

*November 2014*

# *The Valley Equestrian News*



*Natural horsemanship clinician,  
Anna Twinney, long lines Tucker,  
a blind horse.*

Read more on pg 14.

# A Summer at the Races

By Annise Montplaisir

Some of the most valuable experiences in life are the ones we never foresee approaching on the horizon. They appear out of nowhere, take us on a wild ride and leave us breathless and longing for more. That was my summer at the races in 2014.

Last spring I had no idea what to do during the upcoming summer. As a college student I obviously had to have a job of some sort, and I hoped to find something related to horse racing. As a long time enthusiast of the sport I aspire to one day have a career within the industry.

My search for the perfect summer job didn't last long, because in February I found myself hired as the new director of communications for the North Dakota Horse Park in Fargo, N.D.

My prior experience with the Horse Park included working there during the two previous summers. In 2012, I was a pony rider (an individual who escorts racehorses to the starting gates on horseback). I have to laugh looking back at this

experience. I was determined to do a great job at the position, but the horse I used- a petite quarter horse mare- had other ideas. I guess she didn't like being pushed around by racehorses weighing 200 pounds more than her. I chalked the experience up to lessons learned and the opportunity to develop a thick skin. The following summer I assisted the director of media relations by conducting interviews of horsemen and writing articles for the website.

As the director of communications my duties entailed sending numerous emails and making business calls as necessary, coordinating and carrying out track tours, and assisting media personalities who wished to cover the races. I also conducted interviews of horsemen and wrote articles for the track website. But what I thought would be a general office position resulted in far more than I originally anticipated. The experience I gained throughout the summer was incredibly valuable, and the memories I made will be treasured forever.

An advantage of my job was the flexibility. The general manager of the track encouraged me to make the most of my time and the races and learn every aspect of horse racing that I could. In the mornings I worked as the official clocker, timing and recording racehorse workouts for the racing secretary. I loved being at the track bright and early for workouts. The air is crisp and fresh as the sun sneaks into the sky and dries the dew that covers the bleachers. Hoof beats resound through the air as horses breeze by, breathing in gentle snorts. I would savor the peace until my walkie-talkie split the silence, informing me of a horse that needed a timed workout.



MICHELLE L. BENSON PHOTOGRAPHY

There are several poles that line a racetrack designating specific distances. The North Dakota Horse Park measures six furlongs (a furlong is an eighth of a mile). The most common timed workout distance for a thoroughbred is three or four furlongs, while quarter horses typically work around 200 yards. At the moment a horse passes the respective pole I click my stop watch to start the time, which ends when they cross the finish line.

Another fascinating job was recording race entries, which is a very intricate process. Entry day takes place three days prior to when races will be run. For example, entries for Saturday races will be taken on Wednesday. The racing secretary writes the races, which means he or she (in this case, a she) determines the conditions for each race. Conditions include the age, breed and gender of the horses that can enter, how many races they have

won, and the distance they will run. For example, a race with conditions specifying three-year-old maiden TB fillies going five furlongs means that only thoroughbred fillies three years of age which have never won a race can enter.

Depending on these conditions, horsemen decide which races are the best fit for their horses to run in. They fill out an entry form stating information about their horse. Horsemen can also call in their entries. I answered phones and assisted horsemen by giving them a rundown of the races and filling out their entry forms.

Ever since I became enamored with horse racing I have dreamt of learning to ride racehorses. Several years down the road my dream finally came true. A co-worker and I met a trainer who had a kind personality and good reputation. The two of us made a deal with him: We would clean

the inside of his filthy pickup truck if he would teach us how to gallop one of his racehorses. As a note of caution, please do not attempt exercise riding if you do not have extensive experience riding horses, as it can be a dangerous and unpredictable job. This trainer trusted our riding ability and knew that we had years of riding experience under our belts.

I barely slept the night before, I was so eager for our lesson. When we arrived at the barn I suited up in my helmet, protective body vest, half chaps and boots- I cannot emphasize enough how important safety is. The trainer tacked up a docile thoroughbred mare and gave me a leg up. He led me to an arena giving me instructions along the way: stand in the stirrups with my butt back, legs forward and hands resting gently on the base of her neck. I warmed her up at a brisk

Continued on next page

# Ease up on the reins and let life come as it may.

trot before easing her into a canter. Around and around we went as the trainer called out instructions. I'm pretty sure I was beaming the entire time--it was so exhilarating! By the time I hopped off, my legs were shaking from fatigue, but I was thrilled. The trainer said I had graduated to the big track and he would take me out the next day.

I arrived at the track bright and early the following morning. The trainer tacked up the same little mare, gave me a leg up and led me to the track alongside his pony horse. Approval to become an exercise rider comes from the track stewards, who are essentially the referees of racing. The stewards observed my riding to assure I was safe and could handle a feisty racehorse.

The mare was excited to be out and began pulling on my arms as we picked up speed. The trainer stayed beside me on our first lap around the track, but coming into the stretch he instructed me to let her out a notch. Her body propelled forward and I could feel her powerful muscles working as we flew down the track. The wind whistled in my ears and my legs were starting to shake, but I made it to the backstretch where I eased her up and guided her to the outside rail. It was a moment I will forever treasure in my heart. The stewards gave me their approval to get an exercise license, and I galloped horses for the remainder of the race season.

Despite all these other exciting activities, I still made plenty of time to do what a director of communications does best... communicate. I loved sharing my passion for horse racing with fans, interviewing horsemen and educating the public about my favorite sport. There are

two memories I am particularly fond of from this past racing season.

After attending and winning the AQHA National Racing Experience at Los Alamitos racecourse in 2013, I wanted to implement an opportunity for other youth to learn about racing. Thus, I organized and directed a Youth Racing Experience called "Youth Day at the Races." Thirteen youth from North Dakota and Minnesota participated in this one-day educational scholarship competition. While most of them had previous horse experience, the racing industry was an entirely new world to them.

The group arrived at the track bright and early on August 2nd to learn the daily happenings at the racetrack. Thirteen professionals within the racing industry, including a jockey, trainer, track announcer, steward and several others presented to the youth participants. These youth had a behind-the-scenes view of the barns and track on a race day, observing the daily care of racehorses from their workouts and feeding in the morning to the moment they head to the starting gates for a race.

At the end of the educational tour participants took an exam on the information they learned throughout the day. Youth Day at the Races culminated in the winner's circle where the scholarship and prize recipients were announced. Although organizing Youth Day took a considerable amount of preparation and dedication, it was well worth it. A few of the participants shared that the racing experience inspired them to learn more about pursuing a horse racing career.

The final day of the 2014 racing season dawned bright and sunny, sure to draw a great crowd. A group of high school and college students attending the Concordia Language Village English Camp were scheduled for a tour of the track. The majority of the students were visiting the United States from other countries and learning English as a second language. As I guided the group through the barns I was very impressed with their engagement and interest. Every student was highly professional and several of them presented complex questions about horse racing.

After the group dispersed to watch the races, a handful remained to ask additional questions. I learned that they were from Brazil and had worked for a branch of

the Brazil Jockey Club--the registry for thoroughbred horses. I was curious about horse racing in their country and they welcomed my questions. They informed me the name for thoroughbred in Portuguese is "Puro Sangue Ingles," which translates to English pure blood. No matter how much one thinks they know about horse racing, there is always more to learn.

After a month of nearly non-stop action, successful race days and milestone events, the race meet at the North Dakota Horse came to a close. It was bittersweet as I bid farewell to new friends and acquaintances and watched the horses load into trailers. But this was only the beginning.

Two days later I had my car packed to the brim as I prepared to embark on

another adventure--this time to Canterbury Park in Shakopee, Minn., for the remainder of summer.

Throughout the duration of my stay, I interned in the press box shadowing track media professionals. I wrote "Annise's Anecdotes," a quirky column for the Canterbury Live blog, and composed press releases. I also procured an exercise license and continued galloping horses for the same trainer who put me on my first racehorse at the North Dakota Horse Park.

When it was all said and done, this past summer did not disappoint. It was the most fun I have ever had in my life, not to mention a fantastic educational experience. The most important lesson I learned was to ease up on the

reins and let life come as it may. You never know what opportunities are approaching on the horizon. When something wild and unexpected appears out of nowhere, don't be afraid to climb on and see where it takes you. ♡

Captions: The picture of me galloping at Canterbury is courtesy of Michelle Benson.

Lower left: Photo of me interviewing a horseman at the Horse Park.

Lower right: The group listening to a presenter at Youth Day at the Races.



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PO Box 64  
Sabin, MN 56580  
theVENews@gmail.com  
(320) 209-8523

Owner/Publisher  
Ley Bouchard  
(701) 361-8648  
leybou@gmail.com

Managing Editor/  
Sales Director  
Kari Hagstrom  
(320) 766-2620  
Kari.venews@hotmail.com

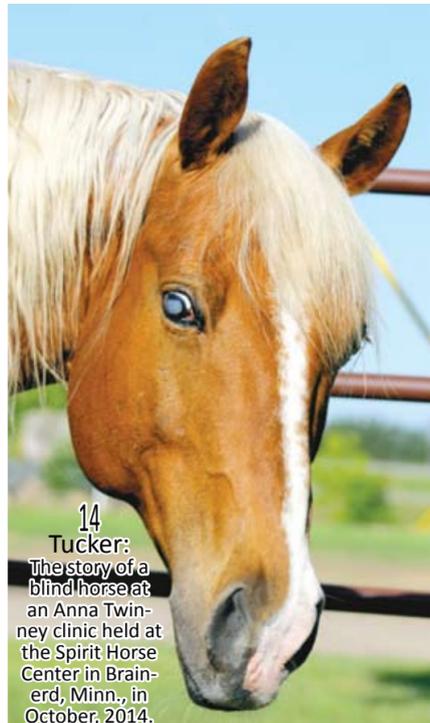
Contributing Writers  
Orv Alvshere  
Dr. Juliet Getty, Ph.D.  
Kari Hagstrom  
Janice Ladendorf  
Annise Montplaisir  
Katherine Windfeather-Thompson  
Charles Wilhelm

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# VEN Editorial

It is easy to become overwhelmed, to take on more than we are able. Even when we think all is under control, the universe can throw a monkey wrench into our path and our life changes forever.

When we buy and/or accept responsibility to care for animals it should be a "till death do us part" commitment. Animals are not disposable any more than people are. Larger animals, like horses, are especially sensitive emotionally and a change to their home or living situation can impact them for the rest of their lives, too.

It may be different for trainers and breeders who are constantly working with animals to improve them and move them into their forever homes. However, in the horse market we hope that this

is happening less as the impact of an over-abundance of horses settles over the industry.

Trainers serve a marked importance now as horses transition from places of abundance to an unwanted circumstance. Trainers and rescue operations step in to improve the horse to make it possible for these horses to move to a more suitable, and permanent home with a caregiver or family for the rest of its life.

Many people love horses. Many readers may or may not know all the ins and outs of the current situation of the unwanted horse predicament which is not going away. The unwanted horse situation may get worse before it improves as more

people quit the breeding business, as people stop their backyard breeding practices, and as the BLM (Bureau of Land Management) continues to round up and place in holding pens more of our American mustangs in an attempt to satisfy ranchers' appetites for more grazing land.

Horse slaughter may not be an option inside the American borders because the U.S. Congress has suspended inspection which is a prerequisite for meat slaughterhouses; however, many horses cross our borders regularly to both Canadian and Mexican slaughterhouses.

It is easy to forget an excess horse situation when it is not in front of us and in the news in a regular basis. But the transport of horses continues.

Stewart Powell, Hearst Publications wrote in April: "Long-haul trucks ferried 102,554 horses to slaughter houses in Mexico last year and 39,523 horses to comparable facilities in Canada -- roughly the number of horses that were being slaughtered annually in the United States before interruption of USDA inspections effectively ended the domestic horse slaughtering industry."

But we do hear of people who need to forfeit their stock due to circumstances beyond their control or because of hoarding. Those monkey wrenches that the fates throw our way.

Janice Ladendorf is back with another historical piece about 'Invisible Vaqueros.'

As always, we are featuring two adoptable horses on page 6 from rescues in Minnesota.

Thank you for patronizing our advertisers that made his issue possible and without which we could not provide you with your free horse industry news.

Ley Bouchard, Publisher

It takes a lot of money to care for a single horse for its lifetime. The pur-

# COWBOY POETRY WITH ORV

## THE LEATHER REPAIR SHOP OF BYGONE DAYS

TALK ABOUT LEATHER IN A SADDLE SHOP Dad said, "The bank was busy, but he must stop." I said, "We'll go on to the Harness & Saddle Shop." Met by aromas and sewing machine noise, Along with the greeting, "Can I help you boys?" And my two brothers would have to stand on their feet.

NEGOTIATING BOOT REPAIR OR REPLACE In walked a hurried, tired and dusty young man, With a pair of old cowboy boots in his hand. "The soles are so thin, that I can feel the earth. Nothing between us," using a touch of mirth. "How's about a buck for regular heels and half soles, Buck-and-a-half for heavy duty ... no more holes." "No," he said, "I'd have to think of buying new." "Buck for heavy duty ... they'll be done by two."

HONEST HARD WORK AND ENTREPRENEURIAL LESSONS The odor of leather and glue was quite strong And a line of repaired boots, an eighth block long. We knew they looked better than when they came in; He had so much work, so where should he begin? Then back to the harness already half done; He sewed up the layers, while banter, he spun; "You will need much stronger harnesses, of course; Or you could trade down for a much lighter horse."

WATCHING INDUSTRIAL STRENGTH MACHINERY That awesome machin'ry went clicky-clack As he repaired a break on some cowboy's tack. He said, "This repair will keep you on your horse; There will be a minimal charge, of course." "Now, boys," he turned again to the mini three; (At 6 feet 3, he seemed like a giant to me) "Do you have some repair, or some shoes to check?" Leaning down to peer over his wire-framed specs.

EVERYBODY CAME TO WATCH HIM WORK "We came to town to watch you work; can we stay?" He said, "Ok, come to watch ev'ry day." His large sinewy hands were shaded black-brown, From polishing all those shoes in that small town. The "shoemaker" loosened shoe nails with a knife, Pulled with his pliers, as he'd done all his life. His white hair glistened, like the sweat on his brow. We watched so intently, wanting to learn how. The he tapped with his hammer, to set the nail; One muscular swing, drove each nail, without fail!

A SUPERB TEACHER (WITHOUT A TEACHING DEGREE) With long arms and super strength, he turned each shoe. Into the sewing machine and added some glue. With a confident, steady pull on the knife, He trimmed the edge and sole, and gave it new life. And using an endless stroke, he sealed the edge; He polished and buffed and put them on the ledge. He worked and wrestled and made the leather bend; He talked and listened and said, "Come back again."

HE KNEW THE NEED AND FILLED IT Townspeople gathered and watched and they would talk; Replaced by town and country folk, they would walk. We did "Come Back;" we would go to town and find A crowd at the shoe store of this man so kind. He was the owner, janitor, worker, and clerk. Countless folk came to watch that gentleman work. The shop's been closed as he left it behind. I go there often, but only in my mind.

25 cents for youth; 75 cents for employed  
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A thank you and tribute to Con Beck of Maddock, N.D.

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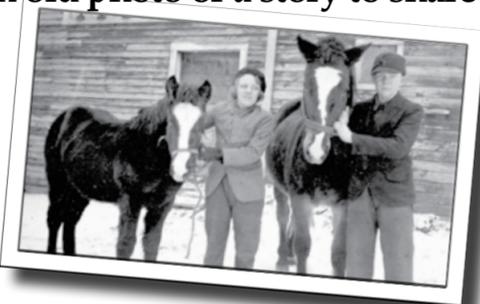
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It is a mission of the Valley Equestrian News to help improve the unwanted horse situation in America, and to help increase the value of horses so horse slaughter is not a viable option. To that end, the VEN offers free space on this page to advertise horses available for adoption from certified rescues. If you know of a rescue or operate a rescue that wants free space on this page, please contact us: Ley Bouchard, editor, at: [theVENews@gmail.com](mailto:theVENews@gmail.com).



# Charles Wilhelm: Ultimate Foundation Training Leading Your Horse Properly

**M**any trainers lead with the horse behind but I like to lead with the horse beside me. I do this simply because I believe it is a matter of safety. As with so many aspects of horsemanship, there are two philosophies about the right way to lead a horse. First, the philosophy of leading with the horse behind is based on the principle that if you are going to be the leader, you need to lead. In the herd dynamic, which is the nature of a horse, this is very true, however there can be problems leading with the horse behind.

One problem with leading with the horse behind is that the horse will tend to drag and fail to be responsive to the lead line. The second problem is that if something spooks the horse from behind, there is a good chance the horse will run over you. In anything we do with a horse we want to set ourselves up for success, not just for us but for the horse too. Safety, for you as the owner and for your horse, is always the primary concern. If the horse knocks you over, bolts off and gets tangled up in equipment or runs through a fence because the flight instinct has kicked in, there is the possibility of injury to you both, not to mention medical and veterinary bills.

I used to lead horses behind me but after several times of being run over when a horse spooked, I looked at the situation and began to think about what was happening. The concept of being the leader is good but in actuality, it is not safe. I started to teach my horses to lead next to me, with me just in front of the horse's shoulder. The first thing a horse does when it gets concerned is to lift its head. That is a signal for me that something is happening

and to get out of the way. Depending on the situation, I can block the horse from moving into me.

There are more accidents with horses on the ground than there are under saddle. A horse may walk or run into you or deliberately step on you. Stepping into your space is a horse's way of asserting authority over you. The result is negative for both you and the horse in that you get hurt and horse becomes a bully even though the horse does not have the bully-type personality. When we are leading and the horse is beside us where we can see the head and the first quarter of the neck, we are in a position to see what the horse is doing and take appropriate action.

The other thing I see and have been asked about, is the horse who is always pulling the owner along. When a horse gets ahead of us, we need a tool to teach the horse that we are the leader. I start by teaching the horse stop and back up. The horse soon learns that if he gets ahead of me, I'm going to turn around, stop and back him up. I do this with authority and good energy. I am consistent with this response every time the horse goes ahead. Since horses are innately lazy and this activity motivates them to walk beside me. Very soon they are walking properly at what I call equine heel.

What if the horse lags behind even if you cluck to it? With a horse like this I take the end of the lead rope and swing it behind me as I am leading the horse

or I take a dressage stick and reach behind to tap the horse to encourage forward movement.

Essentially, while we are being safe, we are teaching the horse to obey the forward cue and the back up cue. These are two very basic and fundamental elements in working with a horse. Proper leading then becomes a good exercise and reinforces two basic training elements.

When we are leading the horse beside us, we always know what the horse is doing and we are in communication with the horse. We can see what the ears are doing, we can see the horse's eye and we are in a position to step out of the way before the horse rams into us or goes over the top of us. It is important to remember that when you keep yourself safe, your animal will be safe. ♡

*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.*



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# The Invisible Vaqueros: Part 1 - European Heritage

By Janice M. Ladendorf

## What lifestyles have humans created to utilize domesticated cattle?

When the Spanish came to the New World, the only domestic animals they found here were dogs and llamas. They brought horses, cattle, sheep, goats, and pigs first to the Caribbean Islands and then to Mexico. As they moved north from Mexico City, they found an ideal country for ranching and raising cattle, but had to train their best peons to be vaqueros. When their empire expanded into southern Texas, Arizona, New Mexico, and California, they needed even more vaqueros to handle their expanding herds.



On the left is a drawing of what a real aurochs might have looked like. On the right, a photograph of a reconstituted aurochs bull.

In the early 1800s, Americans began moving into Texas where they soon collided with Spanish ranching enterprises. A long standing controversy exists over how much influence the Mexican vaqueros had on the emergence of the American cowboy. Some believe the Americans brought all the information, skills, and tools they needed with them. Others believe the first Texas cowboys learned everything they needed to know from the vaqueros. In my opinion, neither of these views is the correct one. Regardless of the discipline, profession, or craft, we all stand on the shoulders of those who have gone before. The vaqueros and cowboys had to have shared a heritage beginning with the domestication of cattle in Europe.

## Domestication

In prehistoric times, aurochs (*Bos primigenius*) were a species of wild cattle who roamed over Europe, Asia,

and North Africa. Their size varied from location to location. The biggest ones stood over six feet tall and weighed 3,000 pounds. This species has been extinct since 1627. Many scientists believe the DNA of an extinct species can never be completely re-created, but various breeds of domestic cattle have been used to produce cattle who strongly resemble the ancient aurochs. Like the original aurochs, the re-created ones are fast, agile, fierce,

temperamental, and dangerous.

The re-creation of the aurochs turned out to be both easier and much faster than the scientists had anticipated. Their discovery explains why Spanish cattle could revert so quickly and easily to the temperament of their ancestors, the prehistoric aurochs. This change occurred in Spain around A.D. 700 when bull fighting on horseback began there. In the New World, it began when the open ranges gave so many cattle the opportunity to turn feral.

Three bovine ecotypes or subspecies eventually appeared in widely separated areas. The first one is the humpless taurine (*Bos taurus*). Taurine cattle were first domesticated in the Taurus Mountains of southern Turkey. The second one is the humped zebu (*Bos indicus*). Zebu cattle were first domesticated in Pakistan. *Bos africanus* appeared at a later date and is thought to be a cross between taurine cattle and the aurochs who originally inhabited North Africa. The photo shows

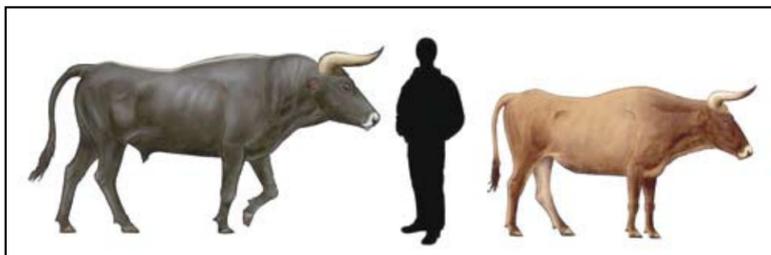
a taurine bull and a zebu bull with a human standing between them. The zebu is obviously smaller than the taurine. The aurochs of that area could well have been smaller than the ones who inhabited Europe.

Farming and the domestication of animals began in the Neolithic Age. In that age, humans still used stone or wood to make their tools and weapons. For many centuries, scientists thought cattle had been domesticated between 6000 and 4000 B.C., but recent archeological research has moved this date back to the beginning of this age in 10,500 B.C. Nobody knows how humans managed to trap, control, and tame the ferocious aurochs. It still is and may always remain a mystery, but the Paleolithic ancestors of these men had hunted mamonths, aurochs, and other large animals with spears. We also still don't know if the individual domestication sites had used similar or different tools and techniques to tame the wild cattle in their area.

Cattle had always provided humans with meat and hides, but not with milk. When they were first domesticated, they immediately became a living, mobile source of stored food and hides. To protect themselves from these fierce and dangerous animals, humans probably ate or castrated the troublemakers. This form of selected breeding is a slow process and it would have had to have gone on for many generations to reduce the size and increase the docility of domesticated

cattle. When it had succeeded, humans could have used cattle as pack animals. Since Neolithic humans were afflicted with lactose intolerance, they could not digest milk. This problem still affects 65 percent of the world's population. The development of lactose persistence requires a genetic change that probably began somewhere between 5000 and 4000 B.C. Dairying techniques soon spread from India to the Near East and North Africa. Humans not only began drinking and cooking with milk, they learned how to preserve it by making butter, cheese, and yogurt. By 4000 B.C., humans had also discovered wooden wheels, designed ox yokes, and put cattle to work as draft animals.

All these innovations led to the gradual development of three distinctive life styles



A taurine bull (left) and a zebu bull (right) with a human standing between them.

for managing and using cattle. Idealized summaries of each style are given below.

## Life Styles

### 1) The farming life style

A typical farming family owned a few dairy cows and some kept as many as twelve. Since the cows had to be milked twice a day, they usually spent their nights in a barn or byre and their days in pasture. Unless the family owned fenced fields and pastures, their cattle had to be driven out to graze and watched to keep them from damaging crops. The pastures they

used could be owned by a single family or shared by many families. Farmers believed herding was a low status job and they gave it to relatively low status individuals, such as adolescent males.

With a few exceptions, farmers castrated their male calves and used them as draft animals. These steers became oxen, but cows and bulls have also been used in harness. Farmers normally kept two or more castrated males for their own work and sold the others. Once oxen had accepted the yoke, they became valuable draught animals. If they worked hard every day, they probably needed barley to supplement their hay or grass rations.

In the 10th century, the horse collar and harness came to Europe from

China. Before this time, horses and mules could only be driven in chariots or used as pack animals. After this time, they could be used as draft animals, but not for plowing. The first plows also appeared in the 10th century. They were made of wood, but tipped with iron and only oxen were strong enough to pull them. When the cast iron plow was invented in the 18th century, then horses could also be used for plowing.

Since dairy cattle had to be handled every day and oxen normally worked every day, the ideal animal was docile, tame, and well-trained. When cattle grew

too old or weak to produce milk or labor in the fields, they were slaughtered. The tough meat of such old cattle could best be utilized in stews or soups.

This life style had one major disadvantage. Farmers not only had to raise enough food for their families, they had to cure enough hay to feed their cattle in the winter. The longer and harder the winters, the more stored food their animals would need to survive until spring. As farming practices improved, they may also have begun storing grain as winter feed for their livestock.

### 2) The nomadic and the ranching lifestyle.

Nomadism first developed as an alternative to farming. Nomadic cattle expect humans to defend them from predators and in return, they accept human leadership. Humans took over the roles played by the cows who led the herd from the front and the protective bulls who followed them. Unlike farmers, nomads have no fixed homes. They travel with their herds as they drive them from pasture to pasture. Migrations are often seasonal and may cover long distances. Nomadic tribes often fight over pastures and raid each other's herds. They also may be at odds with farmers. The history of Europe is full of stories about the mounted nomadic tribes who came out of the East and destroyed farms, cities, and whole civilizations.

What nomads herd and how they herd them varies with the location. On the steppes, cattle can be driven from horseback, but they need too much water to live in real deserts. In more settled areas, tamer cattle

Continued on next page

# "The domestication of the bull"

could be driven by humans on foot. The drovers used dogs, whips, and whips to help them. Nomads ate many of their cattle and used their hides, but some tribes also utilized their milk, blood, or other byproducts. Like milk cows and oxen, their cattle had to be tame and reasonably docile.

Naturally there are many variations to the nomadic life style. For example, the Magyar people settled in Hungary in the 10th century. Since then, herds of horses, cattle, and sheep have roamed the Hungarian plains or *pustza*. Their herders do have permanent homes, but live and travel with their animals for most of the year. In the winter, they return to their homes where their charges can have protection from the weather and be fed

stored hay or grain.

Like the Spanish fighting bulls, the Hungarian grey cattle are closely related to the aurochs, but they are docile and tame and have been bred to produce excellent meat. For domestic cattle, they are large. The males may weigh up to 2,000 pounds or as much as two oxen. The females have more blue in their coats and may weight up to 1,300 pounds.



This illustration shows the harmonious relationship between humans and their animals.

Their herders or *gulyas* use whips and dogs to help them drive their herds. To get them to the best markets, they had to be able to drive them on foot for over 600 miles.

### 3) The ranching life style

The ranching life style was the last to emerge and is a compromise between the farming and nomadic life styles. Like farmers, ranchers have fixed homes and graze their cattle on land they own or lease. They may also have to provide winter feed for their animals. Like nomads, ranchers had to be able to protect their herds and drive them for long distances.

In Spain, cattle were first utilized in farming. During the Bronze Age, Spanish farmers developed a dun breed of docile milk cattle. Like most domestic breeds, this one was much smaller than the wild auroch. In Roman times, Spanish

cattle were supposedly so fat they could produce buttermilk with no whey in it. Starting in A.D. 711, the Moors conquered most of the Iberian peninsula. They loved milk and brought their zebu cattle (*Bos taurus indicus*) with them. They probably captured, killed, and ate most of the dun cattle, but they could have bred some to their milk cattle. Like most farmers, they slaughtered cattle only when they became too old or weak to give them milk or labor. When the Moors were forced to leave Spain in 1492, they took their zebu cattle with them.

During the re-conquest, central Spain turned into a battle ground where agriculture was destroyed and far too many domestic cattle killed. As a result, the Spanish turned to ranching and became the

first ones to use this life style. Bull-fighting preceded ranching, but is closely related to it. Our records of the various forms of this sport

go back to classical times. It began in Spain just before the arrival of the Moors. While the Spanish fought them, they used bullfighting on horseback to prepare themselves for battle. They used no armor in these fights, but often wore partial or light armour into battle. Spain never used chain mail or plate armor as did the knights in England, France, and Germany. For their bullfights, they needed and bred powerful and aggressive bulls. These bulls threw best on ranches.

To survive these fights, they needed horses who were courageous enough to face the enraged bulls and handy

enough to evade their charges. Fortunately, they had bred such horses for many centuries. When the Moors left Spain, *rejaneo* or bull fighting on horseback was stopped for a short while because it was so dangerous. At this time, matadors began to fight bulls on foot. The Spanish think of bullfighting on horseback as a sport for gentlemen and bullfighting on foot as an inferior sport for peons. *Rejaneo* soon revived and this sport still exists today in Iberia and Mexico.



The sport of rejaneo, bullfighting from horseback, is still practiced in Iberia and Mexico.

According to Rimas, after the Moors left, the focus in cattle breeding in Spain turned from milk to meat. When Andalusia turned out to be perfect for ranching, the black and savage fighting bulls (*Bos taurus ibericus*) were crossed on other breeds. The result was animals with a thick hide, atrocious temper, zest for reproduction, and tough meat. They also gave little milk, refused to accept the yoke, and could only be herded by men on horseback. These cattle are one of the breeds the Spanish shipped to the New World.

stood how to drive herds for long distances, but did not always use horses. Unlike these tribes, the Spanish always used horses and rarely used dogs. In the ranching style, the focus shifted away from staying with the herds to protecting the herds within the specific boundaries of the ranch. This change required the development of new social organizations and special skills, such as conducting roundups on the open range. The Spanish took what they had learned about ranching with them to the New World.

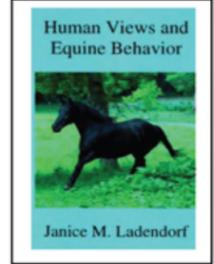
## Conclusion

Humans use cattle for meat, hides, tallow, milk, and labor. Meat, hides, and tallow can come from wild or domesticated cattle. Aurochs were first domesticated in 10,500 B.C. for this purpose. Beginning in 5000 B.C., a genetic change allowed humans to digest milk and they quickly developed dairying techniques. By 4000 B.C., castrated bulls could be yoked together to pull carts with wooden wheels. Three distinctive life styles appeared. They are the farming style, the nomadic life style, and the ranching life style.

By the time Columbus discovered America, the Spanish had already had centuries of experience with running beef cattle on open ranges. They had bred cow sense into their handy horses and knew how to brand, roundup, and conduct long cattle drives. Since classical times, branding had been used in many places to identify the ownership of slaves and animals. The nomadic tribes well under-

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Addyson Arens, 7 year-old daughter of Heather Arens, of East Grand Forks, Minn., skillfully rounds out the barrel on her palomino quarter horse, Nugget, at the Red River Valley Equestrian Center in Crookston, Minn. Addyson is a member of the Agassiz Riders Club.

Local horsepeople have been busy at work repurposing the former Red River Valley Winter Show Building in Crookston. Lannis Bergsgaard, a member of the Red River Valley Shows Building board and former agriculture teacher at Central High School, and Nicky Overgaard, equine science instructor at University of Minnesota, Crookston Equine Sciences, spearheaded the makeover. Once again, the building is used by people throughout the region.



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# Anna Twinney Clinic: Honoring Our Horses with Enlightened Horsemanship

By Kari Hagstrom

When you go to an Anna Twinney horsemanship clinic, it's a little hard to explain the experience to others. But here's what you don't get: dominance-based training, fear-based anything (teaching, training or coaching), you don't get an inflated ego, and (mercifully) you don't get the "cow-boy" uniform that so many clinicians have adopted.

What you do get is a new template for interaction and communication with your horse. Twinney excellently role-models respect and communion (the root word of communication) with horses; her work is based

on training us humans to be better, worthier, partners for our horses, to "hear the whisper," to learn the language of the horse and start the conversation. And then to keep the conversation going; once that world is opened up, why would you ever want to not be part of the conversation?

Twinney's work is founded in love. That may sound cheesy, but it's true. It is not possible to spend time around her and not sense it in the way she refers to how we interact with horses. It's evident in the trajectory of her lessons: If you truly love your horse and horses, how can you not treat them with respect, consideration, real interactive love, the

dynamic back-and-forth between two living sentient beings? It's evident in the way her face lights-up when she's greeting a horse. It's evident in the way she works to bring out the best in her students, both equine and human. It's the core of Twinney's work, and in the way her lessons are empowered and empowering, and why working with her is a powerful experience. A powerfully transformative experience.

The word "honor" is used a lot by Twinney. How can we best honor our horses and their needs as their guardians? How can we help them to overcome past fears and possible abuse? How can we help them to

live the lives of the athletes they are? How can we empower them?

We empower our horses and ourselves through an utterly down-to-earth approach. Learn their language. Learn to, as Twinney says, "Visualize, energize, and use body language," to "capture the whisper in the eye. The horse whispers in the eye; capture the whisper, not the shout (the bucking and kicking, etc.). Think like the horse does—capture the logic: What is this horse thinking? We want to give them a voice and a choice.



Anna Twinney works with Wyatt (Shetland gelding) on his spooky tendencies.

your energy, "bring up life," as Twinney says). "Intention is in the energy." Body Language: "Eyes on eyes." Use your eyes to connect with and communicate with your horse. Position your body appropriately at the 45-degree angle to signal leadership from behind, direct your eyes to the horse's eyes, and your torso toward the heart (heart-to-heart). This communicates

carry an implied intent of dominance, and it can be hard for humans to resist the lure of "my way." They are sometimes used in problem-solving, as with desensitization around a whip. This segment often involves slapping a coiled lunge line or hand against one's own leg, or moving or gesturing directionally. This gives you an idea of the work with

Twinney, but it is much richer and involved; complex but simple, as is language once you begin to learn it. The clinic involved liberty work, which means turning the horse loose in the arena without a halter, so he's totally free to choose how he is going to act, and observing how he will deal with various objects/obstacles in the arena: On his own terms. Twinney notes that this is a good way to do a personality and history assessment of the horse, so you can better know the horse and how to address



Karrie Treichel and Mikko (quarter horse gelding) work on intuitive riding through the obstacle course. Look Mom no reins!

Visualize: visualize the outcome or action you're looking for (the four-count of a walk, for example, or following the perimeter of a circle without cutting across it: Energize: bring up your energy and project it appropriately (do you want to horse to move with more energy? Bring up

clearly with your horse that you are asking him to move in a certain direction in a certain manner. Use of a line/action/aid/tool as needed: as a way to extend one's energy and underscore an action. Whips are rarely, if ever, used in Twinney's work, as they

deal with various objects/obstacles in the arena: On his own terms. Twinney notes that this is a good way to do a personality and history assessment of the horse, so you can better know the horse and how to address

Continued on next page

## The Invisible Vaqueros: Part 1 - European Heritage

Continued from page 9

aurochs. They inherited information, tools, and skills from their European ancestors.

Before the Moors invaded Spain, the farming style was the dominant one. The Spanish fought the Moors nomadic lifestyle, and the ranching lifestyle.

Before the Moors invaded Spain, the farming style was the dominant one. The for almost 800 years. During that time, bull fighting on horseback was used as a training ground for battle. The Spanish fighting bulls are an ancient breed and inherited their fierce temperament from the aurochs. They have also been bred for aggressiveness. During the Reconquest, the Spanish began to replace farming with ranching. After the Moors left Spain for good, the Spanish turned almost entirely to the production of meat animals.

By A.D. 1500 cattle had been domesticated for 12,000 years. The Mexican vaqueros and the Texas cowboys began with far more knowledge than did those who first tamed the

**To Be Continued**  
In part 2, it will be discussed how the English colonists used European traditions and skills to manage their cattle as they expanded their holdings.

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*For over fifty years, Janice Ladendorf has been studying horsemanship and training her own horses. She is the author of four books, Human Views and Equine Behavior, A Marvelous Mustang, Heart of a Falcon, and Practical Dressage for Amateur Trainers, 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.*



Lise & Two Soks (far left) and Staci and Legend (far right) help Saphra (center with owner Brian) overcome her fear of horses in close proximity as a result of a bad driving wreck several years ago. Success!

his concerns. The obstacle course at liberty shows the horse's learning style and his choices in the moment. One horse, Joey, a beautiful chestnut National Show Horse (Arabian x Am. saddlebred) gelding, showed significant anxiety about going far from his person, Sharon Rasmussen, though it was wonderful to see the close bond they share. It took a fair amount of energy and effort to get Joe to move toward the end of the arena away from Rasmussen, and to teach him that it was ok and safe to be away from her. Joey did gain the confidence through "visualize, energize, and body language" to move away from Rasmussen; he was moved just enough out of his comfort zone to gain this confidence. He eventually worked with other participants and succeeded in the problem-solving segment, where Rasmussen was able to drape a parachute over his body and head, and move an inflated large black garbage bag around and over his body.

who in turn lead Leonardo (Friesian x Morgan) though the obstacles and around the arena. Tucker had within the previous eight months lost sight in both eyes to cataracts (right) and post-surgical complications (left), though he may see some shadows with his left eye. Please note: Twinney did exactly the same work with Tucker and Jankovich as she did with other participants—training the human to work with the horse, and the horse to work with the human through visualization, energy and body language. The only difference was an awareness of and need for showing Tucker the perimeter of the round pen, and then being cautious and aware of not running him into the round pen panels, keeping him appropriately distanced. It was important to offer support to Tucker in this venture through speaking to give him an audio base for the human's location and presence, and to bodily support him through not pushing too hard, too fast to move into the trot, and not allowing him to lean-in and circle too closely, possibly losing his footing.

During problem-solving, the horses were first taught how to appropriately "spook" without causing injury to themselves or their person: how to back away without going into flight, how to keep moving without freezing, how to respond without fighting. They all gradually overcame their fears and succeeded.

Many remarkable transformations and displays of communication and connection occurred, for both humans and horses. When the energy "clicked" for both, amazing things happened. Participant Cheri Trousil was able to direct two horses around the arena at liberty and through obstacles through the use of visualization, energy/intent, and body language. She connected with the leader of the two, Legend (Friesian x quarter horse),

who in turn lead Leonardo (Friesian x Morgan) though the obstacles and around the arena. Tucker had within the previous eight months lost sight in both eyes to cataracts (right) and post-surgical complications (left), though he may see some shadows with his left eye.

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We were treated to a once-in-a-lifetime experience of observing Twinney work with Tucker, a recently-blind, beautiful 13-year-old palomino quarter horse gelding. Twinney worked with Tucker in the round pen, lunging and long lining, and showing Tucker's human guardian, Carmel Jankovich, that it would be possible to exercise Tucker and keep him fit.

aware of what was going on. As Twinney commented: "This horse is totally blind, yet he's responding to the energy and body language. This throws science out the window—it shouldn't be possible. How is he doing that? But it's still there. It's still happening." Tucker trotted as smoothly and responsively around that round pen as any sighted horse could have done. As Jankovich says, "I always tell [Tucker] that he can do more blind than most sighted horses will ever do." [To watch videos of Tucker in the round pen, and to hear Twinney's commentary, go Anna Twinney's Youtube.com channels. To learn more of Tucker's story, please read the accompanying article in this issue.]

It was a full weekend of

Lise Lunde and Cheri Trousil work to help Leonardo (Friesian X Morgan gelding) by using the parachute to overcome his fear of things overhead etc



learning and communicating, as Twinney also offered a day of animal communication, another method of interspecies interaction. Twinney emphasized the various ways of receiving information, such as through pictures, sensation, words. She presented not just the becoming-an-animal-communicator aspect, but a refinement of the process, with clear and particular emphasis on the ethics of animal communication. She stressed that it is important to be objective. "You've got to like people, you've got to like animals, and you've got to be curious," said Twinney about developing the skills of animal communication.

Everything Twinney teaches in her clinics comes back to respect, honor and love. As she eloquently states,

"When you're done, ask yourself: What value have I created for my horse?"

Isn't that really what it's all about? We go to clinics to transform ourselves, our perspectives, knowledge and understanding, and thereby our relationships with our horses, ourselves and the world. It's when it's based in love that it really works.

Anna Twinney is an internationally recognized natural horsemanship clinician and animal communicator. She is the founder of Reach Out to Horses®, [www.reachouttohorses.com](http://www.reachouttohorses.com), based in Colorado.

The clinic was held at Spirit Horse Center, Brainerd, Minn., [www.spirithorsecenterinc.com](http://www.spirithorsecenterinc.com).

# Tucker: The Blind Leading Us into a New Reality

By Kari Hagstrom

Keep this in mind: This tale began eight months ago, in February, 2014.

In February, Tucker, a beautiful 13-year-old palomino quarter horse gelding began losing his sight in one eye. Within a few months, he lost the sight in his other eye. In October, 2014, just eight months later, five months after eye surgery, YouTube videos were posted of Tucker working in the round pen at an Anna Twinney clinic at Spirit Horse Center in Brainerd, Minn., with both Twinney and his human guardian/companion, Carmel Jankovich. Tucker behaved and responded like a sighted horse, though visualization, energy and body language were the key factors in communicating with him. I was there; I saw it happen. Science would say that it should have been impossible for Tucker to behave like a sighted horse, but he did. Science isn't quite ready to acknowledge energy, telepathy, and third-eye sight as viable factors, but there seems to be no other explanation as yet for Tucker being able to function as he did. Tucker had received no special training from Jankovich regarding round pen work; in fact, they were at the clinic to

find help because Tucker didn't want to go to the end of the lunge line anymore, and Jankovich was concerned about being able to exercise him.

You might think there are two stories here, one about Tucker's loss of sight and one about his aftercare/recovery, but really, there's only one, and it's a love story. It's a story about love and resilience, not just hope and inspiration. It's a story about seeing only one option, about finding a way forward, and about giving up being so far from being even a spark of an option that it isn't even in the vocabulary.

When Jankovich found out about Tucker losing sight in the second eye, she figured they'd just modify things. They have a connection, and he has the right temperament to handle adjustments. "I didn't think, 'Oh, now I can't show Tucker.' It was never a thought to put him down, or to stop working with him. We have such a great relationship, and I don't want to give that up—he's a great horse. We'll find our way, we'll figure it out. I have special motivation: He's the horse of my heart. The horse I've always

wanted. Why would I give up on him?"

"After grieving for a while, I realized that this is just a challenge. Maybe we can't do everything we used to do, but there's a lot we can do. I don't see why we couldn't ride like we used to do. I wouldn't put him in an unsafe situation: we aren't going to jump or step over big logs. I really have to step up being the leader, being the eyes for both of us.

"[When he lost sight in both eyes] we mourned. He handled it better. Animals seem to handle traumatic events better, just accepting and adapting to what happens, without all the emotional drama we humans have. Once we started doing stuff he started to perk up. We're readjusting and finding our new normal, our new reality. You could do anything with him prior to the loss of vision, now we're learning, 'Hey, you can do stuff.'

"He had one mishap. When he was lunging in the ring, he slipped and fell on his side. It was a setback, and we've had to build back his confidence. You really have to watch your footing.

"I'm also really aware of not exposing him to others' negative energy. Some visitors at Spirit Horse Center had stopped by his stall, and were calling him "Blindie," not bothering to read his name plate and call him by his name. That kind of thing hurts and is unnecessary. He has enough to deal with without that, and I'm trying to help him not be depressed.

"Tucker's got a great tempera-



ment. He's really calm. A lot of horses couldn't handle it—they're too flighty and reactive. We did redo our fencing with panels. The wire wouldn't have worked anymore for him. He knows the perimeter, and we keep things in the same spot, like his feed and water—you don't go moving stuff around. I did throw a ball in his pen, and it moved, so he must have played with it a bit.

"He's in a pen by himself now. One of my other horses, Angel, had been with him previously—she was Tucker's shadow. But Tucker was gone for five months with all this commotion, so Angel crawled under the fence after the third month and moved in with Pedro, who had recently lost his pen mate. Angel's the kind of horse that is super curious, and will cock her head and listen for the pulse of the fencer and crawl under the wire between pulses. Plus, we wouldn't want Tucker pushed around or hassled by other horses, where he might get hurt."

Jankovich's daughter, Hanna [see "A Day of Pure Joy," in

the Sept., 2014 issue of *The Valley Equestrian*] is developmentally delayed. When asked if Jankovich thought that having Hanna may have helped to prepare her for the experience of Tucker going blind, she responded: "It didn't hurt. I mean, this is no big deal. We're scheduled people, routine-oriented. With this, we just find a new normal, a new routine.

"With Hanna, she's an only child, so we had no other children to compare her to. She just ran with the pack, and we didn't find out that she had some challenges until she was in school. She was a late talker, and hearing-impaired with a speech impediment. We all learn at a different pace. We didn't think it was any different for Hannah.

"Hanna usually rides Tucker for Special Olympics. When she's riding she talks and sings and is all over the place, and Tucker just carts her around the arena. He takes good care of her. This year she wanted to do obstacles. During an animal communication session with Anna Twinney to see how Tucker was doing after his eye surgery, Tucker said that Hanna is 'too distracted when she rides, and I don't think I can take care of her this year.' So Hanna rode Mahler this year [another of Jankovich's horses]. That [answer] really showed me that Anna's the real deal, too.

"Tucker took it all [his blindness] in stride. He walks right up on a trailer. I just say, "Step," and he lifts his

foot. He probably unloads better; he just backs out. He doesn't get upset at things flapping, either. He hears it, but doesn't see it. He can handle it heard, unseen, but with sight it would be trickier, scarier.

"Tucker's routine—brushing, saddling, etc.—has become even more important. It's important to have a routine. It's important to talk to him, and you definitely have to be committed and get through it [the whole transitional process]. My horses don't live with me; they're at a friend's place, so I don't always have a lot of time to visit them. So when I'm spending time with them already, we take the time to walk up and down the driveway, for example. Even if we only ride for 15 minutes, that's 15 minutes more than we would have ridden otherwise. People forget that it's all important to be there, be committed—it's like parenting: parenting is 24 hours a day. It's not about picking and choosing, you've got to be there, you've got to be available; it's not about picking and choosing quality time versus quantity time, like a lot of people worry about these days."

Tucker's blindness developed rapidly. In February, things just didn't seem right to Jankovich. Tucker was diagnosed with UVeitis, and underwent the normal course of treatment of drops and antibiotics, and it seemed to clear up in about ten days. The vet thought he might be a candidate for UVeitis implants if things went well. Jankovich thought things were ok.

Six weeks later, near the end of March on a Thursday evening, things were again not looking right, and another round of treatment was started on Friday. Over

*Continued on next page*



was going down. "The eye looked great," said Jankovich. Surgery was scheduled for early May. The surgery took place on a Tuesday. The eye pressure was checked on Thursday. The eye was swollen. The optic

nerve was inflamed, and the eye pressure, normally 18-20, was at 50. The eye was bulging. So Tucker lost sight in his left eye due to complications from surgery, despite the surgery itself going well. He stayed another week at Anoka receiving two to three different drops in both eyes.

In mid-May, Tucker went back to Spirit Horse Center, then back to Anoka for a check-up two weeks later, and then back to Spirit Horse again. At Tucker's final visit to Anoka in June, it was determined that he had some light sensitivity in his left eye (the one that had had the surgery). He was scheduled for another check-up in September. There was hope for healing of the eye and that he might regain his sight. There was still hope. Over the summer, Tucker would walk into things and Jankovich knew things were not going well. She decided to not go to the September appointment. The eye looked healthy, fine, but Tucker couldn't see. Jankovich didn't see any point in making yet another expensive trip to find out what she already knew.

**"If you have a good connection with your horse, you can pretty much get through anything."**

Jankovich said that it was surprising how fast Tucker's cataracts developed: in just four weeks. Even the vets didn't know how they could have developed so quickly. Jankovich said that she "got Tucker on herbs right away when he came back from surgery, unfortunately they didn't seem to help. You don't know the cards you're dealt, until they're in your hand, and then you're like, 'Well, I can deal with that.' I did the best I could with what I had. [A lot of people think] it should be a death sentence [to have a horse go totally blind]. But with the right temperament [of horse], you can make it work if you're up for the challenge. You can make it work."

Jankovich says that she was very fortunate that her husband, Jim, was behind her 100 percent, and "is as devoted to the pets and farm animals as I am. Right away, he said, 'Do what you've got to do.' Her lesson from the overall experience is that, "The more enlightened horse owner would not view this as a death sentence or throw him out in the pasture and not use him. Anna [Twinney] talks a lot about honoring our horses. I'm

honoring him by not changing anything, and continuing to ride him and give him the opportunity to work. [At Twinney's clinic] I learned that you can have

projection of your energy and intent and still ask. Keep your body up and your shoulders back and project your energy. Most of all, it's still the same [with Tucker]. Even without sight, it's the same as a sighted horse. You still use visualization, and eyes-on-eyes, you still drive the horse. It's no different. And that's the difference, because it is no differ-

ent. "My hopes for the future are that Tucker and I will have many years together. I hope that if something like this happens to other people's horses, that they realize that it's not a death sentence. I tell Tucker that nothing's going to change, and that we'll be together to our last breath—his or mine."

Animal communication student, Nancy Margis, in that segment of Anna Twinney's YouTube channel, Spirit Horse Center, Inc.'s Facebook page, and at [www.bournphotography.smugmug.com](http://www.bournphotography.smugmug.com) in the Anna Twinney October 2014 file. Photos by Mallory Bourn of Bourn Photography

Watching Tucker move around in the round pen with Twinney and Jankovich, doing ground-breaking, "unexplainable" work, looked absolutely ordinary. I had to remind myself that he was blind. He moved like a fully sighted horse, except the reins and lunge line were guides for keeping him away from the panels, and care was taken to not drive him into the panels. But he responded to energy and body language like a sighted horse. It was extraordinary because it was so ordinary.

Jankovich said it best: "If you have a good connection with your horse, you can pretty much get through anything."

In an email from Jankovich today, October 27th: "Took Tucker out on a trail ride yesterday—the 60 acres next door. He was a rock star;



walked over downed trees, over rocks, 4-wheeler ruts, through brush and trees, etc. Was our first trail ride since he lost his sight."

Videos of Tucker working in the round pen with Twinney and Jankovich can be viewed on Anna Twinney's YouTube channels, Spirit Horse Center, Inc.'s Facebook page, and at [www.bournphotography.smugmug.com](http://www.bournphotography.smugmug.com) in the Anna Twinney October 2014 file.

Photos by Mallory Bourn of Bourn Photography

Captions: Page 14: Lower left: Tucker enjoys grazing at Spirit Horse Center after his surgery

Right: Beautiful Tucker, shining in the sun.

Page 15, top left: Anna Twinney talks to Carmel Jankovich about ways to work with Tucker, as he listens in.

Top right: Note Tucker's ear cocked-back and listening to Anna Twinney on the lunge line.

Bottom right: Carmel Jankovich and Tucker working the lunge line together—note that his ear is on Jankovich.



# Dr. Getty Nutrition Information

## NSC and ACTH – Double Trouble in the Fall

by Juliet M. Getty, Ph.D.

Horses are more likely to suffer from laminitis in the fall than any other time of year. Two reasons – high NSC (non-structural carbohydrates) from cooler nighttime temperatures and increased blood ACTH (adrenocorticotrophic hormone) secretion from the pituitary gland. Both of these lead to elevated insulin.

### Insulin rise = laminitis

Simple sugars (denoted as ethanol soluble carbohydrates – ESC, on your hay analysis report) along with starch are digested down to glucose. Once glucose enters the bloodstream, it signals the pancreas to produce insulin. Elevated insulin is the most common cause of laminitis. It stimulates the production of “insulin-like growth factors” within the hoof’s laminae, resulting in proliferation of the epidermal layer. The laminae have two inter-meshed layers, the epidermal and the dermal layers. When the epidermal layer lengthens and stretches with uncontrolled growth, it can weaken the laminae. This can lead to a structural failure by compromising the connection of the coffin bone to the hoof wall, creating a gap between the wall and the sole. You may see some hemorrhaging under your horse’s foot - an indication of laminitis.

Insulin also rises due to the normal hormonal cascade initiated by stress. Stress can take many forms. Intense exercise, mental discomfort, pain, or an empty stomach (there should always be a steady flow of forage through the digestive tract) cause the pituitary gland to release ACTH. ACTH signals the adrenal gland to produce the stress hormones cortisol and epinephrine, both of

which are needed to release glucose, for energy, out of glycogen stores in the liver and muscle. Glucose from liver glycogen stimulates the pancreas to secrete insulin. The healthy body has a homeostatic mechanism to maintain these hormones within a normal range. However, all horses, regardless of health status, experience a rise in ACTH between August and November (in the northern hemisphere). This seasonal rise can negatively impact the already insulin-resistant horse by further increasing inflammatory insulin, potentially leading to a laminitis attack.

ing us to look at NSC. NSC equals the sum of WSC (water soluble carbohydrates) and starch. WSC includes ESC as well as an indigestible polysaccharide known as fructan. Systemic sepsis can occur from too much fructan in the hay or pasture. The horse does not produce the digestive enzymes needed for fructan digestion in the small intestine (foregut); therefore fructan ends up in the hind gut (cecum and large colon) where it can be fermented to lactic acid by the microbial population. The resulting decline in pH

are destructive, potentially causing laminitis. Consequently, it is important for the grass to have a low NSC (less than 12 to 13% on a dry matter basis[i]) to avoid both endocrine-related and sepsis-related forms of laminitis.

### NSC can vary with stress

Stress not only affects your horse; it also influences forages. NSC can vary according to temperature, rainfall, and other stressors. However, not all grasses are the same in the way they accumulate NSC. This is summarized in the table

Stressors that Affect NSC Level in Grasses and Legumes <sup>[a]</sup>		
Stressor	C3 – Cool Season (Timothy, fescue, orchardgrass, brome, perennial rye, Kentucky bluegrasses)	C4 – Warm Season Grasses and Legumes (Bermuda, Bahia grass, crabgrass, prairie grass, Teff, Tifton, alfalfa, clover, perennial peanut grass)
Cold temperatures (below 41° F; 5° C)	High NSC (mainly as fructan) until stem base is no longer green	Low NSC (virtually no fructan); Dormant
Warm temperatures	Lower in NSC	High NSC (mainly as starch) in hot weather.
Light intensity	NSC is lowest in early morning if night was warm enough (above 41° F, 5° C) to allow for the plant to utilize sugars produced the day before. NSC will be highest in the late afternoon on a sunny day. Cloudy conditions or grass grown in the shade reduces NSC accumulation.	
Drought	Lack of water for more than 5 days will increase NSC. NSC of new shoots will be high after it rains following a period of drought.	
Excessive grazing or mowing	Accumulate NSC. Mow only low enough to remove seed heads.	

### NSC or ESC+Starch?

Both! Any condition that is influenced by elevated insulin (such as Metabolic Syndrome or equine Cushing’s disease) needs to be managed by feeding a forage source that has a low level of ESC (simple sugars) plus starch. It is best for this sum to be less than 10 - 11% on a dry matter basis[i]. However, there is another cause of laminitis that is not endocrine-related, requir-

can lead to cecal acidosis and the destruction of beneficial bacteria, causing endotoxins to enter the blood stream. When these endotoxins reach the hoof, they themselves don’t really cause the problem; what happens instead is that they cause an over activity of specific enzymes called matrix metalloproteinases (or MMP for short). These enzymes are important for normal tissue growth and repair, but when they become overactive, they

below:

### Safety guidelines:

- When the nighttime temperature remains below 41° F (5° C) for 2 to 3 weeks, cool season grasses are high in NSC, even in the daytime. Wait until the base of the stems are no longer green. If they remain green throughout the winter, consider testing your pasture. Please see article, Testing Your Pasture for Peace of Mind: <http://gettyequinenutrition.com>.

biz/library/testingyourpastureforpeaceofmind.htm

- Warm season grasses go dormant and do not accumulate NSC once cool weather sets in.
- If the nighttime temperature remains above 41° F (5° C), the NSC will be lowest in early morning until approximately 10:00 am and then again at night, starting a few hours after the sun sets.
- During times when the horse is not on pasture, allow the horse to graze free-choice on appropriately low-NSC hay. Slow feeders work very well for these situations.

### Bottom line

Insulin resistant (IR) horses should be removed from pasture in climates where the nighttime temperatures start to get cold. Furthermore, ACTH increases during the early fall, increasing the risk for laminitis especially in IR and cushingoid horses. Test your hay for suitability and feed it free-choice to avoid stress during those times when pasture must be restricted.

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’s comprehensive resource book, *Feed Your Horse Like a Horse*, is available at Dr. Getty’s website, [www.gettyequinenutrition.com](http://www.gettyequinenutrition.com), as well as from Amazon ([www.Amazon.com](http://www.Amazon.com)) and other online book retailers. The seven sep-

arate volumes in Dr. Getty’s topic-centered “Spotlight on Equine Nutrition” series are also available at her website, where Dr. Getty offers special package pricing, and from Amazon (in print and Kindle versions) and from other online retailers.

Dr. Getty’s website, [www.gettyequinenutrition.com](http://www.gettyequinenutrition.com), offers a generous stock of free, useful information for the horseperson. Sign up for her 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 idea sharing. Share your experiences at [jimgetty.blogspot.com](http://jimgetty.blogspot.com). Reach Dr. Getty directly at [gettyequinenutrition@gmail.com](mailto:gettyequinenutrition@gmail.com).



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# The Enduring Adventures of a Clairvoyant Horse Whisperer

Several years ago, after graduating from a well-known institute that taught clairvoyant reading and healing techniques, I began traveling and lecturing throughout the United States at several of the horse expos that were gaining popularity at that time. That may seem like a natural transition to those who knew me as a retired racehorse trainer, but the truth is that it came about in a most unnatural way; I was emphatically guided in a dream to do this, and initially had never even heard of a horse expo before.

I had many very enlightening experiences in those days, many of which I shared in my first book. But I still had to have a more predictable income, so I took on a position managing a large equestrian facility in the North Bay Area of California, taking care not to mention to very many of the boarders that “other thing” I did from time to time. Remaining somewhat covert about my other-worldly capabilities was a much safer way to ensure that I would retain a more consistent source of income.

Still, word got around to a few boarders with similar interests, so it was inevitable that one day, one of the more open-minded horse owners walked into my office and said “Say, I was told you do psychic readings and healings on horses, and I would love for you to look at my horse and see if you can figure out what’s wrong with him.”

Elizabeth told me she was having a problem keeping her Morgan gelding sound. He alternated between being stiff and sore to being very lame, and no veterinarian could find the source. She related

to me that on three different occasions, when she had been riding along a trail, the horse had dropped to his knees without warning, and went down as if he had been paralyzed.

We agreed upon a time for me to take a look, psychically, and to do a long distance healing on him. Long distance meaning that I don’t need to be in the physical presence of the horse or person I am working on. When I am doing this type of healing, I am basically working in the emotional body, which is outside of space and time as we know it. And the emotional body is where most forms of disease begin, before manifesting in the physical body. This applies to animals as well as humans.

At the agreed upon time, I went into a light trance, and almost immediately could see there was a problem in the shoulder area, crossing this horse’s withers and extending below. I could see that a nerve was being about my other-worldly capabilities was a much safer way to ensure that I would retain a more consistent source of income. Then, as if I was suddenly watching a movie, I had the distinct impression of a date indicating the period when the Crusades took place, and that very clearly, these two had been together before, in another lifetime. Johnny had at that time been a huge black Fri-

sian stallion. Unlike how he appeared in present time, he was substantially larger, and his power was undeniable; his owner was envied by many who were less well-mounted. Elizabeth was a man in that lifetime, and molded to the great horse’s back as if he’d been born there. I could not help but sense the trust between them, and I admired their unbreakable bond, in spite of the difference in the time frame I was being shown.

The man that Elizabeth was then was dressed in a helmet and a tunic, with a cross shielding his nose, and another one emblazoned on his chest. As this strange and most unbelievable scenario continued to unfold in my mind’s eye, I saw a battle raging, and then suddenly, shockingly, I saw this powerful stallion take a sword down through his shoulder. The huge black campaigner suddenly dropped to his knees as the tip of the blade pierced his heart, and he sank to the ground, helpless and unable to maintain the charge for his beloved master, who once unseated, became another casualty with the thrust of the same deadly sword; both had died on the battlefield that day.

I was later to learn that at the very moment I was seeing this unbelievable picture as it was being presented to me, Elizabeth was driving up Highway 101 on her way to

meet me, and was suddenly stricken with an almost unbearable pain in her neck and shoulder. She had never experienced anything like it before, or since! If ever I doubted my vision, that was substantially significant validating information.

One of the other things that came to me was another picture that was quite different, but in a way related to what I had seen previously. I saw a problem with the pressure on Johnny coming from the saddle Elizabeth was currently using. So I made a mental note of that to discuss with her later. Meanwhile, I went to work on the pain retained from the past life incident, and did an emotional healing on both of them. Then I walked over to the barn to meet Elizabeth as she arrived.

The first thing she asked was what I had been doing at the time she had been driving on the freeway, and I shared what had come to me in the form of the strange movie-like scenario. Quite shocked, she shared her painful experience while driving; there was no denial between us that there was a connection between the past and the present. Then, I told her about my observation that there was a problem with the saddle fit. Shocked again, she

explained that she had consulted two authorities on saddle fitting; one a nationally known veterinarian, and another equine specialist on the subject. Both had highly recommended the dressage saddle she was currently using.

Willing to try anything to make a difference in her horse’s behavior, she agreed to try a different saddle. Over the next two weeks, she found that his movements were restricted with the dressage saddle, yet, with the newer one, he moved freely and with enthusiasm. When I asked her what saddle she had been using the three times he had fallen, it was as if a light bulb went on in her head. She had never made the connection, but confirmed that the saddle she had used on all three occasions was the recommended dressage saddle.

Over the years since that incident, now 17 to be exact, I have done a countless number of healings on people and animals, and not one has ever been the same. I rarely do readings any more, perhaps because I feel that the healing part of the equation is the more important aspect of what I am capable of doing. I leave the animal communication factor to those I feel are better at it. But one thing

has never changed, and that is the amazing variety of things that happen when I do what I feel I have been guided to do.

During a more recent healing that I did on a dog with some behavior problems, the dog’s owner saw blue light surrounding the dog as I worked on him, long distance, of course. And his wife, while standing there watching what took place, had a glass of water flip out of her hand and crash to the floor, for no apparent reason. I have no explanation for why that occurred, nor can I ever predict what will or will not happen when I’m doing a healing. What matters most to me is that the needed change happens, which in both cases, it did, regardless of the differences between the two unrelated incidents; one long past and one more recent. Hey man, it’s my job!

*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](http://www.katherinewindfeather-thompson.com), email her at [returrofthedove@gmail.com](mailto:returrofthedove@gmail.com) or call 916-770-9376.*



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# Industry News

## Kentucky Horse Park Mourns Loss of Incomparable, Invincible, 'Unbeatable' Horse

LEXINGTON, Ky. (Oct. 8, 2014) – Thoroughbred champion Cigar died Tuesday, Oct. 7, at Rood and Riddle Equine Hospital from complications following surgery for severe osteoarthritis in his neck. Foaled April 18, 1990, the Hall of Fame horse and longtime visitor favorite at the Kentucky Horse Park's Hall of Champions was 24.

At retirement, Cigar's career had a total of 19 wins out of 33 starts with earnings of \$9,999,815, which was a record at that time. He was voted Champion Older Male and Horse of the Year in both 1995 and in 1996.

"The great champion Cigar thrilled racing fans and surely brought new ones to the sport as he compiled win after win in his incredible streak of victories," said

Governor Steve Beshear. "An example of racing at its best, he continued to serve as an ambassador, bringing joy to countless visitors to the Hall of Champions at the Kentucky Horse Park, where he will be missed."

The first horse to tie racing legend Citation's record of 16 consecutive victories, Cigar had lived at the Kentucky Horse Park since his retirement in 1999. Cigar was inducted into the National Museum of Racing and Hall of Fame in August 2002, his first year of eligibility.

"Cigar had been experiencing arthritis-related health issues over the past six months and was in outstanding physical and mental condition other than the osteoarthritis he was suffering from in several of his cervical vertebrae," said Kathy Hopkins, director of equine operations for the Kentucky Horse Park. "Medical therapies had failed to relieve the pressure that the arthritis was causing on his spine, which had resulted in instability in his hind legs."

Cigar had been under the care of a team of veterinarians from the Hagyard Equine Medical Institute and the Rood and Riddle Equine Hospital in Lexington, some of the best equine veterinarians in the world. The team of

veterinarians and surgeons had deemed that spinal surgery was the only option to relieve the pressure and ensure the highest quality of life for the horse.

"Cigar had been suffering from a cervical spine instability for which conservative medical therapies could no longer halt the disease's progressive nature," said Dr. Rocky M. Mason, of the Hagyard Equine Medical Institute. "The decision to seek out a more lasting treatment modality was made. Surgery is never an easy decision in a 24-year-old horse, but Cigar had proven himself a regal, classy and determined patient making the decision to proceed an easier one." Surgical correction was performed by a team led by Dr. Brett Woodie, of Rood and Riddle, Dr. Laura Werner, of Hagyard Equine, and Dr. Steve Reed, of Rood and Riddle who pioneered the special procedure performed.

"The Kentucky Horse Park was committed to providing him with the highest level of care possible," said Hopkins. "We are heartbroken to lose this great horse, especially as we were trying to do everything we could to

improve his quality of life and make him more sound and comfortable. Our park family is immensely grateful to Dr. Reed and the outstanding medical teams at Rood and Riddle and Hagyard Equine for their ultimate dedication to and concern for this unmatched champion."

"Cigar developed a compression of his spinal cord in the lower part of his neck," said Dr. Reed. "The most severe compression was between cervical vertebra 6 and 7, with additional compression between cervical vertebra 5 and 6. This was an acquired problem related to arthritis, and bony remodeling in the neck. The severity of this spinal cord compression became so problematic that all parties were left with few options, the best one being surgery. This was a significant surgery involving a prolonged recovery. Unfortunately, during recovery Cigar suffered a vertebral fracture and passed away."

Hopkins said Cigar will be remembered as one of the greatest horses the world has ever seen, and thanked fans who have supported Cigar and the Kentucky Horse Park since his retirement. She also noted the efforts of park team members who have taken excellent care of him over the years, including Wes Lanter, Robin Bush



Cigar walking in the paddock at the Kentucky Horse Park. Photo by Steve Faust.

and the late Cathy Roby. Dr. Reed continued, "The outcome was disappointing and very sad for many people; but especially for Wes and Kathy who remained at his side to the end."

Like the other Hall of Champions horses who died in retirement at the park, Cigar will be buried on the Memorial Walk of Champions near Thoroughbreds Alysheba, Bold Forbes, Forego, John Henry and Kona Gold; Standardbreds Cam Fella and Rambling Willie; American Saddlebreds CH Imperator, CH Skywatch and CH Gypsy Supreme; and American Quarter Horse Sgt. Pepper Feature.



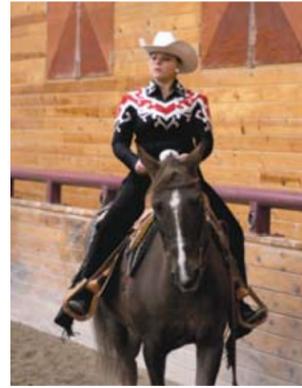
Photo left: Bernice Ende and her Fjord horses arrived at the Atlantic Ocean mid-October after a long journey across the country. Read more about this 'Long Rider' in the December issue of the Valley Equestrian News!

## UMC Western Equestrian Home Shows Highlighted by High Point Team

CROOKSTON, Minn.— The University of Minnesota Crookston western equestrian team is coming off a

fourth in their classes.

Chloe Nelson (Jr., Little Falls, Minn.) and Guimont each won their



Advanced horsemanship classes. Schelonka was second in her Novice class, while Kaitlin Van Ruler (Fr., Woodstock, Minn.) faced a tough draw of a horse and rode well to a well-deserved third place finish

tying for High Point Team with North Dakota State University Sunday. In addition, Amberly Pesall (Jr., New Brighton, Minn.) earned High Point Rider on Saturday.

The Golden Eagles started Saturday's show with Open reining as Pesall made her Reining debut and put together a flawless ride, allowing her to win the class. Shannon Salm (Sr., Larsen, Wis.) was third and Joellen Gonsoir (Fr., Groton, S.D.) placed sixth. Out of the 11 riders, UMC placed three in the top six.

In Open horsemanship, Pesall placed third in her class. Her reining and horsemanship placings combined won her the High Point Rider title for the show on Saturday. Gonsoir was third in her class of Open horsemanship.

Amanda Guimont (Jr., Nowthen, Minn.) picked up a win in Advanced horsemanship. In addition, Danielle Schelonka (So., Randall, Minn.) and Jenny Tack (So., St. Bonifacius, Minn.) both won their Novice horsemanship classes.

In the Open reining on Sunday, Gonsoir placed second, while Salm placed fourth. In Open horsemanship, both Salm and Gonsoir placed

The Golden Eagles will next compete Nov. 8 and 9 at North Dakota State University.

For more information, visit the Golden Eagle Athletics website at [www.goldeneaglesports.com](http://www.goldeneaglesports.com).

Follow the Golden Eagles on Facebook at Golden Eagle Sports and on Twitter at @UMCAthletics.

The University of Minnesota, Crookston is an NCAA Division II Institution and a member of the Northern Sun Intercollegiate Conference (NSIC). The Golden Eagle Equestrian team is a member of the Intercollegiate Horse Show Association (IHSA).



## New Racing Free Integrity Fund

October 13, 2014 (Guthrie, Okla.) -- Racing Free has worked to encourage a greater level of integrity of racing since 2012. Beginning with the Incentive programs, the movement built a group of horsemen and fans working together for the future of racing. In September 2014 Racing Free began meeting with many industry leaders and track owners/managers to partner on security and testing measures. The decision was made that Racing Free will assume a new approach which will seek out and manage sponsorship donations into a fund established to assist tracks and commissions with developing more stringent ways to protect our animals and investments. As a result, the Racing Free Integrity Fund was created. Racing Free will provide a yearly income to the Integrity Fund and 100 percent of all donations and sponsorships will be utilized for the protection of horses, jockeys, owners, trainers and the betting public. "The fund allows us to accept applications, if you will, from all racing jurisdictions requesting a matched monetary amount," says co-founder Leslie McKinney. Conversations are underway with Remington Park management and OQHRA to establish how to best

represent the horsemen for the 2015 meets and to create measures intended to prove their desire to protect the integrity of racing. Additional partnerships have been forged with the Texas Racing Commission and Lone Star Park. "The Racing Free Integrity Fund is a perfect example of the willingness of horse owners and breeders to push for reform and to provide what all true competitors desire—a level playing field in which the safety and well-being of horses and riders is THE primary consideration. The Texas Racing Commission initiated a new and more stringent security process for the richest races in Texas and Lone Star Park eagerly agreed to participate," comments Scott Wells, president and general manager of Remington Park and general manager of Lone Star Park. "When we needed additional funding and support for the enhanced procedures, Racing Free offered to match the generous contributions of the AQHA. The result of the collaboration is twofold: First and foremost, it will provide the very highest standards of security and transparency for our marquis races; secondly, it illustrates the willingness of this sport's major stakeholders to push for ongoing reform."

Most recently Racing Free met with Ruidoso Downs Racetrack and pledged support to assist with the new security measures they will have in place for the Triple Crown races of 2015. "The Racing Free Integrity Fund is imperative in the quest for a level playing field in racing. It has our total support and Ruidoso Downs is proud to be associated with Racing Free. We look forward to joining with Racing Free in developing additional innovative actions to enhance racing's integrity for our fans and the horses," states Shaun Hubbard, Ruidoso Downs Race Track and Casino manager.

"Racing Free is evolving into a stronger program. There will no longer be incentive payments because we believe there is a more effective way to make an impact," continues McKinney. "We are already pledging our own money annually to provide this sort of assistance and now we are asking that others pledge to do the same so that we can make a bigger impact nation-wide."

For more information on the Racing Free Integrity Fund and sponsorship opportunities, contact Micah or Leslie McKinney at 325-248-5220 or visit [www.racingfree.com](http://www.racingfree.com).

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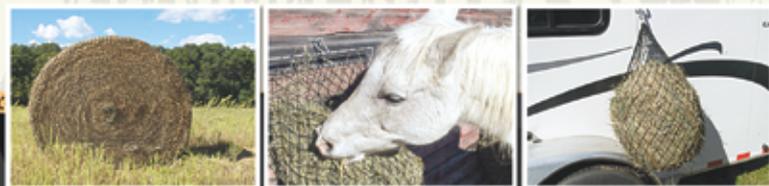
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