



Wildwood Farm CLIPS & CLOPS Oak Harbor

July 2019

YOUR NEIGH-BORHOOD HULLABALOO

IN THIS ISSUE

Making Space

by Heather Carder, Wildwood Farm

Over lunch one afternoon I was listening to a friend tell me how Facebook reminded her of all the things she USED to do and how life was just traveling at light speed and where did the time go and....yadda yadda, right? But I understood what she was saying all too well and felt the briefest sensation of *weight* inside me as we talked. Later that evening I found my mind wandering back to a time when I felt the most powerful and invincible, when the energy I created was moving me along at such a fast clip that I felt *light* and *untethered*. How long ago was that? A lifetime? A blink of the eye?

I used to draw every day after work and on the weekends, and I was an avid writer publishing prose and short stories to any magazine who would have me. I was never happier than when I was creating something from my inner well of thoughts and abstract feelings, and have never had such a rewarding relationship with myself than when I was in this creative process.

The weight I briefly felt was this: *I haven't drawn or written anything of importance or depth in over a decade*. If you ask me why I stopped, I will most likely say "the process took too much time and I can't commit as much any more."

I have businesses to run.

I have customers to take care of.

I have to focus on making money every day.

I used to devote 20 hours per week to my art and writing ; that's equal to a part time job, I don't have the time.

The timing of the conversation I had with my friend was interesting as I was just getting started on the outline for the book I am writing on the history of Wildwood Farm; I also just completed the design of our first Wildwood Farm Newsletter as well as getting started on blogs for all three companies. As it turns out I've put 15-18 hours per week into these projects over the past three months.

So, where did **THAT** time come from and what did I neglect?

What I enjoy about writing is the need to be in the moment. I don't think about anything else when I am writing. The same was true with my art. Writing is a welcome respite from the demands on my attention and subsequent impulsivity to which I have become susceptible. More than that, I think it counts towards something more significant. It aligns with my personal goals for self improvement. For example, If my goal is to practice mindfulness (or some sort of meditation) for an hour a day, I give myself credit for time spent writing.

If I have a goal to read an hour each day, I'm going to count reading the research and taking notes towards that effort. Doesn't it make sense that if you spend time engaged in things that align with the person you want

to be and the life you want to live, what's left to count? Maybe we should just stop keeping track altogether.

So, back to my question: What are these significant commitments to time, effort and energy actually pushing aside? What is it that ends up getting neglected?

I could take a stab at a list but here is what I know to be true:

-I will always prioritize my relationships

-I will always prioritize the work required to provide for my business

I realize this is not an exact science and won't put myself up to impossible standards. I WILL miss a deadline here or a dinner date there. I will procrastinate on things. It happens. But even in the busiest times, the stuff that gets truly rejected isn't likely to be my relationships or my business.

So how does it happen that in all this busyness we find the time? Simply put, **we make space for activities that align with our values and goals**. So my thought is this: Rather than wondering *how* we're going to fit the next thing into our busy lives we should figure out *if* it aligns first. And maybe we should be neglecting the things that don't.

What are you doing right now that you should be neglecting?

HELP CREATE A WORK OF ART

Wildwood Farm is working with Paint Your World in Oak Harbor to create a one-of-a-kind mural that will be installed on the south wall of our large indoor arena. The mural will consist of 12x12 ceramic squares that YOU create for us. Simply head down to Paint Your World on Pioneer Way in Downtown Oak Harbor, tell them you are there to paint a Wildwood Farm Tile (\$5.00 charge) and then get creative! Your artwork will forever be a part of our farm and will be there for all to see. We will start installing the mural in July.



Paint Your World

Paint Your World

86o SE Pioneer Way in Historic Downtown Oak Harbor

Mon-Tue 12:00pm – 6:00pm

Wed-Sat 11:00pm – 7:00pm

Sun: 12:00pm – 6:00pm

The Noble Horse will soon be named The Urban Equustrian

The Noble Horse - a Lifestyle Renamed

Big changes are coming to The Noble Horse, affectionately known as Noble Horse Saddlery here on the farm. Over the years our focus has grown from a satellite Stübben showroom and tack store, to what is now an equestrian lifestyle store and home to the largest Vintage Equestrian collection in the country.

Broadening our market to serve the urban dweller with a taste for the equestrian style is a venture that is both exciting and challenging; creating the right collections that will inspire the non-horse person and still support the equestrian community is

essential, and curating items that are unique to our market and not commonly carried by big retailers takes a lot of research. We think you will like the changes coming and we have started by assuring our store is open to Wildwood Farm clients as well as outside traffic on a regular basis. We are limiting the shows we attend so our store will be open at least 4 days per week the majority of the year.

To kick things off we have invested in new websites to assure we capture a larger audience. Be sure and visit us here to experience all we offer:

www.theurbanequustrian.com

www.thenoblehorsevintage.com

www.etsy.com/shop/thenoblehorsevintage

www.ebay.com/nsr/noblehorse



WILDWOOD FARM B&B



Beautifully Appointed Rooms with Equestrian Themes paying tribute to the iconic stallions that stood at Wildwood Farm



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Major stakes
winner of \$353,723



GALLANT BEST
Major NY Stakes
winner of \$248,963



PIRATEER
Stakes winner of
\$108,463

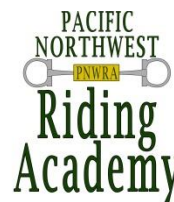


HANDSOME ONE
Major stakes winner
of \$387,575

Book online at
www.wildwoodfarmbandb.com

WILDWOOD FARM HAS IT ALL!

PACIFIC NORTHWEST RIDING ACADEMY



You can trust your education to Pacific NW Riding Academy

Our instructors have years of experience not only with teaching students but with truly understanding their equine partners. Every horse is treated with love and respect, and every student learns not just riding skills but the additional responsibilities working with horses requires.

Learning to Ride develops other important skills

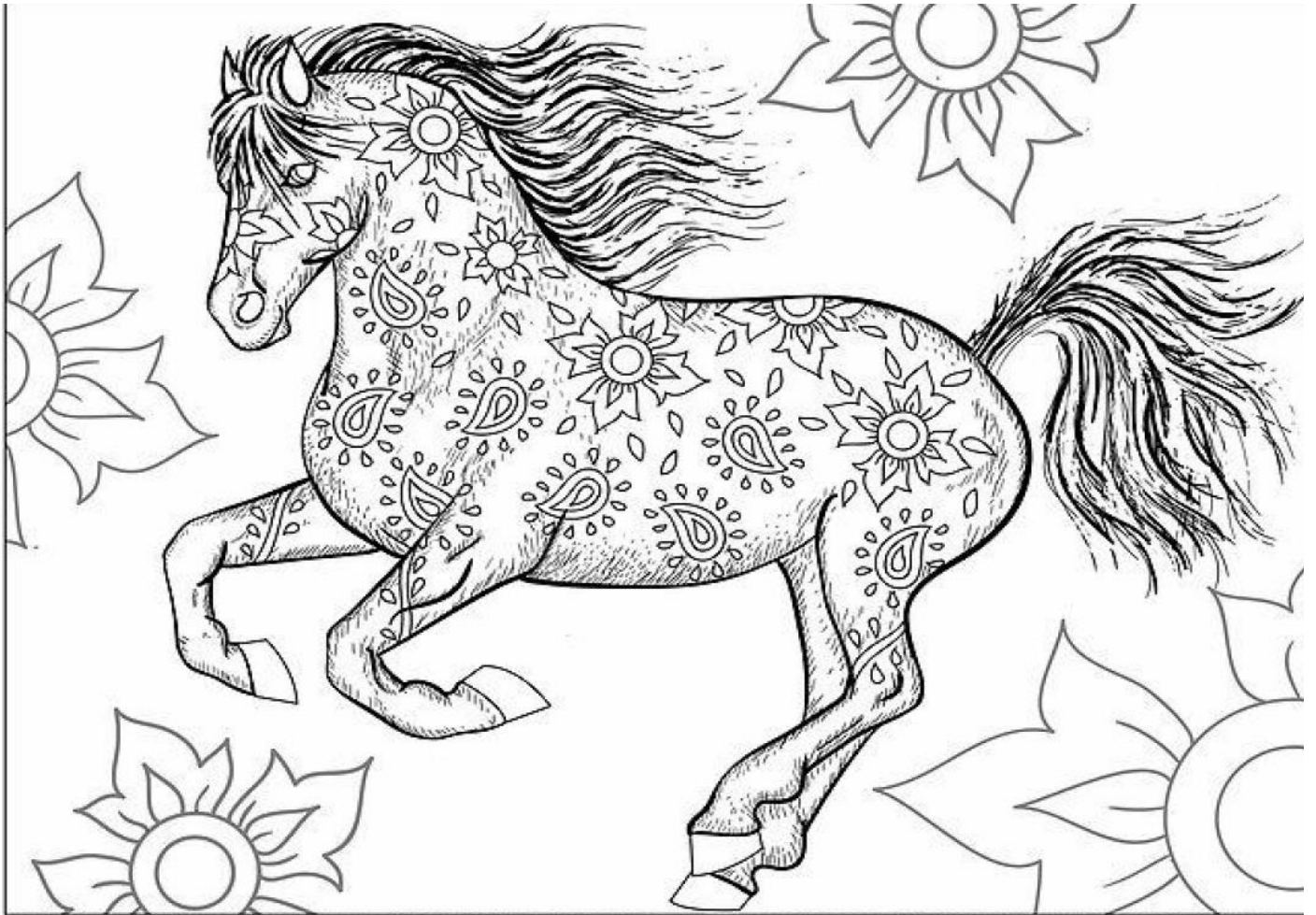
Not only is riding great physical exercise, it helps to develop other skills such as teamwork, communication, responsibility and attentiveness. Horses bring out the best in their human partners through honesty and integrity – qualities that cannot help but reflect back the more you are around them.



WWW.PNWRiding.com

COLORING CONTEST!

Please Turn in your entries to your instructor by July 20th



Coloring Contest is open to all PNWRA Students

Name: _____ AGE: _____

INSTRUCTOR: _____

The winner will be announced in our August Newsletter and will receive our BRAND NEW Wildwood Farm Coloring Book and a set of colored pencils along with a package of horse treats for their favorite horse!

NUTRITION CORNER

HOW TO EVALUATE A PROBIOTIC

According to an article published by Triple Crown Feeds, there are four things horse owners should know when it comes to evaluating probiotics:

1. **Probiotic dose and strain matter.** Studies at the University of Kentucky and Ohio State University conclude that *L. Acidophilus* and *L. Reuteri* are the most effective in increasing PH, increasing lactic acid-utilizing bacteria & decreasing starch-utilizing bacteria for proper gut health. Further, each individual strain must supply a minimum of 1 billion CFUs to be effective.
2. **Some dead probiotics are as effective as live probiotics.** These studies also concluded that *L. Reuteri* showed no difference in the effectiveness of being

Live or dead, due to the unique peptides found in the cellular membrane of this bacteria.

3. Prebiotics make probiotics more effective. A probiotic is defined as a bacteria strain that has a beneficial effect on the health of the digestive system, whereas a prebiotic is defined as an ingredient that serves as a food source for probiotics and/or provides a beneficial effect on the health of the digestive system. When evaluating commercial probiotics it is best to choose one that provides both prebiotic ingredients and probiotics.

4. All Triple Crown Feeds contain Equi-mix. Equi-mix contains pre-and probiotics in the form of direct-fed microbials, yeast, mannan Oligosaccharide (MOS) and mycotoxin protection. Each feed contains a minimum of 1 billion CFUs of a patented strain of *Bacillus subtilis*, *L. Acidophilus* and *Enterococcus faecium*; thermostable live yeast containing 25% more live cultures along with yeast metabolites; food-grade MOS; and mycotoxin protection to aid in neutralizing various forms of mycotoxins commonly found in feed & hay.

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.

Meet Dartanian...

This most-beloved school horse started his adventure with us in 2005 when he was purchased at a local horse auction for \$100.00. A little fractious with wild beauty, he was sold as what cowboys call a "Stag", meaning he acted like a stallion but appeared to be a gelding. Thin but stunning with a long ropy mane that fell well past his shoulder and a confident glint in his eye, we took a chance on him and brought him home. To our delight he was a very well-mannered horse considering his minimal training, and a minor surgery at the veterinary hospital assured he would be 100% gelding with no more of his stallion-type stress and anxiety.

Dartanian began his dressage training and though he was very capable he was a tough horse to get soft and supple, both in his mind and in his body. But, with a lot of work, instruction and clinics Dartanian really shone as a sport horse and was officially registered with the American Warmblood Society, receiving the Red Preferred status with a score of 66.5 and the AWS brand. He was also ridden by our German exchange student for a year and he won many competitions in 1st and 2nd level dressage.



Dartanian did not take to being a school horse at first, he really relished the one-on-one relationship with a single person; and we even tried to sell him a couple of times but each time a prospective buyer would come around he suddenly forgot he was trained and walked around flipping his head at the slightest command. It was clear he wanted to stay at Wildwood, so we made a deal with him that he would teach students to ride and he would have his forever home here. We think it has worked out quite well, and Dartanian even helped us train unruly horse youngsters by being the cool uncle with a very strong opinion on what well-behaved horses should act like. Dartanian was born in 1998 so this year he is 21 years young!

THE INTERVIEW

With Jennifer & Abe Smith

What is your idea of perfect Happiness?

JEN: Riding my Horse!

ABE: Staring at my mares on a beautiful day!

What is your greatest Fear?

JEN: Drowning sounds pretty bad

ABE: If I really had to narrow it down I would say people getting out of cars. Or just cars. Well, really most things are pretty scary, but I do love the water. Usually.

What is your favorite journey?

JEN: My favorite journey is LIFE!!

ABE: From my turnout to my stall...GRAIN TIME!

Which living person do you most admire?

JEN: Queen Elizabeth II

ABE: Gary.

On what occasion do you lie?

JEN: I lie to myself every time I say "This corner piece of cake won't really affect your fitness!"

ABE: Sometimes I say I will go over a jump...and then I real quick take it back.

What do you most dislike about your appearance?

JEN: Really??? I am all about loving yourself!

ABE: wish I had a tail like Gulliver.

Which words or phrase do you most over-use?

JEN: "Are you kidding me?"

ABE: "What was that!???"

What or who is the greatest love of your life?

JEN: Tie between my husband and my daughter.

ABE: Babe

When and where were you happiest?

JEN: Either traveling with my family or when I have completed a fun jump course with Abe.

ABE: Eating my grain.

Which talent would you most like to have?

JEN: Being patient

ABE: Impulsion.

What is your current state of mind?

JEN: Joyful & Chaotic

ABE: Huh?

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

JEN: Be more patient.

ABE: Be more confident.

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

JEN: I would have more of them!

ABE: I want my own Mare.

What is your most treasured possession?

JEN: My Grandmothers wedding china

ABE: My grain bucket.

What do you regard as the lowest depth of misery?

JEN: Loss of a child.

ABE: Someone forgot to give me my grain.

Where would you like to live?

JEN: I love Whidbey Island, but Tuscany is pretty cool too.

ABE: Easy, Wildwood!!

What is your most marked characteristic?

JEN: Determined

ABE: Sensitive

What is the quality you most like in a person?

JEN: Genuine

ABE: Generous

What is the trait you most deplore in yourself?

JEN: I am very critical which is a curse but sometimes a blessing.

ABE: fear mini-ponies and they are horses too. I don't know why I fear them, maybe if I got to know them better?

What is the trait you most deplore in others?

JEN: Those who take advantage of disadvantaged people.

ABE: I hate it when people get out of their cars real fast. Don't they know how scary that is?

What do you consider the most over-rated virtue?

JEN: Patience

ABE: Courage

What is your greatest extravagance?

JEN: Owning a horse

ABE: Owning a human

What do you consider your greatest achievement?

JEN: Finishing College

ABE: Epic journey into the North Cascades. Never again!

What is your favorite occupation?

JEN: Dream job? Being the Queen.

ABE: Working at a Stud Farm.

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

JEN: Duh, Queen of England

ABE: Babe's boyfriend.

How would you like to die?

JEN: This is an awful question, but I would say surrounded by the people I love, and who love me. Peacefully and knowing I lived my life to its fullest.

ABE: With a mouth full of grain.

What is your motto?

JEN: Live your life with passion, courage, and moderation.

ABE: Try to get seconds on grain.

Wildwood Farm CLIPS & CLOPS Oak Harbor

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THOUGHTS ON RIDING

By Heather Carder

SOFTNESS is a term we often hear associated with asking the horse to come through to meet our aids in a supple relaxed way. A supple horse is open to the rider directing their energy and is able to use that energy for impulsion, spring, balance and relaxation. All too often, though, the softness is sought outside the horse – meaning softening their physical body made up of muscles and tendons. We often hear instructors tell their students to soften the inside rein, soften the bend, soften the jaw. These reminders are well and good as a horse's natural momentum is one that needs constant refinement. Softness, however, starts from the inside of a horse just like it does with us humans. You won't achieve physical softness on the outside until you have achieved it on the inside. Softness is a quietness of the mind, an openness to energy and direction; softness is acceptance of input and belief that the direction you are being given is fair, worthy and achievable. Having softness in a horse is one of the hardest yet most rewarding achievements a horse owner can make. It is particularly difficult because horses and humans do not process energy or emotions the same way. We process information on many different levels as we navigate a complex world that has us filling a variety of roles and objectives; Mother, husband, friend, employee, customer...the list goes on. Horses, on the other hand, are much simpler in their identity and when we come to the barn packed with our intentions intertwined with all the other thoughts swirling through our heads you can imagine how asking a horse to be soft is really quite a daunting task.

To read this entire article check out our Wildwood Farm Blog at www.wildwoodfarm.com