

April 2014



The Valley Equestrian Newspaper



EHV-1 Updates & Recommendations

Black Beauty Revisited by Janice Ladendorf

What Did You Say? by Staci Grattan

**Giving Voice to the Voiceless: Anna Twinney's
"Animal Communication - The Real Deal," a Review
by Kari Hagstrom**

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EHV-1 Updates and Recommendations

By Kari Hagstrom

There has been a lot of concern about the recent outbreaks of Equine Herpesvirus 1 (EHV-1) in Minnesota and Wisconsin, particularly with so many event seasons starting up and the upcoming Midwest Horse Fair in Wisconsin, and the Minnesota Horse Expo just weeks away.

To alleviate rumors, the best place to look for updates on the progress of this virus is the website of the Minnesota Board of Animal Health (www.mn.gov/bah/horses.html). There is an excellent fact sheet on EHV-1 available, put out by the University

of Minnesota, as well as a pamphlet outlining the disease. Know your facts. Know what symptoms to look for in your horse.

Another excellent source of information, particularly for exhibitors at the MN Horse Expo, is the Minnesota Horse Council's website (www.mnhorsecouncil.org/ehv-1-2014.php) detailing recommendations for curtailing the spread of the virus. MN Horse Expo exhibitors will want to note the letter from the Expo detailing the requirement of a health certificate prior to entering the grounds (www.mnhorseexpo.org/ehv.html). As of this print

date, the Midwest Horse Fair (www.midwesthorsefair.com) plans to accept horses, but will provide continual monitoring of horses at the event—see website for updates.

According to all of the above sources, and Dr. Nancy Randall of Randall Veterinary Services in Sauk Centre, Minn., the best steps to take are preventative.

- KEEP YOUR HORSES HOME. The best plan is to sit tight, wait it out, watch and see what happens.
- The spread of the virus will end more quickly with prevention, such

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Readers' Letters

BYGORY: AN OLDEST HORSE STORY

Hi, I found your paper in at Willstar Riding Academy near Bemidji and am hoping I'm not too late for your older horse stories.

I've own Bygory since conception in 1983. She is out of a grade saddle-bred mare (she gave me so much too) and a cream colored POA stallion. She was trained to ride when she was two years old, by a nine year old little girl; and never gave me a day of worry that whoever was on her back would always come back safe.

Bygory gave me six wonderful baby colts, all of which looked like the stallion she was bred to. Color and build were just like their dad but their disposition came from their mom. All were and are productive members of the horse community. I no longer own any of her kids, but have two of her granddaughters, and they're two of my best using horses. Bygory loved her babies; she was always so proud of them.

Bygory could not be out-pulled in the harness, either. She is all of 14 hands and could out-pull and out-work any 15 to 16 hand horse. If I needed to train any other one of my horses to harness they all were

teamed up with Bygory. Some of my fondest memories of my dad are the two of us working our horses and they all have Bygory in them. From giving wagon rides to pulling tamaracks out of a frozen swamp to dragging out fire wood, Bygory did it all.

She taught more children



less!!

Bygory has never been my most pedigreed horse or the most well-conformed, but always the most trusted. She always made the novice rider work at their skills. I would have Bygory's rider tell me on a trail

that she wouldn't do one thing or another, and I would say to them, "When you tell her what to do she'll do it". The next thing you know they would be upset, say a few words, and get assertive with her and a light would turn on. Yes, Bygory would do it if I asked her the right way, now I have new rider in my group.

Bygory will be 30 this year, and has maybe gone on a few rides a year, the last couple of years. She is sound, and needed something to do besides getting after me because I'm late walking out to do chores. I've wanted more for her to do but didn't have any kids around to go riding; then I met the Carters. I offered them Bygory to use but that I wanted her back when she needs to be laid down. Now she has a family of children to care for her. I've sent you the pictures they sent me of their life with Bygory.

the confidence to ride and took the most horror stricken adult (most adults have a childhood horror story about being dragged through a barn door or raked through the trees) and restored they're view of the kind, well-trained animal that they imagined as a child. Now they understand why we like to ride horse: it is enjoyable and fear-

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This is hard to put into words, and as I read this there is so much more to tell, like the time her daughter had twins and Bygory took one of the twins for her own overnight. She was so proud of that little filly and was terribly upset when I gave her back to her real mom. So many memories in 30 years, and I hope for at least five or six more years.

Rita Holland



The Valley Equestrian Newspaper loves older horses! Tell us about yours!

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

Cowboys for Christ: New Chapter in Stewartville, Minn.

A new chapter of Cowboys for Christ was organized in January 2014 for the Southern Minn.-Iowa region. It is called MN-Iowa Riding for the Brand Cowboys for Christ. Judy Wiedemeir of Buffalo Center, Iowa, is the president, Kim Olson is the secretary-vice president, and Carolyn Duncan of Albert Lea, Minn., is the treasurer. One meeting per month is held for all who are interested in attending, at the Dell Lutheran Church by Frost, Minn., which is east of Blue Earth and a few miles south of I-90. Riding for the Brand chapter

has been invited to do a cowboy church service at the Jackson, Minn., horse sale the first Sunday of every month at 9 a.m. The sale starts at 10 a.m. with tack. Pat Jensen, professional musician and horse woman, from Plymouth, Minn., will be doing the April music and message. The headquarters for Cowboys for Christ is in Fort Worth, Texas, and you can look at their website to get more information about the Cowboys for Christ ministry www.cowboysforchrist.net.

Carolyn Duncan

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The April Cover

Our cover art this issue is by Kathy Zachman; the photo is of her rescue horse, Sunny. You can read more of Sunny's story at Zachman's website: www.favoritecowgirlcoffee.com. Respect for our horses and animals is an emerging theme this month. You can read about a horse's-eye view of humans in "Black Beauty Revisited," consider how you talk and think about your horse, and how that affects your relationship in "What Did You Say?" And in "Giving Voice to the Voiceless," you can read about how to communicate with your horse in a review of Anna Twinney's "Animal Communication - The Real Deal" CD program. Respect for our horses' well being is also key in dealing with the recent outbreak of EHV-1 in Minnesota and Wisconsin, with information available in "EHV-1 Updates." Have a happy, safe, and healthy spring, from "The Valley Equestrian Newspaper!"

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Editorial Information

The Valley Equestrian Newspaper 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 200 DPI resolution and four inches wide.

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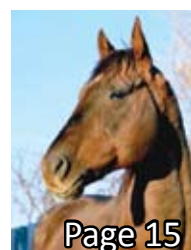
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Earth Day

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Black Beauty Revisited

By Janice M. Ladendorf

Anna Sewell published her novel, "Black Beauty," in 1878. It is now considered a children's classic, but she originally wrote it for those who worked with horses.

She wanted to persuade them to use more humane methods for training and treating the horses in their care. Many years have passed since its publication; but, in my opinion, how humans view and treat horses has changed very little.

In my experience, most horses are extremely clever at reading humans and treat each one exactly as he or she deserves. I've identified four distinct points of view. A human may see a horse as a slave, a servant, a partner, or a pet. Beauty's story contains excellent examples of each viewpoint and how horses feel about the humans who hold them. Modern equestrian literature has been used to present further examples of each viewpoint.

My new book, "Human Views and Equine Behavior," contains extensive analysis of the philosophy behind these viewpoints and how they affect training issues.

1) The Slave View

a) Ginger's brutal breaking. She [Ginger] said, "I felt from the first that what he wanted was to wear all the spirit out of me, and just make me into a quiet, humble, obedient piece of horse-flesh."

Modern example:
Ray Hunt and Tom

Dorrance are both pioneers in the field of natural horsemanship. They are advocates of training, not breaking. Unfortunately, their advice is all too often ignored by those who

His friend, Max, explained, "the dealers and horse doctors know ... it is very bad for the horses, but good for trade. The horses soon wear up or get diseased, and they [their customers] come for another pair."



still want to break young horses in the old, fast, and brutal way.

b) Fashions: Docked tails.

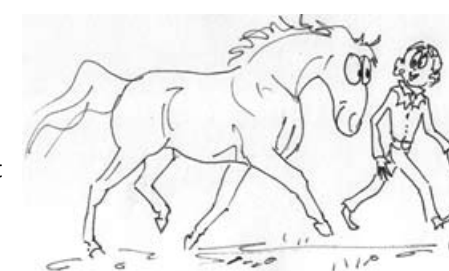
Beauty's friend, Sir Oliver, had one. He said, "I was tied up, and made fast so that I could not stir, and then they came and cut off my long, beautiful tail, through the flesh and through the bone and took it all away. ...It was not only the pain... it was not only the indignity ... but it was this, how could I ever brush the flies off my sides and hind legs any more? ...To my mind, fashion is one of the wickedest things in the world."

Bearing reins fixed the horse's head in a high position.

Beauty said, "What I suffered with that rein for four long months in my lady's carriage, it would be hard to describe, but I am quite sure that, had it lasted much longer, either my health or my temper would have given way."

Modern example:

Fashions may change, but horses are still being tormented to meet whatever ones are currently in favor. A German vet, Dr. Gerd Heuschmann, started the campaign to stop the use of "rollkur." Riders who use this tech-



nique force the horse's head into an abnormally low position.

c) Too much, too soon. Beauty's breeder refused to break and sell him until he was four years old. He said, "lads ought not to work like men, and colts ought not to work like horses until they were quite grown up."

Modern example:

For over forty years, an American vet, Dr. Robert Miller has spoken out against starting horses too soon. He has seen too many horses ruined before they are even mature.

2) The Servant View

Beauty's breeder and first owner represent the servant view. This view can give good results with many horses. People who hold it are rarely abusive, but still believe horses are inferior to humans. Beauty speaks of his breeder and the people at his second home with great respect and affection.

Beauty describes what a horse must learn to serve humans. "He must never start at what he sees, nor speak to other horses, nor bite, nor kick, nor have any will of his own, but always do his master's will, even though he may be very tired or hungry."

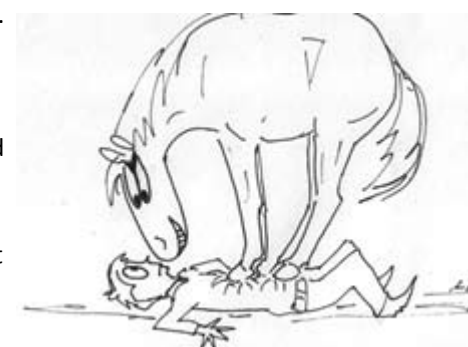
Modern example:

This view is still a popular one. Many clinicians and trainers place great emphasis on respect and all too often they classify behavioral problems as disrespect. One of them states, "My horses better focus their attention totally on me."

3) The Partner View

When Beauty became a cab horse, he and Jerry soon became partners. He said, "In a short time I and my master understood each other, as well

as a horse and man can do. ...If you want to get through London fast in the middle of the day, it wants a deal of practice. Jerry and I were used to it, and no one could beat us at getting through it when we were set on it. I was quick and bold, and could always trust my driver; Jerry was quick, and patient at the same time, and could trust his horse, which was a great



thing too."

Modern example:

Such a close relationship may take time to establish, but can give the good results described so well by Beauty. My book, "A Marvelous Mustang: Tales from the Life of a Spanish Horse," is a tribute to the benefits both horse and human can gain from such a partnership.

4) The Pet View

In Beauty's day, far fewer horses were treated as pets, but he became one in his last home.

Beauty said, "Squire Gordon always kept us to our best paces, and our best manners. He said that spoiling a horse, and letting him get into bad habits, was just as bad

as spoiling a child, and both had to suffer for it afterwards."

Modern example:

This statement is still true. Like children, horses can become spoiled brats and clinicians today see a lot of them. One of them states that allowing a horse to bump into you when you are leading him may eventually lead to a disaster.

The theme of Black Beauty's story is a plea for the kind, sympathetic, and understanding treatment of horses. It explains why a horse can be happy

in a poor home with the right owner and unhappy in a wealthy home with the wrong owner. The validity of its description of how humans view and treat horses may explain why it is still being read today.

Information Resources:

Ladendorf, Janice M. "Human Views and Equine Behavior: Self-Fulfilling Philosophies and Communicating with Horses," 2012. Distributed by Create Space. Further definition and application of these views is extensively discussed in this book.

Cartoons by Candy Liddy

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Magic is a 2 1/2-year-old quarter horse gelding who came to Equine Voices as one of a group of rescued PMU foals. That group also participated in one of Anna Twinney's foal gentling classes.

Magic is quite the handsome guy. He has been haltered and gets along well with other horses. He can be a little shy and will need an experienced person.

Adoption fee is \$750. Contact: Equine Voices Rescue & Sanctuary; 520-398-2814 or info@equinevoices.org. Meet: by appointment.



Magic

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Charles Wilhelm: Ultimate Foundation Training First Ride

You have been working with your horse on the ground getting her used to the equipment (bridle, bit, blanket, saddle), and now it's time to take that first ride. The purpose of the first two or three rides is to get your horse comfortable with you on her back. You must focus on translating the ground exercises you have already taught into under-saddle cues. If you have been consistent in your cues, you will see that the horse is responsive and easy under saddle, even in the first few rides. Don't be too demanding, just let her begin to understand your cues to guide her. You may look and feel like you are all over the place but if you stay focused with a game plan and picture your horse guiding correctly, your horse will improve.

Work on basics in the saddle. Replicate the basics you established on the ground into saddle time. Establish a solid go-forward, stop, back, moving the hips over, and shoulder control routine. Older, as well as young horses can become confused during a lesson. That is why it is important to be consistent with our training and ask with a lot of patience. Some horses catch on more quickly than others, just like people. We need to be tolerant with them.

Once your horse is comfortable and working well with the basics, begin to work on giving to the bit. This is one of the most important things

you can accomplish with your horse. You will likely have to do hundreds of baby-gives and gives until it becomes a true conditioned response. As part of this training you will also be teaching the very important one-rein stop and you will be gaining control of the nose, head, neck, shoulder and hips under saddle.

Once you feel comfortable on the horse, it is good to mix up your training routine by going out on the trail or doing something different in the arena. There is a young girl at my ranch who we all adore, who does a little reining, rides in Western Pleasure or English classes, and who has a nice little quarter horse. One day she put a small English saddle on my horse Jaz and took her over several cavelletis, a series of height-adjustable wooden jumps for schooling horses. I have taken Jaz over cavelletis on a line but I had never ridden her over them. This was different for her but she did fine. This mix up of the routine was good for her, allowing her to experience something new. Doing the same exact routine can be boring for you and your horse. The basic exercises need to be done but we should have fun with our horse and we need to make the lessons enjoyable for the horse too.

We all want our horses to be versatile in the arena and on the trail. To build your horse's abilities, I suggest that later, when your horse gets better and better with simple

exercises, you introduce new lessons. For example, leg yields, diagonals, and counter arc bends. You can also work on crossing objects or do a lot of walk, trot, canter transitions to make your horse more versatile.

I explain many of these exercises in my book "Building Your Dream Horse" and you can find more information on my Web site, www.charleswilhelm.com, where there are helpful articles. In addition, read lots of general horsemanship books and go to clinics. Every bit of new knowledge will help you be more successful with your horse.

Charles Wilhelm is internationally known as America's most respected horse trainer. His unique approach to horse training enables horse owners to train their own horses. Charles is the creator of Ultimate Foundation Training; equine training techniques that combine the best of traditional, classical and natural horsemanship into a methodology that is applicable to every riding discipline.

His extensive background of over thirty-five years of training includes Dressage, Working Cow Horse, Reining, Western Pleasure and Trail class. He is one of the few clinicians of our time who is known for his superb skills in communicating and motivating people as well as his astounding natural abilities with the horse. He believes that "It's Never, Ever the Horse's Fault" and his training methods reflect that belief. Charles is one of the few trainers specializing in re-schooling horses with often-severe issues.



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Cowboy Poetry with Orv

WAGON MAN'S GLITCH IN A HITCH

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He came from the Land of Lincoln at age 6 on a slow steamer train. His family rented land and house and barn out in the cold wind-swept plain. He stayed that snowy winter with his brother and sister, who stayed to cook. He learned to read with her help, using the family Bible as a textbook. Severe storms prevented school. Travel was deemed unsafe. He played with spuds and string. They cared for livestock, watered and fed them, awaiting the warmth of spring. Town bound by bobsled he surveyed inside the box. It seemed like a large wagon span. His brother handed that youth the reins. He grinned like a youthful wagon man.

CHORES, SNORES, OARS & GOOD SPORTS

His youth included riding a horse to grade school, plus janitorial work. Driving teams brought effort and smiles. What evolved from that 6-year-old's smirk? Breaking saddle and draft horses, he claimed at age 16, he was nailing horse shoes. He claimed man and horse helped each other with a cooperative attitude. They fished in Canada in row boats, drove his wagon to their baseball games; Stepped in snow with overshoes and swept of the 'barnyard phews', in that time frame. He shoveled sand in heavy duty 'flare-box' wagons, 'til he's a tail-draggin' man; Hauling sand for cement or roads. Sitting high on that seat was the wagon man.

SURVIVAL, ITCHING FOR A HITCHING

They'd worked off taxes, plowing ditches. Income was a desperate need. Rental opportunities came. He hitched his trained team to a load of seed. They drove herds of cattle for miles to their new home in another county. They trapped gophers and crows, as they received a precious few coins as bounty. There were wet years and hot, dry years and snow-bound winters they had to endure. He wished to buy a vehicle that was faster than wagons, to ensure Some distant travel. Meanwhile he was followed by his tail-waggin' fan. His talented cattle dog faithfully traipsed behind the smiling wagon man.

CRACK-UPS & FROWNS/ACHIN' & SHAKEN, NOT STIRRED

Honesty requires reporting the bad days and events, with the good. The wagon man's plans for only good horses was an unlikely hood. Renegade horses appeared. A green-broke Montana mustang broke his drill! Some horses broke his wagons and pulled another hitched horse over the hill! Dirt baths and vertical exits when tossed by saddle broncs. One big horse, Great to look at, bolted, breaking the wagon tongue, leaving him, of course; Sitting on a 'non-moving' wagon seat! Moments before he was a zig-zaggin' man. Dad auctioned that rowdy ruffian. Once, splinters disturbed that wagon man!

PROS ALSO HAVE SOME CONS/FOND MEMORIES

Our memories drift back to home-grown horses pulling wagon loads of grain; And moving household goods, or driving down the lane (truly, not the fast lane.) He smeared axle grease with split shingles. The next day he was itching for a hitching. Combed his hair with wagon wheels? We were by his side while horse exhaust pitching. Try as we might to recall first, the 'good' drives, during his 90 years life span. The ill-fated wreck rises – about the splinters and the wagon man. After training failures and wrecks, he was still mellow, not a braggin' man. Undaunted, he hitched for more serious horse training, that incurable wagon man.

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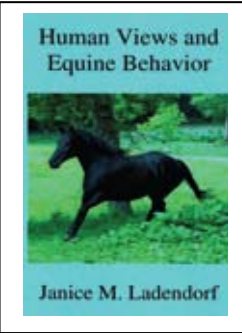


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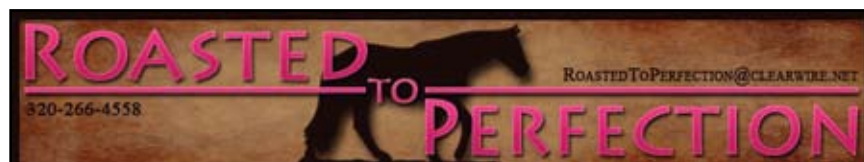
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EHV-1 Update

Continued from page 2

as keeping your horses home, and sterilizing your hands, clothing and boots before going to another farm, barn, or event. The same applies when others come to your farm or barn.

- Vaccinate your horses. While there is not yet a vaccine specific to EHV-1, vaccination will help to cover your bases and will apply to other

symptoms.

- Reprioritize. There will be other shows, other events to attend. You may either spread this disease or expose your horse to it. Show some respect for your horse, other horses, yourself, and other people involved with horses. The virus can be spread most commonly through horse-to-horse contact.

It can also be spread "indirectly through contact with physical objects contaminated with the virus, such as tack, grooming equipment, feed and water buckets, and people's hands or clothing." (U of M Equine Herpesvirus 1 factsheet)

Again, the best form of treatment is awareness and prevention.

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Giving Voice to the Voiceless: Anna Twinney's "Animal Communication – The Real Deal," a Review

By Kari Hagstrom

Spiritual teacher, Caroline Myss, asserts that the technology we are collectively creating is but a mirror for our in-born, natural capabilities which we have yet to acknowledge, or integrate, or accept, or believe in, or put into practice, or utilize. Technologies such as distance communication and sensing (telephone, radio, radar), distance viewing, remote distance viewing, or in-depth viewing (telescopes, video, microscopes). Aren't 3D and surround-sound an attempt to really feel-into, be, in a vicarious experience otherwise known as a movie? Those technologies were initially viewed, let us remember our history, as mysteries, wonders, magic, and viewed suspiciously by many. Myss characterizes email as "energetic mail," messages that we are already sending and receiving to and from each other: we've just technologized the process so we can grasp the concept better, and desensitize ourselves from the "woo-woo" of it. For the most part, we seem to be taking the long, slow route of communication, for as quickly as it appears to occur (except for those times of poor reception, being unable to connect to the Internet, or a slow day on the Internet). And remember, it is generally believed that we humans are using only ten percent of our functioning capacity. It seems to me that we are gradually growing into our natural capabilities.

Enter animal communication as presented by Anna Twinney, internationally recognized as an innovator in natural horsemanship, a certified animal communicator, equine behaviorist, natural horsemanship clinician, Karuna Reiki master, and founder of Reach Out to Horses®, www.reachouttohorses.com. What really blew me away when I re-viewed Twinney's DVD, "Horse Whispering Defined," [see review in the Jan. 2014 "Valley Equestrian Newspaper," www.theveonline.com] is that she really does seem to be demonstrating the new level of humanity, human-ness, that is emerging that so many spiritual teachers and leaders speak of, the new human, thoroughly integrating our possibilities and capabilities, thoroughly being. When I watched that video of Twinney working with horses, interacting, listening, dancing with them in a give-and-take reciprocity reminiscent of ballroom dancers, I saw someone utterly present, open, listening, gently but firmly asking for what she wanted, humble, open-hearted, physically embodying herself. Genuine, authentic to the core, employing these modalities of sensing, being open to and receiving the language of another being (Equus), in alignment with herself, the horse, and the Universe. I saw/sensed/felt two energies dancing together who loved dancing together as a demonstration of Universal love. So when I listened to the 9-CD set, "Animal Communication – The

Real Deal," I heard, felt, sensed this same depth of alignment. And this is the bottom line to the real deal: R.E.S.P.E.C.T.

"Animal Communication – The Real Deal" isn't so much a how-to-communicate-with-animals program, it is about how to communicate appropriately. This happens to be about working with animals (but it does apply to communicating on any level or dimension to anyone, living or dead—think about that for a moment). Twinney describes an etiquette involved in talking with either your animal or an animal you've never met. How would you feel if a total stranger walked up to you and asked you, "So what's going on with that bladder infection of yours?" Would you feel offended? Would you turn around and walk away? Refuse to discuss it? Wouldn't you rather have a warm-up discussion first, about your life, your surroundings, other concerns in your life? Wouldn't you like to know who the person is that is talking to you? Wouldn't you like to have a little rapport?

Twinney highlights that it is incredibly important to listen. If you don't listen, you can't hear what is being said, or not said. Listen with respect. Try not to ask rude questions, or question in a rude manner. Twinney does acknowledge that along her learning curve, she has sometimes asked questions in a style that weren't always well-received; in short, it was

perceived as rude, and the communicatee became angry, and left or stopped talking. Twinney's screen went blank, she "saw black," literally, as she sees images, pictures, as well as hears communication, and will often feel a resonant, mirroring pain in her body. We all process information differently: it is possible to see images, hear, feel, smell, taste, sense, or combinations of the above. We all do this already; we often are not conscious of how or from where we are receiving the information, or even that we are receiving information. The trick is to become conscious, aware, discerning, and that the information may be otherwise-sourced.

Continued on page 17

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Sunny

By Mattie Richardson

I sighed as I drove over to the barn that night and shined the headlights into the pasture. They weren't there, of course. I pulled the minivan into reverse, and went out on the search for my two horses. Sunny, my five-year-old buckskin quarter horse, and Spike, my old bay gelding, had a knack for escaping the electric fence to sneak over to my neighbor's, whom they knew had better hay than I did.

I drove the few miles to his house, and sure enough, the two trotted out of the road as I approached, their forms moving into the shadows behind the high stacks of alfalfa bales. A shiver went down my spine as I opened the door and pulled out the bucket of grain I had brought as bait. The bright stars were sprinkled in the cloudless night sky and my breath came out in puffs of steam as I coaxed the horses to follow me to the van. It was a freezing, beautiful January night, but I think I would have enjoyed it more if I wasn't so tired. I had gotten up at 4:30 that morning, which gave me about an hour to work on my writing before heading over to my first job at the factory for a ten hour shift, then to the restaurant to work for the evening. It was about 9:30 and I was exhausted. "Come on!" I begged the troublesome horses.

They finally began to follow me and I climbed up the snowy ditch and into the van. It would be easy from here. All I had to do was keep them following the van until we

got home. I had done it dozens of times before.

I had them at a good trot; it would only be a few minutes until we got home. We had a small hill to go up before we got to our small country road. I saw headlights. They were going too fast. Quickly I honked and flashed my lights at them, and urged the horses out of the road. I wasn't fast enough.

With a sickening crack and the sound of shattering glass, my whole world was ready to start its turn over. I barely had time to see my mare scrambling to get to her feet before the driver sped away. Later, everyone told me that he must have been drunk because the damage to his car would have been my responsibility, but he was obviously worrying about something else.

The driver had broken my horse's leg. My own "dream horse," with so much potential, so much time spent with her (I had owned her from a weanling); the only chance I had at being successful in the horse world and one of the few friends I had.

She was put down soon after, and that night and the next few days I cried until I could cry no more, and I couldn't sleep. It was my fault, after all, even though people tried to tell me it wasn't.

Four weeks later, I still

try to bury myself into homework and writing, even though people say I should be over it. She was just a horse, after all.

But no one will understand what a relationship can be with a horse if you understand them, and the horse attempts to understand and respect you. I still am not able to put it into words; it's something you can't explain but can only feel.

It has been one of the



most terrible experiences of my life. But it raised a question for me: is college a good time to have horses?

We've all seen the ad before: Have to sell, daughter/son is going to college. Why then had I worked so hard to keep them, especially when I was going to a school seven hundred miles away from my home and horses?

So I sat down and wrote a list, labeled simply Good and Bad, and started listing reasons, explanations as to why I needed horses in my life, and why I didn't. Many

of the reasons became the beginnings of this writing.

The first of which, on the bad side, is that college students have virtually no time to care for and work with their horses. I made an effort to ride my horses at least once a week when I was home, more often in the summer, but it was quite the stretch to make it that way. When I was home for Christmas break, I worked sixteen

on relationships with a boyfriend, parents, professors, and the ever-increasing friends circle.

This is the one over-reaching problem I see with keeping horses while in college. It helps if family or friends can care for the horses, but it's a lot to ask of people, especially if they are like my family, with little or no experience with horses other than what they have learned from me.

Another issue that arises is money. I paid for all of my horses' feed and care with my own hard work, but my budget is stretched incredibly tight every month. There are a lot of expenses attributed to college life, especially little ones that we might not notice. Tuition. Books. Meal plan. Room and board. Gas and traveling expenses for driving home (if we're close enough) and flying (if we're just too far away.) Supplies. New clothes as our old ones are subjected to wear and tear, and our parents decide it is now our responsibility to feed and clothe ourselves. It's a big responsibility; one I might have put off a little longer if I knew just how much was involved.

hours a day, every day except for Christmas day, in order to pay for my tuition I would owe the next semester after my scholarships. Now, I understand that many students are fortunate enough to have parents who help out with the bills or other ways of affording college. But college is still a time of shifting priorities for us. When I was younger, I rode every day, all over the countryside and even through town. I didn't have to worry about working, going to class, keeping up with that never-ending homework, remembering to call people back, working

But what are the good things about owning horses during your college years? As I really started thinking about this I realized there are almost too many to list. Many are much the

same as the advantages we have with horses as children and teenagers. But some are different. Those four or more years we spend in college are a special time, regardless of how cliché that might sound. It's a time when we truly focus on us, trying to determine how we want to spend the rest of our lives—and I think it is more of a transformation from child to adult than puberty or turning eighteen is. We have the motivation, we have the talent, well, we have the entire world before us—carpe diem. Horses can be a part of that because they teach us so much about the world, about relationships, and even about ourselves.

There are more "practical" reasons, too. It helps us learn to deal with a tightening budget. Horses keep us away from the house parties and in the barn during the weekends. Horses are good for us physiologically, as it is proven that equines (and animals in general) help us when we feel hopeless or depressed—a more common problem for students in college than you would think. And let's face it, college food makes us gain weight. Riding and caring for horses is a great way to keep (some of) it off.

There, I'm almost making myself smile again. I only have one horse now. Spike is 23 years old, and if there's not much life in him, he doesn't act like it. I am so thankful to have him. I miss Sunny every day,

Continued on next page

"Human Views and Equine Behavior"

By Lyne Raff, Editor, "Art Horse Magazine" (www.arthorse.magazine.com)

Janice Ladendorf's "Human Views and Equine Behavior" is written as a thorough, scholarly examination of the basis of horse behavior and how it is interpreted by humans. This is a book intended for those wanting a deeper understanding of the inner workings of the equine mind, a subject the author has studied over five decades

Sunny

but I am glad that I got to have her in my life, and I learned important lessons about horses. I'm not quite ready to get another horse, not for a long time. Perhaps not even until I have my own house, fence and barn, which trust me, will seem like an eternity.

But I wouldn't trade the experiences I have had with horses for anything, not the ones I had when I was younger or as I struggled through it in college. Horses add so much to our lives. As I worked through college, equines may have been perhaps the only thing that kept me sane. As we work for a new start and life through college, we have to change some things while managing to keep a few the same. Horses have always been there for me all along. Horses are a big responsibility, but if we can balance things out, let's make time to keep the horses in our lives, right where they belong.

of work as an author, horse trainer, and behavior specialist. The book is illustrated with dozens of informative photos, and each section emphasizes both analysis and application of modern as well as traditional training methods - all detailed through the perspective of behavioral insight. Going well beyond the usual horse 'guru-speak,' this is an important book in the field on interspecies communication, an opportunity to examine completely the entire workings of the mind of the horse, and how the psychology of our own viewpoints impact its training process. A fascinating, eye-opening look at the structure of the human-equine bond.

Autographed copies available at Blue Ribbon Books during the 2014 MN Horse Expo.

How a Million Dollar Thoroughbred Might Change the Barrel Racing Landscape as We Know It.

Racehorses that sold for a cool million as mere babies don't often end up on working cattle ranches in western South Dakota. Destined for greatness, their typical career track takes them to America's premier racetracks and then, hopefully to cushy life at a breeding farm in Kentucky. They don't often end up here unless visionary quarter horse breeders have something better in mind.

Jerry and Lynda Simon's ranch near Mud Butte, S. D. has been raising horses since his grandfather brought the first herd in 1915. Throughout the years, the ranch has produced remounts for the U.S. Cavalry, polo ponies for the state capital's polo team, and at one time was one of the nation's leading breeders of Percheron draft horses. At all times over the last century, the ranch also produced the horses that earn their keep as the

working stock for the hundreds of cattle that roam over the wind-swept landscape. Mostly quarter horses, with a few forays in the more colorful paint horse world over the years, Jerry and his kin know what makes a good ranch horse.

"I started breeding my own horses when I was just 15," says Jerry. "My family has been in the horse business forever and we know what it takes to make a good one. And right now, we think it might be high time for the ranch horse business to try a new track."

Jerry and Lynda feel that new "track" means an off-the-track thoroughbred named Temp. A 2007 foal that was sired by a stallion (Mr. Greeley) that commanded a stud fee of \$150,000 and out of a mare that was a full sister to a Kentucky Oaks winner (Sardula), he sold for a million dollars as a yearling in the premiere Keeneland thoroughbred auction. After that, he went on to race with Kentucky Derby-winning trainer Bob Baffert in Southern California. Retired this past fall after earning over \$130,000, it was no surprise he was heading to a breeding farm somewhere, but few people would have guessed South Dakota.

"We believe in the principle of hybrid vigor," explains Jerry. "It works for plants, it works for cattle and we know it works for horses too. The quarter horse breed was founded by crossing

Kentucky thoroughbred stallions on local range mares, thus creating a great outcross. And old timer once told me that the only thing wrong

with having a thoroughbred close up in a quarter horse's pedigree was when it wasn't there, and we agree."

And so Jerry and Lynda purchased Temp through a brokered deal brought around by the Newell, S.D. thoroughbred breeding and training facility, Horse Creek Thoroughbreds. With the nearly perfect conformation that created his sensational auction price as a yearling and a speedy race record to boot, they knew they had the right horse for the job the second they set eyes on him.

"We had been looking for the right thoroughbred stallion for a while," says Lynda of their stallion search. "We wanted something to add speed, height, and the Thoroughbred determination to our ranch stock. Our hope is to produce a horse every bit as good working cattle in the

pasture as he is running barrels in the arena and we think Temp will do that for us."

As a half-brother to a stallion that has already launched a successful career as a sprint sire in South Africa (Windrush), and from a pedigree that has produced racehorses that have succeeded at the top level all over the world, there seems little doubt that Temp will bring talent to his foals. The Simons plan to cross Temp not just on their cow and ranch-bred mares but to offer him to the public to cover thoroughbred mares for the racing market as well.

"He is a horse that is pretty on the eyes and has a great disposition too," says Jerry of his new stallion. "It is rare that with a horse that is smart, trainable and well put together that you don't get something good from that. We have confidence that he is going to be a breed-changing sire for the quarter horse and we couldn't be more proud to be doing it from our family ranch here in South Dakota."

Temp will be standing for the 2014 season at Jerry and Lynda Simon's Moreau River Quarter Horses in Mud Butte, S.D. for a fee of \$1,250. Shipped semen is available. Temp's 2015 foals from Moreau River are also available in utero.

For more information contact Jerry Simon at 605-280-0356 or email at mrqh@sdplains.com or find them on the web at www.moreauriverqh.com



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Dr. Getty Advises: Horses need supplemental salt year round

Regardless of the weather, horses require a daily supply of salt. In cold seasons, salt helps promote enough water consumption to prevent dehydration. In warm seasons, salt replaces what is lost from perspiration. A full-sized horse requires at least one ounce (two level tablespoons or 30 ml) of salt each day for maintenance; this much provides 12 grams of sodium. Heat, humidity, and exercise increase the horse's need.

There are several ways to provide salt. The best ways include offering free-choice granulated salt, or adding salt to your horse's meal (for palatability, limit the amount to no more than 1 tablespoon per meal). A salt block should be available should your horse want more. A plain, white salt block is preferable, but many horses do not lick it adequately since it can be irritating to the tongue. Mineralized blocks often go untouched due to their bitter taste; however a Himalayan salt block is often preferred.

Calculate the amount of sodium your horse is getting from any commercial feeds or supplements and add salt accordingly. Always have fresh water nearby.

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changes may be made without her approval.

Juliet M. Getty, Ph.D. is an internationally respected, independent equine nutritionist who believes that optimizing horse health comes from understanding how the horse's physiology and instincts determine the correct feeding and nutrition practices. She is the Contributing Nutrition Editor for the *Horse Journal*, and is available for private consultations and speaking engagements.

Buy Dr. Getty's comprehensive resource book *Feed Your Horse Like a Horse* at Dr. Getty's website, www.gettyequinenutrition.com, and have it inscribed by the author. Or buy it at Amazon (www.amazon.com), Barnes and Noble (www.barnesandnoble.com) or Books A Million (www.booksamillion.com). The seven separate volumes in Dr. Getty's topic-centered "Spotlight on Equine Nutrition"

series are available at her website (where Dr. Getty offers special package pricing) and also at Amazon in print and Kindle versions.

Dr. Getty provides a world of useful information for the horseperson at www.gettyequinenutrition.com. Sign up for her informative, free monthly e-newsletter, *Forage for Thought*; browse her library of reference articles; search her nutrition forum; and purchase recordings of her educational teleseminars. Also, for the growing community of horse owners and managers who allow their horses free choice forage feeding, Dr. Getty has set up a special forum as a place for support, celebrations, congratulations, and idea sharing. Share your experiences at jmgetty.blogspot.com. Reach Dr. Getty directly at gettyequinenutrition@gmail.com.

Time to Ride "100 Day Horse Challenge" to Launch June 1, 2014

The American Horse Council's initiative offers \$100,000 in cash and prize incentives for engaging newcomers in horse activities.

Washington, D.C. – Time to Ride, an initiative of the American Horse Council, announces an aggressive grassroots effort designed to engage 100,000 new people with horses in a 100-day period.

The 100 Day Horse Challenge is a nationwide campaign intended to expose at least 100,000 new people to horses while providing \$100,000 in cash and prizes to participating stables, organizations and businesses. The program will enlist 1,000 stables, horse clubs, venues, organizations, or individuals to register as an official Time to Ride "Host" and compete in the 100 Day Horse Challenge, which kicks off June 1. Participating hosts will be divided into

small, medium, and large divisions by size, and challenged to provide a horse experience to as many new participants as possible. Activities may include education, riding, grooming, learning about horsemanship, and more. "This program incentivizes the segment of our industry that can truly open the doors to a first-ever horse experience for thousands of people," explained Patti Colbert, a Time to Ride spokesperson. "It will also educate our hosts on some best practices for growing their businesses."

Individual cash prizes up to \$25,000 as well as stable equipment, feed, veterinary supplies, and more will be awarded to the hosts that garner the greatest number of new, verified horse enthusiasts.

The Challenge is open to the first 1,000 hosts capable of growing the horse industry – including stables, instructors, clubs, events, recreational riders, equine service professionals, veterinarians, shows, facilities, racetracks, and more. Registered hosts will receive extensive marketing support from Time to Ride, including listing on the Time to Ride Map with special denotation as an official Time to Ride Host.

Hosts can register starting in April for the Time to Ride 100 Day Horse Challenge at www.time-toride.com. Registration deadline is May 15. For more information, please visit www.time-toride.com or e-mail Christie@time-toride.com.

About "Time to Ride" Time to Ride is an initiative of the American Horse Council's marketing alliance, formed to connect people with horses. It is designed to encourage horse-interested consumers to enjoy the benefits of horse activities. The AHC marketing alliance is made up of the following organizations: the American Association of Equine Practitioners, Active Interest Media, the American Quarter Horse Association, Dover Saddlery, Farnam, Merck, Merial, the National Thoroughbred Racing Association, Purina Animal Nutrition LLC, Platinum Performance, U.S. Equestrian Federation, and Zoetis.

About the American Horse Council The American Horse Council is a non-profit organization that includes all segments of the horse industry. While its primary mission is to represent the industry before Congress and the federal regulatory agencies in Washington, DC, it also undertakes national initiatives for the horse industry. Time to Ride, the AHC's marketing alliance to connect horses and people, is such an effort. The American Horse Council hopes that Time to Ride will encourage people and businesses to participate in the industry, enjoy our horses, and support our equine activities and events. The AHC believes a healthy horse industry contributes to the health of Americans and America in many ways.

Giving Voice to the Voiceless: Anna Twinney Review

Continued from page 13

As a "new" and growing field, animal communication (or telepathy of any sort) does require etiquette. It is possible to be rude and invasive. If you're a sensitive, you may need to learn to screen and shield yourself from sensing, feeling, hearing too much unwanted information, and then learn to appropriately develop screening techniques, like your spam filter on your email. Twinney sites an example where she once jumped into asking questions that were perceived as rude, not acknowledging the important message that the individual wanted to present, and the individual left. Twinney said she had to work hard to get her to come back and be heard, to feel acknowledged and respected.

Don't get me wrong, Twinney is not rude, but we all make mistakes in communicating, and hopefully learn from them. Twinney is exceptionally caring, and her discussions on helping animals in transition

between life and death, and on finding lost animals is, well, heart-felt, illuminating, and mind/perception-expanding on the possibilities of what is out there. As Twinney says, "We just don't know what we don't know." It is interesting to note that Twinney points out how individual animals are: some are highly involved, descriptive, some are not, some show more intelligence than others, just as humans are all highly individual in their perceptions and responses.

"Animal Communication – The Real Deal" is the real deal on learning about and refining the skills of telepathic communication, specifically with animals. If you can draw or paint well, you aren't considered an artist until those skills have been refined; the same principle applies here with animal communication. Whether you call it a gift or a skill (some are naturally gifted, therefore it might be "easier," and some acquire the

skill, but we all have the capability), it requires an etiquette and guidelines on communicating appropriately and well, or it isn't communication. After all, the object is to give voice to the voiceless. "Imagine being able to express yourself only once in a lifetime or once a year," says Twinney. How would that feel? Wouldn't you want to be heard and respected? Treated authentically, respectfully, and kindly? Remember, it isn't about you, the communicator. It's about the "other" being heard. It's about being open-hearted enough to let this communication occur, and being humble enough to get out of the way. It's about respectfully, compassionately, carefully, intelligently delivering the messages for all parties involved. It's about communion. And this CD set of Twinney's webinar is a marvelous handbook on how to be a worthy communicator for animals.

What Did You Say?

A look at how important our words are in horsemanship and in life.

By Staci Grattan

I hear these things every day in my barn. I hear them from nice, kind people who love all horses and love their own horses to distraction. I have heard them at clinics uttered by nationally recognized clinicians. I have heard them during lessons, schooling sessions, shows, trail rides, clinics and while just "hanging out" at the barn.

I hear words regularly that give me pause: "He is lazy." "He's just always so naughty." "He's afraid of everything." "He's high strung." "She's a spoiled brat princess." "She's too sensitive." "She's just a nervous horse." "She doesn't really like people." "Who are you using today for your lesson?" "I'm going to go work my horse." "We have to work him through it!" Overheard while auditing a clinic recently: "When we ride a 1,500 lb. animal with a brain

mass the size of a snapping turtle – we have to expect these things." "He's not going to be able to do it but let's see what we get."

We "horse people" like to talk (a lot) about our horses, your horses, the horses across the road, horses on TV, horses on the Internet. We love our horses. We love to talk to them and about them. But what are we really saying?

I imagine what many of you are thinking at this point: "My horse IS lazy, doggone it!" Or, "My horse doesn't understand what I am saying, anyway!"

I would ask you: Is he lazy? Or is he merely living up to your oh so low standards?

I would point out that while horses may not understand words, they are excellent readers of body language, and what we say becomes what we think. What we think is how we act. Whether we know it or not I would dare say our horses know exactly what we think of them.

A mentor of mine once asked the following question: "Why are

we working our horses? Why are we not, instead, working with them?"

To truly excel in horsemanship, I believe we must partner with our horses rather like dance partners. One leads, but both must be willing and have a voice. Horses DO NOT have to do the things we ask them to do. Most of us have seen terrible examples of horses who have decided they are NOT going to carry out the human agenda any longer. How can we truly connect in partnership with an individual we refer to as "lazy," or continually focus on his tendency to be "nervous," or talk about "working" or "using" him?

The giving capacity of the equine heart is so incredible that many horses will perform regardless of poor partnership or lack of positive support, or in some horrible cases even inadequate food and water.

Think, however, of the amazing results and joy one could experience in true connection and partnership!

Continued on page 19



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Cutest Foal Contest

Congressional Horse Caucus Holds First Meeting of 2014

Members of Congress meet to discuss importance of the horse industry (Washington, D.C.)- On March 5, 2014, Congressmen Andy Barr (R-KY) and Paul Tonko (D-NY), co-chairs of the Congressional Horse Caucus, hosted the first Caucus meeting of 2014. The Congressional Horse Caucus is a bipartisan group of members of the House of Representatives formed to educate Congress and their staffs about the importance of the horse industry in the economic, agricultural, sporting, gaming and recreational life of the nation.

"I was honored to host the first meeting of the Congressional Horse Caucus of the 113th Congress with my Co-Chair, Congressman Paul Tonko of New York," said Barr. "It was a great opportunity to raise awareness about the enormous impact the American equine industry has on our economy and provide more information about the industry directly to members of Congress and their staff. I look forward to future Horse Caucus activities promoting the American horse industry and the hundreds of thousands of jobs directly associated with it, as well as the \$102 billion it contributes to the U.S. economy."

"Congressman Barr and I laid the foundation for an active year for the Congressional Horse Caucus," said Tonko. "The equine industry is an important component of robust economic growth in the Capital Region of New York and across the nation, and I look forward to partnering with those looking to advance this sector of

our economy. In places like Saratoga Springs, the equine industry supports countless small businesses and provides an economic ripple effect that is felt across the entire region."

Stuart Janney III, vice chairman the Jockey Club and the owner of last year's Kentucky Derby Winner, Orb, was the special guest of the Horse Caucus. Mr. Janney shared his experiences from a lifetime involved in horseracing and answered members' questions about how Congress could best address some of the challenges facing the industry. During the meeting, several issues important to the industry were discussed, including immigration reform and the Race Horse Cost Recovery Act, which would renew a provision that expired at the end of 2013 and place all race-horses on a three-year depreciation schedule as well as other issues.

Barr continued, "I am confident this meeting has created positive momentum for the equine industry on Capitol Hill and greatly appreciate all of the support

and leadership provided by the American Horse Council in advancing equine-friendly policies on Capitol Hill."

"We thought this was a productive Horse Caucus meeting and we appreciate Congressmen Barr's and Tonko's leadership of the Caucus," said American Horse Council President Jay Hickey. "There was a very good turn out and we thank all the members and staff who took time out of their busy schedules to attend the meeting." The AHC hopes all members of the horse community will contact their representatives and urge them to join the Congressional Horse Caucus.



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UMC Competes in Head-to-Head Showdown with UT-Martin

MARTIN, Tenn. - The University of Minnesota Crookston hunt seat and western equestrian teams traveled to Martin, Tenn. to compete against University of Tennessee-Martin in a National Collegiate Equestrian Association (NCEA) match. The competition was fantastic for all of the riders and proved to be a great learning experience for many of the riders.

The morning started out with the hunt seat team competition in Equitation over Fences. First to go was Emily Steeley (So., Portsmouth, R.I.), who was looking to have a fantastic round over fences. Steeley scored a 73 for her course while her UT-Martin opponent scored a 68. Steeley accumulated UMC's first point of the competition. [Steeley earlier this year won the Cacchione Cup for Zone 7, Region 3 as the High Point Rider in the Open Equitation division for winning the most point over the regular season. Steeley is the first UMC rider to win the the Cacchione Cup for the region.] Sable Bettencourt (So., Cloquet, Minn.) also had a very successful round and rode with the utmost determination. Bettencourt finished her course with a score of a 76 while her UT-Martin opponent pulled in a 75, meaning UMC received another point.

Second to go was the western team competing in horsemanship. Seniors Caitlin Kelley (Sr., White Bear Lake, Minn.) and Mitzi Marlin (Sr., Nowthen, Minn.) were looking to finish out their senior years with winning rounds and they were able to do just that.

Kelley scored a 70.5 on her horsemanship pattern while her UT-Martin opponent scored a 69.5. Marlin rode her pattern with a score of a 71.5, her UT-Martin opponent finished with a 71. UMC gained two points from Marlin and Kelley's rides.

During the Equitation on the Flat competition, all riders rode very well. They were put up against very tough competi-



tion and even though they did not accumulate any points for the four rounds, every rider put up a good fight. Bettencourt came very close to winning her flat round but her opponent managed to score just high enough to win the round.

The last event of the day was Reining. Every western rider had very exciting rides. Marlin and Kelley both had extremely well-ridden patterns. Kelley completed her ride with a score of 66, gaining another point



Photos: Emily Steeley

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What Did You Say?
Continued from page 17

I challenge you to consider your relationship with your horse. Redefine it. Get some clarity. How are you talking about him and to him? What do your words communicate and set as an intention for your relationship? Is your negative vision of your horse impacting your relationship with your horse? Is it impacting your relationships with other humans?

Shifting your wording, and ultimately your perspective, may make all the difference. A few examples:

From: "He's very lazy/naughty."

To: "He's very smart and laid back; it's fun to think up new and different ways to motivate/challenge him!"

From: "He's so high strung/nervous/afraid of everything."

To: "When we work together I focus strongly on being a good, strong, grounded leader for him to feel safe with."

From: "She's spoiled/too sensitive."

To: "I really love that she lets me know when something isn't right so I can help her stay in optimal physical and mental health."


From: "I'm going to go work my horse."

To: "I'm going to go work/play WITH my horse."

From: "Work him through it."

To: "I've picked a clear direction and I'm just going to stay with it and see what happens."

Words have power. A



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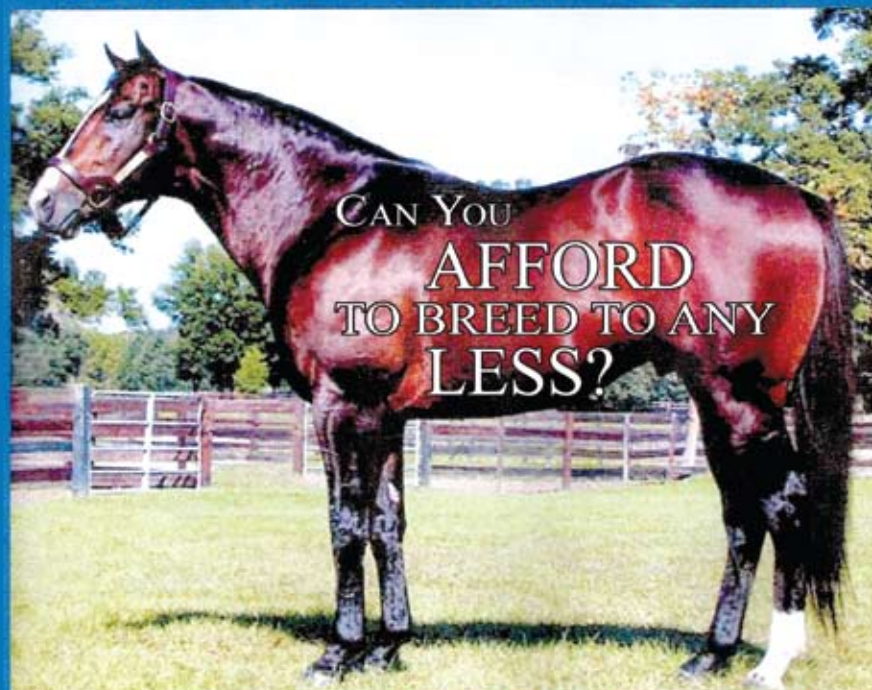
lot of power. They set intention. They communicate feelings, instructions and a whole host of other information. We use our words daily to communicate with each other and our animals. What we communicate is as important as how we communicate it. Words translate into results.

I offer these thoughts in the hope that you will consider your words and your perspective the next time you talk to or about your horse, or for that matter your child, spouse or sibling. You just might find that a few little words make all the

difference!

Staci Grattan and her husband, Brian Fornshell, co-own Spirit Horse Center in Brainerd, Minnesota. Grattan enjoys using her focus on good solid horsemanship basics, true classical dressage and natural holistic horsemanship to assist horses and humans. Spirit Horse Center is located in North Central Minnesota and provides boarding, training, lessons, and regularly hosts clinics and events benefitting horse owners and horses. For more information on go to www.spirithorsecenterinc.com.

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