

Equine Refuge and Learning Center

Horses Helping Families With Life Skills and Personal Development

A New Online Coaching Course Heading Your Way

Learn about yourself to let your individuality shine. Watch for details. Designed for Parents, Teens, and Young adults Living a Home.

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By:

Powerful Perspective Coaching LLC

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**Book your Six, Eight, or
Twelve Week Horse
Assisted Learning Programs
Now!**

**Four Day Intensive Clinics,
and Two Day Workshops
Available!**

What is EAL? Why HORSES?



Welcome to the wonderful world of Equine (HORSE) Assisted Learning.

We partner with the horse to facilitate specific objectives, bring just what is needed if the participants life at that moment. Each participant will get something totally different out of each program. Connection Life Skills and Personal Development follows the Building Blocks™ Curriculum to Build Critical Skills, giving participants the tools to meet whatever life sends their way.



DEVELOP SKILLS THAT WILL LAST A LIFETIME

1. **Knowledge**
2. **Building Relationships.**
3. **Pressure and Release.**
4. **Communication**
5. **Articulation.**
6. **Problem Solving**
7. **Focus**
8. **Body Language**
9. **Negotiation**
10. **Trust**
11. **Leadership**
12. **It's All Up To You!**

Equine Assisted Learning acts as an important educational tool to help to develop empathy and kindness as well as combat:

- Behavioral disorders
- Low self-esteem
- Bullying
- Drug abuse
- Emotional issues
- Poor communication skills
- Inability to work with others

Bringing awareness of self and behaviors while bringing attention to what is projected and then perceived by others.

Remember Horses Don't Lie.

Equine Assisted Learning Programs are
in person/hands on.
Life Coaching is online and in person.
Contact for more info.

Contact@OsborneStablesEquineRescue.org

**“Enhancing your learning skills,
open new opportunities for your
team or family. Creative solutions
and skills to take with you into
today's world. Building
strength and resilience
for a better tomorrow”**

Why Horses? What Can We Learn?

WHY HORSES and what we learn

Cats, Dogs, Horses... What's the difference?

There is nothing like a 1,200- pound Teacher (HORSE) who is a partner on your team. By their intuitive nature and innate sensitivity, horses can provide a certified Facilitator/Coach with insight into the participant's personality. As a prey animal, they are sensitive to the stimulus of each participant. They react to the stimulus through body language and participants must adjust their feelings and behaviors to work successfully with the horses. While working with the horse we help the horse through developing better communication, and connection skills while we learn more about ourselves.

Let's start with a few examples:

- Horses consistently model assertiveness and teach us how.
- Horses can't lie or over think a participants motive.
- Horses feedback is honest and instant
- Nature provides horses with instincts and senses that are very astute and keep them safe.
- Help to instill empathy and kindness in the participants.
- Horses have natural "herd behaviors" that require trust, respect, and teamwork from all members of the team.
- Horses automatically respond to confusion and frustration as these feelings can put the herd at risk.
- They lead through assuredness/ leadership - not brute force.
- Horses have distinct personalities and through this, they all have different methods of teaching.

Definition of a Facilitator

A facilitator-certified person guides you through a journey, which inspires you to step out of his/her comfort zone and take steps towards discovering who he/she is as a person while learning what they want and being who they want to be.

Critical skills development builds new pathways in the brain, which enable the thinking and reasoning process to occur. We work today and not in the past. The program is objective-driven with obstacle challenges that cause thought and reflection, create growth and positive change.

A facilitator/coach helps guide you through this journey.

Thank you for allowing the Rescued Horses at Osborne Stables Equine Rescue, Inc. Our Certified Equine Connection Facilitators, Horse Assisted Learning Specialist, for being part of your learning and growth process.

Connection Life Skills and Personal Development.

Claudette Osborne: Certified Professional Life Coach, Mindset and Mental Fitness Coach, Equine Assisted Learning Facilitator.

Renee Pena: Equine Assisted Learning Facilitator

DONE-FOR-YOU PROGRAMS

Does your business, group, or family, need help with communication, leadership, problem solving or trust? The choice is up to you! See what we have to offer.

Our team is here to help.

**Free, No Obligation Consultation:
210-827-3136**

Thinking Your Way To Success

Success begins with the mindset, and to build the most effective mindset, it's important to understand what success means to you. You've completed the process of designing your own definition of success. Let's move forward with training your mind to help you reach that success. We'll start with affirmations.

Affirmations can be a powerful pool to keep your mind focused on success. ***Affirmations can be used to keep your thoughts positive and increase your persistence.***

Do you often envision yourself achieving great things, and then follow this up with a negative thought process? Do you talk yourself out of your dreams before you even begin to pursue them? If so, you need to change the way you think.

When you change your thought processes to success thinking you truly *can* change your life. ***Positive thoughts enable you to reach out and grasp the success you seek.***

Affirmations and You

Wanting to succeed and being able to envision your success is a great place to start. When you can do this, you're giving yourself permission to change your life, attain your goals, and be a success.

There will be days when it's more difficult to think in a positive and success affirming way; during these times you can turn to a useful tool called affirmations.

Affirmations have helped a lot of people turn their thinking into positive thinking, propelling them toward their goals in a new and exciting way. ***Affirmations for success can help you change the way you think about everything.***

If you're honest with yourself, you may find that much of your inner dialogue, how you feel about yourself, and even the way you carry yourself are negative. This destructive thinking sets you up to fail or causes you to give up before you ever really get started.

As with anything new, creating a success mindset will take practice to give you the best results. The good news is: you can get all the practice you need with the help of success affirmations and mindset toward success.

What Are Affirmations?

Affirmations are positive statements that activate your mind to change your life, one thought at a time. They enable you to accomplish the things you wish to achieve.

Affirmations work because each word we speak has power, the power to evoke emotions. They work because they allow you to program – or reprogram – your thought processes, replacing negative thoughts with positive ones.

For example, if you find that you're telling yourself what you *can't* do, you can replace these negative thoughts with an affirmation for success, such as, *"I am capable of succeeding without feeling overwhelmed or unfulfilled."*

If that statement doesn't quite fit you, there are many affirmations for success, such as *"I am worthy of great success."* All you need to do is want to feel this way, and then every time you say these statements aloud you reaffirm them to your subconscious.

Is It Really This Easy?

Many of the most successful people in the world aren't much different than you. The key characteristic that sets them apart, though, is that they have a success mindset.

It seems too simple to be true, but when you talk to people who've experienced success, you'll find that they use statements like these to drive them toward their goals and away from negativity. ***Their inner dialogue is one of success and achievement.***

If success came naturally to all of us, we would all be successful. Unfortunately, in this day and time, many people prefer to focus on the negative, rather than embrace success.

Whatever you think you can do or can't do, You're right!

What and How I Think Matters.



Think Your Way to Success: continued.

With affirmations, you can overcome your limiting, negative thoughts and make it second nature for you to choose success. Success can be a reality for you, so long as you believe and reaffirm your positive thoughts consistently.

Affirmations provide a stepping stone to our next topic, the ways in which a positive attitude enhances your success. Everything becomes a little easier when you're sporting a positive attitude.

Tips for This Lesson:

Use the power of affirmations to shift your mindset toward success.

What is an affirmation for a positive mindset? EXAMPLES

I constantly affirm that I am truly okay as in I am, and always will be, enough.

I accept my confidence in my own ability.

I let go of any negative feelings about myself or my life, and let what I can not change all grow into positive circumstances.

I always bring out the best in those who surround me and I have positive people around me.

I acknowledge my own self-worth – my confidence is rising

I always attract only the best of circumstances and I have the best positive people in my life.

I am, and always will be, enough.

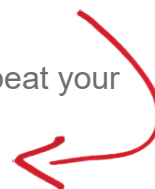
I let go of any negative feelings about myself or my life, and accept all that is good.

- Write 10 affirmations that will have a positive impact on your mindset.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

- Read each affirmation at least five times each day.
- Whenever you catch yourself thinking negatively, use that as a cue to repeat your affirmations.

Powerful Perspective Coaching LLC
ClaudetteOsborne.com



I help families in failing relationships with their teen, and young adult children, who struggle with the draining effects of fear, stress, anxiety, and overwhelm in their attempts to cope with strained relationships.

Learn to live life on your terms while providing connection and an empowering environment for yourself and your family. **Book A FREE Discovery Call**

- *I donate 50% of any program proceeds to Osborne Stables Equine Rescue, Inc. when you sign up through this newsletter.*

I let go of any negative feelings about myself or my life, and accept all that is good. Consider looking at life's challenges as a gift and an opportunity.

Understanding Gray Horses and their Predisposition for Malignant Melanoma and Cancers in Pink-Skinned Horses

The newest horse to come to Osborne Stables Equine Rescue has Melanoma. As disheartening as it is, it prompted me to do more research to educate more horse owners to pay close attention to potential cancers in their beloved horses.

The information provided in this article is for educational purposes only and should not replace professional veterinary advice.

“Four out of the five gray horses that have come to Osborne Stables Equine Rescue have come in with or developed melanoma. High statistics, I was compelled to get more information out to the horses' owner to be an investigator when caring for your beautiful gray horses and Pink-skinned horses. One of the Paint Horses and two of the Appaloosa's have had cancers diagnosed. Cancer happens; it is up to us to be their advocate”. Says Claudette Osborne the President of Osborne Stables Equine Rescue.

Gray horses are renowned for their striking appearance and majestic presence. However, beneath their beautiful coats lies a genetic predisposition that makes them more susceptible to malignant melanoma, a form of skin cancer. Responsible horse owners must be aware of this predisposition and understand the signs, progression, and treatment options for melanoma in gray horses.

What should we know as horse owners?

Genetic Factors: The increased prevalence of malignant melanoma in gray horses can be attributed to genetic factors. The gray coat color is caused by a mutation in the melanocortin-1 receptor (MC1R) gene, which regulates pigment production in the skin and hair follicles. This mutation leads to an abnormal accumulation of melanocytes, the pigment-producing cells, throughout the horse's body.

The abnormal proliferation of melanocytes in gray horses can result in the development of melanomas. Researchers have identified specific genes, such as the PAX3 gene, that may play a role in the development and progression of melanoma in horses. However, further studies are needed to understand the complex genetic mechanisms involved.

Recognizing the Signs: Owners of gray and light-colored horses must monitor their equines for signs of melanoma. Initially, small, benign melanomas may appear as gray or black nodules on the skin, commonly around the tail, anus, sheath, or mammary glands. Over time, these nodules can grow in size, becoming irregularly shaped and potentially ulcerating or bleeding.

Unfortunately, melanomas in gray horses can quickly progress from small nodules to more aggressive and metastatic tumors. Horse owners need to conduct regular skin inspections and promptly report any concerning changes to their veterinarian.

Types of Cancer to Watch Out for in Pink-Skinned Horses of All Breeds

Cancer is a serious health concern for horses, regardless of their breed or coat color. However, pink-skinned horses, are particularly susceptible to certain types of cancer due to their lack of pigmentation and increased sun sensitivity. Osborne Stables Equine Rescue would like raise awareness among horse owners about the types of cancer commonly observed in pink-skinned horses and emphasize the importance of preventive measures and early detection.

Squamous Cell Carcinoma: Squamous cell carcinoma (SCC) is the most prevalent cancer in pink-skinned horses. It typically affects areas with sparse hair and high sun exposure, such as the eyelids, lips, muzzle, sheath, and vulva. SCC initially appears as small, raised, and often ulcerated masses. If left untreated, the tumors can grow and invade surrounding tissues, leading to functional impairment.

Melanoma: Although gray horses have a higher predisposition to melanoma, it is important to note that melanomas can occur in horses of any coat color, including those with pink skin. Melanomas in pink-skinned horses usually manifest as pigmented masses on the skin, under the tail, in the rectal area, and in the parotid lymph nodes. Regular skin inspections are crucial for early detection and intervention.

Fibrosarcoma: Fibrosarcoma is a cancerous tumor that arises from fibrous connective tissues. Pink-skinned horses, especially those exposed to excessive sun or chronic skin irritation, may develop fibrosarcomas on areas such as the lower limbs, limbs' distal extremities, or sites of previous injury or irritation. These tumors can be locally invasive and may require surgical removal or other treatment modalities.

Mast Cell Tumors: Mast cell tumors can occur in horses of all coat colors, but pink-skinned horses may be at a slightly higher risk. These tumors can vary in appearance and behavior, ranging from small, localized masses to more aggressive and invasive forms. Mast cell tumors can develop on any part of the body, including the skin and internal organs. Prompt diagnosis and treatment are essential to manage this type of cancer effectively.

Preventive Measures and Early Detection: To minimize the risk of cancer in pink-skinned horses, it is crucial to implement preventive measures:

1. **Sun Protection:** Provide adequate shade in turnout areas, use fly masks with UV protection, and apply equine-safe sunscreen to exposed areas of pink skin.
2. **Fly Control:** Minimize irritation and potential skin trauma caused by flies, as persistent irritation can increase cancer risk.
3. **Regular Skin Inspections:** Conduct thorough skin inspections, ideally on a weekly basis, to identify any abnormal growths, lesions, or changes in existing skin features.
4. **Veterinary Consultation:** Consult with a veterinarian regarding your horse's individual risk factors, appropriate vaccinations, and early cancer detection strategies.

Treatment Options: When it comes to the treatment of melanoma in gray horses, early detection is key. Contact your veterinarian to determine the appropriate course of action when a suspicious nodule is found. Treatment options for equine melanoma may include:

1. **Surgical Removal:** Small, localized melanomas may be surgically excised. However, complete removal can be challenging if the tumors are deeply rooted or widespread.
2. **Cryotherapy:** Cryosurgery, which involves freezing the tumor with liquid nitrogen, may be employed for smaller melanomas that are not amenable to surgical removal. Freezing may be used in conjunction with other treatment methods.
3. **Chemotherapy:** In some cases, chemotherapy drugs may be administered or implanted to slow the growth or shrink the tumors. However, the effectiveness of chemotherapy in equine melanoma is variable.
4. **Immunotherapy:** Emerging research suggests that immunotherapeutic approaches, such as vaccines or immune checkpoint inhibitors, may hold promise in treating melanoma in horses. These therapies aim to enhance the body's immune response against the tumor.
5. **Treatments are on the horizon.** Based on a study and trials done in Australia, bluishberry injected into the cancerous areas.

Treatments being researched:

Bluishberry Extract and Cancer Prevention: Bluishberry (*Vaccinium angustifolium*), a type of wild blueberry, has gained attention for its potential anticancer properties. The extract contains bioactive compounds, such as polyphenols and anthocyanins, which possess antioxidant and anti-inflammatory effects. These compounds have shown promise in reducing cancer risk and inhibiting tumor growth in various preclinical studies.

Clinical trials are currently underway to assess bluishberry extract's efficacy in animals and humans. The extract's ability to modulate immune responses and inhibit cancer cell proliferation makes it an intriguing candidate for reducing cancer incidence.

While bluishberry extract shows promise, it is important to note that research is still ongoing, and its effectiveness and safety in equine melanoma have yet to be established conclusively. Horse owners should consult with veterinarians before considering any experimental or alternative treatments.

The research on the potential anticancer properties of *Vaccinium angustifolium* (bluishberry) is ongoing, and you can find relevant scientific literature by searching online databases, such as PubMed or Google Scholar, using keywords like "bluishberry," "*Vaccinium angustifolium*," and "cancer."

When conducting your research, reviewing peer-reviewed studies and consulting reputable sources is important to ensure accurate and reliable information. Consulting with a veterinarian or equine oncologist would provide valuable insights regarding alternative treatments or experimental therapies for equine melanoma.

Conclusion: Gray horses possess a captivating allure but also have a higher risk of developing malignant melanoma due to genetic factors. As responsible caretakers, it is crucial to remain vigilant, conduct regular skin inspections, and seek veterinary advice if any suspicious nodules are detected.

Early detection and intervention are crucial in managing melanoma in gray horses. Treatment options vary depending on the tumor size, location, and progression and should always be determined in consultation with a veterinarian. By staying informed and proactive, horse owners can help ensure the well-being of their beloved gray equines. As responsible horse owners, staying informed about the latest advancements in melanoma research and consulting with veterinarians to provide the best possible care for gray horses affected by this condition is vital.

Pink-skinned horses, including gray horses, require extra attention and care to prevent and detect cancer at its early stages. Squamous cell carcinoma, melanoma, fibrosarcoma, and mast cell tumors are some of the cancers commonly observed in pink-skinned horses of all breeds. By implementing preventive measures, such as sun protection and regular skin inspections, horse owners can play an active role in promoting the health and well-being of their equine companions.

Consulting with a veterinarian is crucial for proper diagnosis, treatment, and management of any cancerous conditions in horses. Early detection and prompt intervention offer the best chances of successful treatment outcomes.

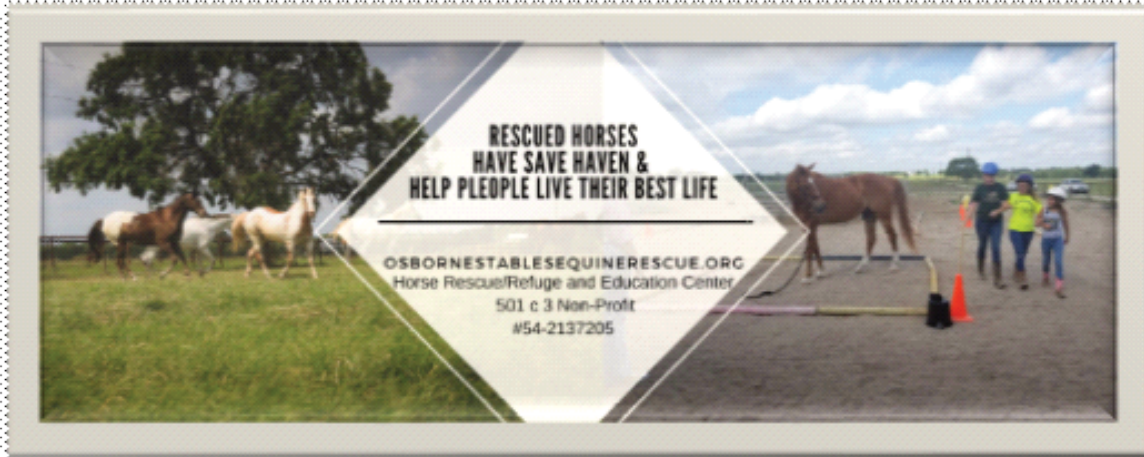
References:

1. Antczak, D. F., & Bailey, E. (2013). Gray horse melanoma: A model for human disease. *Journal of Investigative Dermatology*, 133(7), 1717-1720.
2. Finno, C. J., & Higgins, R. J. (2014).
3. Equine Cancer Research Foundation (ECRF): The ECRF is a non-profit organization dedicated to advancing research on equine cancer. Their website provides resources, updates on ongoing studies, and information on various types of equine cancers, including those affecting pink-skinned horses. Visit their website at: <https://www.equinerefoundation.org/>
4. American Association of Equine Practitioners (AAEP): The AAEP is a leading organization for equine veterinary professionals. Their website offers a wealth of information on horse health, including articles and resources related to cancer in horses. Visit their website at: <https://aaep.org/>
5. University Veterinary Teaching Hospitals: Veterinary teaching hospitals associated with universities often have specialized oncology departments that can provide comprehensive information on equine cancer, including pink-skinned horses. Contact your nearest university veterinary teaching hospital for more information.
6. Equine Veterinary Journals: Peer-reviewed veterinary journals often publish research articles and case studies related to equine cancer. Examples of reputable equine veterinary journals include the *Journal of Veterinary Internal Medicine*, *Veterinary Record*, and the *Journal of Equine Veterinary Science*. Access to these journals may require a subscription or access through an academic institution.

**Osborne Stables Equine Rescue, Inc. Where Helping Rescued Horses
and Helping People go Hand in Hand.**

501 C 3 Non-Profit - Horse Rescue/Refuge and Education Center

<https://www.OsborneStablesEquineRescue.org>



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