



New York State Horse Council Western Chapter

Issue 1 2020
January-March

For more information and application to join go to: <https://nyshe.org/post.php?pid=14>

A Word From the Editor

I apologize if you have sent an article in this quarter which did not get printed or was edited by me to save space. We can only

have so many pages in our newsletter do to the cost of printing and mailing.

Western Chapter Board Members-

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WCNYSHC Newsletter

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President's Message

The Western Chapter has sponsored the publication of a coloring book produced by 4-H. As a chapter, we recognize the importance of supporting our youth that show an interest in equine activities. 4-H is an organization that meshes well with the purpose of the chapter and I encourage all of our members to support this group whenever possible.

We also encourage all of our members to support youth activities. Whether it's by

sponsoring a class at a local show, volunteering as a mentor to a young equestrian or just allowing young people in your barn, contact with horses encourages the younger generation to consider horses as a lifelong activity that can be enjoyed throughout life.

PS...It also gets them out of the house and doesn't involve an electronic device!

May 2020 be a good year for all

Peter T



Come for the day or come for the weekend. Equifest offers educational opportunities, fun for the whole family and shopping as well. As spring is approaching, the snow is leaving and the fields are full of mud. EquiFest is a great place to come and spend time with old friends and meet new friends.

As always, there is FREE Admission & Parking. The Hours are: Saturday 9am-5pm and Sunday 9am-4pm.

- Over 100 vendor/exhibits
- A Variety of horse breeds on site
- Exciting speakers, clinicians, demos and presentations in three venues.

EquiFest Schedule (may be subject to change)

March 21-

Harvest Theater Inside Agriculture Discover Center

10-10:45am	<u>How To Choose The Correct Personality Horse</u>	Nancy Proulx, Equine Essence
10:55-11:30am	<u>Securing Financial Support for the Unknown</u>	Sara Scialo
11:40am-12:40	<u>Common Equine Lameness Problems</u>	Esco Buff, PHD, APF-I, CF
12:50-1:35pm	<u>Dispel Natural Horsemanship as being "Natural" for the Horse</u>	Gail Pearles, Kinship with Horses,
1:45-2:30pm	<u>Equine Nutrition</u>	Dr. Nicole, Kalmbach Feeds
2:40-3:40pm	<u>Lessons from an Equine Manager of Lollypop Farm</u>	Steven Stevens, Lollypop Farm
3:50-4:20pm	<u>"How Gut Health affects Basic Equine Health and Peak Performance "</u>	Tom Hall

Agriculture Discovery Center Demonstration Area

10:25-11:00am	<u>Natural Solutions in the Barn</u>	Mollie Vacco, Young Living
11:10-11:55am	<u>Yoga and Horsemanship: A Perfect Compliment</u>	Caroline North
12:10-12:50pm	<u>ROC the Standardbred</u>	Alyssa, ROC the Standardbred
1:45-2:15pm	<u>Introducing your Horse to the Sport of Mounted Archery</u>	Diana Olds, Horse Archery USA
1:00-3:00pm	<u>"Drive a Draft: \$15 per person, limited spots available-</u>	Whispery Pines Percherons"
3:10-3:55pm	<u>" National Education Institute of Growth through Horses"</u>	Dawn Samuelson

Showplex Demonstrations

9:00am	Opening Ceremony	
9:15-10:00am	<u>Trail Obstacles, Driving and Jumping Minis</u>	Niagara County 4-H Minis
10:10-11:10am	<u>What Is Your Foundation? How Do You Build On It?"</u>	Luke Reinbold, Luke
11:20am-12:00p	<u>Life Lessons on Horseback "Dale Brenneman,</u>	Cowboys for Christ
12:10pm	<u>Breed Parade</u>	
1:15-1:35pm	<u>Friesian Driving Demo</u>	Gareth Archer Selwood 1:55-
2:55pm	<u>Spring Forward</u>	Sonny Garguilo, SGNH
3:05-4:05pm	<u>Mintees"Emma & Jack Minter,</u>	Rosehill Ranch"
4:15-5:00pm	<u>Dressage</u>	Alicia Rosenblatt, NY Dressage
7:00-8:00pm	<u>Evening with Horses & Heroes</u>	Whispery Pines Percherons

March 22

Harvest Theater Inside Agriculture Discovery Center

10-10:40am	<u>Cowboy Church Service</u>	Dale Brenneman Cowboys for Christ
10:50-11:35am	<u>Estate Planning for the Horse Owner</u>	Sarah E. J. Collier
11:45am-12:30pm	<u>Archery USA</u>	Diana Olds, Horse Archery USA
12:40-1:40pm	<u>Lameness Problem Solving</u>	Esco Buff, PHD, APF-I, CF,
1:50-2:35pm	<u>ROC the Standardbred</u>	Alyssa, ROC the Standardbred
2:45-3:30pm	<u>Safety Aspects of Driving your Horse on a Carriage Trail</u>	Barb Hager

Agriculture Discovery Center Demonstration Area

9:30-10:15am	<u>Niagara County Minis</u>	Anne Blood, Niagara County Minis
10:25-10:55am	<u>Breeding</u>	Rick Butts & Gareth Selwood, Lorick
11:05-11:50pm	<u>The Mounting Block</u>	Luke Reinbold Horsemanship, LLC "
12:00-12:45pm	<u>Horsemanship</u>	Sonny Garguilo, SGNH
1:00-3:00pm	<u>"Drive a Draft: \$15 per person, limited spots available, Whispery Pines Percherons"</u>	
3:10-4:00pm	<u>Equine Facilitated Learning Work with our Veterans</u>	Nancy Proulx, Equine Essence

Showplex Demonstrations

9:00am	<u>Opening Ceremony</u>	
9:15-10:00am	<u>Trick Training</u>	Lindsey Partridge, Harmony Horsemanship
11:15-12:00pm	<u>6 Horse Hitching "Sam Rettinger,</u>	Whispery Pines Percherons"
11:15-12:00pm	<u>Patterns to Keep Us and our Horse Moving Forward</u>	Steven Stevens, Lollypop Farm
12:05pm	<u>Breed Parade</u>	
1:00-1:45pm	<u>4 Horsenalities- Understand Your Horse Better</u>	Mollie Vacco, Parelli
1:55-2:40pm	<u>Getting Started Sidesaddle</u>	Maggie Herlensky, American Sidesaddle
2:50-3:35pm	<u>Horse Archery USA</u>	Diana Olds
3:45-4:00pm	<u>Drill Team</u>	Bryttany Pfohl

National High School Rodeo Association

The National High School Rodeo Association is one of the fastest growing youth organizations, with an annual membership of approximately 12,500 students from 43 states, five Canadian provinces, Australia and Mexico.



Western NY is honored to call the 2019-2020 NHSRA Student Officer Vice President, Michaila Raby, a home town girl. This past summer, Machaila Raby, 15 from Lewiston NY, who trains with Melissa Koser, of MK Quarter Horses, traveled to Wyoming for the high school rodeo finals. Machaila campaigned for Vice President in the 2019-2020 NHSRA Student Officers and won.

Below in Michaila's own words are some of her thoughts on Rodeo!

Ten years ago, I started riding horses and let me tell you it was one of the best decisions that I have made. I do not come from a family that rides, but I was lucky enough to find a barn to ride and they soon became my second family. In the beginning, I just wanted to ride and groom horses. I did not know the events that took place at a rodeo.

However, the first time I turned a barrel, I knew where my heart wanted to be. I was going to Rodeo. My mom took me to almost all the High School Rodeos so I could support and watch the girls from my barn compete. Sixth grade could not get here fast enough. I wanted to be that one in the arena carrying the flag, turning the barrels, weaving the poles, tying the goat and catching the calves. Before I knew it, it was my turn to start Junior High School Rodeo. I did not start off as the best, but I sure was determined I was going to be. After every rodeo I would be discouraged that I did not do as well as I wanted. It took me a long time to figure out that getting down on yourself will not make you better. Take that discouragement inside you and use it to drive yourself. I went home to the practice pen, worked 100 times harder and became a team with my horses. In time, I became a four time National Qualifier, Junior and High School Rookie Cowgirl of Year, Event Winner, Arena Record Holder, Junior Reserve All-Around Cowgirl, Best Foot Forward Award Recipient, three time Horse of the Year recipient, High School All-Around Cowgirl and now the New National Vice President.

Some people have asked me “why didn’t you quit?” or “why don’t you try something else?”. I will be honest, there were a couple

times I thought about it and then I realized why I never quit or gave up. It was my passion of rodeo. High School Rodeo gives you something that will help you beyond your High School years. It gives you life skills. In such a short time, rodeo has taught me things that takes some people a lifetime to learn. I learned how to properly care for animals (after all, they are not just horses, they are athletes), how to be independent, how to be disciplined, how to respect people and how to truly respect the horses that I ride. Without the respect from your horse, you will not be a Team. Rodeo is not just an individual sport. It is a team sport and that team being you and your horse.

High School rodeo teaches you leadership skills. Being the National Vice President has gotten me the chance to meet so many inspiring people and get to more about the great sport of rodeo that I love. High School Rodeo gives you strength and courage. Anything you put your mind to you can achieve. Don’t ever give up. High School rodeo has defiantly impacted me in a way that I hope to share with the world this year. It is not a just a sport, it is a lifestyle that can take you so far and to so many places. Thank you to everyone that has believed in me and helped me get to where I am today.

Michaila Raby
Lewiston, New York
NHSRA Student Vice
President

Winter Tips For Horse Care

- Provide warm water (45° to 65° F).
- Feed additional hay during extreme cold.
- Make sure there is access to shelter.
- Perform regular hoof care.
- Assess your horse's body condition regularly.
- Evaluate your facility's stability and ventilation

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For further information regarding rider spot availability, spectator
reservations, admission fees and additional horsemanship clinics to
be held at Gail Pearles — Kinship With Horses Farm visit:

www.kinshipwithhorses.net

An Equine Call to Service

A Kind Gesture Can Reach A Wound That Only Compassion Can Heal.

We read and hear about Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) in articles and in movies, but they are anything but acronyms. In a given year; 11-20 out of every 100 Veterans who served in Operations Iraqi Freedom and Enduring Freedom, and about 12 out of every 100 Gulf War Veterans experiences PTSD (US Dept. of Veteran Affairs). This affliction often adversely affects every aspect of their lives. There are some therapies and medications that help one Veteran but not the other. Every aspect of PTSD is individual and specific to that Veteran. It would make sense then, no one therapy fits the whole.

As we aspire to have Veterans live peaceful lives, we must find the therapies that do work for the individual. We can be advocates for finding them help. Returning to civilian life is a big change, put PTSD and TBI into the mix and you have a combination prone to break marriages, relationships with children, friends and their very own lives.

We can help them find a grounding practice that allows them to regain trust, faith in themselves, remembering who they are, and how far they can go. With statistics of 22 Veterans a day losing their lives to suicide, the stakes are high. Veteran Affairs treatment facilities are too few; and as fellow neighbors, family members, co-workers, community members, church organizations, we need to recognize when a Service man or woman is in need, despair or suddenly missing from their usual routine.



As a mother of U.S. Armed Forces Service members, Tina Wolcott has experienced first-hand the life-changing benefits of horses in supporting those who are dealing with trauma. Tina and her family have more than 50 years of combined experience in breeding, raising and training horses, and horsemanship program development, instruction and training. Tina's daughter, and Assistant Trainer and Instructor, served 8 years' active duty and is presently serving as a U.S. Navy Reservist.

Tina is no ordinary mom, horsewoman or trainer. Her hearts is always of service and never are her hands idle. Nothing could be more precious to her than the honor of working with Veterans in need of healing through the trust and love of her horses. Wolcott Farms is a family owned and operated business that has been providing horsemanship training for over 20 years. Tina shares, "Raised to handle and ride horses since I could walk provided me with a unique understanding of the many health and life benefits that come from working with horses. I am committed to the belief that natural horsemanship training techniques are essential to successfully training both the horse and the rider/handler."



When it comes to meeting Veterans where "they are at," Tina can read them just like her horses. She owns the barn, the horses, dogs and tack, and when you're in her barn it's her way or the highway. Rules are communicated, safety first. A command of respect is immediately established, and a very familiar feel to Veterans visiting the farm.

Then the best, yet sometimes lengthy process begins, matching the horse with the rider. Each participant takes a slow walk down past the horses' stalls. Little by little, you start to see the natural attraction of human to horse. A little compliment, perhaps like, "you are beautiful" or sometimes no words at all are required. After some quiet time of Veterans with her horses, Tina starts "eyeing up the rider and the horse." Sometimes it is an instant match, other times it might take a second horse after time in the ring together. Tina's horses know she is in charge, and would be ashamed to disappoint her.



With this painted picture, it is easy to imagine the success she has with providing Veterans, Service members and their families with opportunities to learn and develop horsemanship and life skills, including but not necessarily limited to:

- behavior, safety, respect, trust and bonding
- grooming, bathing, care, feeding and proper handling
- groundwork, ground tie, proper leading and line lounging
- corrective training and de-sensitization
- tack and mounting, saddling and unsaddling
- walk, trot, lope/canter and driving
- free-work, join-up/hook-up, and free lounging

- arena, round pen, barrel, obstacles and trails
- trail-riding, driving, horse packing and horse camping



Tina works in groups and one on one with Veterans depending on needs and circumstances. Her breadth of experience rarely limits her from finding a way to connect rider and horse. Tina has enjoyed some very special Veterans in the WNY area recently who are part of Higher Ground New York Day Programs. In collaboration with Higher Ground New York, a national adaptive sport and therapeutic recreation program, Tina and her family have begun to expand their services to more Veterans.

Ever since that rainy day this past October, when 18 Veterans arrived at her farm and enjoyed indoor ring-time with their horses, a handful of Veterans from that group kept coming back. After four or five return visits and riding Cajun, Echo, Sea Star, Shae and Shotgun, these Veterans were ready to return home. But, not before giving big bear hugs and a thank you card to Tina and her family. "Thank-you for allowing us to come out to the farm, I would never have thought being around horses would be so therapeutic. In addition to the horses, we got to meet all of you! What an experience this has been. I feel forever indebted to everyone and Wolcott Farms. Through the PTSD program and all that you have done for me, it has not only changed my life, but it saved my life as well, literally!"

Tina shares, “In addition to all we do here at Wolcott Farms, we have worked with Higher Ground Military Programs to design and deliver a customized week-long horsemanship program. Research and our own experience continues to demonstrate the life-changing benefits of horses in helping those who are dealing with trauma. Through the structure and design of the program, the implementation of our new unique obstacle course, and the intentional pairing of the right horse to the right rider/handler, we strive to create a forever friendship.”

“This program has helped me and my spouse to experience love, trust, and communication again! To always remember we are a team and to always let each other know you are enough! The experiences and the recreation taught me to trust myself and to explore new things without fear. Wolcott Farms was so awesome and took my fear away, and I love the family.” -October 2019 Higher Ground New York Couple’s Horsemanship Unit Member



Tina and Wolcott Farms, along with Higher Ground New York are happy to announce a very busy schedule for 2020.

- January- Assateague Island State Park Weekend Horsemanship Camp
- February- Horsemanship and Maple Sugaring Day Programs
- April- Horsemanship Week-long Camp for Female Veterans/Service members and their Supporters

- May & June- Horsemanship Day and Weekend Programs
- July- Horsemanship for Families included within the Higher Ground NY Family Camp
- August and September- Horsemanship Day and Weekend Programs
- October- Horsemanship Week-long Camp for Veteran/Military Couples
- November & December- Horsemanship Day and Weekend Programs

For more information Wolcott Farms, lessons and trail riding please don’t hesitate to contact Tina at wolcottfarms@gmail.com, call 585-786-3504 or visit <http://www.wolcottfarms.com/>

For more information about Higher Ground New York Programs, please email Trey@HigherGroundUSA.org or visit <https://highergroundusa.org/>

You now have some knowledge and connections to help your fellow Veterans and their families in your community. You can pass along this article or write down the contacts for Wolcott Farms and Higher Ground New York and share them. But for the love of our Veterans, Service men and women please do something!

“A kind gesture can reach a wound that only compassion can heal.” -Steve Maraboli





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Quillin Ltd-2019 a Look Back

Quillin Ltd had a great year in 2019 finishing with our **Arabian Sport Horse Nationals** in Crete Illinois. We took 5 horses and they all got a Top Ten or better. **Kelly Wodowski** of Cheektowaga and her horse **KM Bughazi** were Top Ten in Dressage First Level and there were 30 horses in that class! This was Kelly's first National event, and her 10 yr. old Half Arabian gelding was a top ten as a junior horse 5 years ago.



Michelle and Larry Sarginger from St Marys Pa. had a Top Ten Dressage Jr. Horse with their

purebred mare **WR Sweet Emotions**. Ridden by Maureen Quillin, 5 yr. old "Sweetie" is also a former 4x National Champion halter mare.



Katie Quillin took a Top Ten with first time entrant **iKhandi**, a 9 year old Arabian mare in the Western Dressage Level 1. Katie has done all the training on her horse and iKhandi was born at our farm, she is also in foal for an April foal to Arabian Multi National Champion Stallion **WR Bazinga**. **H Jupiter H** is a 6 year old purebred shown and trained by **Katie Quillin** also. His best showing this year was

being Reserve National Champion First Level Dressage. Jupiter is also a former multi national champion in halter and show hack.



Diane Sherman had another awesome show with already National Champion in hand and under saddle 9 year old half Arabian mare StarstrucAthena. Not only was Athena the Champion Dressage Type Mare, (two years ago she won the Hunter type mares) but in a class of 21 National Champion halter winners, she was chosen as **Supreme Champion!** An amazing once in a lifetime accomplishment and a great way to end the show year for Quillin Ltd!

Quillin Ltd is a primarily Arabian training and boarding farm on Clinton Street in Elma, NY, owned by Maureen and Gary Quillin, and all training done by Maureen and Kaitlyn Quillin. We also give lessons and have a 4H group called the Tri-Color Equestrians.

Submitted by Maureen Quillin

New York State Morgan Horse Society

The New York State Morgan Horse Society held their end of year High Score Awards and Banquet on Dec. 7th at the Comfort Inn, Syracuse, NY. Those in attendance were treated to an Italian dinner buffet, DJ with dancing, raffles and awesome awards. There were thirty categories with three Grand Champion categories and also awards for the NYS Futurity and Futurity Alumni winners. Each category is awarded with Champion, Reserve Champion plus ribbons to sixth place except Lead line and Walk-trot where all participants receive a ribbon. High scores are judged on horse or exhibitor scoring the highest number of points within a category with a maximum of five approved shows. At this time, entry is free to NYSMHS members. Categories include Halter, Hunter, Western, English, and Classic Pleasure, Driving, Junior Exhibitor and Junior Horse Classes, Carriage, Dressage, Western Dressage, Pleasure Trail, Promotion and Versatility. You can find the results on the NYSMHS website, <https://www.nysmhs.org/> Recognition was also given to all our members who participated at the Grand National and



World Championship in Oklahoma City in October. Corrine Hill and her gelding, Johannesburg GCH, under the training of Champion Hill Stables of Akron, NY, had a great time taking third place in WC Hunter Pleasure 14 & 15 year olds. Johannesburg with Josh Piatt of Champion Hill also took reserve GN champion in Gentlemen's Hunt Pleasure. Many other members and their Morgans competed and earned great ribbons while at Oklahoma City at an awesome Morgan venue.



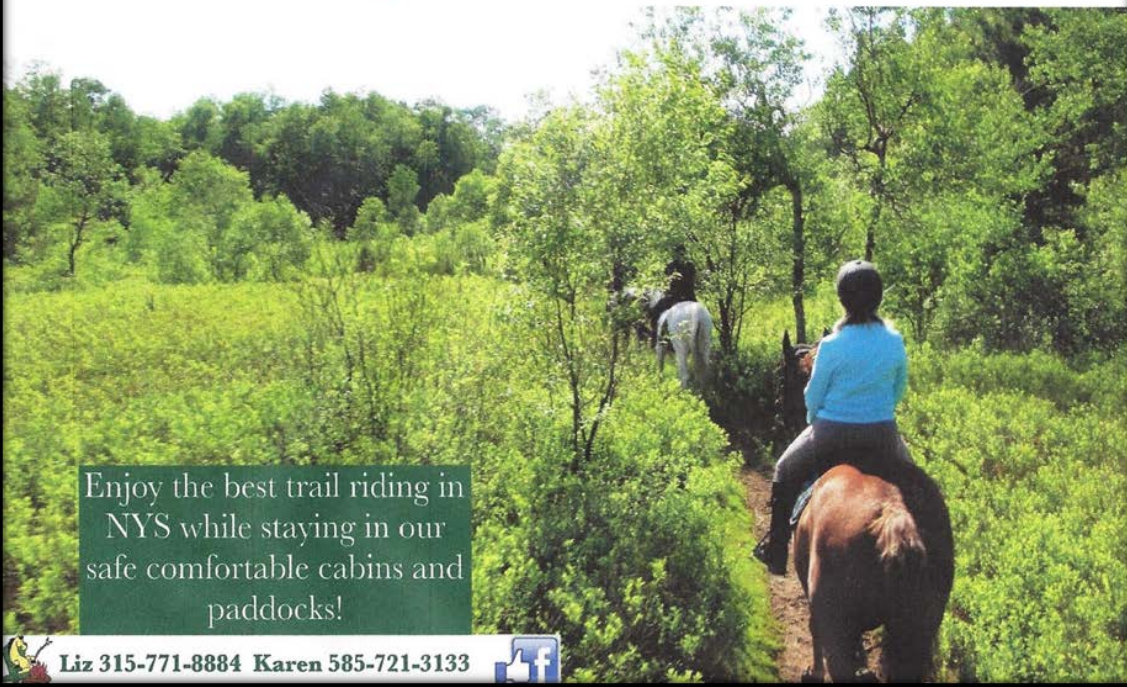
Special recognition was given to our Western NY member, Taylor Hudson, who competed against nineteen talented girls to become **2019 AMHA YOUTH OF THE YEAR**. To qualify for this competition Taylor had to participate and win at a local contest or score over an 800 final score. The winner of the 2019 youth contest received a World Champion Gold Plaque, silver trophy bowl, Grand National

Cooler and a monetary prize. Taylor's name will be entered on the youth banner which hangs over the colosseum every year during the show. What an honor! Taylor and her gelding Corinthian Lone Star have been trained and show with Corinthian Stables of Todd and Sandy Trushel, Fairview, PA.

During the Dec 7th morning general membership meeting many 2020 activities were on the table for discussion. NYSMHS is planning to have a booth at EquiFest in March and welcomes anyone interested in the Morgan Horse to visit us. The first activity scheduled in 2020 is the New York Stallion Service Auction on Feb 1, 2020. The stallions and information can be found on the website. There are plans for an open breed Ranch Horse Clinic on the Thursday before the Western New York Morgan Show on March 21, 2020 at Erie County Fair Grounds. Everything can be viewed on the site www.nysmhs.org.


Donna Fox, Western Director of the
New York State Morgan Horse Society

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Eastern States Exposition in West Springfield, Massachusetts.

My sister and I traveled to Springfield, Massachusetts on November 7th to see the Eastern States Exposition in West Springfield, Mass. I have been wanting to go but did not think it could happen again as my sister normally goes to Florida in early November. Well this year she was going the end of November so it worked out that we could go together. One of the highlights of our trip is to watch the Versatile Horse and Rider Competition. It was sponsored by Nutrena and held at the U S Equestrian Arena and Coliseum. It runs from 1:00 until 4:00 in the afternoon of November 8th. The judges included Chris Cox, from Mineral Wells, Texas, and Steve Lantvit, from Laporte, Indiana. Cox is an accomplished horseman and teacher who has been putting

on clinics and demonstrations for over 2 decades. Lantvit is a Multiple World Champion and Reserve title winner in Ranch Riding who has hosted clinics all over the country. I have seen both of these men on RFD TV. It was great to see them in person. I will say it was a very hard and challenging competition. The riders needed to have an all-around well rounded horse to accomplish all that was asked of them. Yes there were 15 Obstacles and If you think it's simple it is not. There were 25 riders who were picked or classified to enter before the big date. Many riders said they had been practicing for the last year but you never know what will be asked of each horse and rider. This was a timed event and they had 6 minutes to complete the course. I will list

the Obstacles and hope I can make them understandable.



1. Trot over Cavaletti's
2. Canter around a large part of the arena and pick up a rope sitting on a barrel and swing the rope overhead like roping a cow if possible and canter to barrel at other end of arena and drop rope in a different barrel.
3. Pole bending around 5 poles and go around a certain spot and come back through the poles going the opposite way.
4. Then canter half way back on the rail and they had 3 different jumps in center of arena !!!! Yes one with noodles and one with balloons and a regular jump.
5. Then go to other end of arena and pick up a barrel with a handle on it that is sitting on top of another barrel and trot to end of arena and set it on top of a barrel not letting it fall off and then side pass on a very narrow and long bridge that is sitting next to the barrel you put the other barrel on. Many did not do it well but some were awesome
6. Pick up a parachute that is sitting in a barrel and canter as fast as you can around whole arena and drop in the same barrel.
7. A rope which you have to open and go through and then close the gate putting rope back in place. .

8. Step up on a small box with all four legs if possible !!!!! Yes some could not fit but they tried.
9. There were 3 blue balls sitting on top of special posts and rider is to pick up each ball and hold them against their body and then drop them in a Shute. Oh yeah It was not easy !!!!!.
10. Walk very slow at end of arena for a half minute.
11. Canter around the arena over to swimming pool and horse is to back around the whole circle of the swimming pool side passing
12. Dismount and then run over to Back ups that they have set up on one area of the arena. Back the horse backwards in the first Back up between poles and then mount the horse using mounting block, some did and some did not.
13. Then back horse up in the other side of back up poles. So first half not mounted and second back up mounted.
14. Then go across arena and start at cone. Stop and walk and then counter canter to another cone. Yes short distance
15. Then come to the middle of arena and step up with all four hooves on a platform and they are done and they mark your time.

Some took too long and did not qualify. Steve Lantvit made you laugh and was great as the Emcee. The winner took home \$2,000 and Second Place \$1,750 and third place \$1,050 and 4th \$750.00 . Yes it was awesome to watch and we enjoyed the two ladies and their great Quarter horses, won 1st and 2nd place.

Yes they were thrilled !!!!!

Submitted by Janet Sheflin



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Spring Is Coming! Are You Ready

- Immunization – call your vet for an appointment for spring shots and discuss which ones your horse will need
- Nutrition – check your horse's body score, do you need to change feed or add supplements
- Checking for skin problems – rub your hand against his hair to see if he has any skin problems
- Checking the teeth – important to maintain weight and overall health
- Hoof care – does change in season change the type of hoof care your horse needs
- Parasite control – don't just worm your horse verify what type of parasites he has
- Starting an appropriate exercise program – don't overdue all at once if he has been on winter vacation
- Training – is he still the horse he was last fall before "winter vacation"
- Tack – clean and check that it is all in good shape
- Pests – fly spray, order fly eliminators if you use them
- Blankets – if you use summer sheets are they clean, saddle pads-clean and in good shape
- Fences – walk the fences making sure they are in good repair
- Plan – what shows are you going to , what trail rides are you going
- Trailer – be sure to include basic trailer maintenance as part of the spring chores.

We All Have Bad Days With Our Horses

Yes, it happens to all of us. We walk into that perfect storm. Sometimes we don't even know what the triggers are. It could be a bad day at work, an up horse, or just a busy barn. Recently it happened to me. Things had been going so good. I was making some real progress in the trust department with my mare. I was getting beautiful moments of relaxation both in her mind and body. I loved that she'd be waiting at the gate for us to work, and had a quieter look in her eye when we were finished. Then a day with a few extra stimuli, and I felt like my horse regressed to day one.

Frustrating, isn't it? But how do we get out of our own way?

I suggest adding a practice to your rides. Start to journal. Many of my biggest breakthroughs have come about through journaling. There is so much subtle communication that is missed in the moment but is stored in our body memory.

Accessing this intuitive information will help you build a new level of communication between you and your horse, allowing for a stronger, more willing relationship.

Here are a few things to reflect on while doing inquiry:

Get comfortable with the unknown.

There is so much power and creativity in this place of not knowing. Instead of reacting in old ways, consciously choose the pause, even if it means getting off the horse before you respond in anger or grab the bigger bit, whip, or spurs. There is victory waiting for you and your horse when we don't run back to what we have known but feels SO wrong at some level. The creative pause allows us to connect to our intuition to feel deeper into what we want with our horse.

Don't blame or shame yourself.

Many equestrians unconsciously compare themselves to other's successes. We all do it. We all tear ourselves down. It's a protective mechanism but stop it. It won't help. Instead, look at yourself objectively and gently. Did you need to bring more presence to the ride? Were you emotionally spent that day, causing you to have a short fuse? Do you need more technical training?

Feel into your Horse.

It may not be a technical training issue but a healing issue. We must remember that our horses are not machines. They have their own emotions and mental tension that may need to be addressed. It is our responsibility to be sensitive to the horse's language and learn to feel below the behavior to the root cause. Are your requests more than the horse can handle? Do you have to teach your horse how to manage their fear and learn how to relax? Is your horse in pain?

In truth, what counts here is that we don't break the trust that we have established with our horse. Remember, the ego likes to step in when chaos hits. Be mindful of choosing connection first and value the horse working from a relaxed state of mind, not just the perfect execution of the movement.

And don't forget, you can also ask for help.



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Heritage Announces New Equine Therapy Program at Homestead Stables

David Smeltzer, Heritage president and CEO, announced that therapeutic riding will now be offered at Homestead Stables, a Heritage full service equestrian center, in Gerry, NY.

Smeltzer stated, “We are excited to offer this new type of equine therapy at Homestead Stables. Since announcing the development of the stables, we have consistently been asked if this service would be provided. We consider it a privilege to offer this service to the greater Chautauqua County community. In addition to those who will benefit directly from the therapy, this new program will provide many rewarding opportunities for volunteers to become involved in working with horses and those we will be serving.”



The new Homestead Stables therapeutic riding program, officially launched in November 2019, is led by Scott Limberg, certified therapeutic riding instructor through the Professional Association of Therapeutic Horsemanship International (PATH Intl.). Instructors and participants in the program will work to enrich the life of members of the differently-abled community. Individuals of all ages can benefit from this therapeutic process, including those with physical disabilities,

congenital birth defects, neurological issues, traumatic and acquired brain injuries, autism, recovering veterans, and more.

Heather Payne, Homestead Stables manager, added, “We have been looking forward to adding therapeutic riding to our list of services that we offer and couldn’t be more excited to begin this wonderful new program. Through carefully planned lessons, riders learn balance, coordination, and self-assurance, as well as improving social skills and sensory stimulation. The benefits of therapeutic riding have been acknowledged for a long time; working with horses can have a major physical and emotional impact on people.”

No stranger to horses as therapeutic tools, Homestead Stables began offering non-riding based Equine Assisted Therapy in late 2018 through a partnership with Dawn Samuelson and the N.E.I.G.H. (National Equine Institute of Growth through Healing) program. N.E.I.G.H. works to empower individuals by equipping them with the tools necessary to improve communication, confidence, respect, and goal setting, using the emotional relationship between horses and humans as a tool in instruction in working with issues such as PTSD and emotional trauma.

In addition to now offering a full slate of equestrian therapy services, Homestead Stables is also offering the opportunity to volunteer as a part of the therapeutic riding program. Qualified volunteers may earn horse experience and enjoy the rewarding time spent by helping the differently-abled community, or giving back to our honorable veterans, free of charge. Those interested in participating as a volunteer may call (716) 988-0063.

Heritage and Homestead Stables will host its second annual "Homestead for the Holidays" event on Saturday, December 14, from 12:30pm-4:30pm at Homestead Stables (4633 Damon Hill Road, Gerry, NY). Free and open to the public, the event will feature horse drawn carriage rides, children's activities, Santa & Mrs. Claus, a therapeutic riding demonstration, entertainment, refreshments, home tours of their vibrant senior living community, The Homestead, and special presentations by noted equestrian Luke Gingerich.

Heritage Ministries was founded as the Orphanage and Homes of the Free Methodist Church in 1886. It has grown from its original campus in Gerry, NY, to six locations in New York with additional affiliations in the states of Washington, Illinois, and Pennsylvania. Heritage is a leader in the industry, as a not-for-profit provider of senior care and housing,

employing approximately 1,500 team members, and serving over 2,500 individuals annually. With locations in New York, Pennsylvania, Illinois, and Washington, Heritage and its affiliates provide rehabilitation and skilled nursing services, independent retirement housing, and assisted living. The Homestead Stables provides intergenerational equestrian opportunities as well as boarding, training, and lessons. In addition, childcare is provided at two campuses, allowing for intergenerational programs. For more information on Heritage Ministries and Homestead Stables, please visit www.heritage1886.org or www.homesteadstables.org.

Melissa Anderson
Marketing Manager
Phone: 716-338-1585
Fax: 716-985-6603

WNY Equine Events

Mar7	Confidence Building, Jack and Emma Minteer at Homestead Stables, Gerry, NY
Mar 21-22	WNY Equifest at the ShowPlex Hamburg NY
Mar 27-28,	Lori Gordon Clinic at Homestead Stables, Gerry, NY 14740
Apr 16-19	Spring Fling Quarter Horse Show ShowPlex Hamburg NY
Apr 18-19	Luke Reinbold Clinic Homestead Stables, Gerry, NY 14740
May 21-24	WNY Morgan Horse Show ShowPlex Hamburg NY
May 1-3	Yankee Reining Spring Slide Horse Show ShowPlex Hamburg NY
May 30, 31	the Battle on the Hill - Cattaraugus County Fairgrounds in Little Valley, NY
June 4-7	Eastern Classic Arabian Horse Show ShowPlex Hamburg NY
June 12-14	LEC Spring Ride at Allegany State Park,
June 12,	Jennifer Woodruff "Western Dressage" Clinic - Homestead Stables, Gerry, NY
June 13, 14	The Battle on the Hill - Cattaraugus County Fairgrounds in Little Valley, NY
July 10-12	Candy Apple Classic Horse Show ShowPlex Hamburg NY
July 11-12	Jean Luc Cornille Clinic -Kinship With Horses- Cattaraugus, NY 14719
July 17-18,	Jeff Wilson "Cowboy Dressage" Clinic Homestead Stables , Gerry, NY 14740
July 24-26	Yankee Reining Summer Spectacular Horse Show ShowPlex Hamburg NY
Sept 4-6	Buck Brannaman Clinic Cattaraugus County Fairgrounds in Little Valley, NY
Sept 3-6	Silver Spur Horse Show ShowPlex Hamburg NY
Sept 12,13	The Battle on the Hill Cattaraugus County Fairgrounds in Little Valley, NY
Sept 17-19	LEC Fall Ride at Clubhouse, Cherry Creek



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Western Chapter Business Member's Spotlight

Allegany Mountain Trail Saddles

Staci Saulter, President and CEO of Allegany Mountain Trail Saddles (AMTS), which is located at 12076 Warner Hill Rd., South Wales, NY 14139, states "Not All Saddles Are Created Equal". Every saddle is individually hand crafted right here in the USA. Top quality leather is hand-picked from Wicket & Craig™ and our hardware is of only the highest quality brass and stainless steel. Our experienced saddlers integrate quality workmanship throughout the process from selection of leather and hardware to cutting and sewing to assembling your finished saddle.

Staci has been in the business of making horses and riders more comfortable for over 20 years. Each year Staci fits almost 300 horses and their riders to one of the most comfortable saddles in the industry. At Allegany Mountain Trail Saddles, there are no gimmicks and no false promises. We have a money back guarantee that your custom saddle will fit your horse, which will make him or her more comfortable. We also customize each saddle to your needs, which will make you more comfortable. We are driven to put out a top quality saddle at the most affordable price possible.

We have a money back guarantee that your custom saddle will fit your horse, which will make him or her more comfortable. We also customize each saddle to your needs, which will make you more comfortable. We are driven to put out a top quality saddle at the most affordable price possible. We care about people and their horses, and we believe it shows!

Lucky for Western New Yorkers AMTS is in our back yard and we are able to take our horses to Staci, or arrange for her to come to your barn. The fully equipped mobile unit is available for servicing groups. Contact AMTS to schedule a fitting clinic for your group or organization.

However not all the clients are local, they come from every state as well as France, Germany, England, Switzerland, Ireland, New Zealand, Canada, Australia. If you are unable to come to Staci, AMTS also offers a custom saddle fitting kit to simplify the process as much as possible.

If you are not interested in a custom fitting, we also offer some straight run saddles in stock, both new and lightly used. Select from a variety of custom Wade saddles, endurance saddles, Amish saddles and many other western trail riding saddles. We carry Quarter horse bar saddles, gaited saddles, draft saddles, mule saddles, custom tack to match your saddle and much, much more in our online tack shop!

No matter what breed or what size AMTS can fit your horse, including gaited horses and drafts.

For more information check out the website:

<https://www.trailridingsaddles.com/>

Allegany Mountain Trail Saddles
12076 Warner Hill Rd.
South Wales, NY 14139
staci@trailridingsaddles.com
Office: (716) 652-0680

TruFit Saddle, Inc., (English)

Judith Bromely, founder of TruFit Saddle, Inc., is an accomplished horsewoman, who has been actively involved with horses her entire life. TruFit Saddle, Inc., is the culmination of her years of saddle fitting experience, combined with a lifelong passion for horses. Judith is an Independent,

registered SMS Qualified Saddle Fitter and holds the SMS City and Guilds Qualifications. First and foremost, our concern is with the welfare of the horse and safety of the rider. Whether you are looking to purchase a new saddle, have an existing saddle check for proper fit, or have a saddle

out on trial that you need evaluated for fit – TruFit Saddle, Inc. can help you. Any saddle brand can be evaluated.

TruFit works in conjunction with eight manufacturers, all of which are international leaders in performance, flexibility and quality. From the accommodating, yet form-fitting English saddles of Jeremy Rudge, to the high-quality comfort of Antares' European saddles – TruFit promises the premier tack that reflects the individuality of you and your horse.

The way a horse moves can largely be affected by the equipment used. Research information is used to ensure the horse stays supple and sound. TruFit Saddle offers the following services, and will work with you towards an outcome that optimizes the wellbeing of the horse and the safety of the rider.

Saddle Fitting- Wearing a poor-fitting saddle is like wearing shoes that are too tight or too loose – uncomfortable and potentially dangerous. An ill-fit saddle puts both horse and rider at a serious disadvantage.

Onsite and Bench Flocking- Proper flocking will correct the balance of the saddle or level a saddle on an asymmetric horse. TruFit always uses high quality wool flock.

Remedial Fittings - Remedial Fittings are to help improve the position of the rider and the horse's performance. Ensuring a saddle is balanced, front-to-back and side-to-side, requires adjustments (remedial fitting) on an otherwise good fitting saddle when necessary

Brands- The high-quality English and European saddles of TruFit's manufacturing brands can only be purchased through a designated stockist. TruFit is one of the designated stockist in the Western New York region for our manufacturer brands. Visit our Brands page, to find links to our manufacturer's websites, or contact us to schedule a consultation.

Judith Bromely
3011 West Blood Rd.
East Aurora NY 14051
716-435-6051
jbromley@trufitsaddle.com
www.trufitsaddle.com

Interesting facts about Mules

- Mules are the offspring of a male donkey and female horse..
- Mules are 99.9% sterile. This is due to an uneven chromosome count
- Mules are hardier, eat less, and live longer than horses of an equivalent size. Mules require less food and have more stamina than horses of the same weight and height, making them resilient working animals in some of the harshest environments.
- Mules are less stubborn and more intelligent than donkeys
- The skin of a mule is less sensitive than that of a horses and more resistant to sun and rain
- Mules can live up to 50 years
- Mules have harder hooves than horses which makes them great for rocky terrain
- Some mules have been known to make whimpering noises.
- Mules can kick sideways
- Mules generally weigh between 800 and 1,000 lbs but “mini mules” can weigh under 500 lbs
- China breeds the largest numbers of mules in the world, followed by Mexico

Western Chapter Business Membership's Free Listing

ORGANIZATION	CONTACT	EMAIL
1. Amy Lynns Animal Care LLC	Amy Lynn (716) 713-1776	amyllynnsanimalcare@gmail.com
2. Allegany Mountain Trail Saddles	Staci Saulter (716) 652-0680	staci@trailridingsaddles.com
3. American Heritage Morgan Farm	Donna Fox (585) 735-5322	demorgan@lakeplains.net
4. Amy Hanssen Training Center Inc.	Amy Hansesen (716) 735-7988	ahanssen@rochester.rr.com
5. Attica Rodeo & Show Association	(585) 591-8230	NA
6. Begin Again Horse Rescue, Inc.	Harriett Rubins (585) 322-2427	info@beginagainrescue.org
7. Better Be Barefoot	Sherri Pennanen 716-432-2218	sherri@betterbebarefoot.com
8. Big House Equestrian Center	Susan Kelley (585) 507-3397	sskelley27@gmail.com
9. Equine Essence	Nancy Proulx (716) 731-2808	nproulx@roadrunner.com
10. Forelegs Forward	Michelle White (585) 721-0206	michelle@forelegsforward.com
11. Genesee Valley Equine Clinic	Kathy Stein, Office Manager 585-889-1170	gvec@gvequine.com
12. Green Mountain Nutritional Services,	James Miller (585) 591-0922, Fax: (585) 591-4839	jimmiller@stridefree.com
13. Heritage Ridge Equestrian Center	Connie Zimicki (716) 946-4163	dcts5635@hotmail.com
14. High Hurdles Therapeutic Riding of SASI	Erin Brauen (716) 496-5551	ebrauen@sasinc.org
15. JD North Farm	Deborah & Jeffrey North (585) 705-0541	happy.hunter.deb@gmail.com
16. Kinship With Horses, LLC	Gail Pearles (716) 982-5180	gail@kinshipwithhorses.net
17. Laurelin Farm	Caroline North (716) 532-9434	laurelinfarm@gmail.com
18. Lollypop Farm, Humane Society	Joanna Dychton (585) 223-1330 x269	farm@lollypop.org
19. Lorick Stables	Gareth Selwood (716) 258-1714 (716) 745-3611	selwoodp@idcnet.com
20. Lothlorien Therapeutic Riding Center,	Maggie Keller (716) 655-1335	kellerLTRC@gmail.com
21. Main Street Insurance Agency, Inc.	Linda Kruszka (585) 599-1590	linda@mainstreetagency.com
22. Royalton Equine Veterinary Services,	Dr. Jeanne Best (716) 629-8384	DrBest@BestHorseVet.com
23. Sand Meadow Farm	Andrea & Steven Barber (585) 624-4468	toltstar@yahoo.com
24. Springville Veterinary Services	Joseph Tashjian (716) 592-0070	springvillevet@gmail.com
25. TruFit Saddle Inc.	Judith Bromley (716) 435-6051	jbromley@trufitsaddle.com
26. Wolcott Farm 4 Seasons of Fun	Tina Wolcott (585) 786-3504	wolcottfarms@gmail.com

Remember when you join the Western Chapter as a Business you are entitled to a free listing in our newsletter



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3021 Johnson Creek Rd.
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