



# OVER HERD

## Wind Dancer

Wind Dancer for the first time in three years laid down..... she also fell down a few times and then had trouble getting back up. Wind Dancer came to the sanctuary with a broken ischium bone on one side. This is the tip of the hip joint that can be felt on both sides of the tail in the hind quarter. The tip of this bone is over by Wind Dancer's anus. It took a while for the veterinarians and the chiropractor to diagnose the issue. (I missed it, also.) Her back hoof would swivel from side to side when she walked.

Wind Dancer was diagnosed with EPM and treated. It did not change the way she walked and it took almost the full three years for her to walk better. She only tried laying down this past month for the first time. Even when Wind Dancer had a severe impaction colic several years ago, she never laid down.

More tests were run when she started falling down and having difficulty getting back up. All tests were negative. The most reasonable explanation is her weakness in the hind quarter from the hip injury and the lack of muscle from not laying down or running all these years. Her muscle mass has been poor all of the time she has been with HPS. She would never run



and the few times she moved quickly this past month, she would sometimes fall down. Wind Dancer was moved to the side field with her two buddies, Cree and Natchez. The three horses will be by themselves and hopefully it will give Wind Dancer a chance to get stronger and to lay down and get up when she feels comfortable to do so.

*(Cont. on Page 2)*

## My Yearly Vacation

By Joanie Benson

Once a year I get 21 days off and head to Colorado to visit my children and grandchildren. I work every day the rest of the year without a day off. It takes all year to save for the trip and it is well worth it for me to have some time off. Colorado still feels like home. It has changed so very much and son David told me that there was at one point 64,000 people moving to Denver a month. David has a beautiful remodeled Victorian home in down town Denver. Due to Dave's work schedule I spend most of my time with my daughter and family.

I have a city mouse and country mouse. Patty, my daughter, Bryant, my son in-law, and my two grandkids, Lexie and Carson are my county folks that have a cattle ranch miles out from Fort Collins. Their ranch is right at the base of the Rocky Mountains. Normally the view is spectacular, but due to the fires in California, Washington and Oregon the mountains were obscured by the smoke coming from the fires.

Lexie and Carson show their French lop rabbits and steers at the county 4-H fair. Lexie is planning to go in October to the Oregon National Rabbit show with some of her rabbits. She has won best in show with some of her rabbits at other rabbit shows.

Both grandkids are now in High School and doing wonderful.

Without our wonderful volunteers at the sanctuary, my trip would not be possible. All the horses are doing great! A huge "Thank you" to everyone who helped out.

## News from the Herd

**The horses** had a number of scrapes and cuts this past month that needed doctoring by the volunteers. Cayenne was the only horse that needed stitches under her tail for a cut. (How do they do this to themselves?) **Fallen branches** in the woods may have caused the several puncher wounds we had been dealing with. Crista organized a large group of volunteers to clean up the branches out of the woods. There are several dead trees that need to be cut down and removed. Does anyone feel comfortable to cut the trees down? We could use your help! Please let us know and you would be welcome to take the wood to use if you want it.

[hps@horseprotection.org](mailto:hps@horseprotection.org)

## Honors and Memorials

Happy Birthday! To my lifelong friend, Pam Currie. By Carolyn Tice

In honor of Doug Stacker's Birthday, August 8th. By His mom

*In honor of special volunteers and the "one person horses" that they loved and cared for: Mary and "Dakota" Lisa and "Montana" Roberta and "Angel" Sybil and "Shenandoah" Dottie and "Queenie"*

In memory of BB, who passed recently. BB belonged to my friends, Phil and Lisa Brown.  
By Diane Olson

In memory of Mrs. Garnett Martin, an accomplished horsewoman and breeder of Connemara ponies.  
By Suzanne and John Casey

**Wind Dancer (Cont. from Page 1)** If she can build some hip muscles it should end the issues she had been having of falling down. The muscles may have been strained when she tries to get back up again from laying down.

Even if your veterinarian has treated your horse since it was young, it is important to go over the horse's past health issues with your veterinarian. Do not expect them to remember all of your horse's past problems. As in Wind Dancer's case, her history maybe playing an important part of what has been happening at the present time.

I had only been back from my vacation one night when I had just settled in bed to go to sleep when I heard loud whinnying from the side field. On the third loud horse call I was out of bed, jumped in my clothes and was heading out the back door with the big flash light. No sign of the three horses! They were not in the stalls or in the upper part of the field. Then all I heard was thundering hooves. Cree, Natchez and Wind Dancer were racing the geldings up from the long part of the field that is fenced off from the gelding field. Wind Dancer won the race! It brought tears to my eyes to see her run a race and WIN! I wonder if she raced knowing I was in the field and wanted to show off. I have always had a deep connection with her.

It was as I hoped, Wind Dancer is feeling so much better that she has been laying down and running. It puts a strain on her hind quarter because she is over doing it. Hopefully she will continue to get stronger and stronger, because she surely is feeling better.

We try to be very patient with each horse to allow the horses to recover over whatever time it takes. Wind Dancer is a tough horse and not all horses would have the constitution to have survived the broken bone in the terrible condition she was in when she came to the sanctuary. The only indication she ever gave of an issue was the years that her hind hoof twisted and it no longer does this. It will never be a 100 percent, but that is not important here at the sanctuary.

Wind Dancer's care and recovery has been made possible by your kind donations. *Thank you so very much, you save lives!*

## *A Special Thanks To Our Wonderful Contributors*

Lisa M. Slatt & Alan Spanos  
Sybil P. Athey  
Bob & Mary-Ellen Bailey  
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Helen Wickens c/o Youville Place  
Linda Yarrington

### **Please Help!**

The Horse Protection Society only has 50 round bales left to feed the horses! The drought and high temperature has hit this area very hard. We are going to have to buy hay out of the area and have it shipped in to be able to feed the horses over the winter. This is about 35 weeks until the spring cutting of hay. The horses need about 10 to 12 bales of hay per week. This equals 348 to 418 round bales that weigh approximately 850 pounds each. The shipping is going to depend on how far afield we have to have the hay shipped in. I have started looking for hay and have not found any yet.

We will be looking at about \$60 to \$65 a bale that will include shipping. If each person could donate the funds for one round hay bale, we will be able to make it through the winter until the next cutting. Please help to keep the rescued horses in the hay they need to stay healthy. *Thank you so much for helping!*



Donation From: \_\_\_\_\_ Phone# \_\_\_\_\_

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Email address: \_\_\_\_\_ Please use my donation for \$ \_\_\_\_\_ **General use.**

**Angel Sponsor:** \$20 for 1 month \$60 for 3 months \$120 for 6 months \$240 for 1 year

Whom would you like to receive your Honor, Memorial, or Angel Sponsor (please circle)?

Name: \_\_\_\_\_ Email address \_\_\_\_\_

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Your Message for the newsletter: \_\_\_\_\_

\*\*Any donation is appreciated. Please make your check payable to Horse Protection Society.

\*\*For a \$25 or more donation, the named person can receive "Over Herd" for 1 year.

[www.horseprotection.org](http://www.horseprotection.org)



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### Health Tips

Vinegar was a common natural inexpensive household cleaner for many years until the alternative toxic cleaning products found in the supermarkets became available. An acidity of just 4% is a proven antibacterial, antifungal, antiviral and antimicrobial.

Here are just a few of the uses for vinegar. Remove bacteria from surfaces by just simply pouring some on a cloth or sponge and applying to the surface. Dirty cloths and sponges can be cleaned by soaking them over night in vinegar and water.

Vinegar can remove grease, bacteria and deodorize stoves and cabinets leaving them smelling clean.

Pouring one cup of vinegar into the bottom of the dishwasher and running it on empty will help to remove any build up in the interior.

A sponge containing one part vinegar and one part water is all you need to keep windows clean. Please note, however, that cleaning windows for the first time using vinegar might leave behind streaks of chemical residue from previous cleaners. Scrubbing these unsightly marks with undiluted vinegar will help remove them.

Vinegar can be used with baking soda to unclog drains with mild blockage. To do this pour a pot of boiling water down the drain followed by a half cup of baking soda. Then pour a mixture of one cup vinegar and one cup boiling water down the drain. The vinegar (the acid) will react with the baking soda (the base) in the water (the solvent), creating a minor explosion that helps dislodge stubborn waste. It's a good idea to cover the drain opening during this reaction period, and to flush out the drain with another pot of boiling water at the end to remove any lingering residue.

By using vinegar for cleaning jobs your home will become less toxic and you will save money by using white vinegar for many cleaning jobs.

