

THE HORSE'S VOICE

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Inspirational Quotes

Horses teach us responsibility. Unlike a bicycle or a computer, a horse needs

LETTER FROM THE PRESIDENT

**HAPPY ANNIVERSARY
TO US—CMVHR IS
CELEBRATING 10 YEARS!
2003-2013**

This 10th anniversary issue of *The Horse's Voice* features a timeline of just a few highlights of the past decade and the positive, lasting impact the support of our loyal donors has had on horses and humans.



Sabrina—rescued in 2003 and placed in a loving home is back in our care as her adoptive mother's horse.

essay, every story
ared. We have out-
wn the drawer and now
ve a box chock full of
rmations that the
am we had 10 years
o was every bit worth
suing.

takes hard work, dedica-
n and commitment. It's
ays a week / 365 days
ear. There are no sick
ys and no holidays. It's
t without its heartbreak,
e when we lose a horse.
en the times get tough
d our energy wanes, we
en that box of testimoni-
from the lives we've
atched, and we get out
re on behalf of our do-
s to change one more
for the better.

Edward Mrozik

off the couch. Choosing to
leave your cozy kitchen to
break the crust of ice off
the water buckets is to
choose responsibility.
When our horses dip their
noses and drink heartily;
we know we've made the
right choice.

Author Unknown

On a good day, a horse
will be happy to go along
with the program and tol-
erate your mistakes; on a
bad day, you'll swear he's
trying to kill you. Perhaps
he's naughty or perhaps
he's fed up with how slow-
ly you're learning his lan-
guage. Regardless, your
horse will have an opin-
ion.

Author Unknown

volunteers, and all who've
helped make our mission to
save horses and do our part
to make this world a better
place — one life at a time —
a reality.

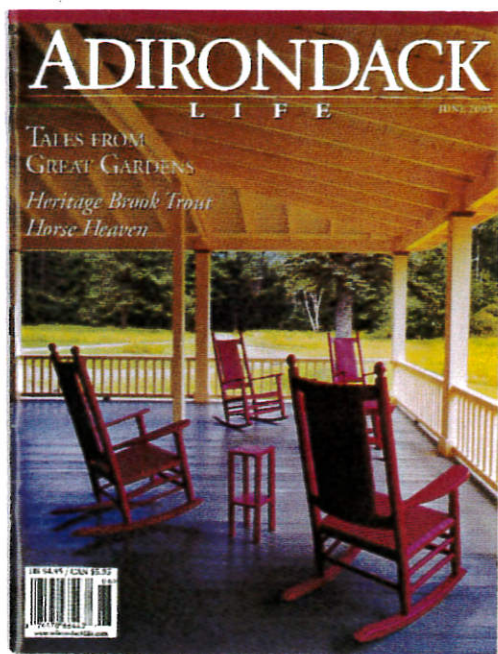
When we first got started,
measuring progress and
success was by the num-
bers: number of horses
saved, number of outreach
programs held, number of
attendees at speaking en-
gagements, number of par-
ticipants in our horseman-
ship, hoof care and dental
clinics, etc.

After 10 years, the non-
quantitative, harder to
measure, but equally im-
portant outcomes are start-
ing to shine: former youth

volunteers writing college
essays about the influence
and impact our work has
had on their lives and career
choices, parents and grand-
parents writing personal
thank you notes to express
their gratitude for our having
helped their kids and grand-
kids learn and grow, many
friendships forged, the loyal-
ty of our donors (many with
us since we opened our
doors), hearing about how
our rescued horses have
positively changed the lives
of their adoptive parents,
letters and drawings from
kids who take the time to let
us know what our work
means to them.

We save each and every let-
ter, card, book of poems,
photo....every memoir, col-

2003-2013 TIMELINE—A SNAPSHOT



2003: Incorporated as Crane Mountain Valley Horse Rescue, Inc. and approved by the ASPCA as an accredited humane organization.

2003: Granted our 501c3 status as a public charity.

2003: Feature story on CNN Channel 9 News.

2004: Hosted our first veterinary intern who was accepted into veterinary school.

2004: Presenters at the Cheshire Horse in Ballston Spa, NY on horse nutrition and safely rehabilitating starved horses.

2005: Feature article in *Adirondack Life*: "Horse Heaven".

2005: Relocated to our farm in Westport.

2005: Hosted our first student for Westport School's job-shadowing program and our first Kindergarten graduation at the farm.

2005: Member profile in *NAFE Magazine*: "Horse Rescuer".

2005: Assisted NYS Police with a cruelty investigation involving 10 horses. Two of the horses were surrendered to us.

2005: Mention in Bill Heller's book *After the Finish Line: The Race to End Horse Slaughter In America*.

2006: Our youngest volunteer participated in her first horse show aboard Pelham Bay, one of our rescue horses.

2007: Recipients of the Humanitarian and Distinguished Alumnae Award.

2008: Nominated for the ASPCA Lifetime Achievement Award.

2008: Presenters at the 17th Annual Horse Symposium on the realities of setting up and running a horse rescue program.

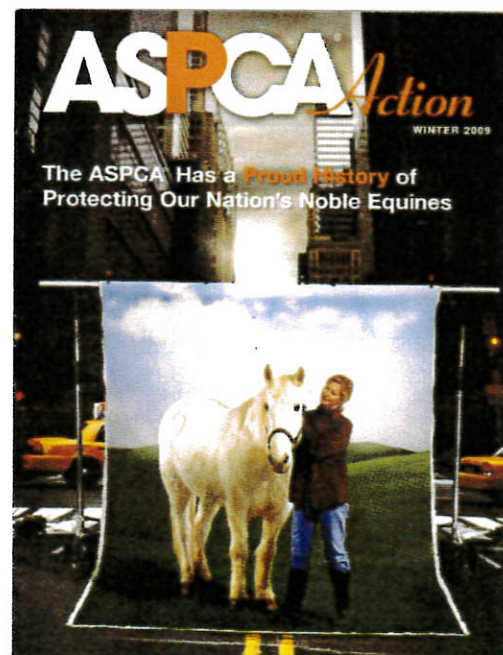
2008: 5-year review for reinstatement of our 501(c)3 status—we passed with flying colors.

2009: Feature story in *ASPCA Action* magazine about Remington, one of our rescue horses (read more about Remington on page 5).

2009: Fought to defend our adoption contract in court and won.

2009: Helped one of our adoptive parents with a high school Participation in Government project advocating for cruelty to horses to be a felony — visit www.cmvhr.org to watch the video.

2010: Assisted the police with a seizure and received a horse — Pops — who was suffering from a gunshot wound and starvation.



2010-2012: Appeared in court on seven separate occasions on behalf of Pops, including 2 1/2 hours of cross examination. His former owner was found guilty of cruelty to animals.

2010: The same young volunteer who rode Pelham Bay in her first horse show in 2006, took him to summer horse camp.

2010: Westport School 1st annual Caps for Crane fundraiser.

2011: Recipient of the Lowe's Heroes Award.

2012: Recipients of an ASPCA grant for quarantine fencing.

2013: Celebrating 10 years of mission-driven work!

WITH DEEPEST GRATITUDE TO OUR 2012 SUPPORTERS

Anonymous—NY *
 Anonymous— OH *
 Adirondack Community Trust—
 Meredith M. Prime Fund—NY *
 Corinne Adams—NY **
 Leisa Almekinder & Kim Courter—NY
 Art & Beth Auch—CT *
 Spencer & Sandra Baldwin—NY *
 Bankers Orchards—NY
 Allen & Gail Barcombe—NY *
 Patty & Larry Bashaw—NY
 Kathy Bedore & Nancy Boyle—NY
 Michele Beehner—CO *
 Jessica Betterly—CO
 Nicole Birkholzer & John Darman—MA *
 Julie & Tom Bisselle—NY *
 Bill & Elsa Boyce—NY **
 Kathleen Bramich-Brack—NY*
 Melissa Brewer—NY
 Richard & Christine Brewer —MO *
 Karen & Richard Brinkmann—NY *
 Sarah & Eddy Brink—NY
 Chester & Mary Broman—NY *
 Chestertown Farms—NY *
 James & Beth Brown—NY
 Randy Brown—NY *
 Mary Buehler-Brandt & Sophia—NY *
 Bruce & Karen Butters—NY *
 Ray & Linda Calabro—ME *
 Jerry & Candi Cameron—NY **
 Caps for Crane—Westport School—NY
 Lino Caputo & kids—NY *
 Sandra Carpenter—NY *
 Diana Chapman—Ontario, Canada *
 Shari & Terry Chase—NY **
 Michael & Marilyn Coffey—NY **
 Jim & Rita Conway—NY *
 Juliet Cook—NY *
 Susan Cook—NY
 Lynne & Bill Coolidge—NY
 Christine Costa—NY **
 Lynne & John Costa—NY **
 Dream Catcher Farms— NY **
 Paul Cotran—MA
 Jim & Marlene Craner—NY
 Marie Culver & Dean Haycock—NY
 Carl Davis— NY **
 Scott & Diane Davis—IL **
 Martha Deming—NY - *
 Meadowtop Art—NY *
 Matthew Donahue & Angela Price—NY *
 Diana Draheim—MA *
 Paul & Alice Duggan— VA **
 Wanda & David Dunn—MA
 Melissa & Dominic Eisinger—NY **
 Em & John Ellithorpe—NY
 James & Karen Esper—MA *
 Karen & Mark Essa—MA
 ExxonMobil Foundation
 Fiona Farrell & Kevin Higgins—NY *
 Full Circle Farm—NY *
 Frank & Peggy Fee—NC *
 Lani Fenimore—NY *

Sheri Folmsbee—NY *
 Karen, Wallace & Brooke Foster—NY **
 Joni Friedman & Andrew Torgove—NY **
 General Electric Matching Gifts **
 Becca & Michael Gillett—NY *
 Beverly & Alfred Giosi—NY
 Jim Glaser —NY *
 Susan Grady—NY *
 Lynn & Kenneth Granger—NY *
 Jeanie Grignon—NY *
 Sue & George Grimes—FL *
 Tracy Grinnell & Gary Frost—NY *
 Lynn Grivakes—NY *
 Mary Halleck & Tom Corrow—NH
 Irene Harbison—NY **
 Stu Harmon—NY *
 Barbara Harper-Hoffman—NY *
 Joyce Haseltine—NY *
 Brenda Hayes—NY *
 Nancy Hayes—NY *
 Jim & Joyce Heckler—NY **
 Erin & Mark Helmken—VT *
 Jan & Mark Higgins—NY *
 Sandy Ho—NY
 Honeybee Community Fund—NY *
 Peter Hopper—NY
 Peter & Susan Howe—NY *
 Susan Howe—MA *
 David P. Hunt—NY *
 Frisky Irwin—NY *
 David & Jane Kastan—NY **
 Susan Kastan—TN & London, England **
 Kristine & Michael Kaye—NY **
 Peggy Kendler—CT **
 Herbert Kimsey & Jean Nigro—MA **
 George & Heidi King—NY *
 Janet Knizak—NY *
 Ed & Lois Konikowski—FL & NY *
 Ernie & Karen LaVine—NY **
 Andrew & Susan Lee—NY *
 Tina & Rich Levy—ME
 Donna & Jeff Lord—CT *
 Gail Lounge—MA *
 Doug & Sarah Luke—NY **
 Gerald Lynn—NY *
 Sally Mack—NY **
 Kristina Macyowskie—NY *
 Greg Mairs & Robert Perry—VT *
 Malcolm & Judyth Martin—NY
 Angel Marvin—NY *
 Joanne & Christopher Mazzotte—NY
 JoAnn & James McKinstry—NY *
 Nadine McLaughlin—NY *
 Graphics North—NY *
 Robyn & William McLean—NY *
 Jean & Terry McMahon—NY *
 Barbara & Gary McNamara—NY *
 Winnie McQuinn—NY *
 Michael McSweeney—NY *
 Linda & Gary Mingin—NJ
 Sally Morehouse—NY *
 Leslie J. Moyer—NY
 Eddie Mrozik & Nancy Van Wie—NY **

Debbie Mull—NY *
 Carol & Nick Muller—NY
 Lauren Murphy—NY
 Sandy & Matt Murphy—NY *
 Carin & Christopher Nardone—NY *
 Tasha Neuroth—MA *
 Sandy Owen & Louis Polese—NY *
 Peter & Patty Paine—NY **
 George & Cathy Painter—NY *
 Brian & Lisa Payne—NY *
 Jay Perlman & Michele McMahon—VA *
 Sven Peterson—NY **
 Anne & Roderick Phinney—NY **
 Mary-Alice Pomputius & Walter Smith—WA *
 Katherine Preston & John Bingham—NY *
 Carl & Jean Preuss—CT *
 Pumpkin Hill Foundation—OH **
 Ronald Ranc—NY *
 Mary Randall & Maryann Sauro—NY **
 Clayton & Sue Reaser—NY
 Betsy Richert—NY *
 Rebecca Richman—CO *
 Rivendell Foundation— NY *
 Stacy & Mark Robinson—NY *
 Renee Rockefeller—NY
 Rosina Rue—NJ *
 Joan & Edward Sackman—NY **
 Robert & Carol Scofield—NY & FL
 William Smith & Suzanne Benedict—NY *
 Dr. Betty Spence—NY *
 Benjamin Sternthal—Montreal, Canada
 Isabel & Maya Sternthal—NY
 Neil & Anne Sternthal—NY
 Stewart's Foundation—NY
 Janice & Joseph Strang—NY *
 Laura Talbot & Tino Zulj—NY
 ATZ Enterprises—NY
 Amy Tonsits—NY
 Nancy & Mike Tracy—NY **
 Libby & Sandy Treadwell—CA **
 Grace Uhlig—NY *
 Pat Valusek—NY
 Verizon Foundation *
 Clara & Michael Verreault—NY *
 Dayton & Sarah Wakefield—VT **
 Dee Wallace—NY *
 Linda Warner—NY *
 Charlene Wedwaldt—VT *
 Charley & Carole West—NY *
 Woody & Elise Widlund—NY *
 Patricia Wilber—NY *
 Robert & Janice Wilson—NY *
 Kristy Wilson & Tim Farquhar—NY *
 Heather Zarccone—FL *

Gifts made in honor or memory of
 loved ones are listed on page 6

** DONORS SINCE WE OPENED OUR DOORS

* DONORS FOR 3 OR MORE YEARS

INSPIRATIONAL KIDS & PARENTS

We first met Isabel in 2011 when her father brought her to our farm from New York City for a father-daughter volunteer work weekend. Her father called us to ask if he and his 8 year old daughter, who aspires to be a veterinarian, could come for a day, help with chores, and talk with us about our program and what we do.

Their visit overlapped with our 2011 veterinary intern, Cassandra, which was perfect because she and Isabel were able to discuss the dedication and commitment it takes to reach the dream of being a vet.

Isabel, a young girl beyond her years asked thoughtful, ethical questions about euthanasia and the difficult decisions we have to make every day. During their visit they met Pops, the Belgian draft who was rehabilitated from an infected gunshot wound and starvation after being brought to us by the police as evidence in a cruelty case. Isabel and Pops developed a fast friendship.

Following their visit, Isabel told us she wrote an article about her experience for *American Girl* magazine. And in July 2012, she sent us a handwritten letter from summer camp to let us know that after meeting some really great horses at camp, Pops was still her favorite and was even more of a role model because after being treated so horribly, he still liked people.



Pops getting some much deserved love from Isabel, Maya, and their parents during a family outing to CMVHR.



Maya and Isabel play guitar and sing at their lemonade stand to raise money for CMVHR.

Last summer, Isabel's dad asked if he, his wife, Isabel and their older daughter, Maya, could come to the farm for a family work day during their summer vacation. He told us that Isabel and Maya set up a lemonade stand and played guitar and sang to raise money for CMVHR, bringing in over \$200. They wanted to present us with the money they raised in person, and spend some more quality time with Pops.

We're not sure who inspires us more in this story, Isabel and Maya, or the parents who support and encourage their daughters' kind and generous hearts, their philanthropic spirit, and the fulfillment of their dreams.

Through our work, we see both sides of humanity. It is this side that keeps us going strong. And it is the loyal support of our donors who make opportunities like this possible for Isabel, Maya and their incredible parents.

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.

Joyce Maynard

TO OUR DONORS WITH GRATITUDE

We can't possibly capture everything from a decade of work in just six pages. We've highlighted a few significant milestones in our timeline. What's not captured there is the breadth of lives your support has touched and for whom your investment in our work has had a positive, lasting impact. For that, we'd have to write a book. Many have told us we should.

For example, there are the horses — hundreds of them — who've gotten a new chance at life. And there are people like Philip, a developmentally disabled adult volunteer who found his voice through the horses and learned, by watching their reactions to him, to anticipate violent outbursts and began to give himself "time outs" to calm down.

And there is Brooke, who at the age of 10, had gifts made to CMVHR for her birthday in lieu of presents for herself. Brooke then started coming to visit and volunteer during her family's summer stays at their home down the road from our farm. We were moved when 8 years later, we received a copy of Brooke's college essay written about us and the influence and impact our work has had on her. And just recently, a horse Brooke got to know and love through her work at college was sold at auction by its owner. Brooke reached out to us to talk through her feelings and then sent us this e-mail. We're proud to know such an inspirational young woman who, over the past decade, we have watched grow up.

I met (horse's name not listed for confidentiality) previous owner yesterday...let's just say we did not exactly get along. I will never understand how he could so casually joke about selling him to slaughter and when I asked where he went the man replied with "All I know is he went to the auction and I got a check back. That's all I care about". This man absolutely disgusted me and I was not careful to hide it. People like him are the reason that people like you guys are so amazing! Thank you for all your help and for the amazing work you two do every day! I am very proud to tell people of all the work you guys do and feel very lucky to know you! Thanks again! Brooke

Here's one more we just have to share about a partnership between a little girl, one of our rescued horses, and the bond they built. Nine years ago, we delivered Remington as a surprise Christmas present for then 12 year old Corinne, daughter of our lifelong friend Michelene, who took care of Nancy's pony, Gingo, for brief periods during transitions in Nancy's life. Remington was rescued from slaughter after suffering a blow to the head from a sledgehammer that was not fatal, but fractured his skull. We recently received this e-mail from Michelene.

Rem is slowing down. He has a few more 'creaky' days when it is cold, his face is much grayer, he has had a few abscesses in his feet recently, but all those maladies melt away when Corinne walks into the barn. I have never seen anything like the attachment that they share. It doesn't matter how long it is between rides, or groomings or just plain visits, (he had a hard time when she was in Australia for 5 months), when she walks into the barn his whole body lights up. Years melt away and he is the horse you unloaded from the trailer, only confident and secure with people. He knickers to her, closes his eyes and dozes as she combs out his mane, stands like a rock when she throws her arms around him.....and he suffers unbearably when she leaves. He is almost nasty to me when I feed him for the next few days. The scene repeats each time she visits.

I marvel at the relationship that a 12 year old girl developed with a horse who was rescued from the kill pen (by the most wonderful equine rescue in the world), and delivered to her door. They learned confidence, trust and patience by being together. His mane absorbed more than a few adolescent tears and his independent personality evoked some strong emotions from Corinne. Together they figured it out, made it work and became the pair that they are today.

Thank you for saving Remington, for sharing him with us, and for supporting both Corinne and Remington in all that they have done. When I deal with him after Corinne leaves, I am reminded of Gingo after you (Nancy) would leave. Special horse-women develop strong relationships with their special equines. I am honored to have been a part of both of those pairings."

**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



Gail Guenther

*"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 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
Bureau, 120 Broadway, New
York, NY 10271.

BOARD OF DIRECTORS

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

SAVE THE DATE

Open House and Tack Sale at the farm
Saturday, July 20 & Sunday, July 21

We have coordinated these dates with
The North Country SPCA. They are hold-
ing the Grand Opening of their new fa-
cility, which is pretty much next door to
our farm, that weekend. CMVHR is the
only accredited horse rescue operation
in Essex County, NY and NCSPCA is the
only shelter dedicated to small animals.

Activities at the farm will include:

- Tack & Equipment Sale
- Farm Tours
- Silent Auction
- Face Painting
- and more....

We are currently looking for donated
items for the silent auction, volunteers
to help, and a sponsor to cover a tent
and porto-potty rentals.

If you are interested in helping or would
like more information, contact Nancy at
horses@cmvhr.org or by calling 518-
962-8512.

GIFTS IN HONOR OF:

Trudy Barrows
Emily Cotran
Deb Feeley
Brenda Hayes
Sven Peterson
Silverado
Isabel Sternthal's birthday

GIFTS IN MEMORY OF:

Cindy Barker
Doris Fee
Carolyn Field
Ricky Harper
Gary L. Hayes
Clarence Lawliss
Ellen Nemecek
Josephine Pagluica
Jessica Rekos, 6, killed in Newtown, CT
shooting
Nanette TerBush
Lady Traveler
Darling Valentino

*Dear Crane Mountain Valley Horse
Rescue— I make this donation in
memory of someone I never knew, but
whose name I want to remember and
whose life I want to honor: Jessica
Rekos, 6, who loved horses and died
much too young in Newtown, CT. Ac-
cording to the news, she loved horses,
so it seems a fitting honor.*

All my best-Jessica Betterly

**By saving the life of one horse, we may not be changing the world, but we are
changing the world for that one horse.**

One day a young boy was standing on a beach on which thousands of starfish had
washed ashore. He was tossing them, one-by-one back into the water.

A man walked up to him and asked what he was doing. The young boy said; "I am
saving the starfish." The man said; "There are so many starfish on the beach.
How could throwing them back possibly be making a difference?"

The young boy leaned down and tossed another starfish into the water and replied;
"It made a difference to that one."

Author unknown