

The Standard of Excellence for Gaited Horses

VOLUME 15 ISSUE 4
JULY/AUGUST 2014

Sound Advocate

The Missouri Foxtrotter
July Breed Feature - Page 22



*Nichole Copple riding Toddy's Velvet Perfection
Owner Susan Engle - photo by Royal Ridge Designs*



MISSOURI MORGANS

EASY GAITED IN COLOR..RARE GAITED MORGANS



Missouris Pretty Boy

2010 Gaited Morgan Gelding. His name suits him. He is a bold and beautiful trail horse that won't refuse challenges. At 15 hands, he may have reached his full height with his sire and dam both just under 15 hands. Pretty boy is a nice prospect in a trail partner or open gaited breed shows. Has a nice flatwalk and running walk and working up speed. \$5000.

Jim Suddarth
573-286-3763
Montreal MO
vali@dam.net

www.missourimorgans.com

Sound Advocate Magazine

Friends of Sound Horses, Inc.
6614 Clayton Rd #105 • St. Louis, MO 63117
800-651-7993 • info@fosh.info • www.fosh.info

Board of Directors

President

Teresa Bippen
St. Louis, MO
tbippen1957@yahoo.com

Secretary/Treasurer

Alece Ellis
Greenback, TN
alece@earthlink.net

VP Programs

Gaited Sport Horse

Dianne Little
Calgary, Alberta
ddlittle@telus.net

VP Anti-Soring

Lori Northrup
Ellicottville, NY
lori@northrup.net

Director at Large

Maggie MacAllister
Staunton, VA
brezewood@mgwnet.net

Director At Large

Membership

Anita Dunham
Hamilton, MO
dunhamanita@gmail.com

VP Public Relations/ SA Editor

Cris Van Horn
Tulsa, OK
editor@fosh.info

VP IJA Program

Dianne Little
Calgary, Alberta
ddlittle@telus.net

Director at Large Journey

Program & Shows

Pauline Stotsenberg
Murrieta CA
ps@yesteryearfarms.net

Executive Advisory Committee

Bill Coon
Herriman, UT
wbotis@gmail.com

Keith Dane
Clarksville, MD
djuj@aol.com

Nichole Hallum
Tempe, AZ
nichole.hallum@gmail.com

Gale Monahan
Maryville, TN
gale.email2@gmail.com

Kristi Reavis
Gaited Distance Program
Austin, TX
28kristi@gmail.com

Vali Suddarth
Website
Montreal, MO
valizoe1@yahoo.com

Since 1988, FOSH is the only national organization dedicated to the promotion of the sound gaited horse emotionally, mentally and physically; to fair competition; and to humane training and education regardless of gaited breed or discipline.

ADVERTISING GUIDELINES

The Sound Advocate is published bi-monthly by Friends of Sound Horses, Inc. Membership rates are located at www.fosh.info and include a subscription to the Sound Advocate. Reproduction in whole or part is prohibited without the written permission of FOSH. FOSH reserves the right to edit submissions for content, style and space and reserves the right to refuse any advertising for any reason. At no time shall the publisher's liability exceed the cost of the advertising space involved. All show results and suspensions are printed as they are received from the reporting agencies. FOSH does not endorse the content of any advertisement in this publication, nor does it warrant the accuracy of any advertisement. Please research thoroughly and always ask for references before going forward with any transaction.

POSTMASTER: Send address changes to Friends of Sound Horses, Inc, 6614 Clayton Rd, # 105, St. Louis, MO 63117.

SUBSCRIBERS: The U.S. Postal Service does NOT forward magazines. To prevent disruption in receipt of your magazine, please forward address changes to the FOSH mailing address. If you do not receive your magazine, contact the FOSH office.

ARTICLES AND ANNOUNCEMENTS send to: Cris Van Horn: editor@fosh.info

ADVERTISING: Sandy McCart at sandy.mccart@yahoo.com. All ad payments should be made out to FOSH and mailed to FOSH 6614 Clayton Rd, #105; St. Louis, MO 63117. All advertisements must be paid in advance by check, money order or credit card. **ADVERTISING RATE DISCOUNTS AVAILABLE:** 2 issues = 10% off ad price; 4 issues = 15%; 6 issues = 20%. For help with your ad design, contact Sandy McCart: sandy.mccart@yahoo.com. Ads will be accepted in Quark Xpress, InDesign 2.0, tif, pdf, or jpg. Text files can be sent as .doc or .rtf. **MICROSOFT WORD DOCUMENTS WITH PHOTOS EMBEDDED WILL NOT BE ACCEPTED.** Photos must be emailed separately and at 300 dpi. Please email camera ready ads at 300 dpi.

FOSH does not endorse any trainer, educator, clinician, style of natural training, or tack and horse equipment, to the exclusion of others, as each horse is an individual and not all will respond positively to a particular trainer, clinician or training style. Articles published by FOSH, reflect the view and opinions of the author, but not necessarily that of FOSH.

Editorial Team:

Cris Van Horn; Managing Editor Cindy McCauley; Feature Articles Julie Tarnawski; Gal Friday Sandy McCart; Design/Layout



Friends of Sound Horses, Inc.

MORE FOSH INFORMATION ONLINE!

Follow us on Facebook and Twitter! Join the FOSH Friends Yahoo group open to all members! Order FOSH logo products and other materials at www.fosh.info

FOSH Mission Statement:

To promote all "sound," naturally gaited horses, with a specific emphasis on Tennessee Walking Horses. ("Sound means not "sored") Importance is placed on education regarding the humane care for the emotional, mental and physical well being, training, and treatment of all gaited horses. FOSH will only support flat shod or barefoot horses, and will never endorse any event that uses stacks and/or chains as action devices, nor any mechanical, chemical or artificial means to modify the natural gaits of the horse.

FOSH Focuses on three areas for gaited horses:

1. Educating people on sound training principles
2. Supporting sound shows, events & activities
3. Working to end soring



Gaited Distance Program

"Your present circumstances don't determine where you can go; they merely determine where you start."

—Nido Zubein



PRESIDENT'S LETTER



WOW! Walk on Washington was such an historical event and FOSH was pleased to be a sponsor. Not only did FOSH provide financial support, we were delighted that several FOSH leaders were present: Lori Northrup, Maggie McAllister and Gale Monahan. For those of you unfamiliar with WOW, it was a rally of six sound, flat-shod Tennessee Walking Horses ridden in Union Square in front of the Capitol in Washington, D.C. on June 18.

The rally was held to urge legislators to co-sponsor the PAST Act and co-sponsors spoke about the importance of the PAST Act. Even the father of the original Horse Protection Act—Senator Joseph Tydings attended and spoke of the challenges in getting PAST across the finish line. The event was a resounding success with legislators signing up to cosponsor within a few short days.

The event window of planning was extremely short, and the organizers could not have undertaken a more complicated task. Numerous permits and planned routes were required along with audiovisual, photography services, speakers and hot weather necessities for horses and riders (temps that day were 95+). The first video would give any viewer goose bumps. As WOW commenced, the social media world exploded with comments and photos from those attending the event. Across the entire U.S., all of us felt like we were part of this important occasion. By the way, this was the first time in over 30 years that horses visited Washington, D.C. with a message for legislators. FOSH is honored to have the WOW organizers as their sound horse warrior friends.

So, onto the Prevent All Soring Tactics (PAST) Act. As I write, we are still short several co-sponsors in both the House and Senate and we could very much use your help in contacting legislators who have not signed on.

To leverage our communications, FOSH is now on Twitter and tweeting and retweeting messages to legislators. For me, Twitter has been an easier learning curve than Facebook. I am also proud to say that many sound horse warriors who declared themselves not savvy enough to learn Twitter or too “old” to learn twitter are now tweeting away. What a difference two months has made for our FOSH supporters.

And, what a difference two years has made . . . This year and later this month the Missouri State Fair will be all flat shod AND for the first time, offer Open Gaited Breed classes. Not only am I happy for our sound Tennessee Walking Horse owners in Missouri and the Midwest but I am so happy for our members who own Mountain Horses, Paso Finos, Peruvians, Tiger Horses and more now that they will have an opportunity to show at the Missouri State Fair (my own home state fair). At this point in time, we want a lot of exhibitors so if in doubt, please come

out and show. The winnings are also something to be taken seriously—over \$9,000!

Although we are knee deep in summer, I am proud and delighted to announce that the 2014 FOSH Fundraiser featuring Gary Lane will be held in Hillsboro, MO at Bridle Ridge on October 11 and 12. Bridle Ridge is an historical property, newly renovated to offer equine therapy and is both unique and beautiful. Gary has helped thousands of gaited horse riders find the gait in their gaited horses (the number one question FOSH receives is “Why won’t my horse gait?”) and learn to ride smoothly and confidently. There are many wonderful clinicians from whom to choose, but finding a clinician who is knowledgeable about gaited horses is not as easy. We welcome riders and auditors. For more information, please email me: tbippen1957@yahoo.com

Enjoy the summer! – Teresa

Calling All Energetic FOSH Members



Do you want to make a difference in the humane welfare, training, education and exhibition of gaited horses? FOSH is looking for people interested in joining its Executive Advisory Committee (EAC) in 2015. The EAC is a place for individuals to “try out” serving FOSH before being invited to become a Director on the FOSH Board of Directors.

FOSH is interested in individuals with experience, expertise and interests in fund raising, recordkeeping, public relations, social media, writing, DQP’ing, showing and show management, writing, equine education, promotion, membership recruitment, judging, technology, marketing, and magazine development. All applicants must be easily accessible by email and willing to check their email at least several times per week although daily is preferable.

Applicants should plan on dedicating at least 10-15 hours per month. Teleconference meetings are held every other month in the evenings and an annual meeting is held one weekend in November. This year’s meeting is in St. Louis, MO. Travel expenses are the obligation of the individual.

FOSH especially wants individuals who want to grow and promote FOSH. EAC members do not vote on nor determine FOSH policies but are expected to provide input to the Board as issues arise. Also, to avoid conflicts, trainers do not serve on the FOSH EAC or Board of Directors. If you or another FOSH member is an interested and suitable candidate, please do not hesitate to apply. Feel free to forward this notice to other FOSH members.

To apply, please send your personal biography and statement as to your interests, experience and talents no later than September 1 to Teresa Bippen at tbippen1957@yahoo.com

GOT GAIT? GO FOSH!



Friends of Sound Horses, Inc.

OPEN TO ALL GAITED BREEDS

Personal Recognition
Program for Time Spent
with Gaited Horses
(Saddle Time & Continuing
or Applied Education)

**Start Your
Journey
TODAY!**

1.800.788.4437

gotgait@FoshGaitedJourney.com
FoshGaitedJourney.com
Facebook-FOSH Gaited Journey
Twitter@FOSHJourney

INSIDE THIS ISSUE

President's Letter	4
Disengaging the Hindquarters	8
Cinderella	13
Tobe's Walking Horse Farm	16
Walk on Washington	19
Breed Feature - Missouri Fox Trotter	22
Developing a Connected Partnership	30
Straight and Narrow	38
Would You Actually Do It	41



Spotlight on

Distance

UMECRA PERSEVERES

BY Nicole Mauser & Theresa Meyer

Reprinted by permission of the authors and *Endurance News*

Persevere. That one word is the motto for the Upper Midwest Endurance and Competitive Trail Rides Association (UMECRA). Persist, pursue, keep going, endure, continue: up hills and down, through trout streams and rivers, touch pothole lakes and Great Lakes, travel under maple canopy, through pine forest, oak savannah, chase the wind on the prairie. UMECRA rides currently cover the states of Illinois, Michigan, Minnesota and Wisconsin with a ride or two in neighboring states. And riders coming from most of the Midwest region of AERC covering the states of MI, MN, WI, IL, IA, IN, ND, SD, MO and Canada.

Riding is our passion. UMECRA hosts approximately 41 rides a year that range geographically from Southern Illinois to the Upper Peninsula in Michigan. The rides occur on a wide variety of terrain that ranges from private lands to established equestrian trails (and sometimes even road riding when the rain washes out the trails during ride weekend!) with sand, woods, hills, prairies and everything in between. What other region can boast rides with such descriptive (and appropriate) ride names like “Glacier Trails” in Wisconsin, “Mosquito Run” in Minnesota, “Shore to Shore” in Michigan crossing the entire Lower Peninsula in one week, and “Endure” for a hot Illinois summer. While we’re talking about descriptive names let’s not forget the “Louise Riedel Memorial Bra Buster” ride – there are abundant stories about the individual and the ride name – you’ll have to ride with us sometime to hear all of them! With a ride season that lasts from mid-April through October, UMECRA provides riders the opportunity to ride through all the seasons of the Midwest



Contributing writer, Nicole Mauser, waiting for a vet check with her TWH, Sosas Playboy at Sonset (aka Bristol).

Photographer Shannon Barclay.

– and sometimes that’s all in one ride weekend! For a ride schedule go to www.umecra.com and click on schedule at the top of the page.

UMECRA also has some of the oldest continuous rides in the country. Founded in 1972, the organization was started by ride managers who were already running rides in the Midwest. They were seeking a way to establish rules so that riders who came to one of the five rides in this area knew what to expect. There was also a point system developed to reward the riders with year-end awards for coming to UMECRA rides. Veterinarians were part of the group from the start, to advise on rules and approve and train other vets in the “ins & outs of endurance and competitive riding.” Of the five initial UMECRA rides, one is still going - Southeast Minnesota is celebrating 45 years in June! Other rides that started soon after the inception that continue today include: Charity Cup, Wildcat, and Kettle Moraine which is now called Colorama.

The diversity in our group is impressive and part of what makes the group so much fun. We have riders on many breeds of horses that include not only the Arabian horse, but gaited horses, stock breed horses, and mules just to name a few. The highest recorded mileage by an equine in UMECRA is by the appaloosa mule “Shaman of the Wallows” who retired with 14,000+ miles! UMECRA boasts two of the top 20 riders in career mileage according to the AERC 2013 Yearbook as well as two of the top 20 equines with top career mileage and two of the three Limited Distance (LD) horses over 3000 miles. With a membership of 585 individual members in 2013, the group consists of everything from junior riders and infrequent riders to riders who travel every weekend and those with many seasons in the saddle that include thousands of miles and even international competitions. Like endurance riders in all other regions, this is a friendly and helpful group that welcomes all new participants with open arms. The members hold several clinics and presentations throughout the year to introduce other riders to the sport. These clinics always manage to get another person or two totally hooked on the sport.

Competitive trail rides and competitive drives are held in conjunction with our rides. UMECRA competitive rides and drives have no judged obstacles and the pace moves along at an average endurance pace. Staggered start times insure that everyone has fun in his or her division on the trail; and the veterinary crew is able to attend to all the equines. UMECRA also has a robust novice division where rides are up to 15 miles long and judged by competitive rules. These riders climb the mileage ranks as they continue to compete in



Photo by Bob Zimmerman

not only competitive, but LD and endurance. Go to www.umecra.com/newrider.html to learn more about our new rider program.

Staying true to its original mission, the 2013 ride season featured awards for 24 different categories. Awards were presented for Novice riders, Rookies, families, senior horses, top mileage horses, and all of the traditional Endurance, LD and competitive trail

The Upper Midwest Endurance and Competitive Trail Rides Association sanctions 40+ rides a year from southern Illinois to northern Michigan

awards in the various weight divisions. The membership also hands out some special awards each year with a Hall of Fame Award, a Shining Light Award for an individual providing tireless service to the organization and a Riders Choice award for one of the horses.

In 2013 UMECRA hosted the AHA Nationals ride in Chandlerville, IL. It was cold enough in October that the 100 milers came in for vet checks after dark and found a film of ice on their water buckets, but that didn't slow any of them down. Our tough Colorado competitor rode the entire ride in shorts! The entire ride camp had a great time enjoying the Halloween décor and the hospitality from the AHA and UMECRA organizers.

Persevere: through heat, cold, rain, wind, bugs and mostly beautiful days with perfect weather and blue sky, puffy clouds, moderate temps and great friends on the trails with fit and happy equine partners. We hope to see you in ride camp and on the trail in the Upper Midwest. Go to umecra.com to learn more.



Compiled and arranged by
Cris Van Horn, FOSH Director

Many people who compete in the show ring trim their horses' whiskers as a matter of show ring convention. Some competitors and judges consider whiskers to be unsightly in the show ring. Is this a good thing? Trimming whiskers is illegal in Germany. Wonder why?

A horse's whiskers or vibrissae are an extremely important sensory tool. Due to the positioning of a horse's eyes, they are unable to see what's immediately in front of them or on the ground below their nose. Horses use their whiskers to estimate the distance between their muzzle and an object, such as a water source or what he is grazing on or where the walls are in a dark stable. Horses also have long whiskers near their eyes and these are also there to help them avoid bumping into things that they cannot ordinarily see.

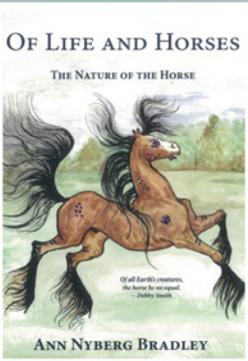
The horse's whiskers are a vital part of his complicated peripheral sensory system which supplies the horse's brain with input from a vast array of sensory receptor nerve cells scattered throughout his body, particularly in the skin. Tactile sensitivity is especially acute around the face; nose, lips and eyes. These areas contain the highest density of receptors and a concentration of long, stiff hairs - whiskers. The follicles from which the whiskers grow are surrounded by nerve endings. Each time the horse's whiskers come into contact with an object, the nerves fire off a 250 mph electrical message to the brain enabling it to determine what the horse is touching.

If you have ever noticed how your horse can pick minute grains from a bed of shavings or pile of dirt, you should appreciate how his muzzle whiskers help him with this precise effort. The whiskers guide him toward desirable food, and away from undesirable things that surround it. They work in tandem with his lips -- also very sensitive -- in pushing away anything he should not eat so that he can more easily pick up the edible item

From your horse's point of view, shaving off his whiskers as a matter of convention is comparable to making you wear thick gloves and then asking you to identify objects blindfolded without your sense of touch or tying your hands behind your back and expecting you to find your way around a room without bumping into anything. Vision impaired horses rely on their whiskers to map the landscape, providing details about surroundings and guiding them to familiarity and safety. Taking away the whiskers will cause your horse to bump his muzzle into things, especially at night, and become insecure and worried.

So who needs whiskers? Your horse does!! Leave them on; your horse will thank you for it!

Of Horse, www.ofhorse.com; Reinhold's Horse Wellness, Natural Horse Grooming Guidelines; Animals by Demand Media, animals.pawnation.com/horses



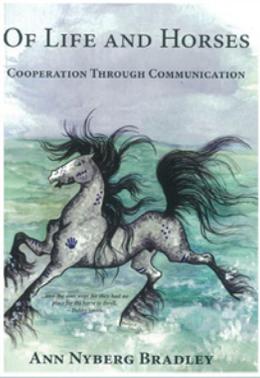
OF LIFE AND HORSES
THE NATURE OF THE HORSE
ANN NYBERG BRADLEY

Of all Earth's creatures, the horse is the most special. — Dudley Smith

Of Life and Horses is more than a primer on equine behavior. It is a comprehensive look into understanding the nature of horses and attaining harmony with these magnificent beings. As much as society tends to describe horses with one definition, the truth is that each horse, like each human, is individual. Those of us who desire to understand horses and develop personal relationships with them - the kind of harmony that is sustainable and satisfying - must learn to understand equine nature. Author Ann Bradley approaches this subject with one strong purpose: that readers find harmony and unity with their equine companions.

Available online www.amazon.com

Of Life and Horses: Cooperation Through Communication is a must-read for anyone looking to improve the relationship they have with their horse. Many of the issues humans have with horses are based in confusion or misunderstanding. Author Ann Nyberg Bradley presents an in-depth and unparalleled understanding of the communication process with horses based on their nature and how they see their world. This insightful book explains how and why such misunderstandings occur, and helps the reader recognize their role in communication breakdowns. Readers will gain a deep awareness and revise their way of being with horses that in turn will strengthen and redefine their everyday interactions and overall relationship.



OF LIFE AND HORSES
COOPERATION THROUGH COMMUNICATION
ANN NYBERG BRADLEY

Disengaging the Hindquarters

by Ann Nyberg Bradley; ©2014 All Rights Reserved

The disengagement of the hindquarters is a natural horsemanship technique, and while it can serve a purpose, it has become a very pervasive tactic in the horse world which is too often over-used and/or misused. First of all, disengaging the hindquarters is done by taking the horse's head to one side (say the right) thereby causing his haunches to step the other way (left). I have heard riders claim it makes a horse soft and supple, it makes the horse more submissive, it gives the rider control over a spooking horse, and prevents a horse from rearing, bucking and/or running away. I'm sure there are other claimed benefits, but they escape me at the moment. Suffice it to say those who advocate disengaging the hindquarters claim it cures a host of ills, but before discussing the disengagement of the hindquarters, I think it's important to understand engagement.

When we ride a horse we want everything going to the same purpose at the same time. That means the horse's thoughts, body and feet are in alignment with our direction and intention. It means the horse uses his mind and body to carry out our requests. Engagement is therefore a mental and emotional as well as a physical state of being. Many riders focus primarily on the physical components of engagement which include the flexion of the lumbo-sacral joint (or engagement of the pelvis), the increased flexion of the hip, stifle and hock joints, and the alignment of the spine which allows for a connection through the back from the hind feet to the mouth. A horse that is aligned, engaged and connected through its body is said to be on the aids, but prior to physical engagement the horse must be mentally engaged. He must be attentive to his rider/handler, in a calm state of mind, and willing to follow direction. The most pervasive problem I see in the horse industry is horses that are not emotionally calm or mentally attentive, causing their riders to resort to strength, harsh equipment and fallacious tactics in an attempt to control their mounts. The disengagement of the hindquarters can be used sparingly in the initial training to gain a horse's attention, but it can also be used excessively as a means to gain control of an inattentive or anxious horse. The former is the legitimate use of this tactic, but the latter disconnects the horse physically thus preventing him from being on the aids.

As I see it, the primary benefit of disengaging the hindquarters is to engage the mind. By misaligning the haunches, what is being disengaged is the horse from his own thought or agenda. A horse uses his feet to carry out his thoughts, so a horse thinking about his buddies back at the barn will attempt to use his feet to get him back there. In that endeavor he will use the strength of his body and the alignment of his feet to resist his rider's requests. He will want his hips aligned behind his shoulders because that's the way he can most effectively push his body over the ground. In that situation, if the rider disengages his hind-

Ann Nyberg Bradley, student of the horse for over 45 years, understands the nature of the horse—how he thinks, how he sees his world, and why he behaves as he does. She offers her readers a different perspective into the minds and behaviors of horses to help the human live in harmony with the horse, to



better understand equine nature and to recognize how human nature impacts interactions with the horse. Ann currently lives in California and is the author of two books: Of Life And Horses: The Nature of the Horse (<http://tinyurl.com/3d6kuap>) and Of Life And Horses: Communication Through Cooperation (<http://tinyurl.com/3k2zetl>).

quarters he will also disengage the horse's mind from his own idea. For that reason, I find it beneficial to think of the disengagement of the hindquarters as a physical maneuver but for a mental purpose. It is the mental component that is most important here. If the rider uses this tactic excessively and never gains the horse's mind, then it's likely the horse is in a state of constant anxiety. Backtracking in the training is in order in that situation for calmness is the first ingredient in horse training.

In addition, to endlessly disengage the hindquarters of a horse who is already attentive to his rider carries many physical pitfalls. The synergistic union of man and horse relies on the human's intellect coupled with the horse's strength, and the horse's strength is dependent upon his alignment. Many riders overuse the disengagement of the hindquarters to maintain control over their horses, but if one has no control over his horse, that is a mental/emotional issue, not a physical one. We don't lose control over horses that are calm, attentive, willing and confident. We lose control over horses that are afraid, confused, frustrated, resentful, in pain, etc. So it makes no sense to endlessly employ a physical tactic for what is fundamentally a mental/emotional issue. A calm engaged horse who is mentally and physically on the aids is not the horse that is running away, spooking, bucking, etc. Disengagement of the hindquarters does not put a horse on the aids. It temporarily takes him off the aids through misalignment.

I admit I have seen a very few riders who use a subtle and tactful version of disengagement, and their version does have some merit¹—but the vast majority of the time I see inappropriate and excessive use of this tactic. The disengagement of the hindquarters can be a valuable tool for the early groundwork of a young horse. You can show the horse in a short period of time that he needs to be attentive to his handler, but once you have his attention, you want his physical work to occur in a state of alignment and engagement, not misalignment and disengagement. That's like putting faulty wheel bearings on your car so the tires wobble and the car doesn't go too fast and get out of control. The continuous use of disengagement of the hindquarters puts a horse into a state of disconnection. It causes him to realize that in the

human/horse union he is completely helpless and there is no point in trying to interact with the human. That state of mind will lead to a horse that is easy to direct because it produces a horse that performs like a robot. He will retreat within himself and give up trying to contribute anything to the partnership, including the things we desire.

In order to access a horse's body in a useful way, he needs to be released in his jaw and poll, but released in the poll simply means he will readily turn his head to a light rein aid. I see many horses that are tight in their jaw and poll, and in attempt to rectify that the riders endlessly pull the horse's head around to the side (sometimes touching the rider's boot) until the horse develops a rubber neck. Obtaining a true lateral release of the poll is an extremely important ingredient to training, for if the poll is tight the horse will then bend farther down his neck, leading to a rubber neck. The vertebrae of the neck are the most flexible vertebrae of the entire spine, yet from a performance standpoint they do not need to bend more than the rest of the spine. That means that in a true bend, the neck will not be bent more than the spine is bent from withers to croup - and that's actually very little. Yet many horses go around constantly with their necks over bent, all in a misguided attempt by their riders to control the horse or to make him supple. A truly supple horse is very much in alignment, but he's supple because he is connected through his back and willingly involved in the work. In addition, a rubber neck disconnects the rein aids from the feet. The rein aids have a specific purpose - one is to direct or stop the feet, and the other is to indicate posture. The latter occurs through a lateral release of the poll which allows for the spine to bend. But if the neck is rubbery or disconnected then the rein aids don't go through. In short, gain control of the horse's mind and you will have control of his feet and body.

If you think of the disengagement of the hindquarters strictly as a tactic to engage the mind, then there is not as great a risk of over-using it. The primary pitfall in that case is the horse that is in a constant state of anxiety, but to continuously use disengagement will only add to his already existing anxiety. A few well-timed disengagements can cause the horse to be attentive to his handler, but the instant his attention shifts toward his handler, the handler must project an air of quiet authority and stop asking for the disengagement. If we want horses to be calm, we have to first be calm ourselves. If we want horses to pay attention to us, we need to pay attention to them. If we want horses to be confident or trusting, we need to be the same. The disengagement of the hindquarters should never be used as a punishment. Its purpose is to break up (or disengage) the thought pattern in order to get the horse thinking another way - then we offer them the opportunity to join us in our own way of being, which is calm, confident, attentive, trusting, etc. It all starts with us and what we offer. The practice of disengaging the hindquarters is never going to overcome the negative input of a handler who is fearful, angry, frustrated, resentful, insecure, demanding, etc. If the human is able to get himself right inside he will seldom need a tactic such as disengaging the hindquarters. If you tend to use this tactic over and over, day after day, take a good hard look at why. What really is it accomplishing?

'As I said, I have seen a few examples of what has been called the disengagement of the hindquarters where the riders are able to maintain the purity and integrity of the movement as well as the rein to feet connection without excessive bend in the neck. However, in these cases I do not see a horse who is truly disengaged in the stepping over of his hind feet - rather his inside hind steps under the centerline of the body to a position of engagement, and the horse maintains a nice alignment. The difference between that movement and what I more commonly see is like comparing apples to oranges. The disengagement I have written about, and what I object to, is where the neck is over bent (often in a crude fashion) in attempt to disrupt the balance causing the haunches to step, or even swing, to the outside past the point of engagement.

MEMBER ADVERTISING RATES AND SIZES				
SIZE	1 Issue	2 Issues	4 Issues	6 Issues
Front Cover	\$300	10% Discount	15% Discount	20% Discount
Back Cover	\$250			
Inside Front Cover	\$275			
Inside Back Cover	\$275			
Full Page	\$125			
Half Page	\$75			
Quarter Page	\$60			
Business Card	\$25			
Breeder's Directory	\$20	Per Issue		
Classified Listing	\$25			
Classified W/Photo	\$35			
NON-MEMBER ADVERTISING RATES AND SIZES				
SIZE	1 Issue	2 Issues	4 Issues	6 Issues
Front Cover	\$400	10% Discount	15% Discount	20% Discount
Back Cover	\$350			
Inside Front Cover	\$325			
Inside Back Cover	\$325			
Full Page	\$250			
Half Page	\$150			
Quarter Page	\$120			
Business Card	\$50			
Breeder's Directory	\$40	Per Issue		
Classified Listing	\$40			
Classified W/Photo	\$50			
ADS MUST BE RECEIVED IN DIGITAL FORMAT.				
<ul style="list-style-type: none"> ✓ Formats Accepted: Quark Express, .tif, .jpg. Do not embed photos in MS Word Documents. ✓ Minimum resolution should be 300 dpi. Email separately. Include your name and the issue name (i.e. Equine Supplements_Jan2012) in the name of your email so we can identify it as YOUR ad when it arrives. ✓ Ad Design Help: Sandy McCart sandy.mccart@yahoo.com ✓ Text Files Accepted: .doc or .rtf ✓ Submit Ad Requests to Sandy McCart, sandy.mccart@yahoo.com. ✓ All ads must be paid in advance by check, money order or credit card. ✓ Ad payments should be made out to FOSH and mailed to 6614 Clayton Road #105, St. Louis, MO 63117. <p>FOSH is a 501 (c) (3) non-profit dedicated to the humane care and training of all gaited horses. Your donations are tax deductible. Please visit www.fosh.info</p>				

Feeding Horses Fats & Oils, A Healthy Practice?

by Marijke van de Water

Reprinted from *The Horse's Hoof Magazine*, Issue 53, www.thehorseshoof.com and by permission of the author and editor



The horse's natural forage diet contains very tiny amounts of oil within the grasses and seeds; their natural diet is low-fat. Photo courtesy Kleo Delaveris

Many horse owners are advised to feed fats and oils to their horses, as part of their feed program. We are told that fats provide energy and will also benefit blood sugar levels, laminitis, and various other health problems. But is the practice of feeding fats and oil to horses really beneficial, or are we being sold on another feeding fad?

The premise of feeding fats/oils is to encourage weight gain and to provide “cool” calories for performance. This belief is based on the fact that fats provide energy in a very concentrated form that is difficult to burn off quickly. In fact, one calorie of fat is equivalent in energy to three pounds of oats or six pounds of hay, with no sugar rush. Fat is the most energy dense feed available, but this density makes fats very slow to metabolize, which keeps a horse feeling full for longer than is natural or healthy. Remember, horses have a small stomach designed to empty quickly, and they have to eat continuously. Fats slow down the normal rate at which the stomach empties its food into the intestine, thus resulting in stomach overload, reduced gut motility, limited enzyme activity, increased toxicity and lower energy.

Replacing calories from forage with fat calories is another concern, as this usually means a significant loss in nutrition. Important nutrients such as protein, fiber, and minerals are replaced by “empty” calories, since poor quality fats provide no nutrition of their own. The young growing horse would be especially vulnerable to this, since their nutrient requirements are high.

In humans, the liver produces bile, a detergent-like substance that digests fats and oils by emulsifying them to break them down for easier absorption. The liver secretes bile within 20 minutes of ingesting fatty foods. The gallbladder, a small pouch attached to the liver, acts as a timer that secretes bile as soon as it is needed to begin the process of emulsification. But horses don't have a gallbladder, and without a gallbladder, the equine liver has no way of facilitating or regulating bile flow in the presence of dietary fats. Without the benefit of bile emulsification, large particles of oil cannot enter into the villi. The villi are capillaries in the small intestine that carry nutrients directly into the blood. Instead, larger oil chains must be directly absorbed from the small intestine into the lymphatic system where they are eventually transferred back into the liver. This congests the lymphatic system as well as the liver, both of which play a significant role in detoxification and immune function. High fat diets also reduce the absorption of fat-soluble vitamins such as vitamins A, D, E, and K.

Over time, the liver and entire lymphatic system of a horse (or a person for that matter) who is fed excess and poor quality fats and oils becomes congested, resulting in poor digestion,

premature feelings of fullness, liver toxicity, and poor immunity because of the accumulation of fats and fat-soluble toxins, which the liver can no longer efficiently detoxify. Watch for signs that point to fatty liver stress: fatigue; poor appetite; skin problems; toxicity; circulatory problems; kidney issues, cancer and digestive problems. Undigested fats pass through into the cecum, where they interfere with the bacterial fermentation of the all-important fiber which horses convert into “real” energy. The kidneys become strained, because when the liver can no longer emulsify the excess fats, the kidneys must take on the overload, which they are not designed to do. I have seen more than one case of kidney shut down, because the horse was being fed and drenched with unhealthy fats.

And furthermore, the oils that most horse owners feed to horses are not healthy ones! The kinds of oils normally fed to horses are poor quality mass-produced, refined vegetable oils. Inexpensive oils such as corn oil, soya oil, canola oil and other vegetable oils are commonly fed to our horses. Whereas nature packages these oils inside the seed, humans expose these fragile oils to light, air, heat and solvents during extraction, processing and storage. These exposures destroy the essential fatty acids and form rancid oil, which produces toxic breakdown products and free radicals. The ingestion of rancid, denatured oils causes cell damage and is implicated in many degenerative diseases, including cancer, liver disease, heart disease, arthritis, digestive problems, and—don't miss this—diabetes.

High fat diets in horses (and people) contribute to diabetes and insulin resistance by not only increasing cortisol levels, but also by damaging cellular membranes. Fatty diets harden the membranes, making it difficult for the cells to absorb glucose and other nutrients, which then remain in the blood. Furthermore, vegetable oils and corn oil are known to cause generalized inflammation and/or immune suppression because of their high content of omega 6.

One nutritionist even advocated giving fish oil to horses. Horses should not be fed animal or fish-based products at any time. Horses are foraging vegans—“super vegans,” actually. They thrive on fiber and were never meant to eat a high-fat diet. There is not one shred of evidence related to the equine digestive system that indicates that horses are anatomically designed to benefit from eating excess fats. Horses don't have a gallbladder because they don't need one: there is no appreciable amount of fat or oil of any kind found anywhere in their natural food chain. The grazing horse finds no plants containing concentrated fat in any terrain. What grazing horses do find is seeds

and grass heads from various plants, which are a healthy source of essential fatty acids.

When I perform health assessments on fat-fed horses—in person or by distance—I can often see the excess fat globules in the blood and the congestion in the liver. For optimum health, ensure that the domesticated horse receives a variety of different plants to forage on, plus adequate fiber, moderate levels of protein and no added fats of any kind.

To detoxify a horse coming off fats and to repair any damage, I recommend the following 4-6 week program to drain the liver and lymph, flush the kidneys and eliminate residual fats. This course of supplements can also be used for any kind of general cleanse and detoxification program:

- Probiotics (preferred brand Riva's Pro-Colon) – 1/4 tsp daily.
- Blend of milk thistle and dandelion (preferred brand Riva's Equi-Cleanse) – 2 Tbsp daily.
- Blend of cornsilk, couch grass, marshmallow, juniper, yarrow (preferred brand Riva's Kidney Care) – 1/4 cup daily.
- Sulphur, 200C – One dose (5 pellets) daily for 7 days.

About the author: *Marijke van de Water, B.Sc., DHMS, is an Equine Health & Nutrition Specialist, Homeopathic Practitioner, and Medical Intuitive & Healer. She is the founder, formulator and CEO of Riva's Remedies and is a popular speaker and clinician at equine expos, conferences and seminars. She is the author of "Healing Horses: Their Way!" and "Healing People: The Marijke Method" and hosts her own online radio show "Healing With The Marijke Method," a healing show for horses, people, dogs and cats Listen live or podcast: www.toginet.com www.rivasremedies.com • www.rivasremediesfordogsandcats.com*

IVORY PAL
Born To Fly Higher

beyond the blue ribbons

Cindy McCauley
with foreword by Melanie Sue Bowles,
founder of Proud Spirit Horse Sanctuary

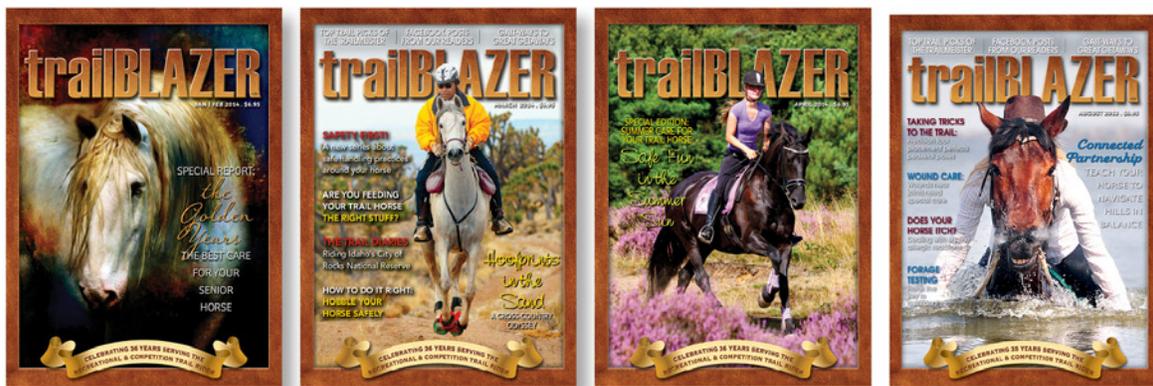
\$16.95 Retail

Over 30 Full-Color Images by Cheri Prill, Tampa, FL
For personally autographed copies www.ivorypalbook.com including Nook or Kindle format

Also Available at amazon.com

trailBLAZER is the coolest horse magazine on the planet!

go to www.freetrailblazer.com to read a FREE issue today!



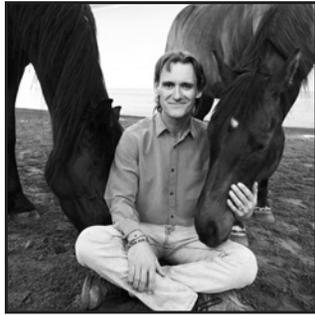
www.trailblazermagazine.us

3 Out Of 4 Aren't Bad

How Topline in Horses Relates to Behavior and Performance

By Chris Irwin

Chris Irwin is an internationally renowned horseman, best-selling author, and a leading pioneer in the equine assisted movement. It was discovering how to transform BLM wild mustangs into 18 calm and collected U.S. National champions in english, western and driving competitions, that first showed Chris his greatest insights into learning how to learn. To connect with Chris Irwin visit his website at www.chrisirwin.com



There are four basic levels or “top lines” of the back, neck and head of the horse.

First the worst: When the neck and head of a horse rise up above level with its withers while the spine becomes hammock-like under the saddle, this shape is “hollowed-out” or “inverted.” As soon as the head comes up and the back hollows out the horse will be pulling itself along by its front legs instead of pushing itself from the hindquarters. Even worse, an inverted back causes the horse to brace its entire body and the buckled vertebrae send a steady flow of adrenaline into the mind of the horse.

An inverted horse is nature’s way of juicing the horse up for flight or fight. You’ll notice that we say that things get “*worked up*” and they need to “*calm down*”. We do not say we are getting worked down and we need to calm up. An inverted head and hollowed back not only indicates a problem, but is an integral part of creating the problem. And high-headed, inverted horses have lots of problems!

Too many trainers believe that a certain amount of “high-headedness” in a horse is good and even necessary. All too common in both English and Western riding, we’ve all seen the horses that are always “stuck up”, with many leaning their noses heavy and hard against tie downs and standing martingales. Ironically enough, these upside-down horses are usually involved in speed events.

Yes, horses do need to hold their heads high to scope out the jumping courses, and many of the breeds, most

notably the gaited horses, may indeed work better while “high headed.” But far too many trainers are unaware of the difference between high headed and inverted and high headed and “well rounded”. There are two types of high-headed horses, high and hollowed or high and rounded. And it feels so much better for both horse and human to be riding a round horse flowing with endorphins than a hollow horse riddled with adrenaline!

And what about level-headed? Thoroughbreds are typically the fastest horses around and most of those wound-up thoroughbreds will be galloping around the track inverted, full of adrenaline and braced against their jockey. However, the very best horse-and-jockey teams will be able to work together to relax and become level-headed as they push for the “home stretch”. And if you look at the logo of the Ford Mustang – it is a wild horse galloping “level-headed”. A level-headed gallop is absolutely the fastest, smoothest, most agile, best balanced and most comfortable gallop to ride. Sadly, most speed event horses are so stuck-up they are being robbed of their true potential for unleashing their greatest speed.

The opposite of high-headedness is “long and low”. This causes the spine to stretch out, and when a horse’s vertebrae stretch out, its spinal column starts to produce endorphins instead of the dreaded adrenaline. As their backs slowly round up and their necks start to release down, you can see the negative energy melt away from the horses.

However, a horse working with a low head, while very mellow, is not in the best frame of mind or balanced potential for speed and agility. We want calm and relaxation, but we also want athleticism and focus. There is a time for long and low therapy and there is a time for being level-headed and there is a time and place for up and well-rounded collected work. Low-headed is really just a transitional phase, a warm-up to loosen muscles and get into a calm, work-ethic sort of mindset before moving on to the more difficult gymnastics.

In the coming months we’ll look at the art and science of what it takes for a rider to affect change for the positive with our horses so that we truly are “aiding” our equine friends. The goal will be to help inverted horses relax and become supple with long and low work, find improved balance and greater impulsion with level-headed work, and then, finally, how to aid our horses into the power and grace of working truly “well rounded” and “calm and collected.”



As Chris begins the riding class with 2 students we see the clear distinction between the high-head and hollowed back frame of the pinto as opposed to the level-headed spine of the buckskin.

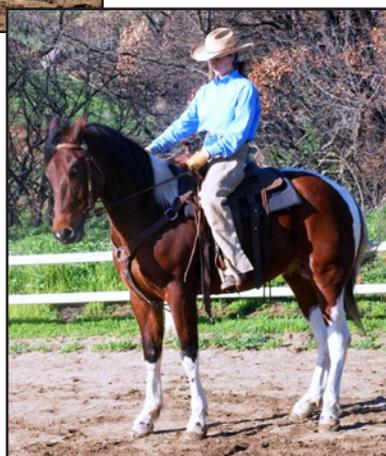


Visit www.stopsoring.com to see the public outcry against the brutality of soring. Links to over 150 articles.



In the process of learning to “use the leg as an aid to the horse,” Chris shows the rider how to stretch the topline of the horse not with her hands on the reins but instead from her leg. Notice the soft eye on the horse and the tension being released from his mouth as the adrenaline from the inverted back is now replaced by the endorphins provided from a stretching vertebrae.

In photo 3 we now see a completely opposite topline in the pinto as his head is now held high with a lifted back that is rounding from the rider’s leg instead of hollowing and inverting against the rider’s hand.



In the final photo we see the pinto now moving forward with a level-headed topline. His tail is not quite curled and completely relaxed yet and we can still see the tension releasing in his gaping jaw... however the good news - the horse is releasing the tension in his body as he is now

getting the physiotherapy he needed from working with a level back instead of the inverted spine he started with.

The problem is not the problem. The problem is your attitude about the problem. It is not what we get or achieve, but who we become and what we contribute that gives meaning to our lives.

– MARIJKE DE JONG



By Amanda Avina, Temecula, CA

Cinderella and I didn’t compete for the 2013 season because I finally had my shoulder surgery and was not allowed to ride for 6 months, a LONG 6 months. The day I was cleared to ride, I headed home and saddled up all 3 horses and rode!

I started getting Cinderella back into shape and a month later she had severe breathing problems. I found out it was all allergy related (due to dry hay) and did steroids, antihistamines, and breathing treatments. I also found this product called FLAIR Equine nasal strips and love, love, love them. They help open up the nasal passage and reduce the risk of bleeding lungs during training and competitions.

We started slowly into this season. I didn’t want to push her too hard but at our 4th race back, she decided enough was enough and she was going to start kicking butt again. We are now only 3 events away from winning our AAA champion buckle for the season (for CGA we have to have 3 AAA times in 10 out of 13 events) and we are 3rd out of 13 in our division. Our club’s Spring Fling was in April and Cinderella broke 4 of our personal best times and had the fastest Poles run of the weekend with a 10.539!!! I was so happy I cried!! And last month we returned to Open barrel racing and our first run back we were 4th in the open 4D and 2nd in novice 1D.

I’m so blessed to have Cinderella in my life!! She is such an amazing horse. The ladies whom I race with joke with me and say “walking horses can’t run” every time we make a fast clean run!!



2014 JENNIE JACKSON CLINIC

Dressage as Applied to the Gaited Horse

By Jennifer Klitzke, FOSH Member

Coming from 28 years as a devoted dressage student riding trotting horses, dressage is not new to me. But applying dressage training methods to my naturally gaited Tennessee Walking Horse has raised a few questions: How do I ride a head-shaking horse on-the-bit? Does the dressage training pyramid apply to the gaited horse? Can a gaited horse reach high levels of dressage? Is it possible to collect a gaited horse without trotting? What about rider position?

In January 2013 I stumbled upon Jennie Jackson's Dressage en Gaité training DVDs and purchased them with my Christmas money in hopes of finding answers to these questions. Jennie is the only person I've come to know IN HISTORY who has trained and shown a Tennessee walking horse to the highest levels of dressage: piaffe en gait, passage en gait, canter pirouettes, tempi changes, and has developed the full range of motion-collected through extended walks, gaits, and canters.

Watching Jennie's DVDs began to answer my questions. That's when I invited her to teach a "Dressage as Applied to the Gaited Horse" Clinic in Minnesota last year. The clinic was a huge success. So this year, I teamed with the Minnesota Walking Horse Association for the 2014 Jennie Jackson Clinic held Friday-Sunday, May 30-June 1 in Proctor, MN.

Not only is Jennie the pioneer of Dressage en Gaité, she is an International Walking Horse judge and clinician and has a full scope of knowledge and experience with Tennessee Walking Horses - from breeding through



Becky Hansen teaches her horse how to move away from her inside leg to the outside indirect rein.

breaking, training and finishing, in and out of the show ring: English, western, trail obstacle, driving, stadium jumping, cross-country, and dressage. Plus, Jennie and her husband Nate have been on the front lines fighting soring and abuse for 30 years. What an honor to have them in our midst!

Auditors, riders, gaited horses, and a gaited mule came to the clinic from various backgrounds: some from the Walking Horse show world, others from the trail, some new to dressage, and a few returned for more advanced dressage teaching.

Clinic riders and auditors experienced the importance of: teaching the horse relaxation, stretching and seeking a snaffle bit contact; teaching the horse to move away from the rider's lower leg, step across and under its belly with its inside hind leg, and into the outside indirect rein through leg yield, turn on the fore, and shoulder in exercises; using ground rails to break pace; using half halts to discourage trot and establish a smooth four beat gait; establishing correct canter leads over ground rails; using travers through counter canter to maintain lead; collected walk-canter-walk transitions; simple changes at "X"; applying the freshening canter to establish a true three-beat canter in preparation for flying changes; transitions



Ashley Frones riding collected walk to canter and counter-canter transitions.



Candice Rundell teaches her Spotted Saddle Horse how to relax into a soft, stretching frame and to seek a snaffle bit contact.



TWH demonstrating a beautiful four-beat flatwalk. "I didn't realize that there was so much to this style of riding." – Dave Renne

between collected, medium, flat walk, and running walk; turn on the forehand; turn on the haunches; walk pirouettes; leg yield to half pass; introducing the Kinton noseband and its function; introducing a double bridle and the function of the curb versus the snaffle bit; plus demonstration rides by Jennie on some of the students' horses to help riders, horses, and auditors understand the exercises she taught.

I hope everyone who attended the clinic enjoyed it as much as I did. Thank you Jennie and Nate Jackson for traveling to MN and to the MWHA for sponsoring this clinic!

For more about Jennie Jackson and Dressage en Gaité, visit www.walkinonranch.com. For more clinic photos and stories, visit www.naturallygaited.com.



Photo credit Sonya Soease

Jennifer Klitzke learned collected walk-canter-walk transitions while maintaining connection and a still riding position.



Photo credit: Jennifer Klitzke

Sally Frones beautifully demonstrates the perfect softness and angle of leg yield along the fence line.



Rachal Peppard established canter departs over four ground rails spaced nine feet apart.



The auditors enjoyed watching those big ears flop each time the gaited mule flat walked.

TOBE'S WALKING HORSE FARM

Quality Came First

FORWARD by Lois Kramer, original owner of Sage King Flash

This is the Chinese Year of the Horse. For many of us it is always the year of the "horse." Spring is on the way: sunshine, green grass, and time to spend with our "friends." While dreaming of long rides and fun activities, did you ever wonder where your horse came from? Not who you bought it from but how the breed came about. Why is your horse a 14.3 hand solid black, your riding buddy's is a 16.3 hand lit-up roan and they are both registered Tennessee Walkers? In part, early breeders selected stock for their natural gaits and utility, not just a set style or particular bloodlines. While times changed, styles changed, and use changed. There were breeders all over the U.S. and Canada who continued these ideals.

My first walker, Charade, was a tall, lit-up, red roan; age unknown, breeding unknown, background unknown. She paced like crazy and had badly scarred legs. I figured she was an old ex-"show horse" [translated: Big Lick] who's career and use was over. Well, in spite of everything, Charade was my "best bud" and trail horse. She could travel for miles but we did spend a lot of time waiting for friends and their quarter horses to catch up.

Charade was retired and I began looking for a replacement (One that didn't pace). In our travels, my friends and I met many great owners, breeders and horses (I wish there was time and space to acknowledge them all). Two outstanding breeders I met were Tom and Bev Forkner, TOBE's Walking Horse Farm, in Mead, Washington. In the early 1990's, my hometown hosted the Central Washington Walking Horse Show. By that time, I had purchased a broodmare and yearling, so I went just to 'look'. In a flat-shod class was one of the most elegant, true gaited, calm, bay mare's I'd ever seen. "Who did she belong to? Was she for sale?" Well, she belonged to Tom

and Bev and "NO" she was not for sale! (O.K. if I owned her she would not have been for sale either!) Later, when visiting their farm I was impressed by their other horses as well. Tom and Bev are true horsemen, breeding and tirelessly promoting the 'natural gaited' walking horse. Tom and Bev led "not just by words but by action". I learned from them that keeping to the older foundation's bloodlines, naturally gaited horses were produced. These horses were a joy to own. They purchased a colt I had bred (Sage King Flash) who traced to their same gene pool.

Recap? If you are horse hunting or thinking of breeding for your own foal, take Tom and Bev as examples to follow! It is time to rebuild the foundations and reputation of our favorite breed of gaited horses! Hit the trails, join FOSH and let people know what our horses are truly all about.

Reminiscing with Tom & Bev Forkner - Mead WA

Compiled by Julie Tarnawski, FOSH Member

In 1971, Tom was looking for a good saddle horse. He decided to start with a little double bred Triple Threat yearling filly, Ms. Triple Threat V. As we continued to look, we found Pearl Tompkins in Elmo, Montana, from whom we purchased Red Miss and Mission Belle. These mares had broad chests, good feet and legs which didn't come out of one hole in their chests! Later, we also bought from Pearl, a yearling stud colt by Shadow's Brantley. He was very well built; chest, legs, feet, and with a short back. We labeled him TOBE's Snip, and bred our mares with Snip for nine years.

The first foal out of Ms Triple Threat V, was Threats Foxy Lady. She was ridden a few times as a 2 & 3 year old to determine if she was what we had in mind for our breeding program. And she was very good but small. She was bred as a three year old and then we didn't breed her one year because she looked thin. In her life, she had 21 foals for us.

We found the Triple Threat horses to be extremely intelligent. When we would start to work with them, they would turn, as if to say, "Are you sure this is what you want?" There were a few of them that we didn't care about for one reason or another. So, they would go to the sale yard without registration papers. They were then classified as grade horses.

Derrick's Delight E, by Sun's Delight, was also purchased during this time. He was a large, well built stallion with a super good mind and disposition. Then, in 1979, we kept a stud colt, TOBE's Ebony Delight which was black when born. We didn't realize that greys were born

The Crew (Tom Bev in front, son Jeff wife Michelle and grandkids Jessica and Stephen) Winter 1988-89 Tobe's Ms. T.T.'s Female (Nikki) The rest are some of the other mares.





Vancouver, WA September 1988 Crashawna and Bev

black and, as he aged, he turned grey. This colt was a real character so we tabbed him BOZO. After he came of age, we bred with him for three years and then cut him. Tom rode him until he was nine years old and sold him to a fellow in Montana.

In 1980, we had a full brother to BOZO, also grey, named TOBE's Master Delight (M.D.), barn name DOC. Then he was our stallion for six years until he became sterile. DOC was Tom's buddy and it broke his heart when we found out that DOC had cancer.

We had another grey stud colt in 1986 by Derrick's Delight E, called TOBE's Mountain Drifter. He was a really big horse, easy going, easy disposition with a good mind, so was used as a stud for several years, then gelded and sold. And, in the same year, we

kept another stud colt which was jet black by Derrick's Delight E and Cinna's Satin Smoke. We called him TOBE's Smokin' Carbon, barn name, SMOKE. We bred with him until approximately 1995; gelded him, and later sold him in 2004. Tom rode him during his gelded years and had many miles of total enjoyment of SMOKE's good mind, and fabulous comfortable gaits.

Red Sage Flash was purchased as a two year old stud, our last one, in 1992. He could gait very well, had a great mind and disposition plus was a delight to handle. We bred with him until 2009. He put consistent babies on the ground and was probably the best and most consistent stud we had. His foals were all stamped from the same pattern except for size. He was 15 hands while a lot of his foals were as big as 16 hands; all with good conformations and great dispositions.

Our horses weren't raised like most around here. We had three stalls in the barn but we have lots of acreage of forest and fields with no wind, usually. The first 20-25 years, we may have seen 5-6 foals born. The mares were in the woods, comfy, separated from the geldings because they are snoopy and make the mares nervous.

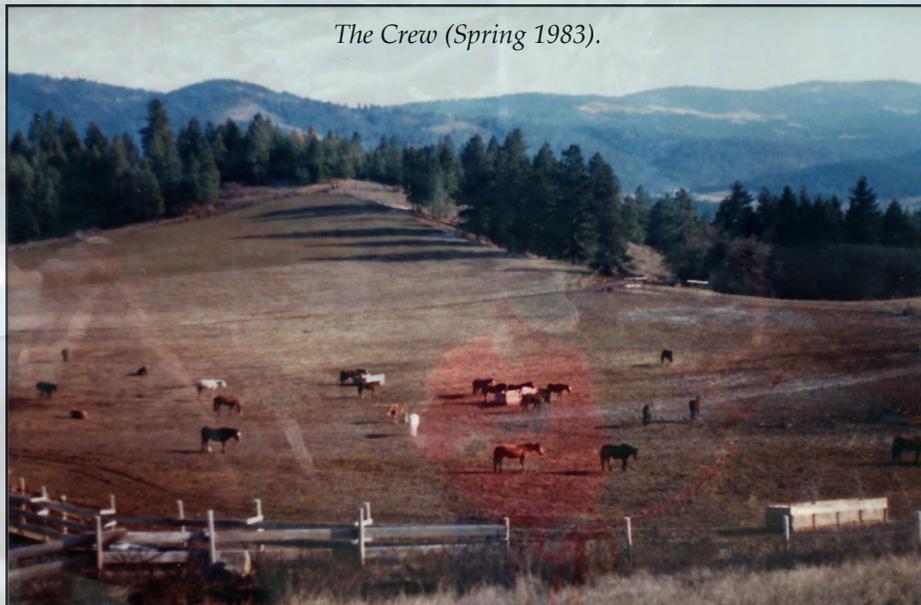
As we aged (and got paranoid) we made a pasture beside the house into the "maternity/foaling pasture", bringing the "due mares" with a couple of weeks to go, to that pasture. In the 41 years we bred and raised registered Walking Horses, we produced over 270 foals. And yes, we lost a few along the way due to broken legs, pneumonia, and sleepers sickness.

Before, and when we started our breeding program, we would talk to breeders and vets. None of them had the same formula for breeding. So, Tom went to a breeding class by a local very knowledgeable trainer, two nights a week for six weeks. This class helped immensely. We averaged 92% to 96% foal crops. Others were getting 50-62%.

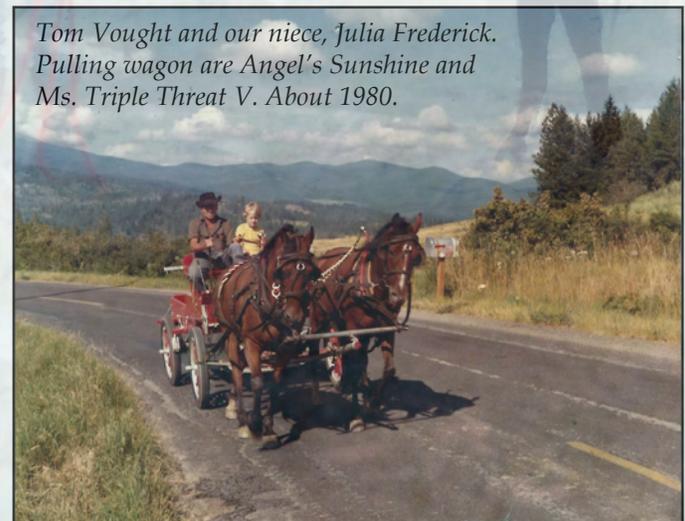
Our weanlings spent the winters in the barn and corral. They got good hay, good free choice iodized salt and minerals. Over time, we found that whole oats were what we liked for our youngsters. This seemed best for

encouraging good general health, good growth, and shiny coats.

We wish to thank Laura Wyant for appreciating how much we enjoyed raising our old time pleasure "using" Tennessee Walking Horses and recommending our story to FOSH. It's been a very satisfying life raising and riding these wonderful horses.



The Crew (Spring 1983).



Tom Vought and our niece, Julia Frederick. Pulling wagon are Angel's Sunshine and Ms. Triple Threat V. About 1980.

HORSE HAVEN OF TENNESSEE MEETS GARY LANE



By Stephanie Solomon, Horse Haven of Tennessee, Equine & Barn Manager & Adoption Committee Chair

Horse Haven of Tennessee was awarded a wonderful opportunity at the beginning of 2014 when we were contacted about using some of our Tennessee Walking Horses for a clinic with Gary Lane at the 2013 Sound Horse Conference. The plan was for Gary Lane to travel to our facility several times to work with 5 volunteers and 5 rescued Tennessee Walking Horses which would then be showcased during the Sound Horse Conference at the end of March.

Due to a snowier than usual winter, we were not able to meet Gary until February but that did not slow us down. Gary got right to work with the volunteers by talking about the biomechanics of the gaited horse, how to achieve proper gait and what to expect in our upcoming sessions with him and the horses. That first cold day was lots of fun and the volunteers couldn't wait for his next visit.

The weather continued to be an issue and Mr. Lane had a very busy schedule but each visit was very educational and the volunteers worked with their horses on what they had learned in between sessions with Gary. Before long, three of the five horses were gaiting well under saddle and we were all getting very excited to bring them to the conference and be able to talk about the many Tennessee Walking Horses that come through our organization every year and how they can be rehabilitated to be wonderful riding horses.

Just a couple of weeks before the Sound Horse Conference, we placed Horse Haven of Tennessee under a full quarantine due to a suspected case of Strangles. We had to wait almost a week for the test results to come back and when they did we had four positive cases of strangles. We were all very disappointed and saddened by the news.

Horse Haven of Tennessee (HHT) is the oldest and largest equine rescue in Tennessee and if there is a large "fallout" from the PAST ACT it will be HHT that will be there to pick up the abused and neglected horses of our state. We did attend the Sound Horse Conference and I feel that we made many important connections and relationships within the sound horse movement in Tennessee and nationwide. Although we lost many opportunities for fund raising, adoptions and grants because of the quarantine, we gained a working relationship with FOSH that will encourage sound practices in Tennessee. For more information, please call 865-609-4030 or visit us on the web at www.horsehaventn.org

Great Opportunity! Gaited Dressage 3 DVD Set

These instructional DVD's were created for IJA by 8th Heaven Farm of Colorado. The 3 DVD's include IJA Introductory Tests 1 – 4, IJA Two Gait Tests A – E, and the IJA Manual for Gaited Dressage. The Tests comprise ridden examples of each test with directive voice overs and superimposed patterns.

\$40 includes shipping*

Name _____

Address _____

Telephone _____ Email _____

Make Checks payable to FOSH and submit to
Friends of Sound Horses • 6614 Clayton Road #105 • St. Louis, MO 63117

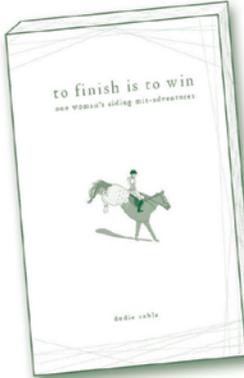
*Shipping 1-3 days



WARNING!!!
To Finish is to Win
contains page after page
of knee slapping, side holding,
hilarious adventures
(all true by the way)

TO FINISH IS TO WIN

one woman's riding mis-adventures



Visit us online at
NewPromiseFarms.com

- You'll chuckle as Dodie and her crew survive a 180-mile walk in the elements, including a tractor pull, to locate a much-needed port-a-john.
- You'll howl when a rip-roaring road trip escalates into a side-splitting travel fiasco.
- You'll laugh at these mis-adventures and more!

NOW AVAILABLE ON
FOSH website!

Author, Dodie Sable enjoys spending time with her husband and children in Lenhartsville, PA. She also works as a small business consultant "on the side." (No rest for the weary!)

New Promise Farms proudly boards, breeds and trains (for trail and distance), Appaloosas and Tennessee Walkers (and their riders). For more than 20 years, the farm has delighted local equestrians with its peaceful, safe and natural practices and facilities.



By Lori Northrup, FOSH VP of Anti-Soring Initiatives

I was so impressed with the Walk on Washington (WOW) rally held June 18, 2014 in Washington, DC, on the grass in front of the Capitol. It was a hot, hot, muggy day; however, the professionalism, organization and spirit of the event was one of the best events I have ever attended in my life. I heard it was the first time since 1978 that a horse had been featured on Capitol Hill. I can only imagine the work and dedication to get the necessary permits and approvals.



Keith Dane HSUS, Director of Horse Protection

Congressman Whitfield (the sponsor of the PAST ACT) spoke eloquently, as did Congressman Cohen from TN! Congresswoman Jane Schakowsky, Senator Joseph Tydings, Keith Dane of the HSUS all spoke very moving segments to the audience. Tydings showed the framed photo of his stint in the last horse-back division of the USA Military, and gave a very moving speech. The crowd was good, despite the 98 degree sunny humid weather.

The group that organized the Walk on Washington did an outstanding job: fencing, orange-shirted marshals to ensure everyone's safety, parking permits for the trailers, waters, and 6 magnificent Tennessee Walking Horses with well-attired riders who continued to demonstrate some wonderful gaiting in the hot, hot day.... Dan Cramer was there all day; he is running for Congress against Marcia Blackburn, opponent of the PAST Act. Photographers and reporters seemed very engaged. Jay Hickey was there



Gale Monahan as WOW Marshall

from the American Horse Council, Maggie MacAllister and Gayle Monahan from FOSH, Jen Lonigan from HSUS, Russ Gaspar, and many other solid supporters put their heart into this.

Kudos to everyone who was involved. I was so proud to be there representing FOSH as one of the sponsors of this event. The troop of well-trained volunteer marshals kept the event on track, safe for the public, and comfortable in the heat of DC.

And the horses that were demonstrating: that was the true WOW for me. The elegant, smooth gaiting, from well-mannered and beautifully presented Tennessee Walkers, was spectacular. Bravo to everyone who supported, organized and participated in this event ... IT WAS AWESOME!!

FOSH is proud to have helped sponsor this momentous event and wants to honor and thank the Walk On Washington organizers and riders with a complimentary one year membership to FOSH. Your hard work and dedication to the sound horse is truly appreciated: Lynn Delzingaro, Jeannie McGuire, Paula Weaver, Diana Morehead, Mikal Spooner, Aerial Spooner, Joe London, Denise Parsons, Rebecca Smith, and others not mentioned.





Diane Sept Changed My Life

By Cris Van Horn & Dianne Little,
FOSH Board of Directors

Diane operates Back To Basics Equine Awareness in Denver, Pennsylvania (www.dianesept.com 717-336-6346). Having worked with Peggy Cummings (www.connectedriding.com) since 1990, Diane is a Connected Riding Senior Instructor and Clinician, a member of the US Equestrian Foundation (USEF); a licensed multi gaited breed judge with the FOSH Independent Judges Association (IJA) and an open breed judge. She has worked with gaited breeds since 1971 and offers local training and lessons and clinics throughout the US where she teaches Connected Riding and Groundwork and complementary bodywork/energy work such as T.T.E.A.M. (Tellington Touch Equine Awareness Method). Connected Riding and Groundwork teach the flowing natural movement and balance that allow people and horses to continually grow; how to use your body more efficiently to readily improve your horse's performance; how to ride without compression, pain or stress; and how to have more ease, fun and longevity in riding.



DIANNE LITTLE

This strong statement encompasses many things and is unique to the individual making the statement. It may mean a change in attitude, a change in awareness, a change in spirituality, a change in lifestyle. To me the change was the result of an exposure to a dream and the person who showed me the way to make the dream reality. Diane Sept showed me the path to the journey that will never end.



Diane at Joyful Noise Farm, Pryor, OK

Like many little girls, I dreamed of horses. Living in Calgary, Alberta, Canada, in the middle of ranch country and home of the Calgary Stampede, horses were part of the Western heritage, but my family did not come from a farming or ranching background. I was able to ride ponies at local events and go for trail rides in Banff National Park, but I was not able to see, smell and touch horses on a regular basis.

In 1981, a high school friend's husband purchased a Tennessee Walking Horse to use in field trials and invited me to take riding lessons with her. At the first lesson, my mother's warnings of getting hurt overrode all my feelings of joy and I spent the lesson terrified. The idea of picking up those feet was a mental as well as physical challenge. I was relieved when the first lesson was over and was not sure I would return. But return I did. There is no doubt that the passion and patience of the instructor, the atmosphere at the barn, and my stubbornness were the deciding factors in my decision. The dream overrode the terror and within 4 months I purchased a Tennessee Walking Horse and brought him to board at Westridge Farms where Diane Sept was the instructor and trainer. I was compelled to continue the journey with Diane.

My schedule allowed me to ride during the day and take advantage of an indoor arena that was used by Diane as she trained horses. I had the opportunity to watch Diane and learn not only from my lessons, but from observations. We discussed individual horses and differences and movements and I was quietly encouraged to learn from other sources. Diane encouraged and perhaps challenged me to learn and grow in all areas of "horses". When Centered Riding by Sally Swift was released, we discussed and practiced the principles. In my experience, Diane is the ultimate educator and demonstrating respect for the horse, the student, the discipline and her craft. She encourages and challenges, but balances that with an understanding of the student (human and horse) and their abilities. She has the patience to wait for any break through with human and horses: she does not force or take short cuts to resolutions but looks for creative ways to encourage.

From my first meeting with Diane, there was no doubt that the welfare of the horse comes first. This is not just a phrase, but a philosophy that is incorporated into her personal and professional life. Diane was more concerned with the big picture than with personal glory. Her efforts were always directed toward the welfare of and respect for the horse: she is committed to ideals. With a strong ethical base and the ability to persevere in the midst of opposition, Diane is willing and able to take an unpopular position she believed was fair and ethical. She taught me to 'walk the talk.' Following this philosophy has the potential to upset and perhaps offend and potentially lose clients, but these pitfalls have never deterred Diane from her ethical path of honesty and integrity. As a lifelong learner, Diane is always seeking areas to expand her base and encourages others to do so also. She is not driven by ego, but a quest for knowledge that will benefit the horse.

Diane left Canada in December of 1988. However, she never left my heart and my psyche and her influence continues today. I am a lifetime learner and attempt to follow her example of honesty and integrity. I have internalized the lessons and continue the journey that Diane presented me.

CRIS VAN HORN

I joined FOSH in 2009 and heard of Diane Sept from other Board members over the years. I briefly met Diane at the 2010 Sound Horse Conference in Louisville, Kentucky. I knew she had written articles for FOSH in years past and I contacted her to see about reprinting some of them. One thing led to another and I asked if she would come to Oklahoma and do a clinic on Dressage for the Gaited Trail Horse. She agreed and Larry Lees of Joyful Noise Farm in Pryor, OK took over the logistics and hosted this Diane Sept Clinic in November 2013. I discovered a little bit about her background when I developed her curriculum vitae synopsis for the clinic flyer. Little did I know what her past education and experience would mean to me and my life going forward.

I attended as an auditor and was absolutely blown away by what Diane was teaching—Connected Riding®. While I was aware of Peggy Cummings, the founder of Connected Riding®, and had read her article series in the Trail Blazer magazine several years before, I had no real understanding of Connected Riding®. Boy, was I awakened!! The first thing Diane did was tie my wrists together and blind-fold me and then start leading me around the barn aisle way. I was fearful and hesitant at first but Diane maintained a good, solid (firm but elastic) connection with me and I began to trust her leadership and relaxed and followed her everywhere by feel. Then she loosened the connection and I lost confidence. I had no idea where she wanted me to go so I distanced myself from her until I could feel tension on the lead rope and gain some idea of where she wanted me to go. She explained that this is the leadership the horse wants from its human. A BIG light bulb went off in my head—now I get it! Larry Whitesell had been telling me for years to maintain a light contact with my horse. I never really understood why and generally wound up on a loose rein because that is what I had been taught. Diane's leadership exercise told me everything I needed to know—we are asking the horse to NOT use their eyes to make their own decisions, but to pay attention to and follow our leadership. Every dance needs a strong lead to build confidence in the follower—at least I prefer a strong lead or I will take over and lead the dance myself!!

I learned many other things during that clinic but the two that stuck with the most are the Rock Back and Finding Center with Neutral Pelvis. The Rock Back is suggesting to your horse with your

hand resting lightly across his nose that he shift his weight to his hindquarters without taking a step backward, allowing the spine to decompress. This teaches the horse that he is responsible for his hind legs—the beginning of self-carriage. Diane also taught me how to Find Center with Neutral Pelvis in the saddle—that oftentimes a woman needs to bring her knees up to the pommel and scooch just a smidgeon forward to become centered in the saddle. Likewise a man may need to scooch backward—all due to the differences in pelvic design between the genders.

Diane's knowledge and methods of delivery really opened my eyes. What she taught resonated with me like nothing I had ever learned and understood before. I had a feeling of coming home! Indeed, she changed my life and my commitment to my horses. Her teachings started my journey of Connected Riding® and how important it is to learn more about the biomechanics of the horse to enhance my relationship with my horses and their overall well-being—mental, emotional and physical.

As I discovered then and again at the FOSH IJA Judges Clinic on Biomechanics with Jillian Kreinbring in March 2014, Diane's main goal in any clinic or educational setting is to be sure that a participant goes away with something very solid to put into their horse/riding skills. She teaches "hands on" biomechanics of horse and handler in the everyday relationship—whether handling, working on the ground or riding.

My hat is off to Diane Sept!!

2013 Clinic
Joyful Noise
Farm, Pryor,
OK



The Missouri Fox Trotter

- Missouri's Official State Horse

The tack trunks are unpacked, the trailers are clean and waiting for the next show, the three-year-old Missouri Fox Trotters are resting comfortably at home, and the exhibitors' memories are still fresh. The 2014 Missouri Fox Trotting Horse Breed Association's (MFTHBA) Three Year Old Futurity is now in the record books, but thoughts will be turning to the MFTHBA's Show and Celebration, August 31 through September 6. An estimated 5,600 people from all over the United States, Europe, Israel, Mexico and Canada will attend the largest MFTHBA show of the year at Ava, Missouri, with the spotlight shining on the Missouri Fox Trotting Horse breed.

What makes this beautiful gaited breed so popular? The sure-footed, gentle-mannered, and smooth gaited Fox Trotter is an outstanding choice for just about any discipline. Whether you need a trail horse with a smooth gait, a versatile show horse that can do well in the ring, or a cross-country endurance horse that has the strength and stamina to excel over long distances, there is a Missouri Fox Trotting Horse that will fit your needs. Fox Trotters are being used on search and rescue teams, field trials, mounted shooting events, and competitive trail riding. While its versatility is evident, the overriding breed characteristic is its kind spirit.

Origins of the Breed: How did this beautiful, kind, sure-footed, gaited breed develop? Using horses were needed to aid in the settlement and expansion of agriculture of this young country. People of the Ozarks, in particular, needed surefooted working horses to handle the rugged, rocky terrain of the region. Horses helped plow the ground, haul logs, and work the cattle, while also providing a stylish buggy or riding horse for families.

Settlers migrating to the Ozarks from Kentucky, Tennessee and Virginia brought with them their best saddle stock with bloodlines including Arabians, Morgans and plantation horses. Through the years, breeders added American Saddlebreds, Tennessee Walkers and Standardbreds to the mix to provide more refined appearances and dispositions. One outstanding characteristic, the fox trot gait, became the predominant factor in selecting horses for breeding. As a result, the popularity of this sure-footed, smooth gaited riding horse

"The gentle nature of Missouri Fox Trotters is something that could be emphasized more. It is one of the characteristics I have grown to appreciate more and more over the 25 year period of time that I have owned them. I have trained several of them and all but one has been fun to work with. Most of them try to please." ~ MFTHBA member from Kansas



Playboy's Heart of Gold ridden by Keeli Land - photo credit - MFTHBA

surged in the Ozark region. Cattlemen sought out these horses for the comfortable ride, good mind, and ability to work cattle. People who traveled great distances needed a horse that would cover ground quickly and with comfort. The fox trot gait offered traveling speeds from 5 to 8 miles per hour and provided a very smooth ride, perfect for traveling. An added bonus - Fox Trotters made great family horses because of their gentle nature.

Breed Standards - Conformation, Gaits and Color: The Missouri Fox Trotter stands between 14 and 16 hands and has an average weight of 900 to 1200 pounds. The head should be well-proportioned with large eyes and alert, pointed ears. The neck is of medium length with pronounced withers and a short straight back coupled with a rounded, muscular croup and high tail set. The chest should be wide and deep with sloped,

moderately muscled shoulders. The legs are muscular and tapered but sturdy. The foot is strong and proportionate to the size of the horse. The condition of the horse is reflected in its body weight, muscular definition, tone, and overall demeanor. Conditioning and conformation are reflected in the correctness of gaits - form to function. The overall conditioning and conformation enable the horse to carry the rider for an extended period of time with a comfortable ride for both the rider and the horse.

The Missouri Fox Trotting Horse has three natural gaits: a flat-footed walk that is easy-going; a smooth and



*Susie's Stardust 2012 NATRC President Cup Owner-Rider
Tammy Lineback Photo Sherri Noftsinger*

comfortable fox trot; and a relaxed free-flowing canter. Fox Trotters travel with their heads and tails slightly elevated. They are not high-stepping, but they are sure-footed. Their movement should be smooth and consistent with the nodding action of the head showing relaxation and poise. The gaits are all natural and do not require any special shoeing or training to achieve quality gaits.

The flat foot walk is a four-beat gait. Each foot is picked up and set down in an even cadence. The rear end movement should be smooth and close to the ground with no snap or pop. Each stride should reach forward and slide in as it is set down, over-striding the track of the front foot. The head shake is in time with its rear feet and should be smooth. The tail should sit still and flow.

The fox trot, a broken, four beat diagonal gait, has a unique rhythm. The horse moves its front foot a split second before its opposite rear foot. Because the horse is in contact with the ground at all times, the fox trot is a very smooth gait. On both the front and back ends, the horse will sit one foot down as it picks the other foot up and for a moment both feet will be touching the ground. A horse that gaits correctly will never have more than two feet off the ground. The exceptional rhythm of the fox trotting horse begins at the tip of the nose with the characteristic headshake and continues back through the ripple of the tail. Old timers often describe the rhythm as "a hunk of meat and two potatoes," imitating the rhythm of the gait. The diagonal nature of the fox trot gait makes the Fox Trotter extremely sure footed.

The canter is a three beat gait that should be straight and collected with a slightly raised head and tail, the head serving as a counter balance to the broken gait. The head will reach its highest point when the outside rear foot hits the ground, and its lowest point when the inside front foot hits the ground. The canter is not a fast moving gait. It should be near the speed of the flat foot walk. Although the Missouri Fox Trotting Horse is capable of doing many different gaits, the three distinct gaits are considered the

standard gaits for the breed.

Coat color: With the Missouri Fox Trotter, you can just about have your pick. This breed comes in many colors: bay, black, roan, brown, buckskin, chestnut, grey, palomino, sorrel, white, cremello, perlino or champagne. White markings on the face and lower legs are common.

A versatile breed: People who trail ride often select a Missouri Fox Trotting Horse because of its comfortable ride. It is said that ninety percent of the people with registered Fox Trotters are trail riders. Not only is the breed exceptional for recreational trail riding, but they also make good competitive trail riding horses as well. Tammy Lineback won the NATRC President's Cup in 2012 on a Fox Trotter.

Hunters and the National Forestry Service rangers use these horses because of their endurance and sure-footedness in rugged terrain. Ranchers love using them to work cows because of their intelligence and versatility. Fox Trotters have even been successful on Hollywood movie sets due to their gentle nature. MFTHBA members report using their Fox Trotters for cattle sorting, roping, ranch horse competition, jumping, competitive trail riding, endurance riding, western dressage, rail classes and countless other disciplines. A family horse or a competitive horse - a Fox Trotter will do anything you ask of them. The breed truly provides a horse for all seasons.

"Many, many are the days when I told God 'thank you for finding me Missouri Fox Trotters.' As a beginning rider, as a learning rider, and as an out in the real world rider, I needed medium spirited horses that could think their way through situations instead of exploding in fear. That's what I have with Missouri Fox Trotters. I love the rhythm of their signature gaits. Smiling is healthy and that's what happens to me when I ride one of my horses. I get really healthy!" ~ Susan Engle, author of Susan Fox Trotter: A seasoned Curvy Cowgirl's Journey from Ker-Splat! to Bridleless

MFTHBA - the official breed registry: The Missouri Fox Trotting Horse Breed Association initially formed by securing an organizational charter in 1948 and establishing national headquarters in Ava, Missouri. The intent was to preserve the type of horse that had been selectively bred in the Ozarks. The registry offered registration to those horses that could qualify as foundation stock, possessing the characteristics of those early Fox Trotters, until

cont'd page 24



cont'd from page 23

January, 1982. At that point, any subsequent applications had to list at least one registered Fox Trotting Horse parent. On the first day of January 1983, both parents had to be registered Missouri Fox Trotting Horses. As of 2005, more than 85,000 horses were recorded on the pages of the official record, with more than 8500 members. Recently, the MFTHBA announced that it is looking forward to registering its 100,000 Fox Trotter sometime this year.

The MFTHBA Board of Directors felt that a need for a registry of smaller Fox Trotters existed, so they established the Missouri Fox Trotting Pony registry in May, 2004, for Fox Trotting horses more than 44 inches but less than 56 inches in height. The Missouri Fox Trotting Pony Registry was begun under the umbrella of the MFTHBA.

Dr. Joyce Graening currently leads the MFTHBA. Graening, a resident of Arkansas, is the first out-of-state and the first female president of this organization. She is currently serving in her third year as president. The Board of Directors represents 10 regions with registered Fox Trotters living in all 50 states, as well as Canada, Europe, and the Middle East. Currently, approximately 5,000 members in the US and 15 foreign countries belong to this association.

The Missouri Fox Trotter Horse Breed Youth Association, Inc. (MFTHBYA) provides plenty of opportunities for young people to be involved. The motto for this group, "It's not about me, it's about the horse," provides this group's focus. To learn more about MFTHBYA membership and opportunities, visit www.mfthba.com.

MFTHBA World Headquarters and Showground: According to Graening, the Association is the only known breed association to own its own show grounds and national registry location together on 130 acres in Ava, Missouri. The site includes 334 full service RV sites, 5 arenas, 859 covered horse stalls, 3 bathroom/shower facilities, merchandise store, Hall of Fame/museum and a restaurant able to seat 200 people. Missouri declared the Missouri Fox Trotting Horse as the official state horse in 2002. In 2013, part of Highway 5 between Mansfield and Ava was named "Missouri Fox Trotting Highway" with Missouri highway signs designating the section of highway named for the beloved breed.

One of the features of the showground is the



Tori Blankenship riding in Western Dressage Competition Winchester's Iron Man - Owner Joan Fitzgibbon - Photo by Misty Nichols

American Competitive Trail horse Association's approved practice course. It is the only approved practice course in the country and is used for competitions, clinics and entertainment for visitors to the showground.

Ethics and standards: All MFTHBA shows are overseen by the group's Horse Inspection Organization (HIO). The spring show and three year old futurity ended the first week of June without any reported DQP issues. The Association states throughout its written publications and website that the "ethical, sportsmanlike, professional conduct and humane treatment of horses is expected of all exhibitors, coaches, agents and spectators." Nothing less is acceptable.

To Ride One is to Own One: It's difficult for anyone to describe the rhythm of the fox trot, but the owners of Missouri Fox Trotters are confident that once you ride one, you will fall in love. In fact, their current motto is "To Ride One is to Own One." Sure-footed in mountainous terrain, gentle temperaments, and comfort of gait for both rider and horse - what's not to love?

Visit the MFTHBA's website today or call the office at (417)683-2468 with your questions or to find out the names of farms, breeders or trainers of this beautiful breed, the official breed of the state of Missouri. Don't forget to mark your calendars for August 31 through September 6 for a trip to Ava, Missouri in the heart of the

"We have found the Missouri Fox Trotters to be very versatile not only in NATRC rides, but also for grandkids in 4-H programs, driving in weddings and parades, used in therapeutic horseback riding program, horse program for college students (training and trail rides) and general working on the farm (working cattle, plowing gardens, mowing, dragging in firewood, etc.). If a person wants the most well rounded, easy going, best trail horse, then look no farther than the Missouri Fox Trotter." ~Bill and Jeanne Hinkebein, Indian Creek Equine Center, winner of multiple NATRC National Championships

Ozarks. You won't be disappointed!

Thanks to Dr. Joyce Graening, President of MFTHBA, and Amber Wilson, chair of the Promotional Committee for MFTHBA, for providing information and pictures for this article.

Other sources of information: www.mfthba.com; MFTHBA 2014 Education Packet; Storey's Illustrated Guide to 96 Horse Breeds of North America. Judith Dutton. Storey Publishing Company, 2005.



Vance Vahle riding Come On Man - 3 year old Futurity Open Champion 2014
-photo Steve Mayfield Photography Owner - Adam Jokisch

"There is a reason we call this our annual Celebration. Friends and admirers gather for several days in spirited appreciation and competition with our graceful, athletic, and versatile Missouri Fox Trotting Horses. We commemorate our breed's rich history here in the Missouri Ozarks, and honor its emergence as both a pleasure and working horse of choice around the world. There is something for everyone at the Show and Celebration."

***~ Dr. Joyce Graening,
MFTHBA President***

The Spirit of Connection coming to the United States in 2014!

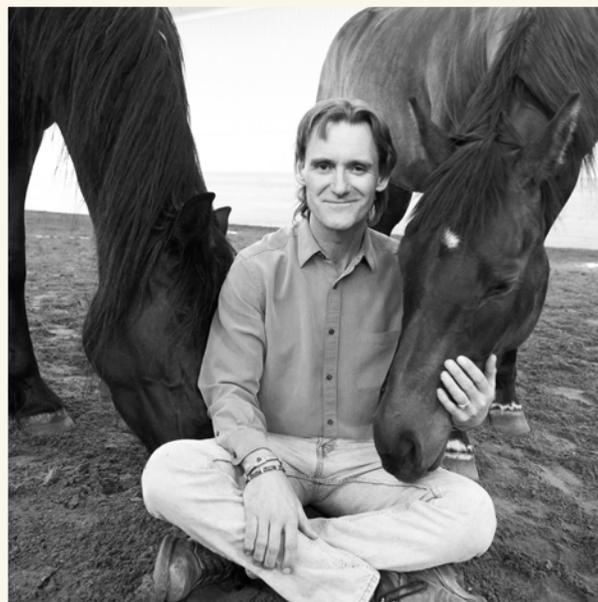
"Nobody explains the horse-human relationship better than Chris Irwin" ~ Horse & Rider Magazine

"Irwin is the evolution of Natural Horsemanship" ~ Horses All Magazine

"An incredible ability to develop courage and confidence in nervous horses." ~ Dressage Today

"Forget the Horse Whisperer, Chris Irwin is the Dr. Phil for horses and horse riders!" ~ The San Diego Tribune

CHRIS  IRWIN



"Chris Irwin is on a mission to change the way we communicate with each other, one horse at a time." ~ Toronto Star

"The horses look at Irwin as if he is God." ~ Ireland's Equestrian Magazine

"Chris Irwin is the Master of Awareness" - VVF Magazine, Belgium

"Irwin's is not commercialized, he is an extraordinary horseman and personal coach." ~ PaardenSport Magazine, The Netherlands

www.chrisirwin.com • info@chrisirwin.com • 877-394-6733

Riding from One Lateral Position to Another (Part 1)

By Wendy Murdoch; Copyright© 2014. All rights reserved.
www.murdochmethod.com



Through this continuing series of articles on Lateral Work, I have described the various lateral movements that can be ridden to improve your horse's performance. In this installment I will show you how some of the different movements can be strung together into patterns.

I have previously broken down lateral work into 5 primary characteristics; Direction, Bend, Orientation, Tracks and Gait for purposes of discussion. Using these characteristics gives us a way to describe the positions and provides structure and/or creates a framework in order to choose a specific position for a specific purpose. Once these basics are understood, it should make sense as to why I suggest the following patterns, how the dressage tests are created, what question the progressive dressage tests ask and why you would want to combine the movements into specific forms.

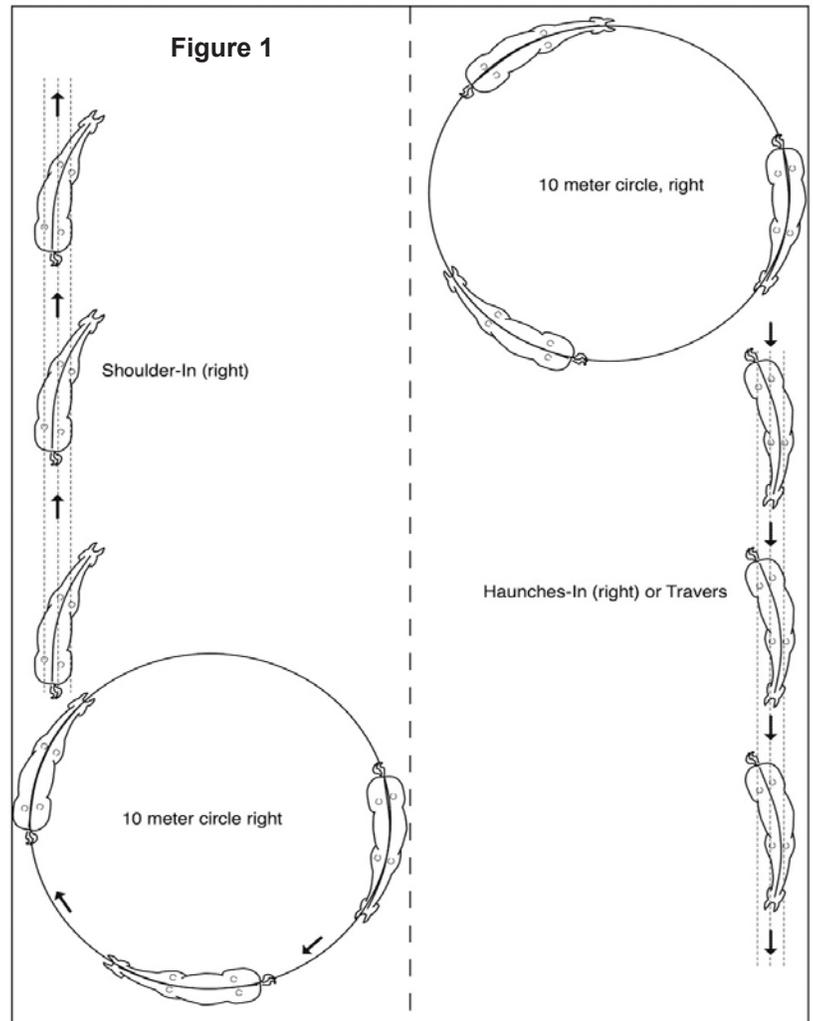
If after looking over the various patterns you are not clear why I would put movements together as described, please go back and reread the previous installments of this series. When you have a firm understanding of how each movement relates to its cousin, you can develop your own patterns to suit your horse's training needs. I highly recommend you walk lateral work patterns on foot using two whips for front legs. This way you will have a feel for the exercises before asking your horse to do something you do not fully comprehend. As you become more acquainted with changing bend, position and direction you will be a much better partner to your horse when riding lateral work.

Riding from a circle to shoulder or haunches-in

When you ride a *correct, accurate* 10 meter circle (half the width of a dressage arena (small arena = 20x40 meters or large arena = 20x60 meters) your horse will be bent on the line of the circle. This is why riding figures accurately is so important! As you go from the circle to the track (straight line on the rail) you can straighten the hindquarters to the line (leaving the shoulders in) or straighten the shoulders to the rail (leaving the hindquarters in). This will result in *shoulder-in* in the first instance and *haunches-in* in the second case. This can be done tracking right or left creating shoulder-in right or left and haunches-in (travers) right or left. **FIGURE 1 & 2.**

Figure 1.

Starting to the left of centerline the horse is on a 10 meter circle to the right. As he reaches the tangent point where the circle



meets the track he continues straight along the track in shoulder-in. The 5 Characteristics to describe this lateral position are; **Direction:** straight forward, **Bend:** right, **Orientation:** Shoulders oriented toward the middle of the arena or *in* relative to the wall **Tracks:** Three. The outside hind, inside hind/ outside fore, inside hind each create a track (see dotted lines). From the right of center line the horse is on a 10 meter circle to the right. As he reaches the track he continues along the track in *haunches-in*. The horse's **Direction:** straight forward, **Bend:** right, **Orientation:** haunches towards the middle of the arena (*in*), on three Tracks.

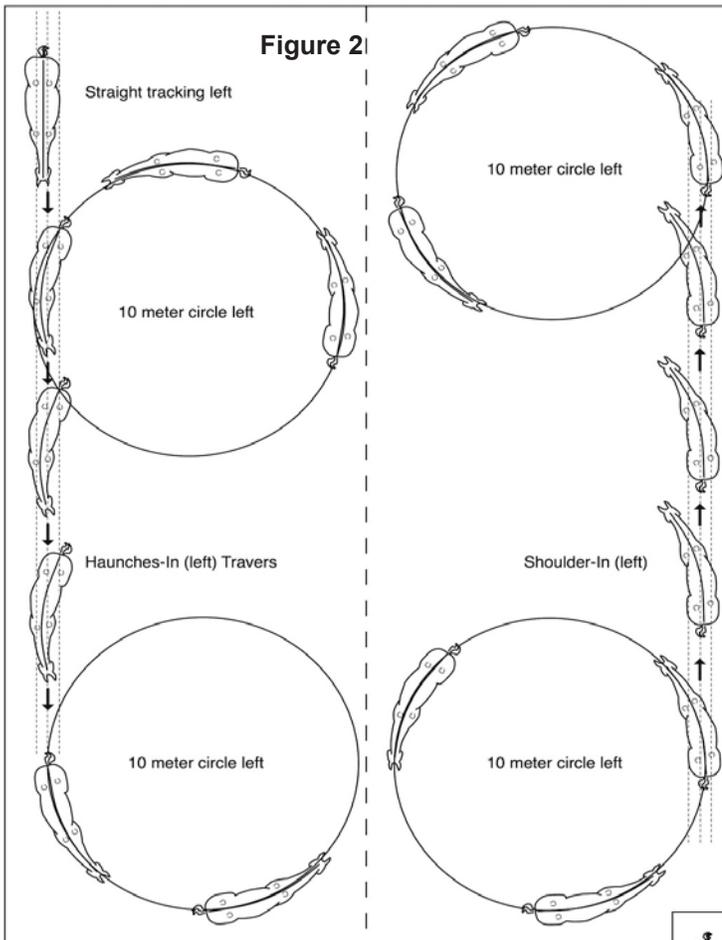


Figure 2.

Starting at the top to the left of center line the horse is straight. He proceeds onto a 10 meter circle to the left. As he reaches the track he maintains his haunches to the left as his shoulders return in the track. The horse's **Direction:** straight forward, **Bend:** left, **Orientation:** haunches are oriented towards the middle of the arena (*in*), while moving on three Tracks. At the bottom left of the arena the shoulders come off the track as he moves from haunches-in to straight on a 10 meter circle. Note that the haunches-in position has already set the horse up for the shape of the 10 meter circle, only the shoulders have to come onto the line of the circle to make the circle.

At the bottom right of the center line the horse is on a 10 meter circle. When he reaches the track he continues straight along the track in *shoulder-in*. The horse's **Direction:** straight forward, **Bend:** left, **Orientation:** the shoulders are oriented toward the middle of the arena (*in*), while moving on three Tracks. As the horse approaches the top of the arena he returns to the line of a 10 meter circle (straight on the circle line).

Introduction to half-pass

Half-pass can be developed from either *shoulder-in* or *haunches-in* with the horse moving on a diagonal line. I think of *half-pass* as a combination of both *shoulder-in* and *haunches-in* because this movement requires that the horse bend through more ribs than either one alone. In *shoulder-in*, the upper thoracic vertebrae and ribs side bend. In *haunches-in* the bending occurs further back. Remember that unlike you, the horse has 18 thoracic vertebrae and 18 pairs of ribs, therefore a greater

possibility for side bending different areas of the ribcage.

To achieve half-pass from *shoulder-in* start on the track in *shoulder-in*. Add *haunches-in* so that the horse will bend around the inside leg moving diagonally forwards, sideways into the bend. You could also do the reverse and start with *haunches-in* along the track, adding *shoulder-in* and proceed on the diagonal line. Many books on riding do not like this approach because it is a severe fault if the haunches lead the shoulders in the half-pass movement. But in some cases it is easier to get the horse to understand the movement when started from *haunches-in*.

FIGURE 3 A&B.

Figure 3A.

Beginning with a straight horse in the bottom center and moving to the right, the horse is in half-pass right. The shoulders are slightly ahead otherwise it would be a fault or (as is often seen these days) could become haunches-out on a diagonal line (see Fig. 3B). Upon arriving at the track the shoulders are out relative to the hindquarters which are now on the straight line, therefore *shoulder-out* (right). The horse straightens and changes to *shoulder-in* (left) and proceeds into half-pass left. ("in" and "out" is orientation relative to the middle of the arena). As the haunches move in relative to the shoulder-in position, the horse moves diagonally in half-pass left until he reaches the centerline where he straightens. Tracking to the left the horse remains straight until after the corner. He then moves the haunches in

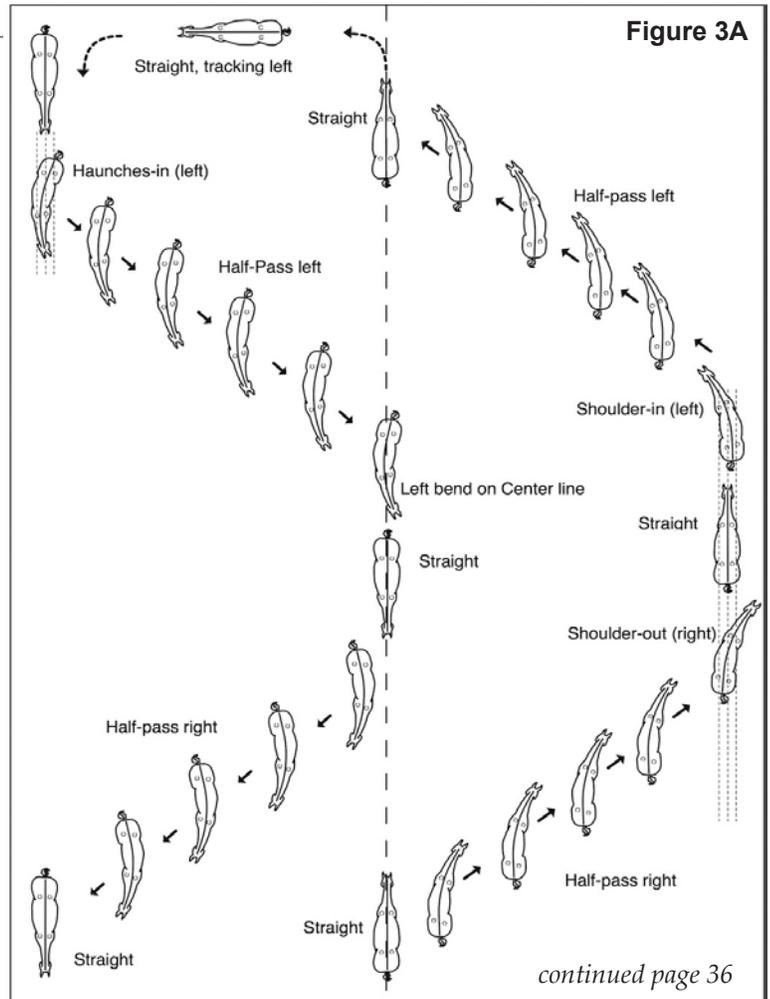


Figure 3A

continued page 36

How Many of You Live in the Northeast

USA? By *Dodie Sable, FOSH Member and
Author of TO FINISH IS TO WIN*



My article today is to talk to those of you who live in my competing region, the Northeast. This includes the states from Maine to Virginia and Rhode Island to Ohio. It even includes parts of eastern Canada. Why am I talking to you? Because our Distance competition season starts in

March 2014 and I am hoping to see more of you come out and try this sport.

I am recommending to you to look at the Eastern Competitive Trail Ride Association (ECTRA) website and see which rides are close to you this year. Attend one! We offer everything from being a volunteer on the ground to a clinic ride (distance of 12 to 15 miles) to a multiday 100 mile ride. If you have not had experience with this sport, getting involved with Competitive Trail Riding (CTR) is a great start.

CTR events are different from Endurance events. I am going to concentrate on the CTR side of this sport to introduce you to what you can expect so when you come to one of these rides in 2014, you will be prepared. I want to meet you, so when you arrive, please ask the ride management if I have arrived and if I did, come and find me!!!!

First, the entry. All ride managers will put out their entry form 90 days in advance of the ride. This gives you plenty of time to have all your paperwork in order. Most states are requiring health certificates if you travel across a state line. In the Northeast Region, we are allowed to get a "Show Season" health certificate. Here is what is required:

1. Current year Coggins – I draw my coggins in February in preparation for the season to begin in March.
2. Current year rabies and regionally required vaccinations. In my region this is Tetanus, Equine Encephalomyelitis, Eastern/Western/Venezuelan, Influenza, and Rhinopneumonitis (EHV-1 and EHV-4). In my particular area, botulism is an issue so I do an annual booster for that as well. Not required, but recommended are West Nile Virus, Strangles and Potomac Horse Fever.
3. A veterinarian certificate that the horse is healthy and disease free.

Complete the entry either on your computer or in your nicest printed handwriting! The ride manager needs to be able to read what you wrote, and while you BELIEVE your handwriting is the best in the universe, to someone else it probably is just gibberish! Make a copy of the above information. Never send originals. Make a copy of your horse's registration paper. Send all this to the ride manager with your entry fee.

Second, the ride manager will contact you when they receive your entry registration and paperwork. If something is missing,

they will let you know what to bring with you to the ride. Don't panic, just be sure to put it in your truck to take with you. I keep a copy of all my current paperwork in my truck in a folder so if I arrive at a ride and they are missing something, I always have copies to show them.

Third, arrive at the ride when management has requested. You will receive a "ride information" letter either with the ride entry form, or when the ride management contacts you. It will have the address of the ride, directions to the ride, the time of arrival, time of vetting in, time of dinner, time of the ride meeting....it's always very clear. If they say vetting will begin at 6:00 am, try to arrive half an hour earlier so you can park, get your horse off the trailer and settled down, and you are not rushing around.

Fourth, check in! When you arrive, before you do anything else, go find the ride manager and check in. They will have a packet for you and will welcome you to the ride. Things will be hectic for the ride management so be prepared. They are caught up in the hustle and bustle of getting all the riders checked in. There are usually a handful of volunteers hanging around the check in who can help you with any questions you may have when you arrive.

Fifth, get your horse settled. Take him off the trailer and for a little walk to see and get used to the hustle and bustle. A settled horse will be better prepared for his vetting in process and the walk will help you to relax, too!

Sixth, be prepared to wait in line. In the interest of good manners, teach your horse at home to stand quietly with you while you wait. At some check ins, you can stand for a good 30 minutes creeping along with the line as the horses in front of you are being vetted. The time to teach your horse how to graze quietly while you hold the lead line is NOT at the ride! Do this at home. Ask your friends to join you with their horses and stand in a close contact line up and practice. I have seen many injuries at rides and most of them occur in the waiting line.

The vetting in process at a CTR is more involved than at an Endurance ride. At a CTR, your horse will be seen by two people. A veterinarian and a Lay Judge. They will evaluate your horse from nose to tail and make notes of anything obvious like a boo-boo, or a splint, or a soreness in the back or legs. They do this not to be critical, but to lay the field for your horse's condition at the end of the ride. You start with 100 points, no matter what. If your horse has a boo-boo before the ride, and that boo-boo does not change for the worse during the ride, you will not lose points for that boo-boo. It is important for you to be honest with the veterinarian and Lay Judge during the vetting in and tell them any issues a horse may have so they can make a note of it.

You will be asked to trot your horse straight out, in a circle to the left then a circle to the right and then trot straight back. This is to get a baseline on your horse's overall manner of traveling. This is especially important for gaited horses! If your horse is prone to be excited and do a perfect 4 beat running walk at the beginning of a ride but at the end of the ride when he is tired and less excited he does a racking pace step, this can cost you points!!!! Teach your horse at home to travel in hand before a ride and again after a ride. Get consistency of gait. If the horse understands what you want him to do when he is doing his circles, he will do it well even at the end of a ride when he is tired. PRACTICE! PRACTICE! PRACTICE!!!

Your horse now has two score sheets and throughout the

ride all notes will be made on these two sheets.

Now, you should know what number you are and what your starting order will be. At a CTR, groups of horses go out at a time designated by the timer. This is so that all horses are on the same playing field. You will all have a minimum finish time and a maximum finish time. At a 25 mile CTR, that time will be 4 hours 10 minutes (minimum) to 4 hours and 40 minutes (maximum). As long as you complete your ride in this time frame, you will not be penalized. If you come in too early, you will lose points. If you come in over time, you will lose points. If you are over 15 minutes past the maximum time, you are disqualified.

You can tack up your horse now and get him warmed up and ready to go. You will be traveling at speed for most the ride so be sure he is loose and stretched and has a good 15 minutes of walking under saddle before it is your time to start the competition.

A 25 mile CTR will have one vet check in the middle of two loops. Typically the loops are broken out into two 12.5 loops or a 10 mile loop and a 15 mile loop. At the vet check in the middle of the ride you will be given a white slip of paper when you arrive back at the base camp. This is your horse's check in paper!

You will have ten minutes to check in with the Pulse and Respiration checker. (P/R) At the ride meeting, the veterinarian will have give you the halfway parameters to meet. Typically this is a 64 heart rate. As long as your respiration is under the heart rate (example: 60 HR and 20 Resp) then you are good to go. If your horse's respiration is over the heart rate, this is indicative of a problem and you will be pulled aside for some different testing.

After your ten minute P/R check, you will then do a trot out for the vet. This is a straight out and straight back trot out. The purpose is to check the horse for lameness or fatigue of gait.

When you have been at the hold for 20 minutes, you can now leave for the second loop. This is not a lot of time. It SOUNDS like a lot of time, but it isn't. Generally, by the time you've done your P/R and trot out, you have exactly 3 minutes to go to the bathroom before you get back on and ride again (chuckle).

Upon completion of the second loop, you will be given a blue piece of paper. This is your final vet check paper. You have 20 minutes to get your horse's heart rate down to 40. This is where a CTR expects a horse to be with a 20 minute rest. A lot of factors will play into the final heart rate.

1. Overall condition of the horse
2. Overall fatigue of the horse
3. Weather (hot and humid will elevate a horse's heart rate)
4. Breed of the horse (some breeds have exceptionally quick or slow recoveries)
5. Excitement! Keep your horse calm and relaxed during this 20 minute wait.

There are many ways to get your heart rate down and the most important way is to cool your horse with water. Spend the 20 minutes sponging your horse and letting him relax. After you

do your P/R check at 20 minutes, you now wait for the final "Hands On" procedure. Now you have time to take you horse to the trailer and let him eat and drink and brush him off and get yourself all cleaned up. They will do the hands on in the order of completion. Pay attention and when they announce you are "on deck", quickly get your horse down to wait in line. Take along some hay or mash to keep your horse occupied during the wait. Remember, he just did 25 miles and needs nourishment!

Now, the final check-over of your horse will determine how many points you lose. If there are no changes from the start of the ride to the finish of the ride, your horse will score a perfect 100 points. I have seen those scores and it is my all time wish to get one of those scores. The highest I ever received was 99.5. Typically, I finish somewhere between 95 and 98. My lowest score was an 89. I still completed and was awarded my mileage. The problem I encountered was inconsistency of gait from beginning to middle to end and I lost 9 points just on the gait. This is why it is important to train your gaited horse to always do the same gait while working in hand. I learned a hard lesson at that ride.

After all the horses are vetted, the ride management will tally the scores and there will be an awards dinner. Usually, everyone who completed will get a completion award. Those who completed well (in the top 10) will receive additional awards.

It's all about the completion. It's not about the awards! "To Finish Is To Win" is the motto of every distance rider. I wrote a book with that title and it is available for sale through FOSH. The book is about all the mistakes I made through the years and I wrote it to help people get into this sport without making those same mistakes! Good Luck to you and I truly do hope to see you at a competition in the Northeast Region this year.

NORTH AMERICAN TRAIL RIDE CONFERENCE

PHILOSOPHIES ALIGN WITH FOSH

NO Drugs, NO Devices, NO Exception
The Welfare of our Equines Comes FIRST

A SPORT FOR ALL BREEDS

In our 54-year history, several gaited horses have been the year's highest scoring horse in the nation!

Come Ride with Us!

Sharyl
on her
TWH,
Aussie



Photo by Gary Walls

Susan
on her
MFT,
Ember

You'll have the time
of your life and learn
something to boot!

www.natrc.org

303-688-1677



FOR REAL TIME UPDATES AND
OTHER USEFUL INFORMATION..

Join the FOSHFriends Yahoo group!

Join the quest to maximize your potential, have more fun, and enjoy the ride!

Developing a Connected Partnership with Your Trail Horse

By Peggy Cummings
Photos by Bobbie Jo Lieberman
www.bobbiejo.smugmug.com

Reprinted by permission of the author and TrailBLAZER magazine, PO Box 27243, Prescott Valley, AZ 86312. For subscriptions visit www.trailblazermagazine.us, email subscriptions@trailblazermagazine.us or call 928-759-7045

Are you looking to improve your balance, ease and lightness in the saddle, making the ride smoother for both you and your horse? Follow Peggy Cummings each month as she provides insights and commentary into the balance and movement of trail riders and their mounts.

My question of the month: If I asked your horse what you felt like on his back as he carries you, what would he tell me?

Trail riders usually can't wait to "hit the trail." As we continue with this monthly column I wish to share with you pieces of information that relate to finding what I call the "pea under the mattress." What I'm getting at is that if your posture isn't balanced, nothing else works. You can take all the lessons in the world, but if you don't address the posture that is needed for horse and rider to work together, you can lose it all.

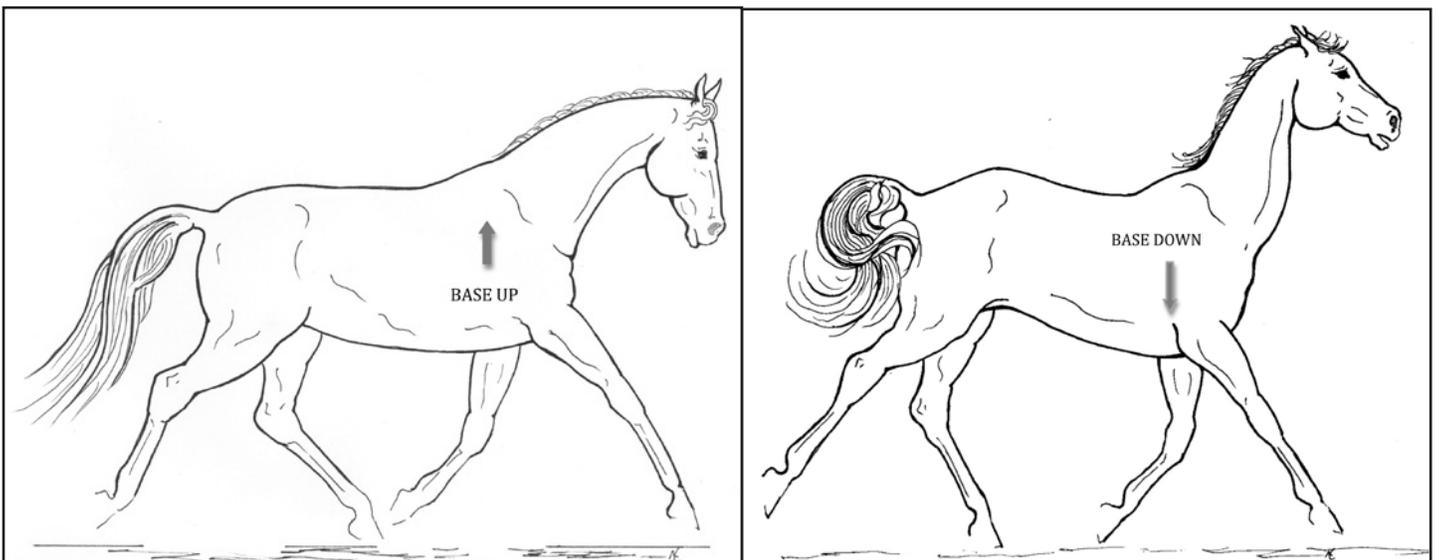
The most important thing for the horse, as he carries you up hill and down dale, is that he be able to use his spine efficiently. As most horses spend their unriden time mostly on the forehand, when riding begins, their weight needs to shift dynamically with every stride. This means they must be able to move from down to up, back to front, and side to side. In order to carry the rider's weight

efficiently, lift his back and access the driving power of his hind legs, a horse has to be able to "telescope" his neck—lengthen it forward and down—and lift the base of the neck.

Posture: The "Pea Under the Mattress"

In the last few articles I have remarked about how the rider's posture affects the horse. If you are unconsciously "arched" or "slumped" even slightly, this posture restricts the horse's ability to work efficiently. Likewise if the horse is traveling head high or curled with his nose behind the vertical (overbent), his ability to move freely is severely hampered.

The most comfortable ride that will take the least amount of stress for you and your horse is when the



For a horse to have freedom of movement, his "base" and thoracic sling have to go up and down with every stride. In the drawing at left, the horse is *base down*, which inhibits his movement and compresses his spine. In the drawing at right, the horse is *base up*, which allows him to use his back and hindquarters more efficiently and with less fatigue.

horse is able to distribute his weight over all four feet instead of pulling himself forward with his forehead most of the time. A horse has no fixed connection linking his body to his forelimbs; instead, his forelimbs are anchored to his body by what is called the thoracic sling. For a horse to have freedom of movement, his base and thoracic sling have to go up and down with every stride (see illustrations). A horse on the forehead travels with his base down and this decreases the functional ability of the thoracic sling while increasing stress everywhere on his body.

This month's photos are of horses that have a lot of potential and riders that look fairly good. One horse has more freedom and suspension in his stride than the others. With a few minor tweaks in position, these teams can be going down the trail with even more freedom.

Rider #1

This rider looks fairly good right here even though it is not easy to ride the posture that this horse is showing. There is apt to be a lot in the rider's hands and the sensation of a lot of out of control power needing to be contained. This horse's back cannot work efficiently. He has a lot of potential to be fabulous on the trail but in this picture his "base" is down and that puts a lot of stress on his joints. The rider could diffuse some of this hot energy by making a few minor changes.

"Thinking wide" through her knees (see "Solutions") and allowing her arches to stay more soft will allow her to be more shock-absorbing as she is trotting. Her forearms in this photo could be half an inch higher, which will keep the alignment from elbow to bit and release the brace against the rein.

If she "combs the reins" (see "Solutions") occasionally and slowly rotates her torso slightly each time she rises out of the saddle, she will diffuse the tension in the horse's neck so that he telescopes, raises his base and uses his back and hindquarters more efficiently. Notice the stress on the underside of his neck and the bracing in his left fore and right hind. It almost appears that he is pushing back more with that diagonal than he is coming forward with the other one.

Rider # 2

Here is another rider who looks fairly good with a horse that is in a much better posture, although his "base" is still down. She has a nice angle from the bit to the elbow and this picture shows her in the phase of the trot where her seat is in the saddle. There is more of an appearance that she is "thinking wide" through her knees. I would also recommend that she "think wide" as she rises. Combing the reins and rotating very slightly would allow this horse to "come through" from behind even more. There is less

Rider #1



Photo: Debbie Hopper; www.DebbieHopperPhotography.com

stress on this horse than the previous one and if his base were up you would see more roundness and evenness in his diagonals and also a softer contour from his loins to his croup without his croup having an apparent peak.

Rider #3

This horse and rider are traveling along with more ease and synchronization. This rider is "thinking wide" through the knees and has a nice angle from bit to elbow. Her feet are level and she is absorbing the movement well. This horse is telescoping nicely as his "base" is up, his thoracic sling is free to move, allowing his back to come up and his hind end to come underneath him. It then is possible for his diagonals to be even and the overall aesthetic is soft, free and graceful with a soft contour from his loins over the croup.

I really appreciate all these riders that allow me to use their pictures so I can help you readers see and gain understanding of how horses can go more efficiently on the trail and how their riders can help them. It is possible for a horse and rider team to be more synchronized in movement more than 90 percent of the time. This is an attainable goal, providing the rider pays more attention to how her posture is in the saddle, and they also need to understand what a horse has to do in order to cover ground more efficiently.

These three riders show good basic knowledge and body use. There is always the need to maintain awareness as you are riding so that the "pea under the mattress" – your posture while you are riding – can release stress again and again. Your awareness and slight body changes make it possible for your body to diffuse the imbalances and the needs of the horse for support during stressful moments.

continued page 32

Developing a Connected Partnership

from page 32

Solutions

“Combing the reins” is an exercise where the reins are held in one hand as the other hand reaches up and “combs” down towards the other hand in a continuous alternating motion. The index and middle fingers slide between the reins and the elbows have a soft bend – not locked. The combing motion gives a steady oscillating rhythm to the horse, encourages him to reach into contact and telescope his neck forward and down, thereby encouraging the “base” to come up. The combing action also helps the rider break up tension and holding patterns.

Rotating your torso is a helpful way to release tension in horse and rider. Imagine a shelf in front of your hands holding a very large clock that is lying flat on the table. When you look at 12 o'clock you are facing forward.



Photo: Debbie Hopper; www.DebbieHopperPhotography.com

As you post out of the saddle, rotate your upper body towards 10 o'clock (left). This should take about three or four posts (or strides if you are sitting the trot or riding a gaited horse). Then rotate back to the middle and proceed in the other direction towards 2 o'clock and then back through the middle and so on.

Changing rotation helps get a horse off the forehand and allows you to stay off his mouth. Stay soft in your lower back and “think wide” through the knees to resist squeezing with your thighs. The feet need to be placed on the stirrups behind the ball of the foot, which is easy in western and endurance stirrups because they are often wider.

“Think wide” through the knees is a way of overriding the tendency to squeeze with the thighs and push the heels down, both of which dampen their ability to be shock absorbers. It is the best way to stay secure in the saddle when a horse bolts or spooks. When your thighs let go and “think” open the calf is lightly resting on the horse’s side; with your foot level in the stirrup your reaction during sudden movement is automatically stabilizing. This is not a big, visible change. It is more about allowing your legs to hang down from your hips so all the bones and joints from your hips to your feet are free to move and provide shock absorption and stability.

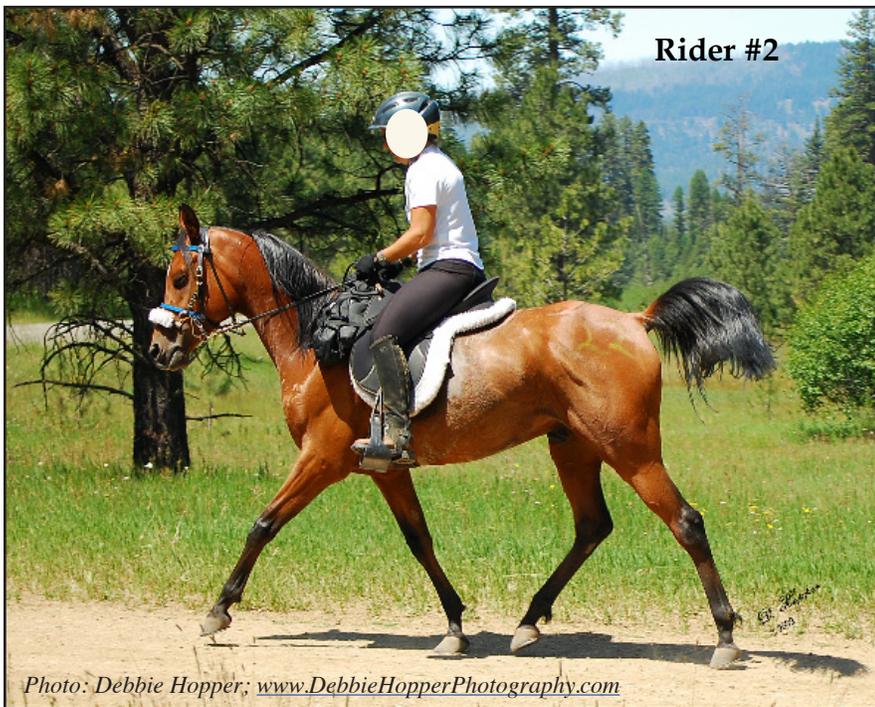


Photo: Debbie Hopper; www.DebbieHopperPhotography.com



**SOUND ADVOCATE
DEADLINES**
Sept/Oct 2014 - August 15, 2014
Nov/Dec 2014 - October 15, 2014



Peggy Cummings is the creator and founder of Connected Riding® and Connected Groundwork®, an approach to riding and handling horses that gives both horse and human new freedom, confidence and lightness in any situation. For further information, visit Peggy at www.connectedriding.com

IS HE GAITED????

Who is this creature anyway? Why it's Zebb the Zonky. What's a Zonky? A hybrid cross between a Zebra stallion and a Donkey jennet. As you can see, Zonkeys have a mixture of their parents' traits. They take the dominant color gene of the jennet and the beautiful striping patterns of the zebra sire. Some colors make more profound striping than others. Some will have more or less body striping, and/or head and neck striping than others. Most will have excellent leg striping from ankle to the top of the leg. The zebra stallion used must have excellent striping, such as full leg striping and full circumference of leg striping, belly striping, chest striping, and full body striping, in order for the offspring to be striped in those places. Some zebra species, and subspecies do not naturally have full striping in some areas, so one would not necessarily expect the offspring to be striped in those areas either. Zebb was sired by a Greivies Zebra.

A zonkey can be trained to do all the things a mule or donkey can be trained to do, including trail riding, jumping, driving, and western or english riding. You can show your zonkey at many open horse shows. The attitude, smarts and personality of a zonkey are much like a mule or donkey. The zebra and the donkey both communicate behaviorally using very similar language. If you know how to train a mule or donkey, you know how to train a zonkey (or at least that what it says on the internet!!).

Zonkeys have a longer flight/fight range, meaning they are more cautious in general than a donkey, and will run away from perceived danger more abruptly than a donkey will. When cornered and stressed, they will defend themselves more abruptly than a donkey will. They are a prey animal, like the donkey, but their instinctive prey behaviors are sharper than that of most donkeys and even when trained, zonkeys are still half zebra. Zonkeys



currently are most always first generation domestic on the zebra side. They display a more defensive instinct than a donkey baby would. However, with proper imprinting right from birth, a zonkey baby can appear much like any mule/donkey foal very quickly.

Back to Zebb—What is he doing in the *SOUND ADVOCATE*? I just thought you would like to know about the many facets of FOSH's past president, Lori Northrup. Lori rehomed Zebb from a petting zoo seven years ago and he now lives at her Golden Stride Ranch in New York State. Is he gaited? Well, he could be...many donkeys display an amble gait. While not started under saddle, Lori has trained Zebb extensively using Parelli groundwork techniques and taken him to stardom on the Rachel Ray show in Manhattan in 2008. She doesn't ride him but she sure has a lot of fun taking him out in public. She said he prefers to have all the attention focused only on him and is happiest grazing out by a campfire party or having his head scratched during a play session. He is always a highlight for farm visits. For more information on Zebb, please visit <http://goldenstride.com/index.php/our-herd-dropdown-4>



Zebb on the Rachel Ray Show



Dynamite
SPECIALTY PRODUCTS

Using body-ready vitamins and minerals, our supplements deliver results you can feel. Give yourself two months and feel the difference!

For more information or to place an order contact your Dynamite® distributor today

Horse, Human, Dog & Cat

CRIS VAN HORN

www.dynamitespecialty.com/2cloudsdancing



www.DynamiteSpecialty.com

INNOVATION GUIDED BY NATURE, BACKED BY SCIENCE | SINCE 1982

FOSH Directory

Looking for your next trail horse, trainer, or breeding stallion?
Check out these fine farms...

BREEDERS

MISSOURI MORGANS

easy gaited in color

Rare gaited Morgans located in the Heart of America near beautiful Lake of the Ozarks. www.missourimorgans.com for photos, videos and available horses. Talk to Jim or Vali Suddarth at 417-286-1954 or email us at vali@dam.net.

GAITED CLUBS

GAITED MORGAN HORSE ORGANIZATION

The Official Gaited Morgan Horse Organization dba since 1996 as the Morgan Single-Footing Horse Association, is the National Service Organization of the American Morgan

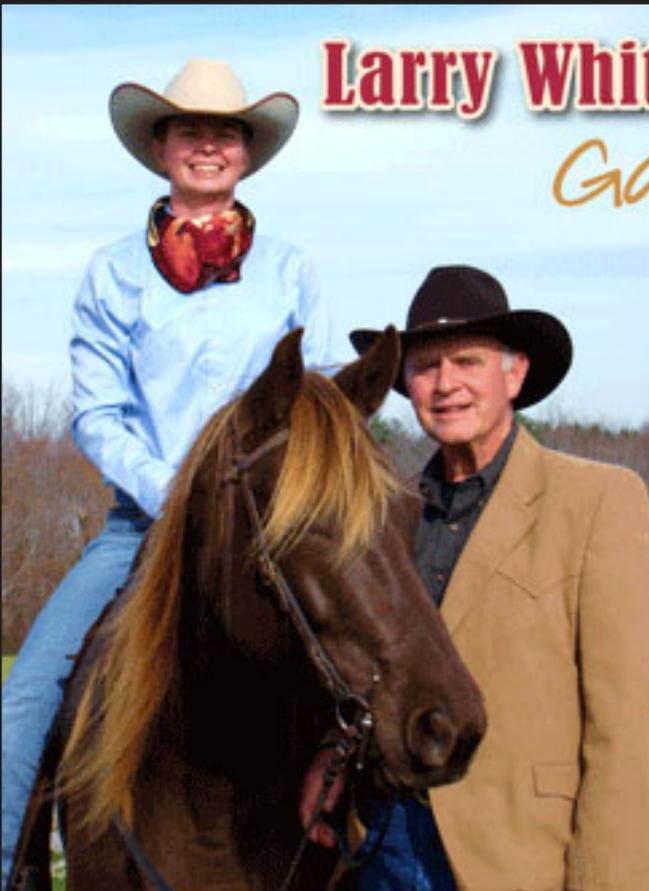
Horse Association. This first American breed has gaited genetics found in certain lines passed forward from the beginning of the breed 200 years ago, through crosses with gaited breeds of the era. Gaited Morgans can perform a variety of gaits. For information and a list of horses for sale, see our website at www.gaitedmorgans.org. Join us on Facebook <https://www.facebook.com/groups/gaitedmorganhorseorganization/> Contact Jim Suddarth, President at 417-286-4720

THE PURE PLEASURE GAITED HORSE ASSOC. OF OKLAHOMA

The PPGHA provides fun, fellowship, social and educational activities for owners and admirers of the naturally gaited pleasure horse and presents a positive image of

the naturally gaited pleasure horse to the community and the public at large through PPGHA activities; contributes wherever and however possible to charitable organizations involved with the welfare and protection of the horse; encourages through education and example the use of humane care, training and treatment of all gaited horses; so that the gaited pleasure horse can be recognized as a contributing member of the equine community. For more information, contact Sherry Robinson: sherry.ppgha2013@yahoo.com; www.ppgha.com

Each day, each practice session, is a step toward a different future. - Daniel Coyle



Larry Whitesell & Jennifer Bauer
Gaited Horse Clinics

Teach your horse to gait better by teaching balance and lightness.

Teach your horse to be more responsive to the rider and have a more beautiful posture.

DVDs available

www.WhitesellGaitedHorsemanship.com
www.GaitedHorsemanship.com
931•858•0658

BE BRAVE – GET CRITIQUED

Unless you constantly ride in front of a mirror, and even then it is questionable, you need a knowledgeable person on the ground to make observations and suggest ways to help you and your horse improve. Seek out someone knowledgeable in equine and human biomechanics. OK – I will go first. Pictured below is my Racking Horse mare, Halo's Pralines & Cream, barn name "Tully", born in 1995. The photo was taken several years ago and a friend of mine is riding her.

– Cris Van Horn, FOSH Board member.

CRITIQUE OF RACKING MARE

By Alece Ellis,
FOSH IJA Judge

Without having any background information on this horse, other than her name (Tully), we are only able to make the following observations based upon this single photo.

I love Tully's hardy bone structure, overall structural balance and kind eye/facial expression. Her lovely color and markings are icing on the cake!



Upon first

glance, it would appear Tully may be foxtrotting; however, a closer inspection confirms laterality of the footfall. Tully is single-footing, however she is not relaxed and balanced. The tension through her neck and back is evidenced by the tension in the neck and jaw, her heaviness on the forehand, and subsequently her pelvis rotated backward resulting in choppy rear steps (see also the physical placement of her croup/dock in an upward rotation). A little longer neck with freedom in the angle between the jaw and the lower part of the neck is needed. Only when Tully is correctly worked over her topline (so that she lifts her back) will it be possible for her to come to the bit in a freer manner. The heaviness on the forehand and lack of freeness in the shoulder result in stiff front legs stubbing into the ground with each

step (notice the dust caused by the right front leg hitting the ground).

Our rider is not relaxed through her back – which transfers to Tully's spine. The rider has not found the position where her pelvis and legs are as free and relaxed as possible. Holding her hands at a 90-degree angle, the rider's elbow has tightened the shoulders and back. She should relax her elbows to make an uninterrupted connection through to the bit.

Pretty girl – pretty mare – pretty arena... I'd like to suggest: Smile, Breath, Exhale, Relax and ENJOY!

BE BRAVE! Submit your photo for a critique to the FOSH Director of Judges.

**Email your photo to:
ddlittle@telus.net**

FOSH Lifetime Members

Jo Anne Behling	Wauwatosa, WI
Pamela Brand	Carlisle, PA
Sarah Bushong-Weeks	Denver, CO
Julie Church	Pagosa Springs, CO
Mary & William Church	Pagosa Springs, CO
Luella DeBono	Eden Prairie, MN
Beverly Foster	St. Augustine, FL
Nancy Gillespie	Pullman, WA
Cristine Holt	Dubuque, IA
Jane Howlett	Pocatella, ID
Marty Irby	Semmes, AL
Sue De Laurentis	Dripping Springs, TX
Bobbie Jo Lieberman	
Dianne Little	Calgary, AB
Debbie Locke	Mack, CO
Ann Loveless	St. Robert, MO
Maggie MacAllister	Staunton, VA
Jonelle T. McCoy	Prague, OK
Frank Neal	Nashville, TN
Lori Northrup	Ellicottville, NY
Anne Northrup	Ellicottville, NY
Shellie Pacovsky	Baineville, MT
Denise Parsons	
Anita Rau	Catlett, VA
Debbie Rash	Chico, CA
Southern Comfort Gaited Horse Club	ID
Bucky & Nancy Sparks	Cortez, CO
Marcy Wadlington	Canon City, CO
Leslie Weiler	Pagosa Springs, CO
Laura Wyatt	Cheshire, OR

Anonymous Donor

Thank you for your gracious support

Save the Date!!

Oct 11-12
2014

FOSH 2014 FUNDRAISER CLINIC BRIDLE RIDGE ACRES, HILLSBORO, MO

Featuring:

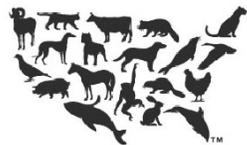
Gaited Horse Trainer,
Author and Clinician, Gary Lane

- All Gaited Breeds Welcome
- Riders and Auditors Welcome
- More Information Soon!

Contact Teresa: tbippen1957@yahoo.com

All proceeds benefit Friends of Sound Horses
A nonprofit 501(c)(3) organization

Sponsors appreciated.



THE HUMANE SOCIETY
OF THE UNITED STATES

NOW, THAT'S A WALKING HORSE!

The HSUS grant and recognition program rewards humane owners and riders of Tennessee Walking Horses.

"Now, That's a Walking Horse!" is designed to encourage opportunities for the use, care, and training of Tennessee Walking Horses apart from the traditional show ring. The program is open to all flat-shod, registered Tennessee Walking Horses being used in ways other than traditional showing rail classes.

Recognition awards are for amateur owners and riders using Tennessee Walking Horses in new, non-traditional ways and multi breed venues.

Grants are designed to encourage and support therapeutic and natural horsemanship programs and clinics. Applications must be postmarked by 11/01/2014 to be considered for the 2014 program. To learn more visit http://www.humanesociety.org/issues/tenn_walking_horses/rewards-program/now-thats-a-walking-horse.html

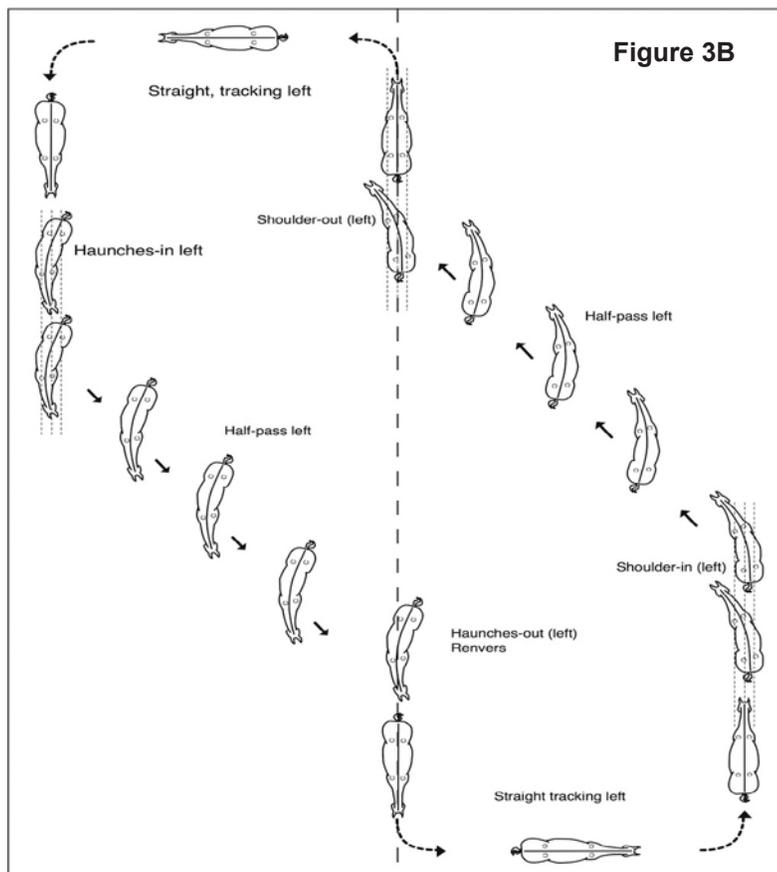
Lateral Positions

continued from page 27

relative to the forehand and is in haunches-in (left) or renvers on the straight line. The shoulders leave the track and lead the haunches into half-pass left up to the centerline where he straightens, changes bend and moves diagonally to the right in half-pass right, again straightening as he enters the corner. The moment of straightness is critical for correctly changing the bend just as there must be a moment of straightness when backing up your trailer if you want to back it easily into a parking space.

Figure 3B.

Beginning at bottom on the short side to the right of the center line, the horse is straight through the corner (bottom right hand corner). He continues on the long side in shoulder-in until he leaves the track on a diagonal line. On the diagonal line the horse is in half-pass left, left bend moving into the bend. When he arrives at the center line he continues straight on the line in shoulders-out (left) and then straightens. After the corner he moves his haunches-in or renvers (left) and proceeds in half-pass left as he leaves the track on a diagonal line. Arriving on the center line continuing straight with haunches still to the left now becomes haunches-out (renvers).



Making Friends



Moose MU Vet School

By Lucy Rangel, FOSH Member and
President of GaitWay Horse Association

April 12, 2014, a bright and blustery day, proved a perfect one for making new friends of gaited horses. The University of Missouri, College of Veterinary Medicine's Open House (Columbia, MO) was the perfect place. And the Breed Demonstrations allowed GaitWay Horse Association to show off some very wonderful examples of our beloved breeds.

Darryl and Gina Vehige brought Darryl's beautiful Spotted Saddle Horse, Hot Off The Press ("Moose", to his many fans), supported by Gaye Sponamore, Don Vossenkemper, Lisa Brockgreitens, and Amanda Smith. Anita Dunham, Garrison Dunham, Ashley Carter and Shelby Carter brought the very calm and family-friendly Walking horses Mac's Circus Peanut

and Pride's Belle of the Ball. And Joan and Glen Jungmeyer brought their very talented and lovely Missouri Fox Trotter, Lady's Ace in the Hole (aka "Cisco"). All these great ambassador horses strutted their stuff during the demonstrations, and Cisco even did a few cow-horse stunts (how fast can you say "sliding stop" three times?).

After the breed demonstrations were over, crowds of grown-ups and children alike gathered around the trailers. It should be noted that the owners of the rest of the horses hustled their charges away directly after the demo. Never missing a good opportunity to make new friends, our ambassadors stuck around a bit, even gave several impromptu rides, showcasing the versatility, docile nature, and true greatness of the gaited horse breeds.

Our sincere thanks to all the volunteer exhibitors and support staff, and to Melodie McCalister of the MU College of Veterinary Medicine for this opportunity to show off our gaited horses. We look forward to next year's Open House.



Peanut MU Vet School

WWW.IMAGINEAHORSE.COM



A DEEPER UNDERSTANDING OF YOUR HORSE THAN YOU EVER imagined is waiting for you with Enlightened Trick Horse Training. The reciprocal relationship you always dreamed of with your horse is available from Imagine A Horse.

Learn from Master Trick Horse Trainers, Allen Pogue and Suzanne De Laurentis with 36 years of combined experience. Imagine A Horse method goes light years beyond the simple mechanics "how" of training tricks and concentrates on "why" they benefit the horse.

Skills for the Straight and Narrow

What a wonderful feeling to know your trusty steed can and will negotiate any type of terrain with a calm and obedient demeanor. During his trail career he will encounter thousands of challenging, often strange and sometimes frightening objects. Although nothing replaces experience on the trail, we can condition a horse to face almost any challenge with confidence and it can begin in our own back yards.

We do lots of mountain riding and there are so many skills a safe trail horse must know. When we've encountered trials on the trail, it has most always involved balking or not wanting to proceed. Passing obstacles can seem like no big deal at home but can seem totally out of context to your horse when you're out.

For us, the two most ingredients of trail preparation have been 1) **confidence** in our leadership ability; and 2) an unwavering response to the **Go Forward** request. The combination of these will pay off in maneuvering any type of terrain whether steep single track climbs, bridges, narrow trails above cliffs and even crossing water. Going forward will help carry you safely through them all. A horse should have no hesitation in his willingness to move forward at the rider's request, no matter what lies ahead.

Confidence creates Obedience: In our society of political correctness, obedience has almost become an obscure concept yet when I tackle a tough mountain trail, I want a horse that is willingly obedient and intelligent. Obedience is the developed habit of compliance to requests and is achieved with consistent and clear leadership. We want to create an unwavering spirit of compliance on the ground and then transfer the skills to mounted work. Mules that work the Grand Canyon visitor concessions pack for three full years before they are deemed to have enough experience to carry people.

A confident horse is generally an obedient horse. An obedient horse is willing to let you be the leader and does what you ask, when you ask, to the best of his educated ability.

Developing a working dialogue through ground exercises will increase mutual confidence between you and your horse and develop mutual understanding. If your horse is new to ground work, start with a working length line of 12 to 16 feet and then move on to a regular length lunge line. Exercises can include moving forward, stepping back, the halt, yielding the front end or shoulders, yielding the hind end, the two track, side pass, change of directions, gait transitions and stepping up on a pedestal all on a working length line.

Whoa or Go? Every saddle horse should give an obedient response to "Whoa." The halt or "whoa" however will be of little value when we need him to move down a narrow trail or through a tight passage or traverse the face of a mountain. Surprisingly,



A wind storm left lots of challenging obstacles for us on this Colorado trip. Challenges can never be predicted.

it's easier to create a good "Whoa" response than a solid "Go Forward" response. Your horse should move forward, over or through any obstacle or pattern while maintaining the speed and momentum you requested. A horse that obediently moves forward seldom presents problems in trailer loading, veterinary procedures such as walking into stocks or balking on the trail. Some horses are naturally generous in offering movement but if one resists or is stubborn he is probably resistant to comply in other ways as well.

If a horse is difficult to move forward, you must insist he move and not settle for sluggishness or resistance. For instance, "Trot" means to change gears in 3 to 5 strides, not half way around the round pen. Try not to nag him, but be clear and firm in your initial request that he move. Work on speed control and transitions and most of all, keep him moving.

If your horse is a hot-blooded type and loves to move, you may want to move on to transitions of gait so his speed control becomes nearly automatic. You can do this on a working length line or a lunge line. Whether in the open or a working pen, an effective strategy is to give him a "mark" where he will make transitions so he can prepare for the change as he approaches. We use rubber mats or a very obvious marker on the rails of the round pen. Always walk a circle (forward) as your horse moves around you, don't step backwards or stand stationary. Walking toward him as he moves puts you in the position to drive his body with yours and walking keeps you from being dizzy.

One of the reasons Pedestal Training is so valuable is the lessons are always two-fold. For example, sending a horse to the pedestal on a short lunge line incorporates both the "Step Up" and a strong "Move Forward" response. With a little imagination, common objects such as pedestals, flat plywood, panels, tarps, rubber mats, logs, cavelleti, a pedestal and barrels, you can start today. Remember it's not so much the obstacle as it is "Go Forward." The cost of materials and time it takes to build

pedestals, platforms and bridges is an investment in safety. The confidence and compliance a horse gains from working obstacles at home will equal reliability under saddle on the trail. If his focus is on you, the obstacle or object becomes secondary.

Lead, drive or lunge your horse across or over every different surface you can find whether natural terrain or man-made. If you lead him, stay alongside rather in front so he can't leap and land on you unexpectedly.

Ground driving helps develop the habit of moving in a straight line and to create forward movement and fluidity of gaits. If you have a training surcingle, use it with long lines and if not, use your saddle. Use a driving whip to ask for movement and not the reins. Rein vibration will be felt in his mouth and may produce resistance or hesitation to move forward. Drive or lunge him in circles, figure eights, up and down inclines, through rows of barrels, narrow passages between panels, trees or any safe and narrow aisle you can find around the barn. Going through light brush or wispy trees that brush his sides will prepare him for narrow passages. The goal is to get him in the habit of going where you ask him.

When approaching an obstacle, you will want your horse to face it straight on and not hedge or wiggle around it. If you don't have a bridge in your yard or arena, use a piece of plywood, tarp or even cardboard. With a ground bridge, approach it from the narrow side first. It's ok if he jumps over it first rather than stepping on it as long as he crosses over. When he's comfortable crossing the narrow side, switch to the long direction. As he steps onto it, halt and then step him back and onto the ground. Drive or lunge him in a different location for a bit then come back to the bridge and ask him to take two or three steps onto it before stepping him back off. This gradual habituation process creates reliability. The sound of his own hoofs on an unfamiliar surface may surprise him. The hollow ring of a wooden bridge or even a cement surface can be un-nerving for him the first time. Better to let him experience it first at home.

We teach our horses to go over jumps on the lunge line and in a driving rig. This is valuable when approaching downed logs or trees that may be difficult to clear with a rider. Leading over can be dangerous as the horse can land on top of you, so driving over it is a decent alternative.

If you are adventurous, lunge two horses at a time in opposite directions to produce confidence and prepare them for oncoming horses or hikers on a narrow trail. Choose horses that are already familiar with each other, not total strangers. Free lunge one horse on the perimeter of a round pen as the second more dominant horse travels in the opposite direction on a lunge line. It is normal for them to posture at each other in the beginning which presents a great situation for you to enforce your position as herd leader and maintain order. This will greatly increase the more timid horse's confidence in your leadership ability. Horses that are lunged together tend to be more accepting of close proximity of others in a trail line up.

The difficulty of the obstacles you train with are really not important. Gaining cooperation from your horse and building a good working relationship is what you will depend on. If you plan on future riding adventures and lack experience just read internet trail groups to see what challenges others have encountered. The Trail Blazer Facebook is full of information and tips from trail riders around the country. The incidence of items that fall in the category of "I didn't think that would happen" is really long.



Start your horse off in the direction you wish him to travel and ask him to move away from you with a little pressure at his hind end with a guider whip.



Walk a small circle facing his to drive him off and keep him going. Walking will keep you from being dizzy. He should continue at the initial speed and size of circle you asked until he is cued to make a change.



Lunge over every type of obstacle and surface that you can find. As the horse develops confidence and self-carriage, he should be able to work a little farther from you until he is able to be "sent" over an obstacle from a distance.

continued page 40

Straight and Narrow from page 40



Ground driving creates forward movement and directional control, builds strength and elasticity in the horse's back conditions him to the feel of of bit contact.



Drive him up and down inclines then back him up and down. When he is working both physically and mentally, his focus is on you and the task at hand and he is not so prone to react to a strange object. Obedience is a conditioned response.



Approach the wide side of an obstacle initially when driving the horse to it. If he hops over, that's ok. As he gains confidence he will "Step Up" on it.



Lunge your horse around and through sets of barrels, along walls and between panels to establish directional control and sensitize him to all widths of passages.



Sending a horse over an obstacle is a great trail skill and can be practiced by lungeing or driving over jumps. Your horse should be sensitized to give solid responses to cues such as "Jump" or "Step Over". The goal is to condition him to focus on you and not on each obstacle.



We made this ground ladder by cutting and notching landscape timbers and laying them in different patterns. We cue our horses to "Step Over" all types of ground obstacles to sensitize them to uneven footing and to keep them moving forward confidently.



Lunging two horses in opposite directions accustoms them to oncoming traffic on a trail. Teach the bolder horse to keep moving on the perimeter and put the more shy horse on a lunge line going the opposite direction. This will increase your position as the "herd leader" as you maintain order and control.

WOULD YOU ACTUALLY DO IT?

Reprinted by permission of HORSEANDMAN.COM

SURE, IT SOUNDS GOOD, BUT WOULD YOU ACTUALLY DO IT? WOULD YOU RIDE ACROSS THE COUNTRY FOR A NOBLE CAUSE (horses)?! LET'S CELEBRATE SOMEONE WHO IS DOING IT – RIGHT NOW!

I am always amazed at those who have a noble dream – a crusade – and they drop everything to make it happen. How do they do it? It just seems overwhelming to me... stop everything and ride across the country. Wow! Let me tell you about Robynne Catheron...



Robynne and her horse, George, all ready to depart for the epic journey!

RIDE FOR THEIR LIVES

Robynne Catheron is riding the American Discovery Trail from Cincinnati, Ohio to Cape Henlopen State Park, Delaware on her TWH, George, and with her backup horse, Sampson – a former Big Lick performance TWH. The ride is called, RIDE FOR THEIR LIVES and the goal is to raise awareness for S.A.F.E. (Safeguard American Food Export) Act, to help get it signed into law. This bill has been stuck in Congress for almost a year. (#S541 and #HR1094) and Robynne wants to bring awareness to the practice of 'soring' in the TWH show circuit.

ROBYNNE'S STATEMENT

RIDE FOR THEIR LIVES began several years ago as a frustrating and helpless feeling about America's young and healthy horses being sent to slaughter. I needed to do something significant to spread the message that slaughter is never an option, whether in abattoirs in Canada and Mexico, or in cattle rendering plants



A fairly gentle example of soring in Big Lick Tennessee Walking Horses. The idea is to put caustic chemicals on the horses' feet so that they raise their legs high when showing – to gain more points, of course.



Would you take off 3 months to ride 1200 miles for your cause? I have to admire her. Robynne has two messages on her trailer: Pass the SAFE ACT and End Soring

on American soil. I have extensive information to share about horse slaughter, sent to me by several experts in the field. Much of it is the result of undercover investigations.

I will be riding the American Discovery Trail from Cincinnati, Ohio to Cape Henlopen State Park, Delaware starting April 20, 2014. The ride is 1150 miles and will take about three months. I am taking two horses; George is my own horse, Sampson is on loan to me from the woman who rescued him from a kill-pen awaiting slaughter. He was a Big Lick "Performance" horse, his lower legs sores, his hooves padded and chained, dumped at auction by an owner who no longer found him useful. Sampson is hoping to find his forever home during this ride. Those interested in meeting Sampson (or any of us) are encouraged to contact me on Facebook.

My goal is to spread the word about the S.A.F.E. (Safeguard American Food Export) Act, to help get it signed into law. This bill has been stuck in Congress for almost a year. The S.A.F.E. Act can be viewed here: <https://www.govtrack.us/congress/bills/113/hr1094/text>

continued page 43

... if we see cruelty or wrong that we have the power to stop, and do nothing, we make ourselves sharers in the guilt." – Anna Sewell, *Black Beauty* July/August 2014 – 41

Events of Interest

These Events of Interest are provided as a benefit to FOSH members and Sound Advocate readers and are linked to FOSH in some way. The clinicians listed are members of FOSH. The Expos listed will have FOSH supporters distributing sound horse literature and/or will have a FOSH member clinician participating. A FOSH Sanctioned Show is governed by the FOSH IJA Rulebook and will be designated A, AA, AA+, or AAA. All High Point Awards are only earned at FOSH Sanctioned shows. A FOSH Affiliated Show uses FOSH DQPs for inspection. Shows may be sanctioned and affiliated with FOSH. Please check with Show Management to determine the FOSH status of the Show. Send events to: KThorsemanship@yahoo.com

JULY

- 18-20 **LARRY WHITESELL 3 DAY GAITED HORSEMANSHIP CLINIC** Netherlands
Contact Petra flathillrockys@gmail.com
- 19-20 **DIANE SEPT CONNECTED RIDING® LESSONS** Lusby, MD Contact goebelkr@comcast.net
- 22 **PEKIN RIDING CLUB FOSH SANCTIONED SHOW** South Pekin, IL For Show information call (309) 477-2664 perkinsridingclub.com perkinridingclub@yahoo.com
- 25-28 **CHRIS IRWIN 2 DAY EAPD WORKSHOP** Riversong Ranch, Whitecourt, AB, Canada. Contact (877) 394-6773 or info@chrisirwin.com

AUGUST

- 01-03 **LARRY WHITESELL 3 DAY GAITED HORSEMANSHIP CLINIC** Lagrange, KY
Contact Terri at (502)640-3400 or safetyterri@gmail.com
- 02 **PEKIN RIDING CLUB FOSH SANCTIONED DRESSAGE SHOW** Bartonville IL For Show information call (309) 477-2664 perkinsridingclub.com perkinridingclub@yahoo.com
- 08 **PEKIN RIDING CLUB FOSH SANCTIONED DRESSAGE SHOW** Bartonville IL For Show information call (309) 477-2664 perkinsridingclub.com perkinridingclub@yahoo.com
- 14-18 **DIANE SEPT CONNECTED RIDING® CLINIC/LESSONS** Contact ramonamccoy@me.com
- 15-17 **LARRY WHITESELL 3 DAY GAITED HORSEMANSHIP CLINIC** Augusta, ME
Contact Teresa at (207)370-1150 or teresa@whisperingwoodstables.com
- 22 **PEKIN RIDING CLUB FOSH SANCTIONED SHOW** South Pekin, IL For Show information call (309) 477-2664. perkinsridingclub.com perkinridingclub@yahoo.com
- 22-24 **LARRY WHITESELL 3 DAY GAITED HORSEMANSHIP CLINIC** St. Croix Falls, WI
Contact Patti at (715)483-9292 or patti@rnrranchandtack.com
- 23-24 **CHRIS IRWIN WEEKEND HORSEMANSHIP CLINIC** Riversong Ranch, Whitecourt, AB, Canada Contact (877) 394-6773 or info@chrisirwin.com
- 23-25 **DIANE SEPT SMOOTH GAITED BREED CLINIC/LESSONS** Lacombe, Alberta, Canada Contact yonafeda@gmail.com
- 29-30 **WENDY MURDOCH INTENSIVE CLINIC** Last Resort Equestrian Center, Fort Collins, CO Contact LuAnn Goodyear (970)568-7682 LuannLResort@aol.com
- 30-1 **LIZ GRAVES RENDEZVOUZ WORKSHOP** Spring Valley, MN Contact Liz Graves at (507) 346-2422 or lizgraves@centurytel.net

SEPTEMBER

- 12 **PEKIN RIDING CLUB FOSH SANCTIONED SHOW** South Pekin, IL For information call (309) 477-2664. perkinsridingclub.com perkinridingclub@yahoo.com
- 13-14 **LIZ GRAVES ALL BREED CLINIC** Smartville, CA Contact Gail Frey at (530)

559-2068 or Glorybelle49@yahoo.com.

- 13-14 **DIANE SEPT CONNECTED RIDING® LESSONS** Lusby, MD Contact goebelkr@comcast.net
- 19-21 **CHRIS IRWIN TRAIN THE TRAINER CLINIC**, Falling Star Ranch, Dunster, BC, Canada. Contact 877-394-6773 or info@chrisirwin.com
- 20-22 **DIANE SEPT CONNECTED RIDING® LESSON DAYS** Meadowsweet Ranch, Spring Grove, IL Contact meadowsweet60081@yahoo.com
- 26 **PEKIN RIDING CLUB FOSH SANCTIONED SHOW** South Pekin, IL For Show information call (309) 477-2664. perkinsridingclub.com perkinridingclub@yahoo.com
- 26-28 **LARRY WHITESELL 5 DAY GAITED HORSEMANSHIP CLINIC** Pryor, OK Contact Larry Lees at (918) 633-9288 or l.lee@sbcglobal.net
- 26-28 **CHRIS IRWIN 3 DAY HORSEMANSHIP CLINIC**. Riversong Ranch, Whitecourt, AB, Canada. Contact (877) 394-6773 or info@chrisirwin.com

OCTOBER

- 4-7 **CHRIS IRWIN HORSEMANSHIP LESSONS**, STAR, Lenoir City, TN. Contact info@chrisirwin.com or jbgreenback@aol.com
- 8-11 **IMAGINE A HORSE TRICK TRAINING CAMP**, Red Horse Ranch, Dripping Springs, TX. Contact 512-736-3208 or sue@ImagineAHorse.com .
- 24-26 **CHRIS IRWIN HORSEMANSHIP CLINIC**. Elite Equestrian Center, Welland, Ontario, Canada. Contact 877-394-6773 or info@chrisirwin.com

FOSH - ALWAYS ONLINE

www.fosh.info

www.foshgaitedsporthorse.com

www.foshgaitedjourney.com

Facebook:

Friends of Sound Horses
Friends of Sound Horses Group
Dressage Fundamentals for Gaited Horses
FOSH Gaited Journey
FOSH Gaited Distance Riders
Gaited Sport Horse

[twitter@FOSHJourney](https://twitter.com/FOSHJourney)

WOULD YOU ACTUALLY DO IT?

from page 41

ROBYNNE UPDATES ON HER FACEBOOK AS OFTEN AS SHE CAN WHILE SHE'S RIDING!

Of course, weather and cell service make a difference to Robynne's ability to update, but the goal is to speak to us as often as possible through FB. And, of course, you can lend support by liking her page and showing that you are riding along in spirit. I'm sure it will get lonely for Robynne, riding for 3 months... maybe writing to her and chatting with her on FB would be the most wonderful support for Robynne as she does this ride for all who have the same viewpoint.

T SHIRTS FOR SUPPORT!

Robynne is selling t-shirts to help with her expenses... T-shirts are \$17.99 and they support Robynne financially – and emotionally.

MENTION OF ROBYNNE'S SPONSORS...

These are the folks who have stepped up to sponsor Robynne. Thank you! RoflexUS portable electric fence, Kerrits, One Horse At A Time (OHAAT), HSUS "Now, THAT'S a Walking Horse!" program, and

many silent players who have helped along the way! YOU GO, GIRL!! I ADMIRE YOUR ABILITY TO DROP EVERYTHING FOR YOUR CAUSE!
HORSE AND MAN is a blog in growth... if you like this, please pass it around!

Access the original article at <http://horseandman.com/?p=30790>



This is Robynne's second horse, Sampson, who was rescued from a slaughter pen. He was a former BIG LICK show TWH. Sampson is looking for a forever home on this ride. Think of how trained he will be after 1200 miles!!! Look at the fear in his eyes when he was in the slaughter pen. Thanks to Sarah Andrews for taking these pictures and helping these horses with rescue!

FOSH MEMBERSHIP APPLICATION AND ORDER FORM

(All annual memberships include an electronic bi-monthly issue of the Sound Advocate and an Educational Packet)

Type of Membership (check one)

Annual Single \$ 30 Annual Family \$50 Annual Youth (<18) \$20 Lifetime \$600

Organization (For your Gaited Horse Club or Association) \$50 6 issues of Sound Advocate mailed to your home (yr) \$15

(Please Print Neatly)

Name: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____ Breed(s) of Horse(s): _____

Additional Donations: \$20 \$30 \$40 \$50 Other \$ _____

Total Enclosed: \$ _____ Payment by check or credit card (please make checks payable in US funds)

Card # _____ Expiration date _____

Credit Card authorized signature _____

Send your payment to: FOSH • 6614 Clayton Rd #105 • St. Louis, MO 63117

****All Donations are tax deductible****

Friends of Sound Horses, Inc
6614 Clayton Road #105; St. Louis, MO 63117

CHANGE SERVICE REQUESTED
Got GAIT? Go FOSH!!
www.fosh.info

G A I T E D M O R G A N S

ALL NATURAL FROM BIRTH



Jellico Crème de la Crema



Westwind Joaquin



Jellico Ramrod



Mary Mels Peaches

Jellico Gaited Morgans come in a rainbow of colors!

From the rare perlino, cremello, gray and splash white variations, to the traditional bay, chestnut, black and palomino, there is a Jellico for every whim...and all come naturally gaited from birth.



Get ready to enjoy the glide of your life!

Gary & Sondra Seibert | 986 Geoghegan Rd. | Shelbyville, KY 40065 | 502-647-1572 | www.gaitedmorgans.com