



YOUR NEIGH-BORHOOD HULLABALOO

## Deadly Equines

In 2011 The Long Riders Guild Academic Foundation published a research book titled “Deadly Equines”, written by CuChullaine O’Reilly. The book reveals the shocking true stories of meat-eating & murderous horses in history – both real and in mythology. Here are some of the stories

### The Mares of Diomedes



The Mares of Diomedes were four horses in Greek Mythology that ate humans. They belonged to the giant Diomedes, King of Thrace, whose parents were Ares and Cyrene. The names of the mares were *Podargos* (swift), *Lampon* (shining), *Xanthos* (yellow) and *Deinos* (terrible).

Stealing the mares of Diomedes was one of the twelve tasks that was given to Hercules by king Eurystheus during the

myth of the Labors of Hercules. Hercules did not know that the horses were wild and maddened because of their diet which consisted of human flesh. They were all kept harnessed to a bronze manger because the steeds were so savage, and they were fastened by iron chains because of their strength, and the food they ate was not the natural produce of the soil but they tore apart the limbs of strangers and so got their food from the ill lot of hapless men; some versions of the story tell that they breathed fire. According to one version of the story Hercules fought Diomedes while leaving his friend, Abderus, to take care of the horses. After killing Diomedes, Hercules realized that his friend was eaten by the horses, so he fed them Diomedes’ body to try and calm them. Another version of the story has it that Hercules managed to corner the mares on a peninsula; he then dug a trench and filled it with water, turning the peninsula into an island. When Diomedes arrived Hercules killed him and fed him to the mares.

Either way, by feeding the horses human flesh they became calm and Hercules managed to bring them to Eurystheus. The most recorded version was that when the horses were brought to Eurysthesus he consecrated them to

# Wildwood Farm CLIPS & CLOPS Oak Harbor

NOVEMBER 2020

Hera, and in fact their breed continued down to the reign of Alexander the Great and his great horse Bucephalus was their descendant. Another version has it that the horses had become permanently calm at that point, and we left to roam the countryside; And another version has it that Eurystheus sent them to Olympus as a sacrifice to Zeus, who refused them and sent wolves and lions to kill them.

### The Dappled Demon of Japan



The legend of the wandering samurai, Oguri Hangan, is an old saga from Japan literary classics. It describes the travels and adventures of young Oguri, who lived from 1398 to 1464. During this time he made history by surviving and riding the Dappled Demon of Japan.

Having learned from a roving peddler of a beautiful princess named Terute, Oguri determined to win her heart. He began this romantic siege by having the peddler deliver his love letters to Terute. Once the Japanese Juliet assured her lover that his passion was reciprocated

*Continued on page 11*

## Scientific Consciousness Interface Operations System (SCIO)

The SCIO feedback device called the Scientific Consciousness Interface operations System is an extremely sophisticated and intelligent way of combining many energetic disciplines into one session.

This comprehensive system is able to work on many aspects at one time, and can analyze and measure thousands of points in the body in minutes. The impact of a SCIO session is the speed and accuracy of detecting the stress and balancing the body through stress reduction. This offers an understanding of your body's possible needs, dysfunctions and vulnerabilities.

The information includes stress biofeedback on the physical, emotional, psychological, social, spiritual and environmental aspects. This in turn offers a more complete view of each facet of your health and lifestyle choices.

The SCIO indicates what remedies (homeotherapeutics) would benefit the being (horse or rider) for reduction of stress and sends a similar frequency/vibration back to that being. This in turn reduces the stress blockages and enables the body's natural healing process to work more effectively.



The client just needs to relax and enjoy the session. Once the session is complete the homeotherapeutics are harnessed into pills or drops. They are then given to the client to take home in order to continue the healing process.

The sessions last from 90-120 minutes and are tailor-made for the individual. It draws on many modalities energetically such as nutrition, chakra balancing, aura cleansing, organ/vertebral corrections, hormone balances, viral/bacterial/worm/fungal imbalances, emotions, DNA therapy, flower essences, acupuncture and much more.

In particular, non-verbal clients such as horses can benefit from a SCIO session and they have been known to go into a deep relaxation or sleep during the session.

For more information please visit [www.naturallyunbridled.com](http://www.naturallyunbridled.com)



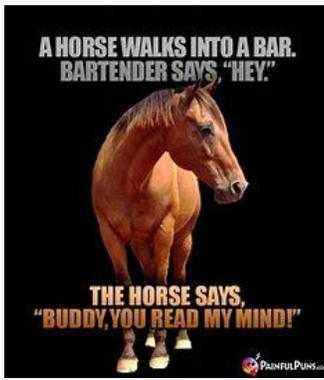
Our store is open 11:00am – 6:00pm Monday, Wednesday, Friday & Saturday



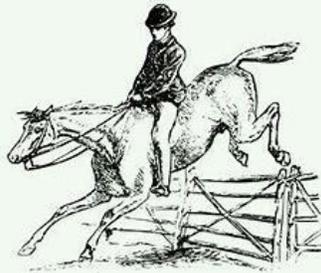
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## New Items for November

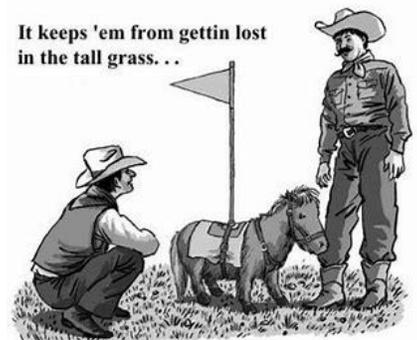
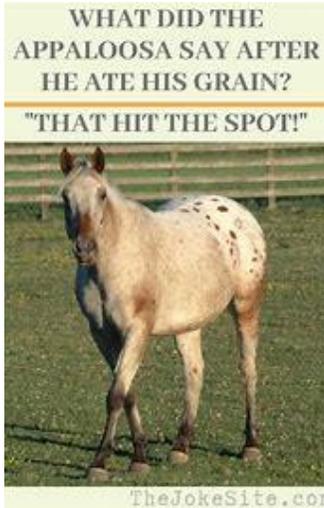




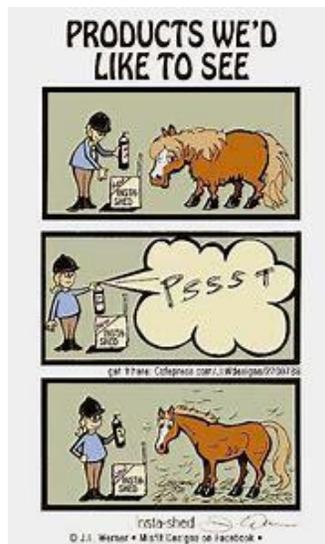
**Why can horses jump so high?**



**Their hooves have frogs.**



Note to self...  
....DON'T touch the electric fence.....



# WILDWOOD FARM B&B



**This is your moment.**

Today at Wildwood Farm B&B

**A music teacher t**  
*Discovered that hope can whisper  
beauty into your ear...and found that  
all she had to do was believe.*

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.

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PNWA  
Riding Academy



## WILL YOU?

Learn from me and take my wisdom with you as a safe secret tucked into your pocket?



## WILL YOU?

Allow me to tell you who you really are so you can move forward and paint your own portrait?



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**PACIFIC NORTHWEST  
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# Barrel Racer

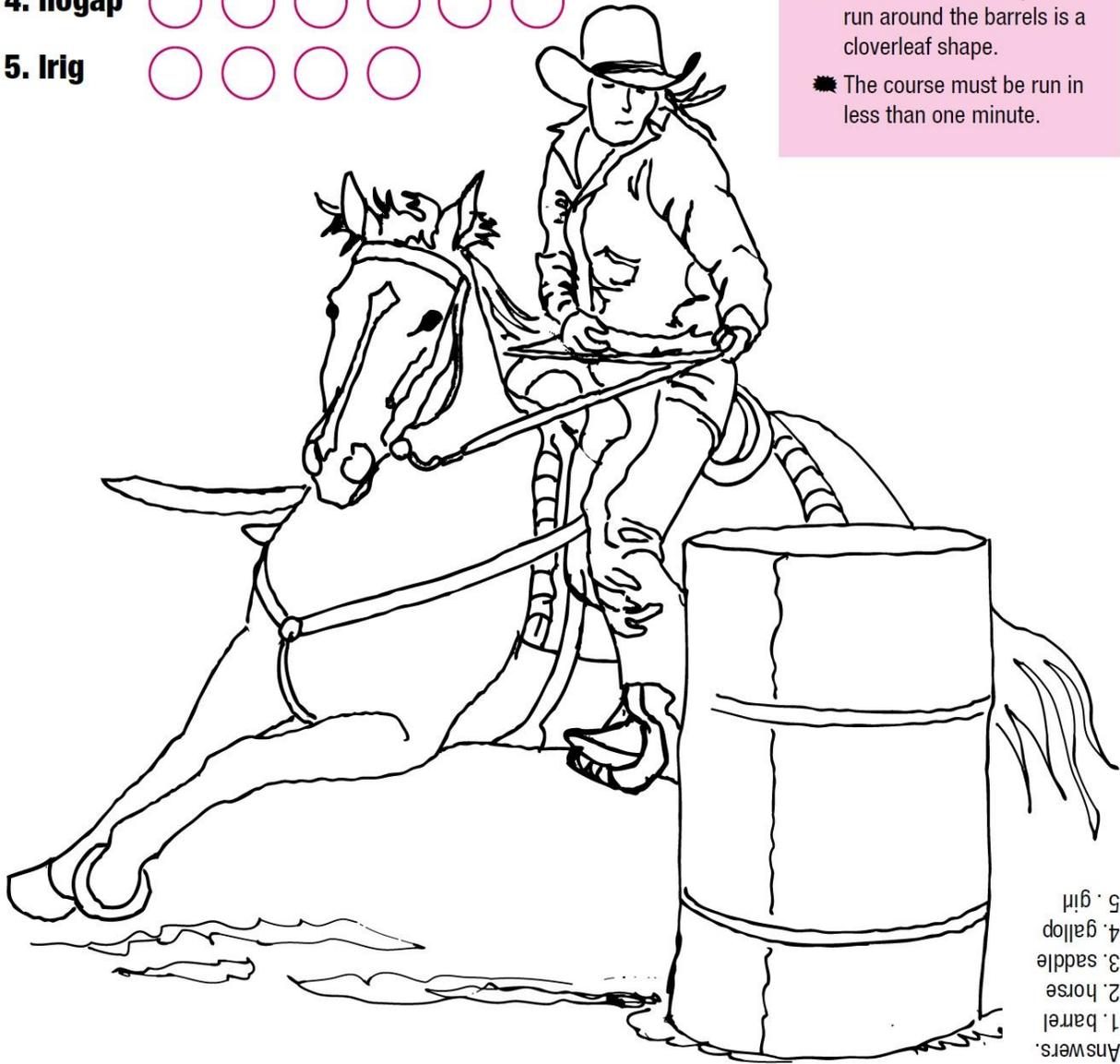
## Word Scramble

Unscramble the words below. Write your answers in the circles provided.

- 1. rrelab ○ ○ ○ ○ ○ ○
- 2. orehs ○ ○ ○ ○ ○
- 3. sddale ○ ○ ○ ○ ○ ○
- 4. llogap ○ ○ ○ ○ ○ ○
- 5. lrig ○ ○ ○ ○

## Fun Facts

- In competitions, the horse that races the fastest around a set of barrels wins.
- Most of the riders are women or girls.
- The most common pattern run around the barrels is a cloverleaf shape.
- The course must be run in less than one minute.



Answers:  
 1. barrel  
 2. horse  
 3. saddle  
 4. gallop  
 5. girl

## Nutrition Corner

### Ideal Amino Acid Balance – What is it and how does it affect your horse?

Amino acids are the building blocks of proteins; without them your horse would not be able to survive. There are approximately 22 amino acids that are combined together to form the majority of proteins in your horse's body, although there may actually be more than 200 amino acids found in nature.

Ten amino acids are considered dietary essential for the horse meaning that these specific amino acids must be present in the horse's diet because the horse's body is not able to synthesize them. The 12 remaining amino acids can be made by the horse as long as the horse has an adequate supply of protein in the diet. If the diet does not contain enough protein for the horse to make the non-dietary essential amino acids the horse will break down body tissues, muscles for example, in order for it to obtain the protein it needs to make these amino acids for more critical functions. The ten dietary essential amino acids for the horse are: **Lysine• Threonine• Methionine• Tryptophan• Leucine• Isoleucine• Valine• Histidine• Phenylalanine• Arginine**. Of these, **Lysine** is considered the **first limiting amino acid** meaning it is

The amino acid that is most likely to be deficient in your horse's diet.

The closer dietary amino acids are to what is considered an **ideal amino acid balance** the more efficient the horse will utilize those amino acids for protein synthesis and metabolism in the body. When amino acids are not properly balanced excess levels of individual amino acids will be utilized by the body as an energy source rather than a protein source, which is an inefficient process that generates heat and forces the horse to excrete greater amounts of water and electrolytes compared to a horse receiving a more balanced supply of amino acids.

Ideal amino acid balance for horses is determined by the proportion of individual amino acids found in equine muscles.

Getting enough essential amino acids is key to the development and overall health of your horse. Triple Crown ensures their fixed formula feeds will always provide your horse with the essential amino acids they need to succeed.

### 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 ARTFUL GENTILESCHI

"Artie" was the first horse born on Wildwood Farm since the breeding program was shuttered in the early 1990s. Artie was born in the spring of 2003 and was a registered thoroughbred.

Her mother was dubbed Black Beauty, as she was coal black with a perfect diamond in the middle of her forehead and she had a very kind and sweet disposition. Her name was Jabila Slew and she was brought to Wildwood Farm already pregnant with what would soon to be Artie.

Artie's sire was a thoroughbred stallion named Command Performance, a stunning chestnut stallion with the look of eagles and a race record to boot.

Artie was the sweetheart of the farm and certainly spoiled as the only youngster around, and when she was 2 years old her beauty was starting to get noticed – first by a visiting clinician who took one look at her and said she had "hunter" written all over her.



And, indeed she did. When she was four she was sent to one of the finest hunter trainers in the state and she excelled in her first show – the Evergreen Classic – when she won high-point young horse of the entire show.

It was shortly thereafter that Wildwood Farm sold Artie to a show home and her owner went on to win multiple titles with her, and eventually she found her way down to California where last records showed she cleaned up at Indio and was looking at a long and prosperous career.

## The Masked Husband INTERVIEW WITH SUSAN KAY CAMPBELL

*The Masked Husband (YouTube channel) tries to take his first steps into the equestrian world. For years I never gave a \*\*\*\*\* about my wife's equestrian experiences. Waste of money, time and energy. Try it once, she said. So here we are...no experience, slightly opinionated but willing to open up for it. First step is asking questions. Questions about everything in the equestrian world via interviews with equestrians from all levels and disciplines world-wide!*

### **Who are you and where are you from?**

My name is Susan Kay Campbell, I am 55 yrs old and I am from New Jersey in the United States.

### **What is your riding discipline, what level and what type of horse do you ride?**

I am a Hunter rider and I participate in The Adult Amateur Hunter division here on the East Coast. My most recent partner is Hamilton, a Dutch Warmblood gelding.

### **Do you think partners of equestrians should be more involved and supportive? And why or why not?**

I think I can answer that in two parts: Supportive? Absolutely, 100% and there are so many ways to do that. Being supportive means accepting the fact that your significant other is going to spend hours at the barn every day and maybe not make dinner as often as they should as a wife, so supporting that aspect of it...As far as being involved I don't think you actually have to ride to be involved, you can just understand the sport and talk to your partner about why it is important to them, what they like about it and what they want to accomplish. I think a lot of the joy we get out of riding is setting goals and accomplishing them.

### **If you had 30 seconds to convince a partner to join the equestrian world, what would you say?**

I think I would say you would never find more honest and hardworking people than you will find at a barn, because horses need care every day of the year, every day of the week – so we're very hard working, responsible and loyal.

### **I, the masked husband, have never been interested in my wife's equestrian world; do you think I can still learn to love it? Why or why not?**

I absolutely think you can. You start by understanding what the (equestrian) world is about and then why your wife is interested in it, and then I think you will get a good understanding of why we love it so much.

### **There are more women than men involved in the equestrian world. Why do you think that is?**

Interestingly, at a young age there are more girls involved because they fall in love with horses very early on and that is the bond that drives them to the sport, while boys get pushed in more traditional ways to baseball, football, whatever...but

once their bodies don't hold up any longer in those sports, um, they discover that equestrian sports are actual sports and they do require a lot of athleticism and so, um, I think in the later stages of life boys get involved a little bit more. It's one of the only sports where men and women compete head to head so it's a great sport whether you're a man or woman, boy or girl.

### **What would you recommend I do first to get a positive view of the equestrian world?**

Hopefully how happy horses make your wife is a good place to start! Supporting each other in things that bring joy is pretty important, so understanding that joy is not to be underestimated. It really depends on what type of involvement your wife currently has – meaning what her goals as a rider are. If they are just to take leisurely trail rides than perhaps find a way to experience that with her – trail rides are super fun and relaxing and something you both can enjoy. Or, if she is working toward competing then go with her to a show and see what all the fuss is about – the competition, the challenge, how the show puts things in perspective for her. You can also perhaps try and find a part of the equestrian world that appeals to you, even though it may not appeal to her. I have a friend whose husband totally flipped for harness racing when he went one day with friends from work. He now actually drives (not professionally) and has 2 harness horses of his own. The beauty is that the equestrian world is as small or expansive as you make it – something for everyone whether you want to tip your toe in or completely jump in

### **If there is one thing you would change about the equestrian world, what would it be?**

I would say that I wish it was a little more accessible and affordable, it's such an expensive sport that I had to wait until my adult life to get a horse of my very own. It didn't stop me from riding my whole life, but I definitely, um, have wanted one for a very, very long time and it really, it really is a game-changer when you have a horse of your own.

### **You've brought up a rather sore subject – money. I have a friend who tells me that horses are like boats – you put a lot of money into keeping them afloat.**

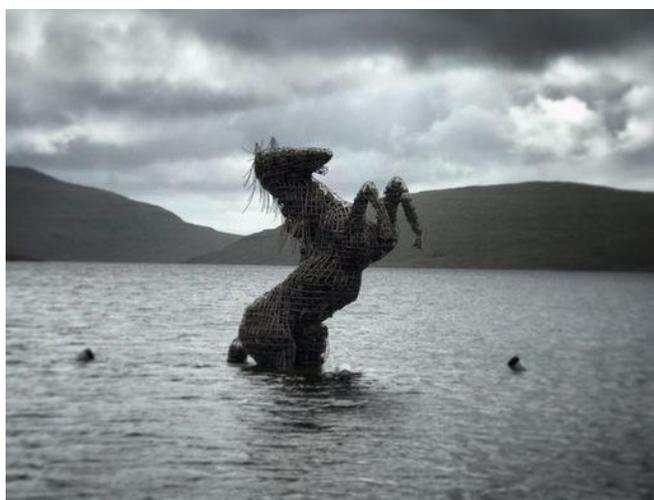
I can only answer this from my own experience, and it has definitely been something my husband and I have discussed in the past (and current). Horses are expensive, like any sport you may be involved in; but they are continually an expense and the better you get at this sport the more it will cost you. What we have found helpful is to create a budget so there are as few surprises as possible, and stick to that budget. Make it reasonable, of course, but maybe you only go to 6 shows over the summer instead of 10 – that type of thing. Boarding can be expensive, but so can having them on your own property – away from trainers and other riders – so really look at what type of environment you want to thrive. Having barn time is really important – that comradery and support is amazing and I, personally, like the freedom boarding offers as I do have to still work for a living!

# The Nykur of Sørvágsvatn

## Faroe Islands

In Faroese legend, this sinister horse-shaped beast lures unsuspecting passersby only to drown them in the lake.

**A NYKUR IS A MYTHICAL** beast of Scandinavian folklore. It's often depicted as an aquatic monster that takes the shape of a gray, horse-like creature with inverted hoofs. The Nykur generally appears on the lakeshore, with half its body in the water, and looks to be quite tame to its unsuspecting victims.



The legendary Nykur (also known as the “Nix” in English) uses its beauty to lure passersby to pet and mount it, and once an unsuspecting man, woman, or child does so, the beast’s “sticky skin” traps them in a terrifying barrel roll as it drags them down to the bottom of the lake to drown. This legend is mostly invoked by parents of small children, to scare them away from the edge of dangerous bodies of water.

The Nykur’s one weakness is that if someone calls its name aloud, the creature will lose all of its power and retreat to the depths from which it came. And the Faroese legends say that once, a small child happened to see a Nykur roaming through the shallow water of Lake Sørvágsvatn while he was out playing. In awe of the creature’s beauty, the child approached the Nykur. The child wanted his brother, Niklas, to see the pretty horse as well, so he called out to him. Since the child was still small and unable to speak properly, he accidentally shouted the word “Nykur” instead of “Niklas.” Thus having spoken the creature’s name, it lost all its power and returned to the deep cold waters of lake Sørvágsvatn to try its luck another day.

On the island of Vágur in the Faroe Islands, a silver statue of the mythical Nykur rises from the northern tip of Lake Sørvágsvatn. The statue was created by local artist Pól Skarðenni, and appeared in the waters of the lake in 2017. Nearby, a plaque tells the legend of this sinister beast.

### **Know Before You Go**

You have to pass this statue if you are heading to Torshavn from the Vágur airport. It is well visible from main road. There is also a turn off to access the lake and get a closer look if you like.

# HOT PICS!



Despite modeling for a living, this is actually "what makes me really happy," Kendall Jenner once quipped.

TURKS AND CAICOS, AUG. 17



He's got the horses in the back! "Old Town Road" singer Billy Ray Cyrus poses with his stallion.

OCT. 13

## Hay There!



Bella Hadid shows some love to her steed.

OCT. 25

# HORSING AROUND

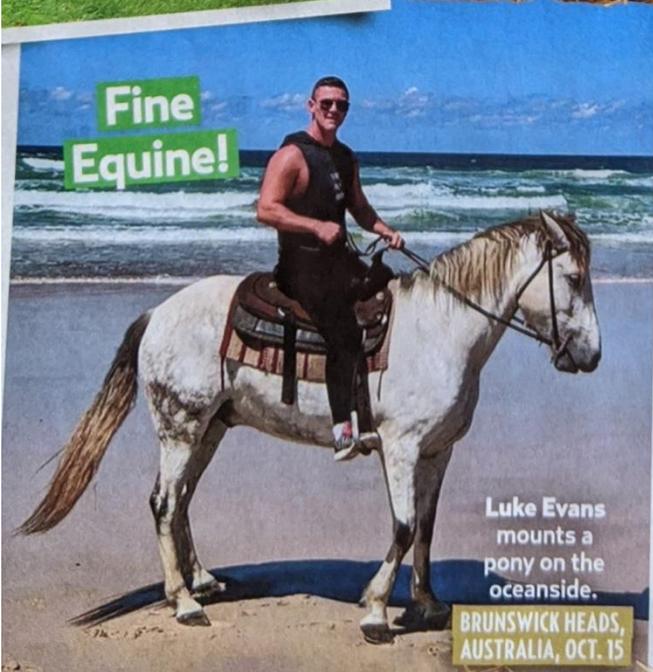
Stars get back in the saddle for a day at the stables



"For me, being able to ride... that's where there's a little bit of light," Teddi Mellencamp has said. "That's where everything lifts."

L.A., OCT. 31

## Fine Equine!



Luke Evans mounts a pony on the oceanside.

BRUNSWICK HEADS, AUSTRALIA, OCT. 15

## Great Track Record!

# BEAUTIFUL Horse Tattoos

Many people in the world think that tattoos like horse art will just ruin the natural beauty of your body. However, little did they know that these tattoos are representing a lot of things that makes every horse art design very meaningful. Here are some of the things that these tattoos symbolize:

## Trustworthiness

A lot of people in the past and especially in modern times have used horses to help them move forward. Horses are oriented enough when it comes to forward movement, in fact you do not need to give them direction since they have this uncanny sense where you will be heading. Horse riders know this intimately and have developed great trust in their horses. This is why they symbolize trustworthiness.



## Power

Horses symbolize power in that they are quite powerful animals. They are capable of protecting themselves through powerful kicks, bites and amazing speed. They also have strength of spirit, endowing their owners with powerful wisdom and intuition.



## Great Passion

Horses definitely symbolize great passion. It is a very loving animal that loves its human partners deeply, and it can even protect you during compromising situations. They also symbolize beauty, kindness, freedom, love and strength.

*Continued from front page.....*

The headstrong Oguri rushed into her father's castle and demanded Terute's hand in marriage.

Though Lord Yokoyama pretended to accept his daughter's suitor, the outraged father decided to have Oguri slain thanks to a cunning trick. He wouldn't lay a hand on the upstart bridegroom himself. Quite the contrary. Yokoyama planned instead to let the man-eating Dappled Demon kill and consume the hated opponent.

Thus, in accordance with custom, Yokoyama hosted a tremendous banquet in honor of his daughter's marriage to Oguri. At the conclusion of that sumptuous meal, the treacherous Yokoyama called upon his son-in-law to entertain the aristocrats and samurai assembled there. The unsuspecting bridegroom announced, "My talents include archery, or the knife, feats of strength or speed. Quick, tell me what you would enjoy."

"No," replied Yokoyama, "I have another challenge in mind."

The wily father-in-law then baited his hook by describing a horse he had recently purchased. Having down-played the animal as being just a back-country brute in need of a talented rider, Yokoyama dared Oguri to accept the ordeal. Little did Yokoyama know that among his many talents, Oguri was the most extraordinary horseman in the history of the island kingdom.

"Even though he's wild, I'm sure you're man enough to ride him," Yokoyama said, all the while hiding his true menace.

When the hero agreed, Yokoyama led his son-in-law and guests outside the castle and into the nearby countryside. There awaiting Oguri was the man-eating terror known as the Dappled Demon.

With the wedding guests following close behind, Yokoyama brought Oguri to the edge of the most fearsome enclosure ever described in equestrian history. The first line of defense was a large moat. On the other side of this watery barrier was a corral designed to hold a fiend. Eight pillars, standing to the right and left, had been firmly jammed into the ground. They were made of camphor tree trunks so huge it had required eighty-five men to transport each one from the mountains. Between these eight giants Oguri saw smaller pillars had been firmly driven into the ground. These pillars were made from strong chestnut trees and each of them was the span of three men's arms. As a final precaution, iron grating had been put into place between the pillars, so as to complete the confinement.

While the mighty prison was a dire omen, what lay inside its walls left no doubt as to the murderous occupation of its sole inhabitant. Oguri instantly saw that the ground was littered with human skeletons. The crushed bones of these previous victims were in ample evidence. Scraps of their hair rustled among the human debris.

Inside this mighty fortress of death, surrounded by trophies of his previous kills, stood a single animal. Confronting Oguri was the terrifying, man-eating horse called Onikage, the Dappled Demon. Each of the Demons' grey fetlocks was festooned with a massive chain which attached him in four directions to the enormous camphor pillars. One look at the remains of the Demon's manly meals was all it took for Oguri to realize that it was his human intelligence, not his strength, which was needed.

Even though he realized the extent of his future father-in-law's treachery, Oguri crossed the moat, entered the fortress and walked straight up to the glowering stallion. To the astonishment of the on-lookers, the Japanese horseman then began to subdue the killer, not by brutality, but by reason.

"Greetings, Onikage," Oguri said quietly. "If you are a sentient being, prick up your ears and listen to me carefully. Other horses are kept tethered in ordinary stables. You are locked away in a grim prison. Other horses eat the green fodder brought to them by caring grooms. You instead devour those who attempt to help you. Other horses obey their masters. You'll kill anyone who tries to ride you. In exchange for their valuable service, other horses are treated with kindness. Because they allow men to ride them, these horses are often tethered outside the temple gate. While their master attends the ceremony inside, these horses can hear the prayers and those sutra readings remind the horses to consider their own future incarnations."

Though the crowd standing beyond the moat could not hear Oguri, it was clear even from a distance that the young horseman's words were having an astonishing effect on the murderous horse.

"For reasons I do not understand, you enjoy eating humans. Onikage, those acts have turned you into a devil. The lives of people are sacred, as is yours. When you kill and eat a person, what do you suppose that does to you, Dappled Demon?"

Instead of slaying the impudent man, the man-killer stood listening intently.

"I don't care about your past sins, Onikage. In fact I have come to seek your assistance. If you will allow me to ride you, In order to honor your spirit, upon your death I vow to build a golden temple and place a statue of your likeness inside. All I ask in return is for your obedience and loyalty," Oguri said.

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It was at that moment that Lord Yokoyama's plan went badly awry, because in front of the assembled samurai lords, Onikage the man-slayer folded his front legs in reverence to Oguri. To their astonishment, the banquet guests saw golden tears of gratitude flowing from the eyes of the great horse. As if in confirmation of his repentance, the Dappled Demon then rose and stood completely still while Oguri undid the mighty chains securing the stallion's legs. Feeling himself free, Onikage shook his body violently and screamed with pleasure. His trumpeting frightened Yokoyama and his guests, but while they hesitated, trying to decide if they should stay or flee, Oguri grabbed a handful of the Demon's mane and leapt upon his bare back.

Before they could be stopped, Oguri rode the Dappled Demon through the gates of his prison, jumped the moat, scattered the startled guests and charged straight towards Lord Yokoyama's castle. With the samurai running behind him, Oguri then proceeded to use his secret knowledge of horses to accomplish a series of tasks which has never been repeated nor reported outside Japan. According to the chronicles Oguri rode Onikage up a ladder, across the castle roof and down a pine tree. Upon emerging from the banquet hall, where stood the assembled guests, Oguri urged the horse to jump up on a small go (chess) board, where the Dappled Demon balanced upon his hind legs. At the conclusion of these amazing feats, the clamor of admiration from the guests was so great that Lord Yokoyama felt compelled to present Oguri with ten horses laden with gold and treasure.

Though he encountered many other terrible adventures, Oguri and Terute were eventually able to live together in his castle. Thanks to his courage, by the 15<sup>th</sup> century the valiant samurai was worshipped in Japan as that country's god of war. Oguri never forgot his promise to the reformed Dapple Demon. Using Lord Yokoyama's gold, he built the promised temple and erected a statue of the fearsome horse, who remains venerated as an equine deity in Japan.

## Snaekoll's Saga



According to this Icelandic legend, in 900 A.D. Thor Grimur Hjaltatlin was a famous warrior and traveler who owned a notoriously vicious stallion name Snaekoll, "who had a bite worse than a walrus." This savage iron-grey was unrideable by anyone but his owner, who fed him on "salt cod or dried whale beef, and for that reason was not quite safe to leave alone with sheep when they had lambs. But for all that, Thor Grimur did not care, and never grudged a lamb or two when he reflected that his horse could go fifty miles a day for a whole week and be just as fresh at the end as when he left."

Though others had crossed difficult parts of Iceland, no one had yet ridden across the two-hundred mile long frozen wasteland known as the Vatna Jokull. So in the spring, Thor ignored local advice, saddled the grey stallion and pointed him towards the great icy desert which was said to be haunted by evil spirits.

Mounted on Snaekoll, the Icelandic traveler rode into the wilderness and was never seen again. The horse eventually emerged on the other side of the Vatna Jokull, having survived, according to legend, by eating his rider.