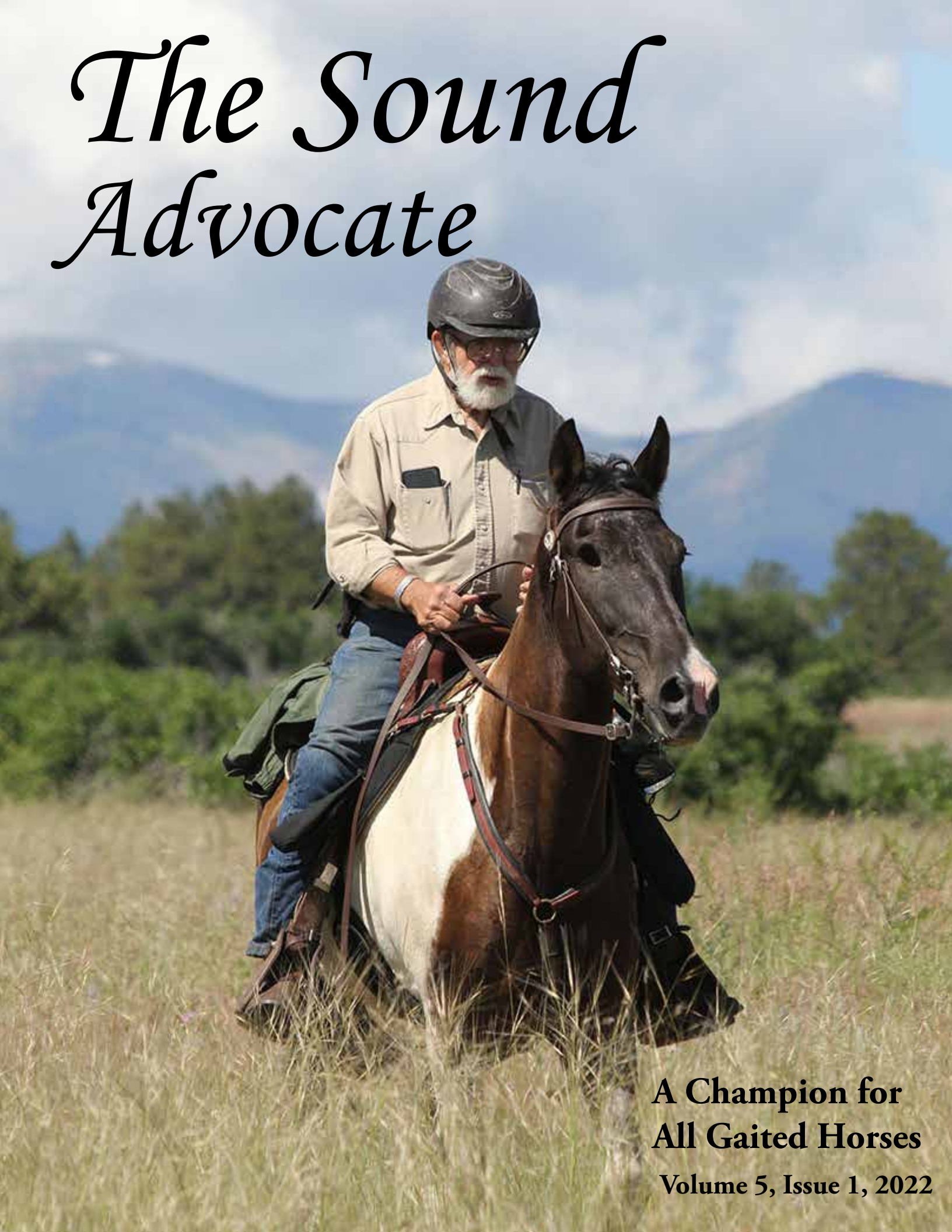
The Sound Advocate



A Champion for All Gaited Horses

Volume 5, Issue 1, 2022

Sound Advocate

Friends of Sound Horses, Inc.
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FOSH Mission Statement

To promote all "sound," naturally gaited horses, with a specific emphasis on Tennessee Walking Horses. (In this context, sound means not "sored".)

Importance is placed on education in regards to the humane care for the emotional, mental and physical wellbeing, 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, or any mechanical, chemical, or artificial means to modify the natural gaits of the horse.

To these ends, FOSH focuses on three areas for gaited horses:
1) educating people about sound horse training principles;
2) supporting sound shows, events and activities;
3) working to end soring.

FOSH is a 501(c) (3) non-profit organization. All donations are tax deductible to the extent permitted by law. Your donation to support the FOSH mission is needed to advance the goals set forth by FOSH in conjunction with its formal mission statement.

Publication Guidelines

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FOSH accepts unsolicited submissions, but reserves the right to edit any and all submissions for content, style and space constraints. FOSH further reserves the right to refuse advertising for any reason.

At no time shall the publisher's liability exceed the total cost of the revenue from advertising in the issue involved in any dispute.

All show suspensions and show results are printed as they are received from the reporting agencies. FOSH does not guarantee their accuracy.

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Readers are urged and cautioned to use due diligence and to thoroughly research, including asking for references, before following through with any transaction.

FOSH does not endorse any trainer, educator, clinician, style of natural training, tack, or horse equipment to the exclusion or preference of any other. Each horse is an individual and may respond differently to particular methods.

Articles published by FOSH reflect the views and opinions of the writers and do not reflect, necessarily, those of FOSH.

Publication Information

Subscribers: The Sound Advocate is a benefit of membership. To ensure that you receive your issues, be sure that your e-mail address is current. To change an e-mail address, contact dunhamanita@gmail.com.

Submission of Articles, Calendar Dates, News and Photos: Send to tbippen1957@yahoo.com. Photos may not be embedded in text and must be submitted as jpeg format, minimum of 300 dpi. The deadline for each issue is the 15th of the preceding month when the issue is to be released. Submissions will not be accepted after the deadline, but may be carried over to another issue. Submissions will not be returned to the submitter.

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Ads will be accepted in pdf, tif or jpeg formats. Text and photos must be e-mailed separately by the 10th of the month when the issue is released. Photos must be 300 dpi. Camera-ready ads are emailed at 300 dpi. Materials should be emailed to editor@fosh.info.

All advertisements must be paid in advance by check, money order, or credit card. Payments should be made out to FOSH and mailed to:

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St. Louis, MO 63117

More FOSH information can be found online. Find us at www.fosh.info.

Like us on Facebook and follow us on Twitter.

On the cover: Flashes, an 11-year-old Missouri Foxtrotter and owner/rider Dr. Gail Conway, DVM at the July 2, 2021 Colorado Wahatoya Cup Endurance ride. Flashes has 2,055 lifetime Limited Distance AERC miles and has finished 77 of 80 starts. And yes, the horse is one-eyed! Photo by Merri Melde.

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From the President...

Dear FOSH Friends and Supporters,

Although spring has not officially arrived in the Midwest, the longer days and replacing of grey skies with sunshine has been welcome. The ice and sleet topped with snowfall has made horse care much trickier in my neck of the woods, and I hope this will be noted as a highly unusual and unique winter for many years to come.

All of us will soon be undertaking some serious grooming chores as our horses shed out. It seems like it lasts a long time around here; however, I welcome the change of pace from my usual 8-hour workdays at a desk and am now enjoying daylight hours to renew my bond with Shiloh (I'm not a winter rider). As many of us rely on daylight hours for our riding, it will be interesting to see if Congress shifts us to permanent Daylight Savings Time. As I'm generally a morning rider, I'm not feeling too much love to a permanent shift which means dark until later in the morning for many areas of the country.

With many of your favorite equine activities picking up due to the weather and declining Covid rates, we hope you share what you're enjoying. Is it learning a new competitive activity like Working Equitation? Entering more competitive and endurance trail riding events? Riding in or auditing a clinic? You may want to consider volunteering at some of these events to get a flavor for what's happening and to get your feet wet. A shortage of volunteers has been an issue for some event organizers so if you're willing to help and become involved, please let those organizers know.

If you are organizing a show, clinic or other gaited horse event, FOSH is offering grants to assist in defraying your costs. Send an email to me, President@fosh.info, and I'll provide the grant request form.

Like many Americans, I am watching the events in Ukraine with great sadness. Along the way, I decided to check into Ukraine's history of horses via some Google sleuthing. The most common horse breed identified with Ukraine is the Hutsulyk

Continued on page 8.

From the Editor...

Just when it seems like we are finally putting COVID behind us, war rages in Ukraine. It seems like we go from one crisis to another. Like many of you, I find solace in my horses. They are a break from stresses of the day and a welcome relief even if only for a few hours.

This issue celebrates a variety of 2021 year-end winners competing in Dressage and Working Equitation. But hey, if you don't compete you can still celebrate that you survived another difficult year.

As of this writing, there are EHV-1 outbreaks in California and Maryland. It is always wise to have a good understanding of infectious diseases and quarrantine protocols. The American Association of Equine Practitioners (AAEP) is an excellent source of specific, accurate information.

As we move into the heart of 2022, what would you like to see in upcoming issues? What would you like to learn more about? Who would you like to see featured? Please email your ideas to me at editor@fosh.info or stephaniejruff@gmail.com.

In the meantime, I hope you enjoy the next issue of The Sound Advocate. Spring is approaching (or already here in Florida) and with it comes hope for a new year. Enjoy your horses and count your blessings.

Stephanie

Stephanie J. Ruff
Editor
editor@fosh.info

Advocacy Update

FOSH was happy to see two Senators added to the cosponsor list for S. 2295, the Prevent All Soring Tactics (PAST) Act since our last issue. Both Senators Mark Kelly (D-AZ) and John Ossof (D-GA) have signed on to be cosponsors. We were especially pleased to see Senator Ossof add his name as support from Southern states has been less than enthusiastic. If you are an Arizona or Georgia resident, we hope you reach out and thank them for their support.

The addition of these two Senators takes us to cosponsorship by 52 Senators—46 Democrats, 4 Republicans and 2 Independents in case you are wondering. Although we need 60 to avoid a filibuster, we are happy to be above 50. At this point the PAST Act is still in Committee as we hope and planfor additional cosponsors to be added.

Regarding enforcement of the actual Horse Protection Act as it stands today, we were pleased to support an increase in 2022 funding for the USDA's enforcement efforts. The budget had a robust increase from less than five years ago when it was less than $1 million. For 2022, we're seeing over $3 million dedicated to enforcement with a carve-out targeted towards science-based inspection methods, swabbing, radiology and more. After the lengthy study undertaken by the NIH, it makes sense to include more funding for the science.

Enforcement starts with the DQPs (designated qualified persons), and FOSH's two DQPs attended the USDA annual training and are ready to begin their 2022 inspections.

Continued from page 5.

(which means heavenly). The breed is also associated with Romania and Czechoslovakia. The Hutsulyk (aka Hutsul) is a tough, sturdy mountain horse. I learned that the "Hutsulyk is unique not only because it is extremely kind, energetic and easy to deal with, but also it has a specific balanced way of riding - they don't move like other horses, their way of riding looks like swimming over the land." (Hutsul pony breeding center, Ukraine (hutsulkoni.com).

What do you think? Do you think the Hutsulyk breed could be gaited? If you know the answer, please reach out to president@fosh.info.

Happy Trails!

Teresa

Teresa Bippen
FOSH President
Tbippen1957@yahoo.com

The following Representatives, listed alphabetically by state, support HR 5441, The PAST Act in the House of Representatives. Don't see your Representative? Contact them and tell them to support The PAST Act.

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The following Senators, listed alphabeticaly order by state, are in support of S.2295, the PAST Act. Is your Senator on the list? If not, contact them to encourage them to sign on.

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2021 Gaits Wide

By Jen Johnson

Here at North American Western Dressage (NAWD), we believe that Dressage is for EVERY horse, including gaited horses. We have been very fortunate to have the support of Friends of Sound Horses (FOSH) as we have offered opportunities for gaited horse owners to receive feedback from the comfort of home with our Gaits Wide Open program.

Each year, FOSH generously sponsors ribbons for a gaited division in each of our virtual shows as well as a year-end show. If you haven't tried participating in a virtual show, it is well worth your time and effort. The judges here at NAWD usually spend 30 to 40 minutes per test making sure that they give comments that are educational and thorough. Of course, the prizes are amazing as well.

Our 2021 Gaits Wide Open Show offered gaited horse owners the opportunity to submit two dressage tests to be judged by two licensed IJA judges for a total of four scores. Diane Sept-Sutton graciously joined Alece Ellis as our guest judge and provided competitors with detailed

E OPEN RESULTS

feedback on their tests. Alece was not able to complete her tests due to illness.

FOSH generously sponsored high point buckles for our High Point winners and the top 6 placings received gorgeous ribbons from Horseshow-ribbons.com.

Registration for the 2022 Gaits Wide Open show is available at Gaits Wide Open at North American Western Dressage where you can also watch Julie and Seabreeze Savaje Vaquero perform an amazing freestyle with the garrocha pole! https://www.northamericannorthamericanwesterndressage.com/ride/gaits/

High Point
Open Division: Julie Lamberton and Seabreeze Savaje Vaquero
Adult Amateur: Michelle Christian and Seabreeze's Intrepido
Youth: Audrey Steigler and Calif de Color Sin Par

Reserve High Point
Open: Roey Mobley and El Tresor
Adult Amateur: Debbie Dahlquist and Horizons Hennessey
Youth: Grace Sweet and Kappi

Tri-State Horsemen's Association, Inc.

Lifetime Achievement Award -- 2021
Sally Frones

As presented by Tom Tweeten and Joleen Waalen, LTA Committee

Joleen and I are pleased to again Co-chair the Tri-State Committee that honors not only what our members have accomplished in the show ring but also what our members have contributed to our horse industry as a whole. Tri-State have honored 28 outstanding individuals over the 21 years that we have presented the Lifetime Achievement Award.

This year's recipient has been involved with gaited horses for nearly 50 years. She has held the office of President of her horse association for multiple terms. She has chaired the Futurity Program, and she has been responsible for putting together breed horse exhibitions and coordinating the Horse Demonstration Team for the Minnesota Horse Expo. She has hosted various clinics and trail trials/challenges at her farm. Most recently she has been co-chair of the Minnesota Celebration Horse Show for the last several years. She currently is the Mentor Program Coordinator for the Minnesota Walking Horse Association, matching new MWHA members to others in the association with experience in those areas in which they have interest.

Beyond her MWHA activities, our awardee has been a trainer of gaited horses and has had a very successful breeding program dedicated to enhancing the quality of the walking horses in the state of Minnesota for over 40 years.

She has been a carded judge with IJA for many gaited breeds beyond the Walking Horse, including Rocky Mountain horses, Kentucky Mountain horses, Foxtrotters and Racking horses, for over 30 years. In addition, our awardee was also instrumental in introducing the THWBEA Versatility program in Minnesota, successfully campaigning or developing three horses to their National Supreme Versatility status.

Our awardee's latest and perhaps most important focus has recently been in trying to develop the youth program within the state. She gives lessons and mentors youngsters to introduce them to the showring, including adding several walk-only age classes in our local shows. She realizes the importance of teaching the next generation about horse care, proper training and riding and fostering the love of the horse.

All these accomplishments could not have been achieved without her family. In 2011, she was jointly awarded the MWHA Horseperson(s) of the Year with her husband Dale, for the many contributions they have made to the Walking Horse Association.

It is indeed an honor as part of the Tri-State Horsemen's Association to present the 2021 Lifetime Achievement Award to Sally Frones in recognition of her contributions to Tri-State Horsemen's Association, the Minnesota Walking Horse Association and our upper-Midwest horse industry. Congratulations Sally!

In addition to national winners, USA Working Equitation recognizes overall breed winners, and there were three gaited awards.

Gaited - Proudly sponsored by Friends of Sound Horses.
Gambler’s Jackpot, owned by Kristine L. Blacklock

Paso Fino, Trote Y Galope - Proudly sponsored by Jennifer Klinowski.
RS Alegre, owned by Rebecca Stankiewicz Gabel

Rocky Mountain Horse - Proudly sponsored by Coyote Creek Cattle Company
Gambler’s Jackpot, owned by Kristine L. Blacklock

Introducing Gina Vehige

FOSH is pleased to introduce Gina Vehige as the new treasurer. Gina kindly stepped into the role after the untimely passing of Alece Ellis.

For the past several years, Gina has been a board member of GaitWay Horse Association (GWHA), a recognized 501 (c) (3) not-for-profit equine organization dedicated to the humane training, showing, and promotion of gaited horses. GWHA sponsors numerous shows, clinics, sound horse demonstrations and equine events in Missouri, including the North American Pleasure Gaited Horse Championships in 2005 and 2009.

Gina formerly published a weekly column (Horsen' Around Lincoln County) to give a voice to local equine events, to cover topics of interest and to advocate for the humane treatment of all equines. She has served as a judge for the local rodeo queen crowning event where exhibitors are judged on their knowledge of the equine industry and horsemanship skills.

Gina has a particular passion for the "using horse," one that can be enjoyed on the trails as well as in the show ring, and believes almost every horse has the potential to succeed in the right environment and the right show division.

After showing her own horses for over 20 years at the local, regional and national level, Gina has a unique appreciation and respect for the hard work of the exhibitors and considers it an honor to be asked to judge a horse show.

Gina resides in Silex, Missouri with her husband and "built-in ringmaster" Darryl, four horses, three cats, one spoiled dog and numerous chickens.

The leadership at FOSH sincerely thank Gina for stepping into the treasurer position at this difficult time.

Whitesell Wisdom

By Larry Whitesell

Larry is taking this issue off, but he shared a great article by Jodi Powell. Don't worry. Larry will be back for Issue 2, 2022.

Why do we talk so much about the horse's balance?

A horse's natural balance, how they would travel on their own out in the pasture, is very different than the way they travel in order to carry a rider on their back. Naturally, a horse would turn right or left by putting weight on their inside shoulder and counter-balancing with their head and neck, bringing it to the outside.

We can all imagine a horse moving in the round pen looking to the outside, exhibiting that natural way of balance. On top of that, they typically carry about 65% -70% of their weight on their front end with little need to shift their weight to their hind legs.

If a horse travels in the manner that is natural to them with a rider on their back, they will no longer feel in balance, but rather out of balance. Over time it is likely to create issues such as: anxiousness, spookiness, buddy sour, barn sour and the list goes on. There are also physical repercussions that their body will take: chronic back pain, lameness, sway back, kissing spine, etc.

So why is balance so important to them? It's for their safety and wellbeing. Since they are a prey animal, having balance is critical to their survival. If a predator jumped out of the bushes and tried to attack, they want to feel that they are able to flee fast enough. It's in their DNA.

Now, the thought of that flight reaction in our horse may worry us. But we can commit to our horse's nature and their need for balance and confidence. Balance brings peace of mind, and peace in the mind brings confidence and composure. Essentially, we are both after the same thing.

Our beloved gaited horses are considered the best for trail riding. They are smooth and cover ground efficiently. The thing is, they are not the most athletic horses (in most cases).

You just cannot compare them to the sheer power and strength of a quarter

Even, or maybe especially, on a trail ride, balance is key. Photo courtesy of Jodi Powell.

horse. A quarter horse will pack a rider around and pretty well figure out their balance due to the fact they are just that strong.

However, with our gaited horses, they seem to experience more mental and physical effects traveling out of balance. Many gaited horses are categorized as "overreactive" or suffer from anxiousness simply due to the lack of knowledge and balance.

For a horse to be in balance with a rider on their back, we literally have to reteach them how to travel in a different posture - one that is not natural to them. We have to teach them how to shift weight to their hindquarters and bend evenly throughout their body in order to carry a rider.

As riders and trainers, we have to educate them to what our aids mean and how we want them to respond to those aids all in the name of achieving correct balance.

Jodi Powell of The Thriving Equine is a trainer and instructor with a particular passion for gaited horses. Learn more at https://www.thethrivingequinebyjodipowell.com/ or email jodi@gaitedhorsemanship.com.

Sugar Does Not Cause

By Susan Libby, susan@uckele.com

It's a common belief, but diet does not cause metabolic syndrome. The wrong diet exacerbates equine metabolic syndrome but it doesn't actually cause it.

It's easy to see where the idea came from. When a horse/pony/donkey has metabolic syndrome it is very important to limit the sugar and starch in the diet. Starch is digested to glucose before being absorbed. The higher the intake, the higher the animal's insulin levels will go and the higher the laminitis risk.

However, these abnormal elevations don't happen with every horse and evidence continues to grow that metabolic syndrome is genetic.

In 2006, Trieber et al published the results of a year-long mixed breed pony herd study following 160 ponies. There were 54 with a previous history of laminitis and 106 were never laminitic. Diet was pasture for all. There were exaggerated responses to spring pasture in the previously and currently laminitic group only and this was "consistent with the expected inheritance of a dominant gene or genes with reduced penetrance".

Genetics as the root cause is entirely consistent with the observation that certain breeds, like Thoroughbreds, Standardbreds, full size Drafts and Warmbloods rarely, if ever, develop EMS unless they also have PPID. On the other hand, ponies, minis, donkeys, Arabians, Morgans and others are at high risk.

A study published in 2016 by Bamford et al attempted to induce EMS by making horses obese using a high fat diet or high fat + a high carbohydrate meal. They succeeded in making them obese, but not making them insulin resistant. In fact, the horses also fed high carbohydrate had better insulin sensitivity than those fed high fat alone. This adaptation to higher simple carbohydrate intake has been reported before in normal horses. Work is ongoing to identify the specific genetic components.

The most helpful way to think of reactions to sugar is that it is like a food allergy. The vast majority of people can eat peanuts but for some it triggers a severe reaction. It's not that peanuts are inherently dangerous. It's the individual sensitivity.

It's actually not all that simple. For example, exercise can protect from elevated insulin reactions even in susceptible horses. The point is though that sugar/starch isn't the villain here. The issue is the individual's genetics. You cannot cause

e Metabolic Syndrome

metabolic syndrome by diet.

Glycocemic EQ provides nutrients to support blood sugar levels within normal ranges. Targeted ingredients also promote balanced immune and thyroid function, normal glucose metabolism, healthy nerve function, and proper insulin sensitivity. Promotes healthy insulin levels by providing nutrient levels that are compatible with a wide variety of diets and sources of hay.

About Dr. Kellon
Dr. Eleanor Kellon, staff veterinary specialist for Uckele Health & Nutrition, is an established authority in the field of equine nutrition for over 30 years, and a founding member and leader of the Equine Cushings and Insulin Resistance (ECIR) group, whose mission is to improve the welfare of horses with metabolic disorders via integration of research and real-life clinical experience. Prevention of laminitis is the ultimate goal.

Murdoch Minute

No. 17: Shorten Your Reins Without Pulling on Your Horse's Mouth

By Wendy Murdoch

Reprinted with permission.
www.murdochmethod.com

Do you ever find yourself scrambling to shorten your reins? Does your horse throw his head up as a result? Do you pitch forward when you shorten the reins? Or maybe the only way you know how to shorten them is what I call the 'creepy crawly' method. Here is a three-step process to shortening your reins quickly, efficiently and without pulling on your horse's mouth.

At times we all need to be able to shorten our reins to communicate to our horse. Whether you ride Western or English, with a halter and rope reins, English reins or even split reins you want to be able to shorten the reins without disturbing your horse. There are a number of circumstances where shortening your reins is necessary. For instance, you might be riding on a loose rein going down the trail and suddenly your horse stumbles or starts at a deer.

At these moments it is important to have practiced shortening your reins so that you automatically recover your reins and quickly steady yourself and horse.

When riding a dressage test the transition from a long rein to contact should be smooth. If you tip forward, pull back on the reins, or tense your shoulders when shortening your reins you might cause horse to lose balance, jig or toss his head in the air. When jumping, the ability to shorten your reins quickly is a must. You may have to give your reins away over one fence but then you need to be able to quickly shorten them in order to recover before the next obstacle. Therefore, having good technique for shortening your reins is important in all forms of riding.

The three steps to efficiently and quickly shortening your reins are:

1. Take the bight (the loop or end of the rein) in one hand while firmly grasping both reins in the other. Make sure to press your fist holding the two reins against the horse's neck. This prevents you from pulling

on the horse's mouth.

2. Draw back on the bight. How much you draw the bight will determine how short you make the reins. Therefore the action of shortening the reins comes from your shoulder and elbow, not your hand. The hand moves diagonally away from the fist pushing into the horse's neck, not towards your body. If the bight hand were to move towards your body you would restrict the movement and limit how much you could shorten the reins. You must make sure the fist hand on the horse's neck remains firmly pressed into the horse in order to keep the contact steady and even.

3. Drop the bight and separate the reins into two hands. If you drew the bight with your right hand you would take the right rein. If you drew the bight with your left hand you would take the left rein. Keep pushing on the horse's neck until you have separated the reins into two hands. Note: When riding with a Western curb bit you would not necessarily separate the reins in two hands. In this case you would simply release the hand that is pressing into the horse's neck and resume holding the reins in one hand.

Practice this three-step method off the horse first. Then practice on your horse standing still and finally in motion. When practicing it is not important how much you shorten the reins, simply that you go through the steps to improve your technique. While practicing only draw the slack out of the rein rather than actually connecting to the horse's mouth or head. By practicing you will develop a new habit to replace the old one. When you actually need to shorten your reins your practicing will pay off. Also remember to switch hands so that you can shorten your reins equally well right or left-handed.

Use this Murdoch Minute as a 'body position self-check' to make sure you stay balanced and upright when shortening the reins. Practice this exercise until you can do it quickly and easily without fumbling, that way you will automatically use this technique when you most need it.

And remember – enjoy the ride!

Photo 1. I have taken the bight of the rein in my left hand. My right hand is holding both reins in a fist below my left hand. Observe how I am pressing my fist into the horse's neck. This will keep me from pitching forward and/or pulling on the reins.

Photo 2. I have drawn my left hand, which is holding the bight, back by taking my left elbow back and away from my body, thereby shortening the reins. Notice that I have continued to press my right fist into the neck.

Photo 3. I have dropped the bight and am taking the left rein with my left hand while still maintaining the pressure of my right fist into the horse's neck.

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GETTING TO KNOW...

PERUVIAN PASO

by Verne R. Albright

Prior to the seventeenth century, most of the world's horses were naturally gaited. Horses that trotted were the exception, and "Boneshakers" as they were called were considered suitable only as pack animals or mounts for servants. Almost all traveling was done on horseback. Since most people knew very little about riding, a smooth riding horse was a necessity. Even Knights - who required trotting horses for battle - often kept a naturally gaited horse which he would ride when traveling, leading his trotting horse behind.

Following the seventeenth century, the uses for trotting horses increased. Networks of roads were built, and people began to travel by horse-drawn vehicles rather than on horseback. Since a horse that trots is more suitable than a gaited horse for pulling a wheeled vehicle, the breeding of trotting horses was increased at the expense of gaited horses. At about the same time, great expanses of land were devoted for the first time to cattle raising, and the horse took on importance as a tool for working the cattle. Here again the trotting horse has a greater advantage over the gaited horse,

and even more emphasis was put on the breeding of horses that trotted. Almost simultaneously, worldwide popularity was bestowed upon horse racing, yet another activity where gaited horses do not excel.

As the seventeenth century opened, it was unusual to see a horse that trotted. At the close of the same century, it was unusual to see a horse that did not trot. It was one of the most unusual transformation that horse breeding has ever seen.

As the world's horsemen moved from naturally gaited horses to trotting horses, the Peruvians continued to esteem and breed their naturally gaited "Caballo Peruano de Paso". The Peruvian Paso horse descended from the bloodstock which was introduced to Peru from the Spanish, who at the time were the foremost horse breeders in the world. The Spanish horses brought to Peru blended the Barb, the Friesian, the Spanish Jennet, and the Andalusian. In Peru these Spanish horses were bred to produce the purest link that the modem world has with the once populous gaited horses. For several centuries, no outside blood has been introduced into the Peruvian Paso breed, and it is now the only naturally gaited breed in the world that can guarantee its gait to 100% of its offspring. Every purebred Peruvian horse has the inherited gait, which is the trademark of the Peruvian breed.

In recent years, the world's horsemen have begun to rediscover the

pleasures of naturally gaited horses; and horse fanciers from many nations are turning to the Peruvian Paso horse as the ideal mount for the twentieth century horsemen. Thanks to its unique, inbom, four-beat lateral gait, the Peruvian horse is the smoothest riding horses in the world. He is also one of the showiest of all horses because of an inner pride and energy that make him travel with a style and carriage as if always "on parade". The temperament of the Peruvian horse is one of the world's best, thanks to a long standing Peruvian practice of not breeding animals

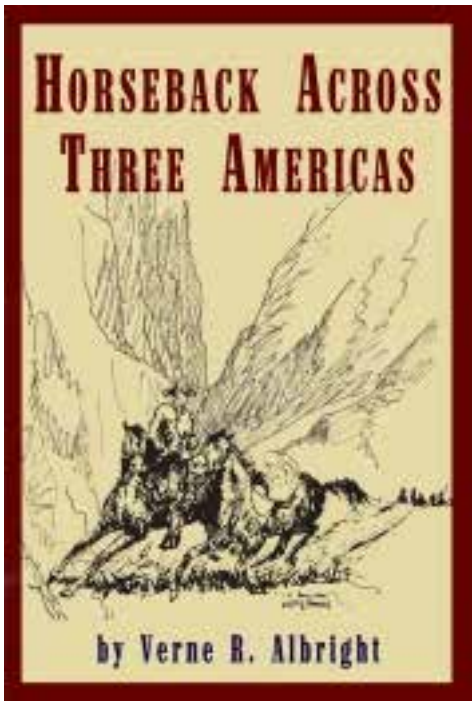
that have an unsuitable disposition. In addition, the Peruvian is the only horse in the world with "termino" , which is a graceful, flowing movement in which the forelegs are rolled towards the outside as the horse strides forward, much like the arm motion of a swimmer. "Termino" is a spectacular and beautiful natural action.

The gait of a Peruvian horse can be as slow as a walk or as fast as an extended trot or slow canter. Both the gait and the flashy leg action are completely natural. They are not induced or aided in any way by artificial training or devices. In fact, both Peru and the United States, Peruvian horses are shown without shoes and with a short, natural hoof.

Peruvian horses come in all basic, solid colors as well as greys and roans. The breed, because of its direct link to the Barb horse, has some striking color tones and shades. The average height of the Peruvian is between 14 and 15 hands, and the weight is commonly between 900 and 1,100 pounds ... about the same as Morgans and Arabians.

This article originally appeared in the North American Peruvian Horse Association's website. For more information, contact them at https://www.napha.net/.

Verne R. Albright is the author of the book Horseback Across Three Americas, *winner of the 2021 Best "Equine Journey" Literary Award at EQUUS Television's EQUUS Film and Arts Festival.*



Horse Own
How to Cash in o

By Nicki Alvin-Smith for Horizon Structures

Make Your Motto: "Curate Don't Collate"

Guilty as charged! As a veteran horse owner, I am guilty of being a hoarder of equine tack and paraphernalia, both inside the house and inside the barn.

Just as handbags, jackets and shoes seem to have a magical attraction to many of us gals when shopping, saddle pads, bits, bridles, blankets and breeches also seem to inexplicably find their way home.

I confess that as a lifetime horse crazed person the accumulation of a 'bit of a boneyard' when it comes to everything equine-related may have occurred. If you have ever moved 'farm' you will likely have realized a similar situation.

Luckily, my hubbie is also an equestrian so the piles of neatly stacked saddle pads hidden in closets, drawers full of bits and spurs and cupboards full of every imaginable color of polo wraps goes for the most part anyway, without comment or complaint.

Horse stuff isn't limited to locations in the tack room/office or barn aisleway either, our house is adorned with horse brasses, books and equestrian art, expressive horse themed rugs and even a hunting horn decorates the wall of the mud room. Brasses that require regular time-consuming polishing I might add. But I wouldn't have it any other way.

As the renowned American interior designer Bunnie Williams would advise, your house should reflect your interests and passions. No problem there where most of us are concerned.

But in interior design and antique collection, there is another edict:

"Curate don't collate".

Good thinking. Following along with the interior design theme, to quote the then radical creative 19th Century anti-maximalist William Morris:

"Have nothing in your house that you do not know to be useful or believe to be beautiful."

The same could be said of the horses' house. Stacks of old hay could be sold to a local cow or pig farmer; unused tack trunks and collapsible saddle racks could be removed; aged health care products could be discarded; and more than likely equine tack and equestrian apparel supplies will yield a horde of horsey stuff for sale. Spring cleaning the barn is a great opportunity to take a hard look at

ners' Hacks
n Spring Cleaning

the hoarding habit. Make the decision to stop wasting time all season long sorting through masses of old 'just in case I get a new horse' paraphernalia, cleaning leather tack that you will likely never use again and turn unused 'stuff' into hard cash that could be productively used for further horsey pursuits.

Proceeds from the sale of 'stuff' could fund the fees for a show or clinic event, pay for your daily use saddle to be restuffed or refitted to properly fit your horse or even buy a new run-in shed.

Here are some thoughts to help inspire you to get busy and a few hacks to help the process along:

Don't Clean Old Tack Before Selling
It goes against every rule of horsemanship to leave tack dirty. Weird as it might seem, buyers often prefer to 'recover' items to their previously pristine condition rather than purchase them looking 'as new.' Antique buyers are commonly similarly afflicted with the notion that they have made a 'find' if the object of their attention is in 'weathered' condition.

Regarding equestrian clothing, you would expect that unwashed clothes, stained shirts or bleach marked breeches would be unloved. In the 'second-hand' market of recycling, the usual marketing techniques for presentation simply don't seem to apply. All manner of wrinkled, unkempt apparel items appear across Facebook Marketplace and similar venues and sell well.

For some of us the notion of presenting any uncleaned item or one in poor condition is understandably abhorrent. The best rule is to consider where the item is being marketed and the target audience of the product.

The Perfect Price
There is no such thing as the perfect price. You will know if the price is right however, because the product will sell. The dynamics of the free marketplace do not lie.

Many of us become emotionally attached to a late horse's bridle or equipment, or a horsey gift that a beloved relative bestowed upon us. This often translates into asking an unrealistic price for the object. Options such as donating rather than selling the item can make us feel better and even taking a photo to remember the item can help alleviate the angst we feel at parting with it.

The reality is, that Arts and Crafts designer Morris' advice holds true throughout our curation of horse tack, tools and equine and equestrian apparel.

A great example is the saddle pad collec-

tion. Over time technology has changed the saddle pad from a simple piece of cloth designed to keep the underside of the saddle clean to fabrics with special features such as anti-sweat, compression and shock resistant components and a myriad of other improvements. Through increased attention and knowledge of equine anatomy and saddle fit for both horse and rider, the design and purpose of the saddle pad has evolved.

While natural sheepskin and other 'older' favorites such as 100% cotton, may still be preferred by the die-hard traditionalists, and bright colors and bling be dismissed from the wardrobe of the more reserved horse person, the likelihood is that many of the saddle pads stashed in the stable yard go unused and are unlikely to feel the warmth of your horse's back again.

The perfect price is the one that someone will pay for the item.

Expect to discount the price especially if the item does not sell quickly. Just as retailers offer markdowns as time progresses and the products sit unsold, it is smart to discount the pricing to save your valuable time and effort relisting.

Curating the stack of saddle pads into those you really use and selling those that you don't is more than a good fiscal idea. A good clean out is good for the brain.

The Positive Power of De-Cluttering
Cashing in on the barn clean out is about much more than money. It is scientifically proven that keeping things clean and your space organized is good for you. Not just in the physical sense of less to clean or trip over in the aisle, but in the sense of mental well-being.

The less 'stuff' you have impeding your visual cortex the more organized you will feel. This does not mean it's a grand idea to just 'stuff the stuff' away in a cupboard. You know it's there and its presence makes finding something you need more time consuming.

Humans feel more rested and more in harmony with their surroundings when the environment is clean and organized. I'm not sure what our horses think on the subject but I do know that when we are happier so are they.

Don't Get Taken For A Ride
Scammers and con-artists abound. Use common sense when marketing your horsey stuff for sale. If an offer sounds too good to be true it probably is and it is essential you do your due diligence and are aware of the common scams that are present, especially online.

Offering to overpay for an item or seeking private information are two of many scams. Here is a great article on the topic.

For additional information about Horizon Structures or their product line, please visit their website at https://www.horizonstructures.com,

About Nikki Alvin-Smith:
Content Creator | PR Partner | Seasoned Writer | Brand Builder | Major Marketer| Journalist| Blogger| Ghostwriter| PR Marketing Specialist/Strategist| British American| Grand Prix Dressage Competitor/ Coach/ Clinician|
Please visit https://nikkialvinsmithstudio.com/ to learn more about her affordable services.

Thinking of Holding a Show? Have a Clinic Idea?

FOSH is pleased to announce that it has seed money grants available to support its gaited horse sound horsemanship and competition efforts. The grants are available to individuals and clubs to help defray the expenses of holding a clinic or a show.

What are some ideas to consider? Interested in Working Equitation (WE)? Its popularity is exploding across the country. Why not hold a clinic and provide opportunities for your riders of gaited horses to learn all about this fun, new competition? Working Equitation was not slowed down by the pandemic, and there were a record number of shows last year. Even better, they enthusiastically welcome gaited horses to their competitions. Working Equitation is about dressage and trail obstacle and, at the advanced levels, working cows! You will learn even more holding a clinic and trying it for yourself. A grant can help with your facility costs and the few items you may need for the trail obstacles.

Wishing to gain a better understanding of dressage? Holding a dressage clinic may be the best way to not only learn about dressage but attract others with a shared interest. With your new knowledge, you will become much more comfortable competing in the video competitions offered by North American Western Dressage (NAWD). A grant of seed money can help pay for your facility or travel for a clinician.

Always had an interest in Connected Riding? Use seed money to find an instructor and hold a clinic! Your horses will thank you!

Do you enjoy working with youths? How about a youth camp or clinic in the summer? Their parents will thank you!

Horse shows are likely to pick up in 2022 as COVID risks decline. Seed money could go towards your expenses to hold a show that features gaited horse classes.

Imagine the possibilities and let us help you!

Grants range from $500-$2,500. Send an email with your proposal (clinic or show, clinician, facility, date(s), number of participants) and your budget to president@fosh.info to see if your idea qualifies.

Did you know...

Boxer Joe Louis was an equestrian?

Joe Louis discovered the American Saddlebred in the mid-1930's and entered the sport of showing show horses when he picked up an interest in riding.

As a respite from boxing, he began visiting Spring Hill Stables, outside of Detroit, Michigan, for relaxation. It was there he was introduced to saddle seat riding by a black trainer named Henry Jennings.

Louis enjoyed riding Saddlebreds so much that he bought Spring Hill Stables and hired Jennings to manage his horses."

In addition to enjoying riding, "In 1938 Joe Louis helped organize what was called the "First All Negro Horse Show" in Utica, MI. He performed in several classes himself, including a five-gaited event on his horse MacDonald's Choice."

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Equine Body Condition Scoring

BCS 1. Poor

Horses with a BCS of 1 are extremely emaciated. The spinous processes of the vertebrae, ribs, dock, and points of the hip and buttock are all prominently seen. The bones of the withers, shoulders, and neck are also easily identified, and no fat is palpable anywhere. Horses with a BCS of 1 are considered unfit to travel.

BCS 2. Very Thin

Horses with a BCS of 2 are emaciated. The vertebral spinous processes are prominently seen, as well as the ribs, dock, and points of the hip and buttock. The bone structures of the withers, neck, and shoulders are still fairly noticeable.

BCS 3. Thin

The spinous processes are still outstanding; however, their lower halves are covered by fat. The individual vertebrae are not distinguishable. A very thin layer of fat can be felt over the ribs. The dock is prominent; however, the points of the buttock are not visible. The points of the hip are visible but rounded. The withers, shoulders, and neck are all accentuated.

BCS 4. Moderately Thin

The horse's spinous processes create a negative crease along the back. The rib outlines are faintly seen. The points of the hip are not visible, and the withers, neck, and shoulders are not obviously thin. Fat can be felt around the dock.

BCS 5. Moderate

The spine of the horse is level with surrounding muscle height. Ribs are not visible but are easily felt. The fat palpable around the dock feels slightly spongy. The withers appear rounded with the neck and shoulder blending smoothly into the body.

BCS 6. Moderately Fleshy

There is fat around the dock that feels soft, whereas fat over the ribs feels spongy. There are small fat deposits along the sides of the withers, behind the shoulders, and along the sides of the neck. There might be a slight crease down the back of the horse.

BCS 7. Fleshy

Fat is noticeable within the withers, neck, and behind the shoulders. The horse's ribs can be felt, but there is noticeable fat between individual ribs. Fat around the dock is soft. There may also be a crease down the back of the horse.

BCS 8. Fat

The horse has a crease down the back. Spaces between the ribs are so filled with fat that the ribs are difficult to feel. The area along the withers and dock are filled with fat, though fat around the dock is very soft. The space behind the shoulders is filled in flush. There is some fat deposited along the inner buttocks.

BCS 9. Extremely Fat

The back crease is very obvious, with fat appearing in patches over the ribs. There is bulging fat around the dock, withers, shoulders, and neck. The inner buttocks may be rubbing together due to excessive fat. The flank will be filled-in flush.

Source: Henneke D, Potter G, Kreider J, Yeates. Relationship between condition score, physical measurements and body-fat percentage in mares. Equine Vet J. 1983;15(4):371–2; Photo source: Equine Health School of Veterinary Medicine, University of California, Davis

Equine Herpesvirus (EHV)

Disease Name: Equine Herpesviruses (EHV-1 and EHV-4)

Disease Type: Virus

Transmission: EHV is spread from horse to horse through contact with nasal discharge or spread as aerosol droplets. Horses can also contract the virus by coming into contact with contaminated surfaces such as stalls, water, feed, tack, and transport vehicles. Humans can spread the virus from horse to horse by contaminated hands and clothing.

Frequency: EHV-1 and EHV-4 are relatively common as a mild respiratory disease; EHV-4 occasionally causes abortion in unvaccinated mares; Equine Herpesvirus Myeloencephalitis (EHM), the neurologic form of either EHV-1 or EHV-4, is rare.

Incubation period: Ranges from 2 to 10 days. Horses can shed the virus during the incubation period.

Carrier status: Infected horses are carriers and can shed the virus even when showing no clinical signs.

Shedding period: Varies by horse and strain. Horses are considered to be a source of infection until they test negative for the virus.

Latency: The virus can remain latent for the lifespan of the horse. Reactivation with shedding is possible from stress such as transport or new activity.

Severity:

- EHV-1: Variable; Mild signs of illness to abortion to severe neurologic disease
- EHV-4: Variable; Mild signs of illness to abortion to severe neurologic disease

Clinical signs:

EHV-1:

- Fever
- Nasal discharge
- Lethargy/Depression
- Neonatal death
- Late-term abortion
- Neurologic disease

EHV-4:

- Fever
- Nasal discharge

FOSH Sound Principles

Principle #1
All FOSH events adhere to the requirements of the Horse Protection Act.

Principle #2
Horses are to be treated with dignity, respect, and compassion.

Principle #3
Horses must be presented as sound in both body and mind.

Principle #4
The preferred way of going is natural, correct, and without exaggeration.

Principle #5
Shoeing is intended only for the protection of the foot and its structure. Where practical, barefoot horses are both welcomed and encouraged.

Principle #6
Handlers and riders are expected to use training techniques and equipment that conform to the highest humane standards as recognized by the general equestrian community.

Principle #7
Exhibitors have a duty to conduct themselves in an orderly, responsible, and sportsmanlike manner.

FOSH is a national leader in the promotion of natural, sound gaited horses and in the fight against abuse and soring of Tennessee Walking Horses. For more information about FOSH or to become a member, please visit www.fosh.info.

FOSH Directory

Gaited Clubs

Southern Comfort Gaited Horse Club

Southern Comfort promotes activities highlighting the smooth ride and versatility of all gaited breeds. Pursuits include trail riding, competitions, shows, exhibitions, clinics and many other equine activities. The club promotes horse safety and friendship for all that are interested in horses. Owning a horse is not a requirement. SCGHC is based in southwestern Idaho and is a flat shod exclusive club with members contributing and supporting various interests using sound, natural horses. www.gaitedhorseclub.com

Chesapeake Plantation Walking Horse Club

The Chesapeake Club is celebrating over 25 years of promoting the versatile, naturally gaited, horse. As a member of the Maryland Horse Council, we have been the voice of the gaited community and through demonstrations, clinics and guest speakers, a resource for other disciplines to learn about the gaited breeds in our region. Members enjoy monthly trail rides, newsletters, parades, clinics, social gatherings, and friendly help. We welcome all breeds, riding styles, and experience levels from beginners to professionals. Cpwhclub.wordpress.com or jacquiecowan@comcast.net

Breeders

Summerwind Marchadors and Future Foal Breeders

Plan for your next lifetime partner! Come breed with us! Offering frozen semen (12 stallions in 2020) or reservations for Future Foals "do Summerwind" The Marchador is Brazil's national horse, harking from Iberia, but bred there for 200 years. Expect to be impressed! http://futurefoal.net or call Lynn @ 602-999-3915

Missouri Morgans

Easy gaited in color. Rare gaited Morgans located in the Heart of America near beautiful Lake of the Ozarks; for photos, videos and available horses. Talk to Jim or Vali Suddarth at 417-286-4720 or gaitedmorgans@missourimorgans.com

Gaited Advocate Intervention Team
Rescue ~Rehab ~Ride
GAIT, Inc.
www.GAITrrr.org
GFAS Verified
Share to Rescue
FOLLOW US ON FACEBOOK
Donate to Rehab
VOLUNTEER TIME OR DONATE
Adopt to Ride
FIND YOUR FOREVER HORSE!

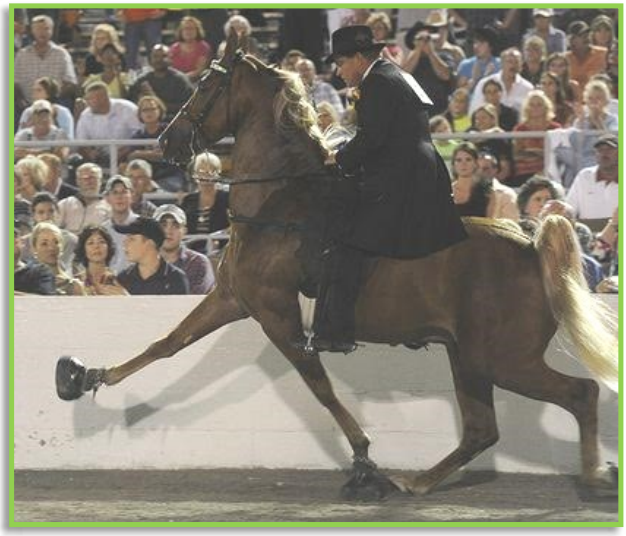
Gait, Inc is a 501c3 all gaited breed rescue. Rescue done right with a focus on training & adopter support.
Volunteer run and funded by generous donations! We adopt to qualified homes in the Mid-Atlantic & So. California regions.
GAIT, Inc. 14515 Chrisman Hill Dr. Boyds, MD 20841 (240)-720-4545

Horse Soring Fact Sheet

"Soring" is the use of painful training techniques to create a flashy unnatural gait in horses. Tactics include applying caustic agents (diesel fuel, hand cleaner, etc.) to the front legs and then wrapping the legs overnight. The flesh is sore when the wraps come off, and ankle chains are used to bang on this area during training. Also used are injections of irritants above the hoof, tacks under the band holding a huge weighted ("stacked" or "padded") shoe in place, and trimming the hoof into the quick and/or green nailing.

These training methods cause the horse to attempt to avoid the pain by picking up his front feet faster and higher and shifting his weight back onto his hind legs in a crouching stance.

This grotesque gait is called the Big Lick.



WHO IS DOING THIS—ISN'T IT ILLEGAL?

Soring was made illegal in 1970 by the Horse Protection Act, but the shoes and chains are not illegal—**YET.** Soring itself still goes on. Penalties are nearly non-existent, and enforcement is so lax that it persists in about 200 trainers impacting over 10,000 horses. Inspectors are directly employed by show managers, creating a clear conflict of interest. Dye and short-acting topical anesthetic creams are used to mask pain and scarring during inspections. The overwhelming majority of sored horses are Tennessee Walking Horses, but two other breeds, the Racking Horse and the Spotted Saddle Horse, are also impacted.

Shoes, stacks, bands and chains on a Big Lick Tennessee Walking Horse. The horse's hair has been dyed to try to hide the scars from soring chemicals.

WHAT IS BEING DONE?

After years of education and lobbying by animal welfare groups, the bipartisan ***Prevent All Soring Tactics (PAST) legislation*** ***was passed in July 2019 with an overwhelming majority in the U.S. House of Representatives.*** The PAST Act would finally eradicate soring by eliminating the use of large stacked shoes and ankle chains in the show ring and by eliminating the industry's self-policing scheme, replacing it with licensed USDA inspectors. It would also increase penalties for those who break the law. ***U.S. Senate leadership refused to bring it to the floor for a vote despite half of the Senate having signed on as cosponsors.*** The bill was not brought to the floor because then Senate Mjority Leadr Mitch McConnell (R-KY) refused to allow it to be brought to the floor for a vote. As we are now in the 117th Session of Congress, the PAST Act will need to be reintroduced in both the House and the Senate.

HOW WOULD THE PAST ACT PREVENT SORING IF NOTHING ELSE HAS?

The PAST Act would close loopholes in the Horse Protection Act. Because the U.S. Department of Agriculture has allowed the industry to police itself, those who hurt horses face minimal repercussions, get deferred disqualifications, and are typically allowed to continue carrying out the abuses that got them disqualified in the first place. PAST would replace the self-policing system with third party, independent inspectors who are trained, licensed and assigned by the USDA. The bill would also ban the devices integral to soring (the stacks and chains) and would strengthen penalties for soring.

FOSH
Friends of Sound Horses, Inc.

WHY IS SENATOR MCCONNELL AGAINST PAST?

Sen. McConnell is a long-time supporter of the Big Lick industry. He and Sen. Rand Paul (R-KY) are cosponsoring competing legislation introduced by prevision sessions and supported by those engaged in horse soring, which would allow the industry to continue policing itself with no accountability. This sham alternative bill would actually make the problem worse by further weakening the USDA's already limited authority and handing off more power to the perpetrators. It would do nothing to end the use of chains, heavy stacked shoes and other soring devices, or to establish meaningful penalties. Sen. McConnell has not yet realized that supporting the Big Lick is bad politics.

Open lesions and scarring are the results of soring.

WHAT GROUPS ENDORSE THE PAST ACT?

Every major veterinary, equine, animal welfare and law enforcement organization in the U.S. has endorsed this bill (AVMA, AAEP, American Horse Council, ASPCA, USEF, National Sheriffs Association, Humane Society Legislative Fund, Association of Prosecuting Attorneys, and over 100 more.) The PAST Act is the right answer.

ARE ALL TENNESSEE WALKING HORSES SUBJECTED TO THIS AWFUL TORTURE?

Absolutely not. There are many owners and trainers that never use soring to enhance the performance of their horses. Known as "flat shod" horses, these animals have natural movement and are enjoyed by tens of thousands of riders across the country. In fact, the majority of Walking Horses are flat shod. It is only a small minority of trainers who resort to the shameful practice of soring and stacked shoes—they sometimes call them "padded" shoes to try to make them sound more like a therapeutic shoe than a torture device. The entire Tennessee Walking Horse community is brought down by the actions of a few bad actors.

IS IT REALLY AS BAD AS PEOPLE SAY IT IS? GIVE ME OFFICIAL NUMBERS

The latest USDA statement, as reported in the Walking Horse Report published May 21, 2018, said that "the vast majority of Horse Industry Organizations (HIOs) that inspect padded horses did not detect any HPA noncompliance ***when USDA was not present*** at a show." USDA went on to say: "*It is highly unlikely that exhibitors only present noncompliant horses for inspection when USDA is present at a horse show….USDA remain(s) very concerned about HIOs, especially those inspecting padded horses, whose rate of noncompliance is zero when USDA is not present…" Latest statistics for October 2017 to March 2018, reported in the same article, are: When USDA is not present, 3.48% fail inspection. When USDA is present, 8.17% fail, and many are not even presented for inspection (withdrawn from the show before being inspected). The reported numbers are also skewed because the totals include flat shod Tennessee Walking Horses, who are not sored but are inspected. This makes the percentage of sored horses look smaller than it is.*

Last published statistics when USDA itself did inspections at the 2015 championships ("the Celebration"): an appalling *40.28% of "padded" horses were disqualified.*

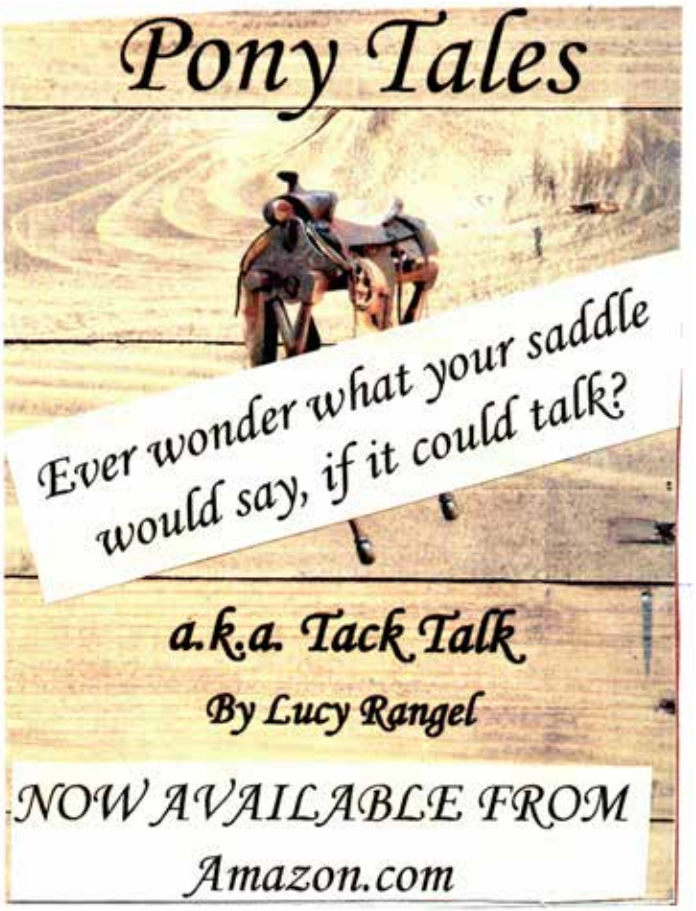
HOW CAN I HELP?

If you live in Kentucky, contact Sens. McConnell and Paul and tell them their alternative bill is not what you want. You want the PAST Act, S. 1007. If you live anywhere else in the United States, look up your senators and urge them to cosponsor and work to pass the PAST Act. Let's make this the year soring ends, as Congress intended nearly a half century ago.

About Friends Of Sound Horses (FOSH)

FOSH is a nonprofit 501(c)(3) organization that welcomes owners of all gaited horses. We support the gaited horse in all equine disciplines, including dressage, distance competitions, English and Western pleasure, and many other styles of riding. FOSH offers judges training and licensing and sponsors numerous shows. FOSH is a national leader in promoting, supporting and protecting gaited horses. To that end, FOSH is known for its work to end soring of Tennessee Walking Horses through its activism, outreach, and 60 years archive of soring articles, **www.stopsoring.com.**

Friends of Sound Horses, Inc.



OUR FOREVER FRIENDS

FOSH Lifetime Members

Jo Anne Behling, Wauwatosa, WI
Esther L. Bell, TN
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, Pocatello, ID
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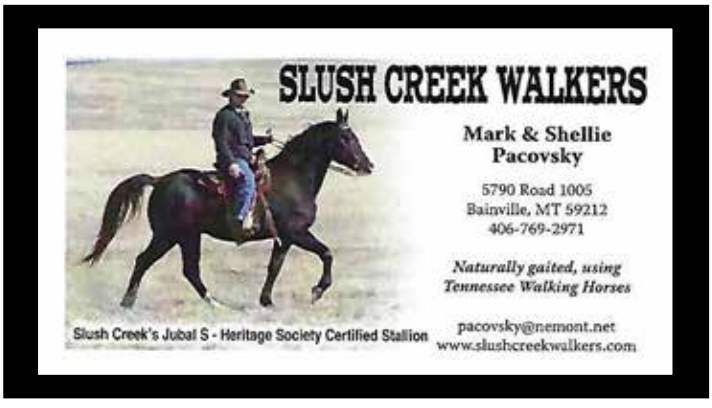
Marcy Wadington, Canon City, CO
Leslie Weiler, Pagosa Springs, CO
Laura Wyant, Chesire, OR
An Anonymous Donor
Yankee Walkers of New England

Upcoming Events

Do you have an event you'd like to include? Email editor@fosh.info to be added to The Sound Advocate and the FOSH website.



Please consider adding FOSH to your list of worthy causes in making a tax-free charitable deduction or help us to promote legislation, education, and training that protects and helps gaited horses, simply by renewing your own membership or giving a gift membership to a kindred spirit.

We know you have many choices when it comes to giving. Thank you for considering FOSH.

FOSH
Friends of Sound Horses, Inc.

FOSH Membership Application and Order Form

All annual memberships include a digital, bi-monthly issue of the Sound Advocate & educational packets. Mail to: FOSH 6614 Clayton Rd. #105, St. Louis, MO 63117

Type of Membership (check one)
Annual: Single ___$30 Annual Family ___$50 Annual Youth <18 ___$20 Lifetime__$600
Organization Membership (for your gaited horse club or association) ___ $50

Please print neatly.

Name: _____

Address_____

City: _____State: _____ Zip: _____

Phone: _____

E-mail: _____

Breed (s)_____

Additional donations ___ $20 ___ $30 ___ $40 ___ $50 ___ Other $_____

Total Enclosed: $_____

How did you hear about FOSH? _____