



Wildwood Farm CLIPS & CLOPS Oak Harbor

FEBRUARY 2021

YOUR NEIGH-BORHOOD HULLABALOO

Preserving The Cowboy Way By Craig Cameron

Horsemanship is really an art form. It takes almost a lifetime to become great at it, and there are always new goals to reach along the way. My goal today is to develop what I call the "brave horse." The brave horse will go anywhere and do anything your want, because he trusts you. Trust is a belief, and you don't want to destroy the horse's belief that you would never do anything to hurt or harm him. To do this, you must learn how to use what I call your five "senses:" Sensibility, sensitivity, common sense, horse sense – and don't forget your sense of humor! When you do this right, it looks like magic. It isn't. It's a commonsense approach that we sometimes call "horse sense."

I'm not sure that you can say that the relationship between man and horse is a natural one. They say the horse is fifty million years old, and man's first dealing with them was to kill them for food. We, as humans, have a predator mentality, while the horse has a prey mentality. We should not take it for granted, then, when this amazing prey animal allows the predator to get right up on its back. This is so unnatural for them that it's amazing the horse will accept it. He

accepts it when he comes to believe that you're not going to hurt him. For this reason, you should not work with a horse through pain and fear. If you use that approach, the only response you will get from the horse is instinct.

Of course, some people do a better job than others at gaining a horse's trust, and some horses have a stronger impulse toward self-preservation. You can't take the instinct away, so you must work with him in a way that allows him to figure out that he doesn't have to use his instinct. Training is development through gradually increasing demands. If you push too hard, the horse will respond with instinct that is fifty million years old. Sometimes, the best strategy is simply to back off and go slow. That is the place where the horse gentles and begins to accept your leadership. Give a horse time to think.

Horsemanship is a thinking man's game. You have to outthink the horse. When the horse is doing something that we consider wrong, he is only doing what he thinks he's supposed to do. It's our job to give him the reason to change. When he does the right thing, we have to give him the relief, the reward, the pat on the neck – something to let the horse know he's doing right. Half the secret to horsemanship is working with the horse instead of against the horse. We can't

get excited. We can't get mad. Mad only gets in your way, and when you're mad, you're not thinking.

The herd instinct is very strong. The horse quickly figures out whether you are leading or following. He figures out whether you're alpha or beta. If you won't take that leadership role, then he will. He may be walking around when you try to get on. He may buck you off a time or two, and these behaviors, if they go unchecked, become habits. When you allow that to happen, you must be careful what kind of monster you are creating!

You must take a leadership role, but a true horseman doesn't work through pain or fear, they work through understanding. I embrace Ray Hunt's Philosophy of making the wrong thing difficult and making the right thing easy. How can there be a better philosophy? Your way of working with a horse may be different than mine, but you can use this philosophy. Not only does it apply to horses, it's the best philosophy for dealing with kids, dogs, and everyone else as well. Work with the correct attitude and let your idea become their idea. People are tougher to teach than horses because we let pride and ego become involved. If you let go of your

Continued on page 11

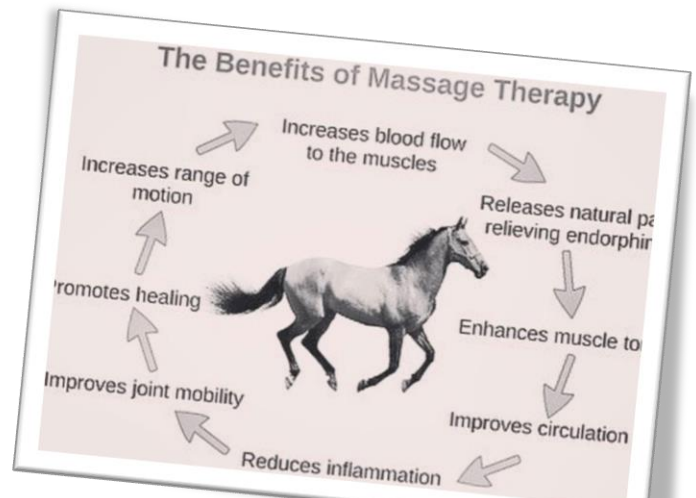
Equine CranioSacral Therapy

In the early 1900s, an osteopath named Dr. William Sutherland discovered that when pressures were applied to the bones of the skull, the sacrum and pelvis were affected and vice versa. However, whereas traditional osteopathy focuses on the individual bones themselves, craniosacral focuses on bringing balance throughout the skeletal and muscular systems with a specific focus on the individual bones of the skull, spine, and sacrum.

The technique is a very gentle hands-on therapy which encourages the horse to release the restricted movement of the bones of the skull, spine, and pelvis.

Through Equine Craniosacral work, issues that are very often seen as conformation issues have been shown to be postural issues. As a therapy, it offers an excellent and extremely effective alternative to more conventional therapies such as massage and physiotherapy, especially for nervous and anxious horses.

Many horses are forced to retire from injuries and wear and tear caused by a lack of preventative care and treatment. Equine Craniosacral therapy can help horses combat the physical stresses and strains imposed on them (competing, training stressors, dental compromise, or even just pulling back when



Tied up) and allows them to rebalance their bodies so they are able to perform more effectively and comfortably over a longer period.

Equine craniosacral therapy helps top-level competition horses maintain peak performance and competitive edge and is gaining popularity in many disciplines, especially eventing.

Equine craniosacral can help horses that suffer from head shaking, lameness, hindquarter injuries, head traumas, temporomandibular joint (jaw) dysfunction, and many other conditions.

It's important to remember that your horse's body works as a whole unit and how everything is connected.



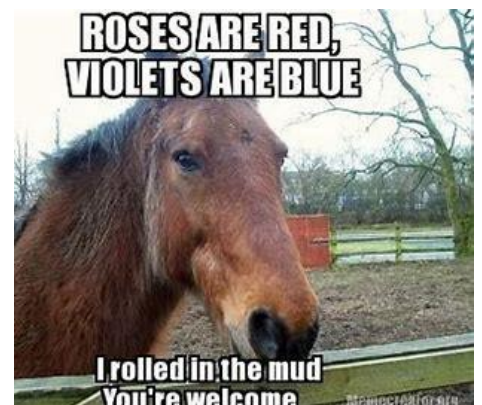
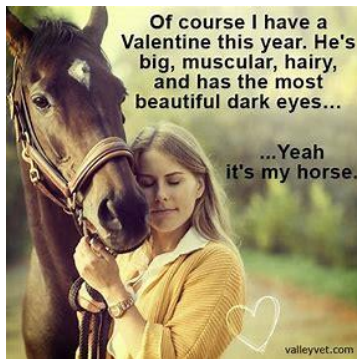
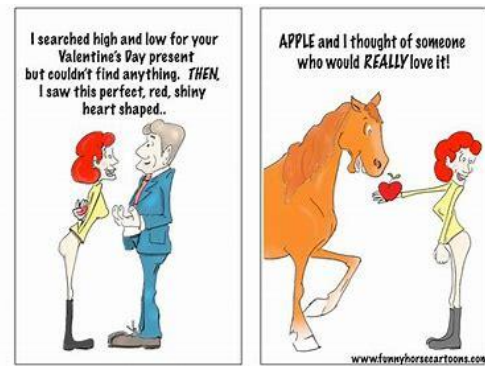
Our store is open 11:00am – 6:00pm Monday, Wednesday, Friday & Saturday

Shop online!
www.thenoblehorsevintage.com
www.theurbanequestrian.com



New Items for February





Why is horse racing so romantic?

Because the horse hugs the rails, the jockey puts his arms around the horse and you can kiss your money goodbye!

WILDWOOD FARM B&B



This is your moment.

Today at Wildwood Farm B&B



An Architect
Learned to stop thinking so much and realized it's ok to not have all the answers – they will come to you when you least expect it.

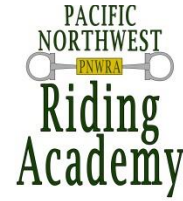
Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

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?
Allow yourself to fly without wings?



WILL YOU?
Allow yourself to be loved by a horse at least once in your life?



WWW.PNWRiding.com

PACIFIC NORTHWEST RIDING ACADEMY

KEN KEN®



HORSE

Addition Puzzle 2 (4x4)

Are you ready? Fill in the boxes with the numbers 1 through 4. Be sure to use every number in every row and column. Do not repeat a number, either. Make sure numbers in each area add up to the numbers shown!

+

3+	1	7+	6+
	7+		
3		3+	
6+		4+	



Nutrition Corner

What are Adaptogens?

Adaptogens are Phytonutrients that are derived from plants, and phytonutrients are believed to be beneficial to the horse's health and help prevent various diseases and/or conditions. Here are some of the most beneficial for horses:

Eleutherococcus Senticosus

Commonly referred to as Siberian ginseng, but *Eleutherococcus Senticosus* (E.S.) is not a ginseng at all. Considered to be the "King of Adaptogens" by Russian researchers, it exhibits a wide range of beneficial and protective actions in the body. Numerous clinical studies have shown E.S. has a proven ability to help cells absorb glucose. E.S. has also been shown to be a powerful immunomodulator, strengthening the immune system significantly when used on a daily basis.

Schizandra Chinensis

(Chinese Magnolia Vine) *Schizandra Chinensis* has been shown to assist in the utilization of oxygen within the cell. Another interesting effect of *Schizandra Chinensis* is the ability to suppress excessive stomach acid. This may be shown to have a beneficial effect on the management of horses prone to ulcers.

Echinopanax Elatus

(Asian Devil's Club) As its name implies, this plant is a relative of *Panax Ginseng*, but with very different qualities. Unlike true ginseng, which can have side effects with long term use, *Echinopanax elatus* exhibits a more indirect effect. It is particularly effective in regulating blood sugar and protecting cardiac function.

Aralia Mandschurica

(Manchurian thorn tree) Enhances immune function, acts as an antioxidant, increases mental alertness and helps regulate blood sugar. *Aralia* also has been shown in clinical studies to have pronounced anti-ulcer effects.

Rhodiola Rosea

(Golden root or Arctic root) Used for centuries to enhance mental and physical function, it has been shown in clinical studies to increase the blood supply to the muscles and brain, and also to increase protein synthesis. Cardio-protective, *Rhodiola rosea* improves heart rate recovery after intense exercise and has been shown to increase the body's ability to access fats as an energy source.

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 Pepper Ann Titan (Pepper)

Pepper was purchased by Wildwood Farm in September of 2017 for our lesson program and has proven to be a well-rounded addition for our intermediate students, as well as trail riders.

Born in 1999, Pepper is a now 22 yr old registered breeding stock paint mare (no color) who was bred and foaled in Elk, Washington by Dennis & Pam Bechtold. She was professionally trained for Western riding and trail, and was purchased when she was six by Jim & Sherry Littlejohn who lived in Snohomish and had a small private barn; Pepper was purchased to be a trail horse for Jim and it was consequently at Wildwood Farm where they came to try her out to buy!

Pepper was bred to the fabulous Friesian Stallion Rembrant from French Creek Stables in Snohomish, and she had a fabulous filly named Roe who went on to be highly successful in the dressage circuit with Sherry.

Pepper does have her marish moments (don't touch my ears or brush me too hard!) but she is an invaluable member of our equine team and loved by her students and instructors.



The American Paint Horse Association

Founded in 1960 (then known as the American Paint Quarter Horse Association) in part by Rebecca Tyler Lockhart who was partial to Quarter Horse conformation but liked a little bit of chrome; The first horse was registered in 1962. Breeding Stock Paint is now referred to as Solid Paint-Bred, simply meaning that they lack the color coats so popular with the paint horse breed. They do still carry the genetics, however, and many will throw unexpected color when selectively bred. This is a very versatile breed, like the Quarter Horse, and excel at all disciplines including racing.

Interview with Winky Groover and his career with the Tennessee Walking Horse

Winky Groover has been training Tennessee Walking horses for 35 years and has showed them for over 49 years. He started riding at the age of 5 and won a World Championship in the Juvenile division in 1971, and was awarded Assistant Trainer of the year in 1987, 1988 and 1989. Along with training numerous World Champions in both the amateur and professional divisions, he was acting President of the Walking Horse Trainer's Association for many years. Winky owns and operates Groover Stables at Saddlecrest Farms in Shelbyville, Tennessee where he and his wife, Sheila, breed and raise foals and teach and train students for the show ring.

How did you get into the Walking Horse Business and how long have you been in it?

I am a second-generation horse trainer who was born into the horse business. They told me I started riding when I was 2, started showing when I was 5 and I am now 57 so you can do the math on just how long I've been doing this. I started training professionally in 1975 and I've been doing it ever since; I've not regretted one minute of it – I love the horse, I love the people of Tennessee, it's just a great way to make a living. I am at Saddlecrest Farms here in Shelbyville, we have ..well, there's 90 stalls here altogether, I actually use 50 in my operation; we've got an 80 x 175 ft riding arena, we've got a covered round pen out here, we work all disciplines of horses from starting colts to working pleasure horses to developing show horses. Primarily what we do is get the horses ready for the show ring.

This time of the year you are not in the show ring so what's going on here now?

Well, we're trying to develop new talent for next year, and one of the biggest things I'm doing right now is three-coming-four year olds that need to canter next year, and we got a couple of four-coming-five year olds that weren't taught last year and I've been teaching them.

So basically you are just getting things ready for the show season coming up – when do you start out this year?

The shows will start the middle of March; I also have about 15 of my show horses that are down - by down I mean we have pulled them off the pads, we've turned them out on pretty days and let them be horses. Those horses will go back to work the first of February to get ready for this coming show season.

There is a Bill before Congress which is about pulling the pads and action devices off of the horses – with this in mind how do you see the up-coming Show season being affected?

Well, I know how slow the Federal Government works and I don't think we will see any change this show season. I think the proposed law IS something to be concerned with, I think there has been some mis-information with this law in that if you are for the law you are against soring horses and if you are against the law you're for soring horses, and that's just not the case. The industry is not for soring horses in any way, we're for the human treatment of the animal – we love the horses, everyone loves them and wants them treated well. But this law will change how we do things because it states that the pads and action devices sore the horse, when we know it is not the case – unscrupulous trainers sore the horse. And that's the part of the law we are opposed to. In fact the action device, in a study at Auburn, was shown to not sore a horse in any way; the horses wore a 6 oz action device for 24 hours a day and did not get sore. That was done back in 1982, I'll try and pull that off the internet and post it for the folks here in Shelbyville so they can read the entire report. It comes back to the people – it is in the unscrupulous people that sore the horses, period. We have amazing horses and amazing support for our horses, how this law got twisted I will never know but we are definitely going to fight it.

In closing, I'll ask you one last question. If I were to have a child that wanted to learn how to ride, what would I need to do? Would I come to someone like you to teach my child to ride?

Yes – there are people around who teach riding lessons, I'd be more than happy to let anyone just ride one of mine to start with to see if they're interested, to feel the ride and glide of the Tennessee Walker!



Bleu Horses

Three Forks, Montana

These giant metal horses graze on a hilltop near the Montana highway.



GRAZING A RIDGE OVERLOOKING A rural stretch of Highway 287 in south-west Montana, the herd of metal equines known as the Bleu Horses can be easily mistaken as the real thing despite many of them being much larger than any real horse.

These larger-than-life-sized equines, while realistic looking to any passing motorist, are actually sculpted of steel. Local artist Jim Dolan installed the sculptures in 2013 on land donated by the Wheat Montana grain company. In total there are 39 of the metallic creatures on the site some standing up to eight feet tall at the shoulder. The creatures are posed in a variety of positions from foals suckling at their mother's milk, to alert steeds, to supine equines, each armature life-like enough to fool at a distance. While the name of the piece is taken from a variety of equine known as a "blue horse" each of the beasts is painted with blue and white stripes to give their forms a sense of depth as well as manes made of polyester rope that can sway realistically in the wind.

Like other monumental rural roadside sculptures, such as Chile's Hand of the Desert, Bleu Horses may be enjoyed by thousands of visitors every month, even if just for a few seconds at a time.

Know Before You Go

Bleu Horses can be seen from a turnaround accessible from the southbound lanes of Highway 287, approximately 4 miles north of Three Forks, Montana.

MEET THE KLADRUBER

The oldest and rarest of all Czech horses and the only original Czech breed.



The Kladruber Horse is primarily a carriage horse and it is famous for pulling carriages for Royal houses in Europe and Scandinavia. Today it also excels as a combined driving horse because of its lightness and responsiveness, making it as good for intricate driving as it is for speed driving tasks and it is the breed of choice for many well-known, world-class competition carriage drivers. Kladruber's calm temperament and large, impressive size also make them good choices for police horses, and they currently serve in Prague and other large European cities. Lately, classical riders have also discovered the Kladruber's ability to perform Haute Ecole movements, as their natural athleticism and good temperament allows them to succeed in dressage at high levels.

The Kladruber horse exhibits an ancient classical baroque type, with rounded form and high-set, well-arched neck. The chest is very broad, tying-in to good withers and the hindquarters are muscular with a rounded croup and the shoulders are fluid, allowing the characteristic showiness of the knee action. The mane and tail are full and wavy, but finer than other Iberian-based breeds. The face has a trademark "Roman" profile with enormous, luminous eyes. They learn quickly and want to have a job; this breed resembles a taller, heavier version of the Lipizzan, with which it shares ancestry.



Ayyanar Horse Shrines of Tamil Nadu

Aranthangi, India



Armies of brightly colored terracotta horses hide in the forests outside of Tamil villages in South India

AYYANAR SHRINES CAN BE FOUND all over South India, but the ones in the Chettinad area are noteworthy for their unusually large displays of terracotta horses. Usually located in the peripheral areas of villages or in sacred groves, Ayyanar shrines are common in many Tamilnadu villages. The Hindu god Aiyana, usually depicted as large, fierce and mustached, is worshipped as a village protector, guardian, and bringer of good fortune. According to legend, he rides the perimeter of the village at night on his white horse, with sword in hand and with his sidekick. Aiyana probably has origins in pre-Vedic agrarian beliefs.

Villagers commission painted terracotta votives as offerings as thanks for good harvests and healthy babies and animals. Usually, the offerings are brightly painted horses, but sometimes they include cows, elephants, and other animals as well as human-form deities. A shrine might contain thousands of these offerings, with the older ones decaying and crumbling into the jungle as they are replaced by rows of new ones. The votives are generally around shoulder height, but there are usually smaller offerings as well, sometimes piled up around the bases of the horses.

However, in the town of Aranthangi, the shrines have rows of towering five-meter horses, thanks to the generosity and skill of the master potters of that area. The horses are hand-crafted and fired over burning coconut husks in immense vertical mud kilns. After firing they are painted brightly and paraded through the town to the shrine by 50-60 men in a yearly ceremony.

Know Before You Go

You can find these horses at places such as Kuthadivayal Temple, Namanasamudram Ayyanar Temple, the Ilangudipatti Shrine, and the Narthamalai Ayyanar Shrine. Mr. Kasirajan of Aranthangi is the most famous master potter of Ayyanar horses alive.

Preserving the Cowboy Way contd from page 1

Ego, you won't be dealing with a horse as if you are better than him. The horse makes you prove yourself over and over again, but he never lets you down if you are effective at presenting what you want in the right way. Then, he'll come across for you.

Of course, a horse's individual disposition also comes into play. Disposition is his ability to relate to or accept the training. Some horses certainly do that better than others, and we must always be patient with them. ***Patience is waiting without worry.*** Your job is to give the horse a reason to change, because we are stepping into his world, and we are asking something of him. In truth, the horse is perfect by nature when untouched by man. He only has a problem when we get involved. People often train horses as if the horse should know what they want, which causes both the horse and the person to get frustrated. It's our job to teach the horse, so the real question is: How good of a job are you doing getting the horse to understand what you want? Truly, that ability is the making of a horseman.

As long as the horse is relaxed, comfortable, and understands, you are doing alright. But if he is none of those things, then it is you who must be willing to change. People often try to make changes through pride or through ego, but the horse never works through ego. That's one of his most beautiful traits. You won't hurt his pride because a horse does not work through foolish pride. He is willing to accept leadership. Sometimes he will view you for it; but if you prove your leadership, he will accept it.

As I go further down the road I can see that all great horsemen have worked through the power of understanding. Understanding doesn't mean there isn't a time to be firm with the horse, but there's a difference between punishment and discipline. Whether it's with a horse, a dog, or your children, discipline is an art form. Discipline has a different effect on the horse than punishment – he's not scared, he's not hurt, and he doesn't develop fear or resentment. Discipline, when done correctly, has a positive effect on the horse.

Every day with a horse is a new beginning. From good beginnings, things come naturally. I want to have a truly good relationship with my horse. I'm working to be just one thing, and that is a horse-man, but I also want my horse to be a man-horse. To be a horseman, you must learn to read a horse – his eyes, his ears, his posture, his expression – everything. That's where experience comes into play. It really boils down to communication. In fact, teaching is the art of communication, and ***true communication is two minds listening and two minds open.***

The Cowboy Way

I grew up around men who were tough, and from them I learned about the "Cowboy Way." They taught me that a person is all about his word and his reputation. That means that if you say you're going to do something, by God, do it! If you've got a job to do, do it – even if it means staying up all night or getting up early.

I learned from these men that you either gain or lose respect every day. For me, the American West- the cowboy way – is about working for what you want. It's not about anyone giving it to you. Nobody can give you experience; you have to work at it. You can't make a great horse without working at it consistently. The horse keeps us honest in that way.

I see the old cowboy way dying out, and that's what I wouldn't want us to lose. The many luxuries we now have in the horse industry have become necessities, and I don't want to see us become soft or dependent on these things. We need to still be willing to get out there and work; to go back to our roots. Cowboying is such a wonderful thing that sometimes I ask myself why anyone would want to do anything else. It's the greatest life in the world. Not so long ago, being a cowboy was about getting up every day and working the cows. That's what I like about some of the big riding outfits - the true cowboys are trying to hang on to those ways. This is what getting involved with horses does. It brings us back.

It concerns me that many of the kids today don't have a very strong work ethic, and they don't have a sense of history. Our history is essentially about being in a place where you worked for what you got, and it should be

Wildwood Farm CLIPS & CLOPS Oak Harbor

2326 Happy Valley Rd
Oak Harbor WA 98277

That way today. It is about having respect for your elders and still saying “Yes, sir” and “Yes, Ma’am.” When you say “Yes, sir” to a man who deserves respect, you are also showing respect for yourself.

Everyone has a little cowboy in them. I travel a lot, and for me, the last open range is the highway. I find freedom in going from one place to the next. Being close to the land is an important part of getting back to our roots. In fact, the best place to ride a horse is across the countryside; I avoid working in arenas when I can.

Some of the old ways are disappearing, but as long as there are horses, there will still be a lot of cowboying going on. Horses have much to teach us about hard work, attitude, and understanding; and sometimes we choose to learn the hard way! The amazing thing about the horse is that, if he kicks you or bucks you off, he’ll do it with no apologies and no regrets. He won’t turn around and say, “Boy, I’m sorry about that.” Instead, what he is trying to say is, “I’ve been telling you – you should have seen that coming!” When that happens, it’s time to be tough, to be humble, and to work as long and as hard as necessary to reach an understanding with the horse. That is the Cowboy Way.

Craig Cameron is one of the original clinicians, and he is on the road forty-four weeks each year demonstrating the style of horsemanship he has perfected for over twenty years. Called “The Public Defender of the Horse,” Craig dedicates himself to those who educate their horses by first educating themselves. At an age where most have long since retired the thought of starting colts, Craig starts hundreds of horses each year as well as holding four-day clinics at his ranches in Bluff Dale, Texas and Lincoln, New Mexico, where he blends education with entertainment.

His clinic topics range from basic to advanced horsemanship, colt starting, ranch and cattle work, problem-solving, reining, and trail obstacles. He has produced eight successful videos as well as a best-selling book.

Craig’s humility and fairness go a long way with both horses and people, and by using the western way of life so successfully in his endeavor to teach and communicate his skills, Craig is keeping our western heritage alive.