

Valley Equestrian News

April 2015

*Anna Twinney
on Feedlot Foals*

*Evolving Times,
Evolving Methods*

Invisible Vaqueros

Rescued Treasures

Walking into the Unknown: Anna Twinney on Feedlot Foals, Part 2

Editor's Note: Over the past several issues, "The Valley Equestrian News" has been in conversation with internationally recognized natural horsemanship clinician, equine behaviorist, Karuna Reiki master and animal communicator, Anna Twinney, founder of Reach Out to Horses® (ROTH), www.reachouttohorses.com. We have been following the plight of PMU (Premarin®) foals, nurse mare foals, and lately, feedlot foals. Twinney conducts foal gentling clinics with the dual intention of rescuing these foals, assisting them with health needs and training to promote their adoptability, and providing the unique opportunity for her students to work with these in-need foals to better learn what it is a foal needs and how to work with them.

Briefly, PMU foals are by-products of the Premarin®

industry wherein mares are kept confined and pregnant, hooked up to urine-capture units for the estrogen-rich urine used in making the estrogen-replacement product, Premarin® (PREgnant MARE urine). Many people don't know that there are natural and dietary options to using Premarin®, a known carcinogenic product. Finding other options provides the additional benefit of saving the lives of the mares used in this industry, and their foals. The foals are born in the spring, allowed to be with the mare on pasture until first frost when they are abruptly weaned and usually shipped to a feedlot for slaughter or purchased by a rescue organization. See the January, 2015 issue of "The Valley Equestrian News," at www.theveonline.com for the complete article.

Nurse mare foals are primarily the result of seg-

ments of the racing and performance horse industries. The race or performance mare is impregnated, gives birth, and then put immediately back to work, or is shipped to a stallion to be bred back on the foal heat. Thus far, the Jockey Club has insisted on live cover only, disallowing artificial insemination (AI), which creates the need to ship the mare to the stallion. Many farms, however, allow the foal at the side of the mare. Insurance and shipping costs are also factors at issue in shipping a mare with a foal. Let us be clear:



Hermes and Major at home, March 2015.

most breeding farms keep the mare and foal together. Nurse mares are utilized at need, as when the mare dies in foaling or even rejects the foal; nurse mares are needed, when appropriate. However, the segment of the horse industry at issue here is the part that takes the "valuable" foal from its racing or performance mother and puts it with a surrogate mother, a nurse mare. Well and good, but what happens to the surrogate mare's foal? She had to

have had a really recent foal in order to provide the milk. That foal, the surrogate mare's own foal, is removed to a stall or pasture, often at days or a few weeks old, and given a bucket of milk replacer. The kicker here is that the foal usually doesn't know how to drink from a bucket, and often they don't figure it out: they are trying to nurse, to suck, and will nurse on anything they can find, another foal's ears, sheath, anything trying to find nourishment. The general attitude at many nurse mare facilities is that if the foal makes it, it makes it. So they are left to live or die on their own. Some make it, too many don't. There are rescues around the country, such as Last Chance Corral, in Athens, Ohio, www.lastchancecorral.org, who specialize in nurse mare foal rescue, but still, many don't get rescued, many don't

survive. See the complete article in the February, 2015 issue of the VEN at www.theveonline.com.

You may wonder, at a time when there are so many unwanted horses in this country alone, why should it matter that some "unwanted" foals die? It matters because they were created out of an atmosphere of over-breeding, over-production, breeding for greed. And it seems that the usual outcome of greed-driven activities on any level or format is at the cost of quality of life or the loss of life itself. It seems to be a lesson we humans don't seem to want to learn: the simple wisdom of balance. Laudably, the Jockey Club has recently requested that breeders slow down their breeding practices due to the excess number of horses in the country and in the industry.

Photos by Anna Twinney

Continued on next page

Feedlot Foals: It Takes A Village

The slaughter pipeline for race horses is another whole subject unto itself, although the Jockey Club does promote post-breeding and racing career care for retired horses, and the growth in popularity of off-track thoroughbreds (OTTBs) is considerable. And yet it is projected that there will be 22,000 registered thoroughbred foals born in 2015 alone.

What it comes down to, across the board, for horses, humans, the planet, is valuation. What do we value? Do we value life as it is, in any form? Or just our own? It doesn't seem likely that we will survive without other lives, other life forms—that's just it: other forms of life. So do we value life, even an orphan foal's life? That's the question. And how we as a species treat other species, informs greatly our own chances of survival. Does a foal's life matter?

The feedlot foal issue is about foals left at the feedlot after their mothers have been taken to slaughter. The feedlot is the last stop before horses are shipped to Canada or Mexico for slaughter. The foals may be born at the feedlot, or arrive with the mare. But they are orphaned, left to fend for themselves. They may find a willing mare to nurse from, and often a band of orphan foals will wear down a mare into letting them nurse, thereby weakening the mare. Some mares kick them away. The foals, like the nurse mare foals, will attempt to nurse from anything, other foals' ears, sheaths, whatever, look-

ing for food. Some might be old enough to have learned to eat hay. There are restrictions in place on foals under 600 lbs. being sent to slaughter. So if the foal survives separation from its mother, survives a while longer to gain 600 lbs in weight, it can only look forward to slaughter.

entage, their breed, their state of health. Twinney had previously not been aware of the existence of feedlot foals, as are many of us not aware of this situation. We tend not to think the equation through to its grim conclusion. We tend off in Part 1 with all ten of the foals in the clinic miraculously being adopted—an unusual occurrence. Twinney's husband, Vin Mancarella, a clinic participant, had adopted a little Appaloosa foal, Hermes. Another participant, Bill Pelkey, had adopted Major, who would be going home to Twinney's



Hermes first farrier visit.

The relative few who get rescued arrive with a host of problems: health, behavioral, emotional. Some fail to thrive under the best of circumstances after the multiple traumas they have been through. So why bother? There are multitudes of horses that need help. Why bother with all these orphans who are slaughter-bound? Because, in my opinion, each life matters and touches others inextricably, and life would be greatly lessened without them. Because life is enriched by having made the effort to give love where it is needed.

In the previous issue of the VEN, March 2015, we spoke with Twinney in Part 1 of her experience gentling and rescuing some feedlot foals, the experience at the clinic of what these foals needed, and the challenges in creating such a clinic. She said it was like walking into the unknown, not knowing anything about these foals: their experience, their par-

Reach Out Ranch with Hermes. The journey continues:

VEN: What a remarkable journey for these foals, from the feedlot, to the clinic, to home.

Twinney: Yeah. Sad, sad journey. I find it sad; and yes, once they're with us [at the clinic], we all come in enthusiastic, we come in with love, we come in with affection, support, nurturing. You know, we train them as gently as we can, getting as much done without over pacing them. Maybe they'd work two hours a day, maybe they'd work three hours a day, but it wouldn't be more than that, by the time I've lectured and we've had guest speakers.

Jim and Molly Campbell came out, and they did chiropractic adjustments and laser. Jim Ray came out and did some feet trimming. And Bill Pelkey

Continued on page 5



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Cutest Foal Contest

The Valley Equestrian Newspaper's 3rd Annual Cutest Foal Contest!

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Details:
•Photos must be high resolution (300 DPI) and at least 4x6 inches.
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•Photos will be printed in the June issue of the VEN
•Send your submissions to:
PO Box 64, Sabin, MN 56580 or digital copies may be sent to:
thevenews@gmail.com

Cutest Foal Contest



About the Cover

Perfect snow afforded sleighs and cutters possibly the last chance of the winter season. A lovely 30 degree day brought horseman from the Twin Cities, Grand Rapids and Bemidji, Minn. areas as well as many from Fargo, N.D. Within a week the snow was gone as temperatures increased across the state. Christy Curfman and Ley Bouchard organized the Sleigh & Cutter Festival held on March 9 at the Barn at Dunvilla near Pelican Rapids, Minn.

On the cover and above is a team of grey horses owned by Gary Peterson of Moorhead, Minn. Peterson's greys are nine years old, the left, registered quarter horse, "Peppy is Gray" and the right, "Salt," is an Arabian cross. The event was sponsored by the Red River Harness and Saddle Club, the Midwest



sota Harness Club and the "Valley Equestrian Newspaper." More photos may be found on the "Valley Equestrian Newspaper's" Facebook page and on page 6.

Photos by Jessica Nelson



Clockwise from left center: Christy Curfman and Elroy Bjorgan, Sue Lockling and Grimm, Lori Steedsman, driving Hafflingers, Nevada and Chance. Photos by Jess Nelson

What's Inside:

2: *Anna Twinney on Feedlot Foals: It Takes A Village*, by Kari Hagstrom

6: *Rescued Treasures*

7: *Let the Horse Tell You* by Charles Wilhelm

8-9: *Invisible Vaqueros: Conclusion*, by Janice Ladendorf

12: *Material Participation Test* by John Alan Cohan

14: *Obesity. The Real Cause. The Fix.* By Juliet Getty, Ph.D.

15: *Evolving Times, Evolving Methods* by Katherine Windfeather-Thompson

17: *Pasture Breeding* by Jane Greenwood

Anna Twinney on Feedlot Foals: It Takes A Village

Continued from page 3

did some acupuncture. So we truly did have this team come out for these foals that I literally put phone calls out to get. And those that could come and gave the help. That was the beauty, you know. You just go, "Hey friend, we have ten foals, they need you for laser, for immune system boosting, etc." The same with Judy Sinner, [See March issue--Sinner is a nutritional counselor and gold-level executive with Dynamite® Specialty Products, www.dynamitespecialty.com] she lives in Oregon, and I got her on the phone immediately to help the foals. The team came together for those foals. That was the phenomenal piece. How heartbreaking? It's a heartbreaking piece that the foals were picked up four days prior from the feedlot. We could have picked up more. How do you choose? It's that same thing: I've always questioned whether or not I could go to a nurse foal facility without getting too angry about the situation. Well equally as much here. I can't go to the feedlot. How do you decide? It's that "Sophie's Choice" of the movie: how do you say he comes, and she stays? I just can't do that, so this is why the team works for me.

I didn't know if it was a one-off [clinic], I didn't know if Friends of Horses was a one-off, and I wouldn't go back, or if we could even align, or how it would work. But sometimes it's about showing them the way, because the foal gentling would be very different, basically. Bill Stiffler [of Friends of Horses Rescue and Adoption, www.fohrescue.com, where the clinic was held] would tell me, "I'd like to get a halter on them in an hour." So it's a very different style. We're leading by example, coming in there taking care of nutrition and feet and laser, and taking care of the whole foal. And taking it slowly so that they're willing, and you're not forcing it on them, or trying to teach them something they really cannot comprehend and they do it wrong, wrong, wrong, until they do it right. That's not what we're doing. We go slow, but fast. We go gentle. We're leading by example, by going there.

Bill asked, "How many foal courses do you want here per year?" My answer? I can only fill the one. At this time, I can only fill one. Maybe in time I could do back-to-back foal courses. If we had 50 people wanting to sign up, maybe that could happen, I don't know. But either way, maybe it grows; maybe some of them will be at my own facility in time. Maybe, my dream and my hope and my time permitting, we'll set up a little non-profit for educational purposes

here [at Reach Out Ranch]. That would mean we could adopt the foals and keep them here until they find their homes. So there's many ideas, many things moving forward, but that's the feedlot foals: all walks of life, unknown breeds, unknown ages, and unknown sickness. You walk into the unknown with them, more than anything else, any other situation I've ever been in.

[https://www.youtube.com/user/ReachOutToHorses/videos?sort=dd&view=0&shelf_id=1] Dr. Sydney Burt came out and checked him, and she said his head's so small he's got to put the food somewhere. So does that mean he's a pony and we don't know it? Does it mean he was just bloody small and he was just a few weeks old? We don't know, but we think he was under six weeks old. She did one minor adjustment to his

teeth, and he never packed his food after that. So we know his teeth are fine; we know it's not his teeth causing him not to put on weight. We did deworm him officially at the clinic; we've naturally dewormed him since. Now the time has come in the next week or two that we're going to have a vet out and have his blood checked, just see if there's something we're missing, because when you say "rehab," what are we doing here? You're right in that sense of who knows who survives and who doesn't, as with Dakota and Phoenix [see March 2015 issue for photos and more info about Dakota and Phoenix, two tribal foals (reservation horses) where it was known that their mothers had body scores one or two and were shipped to slaughter. These two foals arrived at the clinic with body scores of two]. They were hard to rehab, because they were traumatized in another way, right? But we don't even know the trauma.



Hermes, Vin and Aria out for a walk.

VEN: It sounds like they're hard to acclimate, even more than the nurse mare foals.

Twinney: You know, I'd say different. The nurse mare foals you could compare to a point to the Premarins, some would be very gentle, some would be sick, some would be fearful and skittish. And this was no different. We had little Fawn who was very gentle, we had Dakota and Phoenix with the glazed eyes, we had Major all spooky. Hermes was supposed to be spooky, but I think he got sick there, and when he got sick either he got gentled-down or he's still not a hundred percent now. He was packing his food, and that meant that we could see a big lump on the side of his face. And I got the dentist in as soon as he got home here; I got a natural dentist in. Usually you don't check foals' teeth, because their jaw is so small and many other reasons. It's on YouTube, [on the Reach Out to Horses channel, watch "Hermes' first trip to the dentist," "Bill Pelkey on acupuncture points," and other videos under Foal Gentling at www.youtube.com] with several other clips available from the clinic there-after.

With the nurse foals, you can go, OK, mum was ripped away, there's your trauma. We don't know with these tribal horses. What was the trauma? Were you abused? Were you starved? Obviously you were starved. Your mum got ripped from you, how did you take that? The same for Hermes: he

Continued on page 11

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Reader's Letters

Dear Editor,

I have thoroughly enjoyed "The Valley Equestrian News" articles written by author Janice Ladendorf. Ms. Ladendorf's article explaining equine behavior was interesting and relevant to me. I have a medical background and found the anatomical comparison of the equine brain to the human brain fascinating. The author uses the structure of the horse's brain as well as her training techniques of kindness and gentleness in her approach in the emotional development and training of young horses.

Ms. Ladendorf is currently writing a series of articles titled, "The Invisible Vaqueros." Each month I look forward to seeing what the "Vaqueros" are up to now. My husband's family has a ranch in Montana that still has cattle and even a few cowboys. The next time I'm in Montana I'll be sharing these articles with the modern day "Vaqueros"! The illustrations by Jo Mora are a special addition to the articles and further help to tell the story.

Even though my experience with horses is limited, I find "The Valley Equestrian News" to be both educational as well as entertaining. It has made me look at and think about horses in a whole new way.

Thank you,

Susan Bryan, Eagan, Minn.

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Veterinarian Teaching Hospital for a complete physical and lameness examination. He passed and is considered totally sound. Please contact Bill Stiffler at Friends of Horses for more information and adoption fees.

Friends of Horses Rescue and Adoption, Centennial, Colo., 303-649-1155, whstiffler@msn.com, or go to www.fohrescue.com.

Silver

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Fareed



Jeff Claypool, left and Jim Thomason, right, drive in the Sleigh & Cutter Festival near Pelican Rapids, Minn. March 9.

More photos and information on page 4.



Photos by Jess Nelson

Charles Wilhelm: Ultimate Foundation Training Let the Horse Tell You

After reading my article on natural horsemanship and the use of pressure and release, I received some good comments from an individual who works with mustangs up in the Shasta area. She suggested that we look at letting go of the pressure and take more time working with each horse. Taking the time to allow a horse to let you know when you can move onto the next step in training ensures that the horse is ready. When a horse is quiet and accepting of the lesson, we know we can go on to the next level of training. This approach works much better than pushing a horse and forcing it to accept something new before the previous lesson is solid and the horse is consistent in response to the cue. I really believe this and my reader does too.

She works with the horses at liberty, using only her voice, eyes and hands. This is only my personal opinion, but I have worked with a lot of mustangs and many types of domesticated horses, and I believe that all horses are individuals. All horses have the flight or fight instinct, some more than others. I once had a thoroughbred come in for training and that horse had an incredible flight instinct. When I first walked quietly into the 60-foot round pen with her, she began to race around at 90 miles an hour. There was no danger of the horse hurting herself but if I had brought in a lunge whip or other piece of equipment, the horse might have run through the rails and injured herself. The emotional level of each horse dictates how much pressure the horse can tolerate and must be evaluated early in the training.

When my reader is working with her mustangs, she has had a better response working without pressure or the standard training equipment (halters, lead ropes).

I worked once with a group starting mustangs at the Wild Horse and Burro Expo in Reno, Nev. I emphasize that we were only starting

these mustangs. They had two mustangs in separate round pens. One was a little red roan that had enough curiosity that when I walked up to the round pen, she actually came up to me. Once she started moving forward, I backed away and took the pressure off her and let her know that she was doing the right thing. Though I could reach through the rails and touch her head, had I been in the pen she would have struck out or tried to bite me. Her reaction to pressure was much more fight than flight. The other mustang was a two-year-old grey. When my focus was on the grey, just looking at her from about 75 feet away, she started snorting and moving away. She had a high flight instinct and reacted to the pressure by moving off.

When you work with horses you are always working with pressure and release as that is how a horse learns. We can see that dynamic at work when a new horse

is introduced into a herd. There is always a lead horse and that horse will apply as much pressure as needed to the new horse to exert his or her authority. This pressure will escalate from a look to swinging the hind quarters around and onto a kick or a bite. Once the new horse moves off, the pressure is released. The escalation of the pressure to change behavior is a natural behavior and we utilize that same concept in training.

When you look at a horse, you are exerting a form of pressure with your body language, just as the lead horse does. Some horses, such as the thoroughbred and the mustang I worked up in Reno, have extreme reactions. I was working the mustang in a 45-foot round pen and I'll admit, I would have liked to have been in a 60-foot pen. She didn't run into the fence and I allowed her to move around the round pen at whatever speed she wanted. If I had tried to block her and slow her, she would probably have run into the fence, tried to jump over the side of the pen, or she would have run over me. I stayed as quiet as possible, letting her continue to move around and in about 20 minutes I could see her drop from a frantic canter to a quiet canter and then to a trot. Once she was moving at a trot, with nothing in my hands, I went out ahead of her and suggested that she change directions. She told me by her behavior that I could move on with the training.

Two things you can take to the bank, one — pressure and release does work with all horses and, two — if you control a horse's feet, you control the mind. My reader suggested that you can do this out in the pasture and I agree. It will take more time but you can do it. I have worked in a round pen or

large corral and been able to teach horses to turn and face me and have eventually been able to put a halter on for the first time. It is not the size of the enclosure but what we do. Once you step into a round pen or a pasture with a horse as sensitive as a mustang, you are exerting a form of pressure. I have worked with domestic horses that panicked at the sound of a plastic bag being rattled. I worked with one horse whose reaction was so strong that I had to start at the far end of the arena which is about 80 feet long. I work with a plastic bag to sack out a horse to teach the horse to deal with the pressure of different, scary objects and the unexpected. Sacking a horse out with a plastic bag and a tarp makes a horse much safer on the trail where the unexpected can always occur.

There has to be a point in time when a horse that will be ridden must submit to equipment. With the grey mustang I worked up in Reno, on the first day I could only take hold of the lead rope attached to her halter. By the second session I taught her to lunge and stop her feet using the lead rope and halter. It took some time and it took some trust on her part but the escalation of pressure was in increments. In other words, I started with her moving away from me when I looked at her from 75 feet away. By the end of the first session I could reach the lead rope and start teaching her to yield to the pressure of something around her face. By the end of the second session I could drag a tarp around her and yes, she exhibited some flight instinct but she did not bolt.

I've had many horses in training who are considered problems, but I don't necessarily think of them as problems but as horses who have never had their emotional levels dealt with. Some horses do really well

in the arena but when they get out on the trail and something unexpected happens they bolt or buck. The unexpected object or occurrence causes more pressure than anyone has dealt with, and the horse can't handle it. The owner and the horse are not safe because the horse has not had the opportunity to learn to accept more pressure. Training must be in increments and the horse must be ready to accept the next level before something new is started.

I think everyone who successfully works with horses has an approach that works for them. I think the use of too much pressure can be cruel and abusive. You always need to think about what is best for the horse. We also need to think about who we are training the horse for. When I am training a horse for a client, I must consider the client's skill level. I always think about what the client needs to be able to ride that horse, not just what I would need. I have a limited amount of time and the lessons must be solid. Also, there is sometimes a tendency to train a horse to respond only to us and not to other humans. Most of my clients are women and sometimes they have children who will run up to the horses. If the horses haven't had to learn to deal with this kind of pressure, a child could get hurt. The same is true with dogs. We have several dogs on the property, including a Jack Russell terrier, and the horses learn to deal with them. Farriers and vets love to come to this barn because the horses are always quiet and respectful.

Keep these things in mind as you work with your horse and remember that all horses are different and they have different levels of the fight/flight instinct. We need to work with each horse's individual personality.

Charles Wilhelm

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THE INVISIBLE VAQUEROS: PART 6 - CONCLUSION

By Janice Ladendorf

All domestic cattle are descended from the auroch. Compared to modern cattle, aurochs were large, agile, fierce, and dangerous. By 10,000 B.C., Neolithic man had begun the process of taming them. They used cattle for meat, tallow, and hides. Humans soon began selecting cattle for more do-

bull. This ancient breed had inherited the fierce temperament of the auroch and had been bred for aggressiveness.

The tools and techniques for handling cattle depend on two factors. One is their intended use. The farming, nomadic, and ranching life styles have different requirements. Farming needs tame, docile cows who can

animals who may graze on large pastures or open range and have little contact with humans.

The second factor is the physical environment. The New England Puritans had to learn to provide shelter and feed to their animals in their severe winters. The Carolina Crackers had unlimited timber available to build homes and pens

Spanish bloodlines as did the Mexican cowponies. In Texas, they encountered both the southern brush country and open ranges where timber was hard to find. To deal with these new environments, they had to borrow tools and techniques from the Mexican vaqueros.

As a result of the Moorish conquest, ranching began in Spain and followed the Conquistadors to the New World. In northern Mexico and southern Texas, they found land similar to what they had utilized in Spain. Ranching in Mexico was based on the hacienda system and selected peons were trained to be vaqueros. They invented sombreros, chaps, the Western saddle, ropes that could spin, and new tools for producing highly trained horses. They

enjoyed demonstrating their skills in contests at their fiestas.

In the early 1800s, Americans began moving into Texas where they collided with Mexican haciendas. In our Southern states, they had used the ranching style to raise beef cattle, but in heavily wooded areas. In Texas, they encountered a new type of cattle. To survive, the Mexican cattle had turned into the ferocious longhorns. Those who handled them faced the same challenges as those who had tamed the auroch. This breed of cattle was large, tough, and extremely dangerous. They used their long horns like lances to attack each other, humans, and predators. They attacked humans on foot and even men on horseback were not entirely safe from them. The

drawing by Jo Mora shows a feisty bull sinking one horn into the belly of the vaquero's horse. The vaqueros accepted these dangers, but the cowboys soon began killing off the more aggressive bulls.

Since cattle had been so long domesticated, the Mexican vaqueros and the Americans who would become cowboys could draw on what their European ancestors had learned about handling cattle. For many centuries, Europeans had known about branding, roping from the ground, and driving herds of cattle for long distances. The Americans soon adopted the tools used by the vaqueros and learned how to use them. They did not begin calling themselves cowboys

Continued on next page

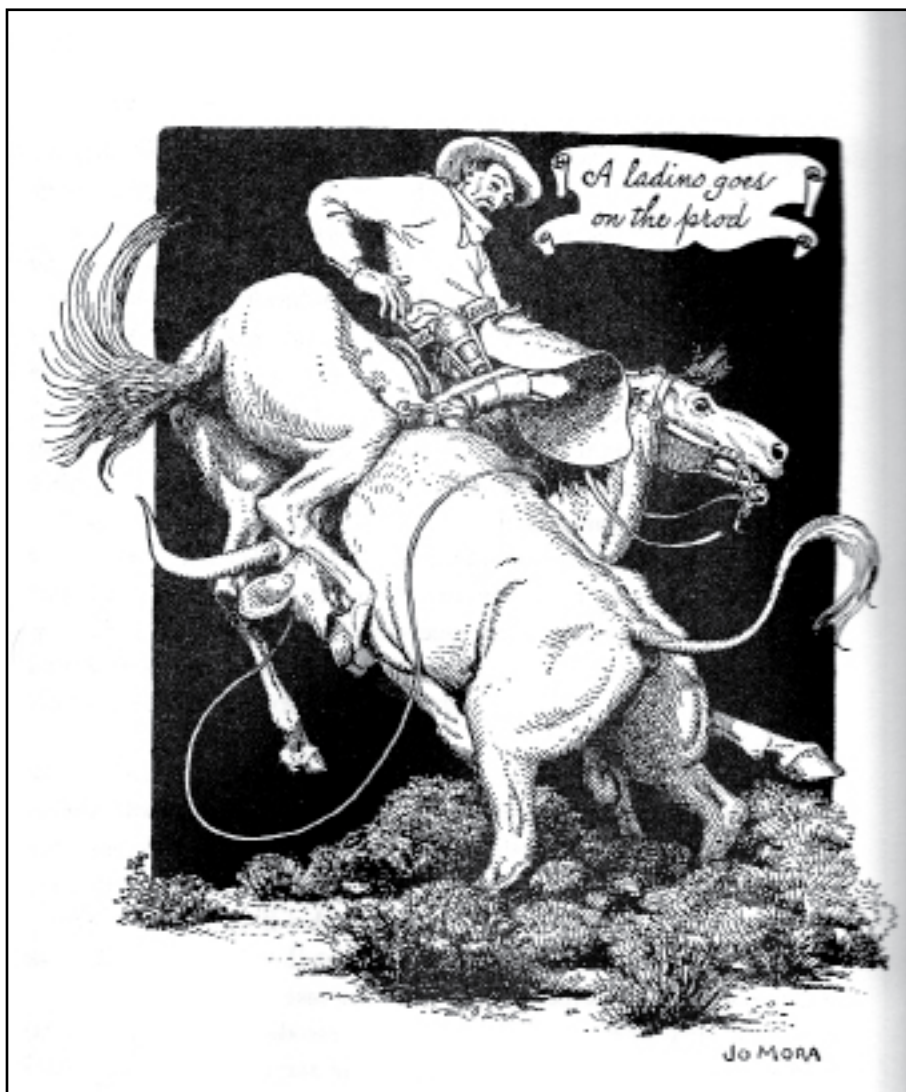


Illustration by Jo Mora

cility and smaller sizes. Four or five thousand years were needed to breed cattle who could be used for dairying and draft work. When the Spanish came to the New World, they brought three breeds of cattle with them. One was the Iberian fighting

be milked every day and castrated bulls who can be used for draft work. Nomads use cattle for meat, milk, and other products. As they migrate, they must be able to drive their herds with them. Ranching focuses on meat

for their animals. When they moved on to what would become Texas; they brought their Chickasaw horses and bulldogging dogs with them. Their Chickasaw horses came from the same

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THE INVISIBLE VAQUEROS: PART 6 - CONCLUSION

Continued from page 8

until about 1870. Cowboy culture modified some of the vaquero traditions and invented new equipment, such as the double-rigged saddle and the chuck wagon.

To this day, ranching and cowboy vocabulary shows

clothes. The drawing by Jo Mora shows what happened when angora chaps went the limit.

The day of the working vaquero or cowboy is almost gone, but the skills of the vaqueros are still used competitively in both Mexico

and has both practiced and studied vaquero horsemanship. He and his wife, Jane Greenwood, raise fine Spanish mustangs. They helped me find, tame, and train my own Spanish mustang. They are both part of his story, as told in "A Marvelous Mustang."

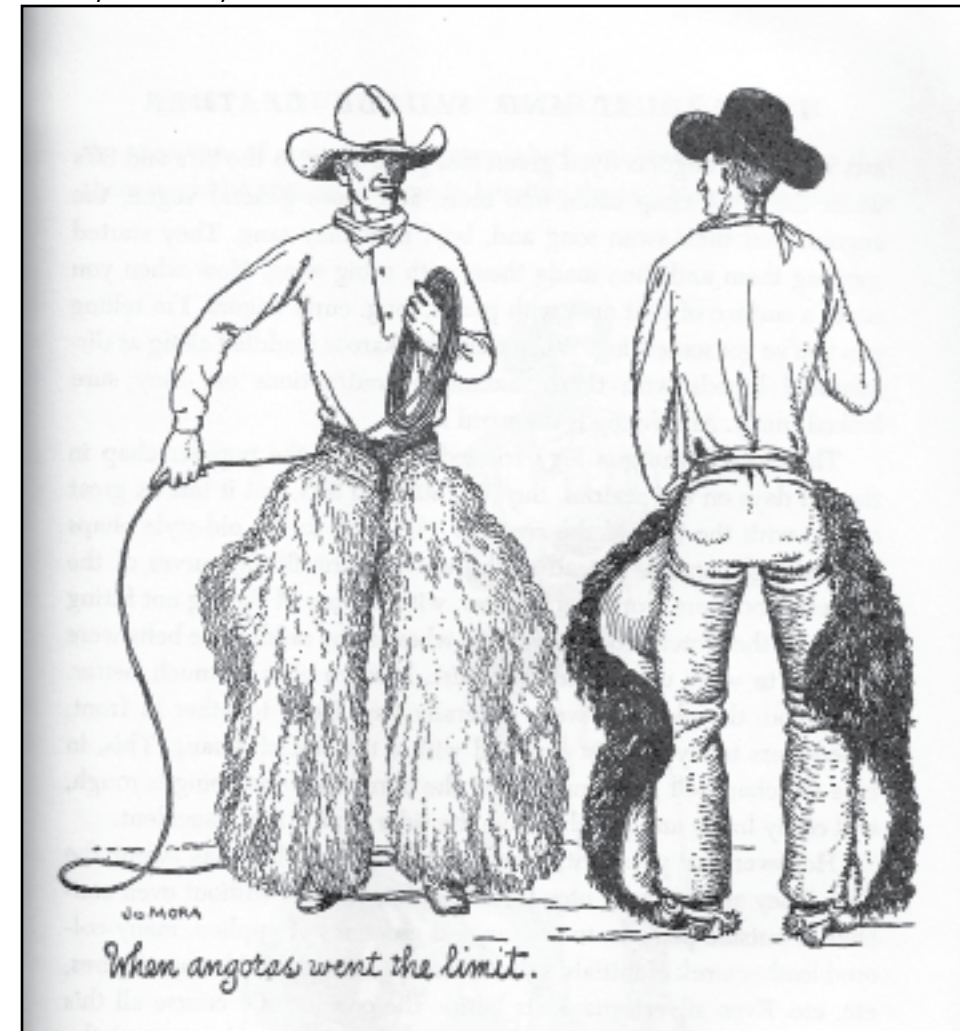


Illustration by Jo Mora

the influence of many Spanish words. Some words, like adobe, bandana, corral, hombre, loco, poncho, and tamale, came right over to English. When English pronunciation was applied to some Spanish words, they turned into new words. For example, vaquero turned into buckaroo and fiador turned into theodore. Other words, like cavy, dally, chaps, and mustang derive from Spanish words. Fashions came and went in techniques, tools, and

and the United States.

Acknowledgements:

The two drawings are used with the permission of the Jo Mora Trust, www.jomora-trust.com.

As I researched and wrote these articles, Wes Thomsen provided invaluable assistance. He not only loaned me books, he answered endless questions. Wes grew up on a ranch in Idaho

also wish to thank Peter Hiller for giving me permission to use some of Jo Mora's delightful drawings to illustrate my articles.

Joseph Jacinto Mora: A Short Biography

Jo Mora was a talented artist who lived a life full of adventure. As a young man, he acquired the skills of a working cowboy or vaquero. He was born in Uruguay in 1876, but his family moved to the United States a year later. He grew up in New Jersey and Boston. His father told him many stories about the South American gauchos. He gave his son an excellent education, but the lure of the Old West was too much for him. After a conflict with his publisher in 1903, he abandoned a promising career as an illustrator and cartoonist. He went West and never again lived on the East Coast.

When he took a job on John Donahue's ranch in California, he encountered several middle-aged California vaqueros whose skills impressed him. They introduced him to vaquero horsemanship. Since he was fluent in

Spanish, they enjoyed teaching him and telling him stories of their lives and ancestors. In his book, "Californios: The Saga of the Hard-Riding Vaqueros, America's First Cowboys," he states the vaqueros gave the original American cowboy the skills and equipment he needed to handle Spanish cattle on the Southwestern ranges.

After Mora discovered the camera, he spent three years with the Hopi Indians. His photographs of their lives are in the Smithsonian collections. Wherever he went, he kept notes and drawings in a diary. He described some of his adventures in his book, "Trail Dust and Saddle Leather." This book is also a compendium of information about the lifestyle, skills, and tools of the American cowboy. The many drawings in this book and "Californios" breathe reality.

He applied his talents and knowledge to many forms of art. He produced drawings, paintings, sculptures, murals, animated maps, and historically accurate dioramas. In 1907, he married Grace Alma Needham, the daughter of a pioneer family. He was devoted to his family, but especially close to his son, Joseph Needham Mora. He often wrote notes and letters to his family illustrated with cartoons and sketches. The legendary family hero, a brave rabbit, stars in his first children's story, "Budgee Budgee Cottontail." He died in 1949, just three weeks after he finished "Californios."

Resource: Mitchell, Stephen. Jo Mora, "Renaissance Man of the West." Ketchum, Idaho, Stoecklein Publishing, 1994.

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**Feedlot Foals:
 It Takes A Village**

Continued from page 5

got just so gentle because he doesn't see any value in people? Is that what it is? That his life was turned upside down and he's just allowing it to happen to him, that he's not engaging? Vin does amazing. He spends and hour and a half cleaning stalls and feeding them and watering, everyday: one and half hours out there with the two foals. We don't want to over handle them, so we don't work with them, we take care of them. We want them to be foals. That means they have two and a half acres, and when the big horses come around, they clack to them every time. They can't go out with the big horses, just in case they get injured. They can't be out 24/7, because of coyotes, so they have to be in at night, so their lives are saved. So there's a lot of management around these two foals.

With that, yes, you're not just rehabbing physical, you're rehabbing mental and emotional; and that's what we did on the course, we did acupuncture points for physical as well as emotional, mental. We did the Release™ spray [a Dynamite® Specialty product], which was the mental, emotional and physical, and we did Reiki. You'll see students [in the YouTube videos] doing Reiki on these horses; they're not doing Reiki on Hermes, we still offer it. There's this thing of you can certainly offer, but they have to come around in their own time, they have to choose if the eyes are going to sparkle. We can help, we can suggest, we can support. We can't make them, we can't force them. It has to be in their own time.

VEN: So the foals go through a fair amount of soul damage? And there's maybe some "failure to thrive" that sets in after all those multiple traumas?

Twinney: I think that too, Kari. I see photos of Sasha [another foal at the clinic] and Christina [his adopter], and he looks chunky and happy. I saw photos of Orion [also from the clinic] and he was rearing. Hermes doesn't do any of that. The thing is, you get the foal that needs to be in your care. Orion had major skin issues, so Clea [his adopter] was taking care of that. And this is the other thing; Clea took him with the issues. Everybody took these foals with issues. They all took them knowing they needed special attention, special care, special feed. Everybody took them; knowing this just wasn't just having a mustang foal that you could turn out and go, "See you in a year." No, these guys needed attention twice a day, and everybody did it. It's huge.

VEN: So going forward, it doesn't sound like people going to feedlots and adopting foals will be just a run of the mill kind of thing that you could recommend for just everyone. It seems that awareness is one part of the solu-

Continued on page 13

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9:00 St. Paul Mounted Police AgStar Arena	9:00 St. Paul Mounted Police AgStar Arena	9:30 Stallion Presentations AgStar Arena
9:45 Craig Cameron Coliseum	9:30 Well Balanced Horse AgStar Arena	10:00 Mounted Shooting Coliseum
10:00 Clicker Training in Action AgStar Arena	9:45 Mounted Shooting Coliseum	10:00 Equine Dentistry Principles DNR South
10:00 Polo Basics Explained DNR South	10:00 Polo Basics Explained DNR South	10:00 St. Paul Mounted Police Round Pen
10:00 Draft Harnessing Round Pen	10:00 Draft Harnessing Round Pen	10:00 Nikota Horse History DNR East
10:55 Pat Parelli Coliseum	10:00 Surviving as a Stable Owner DNR East	11:00 Craig Cameron Coliseum
11:00 Movement/Fitness Exercises AgStar Arena	10:30 Craig Cameron AgStar Arena	11:00 Teach Enjoying Not Tolerating AgStar Arena
11:00 Equine Emergencies DNR South	10:55 Pat Parelli Coliseum	11:00 Polo Basics Explained DNR South
11:00 Wonderful Donkeys/Mules Round Pen	11:00 Rehabilitation Using Horses DNR South	11:00 Body Condition Scoring Round Pen
11:00 Equine Chiropractic DNR East	11:30 Western Dressage AgStar Arena	11:00 Surviving as a Stable Owner DNR East
12:00 Parade of Breeds Coliseum	12:00 Parade of Breeds Coliseum	12:00 Parade of Breeds Coliseum
12:00 Creating a Willing Partner AgStar Arena	12:00 Estimating Bodyweight DNR South	12:00 Conditioning During Downtime AgStar Arena
12:00 Rehabilitation Using Horses DNR South	12:00 Producing Balanced Hooves DNR East	12:00 Essential Oils for Horse/Human DNR South
12:00 Trimming Demo Round Pen	12:00 Equine Chiropractic Adjustments Round Pen	12:00 "Being" with your Horse Round Pen
1:00 MN vs. WI Polo Match! Coliseum	12:30 Effortless Transitions AgStar Arena	1:00 Cutting Horse Demo Coliseum
1:00 Q & A with Craig Cameron DNR South	1:00 MN vs. WI Polo Match! Coliseum	1:00 Free Jumping to Build Confidence AgStar Arena
1:00 Body Condition Scoring Round Pen	1:00 Q & A with Craig Cameron DNR South	1:00 Feeding Horses - Keep It Simple DNR South
1:00 Producing Balanced Hooves DNR East	1:00 Body Condition Scoring Round Pen	1:00 Maintaining Balanced Hooves DNR East
1:30 Draft Teams & Equipment AgStar Arena	1:30 Draft Teams & Equipment AgStar Arena	2:00 Craig Cameron AgStar Arena
2:00 Pat Parelli Coliseum	2:00 Pat Parelli Coliseum	2:00 Rehabilitation Using Horses DNR South
2:00 Is Your Horse Overweight? DNR South	2:00 Essential Oils DNR South	2:00 Trimming Demo Round Pen
2:00 Equine Dentistry Principles DNR East	2:00 Nikola Horse History DNR East	3:00 PRCA Rodeo Coliseum
3:00 Establishing a Pasture DNR South	3:00 Establishing a Horse Pasture DNR South	3:00 Cross Training for Dressage AgStar Arena
3:00 "Being" with your Horse Round Pen	3:00 "Being" with your Horse Round Pen	3:00 Changing Face of Horse Training DNR South
3:00 Common Hoof Ailments DNR East	3:00 Common Hoof Ailments DNR East	3:00 Equine Chiropractic Adjustments Round Pen
3:00 Breed Demonstrations Coliseum	3:15 Breed Demonstrations Coliseum	4:00 Parade of Expo Horses down Judson Avenue
3:30 Craig Cameron AgStar Arena	3:30 Craig Cameron AgStar Arena	
4:00 Discover Positive Reinforcement DNR South	4:00 Why Your Horse Does ... DNR South	
4:00 Equine Chiropractic Adjustments Round Pen	4:00 Trimming Demo Round Pen	
5:00 Surviving as a Stable Owner DNR East	4:00 Equine Chiropractic DNR East	
5:00 Supremely Supple Horses AgStar Arena	5:00 Schooling vs. Conditioning AgStar Arena	
5:00 Essential Oils DNR South	5:00 Grant & Scholarship Info DNR East	
6:00 Stallion Presentations AgStar Arena	6:00 Stallion Presentations AgStar Arena	
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The Material Participation Test Can Trick Taxpayers

By John Alan Cohan, Attorney at Law

Often enough taxpayers who are audited in connection with their farming or livestock activities are questioned on the issue known in the tax law as the "material participation test." Under this legal test, you are permitted to deduct losses against outside salary and wages only if, among other things, you "materially participate" in the activity. Many duties, such as training of animals, showing of show horses and racing of race horses, are delegated to qualified experts, and sometimes the IRS will question the validity of your own participation in decision making, in an effort to say you have failed to meet the material participation test.

This usually happens in the context of ventures that involve a partnership or joint venture. For instance, Joseph Machado of Long Beach, California, entered into the LB Partnership with four other partners to purchase a broodmare named La Barbara. One partner was the managing partner, and was responsible for maintaining the books and records of the partnership and for paying all expenses. The partnership made decisions by majority vote of all six partners. The broodmare was bred to a number of stallions, but the partnership generated losses over a period of seven years.

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

This case illustrates the importance of obtaining advance legal guidance whenever you enter into a partnership if you intend to write off possible losses against nonpassive income sources. The material participation test is something you must plan on meeting and complying with, and is not something to be treated lightly. As a general rule, a taxpayer will be regarded as materially participating in a partnership if he is involved in the operation of the activity on a "regular, continuous, and substantial" basis.

What does that mean? A threshold requirement for meeting this test is that the taxpayer has participated in the activity for more than 100 hours during each taxable year. A taxpayer can establish the extent of his participation by any reasonable means including "the identification of services performed over a period of time and the approximate number

of hours spent performing such services during such period, based on appointment books, calendars, or narrative summaries." But in the case of Mr. Machado, the only evidence he presented at trial regarding participation in the partnership was his uncorroborated testimony that he spent hundreds of hours researching potential stallions to breed with La Barbara, and a calendar log that reflected 15 entries for phone calls he made relating to the partnership. Even with that meager evidence, the number of hours shown was less than 100 hours per year.

The kind of activities that a taxpayer should be able to document during each year may include the following: consulting with advisers, other breeders and veterinarians, attending horse shows, horse sales, or races, seeing horses being worked, keeping business records, discussing matters with one's spouse and other partners, implementing or formulating business plans and revising them, reviewing finances, making cost projections, making disbursements, speaking with vendors on the telephone or in person, talking to potential customers, grooming horses and tending to the physical labor that is part of proper animal husbandry, and performing other tasks and decision-making functions. But it is imperative that records be kept to reflect the number of hours involved, and the number must be 100 or more hours per year.

In my opinion, the material participation test does not apply to ordinary stallion syndications, which are not partnerships in the technical sense, but instead are co-ownership entities where each owner has a fractional interest in the stallion. Still, the IRS has been known to challenge taxpayers on the material participation test in these contexts. I think part of the reason is that some

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A SYMBOL HELPS US UNDERSTAND EASTER
It was then we knew that a 5:21 a.m. start Was strategically planned specifically to impart An awe-inspiring milestone to carry through life. The event was moving, it was impressive, it was rife With emotion. The sun rose directly, over the sign. The Hollywood Bowl was built, facing east, in direct line So that in rapt attention, we could view the risen sun; And find an Easter connection to God's Risen Son.

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revenue agents are confused as to the application of this provision of tax law.

It is important to keep in mind that the material participation test is supplemental to the overall IRS Regulations concerning the objective intention to make a profit. Even if you can prove material participation in a horse activity, the IRS could still find the venture was merely a hobby by arguing that you do not have the overall intention to be engaged in a trade or business for profit or that there are other elements, such as recreation, lack of reliance on experts, or insufficient showing of the

amount of time expended in the venture—to satisfy IRS Regulations on the subject.

John Alan Cohan is a lawyer who has served the horse industry since 1981. He serves clients in all 50 states, and can be reached at: (310) 278-0203 or by e-mail at johnalancohan@aol.com. His website is www.JohnAlanCohan.com.

Anna Twinney on Feedlot Foals: It Takes A Village

tion, and not letting the foals slip through the cracks.

Twinney: I think the answer lies in the law. I mean, where is the law in this? Just think, at the feedlot, it's allowable to ship a mare and leave the foal to fend for himself without the mother and the milk. That foal's going to die. So where's the law on that? I guess that's what I don't understand. There are laws for every thing. Every thing has a law, right? You can't ship everybody to the feedlot, like somebody that's had drugs, and all that. There are rules in place about who can go to feedlots and who can't. So where's the law protecting the mare and foal, and where's the law protecting the foal? I think the answer lies in the law. And I'm not saying it's not about other areas, where there are the laws for when children are abandoned on doorsteps or given up for adoption. I get it. It's every aspect of life, I get this. But I'm not focusing on cows and babies right now, I'm focusing on foals. That's it. So here's one area that hasn't been addressed. I honestly believe that it's in the law; there needs to be a regulation passed, so that [this sort of thing] doesn't happen.



Concerned filly gets used to Laurent Nicault at the foal clinic.

Appy; at least you know a bit of background. You know nothing on these guys.

VEN: Yeah. And the behavior's got to be completely different.

Twinney: Yeah, you know what we didn't get? We didn't get the sucking of the sheath and the ears, didn't get that like in the nurse foals. We had ten of different ages, so we didn't have a hierarchy of the herd, because they were, we think, nine months to twelve months, and then maybe four weeks old. So we had them all thrown together, totally like orphan foals. There wasn't the pinpoint behavior of some sucking going on, or the head being buried in the bucket. There was one, bless her, she got defensive and pinned her ears. I have to train my students: You don't reprimand her, she's a baby. She's pinning her ears out of fear, don't scold her for it. That's my attitude. And they've [the students] got to learn that. We've got a great picture of one of them pinning her ears at Laurent [Nicault], and his face is like, "What have I done?" He's looking at me, basically taking it personally, and he hasn't done anything. He's just standing there and she's upset, and she's a baby, so don't reprimand her. And then

Continued from page 11 he has to relearn that to realize she's not a horse, she's a baby. It's no different from your two-year-old at home; you treat them differently than your 14-year-old,

environment, I don't want to get obsessive on it, and I want you to have your own time, I don't want to force you to have a spark of the eye. I want to observe it and be there." And yeah, change that mindset around it all. It's big.

VEN: It is. It's huge, and it's not something everybody's going to think of to allow that space for him to grow into if he chooses. That's what I really like about your work, is that you offer choice, all the time.

Twinney: Last week I went out with them, just to hang with them. I haven't even done that; I've taken care of them, or led them around because I wanted them to see the property. I've done things with them, and this was just not doing anything with them, just hanging, which was really nice. And I will offer the Reiki, and Hermes has started to decline it. He didn't always decline it. The first week we met him he took a ton of it, so he's definitely going through different phases, and right now when I've offered, he's said no.

for example. So there was a lot of that on the behavior front. You'll get a good feel for it on those You Tube clips; they're about two, three minutes apiece.

You'll see how little Hermes is on those videos. All things considered, he is growing, and I think he'll shoot up at some point. I was worried about him. Phoenix died, and I'm looking at it to go: Hermes has got to make a decision whether he wants to stay or not. All we can do is the best we can do, and then say, "It's your decision." And he's here, you know, he's here.

VEN: He's giving it a chance anyway.

Twinney: Even flipping the mindset, first it was "What else do we do, what else do we do, what else do we do?" And then you're watching. Everyday, I'm watching him: Does he look OK today? Is his fur shiny? He's not putting on weight, but he's eating, maybe not putting on muscles. Maybe the hocks are getting better. Constantly watching him. But I don't want him to feel that, that all I do is go out and examine him every time I go out, cause then he'd have a complex. This thing of changing the mindset, is to go to "I will do all I can, I will create the

things on the radio and on the TV, and stuff like that; I haven't seen anybody talk about feedlot foals. And you have rescues, and the rescues talk about the Premarin and the nurse foals. Nobody's talked about feedlot foals. That doesn't mean it hasn't happened, but I haven't seen anything about feedlot foals. Yours may be the first publication putting something out there, I don't know. Never read it, seen it.

VEN: For me, it's always the question: First there's the awareness, then where do you go with that? If you're just an average horseperson, where do you go with that awareness of these situations? These horses have special requirements, special needs, they require special training. How can you really help on a significant, impactful level?

Twinney: There's a little void, here though with the foals, just the tad of a void. And guess what? So I did my horsemanship webinar last Thursday, sit down

Continued on page 16

I'm sort of waiting for him to do another turn around. I think he will. It's helped, because I compare him to Snow [a nurse mare foal, see the Feb. 2015 issue of the VEN at www.theveonline.com for photos and story] a little bit. Snow looked so awful, and Bonnie nursed him back to full health. And I look at Snow, and Hermes was probably his size, and now he's a big bugger. So I still don't know if he's going to be a pony or a 16-hand horse. Don't know that, I can't tell. But I'm just watching him.

The thing with these feedlot foals is exactly this: Nobody knows. Nobody knows. And it doesn't feel like enough people are taking action. And this is a topic. I get all the natural magazines, I get all of that, I notice

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Obesity. The Real Cause. The Real Fix.

by Juliet M. Getty, Ph.D.

Obesity is an epidemic problem with domesticated horses. Although we most easily attribute the problem to overfeeding concentrates combined with too little exercise, the underlying cause is much less apparent. It has to do with the horse's brain and his response to stress -- a chronic low-grade, inflammatory stress.

Stress tells the horse that he is not safe

Discomfort, from any source, induces a biochemical response in the brain that triggers the horse to do whatever he can to survive. Research with a variety of species has repeatedly shown[i] that stress tells the body to hold on to fat; the chemical changes that occur are similar to those produced during a famine. This is based on a primitive need to feel safe. Therefore, stress "tricks" the horse's body into gaining weight just to survive.

Stress can come from many sources -- stall confinement, isolation from buddies, sleep deprivation, change in environment, travel to strange locations, excessive training and performing, pain and illness, exposure to toxins, and the most stressful of all -- not being allowed to graze on forage at all times. Forage restriction is incredibly stressful.[ii] Putting the horse on a "diet" by limiting the amount of hay he can have will create a chain of chemical reactions that prevent the very outcome the "diet" was meant to ensure. Let's look at more specifics...

Stress, cortisol, insulin, and leptin

Stress causes the adrenal gland to release the hormone cortisol. Cortisol tells the tissues to ignore insulin's attempts to get

glucose into the cells.[iii] So insulin increases to try to overcome this, but not very successfully. When insulin is elevated, the cells hold on to body fat. And when body fat increases, it releases a hormone called leptin. Normally, leptin is a good thing, but not in this case.

The brain can become resistant to leptin. Under normal circumstances, leptin (secreted from fat tissue), goes to the satiety center in the hypothalamus portion of the brain to tell it that the horse has had enough to eat and is satisfied.[iv] This is the body's way of maintaining normal weight: fat increases, leptin rises, the brain says the body has had enough to eat, and weight comes down.

The excess body fat of obese horses promotes inflammation through its secretion of substances known as cytokines. [v] Cytokines can damage the areas within the hypothalamus that recognize leptin.[vi] Leptin is high, but the brain is not responding to it. The result? The appetite does not decrease; instead the horse keeps on eating, getting more obese, producing more cytokines, increasing inflammatory damage to the hypothalamus, resulting in greater leptin resistance.

Perhaps you've had your horse's cortisol level checked and it is normal. You assume that stress is therefore not an issue. But this can lead to

a false assumption. Cortisol can actually be elevated inside the cell and not in the bloodstream, due to the overexpression of an enzyme called 11-beta-hydroxysteroid-dehydrogenase-1, present in fat, liver and brain cells that produces active cortisol. This has been shown in several species, including horses.[vii] and leads to the vicious cycle resulting in hypothalamic damage.

The over-use of thyroid medication

Elevated cortisol can reduce T4 levels leading one to believe that thyroid medication is necessary. But reduced T4 under this circumstance is not an indication that the thyroid gland is underactive, nor is it an indication that more thyroid medication is needed to help the horse lose weight. Furthermore, adding T4

to the diet will not do any good if the horse is stressed, simply because excess cortisol interferes with the conversion of T4 to T3, the active hormonal form.

Horses with a history of long-term forage restriction

Some horses have suffered from forage restriction for so many years that their metabolic rate has become severely impaired. For these, modest, short-term weight gain can be a consequence of free-choice feeding. Be patient. The transition can take several months. Allow your horse time to become accustomed--both physically and psychologically--to this new way of eating. Healthy weight loss takes time. When fed following the steps outlined below, the large majority of horses, even those grossly overweight, will adjust, lose weight and in time, arrive at a healthy body condition.

Is your horse leptin resistant?

The leptin resistant horse will, first and foremost, have excess body fat. His appetite will seem insatiable and he will rarely lift his head from eating. His metabolic rate is sluggish, causing him to pack on the pounds very easily. He is reluctant to move and his energy level is low.

The fix

Reduce inflammation! Three factors to consider:

1) Stress reduction will calm down the cascade of hormonal events that tell the body to hoard fat.

2) Less body fat

will create fewer inflammatory substances. Insulin (an inflammatory hormone) will also decline.

3) Less inflammation will help the hypothalamus return to a normal leptin response.

Important to understand: Once the horse loses body fat, the brain will initially remain leptin resistant, making the horse very hungry so he could gain back all the weight. Therefore, the approach must be to heal the inflammatory signaling in the hypothalamus.

To do this:

- Never let your horse run out of forage, not even for a few minutes. Not only is free-choice forage feeding critical to your horse's overall health[viii], it also increases the metabolic rate.[ix] Feed appropriate hay and/or pasture that is low in calories, sugar, and starch.[x]

- Add a comprehensive vitamin/mineral supplement to hay-based diets. It fills in nutritional gaps and reduces overeating to simply obtain enough nutrients.

- Avoid processed foods. These can contain inflammatory preservatives and omega 6 fatty acids (typically from soybean and corn oils).

- Feed whole foods free of additives and toxins.[xi] Whole foods can include non-GMO beet pulp, alfalfa, hay pellets, copra meal, split peas, hemp seeds, ground flaxseeds, chia seeds, blue-green algae, and various fruits and vegetables. Limit soybean meal -- the long term impact of isoflavones (the phytoestrogen found in soy) on the thyroid gland is controversial.

- Allow for movement. Exercise increases insulin sensitivity and lessens inflammatory cytokines.[xiv] It has also been shown to di-

two sources of protein are fed, the excess amino acids can be converted to glucose, potentially increasing insulin.

- Eliminate excess sugar and starch. These include sweetened feeds, cereal grains, wheat middlings, and rice bran. They raise insulin as well as triglycerides. Triglycerides can bind to leptin in the blood stream and prevent it from signaling satiety to the brain.[xii]

- Avoid high-omega 6 oils. They are highly inflammatory (e.g., soybean, vegetable, corn, wheat germ, and safflower oils).

- Increase omega 3s. Feed ground flaxseeds or chia seeds. Fish oils can be included in cases of high levels of inflammation.

- Add antioxidants. These include vitamins E and C, beta carotene (vitamin A), lipoic acid, grapeseed extract, green tea extract, spirulina, as well as herbs including turmeric, boswellia, and ashwagandha (which is particularly useful in combating stress).[xiii]

- Avoid prolonged use of H2 receptor blockers and proton pump inhibitors. They can interfere with the body's ability to absorb nutrients and create rebound acid production upon removal.

- Add a probiotic for digestive health. Horses who graze on pasture will naturally consume a variety of microbes. Hay-based diets, however, may not offer enough microbes for proper digestion of forage. Stress can also disrupt the horse's normal microbial flora.

- Feed a variety of protein sources by mixing grasses and adding whole foods. When only one or

Continued on page 19

Evolving Times, Evolving Methods

By Katherine Windfeather-Thompson

One cold February morning, I received a call at my office in California from a friend in Minnesota. She was concerned for an acquaintance who owned a promising two-year-old gypsy vanner stud colt that had recently been taken to a veterinarian facility with some alarming symptoms.

After spending a great deal of time and money at the vet hospital, where numerous attempts were made to determine what the problem was, his owner was ultimately informed that the colt appeared to be suffering from kidney failure.

The veterinarians could find no specific reason for the decline, in spite of the usual tests to determine the cause. From their perspective, and it was a somewhat clouded and puzzling one, there did not seem to be any specific reason for the malady. Yet these competent experts felt that there was no other alternative but to euthanize him. They had already done everything they could for the young horse, and they were equally as upset about this as was his owner.

This diagnosis came late at the week's end, and they were reluctant to put him down at that time, because the autopsy could not be performed until the first part of the following week. So he got a reprieve of sorts, in the form of a few more days of life with his owner.

I'm usually the final go-to person, as a last resort in such situations, so it was of no surprise to me to hear from my friend, with a request for help with what appeared to be a hopeless situation. She had a lot of faith in the healing work that I had been carefully trained to perform many years ago, and that comes from having had personal experiences of her own.

She also knew that I did not need to be there in order to do this, simply because she knew I did not work directly on the physical body. I would be working on the emotional body, which is virtually where all forms of disease originate, whether it is in a human or an animal.

What I have learned throughout the many years of doing this kind of energetic work is the fact that, while animals do in fact have emotional bodies, theirs are not as complicated as ours, but on a much higher, more spiritual level; a level many people do not even believe exists in animals. They can and will often take on emotional issues that tend to go unaddressed in their relationships with their human connections. It is not my job to determine what those issues might be. However, I do have the ability to remove what is referred to as a "charge" in that case, and sometimes that will change the outcome in a situation such as this.

I did not hear much more about what was going on with this horse, at least not

right away; other than that, surprisingly, his levels were up after the healing. I was informed that they were cautiously sending him home the next day instead of putting him down. A few days later, my curiosity kicked in, and I reconnected with my friend, inquiring if the horse was still alive. Her first response was to let me know that she had just received an email from her friend, and it is repeated here as follows:

"Great news! The vet came and drew blood from my horse, and she called later in the day to tell us his numbers were almost normal! She later called another veterinarian, who was asked to consult on this case. I asked, 'Well, what did she say?' And her [my vet's] reply was, 'She was driving at the time, but she said she was going to find a shoulder in the road to pull off on, so she could jump out and DANCE!'"

There is probably more to this story, but for me, that was really all that I needed to hear. It is my understanding that he later fully recovered.

My friend

later wrote to convey the following message of thanks to me: "Whenever we tell anyone of your intervention, everyone says the same thing: 'You just gave me goose bumps.' ...I know it was not the only thing that cured my friend's horse, but I absolutely do feel sure it was a blend of the vet's expertise, our prayers, and your unorthodox methods that brought him back to us. I can't thank you enough! Everyone has been in total shock, as he was not given any hope of surviving through the week."

There are, at times, entire months that I do not hear from anyone with a request for help. Usually when I do, it is for the most hopeless cases, where there are no other alternatives. Let me be clear about the fact that I have not always saved every person or animal I've been asked to try to save. Yet there have been many, and

I trust there will be many more.

But that is not the point of sharing this story. Not by any means! There is another, more important message I am obligated to share and to convey here. It has nothing to do with telling others about what a great healer I am. For I am only one of a multitude of beings, currently in human form, who have come to realize, and accept, that there are many alternative methods to heal. And this we do, out of a need to heal ourselves. It is the meaning of the statement made long ago by one of the Greatest Healers of all time; the Healer we honor this month, for these very lessons He taught: "Healer, heal thyself!"

Without doubt, within the generations to come, there will be many more just like me, of like mind, and surely even more skilled. For there can be no doubt that the

times we live in are changing, and so are the beliefs of each and every one of us, as we evolve on this plane of existence. We would, and could, all do more to keep our minds as open as we try to keep our hearts open. Therein lays one of the biggest challenges our generation faces during this unprecedented planetary shift currently taking place. Now and in future times to come.

Katherine Windfeather-Thompson is a professional horsewoman with over 25 years experience as a trainer, animal intuitive and certified clairvoyant healer. She has been a presenter at many of the major horse expos, is the author of one book, and is writing another. See her website at www.katherinewindfeather-thompson.com, email her at returnofthedove@gmail.com or call 916-770-9376.



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Anna Twinney on Feedlot Foals: It Takes A Village

Continued from page 13

afterwards with the TV, and there is Premarin®. Premarin® Vaginal Cream. I'd never seen the advert. So here's the key to this: there's still so much more about this that needs to come out, and be that it's targeted at doctors, be it pharmaceutical companies, be it women that take the cream, be it horse lovers. I don't think this is just about horse lovers. And that's the point: You're still getting it out there, through magazines, through TV, through books, and not giving up. And you know, I did the ["Success Foals in Training™"] DVD and it's still not on TV yet. So hopefully we'll get it on TV and we'll publicize the Premarin piece. So it's still a matter of, of course giving a voice to the voiceless, but ultimately reaching the masses. Hopefully we'll be picking up that one person that has a passion, be it a lawyer or whomever, and they're feeling their

this to the government, to say, this needs to be changed.

Remember the story of the starfish? A guy is walking down the beach, only to find thousands of starfish stranded by the tide.

We don't live in a perfect world.

It is full of heartache and tragedy, but it is also teeming with life and hope. Little things matter. Saving even one life matters to the whole. All life IS connected. Our bodies are made up of the same elements and molecules as is all life around us, only in differ-

There are lives needing to be saved all over the world, all the time. Not all of them can be saved. But some can. Turning away because it is too painful to look at doesn't help. Maybe a less direct approach in your form of help may be the answer. There are different roles for everybody, and all need to be filled.

Denying the reality of the situations doesn't help either. Some may say these tragedies don't exist, but yet there are foals in need of rescue—they are not made up, they are real, and dark places in all areas of life exist. Abuses happen within all industries, the churches, the business world, within government, within families, and within the horse industry. That doesn't make all of the churches bad, or all government bad, or all families bad, or the horse industry bad. But to deny that the dark areas of abuse exist, happen, have an affect on everything around them, is to perpetuate the abuse. Many try to deny that the concentration camps of World War II happened,

what you resist, persists.

My hope is to one day see that there are no unwanted horses, no slaughter-bound horses, no abused and neglected horses, that all horses will be valued and valuable for their contributions, for their beingness, not just their utilitarian contributions to our comfort. That they will be valued for, and in and of themselves, as magnificent beings. And we are the lucky ones that get to live alongside them. My hope is that people of all walks of life will choose to lend a helping hand to whatever is before them, to whatever calls to them. In my case, it is horses and animals. Because I must be financially responsible toward the horses who are with me now, and can't afford to adopt a rescued horse or horses at this time, I choose to help by writing about these issues that are often unpleasant to hear about, but that need to be heard. I write to give voice to these often voiceless ones. I write to help create a better future for all of us. How can you help? What is your niche of service?

I don't want to waste my time or energy fighting against what already is entrenched; I want to put my energy into creating something better for the horses, for other animals, and for all of us, so that the whole is well because the parts are well. How you choose to direct your energies is important. Are you going to pick up a starfish—even one—and walk it into the surf? Or are you going to walk on by? How will you choose to act—even a small action—to create better situations for us all? And I'm not recommending pushing into a situation with the kind of good intentions that pave the way to hell. I mean being respectful, and finding out, asking, where the need is. The horses need support; the people helping the horses need support. Horse equipment, feed, hay, shelters, many things can be given, but there is also financial support, time support as in volunteering, and moral support. When was the last time you asked someone: "What is it that you need? What can I do for you?" It may be as small a thing as saying, "Thank you, you've done a great job."

To all the rescues, support staff and personnel, trainers, clinicians, financial supporters of rescues and volunteers, and people who care: Thank you for all you do! Thank you for trying to make the world a better place for all of us.

ent sequences. All life matters; is sacred, to be treated with reverence and respect. To lose, diminish, desecrate, not value even one life, whether it be a foal's life, or a child's life, or a starfish's life, takes away from the wellbeing of the whole. It becomes a rip in the fabric of life. As Plato said, "The part can never be well unless the whole is well." And I take the opposite to also be true: The whole can never be well unless the part can be well.

where not just Jews, but intellectuals, gays, social misfits and political prisoners were imprisoned, and many were killed. The estimates are for 11 million people killed in the death camps. I know, I've been to Dachau, stood in the barracks, looked at the remains of the ovens, walked the grounds. Bad, unhealthy things exist, and to deny them is to give them free reign, and free rein. To deny the shadow is to let the shadow rule you, and

Above: Nico and Major at the foal clinic. Right: Gentle trailering taught at the foal clinic. Photos by Anna Twinney

They're out of water; they're dying. So the guy starts picking up starfish and tossing them back into the deeper water so they can recover and live. Someone else comes along and sees the guy tossing starfish back into the ocean, one by one, and says, "You realize there are thousands; you won't be able to save them all." And the guy putting starfish back into the ocean, one by one, says, "I know; but it matters to this one." And he continues tossing starfish back into the ocean for as long as he's able.

What does this tell us? There are action-takers and there are naysayers. There are those who try, knowing it will never be enough, but try anyway, and there are those who believe it's impossible, so they don't try to save even one; they don't take action. This series of articles about the PMU foals, the nurse mare foals, and now the feedlot foals (see the January, February and March, 2015 issues of "The Valley Equestrian News" at www.theveonline.com), has been for and about the action-takers and the starfish (foals) they are



Pasture Breeding

By Jane Greenwood of Zen Cowboys Spanish Mustangs

As spring approaches thoughts turn to breeding mares. Pasture breeding may seem like a long-gone practice, but for some breeders it functions as a way to insure that the act is acceptable to both mare and stallion. A stallion that has only been used for hand breeding may not work for pasture breeding; it depends on the



and railroad ties, that is attached to a large shelter we call the "mares' barn." As the time approached (and this was a guessing game as they had all been pasture bred) we would put them in the corral in the evening for their feeding and leave them in for the night, checking during the night for any sign of a baby or babies. We have had foals born the same night and also on the same day, as many of our foals have been



born during the day. After the mare foaled we made sure the foal was eating and had pooped and that the mare had passed the placenta, and then we left them alone for a few hours. If the mare had foaled in the pasture we would move her and the baby into the corral. The mare would keep any other mares away from her foal if they tried to come too close, which they rarely did. In time we would go out and sit with the mare and foal. Foals are naturally curious and within a few minutes that baby would be approaching, sniffing at this new sight. Soon the

foal would discover that these strange creatures were very good for scratching and rubbing in a way that felt awfully good. The mares and foals were kept in the corral and barn (which was open so they were not stalled but could come and go at will) for about three weeks, as we did not want them bred back on their foal heat, which is their first estrous cy-

cle postpartum and usually occurs generally six to eight days after foaling. This also gave us a chance to work a bit with the foals, making sure they understood some do's and don'ts when it came to interacting with people, and were easy to approach and handle. During this time period the foals got to know one another and generally by the time it came to reintroduce the stallion to his herd, the mares were allowing their babies to play together. The stallion was let into the corral and the mares let him know he was low man on the totem pole and he better mind his manners. The whole herd would run out into the pasture, and have a great romp after being in the corral for so long, and then they would settle in grazing. Our stud was never rough with the

Very quickly it became apparent that the stallion was often the main baby sitter for those youngsters. Eternally patient, he would let them climb on him, chew his tail and rough house as "his girls" grazed nearby. If a foal wandered too far from the herd, he was the one who trotted after it, running it back to the safety of the herd.



I don't know how it would work to let a mature stallion pasture breed if he is used to having his mares hobbled, himself held, and if perhaps he hasn't had to ready a mare. We first turned our stallion out with two older mares who

foals and was content to have his little harem together again.

Our stallion lived with his mares and foals; we felt it gave the babies the experience that was closest to the way nature intended, with the fillies and colts learning "horse speak" from their elders.

WERE NOT IN SEASON. They very quickly taught him that they had NO interest in him and his romantic advances. Thoroughly chastened he stayed in a corner of the pasture for an entire day nursing his bruised ego (and that may not have been the only thing he had bruised!). But he learned how to

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sweet talk a mare, and not mount her until she thought that was a good idea. He was never rough and never marked the mares or broke the skin during mating.

We once had a mare we hauled to another breeder hoping to have some of that horse's bloodlines in our herd, as they made a very good cross with each other. The mare had other ideas! She backed

herself into the trees any time she was in season and would not let the stud near her. There was another mare in with them

and she would help keep the stud away. Even though she was there for three months she was never bred by him. We brought her home and turned her in with our stallion and a few minutes later he was breeding her! Apparently she was saving herself for him.

Pasture breeding comes with some very real risks especially if the stallion has not learned manners and has been allowed to breed mares without a proper introduction. But I also know many horses of both sexes that have been injured during hand breeding, so the act itself can be dangerous. If I were going to introduce a stallion to a herd, I would use a younger one who had been socialized with geldings or other studs. I would use a safe area which had enough space so all the horses could escape if the need arose, with more than one mare, none of which were in season, and no geldings. I would monitor the situation for a day or so to make sure it was going to be OK with no more than the usual "new horse" sparing and then let nature take its course. A natural herd of horses is a wonderful thing to see, especially in this day and age.

NOTE: The Spanish mustang is a rare breed of horse, not the range horses managed by the Bureau of Land Management. Currently there are fewer than 3,000 foundation Spanish mustangs found in the world today.

Wild Horses Prevail Against Nevada Counties

(Reno, NV) On March 12, in Reno Federal Court the Nevada Association of Counties (NACO) and Nevada Farm Bureau case against wild horses throughout the state of Nevada was dismissed.

The suit was a programmatic challenge to the way the Bureau of Land Management (BLM) manages wild horses in the state of Nevada. Requests for judgement included removing all wild horses to a prescribed number known as "Appropriate Management Level," (AML) and if there was no space in holding to destroy wild horses to accommodate removals. The case was dismissed on all counts.

The Order reads: "The Clerk is ordered to enter judgment in favor of Federal Defendants and Defendant-Intervenors American Wild Horse Preservation Campaign, Terri Farley, Mark Terrell, and Laura Leigh."

Laura Leigh, President and founder of Wild Horse Education a national advocacy organization based in Nevada was an intervenor in the case. Leigh pointed to the only area specifically mentioned in the underlying complaint, The Diamond Complex. Leigh called the suit "apparent retaliation" for livestock restrictions due to drought. A roundup had occurred at the Diamond Complex and the county stopped 30 wild horses

from returning to the range and then filed this motion.

"I spent time in the Diamonds and the range conditions made me want to cry," Leigh stated, "The wild horses in the area were kept from much of the range by fences set up to keep livestock contained. Because the ranchers continued to use the range the horses were forced further and further into unsuitable habitat. When the justified livestock restrictions began so did this fight."

"I am very relieved to see this case dismissed," said Leigh, "We stand at a time in history when mistakes of the past must be recognized. Tools are available to begin to take control of our public land in a sustainable fashion. We must begin to allocate forage for livestock in a way that stops pounding our public land into dust. We must begin to manage our wild horses in a way that preserves rangeland to support healthy, genetically viable herds as intended under law. This ruling may be the beginning of moving out of archaic thinking and into this century."

Wild Horse Education is devoted to gaining protections for America's wild horses and burros from abuse, slaughter and extinction. Main website: <http://WildHorseEducation.org>

2015 Race Season Cancelled at North Dakota Horse Park

The North Dakota Racing Commission closed down the 2015 racing season at the Fargo, N.D., North Dakota Horse Park (NDHP) on March 17.

The closure is a result of the track owners failing to make the March 1 payment of \$189,000 that is part of the repayment plan for the \$1.82 million owed to the City of Fargo for taxes. The track has faced similar financial problems and closure of the track in 2010 and 2011.

The taxes due are property taxes and a special assess-

ment on the track. The track is owned by the North Dakota Horse Park Foundation, and the non-profit organization Horse Race North Dakota, which manages the track.

Racing Director Gunner laCour stated that as no payment was received, and no future payment arrangements were made, the track would be closed for the season, and the six days of racing (three weekends) allocated to NDHP would be given to Chippewa Downs in Belcourt, N.D.

Heading to a Rodeo or Horse Show? Buying or Selling a Horse? Be sure to get a Brand Inspection.

BROOMFIELD, Colo. – This time of year sends many horse riding Coloradans outside to enjoy our warm days and cool evenings and the Colorado Department of Agriculture reminds horse owners that state statutes require a "brand" inspection is required if they plan on buying, selling, adopting, gifting, or selling horses. The inspection is necessary whether or not the horse is branded.

"Horse owners may purchase permanent horse travel permits for horses that are shipped frequently more than 75 miles within Colorado or across state lines. This can be a great financial savings since the

permit is good for travel purposes for as long as the applicant owns the horse," said CDA's Brand Commissioner, Chris Whitney. "There has also been an increase in the number of horses in urban communities and folks need to remember to contact us for a transfer of ownership inspection."

In fiscal year 2014, approximately 4,000 permanent travel cards were issued for horses and 31,324 brand inspections were performed for horse sales statewide. Inspections include identifying the animal and certifying that the shipper or seller is the legal owner prior to issuing a certificate.

Much to Choose from at 33rd Minnesota Horse Expo April 24-26 at the Minnesota State Fairgrounds

At the 2015 Minnesota Horse Expo see 19 draft teams representing a variety of draft breeds pulling vintage horse-drawn machinery. The Draft Horse and Equipment presentations by members of the Northern Minnesota Draft Horse Association and the Minnesota Horse Breeder's Association will be held in the AgStar Arena on Friday and Saturday from 1:30-3:30 p.m. Horses and equipment will be on display before and after the presentations, with representatives from both groups ready to answer questions.

Light horse and pony breeds will also be well represented in the Horse Barn stalls and in the daily Parade of Breeds at noon in the Coliseum. Over 50 breeds are expected to participate, with many doing Breed Demonstrations in the Coliseum Friday and Saturday afternoons. Enjoy the free horse, pony and wagon rides provided all three days. The horse and pony rides are in the Sheep Barn from 9 a.m.-7 p.m. Friday and Saturday, and 9 a.m.-5 p.m. on Sunday. The wagon rides move up and down Judson Avenue, 9 a.m.-8 p.m. Friday and Saturday, 9 a.m.-5 p.m. on Sunday.

RAM PRCA Rodeo returns to the Expo Friday and Saturday at 7 p.m., with a 3 p.m. Sunday matinee performance. Expect a full slate of seven action-packed rodeo events, plus entertainment starring John Harrison, PRCA trick rider, roper and barrelman. Rodeo tickets are in addition to the Expo admission and can be purchased at the Coliseum Box Office or in advance at www.mnhorseexpo.org.

Hundreds of vendors set up shop in the Cattle Barn, the Coliseum Concourse, the Dairy Building, the CHS Building, the Sheep and Poultry Barns, as well as outdoors, along the streets of the Expo. Shop and compare all in one place—often with competitive pricing—for a great variety of equine-

related merchandise and information.

A new feature for 2015 is the Used Trailer Lot, located near the Dairy Barn, site of the popular Minnesota 4-H Horse Association Tack and Clothing Consignment Sale. Applications are being taken now for the limited number of trailer sales spots: call Glen Eaton, Exhibit Director, at 952-365-2090 for details. For Tack and Clothing Sale consigning info, visit www.mnhorseexpo.org or call 320-355-2142.

Clinicians coming to MN Horse Expo 2015 include Craig Cameron, Pat Parelli, Jec Aristotle Ballou and Shawna Karrasch. For over three decades Hall of Fame Horseman and one of the original clinicians, Craig Cameron has made teaching horsemanship an art form that is practical and easy to understand for horse and rider. His sought-after style is seen weekly on his award-winning RFDTV Show "Ride Smart."

Pat Parelli is the creator of the term Natural Horsemanship. Since his first seminar in 1982, Parelli has presented his philosophy of love, language and leadership to over one million people. Jec Aristotle Ballou is a leader in the field of equine fitness and exercise physiology.

With the encouragement of Tom Dorrance, Shawna Karrasch began introducing positive reinforcement/reward-based training to the equestrian world in 1994. Karrasch and her work have been featured on Animal Planet, Bud Sports, ESPN and Spruce Meadows Television. She also guest-lectures at vet schools and universities across the United States and Canada.

Enjoy live country music Friday and Saturday with Cindy-Jo Schloer and the Dirt Road Dixie Band from 6:30-10:30 p.m.

The full schedule is available at www.mnhorseexpo.org.

rectly reduce hypothalamic inflammation.[xv]

· Limit grazing muzzles. They can defeat the purpose if they cause stress. They should be limited to no more than 3 hours per day because the digestive tract needs more forage than they allow.

· Consider slow feeders. Not all horses require them, but they are helpful initially to allow for slowing down intake.[xvi]

· Keep stall confinement to a minimum, if at all. Horses who have room to roam can be as fit as those who receive daily focused exercise, and they are under far less stress.

Free-choice hay costs less

Many barn owners are reluctant to feed hay free-choice because of the apparent expense involved in purchasing more hay. But in actuality, horses who are permitted to self-regulate their intake will eat less. It's only when several hours lapse between feeding that they eat very quickly and consume everything in sight. But when they get the message that hay is always available, that they can walk away from it and it will still be there when they return—then, and only then will they eat just what their bodies need to maintain a healthy weight. They will actually eat less than before.

Can your horse ever graze on fresh pasture again? Absolutely! Living, healthy grass is the best whole food around. Grazing in the open air is the best stress reducer your horse can experience. The amount of grazing depends on your horse's individual condition. Yes, pasture can be high in sugar and starch but it can vary depending on the month, the time of day, level of rainfall, sunlight, etc. Get to know your pasture grasses.

Bottom line
Turn off the body's fat hoarding response by

Preventing Obesity

(Continued from page 14)

taking measures to reduce stress. Combine this with an anti-inflammatory diet and increased movement, and your horse's brain will regain its ability to respond properly to leptin. Taking off weight will become much easier.

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.GettyEquine-Nutrition.com--buy it there and have it inscribed by the author. Or get it at Amazon (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 her website, and also at Amazon in print and Kindle versions. Dr. Getty's books make ideal gifts.

Find a world of useful information for the horseperson at www.GettyEquine-Nutrition.com: Sign up for Dr. Getty's informative, free e-newsletter, Forage for Thought; browse her library of reference articles; search her nutrition forum; and purchase recordings of her educational teleseminars. Reach Dr. Getty directly at gettyequinenutrition@gmail.com. She is available for private consultations and speaking engagements.

This spring! On May 2, 2015, hear Dr. Getty address issues in horse nutrition at the Kirkland House Foundation in Delta, British Columbia, sponsored by "Hay... Girl!" For more information on this event, contact Pam Janssen at precioushaygirl@gmail.com or call 604-961-7265.

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Jacqueline, Carly, and Emily taking radiographs of a joint before fusing.

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