

## HORSES AND DONKEYS HELPING PEOPLE



**Mane Encounters**  
Experience healing with  
Equine Assisted Learning  
& Psychotherapy  
at Trilogy Farm

[trilogyfarmhorsepower.com](http://trilogyfarmhorsepower.com)  
[maneencounters@gmail.com](mailto:maneencounters@gmail.com)

We at Trilogy Farm, Horsepower & More, after 30+ years of training horses, "downsized" in 2018. We began to raise, train and sell Mediterranean Miniature Donkeys. While continuing horse boarding and lessons we searched for ways to use our farm to serve others & help our community. It became apparent right away that the miniature donkeys, well suited to working in harness, also have perfect personalities to be therapy equines. Combining miniature donkeys with our horses we have formed a gentle herd with which to offer **Equine Assisted Learning (EAL) & Equine Assisted Psychotherapy (EAP) to Veterans, their families and others in need of healing.** We are **National Equine Institute of Growth Through Healing (N.E.I.G.H.)** certified and have a clean, comfortable barn and arena plus outside enclosed areas within which to work. We named our program "**Mane Encounters**".

Kazmiera Miller, LMHC, with **Insightful Strides, Inc.**, partnered with us for those needing therapy by a licensed counselor. Mary, Sean & Gannon McNall are all facilitators. Mary is **Certified Horsemanship Association (CHA)** certified. The million dollar questions most people have are "Exactly what are EAL and EAP? What do we do in our sessions?"



In EAL, certified facilitators like myself, Sean and Gannon, use horses & miniature donkeys to help people learn techniques for dealing with stress. We assist them in developing healthy coping behaviors and empowering life skills. They can assist with family dynamics as well. Sessions often take place in an arena or paddock with the equine free in the space with the facilitator & client. Horses and donkeys utilize nonverbal communication that can show us our own unhelpful behaviors & the impact we have on others.

Physical contact with the animal can be an immensely healing part of the client's experience. Being close to these powerful & beautiful animals & making this physical connection is soothing comforting and therapeutic. When, in a session, if the equine chooses to approach & make physical contact with a person, it is rewarding & can trigger an emotional breakthrough for that person.

Sometimes people do not set healthy boundaries for themselves and often are not aware of it. Equines help demonstrate healthy boundaries & interacting with them helps clients to learn about their own & other's personal space. This leads to a healthier, happier way of approaching all human relationships.

In EAP, we have a licensed mental health counselor and a facilitator in a similar session in the arena or paddock. These sessions go a step further & help identify unhelpful subconscious issues & develop strategies for the client to work through them. Therapy helps to process trauma & help to replace unhealthy thought patterns with healthier thought patterns.

Both EAL & EAP allow the horse or donkey to be an honest & unbiased mirror to a person & as such, they provide valuable feedback to what may be coming to the awareness of the client. Therefore, we as facilitators & therapists observe the equines closely. For example, the animal licking & chewing &/or yawning, usually indicates something significant is happening within the client.

Both EAL & EAP are forms of experiential therapy, which includes activities that allow the client to experience emotional situations. This invites the client to assess & change feelings associated with certain situations & consequent behaviors. Through these activities, the client engages with equines on the ground to assist with these processes.

Sessions are 1 hour, weekly, and usually scheduled for 8 weeks. This can vary according to needs.

For more information go to our website:  
[www.trilogyhorsepower.com](http://www.trilogyhorsepower.com)  
 or e-mail Mary at:  
[maneencounters@gmail.com](mailto:maneencounters@gmail.com)



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### The Decision is in...finally

The 147<sup>th</sup> Kentucky Derby finally has an official winner. Though he crossed the finish line behind Medina Spirit, Mandaloun has been declared the winner and Bob Baffert trained, Medina Spirit, has been disqualified after a series of blood tests came back positive for the presence of the corticosteroid betametasone. Betamthasone is race-day prohibited in Kentucky.

Baffert was handed a 90 day suspension and a \$7,500 fine at the time of the decision.

Medina Spirit died on December 6<sup>th</sup> after training at Santa Anita racetrack in California. The necropsy exam offered no definitive answers as to the cause of death.



Mandaloun  
Official  
Winner  
2021  
Kentucky  
Derby

And this from Marty Irby and Animal Wellness Action in light of the decision to suspend Bob Baffert.

It has just been announced that 4 potential Kentucky Derby contenders have been moved from Bob Baffert to other trainers. Here's our statement on the moves:

"We are pleased to see these horses moved away from embattled trainer Bob Baffert and hope the moves are an indication that Bob Baffert sees the writing on the wall. Baffert should take a step back, accept the punishment and suspensions imposed on him by Churchill Downs and the Kentucky Horse Racing Commission, and stay as far away from the 148th Kentucky Derby as possible. That is what is best for the horses, and best for the credibility of the event." - Marty Irby, Executive Director at Animal Wellness Action.

An advertisement for BEMER Horse-Set. It features a brown horse standing in a field at sunset, wearing a blue BEMER saddle pad and blue BEMER leg wraps. The text at the top reads "BEMER Horse-Set" and "bemerequine.com". The text at the bottom reads "New Technology For Your Horse's Well-being".

Learn more about this amazing technology in a live webinar with Independent BEMER Distributor Lori Shank, DVM, on Tuesday, Feb. 1 at 8 p.m. Zoom link will be provided to registrants.



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\*Effects of BEMER physical vascular therapy in horses under training. A randomized, controlled double blind study. 2017, Universita of Milan

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## SHARING INFORMATION

### CAN HORSES REALLY TALK?

My experience with the mare in this article was a turning point for me, one which I will never forget. I am not using names to protect the identities of the people involved. All images associated with this article are of me working with formerly wild horses known to all of us as "mustangs" regardless of what their DNA would reveal about their ancestry.

In late 2017, a therapeutic equine facility asked me to work with a young Mustang mare. She was approximately 3 years old and was striking and kicking at the staff daily. The Director of the program told me that I was their last hope and if I could not help the mare she would be sent away. They had worked with several trainers, tried several methods and nothing was working. "She just seems to have a bad attitude," the owner said.

The longer I work with animals, the more I realize each has a unique personality, just like humans. I have never experienced any one session precisely like another, and rarely are they even similar.

When I arrived at the ranch and approached the barn, I saw a mare being worked in the round pen but had no idea it was the mare in question. The Barn Manager, a young woman, was working with her at liberty. I felt nauseous and was immediately overcome with a sense of fear and anger emanating from them both.

I turned my attention to the barn and observed two women, obviously sensitive to the situation, watching this occur. I was greeted by the Director and quickly introduced to the two volunteers. Hoping to remove myself from the energies emanating from the round pen, I asked if we could move on to the young mare I was asked to work with. Much to my disappointment all three turned and pointed to the round pen.

I wondered why the mare was in the round pen once again, being subjected to methods that had not worked in over a year. In fact, she had gotten more aggressive since she arrived. Since my appointment with them had been on the books for over a week, I was definitely confused. I was asked to come and evaluate the mare, to provide alternative solutions.

Did someone, anyone, really think more lunging without any connection was the solution? I was very disappointed, but I tried not to let my face betray my thoughts. If I was to help her, I had to remain neutral. I was immediately distracted by a heavy whirring sensation above my head which began to pound at my skull, causing a throbbing sensation in my brain. I lifted my right arm, pumping my open palm toward my head rhythmically and said, "I'm very confused. I have a sense of mortal fear and a loud rhythmic noise and mechanical pressure on my head."

The owner turned to me and said, "Well, that would be her, because she was in a helicopter roundup in Nevada."

**Ginny Jablonski** is a Human and Animal Soul Whisperer, Horse Medicine Facilitator, Author, Inspirational Speaker and Opioid Crisis Awareness Advocate.

Her primary focus is to promote the evolution of interspecies consciousness, and help animals understand how past trauma is affecting their relationships.



The author with her personal horse, Blue. Blue was a rescue that everyone said could never be controlled and would probably kill her. Blue became the keystone of Ginny's healing herd of Medicine Horses on her ranch in Arizona. He challenged everyone, everyday, to be their authentic self and live with integrity. For more info: [www.heartofthehorse.us](http://www.heartofthehorse.us)

My eyes opened back up, and I nearly fell to the dirt in the breezeway. I felt sick. Sick for the herd, the filly and her horrified mother. I glanced back at the round pen where the barn manager was now whipping at the mare's hindquarters. Tears welled up in my eyes and I knew that I could help her if I had the chance. As I stood with the Director and two volunteers, I talked about my experiences with Wild Mustang herds. Those who had been rounded up and placed into service. I shared the many conversations I'd had with them and how they've shared the importance of their family, wisdom, heritage and ultimately the incredible value of the relationship between the mother and the foal. Humans seem to have no respect for the animal's intelligence and completely disregard the importance of this relationship.

**Can Horses Really Talk *continued from page 13***

This premature interference, both in the Wild and in domestication, can often have negative lifelong consequences for a foal as it grows and matures into domestication and service to humans. I know this to be true as I work with traumatized horses several days per week, more than four hundred in person and many hundreds more from a distance.

I'm not sure how much time passed, but I was startled when the barn manager led the mare through the breezeway toward me. I asked the director if I could take the mare back into the round pen, and she agreed. I asked the barn manager to return her to the round pen and remove her halter. She was confused by the request, and obviously a bit resentful. Nevertheless, she turned and led the mare back to the round pen.

I waited until the mare had a few moments to herself and I slowly approached the round pen. I paused and asked her permission to enter. This was quite a surprise to her, and although it seemed to impress her somewhat, she only reluctantly agreed to my request.

I grounded myself and dropped into my heart, deep into my heart, and sent love to my soul and tremendous gratitude to the soul family of all horses for the great responsibility and honor I have been given in working with traumatized horses.

As one might imagine, as soon as I put my hand on the gate to open it, she went to the furthest side of the round pen and turned her hind end to me. I closed the gate and stood still, looking away from her and not applying any pressure.

I then connected to the heart and consciousness of the young mare. Through my connection to the collective soul of her herd, I brought them together. I witnessed great healing, remembering that we are never separated and that we can always communicate telepathically.

I stood there in silence for several minutes, possibly five or more. I felt her lower her head, turn her body, and walk toward me.

She walked past me by about 10 feet and stood, facing me, on the other side of the round pen with her head once again high in the air, ears on me.

I stayed where I was and telepathically shared exactly what was happening to her, that I knew what had happened to her and her family. I quite ineffectually attempted to explain why this had happened, but not believing in the process myself it was a struggle. I further explained why this facility had "adopted" her. I shared what their intentions were with her, and what her future might potentially be if she did not choose to forgive and change her current mindset and comply with the demands of her new life. I use the word comply because she certainly had not consented. She and I both agreed on that much.

We talked about many things; she revealed her energy field to me and showed me where she held her fear and several other emotions, with the effects of trauma and other memories trapped in her body. I asked her if I could have permission to show her how I release energy and teach her that she could do the same thing for herself. I also shared that these are things a mother would teach if given the opportunity.

We shared our energies and talk for 10-15 more minutes.

Then I approached her, took off my hat and touched her hindquarters with it. She lowered her head and exhaled. I used my hat to touch her legs and the rest of her body. I put my hat back on and then I used my hands to touch her body all over. I stood next to her heart, inches from her body and shared the energy of my heart until we shared one coherent heart rhythm.

When I felt she was ready to comply with the life she was now being asked to live, I retrieved her halter and approached her again. I haltered her effortlessly, led her out of the round pen, and handed her back to the staff. From that day on, she never kicked, struck, or tried to bite anyone ever again.

The work I do is a combination of witnessing and sharing, but make no mistake, it is never the same twice, and it is always done with sensitivity and reverence for the species. As I drove home, I could not help but reflect on how we got here, how our equine community has evolved over time.

As a species, together with donkeys, until about 70 years ago, horses were so entangled with humanity that we cared for them most of the time better than we cared for ourselves. Our health and well-being depended on their health and ability to pull, drag, plough, run and often escape danger.

Before the industrial revolution, they carried us to doctors, to work, ploughed our fields, transported our goods, built bridges and buildings and were almost wholly responsible for the expansion of our great nation, before the advent of the railroad and long afterwards. There would have been no westward expansion without them as we know it from an historical perspective today. No traversing the Rocky Mountains, no Oregon Trail. Think about that.

But I have learned from the horses that they were meant to serve an even greater purpose, to help humans learn about partnership and balance. And now more than ever they are teaching us much more about ourselves than we ever thought was possible. By Ginny Jablonski



**Continued from page 8**

ECI: Who and what were your greatest influences, positive and negative, in your adventure with finding the truth for Mustangs and the American people?

JAK: I would have to say definitely the American Indian influence. Started when I made the documentary 'Spirit Riders', with a lot of coordination and influences from American Indians with which I was heavily involved, the Ojibwa in northern Wisconsin where I grew up, Ute friends in Utah, the Lakota & Dakota and many others along the way. Going to Ceremony, being submerged in the culture, you start to see things from the American Indian perspective. It's very revealing. I was able to spend time with some of the tribe elders and found them to be amazing people with a clear vision of what was going on and how they are witnessing the destruction of Mother Earth. They recognize the violation of not just native rights, but human rights in the general public. I hung around people like Dennis Banks who was one of the founders of the American Indian movement and other people that were involved in the movement. The American Indian movement has been labelled a terrorist movement which is completely false information! It is an environmental, Indian and human rights movement.

ECI: What about media influences?

JAK: It had a big impact on me. I've always gone to movies and I read media that you can call progressive. You can call it investigative, but I've always been a seeker of Truth. If you look at the corporate controlled media today we're being nothing but lied to. People are starting to figure this out now but I have always looked for alternative sources. Oliver Stone, one of my favorite directors, has revealed great truths over the years. Many of our greatest journalists have resigned working for the New York Times and publications like that. Chris Hedges is probably the best example, Pulitzer prize-winning journalist, New York Times Bureau Chief in the Middle East, the guy is brilliant. Now he's pretty much blacklisted by mainstream media. Glenn Greenwald, another Pulitzer Prize Winner, Matt Taibbi used to write for Rolling Stone... All these great journalists are quitting these corporate controlled media organizations now, I continue to follow them because they're speaking truth, and they're speaking truth to power. Any of us who do that are marginalized or blacklisted, we're scrutinized and I even find I'm scrutinized by many of the Wild horse organizations. They're trying to kiss up to certain people in power and they're not telling the full truth. They behave like special interest groups and some distort the truth to serve their selfish purposes.

ECI: Many see the signing of the Free Roaming Wild Horse and Burro Act (FRWHBA) of 1971 as the beginning of the BLM's transgressions and mismanagement. When do you think they started their inappropriate behaviors toward Mustangs?

JAK: Well, if you talk to anybody who was around when the FRWHBA was passed you will find that the problems started much earlier than that. I work with Wild Horse and Wildlife Biologist, Craig Downer. He worked with Velma Bronn Johnston whom we all know as Wild Horse Annie. I believe he has been documenting Wild Horses longer than any other wildlife biologist. I also worked with Michael Blake, the writer of Dances with Wolves, and they both basically said the same thing. That prior to the signing of the FRWHBA, the BLM was the agency helping to eradicate the wild horses, the Act was signed and then the next day, the BLM was put in charge of saving them. So, they went from eradicating them to saving them, but you had all these old-school types in there who already had a prejudice against the Wild Horse. If you look at the agency's history and formation, it was the Cattlemen's Association joined together with the general land office. They were very, very predisposed to discrimination toward wild horses and then suddenly they're the agency in charge and nothing has really changed other than that they get a tremendous amount of federal funding. The BLM should be managing wild horses on the Range not rounding them up and incarcerating them. And as we know many of the horses end up going out the back door to slaughter. What are some thoughts on correcting the situation? There are many better ways to manage the wild horses and as you saw in my episode with Craig Downer, the Wild horses do so much to help restore the land, they're a big solution to helping restore Western public lands. Wild Life Biologist Craig Downer explains this well in our film series Mustangs & Renegades. The horse is demonized by so many special interest groups, including the BLM. It just reminds me of the federal government in general. If anything can be bungled, they're the best at bungling things and they're doing an incredible job of managing Wild Horses to extinction.

**Continued on page 29**



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**IN MEMORY**  
**JACK H. BRIDGMAN, JR.**

The Western New York equine community lost a beloved member on January 31 when Jack H. Bridgman, Jr. passed away. His ability to deliver simple truths and tell tall tales with legendary expertise made him a good friend to those who knew him well and a pleasant companion to all those he encountered.

Jack was born in the Town of Elma on June 13, 1939 and graduated from Iroquois Central High School in 1957. Jack's horsemanship seemed to run in the family as his parents, Jack, Sr. and Catherine were the first Arabian Horse breeders in Western New York, standing the outstanding sire, Obadiah. Jack continued his horsemanship journey, working with famed Kentucky Saddlebred trainer, KK Gutridge, and was written up in Who's Who Horseman.

Jack served in the U.S. Army from September 11, 1964 to August 24, 1966, having attained the rank of E-5 when he was honorably discharged.

He and Marylou married in 1969 and moved to Varysburg that same year where they have resided since, becoming the proud and loving parents to 4 children, grandparents to 5 and great-grands to 1.

Jack had a gift with horses that soon earned him a reputation of being able to get through to horses that other trainers had deemed untrainable. His communication with these intractable animals has been termed "pure magic" by his daughter who witnessed the transformation countless times. Jack laying his hands on an unruly horse, looking into its eyes and establishing a communication that only he and the horse shared as he and the fractious creature would become a team was a sight to behold.

He was most well known for his extraordinary talent training mules and was known in his part of the country as The Mule Man.

Jack was a strong supporter of local libraries and an avid reader himself, sharing his love of reading with the next generations in his family.

There will be a Celebration of Life Service at Bridgman Stable on July 3, 2022, a time to be outdoors on the farm that he loved, recognize Jack's hard work and celebrate his legacy and well deserved rest.



Jack shared his love of reading with the little ones.





# SAVE OUR WILD HORSES

## DC Conference And Assembly



Photos courtesy of Heather Kellyyer

Setting the goal to spread awareness of the issues facing our Wild Horses & Burros, a small group of grassroots wild Horses and Wildlife advocates have created a 5 day conference culminating in a peaceful assembly on the National Mall, on April 30<sup>th</sup>.

**Linda Greaves, Heather Hellyer and Cheryl Turner** have brought together expert speakers to discuss all matters relating to our Wild Horses & Burros & our public lands, including steps that need to be taken to protect rangelands, ecosystems and wildlife. Included are classes on how to become a more effective advocate. Included in the expert presenters will be **Nevada Congresswoman Dina Titus** whose address will include information on her Bill HR 6635: to stop the use of helicopters in rounding up our Wild horses. **Tennessee Congressman Steve Cohen** will speak about his letter to Secretary of the Interior, Deb Haaland regarding our Wild Horses.

### Save Our Wild Horses

## DC Conference

April 26-30th, 2022  
Washington DC



We hope you can join us for this important event!

### Conference Itinerary

(subject to change)

#### Tuesday 2pm:

- Keynote Speaker
- Rewilding
- Keynote Species
- Western Ecosystems
- Wild Horses & Livestock
- Sage grouse
- Reception

#### Wednesday 9am - 5pm:

- Wild Horse & Burro Act
- CAWP
- Herd Management Area Plans
- Disappearing HMA Lands
- Actions to Take Now
- Lobbying 101

#### Thursday 9am - 5pm:

- Lobby Day on the Hill
- Effective Communication as an Advocate
- Uniting Advocacy
- Wild Horse Herd Dynamics
- Governance, Compliance & Science
- Based Driven Data
- Wild Horses in Film
- Experiences with Wild Horses

#### Friday 9am - 4pm:

- The Financial Impact of Roundups
- What Happens After the Roundups
- What I've Seen On Public Lands
- Rescue and Sanctuary
- Art Show 6-9pm

#### Saturday 11am - 3pm Assembly on the National Mall

Find more information here: [www.saveourwildhorses.net](http://www.saveourwildhorses.net)