

# Valley Equestrian News



June 2015

*Our Wild  
Herds*

*Compliance vs.  
Partnership:  
Questions for the  
Equestrian Heart*

*Prince and his  
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*How to Read a  
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# Our Wild Herds

By Fran Lynghaug

There is much controversy surrounding the current roundups of our wild horse herds, though they have existed on North American ranges for centuries. Some horsemen value them as strains of historic colonial Spanish horses worthy of preservation while others are more interested in pedigreed purebreds, disregarding wild Plains horses as only feral animals by comparison. Are they valuable "breeds" deserving of preservation, feral animals to be discarded, or

lished its species there. It is thought that they then became extinct in America until Columbus began their reintroduction centuries later, though some Native American nations have refuted this and claim horses have always lived in the upper northwest regions.

In Europe, the American wild horse eventually produced breeds that previously were considered to be original to all others, such as the Arabian. So the foundation of all of today's equine breeds began with North

world. In that the Arabian has been generally respected as the original horse, the American wild horse is now recognized as the common ancestor of all others.

This isn't speculation, it is fact. After much DNA research, Jay F. Kirkpatrick, Ph. D. and Patricia M. Fazio, Ph. D, stated in their article "Wild Horses as Native North American Wildlife": "The relatively new (30-year-old) field of molecular biology, using mitochondrial-DNA analysis, has recently revealed that

(Siberia) and Asia, the horse would have faced complete extinction. However, 'Equus' survived and spread to all continents of the globe, except Australia and Antarctica."

This takes the age old belief that the original horse began in Europe and it's not expected that this new concept - that a horse from North America has been identified as the world's first horse - will be easily accepted. New scientific facts are never easy to swallow if they replace old comfortable ones.

The obvious question then is: Are our American range horses "mongrel" types that were reintroduced and interbred when America was colonized? Or can they possibly be compared to the original untainted wild horse that once was native here, which would qualify them as valuable and worthy of preservation? Even if it could be proven that their roots went back only to colonial America, they are certainly worth preserving! Also, could they possibly qualify

as a viable breed with desirable qualities, which would increase their value to us?

Maybe. Our wild horses are more closely related to the ancient native North American wild horse than any others. They inherited a tendency to revert back to the original state with which their ancestors survived due to their isolated feral environment on American ranges over centuries since colonial times. BLM [Bureau of Land Management] roundups have gathered bands with strongly consistent characteristics, more uniform than some other purebreds.

Therefore a reasonable conclusion could be that they are more pure than many accepted breeds of today. But do they qualify as a breed?

The deliberate breeding of equines by people with a purpose in mind has so far been the popular criteria to qualify a controlled equine group as a breed. But having man do the selective breeding isn't a requirement to establishing a legitimate

breed.

According to the U.S. Department of Agriculture, handbook #394, "A breed of horse may be defined as a group of horses of common origin and possessing certain, well-defined, distinctive, uniformly transmitted characteristics that are not common to other horses." This interpretation is generally accepted nowadays as the correct definition of a breed.

But there really isn't a scientific explanation of a breed: that is only a human concept. In this regard, some North American feral horses residing for centuries in isolated pockets of land fulfill the breed requirement of the U.S. Department of Agriculture because they lived under circumstances prohibiting outside influences, though not by human planning. These reclusive areas where the horses lived were inaccessible to outside herds. Nature weeded out weak individuals, preventing their procreation, while the herd gene pool continued



somewhere in between?

The most amazing and current fact relating to this is that the true ancestor of all horses was a North American wild horse which was similar to our wild horses of today. We aren't talking about a small prehistoric figure, but the equivalent of a modern day horse and it could only be found in North America. Over 11,000 years ago, populations of this wild horse type migrated to Europe - most probably over the Bering Land Bridge - and estab-

American horses. Without them, we wouldn't have horses.

This is a profound statement, but absolutely true. All horses of the world owe their existence to their ancestors from North America; not Arabia, Russia, or North Africa, nor the Fertile Crescent. Those areas did play a major role in producing horses in Europe. They were a base from which other breeds branched off and were integral to establishing horses throughout the

the modern or caballine horse, E. caballus, is genetically equivalent to E. lambei, a horse, according to fossil records, represented the most recent Equus species in North America prior to extinction. Not only is E. caballus genetically equivalent to E. lambei, but no evidence exists for the origin of E. caballus anywhere except North America (1 Forstén 1992). ...Had it not been for previous westward migrations over the land bridge into northwestern Russia



Photos by Judy Nissila

# True Ancestors of the North American Horse

to be concentrated, thus promoting purity. This culling over centuries produced strong, appreciable characteristics in some wild range herds, far surpassing human breeding plans.

With this gene pooling and culling, the Plains horses' definable traits were consistently reproduced over a longer period than many manmade breeds while the criterion remained unrelenting and much more demanding. There was no need for the human equivalent to establish selective breeding. These horse bands had a common origin and passed on distinctive characteristics not found in other horses, which is a requirement of a purebred.

The characteristics that allowed them to survive in North America for thousands of years and then thrive in Europe, also caused them to survive here again; such characteristics as surefootedness, healthy pregnancies, easy keepers living on scant grazing, strong herd behaviors, etc. I believe these are evident not only in their survival characteristics but also in visual traits, such as primitive

coloring (zebra like barring, standard dun coloring akin to the tarpan, etc.) Certainly we can't say that such coloring was in North American equines before the migration, but we do know that striped markings are seen more on primitive animal types compared to more modern ones and some of our most isolated herds have expressed these primitive markings along with good survival traits.

Many of our once wild range horses developed into popular breeds, such as the American quarter horse (though other breeds also added to the quarter horse) which is accepted without doubt as a breed, and yet the quarter horse isn't that many generations removed from its origin on the western Great Plains. In fact, many of our breeds wouldn't exist today without their foundation from once feral North American range herds. Wild range herds have been around a lot longer, usually transmitting consistent traits, than later American "purebreds." They added needed strength and endurance to other breeds.

"While selective breeding often produces some beautiful animals phenotypically, we humans tend to breed survivability out of the horse," says Patricia M. Fazio, Ph.D.

This was the case with our wild range Barb, a horse proven to have the genes of the original North African Barb, an ancient breed now struggling for existence and surviving only by breeding it back to the purer lines of America's wild range Barb. In years past, North Africans valued our once wild Barbs as purebreds and tried to breed their Barb horses back to them. This should throw new significance on our attitude toward our North American range horses.

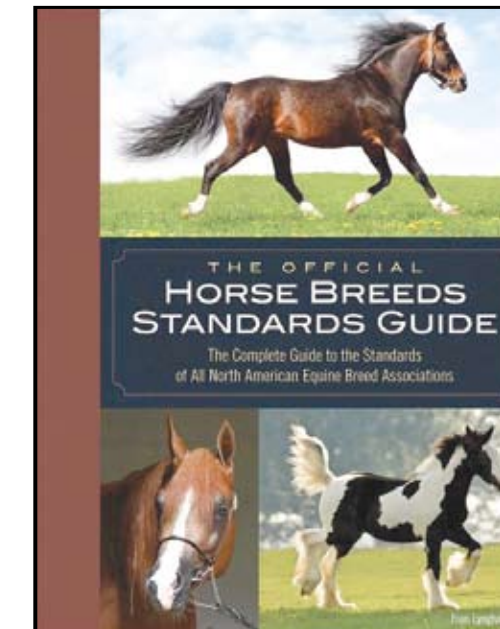
The point is that our wild horses are "all American naturals," native to America first and Europe second, not the other way around.

American author J. Frank Dobie called them "wind drinkers." He saw them as "the most beautiful, the most spirited, and the most inspiring creature ever to print feet on the grasses of America." (James Frank

Dobie was an American folklorist, writer, and newspaper columnist best known for many books of life in rural Texas during the days of the open range.)

We should celebrate and respect our range horses for what they are - historic survivors with ancestral roots in North America and a legacy of European selective breeding, that were tempered again by nature after their return to America. The risk of losing their qualities is high and can never be replaced once their herds are decimated with the current roundups.

Patricia M. Fazio says,



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As far as the attitude concerning our wild horses, in the words of one Indian horse owner, "The wild horse has simply come home."

### Resources

<sup>1</sup>Forstén, Ann. 1992,

Mitochondrial-DNA timetable and the evolution of Equus: Comparison of molecular and paleontological evidence. Ann. Zool. Fennici 28: 301-309.

Fran Lynghaug is an experienced horse breeder and trainer. She is the author of "Horses of Distinction, Stars of the Pleasure Breeds," and The Official Horse Breeds Standards Guide: the Complete Guide to the Standards of All North American Equine Breed Associations." She was the editor of "Your Horse: The Illustrated Handbook to Owning and

Caring for Your Horse," and co-authored "Dennis Brouse on Horse Training: Bonding with Your Horse through Gentle Leadership." For more information, go to www.equestrian-horses.com.

Photo above: Beautiful wild horses from the Institute of Range and the American Mustang (IRAM), just south of Hot Springs, South Dakota, a non-profit organization that receives no government funding.

Photos by Judy Nissila



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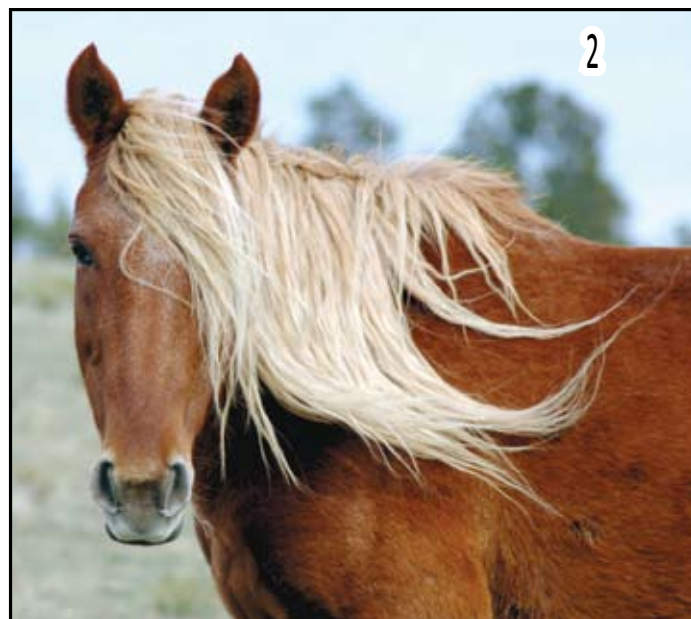
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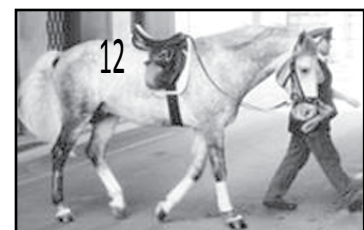
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## Editorial Information

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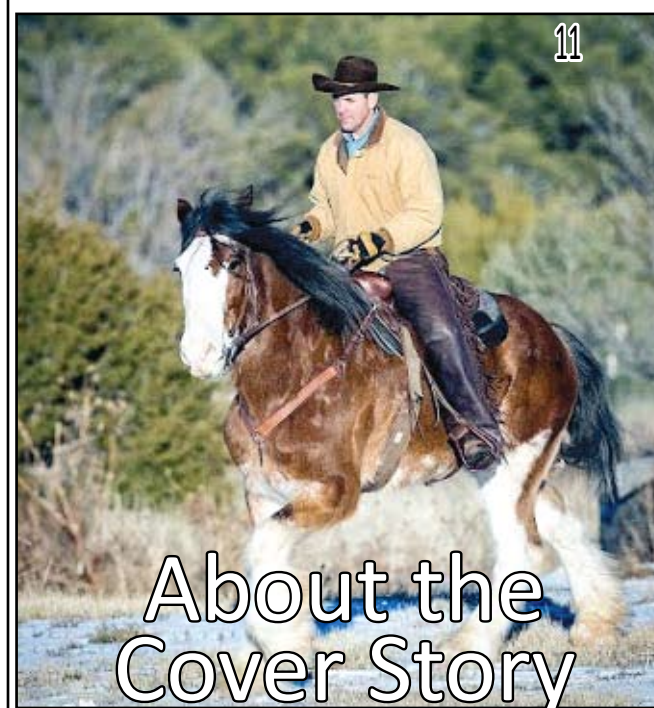
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**C**orrection: The mare and foal photograph used in last month's VEN Mother's Day ad was taken by Katie Risdaul of Dragon Fly Sport Horses and Photography, www.dfsporthorses.weebly.com

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## About the Cover Story

Professional photographer Ozana Sturgeon specializes in equine, pet and rural lifestyle subjects. An equestrian for more than 15 years, she is most inspired by the beauty, gentleness, power and grace of the HORSE. She

regularly donates her services to animal shelters and rescues and is a member of the Equine Photographers Network and Fine Art America. More information at www.ozanaphotography.com



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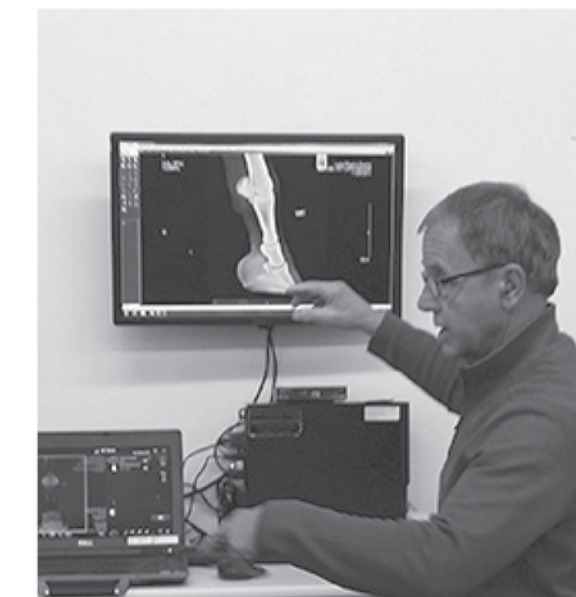


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## 11 Prince

By Ley Bouchard  
 The story of a rescued horse that rescues others.

The cover photo and some photographs in the Prince spread courtesy Ozana Sturgeon of Ozana Photography. More about Prince and how she learned of him and brought this story to the VEN may be found at her blog. See more photos of Prince and Matt Columbe (shown above and to the right) at Sturgeon's web site: www.ozanaphotography.com.



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- ♦ 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!

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Patches is a sweet, beautiful, 4-year-old, Arab-cross, mare. Patches halters, leads, loads, and picks up her feet. She will need further training with an experienced horse person. Contact: Equine Voices Rescue & Sanctuary, 520-398-2814, [info@equinevoices.org](mailto:info@equinevoices.org).



**Patches**

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## Starr & Freddy



We are seeking a good pasture home for Starr. She is a sweet paint mare. She is quiet enough for kids to sit on while she grazes, but she is not sound to ride. Starr has contracted tendons. She would not do well in a hilly pasture as going down



hills causes her pain. She is kind and gentle and would love to babysit your young or senior horse. Adoption fee waived to a good, qualified forever home. She can go with her buddy Freddy, (a sorrel pony colt), or not, the choice is yours.

Analina, a 3-year-old sweet little lineback dun roan filly, was failing to thrive in a rural Kansas community when she was first noticed. pastured with other horses. Her nutritional, wellness and healthcare needs were being ignored. When neighbors expressed concern to the local authorities, her owner sought a quick way out of probable neglect charges and asked a friend

in Oklahoma to take her. The intention was to start her under saddle (much too young) and flip her at a local auction within the next few weeks. Unfortunately, the filly's body score condition of a 1 meant that significant resources would be necessary to make her marketable. The new owner did not want to invest in her welfare and contacted Rainbow Meadows, asking that



**Analina**

they take her. Otherwise, they planned to take her to a sale within days where she would likely have been shot due to her condition.

Analina arrived at Rainbow Meadows in August 2014 and by October she had gained over 200 pounds and grown over 6 inches in height. It is expected that she will mature to a normal size as both her sire and dam were over 15.2 hands

tall. She is not yet saddle started due to her age, but will be ready to begin training next year. She is a friendly and curious mare.

To learn more about adopting from Rainbow Meadows, go to [www.rainbowmeadowsranch.com/Rescue\\_AdoptingARescue.htm](http://www.rainbowmeadowsranch.com/Rescue_AdoptingARescue.htm).

To begin the canter I establish nice forward movement at the trot. When the horse

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**Diego**

This big handsome gelding is Diego. He is a Clydesdale cross who was foaled in 1996 and stands 16.3 hands high. He is broke to ride and he is currently with a trainer. He has a good temperament and responds very well to a knowledgeable handler/rider. He will, however, try to get pushy if allowed. His current location is Prescott, Wisconsin. If you are interested in Diego please email us at [info@mnhoovedanimalrescue.org](mailto:info@mnhoovedanimalrescue.org). You can find a full list of our available horses at [www.mnhoovedanimalrescue.org](http://www.mnhoovedanimalrescue.org).

# Charles Wilhelm: Ultimate Foundation Training

## Teaching Your Horse to Pick up a Correct Lead

By Charles Wilhelm

There are several exercises that are good for teaching a horse to pick up a lead. To pick up a correct lead it is necessary to have control of certain parts of the horse and the horse must know how to respond to certain commands or cues. I want my horse to respond to the inside and outside reins. He must also know how to soften the shoulder, in other words, I need to be able to pick up his shoulder and move it out if he falls in with it. I do reverse arc bending exercises to soften the shoulders and suppling exercises to get the neck soft.



*Going into the lead correctly.*

It is also necessary to have control of the hind quarters. I do control work with the hindquarters by doing turns on the forehand at a walk, trot and canter. I do lateral leg yields. I come down the length of the arena at the quarter line (eight to twelve feet in from the rail) and leg yield the horse over to the rail. The sideways movement is very subtle from the start of the arena in toward the rail at the end. Going right toward the rail, the horse must move off my left leg. The neck and shoulder are straight and the hind quarters are slightly to the inside. As the horse learns, I make it more difficult by making the distance shorter. I also teach the haunches-in or two-tracking exercise as we go down the rail. Again, the neck and shoulder are straight and the hind quarters are more to the inside. The idea is that when I put a leg on the horse, the horse responds.

a relaxed trot and is slightly bent with the nose in, I put my outside leg back on the number three spot. Contact with the number three spot tells the hind quarters to move in. With my outside leg at number three, I pick up the inside rein. Contact with the inside rein keeps the shoulder from dropping or falling in. Sometimes when we put our outside leg on a horse, the shoulder will drop in. I press with my inside leg at the number one spot and I also press with my inside seat bone. Then, what I like to say is, I squeeze the horse into the movement. I kiss or cluck to add additional energy.

I like to begin a canter from a trot because it is easier. Make sure your horse is relaxed at the trot. If his head is up in the air or he is pulling on you, or if he is stiff in your hands, he is not relaxed. The head does

not need to be down low. It should be at the height of the withers or a little higher depending on the conformation of the horse and the natural head set.

If the horse leaps into the lead, he is on the forehand. He is pulling himself along instead of coming up under himself from behind. A simple exercise to deal with this problem is to stop the horse. Back him up and as he is backing, complete a turn on the haunches, what is called rolling over the hocks. This means you are reversing direction by having the horse turn on the hind quarters as he is backing up. Immediately drive the horse

forward with energy. When the horse backs up and rolls over his hocks, he will shift his weight back. By driving the horse forward he will come under himself from the rear. That action will get the horse off his front end. You may need to do this several times to get the right effect.



*Proper body position for the left lead.*

You can see that there are several exercises that need to be done to be successful with leads. You can throw a horse into a canter but that is not what we want

to do. When I am training a horse to pick up correct leads, I want it to look nice and be balanced. I'm going to have control of the nose, the shoulders, the rib cage and the hind quarters. I also want a soft neck.

Here are some tips for accomplishing this:

- When picking up a lead, do not lean forward and look down. This puts more weight on the front end of the horse and pushes the horse away from you. In the first picture, the body aids are correct. I am looking down but it is important for you to look forward.

- To strike off on a left lead, sit straight, simultaneous put your right leg on the number three spot, open your left thigh and press with your left leg at the number one spot, press with your left seat bone and

kiss to encourage the horse. In the second picture the leg and seat aids are correct and the horse is stepping into the lead.

- If you are having difficulty or the horse does not want to pick up the lead, even after all the exercises you have practiced, come toward the rail at a 45-degree angle. At the rail turn down the rail and ask for the canter as you turn.



*Wrong position! Weight on the wrong hip.*

- When I am working with young horses, I use the change of rein exercise. Trot a 20-meter circle going left, find center, make a nice bend through the center at a trot (forming a serpentine), pick up on the right rein as you start to go right and before you get back on the circle, ask for the right lead. You can put a cone or other item to mark the center.

- Dropping your weight onto your right or left seat bone, depending on the lead you are taking, will help your horse pick up the correct lead. The third picture shows a rider with weight on the wrong hip.

- It is important that the horse knows and understands the cues and that you are clear with your aids. The key is clear communication.

## Charles Wilhelm

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# Compliance vs. Partnership Questions for the Equestrian Heart

By Staci Grattan-Fornshell

The job of any good personal coach is to ask the right questions, questions that will allow the subject to find the answers within themselves.

The goal is to find authentic answers within that serve the highest good of the subject.

Today, I have elected to take on the role of horsemanship coach. I would like to ask you some questions that may shift your awareness when working with your horses.

In addition I will offer my perspective as food for thought. Perhaps you have already asked yourself these questions, perhaps you have not.

The point here is to start a conversation dealing with a topic that I feel is sadly not given much consideration. As always, my goal in life is to have horsemen and women thinking about WHY they do what they do with their horses.

My basic motto is: Do whatever you will in horsemanship as long as you make an informed decision and cause no pain, mental or physical distress. Please note I said distress not discomfort. To me they are two very different things. Distress denotes high emotion, stress and fear. Discomfort is part of life and part of physical and mental growth. Without a little discomfort many of us would not be physically

fit or mentally healthy and the same holds true for horses. I believe, however, when we ask our horses to operate for short periods of time in discomfort we must be highly alert to the fine line. When I ask my horses to do something a

remember that we have to maintain a clear vision: "This is what I want, this is what I want, this is what I want." The tricky part is maintaining a vision, all the while remaining flexible and aware.

"number one" and they the "number two." Horses by and large are among the most sensitive and intelligent creatures I have ever encountered; however, natural law dictates that the caretaker and provider must be the "number one" for a variety of reasons, including the safety and well being of all. Much like being responsible for a child, there are times when we must have compliance from our horses, no matter what.

The basic question I ask myself is: Does my horse have a voice? Please bear in

**What is compliance? Why is it necessary? When is it necessary? Where is my line with compliance?**

Let's face it, nothing we do to or with our horses is "natural," and in my opinion the term "natural horsemanship" could be considered laughable. Equine choices and options on a grand scale went out the window the moment we decided to put up fences.

Our human role, as I see it, is to provide clear, direct leadership as well as daily care and feeding because we have taken away the natural ability of the horse to care for and feed himself. This means we must be the

mind that I really dig opinionated horses and I have several in my care. However, there are times when I simply must say, "I hear you, however, I am not able to allow \_\_\_\_\_; or we must do \_\_\_\_\_."

Compliance for me is necessary at times for horse medical issues, human safety issues and in some cases for training issues for short periods of time. I draw almost no line for emergency medical compliance; for training and compliance I draw the line at anything that causes mental or physical distress and or shuts my horse down mentally, causing him to become "mechanized."

**What is partnership? When can I be using it? How can I negotiate away from compliance demands in training and give my horse a voice? How can partnership benefit both of us?**

For me, partnership is about two things, listening and asking questions. To make it more simple, one thing: communication.

Every sentient being on this planet has a unique story. If we want connection and partnership, the key is truly listening to that story.

Compliance issues come up in training. Lack of communication causes us as humans to move into mechanized compliance. One of my favorite examples is the position of the horse's head while being ridden. Please allow me to be clear that I am well aware as a classical dressage rider that

head position is not first and foremost in horse body mechanics under saddle; but that is an educational topic for another day. So for the sake of discussion let us move forward: Student A cannot get her horse "round" or "collected," or any number of other terms we instructors like to fling out there. The point being that when Student A rides her horse, his head is sky high, his back is hollow and he isn't stepping under himself. This happens in every discipline across the board. The horse isn't moving correctly when being ridden, so let's tie his head down, up, sideways, put heavy shoes on, etc., etc. The list of human torture devices for horses is endless.

So instead of training and partnering with the horse in a manner that shows

*Continued on next page*



Top left: Zombado and Staci Grattan share a moment. Top right: Staci Grattan riding Zombado, an 11-year-old Lusitano gelding. Photos by Keron Psillas. www.keronpsillas.com

# Royal Redux: Chester Weber Claims Second Royal Windsor Horse Show Four-in-Hand Victory

LONDON (MAY 20, 2015) - It was a royal redux at England's Royal Windsor CAI3\* as HRH Queen Elizabeth again congratulated Chester Weber, of Ocala, Florida, on his second consecutive victory in the four-in-hand division. The 11-time USEF National Champion and three-time World Equestrian Games Silver medalist returned to the 2015 Royal

Windsor Horse Show to defend the title he won there last May.

Fresh off the Live Oak International CDE win in March in the US, Team Weber, comprised of the horses owned by Chester Weber and Jane Forbes Clark, headed to Europe and to the top of the leader boards at the Royal Windsor.

But this year's competition was no repeat of last year's handy finish for Team Weber. Living up to his moniker, "Mr. Dressage," Weber won the opening dressage phase with a score of 36.22, but unlike the year prior, this past week's competition saw Team Weber's strongest competitors very close on the scoreboard, with Boyd Exell just fractions of

a point behind with a score of 36.57. With just a smidge of a lead, Team Weber had their work ahead of them. "We had to fight hard for this one. We were in a tight race with Boyd after

ber was now more "driven" than ever.

"I couldn't let myself dwell on that. I knew we had to focus on bringing our A game into Cones," Weber said. "And it worked. The horses were amazing. They really stepped up. Everything I asked them for, they gave me."



Weber's win at last year's Royal Windsor had marked a coming full circle 18 years in the making since he competed in the pair driving in its stadium in 1996. So what did accepting a second round of royal congratulations feel like?

"It was very, very special. And well earned. Not just for me, but for the entire team behind these horses," said Weber.

As for Team Weber's own international combined driving calendar, their ambitions are set on the CAI3\*-H4 World Cup Qualifier, June 19-21, in Lahden, Germany.

The team will head next to compete at Aachen where they enjoyed a record-breaking victory last year. "Aachen is under a different, indoor driving and jumping format this year," Weber explained, "So it won't have as much impact on our plans."

Team Weber had a success plan laid out for 2014 which unfolded with a string of history-making victories that included the first American entry to win the Four-in-Hand at CAIO4\* Aachen, an 11th USEF National Four-in-Hand Driving Championship, and an unprecedented record dressage phase score (30.89) for the sport at the Kingdom of the Sun CDE. Already their success formula for 2015 is coming to its fruition. Follow Team Weber on their 2015 European campaign at <http://www.chesterweber.com> and via Facebook.

Photo: HRH Queen Elizabeth congratulates Chester Weber on another four-in-hand win at the Royal Windsor Horse Show (Photo courtesy of Risto Aaltonen).

## Compliance vs. Partnership

*Continued from page 8*

him how to drop his head, lift the base of his neck, step under and lift his back, and learning how to ride in lightness, lets simply tie his head down while he is being ridden.

This is a classic training compliance demand. Our horse becomes mentally and physically mechanized and from a biomechanical perspective we actually perpetuate the issue we are trying to "fix."

**So how could we navigate this issue from a partnership perspective?**

The answer is quite simple: Communication.

There are certain universal truths with horses, things that really haven't changed across the sands of time. One of them is lightness and contact with the rein. This communication from the hand is light and ever-changing in subtle pressure changes. This looks slightly different for each discipline; however, the basic concept is the same across the board. So basically my hand is saying to my horse, "Can you stay here? Can you be here? Yes. Here is where I would like you."

As I work with horses, I ask myself, "Does my horse

have a voice in this situation?" If the answer is no, I ask myself why. If ever the answer is, "Because I don't know what else to do," or, "It's easier for me," I give the situation some serious re-evaluation.

For me, the feeling of partnership with a horse is thrilling and addictive. The feeling of accomplishment when I can navigate inter-species communication barriers and convince a 1,200-pound being to willingly do what I am asking is indescribable. Reciprocating in kind for my horse partners is also pretty amazing; I have found that many of them have a sense of humor. Recently while riding my horse, Zombado, we were working on a pirouette. For some reason pirouette work causes me to have occasional brain schisms. As I came down the center line and prepared for my pirouette, I had one of those moments. I believe if Zombado could have laughed at me and then sighed and said, "It's OK, I will take care of this," he would have. Though I was completely out of position and looking the wrong direction, my partner took care of me; and as I corrected myself, he executed a lovely pirouette. He knew what I needed and what I wanted, and he willingly did

what I was asking mentally but not physically. That level of partnership is a gift that I treasure deeply. That is the sort of "golden nugget" that drives me in horsemanship.

As you work and play with your horses I encourage you to ask yourselves many questions, look at things with new eyes and consider the questions above.

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

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# WRPM Holds Greg Lund Memorial Shoot

The Twin Valley Arena was the stage for the Greg Lund Memorial Shoot on Saturday and Sunday, Memorial Day weekend.

Greg Lund was former president of the Wild Rice Peacemakers, a CMSA (Cowboy Mounted Shooting Association) organization based in Twin Valley, Minn. with members from all over the five-state region and Canada.

"Great weather, great shooting family, great announcer, great balloon setters, great food, great campground," said Danielle Gwin on the club's Facebook page. "there is not much more we could have asked for at the Greg Lund Memorial Wild Rice River Shootout! Thank you everyone for all your help over the course of the weekend. It would have been tough to put on the shoot without it".

"Congratulations to Greg Wavra, M4, and Peggy Penner, L2, on their move ups wins on Sunday. Tyler Kasper for Mens 2-Day Overall winner and Laura Pikop for Ladies 2-Day Overall winner. Mens 2-Day Reserve Overall went to Jody Johnson and Ladies 2-Day Reserve Overall went to Lahna Haverkamp. Rifle Overall Winner was Wayne Gwin and Shotgun Overall Winner was Robert W. Hinesley."

More photographs may be seen on [www.Facebook.com/VENews](http://www.Facebook.com/VENews).

Right top: Laura Pikop, winner of the Ladies 2-Day Overall; right center: Greg Wavra on Sierra; right bottom: Lahna Haverkamp, winner of Ladies 2-Day Reserve Overall.

Photos by  
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# The Story of a Prince

By Ley Bouchard

There are many ways one may rescue a soul, some less dramatic than others, and you never know what you may get.

This is the story of Prince. And into the life of Prince enters Matt and Anne Coulombe with their five children, four boys and a girl. Coulombe is a diesel mechanic, and owns the American Diesel Service in Albuquerque, New Mexico.

Coulombe and his wife, Anne, searched for a draft horse and located two possibilities: a registered Clydesdale in Idaho and a Belgian-cross in Minnesota. Taking a long camping trip cross-country, they left their abode in Tijeras, New Mexico (which is east of Albuquerque). After seeing both horses, they purchased the Belgian. The owner wanted too much for the Clydesdale, and it wasn't in very good condition.

Several months later, the Clyde owner called Coulombe and asked him to purchase the Clydesdale. A

divorce had forced Prince's sale and she was willing to sell him at a lower price than previously requested. Prince, however, was no longer with her. She had placed him at a dude ranch. She had gone to see him and he was in a worsened condition.

"She called us and asked us to buy him," said Coulombe. "The wife pleaded with me, 'We can't let him stay there!' and the woman agreed to half the price. We bought him out of compassion. It was one of those deals. We used the same horse hauler that we used for the Belgian. When the hauler got to the dude ranch he called to ask: 'Have you seen this horse and do you know what he looks like? I can't guarantee he can make the trip.'"

Coulombe asked the hauler to bring the horse to New Mexico.

When they got the horse unloaded, Anne was crying. Prince's ribs were sticking out, there were small shoes on his feet, and he needed a lot of work. "We got the farrier involved and it was a long years' process getting

his feet in shape," Matt said.

"We started feeding him well," said Matt. "We don't know if his neglect is what led to his shape. He is tall and narrow. He is green-broke. He ended up to be a better horse. He was three when we found him and four when we got him."

Coulombe, Anne and their five children live on 66 acres. Prince has room to roam. "Of all the horses we own, Prince is the leader but not by force," said Coulombe. "The other horses respect him. He's not part of the pecking order. He is the lead horse but doesn't do it by being a butthead. He just walks up and his presence moves the other horses away. They respect him. He doesn't have to pin back his ears. You can crawl under and around him. A kid, eight, nine years old, went under him while I was in saddle. I told him to never

Continued on page 15



Photo by Anne Coulombe

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Right: Prince packing in the mountains.

Left: Matt Coulombe riding Prince during the Albuquerque International Balloon Fiesta.



Photo by Mike Forsyth

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# The Lusitano Horse, Part 2 - Iberian History

By Janice Ladendorf

The Spanish Andalusian and the Portuguese Lusitano shared the same origins and prehistoric history. They began in the fertile valleys of the Tagus River in Portugal and the Guadalquivir River in Spain. From these centers, they spread all over the Iberian Peninsula.

Unlike the Arab and the thoroughbred, they were bred to work off their hindquarters and travel over the uneven ground in the mountains, hills, and plains of Iberia. Prehistoric sites contain quantities of halberds and



had heard of the quality of Iberian cavalry. They had excellent riding and weapons skills, but their success depended on their fast, agile, highly-trained horses. Author

Iberian tactics and weapons, they had to learn to ride "ginete" [or "gineta"] style with a bent knee. Soon they began using Iberian horses to improve their cavalry

ans. Instead, the Moors probably made more use of the Andalusians to upgrade their Barbs. DNA research has established the Barb and the Iberian Andalusian are closely related.



The photographs left show three Barbs. They all have the short back, sloping croup, and low set tail of the true Iberian horse. The first one is a modern American Barb. The second and third photographs were taken during the 1890s. The one without a rider appears to be a true Barb. It was taken in Algeria. In the third one, the horse does have a slight dish to his face. It was taken in Tunisia. The closer to Egypt, the more likely a Barb is to show Arabian characteristics. What the Barbs might have given the Iberian horse is more speed and endurance.

### Expansion

By 1492, the Moors were gone and Iberian Andalusians became available for export. For two hundred years stallions continued to move back and forth between Portugal and Spain. These horses became the Royal Horse of Europe and the foundation stock for new breeds, such as the Lipizzaner.

Their ability to collect served the Andalusians well in the arenas where the new art of dressage was practiced. In 1733, Francois Gueriniere described them, "as the best of all horses for the manege [dressage arena], by reason of their agility, strength, and the natural cadence of their gaits; and for processions and parades, due to their proud air, grace, and nobility; and for war on a day of battle because of their courage and obedience."

Bullfighting on horseback, or "rejoneo," began just before the Moors invaded Spain. By this time, stirrups had been discovered and could be used to give the rider better balance, as well as more reach and power. "Rejoneo" was an excellent training exercise to prepare men and horses for battle. It honed the fighting skills of men, but also encouraged them to breed faster, handier, and braver horses. These fights were an indirect factor, but a major one in the improvement of the Iberian Andalusian.

When he compares them to the Barb, he says: "Barbary horses are cooler in temperament and less graceful of gait; but ...they are well-sinewed, agile, and capable of considerable endurance. They succeed perfectly in the airs above



A modern Lusitano stallion.

stock. They set up stud farms all over Iberia and organized remount stations to pass Iberian horses to armies throughout their empire. Instead of being improved by outside breeds, the Iberian horse now began influencing other breeds throughout the Roman Empire.

The Moors from North Africa invaded the Visigoth states of Iberia in 711. They brought their Barbs with them. Since the Arab breed had just been established, it had yet to influence the Barb horse. By the time of the invasion, the Iberian Andalusians had been long established as a breed. It was not a cold-blooded horse nor was it the Norse dun. Its relatively unusual conformation was unique to the native Iberia horse. Humans had already used Oriental blood to give it more size and refinement.

One of the invaders, Tarif Ben Tarick, stated that Spanish horses were both bigger and better than their Barbs. To win battles, they had to mount their infantry on captured horses. During the Moorish occupation, the records show few horses were shipped into Spain, but many were shipped out of Spain. These facts suggest the impact of the Barb on the Andalusian horse has been greatly overstated by most equestrian histori-

Above left: A modern American Barb. Two photos taken in the 1890s (above) a true Barb in Algeria, and (left) one in Tunisia with a slightly dishd face.

Sylvia Loch suggests they may have already begun using stirrups made out of simple loops of rope.

Mercenaries from Iberia helped Sparta defeat Athens and the Carthaginians defeat Rome. One of their techniques was to gallop towards their foe, execute a quick stop, throw their javelins, then spin their horses around and take off before their op-

ponents had time to react. To achieve the required quickness and speed, the horse had to work off his hindquarters. Some believe the legend of the centaur was created to describe these men and their horses.

When the Romans adopted

lances with counterweights. The existence of these weapons indicates that cavalry developed early in Iberia.

### Early History

By classical times, all the lands around the Mediterranean Sea

# Six Points to Consider Before Using a Calming Supplement

By Juliet M. Getty, Ph.D.

Travel and competition season is upon us, and "show nerves" are common, even in horses. Agitated, nervous horses that are normally well-behaved may benefit from a calming supplement. These products can contain vitamins, or minerals, or herbs, or amino acids. So, which to choose and how best to use them? Before making a decision, consider these important points:

- An empty stomach is the main cause for behavioral issues— forage (hay and/or pasture) should be available at all times.

- Magnesium deficiency may be the issue, since most horses don't get enough of this mineral—if this

is true for your horse, supplementing 5,000 mg of magnesium per 500 lbs. of body weight will make a positive change in demeanor.

- A borderline B vitamin deficiency will affect behavior and can result when the hindgut microbial population is compromised by stress, high starch diets, illness, or antibiotics. Thiamin (vitamin B1) has been shown to be especially effective at high doses (1 mg per pound of body weight). Probiotics that feed existing microbes also result in more B vitamin production.

- Tryptophan, an essential amino acid, leads to serotonin synthesis in the brain and can be useful in soothing a nervous horse. For this

effect to occur, it is best to offer tryptophan as a paste between meals. When added to a meal, tryptophan will not be used for serotonin production and the calming effect will be significantly diminished

- Caution! Herbs such as chamomile, valerian, black cohosh, ginger root, and passion flower may have an over-tranquilizing effect, interact with other medications, and have side effects. Consult with your veterinarian before using.

- Additional caution to you competitors out there: Always check any supplements for ingredients prohibited by competition rules. Valerian is such an example.

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

Dr. Getty's comprehensive resource book, "Feed Your Horse Like a Horse," is available at [www.GettyEquineNutrition.com](http://www.GettyEquineNutrition.com)—buy it there and have it inscribed by the author. Or get it at Amazon ([www.Amazon.com](http://www.Amazon.com)) or other online retail bookstores. The seven separate volumes in Dr. Getty's topic-centered "Spotlight on Equine Nutrition" series are available with special package pricing at

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# The Lusitano Horse Part 2 - Iberian History

Continued from page 12

but given the abilities shown by the modern Spanish breeds in the Americas, these shipments probably included at least a few members of each one of the Iberian breeds. The tough pony breeds and Sorraias probably had a better chance of surviving the voyage than did the larger Andalusians.

From the Caribbean, the Span-



In the 20th century, efforts to save the remnants of the Spanish horses began. The filly in the first photo shows Sorraia characteristics [dun or grulla color, "sooty" face or muzzle, dorsal, leg or shoulder stripes, bi-colored mane and tail, and convex profile]. She is one of the Spanish mustangs bred at Apache Trail Ranch in Arizona. Her owner, Marye Ann Thompson, kindly gave me permission to use the photograph below in this article. Unlike this filly, my own Spanish mustang shows more resemblance to modern Lusitanos.



The Portuguese Andalusians are now known as Lusitanos and today many fine ones are being marketed by Brazil in the United States.

### Summary:

By classical times, the excellence of the Iberian cavalry and horses had been well established. They used the "gineta" style of riding with a bent knee. The Romans turned Iberia into a breeding farm and spread the Iberian horse throughout their empire. When the Moors invaded Iberia in 711, they brought a few Barbs with them, but made extensive use of the native horses. In the long fight to expel the Moors, the sport of bullfighting on horseback or "rejoneo" was used as a training exercise for both men and horses. In the 16th century, all the kings of Western Europe wanted some of the Iberian Andalusians for their courts and

to create new breeds. They were also exported to the New World.

### To Be Continued:

So far, the Portuguese and Spanish Andalusian has been treated as the same breed of horse. Part 3 will cover the split into two breeds and the modern Lusitano.

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Left: A Mangalarga Marchador. Right: A Lusitano from Brazil.



Left: Spanish mustang filly showing characteristics of the Sorraia. Above right: My own Spanish mustang shows more resemblance to the modern Lusitano.

Brazil was not settled by the Spanish, but by the Portuguese. At first, these settlers did use

the ground and ... are excellent stallions for the breeding of hunting horses."

The impact of the royal Andalusians was limited to Western Europe, but all of the Iberian breeds probably reached north into geographic areas which eventually became part of the United States. Their horses became part of the foundation stock for many of our breeds, such as the quarter horse.

Continued on next page



# COWBOY POETRY WITH ORV

## RUNAWAY HORSES KEPT FROM APPOINTED (SEEDING) ROUNDS

### MONTANA MUSTANG HAD A MESSED UP MIND

When we read the quote, "A time to plant and a time to reap," we pause to think And are reminded of seeding going smoothly and yet, some days out of sync! Some wild horses and runaway teams while seeding have been subdued by skill. We "get a kick out of" rare instances of mishaps with a horse-drawn drill. For centuries grain was seeded by the broadcast method, scattered by hand. It was for the wild birds, also, an ideal feeding time, while seeding land. Horse-drawn drills were invented and later it was a tractor-drawn field day; Now, air-seeding forces seed into the ground with never a runaway.

### RUNAWAYS/RUNAROUNDS/ROUNABOUTS WERE A GENUINE HOOF-DA

Training draft horses was a serious and repetitive human task; Most horses gave remarkable efforts to what the trainers did ask. For years, millions of acres were seeded by a human and a four-horse team. He stood on the back of the drill dropping kernels of grain in a planting scheme. Sometimes the bored driver would walk behind the drill and mostly downhill, For exercise or diversion, during those long hours on a horse-drawn drill. Sometimes he'd run out of seed at the far end of the field to his dismay! It took an unproductive trip for seed, but better than a runaway.

### GUIDANCE SYSTEM FOR FOUR-HORSE TEAM/UPSETTING APPLICARTS?

In spring seeding, a "prime" team of work horses would find themselves far apart, With two horses inserted between them, perhaps a pair of green upstarts. The two dependable horses were the "guidance system" that was needed. The "inner two" could be green-broke, but, warnings needed to be heeded. If the "inner two" were rank renegades, or an exasperating pair, Or a "night-mare" or buyer-beware, it could often lead to despair! And lucky was the driver, who had two great, well-trained, teams to make his day; Compared to the driver who took chances and then got "carried" away.

### NEITHER BORROWERS NOR LENDERS (OF TROUBLE) BE/LOGGERHEADS

Four well-broke and well-trained horses, in cadence, pulling at the homesteads Was a perfection sight to behold. They looked like four precise bobbleheads. The skill of the two teams and the teamster could perform many miles or rounds. The rhythmic sound of 16 hooves and harness chains were gratifying sounds. But speaking of exasperating dunderheads, blockheads or knuckleheads, There's that ever-present accident "going to happen" a driver dreads. Bringing not a question of if, but when, and yell to everyone "Gangway!" When the equine misadventure occurs and then becomes a RUNAWAY!

### MARE, MARE, QUITE CONTRAIRE/EXASPERATING RENEGADES

An old wooden four-horse drill had discs to break the soil and flexible spouts And metered gears to drop kernels into the ground on preplanned routes. Two "inside" horses were blocked in by poles at each end; and it was a chore Before hitching them to back them over the two neck yokes, and those four Blockheads could act up like the Keystone Kops and stand obstinately out of reach Of the two eveners. He'd shout, "Move, you Rascal," or some figure of speech,

While trying to hitch three tons of powerful draft teams that, rubbed the wrong way, Gave them an inclination to head south. In other words . . . a runaway!

### OF COURSE, THE HORSE HAS A MIND OF HIS OWN

The grain drill rolled more easily due to tall, five-foot, wooden wheels, steel clad. The teams pulled in harnesses from hames on a collar on a sweat pad. Standing on a platform in back, drivers could guide them on unplanted ground. Teams would rest while seed was shoveled into the drill. Later, they were homebound When the field was finished or at sunset. After days of horse-tail views, Chores awaited as their arrival coincided with a chorus of "moos." Tomorrow's repeat of hitching and hooking front poles and the disarray Of teams disliking "closeness" brought the possibility of a runaway.

### GOING IN CIRCLES/WHAT GOES 'ROUND, COMES 'ROUND NOT BROKE? /DESERTION? /HIGH-TAILING IT?

Perhaps the gifted teamster overestimated his training skill Or the challenge of a wild Montana mustang could be a personal thrill? If that "horse's patoot" ever achieved a green-broke stage, that was a stretch. He resented touch. He'd nip butts, back away, refuse to budge, here's the catch. There's the sketch of that bad actor, as part of the drill team. He was a pig in a poke; He made the team skedaddle, stressed the outer drill wheel until it broke. An outside horse threw its head and hooked the bridle while being led astray. The mustang and three unwilling partners-in-crime performed a RUNAWAY!

### HEAT, DOWNPOURS, HORSEFLIES, BREAKDOWNS AND ATTITUDES = EXASPERATION

That Montana mustang was a classic example of a negative horse, Who refused to assimilate anything worthwhile from the harness course. He resisted anyone's touch. He'd stand on hind legs in defiance, And despised the harnessing process like an everyday non-compliance. He disliked: saddles, bridles, waiting around and being late for a meal! He could eat, drink and make road apples. His greatest asset was "eye appeal." He had an attitude, not a warranty. His reputation far and away Surpassed previous renegades when he took off . . . starting a RUNAWAY!

### WHEELING AND DEALING/LOST WHEEL AND LAST WHEEL

Intrigue clouds judgment. Training mustangs wouldn't be a feather in his hat. Woebegone? Yes, they were gone! The driver stood there looking at A four-horse drill team going in a circle. He waited till they came by. The driver climbed back on the drill and made them stop, those "catchers in the wry." The soon-to-close village hardware store had one wheel left. So the last drill wheel Replaced the lost drill wheel. That day, you might say, Dad would "wheel and deal." Thank you for following my true horse tail, from my play-by-play of horseplay Of a stand-up driver, who's stood-up by a mustang . . . and a RUNAWAY!

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## The Story of Prince and His Prince Charming

*Continued from page 11*

do that but he was perfectly safe."

Prior to getting into search and rescue, Coulombe had too many horses they weren't doing anything with and considered getting rid of them. "Anne said, 'No way, I have had horses all my life,'" said Coulombe. It changed how they dealt with the horses; now they use all the horses. "Prince is a different horse. I can do everything with him. He can go anywhere a regular horse can go. He's not a super dressage horse but he can turn on a dime."

Prince will be 18 years old in August. In that time, Prince and Coulombe have created a wonderful relationship. "I can go anywhere with this horse. I high-tie him at night. I pack with him and ride another horse and I don't put a lead on him; he will follow me anywhere. I can pony him without a rope. I stop, he stops," said Coulombe.

"We have been in some pretty hairy situations and he's a thinker; he's thinking how he can get himself out of a bind. He comes up to

obstacles and looks left and right and figures out how to do it."

Matt rides patrol with Prince in the Albuquerque International Balloon Fiesta. Coulombe says, "He is a magnet, people are all around him; he will drop his head and engage people.

He has a wonderful mind. Everyone makes a big deal about him because he's beautiful but he has the right brain. It's the nicest thing about him is his brain." In 2006 Coulombe was

report' duties. Prince does parade duty as safety riders, traffic control and stuff like that. Prince does pony rides for 'Hearts for Horses,' a program for people with Down's syndrome.

"With a horse like Prince we can put anyone on him," Coulombe told me. "The Children, Youth and Families Department holds an adoption event for kids and organized events throughout the year and one is a Western lead line pony event. Prince is very well known in New Mexico. More people know the horse than me. Everyone knows him. At the Balloon Fiesta they joke that he's Prince and I'm charming. That's our little inside joke."



Coulombe volunteers his time and horses for packing trips into the New Mexico mountains for the Department of Game and Fish. They pack 50-pound salt blocks into the high elevations, from 12,000 - 13,000 feet for big-horn sheep. It is a sustainable project. Coulombe's buddy, Dr. Mike Forsyth, is the coordinator. They bring salt to the big-horn sheep



Photo by Mike Forsyth

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at the higher elevations to keep them away from domestic sheep that might spread disease to the wild herds. While there, biologists do counts for trapping and relocation if necessary. "The Pecos Wilderness is where we go the most. It's 12 miles into wilderness where there are no roads," Coulombe said. "The big-horn sheep prefer to be

above the tree line. There are a couple places where backpackers see them."

They usually spend one or two nights out and haul eight to 12 blocks. "Prince hauls my gear. I typically take from six to eight horses, and occasionally we take a big-horn sheep biologist; she's not fond of riding horses but she will ride Prince. She will hike in and ride Prince out. He takes care of her. He's the kind of horse anyone can ride. To do the packing, a horse has to be in good shape. He puts his feet down and he goes across some pretty hairy stuff. He has good balance."

Coulombe takes Prince to the car wash to bathe. "Ten bucks in quarters and he's washed."

Prince and Coulombe were involved in the backside filming of "The Book of Eli" and "Terminator Salvation" movies. The production company contacted the search and rescue squad to perform safe boundary patrol of the area to keep people, ATVs and motor-cross cycles (that liked to

frequent that area) out of the way of the filming. The noise of the ATVs disrupted filming. Coulombe and Prince kept everyone out while Prince tolerated the noise of the explosions, helicopters buzzing overhead and gunfire during filming.

"We do the Renaissance fair. We had a headless horseman costume for him one time," Coulombe said.

Prince is an exceptional horse, out of an exceptional situation and into an exceptional family who cared enough to take a poorly horse out of a bad situation. The Coulombes gave Prince a chance; and Prince is repaying the favor by rescuing others and taking good care of the Coulombe family. What goes around comes around; you may call it karma or poetic justice, but one good turn deserves another.

They gave Prince a chance.

Center photo: Matt and daughter, Courtney, riding Prince. Photo by Anne Coulombe.

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## Horse as Partner, Horse as Coach: Your Evolution of Horsemanship, Part 1 of Anna Twinney's 6-Part Webinar Series

By Kari Hagstrom

Where is your evolution in your horsemanship going? It is an important question to consider. Horsemanship has been changing radically over the last few decades. The role of the horse has moved from utilitarian (farming, transportation, war), to performance, to therapeutic. How has our human role changed in relationship to the horse's changing role? How does that create a shift in our perspective, not just in relation to the horse, but to all of life, the whole of our lives? Once your perspective on horses changes, your perspective on everything else changes, too. Your perspective shifts to one of asking how you can best support your horse in his or her role as a partner.

This is the crux of Anna Twinney's webinar series, "Your Evolution of Horsemanship," a six-part series which will be covered over the next few months in "The Valley Equestrian News." Twinney is an internationally recognized holistic and natural horsemanship clinician, equine behaviorist, animal communicator, Karuna Reiki master, and founder of Reach Out to Horses® (ROTH). More information and numerous free resources are available at [www.reachoutto-horses.com](http://www.reachoutto-horses.com).

In part one of the webinar series, "Horse as Partner, Horse as Coach," Twinney discusses how the roles of horses have changed. The horse has been used by humanity in a utilitarian role as transport (as either a riding horse or pulling a cart or wagon), a war horse bearing soldiers into battle, and a farm horse plowing the land before the tractor came along. The horse has been used as a herding animal, a breeding animal, and a performance animal as roles shifted from purely utilitarian to sport-oriented uses. In moving into a more therapeutic role, the horse becomes more interactive with humans. And the question becomes, how do we effectively partner with our horses? The shift occurs when you stop telling your horse what do and start asking. How do we allow for our horses

to partner with us? How do we allow our horses to coach us? And as good partners, how do we humans, as care providers and guardians, provide good support to the horses who choose to work with us as partners and coaches? How can we best support the horse mentally, spiritually, physically, emotionally in his or her role?

"Your Evolution of Horsemanship" was born out of recognizing how important it is to look at ourselves and to see where we were once, and where we're heading," says Twinney. Horsemanship skills are about what the horses need. "Not everybody knows how to get out there in the world to look at what the horse needs. They may realize what the humans need, but they may not know exactly how to partner with the horse. Partnering can look very different. It can look like you're partnering for the therapy, and you've got the side-walkers and the person leading at the front, but partnering can also be walking amongst the herd and feeling out what the herd has to say, what the life lessons are from them.

"Partnering has many different forms; and for me, I felt that not everybody knows what to do with the partnering. So are we partnering or are we looking at business partners? Are we using the horse, or are we working with the horse? Are we partnering and honoring with the horse?" asks Twinney.

There is a mutuality that comes out of true partnership with a horse. The horse lives in the now, and helps us bring ourselves into the present. The horses help us to be authentic. Sometimes that involves pushing our buttons to get us to examine ourselves and our own behaviors. In becoming authentic and present, we become who we most truly are, who we are supposed to be in this life. That is the gift horses bring us. In supporting them, mentally, spiritually, physically, mentally, helping them to become who they most truly are, honoring them, they also teach us about true leadership. They teach us about leading

from the passive rather than the dominant position. They are our master teachers.

A good teacher pushes your buttons to see where your strengths and weaknesses are, where your shadow or "unaddressed" areas are, the areas that need to be healed and balanced. The horse as master teacher shows you who you are. They show a true reflection of who you are in the moment, and how your reactions display who you are. Twinney says that the horse asks: "Who are you when you're being asked to move? Who are you when you are being threatened? Would you run? Freeze? Step up? ...The horse brings out the best and the worst in us, the pretty and the ugly. ... They teach us true leadership, how a herd dynamic works, how it



Anna Twinney and Leonardo at a clinic at Spirit Horse Center, Inc., in October, 2014. Photo by Mallory Bourn of Bourn Photography, [www.bournphotography.smugmug.com](http://www.bournphotography.smugmug.com).

can be interchangeable."

Today, horses come into therapeutic work from many different areas. They are retired horses, seasoned performance horses, riding school horses, minis, rescues, off-the-track thoroughbreds, mustangs. And they come to the many, many forms of therapy programs through being donated, rescued from slaughter, brought in from a rescue program or sanctuary, bought specifically for the program, sought out for recognized strengths and skills specific to the program, or even born on the property. And in their work, it is important to recognize their needs, as often they can be

treated as a worker, used in their role without their needs being supported.

In a therapy program, a horse may be employed in allowing people to mingle with the herd, in daily grooming and maintenance activities (feeding, stall cleaning, etc.), in-hand exercises, being led or ridden, play, liberty work, and in healing. Often, horses offer healing back to the people interacting with them, healing hearts and souls, bodies and minds. But in all they give, what can we give back to them? And this includes therapy horses, as well as horses in all other roles.

We can make sure they are the right horse for the job, for starters. By assessing the horse for his role, we need to look at his history and use horsemanship tools to help in this assessment. Reach Out to Horses® offers many horsemanship tools to interact with a horse to determine his experience, reactivity, temperament, aptitude for the job at hand, and personality. These include T.L.C. (Trust-based Leadership and Compassionate Communication), the obstacle course at liberty, long-lining, Spookbusting, being ridden and Twinney's Reaching Out process. (For details and more resources, go to [www.reachouttohorses.com](http://www.reachouttohorses.com).) Interestingly, it is not always

the gentle horse that is best-fitted for the job, as we often think, but the horses that have experienced trauma, such as the off-track thoroughbreds and the mustangs, or perhaps a horse that has overcome his aggressive tendencies to be able to work with people. These horses have had the experience, overcome it, and can now meet a person therapeutically on common ground, and so provide assistance and healing.

Animal communication can be a useful tool in finding out directly from the horse what his wants and needs may be. It's a good way to learn his history, determine a tailor-made training program, and examine pain-related issues, such as saddle fit, living arrangements and friendships, nutrition and diet, and how much time-off is needed. Through animal communication, you can learn from your horse's perspective of his hopes and ex-

pectations, and likes and dislikes.

We can offer physical, mental, spiritual, emotional support and consideration to the horse. How is the horse's physical fitness being addressed? Does he get enough turn-out time, enough pasture time? Is he being ridden by an able-bodied rider for exercise? How is his physical well-being cared for? Is he provided access to massage, Reiki, cranio-sacral work, chiropractic, acupuncture, acupressure, aromatherapy, Touch®? What is his nutritional plan and requirements? Does he get enough turn-out time for rest, relaxation, play and socialization with other horses? Does he get groundwork and riding for a balanced mindset and behavior? Are his needs being met with farrier work, dental work, saddle fit, veterinary support, energy cleansing (as with smudging, tapping, Reiki, etc.)? Does he get enough time off for rest and relaxation, as horses are so emotionally sensitive to their surroundings and emotional nuances? Horses feel our emotions as well as their own, and need a break and a cleansing. Are the horse's future needs considered? What will happen with him as he ages? There is much to consider when providing partnering and support to our horses so they can be at their best.

Twinney suggests that the ways to support your horse are to: "Listen to your horse. Understand the nature of your horse. Acknowledge your horse. Connect with your horse. Communicate with your horse."

So how can we move into true partnership with the horse, rather than placing them in largely utilitarian roles? How can we support them in their work with us? How can we let them step into the role of coach? They offer us wonderful gifts. How can we best support them? The essence of it, according to Twinney, is to listen, to acknowledge, to trust, and to ask yourself what you are doing for them. When is the last time you asked your horse, "What can I do for you?"

## How to Read a Feed Label

By Kari Hagstrom

Do you really know what's in your horse feed? Do you blithely believe the pretty advertising on the bag that implies a healthy, active, happy horse? Or do you actually know what you're giving your horse?

In my opinion, ignorance is not bliss, and truly healthy feed leads to a truly healthy horse which is long-lived, able to be active, happier because it is well-nourished, more even-tempered (without nutritionally- or deficiency-induced mood swings) and able to make good decisions, rather than being highly reactive. And a healthy horse means fewer vet bills brought on by illness or accident. A healthy horse is better able to withstand illness and bounce-back better from an accident. As Hippocrates so aptly said: "Let food be thy medicine and medicine be thy food." I think that applies to horses, humans, and all living organisms.

In my opinion, ignorance is also not excusable. The root word of ignorance is to ignore. The more we ignore what goes into horse feed or human food, the more we condone our own and our horses' ill-health. As we know, with health, you can only ignore things for so

long before things catch up to you and it is no longer possible to ignore or plead ignorance. If you don't read the labels on food, you really don't know what you're getting, and the laws allow for a lot of leeway in labeling.

"The Association of American Feed Control Officials (AAFCO) is a voluntary membership association of local, state and federal agencies charged by law to regulate the sale and distribution of animal feeds and animal drug remedies," (from the website: [www.aafco.org](http://www.aafco.org)).

The website continues: "Although AAFCO has no regulatory authority, the Association provides a forum for the membership and industry representation to achieve three main goals:

- Safeguarding the health of animals and humans
  - Ensure consumer protection
  - Providing a level playing field of orderly commerce for the animal feed industry.
- These goals are achieved by developing and implementing uniform and equitable laws, regulations, standards, definitions and enforcement policies for regulating the manufacture, labeling, distribution and sale of animal feeds - resulting in safe, effective and useful feeds by promoting uniformity amongst member agencies."

The "2015 Official Publication" by the Association of American Feed Control Officials, Incorporated, is available for sale on the AAFCO website, [www.aafco.org](http://www.aafco.org), for \$108.00 spiral bound. This publication is a guide to what is allowable in animal feeds, and provides definitions for what some of the generalized umbrella terms on a feed label relate to. For horse feed, we'll be looking in the non-pet food section.

The glamorous-looking, big name horse feeds, with the beautiful images of healthy horses, that imply equal health and beauty for your horses, have feed labels that read as follows:

### Sample #1:

"Roughage Products, Grain Products, Processed Grain By-Products, Plant Protein Products, Molasses Products, Calcium Carbonate, Salt, Soybean Oil, Propionic Acid (a Preservative), Sodium Selenite, Vitamin E Supplement, Citric Acid, Monocalcium Phosphate, Dicalcium Phosphate, Vitamin A Supplement, Sorbitan Monostearate, Vitamin B-12 Supplement, Riboflavin Supplement, Zinc Oxide, Copper Sulfate, Calcium Iodate, Magnesium Oxide, Cobalt Carbonate, Ferrrous Carbonate, Calcium Pantothenate, Manganous Oxide, Vitamin D3 Supplement."

### Sample #2:

"Roughage Products, Processed Grain By-Products, Forage Products, Molasses Products, Calcium Carbonate, Salt, Grain Products, Soybean Oil, Vitamin E Supplement, Vitamin D3 Supplement, Vitamin B-12 Supplement, Vitamin A Supplement, Zinc Oxide, Copper Sulfate, Calcium Iodate, Magnesium Oxide, Sodium Selenite."

### Sample #3:

"Processed Grain By-Products, Roughage Products, Molasses Products, Grain By-Products, Forage Products, Soybean Oil, Calcium Carbonate, Calcium Lignin Sulfonate, Salt, Plant Protein Products, L-Lysine, Calcium Propionate (a preservative), DL-Methionine, Vitamin E Supplement, Iron Oxide, Zinc Oxide, Copper Sulfate, Choline Chloride, Vitamin B-12 Supplement, Riboflavin Supplement, Calcium Pantothenate, Vitamin A Supplement, Niacin Supplement,

Calcium Iodate, Magnesium Oxide, Cobalt Carbonate, Ferrrous Carbonate, Sodium Selenite, Manganous Oxide, Artificial Anise Flavor, Vitamin D3 Supplement, Fenugreek Flavor."

For the sake of this article, we will confine our examination to the nebulous terms, such as: Roughage Products, Processed Grain By-Products, Molasses Products, Grain Products, Forage Products, Plant Protein Products. What do these terms mean? What does it mean about what is going into your horse feed, and into your horse?

**Roughage Products:** According to the AAFCO "2015 Official Publication," Roughage Products "may include one or more of the following:" The list that follows is 30 items long, and reads as follows: "Almond Hulls; Apple Pectin Pulp, Dried; Apple Pomace, Dried; Bagasse; Barley Hulls; Barley Mill By-Product; Buckwheat Hulls; Citrus Meal, Dried; Citrus Pulp, Dried; Citrus Seed Meal; Clipped Oat By-Product; Corn Cob Fractions; Corn Cob, Ground; Cottonseed Hulls; Flax Straw By-Product; Malt Hulls; Oat Hulls; Oat Mill By-Products; Peanut Hulls; Psyllium Seed Husk; Rice Hulls; Rice Mill By-Product; Rice Mill Run; Soybean Hulls; Soybean Mill Feed; Soybean Mill Run; Sunflower Hulls; Straw, Ground; Tomato Pomace, Dried."

That means that any one, or combination of more than one item goes into making one of the main ingredients in commercial big-name horse feed. And most of this is not the part of the food that has the most nutrition; it appears to be a list of primarily throw-away products that are being used to feed your horse. By not knowing exactly what you are feeding your horse, how can you properly support your horse's health? What if your horse has a corn allergy and you unknowingly feed corn products, thereby sickening your horse (and creating a vet bill), because the labeling is not straightforward and these "products" consist of an unknown amalgam of the remainders of most foods listed. I try to avoid giving my horses corn, as I believe it contributes to colic: corn creates gas, gas contributes to the development of colic. No

**Grain Products:** "may include one or more of the following" 12 ingredients: "Barley; Brown Rice, Ground; Corn; Grain Sorghum; Mixed Feed Oats; Oats; Rice, Brewers; Rice, Broken or Chipped; Rough Rice, Ground Paddy or Ground Rough; Rye; Triticale; Wheat."

**Forage Products:** "may include one or more of the following" 11 ingredients: "Alfalfa Meal, Dehydrated or Pellets; Alfalfa

corn for my horses; I've seen enough colic to last a lifetime.

I wasn't even sure what Bagasse is, so I looked it up. Bagasse, according to Wikipedia, is "the fibrous matter that remains after sugarcane or sorghum stalks are crushed to extract their juice. It is used as a biofuel and in the manufacture of pulp and building materials." The stuff that is left after the good stuff is taken out; filler.

Bear in mind, too, that labels list ingredients in descending order of amounts, so what is listed first is the greatest quantity in the bag.

**Processed Grain By-Products:** "may include one or more of the following" 38 products! It ranges from "Aspirated Grain Fractions" to "Peanut Skins." The list of grains includes buckwheat, corn, sorghum, hominy, malt, oat, peanut, barley, rice, wheat in a considerable variety of forms: grains, solubles, extractives, bran, flour, meal, germ cake, germ meal, feed, sprouts, groats, skins, polishing, middlings, gelatinized and partially aspirated, defatted. And a variety of distillers and brewers grains in different combinations.

**Molasses Products:** "may include one or more of the following" 11 ingredients: "Beet Molasses; Beet Molasses, Dried Product; Beet Pulp, Dried Molasses; Cane Molasses; Citrus Molasses; Condensed Molasses Fermentation Solubles; Concentrated Separator By-Product; Molasses Distillers Condensed Solubles; Molasses Distillers Dried Solubles; Molasses Yeast Condensed Solubles; Starch Molasses."

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Continued on page 19

## Quest for the Silver Mustang An Historical Western for Horse Lovers by Janice Ladendorf [www.jladendorf.com](http://www.jladendorf.com)





## ‘Much at Stake’: Congressman to Introduce Anti-Doping Act for Horse Racing

May 29, 2015. Rep. Paul Tonko (D-NY) will introduce a bill giving the anti-doping agency USADA oversight of drugs and medication in racing.

Congressman Paul Tonko (D-NY), who serves as co-chair of the bipartisan Congressional Horse Caucus and represents New York’s 20th Congressional District, today announced plans to introduce the Thoroughbred Horse Racing Anti-Doping Act of 2015 to establish uniform standards for drugs and medication in the American Thoroughbred industry.

“While the nation’s sporting spotlight will be on American Pharoah and Belmont Park in the coming days, the thoroughbred industry is a year-round enterprise – responsible for a large number of quality jobs and economic growth not only in New York’s Capital Region, but throughout the country,” Tonko said. “The racing industry has taken significant steps toward medication reform in the past several years, and this legislation will build on that progress by providing a uniform, national solution that sets the highest standards of independence, fairness and integrity – ensuring the future health of the sport and protecting thousands of jobs across the country.”

Medication in the thoroughbred industry is currently regulated on state-by-state basis, creating a patchwork of rules and uncertainty for industry members and fans alike and a wide disparity in testing effectiveness and enforcement. The planned legislation would grant independent authority over rulemaking, testing and enforcement oversight regarding drugs and medication to an entity created by the non-profit, nongovernmental U.S. AntiDoping Agency (USADA).

This legislation will not create an ongoing role for the federal government in horse racing or use taxpayer

dollars to fund the program. The funds necessary for the establishment and administration of the horse racing anti-doping program would be paid entirely by the industry, at zero cost to the taxpayer.

“A single, national approach to medication and drug testing with strong independent oversight and enforcement is long overdue and will help ensure the industry’s long-term viability, including enhancing the care and welfare of horses,” Tonko said.

The Congressman commended groups from inside and outside the thoroughbred industry that have come together to form the Coalition for Horse Racing Integrity in an effort to advance better medication rules and seek national uniform standards. The coalition is made up of:

- Two major thoroughbred racing organizations – Breeders’ Cup Ltd., and The Jockey Club
- An animal welfare group – The Humane Society of the United States
- And the grassroots organization Water Hay Oats Alliance (WHOA), which is 1,000 members strong

According to Rep. Tonko, “There is much at stake, with the thoroughbred industry contributing \$25 billion to the U.S. economy annually and nearly 400,000 jobs, including drugs in thoroughbred horseracing.

Founded in 2012, The Water Hay Oats Alliance has as its clear mission the elimination of drugs on race day. Without federal legislation enacted to mandate “clean” drug rules, reliable testing, qualified labs and strict penalties for violators, the sport of American horseracing faces an uncertain future. With support and passage of the Thoroughbred Horseracing Anti-Doping Act of 2015, the sport can rebuild its reputation, help to protect its beloved horses and their jockeys from catastrophic injury, and reclaim

energy to help create a uniform, independent, and meaningful anti-doping program for Thoroughbred horse racing through the Thoroughbred Horse Racing Anti-Doping Act of 2015. Along with the Jockey Club, the Breeders Cup, WHOA, the Humane Society, and others in the industry, USADA supports this piece of legislation. It is our hope that the model of independence, harmonization, and enforcement of robust anti-doping programs envisioned through this legislation can be realized to finally truly protect the health of the athletes and the integrity of the competition.”

The Water Hay Oats Alliance issued a statement as well:

The Water Hay Oats Alliance, a grass roots movement of more than 1,100 owners, breeders, trainers, jockeys, track operators, industry professionals, equine practitioners, handicappers and racing fans, announced today after polling its founding and supporting members that it will join the Coalition for Horse Racing Integrity. The Coalition is a diverse group of horseracing and animal welfare organizations formed to support legislation that would grant independent authority to the United States Anti-Doping Agency (USADA) to oversee rule making, testing and enforcement regarding drugs in thoroughbred horseracing.

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## Irish Show Jumper Katherine Arthur Uses GumBits to Relax Horses

Co. Galway, Ireland (May 14, 2015)— Katherine Arthur and the six-year-old Irish sport horse gelding, Nemo D’Or (Womanizer-DBA Rosanne, Dauntless Prince), owned by Kevin Keary, are poised to take show jumping by storm. The Ireland-based Arthur bred Nemo and has trained him at Keary’s farm in County Galway, Ireland, where she and Keary breed and train a small number of horses. Arthur knows that careful, consistent training while keeping her horses willing and happy is the key to success. One of her tools to achieve these goals is using GumBits. GumBits promote the horses’ salivation process, and help eliminate the teeth grinding that can occur during the intense training of high performance sport horses.

“Although he was broken toward the end of 2013, he was only shown a handful of times last year,” Arthur says. “He is now jumping consistent clears at the 1.20 meter level and jumped in his first Horse Sport Ireland six-year-old class on June 25 at The Horsewear Ireland Louth County Show.”

The pair will continue competition in the six-year-old division at the Barnadown Equestrian in County Wexford, Ireland, and Arthur plans to jump the gelding in the Horse Sport Ireland League as well as in the qualifiers for The 2015 RDS Dublin Horse Show in August.

Arthur is proud to be a GumBits Ambassador and will continue gleaning the benefits of GumBits for her equine teammates. GumBits encourage relaxation and chewing activity, and horses love the sweet taste of the small treats. GumBits are made of all natural FDA approved ingredients in order to be as safe as they are

palatable and effective for horses.

“In my opinion, anything that helps to produce happy and relaxed horses that enjoy their work every day is a huge bonus. This is why I use GumBits!” Arthur explains. When she’s not showing Nemo this summer, Arthur will be working with her other talented mounts. “I also have a half sister to Nemo who is by Touchdown ISH,” Arthur says. “Her name is Time To Pretend, and I hope to get her to National Grand Prix level toward the end of this year. She is a very talented horse and I hope that now that I am concentrating on my own horses, I can give her the time she deserves to fulfill her potential.”

Compare the big-name commercial horse feeds to the ingredients lists of two smaller feed companies:

Sample #4:  
“Shelled Corn, Whole Oats, Soybean Meal, Linseed Meal, Wheat Middlings, Roughage Products, Dried Whey, Molasses Products, Yeast Culture, Monocalcium/Dicalcium Phosphate, Calcium Carbonate, Salt, Manganous Oxide, Ferrous Sulfate, Copper Sulfate, Cobalt Carbonate, Zinc Oxide, Calcium Iodate, Sodium Selenite, Vitamin A Supplement, Vitamin D3 Supplement, Vitamin E Supplement, Menadione Dimethylpyrimidinol Bisulfate, Thiamine, Riboflavin, Niacin, Calcium Pantothenate, Vitamin B-12 Supplement, Biotin, Ethoxyquin (A Preservative), Natural and Artificial Flavors.”

Sample #5:  
“Heat Processed Milo, Heat Processed Oats, Heat Processed Soybeans, Cane Molasses, Soybean Oil, Calcium Carbonate, Wheat Middlings, Monocalcium Phosphate, Dicalcium Phosphate, L-Lysine, Salt, Ground Whole Flaxseed, DL-Methi-

onine, dl-alpha Tocopheryl Acetate (source of Vitamin E activity), Zinc Proteinate, Manganese Proteinate, Copper Proteinate, Zinc Oxide, Iron (ferrous) Sulfate, Copper Sulfate, Selenium Yeast, Aspergillus oryzae Fermentation Extract, Yeast Culture, Manganese Oxide, Niacinamide, Zinc Sulfate, Dried Aspergillus niger Fermentation Extract, Dried Aspergillus oryzae Fermentation Extract, Iron Proteinate, Manganese Sulfate, Magnesium Oxide, Menadione Nicotinamide Bisulfite (source of Vitamin K Activity), Calcium Pantothenate, Riboflavin, Vitamin B-12 Supplement, Lactobacillus acidophilus Fermentation Product, Vitamin A Acetate, Mixed Tocopherols of Natural Origin, Rosemary Extract, Citric Acid, Lecithins, Hydrated Sodium Calcium Aluminosilicate, Pyroxidine Hydrochloride, Dried Bacillus subtilis Fermentation Extract, Dried Trichoderma longibrachium Fermentation Extract, Thiamine Mononitrate, Cobalt Proteinate, Dried Rhizopus niveus Fermentation Extract, Yeast Extract, Folic Acid, Ethylenediamine Dihydrochloride, Biotin, Vitamin D3 Supplement, Cobalt Carbonate, Sodium Selenite.” [Heat Processed at the top of the list refers to roasting.]

Sample #4 and #5 both show clear ingredients listed on the labels, and you know exactly what is in the feed, with the exception of Roughage Products and Molasses Products on Sample #4. You are able to make an informed choice about your feed.

To be fair, sometimes it may be necessary to list “products” due to seasonality and availability of crops used in the feed. By having a broad-spectrum product label such as Roughage Products, the feed manufacture doesn’t need to continually change the feed label, or include ingredients which may not be present due to the lack

of availability. However, understanding the business pressures manufactures may be under, it is still vitally important to know exactly what is in the feed your horse receives, in my opinion. Your horse’s life could depend on it.

Arm yourself with knowledge. Read your labels. Learn what the feed labels mean and are saying. Don’t blindly buy food for your horse just because the packaging is pretty: Things are not always as they seem. Know what you are buying and feeding your horse. Try to buy whole foods for your horse as much as possible. Support local and regional feed companies who buy regionally produced grains and hays so that the local ground chemistry is represented in the feed. Hay from the area where I live and buy hay is low in selenium, so I am aware of needing to supplement with selenium, for example. Health begins at home and, in my opinion, good quality feed as preventative care saves a lot of money and grief later on, for you and your horse. You can “buy” good health, happiness and longevity for your horse now, or pay the consequences later.

Forages (pasture, hay, hay pellets or cubes) are already high in this mineral; therefore, supplementation is not necessary. Iron deficiency anemia is rare and too much iron can potentially lead to laminitis, as well as create an imbalance with other minerals.

Forages grown from acidic soils will be higher in iron. If you grow your own hay, or can discuss this issue with your hay provider, consider

increasing the pH of the soil through lime application. To protect your horse, have your hay analyzed and choose a vitamin/mineral supplement that does not include iron. Calculate the total iron intake in the diet; though an upper tolerable limit for all horses is 500 ppm, it should be far less for sensitive horses. Soaking hay can remove much of the iron, but will also remove other minerals. Balance iron with zinc and copper: iron should not be more than 5 times the level of zinc, and the zinc to copper ratio should range from 3:1 to 5:1.

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## How to Read the Feed Bag Label

Continued from page 17

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Compare the big-name commercial horse feeds to the ingredients lists of two smaller feed companies:

Sample #4:  
“Shelled Corn, Whole Oats, Soybean Meal, Linseed Meal, Wheat Middlings, Roughage Products, Dried Whey, Molasses Products, Yeast Culture, Monocalcium/Dicalcium Phosphate, Calcium Carbonate, Salt, Manganous Oxide, Ferrous Sulfate, Copper Sulfate, Cobalt Carbonate, Zinc Oxide, Calcium Iodate, Sodium Selenite, Vitamin A Supplement, Vitamin D3 Supplement, Vitamin E Supplement, Menadione Dimethylpyrimidinol Bisulfate, Thiamine, Riboflavin, Niacin, Calcium Pantothenate, Vitamin B-12 Supplement, Biotin, Ethoxyquin (A Preservative), Natural and Artificial Flavors.”

Sample #5:  
“Heat Processed Milo, Heat Processed Oats, Heat Processed Soybeans, Cane Molasses, Soybean Oil, Calcium Carbonate, Wheat Middlings, Monocalcium Phosphate, Dicalcium Phosphate, L-Lysine, Salt, Ground Whole Flaxseed, DL-Methi-

onine, dl-alpha Tocopheryl Acetate (source of Vitamin E activity), Zinc Proteinate, Manganese Proteinate, Copper Proteinate, Zinc Oxide, Iron (ferrous) Sulfate, Copper Sulfate, Selenium Yeast, Aspergillus oryzae Fermentation Extract, Yeast Culture, Manganese Oxide, Niacinamide, Zinc Sulfate, Dried Aspergillus niger Fermentation Extract, Dried Aspergillus oryzae Fermentation Extract, Iron Proteinate, Manganese Sulfate, Magnesium Oxide, Menadione Nicotinamide Bisulfite (source of Vitamin K Activity), Calcium Pantothenate, Riboflavin, Vitamin B-12 Supplement, Lactobacillus acidophilus Fermentation Product, Vitamin A Acetate, Mixed Tocopherols of Natural Origin, Rosemary Extract, Citric Acid, Lecithins, Hydrated Sodium Calcium Aluminosilicate, Pyroxidine Hydrochloride, Dried Bacillus subtilis Fermentation Extract, Dried Trichoderma longibrachium Fermentation Extract, Thiamine Mononitrate, Cobalt Proteinate, Dried Rhizopus niveus Fermentation Extract, Yeast Extract, Folic Acid, Ethylenediamine Dihydrochloride, Biotin, Vitamin D3 Supplement, Cobalt Carbonate, Sodium Selenite.” [Heat Processed at the top of the list refers to roasting.]

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## Dr. Getty’s Tip: Too Much Iron Can Be Detrimental to the Insulin Resistant Horse

By Juliet Getty, Ph.D.

Are you adding a supplement to your horse’s diet that contains iron? You may want to consider changing it if your horse is overweight, diagnosed with insulin resistance, or suffers from equine Cushing’s disease. Studies have shown a direct correlation between iron intake and insulin levels in the blood, making it an important factor in managing the diet for these horses.

Forages (pasture, hay, hay pellets or cubes) are already high in this mineral; therefore, supplementation is not necessary. Iron deficiency anemia is rare and too much iron can potentially lead to laminitis, as well as create an imbalance with other minerals.

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increasing the pH of the soil through lime application. To protect your horse, have your hay analyzed and choose a vitamin/mineral supplement that does not include iron. Calculate the total iron intake in the diet; though an upper tolerable limit for all horses is 500 ppm, it should be far less for sensitive horses. Soaking hay can remove much of the iron, but will also remove other minerals. Balance iron with zinc and copper: iron should not be more than 5 times the level of zinc, and the zinc to copper ratio should range from 3:1 to 5:1.

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June 15 - American Legion - Moorhead, MN  
Burger Night 5:30-7:30pm

June 20 - Wyndmere, ND - Muddin' Up for Cowboy Up  
4 Wheeler Run 11am - The Well

June 27 - McLeod, ND - Miss Cowboy Up Pageant  
12pm interviews open to the public at the Silver Prairie Saloon  
4:45 Coronation Ceremony at the McLeod Stampede

July 10 - Leonard Country Club - Leonard, ND  
Swing For A Cure Golf Tournament

August 14 - McLeod, ND  
Trail Ride, Ranch Rodeo at the Rodeo Grounds, Silent Auction & Street Dance with TBA

August 15 - McLeod, ND Trail Ride, Silent & Live Auctions & Pitchfork Fondue  
Street Dance with SILVERADO

**Cowboy Up History 2005-2015**  
3478 - Registered Riders  
\$15,000 - American Cancer Society  
\$480,855 - Roger Maris Cancer Center

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Some Kids wish To be a Cowboy  
To be a Princess  
or a Farmer To be a Chef  
Other Kids wish FOR A CURE so they can GROW UP



# Vote for Your Favorite Foal by June 20, 2015!

## 2015 Cutest Foal Contest

Vote for your favorite foal on  
Facebook.com/VENews  
or email  
your vote to:  
thevenews@gmail.com!

### Who do you choose?



Left is Starla, an AQHA Blue roan filly, owned and submitted by Susan Bush Lee near Hillsboro, N. D. Starla's sire is Commander Shadow, a homozygous black stallion owned by Buckle Performance horses. Her dam is a red roan daughter of KC Melody Man. Susan considered herself lucky to get a blue roan! She is bred for Western Pleasure and both sides are known for their quiet temperments.



Right: Eclipse from the MN Hooved Animal Rescue.

Below right: Thoroughbred filly, nicknamed Shorty, at Backhaus & Sons Ranch in N.D. Shorty is a well-bred filly with a race career ahead of her. Photographer, Katie Risdahl, is an amateur equine photographer, and horse trainer.



Left: The twin Appaloosas belong to Sylvia Jane Passow. "I do not have them named yet," Passow says. "It is one filly, one colt; the mare is also Appaloosa with thoroughbred in the fourth generation to Secretariat. They were three days old in the picture. Jessica Rasmussen took the picture."

The dam is Babe Dolls Secretary and their sire is Regal Tie Dyed at Brush Poppin Ranch in Peterson, Minn.

