

THE HORSE'S VOICE

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45 ACTS OF KINDNESS

Teal, Becker & Chiaramonte CPAs PC selected Crane Mountain Valley Horse Rescue, Inc. as a beneficiary for their 45 Acts of Kindness program. We are honored and humbled to have been nominated by Karen Foster, who has volunteered with her daughter Brooke over the past 12 years.

We first met them when Brooke — then age 9 — asked for gifts to be made to CMVHR in lieu of presents for herself for her birthday. Truly selfless and generous souls. This summer, Karen hand-delivered the check to us, which she matched with her own personal gift.

Thank you Karen and team for 45 acts of kindness!

LETTER FROM THE PRESIDENT

"Horses have the ability to teach people how to think outside of themselves; how to learn leadership skills, how to set and work to reach goals, and the magic of working in cooperation. These skills not only translate to horsemanship; they help people learn vital skills about life." *Unknown*

Thirteen years ago it started with a dream to make this world a better place—one horse at a time. Today, the equines in our care are changing lives—one person at a time. Horses have an innate ability to heal (page 5) and we are proud to be a part of that healing process — for horses and humans. These life-changing events are made possible by donors like you.

For each narrative captured in our newsletters there is an untold story too personal to share. Your support enables us to help people of all ages — children and adults — victims of sexual abuse, those struggling with PTSD, substance abuse, anxiety, depression, and those living with developmental disabilities. You help us change lives for the better.

This issue of *The Horse's Voice* highlights some of the recent accomplishments



Pok-O-MacCready campers enjoying some lovin' from Buck. We welcomed twenty campers for an outing.

your support has made possible. We've been busy. Some of our work has been challenging, all of it rewarding.

It is with great pride that we share our new status as a local employer, thanks to the amazing generosity of an anonymous donor who pledged to fund our first-ever staff position. Until this year, we've worked as a 100% volunteer operation. In addition to hiring a barn manager, we teamed up with OneWorkSource to serve as a supervising site to employ a 17-year-old young man through its youth services program.

The following pages also highlight our unwavering commitment to equine res-

cue and rehabilitation and to providing quality education and outreach programs to the local community — and beyond.

And finally, on page 6 we tell the story of a love affair for the ages; one we aim to memorialize.

With great thanks to the generous support of friends like you, we are not only going strong, we are growing. The positive impact of your generosity is real and lasting. We couldn't do what we do without you. Thank you.

Happy Holidays to you and yours from the horses and the humans who care for them.

Edward Mrozik

WELCOME CHAUNTEL

With deep gratitude to the inspirational generosity of an anonymous donor who pledged to fund a staff position for three years, we are pleased to welcome Chauntel Skye Gilliland as Barn Manager.

Chauntel's impressive credentials include training and teaching at a therapeutic riding center, directing the riding program at Pok-O-MacCready camps, competitive trail riding, and showing. Her gentle, natural horsemanship techniques are perfect for rehabilitating broken bodies and broken souls. Chauntel's responsibilities include daily chores, wound care, physical therapy, training, and rehabilitation. She also assists with education and outreach programs, volunteer management, farrier and veterinary care.

Chauntel evaluates each horse to help set them up for successful placement in a new, forever home. Though the horses' needs vary greatly, her consistent work and experience benefit every horse's mental, emotional and physical well-being. She brings out the best in all of them.

With Chauntel on board, Eddie and Nancy can focus on improvements to the facility and programs to help more horses – and people in need. We are thrilled to have Chauntel with us and deeply grateful to our anonymous benefactor who made it possible for us to be able to work with such a talented horse-person.



Above photo: Chauntel rehabilitating Bugsy from a juvenile condition known as upward fixation of the patella. Physical therapy exercises like walking over poles help strengthen muscles and improve mobility for long-term health.



In addition to being able to bring Chauntel on board as Barn Manager, we also provided gainful employment to a young man this summer by serving as a supervising site for OneWorkSource, a program that helps North Country Youth through "Work Readiness Training, Work Preparation, Work-Based Opportunities, and Youth Development Services." CMVHR provided work assignments, supervision, and mentoring for Noah, a 17-year-old with a passion to learn and a love of horses. OneWorkSource provided Noah's pay and we provided the opportunity to "build work maturity and improve individual skills". It was a win-win partnership we look forward to continuing.



Chauntel (left) and Nancy (right) talk to first graders about kindness, respect, responsibility and caring during a Fall field trip.

Above photo: With Chauntel's help, Noah learned to ride outside of his work time. This was one of our ways of saying thank you to Noah for his amazing work. We also learned that Noah first came to our farm with the Westport School Kindergarten class for their annual field trip twelve years ago!

OUT AND ABOUT DAY

This Fall, we welcomed a group from Mountain Lake Services for "Out and About Day". Jeff, one of the residents at Mountain Lakes, organized the day habilitation program at our farm. Jeff has been volunteering at CMVHR for nearly a year. He took great pride in being able to offer this opportunity for his friends at our farm where he works to fulfill his personal goal of volunteering time and energy for the benefit of others. We were pleased to welcome the group for a fun-filled, heartwarming and inspirational day.



Left photo:

The Out and About Group poses for a photo before taking a tour of the farm and meeting the horses, helping with farm chores, and brushing Hawkeye and Rebel.

Mountain Lake Services' mission is "to enrich the lives of people with developmental disabilities, their families and our communities." We've been teaming up with Mountain Lake Services and the ARC since opening our doors some 13 years ago. Our program offers self-esteem and self-confidence building activities for the residents, helping them to realize their full potential.

Horses have the power to heal. We witness it first-hand. Our donors make it possible.



Above photo: Vicky was a little afraid to try brushing a horse. Wayne, who just finished brushing Hawkeye, reassured her that all would be okay. This was a magical moment. The support and encouragement they showed to each other was humbling and inspiring.

Left photo: After Wayne helped Vicky overcome her fear, she found great enjoyment brushing Hawkeye on her own.

Right photo: Jeff and Mike help clean paddocks with Chauntel standing ready to assist as needed. Teamwork!



Above photo: Jeff learned to lead a horse -- Hawkeye, his favorite. Jeff learned how to ask him to walk and whoa (stop), after which Jeff rewarded him with a gentle rub of his neck and a 'good boy'. Jeff also learned that when Hawkeye lowers his head and licks and chews his lips, Hawkeye understands and is happy. For his first time ever leading a horse, Jeff did awesome. And Hawkeye is a great teacher. What a team!



RESCUE AND REHABILITATION

Our commitment to equine rescue and rehabilitation is unwavering. Bowie (all photos but the bottom right) spent the first three years of life chained to a wall in a space the size of a dog kennel in a dark barn. He was standing in his own feces and urine, had never had hoof care, nor had he ever seen the light of day. When we accompanied the sheriff to rescue him, Bowie was literally blinded by the light when he came outside of the barn into the sun.

Today, this little man is doing great. His hooves require trimming every three weeks with the hope that one day, they may no longer be twisted. Fortunately, his crooked little feet don't stop him from running around and enjoying his new found freedom.



Above and left center photo: Bowie's hooves were excessively long and he had a fungal infection known as thrush.

Below left square: Bowie's hooves after his first trim.

Directly below: Bowie running with Mouse, a summer youth volunteer who hails from California.

Bottom: Bijou has chronic abscesses that require twice daily soaks in Epsom salt. McKayla, who earned credit for High School by doing Community Service at our farm for a day with her friend Tiffany, is keeping Bijou calm while her hoof soaks.



"The owners here are very nice and kind, the way they treat the animals warms my heart. To see these horses' stories and how they've recovered breaks my heart yet brings faith back into me.

Eddie and Nancy are wonderful people, who have the biggest hearts. I am so thankful to be able to work with them for my Community Service needed to graduate high-school. The horses here are such gentle and kind animals, kind of like big dogs, despite having horrible lives BEFORE coming here. I am so blessed to know Nancy and Eddie and for the work they do to rehabilitate these lovely animals."

Tiffany Lynn Nolan (High School student)



The Power of Horses to Heal. © Tim Hayes 2016

This excerpt is reprinted from RIDING HOME — The Power of Horses to Heal © Tim Hayes 2016

After decades of teaching the principles of Natural Horsemanship and helping humans create better relationships with their horses, I became fascinated with the ability of horses to not only cause humans to become better riders as well as better people, better partners, better friends and better parents, but to actually facilitate in the healing of a wide variety of human emotional wounds that include Veterans with PTSD, Children with Autism and At Risk Youth.

From years of study, research and experience I discovered there were two natural hard-wired characteristics in horses that enabled them to remarkably initiate the emotional healing of a wide range of wounded men, women and children. The first is Hypervigilance; the second is Equine Herd Dynamics that utilize textbook-perfect social skills.

As a prey species horses are hypervigilant, which means they remain on continuous alert for their survival. Humans with PTSD and Autism are also hypervigilant. When either one of these hypervigilant humans interacts on the ground with a horse there is an immediate non-verbal identification with what seems familiar in the other. This immediately reduces mutual stress, feels safe and comfortable and most importantly produces a level of emotional healing that is created by the extraordinary inter-species compassion that occurs as a result of their relationship.

Equine herd dynamics, which imbue horses with the unending ability to get along with each other, also evolved as a way to ensure survival by enabling them to stay together and travel in the safety of large herds. The herd leader or alpha horse as well as every other member of the herd establishes their dominant place in the pecking order with the use of, or threat of, physical contact. What can start with the pinning of ears can eventually lead to biting and kicking. Having to participate in these physically aggressive interactions and to then be able to live in harmony and get along with each other is only possible by the entire herd's ability to continually practice the flawless social skills of acceptance, tolerance, kindness, honesty, patience, understanding, forgiveness and compassion.

Horses do not judge other horses or humans. Horses only judge their behavior. When a person's behavior is kind, accepting, tolerant, understanding and compassionate, so is their horse. When a horse feels safe with a human who is not exhibiting predatory behavior he will usually begin to approach and interact with them. He accepts the human as he or she is. The horse does not see a war veteran who may have seen and done horrific things, he sees another being. The horse does not see a child with autism, he sees a child.

For a man or woman who suffers excruciating emotional pain from the horrors of war, or an autistic child who has endured his or her entire life as someone whose parents, teachers and friends all thought that to get better meant the child needed to change or be different, establishing a relationship with a horse can often be the first time any of these men, women or children feel love and acceptance for their true selves.

For many people who have horses in their life the power of this interspecies relationship is unquestionable. It is now my hope that the information in my book will help those who know nothing about horses as well as someone who needs help: a husband, a wife, a partner, a child, a friend, a troubled teenager, a war veteran with PTSD, someone with autism, an addiction, basically anyone in emotional pain or who has lost their way. It is this amazing power of horses to heal and teach us about ourselves that is accessible to everyone and found in the pages of *RIDING HOME - The Power of Horses to Heal*. © Tim Hayes 2016

This is not a paid book endorsement. This is simply a reprint of words that speak to the very essence of what we strive to do and to be — a place of healing for horses and for humans and why horses make it possible.

**CRANE MOUNTAIN
VALLEY HORSE
RESCUE, INC.**

**7556 NYS Route 9N
Westport, New York 12993**

**Phone: 518-962-8512
Email: horses@cmvhr.org
www.cmvhr.org**



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Gail Guenther

Since 2003: Crane Mountain Valley Horse Rescue, Inc. is dedicated to equine rescue and rehabilitation and to restoring horsemanship, the heritage and humane treatment of the horse.

Contribute with Confidence

94 cents of every dollar donated goes directly to the care of the animals.

A copy of the latest Financial Report and Registration filed by this organization may be obtained by contacting us at the above address and phone or by contacting the Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271.

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CAMPAIGN TO BUILD THE SALLY E. MOREHOUSE MEMORIAL REHABILITATION & TRAINING CENTER

Theirs was a love affair: Sally & Buck. We first met Sally over 12 years ago when her friend, Irene, brought her to our farm to brush a horse — a dream she long wished to fulfill — a dream that Buck (below) made come true.

At age 20, a car accident left Sally a quadriplegic. Brushing a horse required a horse that would understand Sally's vulnerabilities and her wheelchair. From an early age, Buck demonstrated an innate ability to sense human emotion and connect with people in ways that embrace unconditional love.

When Sally and Buck met it was magic. He nuzzled her hair and pushed her around in her chair, while Sally smiled and laughed and accepted what we call "Buck hugs", where he wraps his head around you and squeezes.



For the next several years, Sally visited Buck at the farm and their love affair continued — more Buck hugs, smiles and laughter — until Sally's body would no longer let her make the trip. Then, her visits with Buck were through photos we sent and phone conversations. And each year at the holidays, Sally faithfully sent a donation in honor of Buck.

Though Sally lost her ability to walk at an early age, she never lost her courage, strength, sense of humor, positive outlook, or her compassion for all living beings. When we learned that Sally had a photo of Buck on her big screen TV when she "slipped into Glory", as her pastor



says, it touched us to the core. We knew immediately that we must embark on a capital campaign to raise funds to build the indoor facility we had long desired to heal broken bodies and broken souls in all seasons. And we knew then that we would name it for Sally.

We were honored to have been invited to speak at Sally's memorial service. When we shared with her family and friends our plans to build the Sally E. Morehouse Memorial Rehabilitation and Training Center to instill Sally's courage, strength, and compassion in others through our work, they were deeply moved and said Sally would be pleased.

For more information on how you can help, contact Nancy at 518-962-8512, horses@cmvhr.org or www.cmvhr.org.

"The first thing you feel when you drive in is peace. Then, immediately, love. From people and horses. They are full of hope and joy, although they see such misery and despair. Because it started with LOVE. Giving it. Because of their passion for horses, they couldn't ignore the reality that 50,000 to 100,000 horses are slaughtered in the U.S. yearly, not to mention the abuse and neglect we see in the news regularly. In the hard work and dedication of Nancy and Eddie at CMVHR, you can begin to learn the truth and value of what they believe, and how they live their beliefs: 'By saving the life of one horse, we may not be changing the world, but we are changing the world for that one horse.'"

Sally Morehouse