CRANE MOUNTAIN VALLEY HORSE RESCUE, INC.

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The Horse's Voice

WINTER 2026/2027 UPDATE

The best way to find yourself is to lose yourself in the service of others.

Mahatma Gandhi

As we reflect on our 23 years of operation, we do so with gratitude. Every rescue, every recovery, every heart that is healed, and every life that is enriched is because people choose compassion and kindness. People like you, whose support makes it all possible.

This issue of *The Horse's Voice* shares how our vision was ignited. North Country Public Radio (NCPR) featured Crane Mountain Valley Horse Rescue (CMVHR) through their program, *North Country at Work*. Pages 2 and 3 are a reprint of their story. The cover photos are of the pony who started it all.



Nancy on her first pony, Gingo, circa 1969, with big sister, Susan.

Our vision began as a commitment to being a safe haven for horses in need, serving as certified humane agent for law enforcement in cruelty or neglect cases. It has expanded to include our dream of being a place where healing happens for both animals and people, together.



"God forbid that I go to any heaven in which there are no horses."
R. Cunningham Graham (Nancy's high school yearbook photo and quote circa 1982)

The following pages share how your generosity ensures that the animals in our care have the everyday essentials that allow them to live with dignity and peace, most after a life of hardship. You will also read how you help us empower people of all ages and abilities through our community enrichment and experiential learning programs. Rescue isn't for the faint of heart but it is work that fills your heart. The days are long, the weather can be brutal at times, and heartache sneaks in on occasion. But through it all, we 'find ourselves by losing ourselves in the service of others.'

We have had the privilege of serving as volunteers at the helm of CMVHR since its founding in 2003. The support of friends like you lifts us up to face each day with courage, strength, compassion, and commitment. Together, we are changing lives for the better for animals and for people — one life at a time. Thank you for teaming up with us to make a positive difference in so many lives. We couldn't do what we do without you.

With heartfelt gratitude.

Edward Mrozik & Nancy Van Wie, Co-founders

REPRINT: NORTH COUNTRY PUBLIC RADIO STORY

Some people know their calling from the very beginning. Nancy Van Wie had a good idea since she was a toddler.

"My dad bought my sister a pony when she was about 12," Van Wie remembers. "I was three, and I fell in love and knew I never wanted to be without a horse in my life."

The pony eventually became Van Wie's, and they spent years attached at the hip. He lived in her family's house, and she took him with her to college.

"The first week at school, [the pony] was beaten up by another horse, which broke a rib, punctured a lung, and fractured a leg." Van Wie says it would have been a death sentence for most horses. "But I was committed to making him well, so I slept in his stall for six months to help him recover."

That pony was the first of many horses she helped. They kept falling into her lap - first, a horse that threw every rider, then one on its way to the slaughterhouse. She rescued them, and they helped her, too.

"What was happening for me as a human, as a person, as a young person was, every trial and tribulation in my life, there was a horse there to help me through," says Van Wie. "To rescue me from my own thoughts, my own concerns, my own growing pains. There was always a horse by my side."

In the process of rescuing one horse, Van Wie met her husband, Eddie Mrozik.

"And much like the first time I met my pony, the minute I met my husband, I knew I never wanted to be another day without him. And then I learned that he loved horses, and he always wanted a horse farm."

Their idea became the Crane Mountain Valley Horse Rescue, which they co-founded together over 20 years ago. They take horses that have been abused, abandoned, or left behind when owners pass away.





Above left: Eddie and Nancy receiving the Adirondack Community Foundation's 2017 Philanthropic Heroes Award for being "people who inspire by embodying generosity by making contributions to community, a way of life, through giving, volunteering, and leading."

Above right: Eddie with Mommy and her foal, George, during the largest equine seizure in Essex County, New York's history involving 41 horses. Crane Mountain Valley Horse Rescue was the lead humane agent working with law enforcement.

NORTH COUNTRY AT WORK CONTINUED...

"Sometimes it's a few months, sometimes it's many years for their recovery," says Van Wie. "In some cases, they become sanctuary horses. We have one pony now who's 43 years old. He's never going to go anywhere."

Although running a farm like this is a full-time job, it isn't her only one. Van Wie is the Director of Philanthropy at the Adirondack Land Trust, where she's worked for over 20 years.

That hasn't stopped her from dedicating another 40 to 60 hours a week to her rescue farm.

"Just running a farm in and of itself, there's buildings to repair, there's equipment to maintain, there's animals to take care of," said Van Wie. "For me, it's just natural to do it every day. A lot of people get up and go to the gym in the morning, I get up and spend two hours taking care of animals in the morning, and another two hours in the evening." Weekends are full days for Van Wie and Mrozik, who also devotes 40 to 60 hours a week.

The horses they rescue come from all kinds of situations. Van Wie and her husband work with veterinarians and law enforcement to extract animals involved in abuse cases.

In those situations, the animals themselves are evidence in a cruelty case. "So they have to stay with us, but they don't belong to us," Van Wie explains. "We have to continue to care for them, help them recover, and then testify in court on their behalf. They don't have a voice, so we are their voice in those cases."

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 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 - Van Wie says she's "in your pocket."

Van Wie says that 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."

Van Wie 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.

"Horses, what they sense more than they see, is kindness and compassion. And if you give that to them, they give it back."

Van Wie says that being part of the change in an animal's life is just pure magic.



Top photo: Bailey on intake in 2022 suffering from neglect and starvation after having been locked in a stall for more than six years.

Bottom photo: Bailey in 2024 after physical and emotional rehabilitation. Here, she is having her hooves trimmed by our farrier, Tim Felton, with CMVHR staff, Dede, holding her.

EMPOWERING PEOPLE OF ALL AGES & ABILITIES

Community enrichment programs are as critical to our mission as rescuing animals. These programs are offered at no charge to remove the financial barrier to welcome all. Thank you to our donors for empowering us to save animals and heal hearts. Together, we are making a positive difference in so many lives.

This spring and summer, we welcomed groups from a local senior center for multiple visits, high school students from Vermont, residents from Mountain Lakes Services for DayHab, and more.

The photos on the right are from our first visit with residents and directors from the Champlain Valley Senior Community in Willsboro, NY. The group came to learn about our work, meet the animals, and they got to spend some time petting Buck.

It's always fun to hear their stories. One resident grew up with horses and loves riding. She was hoping to hop aboard a horse during their visit. But, alas, we don't offer riding. Another resident has been a farmer his whole life. He enjoyed seeing the variety of animals, especially the cows. It was tons of fun for all. So much so, they came back for a second visit with more residents. (photo below).





Bottom right: Dennis, AJ, and Mark from Mountain Lakes Services during a DayHab program. Since our founding in 2003, we've partnered with Mountain Lakes Services and the ARC to fulfill a shared mission to empower "people of all abilities to live their very best lives."





HANDS-ON EXPERIENCIAL LEARNING

It was a pleasure and a privilege to welcome Champlain Valley Union High School's (CVU) RISE Program to the farm. There were 18 students, two teachers, and their bus driver.



RISE stands for Reflective Interest-Based Student Experience. Through RISE, for the last two weeks of the school year, students step outside the classroom for experiential learning opportunities. This year, the course entailed volunteering for organizations that work with animals, as well as learning about careers that involve animals. The group spent three hours at Crane Mountain Valley Horse Rescue (CMVHR).



CVU is in Hinesburg, Vermont, just an hour's drive from our farm. The school's mission and philosophy are to "educate and empower all students with the knowledge, understanding, skills, and curiosity to contribute to and flourish in a complex world." Their values are "learning–growth–curiosity–equity–community–respect–collaboration–belonging–joy." We embrace and share CVU's commitment to our next generation of leaders, and to all.

During our time together, we toured the farm, shared CMVHR's history, met the animals and learned their stories, and answered thoughtful questions. The students then did volunteer work including brushing horses and cleaning paddocks.

Because everyone in this group came with kindness in their hearts, all our animals (horses, cows, sheep, guinea hen, chickens, goose, and Baloo, our farm dog) sensed peace and gravitated toward them with calm and comfort.

It was a magical day that left our spirits lifted and our hearts full because of their commitment to selflessly giving their time to help others and embracing the opportunity with curiosity and a true desire to learn. Individually and collectively, they are all rising stars. After spending time with this group, the future is looking very bright!

Thank you, Nancy! This was such a special day for our group. You have a wonderful way with students. Your calm, clear instruction and kind heart came through at every point in the day, and the group responded to it. I'm so grateful for this experience--I wish we were closer so I could bring students all the time! Warmly, Lizzy, CVU Field Trip Leader



QUALITY CARE MADE POSSIBLE BY YOU



Our success is not measured by how many animals we have in our care at any one time, but how well we care for the animals entrusted to us while they are here.

Your generous support ensures all of the animals at our farm have shelter from the weather and quality care by veterinarians, farriers, shearers, and other specialists per their individual needs. You also ensure their bellies are full with quality hay, along with grain, medicine, and supplements per their unique requirements.

For example, Mommy has Cushings Disease and takes medicine to regulate her pituitary gland. Rio gets a daily arthritis supplement. All of our animals are dewormed twice annually or as needed based on fecal samples, receive annual vaccines, dental care, and regular hoof care. The list goes on. Your support secures the financial resources to provide the essentials they deserve.

This is the promise we make to each rescued animal who enters our gates. And it is a promise we intend to keep together with you. Thank you for teaming up with us. We couldn't do it without you.

Above right: LBJ having his shoes reset by our farrier, Tim, with CMVHR staff, Dede holding him. LBJ wears front shoes with pads to protect thin soles from bruising and causing abscesses.

Below: Jillie (horse) having sharp points on her teeth filed by our vet, Dr. Amanda, with CMVHR Co-founder, Nancy, serving as a resting table for Jillie who is sedated during the procedure.





Above photo: Rio gets a special gel cushion in his custom shoes for extra support and protection. The green is PlayDoh to block the holes while the gel sets. The PlayDoh is then removed. Rio has battled many issues from laminitis to white line disease and thrush after having been locked in a stall for six years of his life standing in feet of manure and urine. He had no veterinary or hoof care and his hooves were about nine inches too long and curled when he came to us. He has come a long way because of all of you who rally around him and us. Thank you.

LIBERATING THE SHEEP OF THEIR WOOL







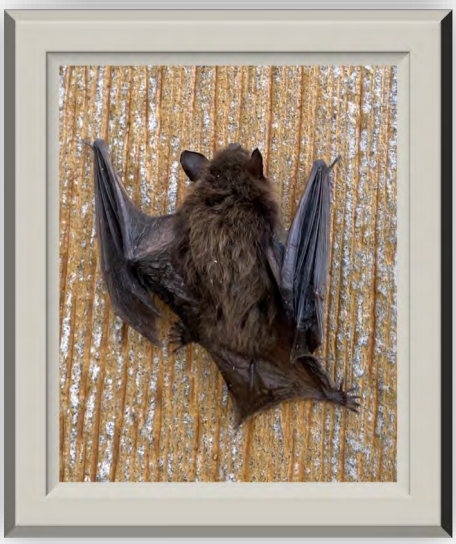
In addition to horses, we also have rescued cows, sheep, chickens, ducks, and a goose. Oh, and this spring, we rescued a bat who was being beaten up by a bird (bottom photo). Rescues come in all species at our farm!

Each spring, our sheep are liberated from their wool before the weather gets super hot. Ariel, Arista, Alana (Little Mermaids) and their friend, Marley (with a black face) are seen here waiting in line to get sheared by our shearer, Colin. They actually love it because they know how good it makes them feel.

Colin is very gentle and the sheep willingly lay down and hold still for the process. This year, he used old fashioned shearing scissors versus motorized. He's a pro and it all goes pretty fast.

The bottom photo is four happy girls after being freed from their wool. With temperatures this summer over 100 degrees for many days, they were extra joyful. The sheep have several sheds located in very shady spots to stay cool on the hot days, with fresh, cold water available at all times.





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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

OVER THE RAINBOW BRIDGE

Heaven gained another equine angel. Pony Boy, age 43ish, passed peacefully in his sleep this spring. Our hearts ache.

Pony Boy came to us in 2019 as part of a compassionate intervention. An elderly man who was battling cancer called to ask for our help with his two horses, two cows, two sheep, and chickens. He was brave to make the call and we immediately responded by bringing all of his animals to our farm to give him time and space for his cancer treatments. Our hope was that he would recover and be reunited with his pals, but sadly, he passed away.

The gentleman was a retired Department of Environmental Conservation officer who found Pony Boy in a forest in the 6-million acre Adirondack Park with a halter grown into his face. He brought Pony Boy home. Pony Boy helped raise his kids and grandkids and was believed to be in his late thirties when we picked him up.

Pony Boy brought joy to all who met him -- animals and humans. He was a star in our community enrichment and education programs, teaching those living with disabilities how to groom and lead horses, helping law enforcement learn how to body condition score a horse, standing quietly for kids to decorate him with Halloween attire during our after school program, and so much more.

Pony Boy was not quite himself one day in April. We showered him with love and when we checked on him that night, he was standing quietly with Mommy (his horse friend), so we kissed him goodnight. When we went out the next morning to check on him, he had passed peacefully in his sleep.

He was laid to rest in one of our fields. He will forever be in our hearts. We will always love you, Pony Boy. Rest in peace little man.

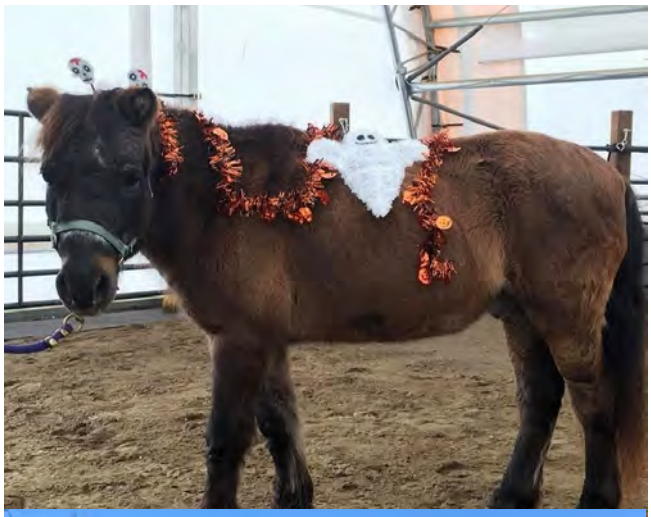






Photo by Hunter Stables, Utah