



# Wildwood Farm CLIPS & CLOPS Oak Harbor

## May 2021

YOUR NEIGH-BORHOOD HULLABALOO

### [reskyōō]

A short Essay by Heather Carder

We had gone to visit family at the end of February, after a month in Scottsdale trying to get some sort of normalcy back into our lives by working the Scottsdale Arabian Show – a show we had attended for the past 12 years. Covid definitely put a spin on things, but just being around fellow horsemen and vendors allowed me to put all the strangeness of 2020 in the background for a while, and there is something rejuvenating about being in the desert, especially at night with the vast open sky and uplit fauna. Gregg has a daughter and grandson that live in Corpus Christi, Texas and we only get the chance to see them once a year when we are in the southwest, although this year we made the long drive home with our inventory first and then flew out within a day of getting home; the thought of having my entire store in a trailer 2000 miles away did not sit well with either of us.

We had a lovely week full of chaos and laughter and deep discussions and shopping – all the things you would expect when visiting family, and the week indeed flew by too fast. One of the unexpected surprises during our visit was the chance to meet their new

puppy, Koda, a perfectly adorable Welsh Corgi. I did not realize how much I missed having a little four-legged shadow around until I spent time with her; I hadn't really even thought about it since I had to put my dear Dannica down in January of 2020. A part of me that had forgotten how amazing a shared life can be was reawakened, for that week, and I was grateful for the reminder. I also knew that my life was just too busy to give the time and attention a canine friend would need, certainly not fair to either of us. Timing is everything .

On our way home we had some downtime in Houston before our flight to Seattle, and the airport was extremely accommodating with large tables set up around the food court that had plug ins and space for you to work on your laptop or whatever electronic gadget you preferred, so I took the opportunity to peruse my emails and facebook posts to kill some time.

Back in 2020 Gregg and I had discussed how much we miss having foals on the farm, but that the expense to breed was pretty formidable considering our ROI – if any – takes a few years. Plus, our old ladies are past 20 yrs old and I am not sure THEY would be on board with the whole breeding program. They deserve a nice retirement and can lend their energy to us in different ways now. So,

the thought of adopting a weanling for them to “raise” had crossed my mind many times, and I joined a few Facebook groups that posted opportunities to adopt when they came up, but I never was really consciously looking with intent or any type of regularity.

That afternoon in the airport I was distractedly clicking through the newsfeed on my Facebook page and without realizing it I clicked on a post by a woman named Helen who represented a wild horse & orphan foal adoption page. She had listed a horse named Jade who was at the Sunnyside Feed lot - pregnant and saved from the slaughter- and in need of a home before she was shipped down to Nevada to another horse rescue. Something in me stirred. The mare looked like a baby herself, lost and uncertain but with a deep kindness underneath the wariness...she needed to be rescued. Without thinking I sent a message to Helen, asking if the pregnant mare was still available. In the back of my mind I kept thinking I was being ridiculous, but my mind was not as involved as my heart; it had taken a back seat and I just knew I was taking a step toward a life-changing ride.

Helen responded back to me immediately, asking which pregnant mare I was interested in – she had two.

*Continued on page 11*

# SHEN THERAPY

SHEN physio-emotional therapy is a somatic (body) oriented therapy based in physics and physiology with over 30 years of research behind it. SHEN therapists use Chi (Qi) energy, the body's own naturally occurring biofield, to relax physical tissue and relieve physical and emotional pain.

Emotions – in animals and humans – are held in the torso. Painful emotions of grief and fear trigger the Auto-Contractile Pain Reflex (an instinctual physical spasm that prevents broken bones from causing tissue damage). But since emotional pain is inside the contraction it never lets go, which is why painful emotions and memories can come up again and again. SHEN practitioners are trained how to use the Qi in their hands to release the contractions and restore emotional and physical health.

SHEN healing is a more modern version of the hands-on healing techniques once used by the medical healers in ancient Egypt and Greece.

SHEN follows the laws of physics. All fields in physics have flow patterns and the equine biofield is a field in physics. Painful emotions obstruct and block the normal flow patterns of Qi in the biofield: SHEN uses the Qi from the practitioner's hands to remove



Blockages at the emotion centers and bring the biofield flows back to normal. SHEN work is often used in horses with gut or digestive problems to stimulate and heal energy blockages that can be the cause of colic or gastric ulcers; SHEN sessions have also shown to release chronic pain and inflammation.

SHEN is the Chinese word for spirit of psyche; it is the basic power or agency within sentient beings that accounts for life, and in order to further life to its fullest potential the spirit is transformed to actualize potential. The Japanese equivalent is Shin, and it lives in the heart – similar to the soul fire.

Although human emotions are far more complex, the healing attributes of SHEN on horses is truly amazing.



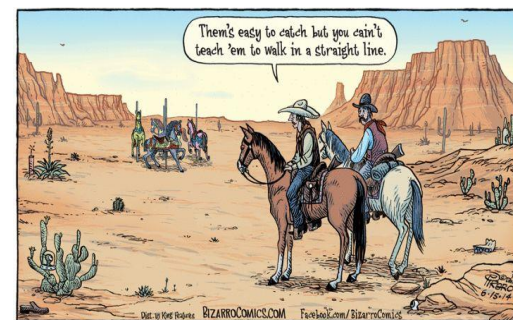
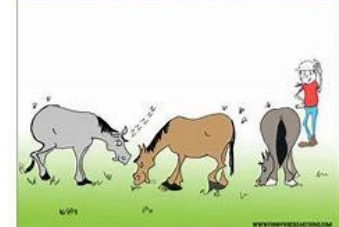
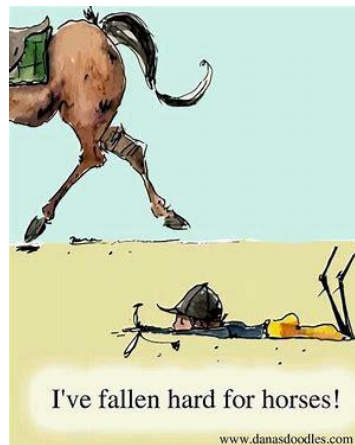
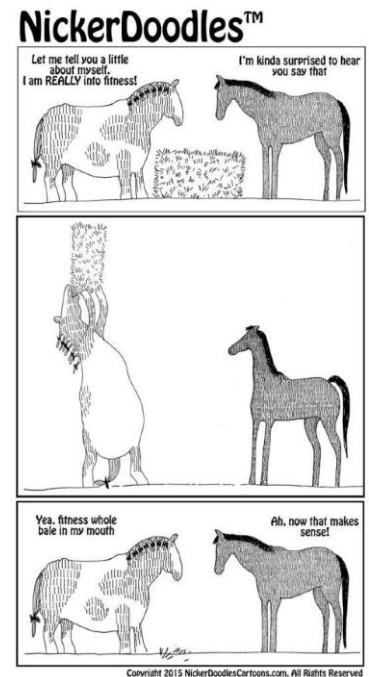
Our store is open 12:00pm – 7:00pm Monday, Wednesday, Friday & Saturday

Shop online!  
www.thenoblehorsevintage.com  
www.theurbanequustrian.com



## New Items for May



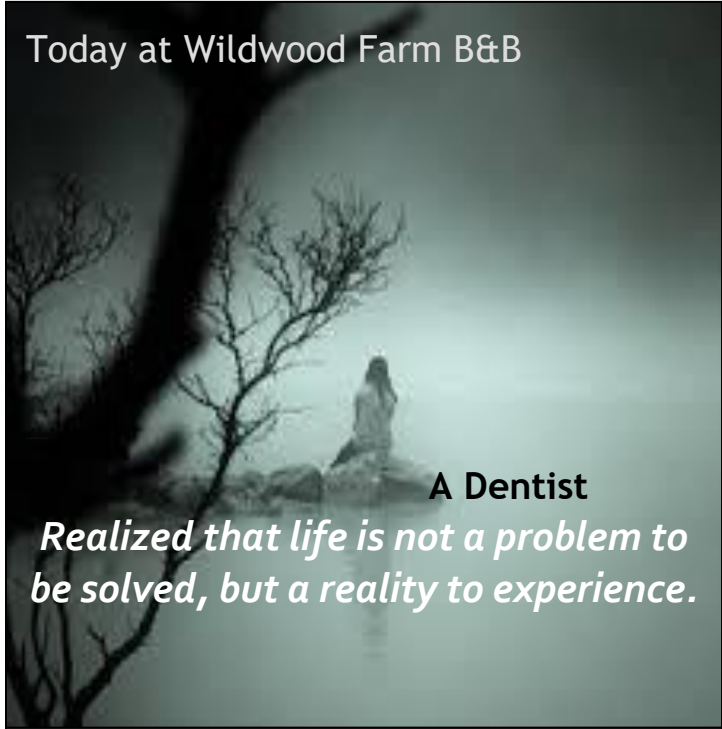


## WILDWOOD FARM B&B



**This is your moment.**

Today at Wildwood Farm B&B



**A Dentist**

*Realized that life is not a problem to be solved, but a reality to experience.*

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

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

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

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

WILDWOOD FARM HAS IT ALL!

PACIFIC NORTHWEST  
PNWA  
Riding Academy



**WILL YOU?**

Learn that the perfect companion never has fewer than four feet?



**WILL YOU?**

Learn to not only talk to animals, but to listen?



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

PACIFIC NORTHWEST  
RIDING ACADEMY



**COLOR ME!**

# Nutrition Corner

## Supplementing with Vitamin C

Vitamin C is an essential vitamin for overall horse health. Young horses are able to produce all of the Vitamin C they need for every-day health, which is why you don't typically see it added to commercially fortified feeds. As horses get up in years, however, they are less able to manufacture Vitamin C. Decreased liver function is the main reason, but it can also be due to a decline in hindgut microflora and increased propensity for pituitary dysfunction.

Vitamin C is important because it prevents oxidative damage to your horse's tissues and organs. In other words, it is an antioxidant. Antioxidants donate electrons to highly volatile, damaging molecules known as free radicals. Free radical production is accelerated during any type of physical or mental stress, muscle and joint inflammation, allergies, illness/injury, or exposure to toxins and pollutants. But once free radicals receive their missing electron from Vitamin C, they are neutralized -calmed down- and are no longer harmful.

Vitamin C protects your horse in 2 other very important ways:

**Collagen Synthesis.** Collagen is a protein that creates a matrix within bones and joints to which minerals and other substances can attach. It is also part of connective tissue and maintains blood vessel integrity. Having enough Vitamin C is important for keeping bones and joints healthy, reducing tooth loss, as well as preventing ruptured capillaries that can lead to abscesses.

**Natural Antihistamine.** Horses that suffer from respiratory or skin allergies will benefit from additional Vitamin C. As an antihistamine, it reduces the histamine response, making your horse more tolerant to allergens and hence, more comfortable.

Vitamin C is known as ascorbic acid. It can be derived from food or flowers or can be made in a lab. Regardless of the source they are chemically identical, so there is no need to spend more on natural Vitamin C. Ascorbic acid comes in several different forms, all similar in absorption and 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 EquiMix technology and the research support of a leading edge team including independent representatives of Equine Universities, Medical clinics and top level riders and trainers

## Meet Britches

Britches came to Wildwood Farm in the summer of 2011, when our trail riding program was just starting to take off. One of our resident trainers at the time – Danielle – told us that her mother had a great trail horse that was just sitting in his pasture doing nothing, and that she would love to find a home for him where he could be used.

We drove up to Blaine to take a look and he was such a pretty horse, as most Arabians are, and had a great personality – so we brought him home. It was clear he preferred the trails to the arena, but over time Britches proved himself a foundation of our riding program, and not just for trail riders. We

had one student who enjoyed gaming on him, complete with poles and barrels!

Britches is also very patient with our young riders and is always careful when they ride him. He has also participated in an Indian wedding Barat, which is the groom's procession upon a white horse to the wedding venue. Britches did look handsome in the authentic bridle and saddle cloth and even tolerated the drones in the air taking photos!

Britches is an Arabian gelding and although he



Looks white he is actually considered grey as he has dark skin. He was about 15 yrs. old when we adopted him, this year he is 25 and still going strong.

Horses like Britches are born either brown or black and slowly get lighter over time, similar to the Lipizzaner horses of Austria (who have Arabian blood in them!). Usually by the time they are 10-12 they are white, and many have chestnut or grey flecks in their coat. Britches is pure white and although it makes keeping him clean a chore, it is well worth it to see his gleaming coat in the sun! We are so fortunate to have Britches as part of our riding program.

## **INTERVIEW WITH HEATHER BLITZ International Dressage Grand Prix Rider and Trainer.**

### **Tell us an interesting fact that about yourself that most people would not know about you.**

I guess I could say, and people do not realize, and it is horsey, is that I never really started with an intention to be a professional dressage trainer. Actually, I was going to head more for veterinary medicine career in horses but I didn't plan on making a training career, but it just sort of fell into place and happened.

### **If you started in Veterinary, or that was your main goal, how did that change into your Dressage career?**

Just because of a hobby. When I was seventeen years old I lived in Kansas, which is in the middle of the country, and there really wasn't any dressage around – and if there was it might have been one person – but I like to compete, and I like to do fun things on horses and at that point it was totally just a hobby. I was a western rider at that point and then I did some barrel racing and pole bending and western pleasure classes. After four years on undergraduate, I wanted to take a little break before I applied to vet school and I just got some advice from some people that made sense to me and it kind of steered me away from going the next step to apply for vet school. The main thing was that the percentage of women that ended up with fairly large vet school bills at the end of their four years of hard work and study. You start your practice with quite a lot of debt. I was advised that some women then get married and have children and don't continue to practice. Obviously, many do, but that sort of stuck in my head and I couldn't really forget that one, and then I just realized I was a happier person out of the classroom than in the classroom and I would much rather be in practice than in a textbook, I don't think I read all that well.

### **Give us a bit of insight into your personal life at the moment. How many horses do you have? Do you have family around you? Are you married? Do you have Children?**

I move a lot. Probably in the last ten years I might have moved twelve times and maybe that's the way it is with a lot of horse professionals. I've had to move quite often to do what's best for my career and to not have any excuse to not succeed as much as I possibly can. It's not new to be in Florida, I've been coming down here since the early 90s but just recently come here with my partner of ten years. I met him after Hurricane Katrina, that's a long story all in itself and maybe I won't talk about that because that would be a big digression. I met him then, and we have been travelling together since then, so ten years and it's been throughout wonderful. Most people know about me because it's all over my Facebook about my four beloved whippets and I have one Italian greyhound so I have my five dogs. No children, I always had too much of a busy schedule to feel like I could have any children, so I didn't do that, that was a sacrifice in my life which I hope I don't regret. The horse I have; I own one, that's Paragon, and I have some partnerships with three other ones and then I have a number of horses in the stables as clients bring them to me, so I have fifteen in total in the barn. My day consists of ten to eleven sessions, five days a week and now that January has started, of course, almost every weekend down here is going to be showing. Whether it's my horses or my students' horses, so we are really gearing up for quite a busy season. That's kind of what it looks like for my current situation for a current day.

It's exciting; there is a ton going on for you. You see a lot, you learn a lot, you work a lot and then you play a lot, so I wouldn't want it any other way. If I did, I wouldn't be here. I think it is a big part at being at the top of the game in this country and there are starting to be a lot of foreign combinations also showing up in Wellington more and more each year. It's really a very competitive and very necessary place to be for the winter season.

### **If you could go over your career and pick out one possible test, or one horse, or one moment that you would pinpoint as the highest time in your career, what would that be?**

Well, the horse of my lifetime so far is definitely Paragon. He is fairly well known. I bought him as a one-day-old foal and I've had him his whole life; I've done all of his training and he is thirteen this year. He is a big horse. He has just been a very exciting, very wonderful horse for me in my career. He is outstanding and he has an incredible, reliable temperament and he has been, I have to say, nothing but pure excitement to train all the way up through the Pan-American games in 2011. I don't know how I'm ever going to top having a horse like that. He is just, to me, a game changer in many ways and extraordinary. I had a hard time not just riding him in admiration to get the training done on him I had to say, 'okay he is just a horse, he needs training and stop just admiring him, or he's not going to go far from me!'

The highlight for sure was the Pan-American games in 2011 in Guadalajara, Mexico and it was a team of Stefan Peters with Weltino's Magic, Paragon and me, Marisa Festerling with Big Tyme, and then Cesar Parra with Grandioso. It was a really fun team and of course, we ended up with a team gold medal and I was doing a small tour there. Now the Pan-Ams are a mixed format with Grand Prix and small tour and in 2011 it was all small tour and Paragon was just eight. We were doing the small tour and he had been super successful up to that point and I didn't have a lot of stress going into the games because of his record and just his reliability up to that point. It was amazing to go into a show like that and to have such a relaxed confidence, still a little bit on edge, but confident actually going in. Our freestyle at that competition is something I will never not remember because we were so on our music, we were so together, and we were so in the moment that it seemed like every second lasted a minute and I could really replay every one of those seconds in my head still from the beginning of that test until the end. The applause that we earned at the end of it was so rewarding, that has to be the highlight of my career so far.

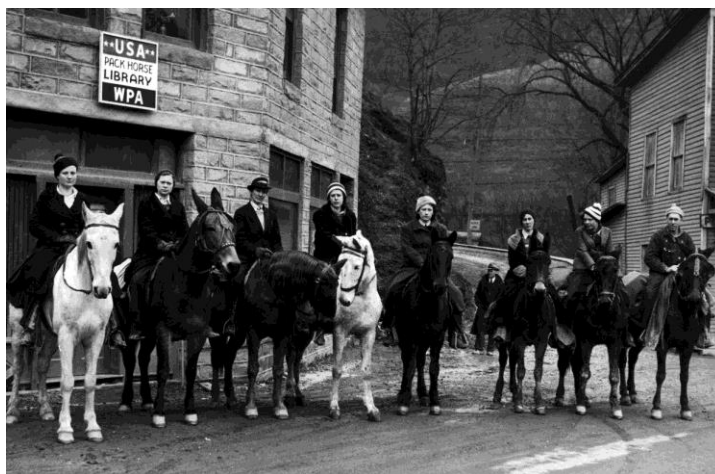
### **You have always got to look forward, haven't you?**

Yes, it's totally up to yourself. There are a lot of people that support you and there are people that try and knock you down too, that's going to be in anything. There are a lot of people that want to be where you are, so they want to criticize, but that's human nature and you can't let that get in, but if you're human it will. If it doesn't get into you when you're awake, it will get into you when you're asleep or whatever. It's really hard to just keep your chin up sometimes, but it's up to each person and to make something positive out of whatever happens. Getting a medal in the Pan-Ams was obviously that's just an amazing memory, but the memory of how to get through the disappointing times, that's where you become more grown up and you get a bit of tougher skin to learn how to just hold your own whatever comes your way. That's what we've all got to learn, and horses teach that to you in a big way, because you can do everything right and your horse can colic. You can do everything right and all of a sudden a foot falls off, you know, it's horses.

# The Women Who Rode Miles on Horseback to Deliver Library Books

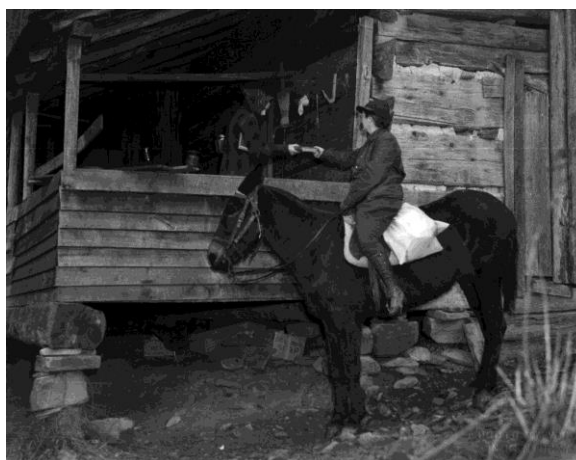
Librarians are amazing

BY ANIKA BURGESS AUGUST 31, 2017



They were known as the “book women.” They would saddle up, usually at dawn, to pick their way along snowy hillsides and through muddy creeks with a simple goal: to deliver reading material to Kentucky’s isolated mountain communities.

The Pack Horse Library initiative was part of President Franklin Roosevelt’s Works Progress Administration (WPA), created to help lift America out of the Great Depression, during which, by 1933, unemployment had risen to 40 percent in Appalachia. Roving horseback libraries weren’t entirely new to Kentucky, but this initiative was an opportunity to boost both employment and literacy at the same time.





The WPA paid the salaries of the book carriers—almost all the employees were women, making the initiative unusual among WPA programs—but very little else. Counties had to have their own base libraries from which the mounted librarians would travel. Local schools helped cover those costs, and the reading materials—books, magazines, and newspapers—were all donated. In December 1940, a notice in the Mountain Eagle newspaper noted that the Letcher County library “needs donations of books and magazines regardless of how old or worn they may be.”

Old magazines and newspapers were cut and pasted into scrapbooks with particular themes—recipes, for example, or crafts. One such scrapbook, which still is held today at the FDR Presidential Library & Museum in Hyde Park, New York, contains recipes pasted into a notebook with the following introduction: “Cook books are popular. Anything to do with canning or preserving is welcomed.” Books were repaired in the libraries and, as historian Donald C. Boyd notes, old Christmas cards were circulated to use as bookmarks and prevent damage from dog-eared pages.

The book women rode 100 to 120 miles a week, on their own horses or mules, along designated routes, regardless of the weather. If the destination was too remote even for horses, they dismounted and went on foot. In most cases, they were recruited locally—according to Boyd, “a familiar face to otherwise distrustful mountain folk.”

By the end of 1938, there were 274 librarians riding out across 29 counties. In total, the program employed nearly 1,000 riding librarians. Funding ended in 1943, the same year the WPA was dissolved as unemployment plummeted during wartime. It wasn’t until the following decade that mobile book services in the area resumed, in the form of the bookmobile, which had been steadily increasing in popularity across the country.

In addition to providing reading materials, the book women served as touchstones for these communities. They tried to fill book requests, sometimes stopped to read to those who couldn’t, and helped nurture local pride. As one recipient said, “Them books you brought us has saved our lives.” In the same year as the call for books, the Mountain Eagle exalted the Letcher County library: “The library belongs to our community and to our county, and is here to serve us ... It is our duty to visit the library and to help in every way that we can, that we may keep it as an active factor in our community.”



# THE MOST BEAUTIFUL SADDLES!



**{reskyōō}** contd from page 1

She attached pictures of Jade and a little, soulful pony named Samantha. Samantha? What was there about Samantha? Something...certainly not logical from just a picture, but whatever I had felt stirring for Jade turned into a DEMAND for Samantha. She was what I was looking for. It was like when you are shopping for something that you need in a vast store that seems to go on forever and you just dutifully go down the racks and rows not really inspired but understanding that you must find what you are looking for because it is so needed. And then it happens – the perfect thing is presented to you and often by pure chance; someone else had tried it on and left it out among the things it did not belong with, just so you could find it. That is how it felt when I saw Samantha's photo. Someone had left her out in a place she was not supposed to be so I could find her. That was powerful. I told Helen it was Samantha that I wanted, and she drew up the adoption agreement and just like that – Samantha was going to be mine.

Of course, Jade still needed someone. Samantha was a given, but what to do about Jade? So I called someone that I thought needed Jade, and that Jade needed in turn. Faith had just started looking for a horse after almost 2 years working at Wildwood Farm and taking lessons. Of course, Faith was looking for a horse she could ride and show, but sometimes life throws opportunities in our direction that give us a chance to grow in unexpected ways. I was certain this was something Faith could not only handle, but she would come out a much better horsewoman from the experience. I called her mother and discussed the situation and let her know the mare was unhandled and pregnant and of unknown background and all the unknowns that come with adopting rescue horses - and the next day Faith decided she wanted Jade. I contacted Helen and told her both mares would be coming home to Wildwood Farm!



Sometimes things come easy, and sometimes they take interesting paths and detours and you put into question the kismet that brought you together in the first place. We had arranged for someone to haul the mares to us as they were located in Yakima, and because they were both unhandled we felt that someone who had experience hauling loose horses would be best for everyone. We lined up a hauler and the mares were set to be delivered to us on Sunday, March 7<sup>th</sup>.

Early Sunday morning I received a call from the woman who runs the Rescue saying that Samantha was sweaty with a runny nose and that the feed lot she came from had reported strangles before, and that she wanted to let us know that we may be bringing an infected horse onto our farm. She also thought that Sami was on the brink of having her baby and might not be able to make the trailer ride without foaling – she had seen this happen before with dire outcome. She said she would be promptly refunding my adoption fee. This, of course, was an obstacle that was unexpected, particularly in light of the horses having a health certificate from the attending vet prior to being brought to this rescue organization. I could not in good conscience bring a sick horse onto our property with so many resident horses here, whether we had them in a quarantine barn or not. It did not look like Samantha was meant to be part of our family; yet that ending just did not seem right. Samantha was staying in Yakima until....well, that was not discussed but I assumed until she could be given a clean bill of health or had her foal or was moved to Nevada.

Sunday afternoon Jade arrived at our farm with another mare that was rescued from the kill pen and who- just a couple of days before- had been pulled from her foal. The mare was very skinny and malnourished but sweet and kind. One of our workers, Kierra, took an immediate liking to her and adopted her on the spot – so at least Jade was not alone in her quarantine and Brandy (Kierra named her) had a new chance at happiness.

That evening I contacted Helen to tell her how disappointed I was that Samantha was not on the trailer and that I thought it was odd that my money was so promptly refunded; did something happen to the mare? Why was there not an option given

# Wildwood Farm CLIPS & CLOPS Oak Harbor

2326 Happy Valley Rd  
Oak Harbor WA 98277

to still adopt her and give her a loving home? Helen called me back and told me that Samantha's runny nose had cleared up and that she was back to her normal self, and that the real reason was that the hauler did not want to risk Samantha having a foal in the trailer, that she did not have the experience to handle something like that with an unhandled horse. Completely understandable, but...so...why the prompt refund? Helen did not have a good answer for that, other than if I wanted Samantha she was still available but I would have to come to Yakima and pick her up myself. And that's just what Gregg and I did. Early Tuesday morning March 9<sup>th</sup> we hooked up our trailer and headed to Yakima to pick up this silly little pony that had somehow grabbed my attention insisting that she come live at Wildwood Farm.

Sami turned out to be the sweet little sprite I first thought she was when I saw her photo. She was cautious, but game. She was curious, confident and really seemed to like being around humans...so how did she end up where she was? Why did her humans let her down and give up on her? She walked right in our trailer without a fuss and traveled loose like a dream. When we made it back to the farm she walked right of the trailer into her stall like she had rehearsed it – although her eyes did get big when she saw the straw in her stall (we thought she was close to foaling of course) thinking it was a smorgasbord! Until she actually tasted the stuff, then it was like a polite “ughh, I guess I will eat it if that is all you have”.

Spending time with Lady (formerly Jade) and Sami those first 10 days in quarantine were very special. Lady looked like a yearling when she came off the trailer and certainly did not look very far along with her pregnancy; but once she started getting good hay and nutrition, she seemed to grow right before our eyes. You could tell she was a very kind mare – not sure where she was or who we were or what her future held for her, but very smart with an open heart. Sami, too, was hopeful that she had made the right choice. Someone in her short life had taken advantage of her good nature and really let her down. She seemed a little vulnerable, but not completely given up on us. You felt almost pleading for a human relationship, but wariness as well. Her soulful little eyes would stare at you so hopefully it would break your heart. I kept telling her she was safe and that I would not let anything happen to her. Sami was home. Finally.

After quarantine we moved the mares to the owner's barn where the foaling stalls were along with their own turn out paddocks so they could finally be free from stall rest. That first afternoon I was watching them in their paddocks and an unexpected sense of sadness came over me. They looked so ALONE. Here were these two clean yet vulnerable little souls on this big farm in their own paddocks looking over the green fields dotted with grazing horses...yet they looked so unfinished. And it dawned on me that I had never known horses who were not part of human's lives. It was a given to me that every horse I met had been nurtured by humans (albeit some quite badly) and knew the dance, knew how to be active in that relationship. Horses that were able to take that relationship for granted. These two mares were completely ignorant of that and without the human partnership, the human ingredient, they looked incomplete. This dichotomy surprised me, as I always thought things were more beautiful in their natural, wild state. And I am not saying that an untouched horse is not beautiful, even breath-taking. But what I did discover is how the relationship with humans improves them in a way, gives them a different light, softens them, gives their spirit a purpose and a foundation for a life they would not find on their own. It is almost like the human ingredient is as necessary for their potential sanctity, as the horse ingredient is for ours. I came to understand not only what I knew – that the bond between horses and humans runs deep – but that it is a natural progression that is meant to be. Like finding Sami, and her finding her way to me.

I guess I should be thankful that back in February little Koda cracked open a part of my heart that had been sealed off for a while, reminding me of the importance of having these unspoken relationships, and how they not only change you, but add a dimension to your life capable of being filled to the brim with love.