# All Breeds, Il Disciplines,

Images from the World Clyde Show

the Time!

October/November 2011

an

Your local resource for equestrian events, news and information Newspaper

Majesty in Motion



- Dakota 50/50 Review
- MN EquiFest Recap
- Veterans Celebrate
  Oktoberfest in Style

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bass It

Pictured at right: Mary Salata rides KWS Super Cool



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### October/November 2011

# MINNESOTA COWBOY MINISTRIES BRINGS JOHN LYONS SYMPOSIUM TO STATE

he day was sometimes inspiring and other times exciting; but it was always a classic John Lyons Symposium. One hundred and seventy-five people traveled across Minnesota as well as Wisconsin and Iowa to watch America's Most Trusted Horseman," John Lyons, show them that working with horses can be a life changing experience.

The all-day clinic not only featured Lyons and two of his three horses that made the trip from Parachute, Colorado, but additional sessions were conducted by Pine Island farrier Tammy Aarsvold, Grand Meadow equine chiropractor Barb Weiss, DVM and Rochester equine masseuse Elizabeth Gentling. The four presenters found a ready inter-generational audience seated in the ring-side seats, the portable bleachers or leaning against the round pen.

The clinic was held on the grounds of Ironwood Springs Christian Ranch, Stewartville, Minn. The ranch owner and operater Bob Bardwell, provided the covered Castor Arena as well as his staff to make the event safe and enjoyable.

Bardwell, a paraplegic as a result of an industrial accident over 30 years ago, became the first event of the day.

Before the clinic started, Lyons brought out his three horses to introduce them to the gathering crowd. While putting Charlie, one of his veteran mounts, through his paces, John asked Bardwell to join

conducted by John, the crowd was treated to an unplanned demonstrated of Lyon's riding skill. His newest horse, Gracie, decided to do a bit of rodeo work. Photos show that John not only can "stick in the saddle" in a buck but is prepared to quickly employ the oft taught "one reign stop" during the rearing. Never one to get

flustered at the actions of a

horse, John quickly focused his attention on Gracie, reinforcing the lessons she needed to safely continue the session with a guest horse on the round pen.

Between the second and third round pen session, Equine Chiropractor Barb Weiss DVM, was asked by John and his wife Jody to use Charlie as her subject during her spot on the program. Weiss utilized all of the accepted and approved skills and approaches in her work with Charlie. Weiss shared with the Lyons, while they held Charlie's lead rope, the purposes of each portion of the treatment and the expected results. For many in attendance, this was their first exposure to equine chiropractic care. It created much

special guests of the event were owners and operators of unique western and equine organizations that focus on meeting the personal, emotional and spiritual needs of the com munity

Minnesota Cowboy Ministries issued a special "Thanks" to Ironwood Springs Christian Ranch's

full-time wrangler B. J. Stoppelmoor for her assistance in making the facility showready. Food service was handled by the Dodge County Young Riders, a 4-H group. Additional valuable help was provided by County-line Stables and Turncrest Stables both of the Byron and Kasson, MN area. Pre-session nusic came from 'Lerov Road," a country-western band that assists in the worship services of the Cherry Grove Cowboy Church

Minnesota Cowboy Ministries is directed by Charles and Viki Schaal Charles is the chaplain of the ministry. More information about the Cowboy ministries can be found by going to the website www.mncowboyministries org, looking up the group facebook page or by emailing Charles at chas@ mncowboyministries.org.



him in the round pen. He then put Charlie on the ground and with the help of two other men. Bob Bardwell was given what he called his very first horse ride. Those in attendance later stated the air was electrified and this demonstration was by far the most inspiring event of the day.

During the second of the three 90 minute round pens

<u>CELETETTETT</u>



disci-

rail and

pattern. It's been known

to stretch the rider beyond

their comfort zone as well.

We have riders at all levels

one of them learns a lot by

showing here - some horse-

manship, some showman-

ship, some sportsmanship

It's tough competition and the exhibitors deserve a

lot of credit for taking the

those who have the goal of

winning the event - they

feel has the best potential

of all the riding that they

do. Then there are those

that fits their riding style

goal for their horses is to

to win the over-all, and this

event has become the focus

who come to chose a horse

or their personality and the

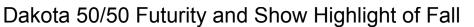
reach their full potential in

choose the colt that they

challenge. I find that their are

two types of buyers at the 50/50. The first are

of experience and every-



The Dakota 50/50 Sale and Futurity held Oct. 28-29 at the NDSU Equine Center brought North Dakota and regional breeders, horses, trainers and riders to Fargo to fulfill the mission of the group. "It is the mission of the Dakota 50/50 Horse Sale and Futurity to promote quality performance horses that are good mov-ing, good minded, athletic individuals that have the capability to work and will look good when engaged in activities, while maintaining at all times the horse's physical and mental potential

It is further the purpose of the Dakota 50/50 horse

Sale and Futurity to provide an event that is enjoyable to spectators and will be beneficial to promote the entire horse industry."

The event included a 2-dav futurity show, the Mane Event Saturday evening, and the 8th Annual Weanling sale. The top ten overall winners are: Nicole Mathiason, Darren Buckles, Mary Salata, Jenna Mick-elson, John Hovde, Brian Donald, Shanel Ruter-Anderson, Abra Sundsbak The Sportmanship Award to John Hovde was determined by the competitors. Nikki Medalen, presi-

dent and organizer of the event said. "As an organization, our goal is to show-case the quality of horses that we are raising right here in North Dakota and the surrounding area. You don't have to go to Texas, Ohio or Florida to get good horses, or certain bloodlines, just look around and find it right here. "One of the things I

love the most about the 50/50 is getting to compare and contrast the different bloodlines and types of horses that are presented here. It's interesting to see how many types of horses there are, even though they are all "stock-type" Quarter Horses, Paints and Appaloosas. It is an oppor-

ity to develop an eve for what you like, what you don't and forces you to explore why The conversation in the crowd is tremendously teresting, with ots of discussion

> each type and pedigree I have treendous appreciation for the time, effort and comittment it takes prepare a horse or this event.We see these young orses stretch



discussions led by those in

attendance who have had

horses that have profited

The day was sponsored

by Minnesota Cowboy

The Fall Roundup was

Ministries, Kasson, Minn.

scheduled to recognize the

of work with the western

and equine community of

Minnesota. Additional

completion of the first year

from this unique approach to equine physical care.

their respective discipline - the futurity is a bonus. It takes both kinds and interestingly, both have won.

*Top: The Top 10 Overall; Right:* Cade, 6, holding kitten, with mother. Heidi. and father Garth Hedstom (below) from Manitoba. Far left: Sarah Bruun riding through the pattern of the Dakota 50/50 Futurity Show at the NDSU Equine Center



### The Valley Equestrian News Page 3 www.theveonline.com October/November 2011 Charles Wilhelm: Ultimate Foundation Training from Start to Finish Success With Trailering - Part I

minutes. Those of us who specialize in working with problem horses can usually do it in less than five minutes. But loading a horse into a trailer is not a timed event. It is not measured by how



fast a horse can be loaded; it should instead be about training the horse to be comfortable with all four components of trailering: loading, standing, riding and un-loading. Those elements involve preparation and schooling.

that make most horses nervous. First, we are asking them to go into a small, confined, sometimes dark, area. This is counter intuitive to their natural flight instinct. Second, we are asking them to "cross" an object either by asking them to step up into a trailer or to walk up a ramp. Again, the footing issue in both of these makes most horses naturally nervous. Third, we ask them to stand and ride in a small, enclosed (often loud) area while they are being moved somewhere over which they have no control. Finally, after they have been asked to remain upright and steady in a moving container, we then ask them to back out into the unknown.

Let's face it — trailering really does ask a horse to go against its natural instincts in a lot of ways. Do some horses seem to take to it very easily? Yes. there are those horses that are naturally compliant, with very low fear levels. If you have one of these horses, chances are teaching your horse to trailer will not be difficult. But, even with a compliant, accepting horse, it does not hurt to school the horse to be comfortable with trailering. The more confident and comfortable your horse is in trailering — the freer you will be to trail ride, show, or get your horse to the vet in an emergency. Having a horse that reliably loads under any condition is one of the best investments in training time that you can make.

So, where to start? We start with the go-forward cue. The go-forward cue is the critical foundation stone for so many



ost horse trainers with solid skills can load almost any horse into a trailer in under 15

different exercises, and this is especially true for trailer-loading. Please do not start working on asking your horse to load until you have a rock solid go-forward cue developed, at the hips using the same spot every time. Depending on how trained your horse is, this can mean going back to the round pen, but more commonly, going

verbal cue, rope, lunge whip, etc.). The trick is to use as little pressure as possible, but as much as you need to get the feet moving in the direction you ask. And, no matter what, stay with it and follow through until the feet are moving. Then, the instant the feet are moving release the pressure to reward the horse. Only

reapply the pressure if the horse stops again before you have asked for a whoa" or halt.

In this exercise. I have the horse circle around me several times, anywhere from four to twelve rotations, then I ask for a stop. To teach a horse to stop his feet, you remove the slack from the line and maintain the pressure until he stops. When vou are beginning to teach this, especially to a horse with no manners and no regard for pressure, you will have to do more than just take up the slack. You will likely need to start with twenty, thirty, or more pounds of pressure to get that horse to stop his

feet. Just like when asking the horse to go forward, the key is to use only as much pressure as you need - never more than that — along with an immediate release of the pressure as soon as the horse stops (gives). Your eventual goal is to have the horse stop his feet as soon as you simply remove a bit of slack from the line. We want this cue to get lighter and lighter. This takes time and lots of practice. We don't expect success up front as even this initial stage of the training can take up to three or four hours of lesson time

Charles Wilhelm Training.

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Once the horse has stopped his feet, I pause for a moment. The pause is very important for several reasons. First, it is a reward - a respite from pressure, and as horses are by nature lazy animals, no movement is a reward in itself. Second, it helps teach the horse to look to you for what to do next and not anticipate. Third you are training another fundamental building block lesson: the "stand." Your horse needs to learn to stand to be mounted, at the wash rack, for the farrier, to be aroomed, and for trailering. This is where it begins.

After a short pause. I ask the horse to do it all over again. Clockwise go-forward several circles, ask for a stop, pause (and praise as needed), and do it all again. Do not change direction or go on to something else until the horse is moving out and stopping his feet well, along with keeping his attention focused or

you. Once those are happening consistently and the emotional level has come down, then you can change direction and start all over again in the counter clockwise direction

The next phase of schooling for trailer loading is to add objects to cross. Next time we will discuss an exercise for getting the horse comfortable with crossing objects and making your horse comfortable around and near the trailer.

Charles' warm and relaxed demeanor has made him a favorite at regional and national clinics and demonstrations. His training center in Castro Valley, Californi is among the top equine educational facilities in Northern California. Charles offers extensive hands-on learning programs for every level of horsemanship.

Trailering has several aspects

back to line work. The change of direction exercise is a great place to start. And, by the way, do not do these exercises near the trailer in the beginning. Do not even think of adding the trailer into the training program until the go-forward cue is 100% solid. Once you can ask your horse to go forward with good energy, consistently, stop its feet and change direction, then you have completed the first exercise for trailer loading. For these exercises I use a twelve-foot lead line, a string (also called cowboy) halter and a dressage whip.

The twelve-foot lead line gives you a fairly safe working distance,

while allowing for a high level of control. The shorter the line, the more control you have. However, with a horse that is extremely emotional, out of control or just plain aggressive, I may start out with a twenty-twofoot line, and then work back to the twelve-foot line as the training progresses.

Your initial goals for the line work are pretty simple You want the horse to move forward in the direction you ask, when you ask. You want him to stop his feet when asked. You want his eves and overall focus on vou. You want him to start seeing you as the center of his life, to be looking for you to give him direction rather than to anticipate. When these are accomplished, you will have gained his respect. Also, this line work exercise is a true cornerstone of foundation training.

So step one - I ask the horse to move out around me clockwise. Depending on the training and emotional level of the horse. you can use whatever "pressure" is required (a

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# About the Cover

The Valley Equestrian has coverage from around the Midwest with the Gentle Giants: Images from the World Clyde Show in Madison, Wisc. Photographs by Heather Benson. Read about the John Lyons Symposium at Ironwood Springs Christian Ranch in Stewartville, Minn. on page 2.

Also on the cover is Mary Salata, Crookston, Minn. who placed 3rd in the Top Overall at the Dakota 50/50 Futurity and Sale; more information on page 2.

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### Editorial Information

The Valley Equestrian, printed monthly, welcomes free-lance articles, cartoons, artwork, poems, photographs, etc. that we might use in the publication. We accept no responsibility for the material while in our hands. Materials will be returned if sent with a self-addressed, stamped envelope. Photographs or graphics electronically submitted, should be in color and must be at least 280 DPI resolution and four inches wide.

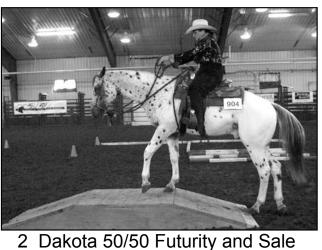
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before making a financial decision. Errors: The Valley Equestrian Newspaper shall be responsible for errors or omissions in connection with an advertisement only to the extent of the space covered by the error.



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**1** Dakota Gillespie

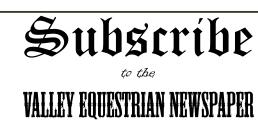
In this issue of the Val-

ley Equestrian News we are honoring the 4-H programs and clubs all across the nation with writings and images that reflect the club with which we have grown up. October is National 4-H

month, a time to reflect on what this organization has brought to countless youth in its 102 years of service.

Mattie Richardson, a 17-yearold from North Dakota and a contributing writer to the Valley Equestrian Newspaper, has inspired children in northern California with her writings which include two books: "Dusty's Trail" and "Appaloosy." Both of Mattie's books were read by the Silver Fork School in northern California. We saw some of the children's writings last month in the VEN. This month we see the class photographed with their book reports based or Mattie's novels. Mattie is a 4-Her. She shares

some of that experience in her



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# Publisher's Clipboard article, "White Ribbons" - page 16.

\$28 FOR 12 ISSUES

It tells about the lessons learned through hard work and perseverance -- character traits learned from 4-H. As a former 4-Her, I have many fond memories of the camaraderie, fellowship, fun and hard work experienced learning and growing with my 4-H projects. In rural America, we know well the lessons and character building 4-H

provides. But 4-H isn't just for the country kids; the programs reach into urban centers and populated schoolrooms all across America today. The science initiatives coin-cide and help teachers implement programming necessary for their student's success. If you haven't taken a look at 4-H for a while, it's a good time to see what this century-old program has to offer your youth. Read more about 4-H

on page 17. Thank-you for reading the Val-

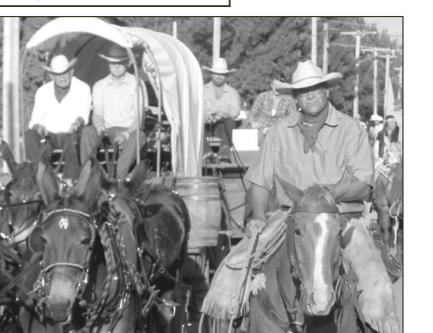
ley Equestrian Newspaper and patronizing the advertisers that support it.

Pageant activities will be held at the MGM Grand Hotel & Casino, official sponsor and host hotel of the 2012 Miss Rodeo America Pageant. The horsemanship competition, Monday, Dec. 5, will be held at the Excalibur King Arthur Arena. information can at www.missrode

of the pageant is the midweek Fashion Show, held on Wednesday, Dec. 7 in the Hollywood Theatre of the MGM Grand Hotel & Casino. The contestants model the latest fashions from Wrangler, Justin Boots, Bailey Hats, Reata Ranch Gear, Rod's Belts and a western elegance dress from their personal collection. This year we will have six

A complete pageant schedule of events and pageant ticket be found online oamerica.com One highlight

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## 28 COWGIRLS VYING FOR A SHOT AT THE TITLE **OF MISS RODEO AMERICA 2012**

PUEBLO, Colo. - For 57 years, the Miss Rodeo America Pageant has hosted hundreds of beautiful and talented cowgirls from across the country. Hopefuls converge annually for a weeklong competition to select one deserving young woman to represent and promote America's Original Professional Sport-RODEO.

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This year, the Miss Rodeo America Pageant welcomes 28 fabulous cowgirls, ages 19-25, to Las Vegas to compete for the prestigious title of Miss Rodeo America 2012. Each year a new Miss Rodeo America serves as the official spokesperson for the Professional Rodeo Cowboys Association.

The "Whole New Pageant" is Sat-urday, Dec. 3, through Saturday, Dec. 10 to coincide with the Wrangler National

Finals Rodeo, the PRCA's year-end championship event also held in Las Vegas.

designer's showcase 2 of their favorite outfits that will be modeled by former Miss Rodeo America ageant Contestants

Contestants are judged in the categories of personality, appearance, horsemanship, knowledge and presentation. Each contestant will demonstrate her skills in public speaking, personal interviewing, horseman ship, knowledge or rodeo and general equine science, current event awareness, photogenic qualities, visual poise and overall professionalism

Miss Rodeo America 2011, McKenzie Haley of Winner, S.D. will crown her successor during a formal coronation ceremony on Saturday, Dec. 10, 2011, in the MGM Grand Hollywood Theatre. A media conference with

Miss Rodeo SD Vanessa Ternes, Sam Stanke MRND and McKenzie Haley, Miss Rodeo America

> the newly crowned Miss Rodeo America 2012 will follow the cer-emony at the MGM Grand Hotel & Casino.

Contestants vying for the 2012 Miss Rodeo America title include Audrey Hall of Yuma, Ariz.; Shana Carter of Hampton, Ark.; Brittany Slaton of Hollister, Calif. Kellsie Purdy of Estes Park, Colo.; Sammy Roberts of Kis-simmee, Fla.; Cheyenne Gaspar of Kailua-Kona, Hawaii; Tricia Crump of Kuna, Idaho; Brooke Owen of Mapleton, Ill.; Heidi Gansen of Zwingle, Iowa; Alyssa Morrison of Bonner Springs, Kan.; Paige Oveson of Columbia Heights, Minn.; Rachael Dee of Icksburg, Miss.; Alexis Jennings of Ozark, Mo.; Lorissa Harris of Shepherd, Mont.; Becky Grimm of Harrison, Neb.; Ann Clemmitt of Reno, Nev.; Kaycee McDaniel of Lovington, N.M.; Sam Stanke of West Fargo, N.D.; Jamie Virden of Pauls Valley, Okla.; Mackenziearr of Vernonia, Ore.;

Vanessa Ternes of Belle Fourche, S.D.; Ty Fitzgerald of Collierville, Tenn.; Lauren Graham of Kemp, Texas.; Jamie Udell of Pine Valley, Utah.; Dakota Monroe of Dublin, Va.; Amanda Emerson of Omak, Wash.; Sara Fuchs of Medford, Wis.; and Brittany Richards of Laramie, Wyo.

The primary role of Miss Ro-deo America is to promote the Professional Rodeo Cowboys Association and America's West-ern heritage. She is a liaison between the rodeo fans and Pro Rodeo producers, sponsors and contestants.

As Miss Rodeo America, the new queen will travel extensively rep resenting rodeo via many public appearances at rodeo performances, special events, schools and civic groups. She will take on the role of model and spokes

person in a variety of promotional events and commercial advertisements for western clothiers, publications sponsors and other service providers to the western industry

Miss Rodeo America Pageant contestants are awarded many gifts from generous sponsors. Each contestant is eligible to win a portion of \$50.000 in educationa scholarships that the Miss Rodeo America Scholarship Foundation disperses to pageant contestants annuallv

National corporate sponsors of the Miss Rodeo America Pageant include: Wrangler Jeans and Shirts. Las Vegas

Events, the Professional Rodeo Cowboys Association, American Quarter Horse Association, Justin Boots, Ram Rodeo, Tarter Farm & Ranch Equipment, Montana Silversmiths, Bailey Hats, the MGM Grand Hotel & Casino, W.F. Young/Absorbine, Red Wilk Construction, Caspian Casuals Corporation, Landstrom's Original Black Hills Gold Creations, Rod's Western Palace, Inc., McNair & Associates Chartered, Reata Ranch Gear, Court's Saddlery and Bonefrog Creative.

Miss Rodeo America, Inc. – An organization devel-oped in 1955 striving to provide a quality Miss Rodeo America competition, enrich the lives of contestants and each year select a qualified young lady as Miss Rodeo América to serve as a goodwill ambassador promoting the Professional Rodeo Cowboys Association and Western traditions. For more information visit www.missrodeoamerica.com.

# Six-Pack

Riding in a wagon in front of the 6-up hitch pulling the covered wagon, Paulette Wood captured the 12 long-eared team of this "Six-Pack" of mules driven by Eugene Radtke and Ken Pawluk during the annual Potato Days celebration in Barnesville, Minn. Riding shotgun is Mark Radtke.

Photograph by Paulette Wood

www.theveonline.com

# **Mule Minute** By Polly Thorsness

route the first time I drive

it because it is familiar to

at the campfire after the

wagon rides were done,

and all the mule-owners

were sharing that their

mules wanted to make that

first turn on the tour route,

even though we were done

and were headed straight

They faithfully were going

back to the fairgrounds.

The club performed their

to do another round.

We were comparing stories

them.

Half Ass Hideawav

We practiced at the fair

streets. One attribute of

the Potato Days Parade is

that the units stop and start

frequently with periods of

standing and waiting due

Starting and stopping a six

up hitch is not easy. After

figured it out and the front

two mules would start on

the command of the two

a block or two, the mules

to units that do perfor-

mances on the streets.

headed out onto the

grounds following another

vagon around, and then

n my first article, I stated that mules are becoming more popular in this part of the country, and are beginning to outnumber the horses in the Red River Harness & Saddle Club during activities in which the club participates.

This year at Potato Days in Barnesville MN, there were six teams pulling wagons for the "historic wagon tours" through the city or August 26th and 27th. Four

of th teams were mules owned by different members. Two of these teams pulled for four hours on Friday night, and

seven hours on Saturday. first 6-up hitch in the Pota-

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Their endurance speaks for itself during this event where the crowds of people outnumber the ability to provide enough wagons and teams.

Mules can work at a steady pace for much longer than horses can. They also learn the route very quickly and don't need much direction from the teamster. In fact, my team of Belgian mules has been pulling in Barnesville for the last several years, and they know the

to Days parade, with three of the mule teams. Two of the teams had been pulling in 4-up hitches frequently over the past couple of years, so we simply added a team to the front. I say 'simply" because it didn't take long for those mules to figure out what we wanted and how it should

work. The swing team also had experience being in the "swing" position, so that helped. The wheel team is a good solid team for that position as well.

outriders beside them, as they had trouble hearing their owner in the driver's seat.

Everything went really well until the last turn. The front team turned too sharp and one of the clips holding the lines together caught the bridle ring of the back right-hand mule (none of us owned continuous six-up lines so we had to clip some singles together). The front team immediately stopped and we couldn't get them to move forward as we couldn't immediately spot what had happened. When

we would attempt to move forward, the middle right-

hand mule, Jane, would step over the lead bar into the heel chains of the front team. She would stop and wait to be helped, as she knew it wasn't right. Stress levels started to rise, and finally one member spotted that the line was too tight, so we fixed it right away. That solved it and we proceeded quietly to the fairgrounds

While no one wants to have problems when

driving, glad that the audience could see that sometimes you DO have troubles when working with animals, and they are not just big

When something isn't working right, the animal is trying to tell you that something is wrong. And, regardless of how well trained a mule or horse is, you can still get hurt if you aren't practicing safety. We had many people with years of experience driving that day. With all of us working together, we knew that this 6-up hitch would be controlled. Another bonus was that they were all tired from pulling wagons all day long, so that was the best time to hook up a hitch that we hadn't done

Stay tuned for next year



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## October/November 2011 Support Needed For Bill Introduced to Save H-2B Foreign Worker Program

The horse industry relies on H-2B foreign workers to operate. The Department of Labor (DOL)

is about to adopt two new rules concerning the H-2B program that could significantly impact horse employer who utilize it. The AHO fears these actions could make the H-2B program essentially unusable for many employers.

Because of the severe impact these DOL rules could have on the small and seasonal businesses that rely on the H-2B program, Congressman Rodney Alexander(R-LA) has introduced H.R. 3162 a bill that would prohibit DOL from implementing, amending or enforcing a new H-2B wage rule or a proposed rule that would make changes to the entire program.

Specifically, the DOL will begin using a new formula for calculating prevailing wages on November 30. This regulation will impact H-2B users who have labor certifications that are valid after November 30, 2011 and anyone hiring H-2B workers in the future. These new wages will need to be paid to current and fu ture H-2B workers and any U.S. workers hired in connection with the H-2B recruitment process. More information on the wage rule can be found here on the AHC website

Additionally, in December the DOL is planning to finalize a second rule that will affect the program further. The rule will likely require employers to hire any qualified U.S. worker up to three days before the H-2B worker is scheduled to begin and require employers to pay transportation and subsistence costs for potential U.S. workers A full description of the proposed rule and AHC comments on the proposed rule can be found here on the AHC website

Got News? Share it with the VEN Team! Call: 701.361.8648 email: thevenews@gmail.com or snail mail: The VE News PO Box 64 Sabin, MN 56580

### The American Horse Council urges you to call or email your Representative and ask them to co-sponsor H R 3162 introduced by Congressman Alexander

Call your Representative and tell them;

• The H-2B program is vi-tal to the \$102 billion horse industry and new DOL rules threaten the ability of the horse industry to participate in that program Horse industry employ-ers do not use the H-2B program by choice. They are forced to use it because American workers are not seeking these jobs. In the current economic conditions the new rules will drastically increase the cost of an already costly system and could be devas tating to employers who rely on H-2B workers. Most horse industry employers who use the H-2B program also employ American workers in other capacities and support many other jobs. If current users of the H-2B program are no longer able to afford to participate, the jobs of many Americas employed by the

at risk. Please co-sponsor the H.R. 3162 introduced by Congressman Alexander

horse industry will be put

You can reach your Representative by calling the Congressional switchboard at (202) 225-3121. Ask for your Representative's office and then ask to speak to the staff person who handles immigration

Email your Representative

You can personalize and email the attached letter to your Representative. You should personalize the email if you can with information about yourself and how the H-2B program impacts your segment of the industry.

To find the email address for your Representatives or to find out who your Representative is go to http://www.house.gov/ or you can call the AHC.

If you have any questions please contact the AHC.

advantages and protections not offered by the law For example, a release provides an opportunity to receive, in writing, confirmation that the signer has read, understood, and agrees to accept the terms of your limitation liability policy. This alone may even deter the signer from filing a lawsuit. A successfully written release includes a variety of essential elements including, but not limited to:

Parties: The parties to the release should be carefully identified.

Signature: The signature line should require the signer's full name, address and phone number. The signer should indicate if they are signing on their

This past summer, members and visitors from the Windcross Conservancy ranging in ages from 11 to 65 participated in mounted archery lessons - learning to shoot bows and arrows

at a target off the back of a moving horse. This new sport exemplifies the hunting livelihood that historic Plains Indians did when they shot bow while riding horses. Shooting arrows at a target from a horse is a different kind of fun than mounted gun shooting, but it's he same principle

The golden age of North American Indians using mounted horse archer lasted about 150 years It changed the lives of pedestrian plains tribes forever, from the Comanche on the southern plains of Texas all the way up through Northern Plains tribes and clear into Canada. Long before they had been introduced to the rifle. Indians had been using the bow and they developed the method of shooting it while riding, which became a way of life for them. It enabled them to move faster, strike or defend against enemies and hunt buffalo with great efficiency.





# Horse Archery and the Spanish Mustang



Today, Plains Archery is

practiced and preserved by members of the Plains

Horse Archery Association.

from outside influences and

Plains Horse Archery was

developed independently

other countries that used archery as a lifestyle in their past, such as Japan Hungary, or Mongolia. Plains Horse Archery is the

sons could not be just any horse. They were trained to accommodate what

while their riders used both hands to shoot. Riders who are new to the sport are too busy figuring out what to do with the bow and arrow to stop and guide their horse, so a steady mount is mperative.

The horses were either led by another person or were independently ridden at a walk straight ahead. The horses knew what they were doing and did their iob with

a graciousness that was much appreci ated by begin ner archers.

One of the riders was Lucia Roda

president of Windcross Conservancy and Program Director of the Windcross Preserve in Buffalo Gap. South Dakota - a preserve for the endangered Spanish Mustang horse. Roda brought her own Indian horse for the lessons. a Spanish Mustang named Thunderhawk. Though it was the first time he was

North America and Reference: the Codex Baranda" and the Sege-sser hide, 1681.) It began when some of the Spanish horses from breeding farms in Mexico ended up

ever used for mounted archery, Roda was much more comfortable on him than the lesson horses, which were very well trained. "I trust him not to hurt me, so off we went! she remarked. "It was the most fun I have had in quite a while!"

It's not unusual that a Spanish Mustang would take naturally to a rider shooting

> from its back. Spanish Horses were the first horses used for mounted ar-

chery ir this was evident as early as the 1600's.

hunt and shoot predators. Spanish-descended horses from the Plains were so good that when the U.S.

with North American tribes

who developed their own

method of using them to



Cavalry fought Indians, they either killed the Indians' horses or collected hundreds of Spanish Mustangs for their own soldiers because American bred horses were no match. Today's Spanish Mustangs retain the same enduring traits and remain vastly dif

ferent in both appearance and ancestry from other American breeds as well as other feral Plains horses. (Reference: The American Indian Horse and the Span ish Mustang chapters of The Official Horse Breeds Standards Guide book.)

Roda commented about the horse archery lessons "All in all, it was a blast and I can't wait to do it again!' The instructor for the lessons was a competent mai named Jav Red Hawk He was so impressed with Roda's horse that he now has a Spanish Mustang and has become fascinated with the breed. You can check out his comments about Horse Archery on his Facebook.

Fran Lynghaug with Lucia Roda, Windcross Conservancy, Inc., a South Dakota 501c3 windcross@mac.com





email: leybou@gmail.com

month. Just go to www. kamanimalservices.com to



Our best horse lawyer is on the case, from the firm of Dewey Chewam & Howe.

### reproduction of America's own Plains Indian techniques. The shape of the bows and arrows as well as the way in which they are held are unique to the Plains Tribes culture. Horses used for the les-

for mounted archery and above all, they had to be a steady and thinking partner was happening, especially for beginners. They had to move in a straight line

# Tip-of-the-Month Ammal Services

You may know that the Equine Activity Liability Act says that you "ride at your own risk." However, liability protections do not apply to all causes of risk and all equine activities. A written liability release in any equine related activity is therefore essential for liability protection. A prop erly written and presented liability release provides

own behalf, or on behalf of their minor child, ward. heirs, representatives, and or assigns. A minor signed release is not legally enforceable

Risks: A description of some risks inherent in dealing with or around horses is recommended to further reaffirm those risks. The list must clearly indicate that the risks listed are merely a sampling and not intended to be an all-inclusive representation

Waiver: This section expressly provides that the signers, on their own behalf, and/or on behalf of others, agree to waive any legal rights to sue for ims arising from their involvement in the equine related activity.

State's Law: The en-forceability of the release may differ depending on the applicable state law. Therefore, providing which state's law applies explicitly in the release prevents a debate on that issue. Equine Act: The release must include the WARN-ING notice exactly as it is stated in the applicable

state's Equine Activity Liability Act.

now on an effective and enforce able release so you can stay out of

court and out with your horse. Now that you know This tip was brought to you by Yvonne C. Ocrant, Esq.

## AYHC Reminds Horse Enthusiasts to Give Extra Care During Cold, Wet Weather

It's autumn-time for all around winter prep, and that includes your horses. The American Youth Horse Council reminds every horse owner or caretaker that cold, wet weather brings additional considerations for the well-being of our equines.

Feed and Water: • Forage for Heat and Health: Digesting food is the horse's most effective source of heat. Cold weather increases the horse's calorie requirements; make sure to adjust quantity accordingly. And as pasture quality declines or you transition the horse to hay, consider supplementing with concen-trates containing minerals and vitamins. ·Water: Horses need water year-round for healthy digestion, and that does not mean snow. Make sure your horse has ready access to water at all times.

•Teeth: Teeth in poor condition will prevent the horse from getting adequate calories and nutrition. Have teeth attended to now so the horse doesn't have to play nutritional catch-up in the most frigid weather. Bodily Comfort:

·Wooly coat: The horse's own coat is designed to keep him warm. Let it grow and thicken naturally.

•Shelter: Even a luxuriant natural coat will lose insulating loft if it gets wet, and wind can strip a horse's heat as fast as moisture. Provide shelter at all times that

protects from rain, snow and wind. Extra Insulation: A clipped horse may need a blanket, as might older horses or those in poor health. But a wet blanket (from weather or the horse's own sweat)

is just as useless as a wet hair coat, or worse. Provide a blanket that is waterproof and breathable. Remove the blanket daily and check the horse's coat for skin and hair condition Health Matters

 Vaccinations: Check with your vet about fall vaccinations, especially for the horse still exposed to others outside his regular

 Parasite Control: Maintain a regular deworming plan. After the first heavy frost, use a product that kills bot larvae. Hooves: Keep up with hoof care— hooves continue to growth throughout the winter. If possible, let the horse go barefoot for the winter for safer traction and to avoid snow build-up that can cause

The American Youth Horse Council mission is to provide encouragement, communication, leadership & resources to serve and promote the youth horse industry: AYHC carries out its mission in a widespread network of academic, breed, commercial, scientific and other industry representatives who share a common interest in "connecting kids through horses. The 35th annual AYHC Symposium, March 23-25 in Herndon, VA. offers participants a rich array of seminars and demonstrations and plenty of networking opportunities. For more information and for Symposium details and registration forms, please contact the American Youth Horse Council at info@AYHC.com or (719) 547-7677.



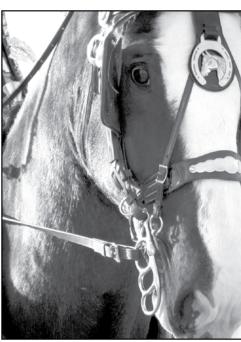
intervention

On evaluation of your horse, the vetcome firm and dry, packing tightly into the intestine. These horses erinarian will also try to identify which portion of the are usually intermittently intestine mav be mildly uncomfortable (laying causing your horse's problem. This is down, looking at their side) done using a combiand pass small amounts of feces and gas. A diagnosis nation of diagnostic is made by your veterinar-ian based on history and tests and a physical examination. The parameters of heart rectal palpation, and these horses are commonly treated rate, respiratory successfully with oral or IV rate, temperature, fluids, laxatives, and pain gastrointestinal medications. Other causes of medical colic would be sounds, mucous membrane color, pegas or spasmodic colic (one ripheral perfusion, and pulse quality of the most common reasons can provide valu-able clues as to your for colic in a horse), enteritis (inflammation or infection of horse's condition the small intestines), and disand can indicate if placements of the large colon although some of these will vour horse is dehvrequire surgical intervention) drated or showing signs of shock. Your There are many times when the horse responds to treatment and the veterinarian will pass a naso-gastric tube and perform a rectal examination to obtain colic episode resolves, in which a definiadditional information. For example, if your horse has a lot of extra fluid in his tive cause cannot be identified. Horses which colic frequently (several stomach (reflux) and there is distended times per year) are referred to as chronic small intestine palpable on rectal examina-tion, then most likely the cause of the colic colic cases. These horses may need additional diagnostic tests to try and determine is within the 60-70 feet of small intestine. the cause of the recurrent abdominal pain. Some of these tests may include a com-plete blood count, serum chemistry panel, In contrast, if your horse has a large amount of dry, hard feces in the large co-lon, then most likely the cause of the colic bdominal ultrasound, abdominocentesis, rectal examination, gastroscopy (looking in the stomach with a camera), and exploris within the 30-40 feet of large intestine. Sometimes your veterinarian will perform an abdominocentesis, which involves colatory surgery.

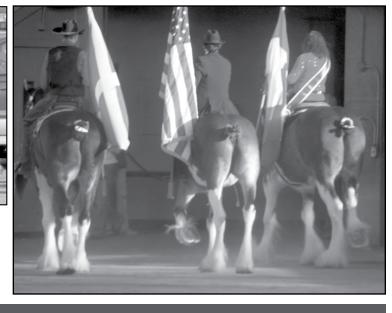
men.



# WORLD CLYDESDALE SHOW IN MADISON, WISC.







Photos by Heather Benson

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# What you need to know ABOUT MEDICAL COLIC

### By Tamara M. Swor, DVM, DACVS, DACVECC

he term "colic" is commonly used in the horse world to describe any form of abdominal pain, and most difference of the sign of the toms can be similar, the treatment and outcome depend greatly on the type and cause of the abdominal pain. These signs can range from mild to severe, and several of the conditions can become life threatening in a short period of time if not treated appropriately. It is important for your veterinarian to decide if the horse's problem can be treated medically (with fluids and medications), or if it may require surgical

lecting a small amount of peritoneal fluid (fluid that bathes the intestines normally) by placing a sterile needle or cannula into the abdominal space. This fluid should normally be yellow and clear, so changes in the color or transparency can indicate different types of problems in the abdo-men. Blood work may also be necessary to help your veterinarian decide if there is an infectious or inflammatory component to the colic episode, or to further assess other body systems (like liver or kidneys) Ultrasonographic evaluation can also be used to provide further information about different portions of your horse's abdo-

The veterinarian may be able to provide medical treatment at your horse's location, or you may need to transport your horse to a hospital facility that is capable of providing more intensive treat-ments, such as intravenous fluids (IV) and continuous monitoring. Often times 24 to 48 hours of IV fluid therapy can resolve a

colic problem quickly or prevent the problem from becoming worse. Your horse may need repeated doses of pain medications (sedatives: anti-inflammatories like banamine) and laxatives (mineral oil, magnesium sulfate) to resolve the prob-lem, and often will need food withheld to empty out the digestive tract. The horse is usually able to return to its normal routine and diet after it is showing no more signs of abdominal pain and is passing a normal amount of fecal material.

A typical case of medical colic could be due to something such as a large colon impaction. Impactions are commonly seen with horses that do not consume enough water, and where the feces be-

Dr. Tamara Swor grew up in Fargo, ND and attended North Dakota State University for her undergraduate work. She then completed veterinary school at Iowa State University College of Veterinary Medicine in 1999. Following graduation she traveled to Washington State University College of Veterinary Medicine, where she performed a rotat ing large animal internship. She then spent 3 years at Texas A&M University College of Veterinary Medicine completing a residency n equine surgery, and became a Diplomate in the American College of Veterinary Surgeons in 2004. Dr. Swor joined the faculty at Texas A&M University as an assistant clinical professor, and also pursued additional training in the field of equine emergency and critical care. In 2010 she became a Diplomate in the American College of Veterinary Emergency and Critical Care. In the spring of 2011, Dr. Swor returned to ND and became an associate at Casselton Veterinary Services, Inc.





## The Valley Equestrian Newspaper loves older horses! Tell us about vours!

Send a photo and description (short or long) of your old horse (age 25 or 30+) for publication in an upcoming issue of the Valley Equestrian Newspaper.

Email: thevenews@gmail.com or mail a photo (with stamped returned envelope) to: The VEN, PO Box 64, Sabin, MN 56580

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# **MN EquiFest Recap**

The fifth annual Minnesota EquiFest brought horse people together for another great weekend of education, shopping, horse/ rider workshops, demos and more. Thank you to exhibitors, clinicians, horse owners, volunteers, sponsors, staff and advertisers for taking part in the celebrating Minnesota's Fall Festival of Horses

There were a variety of horse breeds to check out including Clydesdale, Thoroughbred, Norwegian Fjord, Appaloosa, Quarter, Arab, Paint, Icelandic, Donkeys, Alkal Teke, Hungarian Fajta, Freisain, to name a few. To add some fun to the weekend the public was invited to pick the best dressed stall. Sarah Stark was the winner with a Halloween

There were plenty of vendors to do your shop-ping with and children enjoyed getting free pony rides. Some of the demos/discussions included, equine behavior, bits and bitting, learn to ride before you buy, farrier demo's, round table discussions with trainers, vet talks, groom ing techniques, equine chiriopractic and saddle fitting. Western, English



Photography by Ley Bouchard



and dressage disciplines were demonstrated as well as driving.

The Saturday night Extravaganza was a fun and exciting presentation which included several drill teams, a marathon driving demonstration, western dressage, dressage to music, a Roy Rogers tribute and others. There was a lot of talent showcased by our local horse enthusiasts.

October 13-14, 2012, are next year's dates. As we begin to plan for next year we would appreciate your ideas and suggestions. We can be reached at 763-421-5750 or info@MinnesotaEquiFest.com. Sign up for our e mail newsletter or facebook by going to our webpage at www.Minne-sotaEquiFest.com





More Minnesota EquiFest images on the Valley Equestrian Newspaper web site: www.theveonline.com and our Facebook page

From top clockwise: Karen Clark of Rainbow's End presents "Learn to Ride Before You Buy;" Dale Froyum tells all about bits; Werner Thiedeman conducts a clinic on collection; Lisa Childers rides "Kappy" through a tarped doorway during the Extreme Challenge; (below) Marc Johnson coaches Ginny Pomije driving her Percheron during a clinic; Suzette Sontag speaks with an audience member after her clinic, Dressage," and Tammy Finney speaks about self-publishing books in the lecture

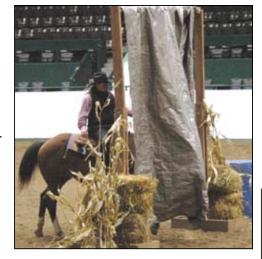


## ND Native Dakota Gillespie Competes on Norwegian **Reality Show**

was re-ally fun to go over there. ►My favorite

episode was sleeping out in the ice caves. We slept in a glacier; we cut chunks out of the ice and slept overnight; this was part of the reality show" says North Dakotan native Dakota Gillespie, 21, speaking of his experience on the Norwegian reality show, 'Alt for Norge. Dakota is a third generation Norwegian, the son of Kurt (deceased) and oxannè Gillespié of York, N.D. His family farms the land homesteaded by his grandfather, Olaf (Ole) Solberg, who is a 2000 ND Cowboy Hall of Fame inductee. Dakota currently lives and works in Devils Lake at Lake Lumber and the Night Owl. He is also a farrier with a degree from the MN School of Horseshoeing.





Dakota was one of 12 Americans of Norwegian decent selected for the reality show. Dakota said

www.theveonline.com

of the program You faced challenges and once vou met the team challenge then you had individual challenges. Then when you lose your challenge vou go home. I made it to the third episode." The first episode introduced everyone to the program and the contestants 'They flew us on a helicopter: they sent

us out, we did not know where we were going and

the helicopter landed on a cruise ship. The second episode was the ice caves team chal-

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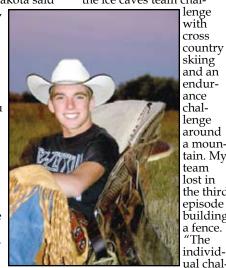
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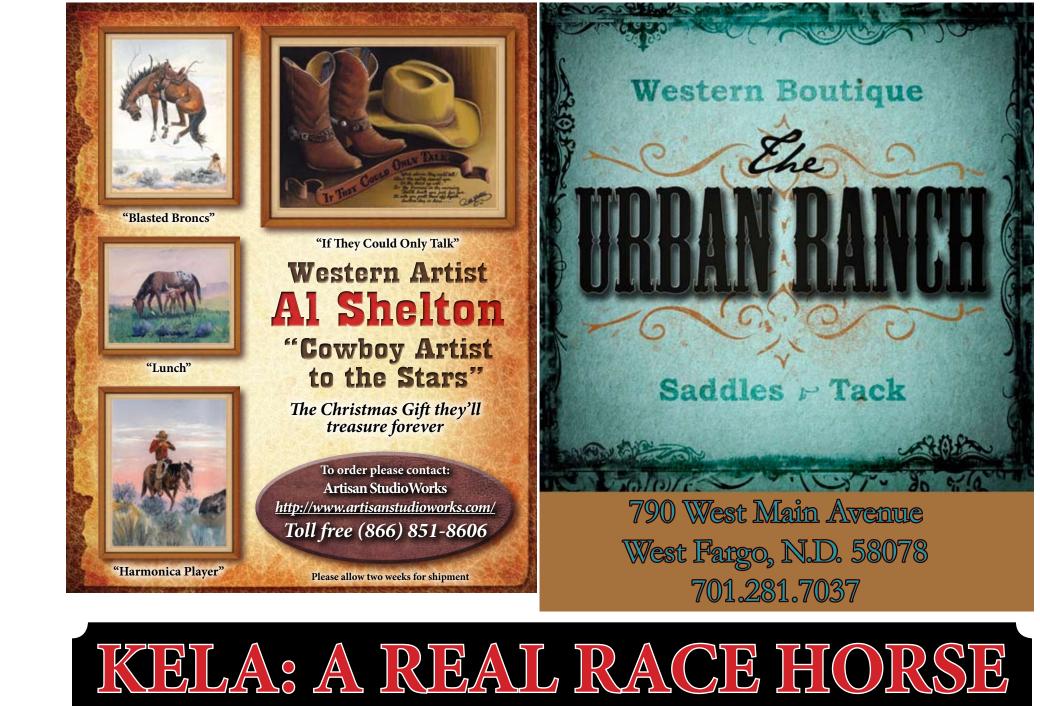
lenge was dog sledding. The dogs followed the lead team. I was safe as I started ast and finished first because I was running the whole time," Dakota said. In the third episode they had to milk the cow up to a certain point in the contain-er and drink it warm, roll raw lefse in a ball and eat it, and the immunity chalenge was varn spinning, Dakota said, "I'm a cowboy not a yarn spinner." Dakota learned of the realty show through his aunt Suzanne who filled out the application. "I didn't know about it until I had an interview in Chicago; I thought it would be a

good experience. I was over there one month, all expenses paid. Dakota said the most fun was when they were paraskiing on the glacier and the helicopter ride to the cruise ship. Twelve people of Nor-wegian descent from all over USA participated in the program that is very popular in Norway. The

ogram airs this fall in

October/November 2011

Jorway. Suzanne Walford, the aunt who sent in the application to "Alt for Norge," said, "They wanted interesting people of Norwegian descent who had never traveled to Norway. Dakota made the semi-finals and got to go to a screen test in Chicago. They paid for his airline ticket and hotel for that, too. Even the trip to Chicago would have peen great, but he was selected as a contestant. They liked his ND cowboy background and his love of adventure. There were only 12 people in the US who got to go. This is the second season of the show and I believe he was the first person from ND to go. The contestants are put through challenges that their Norwegian ancestors would have faced. The winner gets to meet their Norwegian relatives and gets \$50,000." Find YouTube videos of Dakota by searching "Alt





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for Norge.'

# **STANDING 2012 IN MINNESOTA**

• Kela earned over one million dollars • Kela ran 2nd in the breeders cup sprint Kela sired winners from coast to coast

• Kela winners at Del Mar - Aqueduct - Arlington Churchill Downs - Gulfstream - Hawthorne **Remington Park** 

• Kela is a young stallion - first foals 2007 • Kela foals have earned 1.2 Million in 2011

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### The Valley Equestrian News Page 12

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# An IRS Weapon: The Material Participation Test

# By John Alan Cohan, Attorney at Law

ften enough the IRS will "trick" axpayers by questioning whether they satisfy the Material Participation Test. This happens if the IRS concedes that your farm, livestock or horse activity is conducted for profit under the hobby loss rule. That in itself is usually a big victory. But it can turn into a dark victory if the IRS then says that your losses are "passive' and cannot be deducted against your main source of income, because you do not materially participate in the venture

Under the Material Participation Test, you are permitted to deduct losses relating to a venture against your other income only if, among other things, you materially participate" in the activity

The IRS applies the test to individuals operating as partners, as well as sole proprietors. In one case it was applied to a horse syndicate. Joseph Machado of Long Beach, California, entered into a partnership with four oth er partners to purchase a broodmare named La Barbara. One partner was the managing partner and was responsible for maintain-ing the books and records of the partnership and for paying all expenses. The partnership made decisions by majority vote of all six partners. The broodmare was bred to a number of stallions, but the partnership generated losses over a period of 7 years.

The Tax Court denied Mr. Machado the right to write off these losses against his income from a trucking business he owned because it held he did not materially participate in the partnership. Accordingly, his losses were limited by the passive income rules of Section 469 of the IRS Code and could not be used to offset his other income.

As mentioned, the rule is applied both to partnerhips as well as individuals operating as sole proprietors. Under the test, a taxpayer materially partici-pates if he is involved in the operation of the activity on a <sup>\*</sup>regular, continuous, and substantial" basis. Most people seek to prove compliance with evidence that they have spent 500 hours or more participat ing in the activity in each vear at issue. There are

other tests as well, but that is the main one.

Travel time to and from the farm or ranch is not



vices performed over a period of time and the approximate number of hours spent performing such services during such period, based on appointment books, calendars, or narrative summaries." It is best to keep a detailed contemporaneous time log, identifying what you did and when you did it. Phone records of calls to the farm manager should be maintained. Records of research you have conducted should be kept. Time records of aisaisaisaisaisaisaisaisaisaisaisais

case-by-case basis. While

of ser-

seminars and auctions or other events you attended, as well time spent studying journals and other research vou conducted, should also be kept.

> The kind of activities that a taxpayer should be able to document during each vear may include the following consult ing with advisers,

> > other

experts in the industry, attending industry events, auctions or other sales, keeping business records, discussing matters with one's spouse and other partners, implementing or formulating business plans and revising them, reviewing finances, making cost projections, making disbursements, speaking with vendors on the tele phone or in person, talking potential customers, general duties of animal

husbandry or harvesting of crops, planning and making improvements (such as puilding fences) tending to the physical labor on the farm or ranch, supervising others hired to work for you, and performing other tasks and decision-making functions. But it is imperative that records be kept to reflect the number of hours involved.

In the above case involving Mr. Machado, the only evidence he presented regarding participation in the partnership was his uncorroborated testimon that he spent hundreds of hours researching potential stallions to breed with La Barbara, and a calendar log that reflected 15 entries for phone calls he made relating to the partnership.

It is also important to keep in mind that the material participation test is supplemental to IRS Regulations on the hobby loss rule. Even if you can prove material participation in your ranch or farm, the IRS could still find the venture was merely a hobby unless you can prove the overall elements of the hobby loss rule

Many duties are often delegated to a farm manager or, in the case of horse activities, to trainers or other qualified experts. Some-times the IRS will question the validity of your own participation in decision-making, in an effort to say you have failed to meet the Material Participation Test Their argument will be that you were not really in control, that decisions were made by those to whom you delegated various duties.

It is important to obtain advance legal guidance whenever you enter into a partnership if you intend to write off possible losses against other income source es. The Material Participation Test is something you must plan on meeting and complying with, and is not something to be treated lightly.

John Alan Cohan is an at-torney who has served the livestock, farming and horse industries since 1981. He can be reached at: 310-278-0203 or by e-mail at JohnAlanCohan@aol.com. or visit his web site at www.lohnAlanCohan.

Nominations Now Open for the Third Annual EQUUS Foundation Humanitarian Award; Deadline November 14

Lexington, KY - The Unit-ed States Equestrian Fed-eration (USEF) and The FOUUS Foundation will honor the hard work and dedication of equestrians with the presentation of the third annual EQUUS Foundation Humanitarian Award to be presented during the Pegasus Awards at the USEF Annual Meeting in January 2012.

In 2009, USEF and the EQUUS Foundation united to create the industry-wide award to celebrate the humanitarian achievements of a member of the equestrian world. Specifically, this humanitarian honor spotlights and exalts the selfless dedication of one individual or a group of individuals on a regional or national scale. From improving the health and welfare of the horse to promoting and expanding the general public's appre ciation and respect of the diverse role of horses - not just in equestrian sport but to the general public - the recipient will be someone who has devoted considerable personal time to making the lives and guality of life of our equine partners paramount.

The 2010 recipient, Bob Cacchione, Executive Di-rector of the Intercollegiate

Horse Show Association (IHSA), was selected from more than 20 nominees. At the core of Cacchione's own passion for riding and appreciation for the opportunities

made available to him as a young horseman is his understand ing of the horse's role as a great equalizer. With the concept of a level

playing field as his

corner-

stone, he

rallied the

support of

like-minded

individuals

from educa

tional institu-

IHSA

tions, first in his region, and

ultimately, from throughout

forts led to the formation of

North America. Those ef-

The EQUUS Founda-

is limited to individuals.

Corporations, organiza-

and businesses are not

be amended in exceptional circumstances on a

eligible. However, this may

tions, affiliate groups,

tion Humanitarian Award

the winner of the award

is limited to individuals. a group or organizations may serve as a nominator Posthumous nominees will



Bob Cacchione (far left), recipient of the 2010 EQUUS Foundation Humanitarian Award at the USEF Annual Meetina.

not be accepted.

Photo: Geoff Bugbee for USEF

information will include the fol-Those individuals who are lowing: professionally employed An full-time by a company or explanatory,

entity whose sole purpose written state is to work for the aforement as to why mentioned qualities and the individual philanthropic ends will is worthy of the only be considered as an award: acceptable nominee in cer- Biographical tain circumstances. Such information of instances include having the nominee; contributions widely viewed as exception beyond their

required work performance or achievements and dedication noted as far beyond the call of duty.

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tion must be

ian Award A

Any member of the eques-

their philanthropic work, including their involvement (time spent, duration of work, type of work, etc.); Supportive materials such as written testimonials or letters from those who

Specific examples of

have been affected by the nominees contributions; Any additional materi-

als deemed worthy by the nominator As part of the award. The

EQUUS Foundation will provide a \$5,000 grant to the equestrian- or horserelated charity of the recipisuch person ent's choice

The nomination process for The EQUUS Foundation Humanitarian Award is now open and will close with a November 14 deadline. Nominations may be received my U.S. mail. overnight carrier and via the USEF website at www.

usef.org/\_IFrames/Nomina-tions/EQUUS.aspx.

The EQUUS Foundation was established as an IRS tax-exempt 501(c)(3) charity to improve the quality of life of horses promote the use of horses to enrich the lives of those in need, and educate the public about the horse's unique ability to empower, teach, and hea The EQUUS Foundation has awarded over \$1.9 million in grants to horse related charities across the United States since its first wards in 2003.

For more information. contact Trisha Watkins at tlwatkins@usef.org.



By Juliet Getty, Ph.D.

If there's one thing we can say about the benefit of being wild, is that wild horses are generally far healthier than domesticated horses. Think about their diet for starters... they have so much variety -- grasses flowers, berries, leaves, seeds, fruits - providing all the nutrients their bodies need. Once they leave this natural setting, however, they typically eat only hay and it's the same hay every day. Hay is dead grass and no longer contains the vitamins found in their previous diet. Therefore, to fill in the nutritional gaps: Provide a comprehensive vitamin/mineral supplement along with flaxseed meal for omega 3s Horses in the wild rarely experience colic. One of the main reasons for colic in the domesticated situation is the rapid change from one feed to another, leaving the bacterial hindgut population little time to adjust. These mi



# GUIDELINES ON FEEDING THE HORSE IN TRANSITION FROM WILD TO DOMESTICATED

crobes are responsible for digesting the fiber found in forage (hay and/or pasture) and need to be protected. To help your new horse's digestive system adjust Feed a potent probiotic that contains billions of colony forming units (CFUs)

Ulcers are common in domesticated horses, especially when transitioning to a new environment. Horses are trickle feeders - they need to graze continuously to keep the digestive system function ing normally. That means they should have quality hay 24/7. Horses are awake and moving most of the time and will take 15 to 20 minute naps intermittently throughout the day and night. The best way to protect your new horse against an ulcer is to: Feed him in sync with his natural instinct to

continuously graze by giv-

ing him hay, free-choice

Many wild horses are young. They require the variety of feed sources that they had in the wild that offered quality protein, fat, vitamins, and minerals to support new growth. To accomplish this, add some alfalfa to your horse's diet (about 30% of the total hay ration), along with either a supplement or a commer cially fortified feed. Avoid cereal grains (oats, corn. etc.) and molasses - they can interfere with normal bone and joint development. In general: • Feed growing horses

extra protein, vitamins and minerals, and flaxseed meal to provide omega 3s, while avoiding high amounts of starch

Respect your horse's need to roam, along with other horses. Naturally curious they enjoy seeking out feed in various locations feeding their bodies, but also providing movement

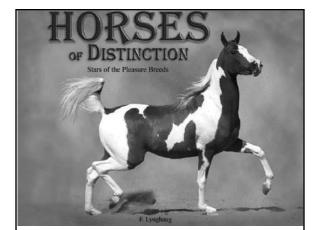
to keep the digestive tract muscles in good tone. And being prey animals, they depend on the companionship of other horses to protect them against threats, real and imagined. This transition phase can be stressful - new sights, smells, people, and other animals can create a hormonal response that can lead to a variety of health problems, including ulcers colic, and laminitis. All of these can be avoided by making slow adjustments filling in nutritional gaps, and doing as much as pos sible to simulate a natural settina.

Feed him like he was meant to be fed - like a horse.

Dr. Juliet Getty has taught and consulted on equine nutrition for more than 20 vears. Her website, www. gettyequinenutrition.com offers a library of helpful articles. a forum on nutrition.

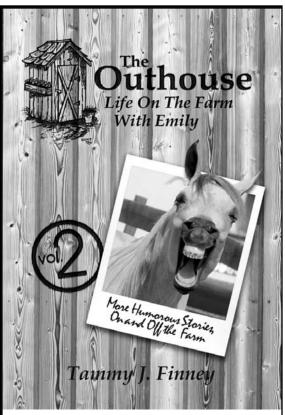
and a calendar of appearances, teleconferences and interviews. Dr. Getty's comprehensive reference book. Feed Your Horse Like A Horse: Optimizing your horse's nutrition for a lifetime of vibrant health. is available in hardcover and CD-ROM (pdf file) through

her website or at Amazon com. Dr. Getty offers a free (and popular) monthly e-newsletter, "Forage for Thought"; sign up through the website. Contact Dr. Getty directly at gettye-quinenutrition@gmail.com or in Colorado at (970) 884-7187



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### HALLOWEEN FUN AT DAKOTA CARRIAGE





Sari Kraft and her husband, Derik, work ard to bring fun to the folks who come to Dakota Carriage in Fargo for Hallow-een fun. With a petting zoo, miniature



golf, campfire, covered wagon, train rides, wagon rides, and more, Sari said the farm sees an average of 1300 people a weekend during the Hal-loween season. Clockwise: Paul Storsved drives Chance and Tequila, the Clydes pulling the wagon riders; Zoey Schlanser, 9, pets Chili, a Clydes-



Hilary Feist pets equila: bby Runvan , péts lcelandic heep at Dakota Carriage Fargo

Nov. 5-19: QHA World Championship Show at the State Fair Park in Oklahoma City, OK. See more information at www.agha.

Nov. 6: JWT Quality Quarter Horses Dispersal sale at 11 a.m. at 5900 75th Ave SE in St. Cloud Minn. contact 320-493-9222 for more information.

Nov. 7: Horsemen's Town Meeting hosted by the Douglas-Elbert County Horse Council at 7 p.m. at the Franktown Firehouse. Franktown, CO. contact Fred at 303-688-0553 for more information.

Nov 11-13: IHSA Western Horse Show from 5 p.m. Friday through 4 p.m. Sunday at the NDSU Equine Center in Fargo, N.D.

Nov. 12: Game Show at 10 a.m. and UBRA Barrel Race at 7:30 a.m. at R&I

### THE FALL FESTIVAL OF CUTTING AT RED HORSE RANCH ARENA, OCT 8-9

Arena in Verndale, Minn. call 218-445-5849 for more information.

Saturday, Nov. 12: Horse Owner Education Program Hands-on sessions! UM— Crookston, Minn. To register (\$25): www.regonline. com/FallRegionalHorse. Also, join the University of Minnésota Equine Extension Program on Facebook for Forage Mondays, Tip of the Week Wednesdays and Career Fridays. Check out upcoming events and other timely information. Click www.facebook.com/ UMNHorse and become a fan todav

Nov. 12: RMEF Roping for Habitat at Sweetwater Events Complex in Rock Springs, Wyo. contact John at 307-754-7805 for more information

Nov. 18-22: 57th AAEP Annual Convention and Trade Show

Nov. 19: Game Show at 10 a.m. at the Hi Circle Vee Ranch in Isanti, Minn call 612-803-5950 for more information

Nov. 26: Game Show at 10 a.m. and UBRA Barrel Race at 7:30 a.m. at R&J Arena in Verndale, Minn call 218-445-5849 for more information.

Dec. 10: I Wish I Had a Horse Camp from 8 a.m. to 5:30 p.m. at the NDSU Equine Center in Fargo, N.D. Contact Tara at 701 231 8865 Dec. 16-18: Central MN Team Penning Christmas Show at Red Horse Ranch in Fergus Falls, Minn. Call 218.847.3329

Dec. 17: Game Show at 10 a.m. at the Hi Circle Vee Ranch in Isanti, Minn. call 612-803-5950 for more information

Jan. 14: Jackpot Barrel Race at 10 a.m. at the NDSU Equine Center in Fargo, N.D. Contact Tate at 701.231.7726

Jan. 28: Jackpot Barrel Race at 10 a.m. at the NDSU Equine Center in Fargo, N.D. Contact Tate at 701.231.7726

Feb. 18: Jackpot Barrel Race at 10 a.m. at the NDSU Equine Center in Fargo, N.D. Contact Tate at 701.231.7726

Feb. 25: Jackpot Barrel Race at 10<sup>°</sup>a.m. at the NDSU Equine Center in Fargo, N.D. Contact Tate at 701.231.7726

March 17: Jackpot Barrel Race at 10 a.m. at the NDSU Equine Center in Fargo, N.D. Contact Tate at 701.231.7726

### October/November 2011

## Pony Team USA Drives to Team and Individual Bronze Medal at the 2011 FEI Pony Driving World Championships

Lipica, Slovenia (September 30, 2011) – The United States' reputation as a force to be reckoned with in the sport of combined driving just got stronger thanks to a stellar performance at the 2011 FEI Pony World Driving Championships. After the marathon, the US Pony Team was placed third and they defended that finish through the cones, bringing home the Team Bronze Medal. Their total of 402.3 earned them the medal behind Germany with a 359.4 and The Netherlands with a 375.4. Suzy Stafford who was competing as an individual for the United



Weber, who finished second in the FEI World Cup Standings this year for Four-in-Hand Combined Driving, also served as Chef d' Equipe for the Pony Team in 2007 and 2009, and this was his first year as Chef for the Pairs Teams. Weber is a seasoned international competitor in the Fourin-Hand, and returned to the States to win the US Four-in-Hand Reserve National Championship

While competing in Europe

he was mentored by the

US Four-in-Hand Chef

d' Equipe, Ed Young.

have been working with Ed since 2006, and with

Michael Young, the Team

Coach, since 1998," Weber

said. "We were deter-

mined to use our knowl-

edge and experience to

improve the US Pony and

we did just that. My hopes

while exposing our drivers

Lipica, visit http://usef-

ships/. For more infor

Pairs Teams, and I think



(DOL) has proposed new child labor regulations ap-plicable to agriculture. The proposed rule would place new limits on the work "hired farm workers" under 16 and in some cases 18 would be allowed to do and could impact horse farms. ranches and auctions that employ young people who work with horses. The proposed new rules would not apply to young people working on farms and ranches owned or operated by their parents.

Currently, young people under 16 are prohibited from working in most occupations However the Fair Labor Standard Act (FLSA), which established American child labor laws. includes an exemption for agriculture that allows children under 16 to work on farms and ranches.

"Congress created special exemptions for agricultural work in the FLSA because of its unique nature and the important role young people often play on farms and ranches This proposed rule would radically restrict the work employed young people would be allowed to per-form," said AHC President Jay Hickey. "We are very concerned the DOL is attempting to so limit what young workers can do on farms and ranches that it would be impossible to usefully employ young people

Specifically, the proposed rule would prohibit employed workers under 18 from working in feed lots, stockvards, livestock exchanges or auctions. It would exclude employed workers under 16 from most animal husbandry activities such as branding breeding, dehorning, vacci nating, castrating livestock or treating sick or injured animals including horses or working near breeding stallions. It would also prohibit workers under 16 from herding livestock from horseback or on a motorized vehicle or on foot in confined spaces such as pens or corrals and operat ing almost any type of tractor or power equipment More on the proposed changes can be found on the AHC website. "The DOL is saying

most work around livestock is too danger ous for anyone under 16. l don't believe most people who have grown up on a farm or ranch would



SENDYOUR NEWS ANDSHOTS

U.S. SENATE PASSES 2012 AG APPROPRIATIONS BILL WITHOUT RIDERS PROHIBITING HUMANE HORSE PROCESSING

Earlier today, November 1, 2011, the U.S. Senate passed H.R. 2122 - the FY 2012 Agriculture Appropriations bill without any of the annual riders which have prevented USDA from providing necessary inspection to horse processing facilities. Now the bill moves to a conference committee to reconcile the differences between the pro-horse industry Senate version of the bill, and the House bill which includes annual riders that prohibit USDA from providing inspection to ensure humane handling and food safety in horse meat production

The Humane Society of the United States (HSUS) a radical animal rights organization, and their many offshoots, who actively work to end animal agriculture, use misleading emotional propaganda to betray an animal loving American public. These groups were successful in closing down the last three horse processing facilities in Texas and Illinois in 2007 through state action in those two states. In the same time period they were able to convince Congress to attach amendments to the Ag Appro-priations bill that have prevented any facility to open in any other state These amendments have been included every year since then.

"That back door strategy duped Congress," says United Horsemen President Dave Duquette, "and denied the horse industry any opportunity through a regular legislative process with full hearings and industry input to provide the common sense information that could have prevented the horrific and totally preventable unintended consequences." Duquette went on to state that "hopefully the conference committee will end this counter-productive policy

that decreases the welfare

destroys an entire sector of

of horses, and unfairly

animal agriculture." As documented in a Government Accountability Office (GAO) study published earlier this year on HORSE WELFARE: Actior Needed to Address Unintended Consequences of the Cessation of Domestic Slaughter, loss of an optior for humane processing has doomed thousands of hors es to a needless and wasteful death of suffering and starvation; has condemned thousands more to endure long and arduous transportation to processing in Canada and Mexico where the U.S. has no jurisdiction and cannot ensure it is done humanely; all at the same time that every horse rescue in the country is ful

and overwhelmed; and the broader horse industry is deeply impacted by the loss of value and no market for otherwise unusable, unwanted horses.

"We are grateful that the Senate took the initiative to order a thorough look at the effects on horse welfare and on horse economy," says United Horsemen Vice President and Wyoming State Representative Sue Wallis, "and even more appreciative that they passed the bill today without these damaging amendments.'

"With Congress' help we can build a better future for horses and for horse people. By restoring humane and regulated horse processing we can improve the overall welfare of horses, rebuild the once vibrant and viable equine economv, create jobs, return value and property rights to hardworking, taxpay-ing horse owning families and businesses, preserve our beloved horseback American culture, enhance hard-hit state and tribal rural economies, and protect animal agriculture from further transgressions by a very dangerous animal rights vegan agenda."





States, brought home her second consecutive Individual Bronze Medal after a brilliant cones phase boosted her from fourth to third. Stafford won an Individual Bronze Medal in Germany in 2009 and an Individual Gold Medal at the 2005 World Pony Driving

Championships in England. Chef d' Equipe

`hester Weher

Photo: Chef d' Equipe Chester Weber (far left) with

Championships in Lipica, Slovenia. (Photo courtesy of Marie de Ronde-Oudemans)

Pony Team USA at the 2011 World Pony Driving

were that we could create a medal finish for the US vas pleased with the US to the sport at the highest level and increasing their leams' sucesses. "The single Pony and depth of experience. Clear-Pony Pairs and ly the standings for both Teams and Suzy Stafford onv teams all out in excellent medaling in the individual erformances competition are a mark of ere in Lipica. our success." Veber stated. Гeam Bronze For more information on the US Pairs and Pony s a fantastic Team and results from achievement for the Pony Team, and is highlightnetwork.com/featured/20 11DrivingWorldChampio d by Stafford's ndividual Bronze Medal mation on Weber and his The Pairs Team combined driving team, lso had a great visit their website at www

FREE Advertising of Your Events! Send your event info to: The Valley Equestrian Newspaper Serving 26 States in your region! Send to: theVEnews@gmail.com or PO Box 64, Sabin, MN 56580

He enjoyed riding his horse on a trail ride on a gorgeous fall day.

He senses his horse's attention was riveted on that flock of fowl.

Or a noise, that would cause flight...and the related commotion!

They pied some wild turkeys lingering by the two-track trail along the way.

He started mouthing southing sounds to his mount, using placating words

That flock of wild turkeys appeared to be foraging to their heart's content

He feared that the turkey's sudden movement would cause an accident!

As horse and rider ventured along the trail, they expected sudden motion;

The hazard of his being thrown by a spooked horse, was graphically real

He patted his horse's neck, to calm and assure him, through that ordeal.

He was speaking more loudly, due to that safety plan, he'd implement.

With the expectation (and fear) as an uninterrupted trip was dubious;

Turkey gobblers didn't seem to be 'gobbling' up the 'free' natural food.

His heart-rate and breathing quickened, due to the possible accident.

Desperately, he SHOUTED, to scatter the turkeys. Then he saw .

ACCIDENT GOING SOMEWHERE TO HAPPEN/WARY/TREPIDATION

DECOYS are to fool turkeys, not fool trail riders ... nor set up to annoy.

DECOYS, holding a possible scare...or runaway horse...or an accident.

Brother Dew advises, "Since life is short...ride good horses on a trail ride.

No calories are burned by shifting blame or jumping to conclusions

He's had experience with broken ribs, concussions and contusions

And next time, he'll still be overcautious, but he'll plan to circumvent

THEY WEREN'T STRUTTIN' THEIR STUFF

Did the horse jump to conclusions?

such an incident...or an accident

© Orv Alveshere, Fargo, N.D.

(His judgment had a flaw) ...a camouflaged hunter...crouched in the draw. The decoy turkeys were NOT REAL! His fear was REAL! He didn't have a clue.

Fooled by a man-made object, he can now I.D. a fake...bogus...turkey DECOY!

He rode three more miles, so he'd not 'face' him again, but said, "I'm sorry," as he passed through.

THE HORSE DIDN'T SAY. Perhaps words could prevent...Startled jumps/quick descents, that come from

U.S. Jumping Team Wins Gold - Completes Equestrian

Sweep of Team Gold at 2011 Pan American Games

Hunters hope to fool real birds with a fake bird, that's called a decoy. DID THE HORSE JUMP TO CONCLUSIONS (like the rider) over that man-made 'see' toy?

Good mounts can be startled and fooled, (and lurch) and hurt your butt, bones and pride.

Causing a 'dirt bath,' broken bones, and a walk home...as a package deal!

Perhaps the turkeys would hear...and leave...and prevent such an accident

PREMONITION OF SKITTISHNESS/FIX GAZE AND FIXED POSITION While approaching the flock of wild turkeys, the horse's steps became tenuous

Closer and closer the trail riders came. They stopped, then they proceeded. His better judgment warned, that he would 'buy trouble,' if care not heeded.

Instead, they seemed to be in a pensive, meditating, watchful mood. In a moment, would they turn tail and run? Their steady gaze was evident.

UNRESPONSIVE AND MOTIONLESS WILD TURKEYS/WHO'S WATCHING WHO?

POSSIBLY CAUTION WOULD SOLVE THE PROBLEM/DAUNTING THOUGHT

He knew a spook would cause an instantaneous move...perhaps a cartwheel;

A REAL DANGER, THREAT, PERIL, RISK, HAZARD, CONUNDRUM

He feared the birds would make sudden moves. Those birds seemed to be on the prowl.

COWBOY POETRY WITH ORV

HORSE AND RIDER JUMPED TO CONCLUSIONS

WOULD WILD TURKEYS SPOOK HIS HORSE?

# **DOL Proposes Changes** to Child Labor Rules on Farms

The Department of Labor



agree with that opinion. These rules are so extreme operating a lawn mower wouldn't be allowed," said AHC Legisla tive Director Ben Pender grass.

activities

"While the 'parental exemption' is supposedly left intact we are concerned family farms and ranches that are owned as partnerships, even with other family members, such as grandparents, or bothers and sisters, or operated as LLCs would not qualify under the 'parental exemption' in these proposed rules." said Pendergrass "We don't believe these proposed rules recognize the reality or traditions of agriculture. Basically if you have a nephew, niece or grandchild or other young person who is 15 and wants to work on your farm or ranch you can hire them, but there is not much farm work they would technically be allowed to do. We are also very concerned that these rules could bar anyone under 18 from working in any capacity at a horse sale or auction.

This proposed rule is currently in a 60 day comment period. Comments are due by November 1, 2011. Áfter, the DOL reviews all submitted comments it will issue a final rule. The complete rule can be viewed and comments submitted here.

agricultural industries have asked the DOL for a 60 extension of the comment period. It is unclear whether or not this extension will be granted," said Hickey. "We are currently drafting comments to submit to the DOL, if anyone in the horse community has examples of how the proposed rule would impact their horse farm or ranch please email us at bpendergrass@horsecouncil.org"

The proposed rules apply only to hired, paid young workers and retain the parental exemption that exempts children working on farms and ranches owned or operated by their parents. It also does not apply to young people doing unpaid chores" or recreational

"The AHC and other

Until the clock stopped. She and Coral Reef Via Volo finished with a time of 66.07, just over the time allowed of 66 seconds. That one time fault left her in the Silver medal position behind her teammate Christine McCrea (Windsor, CT) and Romantovich Take One

GUADALAJARA, Mexico

came down to 7/100ths of

a second. Beezie Madden (Cazenovia, NY) had led

the 2011 Pan American

Games since Wednesday,

and when she landed over

the last fence in the second

round of the day it seemed Individual Gold was secure

with her fifth clear round of

the Games

- In a sport of inches it

It was an epic finish. There wasn't a rail separating the top five horses going into the final round - and at the end of all the jumping, McCrea and Windsor Show Stables' 11-year-old Dutch gelding finished up the way they started. The

jumped five clear rounds over three days and ended their first Pan American Games with Team and Individual Gold on a score of .88.

"My overall impression was this was a fabulous week," said McCrea. "It was great. Our country needed this - we needed it.

Madden is the master of precise riding and clutch performances so her time fault surprised everyone in attendance.

"I did not anticipate that, I'm sure Beezie didn't anticipate that," said McCrea "It just happened. That's sports.

Madden and Coral Reef Ranch's 13-year-old Belgian Warmblood mare put on a jumping clinic throughout the week, they began by winning the speed class on Wednesday - but were victims of the clock in the final moments of these Games

"It cost me a lot," said Madden of her time fault. "But thank god I have a strong team here and Chris was to take it up - I am happy it was an American, we were still Gold and Silver and with the Team Gold it was a fantastic week for us so no complaints." Bernardo Alves moved

up to third for Brazil on Bridgit - after the third American, McLain Ward (Brewster, NY) had one rail down to finish fourth on Antares F in an impressive five-round effort.

The course was imposing especially in Saturday's second round but Romantovich Take One jumped around Javier Fernandez courses easily, he never looked challenged - simply bounding around the main arena at the Guadalajara Country Club. Chef d'Equipe George Morris was thrilled with the overall result of his squad.

"We had a great week here, we had a great unit of people, they get along well - they're lovely people," said Morris. "We had a great chemistry of people, this club, this whole venue - this is just as nice as any competition I've ever beer to at any level anywhere... the atmosphere was great. We have lovely horses down here - the support staff that helps each of these riders are real professionals. It's all prepara-

With Team Gold, the U.S. secured qualification for the 2012 Olympic Games and with this Jumping result - the U.S. takes home it's ninth and 10th medals of these Games sweeping Team Gold in Dressage, Eventing and Jumping the U.S. riders won every Individual medal except for two: Individual Gold in Eventing and Individual Bronze in Jumping. It is the most successful Pan Ameri can Games for the United States equestrian teams in history.

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### www.theveonline.com

October/November 2011



In my room, hanging above my window, is a colletion of large purple and pink ribbons that I've won at our county horse show. There is eight Grand Champion (first place) and five Reserve Champion (second) to be exact. proudly show them off to whoever asks. But also tucked away in my closet where only I can see them is a stack of white and red ribbons.. Oh, how I despised the moments I was handed some of those!

According to our horse show rules and judging guide, some of the ways that you can get a white ribbon are as follows: touching the horse, broken pattern, break of gait that is not corrected, or illegal equipment. However, as far as I can tell, the major ity of these I haven't done at a horse show. But I've learned that sometimes your placings can depend on the judge's attitude as much as it can on the official rules.

I remember how proud I was when I showed my horse Spike, a Standardbred, in a Western Pleasure class that was on the rail. I was amazed when he loped along the rail when I asked him to! Though he was a lot faster than most of the other horses. I still couldn't believe that he was loping so wonderfully for me. It took months of "untraining" him to be a buggy

horse and retraining to ride just to get him to lope for a few minutes. (Instead of fast trotting or pacing) Now he was loping along like he'd done it all his life

I proudly walked him out of the arena, only to have my pride crushed when they announced my placing: white. I numbly accepted the white ribbon, then tied Spike to the trailer and sought out the judge to understand why I had been given the only white ribbon in the class. I found her and she told me that my horse had been loping too fast, that his head was held too high, and that she couldn't tell what lead he was on. But you don't understand! I wanted to tell her, it took me months of hard work to get my horse to do

something that most horses do naturally every day. things handed to them all of the time, and will be in So why even keep these white ribbons? Why bring back bitter memories that 'd just rather forget? I keep them to remind me of three things I've learned from my entire horse show

experience. Life--and horse shows-aren't always fair Okay, most of us should know that by now. But when I was thirteen I sought out our local horse show all by myself. I found a ride with someone I knew that was going, and I was ready for a fun day competing against other kids in the simple riding classes, and I was complet with jeans, dusty cowboy boots and a borrowed white button-up shirt. There would be kids just like me, who had saved for months to buy their own horse and saddle and then spent hours of time training the horse, and had put tons of good old-fashioned 'elbow grease" into making

their horse shine. I was in for a bit of a shock. Sure there were a few kids like me who had worked hard to buy a horse themselves. But most of them had their pick of horses from what horses their parents

already owned. The horse

was often trained by their

parents or sometimes ever

expensive trainers. Saddles

were big-ticket shiny show

than feed-store specials like mine. I simply couldn't

believe it when I saw one

sassy teenager demand

that her parent groom and saddle her horse for

her. The parent complied

even asking if there was

for her. What's the point of

anything else she could do

even competing if you have to work twice as hard

as some people to achieve the same results? That's

what I wondered when

I first started, But now I

know there's a point. In

the end, I will have come

out even better for it. Some

kids (and even adults) have

saddles bought for them

by someone else, rather

for a shock if it ever stops coming. I've never had it that way and so will never have to worry about that. I've done hard work and I've learned that it's the

White Ribbons

only way to truly achieve success. So am I incredibly jealous of other people? Yes, I often am. Do I despise them for it? No. I truly value the hard work and effort that goes into horse care. I have a much closer relationship with my horse because of all the time I have spent with him. And in the end, that's what really matters to me. It's just someone's

opinion. The woman who judged me that day didn't see all the work put into training Spike. All she saw was a class with a lot of kids whose horses loped better than mine. She didn't see a Standardbred horse that had been purposely trained not to lope, she just saw a big bay horse that took huge strides and cantered so oddly that she couldn't tell what lead he was on. And if I was her, I probably would have gone with her choice too. (Although I would have been a little more empathetic and wen with a

> red.) Ťake that into consideration the next time vou get an unsatis factory placing Ît isn't a direct hit against you, but what the judge sees that dav. My heart goes ou to any girl I see

bawling

after a class that went especially bad; there usually seems to be at least one at every kid's show. ecause that used to be me. But now that I've had more vears of experience, I can see that horses just have bad days that they all have different temperaments and amounts of trainability, and that judges just sometimes have harsh opinions. In the end, search

vourself and ask vourself these questions: Ďo you think that you've personally won? Do you think that you've reached your goals with this horse, that you have succeeded at what you've set out to do this year? Is your relationship with your horse going well? If the answer is yes, then know that you've done your best, that you vourself have "won" with

this particular horse, and that's what really matters.

I keep white ribbons to remind me hov far I've come. It was a lot of work for me to go from the white and red ribbons to blue and grand champions. worked hard with Spike but was unable to get more than he one blue we got in any class that involved loping. But I can see how far

I've come as a horseman now. I can laugh now at the first time I attempted the barrel pattern and ran around the barrel on the wrong side, or how I almost sprained my ankle jumping off my horse to grab a goat.

A couple of years ago I bought a Quarter Horse filly to raise and train myself. If I had my way I would have rather bought a fully-grown horse that Horses was already trained for me to use in the horseshow. But this horse was a good price and came from fairly good ineage.

This year, as a three year-old, she got grand or reserve champion n nearly every class. We came very close to Grand Overall horse at the show. The judge was particularly harsh, too, and I don't hold it against her. In fact,

I am glad that she was hard on us. Because those ribbons mean a lot more to me now, knowing that she wouldn't have given them to me unless I truly deserved them. And it makes me even happier to know that I trained my filly myself. I am getting rewarded for my own work, not someone else's.

So I truly appreciate those couple beautiful rows of first and second place ribbons that gently move in the breeze when I open my window. I display them proudly, showing them off as rewards for all the hard work I've done. But those white ribbons are still there, reminding me of the important horse--and e--lessons I've learned in showing horses. I don't think that I could ever show them off as proudly as I do the other ones, but nonetheless they've taught me just as much, or even more, than First Place ever could

Mattie Richardson is the 17-year-old author of "Dusty's Trail" and "Appa-loosy." She is from Sheldon, loosy.' N.D.



The students of Kaye Cover's Silver Fork School in Pollack Pines, CA, hold up the art projects and book reports they pre-pared after reading Mattie Richardson's books "Appaloosy" and "Dusty's Trail" (about the Pony Express). Last month the students visited a reenactment site of the Pony Express. Their teacher, inspired by Richardson's books, wanted the students to share in the local history and worked it into the curriculum. The students are well on their way to their reading goal of 300 books.



**Dusty's Trail** A story about the Pony Express from the horse's perspective by Mattie Richardson author of 'Appaloosy' DUSTY'S TRAIL

Contact Mattie at: redheadkid7@msn.com http://appaloosybook.blogspot.com/

By Ley Bouchard

shooting sports, 4-H provides opportunities for all. The "All" includes leadership at each step of the way. Youth

gain confidence, strength, understanding of others, empathy, strength of char-acter and more – all important traits for growing mature individuals. Leadership

and 4-H go hand in hand. With leadership camps, opportunities for leadership at the meetings on committees individual and group projects, youth are provided ample chances to lead, learn and try new experiences.

There are more projects in 4-H than one can count. And if perchance, a student

Lipica, Slovenia - The United States' reputation as a force to be reckoned with in the sport of combined driving just got stronger thanks to a stellar performance at the 2011 FEI Pony World Driving Champion-ships. After the marathon, the US Pony Team was placed third

and they defended that finish through the cones, bring-ing home the Team Bronze Medal. Their total of 402.3 earned then the medal behind Germany with a 359.4 and The

Netherlands with a 375.4. Suzy Stafford who was competing as an individual for the United States, brought home her second consecutive Individual Bronze Medal after a brilliant cones phase boosted her from fourth to third. Stafford won an Individual Bronze Medal in Germany in 2009 and an Individual Gold Medal at the 2005 World Pony Driving Championships in

England. Chef d' Equipe Chester Weber was pleased with the US Teams' successes. "The single Pony and Pony Pairs and pony

# The Lifelong Legacy of 4-H

rom fine arts to

does not want a project that the club offers, the child may create a new project, it is called "selflirected," given a leader or the parent, is so included to be project leader. Though 4-H started as

an agriculturally-based group more than 100 years ago, it has clearly evolved into an organization that



continues to mentor youth from all walks of life, urban and rural. Through competition, fellowship with other youth and adults, and connection with an individual's passion, kids learn valuable lessons that help them become responsible adults

According to their web

site, 4-H prepares young people to step up to the challenges in their community and the world. Using research-based programming around positive vouth development, 4-H outh get the hands-on, real world experience they need to become leaders. Through America's 109 land-grant universities and

Minn. State Fairgrounds in September. "Just learning to have good sportsman-ship and self-control, what do you do when you don't win or you make a mistake? You have a pattern go wrong? If you have a little blip, you probably won't get in the top. How do you deal with that? How do vou maintain your composure out in the

gram for the school year ollowing graduation from high school

You can tell the youth that have been active in 4H; it gives perspective, they can speak, they have had exposure to all the differen opportunities. There are so many things you can do so many opportunities to look at where your passion lies. At the Oak Mound 4H Club we



through e screen g and b cause e have eople killed ir lood and nutrition, needlecrafts, and

they can share those skills and pass it on," said Wood. Six pillars

L-R:Photo compliments of Debra Altepeter, Mahnomen, Minn. County 4-H, "Horses encourage youth to act as a teacher, listener, leader, comforter and friend. Through these experiences youth build life skills and explore a variety of behaviors which they can apply to other areas of their lives. Horses exhibit personalities, attitudes and moods that are as unique as people. This provides a variety of opportunities for discussion, analysis and learning. Taking part in the Rhythm Ride that the group performs at area fairs and events this year were Dave McNamee and Becky Halonen, Andrea Wadena, Fawn LaFriniere, Heather Wade, Haylee Wade, Bucky Tibbets, Quinnie Bunker, and Xavier Hanks. During the Rhythm Ride, the group performs several routines to music and the horses "dance" with the rhythm. Center: The Norman of character: County, Minn., 4-H program learn about sheep and how to care for them; Photo Compliments of Linda Houglum; Right: Horses and riders line trustworthiness up at the Minn. State Fair 4-H Show at the St. Paul Fairgrounds in September. Photo compliments of Paulette Wood. respect, responsibility, fairness

### Pony Team USA Drives to Team and Individual Bronze Medals at the 2011 FEI Pony Driving World Championships

teams all put in excellent performances here in Lipica," Weber stated Team Bronze is a fantastic achievement for the Pony Team, and is highlighted by Stafford's Individual Bronze Medal. The Pairs Team also had a great show, and both Teams

Four-in-Hand Reserve National Champion-ship. While competing in Europe he was mentored by the US Four-in-Hand Chef d' Equipe, Ed Young I have been working with Ed since 2006, and with Michael Young, the Team Coach, since 1998," Weber said. "We

were determined to use our knowledge and experience improve he US Pon nd Pairs eams, and hink we did ust that. My opes were at we could create a medal finish for the US while exposing our drivers to the sport at the

highest level and increasing their depth of experience. Clearly the standings fo both Teams and

Suzy Stafford medaling in the individual competition are a mark of our success.

For more information on the US Pairs and Pony Team and results from Lipica, visit http://usefnetwork.com/featured/20 11DrivingWorldChampionships/. For more information on Weber and his combined driving team, visit their website at www chesterweber.com

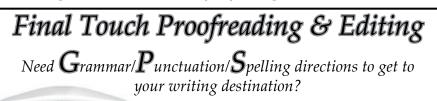
its Cooperative Extension System, 4-H reaches every corner of our nation - from urban neighborhoods to suburban schoolyards to rural farming communities. With a network of more than 6 million youth 540,000 volunteers, 3,500 professionals, and more han 60 million alumni, 4-H nelps shape youth to move our country and the world forward in ways that no other youth organization

The mission of 4-H is to prepare youth to meet the challenges of childhood, adolescence and adulthood, through a coordinat ed, long-term, progressive series of educational experiences that enhance life kills and develop social, emotional, physical and cognitive competencies. Paulette Wood is an adult leader in the Oak Mound Clay County, Minn. Horse Program, whose daughter, Ashley, 17, just competed for the fifth time at the state fair competition at the show ring? Recognizing you made a mistake, you knew it but didn't do it, not blaming your horse when it was your fault: it all helps in the overall growth process. I wish I had a redo on that, but I don't so I have to make it right I have to practice more on my horse," said Wood. It is Il part of character building that is basic in the 4-H program. "There is a huge amount of personal growth that happens," said Wood. 'It's terribly competitive, but there is a lot of support especially at the county level: we are cheering each other and it's not just the arents, it's the youth.'

Wood grew up in 4-H. "I was a ND 4-H Ambassador in college. I was 8 when I started and went through grade 13 and was an ambassador all through my college career. My mother was a 4-H leader for 35 years. I come from a long line of 4-Hers." Grade 13 refers to the fact that 4-Hers may stay in the pro

caring, citizenship. It is the stuff of which 4-H is made Youth direct their meetings and learn leadership: they take on projects that reflect their interests and are men tored by adult leaders with similar interests and this builds camaraderie and a connection to the group, other youth in the club, the leaders and community The 4-H experience helps youth develop skills they need in college and life; it helps them develop confidence: it helps them learn cooperation, tolerance, ience, endurance, and service to community.

From local 4-H proims, to national initiaives and partnerships with pusiness, the expansive 4-H network is unparalleled in its reach and scope engaging youth with learn ng activities which build a foundation of leadership geared toward growing a trong base that will lead our country in the 21st century.



I'll gladly guide you along your journey. No funny fake voices! Just genuine dedication to you and

- your project:business communications/ads • articles, books, blog posts
  - resumes, cover letters

Heidi Mann http://FinalTouchProofreadingAndEditing.com Final.Touch.Proofreading@gmail.com



Chef d' Equipe Chester Weber (far left) with Pony Team USA at the 2011 World Pony Driving Championships in Lipica, Slovenia. (Photo courtesy of Marie de Ronde-Oudemans

gained invaluable experi-

ence showing and training

Weber, who finished

on the international level

second in the FEI World

Cup Standings this year

bined Driving, also served

as Chef d' Equipe for the Pony Team in 2007 and

2009, and this was his

first year as Chef for the

Pairs Teams. Weber is a

seasoned international

competitor in the Four

in-Hand, and returned to

the States to win the US

for Four-in-Hand Com-

### Golden Western Equestrian Team Rebounds Support Needed for Bill Introduced to Save H-2B Foreign Worker Program With Good Performance on Sunday

Crookston, Minn.- The University of Minnesota, Crookston Western Equestrian team hosted its annual home show at the University Teaching and Outreach Center (UTOC) on Saturday, October 29 and Sunday, October 30.

In addition to the host Golden Eagles, North Dakota State University (NDSU) Ellsworth Community College, Ripon College Rochester Community and Technical College, St. Cloud State University, the University of Minnesota-Twin

Cities, the University of Wisconsin-Eau Claire and the University of Wisconsin-River Falls also competed.

After a slow start on Saturday, U of M, Crookston rebounded with good performances on Sunday, Kayla Krueger (Sr, Walker, Minn.) started out strong on Saturday winning the Reining and taking third place On the Rail earning her Reserve High Point Rider honors for the day. However, it was tough going for the Golden Eagles from there on out. Caitlin Kelley (So, White Bear Lake, Minn.), Anna Steen (Sr. Hanover, Minn.) and Amy VanT-

Horsemen are constantly

striving to intensify the

tion they have with their

trainers of all levels will ap-

preciate this book's fresh

perspective. Part diary.

part training manual, this

book will really ring true

for any horse owners that

have éver wondered what

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fully presented, the book

the standpoint of a voung

engage with people for the

first time Casual readers

will recognize the book's

format—it is written from

the horse's viewpoint, and gives a nod to beloved

shows the process from

wild colt as he learns to

levels of communica

horses, and riders or

reeck (Jr, Sheboygan Falls, Wis.) each earned third place ribbons in some big classes. Shannon Salm (Fr, Larsen, Wis.) scored with a second place finish in her Intermediate division. The day's highlights were wins from Karen Carpenedo

University of Minnesota, Crookston's Kayla Krueger

(Walker, Minn.)

(Jr, Bessemer, Mich.) and

Mikavla Sich (Fr. Duluth

Minn.) in the Novice and

Beginner divisions respec-

tively. Final points at the

end of the day saw the Uni

versity of Minnesota-Twin

Cities with 28 points, UW-

River Falls with 27 and U

of M, Crookston with 25.

Day two fared much

better albeit a slower start.

The Golden Eagles gained

momentum throughout the day with several red

ribbons from Krista Dale

(Ir, Sartell, Minn.), Yahna

and Kaytlin Weiger (Sr,

Zastrow (Jr, Easton, Minn.)

Duluth, Minn.). Three big wins for U of M, Crookston

came from solid rides from

equine classics as Black

presented as a fascinating

and eniovable look into

the mindset of the horse.

Beautifully and thought-

fully written, A Marvelous

to be passed from rider to

rider at stables and shows

all across the country, and

from one horse-lover to

It is practical, insightful,

may never think of your

horse in quite the same

Art Horse Magazine

Full to Say More: The

Horse in the Civil War

Author, My Heart is Too

and thought-provoking: you

Lyne Raff, Editor/Publisher,

another.

way again

Mustang is a book destined

Beauty-but this book

is really a training aid

A Book Review:

A Marvelous Mustang: Tales from the Life

of a Spanish Horse

As Told to Janice M. Ladendorf

Steen, Carpenedo and Sich. The Golden Eagles ended the day in a solid lead with 30 points followed by U of M-Twin Cities with 26.

"It was sure nice to pull out a team win at our show and I was happy with how we all rode this weekend. says Golden Eagle

the H-2B program essen-tially unusable for many Western Coach Nicky Overgaard. employers. 'Everyone rode well, impact these DOL rules could have on the small even on the tougher and seasonal businesses draws. So I that rely on the H-2B am proud of program, Congressman the consistency of the has introduced H.R. 3162 a bill that would prohibit team. We are finding DOL from implementing, amending or enforcing a new H-2B wage rule or a confidence in the arena proposed rule that would and the ribbons will make changes to the entire follow. We program. are looking

forward to our last three shows of the year to be held at NDSU on November 11-13."

For more information, visit the Golden Eagle Athletics Web site at www. goldeneaglesports.com. Follow the Golden Ea

gles on Facebook at Golden Eagle Sports and on Twitter at @UMCAthletics. The University of Min-

nesota. Crookston is an NCAA Division II Institution and a member of the Northern Sun Intercollegiate Conference (NSIC). Íhe Golden Eagle Equestri an team is a member of the Intercollegiate Horse Show Association (IHSA).

Think that's a "Grade" Horse in your stall? Visit the American Horse Registry website, then look again! Preserving an important

historical companion; steady, enduring, a 13-15 HH powerhouse - a type not a breed. www.indian. horse.com

Additionally, in Decem-ber the DOL is planning to finalize a second rule that will affect the program further. The rule will likely require employers to hire any qualified U.S. worker up to three days before the H-2B worker is scheduled to begin and require employers to pay transportation and subsistence costs for potential U.S. workers.

A full description of the proposed rule and AHC comments on the proposed rule can be found here on the AHC website.

The American Horse Council urges you to cal or email your Kepresentative and ask them to co-sponsor H.R. 3162 introduced by Congress man Alexander.

Call your Representative and tell them; • The H-2B program is vital to the \$102 billion horse industry and new DOL rules threaten the ability of th horse industry to participate in that program.

The horse industry relies on H-2B foreign

employers do not use the H-2B program by choice. They are forced to use it because American workers are not seeking these jobs. In the current economic conditions the new rules will drastically increase the cost of an already costly system and could be devastating to employers who rely on H-2B workers.

 Most horse industry employers who use the H-2B program also employ American workers in other capacities and support many other jobs. If current users of the

H-2B program are no longer able to afford to participate, the jobs of many Americas employed by the horse industry will be put

Please co-sponsor the H.R. 3162 introduced by

### **NDSU Equestrian Team Wins Hi-Point Honors**

North Dakota State University's equestrian team won high-point team honors both days of its first competition of the season Oct. 15-16 in River Falls, Wis

Team member Shannon Voges, a senior from Courtland, Minn., also was named high-point rider Oct. 15.

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Congressman Alexander You can reach your Representative by calling the Congressional switch board at (202) 225-3121. Ask for your Representa tive's office and then ask to speak to the staff person who handles immigration issues.

October/November 2011

Email your Representative You can personalize and email the attached letter to your Representative. You should personalize the email if you can with information about yourself and how the H-2B program impacts your segment of the industry. To find the email ad-

dress for your Representa-tives or to find out who your Representative is go to http://www.house gov/ or you can call the

She is one of 24 members on the 2011-12 team, which consists of 12 returning riders and 12 new members.

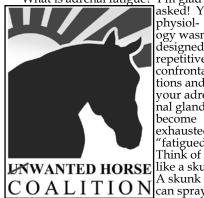
The team displayed a tremendous amount of talent and enthusiasm at the first show, which I am expect-

ing will continue through out the show season, says Tara Swanson, the team's coach.

Page No.

Adrenal glands are two, endocrine

adrenal fatigue.



See more photos and content on the VEN Facebook page: The Valley Equestrian Newspaper and online at: www.theVEonline.com

### By Ley Bouchard

Trish arrived at the harness club meeting with a mission. An elderly gentleman, who lived at the Veteran's Hospital where she worked, had a wish for a wagon ride. Trish came to the logical conclusion to ask the local driving club if they could accommodate



workers to operate. The

(DOL) is about to adopt

the H-2B program that

horse employers who utilize it. The AHC fears

these actions could make

Because of the severe

Rodney Alexander(R-LA

Specifically, the DOL

formula for calculating pre-

vailing wages on Novem-ber 30. This regulation will impact H-2B users who

will begin using a new

have labor certifications

ber 30, 2011 and anyone

that are valid after Novem

hiring H-2B workers in the

future. These new wages

will need to be paid to cur-rent and future H-2B work

ers and any U.S. workers

hired in connection with

the H-2B recruitment pro-

cess. More information on

the wage rule can be found

here on the AHC website

two new rules concerning

could significantly impact

Department of Labor

the request of this 91-year-old, wheel chair depen-dent, veteran of World War II. Immediately the club began talking ábout how it would be accomplished and when. Trish said the week of October 17 they were celebrating Oktoberfest and a wagon ride would highlight the event for George.

The group, huddled by twos and threes, had already begun discussing how they would accomplish it. They did not ask IF it would be done. but when and how many would participate. How many veterans would want to ride? Would they need 2 rigs, 3 rigs, and what time of the day were the only auestions

asked. Pollv Thorsness offered her wagon which had recently become wheelchair accessible. with her mule team which was modified for the use of wheelchairs. Eugene, Mark and Karen Radtke offered their wagon and mule team.

A date and time was set: Trish organized the riders, Polly organized the teams. Saturday morning at 10 a.m. Oct. 22, two pickup trucks and horse trailers pulled into the Fargo, N.D. Veteran's Hospital parking lot and pulled to the back of the lot where they set up the rigs, hooked up the teams, and were ready for a couple hour's drive along the Red River of the North A gorgeous fall

day was nature's gift and reward for a kind gesture. In all, 14 veterans were taken for autumn wagon rides on a brisk and beautiful fall morning. This count included 91-year-old George Miller, and 90-year-old Gladys Forseth, who also served time in WWII, as a WAC. Gladys spritely climbed alongside Polly in the driver's

seat for the duration of the rides. One after another of the men who called the VA living center home, climbed aboard for the scenic ride

Mike Chamness jokingy said, "The only réason I agreed to his is because the mules are the only democrats in North Dakota." The veterans, the

drivers, and helpers, all enjoyed the morning, the camaraderie, and the fresh air.

Left: Polly Thorness, George Miller, Bob Feakes, Kit, Jan and Denise Anderson Right, seated: Gladys Forseth, George Miller Polly Thorsness, standing



### By Patti Bartsch, Ph.D.

'm not the type of person who aims to inspire people to think they have a certain disease or disorder. However, there are some "conditions" that are rampant in our society due to the lifestyle we tend to lead. Vitamin D deficiency is one of them but so is Adrenal Fatigue. Since so many of my clients complain about their lack of energy, I thought I would provide some information about this (very reversible) condition. First of all: What are adrenal glands?

(hormone secreting) glands that sit atop the kidneys. They secrete a variety of hormones including epinephrine and adrenaline – the fight or flight hormone. They also secrete cortisol (involved in metabolism), aldosterone (which is involved in salt/electrolyte regulation and blood pressure) and glucagon (to elevate blood sugar) among others.

Stress and/or simulated stress cause a rise in glucagon and adrenaline which results in increased blood sugar and more energy. From an evolutionary perspective, this is because if we felt the stress of having to survive a confrontation with a predator, we would need our biochemistry to help out so that we can have the strength, endurance, and energy to combat or outrun the predator. This works great in a bear attack but not so well in an "I need to get this presentation done by 5:00" attack – day, after day, after day. Beyond the high-stress world or work, if you are a person who tends to be nervous, worrisome, or lacking in confidence, you are also operating with a high level of stress hormones which can also lead to

renal fatigue. What is adrenal fatigue? I'm glad you asked! Your hysiol ogy wasn't signed for epetitive nfronta ions and vour adre nal glands come exhausted, or fatigued' Think of it **UNWANTED HORSE** like a skunk

# Are You Tired of Being Tired?

leaves the skunk unarmed for a while. It wasn't designed to spray, spray, spray to deal with repeated attacks. Neither were you. From an evolutionary perspective, you should only have to call on adrenaline and other stress hormones on rare occasions. However, in our high-pressure, high-pace society, this is exactly what we are simulating. Stress, caffeine, and nico-tine all stimulate the adrenal glands and

can lead to adrenal fatigue. Coffee could be the culprit – When you consume caffeine, it causes your adrenals to secrete glucagon which results in a rise in blood sugar. This stimulant also results in increased adrenaline pro-

duction which will raise your heart rate, focus, and blood supply to your arms and legs (so you can run or fight). By doing this, it diverts blood from your other organs like those of digestion and reproduction. It also interferes with the production of sleep hormones so that when it is time to sleep, you can't. This typically leads to another day filled with coffee and thus perpetuating the energy rollercoaster. Some signs that you might

have adrenal fatigue: \* Lack of energy \* Trouble getting up in the

- morning \* Trouble getting things

done in the afternoon \* Craving caffeine and sugar to keep you

going \* Feeling stressed, worried, tense, or

- anxious
- \* Depression \* Decreased fertility
- \* Digestive issues \* Reduced Immunity

How can I NATURALLY improve my adrenal health?

NUTRITION: WHOLE FOOD lifestyle. "Whole" foods are foods that come directly from nature. They do not need a label because they are 100% food (example: apple). Processed, packaged food is no longer in its natural state and often has numerous chemical additives and a load of sodium. Replacing processed, packaged foods with

whole foods including whole grains, fresh or lightly cooked vegetables and fruits may be beneficial to your blood pressure and your total health. Eliminating animal protein (meat, dairy, cheese etc.) is another option but if you continue eating these products, consider reducing serving size and frequency as much as possible.

\*REDUCE CAFFEINE AND SUGAR: Caffeine simulates stress and stimulates stress hormones. However, your body may be addicted and you will need to wean yourself off of caffeine. Start by reducing your coffee (or other source of caffeine) by ¼ either by not filling your cup all the way, pouring out a bit, or mix-



ing ¼ decaf with ¾ regular coffee. After two days, progress to half and half. Then 75% decaf etc. Eliminating or replacing coffee with decaf or a low caffeine beverage such as green tea (which has tons of health benefits) should be the goal. One, small (6-8 oz) cup of coffee on occasion won't kill you but if you're trying to re-store your adrenals, it might be best to be coffee-free for a minimum of 3-4 months.

\*HYDRATION: monitor water intake Many people feel a lack of energy because they are mildly dehydrated. Coffee actually leads to dehydration because it is a diuretic (makes you pee) so if you are using coffee as your "drink" you're not really quenching your thirst. Experts recommend drinking half your body weight in ounces of water per day. So if you weigh 200 lbs you the recommendation would be to drink 100 ounces of water per day. Herbal tea counts as water but regular tea or coffee does not. Your body pproximately 80% water and your blood is fluid and requires hydration to be healthy

\*RELAXATION: reduce stress. Stress causes a release of chemicals in the body that cause the blood pressure to increase. This is why many heart attacks take place on Monday mornings when stressed-out people are beginning their work week. Deep breathing, meditation, and recre-ational activities can all help to reduce blood pressure. Read a book or a maga-

zine. Do something artistic or creative. \*SUPPLEMENTS: Vitamin C, Vita min D, B-12, and Niacin

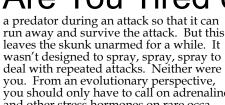
> \* SPEND TIME IN NATURE! Get some sunshine and vitamin D. Breathe fresh air. Go for a walk in the woods, the park, or on the beach. Listen to the birds. Work in the garden. Take the dog for a walk. Go for a trail ride. Put some flowers in your space. Nature is calming and spending time there is a great stress reducer. Take 20 minutes and watch these videos on Adrenal Fatigue

Part 1: http://www.youtube.com/ watch?v=7oztM0Uf1v8 Part 2: http://www.youtube.com/ watch?v=GPCKw6xTPNs&feature =related

### Websites:

http://www.adrenalfatigue.org/ http://www.bodylogicmd.com/for-women/adrenal-fatigue http://www.drhotze.com/Wellness-101/ Adrenal-Fatigue.aspx

Patti Bartsch, M.A., Ph.D. is a Certified Holistic Life & Wellness Coach who specializes in equestrian women. She is the author of "7 Steps to a Naturally Unbridled Life" and "100 Days, 100 Ways to a Happier, Healthier Life" Patti supports equestrian women in achiev-ing their ideal life and health using natural, holistic methods. She is a popular speaker and author and supports her global clientele via telephone or Skype consultations. For more information about Patti and to download a free chapter from her most recent book visit her website www.NaturallyUnbridled.com



# with alley Equestrian Newspaper

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