



Vol. 9 No. 8
**The Valley Equestrian
 Newspaper**

PO Box 64
 Sabin, MN 56580
 theVENews@gmail.com

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
 Ley Bouchard
 Dr. Juliet Getty, Ph.D.
 Kari Hagstrom
 Janice Ladendorf
 Vincent Mancarella
 Annise Montplaisir
 Charles Wilhelm

**The Valley Equestrian
 Newspaper**
 is published monthly.

Copyright © 2015

LeKreations LLC

All Rights Reserved

The Valley Equestrian Newspaper

See the complete VEN distri-
 bution list at:

www.theveonline.com

Like us on Facebook:

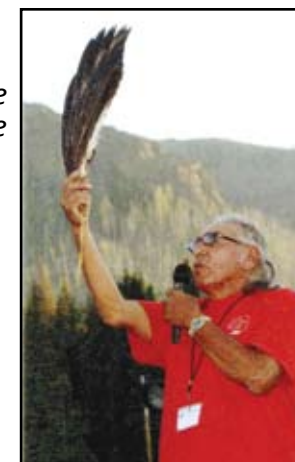
www.Facebook.com/VENews



About the Cover

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

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



2
 Regional News

5
 Editorial
 By Ley Bouchard

7
 Bitless Riding
 By Charles Wilhelm

6
Rescued Treasures:
 Presenting fine adoptable horses for new forever homes. Different horses are featured here each month.

8
**Equine Evolution:
 Part 1**
 By Janice Ladendorf

9
**Building the
 Future of
 Racing**
 By Annise Montplaisir

13
**She Puts Spirit
 in Spirit Horse
 Center**
 By Kari Hagstrom

14
**Drove Truck Home
 Alone, Once**
 By Orv Alvshere

15
**The Most
 Important Lesson
 I Ever Learned
 from A Horse**
 By Vincent Mancarella

16
**Sugar Promotes
 Chronic
 Inflammation**
 By Juliet Getty, PhD.

17
**Sodbuster Days
 Photojournal**
 By Ley Bouchard

18
Industry News



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

Editorial Information

The Valley Equestrian Newspaper welcomes free-lance articles, cartoons, artwork, poems, photographs, etc. that we might use in the publication. We accept no responsibility for the material while in our hands. Materials will be returned if sent with a self-addressed, stamped envelope. Photographs or graphics electronically submitted should be in color and must be at least 200 DPI resolution and four inches wide.

Copyright Notice: The Valley Equestrian Newspaper (VEN) is copyrighted and protected by federal copyright law. No material may be copied, faxed, electronically transmitted or otherwise used without our express written permission. Requests for reprinting must be submitted in writing to the editor.

Disclaimer: Articles that appear in The Valley Equestrian News do not necessarily reflect the views of the editorial staff, officers or employees. Publication of any article does not constitute endorsement of the views expressed. Accuracy of all information is the responsibility of the authors.

Advertisements published in The Valley Equestrian do not constitute endorsement or recommendation of such product or service. The VEN does not condone the alteration of horses in any photograph that appears in advertisements in the newspaper and accepts no responsibility for the accuracy of the photographs used in the advertisements supplied by others than its own staff. The onus is on the reader to satisfy themselves about the appearance or conformation of a horse before making a financial decision.

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.



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

Publisher's Clipboard

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

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

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

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

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

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

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

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

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



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

"COWBOY LEATHER"

We Carry a Complete Line of CODY LEATHER Products! Wholesale and Retail Prices

**Call Shari Today
218.385.3835**

MINNESOTA HORSE COUNCIL
www.mnhorsecouncil.org



MINNESOTA HORSE COUNCIL

Dedicated to Serving the Equine Community Since 1935

**PO Box 96, Monticello, MN 55362
763.755.7729**

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

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

Ley Bouchard,
Publisher



Heat Alert!



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



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

