

THE HORSE'S VOICE

WINTER 2025/2026 UPDATE

Because what you do makes a difference in our world—and isn't that why we are here?

Kate (plein air participant and donor)

Crane Mountain Valley Horse Rescue's (CMVHR) work is more than providing horses in need with a second chance through rehabilitation and adoption, or sanctuary. We take pride in being a community resource by providing experiential learning to build trust, boost hope, improve emotional well-being and leadership skills, and affect positive change, especially for vulnerable groups like children, trauma victims, and those with disabilities. We also provide opportunities for people to connect with horses and each other, fostering a sense of community and companionship. Our programs are non-riding based. Instead of being on the backs of the horses, we work hands-on alongside them to establish confidence and connection through non-verbal communication.



This photo of Nancy with Poncho was featured this summer in a print story on North Country Public Radio's North Country at Work segment, which also aired on the radio. What an honor!

This year, we welcomed many individuals, families and groups to the farm and took our community outreach on the road. In May, we presented at the Elizabethtown Community Center during "Western Lounge Night", an event organized by a group of teens. In June, we hosted a plein air painting club. In August, we had a wonderful visit with a group from Champlain Valley Senior Living located in Willsboro, New York. You will learn more about these programs in the following pages.



Marley (back) and the Little Mermaids. Marley's friend, Bea, passed away last winter leaving her sad and alone. Ariel, Arista, and Alana are our newest residents.

The number of individuals, families, and groups who visited this year was inspiring. If we included stories and photos from all, we'd run out of pages, so we will share just one more. A family from New York City brought their young son with autism who enjoys spending time with animals more than people. It was magic to watch our horses and dog drawn to him in quiet connection and partnership. They could sense his love for animals and his kind, genuine heart. His mom asked if she could make it an annual trip when she is visiting family. We said absolutely, yes!

We hope you enjoy learning more about these activities in this issue of *The Horse's Voice*, along with a story about a rescued fox, a happy new beginning, and behind the scenes work. This is a snapshot of the positive impact your support has on the lives of animals and people. We are deeply grateful to you for empowering us to save animals, spread joy, and boost hope. We are stronger together.

Thank you!

Edward Mrozik & Nancy Van Wie, Co-founders

BEHIND THE SCENES

TEXT IN ITALICS IS REPRINTED FROM NORTH COUNTRY PUBLIC RADIO'S NORTH COUNTRY AT WORK FEATURE ABOUT CMVHR:

While many horses come to the rescue underweight or injured, it's not just physical wounds that have to heal. For many horses, there's psychological damage, too. That was the case for Bailey, a partially blind rescue. She came to the rescue in 2022 after spending six years in a stall, never allowed outside.

Van Wie [Nancy] says she "developed a fear and a hatred of humans. And so, once we got her out of the stall and brought her home, nobody could get next to her. She was terrified. It took over a year of observation and trying different tactics before she stopped lashing out". Now, she loves people - Nancy says she's "in your pocket."

Nancy says when Bailey first came to their rescue, she wasn't sure they were going to be able to rehabilitate her. "She was quite dangerous. But where she is now is remarkable."

Nancy says that kind of emotional transformation can be harder, take longer, than the physical. But when they can build that trust, there's a lot of unconditional love waiting.

The photos on the right are two new techniques our veterinarian, Dr. Amanda Alderink taught us to help Bailey overcome her fear of needles and the person who administers them — Dr. Amanda herself.



Above: Dr. Amanda walks behind Dede until Bailey is relaxed, then quickly administers a sedative. They continue to walk with Bailey until she is quiet and calm, then reward her for being so brave with gentle rubs and scratches.

Below: Bailey wears Nancy's fleece vest over her eyes to get her dental work done. She is calm so long as she cannot see Dr. Amanda or the equipment. She is not at all afraid of having the vest put over her eyes, but welcomes it.



Above: KC and LBJ (horses) have their hooves trimmed and shoes reset by our farrier, Tim Felton. Eddie & Dede are the handlers. Tim comes faithfully every 6-8 weeks.



MORE BEHIND THE SCENES



At least twice a day, as we are feeding the animals, we give them a once over to look for blemishes, injuries, or anything that may need special attention by us or a vet. The above left photo is of LBJ's swollen sheath. This is the area of skin that protects his, well, male body part from which he urinates. His temperature, appetite, attitude, urination, defecation, etc. were all normal. An evaluation of the inside of his sheath confirmed that he needed it cleaned of smegma and debris that had built up. All of the male horses have their sheaths cleaned annually by our vet, but some need a cleaning more frequently than once a year.

Fortunately, LBJ is cooperative and, quite frankly, was happy to have some relief. He appreciated our heating up the sheath cleaning gel and the use of warm water for the cleanse and rinse cycles. A good cleaning and some anti-inflammatory medicine for a few days and he was feeling much better as the swelling went away.

Rio (below) developed a severe limp and required a veterinary visit for x-rays. Dr. Martha Jackson came, and to our wonderful surprise, her assistant was Eben, a former CMVHR youth volunteer. "Our kids" are growing up! Eben is applying to veterinary school and we couldn't be more excited for him, or more proud to have played a role in his journey. Our programs provide experiential learning for youth in their fields of interest, and we encourage them to follow their dreams. Eben returning to our farm as a veterinary assistant to help Rio is so gratifying. Rio was experiencing laminitis (inflammation of the sensitive layers of his hoof) that required cold hosing several times a day and pain medication for several weeks. He has recovered and is feeling much better.



PLEIN AIR PAINTING AT THE FARM

In June, we welcomed a plein air group to the farm to create art in the outdoors. We were so fortunate to have gorgeous weather. Abundant sunshine, no humidity, a gentle breeze, and no bugs.

13 Sundays Club is the name of the group. Every Sunday throughout the summer for 13 Sundays, they visit different places. We were honored to welcome a group of 15 to the farm. Each artist has their own technique. Some use oil based paints while others use water colors. Some sketch with colored pencils and others use black. Some have canvases, others paper, and one uses wood. It was so amazing to witness their talents and to see our farm through their eyes.



We started with a welcome, introductions, a quick history of Crane Mountain Valley Horse Rescue and the work we do, then took a brief tour to meet the animals and explore the designated areas for them to paint or draw.

Shaun, the trip organizer, presented us with a financial donation to the rescue as a thanks for hosting. And, she presented Eddie with framed photos (right) she took of Nancy during a visit the week prior when she came to meet us and to learn the lay of the land.



Will the artist met Will the horse. The drawing on the right was done by Will (the human). It's our chicken coop. Another artist used colored pencils on wood to draw our chicken coop (see next page).



OUR FARM THROUGH THE EYES OF ARTISTS

From 1 p.m. to 4 p.m. they created their masterpieces. A few folks hunkered in by the garden and the main barn area, while the majority sat by our pond to watch the wildlife, enjoy the cool breeze from the water, and listen to the sounds of nature - birds, frogs, geese, water trickling, and the gentle rustle of leaves in the breeze. At our farm, wildlife and farm animals co-exist and live in harmony.

It was a magical day. The greatest compliment was learning that on a score of 1-10 for location, experience, welcoming atmosphere and breadth of subject matters to paint, the day was a 12. It was an incredible group of people with a shared passion for art, wild places, animals, friendship, and peaceful moments.



This is our chicken coop using colored pencils on wood.



RESCUES COME IN ALL SPECIES



Rescues come in all shapes, sizes and species at our farm. In mid-April, there were four fox kits near our barns with no sign of a mom or dad. Eddie saw a dead fox on the highway near our house and suspected these little ones were orphaned. He spread sand near their den to watch the size of the paw prints going in and out. Alas, it was just little ones and no big ones.

So Eddie set a Havahart trap. He added food to the trap every night and one day tried adding a little weight to the trip pan (what makes the door close) thinking that the fox or foxes may be too light to set it off. He was right. After two weeks of faithfully trying to save the orphaned fox kits, this little guy was finally safe. Sadly, after several more weeks of trying to catch the others, we came to the conclusion that his siblings didn't make it.

Immediately after catching this boy, we reached out to North Country Wild Care who put us touch with Paula Moulton Sheridan who runs Heart of the Wild Rescue, specializing in foxes and coyotes. She and her partner, Bob, drove over an hour late in the evening to pick him up. She named him Eddie after

CMVHR Co-founder. She kept us updated on his progress and in early fall, he and his girlfriend, another rescued fox named TP, were released back into the wild. Below, in italics, is a reprint of Paula's social media post. The photos above are of the little fox on the day we rescued him (upper left) and photos taken just before his release. The one on the bottom left is Eddie and his girlfriend, TP. It truly takes a village.

Paula Moulton Sheridan

Today was a bittersweet day. I released the last of my two orphaned red foxes back into the wild — and one of them was extra special to me. Eddie came into my care on April 17th, weighing just over one pound. From the very beginning, he was a fiery little soul — a ferocious little bugger with a will to survive. He was named after the man who found him, Eddie from Crane Mountain Valley Horse Rescue, who never gave up on catching him. For two weeks, Eddie faithfully reset the trap and kept adding food until finally, this determined little fox was safe. Sadly, Eddie's siblings and parents had already perished, and he had been living alone for several weeks before his capture. That fight to survive showed in his spirit — strong, determined, and unforgettable.

It didn't take long for Eddie to win my heart. He had the biggest personality and a love for one thing above all else: his exercise wheel. He would grab his little stuffed toy, climb onto the wheel, and walk nonstop — sometimes through the entire night. Midnight, 2 a.m., 4 a.m. — I would peek at the cameras and there he was, still running. More than once, I had to go out and set the wheel back on its tracks or Bob would run out at 4:30 a.m. before work because Eddie ran so hard that he knocked it loose! He even slept on it sometimes. That wheel became his favorite place in the world, and it gave him the outlet he needed to grow into the strong, wild fox he was meant to be. Today, Eddie was released alongside his "girlfriend" TP, another orphaned fox who came into my care shortly after him. To see them both take off into the wild where they belong was everything this work is about. My heart feels heavy tonight, knowing I won't be checking my cameras and watching Eddie's late-night antics anymore. But more than that, my heart is full, because I know he is free — living the life he fought so hard for. A huge thank you to Eddie and Nancy for not giving up on him. Eddie is one of those foxes that will stay in my heart forever. I'll miss you, little buddy, but I'll smile knowing you're out there, running wild and free forever young under the stars. Run strong, Eddie. You made it.

EMPOWERING PEOPLE OF ALL AGES & ABILITIES

Community enrichment programs are as critical to our mission as saving animals. Thank you to our donors for making it possible for us to offer these programs to people of all ages and abilities. You are investing in a stronger future while spreading joy.

In addition to hosting people at the farm, we also enjoy speaking to groups at their events (right). In May, we presented at the Elizabethtown Community Center during "Western Lounge Night", an event organized by a group of teens. We started with an overview of our mission-driven work, then celebrated the leadership of these young people and encouraged them to always be kind, never give up, to ask for help when they need it, and to follow their dreams. The Board Chair of the Center thanked us for our message and told us it lifted everyone up, kids and adults alike.

In August, we had a wonderful visit with a group from Champlain Valley Senior Living located in Willsboro, New York. The group took a tour of the farm and visited some of the horses. They had great questions and it was fun to hear stories about their experiences with horses. One resident shared how a little pony helped her granddaughter grow, learn and thrive, with that pony taking care of her along the way. We had so much fun they asked to come again this fall before the snow flies.



Our partnership with Mountain Lakes Services to help "people of all abilities live their best lives" continues for its 22nd year. The photo on the left is Jeff and Buck. Jeff has volunteered at the farm for eight years. He comes faithfully every Wednesday to help with animal care and farm chores.

CMVHR Co-founder, Nancy, and Will the horse, were featured in a social media video for Mountain Lakes Services Direct Support Professional's Appreciation Week, as well as a promotional video that airs on Hearst Television stations that lifts up the work of the Direct Support Professionals and our long-time partnership with Mountain Lakes. This is just a sample of the programs you help make possible. This year was chock full of fun activities at the farm and in our community. Thank you for teaming up with us to touch so many lives.

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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

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Dejanira Plumstead “Dede”
Rehabilitator and Trainer

WHERE ARE THEY NOW

Grey was surrendered to CMVHR in 2016 by his owner because he kept bucking people off. He is gentle and kind to work with on the ground, so we suspected there may be something physical causing him to be uncomfortable under saddle.

We had a full evaluation done by our veterinarian, including x-rays of his legs and hooves and a spinal assessment. The medical needs requiring attention were several. One was a horseshoe nail that was embedded in his side and festering. He must have rolled over the nail one day while scratching his back. Initially, the veterinarian suspected it was melanoma, until one day it burst open and out came a very sharp nail. It happened to be located right where a rider's legs would be, meaning any pressure applied while he was being ridden caused severe pain which likely contributed to the bucking issue. Once the nail was removed and the wound healed, he was so much happier.



Another concern was misshaped hooves that were cracking and splaying causing balance issues and lameness. He also had on and off abscesses in his hind feet from thin soles. Corrective shoeing by our farrier for all four hooves and physical therapy helped Grey become well balanced, comfortable and sound.

While in our care, Grey quickly became a favorite for kids and adults alike. He was much loved and doted on by everyone who visited the farm. He enjoyed attention by anyone who would give it to him. In the top right photo, he was the perfect model for a 4H anatomy lesson, allowing the kids to paint him with non-toxic, water based paints.

In 2023, Grey found his forever home with a woman who fell in love with him during her first visit. Watching them together, it was clear that the feeling was mutual. We don't look for quick homes, we look for the right ones and we couldn't be happier for this boy.

His new mom renamed him Avalon in honor of his time at CMVHR — a “place of magic and healing”. Grey is living his best life with spa therapy, chiropractic care, and exercise that have liberated him from corrective shoes — he is now barefoot. He enjoys the trails (right), has participated in gymkhanas, and loves to quietly graze on grass while his mom reads to him. Every update makes us smile and tear up. It was worth the wait.

