sunrise" All donations over \$20 receive tax receipts.

### We need a Sponsor

Miami is a 14.3hh 16 year old paint X mare. She has a gentle personality and incredibly smooth trot, In the two years she has been at Sunrise, she has proved that she loves her work in all areas of the program.



Jack is a 15.3hh 7 year old Standardbred gelding. He is a real "people person" and extremely curious. He recently became a movie star on a teaching video for Equine Guelph, where he rose to the occasion and won everyone's hearts with his stellar performance.



Firefly is a 16hh chestnut Clydesdale/Thoroughbred mare with a flaxen mane and tail. She got her name because when she was born one late Spring night in 2002, she was found resting in the field surrounded by fireflies! She arrived at Sunrise in the late spring of 2018, and quickly became a part of

the summer day camp team. Firefly has become a great favourite among riders, staff and volunteers.



Faline is a "star" miniature horse who has visited senior homes, been involved with camp, Little Breeches Club (4-7yr old) and is about to expand her career to take

part in the new "Mini Moments" program for 7 to 11 year olds. \$1,500 sponsors a miniature for a year of feed and general care

NEW PROGRAMS AT SUNRISE!

Sunrise is excited to announce new programs especially suited to these challenging COVID times.

Little Breeches Club (ages 4-7) & Mini Moments (ages 7-11) will be offered on weekdays and Saturdays for children to run and play in Sunrise's wide open spaces.



These programs work with Sunrise miniature horses Sundance, Faline and Buddy on the ground, teaching horse skills and allowing children to learn how to communicate, bond, and work effectively as a team even in these socially distanced times.

A maximum of 6 children will enjoy the therapeutic benefits of being with animals and nature and share the experience with their peers. For children with or without a diagnosis, these programs will be provided by Lydia Prabucki, CanTRA Instructor and Sunrise's Inclusive Recreation Coordinator.

WELCOME BUDDY!



We are happy to welcome miniature horse Buddy to our Sunrise Equine team. He is quite a character and is looking forward to meeting all the young people registering for Little Breeches and Mini Moments, along with his mini friends, Faline and Sundance.

*"I need a sponsor!"*

*Sunrise's large arena and dedicated program spaces ensure adherence to COVID-19 protocols including physical distancing.*

Equine Assisted Learning (EAL) is an empowering method used to develop effective personal development and support mental and emotional well-being, through interaction with horses.



Front line workers with others on the same shift, or within their family 'bubble' would benefit from a complete change of scene in a beautiful country environment, enjoying an interactive fun activity with the well trained Sunrise therapy horses. This program is for adults and children age 12+

Suzy Bender, EC Coach 1, CanTRA Coach, and a Certified EAL Facilitator, will lead this program together with trained Sunrise staff.

FRONTLINE HEROES APPRECIATION FUNDRAISER — Not every frontline hero will be able to afford the \$65.00 for a therapeutic equine experience, so this fundraiser gives people the ability to award a gift to those on the frontline, and also receive a tax receipt.

For more information contact Lynne O'Brien, 519-837-0558 X31 lynne@sunrise-therapeutic.ca

SUNRISE FUNDRAISERS — Moving to — A FALL ON-LINE AUCTION !

This year has been very challenging for Sunrise. As with many other small charities, fundraisers had to be cancelled due to the pandemic— specifically, two Spring fundraisers, representing a possible \$130,000 in revenue (2019 figures.) In addition lessons and Summer Camps were also cancelled, resulting in greatly reduced cash flow.

Unprecedented times like these force us to be creative. Therefore all the auction items we gathered are now being used for an Online Auction fundraiser starting on November 12th, just in time for a great Christmas shopping experience, without leaving home! In addition we are partnering on this new venture with the Puslinch Pioneer, our wonderful local monthly not-for-profit magazine, driven by volunteers.

Sunrise has been supported by the Pioneer in so many ways over the years, so we are really excited they are joining with us on this venture, to generate some much needed funds for both our needs.

If you are able to support this auction with a donated gift, gift card or service for either organization please contact Amy Mersereau for Sunrise, 519 -837-0558 x32 or Anne Day for the Pioneer 519-767-9383.

Together we can make this auction a great success !

## JEAN LITTLE 1932—2020

Sadly the beloved Guelph children's author Jean Little died in February this year. Jean was a great friend to Sunrise, and over the years attended many of our events, signing her books and talking to our children, until her failing health curtailed these visits.

This year in the forest we are naming the 'Jean Little Reading Circle' in her honour, to be a lasting memorial to an incredibly special lady.

## JEAN KOETSIER-ADAMS



We said goodbye to another great lady this Spring, maybe lesser known than author Jean Little, but extremely important to Sunrise. Jean was passionate about horses and their positive impact on our lives. In the days when Sunrise was only a part time program on rented property, with no indoor riding arena, Jean contacted us with a significant donation. This enabled us to put a deposit and offer to purchase this farm in Puslinch where we now provide so many inclusive programs, in addition to the core year round Therapeutic Riding Program. Since 1994, Jean kept her

connection with Sunrise and became one of our most faithful benefactors. Conversations with Jean always turned to horses — she will be greatly missed.

## THANK YOU CO-OP STUDENT SARA!

Thank you to Sara Zanarini our July Summer Co-operative Education Student from Bishop Macdonell Catholic High School in Guelph. Sara competes at the provincial and national levels in water polo and has aspirations to join the veterinary field. Sara, a dedicated and hardworking individual, helped with the morning barn chores and caring for horses. She enjoyed it so much that she stayed on through August as a volunteer. She describes her experience as, "...having the best summer ever!" We wish you all the best as you enter Grade 11 Sara!



## SHERIDAN COLLEGE STUDENTS

Shelby MacTavish and Sarah Butt, talented and enthusiastic Interior Design students, who were completing their final year at Sheridan College, joined our project team to produce some great designs for the Front Foyer and Sensory Room in our proposed new Residential / Respite building.

We are excited that they both want to continue working as volunteers, and will be addressing other areas of design within this exciting project. Appreciation is extended to both of them.

## Sunrise Mission

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

## 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

- **"Little Breeches" Club:** school year camp and introduction to horses for ages 4 to 7, Wed, Thu, Fri, Sat mornings ("mix & match" days) \*
- Mini Moments Program: school year camp with more advanced horse topics for ages 7 to 11, Wed, Thu, Fri, Sat afternoons ("mix & match" days) \*
- Farm Discovery Day Camp for ages 5 to 8 (summer) \*
- Riding Day Camp for ages 8 to 13+ (summer) \*
- Leader-In-Training for ages 13 to 16 (summer) \*
- Equine Assisted Learning: Unmounted approach using horses to learn life skills 12+ and Adults \*

### LIFE SKILLS PROGRAM:

- Life Skills Day Program, for teens 18+ and young adults (weekly)

### VOLUNTEER OPPORTUNITIES

- Lesson volunteers needed! Must be 14+ years old.
- Student Instructors: Residential training opportunities for Canadian and International students (3-12 months)

\* These inclusive programs are open to participants with or without special needs. All instructors are Canadian certified.

## MARK YOUR CALENDAR!

Online Auction  
begins  
Thursday November  
12th

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Please email [info@sunrise-therapeutic.ca](mailto:info@sunrise-therapeutic.ca), or call us, to receive your newsletter by email, to request this publication in a different format, or to be removed from our mailing list.

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(Tours & visitors are welcome by appointment.)

## Sunrise is a Member of:



- Ontario Equestrian
- Guelph Chamber of Commerce
- Cambridge Chamber of Commerce



- Volunteer Action Centre
- PIN (The People and Information Network)
- SKIC (Supporting Kids In Camp)



Proud Partner, through CanTRA of Equine Guelph

Ontario Camps Association