



Wildwood Farm CLIPS & CLOPS Oak Harbor

November 2022

YOUR NEIGH-BORHOOD HULLABALOO

CREATED & EDITED BY HEATHER CARDER

The Night Mare and Being Ridden by the Hag

UPDATED 3 NOVEMBER, 2017

VINCENT ONGKOWIDJOJO

Most people today who have heard that 'the Nightmare' is an actual being in European folklore and not just a certain type of dream-state, associate the being with horses. A mare is indeed a horse—but this interpretation is not correct. The mare of 'the nightmare' is a demon; and the word for horse and the word for nightmare derive from a different root.

In Dutch, the nightmare is known as the *maar* or *mare*, sometimes called *nachtmaar* or *nachtmare*, analogous to the English word. Over time, the Dutch word changed into *nachtmerrie* where *merrie* means female horse. We see that the folk etymology of 'night horse' was very common.

The German word is *Mahr*. This is seldom used and sometimes

rendered as *Nachtmahr*, but there is no confusion with a female horse because modern German has lost the corresponding cognate of 'mare' or *merrie*. The common German word for nightmare, however, is of interest. They speak of an *Alptraum* or *Albdruck*. Both words relate the phenomenon to elves. Modern German *Alb*, *Alp*, or *Alf* is literally translated as 'evil spirit' although the connection with 'elf' is clear.

In Swedish, the night demon is called *mara*. Old Icelandic has the same word. The being appears in *Ynglingasaga* and causes the death of king Vanlandi. Although the motif is particular to Germanic folklore, the mare's name forms the basis of the French word for nightmare, *cauchemar*.

What is the Nightmare?

Then what is the nightmare exactly? Nowadays, the word designates a bad dream. When we experience strong, frightening emotions while dreaming, the sensation is so overwhelming that we wake up from the dream. The impression is so

strong that we have trouble sleeping again. Some of the dream sensation lingers and makes us experience presences in the room, regardless whether this is true or not. The whole phenomenon is explained psychologically.

In the old days, nightmares visited people in their sleep and caused bad dreams. At least, that is the idea we have. If we compare actual accounts, which in this case are necessarily folk tales, then we must conclude that a nightly visit by the mare was rather different from what we call a bad dream. Reports about the nightmare are recorded up until a hundred years ago. Stories are found in Belgium, The Netherlands, Germany, Scandinavia and Great Britain. I will draw mainly from Dutch and Belgian sources.

Being Hag-Ridden by the Night Mare

Either people or horses are ridden by the nightmare. When a person goes to bed, he suddenly feels a pressure on the body, usually in the area of

Continued on page 11

WHAT'S TRENDING NOW

Horse Leg Table & Chairs

Let's not skirt around the issue here - this table and chairs with horse legs is truly unique. But is that a bad thing? If there were an award for kitschiest table design, then this creation would get full marks. Maybe a little too cartoonish for the main kitchen area, but what about a little nook or kid's area? Or a great display piece for next show. Made with reinforced, molded fiberglass in all the standard colors of the Horses in your barn plus custom options. This set will have every horse lover galloping to dinner!



Karl-Oskar Nitton Horse Saddle Stool

Bryan Adams may wish to be 18 til he dies, but the Karl-Oskar Nitton Stool will be 19 forever. What does that mean, you ask? Well, according to the designer himself, "The name of the stool comes from the Swedish word for nineteen. The stool's angle is nineteen degrees, put nineteen stools together and you'll get a circle, a perfect size to easily communicate within a group for example at the next clinic or potluck. Simple and extremely versatile, the Karl-Oskar Nitton Stool is definitely perfect for any setting. Just picture it: an outdoor fireplace, a semicircle of Nitton Stools, marshmallows and great company.

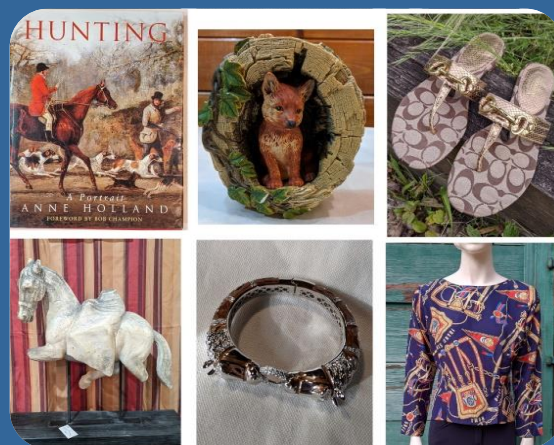


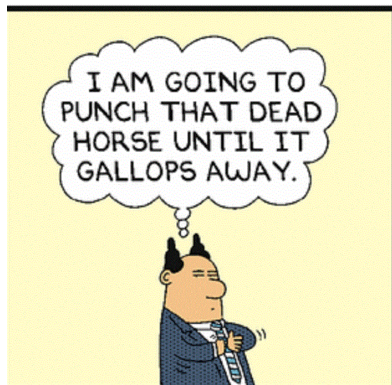
Our store is open by appointment November 1-24. Open regular hours starting November 25th



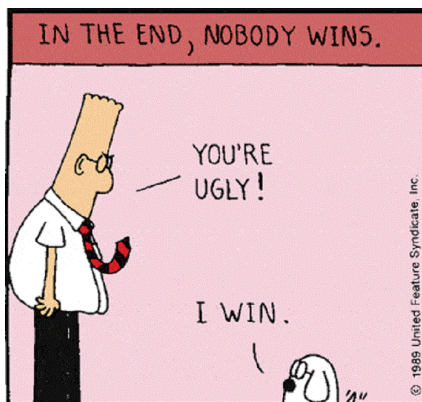
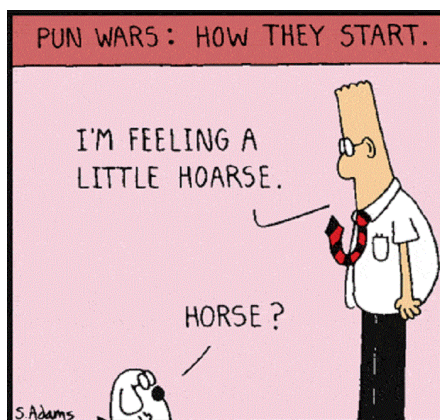
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New Items for November





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**"We will never have to tell
our horse that we are sad,
happy, confident, angry or
relaxed. He already knows-
long before we do."**

-Marijke de Jong



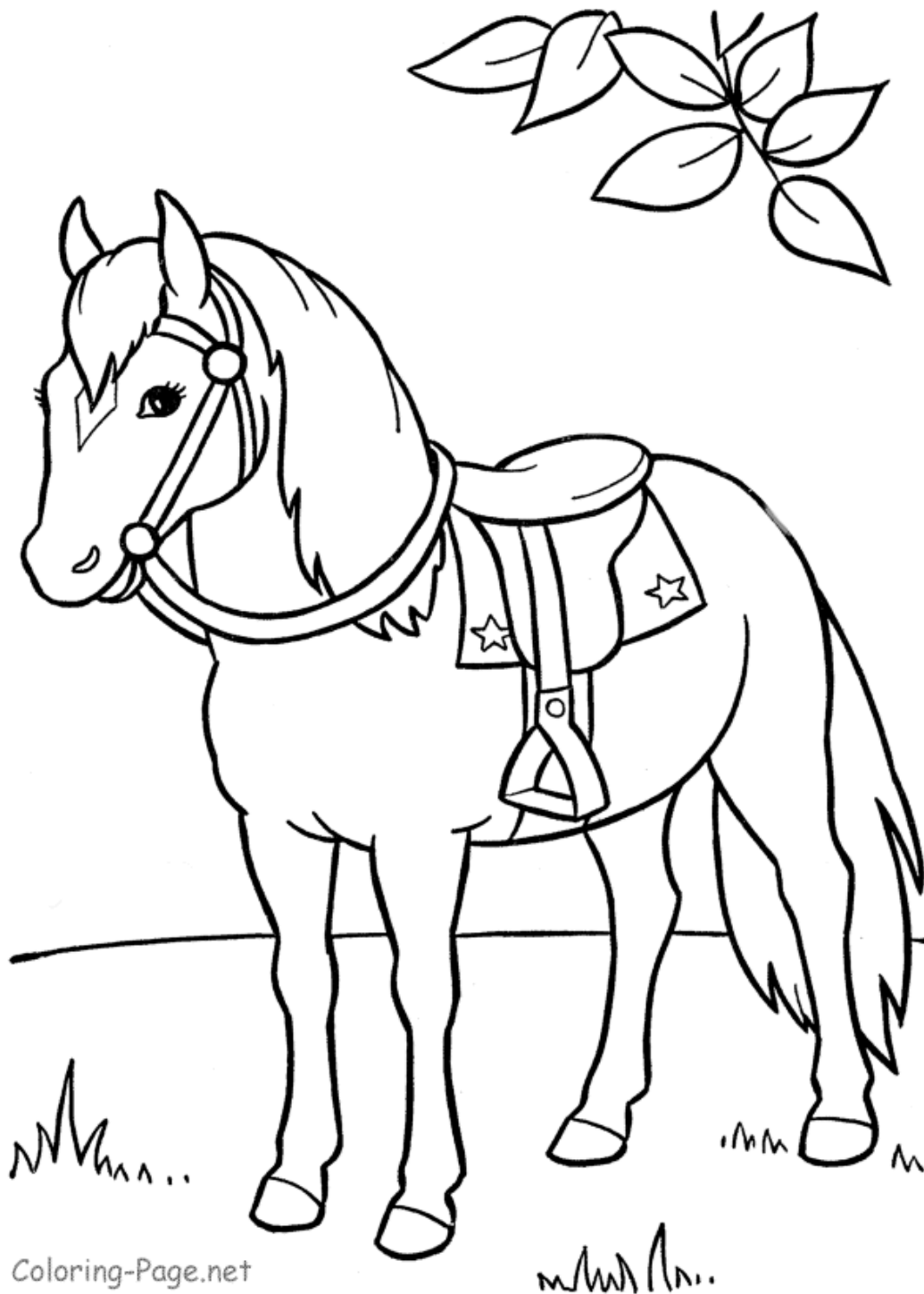
**"It is the horse's gift to
connect us with heaven and
our own footsteps."**

-Ronnie Sweet



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Nutrition Corner

VITAMINS

Vitamins are organic compounds needed in trace amounts that regulate a multitude of bodily functions. There are two general classes of vitamins: fat soluble and water soluble. Fat soluble vitamins are absorbed with fat, water soluble absorbed with water. The main fat soluble vitamins are vitamins A, D, E, and K. The water soluble vitamins are the B vitamins and vitamin C.

Most, if not all the vitamin needs of horses are supplied by levels naturally occurring in grains and forages. Green forages are good sources of vitamins A and E. While most if not all of the horse's maintenance requirement for vitamin A is met by a compound present in forages, vitamin A needs increase in production and growth such that supplementation may be necessary. Needs for vitamin A are the largest, followed by Vitamins D and E. Given access to sunshine and exercise, most horses will not need Vitamin D supplementation

unless they are rapidly growing or preparing for heavy exercise at young ages. The B vitamins are thought to be produced in sufficient amounts to supply the needs of most horses, although it is recommended frequently to supplement rations used for horses being heavily worked.

Commercially prepared horse feeds routinely supplement fat soluble and water soluble vitamins at levels above suggested requirements, so the need for on-site supplementation is not necessary. Excess intake of fat-soluble vitamins A and D is detrimental since fats, and the substances soluble in them, are poorly excreted from the body. Excessive intake of water-soluble vitamins is rarely detrimental as water-soluble substances are readily excreted from the body. It is cautioned to feed vitamin premixes only at levels recommended on the label and to account for sources added to grain mixes before deciding to top dress.

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

SAGE DANCER

In the early hours of May 30, 2016 we awoke to a hard pounding on our front door. When we opened it we were told in a breathless account that a bunch of horses were seen galloping up our drive way and some had run onto the neighbor's property but one ran up through our orchard and up toward the main barn. The bearer of this incredible news was a tenant we had living in our barn apartment. It was 4:30am and he was just heading into work when he recounted that he almost hit a "ghostly" horse by our pond, but it veered away last minute and broke from the other horses it was running with.

Wide awake at this time, we ran up to the barn and saw that all the doors were closed and when we turned on the lights we were met with 50 sets of sleepy eyes hoping that it was already feeding time. We were not missing any horses and did not see any extras hanging around our barn. We drove around the property hoping we could see this herd of horses as the day grew lighter, and as we doubled back we finally found a little herd of 3 horses on the south side of our property happily grazing in one of our fields. Turns out they were escapees from our neighbor who had recently moved up from California. Once the horses were back in their proper place, we were grateful to get back to our bed for a final hour of sleep before our day began. But not so fast.

No sooner were we snuggled in bed when one of our staff Called us in a panic saying one of the horses was in the



shavings bin and he could not get her out. We knew immediately that this was not one of our horses but most-likely the "ghost" horse that our tenant saw running towards the barn. After checking she did NOT belong to the neighbor so the mystery began about this little paint mare. Where did she come from and how did she hook up with the neighbor's horses? It took us 3 months to find out where she came from: her owners had moved and thought they had arranged for someone to pick her up, but they never showed. She must have been wandering all night as he covered about 8 miles to get to our ranch, stirred up the neighbor's horses and then plopped herself in our shavings bin for a rest. She was quite a horse! We eventually found her a forever home with a breeder in Wenatchee, but we will never forget how we first met Sage Dancer!



HORSES CAN'T SPEND A LOT OF TIME ON AN EMPTY STOMACH.

Horses spend 16 to 18 hours a day grazing for a reason. Their stomachs are supposed to always have foodstuff in them to function efficiently. Fasting for 1 to 2 hours can already cause discomfort in the horse's stomach. However, if horses are deprived of food for long periods of time, they will almost certainly develop painful stomach ulcers. This is because the accumulated stomach acid meant to break down food particles will start to damage the stomach lining. Gastric ulceration has become a major problem in racing and performance horses. To prevent this condition, make sure to allow your horse plenty of turnout and forage –

HORSES PRODUCE AROUND 10 GALLONS OF SALIVA PER DAY.

The three pairs of salivary glands horses have can produce up to 10 gallons (40 liters) of saliva a day! This is roughly 40 times the amount humans produce. To make up this much saliva, horses consume 5-10 gallons (22.7-40 liters) of water a day, depending on the weather. Saliva doesn't just help with swallowing, it also acts as a buffer to counter the acids in the stomach. This is essential in horses as they can easily develop ulcers even after a short fasting period.

HORSES DON'T HAVE COLLAR BONES.

In most mammals, collarbones attach the arms to the skeleton and stabilize the shoulders. However, in horses this function is performed by the thoracic sling instead. The thoracic sling is a group of muscles, tendons, and ligaments that attach the forelimbs to the rest of the body. The reason why horses and other four-legged runners don't have collarbones is so they can run at a faster speed. Having a collarbone would restrict the horse's reach and stride length, making them much slower runners.

THE AVERAGE HORSE WEIGHS ABOUT 1,000 LBS.

That's right, a half a ton! But many horses weigh more or less than this. Draft horses, for example, can weigh 2,200 pounds (nearly a ton) on average. The world's heaviest horse also held the record for the tallest horse in history. This one-of-a-kind equine was Sampson, a Shire horse from England who weighed no less than 3,360 pounds! At birth, horses weigh around 10% of their mother's weight. They will grow rapidly in early life, putting on 1 to 3 pounds a day.

HORSES CAN MOVE THEIR EYES SEPARATELY.

The horse's eyes, set on opposite sides of the head, can actually focus on two different things at one time. This is a survival adaptation to help them notice predators. What's more, the horse's ears will usually point in the direction where the eye on the same side is looking. Observe your horse the next time you're out together and see for yourself!

A HORSE'S FROG IS A NATURAL SHOCK-ABSORBER.

The frog is a triangle-shaped structure on the bottom of the horse's foot. One of its many functions is absorbing shock and distributing it to the internal digital cushion, a spongy structure under the horse's heels. This natural ability of the frog to absorb and disperse shock spares the horse's joints and bones from concussive forces. Another essential function of the frog is to pump venous blood back up the horse's leg. This is the reason why it's often called the horse's "second heart".

THE AVERAGE HORSE'S HEART IS OVER 10 TIMES BIGGER THAN OURS.

The size of an average horse's heart is 9-10 pounds, whereas a human heart only weighs 10-12 ounces on average. Racehorses have even bigger hearts, and heart size was the key to the success of many racing legends. Secretariat's heart weighed an astonishing 21 to 22 pounds, while Phar Lap's heart was 14 pounds. You can easily calculate how heavy your horse's heart is if you know his body weight. Research has shown that a horse's heart weighs around 1% of his body weight.

A NEW HOOF TAKES 10-12 MONTHS TO REGROW.

A horse's hooves normally grow at a rate of ¼ inch to ½ inch per month. However, this can vary throughout the year. Horses' hooves are known to grow faster during the summer months.

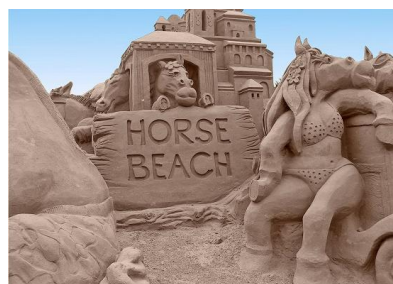
HORSES HAVE 4 NATURAL GAITS

The four natural gaits of horses are walk, trot, canter, and gallop. Lay people often use the words "canter" and "gallop" interchangeably, even though they are not the same. Gallop is a four-beat gait and a lot faster than canter, which is a three-beat gait. Besides the four basic gaits, some horse breeds have additional ones. The Icelandic horse, for example, is famous for its comfortable but fast pace and tölt gaits. Other examples are the Missouri Fox Trotter that performs a unique fox trot instead of a regular trot, or the Tennessee Walking Horse famous for its running walk. There are over thirty gaited horse breeds in the world that exhibit at least one four-beat ambling gait.

HORSES HAVE THE LARGEST EYES OF ANY LAND MAMMAL.

Horses surpass all other terrestrial mammals in the sheer size of their eyes. In comparison to ours, horses' eyes are eight times bigger! Arabian horses have especially large eyes when compared to other breeds.

The Most Stunning Horse Sand Sculptures



Remington Carriage Museum

Cardston, Alberta

One of the largest collections of carriages, buggies, and wagons in the world.



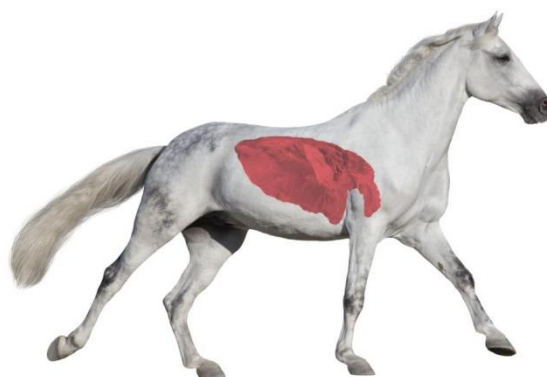
THE TOWN OF CARDSTON, CANADA is home to fewer than 4,000 people, but despite its size, it has two claims to fame. Not only is Cardston the Mormon capital of Canada, with approximately 80 percent of its population identifying as Latter-day Saints, it's also home to an expansive museum dedicated entirely to the history of carriages.

The Remington Carriage Museum is home to 270 carriages, buggies, and wagons of many shapes, models, and sizes. The collection is believed to be the largest of its kind in the world. The carriages date back to the 19th and early 20th centuries, when horses were the primary form of transportation. The collection includes carriages and other tack that were used by famous figures like Jackie Chan, Ulysses S. Grant, Queen Elizabeth II, and Pierre Trudeau.

Throughout the museum there is a variety of carriage and equine-related attractions, including a tack room showcasing various styles of reins, a trivia exhibit called "Horse University," and a film analyzing the historic race where Seabiscuit upset the favorite, War Admiral. Other exhibits at the carriage museum are interactive, including a carriage you can walk inside and a stable of horses used for giving carriage rides around the property during the summer.

In addition to serving tourists, the Remington Carriage Museum is also one of Canada's leading carriage repair shops. The repairman who works there has a two-and-a-half-year waiting list for customers seeking carriage repairs, and the museum offers an opportunity for visitors to see his work in action.

13 Facts about the Horse's Lungs



1. The Horse's lungs sit inside the ribcage which is the largest structure of the whole skeleton.
2. The lungs are the third largest organ in the body after the skin and digestive system.
3. The lungs bring oxygen into the body and expel carbon dioxide but also have many other functions including control of body temperature, filtering clots and bubbles from the blood and whole-body acid-base balance.
4. Horses are obligate nasal breathers – they only breathe through their nostrils, not their nostrils and mouth as we do.
5. The harder a horse works the more air it must move in and out.
6. During intense exercise, a horse moves around 6 bathfulls of air in and out every minute.
7. In walk and trot breathing and gait are not linked, but in canter and gallop horses take one breath perfectly in time with each stride.
8. Horses have to hold their breath when jumping as they rely on the movement of the legs to help move air in and out of the lungs.
9. Horses “lock” their ribcage when cantering and galloping and only breathe with their diaphragm. They do not expand and contract their ribcage as we do.
10. Contrary to popular belief, fitness training does not increase respiratory capacity – at the same speed, a fit horse moves the same amount of air in and out as when unfit.
11. In unfit/untrained horses, the cardiovascular system (heart, blood vessels and blood) is the main limit to performance. In the trained horse it is the respiratory system that limits performance.
12. The most common abnormalities/diseases of the equine respiratory system are dynamic upper airway dysfunction (“roaring”, “gurgling”), asthma and exercise-induced pulmonary haemorrhage (EIPH)
13. Healthy horses don't cough!

(Cont'd from page 1)

the chest. Sometimes the pressure travels from the feet to the head. The person cannot breathe. When he wants to scream, from shock, he perceives that he cannot. When the crisis is over, the person sweats and feels tired. Victims are both men and women. When horses are taken by the nightmare, their manes get tangled. The horses become restless and they sweat. They don't sleep all night. In my opinion, the nightmare has become a scapegoat for the state of such horses because of the confusing folk etymology.

What happens according to eye-witness accounts, is that the person or the animal has been ridden by a woman. Sometimes she was a spirit or witch, but often she was recognized by the victim. In many cases the mare was a real person who suffered from a certain affliction which involved her travelling out-of-body to attack horses or people. The victim was usually known to the 'mare woman'. When the mare woman attacked someone, she became very still—even in the middle of an activity. There is an account from Belgium in which a girl worked for a bakery and while she was kneading dough she suddenly stopped. Miles away someone familiar to her was ridden by the mare. We see a sort of out-of-body experience developing.

I believe that the phenomenon might have been part of the training among witches within a Germanic context. We know from Norse myth and saga that certain women practiced this kind of out-of-body techniques. The practice is known as *asseiðr*, although *seiðr* comprises more than just this. An example is found in *Friðþjófs saga* in which two women practiced *seiðr* to control a whale at sea. It appeared to onlookers that the women were riding the whale. In Icelandic folklore, this particular technique is known as a *sending*.

In *Ynglingasaga*, chapter 7, Odin is said to possess the same ability. From Lee Hollander's translation: "Odin could shift his appearance. When he did so his body would lie there as if he were asleep or dead; but he himself, in an instant, in the shape of a bird or animal, a fish or serpent, went to distant countries..." The passage implies that he could be at two places simultaneously. We see the motif recur in the nightmare stories. Only a few pages later we find the story of Vanlandi. In chapter 13 of *Ynglingasaga*, Huld is asked to perform her sorcery to compel Vanlandi to return to Finland or else kill him. According to the text, when Huld exercises her *seiðr*, Vanlandi is overcome by sleep and senses somebody atop of him. He identifies the presence as a *mara*, but the weight is so heavy that it crushes his legs. Eventually it kills the king. Clearly, the *mara* has been sent by Huld.

In folk stories the nightmare is identified by a particular technique. When the victim complains of being ridden by the mare he is usually given the advice to hold a knife to his chest on the following night. The person does this but consciously or subconsciously misunderstands the advice and holds the knife pointed upwards. When the mare attacks him in the night, she screams and disappears. On the following morning, the woman who is the mare is found injured or dead. She is usually the one who gave the advice about the knife in the first place. The motif with the knife is very common in Belgium.

Are nightmares only Sleep Paralysis?

In all instances the nightmare phenomenon is experienced as a pressure. A heavy weight is felt on the chest or on the whole body. The victim is unable to move, breathe or scream. In my opinion, the phenomenon occurs naturally when a person wakes up during a certain part of the sleep cycle. It is well known that the human body rests in a condition of paralysis or near-paralysis during the REM or dreaming phase; this is called REM atonia. It is explained by the fact that the sleeping person would otherwise walk, move, and act according to the impulses in the dream state. The inhibition of movement prevents the person from harming himself unknowingly. I believe that a person who wakes up suddenly during his sleep and cannot move his body, is coming straight out of an REM phase. Why the person would suddenly wake up remains a mystery.

All the nightmare concepts seem to indicate paralysis. The word 'mare' would be cognate with the Old Norse verb *merja*, which means 'to crush', related to English 'to mar'. The German terminology indicates the same. 'Druck' in *Alpdruck* means 'push'. Even the French word for nightmare refers to pressure. The old French word *cauchier* means 'to press' and forms the first part of *cauchemar*. The traditional expression for experiencing this sudden nightly pressure is 'to be ridden by the mare'. In Dutch, the expression is *door de mare bereden*. German folklore has *Mahrreiten*. The victim experiences a being on top of him. It means that the person lies on his back. Most folklore reports seem to indicate the same. I wonder whether this position somehow encourages this strange phenomenon. Besides REM atonia there is another experience which

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shed light on the subject, and this is sleep paralysis. In these cases, the person incidentally experiences paralysis when falling asleep. According to experts, sleep paralysis occurs mostly when the person lies on his back.

How to Drive Out the Demons

In beating the nightmare, we have already mentioned the motif of the knife. But the nightmare seems to have been so common that a whole load of remedies existed to keep the demon out. One of the most fascinating techniques was to swap your shoes, or slippers, in front of the bed; the right one where the left would be and the other way around. Similarly, bricks were hung crosswise in front of the house or barn. The intention was to confuse the mare. Verses were sung before going to bed. They are similar in wording to charms against witches. The verses ask the nightmare to count all the blades of grass, for instance. This and similar actions keep the demons occupied all night.

Another remedy is mistletoe. The plant was hung under the roof to protect against the mare. In Dutch, the mistletoe is called *maretak*, 'mare twig'. This is possibly the reason why mistletoe features in the myth of Balder's death. One day Balder wakes up from a dream which foretells his own death. Thereupon his mother attempts to protect him, but eventually Balder is killed by the mistletoe.

We have established that many folktales explain the nightmare as a projection of a woman's supernatural powers, whether intentionally or not. But where did we get the word *Mare* to define a female horse? And, is there any connection between a woman's supernatural powers and the harnessing of the image of a horse? It is argued that the term *mare* to define the female of the horse derives from the Old English *meare*, also *mere* (Mercian), *myre* (West Saxon), fem. of *meorh* "horse," from Proto-Germanic **marhjo-* "female horse" (source also of Old Saxon *meriha*, Old Norse *merr*, Old Frisian *merrie*, Dutch *merrie*, Old High German *meriha*, German *Mähre* "mare"), said to be of Gaulish origin (compare Irish and Gaelic *marc*, Welsh *march*, Breton *marh* "horse"). But there are 2 other definitions that are of interest.

mare (n.2)

"broad, dark area of the moon," 1765, from Latin *mare* "sea" (from PIE root **mori-* "body of water"). Applied to lunar features by Galileo and used thus in 17c. works written in Modern Latin. They originally were thought to be actual seas.

mare (n.3)

"night-goblin, incubus, oppressed sleep," Old English *mare* "incubus, nightmare, monster,"

In summary, the word in English now survives only in **nightmare** so it is actually a mystery why *Mares* came to be associated with nightmares and demons, but the image of women empowerment is not lost on those who witness the pure transformation that can occur when a woman has a horse in her life; It can only be defined as magical and transporative in every sense.