

# THE HORSE'S VOICE

## WINTER 2023 NEWSLETTER

### AWARDS

Crane Mountain Valley Horse Rescue, Inc. is proud to have received, or been nominated for the following awards.

2023: Citizen of the Year award from Mountain Lake Services [page 7].

2017: Local Philanthropic Heroes Award for being "people who inspire by embodying generosity by making contributions to community, and a way of life, through giving, volunteering, and leading."

2014: New York State Humane Association Appreciation Award for being the humane agency that led the largest equine seizure in Essex County, NY: 41 horses from a hoarding situation.

2008: ASPCA Lifetime Achievement Award nominees.

2006: Humanitarian and Distinguished Alumnae Awards from Emma Willard School for "unique devotion to humanitarian service, promoting human welfare, and advancing social reform".

As we look back on our 20 years of saving horses, we are filled with gratitude for meaningful work you have made possible. To our donors, volunteers, partner organizations, and law enforcement, thank you for teaming up with us to make a real and lasting difference. ***We are stronger together!***

You transform lives. Since 2003, you have enabled us to save hundreds of horses and enrich human lives through education.

As you read through the following pages, we hope you are as proud of our accomplishments as we are appreciative of your support.

Here are some of the highlights:

- You helped Grey find his forever home.
- You empowered next generation leaders, change makers, and advocates.
- You provided people like Jeff with the opportunity to live their best lives.
- You opened doors for people of all ages and abilities to enjoy time with the horses.



Popeye, rescued from slaughter in 2003, reflects on his life. He wonders how he got to be so lucky to have been saved, and given a new chance at a life filled with love [page 4].

You inspire us with your backing and keep us focused on our mission-driven work. If you are not currently a donor and would like to be a part of the transformation, we hope you will join us with a gift today. ***Thank you!***

*Eddie Mrozik & Nancy Van Wie  
Co-founders, CMVHR, Inc.*

Bailey enjoys grazing among the wildflowers. Freedom suits her well after being locked in a stall for more than 6 years. We worked with law enforcement in 2022 to save Bailey, and her friend, Rio, from years of neglect.



## MUTUAL LOVE AT FIRST SITE

In July, 2023, Grey was adopted. Though it's bittersweet, with a mix of joy for his new life and sadness for not having him here with us, we couldn't be happier for this boy.

We don't look for quick homes, we wait for the right homes. We like to let the horses choose their people. When Grey's new mom came to visit, Grey went right to her with love and compassion. She rode him in the arena and they looked like they'd been doing that forever.

After a ride, she let Grey eat grass and they just hung out together. When we stood back and watched, she wept and Grey stayed close. They said to one another; "You're the one I've been waiting for". The feeling was clearly mutual.

Before Grey headed home, volunteers and staff came to say so long to their friend. We talked to him every day and told him where he was headed and how happy he would be. He heard us, because he hopped aboard the trailer and unloaded on the other side with joy in his heart. The first thing he did when he got off the trailer was roll and make his expressive grunts. His new mom sent us a video of a contented horse with a full heart, and in her voice and soft laughter at his vocalizations, we could hear her love for him.

Grey is home -- forever -- and it was worth the wait.



Above right: Grey with his new mom.

Below left: Grey after being painted by the 4-H kids with non-toxic, water-based paints during an anatomy class. We had so much fun teaching the kids, and Grey loved the attention!

Below right: Grey dreaming of his new home.





## HEAVEN GAINED AN EQUINE ANGEL



In October, 2023, we said a heartfelt and sad goodbye to Bijou.

From the time we rescued Bijou in 2005, she battled ailments from her past life. She came to us after a bull buffalo fractured her skull with his horns; her scar prominent on her beautiful face. Shortly after arriving at our farm, she was diagnosed with intestinal scarring from years of having worms that were left untreated. We managed that with medications. She had a nearly severed tongue from a harsh bit that caused issues with chewing, so she always used her water trough to wash the wads of hay from her tongue. And she was lame when she arrived and would not stand for the farrier. With patience and time, we helped her find comfort with special shoes. Despite all she'd been through at the hands of others, at our farm, she gave only love and forgiveness.

For about a year, Bijou's health had been declining. She was diagnosed with Cushings Disease in 2022, but could not tolerate the medicine required to treat it. Through the decline, her spirit, energy, and enjoyment of all things remained strong, so we kept caring for her medical needs and ensuring she had a good quality life for as long as we could.

This fall, her health decline accelerated, and her quality of life decreased rapidly. Knowing in our hearts her days were numbered, we let her out on her favorite hill to enjoy the sunshine the day before the vet was scheduled to come. It was her last best day, as our vet said.

Our veterinarian, Dr. Amanda DeFranco, helped Bijou make the transition to greener pastures. We held Bijou and told her we loved her until she took her last breath. Run free sweet girl. You will always be loved, and always in our hearts.

PS - This is an older photo when she was looking and feeling good.



# WHERE ARE THEY NOW?

A new life for Popeye: we rescued Popeye from slaughter in 2003. Popeye was an emaciated, frightened boy who would close his eyes and cover in the corner of his stall if you moved too fast when approaching him, as if he was expecting to be hit.

Popeye was adopted in 2006 by a young girl, Katie, who has given Popeye the life horses dream of having. Katie and Popeye have found trust, love, strength and pure joy in each other. They've excelled in the show ring and continue to teach young people horsemanship and balance aboard, and more.....

When Katie was 17 years old, she and a group of friends joined together to create a video for their



Participation in Government Class at school, advocating for cruelty to horses to be a felony. Crane Mountain Valley Horse Rescue helped them with their project by providing photos.

To watch the video and learn more about Katie's school project, please visit our website at: <http://cmvhr.org/videogetthetissues.html>. WARNING: Have tissues handy!

Above right: Popeye when we rescued him from slaughter in 2003.

Middle left: Katie and Popeye showing in a costume class more than a dozen years ago.

Below left: Popeye and Katie are reserve champions in a horse show.

Below right: A photo is worth a thousand words....pure love and joy. Popeye is in his 30s now, and still going strong. LOVE WINS!

Our donors have been making happy new beginnings like this possible for more than two decades. We simply can't say it enough. **Thank you!**

"I got what every little girl dreams about! No love will ever come close to the love I have for this pony! Love my sweet Popeye Boy! "  
*Katie Motler*





## EMPOWERING THE NEXT GENERATION

Crane Mountain Valley Horse Rescue is proud to provide young people with opportunities for professional development, leadership, and experiential learning.

This year, we welcomed Nelson for summer employment (top right scratching Mini with a soft leaf rake; it's her favorite thing). Nelson helped with animal care, special projects, and garden management. The latter was a specific assignment to align with his goal of going to college to study botany.

James (middle) volunteered at CMVHR for eight hours to earn his Citizenship in the Community merit badge with Boy Scouts. This honorable recognition requires the scout to choose a charitable organization that "brings people together to work for the good of the community" for their volunteer service.

James shadowed co-founders, Eddie and Nancy, for experiential learning, and came armed with thoughtful questions about the ins and outs of non-profit management. In this photo, he is raking the sand in our training arena. His desire to learn, inquisitive nature, boundless energy, and commitment to all that is good inspired us. It was an honor to help James with this requisite to obtain his merit badge.

Maya (bottom photo) volunteered for a day at the farm. Maya was the 2023 Intern for the Future of the Adirondacks at the Adirondack Land Trust, where CMVHR co-founder, Nancy has worked for the past 22 years. Maya's focus was inclusive conservation.

This photo is Maya meeting Two Socks, our gentle giant who is almost 17 hands tall and 1,500 pounds. Greeting him for the first time requires vulnerability and trust. Horses are great teachers. Maya quickly learned through a gentle touch and a smile that horses read and reflect our emotions. Their only care when meeting a person for the first time is how kind, gentle, and respectful they are.

We also had the pleasure of working with several other young people who volunteered throughout the summer to learn about caring for rescued horses.

Education and outreach programs for people of all ages and abilities are as critical to our mission as saving horses. We also offer veterinary internships, high school job shadowing programs, and proudly work in partnership with local organizations like the Youth Advocate Program, OneWorkSource, and ACAP to help at-risk youth to realize their potential. Empowered youth are the next generation of change-makers, leaders, and advocates.





## CHANGING THE WORLD, ONE LIFE AT A TIME....

Some of you may remember the reprinted front page news story we shared in our Spring 2023 newsletter about Jeff Lang and his relationship with Mommy (one of our rescued horses). Per the article, Jeff was a "lost individual, apathy, the only emotion he seemed to demonstrate, the world through his eyes a gray monotone desert". His "mama horse" aka Mommy, helped Jeff find "the kaleidoscope of color that he now sees the world in".

Jeff, who has mild intellectual disability and resides at Mountain Lake Services, has been volunteering at our farm for seven years. His special relationship with Mommy helped Jeff find his voice and discover a passion for painting. When a local library read the story about Jeff's hope to one day hold his own art show, they reached out to offer him that opportunity (right photo). Jeff sold all of his paintings during the show and donated the funds back to the library.

The article about Jeff also inspired WPTZ Channel 5 (Hearst television) to come to our farm to film promotional clips for television. Dave, Brian, and Sam from Channel 5 were amazing and made the process fun and comfortable for all, with lots of laughter and good cheer.

The photos below are a snapshot of a day long shoot. On the left is Dave Fleming (cameraman) and Brian Sumner, interviewing Jeff with Eric Pray, Mountain Lake Services Assistant Manager & Direct Support Professional who provides moral support to Jeff. The outburst of laughter in the right photo is because Dave and Brian asked Jeff what he wanted to do next, and he said "shovel poop". Well, it may have been another word for poop, which is why they all had a good belly laugh. And off to the paddocks we went to do just that — clean up after the horses, which is one of the tasks Jeff does when he volunteers, along with feeding, brushing and loving on his "mama horse".

# ARTIST RECEPTION — JEFF LANG



Landscapes by  
Jeff Lang on display  
at Wells Memorial Library  
July 15 - September 15 2023

Meet the artist on  
**Saturday, July 15, 2023**  
**2 pm**  
12230 NYS Route 9N Upper Jay, NY



A chapter of  The Arc  
New York





.....WITH RIPPLES.....



Above from left to right: Sam Politi, Brian Sumner, Dave Fleming (all from Channel 5), Nancy Van Wie (CMVHR co-founder), Jeff Lang, Eric Pray, and Dede Plumstead (CMVHR staff), and Jeff with Mommy enjoying a moment during filming.

Horses have an incredible ability to heal hearts without even saying a word. The bond that Mommy and Jeff share is undeniable, and the positive change she has had on Jeff's life is equally unquestionable. The support of our donors — friends like you — enables us to save horses. And while in our care, recovering from their own physical or emotional trauma, the horses give selflessly to others. We couldn't be more proud of Jeff and Mommy, and grateful to our supporters for empowering us to save horses and transform lives.

The ripple effect of your generosity brought another magic moment for Jeff when he was named Volunteer of the Year at Mountain Lake Services 2023 annual awards ceremony. The award was for his dedication and commitment to caring for Mommy and the other animals at CMVHR every Wednesday. CMVHR co-founder, Nancy, was awarded Citizen of the Year "in honor and recognition of your significant contributions toward furthering community inclusion endeavors of individuals with intellectual and developmental disabilities".

Mountain Lake Services' mission is to partner with people of all abilities to live their very best lives. We are honored to team up with Mountain Lake Services to help people like Jeff follow and fulfill their dreams!

With your support, we are helping to change the world, one life at a time.....

Nancy, This is so exciting to see, you deserve this award! You were so welcoming and kind to me when I first started bringing Jeff to volunteer. Each time I went there not only did you always make it a point to talk with me, but I saw the way you worked with Jeff and the way you gave him encouragement, guidance, and confidence. The trust you displayed through the responsibility you gave him, and the work ethic that you instilled in him is nothing but beautiful. You are truly an amazing human and I feel lucky to have had the privilege of meeting you and all the wonderful animals that are blessed to have you caring for them. *Britt Hathaway, Mountain Lake Services*





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Gail Guenther

*Since 2003: Crane Mountain Valley Horse Rescue, Inc. has been 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 tax-deductible 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*

**BOARD OF DIRECTORS**

Edward Mrozik, Jr.—President  
Nancy Van Wie—Vice President  
Susan Gabrels—Secretary

**STAFF**

Dejanira Plumstead “Dede”  
Rehabilitator and Trainer

# COMMUNITY ENRICHMENT



This spring, we welcomed a wonderful group of senior citizens from the Schroon Lake Senior Center. They took a mini tour of the farm, met some of the horses, and learned their stories. It was a fun group of people who asked wonderful questions and engaged in lively conversation. A great day was had by all!

We also welcomed a group of employees from Sam's Club in Plattsburgh, NY for a volunteer workday. The group pulled saplings from a field, cleaned horse paddocks, and cleared the garden for us to replace the raised beds before planting. We then enjoyed some pony time, horse therapy, and a walk to our pond. People who give selflessly of their time and energy always inspire us.

