



2016 Summer Issue

Volume 11, Issue 2

a newsletter for friends of GMTRC

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Spend a fun summer morning learning about horses from a different perspective at our new children's horsemanship clinics.

These fun, educational clinics will feature both group and individual activities, with plenty of opportunities to interact with our horses. Horse handling can improve riding skills, including confidence, understanding and the horse-human bond.



Photo right: Ashanti proudly showing off her handmade mask of her buddy Neptune, with volunteer Hannah and Neptune sharing the moment. Great job, Ashanti!

Sign up for our new children's horsemanship clinics!



Clinics will be offered 10 a.m. to noon on June mornings. Cost is \$30 per session. No two clinics are the same. Riders can attend a single clinic or all six!

Themes include:

- Communication from Horse to Human—Tuesday, June 14
- Communication from Human to Horse—Thursday, June 16
- Games with Horses—Friday, June 17
- A Day in the Life of a Horse—Tuesday, June 28
- Cleaning Up for a Show—Wednesday, June 29
- Games with Horses—Thursday, June 30

Teens and adults may attend our monthly Saturday afternoon clinics.

For more information on any of our clinics, contact lead instructor Karen Weber-Zug at 717-615-9222 or lead.instructor.gmtrc@gmail.com

New and returning riders are filling the arena and heading outdoors to enjoy the beautiful weather! Monday mornings and the 7:30 p.m. time slot Mondays, Tuesdays and Thursdays continue to be "quiet times" at the barn. Many riders are working in small groups, sharing their instructor with partner riders. Everyone is having fun and enjoying the challenge of their lessons.

Quite a few riders are working on off-lead activities. "Off-lead" refers to times when the leader is not holding a lead shank attached to the horse for control. These riders vary in the degree of independence they have from volunteer team members. Some have the leader nearby and some do not. This achievement requires control of self and horse, so if you know someone participating in off-lead activities, give them congratulations.

Other riders are working on endurance, balance, directing and perfecting directing the horse. Some of our riders are

working on posting the trot. This refers to an up and down motion in rhythm with the horse's movement.

Our riders are working on a wide variety of goals and skills. The common denominator is that each rider is working hard. As I observe lessons, I see determined looks and growing confidence in our riders.

Take a moment of your time at the barn to watch what's happening in lessons. Relish the achievements of our riders.

Photo: Toren relishing his success!



Beloved pony **Cedarmark Rascal** joined GMTRC's family in 2003, as a donation from the Ephrata Area Young Farmers Association. Sadly, due to illness, "**Rascal**" crossed the rainbow bridge on April 7.

Lead Instructor Karen reminded all of us to please remember the good times for Rascal. He loved his job and his time at GMTRC. Many of our current teenage riders began by riding Rascal and still liked to say "hi" to him before their lessons. He influenced many lives. In re-



turn for his service, Rascal received love from riders, volunteers, instructors and staff.

Lee, another GMTRC instructor, adored Rascal and noted, "He was always a trooper, but he definitely lived up to his name sometimes! Thanks to all who took such excellent care of him, and thanks to him for giving such joy to so many. Rascal, you will be missed!"

A plaque in Rascal's memory will soon be added to our Legacy Fence.

New website—

Heather Mitterer

Greystone Manor TRC has a new website! Check out the new and improved look, and don't miss the creative bios of our favorite four-legged guys and gals. Keep an eye out for staff bios to come in the next few months, as well as other additions, such as FAQs and clinic information.



Support from the community allows Greystone Manor TRC to offer equine-assisted activities to those with special

needs. Lessons improve quality of life, build relationships, encourage independence, and foster learning in a nonjudgmental environment. Whether the improvements are physical, cognitive, or social, every rider gains by participating in equine-assisted activities.

- You can make a financial donation.
- You can sponsor a horse.
- You can donate a horse.
- You can volunteer your time and talents.



and a generous gift

GMTRC was recognized and presented with a donation from the **Lititz AMBUCS** in May. We had the opportunity to stand alongside many incredible community organizations. If you know of a local organization, church or community group that would like to hear about GMTRC's program, mission and goals, please email Heather at

community.outreach.gmtrc@gmail.com



www.greystonemanortrc.org

Summer weather welcomes wonderful changes at GMTRC. We delight in meeting many new riders to our program, thrill in greeting returning volunteers from busy school schedules and shine under hats and sunglasses as lessons move into the fresh outdoor weather.

The following tips will help riders, their families, caregivers and guests make it a SAFE SUMMER at GMTRC:

- Arrive early or on time. Roadwork and busy schedules often hold us up. Horses live in the moment. They want to greet you when you're breathing calmly and moving slowly! If you are running late or planning a vacation, please advise our staff by calling the program phone, 717-615-9222.

- Enter safely. Riders, caregivers and guests should always enter via the large Lesson Entrance door to avoid walking through a busy barn aisle full of horses. If the Lesson Entrance door is locked, please knock softly.



- Lesson viewing: Parents and caregivers, if your rider's lesson moves outdoors, you are welcome to watch! Please exit via the Lesson Entrance door and turn right toward Route 23 along the parking lot. Just beyond the building, you will find a small wooden gate through which you can enter. Take an immediate left down the paved drive that leads from the barn aisle garage door to the lane.



Walk slowly along the lane to find the bench under the trees under-planted with ivy. Please do not pop out from the bushes, make loud vocal or gate noises, or move quickly. Horses are prey animals whose instincts tell them to run from fast or sneakily approaching predators!

- Siblings: Please no running or "horseplay" around the horses!
- Dress for the weather -- and the barn! Riders, please continue to wear long pants and ankle-covering socks to avoid stirrup leather rubs. It's OK to change in our large bathrooms before or after your lesson.
- Flies: They are a part of barn life. We will spray the horses but let you manage yourselves. Aversion to smells or chemicals? Let us know.
- Hydrate! Bottled water is always available in the Volunteer Room.
- Thank you for remembering the **ABCs** of barn safety

– Always Be Careful!

Safety tips for volunteers

Sandi Pearsall

Thank you for volunteering at Greystone Manor TRC. We appreciate the time and dedication you give to our program, riders and horses.

Your safety — as well as the safety of our riders and horses — is our highest priority. In order for everyone to have a safe and fun experience at Greystone Manor TRC, please carefully read the following safety measures and procedures. If you have any questions, please ask an instructor or staff member.

- Do not enter the stalls and paddocks, or handle the horses in any manner without a staff member present.
- If you arrive to an empty barn, wait for a staff member or authorized volunteer. In the meantime, you can get out tack and grooming boxes, sweep, check the bathrooms, pick up poop in the arena, dust and perform other chores that you feel confident handling and are appropriate for the activities scheduled for that day.

- Enter the building through the lesson doors (barn doors) instead of walking down the aisle when horses are in cross-ties. If the doors are locked, enter through the other door, but be aware of your surroundings.
- Remain calm around the horses. Refrain from making loud noises, fast movements or excited gestures.
- Do not park in the spaces marked "Reserved." Those spaces are specifically reserved for the apartment residents and their guests.
- Please keep the parking spaces closest to the lesson entrance open for our riders.
- If you see a potential safety issue, speak up. It's better to be cautious and say something than remain quiet and watch an accident take place.

Contact Volunteer Coordinator, Sandi Pearsall, at
vol.coordinator.gmtrc@gmail.com
or call/text **(717) 203-7388**.

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MAILING ADDRESS:

PO Box 10724
Lancaster, PA 17605-0724

Ph: (717) 615-9222

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

Have you liked us on Facebook? Are you following GMTRC on Twitter or Instagram?



Instagram

Twitter

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If not, please join us for fun photos and updates about the barn and upcoming events. We hope to see you on social media!

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

Message from Tom O'Brien

The rallying cry of GMTRC's recent Vision Committee meetings seems to be, "Let's broadcast the amazing success stories happening every day at the barn!"

In this spirit, GMTRC's Board of Directors and staff chose to consider a few special horses and humans for the Professional Association of Therapeutic Horsemanship International's annual awards. Some categories left us stumped. We simply could not choose one student, staff member or friend for certain awards. Two choices were nearly unanimous. We therefore nominated Troy Hess as Volunteer of the Year and "Hobbit" for Equine of the Year.

Troy came to volunteer orientation 10 years ago not knowing much about horses or people with special needs. He simply wanted "to help." What an understatement! Troy has become a most dedicated volunteer, able to fix any maintenance issue in a single bound, delight all



From left: Logan, Nathan, Troy and Ellen

students with his gentle nature and lead every equine into quiet submission. Even 27 inches of PA snow will not keep him from barn duty!

Donated by the High family to GMTRC in 2003, Private First Class "Hobbit" enchants everyone he meets with his wide Welsh Pony eyes and adorable expressions. Who could count the number of students who took their first exciting laps around the arena, seeking balance, strength, focus and stability in his saddle? Never a pushover and always a kind teacher and friend, this 26-year-old pony asks his riders to correctly cue him through their lessons and safely trains new volunteers in horse attitude and behavior.



On behalf of GMTRC's Board of Directors, congratulations to Troy and Hobbit, and to every horse and human who offer their time, heart, talent and dollars to GMTRC's riding and horsemanship students.

Thank you, *Tom*

Email:

president.gmtrc@gmail.com

Our Mission, Vision & Core Values

Mission

To enhance the lives of individuals with special needs through equine assisted activities.

Vision

To grow as a diverse equine assisted activities program of distinction that is valued in our community and beyond.

Core Values

Dignity—We treat everyone in our Greystone Manor TRC family with the highest level of dignity and respect everyone's contribution to the program—whether large or small.

Safety—We promise to "do no harm" either therapeutically or environmentally.

Professionalism—We utilize trained instructors and volunteers to ensure program excellence.

Community—We cooperatively work with members of the community to build upon the network of opportunities available for individuals with special needs.

Transparency—We operate in an environment of trust and integrity offering full disclosure of our program.

Health and Happiness—We strive to provide a fun environment for all participants in conjunction with a focus on the health and happiness of our human and equine stakeholders.