

Ride With Pride

Summer 2022
Volume 17, Issue 2

Greystone
Manor
Therapeutic Riding Center

Worth the Wait!

On April 23, 2022, GMTRC's "Celebrate" committee put on an incredible event at the barn. Volunteers and program participants gathered to enjoy a delicious meal, play fun games, compete over raffle prizes, and (of course) accept awards for their achievements during the previous year.

A full list of the 2021 Rider/Participant and Volunteer Award winners, turn to page 2 of this newsletter!



Top Right: the GMTRC staff take a group photo after their streamer unraveling contest.

Bottom Right: Program participants and volunteers enjoy lunch together at "Celebrate" on April 23, 2022 at the barn.

Above: Guests peruse the prize table provided by Primitives by Kathy.

All photos provided by Dan Armstrong.

Honoring Our Heroes

The last two years have presented unique challenges to our community. We want to thank our local heroes who helped us through the COVID-19 pandemic at this year's Horse Show: *Horses and Heroes!*

Some heroes heal. Some heroes protect. Some heroes respond. Some heroes inspire. We proudly celebrate all of the unsung heroes in our lives at the 2022 Horse Show: Horses and Heroes.

GET INVOLVED!

1. **Be a Sponsor or Advertiser:** Advertising starts at just \$50. Class Sponsorships are \$300. Contact Sandi at 717-844-1798.
2. **Volunteer:** We need help in every aspect of planning the event - from designing to dining, we need you! Contact Bobbi at 717-203-7388.
3. **Spread the Word:** GMTRC is still seeking a Title Sponsor. Help us to expand our connections. Contact Jenn at 717-844-3941.

In this issue...

- "Celebrate" was Worth the Wait: Event recap and list of winners
- Volunteer Trainings Return to GMTRC!
- Volunteer Spotlight: Congrats to our Grads!
- Programming: Silver Saddles is Growing!
- Our Third Annual Winners' Circle Celebration
- Participant Spotlight: Nathan's Great Milestone Achievement
- ED Report: Volunteer Connections
- From the Barn: Recent Facility Improvements

Greystone
Manor
Therapeutic Riding Center

HORSES AND HEROES

2022
ANNUAL HORSE SHOW
SEPTEMBER 24, 2022

WWW.GREYSTONEMANORTRC.ORG

Congratulations to the Winners!

The GMTRC staff presents awards to both volunteers and program participants every year at “Celebrate!” The following awards were handed out on Saturday, April 23, 2022 at the barn for activities and service completed during the 2021 calendar year. Thank you to the event committee for putting together a great event!

“CELEBRATE!” 2021 – PARTICIPANT AWARDS

Ken Menne Rider Award (for the most conscientious participant) – Winner: **Cordell Hebensberger**

Janelle Conley Award (for having best attitude and a willingness to try with a smile) – Winner: **Tracy Darlington**

Most Improved Award – Winner: **Carolyn Turner**

Rising Star Award – Winners: **Anavah Viselli, Isabella Shasky, and Penelope Wheeler**

Courage Award – Winner: **Zoe Soderblom**

Horse-Human Connection Award – Winners: **Regine Theodore and Michael McCans**

Most Energetic Award – Winner: **Xavier Pringle**

“CELEBRATE!” 2021 – VOLUNTEER AWARDS

Ken Menne Volunteer Award – (for the most conscientious volunteer) – Winner: **Dakota Lewis**

Schooling Team Spirit Award (for most hours spent in the saddle) – Winner: **Dorothy Tilley**

Fitbit Award (for trotting over 10,000 steps) – Winner: **Donnalee Mylin**

Professional Sidewalker Award (for keeping our riders safe!) – Winner: **Logan Harr**

Film Star Award (for excellence in promoting GMTRC!) – Winner: **Catherine Smith**

Cookie Award (for demonstrating excellence in fundraising) – Winner: **Cookie Sandoe**

Teddy Award (for the best all-around volunteer) – Winner: **Melanie Totaro**

Rising Star Award Winners (for showing great progress since starting as a volunteer at GMTRC) –

Winners: **Judy Davis, Judy Heckel, Emily Drennen, Maya Kirsch, Callie Yellets, and Camila Marques**

Preppy Award (for making our lesson horses shine!) – Winners: **Anne Hopkins, Karen Rodruan, and Linda Ross**

Step Up Award (for willingness to help out in a variety of ways!) – Winners: **Beth Kauffman and Elena Amlie**

Spur of the Moment Award (for willing to substitute at the last minute) – Winners: **Katherine Acker and Lois Gerlach**

Sure I Can Do That! Award (for volunteers who demonstrates a positive attitude!) – Winners: **Kathy Phillips, Emily Landis, and Chelsea Digon**

“Hay Dude” (and Dudette) Award (for lifting, stacking, pushing, pulling 120,000 pounds of hay!) – Winners: **Matt Neideigh, Jeremy Giffin, Adam Bert, Troy Hess, Megan Venerick-Giffin, Gaby White, Donna Spurri, and Lisa Carvell.**

Thank you to Dan Armstrong for the photos!



Volunteer Trainings Return to GMTRC!



Photo Credit: Rachel Wertz

We're happy to announce that after a long [COVID-related] hiatus, GMTRC is jumping back into some new volunteer training opportunities! Each quarter, we'll be announcing a series of training and educational opportunities with a range of topics to interest folks from every aspect of our volunteer program.

It doesn't matter if you've been a volunteer for years, or just a week; it doesn't matter if you help in lessons, or barn duty, or special events; it doesn't matter

what your experience level is! We will have something for you and we encourage everyone to attend!

Morning and evening times are available for each topic to help accommodate the hectic schedules that our volunteers juggle. Check the barn's bulletin boards and our social media accounts for more information about these quarterly training series. We hope to see you there!

In addition to the quarterly series, we'll also be offering Leader clinics. These clinics will have opportunities for both new and experienced horse leaders to expand and grow in their skills. This training is necessary for anyone interested in becoming a leader in lessons, and highly encouraged for volunteers already filling those roles! Please don't hesitate to reach out to either Steph (sfleck@greystonemanortrc.org) or Bobbi (vol.coordinator.gmtrc@gmail.com and 717-203-7388) with any questions!

Volunteer Spotlight—Bobbi

Congrats to our Grads!

Hats off to our 2022 volunteers who graduated high school this year!

Congratulations, Kyra!

Kyra Kepner graduated from J.P. McCaskey High School. She plans to attend Texas Christian University and focus on International Affairs with a focus on history and economics.



Congratulations, Samantha!

Samantha Walsh graduated from Penn Manor High School. She will be attending the University of North Texas to get her degree in biology and study to be a Physician's Assistant.



Congratulations, Lydia!

Lydia Hamer graduated from Hempfield High School. She plans to attend Susquehanna University as a Marketing major, with a possible minor in business or English.



GOOD LUCK TO ALL 2022 GRADS!

Thanks Spring Cleaning Volunteers!



On Saturday, April 9th, GMTRC's volunteers spruced up the barn and facilities during the 2022 Spring Cleaning Event! 18 volunteers (including 4 from Millersville University) pitched in to get our facility and grounds ready for the Celebrate and Open House events.

They cleaned bathrooms, lobby, feed room, toy room, volunteer room, grooming boxes, arena toys, windows in arena, program doors and arena doors,

removed cobwebs in wash stall, indoor arena and stalls, wiped down indoor arena gates, and mucked pastures.



Silver Saddles is Growing!

In the Spring of 2021, we were thrilled to launch the "Silver Saddles" Program at GMTRC. This program, designed specifically for individuals 55-years and older, promotes physical, intellectual, and personal growth, as well as a positive community connection.

Throughout the four-week course, participants experienced the incredible bond that can be built between horses and humans, all while learning the basics of horse behavior and handling. Needless to say, the program was a big hit! With a successful year under our belt, our staff at GMTRC said, "why stop there?"

As a result, "Silver Saddles 2.0" was born! Silver Saddles 2.0 is an extension of the original program, allowing participants to expand and build on the knowledge and skills developed in the original program. Our pilot series has just ended, and we are delighted at the growth that the participants have experienced in just four short weeks. So, on the heels of success, our staff have once again said, "why stop there?"

After seeing the incredible progress of the participants and listening carefully to their feedback, we find ourselves prepared to expand the program yet again and we're eager to announce a riding-based program for our Silver Saddles community!

The Silver Saddles participants have worked diligently to develop their relationship with their horses on the ground, and now they'll have the opportunity to put those skills to use from the saddle. For this reason, only individuals who have completed the first two courses in the Silver Saddles series are eligible for the riding-based program at this time. We look forward to launching this new phase of the Silver Saddles series this summer. For more information, or to sign-up for any of the Silver Saddles courses, please contact us at pvasistant.gmtrc@gmail.com or by calling 717-615-9222.



Upcoming Silver Saddles Programming Dates:

Silver Saddles 1.0: (Tuesdays in October 2022)
Oct. 4th, Oct. 11, Oct. 18th, and Oct. 25

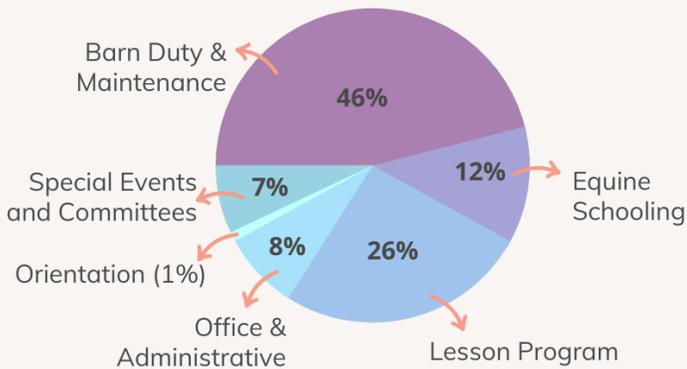
Silver Saddles 2.0: (Tuesdays in November 2022):
Nov. 1st, Nov. 8th, Nov. 15, and Nov. 22nd

The Winners' Circle Presented by Primitives by Kathy

In 2021, more than 150 volunteers donated 11,878 hours of service to our organization. GMTRC's staff and board hold a party at the barn every spring called "the Carol Henkel Memorial Winners' Circle Celebration" to honor a special group of volunteers: individuals who donated more than 150 hours in the previous calendar year.

This year's Winners' Circle Celebration was held on Sunday, May 22, 2022 and celebrated 25 incredible volunteers who donated a total of 6,733 hours in 2021!

In 2021, GMTRC's Volunteers Donated 11,878 Hours



Check out our event partner: *Kathy's Circle of Friends*

CAROL HENKEL MEMORIAL "WINNERS' CIRCLE" CELEBRATION

Presented by
PRIMITIVES BY
Kathy

CONGRATULATIONS TO THIS YEAR'S HONOREES*!

Melanie Totaro, Dorothy Tilley, Megan Venerick-Giffin, Bobbi Schmid, Adam Bert, Troy Hess, Ellen Barnes, Diane Garrett, Kristin Glass, Phyllis Spotts, Dakota Lewis, Courtnee Rank, Bob Hoffman, Odessa Sweezy, Donna Spurri, Ciara Lewis, Anne Hopkins, Hanna Zimmerman, Emily Zahn, Ruth Daniels, and Shauna Masia.

**Several volunteers asked to remain anonymous*



Our mission goes far beyond our product offering.

Combining our passion for creativity with our culture of caring, our philanthropic efforts continue to drive us toward greatness.



Kathy's Circle of Friends is a 501(c)(3) non-profit organization founded by Kathy and supported by Primitives by Kathy's volunteering employees who host themed social events for adults with varied abilities, encouraging socialization, friendship and a sense of community.

TO LEARN MORE, VISIT [KCOF.ORG](https://www.kcof.org)

Nathan's Great Milestone: 40 Years of Riding!

Nathan Buckwalter is celebrating 40 years of therapeutic riding in 2022! His family is excited to share his story and experiences leading up to this incredible milestone!

Tell us about

Nathan: Nathan was born February 2, 1978, and two years later, we were told he has Cerebral Palsy. Nathan never let his disability get in the way. After "graduating" from Easter Seals (E.S.), he went to the Worship Center for his elementary years, followed by Ephrata Junior High and Lancaster Mennonite High School, where he graduated in 1997. Nathan joined as many clubs and activities as he could. His all-time favorite activity was Challenger Baseball. Nathan has always been involved in a church, has been in the youth group, and has helped with a youth ministry. He now attends Victory Church near his home, where he helps with the kids' ministry.



Nathan and Kojak in 1983

One year after graduating high school, the Office of Vocational Rehabilitation selected Nathan to participate in a nine-month program at the Hiram G. Andrews Rehab Center in Johnstown, where he learned how to be a cashier and drive an adaptive car. He was then employed by McDonalds of Ephrata and transferred to Greenfield. He worked at the Greenfield McDonald's for 13 years until he was replaced by a kiosk! He now volunteers at Blessings of Hope, a food bank ministry in Leola. In 2000 Nathan moved to Lancaster with a buddy in a bachelor pad!

How long as Nathan been riding at GMTRC? Nathan has been riding with this program since Spring 1982. So, as of March 2022, Nathan has been riding for 40 years!

How did you first learn about the program and get started? He was enrolled in Easter Seals (now Schreiber Center for Pediatric Development) and when he was 3 years old, we found out about a therapeutic riding program through E.S. in Quarryville. I would drop him off at E.S. and he would get on a bus with an attendant and go to the riding program. We then found out about a program that Carol Henkel had started and we signed up for that program (which is now GMTRC).

How has therapeutic riding and GMTRC impacted Nathan? Nathan gets so many benefits from riding. He tends to be tight due to his Cerebral Palsy and getting on the horse to ride helps him with stretching. GMTRC's program is a fun companion to traditional therapy. Getting out and meeting people at GMTRC is something he enjoys.

What are your favorite things about the program? Nathan says "I love the horses and their different personalities and the wonderful staff and volunteers. I am grateful for the lift." Parents Ray and Nancy add, "We are blown away by the dedication of the board" [both Ray & Nancy were both board members at one time]. "The dedication of the staff and many volunteers are a bunch of special people. We have met so many wonderful people through the years."

What advice would you give to someone who is considering starting therapeutic riding or therapeutic equine assisted activities? It is a wonderful program and we have heard so many accomplishments of riders through the years. Nate's physical therapists have already noticed a change in Nathan since he started riding again in the spring.

Why should the community support GMTRC? It is an expensive program to operate and does so much good for many types of disabilities. The community needs to support GMTRC.

"Thank you so much to all involved!!! Nathan receives physical and social benefits from riding at GMTRC! He enjoys the interaction of the leader and sidewalkers." -Ray & Nancy Buckwalter



Nathan riding Sampson alongside Instructor Ellen Barnes, Horse Leader Diane Garrett, and Board Member Kathy Phillips at the 2021 Horse Show.

Executive Director's Note: Jenn

BOARD OF DIRECTORS

Thomas G. O'Brien, President
Drew Hostetter, Treasurer
Randy Metz
Terri L. Kutz
Marilu Garofola
Kristin Glass
Marilyn Gehringer
Carolyn Strohm
Kathy Phillips
Kathi Markley
Ciara Young

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.**



Follow us on Facebook to
keep up-to-date on
happenings at the barn!

Dear Friends:

In June 2019, when I was in the process of interviewing for the ED job at GMTRC, I went on vacation with my parents. One morning over coffee, my dad recalled his experience working with a local 4H Club, kids with disabilities, and horses as a member of the local Lions Club. He told me about the connections he made with the other volunteers, the horses, and a little boy named Nathan. He encouraged me to take the job, and later that day, I accepted the position.

Two months later, I made the connection. My dad was a sidewalker for Nathan Buckwalter in the 1990s— the same rider who is profiled in this issue. Last year, my dad found a photo from his volunteer days. When I showed it to Nathan, he smiled. **Connections between riders/participants and their volunteers can last a lifetime.**

If you have been considering becoming a volunteer with our program, there's never been a better time. We have an immediate need for weekday lesson volunteers starting around 4PM Monday through Thursday. No experience is necessary! Please consider joining us. To get started, visit our website at <https://greystonemanortrc.org/volunteers>. Our team is happy to help if you have questions about the volunteer application.

Call or text me—my number is below.

Sincerely,

Jenn

*Call or text me:
717-844-3941*



My dad, Harold Troupe Jr., and Nathan in the early 1990s.

From The Barn: Terri, Lisa, and Troy

GMTRC has been making some improvements at the barn thanks to generous contributions of two local charitable foundations.

Millcreek Fence & Decks, LLC installed a new fence and gate in Pasture "B" thanks to a generous grant from the Robert J. Gunterberg Charitable Foundation. The fence allows GMTRC's staff to better control the horses' grazing habits, which is critical to their overall health.

The Clark Associates Charitable Foundation recently made a



grant to replace 15 stall windows that were over 60 years old. The new DuraWeld series vinyl windows, installed by Choice Home Remodeling, will protect our horses while they are resting in their stalls.

GMTRC is still seeking additional funding to complete the remaining stall windows and other projects around the barn that are critical to the health and safety of staff, volunteers, and the herd. If you would like to learn more about partnering with us to fund an improvement project, please contact Jenn at 717-844-3941.

