



Wildwood Farm CLIPS & CLOPS Oak Harbor

January 2020

YOUR NEIGH-BORHOOD HULLABALOO

Equine Psychoacoustics

by Heather Carder

A few years ago Equine Wellness Magazine published an article on psychoacoustics, or the study of sound perception, highlighting sound behaviorist, composer and researcher Janet Marlow who is the inventor of Species Specific Music and the founder of Pet Acoustics Inc.

Psychoacoustics describes psychological and physiological responses to sound. Horses associate music with comfort just as they do their owners' voices. Talk radio is not as effective because human speech requires analytical interpretation and has little vibrancy to create relaxation in animals. As long as it is pleasing and calming to your horse, you can play it for ten years and he will not get bored. Humans need variety because we evaluate music through spatial-conceptual thinking, whereas the equine response to music is a physical evaluation. If the horse feels safe and connected, he will release high alert instincts and relax.

Behavioral scientists have correlated stress to illness in animals, as well as in people - and music is as soothing to animals as it is for humans. Paying attention to what your horse's ears are particularly sensitive to, and how to appease any noise anxiety with music, should be a part of his care.

Observing your horse's ears in response to sound is one of the most insightful keys that trigger equine behaviors. Today, care-giving for our animals is evolving to better health

and understanding and we are learning more and more how to balance their needs for well-being.

The horse is one of nature's musicians. We see equines move to music during dressage routines, and as dance partners in inter-species choreography. As riders, we partner with them in tempos of two and three beats while walking, trotting and running.

Horses and humans share the most closely related hearing ranges of any other mammals on the planet. The human frequency hearing range is 20Hz to 20,000Hz – the frequency hearing range of a horse is 55Hz to 33,500Hz. A whisper in his ear, or a personalized whistle from the barn to come in from the field, represent a significant aspect of how we connect to and bond with our horses through sound.

Sounds trigger both positive and negative behaviors in horses. An inability to flee the paddock during a loud thunderstorm can cause high agitation. A sudden jarring noise or shrill frequency can tense muscles, causing stress. Providing the best sonic environment for your horse can be as important as giving him the best veterinary care and diet. One tool you can use to balance his environment is music.

Do horses like listening to music? Music is a language that involves pitch, tone, frequency and volume. These elements of sound are what horses and other animals use to communicate with; they also help animals assess their environments for survival purposes. In her clinical research over the past ten years, Marlow has observed that

horses prefer being in a barn with music as opposed to one without. Playing music helps balance equine behavior because it helps mask outside sounds and vibrations, such as tractor engines, high-pitched tools, thunder, and other intense sounds. It has been discovered that horses respond best to music with short melodies and strong rhythmic patterns. If you're looking for a style that fits this criteria, classical or country played at a low volume will have a positive effect and help calm horses while they're resting, eating and being groomed in the barn. It's not so much the style of music, but its frequency and volume that are most important.

Over the past 20 years, starting with dogs and cats, and then horses, Marlow has designed a principle called species-specific music. This is music placed in the "green zone" according to each animal's hearing range. With digital abilities, a composer can analyze the exact placement of sound bytes.

For three years she researched Animal Behavior Studies at Universities around the world, collecting data on the frequency hearing ranges of dogs, cats and horses. Also, being a recording artist and having an understanding of how to modify music at her home studio, she developed a concept called species-specific music. This means composing music and modifying the tones and frequencies and placing them in the comfort hearing range of each animal according to the data research. Using this process and then testing it through clinical studies at veterinary hospitals, barns, shelters and pet homes, she was successful in creating just the right sonic

Continued on back page...

Horse-Powered Hybrid

In the never-ending quest for more and more horsepower by some automakers, it's unusual to see inventive, ecologically-friendly ideas for new propulsion systems.

One firm however seems to have taken the low-horsepower hybrid car to the extreme. A Dubai group is proposing that their one-horsepower vehicle, supplemented by electric motors is the greenest transportation system available.

So that's not one-horsepower, but one-horsepowered vehicle!

Called Naturcar, the concept hybrid is the brainchild of a group called Fleethorse, and as the name suggests, it's powered by a horse.

Passengers sit in the front of the van, while the horse stands in the back on a conveyor belt. The Naturcar uses



electricity to power motors on the belt that get the horse moving. If the horse stops walking the belt nudges it back into motion. The same belt moves the horse's 'exhaust' out of the horse's compartment into a holding area beneath the car.

Fleethorse says it has already thought of the animal welfare issues, and has a list of precautions, such as air conditioning to keep the horse cool, continual feeding and watering and temperature gauges to check on the horses health.

Stay tuned for the Naturvan, Naturbus and Naturtaxi...



Our store is open 11:00am – 6:00pm Monday, Wednesday, Friday & Saturday



Shop online!
www.thenoblehorsevintage.com
www.theurbanequestrian.com

New Items for Winter





"We have a problem. He spends more time tweeting about himself than training for the Kentucky Derby."



"So, you say he never listens to you."



Did you hear about the horse with a negative attitude?

She always said Neigh...

Its funny how 100 years ago everybody had a horse and only the rich had a car, but now everyone has a car and only the rich have horses.

Oh how the stables have turned



Standing beside a valiant stallion, a beautiful blonde decides she must ride this animal despite having no previous riding experience.

Soon she finds herself atop the horse's back, galloping through a lush green meadow.

Unsuspecting, the horse suddenly picks up speed and she finds herself euphoric over the freedom she is experiencing.

Once again the magnificent animal picks up speed except this time her inexperience gets the better of her. She finds herself barely able to hang on.

The startled horse is now in a dead run and the beautiful blonde finds herself hanging off to one side of the horse, her head just inches from the ground....catastrophe seconds away.

She begins to frantically scream for help when all of a sudden....Frank, the Walmart door man, calmly walks up and unplugs the ride.



Don't order hay for your horse from Amazon...after a few days they will ask for your feed back.



THINGS THAT ONLY HORSE PEOPLE DO



WILDWOOD FARM B&B



This is your moment.

Today at Wildwood Farm B&B

A Wall Street Analyst
*Discovered a passion for horses,
learned that grooming can be a
moving meditation – and in the
solitude of a silent morning listened
to her soul*

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

WILDWOOD FARM HAS IT ALL!

PACIFIC NORTHWEST RIDING ACADEMY



WILL YOU?

Will you be the one that brings me carrots and hugs? And let me carry you on my back as we explore the world?



WILL YOU?

Will you whisper your secrets and dreams to me when we share silent moments together after a long day?



WWW.PNWRiding.com

Test your New Year Smarts!

Please turn in your entries by 2/29/2020

1. According to CNN which country's New Year celebration is the oldest? _____
2. In various parts of America people eat what food for good luck on New Years Day?

3. What is the meaning of "Auld Lang Syne?" _____
4. Cigarette ads were banned from American television on what date? _____
5. The Chinese New Year is based on which calendar? _____
6. What is the meaning of Rosh Hashanah in the Jewish religion? _____
7. The first ball to be dropped in New York's Times Square happened in what year? _____
8. On January 1st 1877 what happened to Queen Victoria of Britain? _____
9. What happens to all registered horses on January 1st? _____
10. In some parts of the world, to insure a healthy household in the coming year, it is customary for the head of the household to spank who on New Year's day? _____
11. According to southern US beliefs, to make an New Year's resolution stick, one must do what while making it? _____
12. According to data at Box Office Mojo, the highest box office sales draw on a New Year's Day is held by what film? _____
13. January is named after Janus, who is God of what? _____

New Year Smarts Contest is open to all

Name: _____ Age: _____

Phone: _____

The winner will be announced in our February Newsletter and will receive a Gift Certificate to Toppins in Oak Harbor. (Try to do this without GOOGLE!)

Congratulations to Michael James for his winning Thanksgiving Smarts entry from the November Newsletter

Nutrition Corner

Mannan Oligosaccharide (MOS)

MOS is a prebiotic. Prebiotics are functional ingredients in food that encourage growth of beneficial microorganisms in the digestive system. To appreciate how prebiotics work, it's important to first understand how bacteria maintain their populations in the gut.

Bacteria have hair-like appendages that are able to recognize and attached to recognized spots in the gut wall. Once they attach, they reproduce – this goes for both beneficial (good) bacteria, like direct fed microbials and yeast, and pathogenic (bad) bacteria like E. Coli and Salmonella.

A HEALTHY GUT LINING KEEPS THE GOOD AND BAD BACTERIA IN BALANCE.

When the gut lining is healthy, the good bacteria can attach, reproduce and keep the bad bacteria in check. If the gut lining is damaged, however, the opportunities for good bacteria to attach and

Reproduce are reduced and the over all population is compromised. Reducing good bacteria in the gut is a problem for two reasons: First, it means there is less of the good stuff that keeps the horse healthy; and second, it leaves more room for for bad bacteria to breed.

HOW DOES MOS HELP?

MOS mimics the properties of the cells on the gut wall to attract and bind with harmful bacteria. Rather than allowing the bad bacteria to attach to the gut wall, the MOS acts as a sticky sponge, cleaning up the harmful bacteria and removing them from the digestive system.

The base for most prebiotics is yeast and the most common prebiotic is yeast metabolite. While some companies are now adding yeast metabolite to their feeds, very few are adding MOS for pathogenic bacteria.

Triple Crown's EquiMix uses an improved food-grade MOS with higher consistency and quality for maximum efficacy.

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 Equi-mix technology and the research support of a leading edge team including independent representatives of Equine Universities, Medical clinics and top level riders and trainers.

In Memory of Mouse

1998- 2019

*Don't cry for the horses that life has set free
A million white horses forever to be
Don't cry for the horses now in God's hands
As they dance and they prance to a heavenly band
They were ours to borrow but never to keep
As they close their eyes forever to sleep
Spirits unbound on silver wings they fly
A million white horses against the blue sky
Look up into heaven you'll see them above
The horses we've lost the horses we've loved
Manes and tails flowing they gallop through time
They were never yours they were never mine
Don't cry for the horses they'll be back someday
When our time comes they will show us the way
Do you hear that soft nicker close to your ear?
Don't cry for the horses
Love the ones that are here*

-Brenda Riley-Seymore



It is with sadness in our hearts that we said goodbye to Zealand last month, affectionately known as Mouse.

Mouse was born in New Zealand on a sheep farm and was found by his owner, Maureen Martin, and her coach Linda Chatfield when they were horse hunting for an Eventing horse in 2005. It was love at first sight and Mouse soon found himself on a plane to America and the loving partnership of Maureen.

A Thoroughbred/Dutch Warmblood cross, Mouse took to the Eventing field like a champ and he and Maureen competed through training level (3'3" jumps) over the next three years. In 2008 Mouse sustained an injury to his stifle and Maureen spent 3-4 years rehabbing him with the help of Dr Revenaugh of NW Equine performance in Mulino, Oregon – a well-known sports medicine veterinarian specializing in equine athletic health and rehabilitation.

Maureen started working with Lisa Boyer in 2012 and began showing Mouse dressage and competed to 3rd level including a musical freestyle. When Mouse was diagnosed with spinal discomfort in 2016 he was officially retired and lived a happy and care free life here at Wildwood Farm until his passing on 12/31/2019

THE INTERVIEW

With Sherri Spoltman, client and owner of Fandango

What is your idea of perfect Happiness?

That moment when you are perfectly in sync with your horse and it all is easy.

What is your greatest Fear?

Lack of control over situations that matter.

What historical figure do you most identify with?

None really but just for fun I'll Say Lady Godiva.

What is your favorite journey?

There are many kinds of journeys. But for a travel journey it would definitely be horseback riding through the Gredos Mountains in Spain.

What living person do you most admire?

No one person the most. I admire many people I know for many different reasons.

On what occasion do you lie?

Only when the truth is not needed and will only cause someone pain. Like when someone asks me if their baby is cute.

What do you most dislike about your appearance?

It has changed over the years, but now it is my neck. It makes me look old. Should have used sunblock.

Which living person do you most despise?

No one

What words or phrase do you most over-use?

Couldn't think of any so I asked Jim. He said he didn't think I did.

What is your greatest regret?

Spending too much time worrying about things I cannot control.

What or who is the greatest love of your life?

(Don't tell Jim) But my Morgan Robin I had for 24 years. He was a true one-in-a-million horse that I was lucky enough to share my life with.

When and where were you happiest?

Twice when riding with Jim on our horses, we had a perfect moment. Beautiful setting, happy horses and with the person I love most. Was even lucky enough to get a picture of one of them.

Which talent would you most like to have?

To be like Jeannie, to bob my ponytail and be wherever I want to be.

What is your current state of mind?

Better than it has been.

If you could change one thing about yourself, what would it be?

Longer legs!

If you could change one thing about your family, what would it be?

That they had traveled more when I was young. I am trying to make up for it now.

What is your most treasured possession?

A quilt made for me by dear friends with pictures of my horse Robin on it. And a bracelet made from the tail of my mares Lexi and Lola. They were mother and daughter and I lost both of them way too soon.

What do you regard as the lowest depth of misery?

The loss of those you love dearly

Where would you like to live?

Right here. I love my home, it brings me peace.



What is your most marked characteristic?

Probably my eyes

What is the quality you most like in a person?

A kind heart

What is the trait you most deplore in yourself?

Anxiety

What is the trait you most deplore in others?

Lack of honesty

What do you consider the most over-rated virtue?

Not sure

What is your greatest extravagance?

The handsome grey beastie. You all know who it is.

What do you consider your greatest achievement?

I've had some moments I'm proud of, but I hope my greatest achievement is yet to come.

What is your favorite occupation?

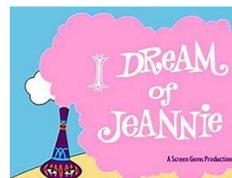
As much as I love my career as a human and equine massage therapist, my favorite occupation was teacher. I still try to incorporate this in my life by educating my clients and working with 4-H kids.

If you were to die and come back as a person or thing, what do you think it would be?

I would be very happy to come back as one of my animals or one of my friend's animals. They all live a very nice life.

How would you like to die?

Peacefully in my sleep and being greeted on the other side by my horse Robin.



Wildwood Farm CLIPS & CLOPS Oak Harbor

2326 Happy Valley Rd
Oak Harbor WA 98277

Equine Psychoacoustics continued from page 1

environment for each animal and saw them calm and release anxious behaviors within just a few minutes of listening. Species-specific “equine music”, which contains rhythms and melodies composed specifically for the listening comfort of horses, helps them relax in their stalls, stay calm during farrier sessions, and even recuperate faster from surgeries. Music is a profound environment for sensitive equine ears!

Music can be used to relax your horse in a wide variety of situations.

While riding – it adds an entertaining dimension to riding for you and your horse. However, for safety, make sure the volume level doesn’t overwhelm your ability to hear what’s going on around you. **In the barn** – Play the music at a moderate level- Horses don’t need loud music to experience the sound waves. Position the sound source so he can both feel and hear it.

During farrier, dental and veterinary visits – These are often not a horse’s favorite experiences, so play music to distract him and diminish anxiety. It also helps mask sounds from any medical equipment being used.

For massage and grooming – Horses love to be massaged. Use music to bring your horse into a deeper state of relaxation.

During post-surgery recuperation – Music is especially beneficial for horses on stall rest while recovering from surgery. It will allow for deeper muscle relaxation during difficult stages of healing.

For trailer transport – Engine frequencies and vibrations are very potent to equine ears. Music can help him feel a little less anxious on a road trip.

For therapeutic riding – Blood pressure studies that compared the cortisol levels of riding horses, racehorses and therapy horses revealed that the latter have the highest levels, which means they have the highest levels of stress. The ability of therapy horses to restrain their behaviors during student/instructor/horse sessions is a remarkable empathic trait, but also physically distressing. Playing calming music during student/horse sessions can make the experience more entertaining while helping the horse feel calmer.

Wildwood Farm is looking into a workshop with Janet Marlow in 2020, we will be sure to keep you posted!

Another study by researchers at [Hartpury College](#) in England found horses liked classical and country sounds more than they did rock and jazz. To test the effects of different kinds of music on stabled horses, Clare Carter, a Bachelor of Science student, and her supervisor Linda Greening, studied eight Thoroughbred geldings that had been stabled for three hours.

They played four different kinds of music – classical (Beethoven), country (Hank Williams Jr.), rock (Green Day), and jazz (New Stories)– for 30 minutes each. They also observed the horses’ behavior for 30 minutes without music.

The pair determined that horses showed the same balance of restful and alert behaviors during classical and country music as they did when there was no music at all. But the difference between these kinds of music and silence was that with country, on average, the horses tended to eat more quietly than they did with silence.

On the other hand, jazz and rock music caused horses to display more frequent stressful behaviors (as compared to silence), indicated by stamping, head tossing, snorting, and vocalizing (whinnying), said Greening. They did not observe any of these behaviors in the horses when classical or country music was played or when there was no music. Carter also noted that while the horses still ate when listening to jazz or rock, they did so nervously, “snatching at food in short bursts,” she said. Jazz seemed to bother the horses the most, according to Carter. “This might be due to the fast tempo and minor key.”