

July 2014



The

Valley Equestrian Newspaper

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Alternatives:
East Meets West

"What Do You Mean
We Can't
Ride Them?"

Cutest Foal Contest Winners Inside!

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Saturday, September 6th at 9 a.m. we start the day with our 2 & 3-year-old futurity. We have added a trail class this year to this event. Immediately following the halter class in this event there will be the mature horse halter class. This will allow the 2 & 3-year-old participants' time to get their horses ready for the Western pleasure class.

Also we encourage the mature horse competitors to get their trail class done during the 2 & 3-year-old show. There is one entry fee of \$150.00, plus a \$10.00 office fee for all the classes. You are not required to enter all the classes in this event, but the entry fee remains the same. There is a \$3,000.00 guaranteed purse this year for this event. We will pay four places in the all-around using the best four-out-of-five classes scored.

Purse breakdown: 40%, 30%, 20%, and 10%.

The classes are: halter, Western pleasure, reining, cow work, and trail. Immediately following the 2 & 3-year-old futurity, the mature horse competition begins.

Contestants may enter as many classes as desired but you MUST enter all the classes to qualify for the all-around saddle. The fee is \$15.00 per class for the cattle classes, and \$10.00 per class for all other classes. There is a \$10.00 office fee. There will be a saddle awarded to the high scoring all-around horse. Awards will be given to each class winner.

The classes are: halter, Western pleasure, reining, trail, cow penning, heading, heeling, barrels, and poles.

Sunday, September 7th at 9 a.m. is the open yearling halter classes. Fillies and colts will be shown separately. There is a \$10,000.00 guaranteed purse for this event. It pays six places in the filly class and the colt class. Entry fee for the halter class is \$150.00 per horse entered, plus a \$10.00 office fee.

Purse breakdown: 30%, 24%, 18%, 14%, 9%, and 5%.

Following the open yearling classes will be the Marty Anna youth filly class and youth colt class. A buckle will be awarded to the first place filly and the first place colt. There will also be showmanship buckles given to the top showman.

If you have any questions please call or email: Jody Sept (406-234-3135) sales@prqhba.com or Marcy Davis (406-427-5420)

The event awards are sponsored by the local businesses in the Broadus, Mile City and Belle Fourche, S.D. area. The showman ship buckles are sponsored by Lynn and Connie Weishaar. Lynn will be our auctioneer and Jonny Johnson will be the pedigree man. The buckles for the first place youth colt and youth filly are sponsored by Bar M Quarter Horses (Art and Rita McDonald, Karla and Aleena McDonald).

To be eligible for this futurity, the horse entered must have been purchased in one of our previous sales or consigned to the current sale. Our website is: www.prqhba.com, email is: sales@prqhba.com.

Holistic Vets on Holistic Medicine: It's All About Balance

By Kari Hagstrom

[Editor's Note: For this article, three veterinarians were interviewed, two who practice integrative medicine in addition to traditional Western allopathic medicine, and one who practices purely Western allopathic medicine, in order to get an overview of perspectives on holistic veterinary practice today. Dr. Nancy Randall, of Randall Veterinary Services, practices Western allopathic medicine in the Sauk Center, Minn. area. Dr. Brad Batholomay, of Casselton Vet Service, practices Western allopathic medicine and integrative medicine for small animals, in the Glenwood, Minn. area.]

The term "holistic medicine" covers an array of treatment modalities and applications, ranging from energy medicine such as Reiki and Healing Touch™, to homeopathy, flower essences, Traditional Chinese Medicine (TCM), acupuncture and acupressure, chiropractic, homeotoxicology, herbal treatments, and more. Holistic medicine involves treating the whole patient: physically, mentally, emotionally, environmentally, behaviorally, previous and current diet, stressors in the patient's life; these are all factors that influence health. Allopathic medicine, the Western mainstream medicine practiced today is largely technology-based, with a heavy reliance on drug therapy and physical intervention, such as surgery, and focuses on the symptoms presented. Integrative medicine is a combination of allopathic and holistic medicine, though there is a broad spectrum of practitioners. Practice of allopathic medicine is fairly uniform across the

spectrum, but not all holistic practitioners practice the same kinds or quantity of holistic medicine. Many allopathic practitioners are incorporating elements of holistic medicine, such as chiropractic and acupuncture into their practices.]

Let me introduce you to my dog, Ted, a chocolate Lab with maybe some Chesapeake, as he had golden eyes. Ted came to me as a stray or a drop-off; he just showed up one day at the farm. I got home from work after dark, and he was so enthusiastic and friendly that I at first thought he was my black Lab, Slick. Despite his separation anxiety and anxiety about traveling in a vehicle (like I was going to dump him off again), Ted was a marvelous dog: friendly and loving, loyal, an excellent uncle to my puppies.

Ted ate a standard American diet (or perhaps I should say, "dog convenience-food-in-a-bag" for overly busy people) of commercial dog food for the better part of his life: baked, grease-laden kibble, consisting mostly of corn; this was before the new "healthier" commercial pet food phase. He wasn't lean, but he wasn't fat, he just had what I thought of as a comfortable plumpness. One day, I found him flailing around on my bedroom floor, yelping and whining in pain and fear, unable to get his hind legs under himself and stand. He was just dragging them and himself around.

When I brought him into see my holistic vet, she didn't know what to make of it. She'd never seen anything like it. So we started out

allopathically, and Teddy received some Prednisone for pain and swelling. The vet did a pulse diagnosis (part of Traditional Chinese Medicine), and determined that he had a heat stagnation problem, causing phlegm to build-up in his system (phlegm often looks like fat), and which was probably putting pressure on his lower spine, hence the inability to stand, poor motor control of his hind legs, and loss of proprioception (knowing where his legs were in relation to other things), and pain.



We talked it over, and decided to keep him on the Prednisone for a while, and to get started on acupuncture and a cold-food diet, based on the thermal tempera-

tures of food (temperature caused by the food, such as oatmeal is warming, root vegetables such as potatoes are generally cooling in TCM, other foods are neutral in thermal temperature), to rebalance the heat stagnation. I fished around before finding a good natural and true cold-food food in Natural Balance® canned foods, duck and sweet potato, and fish and potato blends (I wasn't up for cooking for Ted at the time). Canned food by its nature of being moist and meaty is generally cooler than baked kibble, which is hot and heating. Commercial canned foods were just too fatty (which would upset his liver), and usually had a mixture of hot foods, such as chicken (warming) mixed-in with pork (cooling), not to mention having toxic preservatives on most of the ingredients lists. Think

about it: If you are what you eat, and you eat dry, grease-laden, baked food all the time, do you think you might become hot, dry, fatty and "baked" from the inside? Feel too hot and dry? Have a heat sensitivity? TCM functions on the principle of balance of the internal systems, balance between hot/cold, dry/moist, movement/stagnation, excess/deficient, etc. And this is the briefest of overviews; TCM is a complex, thorough system.

After several weeks of cold food therapy and acupuncture, Teddy lost about 20 lbs. of excess weight (the excess phlegm in his system), developed a beautiful glossy coat, stopped shedding excessively, and began to walk! Well, he didn't walk well, more like a drunken sailor, but he motivated on his own power and direction. A miracle! No more days and nights of me taking him out to urinate or move his bowels, while supporting him with a towel under his abdomen, and whipping it away so he could pee, but not on the towel (and no more peeing on my own shoes as I held him up!). And no more toweling him up and down the stairs, but we got really good at working in tandem, with me as his hind legs. However, even after his recovery, due to his poor proprioception and moderate motor

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The Valley Equestrian Newspaper

Vol. 8 No. 6

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The Valley Equestrian News is published monthly.

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About the Cover: Walter Piehl's "Las Little Tune"



The vibrant and energetic work of Walter Piehl graces our July cover with "Las Little Tune" from his series: *Sweetheart of the Rodeo*. Many of his pieces are part of the permanent collection of the North Dakota Museum of Art on campus of the University of North Dakota in Grand Forks, ND, where they recognize him "as one of North Dakota's senior painters and as the artist who singularly pioneered the contemporary cowboy art movement."

Piehl's work is currently being exhibited at the Lewis and Clark Interpretive Center in Washburn, N.D.

The Plains Art Museum in Fargo, N.D., has Piehl's work on permanent display and describes his artistry in the following words on their web site (<http://plainsart.org/collections/walter-piehl-jr/>): "Piehl's work has been highly respected within the esoteric genres of Western art, but is little known outside this genre. Piehl is a vibrant, creative artist, who has explored a variety of media and subjects. His work is often misunderstood or, worse, misinterpreted because of the subjects he portrays: rodeos, cowboys, cowgirls, horses and its defining ephemera. Piehl's creativity transcends his subject. He expresses his subjects in a manner and style that is indicative of their active nature, but he never descends into the cliché or retrograde. Piehl himself has been critical of an art market that merely seeks to replicate Remingtons and Russells. Piehl demands more of his artistic expression. Curator Gordon McConnell has written that Piehl uses color and brushwork 'in the spirit of the 1940s Abstract Expressionists [such as Jackson Pollock or Willem deKooning], to convey the dynamics of rodeo action.'"



Pg. 14: Titan and his little friend.

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Editorial Information

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

Cutest Foal Contest Winners Announced!



We are pleased to announce the winners of the 2nd Annual Cutest Foal Contest.

First prize, a one year's subscription to the Valley Equestrian Newspaper, goes to Dan Drewlow owner of "Chuck," pictured left, an APHA colt.

Second place goes to "Ace", pictured right, a Marsh Tacky colt with the registered name of Nightlights Ace of Spades, #434, owned and bred by John Speissegger and submitted by Eddie Speissegger, who will receive a 6-month subscription to the Valley Equestrian Newspaper.

Third place goes to Creek Side Gypsy Horse's Rock On Luan born Easter Sunday and submitted by Pam Barthel who will receive a 3-month subscription to the VEN.

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Holistic Medicine: It's All About Balance

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control, Ted still needed guidance and some help on the stairs with me guiding his hind legs. Again, we became a very good team.

Teddy maintained a balance in his system, and the ability to walk under his own power as long as I kept him on the cold-food diet. Whenever I wavered, either due to economics or lack of access, over time, the old symptoms of poor-to-lack-of motor control, poor proprioception, and phlegm build-up came back. And whenever I got him back on a cold-food diet, the symptoms went away, his health returned (he glowed), and he could walk. This was a dog for whom I had seriously been considering the necessity of getting a wheeled cart for his mobility, before his initial recovery.

So you tell me: Do you think that there is some effectiveness linked to the application of holistic medicine? Especially where the sidewalk runs out on Western allopathic medicine?

Before Ted's experience, I had been aware of holistic veterinary medicine, and had been moving toward it. But after Ted's recovery, primarily through the use of just food, I was sold: I was tired of seeing so many of my dogs and cats die of cancers, and I wanted other options for my horses. I could tell you other stories, and more specifically about an incident with a horse; such as the horse that died of nightshade poisoning and the allopathic vet that had no training in or recognition of poisoning by indigenous plants—I didn't either,

until years later, when I read an article about it and put the pieces together. I'm not judging my very fine allopathic vet; rather, I consider it an industry educational gap that could be filled.

Allopathic medicine is wonderful and useful in its own way, as is holistic medicine. And I know from experience that they exceed the sum of their parts when used appropriately together. I want you to know about Teddy because of his story, which was a learning experience on many levels, and for the drama involved: one day he couldn't walk, a while later after some holistic medicine and food therapy, and judicious use of allopathic drugs, he could walk again. Instead of a debilitating experience for him and me, we had a return to health and function. What resonates most strongly for me is that holistic medicine is very much about prevention: so many diseases and illnesses that we see in our animals can be prevented when the inter-system balance is maintained, whether it is for a dog, a cat, a horse, or a human.

For your consideration, I'll let the vets speak for themselves about their own experiences:

What initially drew you to investigating holistic medicine? Why did you want to learn it and use it in your practice?

Dr. Jean Hollenstein: I was getting increasingly frustrated with not having enough good options for treatment of chronic diseases in pets. Then, my own lovely dog developed liver cancer—a problem that Western medicine

has very little to offer. This is what ultimately pushed me into the study of alternative medicine.

Dr. Brad Bartholomay: I was frustrated with not getting results from surgery and the drugs we were using. We could only go so far in helping animals improve their quality of life. It was especially frustrating in the chronic progressive diseases.

How do you see holistic and allopathic medicine fitting together?

BB: I see integration as the key to the future in veterinary and human medicine. Allopathic and alternative medicine can and should exist together, but the trouble a lot of times is what should be used for each case. We are finding as time goes on that some things, in our hands, do better with surgery and drugs than they do with acupuncture, for example. Sometimes, it is the other way around where rushing to do a surgery isn't the best thing for the animal. I guess that's why they call it practice.

Dr. Nancy Randall: I think that the two can work together; if one is not working alone, trying them together may improve a patient's quality of life. If only our patient's could talk to us and let us know how they are feeling it would certainly help to determine if things are going in the right direction.

JH: They function beautifully together. They can coincide just fine most of the time. There are times when one method is at odds to another—but I honestly believe this has been blown out of

proportion by some of my holistic and Western colleagues. I am convinced that the future of medicine will include a healthy dose of both living in balance right next to each other! Because each patient is unique, it stands to reason that each best treatment in turn is unique.

How do you combine holistic and allopathic medicine? How do they complement each other?

JH: They should be used together for maximal effects. I always say if I get in a car accident, get me to the Western hospital, if I have a chronic illness, I'd prefer both or holistic.

I use holistic medicine all the time. You can't really cut off your brain from thinking that way once you have opened it. I integrate acupuncture with allopathic treatment and other holistic modalities every day. An example would be an animal in kidney failure, I might give fluids, treat infections, balance electrolytes, order ultrasounds or x-rays, and at the same time, I would also recommend acupuncture and possibly homeopathic treatments. Another example may involve an animal that needs an osteopathic adjustment as well as some type of allopathic pain medication, herbal antacid, etc. I may take an x-ray and find that I need a carminative to move the stomach and intestines of an animal full of gas and turn around and apply peppermint oil to get the job done. There are so many ways to climb the mountain of health. It's really very exciting. And if you listen, the animals will often tell you what

they need.

BB: We have found several areas over time where they coincide very nicely. Orthopedic problems and acupuncture-assisted anesthesia are good examples. Injecting hocks in the horses with a chiropractic adjustment is another very good example.

Let's take the barrel horse for an example. We recommend vaccinating for the Herpes virus (with other regular vaccines) based on the risk the horse is in [in] its environment. We do a wellness exam and then a movement evaluation. We notice a slight hip hike on a hock flexion test and the owner elects to do x-rays, which finds degenerative joints in the hock. This has likely caused a sore back at the L2 to L3 area of the back. We can treat the animal with hock injections (allopathic), chiropractic, acupuncture, Chinese herbs, and FAKTR treatments to decrease pain, increase function, and allow the horse to do its very best. The injection decreases the inflammation in the joint; the chiropractic adjustments also help the joints function better and improve neurologic input to the brain; the FAKTR (Functional and Kinetic Treatment with Rehab) releases the myofascial restrictions and increase blood supply to the areas needed; and the acupuncture and herbs help to decrease pain and achieve balance in

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the body. We also have the owners do homework with their animals to help maintain balance.

NR: I would not have any doubts about using holistic medicine in my practice, but as it is right now, I would have to acquire more training and I simply do not have the time right now. ...I do not practice holistic medicine, mostly because I am unaware of the applications; while in school this was not really taught in the large animal aspect of my education.

Has it been difficult to incorporate into your practice? How has it been received by your clients?

BB: It really wasn't that hard to incorporate into the practice. However, you do have to have your team on board with it and there are some skeptics out there. There needs to be skeptics that look into everything we do in medicine (allopathic and alternative). Once people see astonishing

results like a paralyzed dog walking again or a severe skin disease get better, they aren't as skeptical any more and they typically become your advocate.

Most clients have read something about chiropractic or holistic medicine or they know someone who has been treated with a different modality. They may have been treated themselves by a different modality. Holistic medicine or alternative medical therapies are a large part of our society so most people don't need much nudging to accept a treatment. We have guidelines that if we don't see improvements in about four treatments, then that particular modality isn't likely helping. A lot of times, I will have one spouse seek me out by word-of-mouth with a very skeptical other spouse, and when "the miracle" happens, the skeptical spouse is the best word-of-mouth client we have. I have had clients seek out alternative practitioners themselves after seeing

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Holistic Medicine: It's All About Balance *Continued from page 5*

what it does for their animal, and I have had a client go to acupuncture school themselves after seeing the benefits.

What do you feel is the role of holistic veterinary medicine?

JH: The role of holistic medicine PERIOD, whether it be in the arena of animal medicine or human medi-

cine is to save us from ourselves! In holistic work, you need to trust the Universe, yourself, the patient, the client, the nurses, the Earth... the "whole" thing!!!

Holism connects us with our spiritual and physical roots and brings these two worlds together in a way many have forgotten.

Holistic medicine should

not just be the go-to when things are at their bleakest. This is an unfair burden that has often been placed on the doorstep of the holistic practitioner. Its strength lies in adding more things to the tool box of creating health and healing. Using those methods that the patient wants to accept and work with and trying to bring a balance to any healing endeavor.

creating a healing environment that strives for balance, understands not all healing results in a patient that will live for years, promotes a respect for our Earth, and leaves lots of room for the Creator.

Do you seem to get a different response or sense of preference from the animals about using holistic medicine? Do they seem to enjoy it, or seem more comfortable with it?

JH: ABSOLUTELY! Cats are the best at picking their modality. They are just so clear on what they will take and what they won't. They force the practitioner to be creative from the outset. Many holistic patients will start to pull their people into the office or seem to look forward to their treatments—for others, at least they tolerate and let me do things. I have had cats that literally will not let me complete an exam submit fully to manual therapy—such as osteopathic adjustments which involves me being pretty close up into their space. It's like they know what I am doing and will go along with it. Cats are also great letting me know when the needles need to come out or the Reiki session is over. They just don't stay there any more. Dogs are a little more pliable and used to following the wishes of their owners. For dogs, I usually take into consideration their 5-Element disposition [TCM] and that can help greatly in formulating the best plan for them.

The greatest benefits revolve around being able to be creative, intuitive and having more to offer a patient. Some of the most satisfying aspects for me personally and as a veterinarian are the interactions between the client, the pet, and me; seeing an animal heal in a way that honors them; knowing I am not doing more harm than good. As the question pertains to holistic medicine more generally, I would say

the metropolitan areas?

JH: I would encourage them to become involved in the American Holistic Veterinary Medical Association (www.ahvma.org). This is an amazing group of brilliant practitioners who ask the questions, "Why?", "How can I honor my patient?" and "What are all the options?" I would also be very willing to have them come into my practice and see how holistic medicine can become more mainstream. In terms of geography—I have not thought of this much—there are actually quite a few folks out there in the hinterlands that do practice at least some holistic modalities—whether they know it or not! Being out of the metro often puts a practitioner into a different relationship with creativity and ingenuity by necessity alone.

What do you see as the future of holistic medicine and allopathic medicine?

NR: I think both Western and holistic medicine will continue to grow in their own respects. It would be hard for me to treat a bleeding laceration or colic with holistic medicine. But I think that other types of alignments can be addressed both with a holistic and Western approach. Not that one is better than the other, I only know the Western traditional methods, but if a client would want to incorporate holistic medicine, I would not deter them.

I think with all the research, that Western medicine will continue strong and grow; I don't think that it will ever leave. Holistic medicine will, too, continue to grow, with more clients wanting something different and natural.

I think that vet school should offer some holistic classes to introduce vet students to a different side of medicine. I think that the small animal side has incorporated holistic medicine into their vet student training, but there was no large animal training while I was in school. But things have changed since I was in vet school.

BB: More studies will be done and this will result in more mainstream use in certain areas. I think some will hang on to modalities that just don't live up to scientific scrutiny. As for me, I will continue to try to find ways to help patients live better lives.

JH: INTEGRATIVE without a doubt, unless allopathy finds its way down another dark, exclusive alley. It is the patient/client that will ultimately shape this—the power is shifting. There is too much information out there now to squelch the desire for wisdom old and new—YEAH!!

I do expect it [holism] to grow. I think it has hit the tipping point. I think it will become part of the medicine of the future. I think one day people will realize homeopathy is actually explainable by quantum physics! I think eventually we will all realize we are climbing the same mountain that has one peak, optimal health! I think we will learn to honor the doctor within us all and the Universe around us. (What was that? Did you ask me if my name was Pollyanna?) I may not live to see it all—but the journey thus far has been pretty darn awesome!!

Charles Wilhelm: Ultimate Foundation Training

Western Pleasure - Part 2

This is the second article in our series on the Western pleasure discipline. The first article discussed the selection of a horse. These articles are intended for riders who want to get into Western pleasure and can't go to a training barn or would like to do it on their own as there are many shows where an amateur or novice can participate. This article discusses the training needed.

To review, the better the conformation of the horse, the easier it will be to train because a well-balanced horse is easier to train. The horse pictured with the first article was not ideal but was an average horse that could be used for Western pleasure.

The first thing to determine is the willingness of the horse to be trained. It is not just physical training, but also, the horse needs to have a good mind. The more willing and compliant the horse is, the easier and quicker it will be to train.

The horse should be emotionally sound. If the horse is high strung, over reacts because of a high emotional level, has a high flight instinct, or is easily distracted, it is not a good candidate. This is because a Western pleasure horse is ridden with a loose rein. A horse that doesn't stay focused, is looking ahead or around, and is not quiet, will be difficult to train for Western pleasure. The mental and emotional strength of the horse is very important.

The training of a Western pleasure horse, or any horse, is always balance and rhythm. It is always a forward movement. A lot of time when people are first working with a Western pleasure horse, they are concerned about developing the quiet jog and quiet lope. The movement is always a forward movement, even if the horse has the slowest jog in the world. It comes

from the rear. If the horse carries himself properly, the horse is balanced and elevated, has self-carriage, and has a collected canter, he will have a better presentation for the judge. The quality of the gaits is very important; the better the quality, the better the showing.

The reason I mention this is that you want to train the horse to carry himself where it is natural for him to carry himself in balance and where he will be balanced in rhythm and cadence. Per the American Quarter Horse Association (AQHA) rule book, "A good pleasure horse has a free-flowing stride of reasonable

to be spent on suppling, getting the shoulder, the jaw and neck, soft and responsive to the rein. The body must be able to bend and not be rigid. It must yield to pressure. If I was getting a horse ready to show in Western pleasure next year, the first six months I would be working on getting my halts quiet and soft. I would work on the trot and an extended trot as well as a quiet slow lope and in others words, the horse is dumping his weight onto the forehand, stop and back the horse and as you back, roll the horse over the hocks and then ask him to go forward. When you back the horse, the weight is shifted to the hind quarters and as you roll over the hocks (which is like a turn on the haunches) and then ask the horse to go forward with the weight shifted back, the horse will come up under himself.

takes time to develop the top line, which is teaching the horse to use his hind quarters. You want a rear wheel drive; in other words, the stride must come from behind.

Once you have established the basics and are starting to refine the gaits and develop the quiet gaits, there are some exercises to improve carriage. If your horse is traveling on the forehand, in others words, the horse is dumping his weight onto the forehand, stop and back the horse and as you back, roll the horse over the hocks and then ask him to go forward. When you back the horse, the weight is shifted to the hind quarters and as you roll over the hocks (which is like a turn on the haunches) and then ask the horse to go forward with the weight shifted back, the horse will come up under himself.

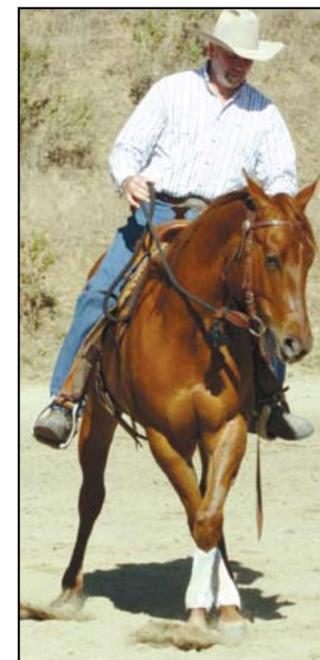
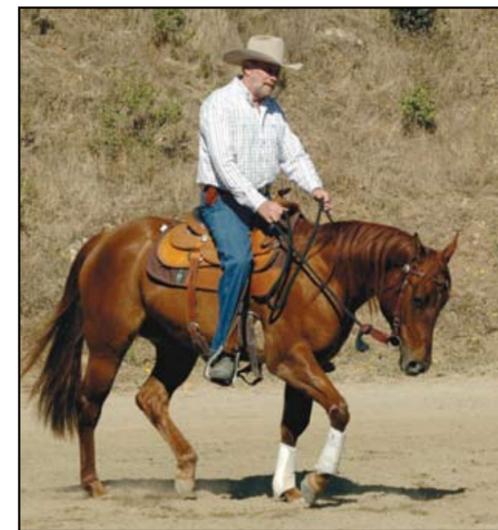
Patience is a key to training any horse but especially with a Western pleasure horse. Consistency is also very important. For example, if you have a horse that is a little long in the back, it may take a lot more patience and consistency on your part to get the horse to start carrying himself properly and using his back more. Follow through is also very important. If you ask your horse to move his hips in with a soft cue, make sure his hip goes to the inside. If not, you must use a stronger cue.

In summary, training for Western pleasure takes patience, persistence, consistency and follow through. The horse should be sacked out (desensitized) and able to accept different environments and distractions. Before showing, you need to trailer to other places and make sure the horse will listen to your cues under various conditions.

Next month we will be discussing Western pleasure equipment and dress requirements.

Internationally known and respected horse trainer Charles Wilhelm is the creator of Ultimate Foundation Training which combines the best of traditional, classical and natural horsemanship. This method is applicable to every riding discipline. Charles is one of the few clinicians who is known for his superb skills in communicating with and motivating people as well as horses. His training methods reflect his motto, "It's Never, Ever the Horse's Fault".

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



Western pleasure was actually introduced around the late 1940s and early 1950s. Ranch hands would bring their best riding horses to the rodeos. Each ranch hand had two, three or even a string of horses used to work cows or to ride fence lines. They always brought the best horse to ride, meaning that the horse was a pleasure to ride. The horse's gait was comfortable and relaxed and it was a pleasure to ride the horse. Through the course of time, we have gotten down to the ultimate show gaits and jogs seen today. We still have to ask: Is the horse a pleasure to ride? In the rule book it is supposed to be free flowing movement. It is also supposed to be judged on the size of the horse. With a larger, bigger boned horse, there is a longer stride. The stride is still supposed to be free-flowing.

length in keeping with his conformation. He should cover a reasonable amount of ground with little effort. Ideally, he should have a balanced, flowing motion, while exhibiting correct gaits that are of the proper cadence. The quality of the movement and the consistency of the gaits is a major consideration. He should carry his head and neck in a relaxed natural position with his poll level or slightly above the level of the wither." Standing or walking relaxed will show you the natural position based on the conformation of the horse.

The horse needs to be supple. We need to teach the horse to give laterally and vertically. We need control of the shoulders and the hind quarters. This means that our basics, our foundation training time, is going

ish the package by looking for self-carriage and getting consistency in the carriage. When you start teaching them to carry themselves, in any discipline, but particularly in Western pleasure because it has such slow gaits, they have to be able to carry themselves for more than two of three strides at a time. They have to be able to consistently carry themselves. This takes strength and practice. It also

inside). With the haunches in exercise, we get more control of the hind quarters and also control the speed to slow the horse down. You may see horses in the show ring that are being loped around with the hip to the inside. You do not want to do this. This exercise is a tool but the horse needs to be lined up to go straight down the rail when being shown. The nose, shoulders and hips need to be aligned.

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A Lost Breed: The Chickasaw Horse

By Janice Ladendorf

Scientists agree that the equine species evolved on the grasslands of North America. Skeletons of the various species that eventually evolved into *Equus caballus* also have been found in Europe and South America, but none of true horses. Why the horse evolved here and not elsewhere is still a mystery. By the end of the last ice age, horses had vanished from the Americas. At the same time, other species of big herbivores and the carnivores that preyed on them had also disappeared. No one knows why this happened, but the most probable cause is a drastic change in the climate. During the ice age, a land

Horses returned here when the Spanish discovered the New World. They first shipped horses to the Caribbean islands along with cattle, sheep, goats, and pigs. Except for horses, none of these species were native to this continent. In 1519, Hernan Cortez brought 17 horses with him to Mexico. He had ten stallions, six mares, and one foal born on the voyage. As the conquest continued, more and more horses arrived from Santo Domingo and Cuba. Today the island of Santo Domingo includes both Haiti and the Dominican Republic and is known as Hispaniola. The capital city of the Dominican Republic is now Santo Domingo, the former Spanish name for the island.

the Spanish expanded their holdings, typically the explorers came first, then the missions, and finally the ranchos. The friars always brought animals with them and trained the local Indians in animal husbandry and agriculture. Mexican vaqueros learned their skills as they worked for both missions and ranchos.

There are multiple theories as to when and how Spanish horses arrived in the southeastern United States.

1) One theory is that they came from the Southwest. By 1598, Spanish settlements had reached the borders of New Mexico, but settlements in Texas did not begin until 1690. When the Spanish fled from Santa Fe after the Pueblo revolt

the Spanish began exploring and settling in what would become our Southeastern states. By 1565, they had established their first permanent settlement in St. Augustine, Florida. As their missions spread north and east, they imported many more horses. Exchanges between the Southeastern and Southwestern Spanish horses did occur, but probably not until the mid-18th century.

2) A second theory is they were strays from Spanish expeditions. This theory can be found in older books, but modern historians, like Frank Gilbert Roe, have rejected it for several reasons. Since Spanish gentlemen preferred to ride stallions, they took few if any mares on their expeditions. They

possible so their foundation stock included many females and few males. In 1521, when Juan Ponce de Leon made an abortive attempt to establish a colony in Florida, he brought 50 horses with him. After his colony failed, the surviving horses may have been left behind or returned to Cuba. In 1526, Lucas Vazquez de Ayllon made another attempt to establish a colony near the Santee River in South Carolina. He also brought stock with him, including 89 horses. After fever had killed most of the colonists, the survivors fled, but left their animals behind. These horses are thought to be the ancestors of the marsh tacky breed.

ship wrecks. Many Spanish galleons foundered along the coast, but there is no evidence that any of these home-bound treasure ships carried horses. While the Spanish had shipped many horses to the Caribbean, they would have no reason to send any of them back to Spain. This romantic legend appears in Marguerite Henry's "Misty of Chincoteague." However, there may have been one real case of shipwreck survivors. In 1585, Sir Richard Grenville picked up stock, including horses in Cuba. When his five ships ran aground on Wococon (present day Oracoke Island), the horses may have been the first to swim to shore. In a letter to Sir Francis Walsingham, Grenville suggested that some of the livestock survived on this island. These horses are thought to be the ancestors of the wild horses who still live on the islands of North Carolina's Outer Banks.

5) The final and most probable theory is that most of them came from the Spanish missions. Florida did not become American territory until 1822. Before that time, it included a narrow strip of land that spread west along the coast to the borders of French Louisiana. The Spanish started missions all along this coastal strip and the Choctaw Indians probably got their horses from them. For centuries, Spanish horses had been bred

kept detailed records of what happened to each one of their valuable horses. Many were killed or eaten. Finally, if there were any strays, they probably were killed and eaten by Indians or wolves.

3) Another theory is that they came from failed colonies. Whenever colonists settled in one area, they wanted to expand their herds and flocks as soon as

This breed of smart, tough, small, gaited horses has adapted well to the hot, wet low country of eastern South Carolina. During our Revolution, they were used by Francis Marion, the Swamp Fox. They still excel as mounts for swampland hunters. This breed survived well into the 20th century, and a registry for them was established in 2007.

4) Another theory is that they were survivors from

Continued on next page



Banker horses courtesy of Wikipedia.com. Photo credit to Kevin Collins.

bridge at the Bering Strait linked North America and Asia. Horses saved their species by migrating north and crossing there. Scientists think some migrations back and forth may have already occurred. A few people still argue that a few remnants of *Equus caballus* stayed here and eventually interbred with the horses of the Conquistadors, but so far no evidence has been found to support their belief.

Once the Aztecs had been defeated, Spanish colonists began taking over their land. In 1521, Gregorio de Villalobus brought the first cattle to Mexico. As settlements spread north, the land turned out to be ideal for cattle ranching. At first the Spanish forbade the Indians to handle horses, but that prohibition soon died under the need for horsemen to handle the burgeoning herds. When

in 1680, they left behind hundreds of horses. When historians found that none of the Plains tribes had horses before 1680, they decided these horses were the original source of the herds of feral and Indian horses that roamed the West. Settlement in the Southeast began long before this date. Instead of coming north from Mexico, settlers came from the Caribbean Islands. In the early 1500s,

A Lost Breed: The Chickasaw Horse

tackies, they are gaited.

Spanish missions eventually spread as far north as Charleston. One was established in Virginia, but didn't last long. By 1650, Spanish Guale had 79 missions, eight large towns, and two royal ranches. Before the Spanish came to the New World, the natives had domesticated



An 1895 drawing by Frederick Remington of a Florida Cracker. Photo courtesy Wikipedia.com.

the dog, but they had no horses, cattle, or hogs. They had corn, but not wheat. The Spanish brought all of these new species to the Southeastern tribes. Strays from their horse herds may have created or mingled with the marsh tackies and banker ponies. Indian traders soon began using horses as pack ponies and news about these new animals spread quickly. Various tribes began first trading with the missions, then stealing horses from them, and finally attacking them. Unfortunately, the friars had also brought European diseases with them and they decimated some of the local Indian populations. When the last remnant of the coastal missions retreated back to St. Augustine in 1706, they left behind tribes, such as the Cherokees and Chickasaws, with many fine horses. Strays from mission or Indian herds are thought to be the source of the feral herds that plagued the English colonists in Virginia and the Carolinas. They began complaining in 1670.

Indian herds. After they used them to bring their peltry to market, they often sold them to the colonists. When Indian traders traveled to Pensacola, a visiting officer noted that they would trade a horse for a few gallons of rum.

James Adair, a South Carolina trader and Indian trader, described the Chickasaw horses as well made, hard hooped, handsome, strong, and fit for saddle or draught. At that time, any horse who worked in harness was considered a draught horse.

He also stated that the Cherokees had a prodigious number of excellent horses and were skillful jockeys. In his early history of South Carolina, Dr. David Ramsay commented that the Indian ponies were handsome, active, hardy, but small; seldom exceeding thirteen and one half hands. The mares in particular, when crossed

with English blooded horses, produced colts of great beauty, strength and swiftness.

Chickasaw horses are thought to be the true beginning of the modern quarter horse. They were short and chunky, closely coupled, quick to action, but not distance runners. According to their legends, the Chickasaw tribe obtained their first horses from the

Shawnees near Knoxville. Since their territory was heavily forested, they didn't use them as war horses, but for handling livestock and racing. The colonists also ran their horses in match races on special paths or main streets that extended for a quarter of a mile. To create the first colonial quarter horses, Chickasaws may have been bred to hobbies from Ireland or Galloways from Scotland. Later in the 18th century, the addition of thoroughbred blood, from sires such as the famous Janus, turned them into the colonial quarter race horse.

Until the building of the first racetrack for thoroughbred horses in 1754, Chickasaws were extremely popular in South Carolina. In 1723, Carolinas invited 44 Chickasaw families and their horses to settle near the Savannah River. When settlers began moving into Tennessee, they came closer to the Chickasaw homeland and continued to value, use, and breed Chickasaw horses. As late as 1792, a Knoxville newspaper advertised the services of Piomingo, a celebrated Chickasaw stud. Unfortunately, all of the cross-breeding with European stock eventually led to disappearance of this breed of fine, but small horses.

When the Indians were forced to go to Oklahoma in the 1830's, the tribes did bring horses with them. The Chickasaws lost many horses to American and Indian thieves. Except for the Choctaw, the tribes did not keep records or try to maintain any unique strains in their herds. In 1957, an attempt was made to establish a registry for Chickasaw horses, but it failed. Modern DNA analysis has established that the marsh tackies, the banker ponies, and the Florida crackers all belong to the Spanish colonial horse group. Both the tackies and banker ponies have special markers that indicate long isolation. The banker ponies currently inhabit the Shackleford, Corolla, Ocracoke, Core, Hatteras, and Cedar offshore islands of North Carolina. Of these three breeds, they are probably the ones that most resemble the lost Chickasaw horse.

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For over fifty years, Janice Ladendorf has been studying horsemanship and training her own horses. She is the author of three books, *Practical Dressage for Amateur Trainers*, *A Marvelous Mustang: Tales from the Life of a Spanish Horse*, and *Heart of a Falcon*, as well as many articles about using humane training methods to build a partnership with your horse. She has a B.A. in history and a M.A. in library science. In her advanced studies, she has focused on inter and intra species communication. She has been a librarian, an inventory analyst, and an accountant. She is currently retired and lives in St. Paul, MN.

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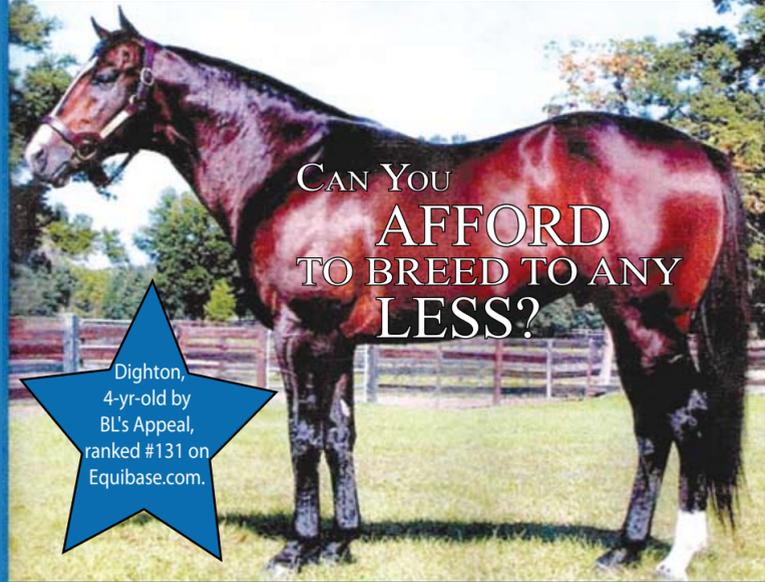


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Ft. Sisseton Festival

The 39th Fort Sisseton Historical Festival was held June 7-8 at the Fort near Lake City, SD. Sunny skies greeted the six competition chuck wagons as they prepared meals for the event sponsors. The wagons cooked roast beef, potatoes, beans, biscuits, and dessert on Saturday, then each wagon helped two kids prepare an apple crisp for the Sunday

Kid's Pie Baking contest. Held the first week of July each year, this is one of the best events in the state - put it on your schedule for next year as the Festival celebrates it's 40th Anniversary with cowboys, mountain men, rendezvousers, the Cavalry and Frontier Army of the Dakotas, as well as hundreds of re-enactors from the 1890s period and

modern vendors, music, song and dance and MORE!

The chuck wagons were: Bob Glanzer's "Sweet Sally Sue" of Huron, S.D., JT Hallson's "Lost Creek" of Dassel, Minn., Bruce Prinze's Prairie Sky of S.D. with cooks Brad & Leann of Chetek, Wisc., Patrick's "DT" of Watertown, S.D., Dan & Carol McCaffree's "Musselshell" of Round Up, Mont. and Wes Stigen's "CCC" wagon of Iola, Wisc. Thank you wagon owners, sponsors, organizers and participants.

Winners: **Meat:** 1 - Lost Creek, 2 - CCC, 3 - Sweet Sally Sue **Dessert:** 1 - DT; 2 - Prairie Sky; 3 - Sweet Sally Sue **Potatoes:** 1 - Lost Creek; 2 - Sweet Sally Sue; 3 - DT **Beans:** 1 - CCC; 2 - Lost Creek; 3 - Sweet Sally Sue **Biscuits:** 1 - Lost Creek; 2 - DT; 3 - Musselshell

PHOTO CREDIT: CASS SWANSON



Wagons: 1 - DT; 2 - Lost Creek; 3 - Musselshell
1. ACWA Kid's Pie Winners: 1st - Kylie Hanebuth, Huron, S.D. cooked with CCC; 2nd - Koen Metzger, Mitchell, S.D. cooked with DT; 3rd - Raina Carter, Watertown, S.D. cooked with Sweet Sally Sue



Above: A tall drink of water - Caleb Swanson - preparing for muzzleloading shooting contest.
Chuck wagon camp music: Clell Swanson, Caleb Swanson, Susan & Jim Patrick

2. Sweet Sally Sue Wagon Crew and awards - Steve Bogue; Jim Johnsen; Bob Glanzer-wagon owner; Clell Swanson - Clell also recently was awarded the ACWA Scholarship for College
3. DT Wagon Crew
4. CCC wagon crew
5. Prairie Sky Wagon crew
6. Musselshell Wagon owner, Dan McCaffree and crew - Frank
7. DT wagon with Jim and Susan Patrick working
8. Prairie Sky wagon with Leann Hanson of Chetek, Wisc.
9. Sweet Sally Sue wagon crew working hard



NDSU Riders Earn National Titles

NDSU Western equestrian team members Hailey Aagard (on horseback) and Janna Rice (left), along with their coach, Tara Swanson, display the ribbons and other items they earned at the Intercollegiate Horse Show Association's National

"As a coach, I couldn't be more proud of Janna and Hailey," says Tara Swanson, the team's coach. "They have been working hard all year in preparation for the opportunity to compete at nationals. Both of them rode with poise, confidence,

opportunity to compete at one of the three semifinals held throughout the U.S. by finishing as champion or reserve champion at the Zone 7 Region 3 regional championships hosted by the University of Wisconsin-River Falls on March 2. Other NDSU riders competing in regional competition were: Nicole Holasek, a senior from Waconia, Minn.; Karley Schaefer, a sophomore from West Fargo; Emily Norwig, a junior from Hastings, Minn.; Hannah Bucheger, a sophomore from Andover, Minn.; and Blaine Novak, a junior from Fordville.



The NDSU Western equestrian team ended the 2013-2014 regular season with high honors; it was named the Zone 7 Region 3 reserve high point team. The equestrian team consisted of 26 members. "We had a fairly inexperienced team this year, but each one of the team members stepped up to take on a position within the team, which helped us to achieve this high honor," Swanson says.

Championships in Harrisburg, Pa.

determination and skill, which resulted in a very positive outcome."

Two NDSU Western equestrian team members competed in the Intercollegiate Horse Show Association's national championships. Two members of North Dakota State University's Western equestrian team have earned national titles. Hailey Aagard, a junior from Wadena, Minn., was named the 2014 Intercollegiate Horse Show Association's national champion in beginner horsemanship at the ISHA National Championships held in Harrisburg, Pa., May 1-4.

Rice and Aagard advanced to the national competition by placing among the top four riders at semifinal competition hosted by West Texas A&M in Canyon, Texas, March 29-30.

Two other NDSU riders also competed in semifinal competition. They were Ashley Lindell, a senior from Soloway, Minn., and Cami Slaubaugh, a junior from Wolford. Lindell finished with an honorable mention in reining and a seventh-place finish in open horsemanship. Slaubaugh finished seventh in intermediate horsemanship.

Janna Rice, a junior from Maddock, was named 2014 IHSA reserve national champion in advanced horsemanship.

These four riders earned the

Youth Day at the Races

In November of 2013 I had the once-in-a-lifetime opportunity to attend the American Quarter Horse Youth Association National Racing Experience (NRE). This event is a scholarship competition held in conjunction with the AQHA Bank of America Challenge Championship races, which could be considered the Olympics of quarter horse racing. While attending the NRE, I shadowed one of the top trainers in quarter horse racing today, got a behind-the-scenes look at Los Alamitos Racecourse, and toured the widely-known Vessels Stallion farm. Oh, and did I mention this all took place in California?! Besides the epic racing and incredible learning experience, I met new friends

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from around the country and even took home a very generous scholarship. After my phenomenal experience at the NRE I wanted to

promote other youth to take advantage of opportunities for involvement in the world of horse racing. So without further ado... The North Dakota Horse Park is proud to announce that they are hosting a "Youth Day at the Races"- an experience for youth ages 14 through 18. Set to take place

on August 2nd, this event allows youth to dive into the world of horse racing by spending an entire day at the track. They will have the opportunity to watch morning workouts, talk to trainers and jockeys, visit the announcers stand and so much more! Arriving at the North Dakota Horse Park early in the morning, participants will go on a guided educational tour of the track, spending the day learning about various aspects of horse racing. But don't let the word 'educational' scare you! This day will be fun-filled, and gives youth the chance to have a rarely seen view of the operations at a racetrack. At the end of the day, youth will take a comprehensive exam on everything learned throughout the tour. The top exam score will be awarded a scholarship, and one youth will have the chance to be nominated for the AQHYA National Racing Experience, held at the 2014 AQHA Bank of America Challenge Championship races! This experience is free and open to the first 20 youth who sign up. But hurry, because spots will fill up fast! For more information or to register, contact Annise Montplaisir at annise@hrnd.org.

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What do you mean we don't get to ride them?

By Sara Sherman

“When do we get to ride them?” This is inevitably the question I am asked when working with youth of any background.

And my answer: “I don't know if we will ride them!”

Then I typically hear: “Ahhh that sucks,” “What are we gonna do then?,” “That's stupid, what else are horses for?”

I love this . . . I see it as an opportunity for the horses and me to make an impression and shift some perspective. I see opportunity for a journey in partnership; a journey within to discover a new sense of self-worth, respect, responsibility, communication and most of all, trust.

My name is Sara Sherman. I am the founder of Discovery Horse and I partner with my four-legged colleagues to help people of all shapes and sizes discover their Inner AWESOME. I am an Equine Guided Coach. I offer personal growth retreats; team building workshops, individual and couples sessions, and I work with kids. Kids who don't know they even have an Inner AWE-

some but hold onto some shred of hope that there is one.

Recently the horses and I worked with nine youth from a local residential facility for kids who can't live at home for one reason or another. Many of these kids have never known trust or experienced unconditional love. Many of them don't know what it means to have someone stick by them through thick and thin, mistake after mistake. These kids haven't experienced their own self-worth nor have they seen their own intrinsic value in the eyes of another. This group of kids came out to the barn for seven weeks, three hours at a time, and they were required to be there. In the beginning they came because they “had” to. In the end they didn't want to leave.

As the kids walked into the barn on the first day, scarves over their noses due to the “stink,” rolling their eyes and giving me fake names, I knew I had my work cut out for me. We set up our group agreements, introduced ourselves and I told them a little bit about what we would be doing . . . minus riding!

There are so many stories I would love to share with you about this experience. I want you, the reader, to see how dramatically the lives of these kids were touched by their expe-

rience with the horses. I want to tell you about the girl who wouldn't sign the paperwork to stand in the arena because she was so sad her friend had been discharged and left her alone. Later that day she met Star, a beautiful quarter horse mare; this girl told me Star took her sadness away and changed her life. I want to tell you about the young man who tested every boundary I had and wouldn't smile, except when he was leading “his” horse. Or how another girl who tried everything to get herself kicked out, only to find she truly belonged in this unique and unconditional “herd.”

Right now I will tell you the story of “Vivian.” Vivian is small in physical stature. When Vivian came to Discovery Horse she was shy and quiet, her way of not making waves and drawing attention. Vivian had walked through the first 13 years of her life balancing between being small so no one noticed her, and being large



and abrasive to defend herself when she felt her world spinning out of control.

Vivian was one of the few who admitted to being excited about this new program offered by the facility they called home. She got some strange looks from others for that excitement, and I secretly admired her courage to share. Vivian really struggled with her peers. When engaging with the horses in various activities, my staff and I would often hear her say, “I can't do this, I am a failure, I'm stupid.” During one exercise, kids were instructed

to give verbal directions to a partner who was leading a horse. This proved to be a challenging exercise. When her directions weren't clear, her partner and the horse would stop and look clueless. Vivian was the center of attention and sitting in a leadership position . . . not a comfortable or familiar place. Vivian didn't like speaking loud, she didn't like making mistakes, and she told me very clearly she would just rather not talk than take the chance of others being frustrated with her.

Vivian's love of the horses was palpable. In the beginning she was very careful to let herself feel it. You could see she was scared they wouldn't love her back, or that by being open about that love the other kids might think less of her, think she was weak. Vivian also didn't trust anyone or anything, even the horses. Her mother had abandoned her long ago and that abandonment sat heavy on her heart and in her mind, offering a continuous mantra that she was not worthy.

Each week the kids were guided through different activities and opportunities with the horses. Each week they were asked to experiment with trust, authenticity, communication, leadership, responsibility and respect. Each week Vivian showed up along with the others and did her best; sometimes her “best” looked like sitting in a circle without yelling, and other days it was walking up to a 1,200 lb. horse and asking him to walk with her.

The kids did get to ride the horses on the last day. It was a gift the horses offered. All too often we take advantage of the gifts others have to offer us, horse and human alike. The kids learned that there is a lot to developing healthy relationships grounded in trust and that a true authentic relationship comes with hard work and is truly a two-way street. The ride the kids got wasn't typical. They sat bareback and held onto their horse's mane while

Continued on next page

Youth Find Their Inner Awesome

being led, and surrounded by people who were there to support them. They were encouraged to close their eyes and sincerely feel that trust, unconditional love and to receive what they truly longed for.

Vivian rode a sweet quarter horse gelding named Titan, part of the Spirit Horse Center herd that I include when working there. Titan took such sweet care of his precious cargo. He walked slowly and confidently all the while surrounding Vivian with his heart. When they came to a stop I stood next to Vivian as she leaned forward and hugged Titan and cried. Her tears were cleansing and beautiful. As the tears fell so did the wall around her heart and the fear that she wasn't loveable or worthy of being carried. In those places grew a web of strength and confidence and an acknowledgement of her own Inner Awesome.

As we were saying our goodbyes and sharing the gifts we received, Vivian announced she wanted to make a speech. Yes, a speech. She stood on the tall mounting block in front of her peers, the facility staff, the Discovery Horse staff and the horses. This shy, quiet girl had found her voice, and she literally wanted to share it with the world. AWESOME!

If you are reading this article, chances are you know horses in some capacity. Chances are you have been touched by their unconditional love and have learned a thing or two about yourself along the

way. I have intentionally left out the “how” in this article because I wanted you, the reader, to know the “why.” I leave you with a few words written by these kids on their last day with us at Discovery Horse. My wish is that your heart smiles and you strive to look a little deeper, a little more closely, at the gifts these giant beings so freely offer us. My wish is that through the discovery of their own Inner Awesome these kids inspire you to find your own!

“That not to be scared and believe in myself even when I think my mom doesn't.”

“I found my Awesome.”

“I need to stop doubting myself because every time I do I always achieve my bad thoughts.”

I Am: “Proud.” “A Leader.” “An amazing person that I am proud to be. Very strong”

To Shine, the horse: “It takes a lot for me to learn to trust someone but with you it was different! I put all my trust towards you and you never once did anything to break it :) I have had tons and tons of my promises broken and when I saw you I felt that you promised me that you wouldn't leave me or hurt my heart and you never once broke that promise. Keeping promises means the world to me. Forever Love: Jane”

Sara Sherman is an Equine Guided Coach certified in the Equine Gestalt Coaching Method (TM). Sara works with and without horses

to bring awareness and healing to individuals and organizations by helping them realize the story that's keeping them stuck and shifting it so they can realize their chosen purpose and fulfill their potential. Sara and her horses have been successfully guiding individuals and organizations through transformational change through individual Equine Guided Coaching sessions, empowerment workshops, team building retreats and motivational speaking. Sara and her herd specialize in youth empowerment and women entrepreneurs. Sara also offers her coaching services on the phone and in person for people not quite ready to walk with a horse. This work is NOT about what is wrong with you . . . it is about finding all the good and powerful parts and making them huge. If you are ready to discover and expand your Inner AWESOME we are waiting to



Photos by Bourne Photography

Above: Lance and a participant sharing a moment.

Left: Sara Sherman and Lance.

Page 14: Looking within.



Cowboy Up Ride Against Cancer
AUGUST 15 & 16, 2014
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August 15th 2014: Trail Ride from 10 a.m. to 1 p.m. Extreme Race 6 p.m. Join us for some Extreme Fun at the 10th Annual Cowboy Up Ride Against Cancer Extreme Races in McLeod ND. Prizes will be awarded. Teams will be formed on site so come on out & join the fun. All proceeds will benefit the Roger Maris Cancer Center. Email lori.zabel@yahoo.com with any questions.

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10th Annual Cowboy Up Ride Against Cancer at McLeod, ND

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Dr. Getty Nutrition Information

The Correct Way to Use Slow-Feeders

by Juliet M. Getty, Ph.D.

Forage is the foundation of every equine's diet and needs to flow steadily through the digestive tract. Gaps without forage can lead to ulcers, colic, behavioral issues, stall vices, gorging, choke, cribbing, and even laminitis. Truly, the only way to avoid these problems is to allow your horse steady access to forage, free-choice, all day and all night.

Responding to this inherent need is the slow-feeder industry. The purpose of this article is to provide a clear understanding of slow-feeders and how they can be used safely and effectively. There are many styles and types from which to choose. The best approach is to contact several manufacturers to see which product best meets your horses' needs.

The purpose of a slow-feeding system is to simulate grazing. Horses in a natural setting eat small amounts of forage as they wander in search of the next tasty morsel. They eat virtually all day and night, taking time to socialize and rest every so often for a few minutes at a time. When they know that they always have access to forage, they become calm and relaxed, rest more often, and walk away from their hay, knowing that it will still be there when they return. In other words, they "self-regulate" and eat only what they need to maintain a healthy body condition.

Forage restriction is incredibly stressful. Why should this matter? Because stress causes the release of the hormone cortisol, which in turn leads to elevated insulin. When insulin is high, it tells the body to store fat. Your goal? Get rid of the stress. Feed an appropriate forage (low in sugar and starch) free-choice and

allow the horse to tell you how much he needs. There are some horses, however, who gain weight very quickly when given forage free-choice. The reason has to do with the sluggish metabolic rate they've developed over time. When forage is parceled out only a few times a day, the horse's metabolic rate significantly slows down in an attempt to conserve body fat. A cycle of ever-increasing obesity is created that can be reversed only through exercise and removing the hormonal fat-storing response that forage restriction creates.

Slow-feeders, when used properly, are an excellent way to do reduce stress. As their name suggests, they slow down the rate of consumption by providing hay through small openings. When slow feeders are kept full, they allow the horse to graze whenever he wants, thereby encouraging the horse to eat less and still have free access to forage.

The best approach is feeding off the ground

Chewing with the head low is more in line with the horse's natural physiology, creating even pressure on the teeth and allowing the jaw bone to move freely in all directions. Furthermore, the muscles, joints, tendons, ligaments and bone structure are not stressed when horses can grab hay in a straight downward motion. Eating with their heads down also protects their eyes and respiratory tract against mold spores and dust and provides for better nasal drainage.

How to start

Use at least two feeders per horse and place them as

far apart as possible. Even if your horse is in a stall or small paddock, place one on either end of the area. Many slow-feeders made of hard material can accommodate two or possibly three horses at a time, but it is preferable to have more feeders to encourage movement, satisfy the horse's natural curiosity, and minimize squabbles among herd members.

Gradually allow your horse to become accustomed to this method of feeding by placing some hay in the feeder as well as loose on the ground next to it. After



The net in use is a Cinch Chix Large Bale Cinch Net 6' on a large square bale. These nets work for 6' diameter round bale or 3' x 3' x 9' large square bale. Opening sizes available: Original (1 3/4" x 1 3/4"), SF (Slow Feed, 1 1/4" x 1 1/4"), SFX (Slow Feed Extreme, 1" x 1"). Made of high-quality, UV-treated, DuPont® fiber and ships with Large Bale Cinch Strap.

a few days, most horses will get the hang of the slow-feeder. Some take longer, so don't force the issue; let your horse get used to it at his own pace.

If your feeder contains a grate, leave it off for a few days as your horse becomes familiar with lowering his head inside the feeder. Once you add the grate, pull hay through the openings to help get him started.

Supervise your horse during this period, watching for signs of frustration. Frustration is a form of stress and needs to be avoided.

Types of slow-feeders

Nets

Hay nets are not the same as slow-feeder nets. Hay nets typically have very large openings, in which your horse can easily become tangled. Slow-feeder nets provide openings that are much smaller. I recommend 1.5 to 1.75 inches for a full-sized horse; anything

is best to choose a hole size that will slow down feeding but not so small that it induces exasperation.

It is best to purchase one from a reputable manufacturer rather than try to make your own. Cheaper fabrics can unravel and break, potentially damaging teeth and worse, tragically leading to colic if your horse swallows fibers. Commercial products are made from heavy duty fabrics that resist tearing and fraying, and provide safety features as well as customer support.

a source of frustration as it sways with every attempt to get a bite of hay. This can defeat your purpose in regulating consumption. Furthermore, if the horse were to rear near a feeder hanging from a tree or placed high in a stall, he could trap a hoof. • They need to be refilled frequently (unless a whole bale size is chosen). Horses who run out of hay (even for 10 minutes) will never get the message that hay is always there and will not self-regulate.

Hard slow-feeders

The best ones are made of sturdy plastic or hard rubber that will not crack in very hot or cold temperatures and can withstand the abuse of being kicked or stepped on. Avoid wooden feeders. You might be tempted to build your own by placing a steel grid on top or on open sides of a container. This can create several hazards:

- There is high potential for sharp edges.
- Clips can get caught on halters or catch an ear or eyelid.
- Grids can tilt.
- Shod horses can trap a foot on the metal openings.
- Metal grates can damage teeth; horses can even get a tooth caught in this type of grid.
- Grated vertical sides force the horse to turn his head sideways, which leads to neck strain.

Here again, choose a reputable manufacturer. Common styles include:

- The hay basket -- consists of a round metal frame which holds a removable plastic basket with large slats to allow for drainage. Since the basket does not sit on the ground, the hay stays dryer.
- Barrel or box type feeders -- these are well received by many horses; however, some horses find lowering

Continued on next page

MHARF Trainer's Challenge of the Unwanted Horse

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Special Horses for Special People

For ninety minutes four Wednesdays in June, Special Horses for Special People help bring the benefits of horsemanship to approximately 100 people in southern Minnesota through the Achieving Dreams for Disabilities or ADD of Waseca County. Now in their 12th year, about 25 people volunteers, 20-30 horses, and even a couple wagons come to the Waseca County Fairgrounds.

"Without all these wonderful volunteers, we would not have this great program," said Ken Borgmann, who has been involved with the program since the beginning as a member of the Waseca Mounted Posse program.

"When the program was to the point of getting too big, we had to keep it for riders in the Waseca County area. We do, however, let those riders still come who have

been coming for almost as long as the program has been running which is 12 years. We get riders from Albert Lea, Medford, Mankato, Morristown, Waterville, Hartland, New Richland, Janesville.

"We purchased, through donations and grants, a 'Special Saddle' about six years ago. It is always put on the same horse, and it

allows riders to get on a horse even if they don't have good core strength, it kind of looks like a chair. So even if someone is in a wheelchair, they still have the wonderful opportunity to enjoy a horse ride," said Borgmann. "This program really lets adults and children socialize and interact with the horses and great people, as well as other riders."

Continued from page 16

their head inside a container to be mentally uncomfortable. Nevertheless, it is better to choose one that sits on the ground rather than forcing your horse to pull hay out from the bottom of a barrel that is hung. Make sure the openings are large enough and preferably rounded to prevent damage to the horse's mouth and teeth.

Quality hard slow-feeders offer several advantages:

- They allow the horse to eat with their heads in a natural position.
- They are easy to fill with hay.
- Feeding can be shared with more than one horse.
- Dust and dirt tends to flow to the bottom. Bottom line

When given the chance, horses will self-regulate their intake of forage. We can encourage this grazing behavior through the use of slow-feeders. Using them correctly, respecting the horse's need to graze at ground level, will help give your horse the opportunity to enjoy a healthy life and

be more of what he was meant to be -- a horse.

For permission to reprint this article, in part or in its entirety, please contact Dr. Juliet Getty directly at Gettyequinenutrition@gmail.com.

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

Dr. Getty will take a speaking June 29 on "The Horse's Decidedly Different Digestion -- The Foundation to Good Health" in Santa Ynez, California. In her presentation, Dr. Getty will take a close look at what makes a horse's digestion unique and how correct (and incorrect) feeding practices impact longevity, vibrancy, and prevention of obesity, colic, ulcers, and laminitis. The event is hosted by the Renew A Horse Foundation. Reserve tickets by contacting the foundation at info@renewahorsefoundation.com or 805-689-6188. More

information is on the web at www.renewahorsefoundation.com.

Dr. Getty's comprehensive resource book Feed Your Horse Like a Horse is available at Dr. Getty's website, www.gettyequinenutrition.com, Amazon (www.amazon.com), Barnes and Noble (www.barnesandnoble.com) and Books A Million (www.booksamillion.com). The seven separate volumes in Dr. Getty's topic-centered "Spotlight on Equine Nutrition" series are available at her website, where Dr. Getty offers special package pricing, and also at Amazon in print and Kindle versions.

Dr. Getty's website, www.gettyequinenutrition.com, offers a generous stock of useful information for the horseperson. Sign up for her free monthly newsletter, Forage for Thought; browse her library of reference articles; search her nutrition forum; and purchase recordings of her educational teleseminars. Plus, for the growing community of horse owners and managers who allow their horses free choice forage feeding, Dr. Getty has set up a special forum as a place for support, celebrations, congratulations, and

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Sheldon Mustangs Set To Vanish Into History

(DENIO,NV) The final countdown has begun for the removal of wild horses and burros on the Sheldon National Wildlife Refuge (NWR) managed by the United States Fish and Wildlife Service (USFWS). The Sheldon (NWR) has announced the final removal of horses and burros from the over 575,000 acre refuge. The removal of 70 burros will begin on July 14 and horses will begin some time in August. Last year burros were removed without any prior public notification.



Last week a case status conference was scheduled in ongoing litigation against Sheldon National Wildlife Refuge (NWR) for July 1, 2014. The litigation brought by Bonnie Kohleriter and Laura Leigh, founder and President of Wild Horse Education, addresses both an historic lack of access to horse and burro roundups at the Refuge and Sheldon Mustangs repeatedly finding themselves in the slaughter pipeline.

It is known that Sheldon solicited for new contractors this year to take the mustangs. Several new contracts have been approved. At this time Sheldon has made no official announcement as to any arrangements made to ensure that horses will not be sent to those likely to fail to provide protection. In federal court John Kasbohm, Director of the Refuge, told the Judge that Sheldon changed it's contract from the year prior and that horses removed in 2013 would be protected. Very quickly it was discovered that these "changes" were inadequate. J&S Associates (Stan Palmer) was allowing individuals to take horses for suspicious purposes. Sheldon horses have undergone mass vasectomies and hysterectomies on the range that has resulted in less than a 5 percent birth rate on the range, yet horses were taken by one individual for "breeding." It was also discovered that older mares were shipped for purposes of "rodeo." In one such incident an employee of J&S posted on Facebook for people to "come and get 'em," a post that referenced these horses in the context of a possible rodeo occurring onsite at J&S and multiple replies that included taking some of the horses to slaughter.

In prior years J&S could not account for all of the horses they received, a recipient admitting to taking horses to slaughter

and foals in their care deteriorating from improper care. A few of these foals were rescued from J&S with the whereabouts of others still not known. The rescue came too late for one foal named "Apatchy," because of the spot on his flank, who was euthanized due to malnutrition and severe permanent damage to his feet.

"We are working on getting clarification on the specifics of the plans for the Sheldon Mustangs," stated Laura Leigh, "We hope to hear that issues have finally been rectified and for the first time in the history of Sheldon that real effort has actually been made to ensure that the descendants of America's war horse are not betrayed again and sent to a horrifying death."

Sheldon Mustangs were once part of an area where the government contracted for cavalry remounts. It is estimated in military records that nearly 500 horses a week shipped to Europe at the height of World War I, many of them taken from the area now known as Sheldon.

"It is incredibly tragic that the historic value of a living symbol of American history has no value to those that manage America's Wildlife Refuge system," said Leigh "The horses were there before the Refuge. They have existed in this intact ecosystem and contribute to it's beauty. It is heartbreaking that we will never have our historic herds to view in Sheldon again. It is devastating to think that the last of the Sheldon Mustangs may go to slaughter."

What will be the final chapter in the legacy of the Sheldon Mustang? We await the final announcement from Sheldon.

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>

We have written numerous articles on the history of the horses and burros that inhabit the Refuge. <http://wildhorseeducation.org/?s=Sheldon> We are currently working on our short film on the Legacy of the Sheldon Mustang, "Forsaken," with a new rough cut expected soon. You can view the "trailer" here: <http://wildhorseeducation.org/sheldon-nwr/> Litigation remains active pending final announcement.

We are out documenting the last of Sheldon Mustangs on the range. You can join our "action team," in case we must make a rapid response at <http://SheldonHorses.Wordpress.com>



Groups rally behind National Forest System Trails Stewardship Act

New legislation calls for improved investments in National Forest Trail System

WASHINGTON DC – The Backcountry Horsemen of America, The Wilderness Society, the American Horse Council, along with motorized recreation groups, outfitters and guides, and others today applauded new legislation to improve access and public safety on national forests and better address a persistent trail maintenance backlog.

The National Forest Trails System Stewardship Act of 2014, introduced by Representatives Cynthia Lummis (R-WY) and Tim Walz (D-MN) would keep more trails across the nation open and accessible by expanding the use of volunteer and partner organizations and providing increased focus on a handful of priority areas around the country.

More than fifty diverse recreation and conservation groups requested the legislation after a study last year found the Forest Service trail system is being squeezed between the demands of growing public use and shrinking budgets. According to that report, the maintenance backlog for forest trails exceeds \$314 million dollars and threatens to limit public access, harm natural resources, and increase future maintenance costs.

"Improving access and safety in our national forests is a solid return on investment for America," said Paul Spitler, Director of Wilderness Campaigns at The Wilderness Society. "Trails fuel a powerful outdoor economy and keep our public lands accessible for all Americans. They are simply too important to lose. We applaud Representatives Lummis and Walz for their leadership on preserving and maintaining America's trails."

The United States National Forest System contains the largest network of trails in the world and receives roughly 165 million visitors a year. While more people than ever are heading into national forests in pursuit of exercise, relaxation, and adventure, only one quarter of all trails are maintained to standard. The trails backlog prevents public access, poses dangers to public safety, and degrades clean water.

The Back Country Horsemen of America says the effort to create a more robust and coordinated trails-focused volunteer program is essential to preserving American's access to the great outdoors

"Congress recognizes that our national forest trail system is deteriorating," said Jim McGarvey, Chairman of Back Country Horsemen of America. "This bill emphasizes greater collaboration with volunteers and partner organizations and seeks to leverage additional resources to augment the important role played by Forest Service trail crews."

"The recreational horse industry contributes \$20 billion a year to the economy and supports nearly 307,000 jobs nationwide," said American Horse Council Vice President of Government Relations Ben Pendergrass. "However, it is dependent on access to public lands and well maintained trails. The current Forest Service trail maintenance backlog is a serious threat to its continued growth and health. This bill will help address the problem and ensure equestrians and all trail users continue to have access to, and are able to enjoy, trails on our national forests."

The legislation was also heralded by motorized recreation groups who rely on national forest trails. "The American Motorcyclist Association thanks Representatives Lummis and Walz for introducing legislation to increase off-highway-vehicle access on our national forests," said Wayne Allard, Vice-President of Government Relations of the American Motorcyclist Association. "During a time of shrinking budgets when the maintenance backlog on national forest lands exceeds \$500 million, this bill would increase the use of volunteers to keep trails open and maintained for a fraction of the cost. We look forward to working with Representatives Lummis and Walz to increase the use of volunteers on public lands so all Americans can enjoy them."

In addition to expanding the use of volunteers the legislation also requires the Secretary of Agriculture to identify nine to fifteen priority areas throughout the country for increased trail maintenance.

Hiking groups also hailed the legislation. "We appreciate what the bill sets out to accomplish," said Peter Olsen, Vice President at American Hiking Society. "The bill would significantly increase the role of partners and volunteers in maintaining trails throughout the national forests. During times of limited agency budgets, the role of volunteers is critical to ensuring Americans can continue to explore the great outdoors."

Montana Cowboy Hall of Fame announces 2014 inductions

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

"Our Hall of Fame voting process is organized around our volunteer trustees across the state and the election process gives the local community volunteers a direct voice in who from their area is being inducted," said Christy Stensland, executive director of the MCHF & WHC. "Many assume that to be inducted into the Hall of Fame you would have to be a famous cowboy, when in fact, the Hall of Fame exists to honor those who have made an impact in their local community and serve as a symbol of this way of life for future generations. This is truly a celebration of our authentic Montana heritage and those who pass it forward."

The MCHF & WHC board of directors has designated 12 trustee districts across the state from which up to 20 trustees may be appointed. Nomination criteria established by the board for the Class of 2014 inductions allowed the election of up to one Living Inductee and two Legacy Inductees from each of the 12 districts. In the case of a tie, winning nominees are jointly inducted.

The 2014 inductees into the Montana Cowboy Hall of Fame are:

- District 1 (Daniels, Phillips, Roosevelt, Sheridan, & Valley Counties): Living Award – John Russell Cloud, Wolf Point/Great Falls. Legacy Award – Don H. Lee, Dodson and Edmund N. "Neil" Taylor, Scobey.
- District 2 (Dawson, Gar-

field, McCone, Prairie, Richland, & Wibaux Counties): Living Award – Donald Glen Weeding, Jordan. Legacy Award – Patrick Thomas "Spud" Cremer, Jordan/Big Timber and Berney Kempton, Terry.

- District 3 (Carter, Custer, Fallon, Powder River, Rosebud, & Treasure Counties): Living Award – Mary Margaret (MacKay) Ketchum, Plevna. Legacy Award – Odis Oren Harkins, Ekalaka and John Henry "Johnnie" Gilman, Miles City.
- District 4 (Blaine, Chouteau, Hill, & Liberty Counties): Living Award – Loren Jenkins, Big Sandy. Legacy Award – Warrick Rodeo, Warrick and Roger Henry St. Pierre, Sr., Box Elder (tie) and Fred Charles Henderson, Warrick (tie).
- District 5 (Cascade, Glacier, Pondera, Teton, & Toole Counties): Living Award – (three-way tie) Chief Earl Old Person, Browning, Gary J. (Lone Bull) Schildt, East Glacier, and Truman "Mouse" Hall, Valier. Legacy Award – Ira E. Perkins, Bynum and Lyall Sturgeon Cray, M.D., D.D.S., Choteau.
- District 6 (Fergus, Golden Valley, Judith Basin, Musselshell, Petroleum, & Wheatland Counties): Living Award – William W. "Bill" Lewis, Grass Range. Legacy Award – Peter "Pete" Vann, Geyser and Hazel Hash Warp, Harlowton.
- District 7 (Big Horn, Carbon, Stillwater, Sweet Grass, & Yellowstone Counties): Living Award – Lonnie Bell, Billings. Legacy Award – William C. "Bill" Huntington, Billings and John W. Moreland, Jr., Big Timber.
- District 8 (Broadwater, Jefferson, & Lewis and Clark Counties): Living Award – Charles Robert "Bob" Masolo, Townsend. Legacy Award – Helena Trail Riders, Helena and Keith William Herrin, Helena.
- District 9 (Gallatin, Meagher, & Park Counties): Living Award – Arlene

Haugland, Belgrade. Legacy Award – Raymond Andrew Kannegard, Wilsall.

- District 10 (Flathead, Lake, Lincoln, & Sanders Counties): Living Award – Charles E. "Charley" Lyons, St. Ignatius. Legacy Award – William "Ed" Schall, Arlee.
- District 11 (Mineral, Missoula, & Ravalli Counties): Living Award – Dewaine Carlsen, Florence. Legacy Award – Hartley Lee Lambert, Stevensville and Oral Harris Zumwalt, Missoula.
- District 12 (Deer Lodge, Beaverhead, Silver Bow, Granite, Madison, & Powell Counties): Living Award – Jay Frederick Nelson, Jackson. Legacy Award – Jack & Ann Hirschy, Wisdom and Hubert Latimer "Tex" Smith, Dillon.

Since the initial round of inductions to the Montana Cowboy Hall of Fame in 2008, including this year's inductions, 201 inductees have been honored. Full biographies for past inductees are available on the MCHF & WHC's website, <http://www.montanacowboyleft.com>.

For more information about the Montana Cowboy Hall of Fame & Western Heritage Center, or for more details on the Montana Cowboy Hall of Fame inductees, please contact Christy Stensland by calling (406) 653-3800, emailing cstensland@montanacowboyleft.com, or visiting <http://www.montanacowboyleft.com>.

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

Road to the Ultimate X Showdown Trainer's 100-Day Challenge/Barrel Race: July Update

[Editor's Note: "The Valley Equestrian Newspaper" is following the progress of professional barrel racer and trainer Lindsay Jensen, who owns and operates Rush Meadow Farm Performance Horses in Detroit Lakes, Minn., and her off-the-track thoroughbred, Miley, in their progress toward the Ultimate X Showdown. The UXS is produced by Dreaming of Three, www.dreamingofthree.org, and will be held on Sept. 5th at Simmons Equestrian Center in Negley, Ohio. All proceeds go to support off-the-track thoroughbred rescues.]

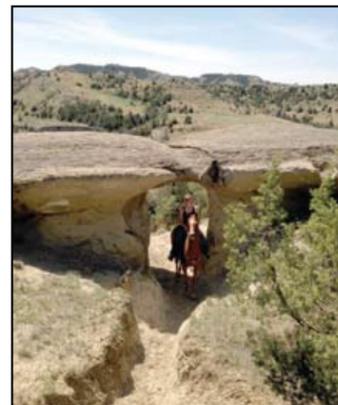
she's not as squirrely as some other mares can get, not as moody. She gets more clingy to people, and a little duller. But if you touch

her, she just melts into you. So that personality quirk is a little strange and different for me to work with.

She's figured out lead changes, and feels really balanced. She caught on quickly. The first time you start loping a pattern on a horse it can be really ugly and uncoordinated; with Miley it was like she knew exactly what she was doing. She's really well-mannered.

I've taken her out as much as possible to new experiences and to run demos and some barrels whenever we can. Not much seems to faze her, as she had all that track experience with the noise and commotion. She's really great, and handles things really well.

Watch for more updates as the UXS Challenge approaches. We will continue to follow Lindsay and Miley in upcoming issues. And follow them on our Face Book page: www.facebook.com/VENews.



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