THE HORSE'S VOICE

SPRING 2023 UPDATE

IN OTHERS' WORDS

You guys quietly go about making life better on a local scale that has broad ripples. It's a big deal.

Melissa
(donor for 20 years)

It has been quite a few years since our last visit to the rescue, but our experiences with you and your horses have left an everlasting mark on us. The McCutchan Family

Thank you so much for all you do to make the world a brighter place for the animals in your care!

Becky

After reading your last newsletter, I cried all afternoon (one page I couldn't bring myself to read!) I'm amazed by the sensitivity and the capacity for the love animals possess. I'm also appalled for the amount of cruelty humans are capable of. I'm so thankful that I found an organization that is so compassionate and committed to help these amazing creatures. The Giosi Family

HAPPY ANNIVERSARY TO US—CMVHR IS CELEBRATING 20 YEARS! 2003-2023

As we reflect on the past two decades, we are eternally grateful to our donors and volunteers, and all who've helped make our vision to save horses, heal hearts, and do our part to make this world a better place —- one life at a time —- real and impactful.

In this 20th anniversary issue of *The Horse's Voice* are stories written by others about the impact the support of friends like you has on the lives of animals and people.

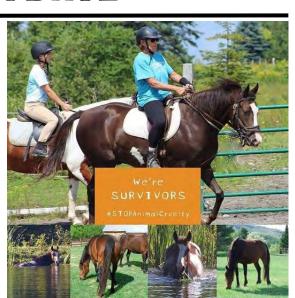
You will read how #11 aka Kody aka Another Chance went "From Rescue

Pony to Rock Star," winning ribbons and stealing hearts. In a separate piece, you will enjoy Jeff's emotional and mental journey with Mommy, one of our therapy horses. Jeff is a developmentally disabled adult whose life has been transformed by his time as a volunteer at the rescue, and because of his bond with Mommy. The world through his eyes was once "a grey monotone desert." Mommy's presence in Jeff's life is part of the "kaleidoscope of color that he now sees the world in."

It is also an honor to reprint the New York State Humane Association's <u>Spotlight on Animal Heroes</u>, celebrating our two decades of commitment and dedication.

And, as always, the Spring issue celebrates and recognizes our donors. Without you, our work would not be possible. It takes all of us working together to promote the welfare of others. Every moment, every day, every year is a chance for us to invest in making a positive difference in someone's life.

It's hard work and not without its heartache, but it's worth it. When times get tough and our energy wanes, we read testimonials like these from the lives we've touched, and we get out there on behalf of our donors to change one more life for the better. *Thank you for teaming up with us. We are stronger together.* If you are not currently a donor, we hope you will join us.



George and Mommy were the most fragile of 41 horses seized by law enforcement in 2013 from a hoarding situation. CMVHR was the lead humane agency for the case—the largest in Essex County.

Eddie Mrozik & Nancy Van Wie, Co-founders

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SPOTLIGHT ON ANIMAL HEROES



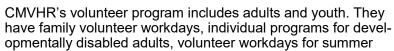
Reprinted from New York State Humane Association (NYSHA) **Humane Review**, Vol. XLI, Spring 2023.

Crane Mountain Valley Horse Rescue, Inc. (CMVHR) is an award-winning, not-for-profit, humanitarian and education organization founded in 2003. Husband and wife team Eddie Mrozik and Nancy Van Wie established the rescue after perceiving the need for a local humane agency that would serve as a lifeline for horses. For two decades, they have stayed true to their mission and have amplified it to include helping people in need through the healing power of the horse.

Both horse lovers since a young age, they have always had horses in their lives. Nancy's pony attended the University of Vermont with her and was her "partner in love for nearly 25 years." Later while rescuing horses, she met Eddie through a rescue mare named Posey and their love story began and continued.

They've had the opportunity to see the impact of their work over time – on animals and on people. They've saved hundreds of horses over the years and love receiving updates from their adoptive families on how the horses have changed their lives for the better. In so many cases, the rescue was mutual.

Their education and outreach programs are as critical to their mission as saving horses. The community enrichment program has included veterinary and communications internships for course credits for college, job shadowing programs for high school, talks on the realities of establishing and running a horse rescue operation, doing school presentations, and much more. They have hosted an "Investigating Animal Cruelty Workshop" in partnership with NYSHA and local law enforcement.





camps and school programs, and more. They also do individualized work with local agencies for at-risk youth. Many of their early youth volunteers and program participants are now adults who stay in touch and visit with their spouses and kids! One, Dede, returned after college to become their full-time rehabilitator and trainer. Their veterinary interns are now practicing veterinarians or vet techs, and tell them of the positive impact volunteering there has had on their lives.

The most frustrating part of their work is the dozens of calls per month from people who want them to take older horses that are "no longer useful to them," so they can get another horse, or taking injured horses they don't want to care for, or people who "save a horse" but aren't set up to care for it.

Long-term goals are to continue educating people on animal husbandry and to support strengthening laws related to equine cruelty. Nancy summarized by saying, "To remain positive, when seeing such heartache and inhumanity, we choose to stay focused on the good side of humanity, like our volunteers, adoptive families, those who share our passion for spreading kindness and compassion, and of course, our donors, without whom our work would not be possible. We find hope every day in the kindness and compassion we see in people who share our vision and want to make a difference. When we see this in the eyes and hearts of our youth, it gives us the greatest hope, as they are our future."

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FROM RESCUE PONY TO ROCK STAR

Story by Suzette Kocher who adopted #11, aka Kody aka Another Chance. #11 is because he was the 11th of 41 horses removed from a property in the largest equine seizure in Essex County, New York history for which Crane Mountain Valley Horse Rescue, Inc. was the lead humane agency.

Vermont Summer Festival 2022 horse show was a huge success for our own Another Chance aka Kody aka #11. As you may remember, Kody was part of the 41-horse rescue in 2013. Since he was adopted by Emily and Olivia Kocher in November of 2013, he has been ridden by many young riders at Heritage Stables in Skaneateles New York and continues to do well at local and A-rated horse shows. This year has been a banner year for Kody and two of his current riders.



#11 aka Kody aka Another Chance one month post seizure, after gaining considerable weight.



Miley and Kody after their win, with Olivia Kocher and Michael McGowan.

From July 11 through July 24, 2022, Heritage Stables competed at the horseshow in Vermont. Kody was shown the first week by Kenzie Taggart in the short stirrup division – over fences and flat classes – and they ended up Champion of the division. Then the second week of the show, Miley Vitale showed in the short stirrup division and they were Champion of the division. Back-to-back wins for Kody and his two girls.

Spectators at the show gave both girls compliments on their "cute pony" and they loved hearing about his rescue story and touching his ears that were missing the tips because they had been frost-bitten off. Kody is truly the "Little Engine that Could." He tries his hardest and all his riders love him. In all honesty, he has quite the fan base at the stables — his riders that have outgrown him, his current riders and even his future riders.

I have to thank Heritage Stables for taking such good care of Kody, his trainers, Michael and Ragen McGowan and Olivia Kocher who work with Kody and his riders to prepare them to compete in the shows, and finally the parents that allow their children to take lessons and bring Kody to the horse shows.

Adopting Kody was one of the best things that the Kocher family ever did.

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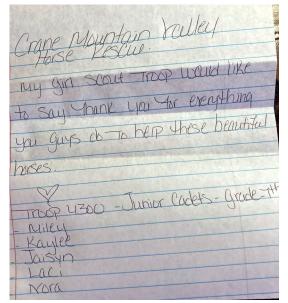
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Bailey, the cat

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In recognition and appreciation to the staff at Meadowbrook Healthcare in Plattsburgh, NY, for the dedicated and loving care given to Gloria Hicks while she was under their care.

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Elise Harrison Smith's birthday

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Mommy

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Our donors are the lifeblood of our work. We make every effort to ensure accurate recognition of your generosity in our publications. Please, if you see an error, contact Nancy at horses@cmvhr.org or 518-962-8512.

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MAKING DREAMS COME TRUE

Reprinted from Sun Community News front page story written by Shaundra Bartlett Yaw

March is Developmental Disabilities Month. Though there certainly are differing levels of what constitutes a developmental disability, there is one bond that transcends most challenges; that of a human and animal. For Jeffrey Lang, an individual who resides at Mountain Lake Services diagnosed with Mild Intellectual Disability, his relationship with an abused horse has altered his existence and arguably spoken to his soul.

"When I first met Jeff, he was very disheveled; he had a lost look," recalled Rebecca Pray, manager at Mountain Lake Services for the past 31 years." She rattles off Jeff's history and details; it is evident that she knows his story well and is deeply invested in Jeff's well-being. "He was quite unkept with no motivation and no drive."



Jeff and Mommy share a deep bond of love and respect.

Hama Horse

Jeff shows Mommy his custom shirt made by a Mountain Lake Services staff member. It features a hand drawn image of Mommy with the writing "Mama Horse." Jeff takes great pride in wearing the creation and calls the rescue regularly to ask how "Mama horse" is. Pray recalled a lost individual, apathy the only emotion he seemed to demonstrate, the world through his eyes a gray monotone desert.

Meanwhile, another was also seeing her own world through hopeless eyes. At Westport's Crane Mountain Valley Horse Rescue, a female horse came in with 40 other horses from a neglect case. Her name was Mommy, and along with her foal George, was described as one of the most fragile cases from the seizure.

Seven years ago, Lang began volunteering his time at Crane Mountain, and he crossed paths with Mommy. It didn't take long before the two developed a bond and his time with the gentle horse became the highlight of his week—it was a relationship of innocence and purity.

"Jeffrey lights up when he is around Mommy," Pray said, "During COVID when he couldn't volunteer, he would always call to ask about her."

Sadly for Lang, Mommy was eventually adopted out, leaving Lang heartbroken in her absence. But as is all too often the case, adoption doesn't necessarily equate to a happy ending.

It wasn't about a month before Mommy was returned to the ranch. Her adoptive family claiming her to be difficult to train, she came back a broken horse, literally; in her time in the false sense of security in her new home. Mommy had broken multiple bones in her back, caused by rearing up, perhaps out of fear or self-defense, as well as an injured eye. Despite an applicant screening process, and now for the second time in a row, life had dealt Mommy a very cruel hand.

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MOMMY IS A "KALEIDOSCOPE OF COLOR"

"It broke Jeff's heart that somebody could do this to an animal," recalled Pray. "She required a lot of medical care. Jeff was beside himself; he spoke to people, and he brought money to the rescue for her medication."



Jeff feeding Pony Boy and Mommy carb conscious treats. Both are diabetic and require a low-sugar, low-carb diet.

says Mountain Lakes always finds a way to make it happen.

"Currently one of his dreams is to milk a cow," Pray said. "I'm going to go to a farm in Upper Jay and approach them to see if that can be done."

Mommy's presence in Jeff's life is part of the kaleidoscope of color that he now sees the world in. Focused, driven, with ambitions and dreams he actively pursues, Jeff will turn 43 in March. He works happily and faithfully at Price Chopper in Lake Placid, and fulfilled his fantasy of going to Virginia Beach and went on vacation there last year. He went before a pet committee and was able to adopt a cat named Spook, who wants for nothing. He also attended a Raiders vs. Steelers football game this past Christmas Eve and is painting every Monday night. Having developed a particular like for the medium, his wheels are turning towards holding his own art show.

Now back with her beloved Jeffrey and fully recovered, this time Mommy is at Crane Mountain to stay. No longer available for adoption, she will live out her years in the true safety net of a loving sanctuary. Helping with chores, feeding, handling, and demonstrating kindness to Mommy and her fellow equines is what Lang does every Wednesday. He knows the proper amounts of food the animals should receive, and is always ready to share his knowledge with anyone interested.

In his time at Mountain Lake Services, Jeff is no longer the person Pray first met. He has grown into himself, tender-hearted and a gentle soul.

"Jeff is a huge success story." she said. "He didn't relate to anyone and was so disconnected. Now he is like this shining star, totally living up to his full potential." Jeff approaches Pray often, expressing his next goal after next goal. And Pray



Mommy is looking for more carb conscious treats in Jeff's pockets.

Jeff has plans and many destinations to get to; and who better to accompany him on this mental and emotional journey than his Mommy?

"I think everyone should understand what a fantastic place this is and how rewarding," Pray said of Mountain Lake Services. "You make friendships here for life, and you definitely help people and develop them to the best that they could be. It's extremely rewarding."

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CRANE MOUNTAIN VALLEY HORSE RESCUE, INC.

7556 NYS 9N Westport, NY 12993

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Gail Guenther

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RESCUES COME IN ALL SIZES



Our barns make wonderful breeding grounds for birds. Occasionally, babies get tossed, or fall from the nest. Last year, we rehabilitated two Starlings; Baby Blue and Sparky. Baby Blue was successfully released back into the wild. Sparky imprinted on Nancy and wants nothing to do with her own kind, so she's a pet and lives in the house.

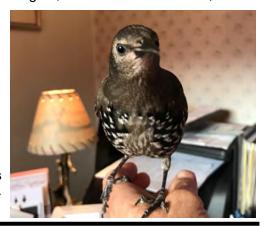
Starlings are intelligent, bond with their humans, and

can learn to talk and do tricks.



The name Starling comes from the markings on their belly that look like a night sky.

Sparky is short for Sparkle — and she's a truly a shining star.



TO LOVE A RESCUER

"To love a rescuer, you must love all of them. You must love the scars covering their body from panicked and hurt animals they were trying to help. You must love their fractured heart, that has been broken so many times they no longer even take the time to mend the pieces.

To love a rescuer, you must embrace their grit and determination, and know that although they fight a war they can never win, they can and do win a few battles. You must love the tears they will shed over those they lost. You must give them comfort that they refuse to accept, as they blame themselves for things they could have never foreseen.

To love a rescuer, you must acknowledge the rage they feel towards the world at times and know that anger is driven by a love of life too few have. You must give them space and room to cry and mourn for the losses that others have caused out of carelessness or cruelty.

To love a rescuer, you must understand their passion to heal and save is a calling, not a choice. You must accept that to save animals is part of their soul and without that they could never be happy.

To love a rescuer, you must be patient. You must accept their work comes first. They will forgo sleep, forgo food, forgo their life for animals in need. They will work tirelessly until their body and mind fail them completely and they cannot go on.

To love a rescuer, you must be strong. You must not be threatened by their focus and love of animals. You must accept that the things you love about them, the strength and convictions and loyalty are also what drives their sense of duty to animals in need; you cannot have one without the other.

To love a rescuer, you must never ask them to choose, because they will, and it will not be you." Author Unknown