

# Whispering Hills llc

## NEWSLETTER

March 2021

What's in your Closet? Workout, Equine Ulcers, Farrier and Floating, and Spring Shots. Goals, New Release Agreements, Big Babies and Keep it Clean.



“A pony is a childhood dream. A horse is an adulthood treasure.

Rebecca Carroll



### *IMPORTANT DATES:*

MARCH 18TH FARRIER,

APRIL 6TH SHOTS,

APRIL 9TH FLOATS

MARCH 14TH DAYLIGHT SAVING TIME CHANGES !

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## Do you have a horse in your closet?

Why is it that so many of us women have horses on the brain? What is it that draws us to them and usually keeps us there, what lures us back?



As I drive down our long meandering drive toward the barn, I notice my body relax, my breath slows and my mind goes from thoughts of the rushing working world to the slowing of the hoof and the sweet smell of the breath of our horses. I think of my time ahead with my equine friends. The journey to the barn.

Many that own horses experience this release in one way or another.

The American Horse Council reported 7.2 Million horses in the US in 2020. Most of those are owned by women. The total value added to the U.S Economy was \$122

Billion and 1, 744, 747 Jobs. So the facts say that they have a significant impact on our economy, even though it isn't written down, we know they have a significant influence on us.

According to Psychology Today,

“Horses are a superstimulus for the dynamic of acquiring strength through influence. They're big, strong and fast but also aloof and challenging to train.”

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The article also talks about how women like *non-verbal communication* and understand what rewards and punishes a horse. Women use the *same influences* on their romantic partners and children. ( Remember they said, “ Aloof and challenging to train!” ☺)

With a horse we are **never alone**, we are always with another living being, the horse. Even saying, “ I was out riding alone,” is not the truth, with the horse we are never alone, and we like that feeling.



Dr. Margaret Cuffari Toukonen discussed in her 2011 paper that horses are very expensive to keep and we often make great sacrifices to do so. The size of the horse in comparison to their human partners can generate an element of danger in an interaction that is not often present with companion animals such as dogs and cats. The paper discusses how the power of the horse can help adolescent girls. D. Brown in 1984, said that there

appears to be a curious almost magical relationship between horses and their “Horse crazy” girls. This attachment and emotional support, as we know carries on into our adulthood. For the past few decades we have seen a rise in animal-assisted activities. These therapies with horses have been shown to heal us physically, socially and psychologically. We know this is true in our adult lives as stresses may bring us to the soft neck of our horse for a good cry.



It has been studied in dogs that we may feel more secure around them because if we do become attached it is easier to bond with them. This is because the animals are not concerned about material things, wealth, status and social skills. Many will choose the company of their horse over the *company* of their relatives and friends when we are emotionally stressed. We chose the company of our horse friends, and those that are like minded. Their company is quieting and forgiving. It is comforting. Horses not only bring us physiological benefits,

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they provide us with a PHYSICAL OUTLET. As studies have shown that interacting with animals *decreases* blood pressure and heart rate. We have already discussed the electromagnetic field that is five times more powerful than ours. Mayte Roger Garzon says that this field is thought to relieve stress and allow our mind to relax. Being on horse , “**quarantine**”, helps us let go of our everyday worries and focus on ourselves. This time with our horse fosters detachment allowing for us to relax and make room for creative thinking.



Next time, as your tires leave the black top, the tread touches the gravel and carries you closer to your horse, notice the stresses of the day shed. This is why we have that horse, always in our closet. It is there to ground us, to bring us our deepest connection.

## Workouts at your service...

In April, we will be having Michelle Mohler come to the farm to help us become more aware of our bodies and help us be stronger riders. I have been doing workouts with her. She is a very good



motivator. She has helped me become stronger in my core and more knowledgeable about what muscles are weak and how to improve their strength. She and I have been working on exercises for riders that will help them become stronger in the saddle and in turn more confidence on the horse. Michelle instructed group exercise classes from 1995 to 2013. She currently teaches PE at East Middle School. She has also taught core strength classes, Pilates, resistance training, kickboxing, cycle and more. She will be focusing on areas of your body that will make you a strong and

more balanced rider. We will be sending out an announcement about specifics soon! The workouts will be in the aisle of the barn, you will need a yoga mat and any exercise bands or tubes you may have. If you don't have any we have some to borrow. A softer under-mat will be provided. All are encouraged to join, this is not for those that are fit.. This is for those that need to become more fit ! No judgements, no certain discipline, just a lot of fun, learning about our bodies and how they work with our horses.

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# Equine Ulcers.

## Equine Ulcers – Literature Review

By: Kim Maurin

Often when our horses are behaving poorly, we assume it is the weather. The reality is that many of our horses may be suffering from equine ulcers.

Ulcers are sores that form on the lining of the stomach. It is suspected that 80 - 90% of performance horses, 70% of endurance horses, 63% of Dressage horses, 60% of show horses have ulcers, while only 50% for less used pleasure horses. Certain breeds are more susceptible to ulcers, such as Thoroughbred and Arabians 90%, warmbloods and sport horses 46-65%. The more active and traveled the horse, the more susceptible. Research shows that more strenuous exercise increases gastric acid production and reduces blood flow to the intestines, which increases the chance for ulcers. Additionally, during exercise, the stomach's acid splashes around, exposing the stomach's upper portion to more acidic pH fluids to exacerbate irritation.



There are three types of equine ulcers:

Squamous stomach ulcers (upper stomach, most common)

Glandular stomach ulcers (lower section of the stomach)

Colonic (hindgut, or hindgut acidosis).

[Read the entire article here.](#)



## Worming.



Did you know that worming does a lot more than just eliminate the worms from the horse's gut and intestinal tract? Most Ivermectin

and Moxidectin based wormer cartons will have a list of parasites and at the end of the list is Onchocerca cervicalis. These are neck worms, threadworms that can cause a lot of itching and irritation. [Read this Article](#) for more information about why your horse may be itching its mane and tail out in the spring and summer.

Not only one! *Rotation Rotation Rotation.* [Read this](#) about using different wormers.

And yet there is *more...* [What is a fecal float?](#) Now, after the winter freeze, is a great time to test your horse, and worm if needed.

### Goal Statement:

## Goals.

Goal statements due to

Jennifer by April 3rd.

Remember there is a link on the website under lessons.

is may be a show Goal of a certain percentage to n be combined with horse and rider achieving a g  
ample: After training: I will ride out on the trails c  
nfident because of this increased willingness of F  
ample: I will be able to perform a first level test to

### How you'll measure your progress:

#### 1. Specific things to accomplish goal:

\* I will know this goal has been achieved !

#### 2. To achieve my goal, I will... \* Watch videos

I know on other horses. I will watch the traini

3. Ride in Schooling shows and record scores 2

4. Schedule Late season recognized shows wh

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## Have you seen this before?!



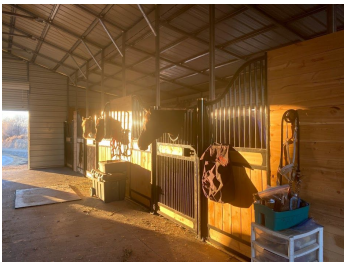
The book, Human Mind, Horse Mind talks about how horse's vision works. One thing it mentions is how humans unconsciously group items together on a basis of conceptual categories. If you read the newsletter for the last two months you, as a human, noticed that it was in the newsletter as a repeat. As a horse if something becomes familiar it is not noticed, but as soon as it is moved the horses

notice it...and they may spook or move away from that area. This is a genetic trait that kept them alive in the wild. If a tiger had moved into the area, (Suzi in the box ) it would be noticed and the horse could react to stay alive. Also, note that the horse has three times the **olfactory receptor (OR) genes**, than a human does. So, they smell much better than we do and can smell things that we have no idea are there. (Like the scary thing that has been in Forrest Jump for the past couple of months! )

## Release !

Please sign a new purple release that is in the Barn. Everyone should read the release carefully, sign it and return it to the back of the stack. Also, whenever anyone visits please have them read and sign one upon their arrival. Please and Thank you from Whispering Hills LLC.

## Keep it Clean !



Hayden is working hard to keep our beautiful new barn and area clean. Please if you make a mess, or your horse does, clean it up. Remember all biodegradables go in the poo pile in the back of the barn. No poop or shavings in the trash please.

Also, if your horse makes a pile please, redistribute it to a better location. There are picks and muck buckets all around the Farm.

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## Mark it.

We are always asking that your items be marked with your or your horse's **name** (s). Please put a bridle tag on your bridle. **Mark** your brushes, halter and rope etc.. ( Perhaps a magic marker or tag.) We have some great people but we all get confused as to whose stuff is whose... If it's not marked and it is in a common area... It is fair game. :)

An easy place to get a tag is a pet tag at PetSmart. Or anywhere online.



## Group

Saturday **group** Clinic will continue to be at the time of 2:00 on Saturday until Daylight savings time changes and the weather gets warmer! Saturday the 20th there is no group lesson.

I will send out a text and email to those that are interested in the group clinic. Text me if you have questions. 970-640-3726. As usual, **private lessons** are available by texting Jennifer. Hayden gives beginner lessons only. Hayden can also exercise your horse if you are injured or away from the barn. Ask Jennifer or Hayden for more information.



### Group Discussion:

After our discussion about how the movement of the shoulders can affect how the horse moves. We have been focusing on the power of a strong body. A strong core can affect the horse in positive and negative ways. We will discuss our strengths and weaknesses and how our horses mirror us. Along with your horse needing to do exercises, we need to strengthen as well.

We will also discuss the straightness of horse and rider and their proprioception in relation to how they sit the horse and how the distribution of weight changes the ride and movements we are attempting to do, such as leg yield or side pass. We will be looking at the caudal side of things and analyzing how you ride in relation to your horse.



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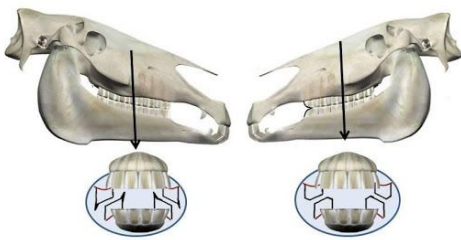
## Farrier, Equine Dentist and Spring shots.

### Shots, Farrier and Floats

Pete will be here again the morning of March 18th, Shots will be done by Dr. John Harris on April 6th at 4:30 and Dr. Carrica will be here to Float teeth the day of April 9th. If your horse is having any of these procedures, Make sure you are on the lists and checks should be placed in the envelopes outside of the Tack Room at East Barn by the day of the service.



If you need your horse to see Pete sign up as soon as you can. You can call or text Pete as well if you have specific directions for him. 970-596-2520 As always you can use any farrier you like. Please arrange to have your horse ready for Pete or be there to hold them.



### **FLOATING**

Dominic Carrica will be back on April 9th to do Farm floats. If you need your horse's teeth done, please sign up on the sheet outside the tack room, if you haven't already. If you do not have an account with Amigo Animal Clinic you will need to call them and set up an account. Please let them know you were referred by Jennifer Weber of WH and that the horse is at 2269 J Road, But... that the horse is yours and to be billed

directly to you. Whispering Hills LLC helps out and schedules the vet for our clients with two or more yearly Farm call vet exams. HELPING OUR CLIENTS help their horses.

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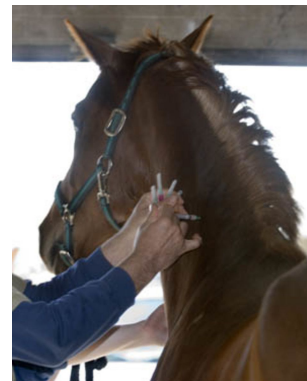
## Spring shots. **SHOOT!**

Dr. Harris will be doing the Farm shots again this year. He will be here April 6th. He waves all farm calls. If you would like to have him do your horse's shots please sign up on the sheet by the tack room, if you haven't already and leave a check made out to Harris Veterinary Clinic in one of the envelopes. Dr. Carrica can do your horse's shots as well if you are having him do their teeth. Just add it to your sheet to let us know and let Amigo know as well.

If you are doing any of the above health maintenance through another vet, just let us know: Vet, day and time and be there or set up someone to hold your horse.

### **We Can Handle This!**

There is a \$15 handler fee through WH stables if you would like us to catch and hold your horse for any reason. (ie Farrier, Vet, etc.)



### Homeschooling be like...





**Missed a Newsletter? They are all posted on the Whispering Hills Website !**

[www.whstables.com](http://www.whstables.com) Around the farm

**Teacher: Give me a sentence which includes the words, Defence, Defeat, Detail.**

**Charlie: When a horse jumps over defence, defeat go first and then detail.**



## Our horses when they were younger!



Aella, as a three year old, for the win as Copelan's Cutie!

### Little Ricky !



Do you have pictures of your horse when they were a baby or when you first got them when they were younger? Share them with us!

Email them to Jennifer and she will put them in the newsletter.

[pcteach.com@gmail.com](mailto:pcteach.com@gmail.com)



References:

[Horsecouncil.org](http://Horsecouncil.org) 2020 flip book.

[Relationship between adolescent girls and their horses](#): Implication for Equine-Assisted Therapies.  
Margaret Cuffari Toukonen

[Cardiac Coherence: The Inner Power that Horses Reveal to Us.](#)

