

# SOUND ADVOCATE

The official publication

FOSH is a member of the American Horse Council

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“...If we see cruelty or wrong that we have the power to stop and do nothing, we make ourselves sharers in the guilt.”

*Anna Sewall in Black Beauty*

## **FOSH Member Visits Far-Away Place but Doesn't get Far from Gaited Horses**

You might not expect to find a member of FOSH blocking traffic in Delhi, yet that's exactly where this traveler stopped in order to take a photo of this Marwari horse, a rare gaited breed, native to India. Known for its trademark hooked ears, our camera buff said, "I stood by this horse for 10 minutes waiting for his ears to come forward, but with the amazing traffic, horns, swerving tuk-tuks and motorcycles, his ears remained pinned back."

For more about the Marwari, see page 5.

## **INSIDE:**

**Important News: Game On- PAST Reintroduced to the House while Opposition Introduces a Separate Bill Authored by Scott Desjarlais (R-TN) p. 6**

**The Annual Award Winners Listed, p. 20, *and much, more more***



**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, regarding the humane care for the emotional, mental and physical well-being, training, and treatment of all gaited horses.

FOSH will only support flat shod or barefoot horses, and will never endorse any event that uses stacks and/or chains as action devices, 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.*

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## SOUND ADVOCATE Magazine

Friends of Sound Horses, Inc.

6614 Clayton Rd. #105, St. Louis, MO 63117

800-651-7993 \* [info@fosh.info](mailto:info@fosh.info) \* [www.fosh.info](http://www.fosh.info)

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St. Louis, MO

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*Since 1998, FOSH has been the only national organization dedicated to the promotion of the sound gaited horse, emotionally, mentally, and physically; to fair competition; to humane treatment, training, and education, regardless of gaited breed or discipline.*

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[2019- beginning our third decade as the leading advocate for sound, naturally gaited, gaited horses](#)

## Hello FOSH Friends,

As I write, it is not yet March; however, the end of winter weather is definitely blowing in like a lion and there is also tremendous activity going on in the world of humane treatment and training of horses. We're happy to announce the **Prevent All Soring Tactics (PAST) Act** was reintroduced in the House of Representatives for this 116<sup>th</sup> Session of Congress. There are a whopping 139 official cosponsors, as of our Sound Advocate deadline of February 15<sup>th</sup>, —pretty outstanding for a Bill introduced less than 3 weeks ago. Our request to you is that you contact your Congressperson AND get two more friends to also call their Congresspersons. The number of organizations supporting the PAST Act is powerful—every state veterinary medical association, numerous national, state and local equine groups, national groups such as USEF, American Horse Council, many law enforcement groups and the list goes on. You will NOT be alone in asking your Congressperson to sponsor the PAST ACT.

What's the process? Just call 202-224-3121 to request your rep's office and then tell him or her (you will very likely be speaking to one of the Congressional aides) that you love horses, own a horse (if you do), abhor horse abuse, and you are requesting their co-sponsorship of the PAST Act, H.R. 693.

Another way to help in the battle if you are on social media is to SHARE (not just "like") the FOSH messages, memes and FAQs that we post about the PAST Act. I am happy to be working with an extraordinarily creative Sound Horse Warrior to generate messages that will resonate with horse owners and animal lovers. I think you will enjoy them—maybe laugh a little, and, perhaps even shed a tear. We published one in this issue on **page 28** to provide a flavor of what to expect. After being posted only 36 hours, it had 16,621 views!

The best part of being FOSH President is meeting so many kind gaited horse fans. In April I look forward to meeting many of you at our clinic, **Introduction to Working Equitation for Gaited Horses** at the beautiful Meritage Farm in Robertsville, MO. If your wooly best friend isn't ready to participate, do not despair. Come and enjoy the camaraderie of auditors and please bring a friend or, even better, bring a youth rider or two. There is more information about the clinic in our ad (see **page 32**) plus you can reach out to me personally. I hope you JOIN us for a fun and educational weekend to launch your 2019 riding season.

One of the initiatives of which FOSH is most proud is recognizing gaited horses' accomplishments in unexpected disciplines—thus, our recognition of accomplishments in Gaited Dressage, Distance and Working Equitation. Please don't think twice—we want you to register your gaited horse for our programs so that all of your 2019 scores will count towards this year's high point programs in these disciplines. (For those that enjoy the ease of virtual dressage, those scores count too!)

One last event to mark on your calendar—FOSH is sponsoring a clinic in Tennessee for those individuals who have adopted rescue horses. We are calling it the **Project to Prospect Clinic**, and it is scheduled in Lenoir City, TN, June 8-9<sup>th</sup>. We thank the Humane Society of the United States for their generous Now, *That's* a Walking Horse! Grant, which allows us to hold this important clinic.

Enjoy your Spring Riding, Be Safe and Wear Your Helmet!

For the Horse, *Teresa*



### In Memory: Steven Francis Hanson

Some of you may remember an energetic young woman by the name of Colby Hanson, formerly of Knoxville, Tennessee. Colby helped FOSH several years ago when we were coming up to speed on social media. She also helped to get a story about the walking horse situation placed on a local TV station where she interned.

Then came marriage and two children; her time became more limited. We lost track.

I am sorry to report that I recently read that her young husband, Steve, 38, passed away after battling lung cancer.

Please take a moment to remember the family in your prayers.

# The Magnificent Marwari

## The Royal Horse of India



Also known as the Marwadi, the Marwari is native to India and had a storied past as a warhorse. The breed that has been recorded since the 12th century is associated with the Rathor clan of Rajasthan, who, after losing their kingdom in 1193, took refuge in a remote area of India that included the Thar Desert and the Great Indian Desert. Horses became important, then, not only for war but also for general transportation and use. The people dwelling in the area were primarily members of the Rajput, India's warrior clan. Marwaris played prominent roles in India's wars against the Muslim Mughals who later became emperors in India after their successful conquests. As wars became less frequent under British colonialism, the need for cavalry mounts also declined and the Marwari fell from fashion. However, as late as World War I, the breed made a name for itself, again, as the mount of choice of the Marwar Lancers under the command of Sir Pratap Singh, part of the British Empire's Expeditionary Force. The breed had retained its hardy and enduring nature as well as its tough feet,

willingness under saddle, endurance, and athleticism.

Under the British Raj in India, Marwaris were, unfortunately, crossbred with other horses, including ponies, and were even mocked for their inward turning ears. The breed went into decline during the period in India leading up to independence from Britain; it suffered greatly as some local people viewed the breed as being too closely tied to the aristocracy and to the caste system. The common person was not allowed to ride a Marwari horse as that privilege had been reserved for the warrior caste and this caused bad feelings against the breed with ordinary people. Yet, nationalist groups in the late 20<sup>th</sup> century determined that the breed needed to be saved as part of the trend to recreate the things that made India, Indian, and this effort likely saved the purebred Marwari from extinction.

When the British finally left India, a survey documented that there were 500-600 purebred Marwari horses still in India and from this group the revival of the breed was undertaken.

In addition to its ears, the Marwari is both famous and prized for its ambling gait, the **revaal**, which it performs along with the walk, trot, and gallop. All of the gaits are stylish in execution. In body and personality the Marwari strongly and surprisingly resembles the walking horse of America, with the exception of its unique, trademark hooked ears, so hooked that they may actually touch or overlap at the tip.

The breed standard remains flexible so the horses range in size from 14 (pony) to 16 hands and come in a variety of colors. It is believed that the increase in size first came from Arabian horses that were introduced to the native stock after a shipwreck brought them to India's shores.

Pure specimens of the Marwari are still rare

and highly prized. In 1992, the government of India placed a ban on their export, considering them to be a national treasure. The government continues to take steps to not only increase the population of the purebred horse but also to increase the breed's quality at modern stud farms. The original export ban was lifted in 2000. A few horses were exported between 2000-2006, including several that were brought to Massachusetts by an American born, British horsewoman who fell in love with the breed and brought it to worldwide notice. However, the Indian government reinstated a ban on exports in 2008. Now, only temporary travel abroad has been allowed.

Today, Marwari horses are featured in religious celebrations and festivals. In rural areas they are trained to dance as entertainment for festivals and weddings. In the cities, Marwari crossbreds of lesser quality are often offered to tourists for photos and are rented out to take part in celebrations. This is likely how our cover horse in Delhi helps his handler make his daily living. ##



Advocates Need to Go Back to Work**Bipartisan Group of Schrader, Yoho, Cohen, and Estes, joined by Schakowsky (D-IL) and Collins (R-NY) Introduce “U.S. Senator Joseph D. Tydings Memorial Prevent All Soring Tactics Act” as H.R. 693**

Members of the House of Representatives and veterinarians Kurt Schrader (D-OR) and Ted Yoho (R-FL) were joined by Reps. Steve Cohen (D-TN) Ron Estes (R-KS), Jan Schakowsky (D-IL), and Chris Collins (R-NY) in introducing the Prevent All Soring Tactics (PAST) Act, H.R. 693 on January 22, 2019. The bill has been renamed the U.S. Senator Joseph D. Tydings Memorial PAST Act in honor of the late Senator Joe Tydings who was known as the “Father of the 1970 Horse Protection Act”. For general reference the bill will still be known as the PAST Act. PAST amends the Horse Protection Act to close loopholes that have allowed soring – the intentional infliction of pain to Tennessee Walking Horses’ front limbs to produce an exaggerated high stepping manmade gait known as the “big lick” – to persist for nearly half a century.

PAST was first introduced in 2013 with the full support of the Humane Society of the United States (HSUS). It garnered the support of 290 cosponsors in the House in the 115<sup>th</sup> Congress, a mark that indicates that more than two-thirds of all House members publicly signed on to the legislation as supporters. FOSH was also instrumental in helping to gather these vital co-sponsors and will continue to work to bring H.R. 693 to a vote in the House and eventually a successful conclusion.

PAST has been of the most widely supported bills in the U.S. Congress. U.S. Senators Mike Crapo, R-Idaho, and Mark Warner, D-Virginia, plan to introduce a companion bill in the near future. Their bill last year attracted nearly half of all Senators as cosponsors.

With the performance horse industry backed Mitch McConnell (R-KY) as the Senate Majority Leader, getting a vote in the Senate will not happen in the near future, advocates acknowledge. With an eye to the 2020 election, however, work must be done now in order to set the stage to act should leadership in the Senate become more amenable to consideration of PAST. An affirmative vote in the House on PAST during this session is part of that agenda.

“Horse soring still runs rampant even though laws have been on the books for decades banning this cruel practice,” said **Rep. Schrader**. “We gave them a chance to self-police but the practice continued. Our bill will strengthen and improve current regulations by improving USDA enforcement, increasing civil and criminal penalties, and banning incentives to sore horses. It’s time for Congress to act and put an end to this abusive practice.”

“I am honored to join my fellow veterinarian, Rep. Kurt Schrader and various organizations that support the end of Horse Soring. As a veterinarian and lover of animals, we must continue to keep the pressure on a select group of bad actors in the Walking Horse industry. They must comply with existing law and stop this illegal practice for good,” said **Rep. Yoho**.

Representative Steve Cohen (D-TN) has long supported ending the abusive training and shoeing of Walking Horses and is taking a more visible role in the fight beginning in 2019. **Photos of Schakowsky and Collins appear on page 18.**

**Breaking News:** In February industry supporter Scott Desjarlais (R-TN-04) introduced a walking horse industry approved bill to amend the existing HPA. H.R. 1157 claims it would “provide increased protection for horses participating in shows, exhibitions, or sales, and for other purposes.”



Above: Rep. Schrader  
Below; Rep Yoho



Above: Rep. Estes  
Below: Rep. Cohen



Representatives Find  
Common Ground in Sup-  
port for PAST Act , H.R.  
693. Call and thank your  
representative for this ac-  
tion. **Feedback Matters.**



## What's Brewing?

# Member News

### American Endurance Ride Conference Severs Ties with USEF

The American Endurance Ride Conference (AERC), the national governing body for endurance riding since 1972, announced on January 15 that, as of December 1, 2019, it would no longer be affiliated with the United States Equestrian Federation (USEF).

The AERC Board of Directors voted on the disaffiliation motion at their January 14 conference call meeting after months of comments and deliberation.

Continuing the AERC/USEF affiliation through the 2019 ride season will allow previously co-sanctioned rides to be held and allow for a transition period before the 2020 ride season.

AERC, a nonprofit organization founded in 1972, was affiliated with USEF and its predecessor, the American Horse Show Association, since endurance riding became an international sport. Endurance riding was first included in the World Equestrian Games held in Sweden in 1990. The winner of that event was American Becky Grand Hart, riding RO Grand Sultan+/-.

AERC's International Committee, founded in 1991, will be working with the AERC Board of Directors to find a means to allow those seeking to participate in international competitions to continue to do so.

The AERC Board of Directors, which represents the organization's more than 4,900 members, will be working on a plan to facilitate the separation from USEF, according to AERC President Monica Chapman.

For more information about the American Endurance Ride Conference, visit [www.AERC.org](http://www.AERC.org). ##

### 2018 AERC Letter Expresses Concern to USEF regarding Endurance Injuries in Stables from Group VII Nations

**Editor's Note:** *Posted on the Endurance.net website, a 2018 letter written by AERC President M. Paul Latiolais to the USEF's Will Connell, Director of Sport Programs, raises serious concerns about the safety and welfare of horses used in Endurance competitions by certain stables in Group VII nations. The posting encouraged other members to write to the USEF and express their own concerns on this topic. The president's letter reprinted in entirety follows:*

Dear Mr. Connell,

I am writing on behalf of the American Endurance Ride Conference (AERC) members and Board of Directors to request that the United States Equestrian Federation (USEF) register to the Federation Equestrienne Internationale our disappointment, outrage and protest at the continued abuse of horses owned by certain stables in Group VII nations.

Social media around the world has circulated details of more than eight equine fatalities at the Dubai and Al Wathba venues sustained in just the first five weeks this season, each due to Catastrophic Injury. A dozen similar deaths occurred at these same two venues the previous seasons.

These catastrophic injuries and obvious lack of concern of the violating parties is now a very serious liability not only for the sport of endurance, but for all equestrian sports worldwide. Various animal rights groups are getting stronger every year, and these deaths are adding fuel to their fire. If the FEI is not implementing drastic measures now to curtail these disasters occurring in Group VII, the equestrian sports worldwide will be jeopardized. **Continued on p.8**

**AERC Letter** continued from page 7

Even the Olympic Equestrian Disciplines won't get spared from the backlash these irresponsible actions of some in Group VII are exposing all of us to.

We are concerned that the sanctions imposed by the FEI and the recent FEI rule changes are not having sufficient effect on the issues at hand. We are deeply troubled that the risk of leg fractures at Group VII endurance events are similar to that documented in flat-track racing. That being said, we see a bright light in the Bouthieb Initiative set out by Sheik Sultan. This format is showing promise with a definite decrease in the number of fatalities at this venue.

We would like to propose some changes that we feel would help promote horse welfare for the sport of endurance.

- The requirement of the “set speed” Certificate of Capability (COC) needs to be abandoned. Unfortunately, the current format for the COC has forced organizing committees worldwide to create faster, flatter courses to make it easier for horses and riders to qualify. This has promoted faster and faster winning times and ultimately has caused horse welfare issues. We feel that the COC is outdated and unnecessary.
- There should be a balance between winning and finishing endurance events. We suggest that both horses and riders need to maintain a 66.6% completion rate (finish two out of three attempts).
- There should be an increase in the number of events that horses and riders need to complete before they are allowed to promote to the next level. Horses and riders would need to complete three 1\* events prior to being allowed to compete in a 2\*, complete two 2\* events prior to being allowed to compete in a 3\*, and complete two 3\* events prior to being allowed to compete in a 4\* event. The 66.6% completion rate needs to extend through these additional requirements.
- If a horse or rider falls below the 66.6%, they would have 24 months to raise their “score” or they would lose the level that they are qualified for.
- When a rider is suspended, especially for a drug violation, the trainer should also receive a suspension – a suspension that would not allow them to train any of the horses listed under them for the period of the suspension.

As the recognized endurance affiliate in the U.S., the AERC not only asks USEF representatives to register our ongoing concerns with the FEI, but join with the AERC in celebrating sustained equine performance and multi-year completion records as well as individual victories. By bestowing such awards such as the AERC's Decade Team Award (based on equine and rider teams who have completed at least one 50-mile endurance ride or more each year for 10 years), USEF can help demonstrate that long-term health and active careers for competition horses is attainable, regardless of the specific sport.

With USEF's support, we believe it is possible for the 2018 WEG to not only remain fatality free, but also be remembered as a celebration of the horse-human bond.

We would greatly appreciate USEF's support in joining us and forwarding our concerns about the issues we are unfortunately still seeing in Group VII. With the 2018 WEG being on U.S. soil, we hope that we will all be able to remember it as a celebration of the horse-human bond, not as something that will taint all of equestrian sport.

Sincerely,

Paul Latiolais, President  
American Endurance Ride Conference





## Advocacy in Action

### **American Horse Council Celebrates 50 Years of Advocating for Equine Industry**

In 1969 when the founders of the American Horse Council (AHC) first gathered to discuss formalizing an organization to advocate for the equine industry, no one had a crystal ball to look into the future to see all possible changes that could take place or how things could evolve so rapidly in 50 years.

Through the years the one enduring variable has been the necessity for the industry to have a voice and to leverage horse enthusiasts, cultivate their knowledge and skills, to meet the changing needs of the industry. It's these visionaries and extraordinary members whom AHC will honor and celebrate in its 50th year.

**To commemorate its golden anniversary, AHC members and stakeholders will join together in a yearlong 50th anniversary celebration that will carry through to the AHC Annual Meeting and Conference to be held in Washington, DC on June 9-12 at the Georgetown Marriott. Mark your calendars!**

#### **Call for Abstracts**

The 2019 AHC conference is right around the corner, and we are accepting abstracts for presentations.

Share something new, cutting edge and important with horse industry leaders. Submission deadline is March 1, 2019.

Conversely, got a topic you'd like to hear more about? Let us know and we'll see if we can put together a presenter or panel of subject matter experts. Suggestions are welcome! Email: [ebrookway@horsecouncil.org](mailto:ebrookway@horsecouncil.org) ##

### **Stolen Horse International Helps Proposed SC Bill to Track Horse Sales**

Stolen Horse International, Inc., also known by NetPosse, a NC based nonprofit organization, always keeps lost and found horses and their well being in mind, especially stolen horses. The organization has been bringing horses home for 21 years despite the problems they've experienced tracing the whereabouts of missing horses.

One problem in particular involves the people who hold the lead ropes at horse auctions across the country. Is that person the owner of the horse? Does anyone even ask? If this bill is passed you will need to make sure that you are buying the horse from the person who owns the horse.

It is easy to take a horse from one state to another without any proof of ownership. There is a widespread problem with horse theft and civil "theft" in our country. Stolen Horse International's volunteer reports manager grew tired of seeing horses slip through horse sales and decided to use her years of experience of working with victims to do something about it.

Our Reports Manager, Pam Miller, reached out to the State of South Carolina Senators and House of Representatives **Continued on page 10**



Advocacy

Continued from p. 9

*Courts continue to be a bulwark against anti-humane legislation*

## Federal Judge Strikes down Iowa Ag-Gag Law

Seen by anti-cruelty organizations as a hopeful sign, in January Federal Judge James Gritzer struck down an Iowa law that made it illegal to get a job at a livestock farm to conduct an animal cruelty undercover investigation. Gritzer found the law violated the constitutional right to free speech.

The case began when a 2012 law in Iowa intended to stop organizations like People for the Ethical Treatment of Animals from doing animal abuse investigations at farms and puppy mills was passed by Iowa legislators. The law threatened undercover investigators with up to a year in jail and was spurred on after several high-profile cases where questionable animal treatment practices were recorded in Iowa during undercover investigations and then publicized the images in national and social media.

The legal director for the ACLU of Iowa, Rita Bettis Austen, said the ruling was, “an important victory for free speech” and argued the so-called ag-gag law was an example of government using its power to protect those with power. The ACLU joined with animal welfare, food safety and open government advocates in the lawsuit, filed in 2017 in U.S. District Court in Des Moines.

“Ag gag clearly is a violation of Iowans’ First Amendment rights to free speech,” Bettis said in a statement. “It has effectively silenced advocates and ensured that animal cruelty, unsafe food safety practices, environmental hazards, and inhumane working conditions go unreported for years.”

Continued on page 12

## Stolen Horse Bill continued from page 9

last summer to request a bill be proposed to assist horse owners in the ability to locate stolen, lost or missing horses as well as to aide in enforcement of the law regarding theft.

Senator Paul Campbell (R – Berkeley County) responded and a bill was pre-filed on December 12, 2018 that would track the sale of horses. The proposed bill will amend current laws to implement steps to not only help determine if a horse has been stolen or reported missing but to also to maintain better sales records.

“A BILL TO AMEND SECTION 47-11-85 OF THE 1976 CODE, RELATING TO THE IDENTIFICATION OF ANIMALS SOLD IN THE PUBLIC LIVESTOCK MARKET OR AN EQUINE SALES FACILITY, TO PROVIDE THAT, PRIOR TO THE SALE OF A HORSE, A PERSON OPERATING AN EQUINE SALES FACILITY MUST DETERMINE WHETHER THE HORSE BEARS IDENTIFICATION, COORDINATE WITH LOCAL RESCUES TO PROVIDE INFORMATION TO THE PUBLIC ONLINE, PROVIDE A COGGINS CERTIFICATE AND BILL OF SALE AND MAKE SUCH INFORMATION AVAILABLE UPON REQUEST, CHECK WITH NATIONAL AND LOCAL HORSE RESCUE ORGANIZATIONS TO DETERMINE WHETHER THE HORSE WAS REPORTED AS MISSING, LOST, OR STOLEN, AND MAINTAIN RECORDS FOR AT LEAST FIVE YEARS; AND TO PROVIDE FOR PENALTIES.”

Campbell says, “The bill amends the current law pertaining to livestock with an amendment related specifically to horses, making the law similar for both horses and cattle. It would require anyone selling a horse to check with rescue and stolen organizations to determine if it was reported lost or stolen.”

If you sell a horse this bill helps make sure the horse is a legitimate animal that can be sold and will establish penalties base on the value of the horse. A horse valued at \$10,000 or more would be a felony.

This is just the beginning of a very long process but this is a huge step for South Carolina! The proposed bill has many stages to go through before it is passed but Stolen Horse International is hopeful that with Senator Paul Campbell’s help that one day hold horse auctions will be required to keep detailed record as well as the people who sell them.

For more information on Stolen Horse International and its programs, visit the website at [www.netposse.com](http://www.netposse.com). Stolen Horse International is a Section 501(c)(3) organization under the Internal Revenue Code. Contributions to it are tax-deductible as charitable contributions. ##



# Everyday NEWS

Everyday News continues on page 12

From the world of equestrian sport

## AAEP to Celebrate “Good Works” of Veterinarians Throughout 2019 Campaign

The American Association of Equine Practitioners is applauding the “good works” of veterinarians who are dedicating their time, money and resources to the health and welfare of the horse beyond the call of their normal day-to-day obligations.

The AAEP’s Good Works Campaign will feature AAEP-member veterinarians whose volunteer efforts are positively impacting the equine community. According to a 2017 AAEP Veterinary Volunteerism survey, 95 percent of members had served as a volunteer, donated goods or services, made monetary contributions or assisted the equine community beyond their daily work responsibilities.

The AAEP invites horse owners and organizations to nominate veterinarians who have contributed veterinary services or resources to benefit horses and the local equine community. Each month, the AAEP will select a veterinarian nominated by a horse owner or organization for special recognition. Monthly honorees will be considered for the 2019 Good Works Award, to be presented during the 65th Annual Convention in Denver, Colo. **The deadline for horse owners and organizations to nominate a veterinarian for January is Jan. 31. The nomination form is available [here](#).**

The AAEP defines “good works” as selfless acts of giving back to the horse, for the sake of the horse and people they serve. Examples of “good works” may include:

- Offering free or low-cost vaccinations or veterinary services to a community
- Volunteering services or resources at an equine rescue or retirement facility or therapeutic riding center
- Contributing funds to support an equine-related benevolent program
- Participating in educational programs for youth equine organizations
- Educating horse owners about proper horse health care
- Helping working equids locally or abroad

The veterinarian selected each month will be featured on the AAEP’s website and social media. To discover the Good Works of AAEP veterinarians or nominate a Good Works candidate, visit [the AAEP website](#). **For more information on nominating a veterinarian for this program, contact Michelle Behm, AAEP communications coordinator, at [mbehm@aaep.org](mailto:mbehm@aaep.org). ##**

## AHC to Offer Internships in 2019

### Open to High School and College Students

In 2019, the American Horse Council (AHC) will again offer internship programs available to both high school and college students. Students will be eligible to apply to one internship per year in the AHC Internship Program.

“We feel that offering an internship is a great way for students to understand exactly what it is the AHC does here in DC, and educate the next generation to advocate on behalf of **Continued on page 12**”



### Ag-Gag Law Struck Down, continued from page 10

The Animal Legal Defense Fund, which joined in the lawsuit, noted no undercover investigations had taken place in Iowa since the law was approved in 2012.

“Ag-Gag laws are a pernicious attempt by animal exploitation industries to hide some of the worst forms of animal abuse in the United States,” Animal Legal Defense Fund Executive Director Stephen Wells said in a statement. Federal courts have struck down similar laws in Idaho, Utah and Wyoming. Litigation is ongoing in North Carolina.

In 2013 Tennessee attempted to put an Ag-Gag law in place because of state legislators’ concerns over undercover investigations that might implicate not only traditional farms in inhumane practices but also Tennessee Walking Horse training facilities. Tennessee undercover investigations conducted by the HSUS revealed concerning practices at training facilities operated by Jimmy McConnell in west Tennessee, Duke Thorson of Thorsport in middle Tennessee, and Larry Wheelon of Wheelon Stables in east Tennessee.

Popular Chattanooga columnist Roy Exum, an engaged supporter of ending the abuse of Tennessee Walking Horses, weighed in with a column entitled “ Say Neigh to Ag-Gag”, while the HSUS waged a spirited advocacy campaign within the state with local voices weighing in on the issue while taking the issue to the larger population through media releases. Eventually, then Governor Bill Haslam ( R-TN) vetoed the bill that had passed the state legislature; the Ag-Gag law was abandoned at the time.

A spokesman for the Iowa attorney general’s office, which represented the state, says an appeal is under consideration. ##

### AHC Internship, continued from page 11

the industry be it at the local, state or national level,” said AHC President Julie Broadway.

The three types of internships available are:

- 1) 1 or 2 week shadowing program to gain a broader understanding of the AHC with a focus on expanding knowledge of equine industry and policymaking. Transportation and housing not included; stipend of \$250 available to offset expenses. Open to high school and college students.
- 2) 1 or 2 month internship- includes overview of AHC, student would conduct a research project and write a white paper on a specific topic of interest for academic credit, or learn about a focus area and provide support for initiatives related to that subject matter. Transportation and housing not included; stipend of \$500/month available to offset expenses. Open to college students.
- 3) Semester internship- includes overview of AHC, research project and white paper for academic credit and attendance at annual AHC meeting. Transportation and housing not included; Stipend of \$500/month available to offset expenses. Open to college students.

There are also several focus areas to choose from (some in the DC office, and others with partner organizations): Policy & Legislative, Health & Regulatory, Marketing/Communications, Equine Disease Communication (at AAEP office in Lexington, KY), or Equine Welfare.

“We encourage those that apply for these internships to also join at the Student Membership level in order to be fully engaged in their experience,” said AHC’s membership coordinator, Emily Brockway. “That way the candidate will be able to see the relationship between the work that we do, and the information that is shared with members.”

Please visit the [AHC website here](#) for more details and to download the application form. ##

### *Quick Read from The Washington Examiner:*

**“Priscilla Presley came to Washington last week ( January 2019) to join a growing campaign to stop horse cruelty, promising to take on “the good old boys” in the Senate standing in the way. Presley, who owned horses at Graceland with her former husband, Elvis Presley, put her reputation behind the Prevent All Soring Tactics, or PAST, Act, newly renamed for the late Maryland Sen. Joseph Tydings, a Democrat and longtime animal rights advocate. House Speaker Nancy Pelosi, D-Calif., supports it. So does President Trump’s daughter-in-law Lara Trump.”**

## *We Chose the Music and Danced --Freestyle*

by Susan Jaeger with Smoking Blu Genes

*I* was pretty excited to see that 'The Canadian' was offering dressage for gaited horses at their event -- including freestyle. What a great goal to reach for with my Tennessee Walker /Single-footing gelding Levi (Smoking Blu Genes)

Visions of brilliant half-passes and pirouettes started circling in my brain, but first -- better check those rules. Wait a minute! There were required elements and prohibited moves that would eliminate us at training level. The half-passes would just have to wait a few years. Time to come back to earth and find some music.

Levi is multi-gaited, but I've been developing his running walk, so I chose that for his middle gait. Armed with my husband's electronic metronome, I headed to the arena. It took a few days, but the metronome was very helpful for learning to maintain rhythm and balance at various speeds.

Once the right tempo was worked out, it was back to the house with the metronome. I dragged out all my old CD's and cassettes and fast -forwarded through about a hundred songs until I had a short list of 6 that matched the beat and I could visualize riding to. Over the next couple of days, I rode to each song and was lucky that one really stood out. It had perfect rhythm, a slower section for the free walk and defined places for transitions but, it was too short. A little music studio in town was happy to 'loop' the song and bring it closer to my 5- minute time allowed. Because I was doing a two-gait test with no cantering, I was able to use just one song but the studio could easily have spliced in other music if required.

With the extended version downloaded to my phone and armed with a new CD, it was finally time to actually design a test. It took a few weeks to work something out that had all the required elements and flowed with the music. There was lots of trial and error, but probably the hardest part was getting to the free walk on the diagonal and turning up the centerline for the final salute with the right timing to the music.

The whole process was lots of fun and I still love the music even though I've heard it hundreds of times. I play it off my phone when I'm trail riding and Levi picks up the rhythm perfectly!

I'm working on a new test for 2019 that will incorporate canter as we improve, but I know that this will always be our "signature tune". ##

**Morning Dew – Long John Baldry**  
**Morning Dew written by Bonnie Dobson and Tim Rose**  
**First recorded in 1962**



**Thanks to the freestyle high score awarded to this team at The Canadian, Susan Jaeger and Levi are the FOSH High Point Award Dressage winners for 2018. That's something to sing about!**

### **FOSH wants to Hear about Your Favorite Riding Music**

*What songs or music do you enjoy listening to while you ride? Do you have a play list with your favorite riding songs? If you do not listen to music while riding, what sound track do you enjoy riding to while in the show ring? Do you use your iPod or a smart phone? Don't hesitate to add your reasoning for your songs or the organization of your song list. Please share any tips you have for listening to music while you ride.*

*Send your email answers to [President@fosh.info](mailto:President@fosh.info). We will print your responses so that others can get ideas for making their own kind of music. ##*

## Thoughts on Gaited Training

By Larry Whitesell



# THE TRAINING FORUM

Just some thoughts about training for gait. I have noticed at my clinics that, often, people who have trouble with gait, also have trouble stopping or with speed control. They have no ability to organize the horse and get the feet in a position to engage the hind legs. The horse is unable to use his hind legs to stop or create gait.

Riders often try to make the horse gait by using their legs to drive the horse forcefully into a holding hand (brakes and accelerator on in opposition). If the horse, then, gets heavy in the bridle, stronger equipment is used. If the horse is pushing on the reins, the problem is not in the mouth, but in the hind legs. The horse has not learned to move toward the bit and not against the bit. Trying to fix the problem in the mouth makes the horse tenser emotionally which leads to physical tension.

For many riders and horses, the reins are only attached to and have effect on the horse's head and neck. If you close your fingers on a rein, does the horse know which foot he needs to move and where. Can you place the horse's feet in balance or position to carry out a request without tension. If you have correctly educated the horse to the aids, you can move his feet just by closing your fingers on the rein or breathing on his side with your leg. The horse understands the correct response without pressure. He calmly responds before he runs in to pressure. Do you know how to use your aids so I could ask you to put any foot on any number of the clock while moving. I learned to do this so I could save my horse a lot of worry. I can get on almost any horse at a clinic and in 5 or 10 minutes I can place the horse's feet where I want. It isn't hard to learn to communicate with the horse.

An educated horse learns to stay prepared and the rider

doesn't surprise him. Many riders ask their horse to go forward unprepared to slow down or stop. Then stop becomes a tug of war on the reins. Likewise, riders walk a horse that is unprepared for an upward transition. So when asked to gait, the front feet pull the horse forward instead of the hind feet driving. If the horse's head goes up when going from walk to gait, you can be sure the front feet are pulling. This often results in pace, trot, or mixy gaited. We don't need to teach a horse to gait whose genes tell him to gait. We need to teach balance and how to prepare to transition to gait.



**Above: Popular clinician Larry Whitesell practices what he teaches with consistently good results.**

For example, many riders try to teach canter by running the horse in to canter, or pulling the head to the outside. So it is ugly and rough even if the horse canters. The horse must learn to depart with the hind legs lifting to have a soft comfortable canter. It should be easy for the horse if it is correct. **Continued on page 18**



## FOSH CALENDAR OF EVENTS

### MARCH

#### Jillian Kreinbring's Equine Biomechanics Course

Lectures, hands-on and "developing your eye" labs

March 8 - 10, 2019

Shangri-La Therapeutic Academy of Riding, Lenoir City, TN

Contact: Alece at 336-225-0214, [Alece@earthlink.net](mailto:Alece@earthlink.net)

#### Four States Ag Expo

Larry Whitesell, Clinician

March 14-16, 2019

Cortez, CO

#### Equine Distance Riding Association with Diane Sept

Rider Balancing for more efficient performance and comfort

Moses Lake, Washington

March 15 & 16, 2019

Contact: [contact@equinedistanceriding.com](mailto:contact@equinedistanceriding.com)

#### Gaited Horsemanship with Larry Whitesell 5-Day Clinic

March 26-30, 2019

Sacramento, CA

Contact: Jackie at 209-748-2402, [jlsbarton@aol.com](mailto:jlsbarton@aol.com)

### APRIL

#### Gaited Horsemanship with Larry Whitesell 5-Day Clinic

April 2-6, 2019

Pryor, OK

Contact: Larry @ 918-633-9288, [l.lees@sbcglobal.com](mailto:l.lees@sbcglobal.com)

#### Annual IJA Judges Training Seminar

April 5-7, 2019

Sonoma County Fairgrounds, Santa Rosa, CA

Contact: Dianne Little, 403-271-7391, [ddlittle@telus.net](mailto:ddlittle@telus.net)

#### Spring Edition Horse Show

April 6, 2019

Multi breed show with gaited, non-gaited, trail obstacle challenge

Sonoma County Fairgrounds, Santa Rosa, CA

Contact: Marie Boyd, 805-218-0849

#### Diane Sept Lessons/Consultation

April 12- May 20

Eastern states PA/MD/NJ/VA Spots available

Contact: [dianesept@aol.com](mailto:dianesept@aol.com) 509-937-2970

#### Midwest Horse Expo

Larry Whitesell, Clinician

April 12-14, 2019

Madison, WI

## Larry Whitesell Clinics

Learn better communication with your horse.

Make your horse softer, more responsive.

Get your horse to offer gait, instead of making him gait.

[www.whitesellgaitedhorsemanship.com](http://www.whitesellgaitedhorsemanship.com)

[larry@lwhorses.com](mailto:larry@lwhorses.com)

#### Chesapeake PWH Tuckahoe EQ Spring Fling

April 12-14, 2019

Trail riding & camping

Contact: Jacquie @ 410-215-4979, [jacquieco-wan@comcast.net](mailto:jacquieco-wan@comcast.net)

#### FOSH Clinic-Introduction to Working Equitation for Gaited Horses

Featuring Erica Peet ("r" Judge) and Howard Peet

April 13 & 14, 2019

Meritage Farm, Robertsville, MO

Contact: Teresa, [tbippen1957@yahoo.com](mailto:tbippen1957@yahoo.com)

#### Gaited Horsemanship / Larry Whitesell 5 Day Clinic

April 23-27, 2018

Baxter, TN

Contact: Jennifer @ 931-858-0658, [info@gaitedhorsemanship.com](mailto:info@gaitedhorsemanship.com)

#### Chesapeake PWH

April 25-28, 2019

Ride Gettysburg Battlefields and Camping

Contact: Jacquie @ 410-215-4979, [jacquieco-wan@comcast.net](mailto:jacquieco-wan@comcast.net)

#### MAY PREVUE 5 Day Larry Whitesell Clinic

May 1-5, Rhode Island, Contact: Darlene @ 401-142-3970, [contactdarlene@gmail.com](mailto:contactdarlene@gmail.com)



If you've spent any time around horses, you know they're capable of getting themselves into all sorts of scrapes. Then, if they're smart horses, they wait patiently until someone comes around to get them out of their predicaments.

This paint in Winfield, Indiana, a small town near Gary, seems to have taken that mischief thing too far. During the recent arctic weather, minus 20

in Winfield, this fellow managed to get himself wedged between two beefy limbs of an old tree that was butted up to a fence post. He couldn't go forward; he couldn't go back, and his hind foot was dangerously near entanglement in a saggy, wire, fence. If it hadn't been for the efforts of Town Marshal Dan Ball this story might have had a different ending.

How long the horse was stuck no one knows, but he had collapsed at least once and was very weak when he was discovered, according to Ball. A neighbor brought a chain saw; Ball patiently took 45 minutes working in the frigid air to cut away the living wooden prison and let the paint walk out. What did the horse do? He staggered to the barn and ate his breakfast.

The real question is who leaves a horse out in temperatures like these when a barn for shelter was available?



*Did You Know* there's a **Train the Trainer** program designed to assist individuals from different disciplines who may not be familiar with the gaited breeds? The program will assist trainers, owners, and riders to recognize and achieve correct gaits in both American and Spanish gaited breeds.

Clinics, lessons, and equine training are all tailored to individual situations, locations, and the needs of individuals or groups. Clients can bring horses to the ranch in Idaho or I will travel to off-site locations.

Don't roll the dice with your training. Your horse is too important to leave to chance.

**For more information contact:**

**Nya Bates 208 .559.2755**



[www.batesgaitedhorses.com](http://www.batesgaitedhorses.com)



## Vet Care: From the Inside Out



**Let me tell you about Buggy.** He was an Appendix Quarter Horse I rescued years ago. When he came to me, he was significantly underweight, suffered from an old stifle injury, and had a distrustful attitude. A few months later, he'd filled out, ran up and down hills with ease, and showed the curiosity and warmth of a youngster. How old was he? 25. Not old by today's standards and yet, definitely up there. What made the difference? Nutrition.

Advances in veterinary medicine and greater attention to nutrition have made it possible, and even probable, that your horse will live well into his 30s and may even reach his 40s. Individuality plays as much a role in the way horses age as it does for us. There are fairly predictable changes, however, that go along with growing old, no matter what age they become noticeable. Some horses have trouble gaining weight, others become too fat. Teeth wear down, making chewing difficult; some may

### The Healthy Older Horse by Juliet M. Getty, Ph.D.

even lose teeth. Most horses experience a decline in immune function and get sick more easily or develop allergies. Muscle mass may diminish, and joints can become stiff. Digestion and absorption efficiency declines.

All these changes come about gradually, but as your horse starts to show signs of aging, the diet you've been feeding may now be obsolete and in need of an adjustment.

While the scope of this article is limited, you'll find more detailed information in my book, *Feed Your Horse Like A Horse*, as well as in the [Spotlight on Equine Nutrition series](#) book, *The Aging Horse*. Here are some highlights...

#### There are two major changes to consider:

1. **Saliva production diminishes.** A senior-friendly diet considers your horse's reduced saliva production, which makes dry food difficult to chew and nearly impossible to swallow. This natural aspect of aging is easy to manage by simply moistening your horse's feed; he'll appreciate having his meal a little on the mushy side. And be sure there is water close by.
2. **Digestion efficiency is not what it once was.** This leads to diarrhea, electrolyte imbalances, and weight loss. It starts in the small intestine where your horse produces fewer digestive enzymes, potentially leading to nutrient deficiencies simply because his tissues can't receive the nutrients from his meal. Plus, undigested food enters the hindgut where it is either fermented (which can lead to colic or laminitis) or ends up in the manure.

#### To improve the diet, follow these guidelines:

**Choose senior feeds.** Senior feeds are pre-cooked and extruded (formed into kibbles) that are easy to chew and digest. Many senior feeds add digestive enzymes to their formulas to further assist with digestion. They also contain vitamins and minerals, but keep in mind that the only way your horse will get enough of these nutrients is if you feed the recommended amount. Otherwise, a vitamin/mineral supplement may need to be added. Finally, opt for feeds that are organic or at least non-GMO in order to keep him healthier and reduce inflammation.

**Or choose beet pulp or hay pellets.** These make excellent carrier feeds for your supplements. A non-GMO beet pulp or hay pellet is best. They need to be moistened into a mush. You'll want to add a digestive enzyme supplement, along with proper vitamin/mineral supplementation. **Continued on page 25**

## Training with Larry Whitesell

continued from page 14

We teach each horse how the bridle and our seat talk to his feet and he allows us to control every step. Having the horse know what to do physically has little value if the horse is not emotionally calm. Too often riders teach the horse movements, such as turns on the forehand or haunches so the horse does it as a trick. If you can teach concepts such as giving to his own pressure with a foot or flexion, then you can control every step of any movement, and not loose relaxation. We present concepts as a puzzle and the horse must solve the puzzle. We help and give him all the time he needs, we only insist that he keep trying. When he can solve the puzzle he learns and he also learns to think thru situations before reacting. For example the right rein doesn't mean go right, it means take your right front foot and step to the right and take your shoulders right. He must understand that to turn right he also has to put his inside hind leg under his center line and bend through the ribs. Therefore, he carries out the turn in balance, so I get a turn and he gets softer.

I want my horse to believe that if he becomes afraid or anxious, if he allows me to guide, I will always take care of him. He knows I will not panic and grab his mouth or clamp my legs. I don't panic because I believe he will understand and obey my aids. I have spent the time to educate myself and my horse to the aids. I have seen people who claim that a bit or piece of equipment can get a horse to gait or improve collection. I find it difficult to believe a bit can make a horse understand how my hands organize his feet just by putting it in his mouth. Education is a process with few short cuts. Gimmicks will always let you down in a pinch.

We have two bits at our farm and we train from start to very advanced levels with these two bits. A snaffle and short shank grazing bit. As soon as something in the environment makes the horse more afraid than the power of the bit, you are no longer in control. At that time only knowledge gives you control. If the bushes rattle or his buddies leave or he is influenced by the energy of other horses or a strange place, you will now find out if he believes listening to you is security. If you are his safe place he will not leave you.

When the horse and rider understand the aids, the horse will not feel confined by the aids and finds freedom within the aids. The horse understands better than the rider the optimal position for any movement. Problems arise when the rider confines the horse with aids to manipulate the movement and doesn't give the horse time to organize himself. If you want your horse to turn right and you pull on the right rein, if his right front foot is still on the ground he will loose his balance and tense his body and mind. If you close your fingers on the right rein and turn your core, he knows you are going right but he knows he can't step that way until his right front foot is coming off the ground. My horse knows these are the aids to go right and I wait until he knows he can step with the right front foot and put his right hind foot under himself to take his weight. He becomes obedient and knows I will not take him out of balance so he stays relaxed. The newer the horse is to the movement the more time I need to allow the horse to solve the puzzle. Some riders demand immediate responses from a horse and don't allow the horse time to solve a puzzle. Then they accuse the horse of resistance, resulting in teaching the horse to argue. Almost always resistance is lack of knowledge, confusion, or loss of balance.

*Gait is easily offered by the horse when he is taught balance and feels free to move.* The rider feels safe and confident when she knows how to ask the horse and feels sure the horse will be submissive to the aids. I wish I could use a horse to explain what I am saying. It is hard to explain in words what a horse wants us to know. A properly educated horse is a calm horse. A calm horse is a safe horse. ##

[www.whitesellgaitedhorsemanship.com](http://www.whitesellgaitedhorsemanship.com)

### Representatives Schakowsky (D-IL) and Collins (R-NY) Join in Bi-partisan Support of PAST Act H.R. 693



Left:  
Schakowsky;  
Right: Collins.

If these are your representatives, please call their offices and thank them for leadership in support of HR 693



## *Shut up in the house on a wintry day?*

### **Watch Equestrian Documentary DESERT FLIGHT**

American horse lovers are in for a treat as award winning film DESERT FLIGHT is now available to stream on demand via the USEF Network. The 39-minute documentary film explores the horse-human bond through the eyes of a group of equestrians from differing walks of life.

Shot on location at the HITS Coachella Desert Circuit, the stars of the film include Richard Spooner, Will Simpson, Mandy Porter, Rich Fellers and of course his legendary mount Flexible among others. These famous riders share how horses have contributed to their lives and provide insight on their burning desire to compete.

After screening the film, Chairman of US Equestrian's Jumping Sport Committee and former United States Equestrian Team member Chrystine Jones Tauber remarked, "DESERT FLIGHT is a poignant film that captures the special bond between riders and their horses and takes you on their magical journeys from childhood dreams to becoming Olympic Champions."

While set in the equestrian discipline of show jumping, culminating with the gigantic million-dollar grand prix, the film plays to anyone who loves any type of horse which is why US Equestrian, the United States' governing body, felt that it was the perfect piece to share on the USEF Network.

The USEF Network is a valuable benefit to members of US Equestrian enabling them to view a wide array of content that traditionally includes educational and competition footage. DESERT FLIGHT, however, is the first film to be made available. In an effort to share this labor of love with as many people as possible, the film has been touring the United States and screening for audiences large and small.

DESERT FLIGHT's creator Samia Staehle is an amateur competitor working her way up through the jumper divisions. As a former producer for the Associated Press, Staehle observed stories that she felt should be shared. After partnering with Michigan based Tell Studios, DESERT FLIGHT was born.

**For those who are not yet members of US Equestrian, free fan membership is available to anyone using the promo code "desertflight" on the federation's website. Members may log in to the USEF network to watch DESERT FLIGHT on demand. For additional information visit [www.desertflightmovie.com](http://www.desertflightmovie.com) and follow#desertflightmovie**

## **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  
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Luella DeBono, Eden Prairie, MN  
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Leslie Weiler, Pagosa Springs, CO  
Laura Wyant, Chesire, OR  
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## The Annual Award Winners

### 2018 FOSH Gaited Distance Category

This year's Distance Competition found both new names and familiar ones in the awards column. There were moments to remember for some and one stand-out competitor passed over the rainbow bridge. Here's the list:

Heavyweight Winner and Reserve Overall High Mileage Awards go to new entry **Dancer's Southern Princess**, a walking horse owned by Bobbie Jo Liebermann and ridden by Audrey Hager. The Princess also received awards in distance riding from two other Associations in 2018, the AERC and a Texas distance program.

The Heavyweight Reserve winner is the late and lamented **Ebony's Blue Sky**, owned, ridden, and most importantly loved, by Brenna Sullivan. A memorial story about this game walking mare will appear in an upcoming issue of Sound Advocate.

Becky Lange's unstoppable **Mocha Jack**, a Kentucky Mountain Horse, was back in 2018 as the Distance Lightweight winner. He also received new awards from AERC for 10 years and over 5,000 miles in competition.

A returning winner, walking horse **Sosa's Playboy at Sonset**, with owner-rider Nicole Mauser-Storer, was reserve in the Lightweight Distance category.

A new entry won the LD Lightweight category while also claiming the Overall High Mileage award. Showing the field how it was done, Debra Freiberg's Missouri Fox trotter, **Playboy's Desert Reign**, clipped along with his trademark gait to claim the honors.

Dr. Valerie Lewis Jaffe was a solid LD Lightweight Reserve winner with her walking mare, **Scarlet Ribbons Gold Rush**, a familiar name to

FOSH members.

The CTR Pleasure Adult winner was also a new entry to the program. Beverly Roberts had it all her way with her solid **Tribute to America**. The CTR Winner was also a new combination. The honors went to Patty Lucas and her walking horse **PaPa's Alabama Express**.

*Look for feature stories on the new names on our 2018 roster in upcoming issues of Sound Advocate, as well as a tribute story to Mocha Jack, who, like the energizer bunny, not only keeps going but keeps going strong. This month reserve winner Nicole Mauser makes a feature appearance in our pages, beginning on page 30.*

### 2019 FOSH Gaited Dressage Category

The number of individuals filing results in the Dressage for Gaited Horses category was down in 2018, a disappointing development. If you are riding your horse and completing tests, no matter where the venue, please remember to keep your point books up to date in 2019 and make the deadline for recognition. We would like to acknowledge the efforts of everyone that is focusing on this discipline with gaited horses.

Moving up the training pyramid, Julie Lamberton and her Paso Fino, Seabreeze Savaje Vaquero, are recognized for their achievements at First Level.

Canada's Susan Jaeger, with her walking horse Smokin Blu Genes, topped the Freestyle competition category, and received the overall 2018 high score in dressage competition. *Go back and check out the story about this rhythmic pair, featured on page 13 of this issue.*

### 2018 Working Equitation Gaited Winners Honored [www.WEUnited.us](http://www.WEUnited.us)

**National High Point Gaited Horse - Gambler's Jackpot**, a 2007 Rocky Mountain Horse gelding owned and shown by amateur rider Kris Blacklock of Wisconsin

**Region 1 High Point Gaited Horse - Larz**, a 2003 Tennessee Walker gelding owned and shown by amateur rider Sonya Margerum of Oregon.

**Region 2 High Point Gaited Horse - Our Midnight Patriot**, a 2000 Tennessee Walker gelding owned and shown by Michelle Osada

**Region 5 Reserve High Point Gaited Horse** (and also Reserve High Point in nation): **Rorschach Valentine**, a Spotted Saddle Horse gelding owned and shown by amateur rider Andrea Marcinkus.

*Stories about these fine competitors coming in the May-June issue* 20



## Five Reasons Your Horse Will be Thankful for Getting Steamed Hay

by Nan Meek

See a related article, [Fight the Fungi](#), on page 24



### What does your horse think about his hay? If horses could only speak!

Actually, they do. Horses' bodies speak eloquently, using impossible-to-ignore external physical expressions of internal health issues including respiratory problems, laminitis, insulin resistance and colic, for example.

Listen to what your horse is telling you: Is he eating all his hay, or leaving some on the stable floor? Does he cough or have nasal discharge, or is his performance just not quite up to his usual standard? Does he have sore feet or gut problems? He may be telling you to look into his hay hygiene.

Here are five reasons your horse will thank you for switching to hay steamed with [Haygain® Hay Steamers](#).

**1. Nutritional value:** You feel better when you're eating well, right? So does your horse. Steamed hay retains nutritional value, so the level of nutrition your hay contains before steaming, remains in your hay after steaming. Your horse's feeling of wellbeing depends to a great degree on good nutrition, so make sure your horse's hay retains its nutritional value – you can do that AND virtually eliminate mold, fungi, yeast, bacteria and respirable particles.

**2. Palatability:** If your horse is a

picky eater, you know how important palatability is to ensuring your horse gets the nutrition he needs. “That smells good enough for ME to eat,” is a frequent human comment on the fragrance of steamed hay. Horses agree, and the hay that smells good enough to eat, gets eaten.

**3. Respiratory issues:** “Achoo!” “Cough, cough.” “Ackkkk.” Do you hear any of those respiratory reactions from your horse? Studies show that even when you don't, your horse could still have respiratory issues. Steamed hay helps by “steam cleaning” naturally occurring allergens such as respirable particles and bacteria out of your hay.

**4. Laminitis and insulin resistance:** These conditions require feeds low in NSC (non-structural carbohydrates) or sugars. Often, horse owners are advised to soak hay to reduce NSC, but studies show that even a 10-minute soak increases bacterial content by 150%. Steaming hay with Haygain reduces bacteria by 99%, so “steam after soaking” to protect your horse's digestive system.

**5. Colic:** Poor forage hygiene caused by bacteria and mold has been identified as a risk factor for colic. Steaming hay with Haygain eliminates 99% of both. Especially in winter, providing plenty of fiber and hydration is essential risk reduction. For every bale of hay that is steamed, three quarters of a gallon of water is put back into hay. “Hay hygiene” with Haygain is smart anti-colic strategy.

**Haygain hay steamers are the only scientifically proven method to eliminate 99% of mold, fungi, yeast and bacteria in hay and up to 98% of respirable dust particles – contaminants that can be found even in the best, most expensive hay. Steaming hay with Haygain retains nutritional value, improves palatability and helps manage respiratory issues, laminitis, insulin resistance, colic and post-surgery recovery.**

Because you are a caring horseperson, it's likely your horse is already thankful to you for many things; now you have five more reasons your horse will love you –switching to steamed hay.

And you'll love [Haygain Hay Steamers](#) for helping reduce these risks to your horse's health. ##

# On St. Patrick's Day

(a modified Irish blessing)

**“May the road rise to meet you & may you never be sheepish about renewing your membership to FOSH or making a donation. For, when you care for gaited horses, and support the organization that exists solely for that purpose, God will surely hold you in the palm of His hand.”**



## 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    Life-time\_\_\$600

Organization Membership (for your gaited horse club or association) \_\_\_ \$50

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Breed (s) \_\_\_\_\_

Additional donations \_\_\_\$20 \_\_\_\$30 \_\_\_\$40 \_\_\_\$50 \_\_\_Other \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

How did you hear about FOSH?



Yankee Walkers' Drill Team Makes Great Impression at Equine Affaire

## Equine Affaire Wrap - Up

By Sandra Rogers

Yankee Walkers Gaited Horses of New England was invited to participate in Equine Affaire 2018 again this past year; the event was held at the Eastern States Exposition in West Springfield, Massachusetts on November 8 – 11.

Along with hosting an information booth and breed booth in the Breed Pavilion in the Stroh Building, members of the Yankee Walkers Drill Team held four demonstrations to show our different breeds of gaited horses, including Rocky Mountain Horses, Kentucky Mountain Saddle Horses, Missouri Fox Trotting Horses, and Tennessee Walking Horses. Our hardworking drill team consisted of Jody Pellecchia, Julie Dillon, Heather White, Heather Leonard, Joan Ballas, Ken Forcier and Mary Ciancetta, who, unfortunately, was not able to ride due to an injury.

The Yankee Walker breed booth was a tremendous attraction to the thousands of people who attended Equine Affaire. Spectators patted and adored our sweet tempered horses represented by Dixie, a black Rocky Mountain mare, Winter, a talented Tennessee Walker mare, Red, a Kentucky Saddle gelding, and Smokey, a young Rocky Mountain gelding, as well as two beautiful foals, one four months and one five months old.

Yankee Walkers also had the honor of hosting Marcie Morey, Gaited Clinician for the Equine Affaire, at both our booth and our annual dinner held on Friday night, November 9, at the Storowton Tavern. Merleene Pacheco, Director at Large for the National Walking Horse Association, also attended.

It was a pleasure to have Marcie and Merleene at our booth, sharing their insights and talents with the many attendees that stopped by to visit. Yankee Walkers had many interested people stop by to gather information on the gaited horse and a number of them have joined our club.

Yankee Walkers was proud to participate in the Equine Affaire and look forward to participating again in 2019. Thank you to all our members and their talented horses that worked so hard to make this spectacular event so successful. ##



Above: Members of Yankee Walkers celebrated friendship and horsemanship at their annual dinner held at Storowtown Tavern, along with invited guests Valerie Pringle and Bryant Taylor of the HSUS.



Left; Bud Dore and the “babies” had many admirers stopping by the stalls to ‘ooh and ah’ where Yankee Walkers stabled during Equine Affaire.

## A just-released 3-year study cites steamed hay as critical to preventing IAD, a stealth equine ailment that affects over 80% of horses.

**Inflammatory Airway Disease (IAD)** affects huge numbers of horses and often goes undetected while impacting their performance. A three-year research project published by *The Journal of Veterinary Internal Medicine* expands extensive past research confirming IAD's prevalence. Older studies identify over 80% of the general horse population as having it. Conducted by a group of equine sports medicine veterinarians in Belgium, this new research studied over 700 active sport horses referred for performance issues or possible respiratory problems: 88% were diagnosed with IAD.

The study also cited Haygain steamed hay as critical to preventing IAD: horses fed steamed hay were 65% less likely to develop the condition than those fed dry hay. Led by Dr. Julie Dauvillier, the study is the first to connect fungi in the horse's respiratory system with high incidence of IAD. Along with many inhalable irritants, fungi are present in even top quality hay. High temperature hay steaming kills fungi, hence its effectiveness in preventing IAD.

"This paper highlights a major piece of the puzzle of equine airway diseases: the role of fungi," explains Dr. Van Erck-Westergren, co-author of the study. "In human medicine, fungi are known to cause many respiratory inflammatory conditions such as allergies, infection, asthma, etc. In equine veterinary medicine, we can find publications that relate the role of fungi in pretty nasty, potentially life-threatening diseases such as fungal pneumonia or guttural pouch mycosis, but barely anything else. Our paper shows for the first time that ubiquitous molds, including fungi, cause chronic lower airway inflammation which is deleterious for the health and performance of our horses."

Along with dry hay, straw bedding had a high correlation to IAD incidence. Dry hay and straw bedding "cannot be recommended in performance horses," Dr. Van Erck-Westergren states.

The study also found that soaking hay, haylage and "dust free" hay did not reduce the risk of fungi-related IAD, while wood shavings were deemed the best option for stalls that require bedding.

### Fungi Found Everywhere

"Fungal spores naturally contaminate hay and straw during harvest," the study's authors explain. "The degree of contamination and proliferation is directly related to harvesting practices, initial levels of soil contamination, as well as storage conditions." Of the 731 active performance horses in the study, 79% were found to have fungal elements in a cytological examination of tracheal wash fluid. Horses with fungi in their airways were twice as likely to develop IAD than those without it.

IAD is a stealth illness. It sometimes presents with an occasional cough and mild nasal discharge, but often lurks without symptoms. Unexplained decreases in performance are complaints that often lead to bronchoalveolar and trachea washes that reveal an IAD diagnosis. Unmanaged, this condition will progress and potentially mean these horses are more susceptible to debilitating extremes of the Equine Asthma Spectrum, including Recurrent Airway Obstruction, aka "heaves."

While the study answered questions about prevalence and dangers of fungi, it raises others that warrant further investigation, especially for active sport horses. **Continued on page** <sup>24</sup><sub>25</sub>



FEAR  
the  
FUNGI



## Healthy Older Horse continued from p. 17

**Feed the hindgut microbial population.** These microbes are responsible for digesting fibrous portions of the diet, leading to the formation of volatile fatty acids to provide your horse with calories for energy. They are also necessary for B-vitamin production and maintaining a healthy immune function. Their numbers can significantly diminish due to several causes, such as stomach acid reaching the hindgut because of an empty stomach or inadequate saliva production (saliva neutralizes acid), pain and mental stress, illness, antibiotics, or feeding GMO feeds (that may be sprayed with Roundup). Pro- and prebiotics are often added to senior feeds or supplements designed for aging horses.

**Include a source of omega 3s.** The essential omega 3 fatty acid, alpha linolenic acid (ALA) must be in your horse's diet because his body cannot produce it. Hay that has been stored for several months no longer has the levels once contained in living grasses. ALA supports immune function, reduces the inflammation of aging joints and muscles, regulates blood insulin levels, promotes healthy skin and hooves, and improves attitude. Stabilized flaxseed meal and chia seeds are excellent sources of omega 3s. They are well-tolerated and easy to feed. For more difficult cases of inflammation, add some DHA as well.

The second essential fatty acid, linoleic acid, is an omega 6. And while it, too, must be in the diet, oils typically found in commercial feeds are very high in this omega 6, creating an imbalance that increases inflammation. Avoid feeds that contain soybean oil (high in omega 6) and balance the diet with high-omega 3 containing feedstuffs.

**Supplement vitamin C.** Vitamin C is necessary for collagen production (protein found in bones, joints, and blood vessels). It is also a potent antioxidant and natural antihistamine. When young, your horse was capable of producing plenty of his own vitamin C. Now that he's getting older, his ability has diminished. He'll get ample vitamin C from fresh pasture, as long as it is growing and healthy; but hay has virtually no vitamin C.

**Supplement vitamin D during winter or when stalled.** Your horse can produce vitamin D from sunlight but during the winter months or if your horse is not exposed to at least 8 hours of sunlight each day, be sure there is enough vitamin D in your commercial feed or supplement. This vitamin (along with vitamin C) will help keep your horse's bones, muscles, and teeth in top shape.

**Avoid high starch feeds.** Cereal grains (oats, corn, barley, wheat, rice, etc.) and feeds made from cereal grains should be eliminated from the diet. As horses age, they are more inclined to exhibit signs of equine Cushing's disease and a low starch diet is best.

Continued on page 31

## Fungi, continued from page 24

“A link between fungal growth and an immunodepressive state could not be demonstrated in our study,” the authors noted. “However, it is likely that the immune system of some of the horses included in our study would have been challenged by intensive training, regular transport and competition.”

Finding fungi in so many horses' respiratory tracts caused the authors to question the “use of corticosteroids as a unique treatment of airway inflammation” because they depress the immune system, which actually fights the fungal infection. They noted that anti-fungal treatment is included in prescriptions for human allergic diseases involving a fungal component, like severe acute respiratory syndrome. Perhaps it should be for horses, too.

### Environmental Solutions

“Environmental management is the only way to protect your horse against fungi,” explained Dr Van Erck-Westergren in a follow-up interview. “Fungi are everywhere: in the straw, in the hay and in the stall and storage areas. Their aim is to proliferate.

“There is now overwhelming evidence for the effectiveness of Haygain steamed hay in reducing IAD and helping to improve respiratory health in horses,” she continued. Regular stall disinfection, dust-free shavings and a sealed flooring system that requires minimal bedding, like ComfortStall, were additional recommendations for keeping fungi at bay, preventing Inflammatory Airway Disease and maintaining the overall respiratory health.

*To read the complete study: “Fungi in Respiratory Samples of Horses with Inflammatory Airway Disease,” click [Study Link](#). ##*



More Advocacy

Continued from p. 11

## Animal Welfare Groups Applaud Federal Legislation to Ban Horse Slaughter

*The Safeguard American Food Exports (SAFE) Act would permanently ban horse slaughter in the U.S. and end the export of horses for slaughter abroad*

**WASHINGTON, D.C.**— Federal lawmakers introduced legislation today to permanently ban the slaughter of horses for human consumption in the United States and end the current export of American horses for slaughter abroad. Introduced by Reps. Jan Schakowsky (D-Ill.) and Vern Buchanan (R-Fla.), the Safeguard American Food Exports (SAFE) Act, is supported by leading animal welfare groups, including the [ASPCA®](#) (The American Society for the Prevention of Cruelty to Animals®), the [Animal Welfare Institute](#) (AWI), [The Humane Society of the United States](#), [The Humane Society Legislative Fund](#), and [Return to Freedom Wild Horse Conservation](#).

In recent years, the number of American horses shipped to Canada and Mexico to be slaughtered for human consumption in foreign countries has dropped, making this an opportune time for Congress to close this legal loophole that causes so much suffering. These horses are not raised for food but are separated from the general population at auctions, often after a kill buyer outbids legitimate horse owners. Such horses often endure grueling journeys to slaughter plants, packed into large trailers in unfamiliar herds. Due to these fearful, stressful conditions they will bite and kick severely, injuring or even trampling each other en route. Once at the slaughterhouse, horses are herded into a “kill box” where they are shot in the head with a captive bolt gun in a careless attempt to stun them before slaughter – a process that can be imprecise due to the biology and fight or flight nature of equines. As a result, some horses endure repeated excruciating blows or remain conscious during the kill process. **Continued p.**

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## BIG NEWS!

### ASPCA Help a Horse Home Equine Adoption Challenge Focused on Finding Homes for Horses

*Help a Horse Home Challenge will award \$150,000 in grant prizes to equine organizations across the country; Free ASPCA webinar on Jan. 23 kicks off national initiative*

**NEW YORK**—The [ASPCA®](#) (The American Society for the Prevention of Cruelty to Animals®) is kicking off its annual Help a Horse Home: ASPCA Equine Adoption Challenge with a free webinar for equine organizations to learn how they can compete to win some of the \$150,000 available in prize money.

In 2018, equine organizations adopted out more than 1,000 horses during the two-month Help a Horse contest period, proving they have what it takes to find more homes for horses. To build on this success, the 2019 challenge has been reimagined and renamed – [Help a Horse Home: The ASPCA Equine Adoption Challenge](#) – to help save even more lives. Any U.S.-based 501(c)(3) organization or governmental agency capable of receiving grant funds and fulfilling an animal welfare or protection mission that adopts out horses or other equines is eligible to participate.

**ADDITIONAL BACKGROUND:** According to research conducted by the ASPCA, *there are an estimated 2.3 million individuals in the U.S. with a strong interest and the capacity to adopt a horse. Connecting those people with horses in need is the aim of this year’s Help a Horse Home: ASPCA Equine Adoption Challenge with \$150,000 in grant funding available to equine rescues, shelters and sanctuaries who secure the biggest increase in adoptions compared to the previous year.*

**The Help a Horse Home Challenge kicks off on April 26**—a date chosen for its significance to the ASPCA’s long history of horse protection. In 1866, ASPCA founder Henry Bergh stopped a cart driver from beating his horse, resulting in the first successful arrest for horse mistreatment on April 26 of that year. Each year, the ASPCA hosts a national grant competition to elevate the work of equine rescues that help at-risk horses who’ve been abused, neglected or find themselves homeless. ##

## Ban Slaughter from page 26

"Horses have a special place in our nation's history, and these majestic creatures were not raised as food for humans," Schakowsky said. "The SAFE Act would prohibit any horse slaughter plant from opening; and also end the sale or transport of horses and horse parts in the U.S. and abroad for the purpose of human consumption. I am proud to reintroduce this bill and work with Congressman Buchanan to put an end to this practice."

"The slaughter of horses for human consumption is a barbaric practice that has no place in America," Buchanan said. "I will continue to lead the effort with Congresswoman Schakowsky to ban domestic horse slaughter and end the export of horses abroad for slaughter."

"The ASPCA and our partners are heartened to see a massive increase in innovative programs to prevent at-risk horses from falling prey to the slaughter industry," said Nancy Perry, senior vice president of ASPCA Government Relations. "But without the law as a backstop, horses will continue to suffer this fate regardless of how many we help. The vast majority of Americans oppose the brutal practice of horse slaughter, and we are grateful to Representatives Schakowsky and Buchanan for their steadfast commitment to ending this greed-driven cruelty to our horses."

"Congresswoman Schakowsky and Congressman Buchanan are both tremendous champions for animal welfare," said Cathy Liss, president of the Animal Welfare Institute. "Americans across the political spectrum want to see these noble animals protected from needless, gruesome and inhumane deaths. The SAFE Act would put a stop to the predatory and unsafe horse slaughter industry that butchers these animals for food."

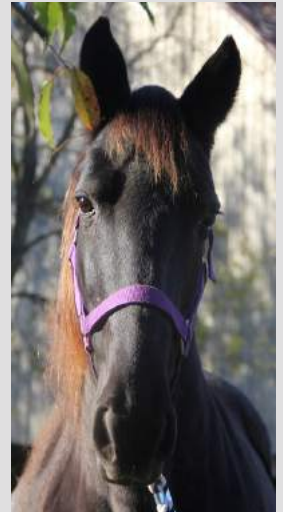
**The SAFE Act would also protect consumers from dangerous American horsemeat, which can be toxic to humans due to the unregulated administration of drugs to horses. Horses are not raised for food, and they are routinely given hundreds of drugs and chemical treatments over their lifetimes that are potentially toxic to humans if consumed. The U.S. Food and Drug Administration prohibit many of these drugs for use in animals intended for human consumption. Even products applied regularly, such as fly spray and de-wormers, contain toxic ingredients.**

Sara Amundson, Humane Society Legislative Fund (HSLF) president, said: "It is time to ban the slaughter of American horses for human consumption which will take horses off of dinner plates in foreign countries. Horses are iconic species in the lexicon of American history and treated as companion animals here. We commend Representatives Schakowsky and Buchanan for their leadership in introducing the SAFE Act, which not only protects horses from the inhumane practices of slaughter, but also protects unsuspecting consumers from horse meat tainted with dangerous drugs that are not fit for human consumption."

"That more than 80,000 American horses – including an unknown number who once roamed freely on our public lands – are shipped to their deaths in foreign slaughterhouses each year is an unnecessary betrayal of the animals that helped us build our country and continue to serve humanity," said Neda DeMayo, president of Return to Freedom Wild Horse Conservation. "RTF applauds Representatives Schakowsky and Buchanan for recognizing the public's overwhelming opposition to horse slaughter and continuing this bipartisan fight for the good of America's horses and for human health."

The ASPCA, AWI, The HSUS, HSLF, and RTF encourage the public to contact their U.S. representatives and urge them to cosponsor the SAFE Act, and to do all they can to secure its swift passage, in order to protect America's horses and overall consumer health from horse slaughter. ##

## Faces of Real Friends Saved From Real Slaughter by Real Rescues



## Former Communications Director for American Horse Council Pleads Guilty to Felony Embezzlement and Wire Fraud

Ashley Furst, 33, has pleaded guilty to federal wire fraud after embezzling almost \$600,00 from the non-profit AHC, and arranging a bank loan to try to cover amounts she knew would be missing from the Council's accounts needed to cover checks that would be deposited. The extent of the fraud was apparently discovered when a check made payable to an AHC consultant could not be paid because of lack of funds.

According to a statement from the US Department of Justice, Furst entered a guilty plea during an appearance in US District Court for the District of Columbia on January 29<sup>th</sup>. Furst had relocated to Colorado after working at AHC headquarters and was on a telecommuting agreement when the crime became known. Her husband, Christopher, was also charged.

Sentencing in the case is to be held on May 10, 2019.

Prosecutors in the case produced evidence that the embezzled money had been used to finance a lavish life style, including the purchase of a home and a luxury sedan, as well as a lease of another luxury vehicle. According to the charges, Furst had been drafting checks and co-signing them with a signature stamp from the previous president of the AHC, who said he had never given a signature stamp to Furst.

The charge carries a statutory maximum sentence of 20 years in prison and fines. Furst has agreed to pay \$545,594 in restitution and the same amount in a forfeiture money judgment, according to the DOJ statement. Under federal sentencing guidelines, it is anticipated that she will spend from two to three years in prison and will be fined up to \$100,00 in addition to the restitution and forfeitures that she has agreed to pay.

The American Horse Council thanked the FBI, the DOJ, and the US Attorney for its diligent work and investigation of the criminal case. A civil case filed by the AHC and the AHC Foundation, Inc., involving Furst remains pending. ##



Have you called your Congressman yet about the PAST Act?

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- FOSH Annual Distance Riding Award
- FOSH Annual Gaited Sport Horse Dressage Award
- Minnesota Walking Horse Association
- North America Western Dressage (NAWD) TRAX Program
- North American Trail Riding Conference (NATRC)
- Working Equitation United

## FOSH Directory

### Gaited Clubs

#### Southern Comfort Gaited Horse Club

[www.gaitedhorseclub.com](http://www.gaitedhorseclub.com)

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.

#### Chesapeake Plantation Walking Horse Club

The Chesapeake Club is celebrating 26 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](http://cpwhclub.wordpress.com) or [jacquicowan@comcast.net](mailto:jacquicowan@comcast.net)

### Breeders

#### Summerwind Marchadors and Future Foal Breeders

<http://futurefoal.net> or call Lynn @ 602-999-3915 Plan for your next lifetime partner! Come breed with us! Offering frozen semen (12 stallions in 2017) 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!

#### Missouri Morgans

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***Doing what Comes Naturally!*****Nicole Mauser-Storer & Sosa Playboy at Sonset Impress in Distance Competition**

Ask Illinois horsewoman Nicole Mauser-Storer what she likes best about distance riding and the answer might surprise you. It's not the end of the year awards or even the sense of personal accomplishment; instead, it's the joy she gets from keeping her partner, the 12-year-old cremello walking horse gelding she calls Bristol, on top of his game while being able to feel good all day, every day, that she's in the saddle. Her eye-catching horse of a different color not only can go the distance, he does it while looking spectacular, as the photo at right, taken during a competition in Wisconsin in 2018, shows.



Mauser-Storer says she can't remember a time when she wasn't in the saddle, that's how long she has been riding. At 44, like her horse, Nicole and Bristol are both in the prime of life and they are making the sweet spot count. Because Bristol is now at a point where he has the condition he needs and maintains it, Nicole says that the old routine of spring conditioning has largely been replaced by quite a bit of dressage work during the winter. This

also helps to break up the conditioning trail miles she does ride, averaging about 10 miles a go over varied terrain and at varying tempos.

Mauser-Storer has competed with Bristol in her region since 2013. In 2018, five years later, numbers of gaited horses in her area competing in distance continue to grow and the pair is no longer a novelty, but an always competitive force with which to be reckoned. Nicole says that the myth that gaited horses can't be competitive in all breed distance competition has been disproven and that they can never be counted out. Her own experience has proven that.

Five years ago the smart money would have said that the frankly nervous, tense, and randomly gaited horse that she brought to her first ride (and some subsequent ones, too) wouldn't have been anyone's pick for a winner but Nicole knew that with patience, careful initial miles, and taking the time to listen to her horse and to learn him, just as he would learn her, that good things were coming in the future. They now have over 1400 miles together and no one questions their status as serious competitors.

Nicole says what sets Bristol apart from many other horses is that he is an independent thinker with tremendous 'bottom'; she knows that he won't try to quit on her over the period of a long distance course. He is also able to take care of himself. In distance riding lingo this means that he drinks water and eats when he needs it and will not run himself into the ground—his heart is matched with brains. Oddly, according to Nicole, the attributes that she now values were not instinctive for Bristol; they had to be developed. That is what has made their progress both huge and exciting.

People who see Bristol today would be surprised to know that the mile-eating gelding almost didn't get a chance to compete in *any* discipline. As a youngster Bristol had inordinately weak stifles that required special attention and he also had an inordinately over-developed flight instinct. Taking the time to bring him along, slowly and with attention to a plan for his mental and physical development, was essential. He was no 90-day wonder, but the time that was taken paid good dividends.

Some family challenges in 2018 have kept Nicole from being too ambitious with her early plans for 2019 but she acknowledges that what she really wants to do is make a 100-mile ride when the timing is right. Setting goals is, after all, first about getting started each season. Tucked up in her treeless Bob Marshall saddle and armed with a simple snaffle bit, looking forward to the challenge of any trail, because all trails are her favorite of the moment, Nicole and Bristol are looking forward to making a start off the line in 2019. When they arrive for the first vet check of their first ride, chances are good that the orange muzzle that Bristol presents will give away his great weakness—carrots, any size, any time, any place. Nicole always carries them in her pack and Bristol, because he knows his rider, just like she knows her horse, expects and believes that reward is all part of a good day's work.

Happy Horse- Happy Trails! ##

## Healthy Older Horse continued from page 25



**Above:** At 37, this walking horse gelding was still showing good condition, ate well, and, despite severe arthritis, for which he was medicated once a day, covered ground in the pasture, grazing and often chasing his 30-year-old companion pony. He was brought in and out of the barn for feedings and for shelter at night.

At 40, an advanced old age for a horse, cataracts and encroaching blindness made it increasingly difficult for him to move about or to feel safe either outdoors or entering a stall space; he was also almost completely without functional teeth.

When the decision was made to humanely euthanize in January 2019, he was still in good flesh and alert, having followed a program of feeding and care similar to that suggested in Dr. Getty's article and augmented by his favorite treat—melt-in-the-mouth Uncle Jimmy's Squeezy Buns.

With proper management, advanced age, with a horse enjoying his final years, is both possible and achievable. In his last 26 years he had never had a vet call for other than routine maintenance.

**The underweight horse can be very challenging.** First, try to determine the reason for weight loss. Worm infestation, ulcers, infections, liver or kidney disease, even cancer can cause weight loss. Pain and mental stress can also make it difficult for your horse to hold a normal weight. The most common reason for weight loss in older horses, however, is poor teeth. Soaked hay cubes or chopped forage, fed free choice, will meet forage requirements. Extra calories can be provided in a variety of ways but avoid cereal grains. Horses are more prone toward developing Cushing's disease as they age and should be fed a low starch diet. Additional fat through ground flaxseeds or chia seed are safer ways to help your horse gain weight without the risk of starch. Additional protein from alfalfa, and especially hempseed protein, will boost protein quality to help maintain muscle mass, while adding extra calories. A good pre/probiotic will allow for more calorie production from the hindgut microbes.

### Other age-related problems

**Joint and muscle deterioration.** Most, if not all, horses over the age of 20 will develop arthritis to some degree. Stall confinement makes arthritis worse and makes muscles tight. Mild exercise helps lubricate stiff joints and builds up surrounding muscles. Even if you don't ride your horse, the more pasture turnout he gets the better off he'll be.

**Tendons and ligaments lose elasticity over time and muscle mass starts to decline.** There are several nutrients that I find helpful in boosting joint and connective tissue strength and lean body mass. These include colostrum, branched chain amino acids, B vitamins, vitamins C and E, and others.

### Bottom line

Your horse's genetic background combined with his health status throughout his growing and adult years will influence how well he ages. If he was fed well all his life, with attention toward providing a clean diet and filling in nutritional gaps, he will likely live longer and with fewer ailments. You are the best judge of how well your senior horse is aging. By keeping track of his weight, his eating habits, and his overall condition, you can make appropriate adjustments to his diet that will impact his health and overall quality of life. ##

*About the author: Juliet M. Getty, Ph.D. is an independent equine nutritionist with a wide U.S. and international following. Her research-based approach optimizes equine health by aligning physiology and instincts with correct feeding and nutrition practices. Dr. Getty's goal is to empower the horseperson with the confidence and knowledge to provide the best nutrition for his or her horse's needs.*

*Dr. Getty's fundamental resource book, **Feed Your Horse Like a Horse**, is available in paperback as well as in hardcover and Kindle versions. All except the Kindle version are available at [www.GettyEquineNutrition.com](http://www.GettyEquineNutrition.com)-- buy the book there and have it inscribed by the author. Print and Kindle versions are also available at Amazon ([www.Amazon.com](http://www.Amazon.com)); find print versions at other online retail bookstores. The seven individual volumes in Dr. Getty's topic-centered "Spotlight on Equine Nutrition" series are available with special package pricing at her website, and also at Amazon in print and Kindle versions. Dr. Getty's books make ideal gifts for equestrians!*

Introduction to

# Working Equitation for Gaited Horses Clinic

April 13 & 14, 2019



Featuring

WORKING EQUITATION EXPERTS HOWARD AND ERICA PEET

WE UNITED "R" JUDGE

OPEN TO ALL GAITED BREEDS - ENGLISH AND WESTERN

**Fee:** \$250, includes stall and daily lunch  
Clinic limited to 9 participants  
**Auditor fee:** \$20/day, \$30/weekend

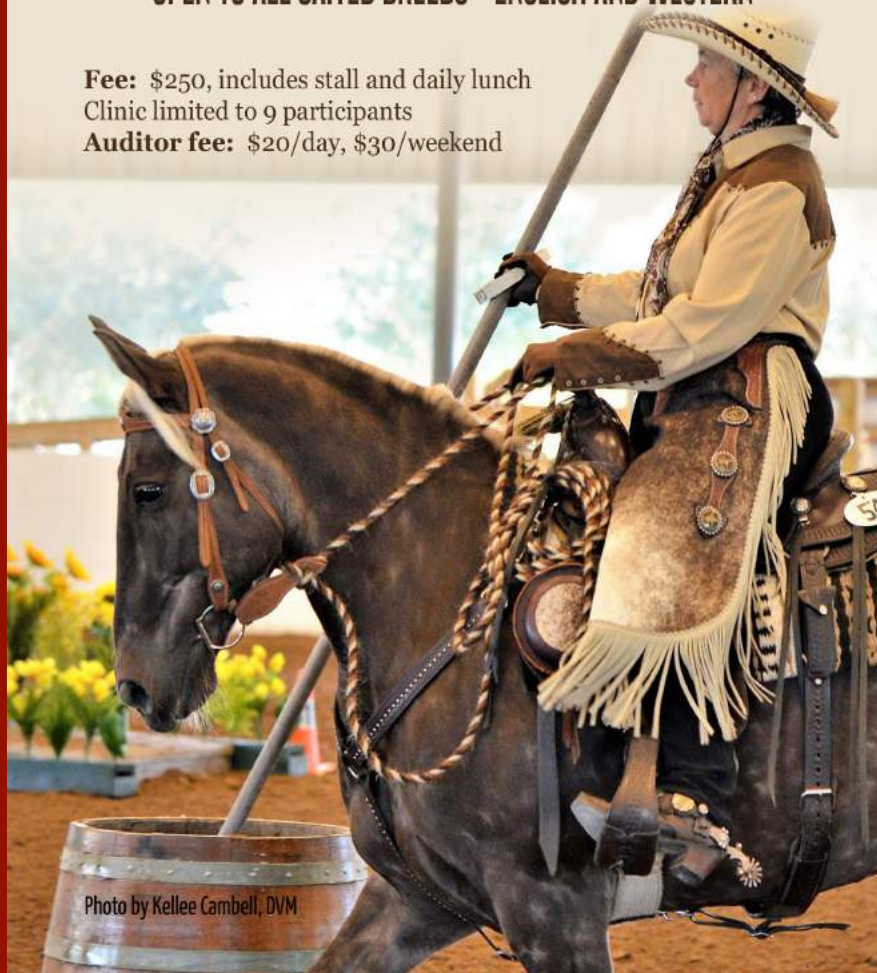


Photo by Kellee Cambell, DVM

## DAY 1

**SATURDAY 9 am – 5 pm**  
Getting to know riders and horses  
Learning about Working Equitation  
Introduction to WE Dressage  
Individual Coaching  
Ride a Test--Fix-a-Test  
Explanation of Obstacles

## DAY 2

**SUNDAY 9 a.m. – 4 p.m.**  
Working obstacles with  
relaxation & confidence  
Applying Dressage Principles  
to Obstacles  
Walking an Obstacle Course  
Ride an Obstacle Course  
Closing Gathering

## Location

Meritage Farm  
5027 Calvey Creek Rd.  
Robertsville, Missouri

## Contact

Teresa Bippen  
tbippen1957@yahoo.com  
314-409-3861  
(text or phone call)



Friends of Sound Horses, Inc.

## FOSH

FOSH (Friends of Sound Horses), thanks the Humane Society of the United States and Sara Patton of Meritage Farm, Robertsville, MO for without their generous donations, our clinic would not be possible



## Horses Shaking Their Heads. Researchers Still Scratching Theirs as to Why

Four studies into why horses shake their heads and how best to manage or control this behavior have explored the question yet not found an acceptable answer. The condition has both welfare and economic implications for the horse and its owner since euthanasia is sometimes thought to be the only cure or solution.

First, let's define the problem. Equine headshaking is a normal, involuntary defense system designed to rid the horse's neck and face of annoying and potentially pathogenic or disease-causing flies. Since there is little to no threat of flies in the dark, the winter or when the animal is in motion, a healthy horse will shut down this protective system in order to conserve the energy the shaking motion requires.

Some horses, however, exhibit headshaking – usually vertical and often quite severe - even when there are no flies present. This condition has frustrated owners and baffled veterinarians, scientists and researchers for some time. Because the cause remains unknown, an effective cure has been elusive.

Let's take a closer look at the latest findings of four studies into equine headshaking. Click the links supplied to read the entire article. Please note that this research deals specifically with idiopathic headshaking. That means other possible physical causes have been ruled out, such as ear mites, otitis interna, injury, ocular disease, guttural pouch infection, dental problems and sinusitis.

**Article 1.** *[Trigeminal Nerve Root Demyelination Not Seen in Six Horses Diagnosed with Trigeminal-Mediated Headshaking.](#)* Published May 15, 2017 in *Frontiers in Veterinary Science* by authors Veronica L. Roberts et al.

The authors found that no histopathological abnormalities were detected on microscopic examination of the trigeminal nerve root, trigeminal ganglion, infraorbital nerve and caudal nasal nerve in the headshaking horses. In

fact, no histological differences were detected between samples from headshaking and normal horses.

**Article 2.** *[Alterations in Metabolic Status and Headshaking Behavior Following Intravenous Administration of Hypertonic Solutions in Horses with Trigeminal-Mediated Headshaking.](#)* Published June 25, 2018 in *Animals: MDPI* by authors Shara A. Sheldon et al.

Changes in blood components (pH, electrolytes) are known to affect nerve pain. To investigate this more, three different fluids with varying pH and electrolytes were given in the vein to horses affected with trigeminal-mediated headshaking. IV injection of hypertonic sodium bicarbonate solution produced some beneficial but short-lived effects. The authors concluded, "Further investigations of changes in electrolytes that might affect nerve firing should be explored."

**Article 3.** *[Trigeminal-mediated headshaking in horses: prevalence, impact, and management strategies.](#)* Published January 20, 2018 in *Dove Medical Press* by Veronica Roberts.

While this article provides an excellent overview of the prevalence and impact of trigeminal-mediated headshaking and a detailed description of its symptoms, it explores no cause and offers management strategies rather than treatments or cures. The nose net was recommended as the first treatment to try because it is cheap, non-invasive, risk-free, and is allowed in most competition at most levels.

**Article 4.** *[Intravenous infusion of magnesium sulfate and its effect on horses with trigeminal-mediated headshaking.](#)* Published January 22, 2019 in the *Journal of Veterinary Internal Medicine* by authors Shara A. Sheldon et al.

Administering IV magnesium sulfate was credited with having reduced headshaking by 29%; however, the improvement lasted only for two hours.

**Although research is progressing, there is an easy and effective option for horse owners now.**

Again, let's assume that all other possible physiological causes of trigeminal-mediated headshaking have been eliminated and we're dealing specifically with idiopathic headshaking. It's frightening, sad and unnecessary to think that euthanasia is the only cure when a simple 10-day treatment is effective and is available at a very affordable cost, with a full guarantee. Equiwinner is a patented, non-transdermal patch. It serves as a natural electrolyte-balancing system that restores normal blood pressure and healthy circulation in the headshaking horse. Both are necessary to end headshaking.

It's safe, effective and easy to use. One single treatment can be effective for months, even up to one full year, when used as directed although severe cases may require additional treatments.

Equiwinner patches contain only natural balanced electrolytes. Nothing goes into the horse's body – it simply recognizes the electrolytes in the patches and responds to them. There are no side effects and Equiwinner will never test positive

In any competition, race, event or sport. Since electrolytes are involved in every physiological process in the body, when you restore t-up, anhidrosis and headshaking. Proper electrolyte activity will also keep horses hem to perfect health; several conditions disappear including bleeding, tying -up, anhidrosis and headshaking. Proper electrolyte activity will also keep horses hydrated and improve their general performance and health. **To learn more about electrolytes and their effect on horse health and performance, visit <https://signal-health.com> or call toll-free: 1- 877-378-4946. ##**

## In Conclusion: April Fool's Day, a "Serious" History

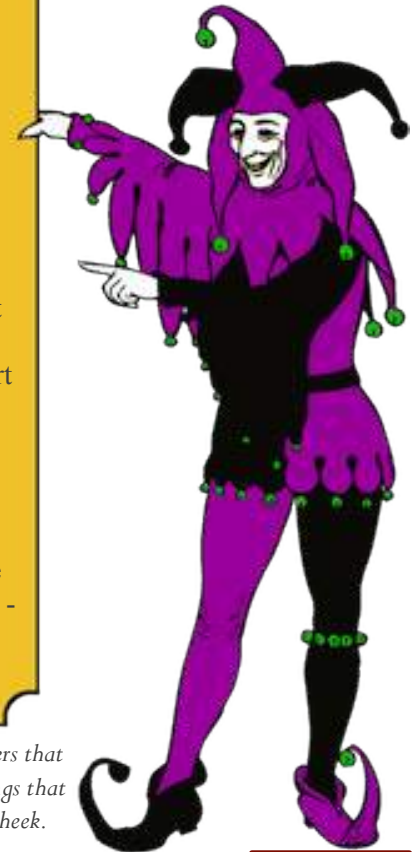


**How, when, where, why, did April Fool's Day begin?** No one really knows for sure. In fact, the word most often used to describe its origins is the word obscure. There are, however, some good historical guesses. The most often quoted theory gives the credit to la belle France. In 1582, France made the switch to the Gregorian calendar and thus moved the beginning of the year from the end of March, roughly around the time of the vernal equinox, to the first of January.

Like all new things, back in the day, the change was not met with everyone's approval. Those who refused to get with the program continued to ring in the New Year on the old day, April 1<sup>st</sup> and were met with jokes and pranks, as well as the title of "poissons d'avril" or April Fish. From there it was a short linguistic distance to fool.

The French have always had a thing for fools and in 1831 Victor Hugo, in his novel The Hunchback of Notre Dame, celebrated the Feast of Fools on January 6, 1482, when his hero Quasimodo served as the Pope of Fools. The actual mediaeval event was well-known by Catholics, although the Church itself was not all that fond of some of the practices that surrounded it.

*Factoid: The bells on a multiple armed hat are as old as mediaeval jesters that entertained the nobility at court and got away with saying things to kings that no one else could say. Apparently the right hat makes up for a bit of cheek.*



In 1996, Disney Studios, no fools they, decided to put the real event of Feast of Fools into Technicolor and turn it into part of a musical. Topsy Turvy the featured song about the festival was part of its animated version of The Hunchback of Notre Dame. No joke- the movie was only a modest success.

Ignoring the claims of the French, the more sober Dutch could claim and document the earliest historical reference to Fool's Day with a poem published in 1561, predating the adoption of the Georgian Calendar by 21 years.

The English, too, had a contender for the title with a letter written in 1706 to Britain's Apollo magazine, with the question: "Whence proceeds the custom of making April Fools?" Apparently everyone still wants to know the answer to that one. If they had paid closer attention, they would have known that the first mention of April Fool's Day in Britain came in 1686 when John Aubrey described the 1<sup>st</sup>

of April as "Fool's Holy Day". Thirty years later, the Tower of London got in the act when Londoners were sent on a "fool's errand" to watch the so-called "washing of the lions", a ceremony that didn't exist. The April 2<sup>nd</sup> newspaper had to debunk the hoax while making fun of the people thus taken in.

We might be able to blame Fool's Day on the Romans of old, who used to celebrate a spring festival in late March. Called Hilaria (from whence comes the word hilarity) the festival included commoners disguised and imitating noble people to very devious ends. Surprise!

No matter from whence the day comes, the fact is that people love to fool other people. Who doesn't itch to take part in a day for outlandish behavior, when schmos fall for ridiculous things, like the 'rare' spaghetti growing trees featured on a BBC news program in the '70s? (That happened for real.) ##

**FOSH**

**6614  
Clayton  
Road  
#105**

**St.  
Louis,  
MO**

**63117**