



Welcome, Steph!

Stephanie Fleck has joined GMTRC as our new Program Director! Please join us in welcoming her to the program! We asked her to share some information about herself. Here is what she said:

I grew up with a love for agriculture, horses in particular, which led me to graduate from Wilson College with degrees in Equine/Equestrian Management and Equine Facilitated Therapeutics. I've been fortunate to use my education to work professionally in the industry for close to a decade; although it doesn't feel like it has really been that long. During that time, I've enjoyed working with a variety of students and special interest groups to develop lessons and programming designed

to meet their own unique set of interests, needs, and goals.

Of course, this wouldn't be possible without the amazing 4-legged members of the team who literally carry the program on their backs! I believe the best programs create an environment where horses can thrive. I look forward to sharing my experience in facility management, training, and conditioning to support the good work that is already happening at GMTRC.

Throughout my career I've also enjoyed developing volunteer training programs and mentoring instructors in training who are on their own journey towards certification in equine assisted therapeutics. In addition to being a member of PATH intl. I've been blessed to be involved with the Council for Education and Certification in Therapeutic Horsemanship as a board member, chair of the Education committee, and certification faculty.

What brought me to Greystone and what excites me about joining the team is the passion that I see from this community. The commitment to excellence, dedication to those that we serve, and hunger for growth makes this an exciting place to be and I'm thrilled to be able to be a part of this journey with all of you! I'm eager to meet and get to know everyone in the weeks and months to come and discover all that this program has to offer.

Going Virtual

The COVID-19 pandemic complicated our regular fall celebrations. The "Mane" Event, which is traditionally held at Bent Creek Country Club in October, was unable to take place in-person. Funds generated by the annual gala are critical to delivering equine-assisted services to our riders. Due to some thoughtful and creative planning by the gala committee, this year GMTRC brought the gala into the homes of our GMTRC family with the first ever GMTRC "Mane" Event VIRTUAL gala on January 16, 2021.

The event, hosted by Outreach Coordinator Heather Mitterer, Program and Volunteer Assistant Kristina Weaver, and former GMTRC board member Tim Keller from H.K. Heller, was broadcast live from the Chestnut Hill Farmhouse in Manheim. The live presentation, which can currently be viewed in its entirety on our website, featured pre-recorded clips detailing inspiring rider stories, visits with the horses, and volunteer highlights.

Thanks to sponsorship from Garman Builders, Thrivent, and Deer Country Lawn & Farm, Inc., a gift from Kissel Valley Farm, significant contributions from our supporters and generous bids on auction items, the organization exceeded its goal of raising \$40,000 for its 40th anniversary.

We hope you will join us for our 11th annual "Mane" Event Gala to be held in-person at Bent Creek Country Club on Saturday, October 23rd. Sponsorship opportunities are available.



Thank you to Comfort Suites in Manheim for the donation of their Chestnut Hill Farmhouse for our live broadcast!



Tim Keller from H.K. Keller joined Outreach Coordinator Heather Mitterer and Program & Volunteer Assistant Kristina Weaver to host the virtual fundraiser at the Chestnut Hill Farmhouse.

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CONGRATULATIONS, BOBBI!

Bobbi recently accepted a promotion to the Volunteer Coordinator position.

Q: Tell us about your history with GMTRC.

A: I joined the GMTRC team as a volunteer, January 2007, after seeing a help wanted ad in the local paper. I started off just like all newbies as a sidewalker, one hour a week. At the end of the year, I had accumulated a whopping 25 hours. Little did I know what was going to happen down the road. The years that followed I participated in every volunteer clinic that was offered, read a lot of books and attended clinics and events outside of Greystone. I wanted to learn everything there was to learn about our amazing herd. Before I knew it, I was volunteering 4 nights a week and had joined the PM Barn Duty and Prep teams. In 2015, I started to help the Volunteer Coordinator with data entry. This was before we started using Better Impact so everything was done manually with stone tablets and chisel! It wasn't until 2017 that I officially joined the staff and became the Assistant Volunteer Coordinator and just this year became the Volunteer Coordinator.

Q: Tell us about your background with equines.

A: I received my very first horse when I was less than 2 years old. It was actually a big black rocking horse that was meant for my older brother but he didn't want anything to do with it. It was love at first sight for me. I would ride him for hours. My mom always knew where I was because she could hear the springs squeaking. Growing up, I never could afford to own my own horse but that never stopped me from riding. I would save up my money and would go trail riding every chance I had. As an adult, I became a counselor for many years for an advanced horseback riding camp. I was assigned a black stallion named Zorro. He lived up to his name! After being in a bad car accident, I had to give up riding for many years. Then I was introduced to GMTRC, and the rest is history.

Q: What most excites you about taking on the position of Volunteer Coordinator?

A: Working with our volunteers. I enjoy seeing them learn and grow, not only in developing a relationship with our herd but also with our riders...giving them a sense of self confidence and a good feeling of self-worth.

Q: What would you like volunteers to know about our program?

A: GMTRC provides an avenue for people to try something new and different whether they have experience or not working with horses and/or the special needs community. It doesn't matter who you are or where you come from, we will

find the perfect niche for you.

Q: What is your favorite thing about GMTRC?

A: I can't pick just one part of GMTRC; I love the sound of horses munching on hay, to their soft nickering when they greet you, seeing smiles on our rider's faces, watching the sun peeking up over the pastures early in the morning, to providing our volunteers an escape from the real world for a short period of time. Who can forget our two cats, Tito and Miyagi, who entertain all of us!

Q: Is there anything else you would like to add?

A: We could never take for granted the hard work that EVERYONE does (human, equine & feline). We see it, and we appreciate it. Together we all work as a team to enhance and encourage the lives of individuals with special needs and to help GMTRC to grow and be valued in our community and beyond.



**CAROL HENKEL MEMORIAL
"WINNERS' CIRCLE"
CELEBRATION**

Honoring Greystone Manor TRC's Top Volunteers of 2020
Barn & Grounds at Greystone Manor Therapeutic Riding Center
1063 Hartman Station Road, Lancaster, Pennsylvania

Saturday June 5, 2021 6:00 P.M.	Social Hour & Belmont Stakes Viewing	Hors d'oeuvres and drinks will be served
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**This Event is by Invitation Only
Sponsor Opportunities Coming Soon**

VOLUNTEER SPOTLIGHT: MEET SHAUNA!



Shauna Masia is a weekend barn duty volunteer at GMTRC. She has a special relationship with therapeutic horse, Wiz.

When did you start volunteering at GMTRC?

Roughly 2018 is when I started.

How did you find out about GMTRC?

I found out online research. Also my counselor encouraged me to find something to help me with my stress; she suggested this program.

What activities do you do as a

volunteer?

I do barn duty every Saturday. I bring the horses in, groom, feed, check waters, muck, fill hay, or other things if needed.

What is your favorite thing about volunteering?

My favorite thing is giving Wiz his applesauce that he licks out of my hands. Also grooming him too. (You can do the joke with everyone knows that's MY horse and it's a running joke saying that's "my man").

What would you say to someone who is considering volunteering?

Go for it, the more hands the better. Also giving back to the special needs community is awarding considering I am one of them. Also taking care of the horses is rewarding too.

MEET KRISTINA, GMTRC'S FIRST PROGRAM & VOLUNTEER ASSISTANT

Q: Tell us about your history with GMTRC.

A: I started at GMTRC in February of 2020 as Programs Support Coordinator. I am still in that position, along with a new position of Assistant Volunteer Coordinator. My Job title is now Program and Volunteer Assistant.

Q: Tell us about your background with equines.

A: I rode at a show barn from when I was 10 years old until 18. The style of riding that I did was called saddleseat. I went to small shows and competed with other kids my age. It was so much fun and I knew that I wanted to be involved with horses forever! After high school, I worked at several stables. I did everything from mucking stalls and feeding to riding and schooling horses. I had my own horse for a few years, an American Saddlebred. I graduated from Veterinary Technician school in 2015 and went on to work with small animals for several years. But I missed horses! I got back into the equine world in 2019, and started at Greystone in 2020.

Q: What are you most looking forward to with regard to your new position?

A: I am really looking forward to interacting more with the volunteers and students. Horses are therapeutic in nature and I'm excited to see more of the positive impact that working with them has on others. I'm excited to help our riders and volunteers progress and improve their equine skills. I am looking forward to more in-person learning and activities in 2021.

Q: Tell us something interesting that you learned from your time at GMTRC.

A: I have learned a lot about Therapeutic Riding so far! I always knew how horses made me feel, but I didn't realize how amazing they were for so many people. Walking into the barn can truly change your day for the better. I also do schooling riding at Greystone with a great group of people, who have tons of horse experience. I like learning from them and improving my horsemanship skills.



Kristina and Lucky at the barn.

Q: What is your favorite thing about GMTRC?

A: My favorite things at GMTRC are the horses and the people. The horses are amazing, so well-trained and patient. I have met so many selfless and generous people here. Everyone truly cares so much about the horses and the program.

Q: Is there anything else you would like to add?

A: I started at Greystone in early 2020; needless to say, things didn't go as planned last year! It was impressive the way everyone stayed positive and made the best of things. We were able to modify some activities and keep in touch virtually with the students. The horses continued to receive the most excellent care. I'm looking forward to an even better 2021!

OUR VOLUNTEERS ARE INCREDIBLE!

The GMTRC Board and Staff thank EVERYONE who donated their time in 2020!

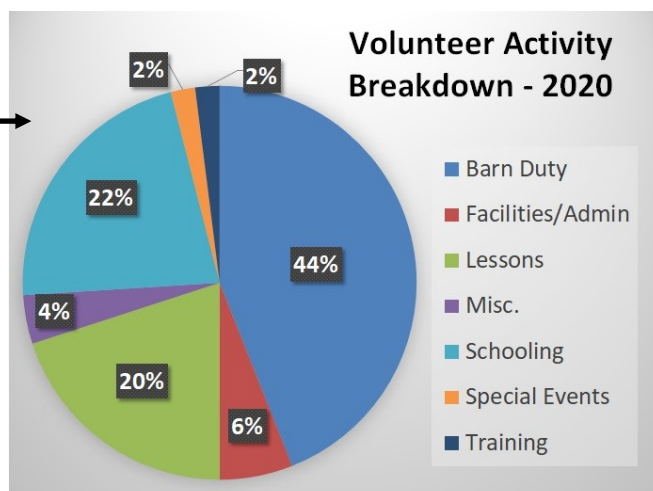
Over 150 volunteers donated over 11,000 hours in 2020.

Right - a breakdown of volunteer activities by time commitment.

Below - a list of volunteers who donated over 200 hours of time in 2020.

Volunteer	Hours Donated in 2020	Volunteer	Hours Donated in 2020
1. Anonymous**	2,314.75	6. Adam Bert	336.64
2. Bobbi Schmid	417.25	7. Troy Hess	272.46
3. Melanie Totaro	402.68	8. Kristina Weaver	254.89
4. Dorothy Tilley	367.91	9. Michelle Kaster	203.50
5. Megan Venerick-Giffin	350.82	10. Justina Hertzler	202.00

** Four top volunteers declined to receive recognition for their incredible time commitments. These volunteers recorded 822.50, 558.01, 520.00, and 414.24 hours of volunteer time in 2020.



VOLUNTEER VOICES: BOBBI

2020 was a rough year all around! 2021 seems to be picking up where 2020 left off. However, I must say that because of all of our dedicated volunteers, GMTRC was able to stay open and continue operating on a limited basis. Our herd was well cared for, riders stayed connected to their favorite horse and we even pulled off a successful Horse Show. Kudos to everyone for your commitment to GMTRC!



Session 1 started on February 1st and is running very smoothly with 24 riders. Session 2 which starts on March 22nd will be considerably larger. If you haven't submitted your 2021 volunteer forms (Waiver and Acknowledgements), please get them in. I will need all-hands-on-deck. If you can't commit to a full 6 weeks, don't worry, being a sub is greatly needed and appreciated. If you need the forms, let me know and I will see that you get them. It is also very important that you update your availability in your portal. Please make sure Session 2 and the appropriate days and times of availability are checked off.

GMTRC would simply not be possible without the efforts of those who give of their own hearts and spirit. I thank our volunteers for their tireless dedication to our mission!

WELCOME MARILYN!



Marilyn joined the board in early 2020

I have worked in the employee benefits industry since 1990, 11 years with Aon Consulting and for the last 19 years with StoudtAdvisors, a local benefits consulting firm. I'm from Horseheads/Elmira New York, and went to Juniata College (BS in Psychology) and then a Masters Degree in Special Education from Shippensburg. I was on the Board of the Lancaster Humane League for several years. I was limited in doing much volunteering while working full time (and having a lot of travel) and raising a daughter.

But with retirement in the near future, I look forward to getting more involved in volunteer opportunities.

A coworker had told our staff that a Board opening was available and I learned about GMTRC. It sounded very similar to an organization that my niece has participated in for years- Ivy Hill Therapeutic Equestrian Center in Bucks County. Her experience made a huge difference in her life and both she and her parents were amazed at the value.

When I heard about this Board opportunity, I very much wanted to get involved in this type of organization-partly because of my education and I have always loved horses. Watching my niece grow from her participation in her organization showed me the value of these programs and the difference they can make in a child's life.

I look forward to learning more about GMTRC and being able to contribute to their growth and continued success. The people I have met so far-volunteers, staff and Board members have made me very happy that I joined this wonderful organization.

WELCOME CAROLYN!

Carolyn Strohm, a certified public accountant with the Walz Group in Lancaster, is the newest member to the GMTRC Board of Directors!

Carolyn first visited the barn with her niece's son, who is one of our riders. After a second visit and a tour with the Executive Director, Carolyn generously offered to donate her time during the 2020 Horse Show.

Through her visits to the barn, Carolyn observed the benefits and opportunities GMTRC delivers to the local special needs population, and she was inspired to join the board. She says "I am looking forward to contributing in ways that benefit the organization and hope to see growth in services for riders. I truly believe in GMTRC's mission of empowering the lives of individuals through equine assisted activities and I see the passion that all of the volunteers bring which is inspiring and motivating." Welcome, Carolyn!



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GATHER THE REINS OF GROUP TR LESSONS

Have you ever wondered why some GMTRC lessons are private and some are conducted in a semi-private or small group setting? Read on to explore the thoughtful planning of lesson scheduling and enjoy a few rider stories.

All riders and horsemanship students at GMTRC begin their sessions in a private setting, allowing our PATH Intl. certified instructors one-on-one time to carefully observe and get to know the student, assist in postural and socio-emotional needs, coach and set measurable horsemanship and personal goals, and help the student establish a special bond with his or her horse and trained volunteers.

Private lessons may remain the norm for some of our students due to safety, personal preference, or a lack of appropriate scheduling opportunities in a semi-private or group setting. **But when two or three students can be placed together appropriately by age and ability in a lesson slot, the synergy is often magical!**

Susanne and Audra have been riding together in a semi-private lesson for over six years. Together, they have cheered each other on from the earliest days of seeking to stay centered, relaxed, and tall on their horses, with the support of horse leaders and side-walkers. These ladies have progressed to riding dressage patterns off lead at the walk and posting at the trot with independent management of transitions and gait speed. They joke that they are trying to eliminate the jobs of their lesson volunteers! Susanne and Audra have consistently benefited from observing what one does really well and the other is still trying to attain; turn taking offers opportunities for visual learning and verbal expression of their observations and reflections. The bonds they hold with their equines are heartwarming precious. We especially love how these ladies and their families have established a strong community of friends amongst everyone who appears at the barn on Tuesday evenings.

Jada and Allegra brighten the barn with their exuberance for horseback riding and their beloved ponies. These high-energy girls came to GMTRC several years ago with very different challenges. One accelerated slowly with her riding skills and one quite steadily. Serendipitously, they met at last September's GMTRC Horse Show, excitedly waiting to show in the same class. A fast friendship formed. We observed how similar their skill development had become and sought the opportunity to pair them in a lesson. By the next session, the girls were gaining new skills beyond posting at the trot, such as turn-taking, playing cooperative games, gaining spatial awareness and safety in the arena with a riding partner, sharing compliments to help tackle fear and anxiety, and challenging one another to push goals and stay focused for the duration of their lessons. There's a lot of giggling on Thursday nights, but also growing responsibility and love of a sport where they feel accomplished and successful... together!

Riders Michael, Emily, and Mary hold long list of similarities. All three are delightful, primarily non-verbal young adults. Due to their schedules, these riders have alternated between private and semi-private sessions with each other. This year they will likely ride in a group with two of GMTRC's instructors. Creative lesson planning for the threesome will include: awareness of their horse and others, turn taking, extended endurance and correct posture, mounted group exercises and stretches, and postural and skill based games. Playing Leap Frog, Red Light- Green Light, Musical Chairs, and the Hokey Pokey on horseback is a lot of fun! Mounted games intentionally invite riders to: benefit fully from the three dimensional movement of the horse, follow multi-step directions, improve stability and balance, increase proprioception and core strength, challenge sensory processing, and increase spatial awareness in the arena.

Horsemanship Clinics are a unique opportunity for GMTRC participants to work from the ground with our trained therapeutic equines in a small group setting with careful supervision. Groundwork is especially sensory and relational, beneficial to current riding students as well as non-riders, and allows for physical, cognitive, socio-emotional learning in a relaxed, unplugged, outdoor setting with a like-minded group of GMTRC friends.

We invite you to "join up" with GMTRC and find the beauty of shared horsemanship!

Rider registration: 717-615-9222 or
programs.instruction.gmtrc@gmail.com
Volunteers: 717-203-7388 or
volunteer.coordinator.gmtrc@gmail.com.



Jada (above) and Allegra (below) encourage and inspire each other during their semi-private lessons.



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

FROM THE BARN AISLE: LISA AND TERRI

Our barn staff and volunteers have been busy winterizing the barn during these colder months. After each snowfall, the team must clear paths from the barn to the pastures to prevent the horses and volunteers from slipping during turn-out and afternoon barn duty. While in the pastures, the horses feed on hay during the winter.

Generous portions of hay help the horses maintain body heat and help to maintain their digestive systems. The GMTRC team uses heated water troughs to keep the horses hydrated and prevent the equine water supply from freezing. Thank you to all of our barn duty volunteers, who make equine care and lessons possible over the winter!



EXECUTIVE DIRECTOR'S NOTE: JENN RUMMEL

Dear GMTRC Family:

At last 2020 has come to an end! We are all looking to the coming year as life slowly starts to progress back to normal. We've already had some exciting developments in 2021! We held our first virtual gala on January 16th from the beautiful Chestnut Hill Farmhouse in Manheim. Thanks to supporters like you, we exceeded our goal of raising \$40,000 for our 40th anniversary.



We hired a new Program Director! We added a new board member in January. Two of our team members received promotions! You can read all about those exciting additions within the pages of this newsletter.

To our entire GMTRC family—our volunteers, our donors, and our riders and their families, we wish you the very best in 2021! As always, thank you for your continued support!

Sincerely,

Jenn

2021 DATES TO REMEMBER

Session 1 February 1—March 13
Session 2 March 22—May 1
Session 3 May 10—June 19
Session 4 July 5—August 14
Session 5 August 30—October 9
(Make-up for Labor Day—Oct. 11)
(Make-up for Horse Show—Oct. 16)
Session 6 October 25—December 4
(Make-up for Thanksgiving—Dec. 9)

DAILY LESSON SCHEDULE

Mon 9, 10, 11 am; 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
Mar 13 May 15 Aug 14
April 10 June 10 Oct 9

2021 EVENTS

Horse Show - September 18
"Mane" Event Gala - October 23
Celebrate GMTRC - December 5