



## **2023 Upcoming Events and Calendar**

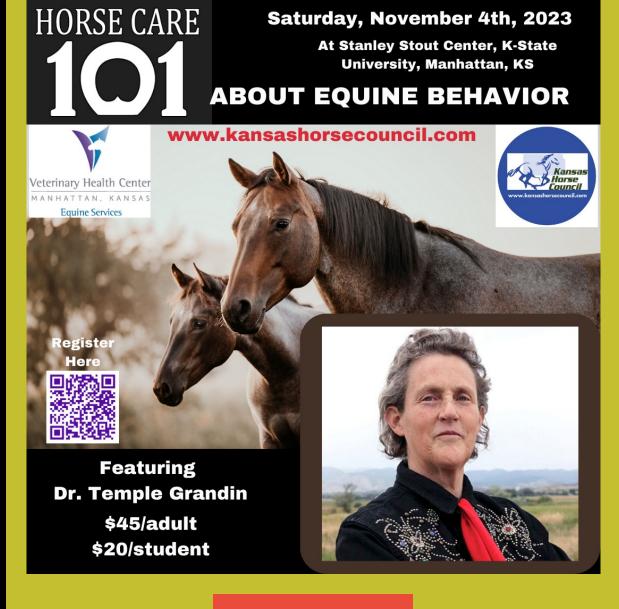
This month there are shows, rodeos, trail rides, and more!

See them here:

**Calendar of Submitted Events** 

Any questions regarding events, please call us at **785-776-0662** 

If interested in more information or to register for an event, please email us at <a href="mailto:director@kansashorsecouncil.com">director@kansashorsecouncil.com</a>



**REGISTER HERE** 





PAINT HORSE CONGRESS is October 18-22, 2023, at Oklahoma City Fairgrounds

Follow on the Kansas Paint Horse Association's Facebook page.



Welcome our Newest Kansas Horse Council Sponsor, Molly's Custom Silver



### Leadership from the Back

September 27, 2023 Margaret Reynolds

My friends and I just completed one of the most physically demanding horseback



adventures we have ever done, which is saying a lot after participating in ten rides across the world in the last eight years. We were in the Parc Naturel Regional Morvan. It is like a national park in the Burgundy area of France. For seven straight days we rode 25-30 miles on high stamina endurance horses across forests, hills and through small villages. Exhilarating!

Typically, I ask for a forward horse. That means one that moves out freely—walks fast, canters fast, and is energetic going down the trail. I love to look over the top of the next hill; to see out the "front windshield" and observe all that mother nature is offering. Those of you who know me won't be surprised that I am always thinking about what is around the next corner and often get there before others do. Yet on this trip no one asked me what type of horse I wanted to ride, and I was assigned Easy. Yes, Easy. Now, Easy is a beautiful gray Arab that has completed 100-mile races. He is no slouch! He was energetic at the trot and the canter and even won a short 20-second impromptu race. But his natural walk was an ambling gait that kept him in the back of a single file line of nine horses. That means you have no idea what is going on in the front. You can't see what is next and you certainly don't set the pace.

How does one lead in those circumstances? Easy taught me that there is more than one way to lead. He was indeed a leader if I would adapt to his skills. As leaders, we tend to define high performance or leadership characteristics in ways that are comfortable for us or reflect our preferred experiences. After two days of riding Easy and not being thrilled at being in the back, my friends encouraged me to ask for a different horse. But I couldn't bring myself to do it because Easy was, well, easy. He had no bad manners, he did everything asked, and he never fell behind when the group was challenged to move forward at a faster pace. In fact, he was almost effortless. My job as a leader was to let him do his job which he knew so well. My job as a leader was to allow him to do his job in a manner that showcased his strengths.

How often do we have employees in the company that are not flashy or highly visible but are doing their job at a high level, quietly, without being asked? They are likable and easy to get along with. Do they get overlooked because they don't speak up as much in meetings even though when they do they bring good ideas to the table? I am not just talking about someone who comes in, checks the boxes, stays in their lane, and heads out at 5:00. What I am describing is someone who excels but doesn't do it in an attention-seeking way. Easy was a great horse. No vices. No challenges. Always ready to do his job and then some. He just didn't walk fast.

My youngest son had that reputation throughout his athletic career. He wasn't a talker, had no ego and was an unimposing physical specimen—skinny as a rail. But he is a gifted athlete. The other teams never feared him. Yet he was a twelve letterman in high school and named Missouri high school athlete of the year. In college, he started at second base for Vanderbilt University and earned Freshman All-American status and continued as a starter the rest of his career there, helping take Vandy to their first ever College World Series in 2011. He was esteemed as a great team player, the best bunter on the team, and a clutch hitter, almost always named to post season honor teams and hitting .600 in post season play his senior year. Yet he was told he had David Eckstein syndrome. The kind of player that is easily undervalued because he makes it look too easy. His plays didn't make it to the highlight reel. He never had to do acrobatics to make a play because he was fast enough to just get to the ball. Others enjoyed making the game look exciting diving for routine balls, stomping on home plate when they scored, swinging for the fences, preferring to strike out over a base hit. Although sabermetrics would tell you my son was a very valuable player, traditional scouting looks for the "power



five"—the things that make a game exciting, like home runs—even though they don't correlate to wins. These quiet kinds of leaders can be underappreciated by traditional measures but needed in the trenches.

Easy was a winner. He taught me to slow down and watch the line ahead, observing people, riders, terrain, and other things that shared much insight on the horses, riders, and their skills. We were able to observe the entire "field" that way and take more in. Easy reminded me that not all leaders need to be heroes. They need to do their job effortlessly and add value to the team by not imposing on others—no kicking or biting other horses for him. Always ready to move out when the group did.

When we lead from the back, we not only get a different perspective of the team, but we can "slow down the play", a term athletes use to describe the ability to see a play unfold and to be hyper focused on their reaction. For a baseball player it is reading the pitch, for an offensive football player it is reading the way the defensive line will move in anticipation of finding a hole to penetrate. Those skills help us win and achieve high performance.

To hear more from Margaret Reynolds, visit her website by the button link below:

Breakthrough Master



I wanted to share some exciting news about the Kansas FFA Foundation and an incredible opportunity for you to make a lasting impact on the future of agriculture education and leadership in our state.

Over the past decade, Kansas FFA has experienced remarkable growth, with FFA chapters expanding by 30%. This growth is a testament to the dedication of our ag teachers and the enthusiasm of FFA students. However, as the demand for FFA programs has increased, our funding stream has not kept pace. To ensure that future generations of students can benefit from their FFA experience and become the leaders our world needs, we are embarking on an ambitious campaign.

Our goal is to raise \$5,000,000 for the Kansas FFA Foundation Endowment Fund by the end of 2023. These funds will provide critical support to ag teachers and FFA chapters across the state, enabling us to offer more opportunities and resources to our young agricultural leaders.



Your contribution can make a significant difference. By donating to the Kansas FFA Foundation, you are investing in the future of agriculture, education, and leadership in our state. Your generosity will help us continue to nurture the talents and ambitions of FFA students, equipping them with the skills they need to excel in the agricultural industry and beyond.

If you believe, as we do, that FFA plays a vital role in shaping the leaders of tomorrow and that our students deserve every opportunity to succeed, I urge you to consider making a donation today. Your support will help us reach our \$5 million goal and ensure that the Kansas FFA continues to thrive.

To donate and learn more about our campaign, please visit <a href="www.ksffa.org/endowment">www.ksffa.org/endowment</a>. Thank you for your consideration, and please feel free to reach out if you have any questions. If you'd like to schedule an appointment with me to discuss how your support can make a difference, click this link to pick a time that works best for you: <a href="https://doodle.com/bp/johannaanderes/kansas-ffa-foundation--lets-meet-w-johanna-anderes">https://doodle.com/bp/johannaanderes/kansas-ffa-foundation--lets-meet-w-johanna-anderes</a>. Together, we can empower the next generation of Kansas (and beyond!) leaders.

-Johanna Anderes, Kansas FFA Foundation



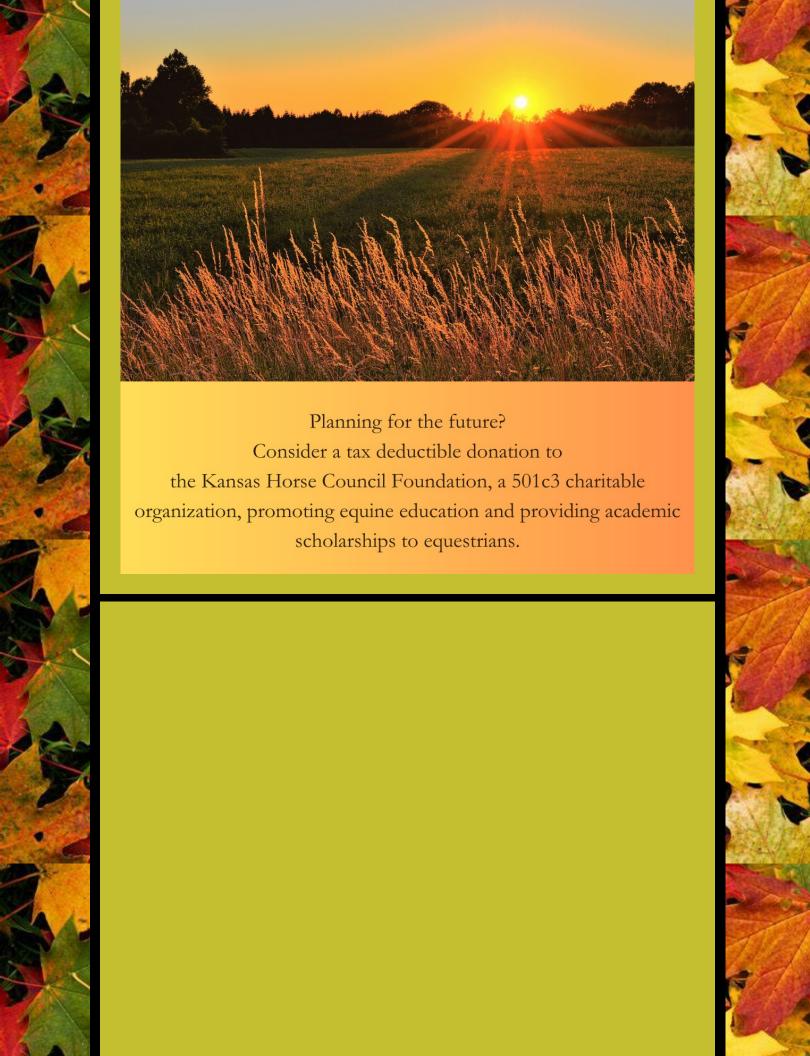




K-State Research and Extension is partnering with the Sunflower Foundation and the Kansas Trails Council to bring you a series of webinars. These events are for local trail advocates of any kind from city managers to volunteers - who want to create access to trails so their citizens can enjoy the physical, mental, and community benefits of connecting with nature.

Find the replay link here: Public Trail Resources (k-state.edu)







# **EPISODE 6**

Can We Solve the Veterinarian
Shortage Problem?
October 3, 2023



According to a 2019 American Association of Equine Practitioners (AAEP) Equine Economic Survey Report, most equine veterinarians knew they wanted to be a vet before the age of 10. So many choose this career path because of a calling they felt, and a passion and love for the horse. Still, many areas of the United States and beyond currently face a shortage of equine practitioners to provide veterinary care to horses and other equids. What are groups like the AAEP and USDA doing to address the issue?

Catch the latest episode of the American Horse Council Podcast, "Can We Solve the Veterinarian Shortage Problem".

**PODCAST** 



### DID YOU KNOW...

### It's FREE to Access the Horse Trails of America Map

THE map is **free to access**, but we do ask that all sign in and make an account so that we can keep our community safe. Here's where to make your membership (or take advantage of the six-month free trial for the Trail & Travel Membership):

https://www.horsetrailsofamerica.com/start-membership. Or if it's easier to remember, HTA.horse will take you to the same spot.

#### Watch the Video

Want more help? I made a how-to video to walk you through all the features and what to do. Watch that on our new YouTube channel—and be sure to hit subscribe and like once you're there: https://www.youtube.com/watch?v=2rQm8Lnd3ko





Check out Best of America by Horseback EquiFest 2023 TV coverage!

EquiFest of KS 2023





# Always Ride the High Trail

by Del Shields

The young man stared in consternation. He squinted and scratched his head. He pondered the words over again, of what the old cowboy had said.

"Always ride the high trail" was the message he'd passed along. The kid thought it sounded a little bit strange, though it rang like the words from a song.

"Exactly what does that mean" the kid burst out, "when traveling out here on the flats?" I think it applies to all of our travels; it holds value wherever you're at.

Kid, when you're riding way up high, you can see all the beauty below. It's easier to see the lay of the land and know where trails wind and go.

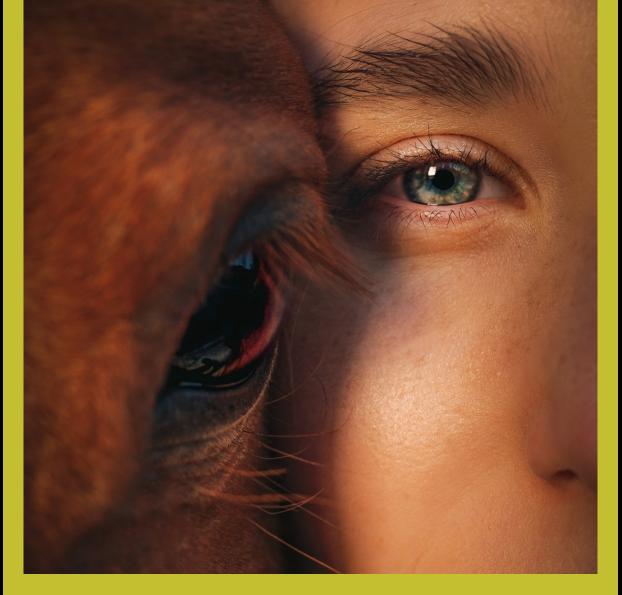
The air is fresher. the view is clear. the path that you follow makes sense. You don't have to open too many gates and be hemmed into a fence.

The same is true as we travel through life and live among men here below. if we take the high road and travel this way, it's a much smoother path as we go.

You see life is built out of choices. like timbers we put them in place. The choices we make and the trails that we take let men see the truth in your face.

The look of confusion had vanished. The young man stood tall with respect. The lesson soaked in, and he wore a slight grin. This wisdom he longed to reflect.

"Thanks for explaining the high trail," he exclaimed as he mounted his grey. "I'll see you again on the top of some ridge." Then he winked as he trotted away.



Horses possess a remarkable ability to perceive nonverbal cues and intentions. Through this, they offer us unbiased feedback, allowing our personal stories to evolve in a safe and powerful manner. Their sheer size and presence evoke a sense of wonder, leading to increased emotional safety and engagement in the treatment process.

Interacting with horses can lower blood pressure and heart rate, alleviates stress, and reduces symptoms of anxiety and depression.

There are several life skills that are learned with horses in a way that feels engaging and emotionally safe, some of which include identifying and coping with feelings, setting boundaries, overcoming fears, and forming healthy relationships with others and self.





Subscription opportunity to The Horse Magazine at 90% DISCOUNT off retail-Only \$5 for the year to Kansas Horse Council Members!





Scan the QR Code to sign-up for your reduced subscription TODAY!!



If you missed the Better Horses coverage of EquiFest 2023, replay the two-part episodes here!



Giving a shoutout to these participants and the hours they've logged enjoying time with their equine friends!

Q2 Results: Q2 RESULTS:

Delana Dee Crist - 500 hours
Emily Neises - 500 hours
Kallie Emig- 50 hours
Frank Buchman - 1500 hours
Way to get out there! Congratulations!



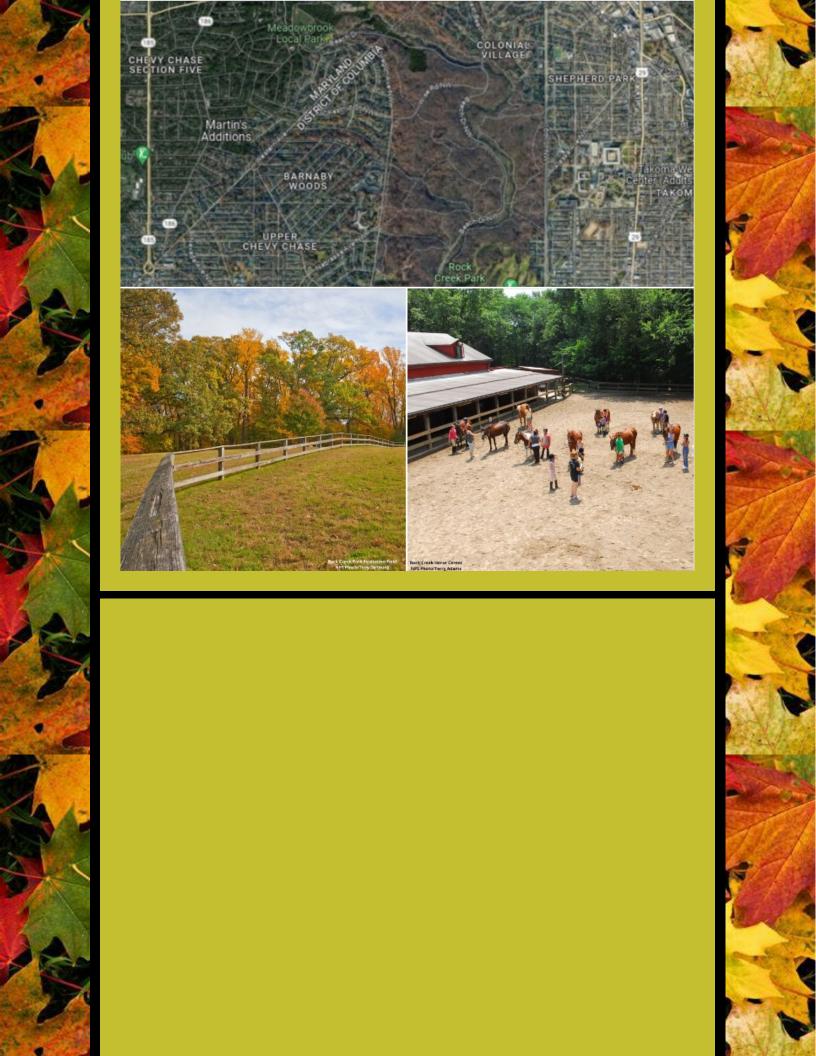


Public lands play a big role in preserving the opportunity for equine activities in city and suburban areas. While many equestrian facilities are being lost due to outward development of cities, public lands provide a haven, and a home, for many horses. Public lands are a big part of our equestrian landscape. As development pressures continue to build, they will become even more important to the horse community and the equine industry.

In the Washington, D.C. area, for example, an informal survey conducted by a group of concerned horse owners revealed that more than 45 boarding facilities had closed in the region over the past decade in spite of the strong, equestrian tradition of the region. However, stables on public lands have remained viable by incorporating horses into parks and other permanently protected lands.

Washington, D.C.'s only equine facility, Rock Creek Park Horse Center is home to 50 horses. The facility operates on National Park Service property and is run through a contractor hired by the Park Service. The stables are tucked into the northwest corner of Rock Creek Park, a national park that runs the length of the city. Rock Creek Stables is connected by a trail network to Maryland's Meadowbrook Stables owned by The Maryland-National Capital Park and Planning Commission. Run by a contractor, Meadowbrook offers a lesson program, a show series and offers boarding to students actively engaged in their training program. To learn more about how public land plays a role in preserving equine space, please visit our online resource library.

https://elcr.org/horses-welcomed-here-horses-on-public.../
#NoLandNoHorse #EquineLandConservation #PublicLand #AmericanTrails
#EquestrianTrails #CityEquestrians #StreetToStable #WashingtonDC
Photo Courtesy: NPS Photo/Terry Adams, NPS Photo/Tony DeYoung, Google Maps







Non-steroidal anti-inflammatory drugs (NSAIDs) are an important part of many horses' soundness management programs. But what effects do they



have on a horse's gut? Dr. Robert Jacobs of Purina explains how long-term NSAID use might affect your horse's gut microbiome and what you can do to combat these effects.

This podcast is an excerpt of our Ask TheHorse Live Q&A, "Maintaining the Equine Gut Microbiome." Listen to the full recording here.

#### LISTEN TO THE PODCAST HERE



From mowers to Gators<sup>™</sup> to tractors, <u>Equine</u>

<u>Discounts</u> can help you save up to 28% off your next

John Deere purchase!







Doing some Fall Fixer Uppers? **Equine Discounts** provides a

Sherwin Williams Paint discount that covers paint, brushes, and rollers



Equine members can save up to 25% off at Big Ass Fans!

Use code 'Equine20' online or call 866-678-4289 to learn more!

As a paying member of Kansas Horse Council, you could be receiving steep discounts on John Deere products, Big Ass Fans & Sherwin Williams Paints!

For more information on your Equine Discount:
Call us today! 866-678-4289
-or- Email EquineDiscounts@ntra.com
-or- Text 'horse' to 866-551-2217



# Ingredients

- 6 slices bacon, chopped
- Breast and/or thigh meat pulled from a Rotisserie chicken shredded or chopped (approx 2 cups chopped, cooked chicken needed)
- 10 oz. can Campbell's Cream of Chicken soup
- 8 oz. sour cream
- 12 oz. can evaporated milk
- 1 1/2 cups shredded cheddar cheese



- 1 Tbs. dry Ranch dressing mix
- 1 − 1 1/2 cups package frozen baby peas and carrots, thawed, use as much as you prefer
- 12 oz. can refrigerated Grands biscuits 10-count, each one cut into 8 pieces

#### **Instructions**

- Preheat the oven to 350 degrees F.
- In a deep 12" cast iron skillet (or your favorite heavy-bottomed skillet), cook the bacon over medium heat until it is golden brown and crispy; remove to a paper-towel lined plate to drain.
- Keep about 2 Tbs. of the bacon fat in the skillet; add the shredded chicken, soup, sour cream, evaporated milk, cheese, Ranch mix, and bacon; fold in the peas and carrots.
- Dot the top of the filling with the biscuit pieces in a single layer, pressing them down into the chicken filling a bit.
- Bake the pot pie, uncovered, on the center oven rack for 25-30 minutes or until golden brown on top and hot and bubbly throughout. Let the pot pie rest for 5-10 minutes before serving so the filling can set up a bit. Enjoy!



### Kansas Horse Council Specialty License Plate

• Kansas Horse Council license plates



are available at your local County Treasurer's office.

- You don't have to be a member to sport one, on your car, truck or trailer!
- Show your love of horses with this colorful statement plate!

**KHC License Plate Info** 





### Joint membership with KHC & BCH-KS for you!



### **Kansas Chapter**



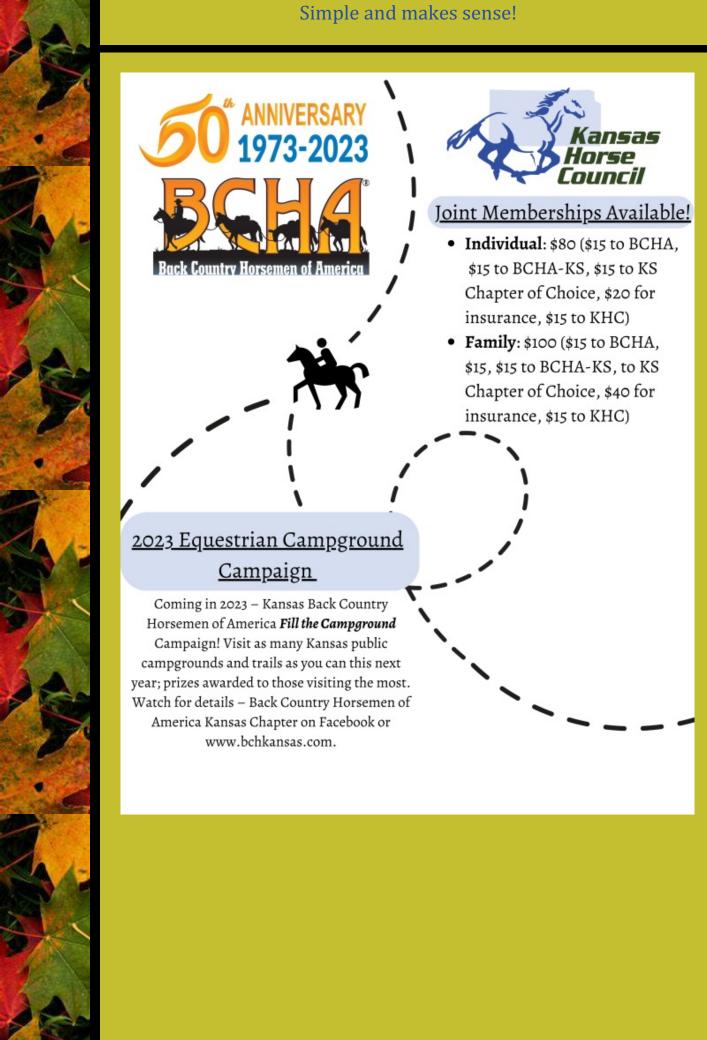


#### JOINT MEMBERSHIP AVAILABLE IN BOTH ORGANIZATIONS!

Individual: \$80 (\$15 to BCHA/\$15 to BCH-KS/\$15 to KS Chapter of Choice/\$20 for insurance/\$15 to KHC Family: \$100 (\$15 to BCHA/\$15 to BCH-KS/\$15 to KS Chapter of Choice/\$40 for insurance/\$15 to KHC

<u>Trails Advocate Level Individual: \$80</u> <u>Trails Advocate Level Family: \$100</u>

One enrollment to support two organizations!







What's the best way to stay informed of BCHKansas news and activities?

and all equestrians up-to-date on activities on several of our public trails. Here's a list:

Receive notifications of workdays or see reports on trails-maintenance or campground improvements. Join in on workdays whenever possible!







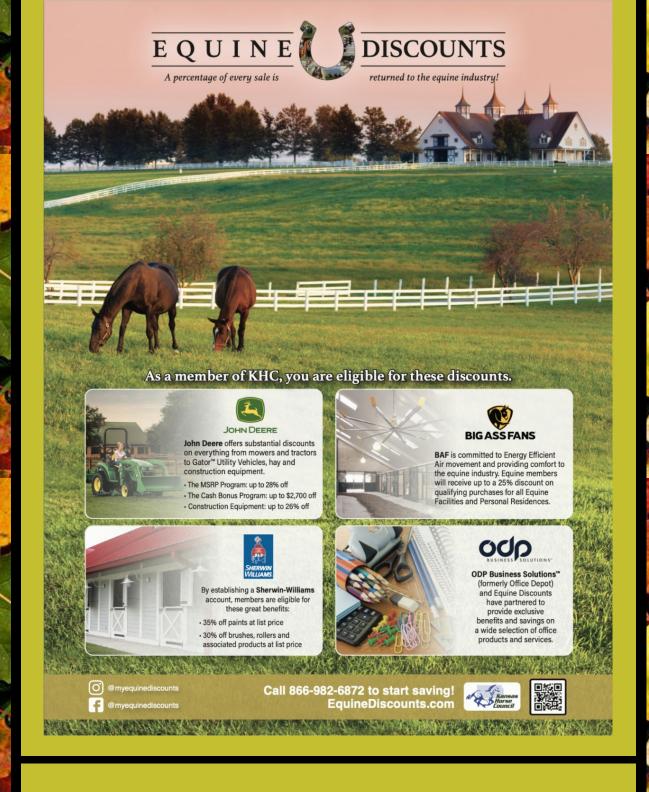






#### **DILLONS COMMUNITY REWARDS PROGRAM:**

• When you shop at Dillons and use your Rewards card, KHC will earn a percentage rebate based on your Dillon's purchases! To link & register your rewards card click here: Dillons Rewards Link and log into your existing account. Search for Kansas Horse Council or enter our NPO number. KS920 and click Enroll. New users will need to create an account which requires some basic information, a valid email address and a \*Rewards Card. \*You must have a registered Dillons Food Stores rewards card account to link the Community Rewards program to Kansas Horse Council. (Cards are available for FREE at any Dillon's customer service desk.) SHOP: Purchases will not count towards rebates for KHC until you register your rewards card and link to Kansas Horse Council here: DILLONS REWARDS LINK Registered Rewards Cards must be swiped at checkout or use your phone number registered with your Rewards Card when shopping for purchases to count. This program does not affect your Fuel Points balance. Points will still accumulate for your personal use. Rebate program is based on purchases at Dillon's stores payable to Kansas Horse Council as a Non-Profit Organization. Thank you for your continued support to the voice of equine enthusiasts in Kansas!



# October Funny

from Facebook: horse.com









Saddle up with
Kansas Horse
Council
Horsemanship
Rewards
members only
program! Earn
prizes for
spending time
with horses!

Be sure to renew your KHC membership for 2023 and pay your HRP renewal fee- \$15, to rollover your hours into the New Year!



Logs are submitted quarterly.
Saddle up, ride and earn rewards...it's a great way to start a NEW year!
For more details visit:
Horsemanship Rewards Info

Thanks to our <u>Friends of KHC Sponsors</u> below for their support of the HRP program!



KHC would like to thank you for sponsoring our HRP program!



Shawnee Woodwork Inc







FEED GREATNESS®







### <u>Learn About Kansas Horse</u> <u>Trails! RIDE Kansas!</u>

Saddle Up and RIDE Kansas! Visit our Kansas Department of Wildlife and U.S. Corps. of Engineers equestrian facilities. Visiting and riding or camping shows support of our parks, and keeps them open for future use and possible funding of improvements. Always leave only hoofprints behind. Share our multi-use trails. Call before you haul if in doubt before your visit.

**KDWP State Parks info.** 



Do you have your copy of our Equestrian Trails in Kansas?
Copies are provided FREE at all Kansas
Horse Council events, or \$3 for s/h and we'll mail you one.

These guides are also available at all KDWP offices.

Trail info is also available online here:

**Public Trails in Kansas** 

Stay tuned for our updated trail book this spring!







Kansas equestrians deserve a big pat on the back for another impressive year of volunteer work on public trails! Our public land managers and other trail organizations continue to be impressed by the dedication of equestrians to taking care of the trails we love to ride.

BCHKS volunteers reported the following for 2021 - 3,783 hours, with a value of \$259,326 in labor and supplies.

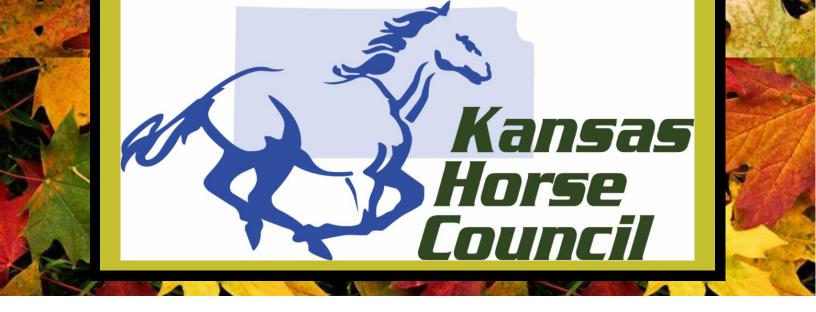
Since BCHKS started keeping track in 2014, equestrian volunteers in Kansas have contributed - 23,000 hours, with a value of \$1,250,943 in labor and supplies! We do make a difference!











Kansas Horse Council | 8831 Quail Lane, Suite 201, Manhattan, KS 66502

Unsubscribe director@kansashorsecouncil.com

Update Profile | Constant Contact Data Notice

Sent bydirector@kansashorsecouncil.compowered by



Try email marketing for free today!