



Photo credit Stephanie Zahn

2019 Spring Issue

Volume 14, Issue 2

a newsletter for friends of GMTRC

Spring is in the Air!



Happiness is...the smell of a horse barn in the spring! Ahhhh, the sweet scents of horse sweat, manure, leather tack, fresh mowed grass, grain, hay, and mud! Many a new GMTRC visitor has entered our arena and exclaimed, "Oh, my, how I've missed that smell! I rode as a child and I LOVE the smell of horses." What about you? Do you relish Lancaster County and GMTRC with a smile and car windows rolled down, or do you fit in another category?

GMTRC's staff wants to remind our readers that a segment of our volunteers, equines, and participants are rather sensitive to smells. Seasonal allergies occasionally get the best of folks and cause them to miss a lesson. Maybe you've seen our horses offer the Flehmen Response, a hilarious expression with a lifted head and lip, at the smell of a new horse or other unusual odor. Sensory sensitivities definitely impact GMTRC's riders and clinic participants. They often feel overwhelmed by a variety of environmental factors including touch, noise, sights, and smells.

Please remember that sensory sensitivity is kind of like a super-power! Thank you for being understanding and kind to all of our amazing GMTRC friends, both horse and human. Now let us share the fresh-air happenings this spring and summer at the barn!

Rider Snapshot: Meet Audra!



WHERE DID YOU ATTEND SCHOOL? *I went to school through the Lancaster Mennonite School System all my life. I graduated from Lancaster Mennonite High School in 2012.*

WHAT DO YOU DO IN YOUR SPARE TIME, WHEN YOU ARE NOT RIDING AT GMTRC?

I spend my time volunteering in the gift shop of the 1719 Hans Herr House and Museum, and demonstrating the herbal medicines.

WHEN DID YOU TAKE YOUR PRERIDE (FIRST RIDE ON A HORSE) AT GMTRC?

I took my preride in the fall of 2013 on my 21st birthday on Peppy.

HOW LONG HAVE YOU BEEN RIDING?

I have been riding every session at GMTRC for six years.

WHICH HORSES HAVE YOU RIDDEN?

I have ridden on Quigley, Lilly, Radar, Nando, Sam, Lucy and Peppy.

I like riding (my current horse) Peppy, because he makes me think as I ride him. I can't kick him too hard because he is sensitive and I have to pay attention to pulling on the reins (incorrectly) because he doesn't like that. He trots very well for me. Sometimes he trots too fast (for my posting practice) and I have to half-halt him to slow him down.

WHAT ARE THE ULTIMATE GOALS YOU ARE WORKING ON IN YOUR SESSIONS?

I strive to do better each session to have better muscle tone and balance.

WHAT DO YOU LIKE ABOUT GMTRC?

I like the fact that GMTRC doesn't turn away any participant regardless of race, ethnicity, social, mental, emotional, and physical or other kinds of learning disabilities. The volunteers and staff are so caring and kind. An example of that would be last session when I came in for lessons and told my instructor, Linda, that I had a bad day. And she made it better for me by making my lesson a fun time. I like it also because you get to play with horses all the time.

PS - I'd like to give a shout out to Natalie Schaffer for all of her help (as my sidewalker) last year and the ongoing friendship outside of the barn.

Instructor's note: Audra created the questions for this interview and typed them with her answers. We have printed her interview, unedited, with a few clarifications in parenthesis.

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Programs and Instruction: Michelle and Katie

Hello from the barn! Horses, riders, volunteers and staff have all been enjoying the bountiful sunshine this spring, and we are looking forward to a full and exciting summer! **Here are some dates to remember through the summer:**

Special Classroom Visits:

- School District of Lancaster: May 9
- Hans Herr Elementary School: May 14

Session 03: May 13 to June 22

Memorial Day makeups: June 24

Session 04: July 8 to August 17

Adult Horsemanship Clinics from 1-3pm:

May 4 June 8 Aug 10

Special Visits from Aaron's Acres from 10-12:

- June 20, 25, and 27
- July 11, 16, 18, and 23

Parents and caregivers, please notice the new two-week break between sessions 3 and 4. This extra week off at our busiest time will allow us wiggle room to schedule riders and volunteers. We hope it also gives riders, horses, volunteers, and staff a small summer break.

As always, scheduling preferences and questions can be directed to Michelle on the program phone: 717-615-9222.



Our adult horsemanship clinics have been a hit so far this year! The 2019 clinic curriculum works toward the goal of presenting an in-hand show, called a *Showmanship Class*. The participants have been learning the ins and outs of grooming and preparing a horse for a show, and have also been honing their skills for leading, stopping, and making the horse stand square! New participants are welcome. **Save the Date for the final clinic of the season on October 12, as this will be the judged in-hand show!**

We are preparing to welcome back Aaron's Acres summer campers for another full summer of equine learning and experiences. Volunteers, we need your help to make these visits possible, so please contact Myava at 717-203-7388 or sign up online to join in the fun!

Special thanks to all our volunteers who have been helping through the chilly winter and damp spring months. Our horses, riders, and staff appreciate all your help and support!



Above: *Makeda encourages everyone to wear GMTRC logo-wear to the barn!*

Left: *Sam shows a young rider that sitting on Sam's tall back is more exciting than scary!*

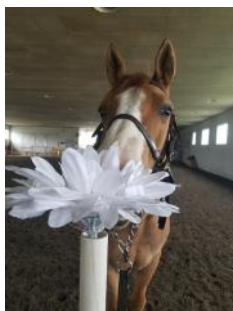


Community Outreach: Heather

We invite you to help us keep GMTRC in the heart and mind of our community. Below are a few ideas for how you can spread the good news of our work and mission, *"to improve the lives of people with special needs through equine assisted activities."*

Keep an eye on social media for current events, such as our GMTRC logo wear sales, horsemanship clinics, and other happenings. Please share posts and invite your friends to follow our page!

Look for announcements regarding donation opportunities through our social media pages within the next few months. We won't ask you to dump a bucket of ice water on your head, but we are



looking at creative ways to share our love of Greystone Manor TRC with others. We invite you to sponsor personal fundraisers throughout the year!

Check out our refreshed website! Read staff and horse bios, find your instructor or horse's picture, enjoy new barn photos, learn about upcoming events, and find out how GMTRC manages horse acquisitions or donations.

Contact Heather Mitterer,
community.outreach.gmtrc@gmail.com
or any staff member.



Volunteer Voices: Myava

Many of you tell us that volunteering at GMTRC is as therapeutic for you as it is for our riders and participants. This makes us immensely proud, because we work to have an open, welcoming, and positive culture in our GMTRC community. You make our work possible, and by doing so make all our participants' successes and achievements possible. We cannot say it enough - **THANK YOU** for everything you do!

We are actively looking for volunteers to join our GMTRC community, and we are hoping you can help spread the word! If you know someone who may be interested in helping out, please encourage them to submit an application through our new volunteer portal! (available on the Volunteers page of our website). We also have printed volunteer recruitment flyers available at the barn which you can post at your church, school, gym, or other community location; just ask Myava or another staff member. [We welcome volunteers with all experience levels](#), but if you have friends who have worked with horses let them know GMTRC is a great place for them to get their horse fix!

VOLUNTEERS OF THE MONTH

Rita Andrescavage (March)
Bob and Phyllis Spotts (April)
Apryl Sweezy (May)

TOP VOLUNTEER HOURS (SINCE 1/1/19)

Robert Crovella - 198 hours
Jessica De Tour - 158 hours
Deb Jeffrey - 144 hours
Melanie Totaro - 134 hours
Troy Hess - 113 hours
Dorothy Tilley - 106 hours
Allyse Van Zee - 88 hours
Abbie Harmon - 73 hours
Adam Bert - 73 hours
Bobbi Schmid - 71 hours



Above: Tito greets barn duty volunteers.



Photo top right: Volunteer schooling riders practice a group trail ride with our horses.

All extra photos: Trail ride scavenger hunts made learning walk-whoa transitions fun!



BOARD OF DIRECTORS

Thomas G. O'Brien, president
Drew Hostetter, treasurer
Mary Beth Schweigert, secretary
Eric Robert Lukacs
Lauren Maxwell
Randy Metz
Terri L. Kutz
Ellen K. Funk
Marilu Garofola
Linda Leiden, board advisor

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 Lancaster, PA 17605-0724

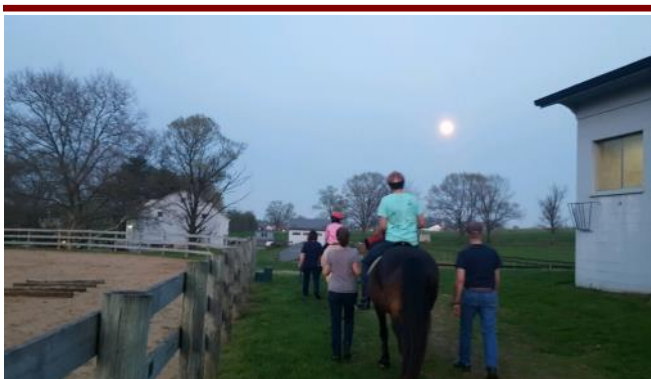
Ph: (717) 615-9222

Please send newsletter comments to:
general.info.gmtrc@gmail.com



Above: Mary rides Lucy on a special team trail ride planned for her birthday. She sat tall, turning to smile at volunteers Dorothy and Melanie, riding Sam and Peppy

Below: Evening students delight in outdoor rides as the days grow longer.



Board of Directors Note: Tom O'Brien

On behalf of GMTRC's Board of Directors, I am thrilled to publicly welcome two new Board members, **Ellen Funk and Marilu Garofola**. These amazing women bring a wealth of experience to GMTRC's leadership. Equestrians since childhood, both ladies have a deep understanding of horses and their positive impact on the human spirit, body and mind. They also understand the nuances, challenges and joys of equine facility management. Their unique life and community experiences, from financial planning to working with people with special needs, will benefit our organization. We love how deeply they embrace our mission and values.



Ellen Funk

Ellen's Super Powers: Citizen's Banker, community connections, and avid equestrian. She finds purpose in helping people achieve their financial and personal goals. Ellen's gift of compassion blossomed early. She earned the Silver Award in scouting by organizing an event for young girl scouts to visit children with special needs at Schreiber Pediatric Center. She feels honored and grateful for the opportunity to join GMTRC's Board.

Marilu's Super Powers: Affection for family, dedicated student, and happy horsewoman. Marilu manages a busy family life with her husband, Dan, with whom she has three young adult children. Completing her Masters degree in Early Childhood Education while finding time to care for and ride her Canadian Sport Horse X Dutch Warmblood make her a time management pro. Marilu feels that joining GMTRC's Board is a perfect fit, combining her love of horses with her dedication to children. She's excited to be a part of a great organization!



Marilu Garofola

Ellen and Marilu are ready to "spring" in to action to assure GMTRC's ongoing success and growth. Thank you for helping them feel welcome, valued, and included at the barn.

Tom

Greystone Manor Therapeutic Riding Center is a non-profit organization with 501(c)(3) status.

From the Barn: News about Terri!!!

And she makes three! Guess who acts as our weekend barn manager, maintains a busy career in the insurance industry, owns and rides her own horse, manages our night check volunteers, leaps manure buckets in a single bound, volunteers as a horse leader and sidewalker, trains new volunteers, and now has joined GMTRC's Board of Directors? Our own *Super Woman in Purple*, Terri Kutz!

When asked what she likes best about GMTRC, Terri replied, " ...my favorite thing is walking in to the barn first thing in the morning, turning on the lights, and being greeted by all of the whinnies from the horses who are so happy to see me. It's also the smiles and excitement from our riders as they face their goals, then watching them work so hard with the help of their favorite horse or pony and team to reach those goals successfully!"

