



YOUR NEIGH-BORHOOD HULLABALOO

Horses In the Evening & Babies

Two short stories
By Kathy Cleveland

There is something so relaxing about watching horses while they eat. There's a calm in the corral that can't be found in the everyday hustle of the workaday world. Have you ever stopped to listen? Listen to the sound of horses methodically chewing, with an occasional swish of a tail? Listened to the soft rustle of hay as the horses toss it about, finding all the good bits? Horses deeply contented, broken only by the occasional posturing of the mares... a pinned ear, a sour glance; are but fleeting as the sweet smell of hay beckons. There is a feeling of well-being and abundance.

My step father grew up on a small cattle ranch in New Mexico. As a child, he rode his horse to the one room school house like so many of his classmates did. It was during the time of the Great Depression.

Compared to a lot of other families in the area, his was considered to be fairly well off. His family had enough money to buy him one new pair of Levi's a year. He only got one, so they had to last all year. His Mother would buy them several inches too long and roll them up. She would unroll them as her songrew taller. Lots of kids didn't get a new pair of jeans. They got hand-me-downs.

For lunch, the children would bring a biscuit or a raw potato to school. The potatoes were placed in the old pot bellied stove first thing in the morning. By lunch time they were cooked enough to eat. That was lunch. Just a biscuit or a potato with nothing on it. No salt, no pepper, no butter, no jam. They were lucky to get it, and they knew it too. It was known that some kids would save the biscuit that Mother had given them for breakfast and bring it to school for lunch, trying to hide how poor they were.

Once a month the school teacher would wash the children's hair with kerosene to keep the head lice

population down. Head lice ran rampant, especially with the Indian kids from the reservation. Harsh by today's standards, people had to make do with what little they had. It was a pretty rough time back then. My father often told me how grateful he was to have food on the table. So much of his family's wealth depended on the horses that made cattle ranching in the arid New Mexico territory possible.

He always felt a deep connection to the horses in the corral. I have fond memories of him with our horses in the evening. He would often step out at dusk with his cigarettes and spend a little quiet time alone, talking with the mares.... watching, listening....soaking it all in.

My husband, who does not ride, is drawn to the corral as if pulled by a giant magnet. Nearly every evening, after a 10-12 hour work day behind the wheel of a semi-truck, he heads to the corral to spend a little quiet time with the horses. I know why he is there. Horses show us what it is

Continued on page 11

Wildwood Farm
CLIPS & CLOPS
Oak Harbor

April 2021

New Research Reveals Horses Can Read & Remember Your Facial Expressions.

New research has shown that horses are able to read and remember the emotional expressions of humans.

Animal behavior experts at the University of Sussex and the University of Portsmouth in the UK presented domestic horses with large photographs of humans with happy or an angry expressions. Several hours later the horses saw the person who had been in the photograph, but this time the person adopted a neutral expression. Moreover, the person didn't know if the horse had seen the happy picture or the angry picture.

The researchers monitored the horses for particular behaviors, such as looking behavior, to assess their emotional states. What can looking behavior tell you? Horses, and a number of other species, including dogs, tend to process potentially threatening stimuli in the right hemisphere of the brain. This is indicated by a left-gaze bias, because visual information from the left eye is processed in the right hemisphere. Conversely, more 'pro-social' stimuli is processed in the left-hemisphere, which leads to a right-gaze bias.

The horses' stress behavior and heart rate were also monitored, as was their approach and avoidance behavior.

The study showed that even brief exposure to a pronounced facial expression affected the way the horse later responded to that specific individual. The horses reacted more negatively to the person when they had previously seen the angry photograph, and responded more positively, and less stressed, when they had previously seen the happy photograph.



"What we've found is that horses can not only read human facial expressions but they can also remember a person's previous emotional state when they meet them later that day, and crucially, that they adapt their behavior accordingly," says Professor Karen McComb from University of Sussex. "Essentially horses have a memory for emotion."

"We know that horses are socially intelligent animals," says Dr Leanne Proops of the University of Portsmouth. "But this is the first time any mammal has been shown to have this particular ability."

"What's very striking is that this happened after just briefly viewing a photograph of the person with a particular emotional expression - they did not have a strongly positive or negative experience with the person."



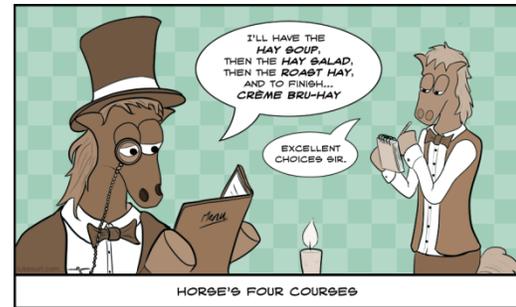
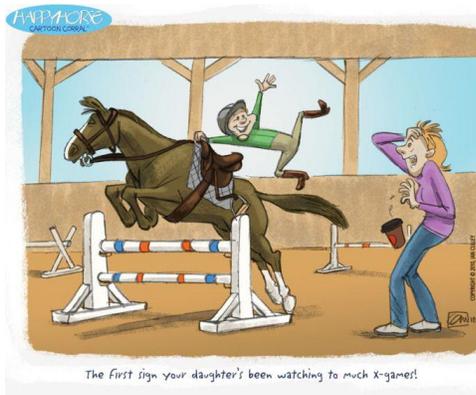
Shop online!
www.thenoblehorsevintage.com
www.theurbanequustrian.com

Our store is open 12:00am – 6:00pm Monday, Wednesday, Friday & Saturday



New Items for April



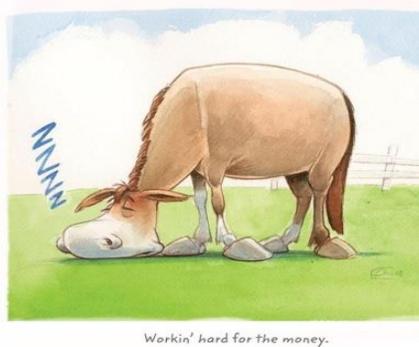


IT IS HELPFUL TO HAVE SOMEONE VIDEO YOUR RIDE



WHAT IS YOUR RACE HORSE NAME?

1. First name:		2. Birth month:	
A: Adirondack	N: North Dakota	January: Captain	
B: Bubbling	O: Oh boy,	February: Dancer	
C: Classic	P: Proud	March: Horse	
D: Dapper	Q: Quassy	April: Saxophone	
E: Easy	R: Rogae	May: Junior	
F: Follow that	S: Super	June: Pegasus	
G: Good ol'	T: Tender	July: Prospector	
H: Hungry	U: Ultra	August: Catastrophe	
I: Ice	V: Very good	September: Aviator	
J: Jukebox	W: Where's the	October: Risk	
K: King Henry the	X: X-Ray	November: Charm	
L: Lazy	Y: Yes to the	December: Jones	
M: Mrs.	Z: Zippy		



WILDWOOD FARM B&B



This is your moment.

Today at Wildwood Farm B&B



A Technician
Realized that only two things define us: Our patience when we have nothing and our attitude when we have everything .

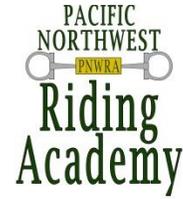
Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

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

WILDWOOD FARM HAS IT ALL!



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

PACIFIC NORTHWEST RIDING ACADEMY

Nutrition Corner

Nutritional Disorders In Horses

Nutritional disorders in horses include various vitamin and mineral deficiencies. The most common deficiencies to watch for include:

1. Energy Deficiency

A calorie or energy deficiency is a clinical deficiency, so it produces visible, measurable symptoms, which include:

- Weight loss
- Dull hair coat
- Muscle deterioration
- Cracked hooves

As with humans, calories provide your horse with the energy and power to perform. For high-performance horses, pregnant or lactating mares and horses under two years of age, their energy demands are higher, which means they require additional hay, grain or pasture-time.

Supplements like corn oil can also give your horse the calorie content they need to not only gain weight back but also keep it on throughout the year. Older horses or even picky eaters that are struggling to maintain their weight also benefit from the nutritional boost a weight gain supplement provides.

2. Protein Deficiency

Another clinical nutritional disorder in horses is a protein deficiency. While often linked to the energy that calories offer, proteins serve a different function. They provide your horse with amino acids, which support your horse's connective tissues, including their bones and muscles. When your horse lacks protein, you may see the following signs:

- Dull hair coat
- Muscle loss
- Reduced appetite
- Stifled development
- Slow Hoof Growth

Horses under two years of age and nursing mares are at the greatest risk for a protein deficiency. Recommended protein levels for foals, weanlings and yearlings range from 6-12, while a lactating mare requires a protein level as high as 13 during the first three months. In comparison, a high-performance horse's recommended level is 11.5.

Restoring your horse's protein to normal levels can happen within a week, depending on your treatment plan. Because a protein deficiency can leave horses under two years of age with lasting effects, it's essential you start a treatment program as soon as possible. Supplements that provide amino acids, especially lysine, are recommended for a faster recovery.

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 Dalsegno

Dale was born in May of 2006, out of our mare French Dancer (TB) and by the Hanoverian Stallion, Grandezine. Dale was born around noon out in our big field, and his timing was totally unexpected. We only noticed his arrival when our trainer asked who the other horse was out in the field with the brood mares! The sun was so bright that day the poor little guy could barely keep his eyes open, and he was much happier when he came into the barn and could relax and cozy up in the straw.

It took a lot of patience and repetition to get Dale to understand the halter and handling, and as we got to know him we decided that Dalsegno was the right name for him. The word Dal segno is used in music notation as a navigation marker, instructing the musician to repeat a passage starting from the sign (The Dal Sagno). We definitely had to keep repeating our lessons with Dale, but eventually he clicked in and began to grow into a lovely, sensitive and athletic boy. When he was 10 months old he went through the American warmblood inspection and received a score of 82% and blue (supreme) status.



When Dale was 3 we sent him to a trainer to start him (Quinton DesFountain), and he told us that Dale was one of the best ones he had worked with – soft mouth, good work ethic, forward movement, no tenseness, eager to please and very honest.

When he was 4 Dale began his jumping training with the late Lee Dennie, who turned him into a fantastic hunter and he was sold to a young rider when he was 5 in Redmond, Oregon and the pair competed quite successfully for many seasons on the A-circuit, even one year at the HITS Thermal in Palm Springs.

How to Connect with an unfamiliar horse: An interview with US Olympian Samantha Schultz.

Of all the summer Olympic events, Modern Pentathlon is surely one of the most exciting. That's because it actually tests athletes on five different sports – stadium show jumping, fencing (sword fighting), swimming, running and pistol shooting. The horse event is especially tough because athletes are given just 20 minutes to warm up on an unfamiliar horse before they have to complete a challenging stadium show jumping course. Sammy Schultz is one of the top pentathletes in the world and in this interview she talks about her success and shares some useful tips to connect with your horse even when his personality seems to change from day to day.

How did you get started with the sport of modern pentathlon?

I got a little bit of a late start. I started in 2010, and so I was a senior in high school. At the time I was running cross country and track, swimming, and doing three-day event team. I had a horse, and just had a weird combination of sports. Pentathlon came on the radar in 2010. A woman who I did eventing with found out that I knew how to shoot, run, swim, and I was riding horses. So she's like, "You need to do the sport of Pentathlon!" She founded Cheyenne fencing and Modern Pentathlon Club in Denver. I went there, learned how to fence, eventually came to the Olympic Training Center in Colorado Springs, did my first competition in March 2010, and then everything just kind of spiraled from there.

And what do you love so much about the sport?

I think just the challenge. I love the sport because of the diversity, but I also love it because of the challenges. It's like a double-edged sword. There are so many different aspects of it, which I think makes it really fun, but it also makes it like kind of frustrating at times. But I think that's part of the beauty of it

How does the Horse Jumping portion of the Modern Pentathlon work?

For the riding portion of, there's a random draw. You are given a random horse. All these horses that are put into the competition have to pass the jumping test. Two days before the event, they'll do the jumping test, and the horse has to complete the course to a certain ability. The coaches get to watch or the athletes can watch too. They can take notes on all the horses that are in the competition. Then for the finals, there's 36 athletes, and they'll have 18 horses with a couple of reserve horses just in case something happens. Each horse will get ridden twice.

They'll have a first round, and then a second round. So you will actually be riding the same horse as another athlete, and you may be going first or you may be going second. Depending if you're first or second, it can be an advantage or disadvantage depending on how that goes. It's basically show jumping. So you're not scored on how you look at all. You just have to complete the course to the best of your ability within the optimum time. If you're over that time, you get

time penalties. If you knock a rail over, you get deducted points. Refusals are deducted points. You can fall off once, but if you fall off the second time you are eliminated. And then, you can have two refusals at a jump, and then once you have the two refusals, you skip that obstacle and you go on to the next obstacle. Each obstacle has a certain amount of points, and you have 15 obstacles to accomplish -- a triple combination and a double combination within that.

Can you tell us about a time where you were presented with a horse you could tell would be difficult?

The biggest one that comes to mind was a Pan American games in 2019. So this is the competition where you're like, "Okay, I can qualify my spot for the Olympics. Like I can't screw this up. I got to have a good ride." When I got on this little white horse with so much power, I could tell he was very strong. So, we do our first warmup jump and I pull back on the horse. The horse puts his head down and I just fly off. I mean there was no chance for me to hang on at all. So my riding coach, Tracy, she was like, "Oh crap." We did a couple more warm-up jumps, and as long as I kept like that strong rein and I would turn quickly after the jumps, I was fine. We got into the course, we got done, and I think I had a perfect score.

Can you share any techniques or tips you use to have a better connection with an unfamiliar horse?

A lot of it is just being observant of the horse that day. I try to get to the riding earlier and just stand around the horse to see, are they anxious? Are they like prancing around? Are their ears perked out? I guess their personality in that moment. Even too... I feel like when you own a horse, it's going to be different every day. I know when I had a horse, their personalities are all over the board, and so you really have to be observant of what's going on with them. Are they perky today? Are they anxious? And by me being just around him and not trying to be rushed. I think that was the biggest thing with my warmup and just being around the horse, checking my tack, petting them, just making them feel calm. Because I'm unfamiliar to them too, which is probably a little bit scary having like so much chaos going around. Once I get on, testing out the cues... what do they respond to? Trying to get them to go faster and slower, the turning cues. I think just observant, and taking your time to adapt to that horse or get used to them, giving yourself enough time to listen to what they're giving you that day

What is something you're most proud of with your Pentathlon Career?

I'm most proud of my ability to persevere, and to show up every day and work hard.

I want to get better every day, and even having surgeries or injuries, I try to figure out a way to get healthier. How can I eat better? How can I improve my body and my mind to just make those improvements every day?

And so I think I'm proud of just that resiliency to be able to push through pain and those things that have held me back. Being an alternate for Rio [2016 Olympics], having hip surgery in 2012, I mean, just all kinds of like little obstacles that have been placed in my way through that journey, which I think has made me stronger mentally and physically.

Sa Sartiglia

Oristano, Italy

This mysterious Sardinian festival sees a horde of blank-faced equestrians compete for tin stars.



IN THE HISTORIC CITY OF Oristano on the Italian island of Sardinia, the sight of a group of horsemen in terrifying doll masks galloping down the crowded streets doesn't signal some occult apocalypse, instead it means that the Sa Sartiglia has begun.

This yearly festival, which takes place on the Tuesday and last Sunday of Carnival on the island, is an ancient medieval celebration, the origins of which are unclear. The festival dates back to at least the 1500s, having been mentioned in a medieval manuscript, but others have speculated that it dates back much further. Regardless of its age, the festival is a strange and fascinating sight (not to mention a little creepy).

Traditionally, a tournament takes place on both days, with the Sunday match performed by local farmers, and the Tuesday match being undertaken by local carpenters. Regardless of the day, the spectacle is the same: equestrian performers don blank-faced masks and ride elaborately decked-out horses through the streets of Oristano. Watched by crowds of onlookers, the performers speed toward the chapel, in front of which hangs a tin star with a hole in the middle. The idea is for the rider to skewer and collect the star with a sword. Sometimes this requires standing atop the moving horse. Then at the end of the festivities, the amount of stars gathered indicate how successful the farming and carpentry will be in the coming year.

The leader of the festival is known as the Su Componidori, who is cheered on by the raving crowd. Visitors would be excused for missing the importance of the figure however, as they try to avoid the dead gazes of the masked riders.

THE MOST BEAUTIFUL MANES!



Man Controlling Trade

Washington, D.C.

A muscular Art Deco monument represents the struggle between regulators and unbridled markets.



THE WEDGE SHAPED FEDERAL TRADE Commission building in the Federal Triangle is flanked by a pair of iconic Art Deco figures, the only equestrian statues in Washington to feature uncooperative steeds. The similar but not identical pair are collectively known as Man Controlling Trade, and represents the New Deal-era struggle with consumer protection.

Man Controlling Trade was financed by the Treasury Department Section on Fine Arts, a largely forgotten benefactor of 1,400 murals and sculptures that is frequently confused with the Works Progress Administration. A design competition in 1938 awarded 29-year-old sculptor Michael Lantz \$45,600 to complete the project, a life changing sum for the struggling artist who previously earned a \$94 a month at his government relief job.

Lantz spent four years on the sculptures and unveiled his finished creations in May, 1942 to critical acclaim. Federal Trade Commission biographer Marc McClure wrote that “the horse, representing big business, with its dynamic energy suggests that it could easily go on a rampage and leave a path of destruction behind it, oblivious to its own actions. The muscular man stripped to the waist standing beside the horse and gripping its reins symbolizes the federal government, which through intelligence and restraint forces the horse to submit its power to a useful purpose.”

The allegorical depiction of a wonky federal regulator as a chiseled shirtless hunk is a bit of a stretch today, but it stands as a memorial to the New Deal aspirations for an assertive and protective federal government. That’s the intention anyway—some contemporary residents think it looks like “a guy torturing a horse.”

Know Before You Go

The statue on the north side of the building features a slightly meaner looking horse, which seems to be biting the man’s hand. In the southern statue the man seems to have greater control over the beast.

Horses in the Evening contd from page 1

to have no worries about tomorrow, no regrets about yesterday...only a pure contentment...in the right now moment. What a powerful message! We long to share it, if only for a moment, that beautiful sense of peace and serenity that satisfies the soul.

I look forward to feeding the horses, especially in the evening. The morning feed is a rushed event, with the all of the days chores looming ahead. The evening feed is different. I find myself slowing down, even lingering over the task. The calm of the horses feeding puts a sort of grounding perspective on the events of the day. They encourage peaceful contemplation. Just like my step father, the horses remind me of what's really important in my life. They remind me of the need to slow down and enjoy the simple pleasures... like the horses do. The horses have no worries, no complaints. They're just big beautiful reminders that the elixir of life is in the finding of the calm within.



Babies

I was lying flat on my back, in the hospital on strict bed rest. I was six plus months pregnant with twins and diagnosed with Preeclampsia. It's a temporary disease that pregnant women can get. It is life threatening. The only cure is to not be pregnant any more. The trick was to stay pregnant long enough for the babies lungs to mature. The nursing staff was monitoring my blood pressure round the clock. My blood pressure was hovering on the edge of an emergency cesarean to save my life.

"If your blood pressure gets any higher we will take the babies," I was told. "They may not be able to breathe on their own. We may have to fly them to San Francisco by helicopter to a more advanced neonatal unit. Try and stay relaxed."

Stay relaxed! The nurses were checking my blood pressure every two hours. I was scared. The nurse approached with the arm cuff. "Please," I asked her. "Will you give me five minutes? I need a few minutes to get my pressure down before you take the reading."

I closed my eyes. We were standing at the hitching post. I could smell that sweet earthy smell, with just a hint of horse sweat. I took a long deep breath just to take it all in. With brush in hand I started just behind her right ear. Short swift brush strokes chased the dust from her coat. I lifted her thick black mane that hid the BLM freeze brand on her neck and brushed underneath. I moved to her shoulder. The wind would catch the dust that came from her coat and blow it back on to me. Horse dirt. The best kind of dirt in the world. Copper highlights in her coat glistened in the sun. I brushed her back and belly and ran my hand into her silky tawny colored armpit. I brushed the caked dirt off her long black legs and admired the elegant black points of hair that grew just behind her beautiful hooves. She had good feet. The vet told me she had the best looking feet he'd ever seen on a horse. She was just like that. Perfect all over. I didn't bother with her long black tail. It was just messy enough to suit us both. I just getting 'round to the other side when I was rudely interrupted.

"It's time to take your blood pressure." The nurse had returned to do the dirty deed. She jotted down the results on her chart and then looked at me curiously. "How do you do it? How are you keeping your blood pressure down?" she asked.

"It's quite simple really. I've been brushing my horse."

Wildwood Farm CLIPS & CLOPS Oak Harbor

2326 Happy Valley Rd
Oak Harbor WA 98277

The History of The Riding Boot

In the ancient world, boots represented ruling power and military might. Emperors and kings wore ornate and colorful examples; this was a significant distinction when the majority of the population went barefoot. Leather was expensive, and roman emperors were cited as wearing colorful jeweled and embroidered examples-even with gold soles. Boots were also already associated with the military-the *campagnus* was worn by the highest-ranking officers and some senators in ancient Rome, the height of the boot denoting rank.

By the sixteenth century, high boots of soft perfumed leather were worn to meet upper stocks and would soon develop into the wide, floppy cavalier styles of the first half of the seventeenth century. Soft boots folded down- and slouchy boots worn with boot hose elaborately trimmed with lace flaring out into wide funnel shapes to fold down over the boots-characterized these fashions. These high boots featured a leather strap on the instep (the *surpiéd*), and a strap under the foot, which anchored the spur in place (the *soulette*). They had funnel tops, which covered the knee for riding and could be turned down for town wear. Under the influence of the French court, boots disappeared except for those worn by laborers, soldiers, and devotees of active sports, such as hunting and riding.

The seventeenth century had seen the emergence of the first military uniforms, and the boot had played an essential role in this standardization. The high-legged cavalier boot of the previous century was transformed by a highly polished and rigid leg-the prototypical military jackboot. The high top and rigid finish was supremely practical and successful at protecting legs while on horseback. This style was seen as early as 1688 and continued to be worn into the 1760s.

For the more gentlemanly pursuit of sport riding, the high cavalier boot of the seventeenth century developed into a softer and closer fitting "jockey" style boot with the top folded down under the knee for mobility which showed the brown leather or cotton lining. This style originated in 1727 and became increasingly fashionable into the 1770s. The popularity of the English style riding boot was a part of the greater Anglomania of the eighteenth century and foreshadows the "Great Masculine Renunciation" that would follow in the wake of the French Revolution and the early years of the nineteenth century.

The vogue for democratic, English style dress had made the boot more popular than ever. The Wellington boot was essentially a Hessian that had had its curved top cut straight across with a simple binding. This style was reputedly developed by the Duke of Wellington in 1817 and dominated menswear in the first quarter of the nineteenth century. The success of the Wellington was so pronounced that it was said in 1830, "the Hessian is a boot only worn with tight pantaloons. The top boot is almost entirely a sporting fashion...although they are worn by gentlemen in hunting, they are in general use among the lower orders, such as jockeys, grooms, and butlers. The Wellington...the only boot in general wear"

During the Victorian period boots of all kinds reached the peak of their popularity. In 1837 the British inventor J. Sparkes Hall presented Queen Victoria with the first pair of boots with an elasticized side boot gusset. This style would be popular throughout the rest of the century with both men and women. By mid-century the two most popular styles were the elastic side-also known as the congress, side-spring, and the front-lacing boot.