



YOUR NEIGH-BORHOOD HULLABALOO

ANGELS & MIRACLES

By Roxene Ballard

Below is a story by Roxene Ballard, a published author who has appeared in the Horse Tales for the Soul publications. Several months before writing this, her friend and fellow author, Joyce Ford, lost her beloved horse Dixie. Joyce asked her fellow authors to do something special for a stranger to "Pay it Forward" as a way of honoring her special horse. Roxene did something amazing – she put together two care packages for U.S. Soldiers in Afghanistan and mailed them off. She didn't know the soldiers by name and she knew they would never be able to properly thank her, but she knew they were someone's children far away from home, and that was enough. After you read Roxene's story you can decide for yourself whether or not you believe in coincidence.

It was THE BEST wedding I have ever attended. Our second oldest son got married in the mountains of Colorado. He married a young woman that our whole family loved right away and the best part was that she loved horses! Carrie was a trainer and taught riding lessons in Ft Collins, Colorado. We were delighted to have this wonderful new addition to our family.

Shortly after their marriage, they had a great offer to open a training stable with Carrie's family in Wisconsin. What an

opportunity for a young couple just beginning their life together. Justin, our son, sent our resumes and found a job right away. They were on their way to a new life and great adventures together.

A year before, I had rescued two horses with the intention of giving one or both of them to Carrie and Justin for their own use, or to use as lesson horses for Carrie's students. They decided that they would take one of the horse, "Lena" with them right away and if everything worked out as planned, they might be able to take "Jet" at a later time. Carrie had been given a beautiful black gelding with three white socks by a local vet and they thought the two horses would be all they could care for in the beginning.

Just after Christmas, they packed up all their belongings, their two horses, two dogs and a cat and set off for Wisconsin in their pickup truck. The front of the horse trailer and the camper shell was loaded with their belongings. The dogs and the cat were in the truck cab with them and they were headed for their new life.

Carrie was not feeling well and was sleeping while Justin did the driving. She woke up when she felt the truck skidding sideways down I-180. The truck straightened out, but the trailer was no longer attached to it! When the truck

finally stopped the skid, she saw Lena standing by the side of the road. Cars were speeding by, the snow by the side of the road was three feet deep and the wind was blowing at 30 mph. Then they saw the horse trailer, it was upright after rolling over three times. The back door was broken off and Lena had been thrown out the back of the trailer and slid about thirty feet across the snow and ice. Carrie's horse, Iceman, was trapped inside, his body twisted around and he was unable to move, but they could hear him breathing. They tied a lead rope to Iceman's hind legs and pulled him out of the trailer. Lena began trotting away and was soon out of site. They could tell by the way she was moving that something was wrong with her. Carrie had jumped out of the trailer in only her lightweight clothing and started after Lena. She caught her and tried to lead her back to the trailer to get her out of the wind. Lena wanted nothing to do with the trailer and it took Carrie a while to get her to go back. Once she got to the trailer it was pretty evident that Iceman had a broken hind leg and a head injury. Justin was able to climb into the trailer, the top was gone, and get blankets for the horses.

A passerby stopped and called the police
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DECEMBER 2020

AROMATHERAPY for Horses

The term aromatherapy can be misleading as it implies an exclusive involvement with the sense of smell. In fact it is the therapeutic use of essences or oils, either massaged into the skin or administered through the olfactory system. Aromatherapy has been used therapeutically for centuries and its more recently being applied to veterinary medicine in horses. Hippo-Aromatherapy used essential oils to stimulate your horse's sense of smell. The reaction in the olfactory system triggers a reaction in your horse's hypothalamus that causes your horse's endocrine system to release neurochemicals. These neurochemicals elicit emotional responses in your horse, instilling a sense of calm, stimulation, contentment or a variety of other responses. Horses are prey animals and have a very strong sense of smell connected to their limbic system, which controls the fight or flight response. Aromatherapy can therefore be used to alter your horse's state of mind, making them more responsive and cooperative to training or handling. Essential oils are usually introduced to your horse by applying to the horse's skin or holding an object with the essential oil in front of your horse for them to inhale.

Aromatherapy does not replace veterinary care and acute or serious conditions must be treated by modern veterinary medicine. It is, however, useful



When used in conjunction with veterinary therapy to elicit cooperation and reduce pain and stress responses. Essential oils are diluted with carrier oils, and in their pure form they are extremely concentrated. Carrier oils include sweet almond, coconut, olive, sunflower and vegetable oils. A qualified aromatherapist will have an understanding of what oils, dosages and carriers to use. A therapist will introduce different essential oils to your horse to gauge their reaction. If your horse turns away from a scent, it is not attractive to him/her and unlikely to be beneficial.

Here are some botanicals commonly used and the conditions they are associated with:

- Lavender for anxiety and inflammation
- Clary sage, geranium for endocrine imbalance (mares)
- Geranium, basil, lavender, marjoram for muscle spasms
- Eucalyptus, balsam fir, lavender for over-exerted muscles
- Bergamot, tea tree, lemongrass, myrtle, and lavender for skin irritations, rain rot, scratches/mud fever.
- Chamomile and frankincense for muscles and calming



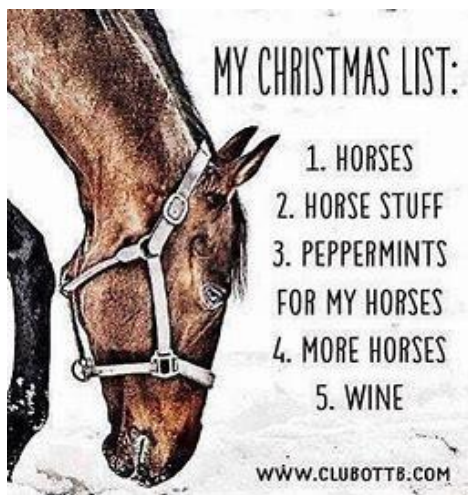
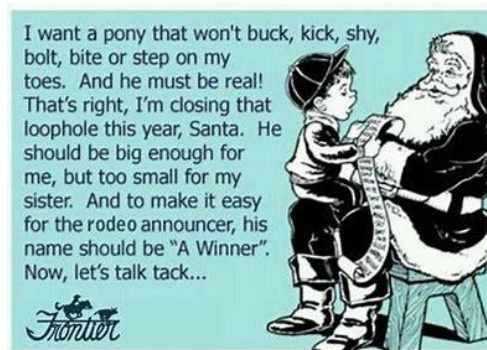
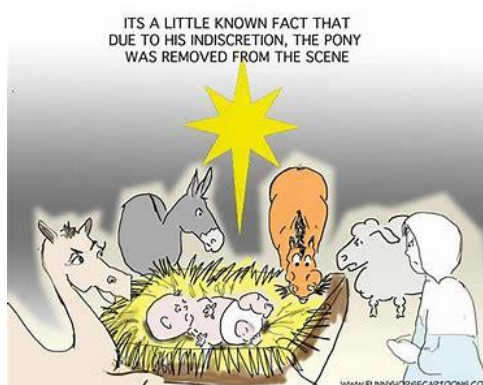
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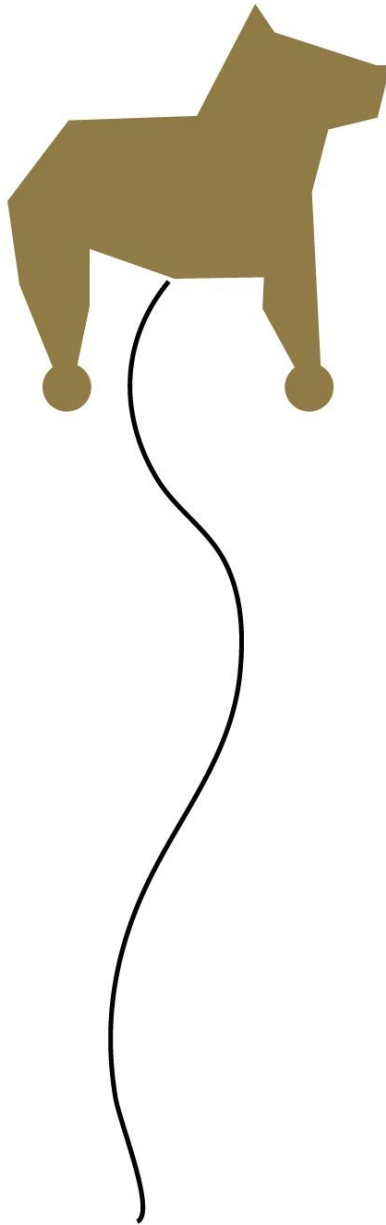
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THE TROJAN HORSE

Long ago, the mighty cities of Troy and Athens went to war. No one could remember exactly how or why the war had started, but after ten years of fighting, neither side wanted to back down. The vast armies of Athens had sprawled out their campsites at the foot of Troy's walls, laying siege to the poor inhabitants. Everyone was affected by this decade-long war that showed no sign of ever ending.

Then one day, the men and women of Troy woke up to a pleasant surprise. They looked out their windows, expecting to see the tents and soldiers of their enemy, but instead saw nothing. The lands surrounding Troy were, for the first time in years, completely empty. First, the Trojans were confused, but their confusion quickly turned to celebration. The war was over! The Athenians must have given up.

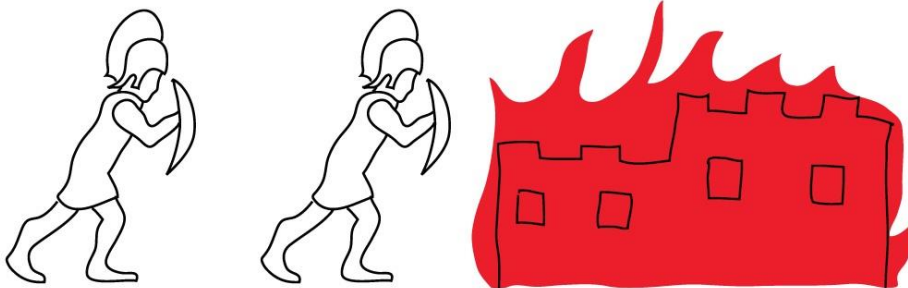
As King Priam of Troy celebrated with the rest of the royal family, Trojan guards rolled in a massive wooden horse that they had found sitting outside the city gates. It must be a peace offering, the Trojans decided happily. "The Athenians have left behind a gift to apologize for the trouble they have caused us."

The Trojans, however, were very, very wrong. The Athenians had not given up. Instead, they had built the great wooden horse to trick the people of Troy. As Troy celebrated their presumed victory, Athenian soldiers hid inside the wooden horse, waiting to attack.

At dawn, while the city of Troy slept, the wooden horse began to creak. Some of the wooden boards slipped aside and Athenian soldiers poured out. By noon, the city of Troy had fallen. The ten-year war was over.

Comprehension Questions

1. Why would the people of Troy think their enemy had given up?
2. What is a peace offering?
3. How should King Priam have dealt with the wooden horse?
4. Why did the Athenian soldiers wait till dawn to attack?



Nutrition Corner

Managing Immune Response

As we look for ways to improve immunity in horses, there are a variety of areas that a horse owner should explore, including veterinary recommendations, addressing stress and environment and evaluating their nutrition.

There are two types of immunity that are important: First, is the immunity you can provide for your horses with a proper vaccination schedule. The second type of immunity comes from your horse's own internal immune system, primarily located within the digestive system. This immunity is primarily affected by stress, nutrition and genetics.

Since we don't breed horses for immune traits, stress and nutrition are the only things we can control. Stress is dependent on the environment your horse resides in and the tasks you ask him/her to do. As we know, some horses stress over the smallest issues while others can handle most anything thrown at them. The higher the stress levels, the higher the chance of health issues occurring.

Nutrition is the final key. Most of the immunity cells in a horse, around 80%, are in the digestive system, from the stomach thru

The large intestine. The proper balance of starch and fiber in the diet helps keep the biodome of bacteria in balance. The problem is that no one knows what the proper balance is as we use horses at different activity levels requiring different amounts of energy. So, there has been more focus on supplements that can be added to the diet to help with this variability.

Prebiotics and probiotics, at sufficient levels, have been proven to help support the health of the immune system. Probiotics are live bacteria to help replace the good bacteria that may be harmed or lost. Prebiotics support the growth and health of existing live bacteria. Digestive enzymes also aid in the digestion of starch, protein and fiber. Finally, an additive called butyric acid has shown to be effective in closing tight junctions in the digestive tract at the cellular level to reduce pathogenic bacteria from entering the bloodstream.

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MEET QUINCYS POCO LEO (RIO)

Rio is a breeding stock paint gelding that came to our farm in 2016 through an adoption, along with Charley who was featured in our September 2020 newsletter.

Rio was born in April of 1997 and purchased by his owner in June of 1998. His owner, Anita, had always wanted a horse out of the stallion A Lads Worth, and Rio was every bit as handsome as his sire. Anita did all of the training on Rio and as he matured he became a reliable and talented trail horse, with he and Anita logging hundreds of miles each year on the trails in the mountains. He was also trained for arena work and was very proficient at western riding, even winning some classes at local rodeos and community horse shows.

In 2012 Rio started seeing less and less of Anita as she had to tend to her husband who had fallen ill. Though still loved and cared for, he was under-utilized and in 2016 Anita made the hard decision to try and find loving homes for



He and Charley.

The day we picked up these two boys to bring them to Wildwood was very emotional, with many tears shed and final hugs as the horses were loaded in the trailer and Anita and her husband said their final good byes. Although it has only been 4 years, Rio has made his mark on our hearts and has proven to be a wonderful part of our herd!

Breeding Stock Paint is the old term used by the American Paint Horse Association, the more recent term is "solid bred paint. These are horses who are bred to be Paints but don't exhibit enough white to qualify for regular/full Paint papers. Paints always are from Quarter Horse stock.

Interview with Laura Moya

Therapeutic Riding instructor at High Hopes

Beginning as a group of nomads with borrowed horses, High Hopes has become a leader both in providing therapeutic riding services and in setting the standards for service, training and education in the profession. Located in Old Lyme, CT the program now has 11 instructors, 24 therapy horses, 441 volunteers and 893 participants. You can visit their website at www.highhopestr.org. This interview was conducted in June of 2016.

How would you describe what you do?

As a Therapeutic Riding Instructor, I teach horseback riding to children and adults with physical, cognitive and emotional disabilities. The horse is utilized as a method of accomplishing goals that are set through collaboration with the participant, participant family, school system, and therapists.

What does your work entail?

Therapeutic riding instruction necessitates strong horsemanship skills and people skills as well. In addition to working with the horses and participant populations, I also have administrative responsibilities facilitating different programs offered by the organization.

What's a typical work week like?

In a typical work week I instruct, both group and private lessons, for about 6-8 hours. In addition to instructional responsibilities, I also have one morning and evening where I am what is called a "back-up" instructor, helping to facilitate activities in the barn and arena in order to assist the instructor teaching in the arena. These responsibilities involve getting paddock retrieval and turnout, grooming and tacking, and exercise horses as assigned. When not in the arena, I am diligently working on administrative duties. In addition to instructional tasks, I also supervise all training and education initiatives, interns, instructors in training, summer camp programs, field trips and birthday parties, and all curriculum development and volunteer training associated with our unmounted Equine Learning Program. The typical work week involves a lot of multi-tasking and time management to be both effective in the arena and the office as well.

How did you get started?

In my junior year of High School I completed an Independent Study to learn more about Animal Assisted Therapies and began volunteering at a Therapeutic Riding center as part of my coursework. I quickly fell in love with therapeutic riding and knew that it needed to be a part of my life. So when I started looking seriously at colleges, I made sure that there was a center nearby where I could volunteer. My love for the field and the magic that occurs so naturally between a horse and someone with a special need only magnified over the years. After college I became certified through PATH International and have been working as an instructor ever since.

What do you like about what you do?

Aside from fulfilling my childhood dream of working with horses, I really enjoy the interaction with people. Not only do I know that I am able to help improve our participants lives but we also have a great impact on the volunteers that help make what we do possible. Part of the magic of therapeutic riding is that it is very much a community endeavor. Centers need the assistance of the local community in

order to flourish and improve programs. It is inspiring to be part of such a powerful, community driven initiative.

What do you dislike?

Since most centers are nonprofit there is always a crunch for resources. Whether it is looking for grant money to fund existing programs or looking for volunteer support to start a new initiative, there is always a drive to develop new relationships and expand offerings while balancing the workload of staff.

How do you make money/or how are you compensated?

My position is full time salaried.

How much money do you make?

I make between \$29,500 – \$50,000 annually.

What education or skills are needed to do this?

Although there are more colleges and universities now that offer minors or focuses in Therapeutic Riding Instruction, this is not a pre-requisite for becoming a certified instructor. Individuals who want to become certified must have a strong foundation in horsemanship skills and a working knowledge of individuals with disabilities. There are three levels of instructor certification along with a myriad of specialty certification that can be completed (such as carriage driving, interactive vaulting and equine specialist). Registered Instructor Certification is accomplished through either an Approved Training Course or a self-study method culminating in a two and a half day workshop and certification. Both methods involve online testing, instructor mentorship with a certified instructor as well as riding and teaching evaluation.

What is most challenging about what you do?

The most challenging aspect of being a therapeutic riding instructor is the need to be flexible to change. When working with horses, who are independent thinking animals, and individuals with special needs, there is always a level of unpredictability. Therefore it is necessary for an instructor to constantly evaluate the risks and the benefits of activities for both the individual and the horse as well. Managing this risk coupled with balancing administrative responsibilities can create stress and possible burnout in instructors.

What advice would you offer someone considering this career?

I would encourage anyone interested in therapeutic riding to look into achieving a graduate degree in some field of therapy (occupational, physical, mental health, etc.). This will help to secure a higher pay salary and the opportunity to work as a part-time instructor at centers. Many centers are small and may not have the need or the funds for full time instructors therefore an educational background that it is marketable in multiple fields is imperative.

What is a common misconception people have about what you do?

Many people think that a superficial knowledge of equines and horseback riding is sufficient in order to be a therapeutic riding instructor and this is not the case. Also, lots of people think that therapeutic riding is only for children even though it is incredibly beneficial for adults with varying challenges.

What are your goals/dreams for the future?

To return to graduate school to complete a degree that would allow me to work with participants at a higher level.

Tracking Turkey's Wild

Horses

The provinces are home to the elusive *yılkı* horse, a living reminder of the rich equine history that has long stretched across Central Anatolia.

BY ASHLEY PARSONS DECEMBER 1, 2020



The horses have been wild for generations (all photos courtesy of Quentin B

NOT SO LONG AGO, VILLAGERS across Turkey practiced an ancient tradition of horsemanship that stretches back centuries, to the days of the Mongol Empire. Work horses spent three seasons on the farm, pulling plows in the spring and carts laden with hay, corn, and other produce through summer and fall, before villagers turned them loose for the winter. The horses spent the cold months on their own, scavenging for food on the plains and foothills and relying on their instincts to survive. When spring leaves burst from their buds, farmers rounded up the horses to start another season of labor.

In recent decades, a shift has occurred, and the number of horses left on their own year-round has risen. In the 1970s, Turkish farmers began replacing horses and plows with tractors, which meant they had less use for the creatures—and no need to round them up each spring. Over subsequent decades, many of these horses (which are sometimes also known as Anatolian horses, though it's not an internationally recognized breed) lived their whole lives undomesticated.

The Turkish word for these horses is “*yılkı*.” “*Yılkı* horse means a horse that has been released to nature,” says Ali Turan Görgü, professor and UNESCO chair at Baskent University in Ankara. Rifat Torun, a lifelong horseman in the Cappadocia region, explains the logic behind the practice: “For the villagers, it is expensive to feed the horses through the winter,” he says. “Turning them loose saves money. And it makes [the horses] tough.” Today, the horses are often totally wild, and found across a wide swath of Turkey. “In the Cappadocia region, in Kayseri, Samsun, Afyonkarahisar, Uşak and Karaman and other cities, there are horses living on their own in nature,” Görgü says. “In some regions, *yılkı* horses have been living in nature for hundreds of years.”

Even if farmers no longer need their assistance with work in the fields, these resourceful horses are useful in the modern world. Ender Gülgen has relied on them for more than 15 years, as a leader of horseback riding expeditions for the travel company Kirkit Voyage in Cappadocia. Gülgen often takes riders out for multi-day treks into the Anatolian wilderness, and counts on the offspring of domestic Arabian and tamed Anatolian (yılıkı) horses to navigate the tough terrain. “The Arabian blood brings a liveliness that the Anatolian horses don’t have,” he says. “But the Anatolian blood adds resilience from sickness and toughness to conquer difficult conditions.”

A passionate equestrian since his childhood in the city of Izmir, Ender appreciates the living history that the yılıkı represent. The horses are a tangible trace of the various civilizations that have passed through Anatolia. “The Romans brought the barbs. The Persians came with their Asil horses. The first Turks brought the Akhal-Tekes and the other Central Asian breeds, like the Mongolian horse,” says Gülgen. Because the various newcomers bred and mingled their DNA, he adds, “You can find the yılıkı in many colors, in many sizes, with dished or straight faces and with short or long legs.”



Rifat Torun cares for domesticated horses, but also knows where to find bands of roaming yılıkı.

On the plains around Mt. Erciyes outside Kayseri in Central Anatolia, several large bands of yılıkı roam. The herd near Kayseri has gained a sort of fame, thanks to the efforts of local wildlife enthusiasts and photographers. One such enthusiast is Nuri Çorbacioğlu, an award-winning photographer and professor of philosophy in Kayseri.

Çorbacioğlu, along with another horseman, Ali Kemer, are the legal owners of over 400 of these wild horses. They ensure that during hard, cold winters, sufficient hay is put out for the horses to eat; they also provide veterinary care if needed. Their ownership also acts as a conservation technique. According to Çorbacioğlu, the Turkish government has previously rounded up the yılıkı horses to make space for developers near the cities of Konya and Karaman. His and Kemer’s private but hands-off management helps protect the way of life to which these wild horses have become accustomed. “The horses are harmless and familiar with people, but they are not tamed. You can’t control them or ride them,” Çorbacioğlu says.

In summer, the 300-strong Kayseri herd stays more or less together, but when winter rolls in and snow blankets the ground, the horses split off into different bands. This increases their chances of survival—but for visitors, it’s more work to find them. The horses roam a large area between Mt. Erciyes, the Sultan Sazligi National Park, and Kayseri. If you ask Ender, he’ll suggest looking near the shallow lake that serves as a bird sanctuary. Ask Rifat, and he’ll say they’re sure to be near the village of Hürmetci.

If you’re lucky, you might find them there on that plain with Mt. Erciyes as a backdrop, led by a strong, gray stallion. You don’t have to be a horse expert to notice the wary eye he keeps on you, nor to appreciate the discreet way he’ll round up his mares if you get too close. If you gaze at the herd long enough, you’ll see in the eyes, coats, and hoofprints a tale of civilizations come and gone, of battles won and lost, of winters weathered, of history very much alive.

CELEBRITY NEWS

Celebrities Riding Horses



Hugh Jackman



Martha Stewart + Ann Curry



David Hasselhoff



Susan Sarandon



Shania Twain



Khloe & Kourtney Kardashian



Shannon Doherty



Justin Bieber



Kaley Cuoco



Princes William & Harry

Westbury White Horse

Bratton, England

A giant white horse drawn on an English hillside may not have been intended to be a horse at all.



RESTING NEAR AN ANCIENT HISTORIC fort, the Westbury White Horse was created over 300 years ago, but no one is quite sure why or by whom.

The current white horse built into the Bratton hillside was etched in 1778 but something has existed on the hill for over 3,000 years. In pre-history the site was actually a barrow as evidenced by human remains that have been excavated from the hill. There is also evidence that there was a previous hill figure as well that may not have been a horse. Unfortunately whatever form the previous carving may have taken has been destroyed by the current white horse, although the origins of the massive equine drawing, despite being much more recent, are equally steeped in mystery.

No one is sure who built the current horse onto the hillside, but there are accounts of the oversized horse dating back to the 1700's. It has been speculated that the horse was installed as a commemorative monument to a successful battle, although no concrete evidence of this connection has ever been found. The horse was also the heraldic symbol of an eighteenth century royal family who may have installed the animal art. Although this, too, is simple speculation.

In more recent years, the mysterious Westbury White Horse has been cast in cement and was cleaned and restored in 2007. However the elements are not particularly kind to the monument and it is already showing signs of wear and damage.

Wildwood Farm CLIPS & CLOPS Oak Harbor

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For them. It took the police about 1 ½ hours to get to where they were. The policeman who came to help had not experience with horses and wasn't sure what to do. He tried calling farmers in the area, but they were mostly familiar with cows and did not want to come out in the weather, which by that time was below zero with 40mph winds. The policeman put a call over the scanner and found a vet that would open his emergency room whenever they could get there. A local small animal vet drove to the accident site to see what he could do to help. He stayed with them for over an hour.

There was a fireman listening to the scanner. He had been listening for about two hours waiting for someone closer to the accident to respond. Finally, he knew he was the one who would have to go and help. He and his wife drove two hours from their home to get to where Justin and Carrie were stranded with the horses. By this time both Justin and Carrie were not feeling well, they were physically ill from the cold and stress. They had been out in the cold and wind for almost five hours. Then they saw this couple driving up with a horse trailer. Carrie said it was like seeing angels coming. The couple drove two hours to get to them, then an hour and a half to get them to the emergency vet and then back to their own home three hours away. They wrote their names on a piece of paper and give it to Justin. He tucked it away in his pocket, he would never forget their kindness and would want to let them know how everything turned out.

While they were in the vet clinic with the horses, the dog was so upset, she found a flashlight and started chewing on it until she had chewed the batteries which leaked all over the truck seat. When Justin and Carrie got back in the truck, the acid from the batteries burned through Justin's jeans to his skin. The accident happened at 5:00 at night and it was 3:00am when they finally got the horses settled in at the vet clinic and found a warm place to stay themselves. The first thing Justin did when he got to the hotel was get out of those jeans and throw them away...sadly, along with the name of the fireman and his wife.

To this day, that couple does not know how much their kindness meant to my family. When Justin and Carrie thanked them, they said they had been in an accident with their horses the year before and someone stopped to help them, so they felt they owed a favor back. When I reflect back on this accident, I see so many "angels" and "miracles". The passerby with the cell phone, the small animal vet who stayed to help, the policemen who waited with them, the fact that the trailer broke away from the truck and did not pull it into a ditch to roll over, the vet who opened his clinic in the middle of the night, the fireman and his wife driving all that way to help two strangers and expecting nothing in return.

A friend wrote me and said, "We always remember the bad times in our lives, but we need to remember the miracles as well." The fact that Justin and Carrie were able to walk away from that horrendous accident is an absolute miracle and a reason for rejoicing.

I know you want to know what happened to the horses...Lena did not survive his massive injuries and had to be put down. Lena spent nine days in the vet clinic and then continued her trip to Wisconsin. She has a new horse friend and is thriving on their farm. Justin has begun riding her and she seems to be completely sound. Carrie went "horse Shopping" and found four new horses for her training program.

Our whole family will never forget this accident, but we will also never forget the angels and the miracles that happened that night.