

Valley Equestrian News

August 2015

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REGIONAL NEWS

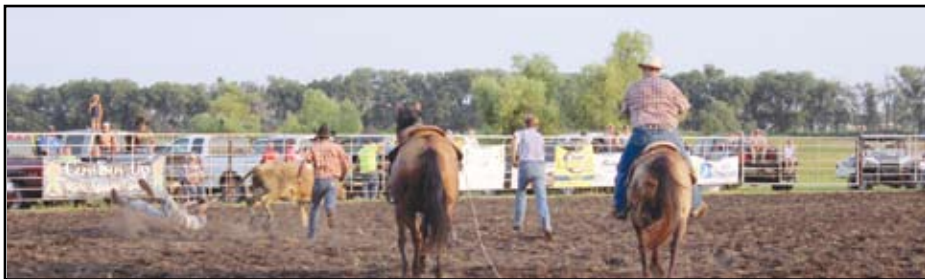
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Left: Kenzie Richardson riding Pretty Reflection. Right: Jordan Henderson on Gunnar, both taken June 28 at the Alpha Equus (AEER) show in Fargo, N.D. Photos taken by Clay Lexen.



Cowboy Up Ride Against Cancer Enjoys 11th Annual Event



Photos by Ley Bouchard.
Find more photos at:

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Above: Horse pulling was July 10 in Rothsay as part of Prairie Days events. Brian Marquart, Rothsay, driving his draft team and stone boat.

Top right: Justin Demmer and his wife, Allison, on the plywood board being pulled, July 11 at the Ranch Rodeo at the Clay County Fair in Barnesville, Minn. Photos by Gail White.



Participants rode in different events of the Ranch Rodeo hosted by the 11th Annual Cowboy Up Ride Against Cancer Aug. 14-16 in McLeod, N.D. Two trail rides, a silent auction, an extreme race, meals, camping, dances Friday and Saturday night rounded out a weekend of fun and fund raising for the Roger Maris Cancer Center, Fargo, N.D.



CJTR Honors Nez Perce Flight to Freedom

By Ley Bouchard

Imagine blocking out the same week of the month every year for 13 years to go on a trail ride. Not your average trail ride, this one. The Chief Joseph Trail Ride (CJTR) honors the Nez Perce whose flight for freedom took the life of a high percentage of their tribal family and signaled an end to a lifestyle of subsistence living off the land and territory they for centuries called home.

The annual trail ride follows the path that Chief Joseph, and his band of non-treaty Indians, took to lead his family and tribe in their flight to Canada to

Below: Traversing Half Moon Pass is Lannis and members of the Minnesota contingent. Bottom: map of the Nez Perce trail ride to freedom, courtesy Wikipedia. Right top: A narrow, rocky pass in the mountain trail. Lower right: Lannis Bergsgaard and Woody, his 19-year-old Appaloosa.



seek freedom from battle, persecution, and removal, resulting from the refusal of the Nez Perce to give up their ancestral homelands to the United States Army. The Army pursued the Nez Perce for 1,170 miles, until their surrender just 40 miles south of safety with Sitting Bull in Canada. Those captured were taken to Ft. Leavenworth, Kansas.

Lannis Bergsgaard is among the folks who take seriously the fate of the Native Americans who were forced from their land by the American military after the Corp of Discovery, the Lewis and Clark Expedition, explored the land west of the Mississippi River between May 1804 and 1806. The COD first encountered the Nez Perce in 1805. At that time, the Nez Perce territory encompassed about 17 million acres and covered parts of Washington, Oregon, Idaho and Montana. These lands

surrounded the Snake, Salmon and Clearwater rivers. According to Wikipedia, they settled about 300 sites and migrated predictable seasonal routes from one area to another depending upon available food sources, their staples being buffalo, salmon and camas, a root used for bread-making.

Later in the century, specifically June 15, 1877, the American government and military forced the families from their land. They rode a well-documented trail in pursuit of their liberty. It was ultimately futile.

For many years, members of the Appaloosa Horse Club (ApHC) have been riding the same trail taken by Chief Joseph and

his tribal family. They ride to commemorate and try to keep fresh in the minds and hearts of the American people the life and traditions of the Nez Perce.

Their trail ride is nothing like what the Nez Perce encountered in 1877. This particular trail ride follows the same terrain and can be quite treacherous. The terrain is where the similarities end. Mark Bogar, Trail Ride Coordinator for the ApHC plans an extensive array of entertainment, food, and accoutrements to make this trail ride quite contemporary.

Bergsgaard, 73, of Crookston, Minn., reports: "The 51st CJTR ride was very good. In the Judith and Snowy Mountains northwest of Billings from Ryegate to Roy, Mont., including a very challenging trail through Half Moon Pass, it rained and hailed as we were ascending and descending the mountain. For several of us 'old timers,' this seemed to be the most difficult of all the segments due to many miles in steep ravines to go down to the rocky streams and up the other side. It was quite slippery during rain and a couple of horses lost their footing and slid over the side of the trail. Horses and humans endured with no significant injuries.

"While riding the 1,300-mile 1877 'flight to freedom' trail in 100-mile segments, (on as much as possible the same trail taken by the 750 Nez Perce of which 250 were able to provide protection for the 500 or so women, children and elderly, with 2,000 head of horses), I am constantly in awe of how they could make all those miles, eat, sleep, tend to the wounded and elderly and take care of the horses. And, of course, under the constant threat of being attacked by the U.S. Military. We can almost see, in a ghostly fashion, the steps being taken, the laughter of the Nez Perce young (kids) people playing tricks on each other while

riding their horses, just as they do on the trail today, as well as the deployment of scouts, horse herders and organizing for another day of quick step travel. No meals prepared by a master chef, no port-a-potties, no modern-day comforts.

"I am blessed to have been able to ride the 1,350-mile trail on an outstanding horse [Woody], from my own breeding program. He is 19 and I'm 73 so we don't know if we will be able to ride many more segments of the Chief Joseph. Next year the ride terminates at the Bearpaw Battle field near Chinook, Mont., where Chief Joseph and the Nez Perce surrendered just 40 miles of their goal of the Canadian border. There will be a ceremony honoring the dead of both sides and unity between the people. Many of the Nez Perce will be present with their native attire and decorated horses. U.S. Military will be present, also, dressed in period attire.

"I have also been blessed by meeting and riding with so many great people from all parts of the world riding our favorite horse, the Appaloosa. Lots of aches and pains, but, also, very enjoyable.

"Woody is 19 years old, bred and raised by me. I have several full siblings to Woody. One of his full sisters will earn her 13-year honor next year at Bears's Paw Battle Field. She is owned by Christy Wood of California. Woody (reg. name Zip Te Scenario) was shown by Nicky Overgaard (UMC [University of Minnesota, Crookston] Equine Dept.) in the Red River Valley Select Sire Futurity from weanling thru 3-year-old and earned the coveted Super Horse Award in 1999.

"To prepare for the Chief Joseph we ride three-10 mile rides per week for a month prior to the ride. Good for him and especially good for his old rider. He's never had any soundness issues. Two sets of shoes are needed before

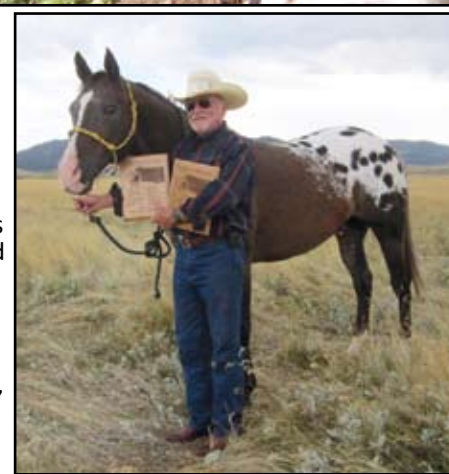


the ride. Since the trails are rocky and require good footing for climbing and descending, shoes are a necessity. Even at 19 he was full of himself and never ran out of gas on our July 2015 ride.

"I try to leave home (Crookston, Minn.) early the Friday before the ride. I usually stop at Sully

Creek State Park, south of Medora, N.D., the first night. I usually travel alone, but this year had the honor of three ladies accompanying me. All Minnesota girls and we had a terrific trip and all went smooth and cool, leaving Saturday morning and off to Ryegate. We picked up a passenger at the Billings airport. Mandi Dufort is from California and was our driver to move the trailer from campsite to campsite each day. We arrived in Ryegate at about 4 p.m. The CJTR participants bring dishes from their home state for a potluck supper Saturday evening. Mary Phillippe (one of our Minn. group) from Warroad, brought walleye fillets, the "girls" prepared them after we arrived. They were, of course, a big hit and very delicious. Among the other entrees was alligator from Florida, Dutch-oven specialties from Texas, Missouri, Washington and other states. The Dutch-oven caramel roles were very good.

"The ladies pitched their tents for the first night on



the 2015 CJTR. Due to my seniority, I slept in the gooseneck of my trailer.

"The daily schedule is as follows: Up at 5 a.m. to feed and water the horses, coffee and breakfast at 6, take down tents, pack, and saddle up. Be ready to ride out at 8 a.m.

"We enjoy a sack lunch on the trail at noon, arrive at a new camp by 5 p.m. (hopefully), eat supper at 6 p.m., enjoy the new program, awards, historical presentations and dancing (live music and portable dance floor), with lights out at 10 p.m. and repeat same next day. Friday night dancing until midnight. Saturday morning breakfast and sad farewells until next year. Fueled up in Roy, Mont., and arrived back at Crookston at 10 p.m. Saturday.

For more information on the Chief Joseph Trail Ride, go to the Appaloosa Horse Club at www.appaloosa.com.



Vol. 9 No. 8
The Valley Equestrian
Newspaper

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The Valley Equestrian
Newspaper
is published monthly.

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The Valley Equestrian Newspaper

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bution list at:

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About the Cover

Chief Joseph Trail Ride
Members of the Appaloosa Horse Club annually honor the Nez Perce Native Americans by following the same trail in which they were led by Chief Joseph before surrendering to the U.S. Military in 1877. See the article on page 3.

Right: Seymour Young Dog asking for a blessing of the ride.
Left: Descending Half Moon Pass.



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Youth Day at the Races participants with the Canterbury Park lawn jockey. From left to right: Kennedy Stanek, Megan Kathrein, Katie Orth, Evangeline Swanson, Alyssa Distler and Emily Schminich. Article and photos by Annise Montplaisir on page 9.

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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Mary Johnson of Valley City, N.D., and crew making lefse at Sodbuster Days at Ft. Ransom, N.D. More photo stories on page 17.

Publisher's Clipboard

Hay racks pulled by early model tractors in the field remind me of the hot, humid summer days I would spend with my great aunts, uncles and cousins near Centerville, South Dakota on the Venn and Carlson farms. We threw the shucks of hay onto the wagons while mice or voles scurried away before one of the older male cousins would stab them with a pitch fork. Sweat created a situation where the hay or straw stuck to my skin. A dip in the cattle's water trough at noon refreshed me while the ladies inside brought icy lemonade and cold sandwiches to picnic tables in the shade. My sister and I took turns working inside or outside. Of course, I favored the outside work to preparing the food for the field workers.

I imagined a generation earlier and working with horses in the field. My grandpa drove horses for all the field work; Mae and Mac, sorrel grade drafts, were my Mom's favorite. My Mom loved Mae; I believe my middle name came from that draft horse.

My sons had a bit of that heritage on our farm one summer when I tried to hand plant alfalfa and we later cut and gathered it with a rake and pitchfork. Not like my childhood experience at all.

I think about all the children who won't have the benefit of seeing, sharing and experiencing the hard work of our forefathers who performed manual labor, endless hours in the fields, in the barn with livestock, fabricating the tools and materials they needed to accomplish their tasks.

Back in the day, grandpa and grandma didn't have the hardware store within walking distance; they made what they needed, fabricated from materials available to them on the farm. It created a generation of very innovative and creative people who also knew the importance of cooperation and working as a team, a set of character traits the generations since have lost little by little as we have become a more urbanized society.

It is a sad transition, at least for me as I look back and realize that I was the middle generation afforded an opportunity many are not lucky enough to experience.

My older brother, Ken, experienced it in a different way as he worked hard all year round taking care of our farm animals, hauling water from the well to the barn and the house, for we didn't have indoor plumbing in my early years. He also worked in the fields and

farmyard with Dad, Grandpa and the uncles during his early years. The "work" I did was more play than work. Ken worked! I see the benefit to him in the work ethic developed and his ability to fend for himself, fabricate and create items in his workshop and his creative flexibility in taking on new projects. There is a confidence derived from experience, knowing that you can do it, whatever it is, because you grew up with that knowing and confidence in doing. How will our children and grandchildren experience that feeling? How will they learn that confidence, determination and ingenuity? Can an iPad or tablet provide those character traits?

Enjoy the August issue of the Valley Equestrian News, all the images of Sodbuster Days, the horses and old equipment used with a lot of hard work and sweat. Support the work of the Ft. Ransom Sodbuster's Association so we will be able to continue to enjoy the living heritage that group and others like them bring us.



A good-sized crowd enjoyed the 11th Annual Cowboy Up Ride Against Cancer events including the Extreme Race and Ranch Rodeo Friday, August 14. More events and trail rides were enjoyed by many in spite of 90-degree temperatures over the weekend. More photo coverage on page 2 and online at www.Facebook.com/VE-News. More Cowboy Up in the Sept. VEN issue.

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ers like them bring us. More images and stories from the past may be

seen on our web site: www.theveonline.com under the tab "Articles of Interest."

Ley Bouchard,
Publisher



Heat Alert!



The Valley Equestrian Newspaper reminds you to protect your horse, dog, cat and small children who travel with you this summer.



- ◆ Park in the shade.
- ◆ Be sure to keep trailers, trucks and cars well ventilated -- open those windows. The best option: Leave them at home. Vehicle interiors can become dangerously hot in minutes, resulting in the death of your loved one.
- ◆ Take pets along only when going to the vet, or a known destination where they can exit the vehicle.
- ◆ They don't need to go shopping with you!
- ◆ Err on the side of caution. Live to enjoy another day!



Rescued Treasures:

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Equine Voices Rescue & Sanctuary
 520-398-2814 - Green Valley, AZ
 or info@equinevoices.org

Dakotah, Mustang, Gelding
 Age: 1 year
 Qualities: Cute, Mustang, gelding; has had some ground work, halters, leads.
 Needs: An experienced horse person to further his training.
 Fee: \$750
 Contact: Equine Voices Rescue & Sanctuary, info@equinevoices.org, 520-398-2814
 Meet: By appointment



Dakotah

For more info please contact the
High Tail Horse Ranch & Rescue
chart@loretel.net
 Ranch: 701-526-3734 • Hawley, Minn.

This is Ladybug. She is a three-year-old Arabian-quarter horse cross mare. She was born and raised at Hightail Ranch and Rescue (her mother arrived pregnant). She is smart and spunky, and although she is halter trained, she will need an experienced horse handler to help her grow up to be a good horse!



Ladybug

For more information contact:
Minnesota Hooved Animal Rescue
 PO Box 47, Zimmerman, MN 55398
 (763) 856-3119
info@mnhoovedanimalrescue.org



Ivan

Ivan is a bay POA-cross yearling gelding who was born in mid-May of 2014. His dam, Sochi, is a 12.3 hands POA (Appaloosa x Shetland) from the 02/2014 Wadena County humane case. Ivan is a very curious and friendly young gelding who is quite athletic. He is learning about haltering, leading, picking up his feet, and all of the other things a yearling needs to know to be a good citizen. Even though we don't know who Ivan's sire is, due to his conformation, size, and athleticism we are guessing he may have been a quarter horse, meaning Ivan may mature around 14 hands or taller. If interested in adopting Ivan, please email us at info@mnhoovedanimalrescue.org or call (763)356-8119. For a complete list of available horses and to see our adoption guidelines, please visit us at www.mnhooved-animalrescue.org.

For more information contact:
Friends of Horses Rescue
 (303) 649-1155 • www.fohrescue.com

Friends of Horses Rescue has a number of three and four year old off-the-track thoroughbreds. Some have minor lameness, but all should recover with rest. The gray filly is Samara's Squeaky Shoes. She is a three-year-old Kentucky-bred filly with a slap fracture knee. The other two bays are Ladies Luv Outlaws (gelding) and Resplendant Reign.



Ladies Luv Outlaws



Resplendant Reign



Left: Samara's Squeaky Shoes

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Charles Wilhelm: Ultimate Foundation Training

Bitless Riding - Part 2

As I said last month, for me, riding bitless is neither right or wrong. It depends on the horse and the type of riding you do. Each type of equipment has advantages. A bit has more communication value, as commands can be more specific. It is important to remember that it is not what you put on the horse's face; it is what you do with that piece of equipment.

I personally think a horse's nose is more sensitive to pressure on the outside than a snaffle bit is in the mouth. I designed a bitless apparatus to start colts because I can pull on it and it does not have the bite of a hackamore. It is designed so that I can get a hold of the horse's nose without it over reacting. I can then do the groundwork needed to teach a horse to give to pressure. The apparatus is not a harsh piece of equipment. The advantage of using a traditional halter is that it is not as harsh as a cowboy or string halter. A cowboy halter is not a harsh piece of equipment if used properly. It is made of one-eighth-inch string and does not have more bite than a leather web halter but it does not have the bite of a hackamore that is nine-sixteenths or five-eighths. Some horses will over react to even that much pressure. I have started many colts with a cowboy halter and have ridden with just the halter the first three or four times as colts are sometimes frightened by something abrasive or something in the mouth.

As I work horses, I like to change from a snaffle to a hackamore as it gets me out of the horse's mouth for a while. I can pull on the face without having to pull on the inside of the

horse's mouth. It gives me an opportunity to get some work done where a snaffle bit would be too harsh. I am talking about taking hold of the nose. Here again, we must be careful because the outside of the mouth and the jaw can be very sensitive



as there is no padding at those spots. Another thing I like about a hackamore is that if I have a horse, like an Arab that can move his parts in six different directions at once, a hackamore can align the horse's body from nose to tail. This is because of the shape of a hackamore. A hackamore is designed so that a horse learns to stay in the middle of the hackamore. I like using a hackamore even with a horse that is normally ridden with a bridle because it gets the horse to stay off the forehead. Some horses learn to lean on the bit but a hackamore teaches the horses to stay off the pressure both laterally and vertically. As a trainer, the hackamore is an excellent tool for me.

Most people are happy if they can walk, trot and canter their horses. Not everyone is an over achiever and expecting more of the horse. If you, for example, are going into reining, you need more control, as the horse needs specific cues. A snaffle permits a more spe-

cific cue. I also use leverage bits and other types of bits for different jobs. The type of equipment to use also depends on the personality of the horse. If your horse is not listening and is laying

down the bit, a more severe bit may be needed. You may go to a twisted wire mouthpiece for a few rides and when the horse start listening, go back to a smooth mouthpiece. Once the horse learns to respect the bit, we need to release the pressure and use a regular bit.

Some bits are designed with a single purpose that can help in training, however, there is no magic bit. An elevator bit, for example, helps to keep a horse's shoulders from dropping. A bit with twisted wire mouthpiece, a leverage bit or a bit with a high port may be needed with a horse that is pushy. Even if the horse learns to yield and be soft, a pushy horse may always need that type of bit. Knowing your horse and using the right equipment is important but you need to watch out for the "bigger bit" syndrome. People often rely on a bigger, heavier bit to get a desired response. When a the desired response goes away because the horse has learned to deal with the

bit, the rider may then get a bigger bit with a higher port or maybe add a chain chin strap. It is the rider who needs to change. If the rider does not know how to use the equipment properly or does not understand the concept of pressure and release, the performance will not get any better. The horse will continue to lean on the bit and remain dull or pushy. The change must be in the rider's hands teaching the horse how to yield to the pressure.

As your horsemanship abilities expand, you will recognize that there is more involved than the type of equipment and you will find that it is more what you do with the equipment. Safety is always of primary concern. Just because you put a big, heavy, severe bit

in a horse's mouth, does not mean it is going to be a safe horse. The horse must know how to yield to the piece of equipment. When I get a horse in at the barn to re-school, I lunge the horse and do some in-hand work first to determine where the horse's head is. I want to know what I am getting on before I mount. The horse will tell me what I am dealing with before I get into the saddle. If the horse is not listening to my hands, I am not going to get on until I get the horse to respond to me on the ground. When you get on any horse, there is always a certain amount of risk. Even the most calm horse may act up when taken out of a closed environment, like an arena, and into open space. The horse is out of his comfort zone and he will act a little differently. When I start a colt in the round pen and I can't

get the colt to go forward, I take the colt to the big arena because the space creates movement. No matter if you are starting a colt, re-schooling a horse or riding your own horse, you have to know that the horse will accept and yield to your hands. Then, eventually, the horse will yield to your seat and legs.

Articles about the benefits of going bitless are interesting but we must use what works for the horse. It means educating the horse and the owner but it does not happen over night. The more you ride, the more you get in touch with the feel of the horse. Any horse can be taught to yield to any type of equipment. It doesn't matter what piece of equipment you put in the mouth or over the nose, it is what you do with that piece of equipment that is important.

Charles Wilhelm

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Equine Evolution: Part 1

By Janice M. Ladendorf

Introduction

The common ancestor of the horse, donkey, and zebra roamed the prairies of North America four million years ago. Horses evolved from that extinct species and their population has expanded and declined more than once. The latest episodes occurred 200,000 years ago and 25,000 years ago. Two to three million years ago, true horses began migrating to the Old World over the Bering Strait land bridge that once linked the continents. Many migrations back and forth are thought to have occurred.

Man and horse have co-existed for at least two million years, mainly in Eurasia. Our first relationship with them was one of predator and prey. Horses today may still carry memories of this time in their bodies, buried beneath the instincts that shape much of their behavior. Wild horses instinctively fear humans, just as they do cougars or wolves. These fears can still surface unexpectedly and explosively in domestic horses. One trigger may be our scent. Those who eat meat always give off a scent horses can quickly identify.

Between 13,000 and 11,000 years ago horses disappeared from their birthplace in North America. Controversy still exists over when and why that happened. The equine species may have died out more than once and been restored by migrations from Eurasia. Disease is one explanation for their final

disappearance. Another is prehistoric man hunted them to extinction. Neither explanation accounts for the simultaneous disappearance of other large herbivores and the predators who lived off of them. A changing climate may be the best explanation for the disappearance of all these species.

Like all other breeds of horses, the ancestors of the Spanish horse came from the prairies of North America. When the conquistadors brought their horses with them to the New World, they returned to their original home. Are our mustangs feral or native horses? They are domesticated horses who escaped from man; but if their species is native to this continent, then they would have more protection under our current laws. Even though DNA analysis has determined they are native to this continent, this information has been rejected both by ranchers and those who make the laws governing the treatment of wild horses. Considerable controversy exists over whether or not a few members of the original species of wild horse survived and inter-bred with the horses brought over by the Spanish conquistadors.

As horses migrated from North America through Asia and Europe, they had to have encountered many variations in climate, elevation, and food supply. As equines adapted to these variations, they would have evolved into different types of animals. Environment



The Yakut pony.

does have considerable impact on body type. When

the sun never set on the British Empire, they discovered how much environment could influence equine body type. For example, when the British army imported horses to India, their descendants soon came to resemble the native animals who had already adapted to that environment.

True Wild Horses

Experts have identified four species of the true wild horse, each one of

which evolved in a different environment.

a) The heavy forest horse ("Equus caballus silvaticus")

This species thrived in the forested swamps of northern Europe during glacial times and has long been extinct. It probably evolved into "Equus caballus germanicus." Traces of a heavy-bodied, slow-mov-

ing horse have been found in Scandinavia and dated at 12,000 B.C. Other traces have been found in northwest Germany and dated at 3000 B.C. They are believed to be the ancestors of our modern cob and draft breeds.

b) Przewalski's horse ("Equus caballus przewalski")

About 50,000 years ago, this species split off from "Equus caballus" and



The tarpan. This photo was taken in 1884 and alleged to be of a tarpan, but some think it is a half-bred or feral horse.



Drawing of a live tarpan yearling who has not yet grown a full mane or tail, by Borisov, 1841.

survived in eastern Asia until recent times. When bred to true horses, in two generations the offspring no longer has the two additional genes of Przewalski's horses. A few members of this species were preserved in zoos and some of them have been returned to the wild in Mongolia.

Is there any genetic

relationship between Przewalski's horse and the Mongolian pony? Due to its intractable temperament, some believe it could not have been the ancestor of any of our modern breeds, but it did run on the same open ranges as the Mongolian ponies. Some recent research suggests there is no relationship, but one could have been created by stallions stealing domestic mares. The Mongolian pony is thought to be the ancestor of various other Asian breeds. As it migrated west with invading tribes, it may also be the unacknowledged ancestor of various European breeds.

c) The tundra horse

This species may have once lived in Siberia, but according to author Elwyn Hartley Edwards, sightings of herds of wild white horses were reported in northwestern Siberia as recently as 1964. It is probably one of the remote ancestors of the Yakut pony. This breed can survive in polar climates because it has short, wide feet and an exceptionally heavy coat. Some traces of similar DNA have recently been found in the wild herds of Chilcotin in British Columbia.

d) The tarpan ("Equus caballus gmelini")

This species ranged over Eastern Europe and Western Russia. The tarpan is thought to be one of the main ancestors of our modern breeds of light horses. The last true member of this species was killed in the late 19th century.

In 1841, an artist named Borisov did draw a live tarpan yearling who had not yet had time to grow a full mane or tail. This drawing is shown below. In my opinion, it does resemble the photograph above of the alleged tarpan.

Three efforts have been made to re-create the tarpan by breeding back from domestic breeds.

The first one is the konik

horse [Polish for little horse or pony], bred back from farm horses that are native to Poland. Tarpans once roamed this area and are thought to have been ancestors of these horses. They are now recognized as a normal equine breed.

The second one is the Heck horse, bred back from the konik, Przewalski's horse, Gotland ponies, and Icelandic ponies. Gotland ponies come from a remote island in Sweden and are thought to be direct descendants of the tarpan. Although these horses have been marketed as tarpans, scientists do not regard them as true members of this extinct species.

The third is the Hegardt or Stroebel horse, bred back by an American rancher from mustangs and ranch horses. They do resemble the konik and Heck horses, but appear to be more compact and refined. In my opinion, they are more like Sorraias, a Portuguese breed that strongly resembles the tarpan. Some believe this is another species of the true wild horse and the ancestor of the Andalusian.

In my opinion, the first true horses were probably stocky, compact, and heavy boned with relatively short backs. Horses with this build need less fodder and can quickly spin around and kick to defend themselves. Depending on early nutrition, their size could have varied from 13 to 15 hands. Their color was probably bay. In the late 1800s, an American cavalry officer traveled round the world looking at all kinds of horses. He believed feral horses tended to revert to this type of steppe pony, as they have on Sable Island east of Nova Scotia.

Climate does affect equine body type. Horses who endure cold winters and have to dig through the snow for their food, need to be heavier than those who live in warmer



Przewalski's horses.

Building the Future of Racing

BY ANNISE MONTPLAISIR

On the gloomy morning of June 20, six youth from across Minnesota gathered at the Canterbury Park stable gate, anxiously awaiting the start of the 2015 Youth Day at the Races – an event that grants 14- to 18-year-olds the opportunity to dive into the

to front and include a multitude of speakers involved in the racing industry. This year I was simply tagging along to take pictures, but in 2013 I was one of the participants following closely on Doug's heels.

The Youth Day class of 2015– Katie Orth, Emily Schminich, Megan Kathrein,

Minnesota Racing Commission Office, a chat with the horsemen's bookkeeper and clerk of scales, track photographer, stewards and a trip to the press box.

My laugh for the day came while we were visiting the paddock before a quarter horse race. One of the horses decided to release

his pent up energy by double-barrel kicking one of the bushes that lines the paddock. One Youth Day participant turned and looked at me with a deadpan face and said, "That bush had it coming!"

Youth Day at the Races culminated with an exam to test each participant on the knowledge she had acquired throughout the day and determine the scholarship recipient. On our way to the test room, one of the girls told me that she really didn't care about winning – it was the experience of being at the track that meant the most to her. I thought that was pretty cool.

Kennedy Stanek, a 14-year-old from Lino Lakes, was crowned the winner.

Stanek became interested in horse racing after visiting a harness racing track with her family as a youngster.

"I really loved watching the races," Stanek said. "So I would go on the computer and research horses and watch online races, and after a while I really got into it."

Although Stanek enjoys harness racing, she says that her heart lies in thoroughbred and quarter horse racing, and hopes to seek a career in the industry as a trainer or jockey.

"[Youth Day at the Races] enforced my decision to work in racing, Stanek said.

"[It] makes me think that I really need to push towards racing because if I don't I will miss out on something big."

Youth Day at the Races serves as a regional racing experience to the AQHYA National Racing Experience, held in conjunction with the AQHA Bank of America Challenge Championships. To be eligible for nomination to nationals, a youth must be a member of the American Quarter Horse Youth Association and between the ages of 16 and 18.

Emily Schminich, 17, of Sauk Rapids, will represent Minnesota at the 2015 National Racing Experience, held at Lone Star Park in Grand Prairie, Texas, in November.

I was fortunate enough to attend Youth Day at the Races and go on to win the National Racing Experience in 2013 at Los Alamitos racecourse in Cypress, California. While I was there, I learned that MQHRA (Minnesota Quarter Horse Racing Association) has a positive track record of youth who attended Youth Day at the Races before advancing on to win the NRE. I tracked down two other previous winners to share their experiences.

Hannah Koch became interested in racing as a child, and participated in Youth Day at the Races in 2006.

"MQHRA offers a great program for youth who want to learn about what goes into a day on the track!" Koch says. "How many other programs are willing to collect trainers who want to see youth learn about their careers and what goes into these equine athletes? That is pretty awe-

some – we need more youth to take advantage of that!"

Koch attended the National Racing Experience at Lone Star Park in 2006, and Los Alamitos in 2007. She emphasized the horsemanship skills she gained from both experiences, and still applies those lessons today with her own horses that she competes with in barrel racing.

"I actually was lucky enough to go to NRE twice. The first year I went... [I] was paired up with trainer Bill Hoburg. I think what sticks with me the most from my week with him was to always turn your horse out in the best possible condition. Even if the horse was just going on to the hot

"Whether it be cold hosing, poultice or icing to keep them tight after they worked out, to a properly wrapped leg, we spent a lot of time in [Paul Jones'] barn learning how to care for legs. I can't even remember how many times I had to re-wrap the same leg that first day...but what an important lesson!"

"I was blessed to have studied hard and been given a lot of tools prior to going to Los Alamitos that allowed me to compete and receive a \$3,000 scholarship," Koch said. In addition to the scholarship money that MQHRA graciously granted me, that money paid for a semester of my education at University of Minnesota, Morris."

Koch currently works as an office manager to a trucking company while continuing to train her family's horses.

"We actually have a few barrel horses that are off of the track," Koch says. "I have a couple of retired horses from Canterbury every year to restart and re-home as barrel horse prospects, both off-the-track thoroughbreds and quarter horses. I am not involved in active horse racing – more of the 'after' career of some of the racehorses that we are lucky to have up in Minnesota."

Barbara Scheiding participated in Youth Day at the Races at Canterbury Park in 2008.

"I think my favorite part was actually talking to the trainers and jockeys, and learning what their days are like, getting up early in the mornings and working," Scheiding said.

Scheiding advanced on to the NRE that same year, which was held at Evangeline Downs in Louisiana. "I gained a lot of experience," Scheiding said. "And it helped me understand the racing world a little bit

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Photos (Used with permission): Right: Youth Day at the Races participants checking out the starting gate at Canterbury Park.

Above: Fortune in a Wagon ran in a trial for the Canterbury Park Quarter Horse Derby on the same day as Youth Day, and ended up winning the derby a couple weeks later in a dead heat with another horse named Feature a Runaway. The girls were allowed to get in the win photo with Fortune in a Wagon after she won the trial. Photos by Annise Montplaisir

daily routine of life on the racetrack.

In addition to gaining an education about the horse racing industry, youth are tested on the knowledge they acquire throughout the day for the chance to win a \$1,000 scholarship and a trip to the AQHYA (American Quarter Horse Youth Association) National Racing Experience (NRE).

Led by Doug Steiskal, the group trudged over the rain-soaked ground to the race-track to commence their tour, which would cover the entire racetrack from back

Alyssa Distler, Evangeline Swanson and Kennedy Stanek – all happened to be members of the Minnesota 4-H horse project, and came from varying equine backgrounds and experience levels.

On the backside of the track – the area where racehorses are stabled – the group visited with gate crew members, trainers, owners, and learned about alternative methods of conditioning racehorses, including swimming.

The front side tour included a visit to the



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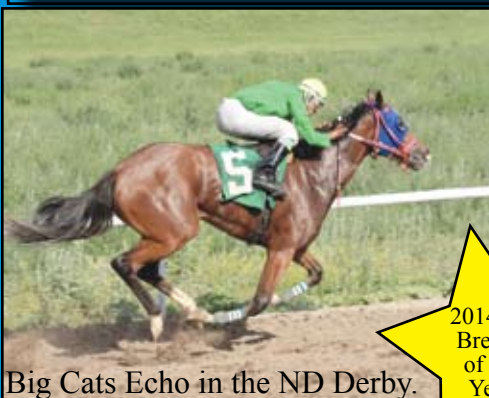
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Equine Evolution

Continued from page 8

climates. Horses who live in areas with mild winters and hot summers, need to be more refined. When the tarpan pony migrated south into the arid regions of Central Asia, a new type of horse may have evolved. It was a taller, lighter, and more refined horse. It was probably influenced both by environmental adaptation and selective breeding by humans. This breed had been established by 2000 B.C. and was known as the Turkemenia or Turkoman horse.

Their evolutionary history demonstrates they are willing to travel in search of better pastures and more safety from predators.

When humans domesticated them, two new factors entered into their lives. They could be subjected to selected breeding and forced to migrate with their owners. Breeding for human goals probably did not begin until relatively late in the domestication process. Evolution encourages the survival of the fittest, but

have its validity questioned by other scientists.

On the grasslands of the Ukraine, southwest Russia, and west Kazakhstan, extensive research has established horses were probably domesticated there sometime between 6000 and 4000 B.C. Some experts argue domestication spread all through Eurasia from this one site; but if it had, we'd all be drinking kumiss, or fermented mare's milk. Also, modern DNA research does not support this hypothesis. It has established an



The konik horse.



The Heck horse.

human desires may work against this process. For example, breeding for lighter bone may increase beauty, but make the horse more prone to lameness.

Considerable controversy exists over when and where horses were first domesticated. Unlike other animals, horses showed no obvious physiological changes from domestication. For example, when wolves turned into dogs, they lost their long noses. An archeologist cannot look at an equine skeleton and determine if it was a wild or domestic horse. He must use other archaeological evidence and prepare to

incredible diversity in the mare lines of most of our modern breeds. A special analysis of ancient Chinese horses found all seven of the haplogroups identified in modern horse breeds. [Haplogroups, in genetic genealogy, are like ancestral clans or large families, such as Vikings or Celts in human groups—for further information, see: <http://dnaexplained.com/2013/01/24/what-is-a-haplogroup/>.]

In my opinion, if domestication had come from one center, then tack used by these early horsemen

Continued on page 12

Domestication

Feral horses have ranges and will defend their core territory against intruders, but they have shown true territorial behavior only when they are trapped within relatively small areas.

Acknowledging the Try: Your Evolution of Horsemanship, Part 2 of Anna Twinney's 6-Part Webinar Series

BY KARI HAGSTROM

Imagine this: You are a worker or a student, and you never get the recognition for your effort that you feel you deserve. You don't get recognized for trying. Maybe you have ADHD, or some other sensory challenge, and it's hard to focus, so even an apparently small try is huge for you. But no one notices. You just get labeled as difficult, or a problem, or obstinate, or not smart. No one recognizes or acknowledges that you are trying, that you are doing your best to respond and "meet expectations." So you get disheartened and give up. Then what? You're on to an endless round of not being acknowledged, not recognized, not seen for you who really are. You live in endless frustration.

But wait. What if your tries were acknowledged? What if someone did see you trying your best? What if someone saw you and recognized you for who you are and helped you to become your best? How would that feel? Uplifting? Heartening? Would you feel valued and want to engage even more? Would life become fun, exciting even? Would you feel more satisfied in your life if you were seen and recognized for who you are?

Recognizing and acknowledging the try in horsemanship is important for your horse and your relationship with your horse. Anna Twinney, internationally recognized holistic and natural horsemanship clinician, equine behaviorist, animal communicator, Karuna Reiki master, and founder of Reach Out to Horses® (ROTH), www.reachoutto-horses.com, emphasizes this on her webinar series, "Your Evolution of Horsemanship,

Part 2: Acknowledging the Try."

Acknowledging the try is "so important, it can be the difference between trust or dominance, partnership or hierarchy, and success or failure," says Twinney on the webinar. "Knowing how and when to acknowledge your horse's effort, and exactly what that means, is crucial to successful horsemanship."

The first place to start is with your horse's personality and learning styles. Each horse is an individual and has a different learning style. "Recognizing each horse as an individual is HUGE for the horse. They all have different personalities," says Twinney. "We need to understand our horse's personalities." For example, there can be the personality types of the Business Woman (or Man), the Nurturer, the Jester, the Gypsy, etc.

"The more we understand the personality, the more it will help us to acknowledge the try," says Twinney. In a horse with ADHD, for example, the horse is "constantly looking elsewhere. When that horse gives you a try, it could be really challenging to him. It could mean the world to him, and you've got to be able to see that try for a horse that cannot pay attention. You've got to look for the try, and see it, and realize the challenges he's facing."

"There's no copy cat program that fits the horses. If we thought that one single program for individuals would work, we could throw children into cubicles and expect it to work. But we already do that." Horses, like people, like to be

treated like an individual; they, and we, perform better that way.

Twinney notes that it is important to ask: "Who is your horse? How do I adapt to their needs in order to support them most effectively?"

How does your horse learn? Is it through touching? With a muzzle or a hoof? Does she move around an object or situation to get a full view, or does she go around the edge of the paddock where she feels it's safe? Does she put her head down and trust? "It's all about the learning. Feeling, touching, following, showing it to them (where you get off your horse and show them)," says Twinney.

Environment, age, breed, fitness level, mentality all affect learning styles. "There are many factors to create a successful session and to recognizing the try. What is a try with one horse will look completely different with another horse," says Twinney.

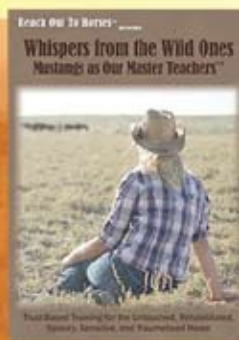
Pressure is also an important factor to consider in how your horse learns and tries; and the release of pressure is one of the main tools utilized and advocated by Twinney as a teaching tool. "Horses learn from the release of pressure, not from the pressure applied."

There is almost always pressure when we are around horses; even just our presence creates pressure. "When we enter a paddock—there's pressure. When we advance toward

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a horse—pressure. When we're driving at liberty in a round pen—pressure. When the horse is asked to stand still and feels uncomfortable, or he's tied to the trailer—pressure. When we put the leg on the side of the horse—pressure. Asking for a left or right turn—there's pressure on the mouth. Asking for a slow—pressure on the mouth. Asking to lead—pressure on the halter. When we ask to stop—pressure. Pressure can be direct or indirect," says Twinney. An example of a release from pressure is when you put pressure on the side of a horse and the horse moves forward, and then you remove your leg from the pressure—that's a release. The release is the "yes, this is right" of the equation; not the continuous application of pressure, which only serves to frighten, confuse, frustrate

or flood the horse's senses. With flooding, the adrenaline rises and then falls, as the horse is pushed into flight or fight, or freeze, and he goes into overwhelm—this isn't learning, nor is it teaching or training. With flooding, there is no release, no acknowledgement, no praise. "If all you ever do is flooding, you'll get compliance, because you'll take the spirit out of the horse."

Put yourself in your horse's shoes. Remember those times when you had to do something uncomfortable or unpleasant, like stand up in front of a group of co-workers or in front of a class to give a presentation. You felt pressure, stressed, and because of that stress and pressure, you blanked out on part of your presentation, you felt embarrassed and frustrated, only to remember it clearly later,

when there was no stress or pressure.

The release of pressure in Twinney's lexicon of the language of Equus is as subtle as dropping our eyes at the sign of a try—this releases pressure applied by our eyes. Dropping our hand or arm that is outstretched to the horse—this is a release of pressure. Backing away or even leaving the horse's presence/pen to supply an ample release—this all helps the horse learn in a comfortable and understanding environment. Ask yourself: Do I learn better in a pressure-filled environment, or a safe, comfortable, respectful environment? Then think about your horse's situation, and how you can best support and acknowledge them.

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Equine Evolution: Part 1

By Janice M. Ladendorf

would have been much more standardized. For example, the vaqueros of Mexico and the gauchos of Argentina started from the same source, but are far apart geographically. The vaqueros developed Western saddles and lassos (lariats) while the gauchos used treeless saddles and "boleadores."

Archeological evidence also

lations. War and commerce explain most of them. For example, horses were redistributed all through the Roman Empire. Starting about 200 B.C., the Silk Roads linked China to the Mediterranean and for centuries horses moved along these roads. The prime example of human-induced migrations is what happened when the conquistadors brought horses back to North Amer-

but the most likely explanation is some type of climate change.

Horses were probably first domesticated between 6000 and 4000 B.C. Extensive research has established this had happened on the grasslands of the Ukraine, southwest Russian, and Kazakhstan. Arid Turkmenistan lies south of Kazakhstan and by 2000 B.C., a special breed

of horse had been established in this area. Other domestication sites do exist, such as Iberia. By 2000 B.C., the Iberian breed had been established there.

Domestic horses no longer had the freedom to migrate with their own herds, but they traveled far with their owners. When the Silk Roads ran from China to the Near East, they

could spread along this road from east to west and from west to east. When the conquistadors brought horses with them to the New World, they were once

again returned to their original home.

Acknowledgements:

All photographs courtesy of Wikipedia.

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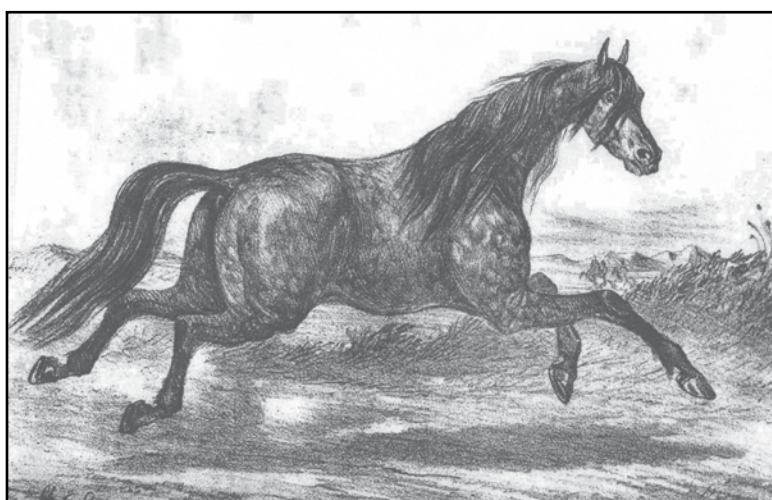
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Drawing of Turkmenia or Turkoman horse, 1848.

suggests other sites did exist. Iberia is one of them. Domestication had probably occurred there between 6000 and 4000 B.C., though some experts believe horses were domesticated there well before this time. By 2000 B.C., the Andalusian had been established as a breed. When Arabia was not yet a desert, the al-Magar civilization thrived near northern Yemen. Some of the artifacts from this site suggest horses may have been domesticated by 6000 B.C.

Various attempts have been made to link modern breeds to types of wild horses. The standard classification is of two pony types and two horse types. Authors tend to claim different breeds are descended from these types. Other classifications of three to seven types also exist. In my opinion, those who invented these classifications overlooked the extent to which human migrations have redistributed equine popu-

ica and introduced them to South America.

Conclusion:

When horses evolved on the prairies of North America, a land bridge often linked Alaska and Siberia. They used this bridge to migrate to Eurasia where they found many variations in climate, elevation, and food supply. As they adapted to these variations, four basic types of wild horses emerged. They are the heavy forest horse, Przewalski's horse, the tundra horse, and the tarpan. Only Przewalski's horse is not extinct. Three attempts to recreate the tarpan have been made. They are the konik, the Heck horse, and the Hegardt or Stroebel horse.

About 12,000 B.C., the horse disappeared from North America, but so did other large herbivores and the predators who preyed on them. Explanations vary from disease to over-hunting by humans,



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The Puts Spirit in Spirit Horse Center

By Kari Hagstrom

Located in the beautiful pine forests of north central Minnesota, Spirit Horse Center, Inc., www.spirithorsecenterinc.com, near Brainerd, is a unique kind of facility. It has a holistic and spiritual orientation like few other barns. It isn't your average equine facility.

Founded in 2008 by Staci Grattan-Fornshell, Spirit Horse Center is the result of Grattan-Fornshell seeing "a fork in the road of my life. I was just compelled to do something different." A lifelong horsewoman, Grattan-Fornshell had spent plenty of time at other barns, and could see the need for a different kind of barn.

A successful business woman already, with Grattan HealthCare, Inc., Grattan-Fornshell really didn't need more work to do. She was pregnant at the time, having had a challenging time conceiving; so her pregnancy was regarded as a treasured gift. Yet she still felt compelled to start an equine facility.

Pregnant when they broke ground in July 2008, Grattan-Fornshell gave birth in August. She and her husband and business partner, Brion Fornshell, opened the facility in November.

She says, "I knew I had to do something. I'm a very logical person, with a head for business, and starting a boarding and training facility wasn't the most logical decision, but I was just compelled to do it, to offer something different."

Named in honor of spirit, the spiritual path, and the spirit of the horse, Spirit Horse Center was among the first equine facilities in central Minnesota to begin offering courses on healing modalities, essential oils, energy healing and the like. "People were intrigued,"

says Grattan-Fornshell. "It became a chance to educate people about horses." People just started showing up for the courses. "It was and is a time to understand the gifts that horses offer to human-kind."

The courses were well-received. Spirit Horse Center has also hosted clinics by internationally-recognized educators, such as classical French dressage Master Dominique Barbier, Masterson Method clinics, and clinics with holistic and natural horsemanship clinician, Anna Twinney through the years, and will continue to do so.

The essential spirit of Spirit Horse Center is about education and holism. There is a real emphasis on educating the rider in trust-based leadership, partnership and relationship with the horse. The horse isn't just taken for granted as a moving piece of the puzzle: the horse is treated as a partner, both in the barn and in the arena.

"If [people] aren't taught to look at horses in an empathetic and compassionate way, and get 20 steps down the road before they realize they are doing stuff they don't even know is cruel, they're invested in it. And it's really hard to change when you have emotional and egotistical investments in what you're doing," says Grattan-Fornshell.

Grattan-Fornshell is an accomplished rider, who

studies rigorously with her instructors in dressage and holistic horsemanship, often flying out to California or Colorado to attend trainings. She passes on this knowledge to her students, and shares the experience with others by hosting clinics.

She has become accomplished and knowledgeable in "multi-pronged holistic horsemanship approaches, including trust-based leadership and clear compassionate communication, handling and training, training through proper body mechanics and relaxation, energy and visualization, supplements and much more. She's also proficient in many horse health, soundness and well being areas, as well as Reiki, reflexology and energy work" [from the website].

She feels that a good



instructor should empower the student. She sees many people who have worked with a clinician, riding coach or instructor who do not seem willing to make their own decisions, who have been disempowered into relying on the judgment, opinion or view of the instructor, coach or clinician. "One of my core beliefs is that people own their horsemanship, that they know why

and they know what they are doing. After ten years of horsemanship, you have to ask your trainer something you should know already? As a trainer and instructor, I find that reprehensible. An instructor should empower you."

Raised in a challenging environment, Grattan-Fornshell says she wasn't taught to walk in integrity; but she's learned. The horses have helped. "I've always liked animals better than

humans, and I've since learned about integrity from them. Staying the course is very challenging. As a business owner, I have to walk the walk of knowing the right people will show up. Using the Law of Attraction has been helpful in attracting the people that resonate with our intentions and energy here. There's no abuse in my barn on my watch. In staying the course, I have to focus on 'what do I want, what do I want' at my barn. I want to show people the magic of horses. I love to

teach, and consider myself an ambassador between the horse and human world.

"Animals and humans have evolved together. We have a heart connection. There's a molecular exchange of energy between us, horse-to-human and human-to-horse. More than any other animal, horses want to elevate our energy from our level to theirs. They're

always trying to help us, even when we don't know it," says Grattan-Fornshell.

In addition to hosting stellar international clinicians and interesting clinics/workshops, Spirit Horse Center hosts Mounted Eagles



Therapeutic Horsemanship for Persons with Disabilities and offers volunteer and mentoring opportunities. They frequently host equine Special Olympics.

Spirit Horse Center's "state-of-the-art facilities were designed and built to ensure that the horses boarded here are comfortable, to give riders easy access to their horse and tack, and to provide a spacious and safe environment in which our guests can either ride or learn about horses" [from the website].

Spirit Horse Center offers a 160' x 80' heated indoor arena, and a 180' x 70' outdoor riding arena. There is classroom space, a viewing space on the second floor mezzanine, and a small classroom also on the second floor.

Outdoor boarding space is available with outdoor shelters, automatic waterers and safe Electrobraided fencing. Indoor stalling is also available in the climate-controlled barn, and horses receive daily turnout. Boarders may be long or short-term, and medical stays are welcome. Private outdoor paddocks are available, and care can be customized based on need or medical requirements.

Wooded trails are available for customer use on the 17-acre property, which has been in Grattan-Fornshell's family for generations. They also offer free aerated compost and manure.

It's all about the horse at Spirit Horse Center, where the focus is on the care and well-being of the horse, and how riders are instructed. Horsemanship lessons are available for groups or individuals, and people are welcome to trailer-in their horses for lessons or clinics. All ages and riding abilities

are welcome at lessons, and Spirit Horse Center has school horses available for use. Horse training sessions center around "solid basics, dressage and natural horsemanship methods," and are available on a limited basis.

It's all about the horse for Staci Grattan-Fornshell. She's a passionate horsewoman, learner and educator, who passes on her knowledge to others to improve horse-human relationship dynamics. She helps others to realize the gifts horses bring to our lives. And she has developed a fabulous state-of-the-art facility in Spirit Horse Center in which to do so. The energy of the place is welcoming and progressive. It's a unique place where the spirit of the person and the horse are honored.

For more information or to follow events and upcoming clinics, please go to www.spirithorsecenterinc.com.

Staci Grattan-Fornshell and her Lusitano gelding, Zombado. Photo by Keron Psilas.

Spirit Horse Center riders on Shawkia, Titan and Sophia. Below: The Spirit Horse Center barn. Photos by Bourn Photography.

Drove Truck Home Alone, Once

FIVE-YEAR-OLD AT MID-AMERICA, AT MID-CENTURY
A rural Dakota farmer bought a small John Deere combine; Paid a bundle of cash for that early functional design. We ask you to think back to the mid-40s, not here and now. In those years, a combine didn't set you back three hundred thou'! Adults could step up one step and look into the grain hopper. Our family gave it a nickname, the "Little Green Grasshopper." It mechanically combined the work of threshing crews to glean The standing grain. It was small, six-feet-wide, and John Deere green.

LITTLE GRUNTING GRAY ANT
Two years before, Dad had purchased what tractor he could afford. It was the small, but famous, 4-cylinder 2N Ford. Some people were perturbed and questioned and said, "You really can't Pull a combine, a pull-type combine, with a little gray ant!" That mini-tractor just pulled and grunted and groaned and snorted. Its little engine wasn't blueprinted, balanced or ported. It was man against his fields of amber grain in the sunshine, Between the dew and the rain, using an early days combine.

EARLY COMBINE = FAREWELL TO THRESHING MACHINE AND CREW
Combining did simplify that complicated threshing scene Of five teams, a stationary machine and crew of thirteen. With every sunrise, he checked the clouds, the moisture and the wind; Needing to get his wheat, flax, barley and oats into the bin. He would "coach" the wind, or breeze, asking it to blow chaff away; As with every 180-degree turn, it would blow his way. He'd space the wagon and '28 I-H truck by design, At each end of the field, so he could fill with grain from the combine.

HAULING PRODUCE/GRAIN TO ELEVATOR IN TOWN OR GRANARY
He could drive the truck home to the yard, then walk back to the field. His wife hauled that load of ag produce to town to sell the yield. The harvest was going fine (though hot and dry) and troubles were few. The truck was waiting in line for the drive-through and overdue. He's hoping for a sandwich. The sun had become burning hot. Some cold, wet lemonade, or cold well-water, would hit the spot. He's NOT at the mercy of threshing schedules, waiting in line. One performs what shockers and six-bundle pitchers did with his combine.

CAN'T DRIVE TWO HARVEST VEHICLES/HATCHING A PLAN
He was grateful for the sun, rain, wheat fields, land, cattle and grain. Do consumers perceive the efforts at his end of the food chain? Running over the bill, he sees his son who comes to share his seat On the tractor (that's the safe place). He thought that event was neat. Dad finished harvesting that field and he knows he's out of luck. He can't drive the tractor and combine home and also drive the truck. To work the harvest by himself, he signed on the dotted line, Using ag production cash to buy that little green combine.

WHAT DO I HEAR? A 1928 I-H TRUCK?
The harvest weather was very hot and dry, and it was late. Who's behind the truck steering wheel? Here's my version, I'll relate: We'd completed the barn chores. We'd hay'd and oats'd and milked the cows. Because other farm chores had to be accomplished anyhow. Mother had made the evening meal, then she put the stove on low. We're occupied and unaware, toiling in the evening flow. (That's the daily talent show.) Akin to an assembly line? Youths filled in where needed. Dad spent more hours, pulling the combine.

POULTRY IN MOTION? SQUAWK TALK SOUNDS AN ALERT
Out in the barnyard, there was a loud and squawking commotion. That squawking was from thirty to forty poultry in motion. In my opinion, it was all of those birds of a feather. Those chickens hopped and flopped, and ran for cover altogether. I heard a deafening roar! That truck throttle was purposely stuck. It wasn't a bull roar. It was that old, faded, one-ton truck. Dad had put that old truck in gear so he could follow behind; With the little gray ant and a little green grasshopper combine.

AND WHAT TO MY WONDER EYES, I BEHOLD
Dad had placed an illegal young driver behind the truck wheel, Guiding the truck over the hill (with a smile not concealed). With the old truck in super-low, he'd outrun him to the gate. The speeding little gray ant, (that can't), outran him, so he'd wait To take over the steering wheel and drive the truck through the gate. Piloting the truck, with a boyish grin, standing ramrod straight, Was an early day stand-up comic, with a smile so slick at nine Roaring at two miles per hour. He was outrun by a combine.

RECORDING THE RECORD: FIVE YEARS OLD
Don't try this unless you are professional. They'll "click" their tongues, As "unsafe," in practice, letting a child drive, who was so young! At age 5, that may be a record or a shared record. It won't get an Academy Award with a youth on board. For this writer, you must be willing to "pardon my puns." My eyes observed a 5-year-old farm boy, drove home alone, once! Well, truthfully, he held the steering wheel and was on cloud nine. And doing his part, on the family farm, helping Dad combine.

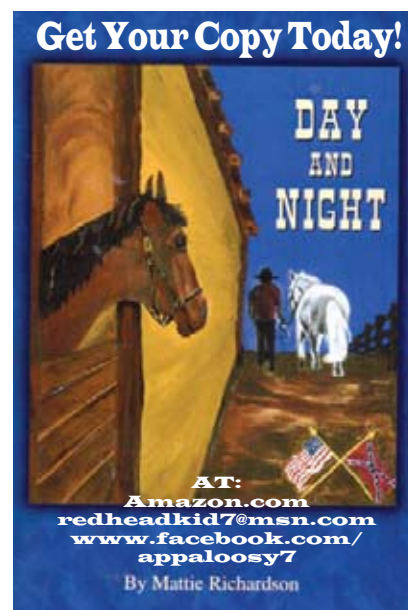
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ND Young Author Releases Fifth Book

LISBON, N.D.--At 21 years old, Mattie Richardson has published her fifth children's historical fiction book, "Day and Night," about two horses in one of the most intriguing and heart-wrenching fights on American soil: the Civil War. Richardson aims to make history relevant and fun for kids, and "Day and Night" doesn't fail to accomplish this goal. The two horses, brothers named Tucker and Shiloh, are separated at the beginning of the Civil War and follow their owners into the fight. Tucker gets sold to the Union Army and Shiloh finds himself captured by a young soldier hoping to join the Confederate cavalry.

Along the way the two meet interesting new characters, learn about the the Civil War in the

border states, and find out just how personally conflicting the war really is. Many subjects about the Civil War are touched without being the same-old cliché Civil War novel--such as women in the Civil War, the border fights around Kansas and Missouri, and of course, the Union and Confederate Cavalry, as well



as what the humans thought about the war and why they were fighting.

Gene Armistead, noted author of "Horses and Mules in the Civil War," has read Richardson's book and says, " 'North Dakota's Teen Author' has turned out a very entertaining juvenile novel about the Civil War's first year. As a long-time student of the Civil War and author of "Horses and Mules in the Civil War," I was very pleasantly surprised to find the book so historically accurate...Scenes of the Battle of Pea Ridge and Shiloh are correctly described, the confusion and divisions over the war along Missouri's western border is depicted with understanding, and the experience of two horses in the war is presented in a believable manner. The young lady admirably did her research well. The narrators of the novel are two horses, one Union and one Confederate, but the two principal human

characters are also developed well. Throughout the characters are presented in a believ-

able manner and with feeling. Entertaining for an adult reader, this book will be a great read for young audiences!"

Mattie Richardson has four other historical fiction novels, three of them told from the horse's point of view, about the Nez Perce Indian War, the Pony Express, and the Battle of the Alamo. She also has a young adult novel about a young musician during the Great Depression. Richardson wrote her first book at thirteen and published it at sixteen, and hasn't stopped writing since. She grew up in Sheldon, North Dakota where she spent her teenage years teaching herself to ride and care for horses, playing the fiddle, studying American history, and writing.

Mattie Richardson's books can be purchased at Amazon.com or email her personally at: redheadkid7@msn.com. Check out her facebook page as well www.facebook.com/appaloosy7.

Building a Future in Racing

Continued from page 9

more. In the beginning I kind of knew things here and there [about racing], but to get out there and having a chance to see firsthand what happens in the morning and seeing all the equipment and getting your hands dirty – that helped." After winning the top scholarship at the National Racing Experience, Scheiding enrolled at Midwestern University in Arizona for her undergraduate degree. She currently works at Canterbury Park, and plans attend

vet school to become a large animal veterinarian.

Youth Day at the Races doesn't just allow kids to spend a day at the race track. It builds a future for the horse racing industry by providing an immersive experience and opening doors for youth to be successful. They're not just learning about training, nutrition and how to read a race program. These youth are gaining an understanding and respect for our beautiful sport, and will hopefully go on to make it better than it already is.

The Minnesota Quarter Horse Racing Association would like to thank the following individuals for assisting with the 2015 Youth Day at the Races.

Doug Steiskal – MQHRA Lori Locken – MQHRA Amber and Jason Olmstead – trainers Colleen Hurlbert – MRC Licensing Coordinator/Breeders' Fund Coordinator Tiffany Leggett – Horsemen's Bookkeeper Mark Anderson – Clerk of Scales David Hooper – Head Steward David Smith – Steward James Lages – Steward

Shawn Coady – Coady Photography Oscar Quirus – Swimming Pool Operator, Coady Photography Paul Allen – Track Announcer Jeff Maday – Media Relations Manager Michelle Benson – Media Relations Assistant Patrice Underwood – HBPA Executive Director Denny Hall – Starter Jim Murray – Owner

This article was originally published in the August 2015 Minnesota Quarter Horse Racing Association newsletter and is used with permission.

[Originally published in the July 14, 2015 Reach Out to Horses® newsletter. Used with permission.]

The Most Important Lesson I Ever Learned from a Horse

By Vincent Mancarella

“He’s an aggressive horse,” she said, “He attacked someone and ran them out of the round pen.” This was my introduction to the horse that I was going to work with for a week.

As the other half of Reach Out to Horses® (ROTH) [Mancarella is married to Anna Twinney, internationally recognized holistic horsemanship clinician, and founder of Reach Out to Horses®], I’ve had the fortune of participating in almost all of our events over the years. Last year I was able to spend the week in one of my favorite courses, Reach Out to the Untouched Horse. In this wild horse experience, folks get to spend the week, one-on-one with a wild mustang, gentling him without ropes, chains, chutes, or any other tools of dominance. The tools are only communication, compassion and a methodology that Anna has perfected over many years and thousands of horses. With Anna’s master teaching and coaching I was given seven days to help a mustang learn a new world, and hopefully show him that humans had a positive role to play in his life.

My mustang, though, didn’t come untouched, straight from the BLM holding pens, as most of the horses in the event. He was previously adopted by a well-meaning couple, hoping to give him a second chance at life. So many people see the suffering these horses endure when they are traumatically rounded up from their homes, ripped from their family, and forced into holding pens. My horse was one of those, now over 50,000 horses, waiting for the “powers that be” to determine their fate. So this couple decided to rescue him, train him and give him a new home and a new life. They did what so many well-intentioned, but misinformed people do with a mustang. They treated a mustang like a horse. Big mistake.

One of the most common misconceptions is that a horse is a horse is a horse, and that mustangs are simply domestic horses in the wild. They are not. Mustangs are, in an equine way, what wolves are to dogs. They are wild animals, they are smart and they have an independent nature that can make them difficult, and downright

dangerous, to train if you don’t know what you are doing. Train a mustang like a domestic horse and you never know what you are going to get other than, most likely, injured at some point.

They began my mustang’s training, as many horses do, in the round pen. But when they attempted to get him to move he attacked them. He charged his handler and ran him out of the pen. Already branded with a bad reputation as a mustang, that was all they needed to see. Clearly this horse was dangerous and aggressive. The decision was made that he would be left alone in a pasture until they could find help.

Turns out, this course and I were that help. My job...turn this guy around. Change his mind. Gentle an aggressive horse.

I joined him in our 24’ by 12’ run and he quickly moved as far away from me as he could, placing his head in the corner so I would not be able to approach him without entering his kick zone. If he didn’t interact with me, perhaps I would leave him alone. When I presented him with food, he was bold enough to eat, even with me right next to him. But touch, connection, was out of the question. Initially he didn’t seem particularly aggressive. We wanted to see if his reputation was accurate, Anna assessed him and looked for his triggers. She found them and in response he double barreled towards her.

That was all we needed to see to know that this guy was for real! He made it perfectly clear: “Mess with me, and there are consequences.”

I decided that, of all the training I could do, the best thing I could

teach him, if anything, was that humans weren’t all bad. I thought if I could convince him that I had value, that I could be trusted, perhaps he would be open to listening. That became my goal.

I worked slowly, giving him space, asking him to try a little bit at a time, consistently pushing the boundaries but never demanding more than I felt he could give. Days passed and I began to doubt if he would ever come



around. I wanted to push him, to “just get the job done” and get him gentled. But I knew that, not only was that dangerous, it wouldn’t work. And that voice in my head that wanted to “fix” this horse was nothing but pride. That voice wanted to look good, accomplish something no one else could, WIN! That voice had my ego’s best interest in mind, but certainly not the horse’s.

I wondered how many horses, over eons of time, had to suffer at the hands of men and women with these exact same thoughts. I wondered how much abuse animals (and humans) had to endure due to ignorance, arrogance and

pride. That thought kept me focused on my goal: value and trust.

Finally, after four days, we touched for the first time. It was an exhilarating and emotional moment I’ll never forget. For the first time, he was willing to see me, to give me a chance. I continued to work with him, slowly, showing him that his willingness to connect wasn’t a mistake. He relaxed more and more with each day, and over the course of the next three days I had him haltered and leading. The final day of leading was magical. He wasn’t spooky, he didn’t try to get away, or pull against the rope. He walked with me; a true partner.

I only wished that I had another week with him, or even that I could take him home. I knew with more time, he would have come around. But I was happy with what we had accomplished, with what he had accomplished. He had come so far in a very short period of time.

I finished the week with a great feeling of personal satisfaction. After all, my goal was to show him I had value and to gain his trust; and I had done that. But as I reflected on my time with him, I realized that I had learned so much more than a powerful horsemanship methodology. In fact my most important lesson had nothing to do with horsemanship. I realized, in that moment, that he wasn’t an aggressive horse at all.

Horses are thrown into the “aggressive” label any time they lash out, attack, or injure someone, especially if it appears to be for “no reason.” Although the reason may not be apparent to the human, it is perfectly clear to the horse.

My horse wasn’t aggressive, he was defensive. In his mind, he was put in a confined space by a human and chased, or even attacked by a human! He wasn’t trying to kill anyone. He was defending himself. After all, if he was truly aggressive, then he would have attacked me at some point. But he didn’t. Why? Because I gave him no reason to attack. I pushed him,

I asked him, I moved him out of his comfort zone. But he tried. He tried hard. He didn’t want to hurt anyone, but he would defend himself if needed.

Don’t get me wrong. I’m not saying all aggressive horses are secretly sweet little foals yearning to be understood. Sometimes that aggressive title fits. But if we callously label all troubled horses as aggressive, we not only give them a label that follows them for life, but we never give that horse the opportunity to be understood and possibly even find their way to a partnership with humans.

It wasn’t an aggressive horse, but a lack of communication that was the real problem. I knew, in that moment, this dangerous horse gave me a gift I will always cherish. I taught him that I had value, that he could trust me. He taught me that every being has a reason to do what they do and simply categorizing any one, or any thing, as aggressive or dangerous tells more about me and my ignorance than it does about the being I am labeling. I taught him to be comfortable around humans, he taught me to truly see each individual for who they are, and not what I think they are. Finally, I taught him to accept the halter and to be led by the gentle and kind hand of a human. He taught me to keep my heart open and overcome prejudice, allowing me to help a troubled soul.

Who really taught who? Thank you, my friend.

Vincent Mancarella is the husband of internationally-recognized horsewoman Anna Twinney, and co-owner of Reach Out to Horses® (ROTH). Based in Elizabeth, Colo., ROTH is the only program of its kind anywhere in the world. Combining the horse’s language, animal communication and the work of energy manipulation, Twinney and Reach Out to Horses® have created a comprehensive and highly effective training program that teaches people to truly become fluent in the language of the horse and create a genuine trust-based partnership between horse and human.

Sugar Promotes Chronic Inflammation

By Juliet M. Getty, Ph.D.

Inflammation. The very word triggers images of pain, redness and swelling. But in the case of injury or infection, acute inflammation is actually a beneficial means of restoring the body to health. Specific cells are called into action to remove the source of injury or infection and repair damaged tissue. It's when inflammation becomes chronic that areas of the body may lose function. Any part of the body can be impacted by inflammation, including joints, feet, lungs, muscles, skin, digestive tract, reproductive function, heart, nervous system, pancreas, liver, as well as the hypothalamic brain centers responsible for releasing dopamine and recognizing leptin.

This article focuses on the inflammatory impact that sugar has on your horse's health. There are several other causes of inflammation, such as stress and obesity, high dietary levels of linoleic acid (an omega 6), free-radical consumption from poorly stored fatty feeds, and trans fat (partially hydrogenated oils); however, the damaging impact of high sugar/high starch diets is commonplace. Sweet feeds and diets high in cereal grains (e.g., oats, barley, corn, wheat, rice, and millet) can lead to health problems over time. Research suggests that this type of diet actually promotes high blood concentrations of pro-inflammatory molecules known as cytokines.

Cytokines can be problematic

Two cytokines in particular, known as interleukin (IL)-1 β and IL-6, are stimulated by insulin secretion in response to elevated blood glucose from sugar and starch digestion.[i] Furthermore, overconsumption of oats or other starchy feed, beyond what is digested in the small intestine, can result in hindgut microbial fermentation to organic acids, lowering the cecal pH,[ii] and increasing blood lipopolysaccharide (LPS). Elevated LPS induces insulin resistance and increases proinflammatory cytokines.[iii] These scenarios start a cycle of whole-body, low-grade chronic inflammation that further exacerbates insulin resistance. Even the healthy horse may develop endocrine-related disorders as he ages.

In addition to cytokines, hyperglycemia (high blood glucose) also causes the body to generate inflammatory free radicals. These highly volatile, destructive molecules can overwhelm the horse's antioxidant defenses, alter DNA, accelerate aging, and lead to diseases throughout the body, including the cell's lessened sensitivity to key hormones.

Signs of low-grade, chronic inflammation

Regional fat deposits (along the neck, down the spine, tail head, shoulders, chest, or even above the eyes) are a clear indication of insulin resistance. Elevated insulin equates with inflammation and can create health issues such as laminitis and leptin resistance. Behaviorally, horses can become lethargic. Research with humans and laboratory animals describes the profound effects of inflammatory cytokines on the brain and behavior, manifesting itself as depression and fatigue.[iv] In horses, such symptoms are common in pituitary pars intermedia dysfunction (PPID), commonly referred to as equine Cushing's disease, and worsen as the brain's dopamine-releasing neurons experience progressively more damage.[v]

Fructose – another concern

Fructose is a monosaccharide generated from digestion of sucrose, found in molasses, honey, and other sugars typically used to sweeten feeds. Fructose has the ability to induce metabolic syndrome in laboratory animals.[vi] It also has been shown to induce leptin resistance in rats.[vii] Its unique metabolic pathway may be responsible for this deleterious impact. Fructose is absorbed from the small intestine, and transported to the liver, where it is metabolized by the enzyme fructokinase C to generate a metabolite called fructose-1-phosphate, leading to a series of events that induce oxidative stress in the liver as well as insulin resistance,[viii] potentially leading to laminitis.

Pasture and hay, particularly cool season forages (e.g., timothy, brome, fescue, orchardgrass) contain a polymer known as fructan -- a polysaccharide in which many fructose molecules are linked together. The horse does not produce enzymes capable of digesting fructans; however, bacteria within the small intestine may be capable of breaking apart large fructan molecules into individual fructose monosaccharides.[ix] It is speculated that metabolism of elevated fructose within the small intestine may lead to intestinal permeability and endotoxin-related laminitis.[x]

We have always understood fructan-related laminitis to be caused by the production of lactic acid in the hindgut as the microbial flora ferment large amounts of fructans from grasses. True, research studies have induced

fructan-related laminitis; however they used a type of fructan (inulin) not significantly found in grasses, and at dosages that far exceeded what can reasonably be consumed in a natural grazing setting.[xi] This leads us to believe that fructans do not have a significant impact on laminitis risk, after all. On the other hand, other research has shown that lactic acid is, in fact, produced when hindgut microbes are exposed to the type of fructans more readily found in grasses (levans) in an in vitro setting.[xii] Therefore, the true impact of fructans on laminitis risk remains to be investigated.

Don't let your horse get fat

Cytokines from excess body fat[xiii] can damage the areas within the hypothalamus that recognize leptin, which normally tells the horse he has had enough to eat.[xiv] Consequently, the appetite does not decrease; instead the horse keeps on eating, getting more obese, producing more cytokines, increasing inflammatory damage to the hypothalamus, resulting in greater leptin resistance. Cytokines also lead to inflammation within the hoof, and therefore, are likely involved in obesity-associated laminitis.[xv]

If your horse is already overweight, take measures to help him slim down.[xvi] These must include reducing stress, allowing access to appropriate forage at all times, increasing physical movement, and including an anti-inflammatory diet that is low in sugar/starch and high in antioxidants.

Approaches to reduce sugar/starch intake

If your horse is athletic and in good condition, watch his sugar/starch intake; it will protect him as he gets older. If your horse is suffering from insulin resistance, is laminitic or cushingoid, make a concerted effort to make changes. Here are some to consider:

- Eliminate sweet feeds.
- Reserve cereal grains for the equine athlete, and only at a minimal level.
- Avoid supplements and treats that contain added sugar and starch.
- Choose beet pulp, hay pellets, or protein sources as carriers for supplements.
- Test your hay for its sugar/starch content.[xvii]
- Test your pasture at various times of day and seasons.[xviii]
- Soak hay, if necessary, to re-

move excess sugars and fructans (be sure to add a vitamin/mineral supplement to replace nutrients lost by soaking).

Can oats be a part of a healthy horse's diet?

Oats are more than 50% starch, which, when digested down to glucose in the foregut (small intestine), provide the horse with an instant source of energy to fuel anaerobic activities (such as speed events). Energy for endurance best comes from fat, which is metabolized aerobically. The two are actually needed together -- glucose serves as the "kindling" to light the fire under fat metabolism. But the horse does not need to rely on a starchy feed to obtain glucose; forages contain simple sugars (denoted as ethanol soluble carbohydrates – ESC) as well as starch.

The athletic horse who requires more calories than forages can provide can benefit from a small amount of whole oats (no more than 2 lbs (0.9 kg) at a time). Whole oats are a clean feed, and less subject to oxidative rancidity than rolled or steamed oats. Beyond oats, additional energy needs can be met by fibrous feeds such as beet pulp and soybean hulls, as well as fat and protein sources including rice bran, ground flaxseeds, chia seeds, copra meal, and pea protein.

Keys to an anti-inflammatory diet

Dietary approaches to reducing inflammation will help your horse regain tissue function. The first step is to reduce sugar and starch. Here's more:

- Avoid soybean, safflower, corn, and wheat germ oils. Inflammatory omega 6s make up the majority of their fatty acid content.
- Add ground flaxseeds or moistened chia seeds to provide omega 3s.[xix]
- Include antioxidants such as vitamins E and C, as well as lipoic acid, grape seed extract, spirulina, boswellia, and curcumin, especially if hay is the predominant forage for your horse.
- Include a variety of protein sources to boost overall protein quality. This allows for tissue synthesis and repair.

Don't neglect exercise

Exercise reduces inflammation by making cells more receptive to insulin and leptin, allowing the horse to burn fat and eat less. Grazing on large expanses of land

allows for constant movement. But even short bursts of exercise have benefits.

Bottom line

Major health issues, including obesity, insulin resistance, PPID, and laminitis, are precipitated and maintained by low-grade, chronic inflammation which can be caused by long-term consumption of feeds high in sugar and starch. Forages, as the foundation of the diet, supply sufficient energy for the maintenance horse. Athletic horses do best when energy needs are met through minimal starch intake combined with digestible fibers, fatty food sources and a variety of proteins.

Turmeric is a winning supplement for insulin resistance

Turmeric, an Asian spice, has an impressive resume of reducing inflammation, relieving pain, protecting against brain degenerative diseases, and suppressing insulin resistance. Research[i] has revealed that feeding turmeric to laboratory animals suffering from Type II diabetes (which involves insulin resistance) resulted in weight reduction and increased glucose utilization.[ii]

Turmeric also has potent antioxidant properties, making it valuable in reducing the inflammatory response caused by excess body fat. Reduction of oxidative stress due to inflammation can allow the horse to become more sensitive to leptin, as well as slow down the progression of equine Cushing's disease.

The active ingredient in turmeric is curcumin. It is fat soluble, so there must be some source of fat in the meal to promote its absorption (e.g., ground flax, chia seeds, rice bran, oils, etc.). Curcumin amounts to less than 5% of turmeric, therefore, the exact dosage is not clear; however, feeding 2 to 4 tablespoons of turmeric per day to the average-sized horse is very well tolerated.

Juliet M. Getty, Ph.D. is an independent equine nutritionist with a wide U.S. and international following. Her research-based approach optimizes equine health by aligning physiology and instincts with correct feeding and nutrition practices.

For more information, go to Dr. Getty's website: www.GettyEquineNutrition.com.





Group 2: Clint Sweet, Lisbon, ND drives the Belgian horses as they walk in a circle powering the unit which provides power to operate the horsepowered threshing machine. Clayton Brennan drives the black team. Four teams drive the unit.

See more images, video and stories at the VEN website:

www.theveonline.com/articles.html



Caption information provided by Gerry Nordick, president, Ft. Ransom Sodbusters Association.



Group 1: Mel Rufs-vold, Kerwin Lund and crew doing the wheelwright demonstration. This is when new wood is put into wood wheels from wagons or equipment. The outside steel band is heated in a ring of fire to expand it to fit over the wood wheel and then is shrunk with cold water to make it fit tight. Look close and see the water boil as they place the wheel in the trough.



See them at: www.Facebook.com/SodbusterDays
Photos by Ley Bouchard

SODBUSTER DAYS

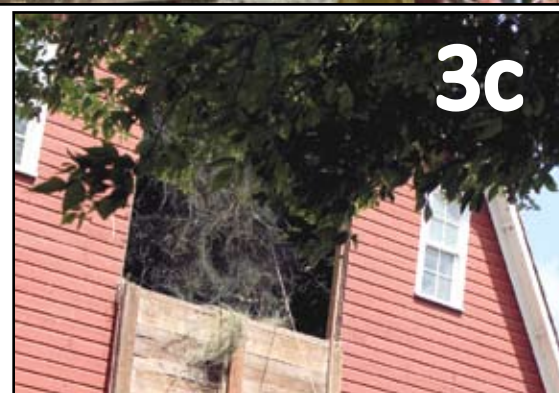
at Ft. Ransom, No. Dak.
July 11-12, 2015



Below: Horses at the windmill generated watering hole. Far left: Sack races. Middle left: Making jelly bismarcks in the summer kitchen.



Group 3: Clint Sweet, Lisbon, N.D. is hooking hay slings to carrier to lift hay into barn. Group 4: Duane Pfeifer of Devils Lake, N.D. operates the Jayhawk hay stacker used to build a hay-stack. Machine has a mechanical lift to put hay up on stack.



Montana Cowboy Hall of Fame announces 2015 inductions

The Montana Cowboy Hall of Fame & Western Heritage Center (MCHF & WHC) announced the eighth class of inductions into the Montana Cowboy Hall of Fame. The inductees were chosen from a field of candidates nominated by the general public. Inductees are honored for their notable contributions to the history and culture of Montana.

"The board of trustees, our volunteer network from around the state, has reviewed this year's nominations and completed the voting process," said Bill Galt, White Sulphur Springs rancher and MCHF & WHC president. "This process gives local communities a strong voice in who will represent them in the Montana Cowboy Hall of Fame. The Hall of Fame exists to honor those—famous cowboy or not—who have made an impact in their community and serve as a symbol of Montana's authentic heritage for future generations."

The MCHF & WHC board of directors has designated 12 trustee districts across the state from which up to 20 trustees may be appointed. Nomination criteria established by the board for the Class of 2015 inductions allowed the election of up to one Living Inductee and two Legacy Inductees from each of the 12 districts. In the case of a tie, winning nominees are jointly inducted.

The 2015 inductees into the Montana Cowboy Hall of Fame are:

- District 1 (Daniels, Phillips, Roosevelt, Sheridan, & Valley Counties): Living Award – Miles "Bud" Geer, Nashua. Legacy Award – Circle C Ranch, Zortman and Montie Montana, Wolf Point.
- District 2 (Dawson, Garfield, McCone, Prairie, Richland, & Wibaux Counties): Living Award – Marvin K. Ley, Glendive. Legacy Award – C.A. "Bud" Kramer, Jordan and Chappel Brothers Corporation (CBC's), Prairie Elk.
- District 3 (Carter, Custer, Fallon, Powder River, Rose-

bud, & Treasure Counties): Living Award – Jack L. "Slug" Mills, Boyes (tie) and Doug Wall, Miles City (tie). Legacy Award – Charles G. Patten, Broadus and Manly Anderson Moore, Sr., Broadus.

- District 4 (Blaine, Chouteau, Hill, & Liberty Counties): Living Award – Robert "Bud" Boyce, Big Sandy. Legacy Award – Larry Kane, Big Sandy and Harry Stuart Green, Big Sandy (tie) and Miller Brothers Land and Livestock, Chinook (tie).

- District 5 (Cascade, Glacier, Pondera, Teton, & Toole Counties): Living Award – Jay Joseph Contway, Great Falls. Legacy Award – Alfred Bertram "Bud" Guthrie, Jr., Choteau and Mary "Stagecoach Mary" Fields, Cascade (tie) and Doctor Ernest Bigalow Maynard, Choteau (tie).

- District 6 (Fergus, Golden Valley, Judith Basin, Musselshell, Petroleum, & Wheatland Counties): Living Award – Eldon H. Snyder, Lewistown. Legacy Award – Montana Cowboy Poetry Gathering and Western Music Rendezvous, Lewistown and Merle J. Boyce, Winifred.

- District 7 (Big Horn, Carbon, Stillwater, Sweet Grass, & Yellowstone Counties): Living Award – Henry Albert "Hank" Scobee, Hardin. Legacy Award – Malcolm S. Mackay, Roscoe and Charlotte "Rusty" Linderman Spaulding, Belfry.

- District 8 (Broadwater, Jefferson, & Lewis and Clark Counties): Living Award – Joseph W. "Joe" Enger, Helena. Legacy Award – Auchard Creek School, Augusta.

- District 9 (Gallatin, Meagher, & Park Counties): Legacy Award – Robert "Bob" Shiplet, Clyde Park and Thomas R. "Tom" Hunter, Clyde Park (tie) and Robert Anderson "Bob" Haugland, Belgrade (tie).

- District 10 (Flathead, Lake, Lincoln, & Sanders Counties): Living Award – Richard B. "Dick" & Patricia B. "Tricia" Vinson, Thompson Falls. Legacy Award – C.R. Williams, Kalispell.

- District 11 (Mineral, Missoula, & Ravalli Counties): Living Award – Frank R.

Mason, Jr., Corvallis. Legacy Award – Vernon Woolsey, Stevensville and Clarence Barron "C.B." Rich, Seeley Lake.

- District 12 (Deer Lodge, Beaverhead, Silver Bow, Granite, Madison, & Powell Counties): Living Award (three-way tie) Edward Francis "Butch" O'Connell, Butte, "Gunner" Gun Again, Dillon, and John W. "Jack" Briggs, Dell. Legacy Award – Melvin R. Icenoggle, Ennis and Scottish Chieftain, Hamilton. Since the initial round of inductions to the Montana Cowboy Hall of Fame in 2008, including this year's inductions, 240 inductees have been honored. Full biographies for past inductees are available on the MCHF & WHC's website, <http://www.montanacowboyfame.org>. In August, the MCHF & WHC commenced its first phase of construction in the central location of Big Timber, Mont., with modifications to the Hall of Fame headquarters and the creation of a world-class outdoor arena. The arena's programming will allow the MCHF & WHC to highlight and celebrate the many traditions of our western heritage and cowboy way of life through quality western sporting events.

For more information about the MCHF & WHC, or for more details on the Montana Cowboy Hall of Fame inductees, please contact Christy Stensland by calling (406) 653-3800, emailing Christy@montanacowboyfame.org, or visiting <http://www.montanacowboyfame.org>.

The mission of the Montana Cowboy Hall of Fame & Western Heritage Center is to "honor our cowboy way of life, American Indian cultures and collective Montana Western heritage." We exist to serve as a resource to all who wish to see this way of life passed forward to the next generation. Our vision is "to be the state's premier destination attraction that celebrates and passes forward Montana's unique western culture and heritage."

Madden and Cortes 'C' Win Second Consecutive Longines King George V Gold Cup at CSIO5* Hickstead

By Kathleen Landwehr

Hickstead, GBR - Another exciting day of competition took place at CSIO5* Hickstead on Sunday, August 2, as 42 athlete-and-horse

combinations entered the International Arena in hopes of winning the Longines King George V Gold Cup. Beezie Madden made history with Cortes 'C' last year, becoming the first woman to ever win the prestigious Grand Prix. Following this year's six horse jump-off, the pair did what did not seem possible and claimed the win once again.

"I thought Cortes was amazing, as he usually is. The first round was great and the jump-off was even better; everything just kept coming up right," Madden explained. "It feels amazing, but I don't think it has quite sunk in yet. I have a great team behind me, including Abigail Wexner, who is a fantastic owner. When you have a great day, it feels really good to have done it for the team."

In the first round of the Longines King George V Gold Cup, two U.S. combinations moved forward to the jump-off after having faultless rounds over Kelvin Bywater's large track. Madden (Cazenovia, N.Y.) and Abigail

Wexner's 2002 Belgian Warmblood gelding had an excellent first round, as did teammates from Friday's Nations Cup, Todd Minikus and Babalou 41, a 2005 Oldenburg mare owned by Two Swans Farm.

With six combinations returning for the jump-off, it proved to be an exciting finish. Though some came close, none went clear under the time of 43.06 laid down by Madden and Cortes 'C', earning them top honors

for the second year in a row. Minikus (Loxahatchee, Fla.) and Babalou 41 had a single rail in a time of 44.32 to finish sixth. Penelope Leprevost (FRA) and Flora de Mariposa were second with a time of 43.42, while Jur Vrieling (NED) and Vdl Zi-

rocco Blue N.O.P. were third with a time of 49.54. Complete results from the Longines Royal International Horse Show can be found at: <http://www.hickstead.co.uk/entries-and-results/the-longines-royal-international-horse-show/>.

The USEF International High Performance Programs are generously supported by the USET Foundation, USOC, and USEF Sponsors and Members. Without the support of these organizations and individuals, it would not be possible to support our athletes. The USEF is especially grateful to individuals who give generously of their time and money to support the equestrian teams.

Photo: Beezie Madden and Cortes 'C' in the Longines King George V Gold Cup awards ceremony (© Julian Portch Photography 2015)



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Acknowledging the Try: Your Evolution of Horsemanship, Part 2 of Anna Twinney's 6-Part Webinar Series

Continued from page 11

According to Twinney, the three main areas to focus on are recognizing each horse as an individual, recognizing the different learning styles, and understanding how horses learn.

It is also important to realize the role that physiology plays in the way a horse learns. "The more you understand about how the horse's mind works, their memory, their emotions; when you look at their eyes, how they work; sound, the hearing, all of the horse's senses; you come to understand the way they operate in the world. And truly to realize what a try is, because if you're not aware of a blind spot with a horse, you're not aware of how hard they're trying," says Twinney.

Generally speaking, most horses have a blind spot up to about six feet in front of them, due to their eyes being located more on the sides of their heads. This means that if we enter that blind area on a horse, even putting a hand on their forehead, requires a lot of trust on the horse's part. And it's good for humans to be mindful of this area when working with a horse. Twinney feels that rather than seeing one movie such as humans see in their heads, horses see two movies—one for the right side, one for the left, so it is important to show and teach the horse on both sides because of the different perceptions the horse has on each side.

Reading the eye is where we "capture the whisper. We can capture the thought in the eye, just as much as they can capture our thoughts. It's how subtle we can get. It's in the eye that we can see how hard they're trying, what it means to them," says Twinney. Reading the eye is a skill and an art to develop, where we can see the mood of the horse, what they're paying attention to, what they are feeling.

"When we acknowledge the try, they know that they're being heard. We're giving a voice to the voiceless. When you're voiceless, you're somebody who doesn't speak our verbal language. It's no different from any other species—humans who are too young, too old or hearing impaired.

"If somebody feels that they are being heard, if they're being acknowledged, it changes their world. They try so much harder. They interact. They find friends. They have a life. That's what being heard means.

"They're also being seen. What is being seen? Being seen for who you are as an individual, being respected for the way you learn, being respected [by] how you're being treated. Instead of just putting them in the category of a horse, they're being seen for who they are as an individual.

There are many doorways that open up and many beneficial results that come from recognizing and acknowledging the try. Less resistance and more fluidity develop. "If you constantly apply pressure, they will not do it [the requested action] after a while. They tend to give up; they tend to not try. They back up, throw their head in the air, feel like lead, go into the halter, bite you, body slam you. This is what it means when you don't acknowledge the try—you get less fluidity.

"When you acknowledge the try, those feet will move. The same goes for any other action. When you acknowledge the try, you get less frustration, less force, and more communication."

By moving into asking versus telling, there is less learned-helplessness and more motivation. "An ask is softer, meeting them where they are at, versus telling or shouting at them," says Twinney. "Learned-helplessness is the glazed eye, standing at the back of the stall, having their butt to you, not looking at somebody, not acknowledging an individual, not engaging (such as turning the head, licking). Learned-helplessness is where the horse becomes more robotic, compliant, and you become a passenger instead of a rider. They're a commodity instead of a companion. Acknowledging the try takes out the learned-helplessness and replaces it with motivation.

It's important to not use the nature of the horse against him. That means, in the language of ROTH, using positive reinforcement in training: no pressure, food rewards, a stroke or verbal praise, being exceedingly patient,

even doing nothing at all. It's important to support not using their nature against them, for example: Horses are flight animals, so we as predators know they will move forward when we drive them. You know a horse will go into flight (leave or move away from a situation), fight (protection of the self or others, frustration), or freeze, so don't hold or use that against them. "Bring the nature of the horse into play and support them with it," says Twinney.

"A freeze is usually done by a not very spunky individual. They are waiting for release. You'll see the glazed eye, disassociating, leaving their bodies, laying down, shaking or buckling. Using a horse's nature against them is snubbing them to a post, knowing they will freeze or fight, and doing it anyway.

"Review it. Look at it: Am I working with and for my horse or am I using his nature against him?" states Twinney.

"This bleeds into dominance versus passive leadership. Dominance is using force, fear, 'my way or the highway.' Passive leadership is leading by example, leading by trust and respect.

"I don't want my trust and respect gained through fear. I don't want that. I want to gain it because it's truthful, it's authentic, it's my body, it's my mind, it's my spirit, it's 100 percent for the good of the horse. [I want to say to the horse]: I don't want to snub you, put a tarp on you til you lie down and your spirit goes away, and then say, 'It's for the good of the horse.' I needed to spookbust you—'It's for the good of the horse.' That's pure justification; there's nothing right in that.

"You should be able to spookbust a horse at liberty, with the freedom of choice and allow them to come and go. That's where you want to end up—when you put that saddle pad on them, you want them to want to stand there, that they have that choice," says

Twinney in her webinar.

"Be mindful of what your horse perceives as an ask versus a tell. Some horses are thick-skinned; some are highly-sensitive. The gauge is on the horse as to what they perceive is an ask versus a tell.

"If you encourage them in what they volunteer, you will have a partner who will make decisions with you, and that's what we are seeking when we look for horsemanship, for true partnership; where we look for the relationship; where we look to succeed in any way. That's what we're looking for," says Twinney.

Entering a training session or relationship with your horse with an attitude of gratitude is important.

It implies having a no-goal agenda, being present. "With an attitude of gratitude, you're open-minded, open-hearted, and you can see their tries," says Twinney.

Acknowledging the try. Simple and so often overlooked. It can transform your relationship with your horse. And with others—we all can benefit from a little acknowledgement, being seen, being heard. What have you got to lose?

For more information on Anna Twinney's work at Reach Out to Horses®, please go to www.reachouttohorses.com. There is an abundance of free information available: podcasts, articles, blog posts, and webinars that are available for purchase.

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