

# 10<sup>th</sup> Mountain Equine

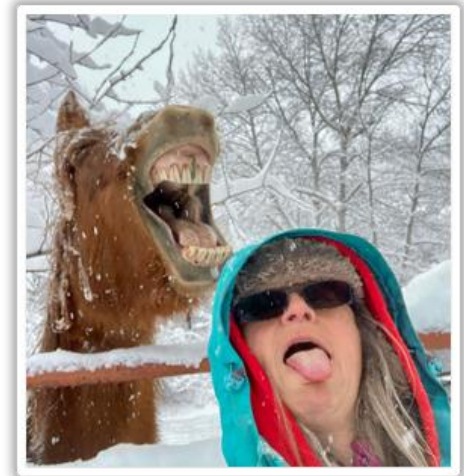
A Colorado Not For Profit 501(c)(3) corporation  
10ME.ORG

Newsletter, March 2022

## Welcome to 10<sup>th</sup> Mountain Equine

Welcome to 10<sup>th</sup> Mountain Equine!! This is our first newsletter which we currently hope to publish every quarter.

10<sup>th</sup> Mountain Equine assists horses to help people naturally. People are happy and joyful around good horses, and our horses are happy and joyful around good people. Together, amazing emotional healing occurs. We also introduce children and adults to the world of horses through riding, training, caring for and loving wonderful horses.



10<sup>th</sup> Mountain Equine is a non-profit 501(c)(3) tax exempt entity located near Eagle, Colorado at the entrance of Sylvan Lake State Park. Please visit our web page at [10ME.org](http://10ME.org).



## 10ME Assists Veterans

10th Mountain Equine is committed to help Colorado's veterans. Funding lapsed last year for these programs and Alecz used her own funds and time to continue this important work.

Fortunately, due to assistance from local government, private entities and increased financial donations to 10<sup>th</sup> Mountain Equine, we have returned to providing full programs to our veterans.

## Colorado's Youth Play a Big Part

Colorado's youth are a significant part of 10<sup>th</sup> Mountain Equine. Horses require constant care and loving attention. This teaches discipline in a way that leaves a lasting impression. The paddocks need to be cleaned and horses need to be fed and watered regardless of the weather or someone's desire to hang with friends or chat on a cell phone. Our younger volunteers who are given the responsibility of caring for a horse learn to be balanced and disciplined to look to the horses needs as well as their own.



## Mounted Archery!



Last year Alec and Russell, another director at 10<sup>th</sup> Mountain Equine, a video of people shooting arrows from the back of a horse. From that moment on, both Alec and Russell were hooked on Mounted Archery. Several people from 10<sup>th</sup> Mountain Equine assisted with the Mounted Archery competitions in Durango, Colorado last June. The competition included some of the country's top competitors.

Archery is now proving to be a great addition to the Equine Activities at 10<sup>th</sup> Mountain Equine. It provides both kids and adults a strong and achievable goal to ride at a very high level. To facilitate this, Russell has applied to the Mounted Archery Association of the Americas to form a new chapter in Eagle. Although the new chapter will be a separate entity from 10<sup>th</sup> Mountain Equine, the two entities will work closely together.

If you are interested in Mounted Archery, send Alec or Russell an email. We practice most Sunday afternoons at the ranch or in the State Park.



## **We Are Looking for a Forever Home**

The greatest need at 10<sup>th</sup> Mountain Equine is a forever home. Currently, 10<sup>th</sup> Mountain Equine is operating from Brush Creek Ranch at the entrance of Sylvan Lake State Park. The ranch is a wonderful location but was recently sold and we will need to find a new home by October. If anyone has any ideas or means of creating a forever home for the horses and the programs, please contact us.



## **Alec Adams Was a Featured Clinician at Rocky Mountain Horse Expo**



The annual Rocky Mountain Horse Expo was held February 24 – 27, 2022 at the National Western Complex, 4655 Humboldt Street, Denver, Colorado. This is a major horse event in Colorado and featured our own Alec Adams who lead classes on Yoga on Horseback, Mindful Horseback Riding, and Healing with Horses. Russell Granger also made a short presentation on heart rate variables and evidence-based results in equine assisted therapy.

Alecz has become one of the Expo's regular clinicians. She has also competed in the Equine Comeback Challenge where competitors had 90 days to train a rescued horse and then compete in reining, trail, cow work and a freestyle class with that horse.

A special thank you to the volunteers who helped make the expo a great success. Thank you for helping at the booth, the clinics, with set up and break down Lily Hair, Chuck Hair, Kailea Leeman, Bob Overstreet, Steve Tobias, Vanda Whittaker, Rachel Holland, Jordan Brown and Stacey Rodgers. While we were at the Expo, thank you Joanne Kelley and Tom Davis for talking care of 10<sup>th</sup> Mountain Equine at home. Thank you to Blazing Saddles Drill Team, for your help in the clinics as well as all the clinic students and participants.

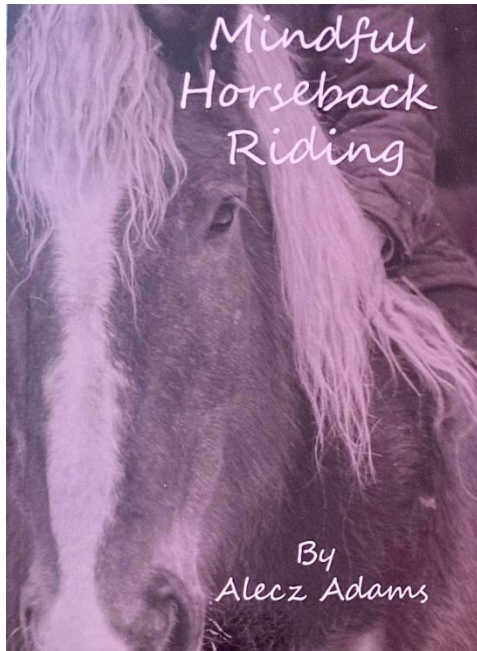
### ***Mindful Horseback Riding***

The following is an excerpt from Alecz's book, *Mindful Horseback Riding*:

“The idea of establishing a deep connection between a horse and its rider is not a new concept. Fine-tuning that connection has been pursued all around the world. From the finest Spanish and Austrian riding schools to India's horse yogis and the innumerable indigenous people who have developed very unique and connected relationships with not only horses, but all kinds of animals, worldwide.

“Mindfulness, in very simplified terms, is meditating in motion, and one might say that it is very much the practice of being present. Being present means thinking only about what is happening at this very moment, not allowing your mind to try to multi-task, to wander, day dream, or focus anywhere other than right where you are at that very moment. Not planning for the future and not assessing the past. Horses are a phenomenal conduit for this practice, as they themselves, as animals – and particularly prey animals – are so much more present in their daily experience of existence than humans are. When we humans can focus our exemplary observation skills on just what is happening with the horse and its environment, we can learn a lot. First, one must quiet the incessant chatter that occupies space in most of our own minds.

“Perhaps you are somewhat new to the idea of mindfulness, but you are interested in a deeper connection with your horse. One of my favorite descriptions of mindfulness comes from the Buddhist poet Thich Naht Hahn. To summarize, in my own words: ... Think of how a cloud is formed. It draws water up from the oceans and rivers and creeks, into the sky. It all collects there, and when enough moisture collects, then it rains. It rains down water, and we gather that water and we put it into our kettle, and we boil it. Then we pour it over the leaves in our cup, which makes tea. So, as we look into our cup of tea, when we are mindful, we can see the clouds.



“Mindfulness serves us in our work with horses by helping us to stay focused on, and subsequently respectful to, our equine friends. When you are mindful, you see not only the horse walking, or trotting, but you notice where the horse is carrying their head; how they’re holding their tail; the length of the strides they are making: After enough practice, if you can’t already, you will be able to tell your horse’s mood, and how that changes with your actions and the activities you do with them. Trainers and very experienced horse people are often completely unaware that they themselves are using these exact methods to assess their horses each and every moment. However no matter how good you already are, you can improve your horsemanship skills just by being mindful... or

more mindful.”

In the next Newsletter, we will describe some exercises you can try from the book *Mindful Horseback Riding*.

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