

# Wildwood Farm CLIPS & CLOPS Oak Harbor

## February 2022

YOUR NEIGH-BORHOOD HULLABALOO

CREATED & EDITED BY HEATHER CARDER

### *The horse that taught me a vital lesson about how to find comfort in nature* by Lynette Baker

If you've ever spent time in nature or around animals, you'll notice magical things. You'll find that your awareness will increase in a natural way and as your awareness increases, your self-awareness also increases.

It was 2011. I signed up at the local rescue ranch to muck stalls. I volunteered to scoop horse poop. I showed up in my old winter duck boots, watched the mandatory training video, and was set out with a shovel, rake, and bucket.

The barn manager signed my volunteer paperwork so I could get credit for my yoga certification. I wasn't ready to work with a large group of people outside the constructs of the roles and responsibilities that came with a job in corporate America.

I had been on a horse maybe once or twice before. The benefits of nature were nowhere to be found that first time.

The first and most memorable experience was on my grandfather's

mare, Sandy. I had no clue what I was doing, at the age of 14. I set out, with no direction in mind on the large, open farm. Sandy and I took off. I was enthusiastic as any young teenage girl would be on a horse. Within minutes, I accidentally dropped the reins. Nobody had taught me any of the "what to do if..." scenarios. I didn't even know the term "leg cue."

Sandy ran. She ran and ran and ran. Sandy ran for her life as I hung on for mine. We went through the fields. We went through the woods. I ducked again and again as the tree branches were approaching faster and faster. I was cut and I was bleeding. Sandy was headed for the pond.

I don't recall too many details of what happened next. I only know that we finally came to the gate where we had set off. There, the family waited. I was in trouble.

### **The horse that taught me about the benefits of nature.**

So with that one vivid memory, with the fear bubbling up to the surface, I slowly and carefully, predator-like, entered the stalls of the green star horses. These were the safe, well-behaved horses that volunteers could be around. I

was more curious about the red star horses. The energy fascinated me behind the wall and bars.

On Saturdays, I would go muck stalls, and sometimes Sundays too. I looked forward to meeting Zane and cleaning his home for him.

Zane was a mule, I think. He was gray and very fast. As I cleaned his stall, we would dance. He would move swiftly to the left, and I would respond, moving swiftly to the right.

We did this for the entire half-hour or so that it took me to clean the stall. I'm not sure who could move their feet more quickly, Zane or me. He was as scared of me as I was of him. Fortunately, I had the rake in between us at all times. He kept me on high alert for that thirty minutes.

One Saturday afternoon, now in the routine of dancing with Zane for the half-hour, both of us unsure of the other, this man wearing chaps stopped by the stall. He made brief eye contact with me, and said, "I need him," as he pointed to Zane.

"Him? Zane? You're going approach this energetic mule and take him out of his walls?" I asked.

*Continued on page 11*

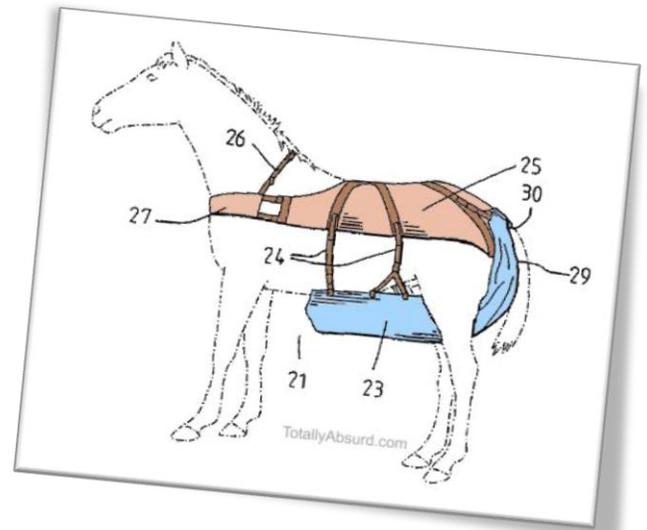
## The Horse Diaper A totally absurd invention

US Patent Issued In 1998

Cleaning up after a horse can be a real pain in the rear, so to speak.

As the inventor of the Horse Diaper tells us: "Frequent mucking-out of stables, horse-boxes and like shelters and the renewal of sawdust, etc., have in the past generally been necessary if the animal's accommodation is to be kept in reasonable condition. This can require copious labor of a tedious and unpleasant nature."

His solution? Strap a big rubber diaper on your trusty steed!



We call it a diaper, the inventor calls it an "Equidae Excrement Receptacle" (Equidae: any of a family of perissodactyl mammals consisting of the horses, asses, zebras, and extinct related animals).

Either way, if you think mucking is unpleasant work, try cleaning your Equidae's diaper three times a day.



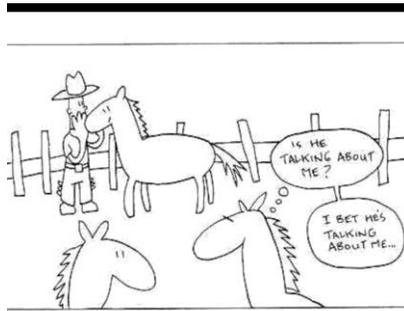
Our store is open 12:00pm – 7:00pm Monday, Wednesday, Friday & Saturday



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## New Items for February





Eventually the horse whisperer was trampled to death by the more paranoid horses.

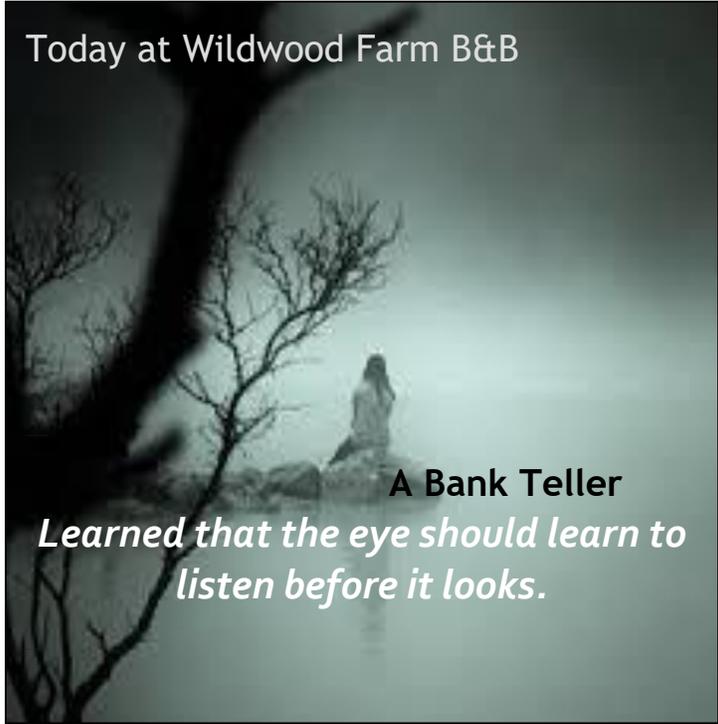


# WILDWOOD FARM B&B



## This is your moment.

Today at Wildwood Farm B&B



**A Bank Teller**  
*Learned that the eye should learn to listen before it looks.*

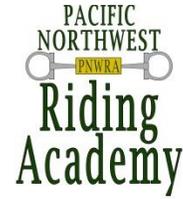
Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

Our ranch has a long history of igniting the spark between horses and humans, whether you want a small introduction or total immersion.

Come experience the power of possibility with these magnificent creatures and explore the abundance of silent repose.

[www.wildwoodfarmbandb.com](http://www.wildwoodfarmbandb.com)

WILDWOOD FARM HAS IT ALL!



**“A pony is a childhood dream; a horse is an adult treasure.”**

-Rebecca Carroll



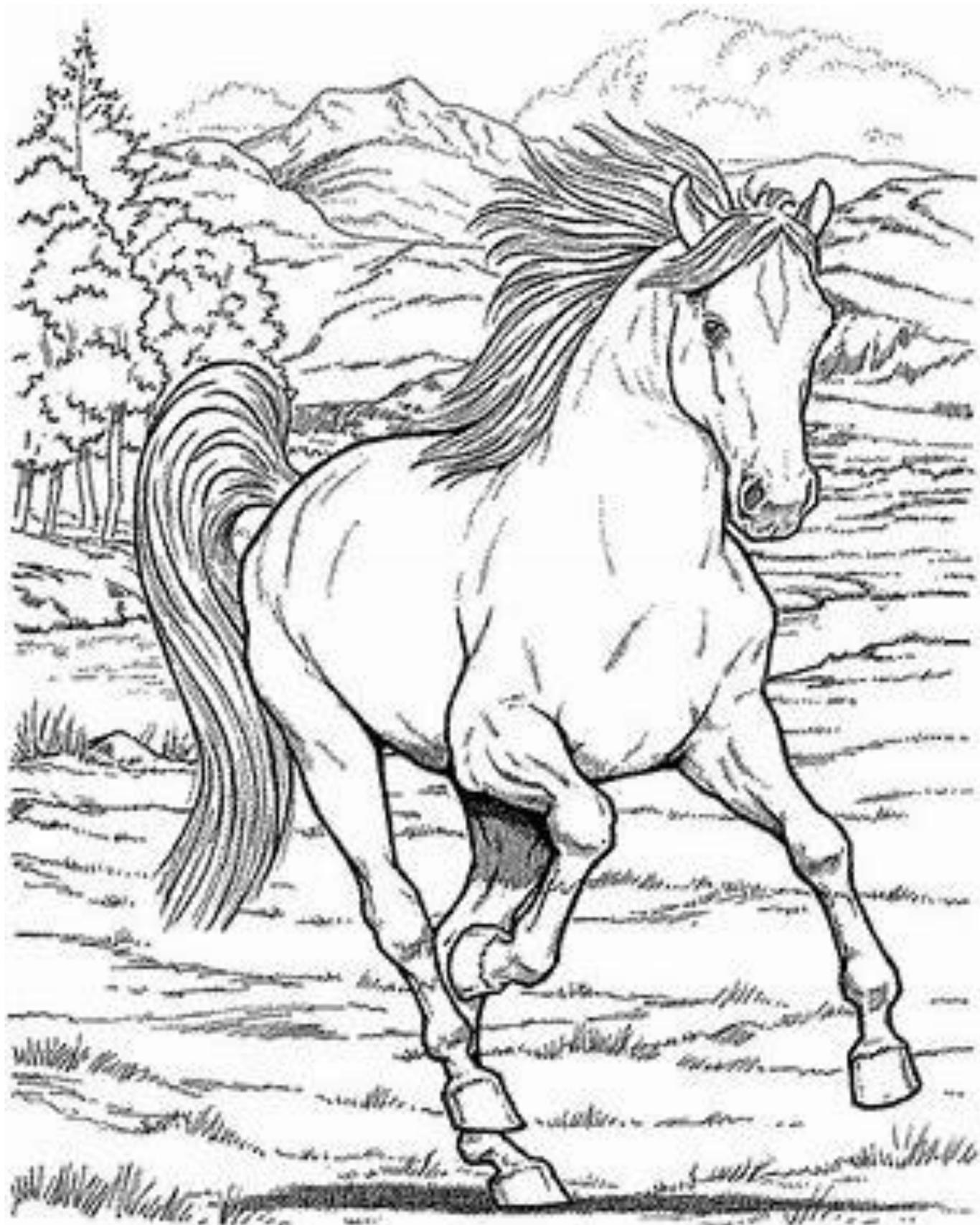
**“I call my horses “Divine Mirrors” – they reflect back the emotions you put in. If you put in love and respect and kindness and curiosity, the horse will return that.”**

Allan Hamilton



[WWW.PNWRiding.com](http://WWW.PNWRiding.com)

**PACIFIC NORTHWEST RIDING ACADEMY**



**COLOR ME!**

## Nutrition Corner

### Transitioning a young horse to an adult horse feed.

The ideal time to transition a younger horse to an adult horse feed depends on many factors. There needs to be a balance between ensuring your horse is receiving enough nutrients to support continued growth, while also ensuring that you are not overfeeding them. Once horses hit their second year of life, it is wise to monitor their growth and weight to ensure continued support. Generally, most young horses can transition from their growth-centered diets to their adult diets between their second and third year.

All horses go through spectacular growth in their first year of life, which continues into their two-year-old year. Most horses reach about 50% of their mature adult weight and 90% of their adult height by the end of their first year (12 months old). By the end of their second year (24 months old) most horses will be about 90% of their mature body weight and 95% of their projected height. Owners need to continue to monitor their young horses until they reach their optimal weight and height.

Nutrient requirements for an adolescent horse do differ from those of a fully mature horse. Below are some of the nutrient requirements of a 2-year-old horse (weight 950 lb/430 kg) with light exercise compared to an idle, mature horse (weight 1100 lb/500 kg) provided by the National Research Council (NRC, 2007):

- Energy: 21.8 Mcal/day versus 16.7 Mcal/day
- Crude Protein: 11.3% of total diet versus 8.0% of total diet
- Lysine (limiting amino acid): 35.7 grams/day versus 27.1 grams/day
- Calcium: 36.7 grams/day versus 20 grams/day
- Phosphorus: 20.4 grams/day versus 14.0 grams/day
- Vitamin E: 858 IU/day versus 500 IU/day

It is generally recommended that an adolescent horse that has reached 90% of its ideal weight and 95% of its ideal height can transition off a growth feed to an adult, mature horse feed. However, they will likely need extra nutrient support until they reach full maturity.

**WILDWOOD FARM AND TRIPLE CROWN FEEDS.**  
Our partnership with Triple Crown began in 2014 through a promotion with the USEF encouraging farm members to compare their current feeding programs with Triple Crown products. We have found the TC products to be superior over other products primarily because of the EquiMix technology and the research support of a leading edge team including independent representatives of Equine Universities, Medical clinics and top level riders and trainers

## MEET CHIPOLTE GOLD!

Chip was born at Wildwood Farm on June 23<sup>rd</sup>, 2005 and was by a purebred Arabian stallion named Ggold, and out of our Welsh pony mare, Alexandria.

From the beginning of his life Chip was a willing and eager-to-please pony. Born a dark steel grey, he matured to approx. 13.3 hands and was one of the happiest and best-dispositioned horses we had ever had; his training was a breeze. All the young girls that hung around the farm took him under their wing and introduced him to everything a pony should be exposed to – tarps, barking dogs, puddles and umbrellas – you name it.

When Chip was six we took him to the Scottsdale Arabian Horse Show where he competed in the Sport Horse Classes for Hunter, where he earned top 5 recognition and a lot of fans.

When he came home we introduce him to the hunter world with the late trainer Lee Dennie where learned to jump and be a proper hunt



pony – he was pretty fancy!

Chip was sold when he was seven to a farm on the East Coast who had a very prestigious riding program; his job was to train young children and he could not have found a better home.

We are very proud of our little Chip, he was the epitome of what we were striving for in our breeding program: To raise exceptional horses who became good citizens, and excellent ambassadors for Wildwood Farm. Sadly, Chip's dam passed in 2011. She had suffered her entire life with complications from founder and it got to be too much for her after her 2<sup>nd</sup> foal was weaned.

## GQ Magazine Interviews Kate Upton and the talk is about horses

Kate Upton grew up loving horses. In a 2012 interview with GQ, Upton talked about her equestrian career, which started at a young age. "I'm actually an equestrian, and I showed in the American Paint Horse Association and competed for top 20 in the nation," she said. "So, I have my own horse and two ponies. I grew up around horses, and that really is my passion. This last weekend was my first horse show in two years, so I was really excited and tweeting pictures. It was a lot of fun to go back and compete." Upton went on to reveal her best horse-riding strategies.

"Well, it's about having your horse trust you and trusting your horse," she stated. "And then with that relationship, you guys can compete, and he'll want to please you. Then you'll win."

### On your Twitter you Instagramed a photo of a horse . You also told us a couple of months ago that your ideal date involved one. Serious talk, what is it about horses?

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### What are your earliest memories of horses?

I loved horses since I was little. My sister and I always had pony parties growing up and we begged our parents to buy us a horse. As early as my second birthday, I was asking my mom for pony rides. When I was 6, I got my first horse, named "Coolio. We took lessons and then we started going into competitions and we got better and better and kept moving to the next level. My Coach was Sharon Gillespie, she and her husband coached me and trained my horses for competition, long before I became a model. I was really dedicated to horses.

### Where did you do most of your riding and competition?

Melbourne, Florida. Shannon Gillespie worked with me between the ages of 13 and 15 and we trained hard for competitions. My 2<sup>nd</sup> Horse, Roanie, and I won 3 American Paint Horse Association Reserve World Championships, as well as other titles.

### So Pretty Much a Cowgirl?

Oh no, I was fairly versatile. My heart belongs to Western riding - pleasure, trail, reining – but I did jumping and showed in 10-12 different type of events, it was so fun at the shows hanging out with friends and keeping the competition friendly.

### I heard that Showing Horses led to your modeling career

When I was 12 years old, I was leaving a horse show and I was scouted. That's what brought my attention to the modeling industry. My parents didn't want me to start modeling then. But I convinced them to bring me down to Miami and I started when I was 15. I signed with an agency, and dropped out of Holy Trinity Episcopal Academy in Melbourne during my sophomore year to focus on my career. But I signed up for online classes at another Florida high school and earned my diploma.

### What other sports are you into?

I love going to sporting events. They're so much fun. My favorite sports are basketball and football. My sister works for the New York Jets, in customer service, she's been working there for four years, so going to the games, I became a big fan. Basketball, of course I love the Knicks and I love the (Oklahoma City) Thunder. My favorite player is (Los Angeles Clippers point guard) Chris Paul because my sister who works for the Jets went to Wake Forest University, and I used to watch him play in college all the time.

### Are you still involved with horses?

My parents, Jeff and Shelley, have moved back to Michigan, and they stable my two horses and two ponies. My career keeps me very busy, but I do find time to ride when I can. That will never stop, they are too much a part of my life



## The Most Unique Heart-Shaped Markings on Horses



**HAPPY VALENTINE'S DAY!**

# Cold War Horse

Arvada, Colorado

**A stark reminder of the huge nuclear weapons plant that once stood on the site and its effect on the surrounding area.**



CLAD IN AN ELECTRIC RED hazmat suit, black rubber boots, and a respirator, the life-size “Cold War Horse” sculpture stands guard over the former site of the Rocky Flats nuclear weapons plant, one of the largest in the U.S., producing over 70,000 plutonium triggers for nuclear bombs between 1951 and 1989.

The sculpture was installed along Highway 72 northwest of Denver as a memorial to the people who worked at Rocky Flats and those who lived in the surrounding community. It was created by artist Jeff Gipe, whose father worked at the plant for 20 years. While in operation, a series of environmental disasters—including fires, leaks, and unregulated burying of radioactive waste—led to the widespread contamination of the 6,500-acre site. In 1989, the FBI and the EPA raided the plant, shutting it down, and putting an end to nearly 40 years of unmitigated pollution.

However, an air of secrecy during and after the cleanup has caused many groups and individuals throughout the Front Range to doubt the efficacy of the remediation efforts and the health impact on the surrounding area. Community watchdog groups consistently publish reports updating the pollution levels around the site and urge developers, homeowners, and prospective homeowners to educate themselves about the potential dangers of living and building in the area.

The Cold War Horse sculpture stands not just as a memorial of the dark and secretive history of Rocky Flats, but as a stark warning of the possible contamination still present in the soil, air, and waters surrounding the former Superfund site. First erected in 2015, the sculpture was torn down and badly vandalized by unknown assailants just two weeks later. The artist was not deterred however; Cold War Horse was repaired and now resides in the same spot, surrounded by a fence, lights, and cameras armed with motion sensors.

## Know Before You

Go The sculpture is located on the south side of Highway 72, just west of Indiana St, near the Candelas development. It is possible to pull off the highway at the site, but there is no parking area.

# Kumis

Infants and Genghis Khan enjoyed this fermented mare's milk.



The Botai people of modern-day Kazakhstan tamed wild horses on the steppes of Central Asia over five thousand years ago. There, they fermented a beverage, kumis, from the milk of domesticated mares that modern tasters liken to “Champagne mixed with sour cream.”

For thousands of years, kumis perfectly fit the nomadic, horse-centric life of the steppes. Due to the milk's naturally high sugar content, making kumis requires nothing but a mare. Mongolian nomads simply churned horse milk in vats, much like butter, until the milk acidified and yeasts produced alcoholic carbonation. People then transported the liquid in leather bags, often hanging them where passersby could easily punch the sack to keep the kumis agitated. For roaming warriors such as Genghis Khan and Attila the Hun, mares provided kumis, meat, and transportation all in one.

The primary reason mare-milkers culture the liquid is to make it drinkable. Unlike cow's or yak's milk, mare's milk contains so much lactose that it has a severe laxative effect. For this reason, unfermented mare's milk bears certain medicinal qualities, but it's not considered a nourishing daily staple.

In Central Asia, mothers fed their babies a mild style of nutritious kumis that was low in (but not entirely free of) alcohol, while adults concocted a boozier version for themselves. Around 1250, explorer William of Rubruck journeyed across the steppes and raved about the drink, stating that “Koumiss makes the inner man most joyful!”

Today, companies produce kumis. But it's rarely fermented long enough to liven up a party—at most, it contains 2 percent alcohol—and it's usually made with fortified cow's milk. It's only steppe-dwellers that make traditional, boozier kumis.

The man walked into the stall, disregarding my concern. He walked in, petted Zane, haltered him, and off they went. I watched as Zane followed this man without a fuss. I was intrigued by Zane's behavior. Or, I should say, the shift in his behavior.

By this time in my stall cleaning routine, Zane and I had the nervous dance perfected. Within seconds, it was over. He was a different mule. I did not recognize the Zane I had danced with so many weekends. I left the stall and asked another worker, "Who was that? He's allowed to take Zane?"

"That's the trainer."

The lady recommended that I sign up for his equine class. I had no idea what she was talking about. Why? What was the point?

I walked down the concrete halls of the barn and found myself in the arena. The trainer was getting ready to ride Zane. I was formally introduced to him and in that moment, I realized that I wanted to ride Zane. I wanted to really experience nature again.

I continued to volunteer and I did end up signing up for the equine training class. At that time, I wasn't interested in human energy. I was interested in the mysterious energy of the animals of the world. There was something there between Zane's eyes. I just could not describe it.

I had witnessed my own nervous behavior in that mule. I had also witnessed the calm behavior of another human being expressed in Zane within moments. The shift in energy was fascinating.

I went back and cleaned the stall again. As Zane and I began our dance, I had greater awareness and appreciation of these animals. I had the awareness that I could now shift my energy and observe this same shift in Zane. When I was nervous, Zane was nervous. When I was confident, Zane was confident.

## Experiencing nature is a mirror that echoes ourselves back to us.

I finally understood what happened that day so many years ago on Sandy. She was only expressing my enthusiasm and lack of direction. I continued to volunteer for some time. I continued to work with animals and soak in the benefits of nature as much as possible.

I continue now, to this day, to experience the personal awareness and growth that rescue animals, animals, and nature as a whole gives to us. I continue to be fascinated by the beauty, the knowledge, and awareness that we can gain when we're away from the stimulating electronics, coffee drinks, and other distractions that fill our lives. I notice and experience that calm, peaceful confidence and joy.



# Wildwood Farm CLIPS & CLOPS Oak Harbor

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## In the Memory of Horses

It's not a secret that WWI had taken around 8.5 million lives of soldiers and more than 13 million lives of civilians during the years that it lasted. But people weren't the only victims of this horrendous conflict that lasted for more than 4 years. Thousands of horses died in combat and many more served the needs of the army, carrying weapons, food supplies, and sometimes even wounded people. Without the horsepower, the Army wouldn't have been able to function at all. In 1917 the men from the United States Cavalry unit came together to pay tribute to all the horses that perished during WWI. They created a form of a horse's head to commemorate the service of those brave animals.

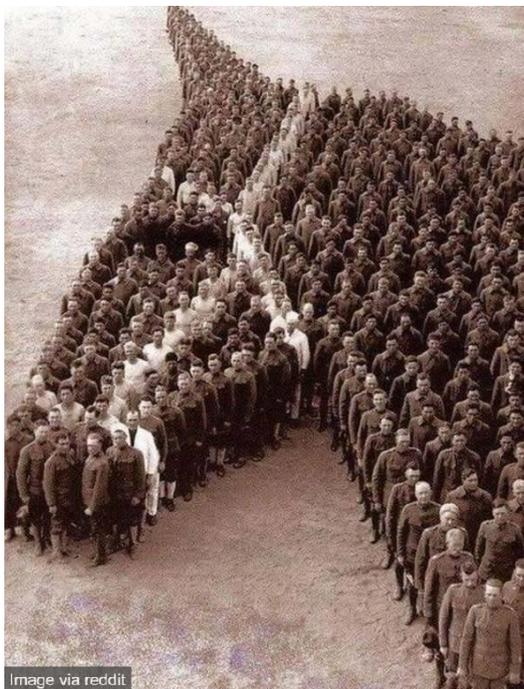


Image via reddit