



YOUR NEIGH-BORHOOD HULLABALOO

CREATED &amp; EDITED BY HEATHER CARDER

# Wildwood Farm CLIPS & CLOPS Oak Harbor

## November 2021

### Akwē `es

(More Conversations with Myself)

By Heather Carder

The definition of acquiesce is to accept, comply, or submit tacitly or passively, and this word has had a lot of meaning to me throughout the years, but my first introduction came when I was 12. That summer was the first I was to spend without my mother who had passed the previous December, and although the school year kept me plenty busy I was not looking forward to 3 months of unfilled days with nothing but time to think about what I was missing. I had confided this to my grandmother and she gave me the hugs and reassurance that one would expect, and I steeled myself for the day school let out and I would need to learn how to navigate those endless summer days. One day in early June my grandmother asked if I would help her work around her house for a couple of days weeding and clearing debris. She told me she would pay me \$50.00 for the work as long as I did a good job, and that she would take me into town to buy anything I wanted for that \$50.00. I did the work and I did a good job—actually more than was asked—and true to her word we were soon on our way to the local mall for an

afternoon of lunch and shopping for that one special thing.

I was pretty much a tom boy growing up—overalls and jeans, simple tees and boots—so clothing was not that appealing to me at 12, and though I collected Breyer horses I always got those for Christmas and Birthdays and was not keen on spending my money on one of those. I was looking for something truly special, a treasure—something that would really mean something to me and perhaps help me define the uncharted feelings I was navigating that summer. After a lot of walking and browsing, we came upon a furniture clearance store and in the front window was the most stunning, beautiful (and huge) framed picture of two Arabian horses— one pure white and the other a dark bay- in an embrace with arched necks, nostrils gently flared, their wide and liquid eyes deep with expression. I was completely smitten and knew I had to have that picture for my room. My grandmother was not convinced, however, and tried to ask the right questions to get me to think logically about bringing this huge portrait into my bedroom— it would take up the most of one wall for certain. It was really a piece that one would find in an entry way or living room; it was \$30.00 more than I earned, did I really

want to empty my bank account at the beginning of summer; how would I get it home? And on and on...but I could not be dissuaded— that picture was going to be mine. Thanks to my uncle offering to pick it up and a quick trip to the bank to withdraw my stall-cleaning money, that lovely-huge-totally over-kill picture was soon hanging on my bedroom wall. As I lay in my bed gazing at these life-sized horses in my room, I pondered the title of the picture with little idea of what it would come to mean to me. The title was “Acquiesce”.

This word is special to me, not only because of the definition and association with the horses in my childhood bedroom, but because it is how I have often chosen to live moments in my life. I understood at 12 that the way out of the darkness was to accept what had happened and to comply, like going with the flow instead of against the current, but not without my own permission. Acquiesce is not the act of surrender, but the gentle understanding of submission. The way those two horses in my picture were embracing but so aware of the other and the possible intentions, compliant but not nescient. The energy I could have spent fighting what was inevitable in my life had far better uses— like developing an arsenal of choices,  
*Continued on page 11*

## ICEdot Helmet Crash Sensor

ICEdot is a device which can register when you've had a fall, and can send out emergency notifications on your behalf. The device incorporates a sensor which you can attach to any helmet. If you fall, the sensor registers the impact and starts a countdown on the ICEdot app on your phone. If you fail to respond by the end of the countdown, the app sends out an alert to people you have entered as your emergency contacts.

ICEdot can also provide emergency responders with important information, including your name, emergency contacts, and health information. It can also share your geolocation information, bringing help to you faster.

The Crash Sensor app is available for iPhone 4S and later. An Android version is available for Nexus 4 and 5 phones, for other Android devices running 4.3 or later, the app is considered public beta. Currently, they cannot support any Samsung phones.



Our service was created in 2009. We are partnered with the American Ambulance Association and the NAEMT – two of the largest nationwide EMS organizations. We perform outreach programs to EMS groups across the country and have worked directly with many groups to individually train their first responders.

More importantly, all of our identifiers include simple ICE (In Case of Emergency) instructions for accessing our system. So, even if a first responder has not been specifically trained, he or she can access basic identification and notification information. In fact, our member cards are designed to be placed next to your driver's license or ID card — someplace paramedics are already trained to look! Finally, on other occasions, our members are simply able to hand their ICEdot identifier to a first responder as a means of ensuring accurate identification and care.

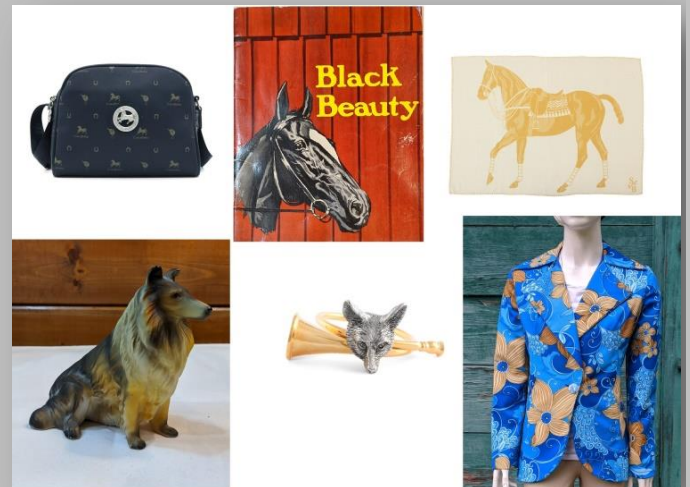


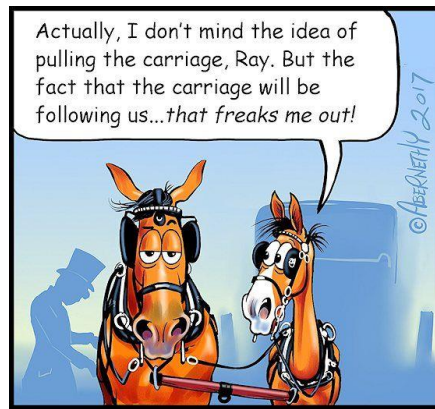
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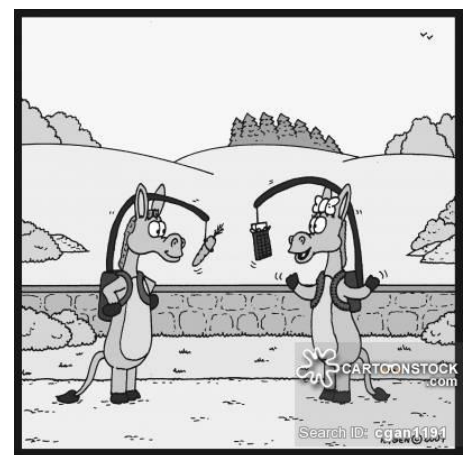
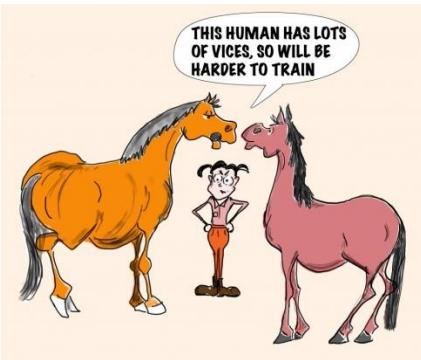
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## New Items for November





RIDING IS FUN AND BENEFICIAL FOR YOUR HEALTH



# WILDWOOD FARM B&B



## This is your moment.

Today at Wildwood Farm B&B



**A Hairdresser**

*Saw for herself that difficult Roads often lead to Beautiful Destinations.*

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



**“A pony is a childhood dream; a horse is an adult treasure.”**

-Rebecca Carroll



**“I call my horses “Divine Mirrors” – they reflect back the emotions you put in. If you put in love and respect and kindness and curiosity, the horse will return that.”**

Allan Hamilton



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

**PACIFIC NORTHWEST RIDING ACADEMY**

Name \_\_\_\_\_

## Horse Sense

Have you ever wanted a horse of your very own? Many kids do. But horses require a lot of special care. As with any pet, it's important to know how to properly care for horses before taking on the responsibility. For each sentence

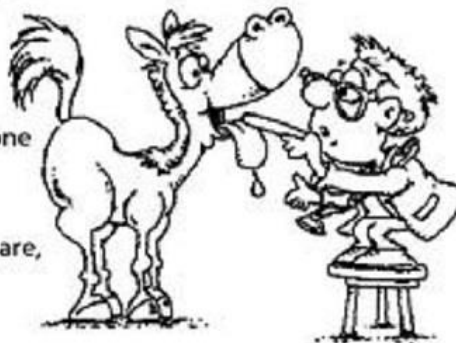
below, solve the math problem. Show your work on a separate piece of paper. Then match each of your answers to a number in the word box. Write the correct words in the blanks to finish the sentences.

21 = manure  
144 = pounds  
15 = supply

576 = health  
112 = expensive  
392 = proper

345 = pasture  
8 = hooves  
70 = weather

- $96 + 16 = \underline{\quad}$  Purchasing a horse can be \_\_\_\_\_. But that's only the beginning! Caring for a horse for a year can cost even more than the purchase price! If you want a horse, be sure your family can afford proper care. Read on to see what you'll need to provide.
- $39 - 18 = \underline{\quad}$  Give 'em shelter! Horses need a safe, comfortable stable to protect them from bad weather. And remember, you'll have to remove \_\_\_\_\_ from their stall every day!
- $376 - 31 = \underline{\quad}$  Exercise time! Horses require plenty of room to move around. They need a safe, fenced \_\_\_\_\_ in which to exercise.
- $256 - 241 = \underline{\quad}$  Chow time! Horses need a regular \_\_\_\_\_ of food. They take two feedings of grain daily and nibble or graze throughout the day.
- $108 + 36 = \underline{\quad}$  The average horse eats about 20 \_\_\_\_\_ of food a day.
- $78 + 498 = \underline{\quad}$  Is there a doctor for the horse? Horses need regular \_\_\_\_\_ and dental care. Veterinarians may also be needed to provide emergency medical care. Some problems could cost thousands of dollars to treat.
- $29 - 21 = \underline{\quad}$  Feet first! A farrier (blacksmith) needs to care for your horse's \_\_\_\_\_ every six to eight weeks.
- $85 - 15 = \underline{\quad}$  A job for all seasons! Caring for a horse takes a great deal of time, money, and commitment. Someone will need to see to your horse's needs 365 days a year—in good \_\_\_\_\_ and bad.
- $587 - 195 = \underline{\quad}$  A friend for life! With \_\_\_\_\_ care, a horse can live 35 years or more.



# Nutrition Corner

## The Truth about feeding Bran Mash

Using bran mash as a weekly “cleanser” is a common practice among horse owners and stables. It is believed to add bulk to the stool, help with hydration, assist digestion, and is a good source of fiber. Despite these good intentions, giving a weekly bran mash dramatically alters the daily ration and disturbs the normal population of microorganisms residing in the hind gut.

### Here are some myths and facts about bran mash and when bran should be used in the equine diet.

**Myth:** Bran mashes have a laxative effect on the digestive tract.

**FACT:** Dumping bran into the digestive system causes a sudden kill-off of some bacteria and forces overgrowth of others. This shifting bacterial population in the gut usually results in a good case of diarrhea, leading one to believe wheat bran acted as a laxative. Remember, routine feeding of the same feeds every day is the best way to avoid digestive upsets in horses.

**Myth:** Bran gives the stool a bulkier appearance

**FACT:** While wheat bran does give manure a bulkier appearance, it is because the fiber in wheat bran is not very digestible. The horse is dumping a bigger pile because most of the wheat bran

Was not digested, not because it contains more water.

**Myth:** Bran has high fiber content and aids in hydration.

**FACT:** Wheat bran has more fiber than corn and about the same amount as oats, it has less fiber than hay. Providing plenty of hay is the best way to keep the digestive tract full of fiber and subsequently well hydrated. The amount of dry hay a horse eats will directly influence the amount of water it drinks, which will help keep the horse properly hydrated.

Over recent years much concern has been raised over the levels of sugars and starches (also called soluble carbohydrates) in horse rations. We now realize it is best to minimize starch and sugar in equine diets as these two ingredients have been linked to numerous exercise, growth and metabolic disorders. Wheat bran contains a considerable amount of soluble carbohydrate (about 30%) which is another reason it should never be suddenly added to the diet in large amounts.

Bran should be used only as an ingredient in a well-balanced, fully-fortified ration.

### 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 MARENGO

Marengo (Marti) was born at Wildwood Farm in July of 2009. His dam was a dappled grey Welsh Cob mare named Bridghett (she looked like a Lipizzaner) and his sire was a bay Andalusian stallion. Marti was one of the most exceptional foals we had seen in a long time, evident the day he was born.

Marti was born out in the pasture around mid-day, and it was hot without a lot of shade. This was his mother's first foal and it was apparent no one told her the rules about having a foal in the darkness of night!

We noticed a little black figure lying near the water trough and sure enough, it was little Marti about 1 hour old. The minute he saw us coming down the road he jumped up and gave the most adorable whinny to greet us – like he was waiting just for us!

We needed to get him up to the barn and out of the hot sun so he could recover (and so could his mom!) and so we could keep a closer eye on him. He seemed to know what we wanted and he walked out of the gate ahead of us and headed to the barn like he knew right where he was going. It was unbelievable how strong he was- and super intuitive.



As Marti grew he only got better. He adored people and was scary-smart. At 2 yrs old he had been saddled and driven and was always asking for more. We had to make sure we paced his training to make it fair to his growing body, but he wanted to learn it all right away!

Marti was naturally very athletic and though he was not a large horse (15 hands) he excelled at dressage. The owner of his sire purchased him as her dressage horse and he went on to compete at the FEI levels, and is still going strong at the Grand Prix level.

People who first saw him often mistook him for a small Friesian – a really lovely cross.

## **LEGENDARY COMPOSER BENT FABRICIUS-BJERRE discusses his love of horses**

**Interviewed by Anne Ulrikke**

He is a pianist and composer who has written pretty much every iconic theme from Danish television, theatre and film, from the seminal *Matador* series to contemporary black comedy cinema. His 1962 hit instrumental song “Alley Cat” won him international acclaim and a US Grammy. But he was never that much into kittens, always more of a horseman, and who can blame him? He has been a passionate rider for years and still is.

### **How did you get into riding?**

I started riding when I moved to Klampenborg north of Copenhagen. There was a pony club nearby, owned by a lady called Baroness Lerche. I had four kids and they all rode at her stables. She had a lot of ponies, and two Fjord horses. One day she asked me if I wanted to come for a ride and from that day I started riding with my kids occasionally. At the time, I was composing film music for the Danish director Erik Balling. He went to Iceland to make a film, and upon his return to Denmark he was offered an Icelandic horse as a parting gift. He had no idea what to do with it, and asked me: ‘Would you like an Icelandic horse?’ It was during the late fifties or maybe early sixties, before Icelandic horses became a common thing in Denmark. I kept him at Baroness Lerche’s livery with all the ponies, just by Klampenborg Racecourse.

### **What was he like?**

He was called Kiauwni, which means “little fool”. He definitely wasn’t a fool, but on the contrary incredibly sweet with bangs like The Beatles. Cut totally straight. Icelandic horses are very special. They’re so brawny, even more than bigger horses. They can get really old, thirty-five isn’t unusual. They can walk thousands of miles, and gallop downhill without trembling. And they’re so friendly, I almost feel like they have more personality than bigger horses. I rode Kiauwni for two or three years and I got a taste for it. Then there was a friend of mine, the mayor of Lyngby, who had Arabian horses. It was about time for me to have a bigger horse so I got one of his. A mare with so much personality, very elegant and charming, always dancing around. In recent years I’ve been riding a horse called Rainbow. She is skewbald-coloured like an Indian horse. Unbelievably sensible. That’s a good thing, having a horse you can trust. They usually hit the gallop when eyeing the Hermitage Castle [the royal hunting lodge at the end of a big stretch of hill in the Deer Park outside of Copenhagen], right?

### **What sort of riding do you do now?**

I ride twice a week with my youngest son. We ride for about an hour, one and a half if the weather is good. I used to ride every day, but lately, I’ve slowed down a bit. It’s a question of time. Back in the day the horses were all groomed and tacked up [for you] but now you just have to get on with it. We trot and then gallop on a good stretch. Though it all depends on the seasons and the weather conditions. At certain times of the year you’re not allowed to go off the bridle paths due to the next generation of animals. There are always certain parts of the forest suitable for a good gallop and that’s usually on the way back, right? It’s like the horses can smell when you’re heading home.

### **Looking back, are there any horsey moments that stand out for you?**

As part of the promotion for [my production company] Metronome, we also had a racing stable called Metronome Stable. I was the owner of a thoroughbred called Alley Cat, like my melody. Alley Cat had the thousand-meter track record at Klampenborg Racecourse. She was like a whirlwind. Unfortunately, she was a bit crazy too. One day, when blazing across the finish line, she just continued. She jumped the fence to the audience, jumped the cash register at the entrance with the jockey on top. She ran across a big road and further on to the next road before jumping a two-meter fence into a garden and then the jockey fell off. Alley Cat died on the course a few years later, only seven or eight years old. She was an incredible horse, but wild.

### **Have you done any riding while you’re been traveling?**

I’ve often ridden in Mallorca where we own property. Earlier we had really good bridleways in the mountains, but a lot of land has now been sold. I’ve ridden a lot when travelling around the world. Usually when there’s a beach there’s horses too, and then I’ll go for a ride. Last time was in Dubai. We rode out in the desert. There are a lot of horses in Dubai. Owning horses is very prestigious for the sheiks. There are many desert races and camel races, too. Our ride was more quiet though. But I have actually ridden in a race once. Klampenborg Racecourse held a race for amateurs. I was all dressed up wearing our colours, which were blue and brown. I didn’t ride Alley Cat but another racehorse from our stable. Races were harsh at that time. The jockeys and the coaches were gambling. You know, they did tip-offs and dirty deals. There was this thing where they used to push each other out of the saddle. You wouldn’t notice because there were no TV transmissions. And they hit the track in a mess of dust and galloping thoroughbred legs. It happened mostly in the last turn when riding too close. Luckily it didn’t happen to me, but I didn’t win the race either. I’ve only fallen off once or twice. One time I broke my hand, which is a bit unfortunate when you’re a pianist. But besides that, I only have good memories of my horses.

### **What makes riding special to you?**

Having the Deer Park nearby is a blessing. The animals in the forest are used to us, they don’t flee when we’re close to them. In that sense, you almost become one with nature when riding. It isn’t like that if you’re going for a walk. Personally, I’m not into eventing or dressage. The thing that means something to me is to be out in nature with the horse. You cultivate a rare relationship with a horse when you know it well. Some days it is hard to get up in the morning. It’s dark outside, the barn is cold, it’s dark when riding out. But then somehow you come home feeling uplifted. I can’t explain why. But when you get back and untack your horse, it’s always been a good ride.

### **Would you consider composing a melody for a horse?**

I already composed a melody for a horse! It’s called “Sandy Roads.” It was around the time when I was hosting the television show “Around the Piano”..

# Pete French Round Barn

Diamond, Oregon

**The unique circular corral belonging to the “Cattle King” of Oregon.**



PETE FRENCH FIRST ARRIVED IN what is now Harney County, Oregon, in 1872. He promptly began accumulating farmland (some say illegally); 10 years later, he had amassed 70,000 acres of land, home to 45,000 cattle. He was dubbed the “Cattle King” for building the area’s largest cattle empire at the time.

On his extensive property French built three round barns for training his horses during the winter months. However, only one still stands today, exactly as it was 130 years ago. While the circular barn was somewhat common by the late 19th century, it was more rare in Oregon, and French’s exceptionally large round barn was an engineering marvel at the time it was built in the 1880s.

The inner ring of the 100-foot-diameter barn held the stables, while the outer was a track used to exercise the animals. Each ring was separated by a circular wall built from lava rocks. The umbrella-like ceiling was held by local juniper posts (which now house a family of owls). French most likely learned about these engineering techniques in California before bringing them to Oregon, where he used local materials to create the same design.

Because of French’s shady land dealings, he was somewhat disliked by locals. When he was murdered by rival homesteader Edward Oliver after an argument, Oliver was not found guilty. Supposedly, French had whipped Oliver with a cattle whip before riding away and getting shot in the back. Despite this unfortunate end, French lives on through his historical round barn representing the industry he built. The site has been added to the National Register of Historic Places and was recently restored using the same techniques as it was built with. .





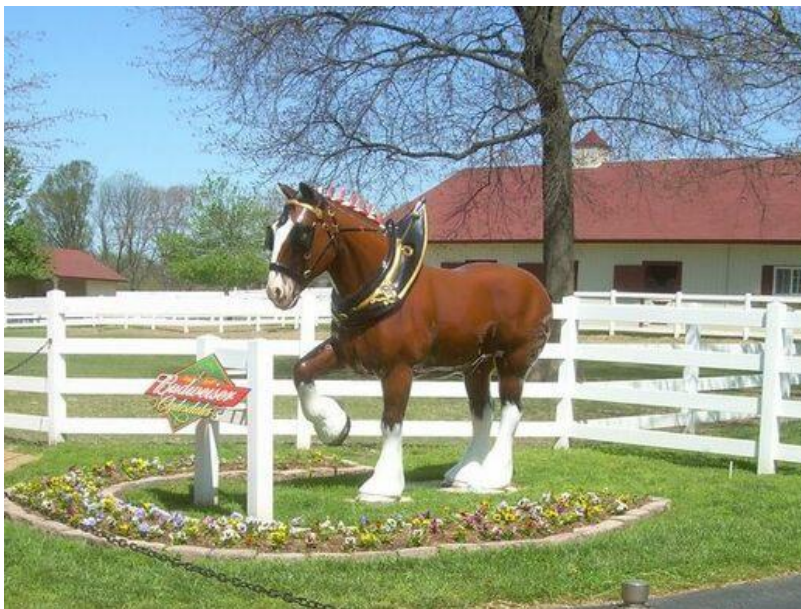
# WALK LIKE A HORSE?



# Grant's Farm

## St. Louis, Missouri

**What was once a presidential estate is now an exotic menagerie and home to the Budweiser Clydesdales.**



ALTHOUGH "HOME ON THE RANGE" is technically the state song of Kansas, it turns out downtown St. Louis is where the buffalo roam and the deer and the antelope play. Belonging to the former beer-brewing Busch family, Grant's Farm is a 281-acre historical estate located just south of St. Louis and is best known for housing more than 900 animals of over 100 different species, including buffalo, deer, antelope, elephants, ostriches and camels.

Prior to being bought and maintained by the Busch family, this land was owned and operated by America's 18th President Ulysses S. Grant. In 1848, Grant and his wife received the property as a wedding present from his new bride's family. By 1855, Grant began sawing logs and gathering materials to build a two-story cabin on the land.

Within the farm's enclosure stands Grant's Cabin, which was fully completed in 1856 and prevails today as the only remaining structure hand-built by an American president. The fence that sits across from the president's cabin was fashioned from 2,563 rifle barrels as a Civil War memorial.

Today, Grant's Farm is sustained as a symbol of Anheuser-Busch's commitment to wildlife conservation and preservation. The Tier Garten amphitheater provides visitors of all ages an up-close and personal experience with a multitude of animals, including kangaroos, birds and pygmy goats. This amphitheater is also responsible for putting on Elephant Education shows and giving guests the opportunity to hand-feed a selection of their prized animals.

Most of the bigger and more exotic creatures can be seen on a tram tour through the Deer Park, which provides a natural habitat to many bison, antelope, zebras and more. Grant's Farm is also the official home of the Budweiser Clydesdale Stables, which houses one of the world's largest herds of Clydesdale horses.

### **Know Before You Go**

Though entry to Grant's Farm is free, there is a \$12 per car parking fee. Grant's Farm is also accessible by bicycle via the Grant's Trail bike trail (free bike parking!), which follows an old train line for about 8 miles with Grant's Farm being the center point of the trail. Parking at various points along the trail (other than Grant's Farm) is free.

## Akwē 'es *contd from page 1*

### Education and wisdom.

Acquiesce is also what I had in mind when I was riding and training my horses. I always strove for intelligent submission but it had to be a willing decision, and the one asking (me) must be looked at as worthy of the response. It had to make sense to the horse and I learned to ask the question in such a way that I would allow the horse to make the right decision. They always did (eventually) when asked in a way they could understand, but every horse I had was different and finding the way to converse with them was challenging and required that I constantly looked at what I was really thinking and saying without words. Giving a horse the opportunity to engage with you willingly is an amazing gift, and I have only started to understand the parallels that action has with my day to day life.

Our rescue mare, Sami - whom I introduced you to in the May newsletter- came with the name Samantha, but the shortened "Sami" fits her much better. I gave her the official name of Samisamsara, with the meaning of the word "Samsara" being 'the cycle of death and rebirth to which life in the material world is bound'. As simple as it sounds, the word has deeper meaning for me when it is tied to Sami, because she is the epitome of death and rebirth, not only because she was facing the kill-pen when I rescued her AND she was pregnant with an incredible little soul (Izzy- who was born on April 29<sup>th</sup>); but Sami has been through very dark times where she had to fight with everything she was made of against some injustice or dominance that was most certainly unfair, but more importantly against her will. This has hardened her and she has created a recessed comfort zone, a ground zero that is often out of reach for me and I am certain that the despair she feels is akin to a little death. She is equally desperate to remember the fond times she had with humans, when there was love and nurturing and trust. But that was a long time ago; now I can only offer the opportunity for rebirth, it will be up to Sami to understand and accept. It will be up to Sami to Acquiesce.

Whatever happened to her to make her believe the situation was life or death, she still seeks affection and connection with people in a very vulnerable way. She understands the efforts we make and does her best to not over-react. She is an animal that wants to grow and change, which is very rare to find. She asks every day with her eyes, a gentle pleading that you feel to your core when she looks at you to ascertain the motive. When Sami is open, I accept and tread lightly forward. When she is closed I also need to accept and ask her where she wants to go, what result she is looking for, and help her find her way. To acquiesce is also to remove your personal emotions so you can see more clearly, to not focus on what outcome you anticipate but to allow the narrative to unfold naturally, as unpleasant as it may be at times. Conversely, acquiesce also defines the visionary; someone not tied to the moment but that can see the *potential* of the moment. We often seek the companionship of horses because of their grounding affect; they live in the moment constantly and invite us to do the same. But horses cannot see potential, nor understand it. That is something humans bring to the table that can ultimately benefit them. This is my gift to Sami – believing in her potential and helping her realize it, to understand her options and feel safe to make the choices that will assure her a successful future with humans.

So that picture I bought so many years ago has set me up for this challenge, not only for Sami but for myself. It is hard to not take a set-back personally, or what you perceive to be a set-back. It is challenging to communicate to an animal that has been abused that you are not the same as the other humans, as the abusers. It takes a tremendous belief in yourself that you are worthy of the challenge, are responsible enough to see it through to the end, and are strong enough to keep the vision – the potential – alive for as long as it takes. Accepting what is, every day, is key. Quietly complying to the outcome each day is paramount. But keeping an open heart, an eye out for opportunities and summoning the intelligence to guide are what it really takes.

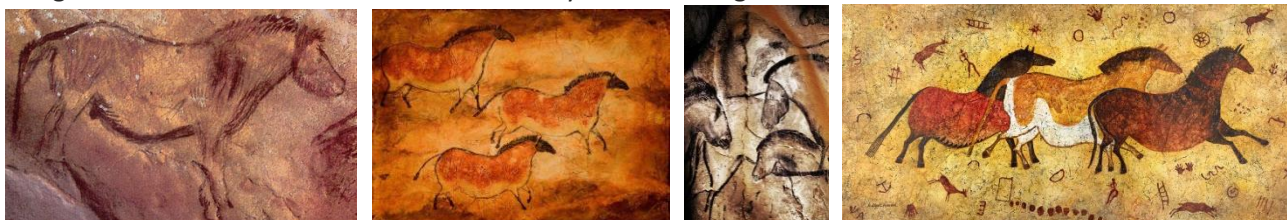
This is a test I am more than willing to take. And to acquiesce.

# Wildwood Farm CLIPS & CLOPS Oak Harbor

2326 Happy Valley Rd  
Oak Harbor WA 98277

## HORSE HISTORY 101

- Cave paintings of horses dating to 31,000 BP (before present). All of these paintings frequently show the horse as an object of prey. Yet these prehistoric cave paintings also reveal the great majesty man saw in the horse and show the great effort he made to recreate this beauty on the lasting canvas of the cave's rock walls.



- Ancient Man Held the Horse in Awe, Placing Equus among the Gods. Cultures of the ancient world evolved various mythologies, bodies of legend and belief that reflected their values, ideals, and visions of the past. The presence of the horse is common to many mythologies.
  - Poseidon creates the horse from the Ocean's waves
  - In India, ancient God's drove chariots across the sky, some chariots carrying the sun
  - In Christianity, great devastation was brought to earth by the Four Horsemen of the Apocalypse
  - The Centaur was a magnificent creature whose body was half horse and half man
  - Pegasus was a wild and winged steed who was ultimately tamed by Bellerophon, by using a golden bridle he received from a dream from Athena

