



Winter 2020 Volume 15, Issue 1



Jen with Opi

RIDER SNAPSHOT: MEET JEN!

The last rider to dismount in December 2019 was Jen Sahd. We were thrilled to learn more about her, her passion for riding, and her experiences at GMTRC!

How long have you been riding at Greystone Manor Therapeutic Riding Center "GMTRC"? I started riding in February 2013, so 2020 will be my 8th year.

How did you learn about GMTRC? I first heard about Greystone Manor Therapeutic Riding from my Certified Peer-to-Peer Specialist, Pam Saylor. I am very thankful for her recommendation and encouragement.

Which horses have you ridden/worked with? I have ridden on Bailey, Neptune, Peppy and Opi.

Which horse is your favorite? My favorite horse is the one I am currently riding, Opi.

Why did you choose to ride at GMTRC? At first I didn't think I could do it, but I have always had a love of horses and always wanted to ride a horse. So this was an opportunity to learn more about horses and interact with them in a safe environment.

What is your favorite thing about GMTRC? My favorite thing about GMTRC is how much everyone there loves the horses. The staff is friendly, the barn is clean and the horses are very well taken care of. I receive a lot of encouragement from my instructors and other staff members.

Why did you decide to do the horsemanship clinics in addition to riding? The Clinics allow for more time with the horses and instructors and I like to learn more about grooming and riding and preparing for the horse show and other events.

What would you say to someone who is considering therapeutic riding? I would tell them that they would enjoy the companionship of the horses and staff. The horses are willing to do what you want them to do if you learn the right way to communicate with them. Riding has helped me to realize that I have potential to learn new things and it is something that I look forward to doing every week.

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2020 Dates to Remember

Session Schedule

Session 1	February 3 - March 14
Session 2	March 23 - May 2
Session 3	May 11 - June 20 (Make-up for Memorial Day - June 22)
Session 4	July 6 - August 15
Session 5	August 31 - October 10 (Make-up for Labor Day - Oct. 12) (Make-up for Horse Show - Oct. 17)
Session 6	October 26 - December 5 (Make-up for Thanksgiving - Dec. 10)

Daily Lesson Schedule

Mon	9, 10, 11am, 4:30, 5:30, 6:30, 7:30 pm
Tues	4:30, 5:30, 6:30, 7:30 pm
Wed	9, 10, 11 am; 4:30, 5:30 pm
Thurs	4:30, 5:30, 6:30, 7:30 pm
Sat	9, 10, 11 am

Adult Horsemanship Clinics

(Ages 16 & up) Saturdays from 1—3 pm
(registration required)

March 14
April 11
May 9
June 13
August 8
October 10

Special Event Dates

- Horse Show - Sept. 12
- "Mane" Event - Oct. 24
- Celebrate GMTRC - Dec. 6

Visit our website for more information:
www.greystonemanortrc.org

Programs and Instruction: Michelle

Happy New Year from the barn! Looking back at 2019, we are thankful for a successful, safe and fun year with our therapeutic riding students.

Here are some highlights from the 2019 year:

- GMTRC was privileged to welcome 18 new students to our lesson program.
- GMTRC welcomed 60 returning students back to the barn for our lesson program.
- GMTRC had fun field trips this past year with School District of Lancaster and Hans Herr Elementary School.
- GMTRC had Aaron's Acres Campers visit seven times over the summer.

Looking ahead to 2020, we are excited to begin our mounted lesson programming, as well as our adult horsemanship clinics. Planning has begun for special field trips too.

GMTRC is eager to develop new partnerships in 2020 to meet our community's needs. If you know of potential program participants, whether groups or individuals, invite them to call the program phone, 717-615-9222. We would love to meet them!

Speaking of partnerships, keeping our horses happy and healthy would not be possible without several area equine specialists. GMTRC would like to thank: Kopec Veterinary Clinic, Dr. Rachael Shuster, farrier John Strunk, Parelli professional Dan Roser, saddle fitter/equine recovery specialist Alisa Pitt, and Centered Riding Instructor Debby Hadden for playing an important role in helping our instructional and barn staff maintain a well-managed team of equine therapists.

We welcome new and old friends back to the barn in 2020 and look forward to a wonderful year ahead!

Parents and caregivers, you are our ultimate partners! Please note the following:

- Scheduling for lessons is completed on a first come, first served basis upon receipt of ALL completed 2020 paperwork.
- Question about the forms required? Please contact Michelle at 717-615-9222 or email programs.instruction.gmtrc@gmail.com
- Billing or business questions? Please contact Sandi @ 717-844-1798 or general.info.gmtrc@gmail.com

"Mark your Calendars" for our 2020 Special Events:

GMTRC Horse Show:

Saturday, September 12, 2020

The "Mane" Event Gala:

Saturday, October 24, 2020

Celebrate GMTRC Rider & Volunteer Award Ceremony:

Sunday, December 6, 2020



2020 Adult Horsemanship Clinic Series (Ages 16 and up):

Do you want to learn how to groom, tack, lead and take care of your horse? Join us for our Adult Horsemanship Clinics that take place on Saturdays from 1 to 3pm. The cost per clinic is \$50.00. Clinics will be offered the following dates in 2020:

March 14

April 11

May 9

June 13

August 8

October 10

To sign up, please call or email Michelle at 717-615-9222 or programs.instruction.gmtrc@gmail.com

Community Outreach: Heather

Thank you to everyone who supported GMTRC through Lancaster County Community Foundation's 2019 ExtraOrdinary Give on November 22, 2019. We raised \$14,333 from gifts from 124 donors. The stretchpool puts GMTRC's total over \$15,000! **THANK YOU!!**

In 2019, GMTRC's Facebook page generated \$1,104 in donations through personal fundraisers. If you are interested in starting a personal fundraiser on your Facebook page benefitting GMTRC, please let us know. We can help you get started!

GMTRC is running its first Facebook contest **January 28th through March 1st!** Help us recruit more followers, and you could win a \$15.00 Target Gift Card! Check out [our Facebook page](#) today for details on how to enter!



For Community Outreach questions, please contact Heather Mitterer at community.outreach.gmtrc@gmail.com.

Volunteer Voices: Bobbi

New year, new forms! Don't forget to submit your updated 2020 Waiver of Liability, Volunteer Acknowledgement, and if needed, PA Clearances. Thank you to all who have completed these forms! **We must have these forms completed before volunteers are able to sign up to volunteer in 2020.**

To access these forms, visit our website at www.greystonemanortrc.org/volunteers. You can also obtain these forms at the barn office.

How to submit your updated forms:

1. Upload into Better Impact by signing in, clicking on the "My Profile" Section, then clicking on "Additional Info," then scrolling down to the Clearances and Forms Section.
2. Bring your clearances to the barn office.
3. Scan your clearances and email them to vol.coordinator.gmtrc@gmail.com
4. Mail your forms to GMTRC at P.O. Box 10724, Lancaster, PA 17605-0724

New Volunteer Orientation (NVO) - Save these dates for New Volunteer Orientations. Contact Lindsay at 717-203-7388 or vol.coordinator.gmtrc@gmail.com or log into your Better Impact account to sign up.

02/29/2020

08/15/2020

04/18/2020

09/26/2020

06/06/2020

11/21/2020

Show Your Gratitude!

Help us recognize volunteers going above and beyond the call of duty. Fill out a volunteer recognition slip in the barn to nominate someone for "Volunteer of the Month."



Meet Lindsay Steiger

GMTRC's New Volunteer Coordinator

Hello.

Lindsay joined the GMTRC team on February 3rd!

Where are you from? I've lived in Columbus, Ohio for the last three years and was also a Buckeye as a kid, so I consider Ohio to be where I'm "from" and call home. I also lived in North Carolina for a few years before returning to Ohio again!

What's your background? I was a Faculty Manager with Kaplan Prep and Achieve. I've also held roles as a horseback riding lesson instructor and volunteer coordinator at a local horse barn back home and served our local animal shelter as a Volunteer Coordinator and Adoptions Counselor. I am so excited to get back to my true love of working with horses in the community! I obtained my Bachelors of Science in Organizational Leadership from Wright State University in Dayton, Ohio with a minor in Youth and Community Engagement. I am currently navigating the process of pursuing my Master's in Social Work!

What excites you about starting at GMTRC? So much! I am so excited to be a part of the community surrounding the riding center. I am eager to meet everyone and learn about their role at GMTRC as well as outside the facility. I'm also excited to be working with horses on a daily basis and sharing an "office" with so many people who have similar interests! I am most excited to learn and grow with everyone and am so happy to be able to make a difference in someone's day, every day, at work!

Tell us more about yourself. I have a "zoo" at home as my husband calls it! I've always loved animals and we (read: me) have two cats, a dog, and a thoroughbred who raced until he was 8- he's 11 now! I married my husband, Blake, in May last year. He is from Harleysville, PA and we recently moved to the area to be closer to his side of the family, which I love! Outside of animals and nature, I also enjoy photography and hiking. My husband and I often take weekend road trips with our dog, Sonnie, to spend time outdoors. I love going out and taking pictures of birds and other wildlife.

Connect with Lindsay today at the barn, on the phone at 717-203-7388 or via email at vol.coordinator.gmtrc@gmail.com!



"Behind the Scenes" at the Barn

The barn aisles are clean. The hay stall is stocked. The horses are exercised and ready for lessons. Thank you, volunteers! In 2019, 137 Barn Duty volunteers and 28 Schooling volunteers (some of these volunteers are overlapping) donated a total of 6,345 hours to GMTRC. In this issue, we highlight their service.



Volunteer Spotlight: Joann & Jillian Gorner

For some horse lovers, volunteering at GMTRC is a family affair! We have several pairs of parent-child volunteers, including Joann Gorner (mother) and Jillian Gorner (daughter)! Joann is a customer service representative for Photonis Defense in the Burle Industrial Park. Jillian, 17, is a junior at Hempfield High School who also works part time at Weis Markets. Joanne gave the following interview to ED Jenn Rummel:

How did you hear about GMTRC? We heard about GMTRC through a coworker of mine. I work with Abbey Overmeyer's father and he told me about it.

How long have you been volunteering? We have been volunteering for a little over 3 years. We started in October 2016 when Jillian was 14 years old.

What are your jobs and hobbies outside of horses/equine care? Jillian enjoys taking pictures, especially of sunrises and sunsets. I have also been spending the last year doing some small renovations and lots of re-decorating to our house. I also enjoy some gardening in the nicer weather.

Why did barn duty appeal to you? We decided on barn duty because Saturday mornings fit our schedule and it gives us a chance to learn about horses and barn care.

Which horse is your favorite? Cassie was our favorite but we love all of them for their different quirks and personalities.

What advice would you give to someone who is considering barn duty? Wear old clothes and don't make plans to go anywhere before you can get a shower.

Thank you to Joann and Jillian for the time they donate to GMTRC and for their willingness to do this interview!



Ellen with Peppy and Miyagi

Schooling Riders: Thank you, Ellen!

The Board and Staff of GMTRC wish to thank Ellen Barnes for over 10 years of service directing GMTRC's schooling program. In February 2020, Ellen will step down and a new coordinator will take over. Ellen shared her rich GMTRC history and experience with us during an interview.

When did you join GMTRC as an employee? I started volunteering in 1993, became an instructor in 1995, was head instructor from the spring of 1997 through December 2008 and returned to being an instructor in 2009.

When did you start directing the schooling program at GMTRC? I believe it was fall of 2009. I moved my own horse Jax, to Greystone and it was part of the agreement I made with the Board of Directors to start a schooling program along with paying board. We were riding in January of 2010 for sure!

Do you have any specific schooling memories you can share? When we were in the early days of schooling, we did a lot of drill teamwork in pairs. We had a large number of horses and riders working at the same time in limited space- this allowed us to work together to adjust pace as we have a variety of sizes of horses and ponies working together. When the rider skill and horse soundness allowed, we did Walk, Trot, Canter patterns. It is very rewarding to see a group of horses and ponies moving in harmony at varying gaits and directions on a pattern.

Tell us about how you started the schooling program. When I started schooling there was no planned group riding except instructors; it was inconsistent. I offered to coordinate a group ride for select volunteers to exercise the horses weekly, with goals of both improving our horses fitness, flexibility, etc. and increasing our volunteers' skills around horses. At the time it was considered unsafe to school during therapeutic riding lessons, so we set up Friday evenings-the only weekday our horses were not in classes. I set up the protocol for volunteers to become approved schooling riders. There are currently 15 volunteers approved in addition to instructors. We typically have a core group of about 6 riders currently on the evenings I coordinate; few people in school or working full time are able to come every single week.

What will you miss about schooling on Friday nights? I very much enjoyed seeing the special bonds developed between horse and rider as the horses taught riders better, kinder and more effective horsemanship skills. Seeing the improvement in not only riding, but also all horse-related skills bettered the program as well as the volunteers and helped our horses by being more consistent.

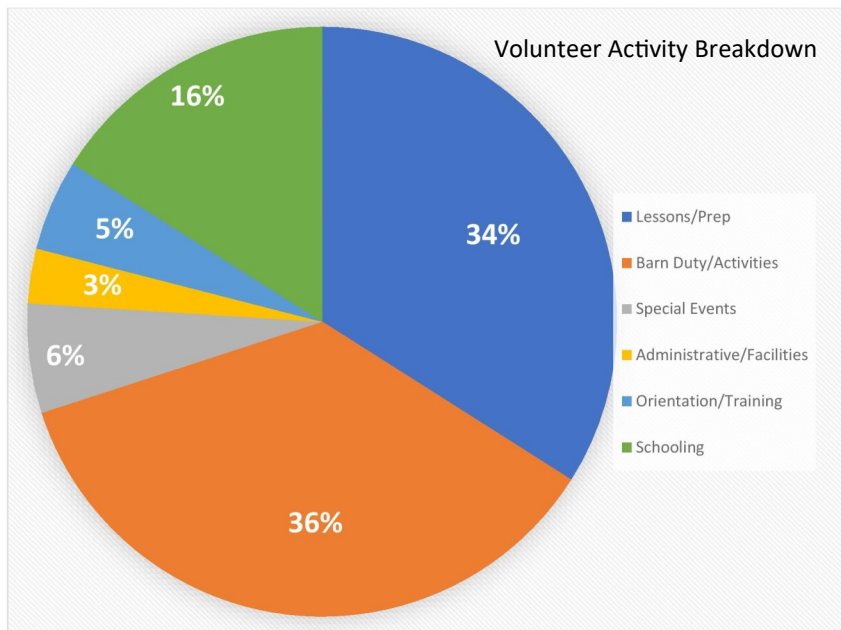
The schooling program is designed to keep GMTRC's therapeutic program horses as physically and mentally fit as much as possible by including an "able-bodied" rider to their schedule. To learn more about the schooling program or the requirements to become a schooling rider, contact Michelle at 717-615-9222.

2019 In Review...

Our INCREDIBLE Volunteers!

In 2019, over 150 volunteers donated a total of 12,051 recorded hours to GMTRC. Volunteer duties fell into six general categories: (1) Lessons and Lesson Prep, (2) Barn Duties and Barn Activities, (3) Special Events, (4) Administrative/Facilities, (5) Orientation and Training, and (6) Schooling of the horses. **Note: most volunteers participated in more than one category of volunteering.** Thank you to all of our volunteers for making GMTRC's work possible!

Volunteer Breakdown				
Activities	Volunteer Hours	Percentage	Volunteers #	Percentage
Lessons/Lesson Prep	4057.35	34%	227	32%
Barn Duties/Activities	4395.82	36%	137	19%
Special Events	704.86	6%	104	15%
Administrative/Facilities	322.25	3%	16	3%
Orientation/Training	622.17	5%	193	27%
Schooling	1949.48	16%	28	4%
	12051.93	100%	705	100%



GMTRC's Top Volunteers for 2019

1. Anonymous * - 2,064 donated hours
2. Melanie T.- 489 donated hours
3. Dorothy Tilley- 396 donated hours
4. Bobbi Schmid- 261 donated hours
5. Adam Bert- 229 donated hours
6. Troy Hess- 223 donated hours
7. Jessica DeTour- 222 donated hours
8. Sue Knadig- 210 donated hours
9. Abbie Harmon- 201 donated hours
10. Donna Spurri- 200 donated hours

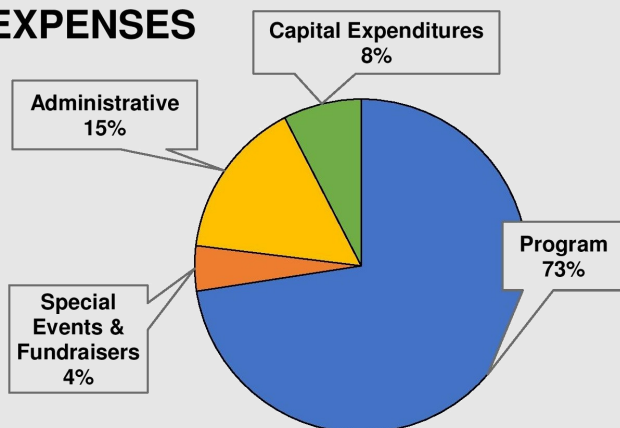
* Four top donors gave a total of 2,185 hours. Their donations were 629 hours, 555 hours, 512 hours, and 368 hours respectively. These donors wish to remain anonymous.

There's room for you too! Are you interested in donating your time to our facility? Contact any member of our GMTRC team for more information or visit our website at www.greystonemanortrc.org.

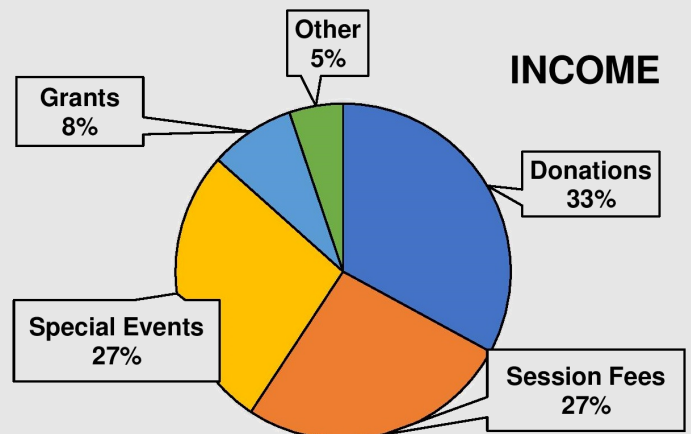
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Our Budget-2019

EXPENSES



INCOME



BOARD OF DIRECTORS

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Drew Hostetter, treasurer
Mary Beth Schweigert, secretary
Randy Metz
Terri L. Kutz
Ellen K. Funk
Marilu Garofola
Kristin Glass

MAILING ADDRESS:

PO Box 10724
 Lancaster, PA 17605-0724

Ph: (717) 615-9222

Please send newsletter comments to:

general.info.gmtrc@gmail.com

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

From the Barn Aisle: Lisa and Terri

GMTRC is looking a little brighter thanks to the 140 new energy saving bulbs installed by Troy Hess, winner of the 2019 GMTRC Teddy Award. In addition to giving more light to barn, the bulbs are designed to save on GMTRC's energy costs.



Wintertime at the barn can be challenging. Our horses require proper ventilation so volunteers need to dress in layers to stay warm and wear footwear that has good traction to walk through snow and ice to and from the pastures. Yaktrax shoe products can be helpful for traction.

Our farrier has fitted our horses with snow pads, which help in preventing snow/ice build up and then walking in snowballs.



Thank you to our barn duty volunteers who continue to give their time over the winter break!

Facilities manager, Troy Hess, accepts the "Teddy Award" at Celebrate on December 8, 2019 from Ted Dzubinski. The "Teddy Award," named for Ted Dzubinski, is awarded to the volunteer who is most willing to help at GMTRC.

Executive Director's Note: Jenn Rummel

Dear Friends:

Welcome to 2020! A new year is here, and our team is excited for another opportunity to serve you! We were touched by your support during the Fall 2019 fundraisers. Thank you to all of the donors, volunteers, and attendees who made our horse show, our "Mane" Event gala, the Extraordinary Give, and our Celebrate! event successful! This year, we are investigating the idea of a new event where we honor our top volunteers. We are also researching our ability to bring new programming to GMTRC.

Our first annual report will be coming out shortly. We look forward to sharing our growth with you. As always, we sincerely appreciate your contributions that enable us to carry out our mission. It would be my pleasure to offer anyone interested in learning more about GMTRC a personal tour of the barn.

From our herd to yours—have a great year!

Jenn

Front row (L to R) Deb, Alice, Katie, and Jenn.

Back row (L to R) Troy, Michelle, Terri, Ellen, Heather, Linda, and Diane

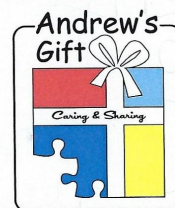
Not pictured: Sandi, Lee Ann, Bobbi, and Lisa

Joining our team soon: Kelly, Katie, and Lindsay! Stay tuned!



Did you know??

Andrew's Gift is now in Lancaster County! Andrew's Gift is a non-profit that provides opportunities for individuals with autism to access the following: fitness programs, swim lessons, therapeutic horseback riding, summer camps, and more! Visit their website for more details!



Andrew's Gift

P.O. Box 6014

Harrisburg, PA 17112

Phone: 717.814.3300

Fax: 813.741.6911

andrewsgift26@gmail.com

andrewsgift26.com

[.com/Pages/AndrewsGift](https://www.facebook.com/Pages/AndrewsGift)

Remembering Our Founder, Carol P. Henkel

GMTRC is deeply saddened by the loss of our founder, Carol P. Henkel, on December 23, 2019. In 1981, Carol saw a need and worked to fill it to ensure individuals with disabilities would achieve greater heights through riding



horses. Today, we proudly carry out her vision with the help of our volunteers and donors. The board and staff at GMTRC wish to express our deepest sympathies to Carol's family and friends. Thank you to all who gave in her memory. GMTRC will mount a plaque in Carol's honor during an event in the spring.

Carol P. Henkel

December 18, 1930 - December 23, 2019