



# Wildwood Farm CLIPS & CLOPS Oak Harbor

March 2024

YOUR NEIGH-BORHOOD HULLABALOO

CREATED & EDITED BY HEATHER CARDER

## THE WOODEN HORSE

Medieval History's Most  
Horrific Torture Method.

By Sahir Pandey

Throughout history, two things have remained constant. First, the intermingling of cultures has produced countless local variations of original ideas, be it cuisine, or language, or fashion. Second, human history is an unending tale of brutality and heinous torture, with most places in Europe celebrating the public dismembering of "apparently" unsociable members of society in the Middle Ages. Human society has seemed to enjoy the visual spectacle of the pain and suffering experienced by other human beings since time immemorial. And many will claim that the most horrible medieval torture device of all time was the Spanish Donkey or the Wooden Horse.

### What Was the Wooden Horse Torture Device?

The Wooden Horse, *chevalet*, or Spanish Donkey was an extremely painful and horrific medieval torture device. It was first used by the Holy Inquisition in France and then in Spain and Germany, and then it migrated to the Americas, gaining prominence there during the colonial period. The principal design was the same wherever it was used. It was a triangular wooden box with a very sharp top end (i.e., where the horse's spine would be).

The appliance was constructed of wood, with planks nailed together to form an elongated sharp ridge, which would serve as the horse's back. These were supported by four legs fixed to a stand, some 6 or 7 feet (1.8-2.1 meters) high, with wheels fitted to the bottom of the legs so the entire device could be rolled across the floor or ground. A head and tail would be attached to make the torture device look like a huge almost "fun" wooden horse. The offender would be mounted upon the horse, with weights on their ankles, and their hands tied behind their back. They were expected to

maintain this position for hours, sometimes days.

Variants of the Spanish Donkey were used from the Middle Ages (it was allegedly invented by the Holy Inquisition in 12th-century France), all the way to the American Civil War period of the 1860s. It was also a torture device favored by the early Jesuits. Even one of the US's Founding Fathers, Paul Revere, has been documented as using this torture device. The Spanish army's frequent use of the device was documented into the 1800s.

On the Wooden Horse, with the chains applied, the victim's or prisoner's full weight was on their vulva or pelvis. Ankle weights were added to either side to make the skin tear apart. Severe pain would be caused to the victim in their crotch and bottom area, but if the punishment was intended to be even more brutal, the victim would be split into two halves. This made the Wooden Horse one of the most brutal torture devices in history, ever (and that's saying something!).

*Continued on page 11*

## WHAT'S TRENDING NOW

### Wine in Paper Bottles - Ideal for Equestrians!

Yes, you read that right – paper wine bottles. Italian vineyard Cantina Goccia has just released its second wine in a Frugal bottle, which is the world's first commercially available paper wine bottle. But why do we think this important for equestrians?

Not only are these bottles packed environmentally-friendly features but, hear us out, they make it the perfect product to pack in the lorry or take with you on an equestrian adventure, whether it's summer camp, a stay-away show, pony picnic or even a yard BBQ.

A Frugal wine bottle is made from 94% recycled paperboard, with a carbon footprint six times smaller than a glass bottle. It uses just 15g of plastic, which is 77% less than a 100% recycled plastic bottle. It's also shatterproof, five times lighter than a glass bottle (weighing just 83g) and keeps the wine chilled longer than a glass bottle once it's out of the fridge. This bottle is easy to recycle,



which eliminates concerns over broken glass and, being so lightweight, it's easy to carry around.

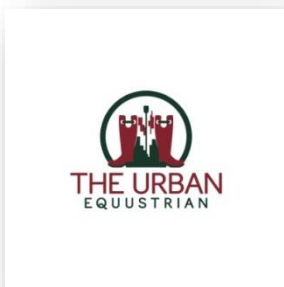
The new white wine, Celi, is a blend of 60% Grechetto, 20% Vermentino and 20% Chardonnay grapes and costs £12.50. A rosé wine is due to follow in the spring.

The first wine Cantina Goccia produced in a paper bottle was 3Q, which is a red Sangiovese wine with a hint of Merlot and Cabernet. It's described as fresh, accessible and light in style.

View Cantina Goccia Celi at [vivino.com](http://vivino.com)



Our Store is currently open by Appointment



Shop Online!  
[www.noblehorsegallery.com](http://www.noblehorsegallery.com)

## New Items for March





THE SOCIAL CONSEQUENCES OF ARTIFICIAL INSEMINATION



When my horse eats something it's not supposed to.

Optimist: The bucket is half foal.



6/20/17, 8:16 AM

## WILDWOOD FARM B&B



### This is your moment.

Today at Wildwood Farm B&B

A Radiologist learned...

*You don't have to have it all figured out to move forward.*

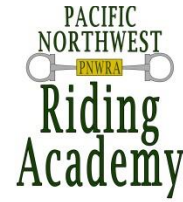
Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

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!



**“Ride with me and I will teach you what you need, for I am gentle and humble, and it’s here that you will find rest for your soul.”**

**-Matthew 11:29**



**“In Riding a horse, we borrow freedom.”**

**-Helen Thompson**



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

**PACIFIC NORTHWEST RIDING ACADEMY**

# The Buck Stops With Us by Dan Kennedy

This is an excerpt from a blog by Dan Kennedy, inarguably one of the best business minds and marketers there is for the business owner. Gregg and I prescribe to his ideals and wanted to share this with you, we felt it hit home with the many responsibilities and challenges we have running Wildwood Farm - a view from the other end of the process.

## To our clients and their horses:

Personal family problems are certainly the most difficult and the most challenging things entrepreneurs and business owners try to balance.

But one of the prices of being an entrepreneur is that everybody in the entrepreneur's life needs to understand that there is nobody for us to call and take personal days.

And so the clients, the customers, the people at the other end of our process who **rely** on us, and with whom we have literal contractual relationships with, not just handshake commitments, they've got to be served regardless. So, if you are a person of *reasonable integrity* and you have made commitments, then you keep those commitments pretty much regardless of what's going on.

And so again, the less unscripted, unscheduled, uncommitted time you have, the less of a big amount of angst when you have to deal with this, because you have **no choice but to deal with it**.

One of the quotes I use in my books goes something like, "Even on the morning after his wife's death, the farmer must still milk the cows." And that's part of being an entrepreneur.

Given that then, the most important skill I think is to compartmentalize. I got it from Psycho-Cybernetics but other people use different terminology. I literally have a little kind of wall of little lockers in my head. And each thing has its own little box and whatever the situation is, it can be put away in that box and the door closed, then open the box and totally focus on that box and go back and open the other box. And so you essentially sort of schedule your misery just like you would schedule anything else. You can open the box of the personal angst of illness or divorce or financial disaster or whatever, pretty much anytime and go in there and poke around in it.

You don't need to let it spill out all over everything and take control, any more than you let anything else spill out all over everything and take control.

Meanwhile, society teaches the exact opposite. When I was a kid, we were involved with racehorses. The horses have to be fed twice a day and horses' stalls have to be cleaned and they have to be taken care of.

And it doesn't really much matter whether you are sick or somebody in your family is sick or your house burned down the night before, or your truck was repossessed or your wife left you, or whatever the country western song is. All those things happened.

I think it's a matter of *integrity*, commitments to others and to yourself that if you are gonna **declare yourself an entrepreneur** and you are gonna enter into relationships where others rely on you, be they your employees or your vendors or your clients, or your banker, then you've got to face the fact that you live differently than your wife's brother who's an executive at Motorola and can call in sick and has 14 personal days a year. And if you're not willing to do that, then by all means, hang up the entrepreneur side before you get yourself in a position where you really do some damage and go get a job.

## Nutrition Corner

### Risks with Feeding Horses Traditional Bran Mash.

In the 1983 8<sup>th</sup> Edition of the *British Horse Society and The Pony Club Manual of Horsemanship* it states that a bran mash is a “very useful warm food after hard exercise and hunting.” It goes on to say that after adding boiling water to the bran, you should add a generous amount of salt along with some oats, and then feed once cool. It finishes by saying “bran mash has a laxative value, and it has everything to recommend it when fed once a week to horses in work and to invalid horses. It is also a convenient way to administer medicines such as worming compounds.” So how did a feed and feeding practice that were once so popular fall out of favor? To better understand that you need to understand your horse’s digestive tract, as well as the composition of the feed.

Essentially, when you feed a bran mash once a week you’re breaking all the guidelines you typically follow in keeping your horse’s diet consistent. The “laxative effect” might be because the feed change is causing digestive distress!

Wheat bran has also fallen out of favor because of its high [phosphorus](#) level. In fact, wheat bran has an inverted calcium to phosphorus ratio, meaning that it

Contains more phosphorus than calcium. Researchers realized feeding diets with a lot of wheat bran increased the risk of developing secondary hyperparathyroidism, a condition that results from a calcium imbalance potentially caused by horses consuming a diet too high in phosphorus.

So, when you want to give a bran mash is there something else that might be more beneficial? Is there a better way?

If you already give your horse supplemental feed, whether it is pellets or a textured feed, add hot water to make a warm mash just as you would with wheat bran. This way you are creating the mash but using familiar feeds that are less likely to irritate the gastrointestinal tract.

Next add some salt, or if you already give salt every day and your horse has been sweating heavily, add an electrolyte. You can try adding carrot or apple peelings for picky eaters, or if you have your heart set on a weekly bran mash, add a small amount of bran to your horse’s every day feed so that the mash is not a novel feed to your horse’ digestive tract.

### 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 to 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

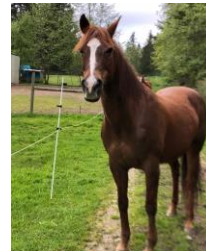
### APPEALING ROCK (CamiRose)

Cami is celebrated this month as our oldest resident horse at Wildwood Farm, she is 30 yrs old! (Giant is the oldest PONY).

Cami is owned by Karen Mulhern, a client that boarded with us back in 2006 for a short time before moving down to Coupeville. She moved back to Wildwood Farm in April of 2022.

Karen first met Cami when she was brought to the riding facility Karen was taking lessons at in Virginia Beach – Cami was 9 yrs old and had been severely abused by a very bad man, and she had a pretty bad shoulder injury; Karen’s instructor told her that she could work with her as part of her lessons and Karen easily agreed even though Cami had a dangerous habit of rearing. It took her 6 months of hard, consistent work to get a saddle on and a bit longer to actually ride, but eventually they rode around the fields together, gradually building their bond.

Today Cami will sometimes show the neurosis that she has carried with her from her damaging past -



Pacing her stall, etc. but overall she is a much happier horse because of Karen.

Cami is a registered appaloosa mare in a rich liver-chestnut color but no spots to speak of. She stands about 15 hands tall and is in good health for her age. Cami is a fairly even-tempered horse, although she is quite bonded with Karen’s other horse, Belle. She can also be quite an escape artist and knows how to open doors – and she does not like the wind!

In the past Karen has kept her horses at private pastures where she could do self care, but in 2022 when the property she was leasing was sold she knew she needed to find a safe place for her girls. We are so happy to have her horse family back at Wildwood Farm! You can find Cami and Belle in their paddock up by the main barn between Elmo and Al – Cami and Elmo are the best of friends, though Cami squeals to keep him on his toes!

# THE PROUST QUESTIONNAIRE

**With Francisco Disotuar**  
**Wildwood Farm Staffer**

**What is your Idea of Perfect Happiness?**

*Being Content with where you're at.*

**What is your Greatest Fear?**

*Something bad happening to my children.*

**What is the trait you most deplore in yourself?**

*Being too judgmental.*

**What is the trait you most deplore in others?**

*Lack of self-awareness.*

**What Living Person do you Most Admire?**

*Maidens in White – Cuban women protesting the Cuban Regime*

**What is your greatest extravagance?**

*Motorcycles!*

**What is your current state of mind?**

*Stoic...and driven*

**What do you consider the most over-rated virtue?**

*Physical beauty*

**On what occasion do you lie?**

*When someone needs protection from themselves*

**What do you most dislike about your appearance?**

*Thinning Hair*

**Which living person do you most despise?**

*Miguel Diaz-Canal. He's the president of Cuba and a piece of Sh\*t rat of a person*

**What is the quality you most like in a man?**

*Having grit, courage and balls*

**What is the quality you most like in a woman?**

*The ability to balance out a man's masculinity; gentleness, inner-beauty*

**What words or phrases do you most over-use?**

*Quit being a bitch!*

**What or who is the greatest love of your life?**

*Myself*

**When and where were you the happiest?**

*In Japan, riding my motorcycle through the mountains.*

**Which talent would you most like to have?**

*Verbal communication skills*

**If you could change one thing about yourself, what would it be?**

*Be less triggered by things, not as easy to anger.*

**What do you consider your greatest achievement?**

*Getting through my divorce in one piece!*

**If you were to die and come back as a person or thing, what would it be?**

*I'd like to be an explorer.*

**Where would you most like to live?**

*Anywhere by the ocean – a real one*

**What is your most treasured possession?**

*My kids*

**What do you regard as the lowest depth of misery?**

*Not being able to take care of yourself.*

**What is your favorite occupation?**

*Ranch Hand!*

**What is your most marked characteristic?**

*Resilience*

**What do you most value in your friends?**

*Loyalty*

**Who are your favorite writers?**

*Ryan Holiday, Jose Marti, Marcus Aurelius*

**Who is your hero of fiction?**

*Batman – no superpowers but a hero*

**Which historical figure do you most identify with?**

*Antonio Maceo – Cuban General*

**Who are your heroes in real life?**

*People who stand up for themselves and their beliefs.*

**What are your favorite names?**

*Maximum and Camillo*

**What is it that you most dislike?**

*Communism*

**What is your greatest regret?**

*Getting married at age 22.*

**How would you like to die?**

*Quickly!*

**What is your motto?**

*Fear is the killer of dreams.*

# MOST FABULOUS HORSE MASKS!





# Khustain Nuruu National Park

## Mongolia

**The grassy landscape is home to the world's last truly wild horses.**



**ONE OF THE GREAT COMEBACKS** of the 1990s took place not on the silver screen or the sports field, but in the grasslands of Mongolia. The takhi wild horses native to the grassy steppes had vanished from the wild in the 1970s, but as a result of various breeding programs, they slowly reappeared in their old stomping grounds, including their original home: the Khustain Nuruu national park.

The takhi (officially named Przewalski's horse after the Russian explorer who first spotted it), may be the world's last truly wild horse. While most "wild" horses around the globe are domesticated horses gone feral, the Przewalski's horse was never domesticated. Up until the 18th century, these short stocky horses freely roamed the steppes of Mongolia, Kazakhstan, and Russian Siberia. But then the numbers started dwindling. In 1967, the last herd of takhi was spotted and in 1969, the last individual horse.

They were declared "extinct in the wild," which remained the status quo for nearly 30 years. There were only 13 surviving takhi horses, kept in different zoos around the world. They were bred carefully, and the population slowly increased to more than 1,500 at which point they were reintroduced into the wild. The downside of this method is that the genetic pool of all the existing horses is limited.

One of the places where the reintroduction took place in 1992 was the horse's native habitat of Khustain Nuruu or Hustai National Park. A year later the park, which stretches across 50,000 hectares, was declared as a Specially Protected Area. Its key mission is to maintain and build a sustainable population of these rare creatures.

Visitors to the park can now spot teams of dun-colored horses wandering around the dry grassy landscape. Although the star of Khustain Nuruu is indubitably the takhi, the park is also home to other species like the red deer, steppe gazelle, the Eurasian badger, grey wolves, and the Eurasian lynx.

### **Know Before You Go**

Khustain National Park is located 60 miles west of Ulaanbaatar, the Mongolian capital city. Public transport can drop the occasional visitor near the park, but a private car would certainly come in handy given the size of the park. Accommodation can be found inside the park itself, but several camps are scattered throughout the area.

# The Choctaw Indian Pony



The Choctaw Horse derives from the horses brought to the Americas by the Conquistadores in and after the late fifteenth century and introduced in the seventeenth century into what is now the United States. It was originally bred by the indigenous Choctaw people of America in their traditional homeland in the area of modern-day Alabama and Mississippi. They were originally acquired as trade goods in the late 17th century, allowing the Choctaw to advance in the deerskin trade by increasing the efficiency of their hunting.

Choctaw Horses that had died were also used during rituals, in which they were eaten. By the early 1800s, the Choctaw owned tens of thousands of horses. The Choctaw called the horse the "isuba" for spiritual reasons, which means "deer-resembler." In the early 1800s, many Choctaw Horses accompanied Choctaw members who moved early to what would become modern-day Oklahoma. During the 1830s, the remaining Choctaw members moved to Indian Territory in Oklahoma and took their horses with them.

Until about 1970 there may have been some 1500 of the horses in Oklahoma, but in the next twenty years their numbers fell to little more than 50 head. Since the relocation of the Choctaw Nation, there has been a decreasing number of indigenous breeders for the horse. In the twenty-first century it is an endangered breed and its conservation status is listed, together with all other Colonial Spanish breeds, as 'critical' by the Livestock Conservancy. Some bloodlines of the extinct Chickasaw Horse are preserved in the Choctaw breed.

Height at the withers is usually in the range 13.2–14.2 h, their coat color is highly variable; colors include the usual bay, black, brown, chestnut and sorrel, and also buckskin, dun, and palomino as well as leopard blanket, spotted and varnish roan patterns, pinto patterns, and sabino. The horses often have additional gaits such as a fast running walk. They have particularly strong hooves and they are known to be tough, durable, and to have great endurance. They have broad foreheads and narrow chests allowing for greater lung capacity.

During the middle of the 19th century most colonial horses, such as the Choctaw Horse, were being replaced by larger counterparts like the Thoroughbred Horse due to their usefulness in agriculture and the military. The breed went nearly extinct in 1950, and they are now critically endangered. In 2009, Monique Sheaffer, a Choctaw, began an effort with her family to breed the horses with the goal of preserving their genes and to educate the public. As of 2018, a farm in Poplarville, Mississippi, has been selectively breeding the Choctaw Horses for thirteen years. For breeders, Choctaw Horses with little genetic influence from other North American breeds can be correctly differentiated, translating to effective conservation efforts for the strain.

Cont'd from page 1

In his monumental work, *Torture and Democracy*, Professor Darius Rejali writes that “The Wooden Horse was a large trestle with a sharp ridge or angle eight or nine feet long. Sometimes it was customary to add wheels, a wooden horse’s head, and a tail. The handcuffed prisoner straddled the ridge that dug into the cleft between his legs. Guards tied muskets to the legs to strain the thighs, or “as was jocularly said, [to keep] their horse from kicking them off.” It was reserved for infantry men, since these soldiers were unaccustomed to riding horses.”

## **The English and the Dutch Settlers Loved The Wooden Horse!**

This torture method made its way to the Americas, practiced by the English and Dutch who’d settled there. There was a 12-foot (3.7-meter) high public Wooden Horse in downtown New York, with a sharpened upper edge to maximize pain. It was described as “a straight, narrow, horizontal pole, standing twelve feet high.”

There is an account of Paul Revere ordering two soldiers in the Continental Army to be punished with the Wooden Horse in 1776. Their crime? Playing cards on the Sabbath. They “rode the Wooden Horse for a quarter of an hour with a musket on each foot.” The variant in the United States also had metal spikes embedded on the sides of the device, vastly expanding the scope of the torture inflicted

Another variant emerged during the colonial period, called “riding the rail,” wherein the offender was forced to mount a fence rail. The fence rail would be carried around town, adding further shame. Sometimes, to make the spectacle even more humiliating for the offender, they would be tickled with feathers. Over time, minor infractions like drunkenness, brawling, and cursing were punished too, and a host of other offences were added to the fray.

The punishment method was borne out of a desire to punish those considered to be deviant Christians: those lacking faith, those lacking the will to practice, or those who were considered horrible members of the faith. It started off with making the ill-believer sit naked on the pointed contraption for as long as they could. The Jesuits, whose track record of and for violence is well documented, were the ones who are first reported with bringing the torture method across the Atlantic to modern-day Canada in 1646!

## **How the Wooden Horse Permanently Mangled Victims**

Sometimes victims would sit for days until they broke from exhaustion or were on the verge of being permanently disabled. Once punished by the Wooden Horse, one could never walk the same way ever again with a guarantee of genital damage, a ruptured perineum, and a broken sacrum (a large triangular bone at the bottom of the spine). Mangled genitals were very common, including ruptured scrotums that were completely split open.

To increase the damage done to a victim’s body, they would be repeatedly tickled with weights attached to their feet. Most would just bleed to death on the donkeys, and survivors would die of infections later, or be permanently crippled. Women who were subjected to this would lose the ability to bear children! This is an account of the utilization of the cruel device during the American Civil War, which gives us an indication of how cruel this device was. “The legs were nailed to the scantling so one of the sharp edges was turned up, which made it very painful and uncomfortable to the poor fellow especially when he had to be ridden bareback, sometimes with heavy weights fastened to his feet and sometimes with a large beef bone in his hand.”

# WILDWOOD FARM Clips & Clops Newsletter

2326 Happy Valley Rd  
Oak Harbor WA 98277

“This performance was carried on under the eyes of a guard with a loaded gun and was kept up for several days; each ride lasting two hours each day unless the fellow fainted and fell off from pain and exhaustion. Very few were able to walk after this hellish Yankee torture but had to be supported to their barracks.”

Today, the Spanish Donkey or Wooden Horse is completely inappropriate for democratic, civil societies. Indeed, there are various conventions and treaties that the global community has signed that prohibits the use of torture against prisoners and criminals. While these treaties and conventions are flouted frequently, what is undeniable is that something as brutal as the Spanish Donkey has disappeared from the lexicon. Today’s generations may never have any idea just how cruel their ancestors were.

