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THOUGHT OF THE MONTH:

Happy Thanksgiving!



## Rare or Endangered Horse Breeds

By The VHN Writing Team



Photo CC: Akhal Teke Stallion, Wiki Commons, Ulrupelt

The status of many horse breeds continues to change each and every year, especially with the rise of internet fads and popularity and sudden desires to own different and more obscure breeds. This rise in attention can be very positive for horse breed conservation but it can also have its failures in proper care and understanding of specific horse breeds.

Within the past few years there are a good many horse breeds that have fallen into the rare or endangered category. Here are 10 breeds on the list...

Please remember that the status of horse breeds can change drastically over time, so it's important to consult up-to-date sources for the latest information. Some horse breeds that were considered rare or endangered in the past few years included:

1. Suffolk Punch: A heavy draft horse breed from England, known for its chestnut color and strength.
2. Cleveland Bay: A versatile and elegant British breed primarily used for driving and riding.
3. Hackney Horse: Historically bred for carriage driving, the Hackney Horse had become less common in breeding.
4. Caspian Horse: A small horse breed originally from Iran, which faced a declining population.
5. Knabstrupper: Known for its distinctive spotted coat pattern, the Knabstrupper was relatively rare.
6. Abaco Barb: A breed native to the Bahamas, the Abaco Barb faced serious threats to its survival.
7. American Cream Draft: A rare draft horse breed native to the United States, known for its cream-colored coat.
8. Sorraia: An ancient Iberian breed, the Sorraia horse had a limited population.
9. Akhal-Teke: A horse breed from Turkmenistan known for its unique metallic sheen and endurance capabilities, although it wasn't critically endangered, it was relatively rare in some regions.
10. Newfoundland Pony: A breed from Canada's Newfoundland and Labrador province, which had a small and declining population.

Conservation efforts, breed registries, and organizations dedicated to preserving these and other rare breeds have been working to protect and promote these breeds. To get the most current status of these breeds, it's advisable to consult the latest information from breed-specific organizations, horse breed registries, and conservation groups.

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## Evolution in the Short Term: How Horses Have Evolved in the Past 100 Years

By The VHN Writing Team



Horses have played a crucial role in human history for thousands of years, serving as transportation, working animals, and companions. In the last century, horse breeding and husbandry have seen significant changes, leading to the evolution of horse breeds as we know them today. This article explores how horses have evolved in the last 100 years, both in terms of their roles in human society and their physical characteristics.

### Changes in Horse Breeding and Selection:

Horse breeding has seen a remarkable transformation in the past century. Selective breeding for specific traits, such as size, strength, and temperament, has led to the development of distinct horse breeds tailored for various purposes. The shift from utilitarian workhorses to specialized breeds for sports, leisure, and entertainment is one of the most prominent changes in horse evolution.

In the early 20th century, horses were primarily bred for practical purposes, such as farming, transportation, and military use. These horses were generally heavy and sturdy to handle demanding tasks. Over time, as technology replaced horses in many of these roles, breeding goals shifted towards producing horses for riding, racing, and other recreational activities.

### The Rise of Specialized Breeds:

The 20th century witnessed the emergence of specialized horse breeds for specific disciplines. Thoroughbreds became synonymous with horse racing, and they were refined for speed and agility. Quarter Horses excelled in rodeo events, while the Andalusian and Lipizzaner breeds continued to thrive in the world of classical dressage.

The evolution of these specialized breeds was driven by human demands and preferences, and careful selection of bloodlines and traits that made them suited for particular tasks. Breeding practices became more sophisticated, with the use of artificial insemination, embryo transfer, and advanced genetic testing to enhance the qualities of the offspring.

### Changes in Size and Conformation:

The physical characteristics of horses have also evolved significantly in the last 100 years. Workhorses of the past were typically larger and heavier, designed to pull plows and carriages. With the shift towards recreational and sporting uses, there has been a trend towards lighter, more agile horses.

Thoroughbreds, for example, are known for their slender build and exceptional speed, which contrasts with the robust, heavy horses used in agriculture a century ago. Show jumpers and eventing horses are bred for agility and endurance, with conformation that complements these attributes.

In contrast, draft horse breeds, like Clydesdales and Shires, have seen a decline in their agricultural roles. While they were once indispensable for heavy farm labor, mechanization has diminished their demand in that context. However, these majestic giants have found new niches in activities like carriage driving and as a symbol of nostalgia, contributing to their preservation.

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Advancements in veterinary science and equine health have also played a crucial role in the evolution of horses over the last century. The availability of vaccines, deworming treatments, and better nutrition has significantly increased the lifespan and overall well-being of horses. This has led to longer, more productive careers for many equine athletes.

Furthermore, diagnostic tools such as MRI and advanced imaging techniques have improved our understanding of equine injuries and ailments, leading to more effective treatment and rehabilitation options. Equine sports medicine has grown into a specialized field, ensuring the longevity and performance of sport horses.

### Globalization of Horse Breeding:

The 20th century also marked a period of globalization for horse breeding. Horses, once bred primarily within regional or national boundaries, are now part of a global marketplace. The exchange of breeding stock, frozen semen, and embryos has led to greater diversity within breeds and the emergence of new populations in different parts of the world.

For example, American Quarter Horses, originally bred in the United States, are now found in many countries, reflecting the international popularity of the breed for various western riding disciplines. Similarly, Arabian horses, once synonymous with the Middle East, have established a presence in breeding programs worldwide.

### Challenges and Concerns:

While the evolution of horses in the last 100 years has brought many positive changes, it has also raised some concerns. There is a growing recognition of the importance of preserving rare and endangered horse breeds. As specialized breeds gain popularity, less common breeds may face a decline in population and genetic diversity.

Additionally, there is a need for ethical considerations in equine breeding. Concerns about overbreeding, the welfare of broodmares, and the fate of horses with no career prospects have led to discussions about responsible breeding practices.

Horses have evolved significantly in the last century, transitioning from utilitarian workhorses to specialized breeds for sports, leisure, and entertainment. The changes in horse breeding, size, conformation, equine health, globalization, and the preservation of rare breeds have all contributed to this evolution.

As we look to the future, the responsible and sustainable evolution of horses will be a continued focus. Balancing the demands of humans with the welfare and preservation of the equine species will be essential in ensuring that horses continue to play a vital and cherished role in our lives for generations to come.





## • Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

### “Electric Skillet Lemon Chicken”

#### Ingredients:

3 boneless skinless chicken breasts cut in half horizontally  
 ½ cup flour  
 ½ teaspoon kosher salt  
 ¼ teaspoon pepper  
 ¼ cup butter or ½ stick  
 1 tablespoon garlic minced (about 4 cloves)  
 1 cup dry white wine may substitute chicken broth  
 ¼ cup lemon juice (about 2 medium lemons)

#### Directions:

Mix together the flour, salt, and pepper. Lightly coat each chicken breast in the flour mixture, shaking off the excess.

Melt the butter over medium heat in an electric skillet or skillet on the stove. Once melted, cook first side of chicken until golden brown, about 3-4 minutes (may need longer if chicken is very thick).

Flip the chicken and add garlic. Continue to cook for 3-4 minutes, or until chicken is cooked through.

Add wine and lemon juice, stirring well to incorporate the garlic and browned bits from the bottom of the pan. Simmer the sauce for 5 minutes, or until it thickens and coats the chicken. Flip chicken halfway through to coat in sauce, then serve.

#### Notes-

#### Tips & Tricks

Try to slice the breasts as evenly as possible to ensure that they cook in the same amount of time.

Coat the chicken very lightly in the flour. Too much flour causes a clumpy, soggy coating.

Keep your skillet to medium heat. If the pan gets too hot, the butter will burn before the chicken is finished.

If using a non-stick pan or skillet, be sure to use rubber tipped tongs. Metal tongs will scratch up your skillet.

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## About Happy Trails Kitchen



Sharon Hauht is the owner of Happy Trails Kitchen that specializes in baking and artfully decorated custom celebration cakes, cupcakes, cookies and sugar art for your special occasion. Sharon is an award winning cake decorator who has more than 40 years experience. Sharon competed with her team, Gouly Goblins, on Season 10 of Food Network’s Halloween Wars and was featured on the Road to Halloween Wars, which aired on September 13, 2020.

Happy Trails Kitchen (HTK) is registered by the Southern Nevada Health District (SNHD) as a cottage food operation, which means HTK’s food labels have been approved by SNHD, applicable recipes have been lab-tested for shelf stability (pH and water activity), and Sharon Hauht has been approved to bake and decorate cakes out of her home. She can print edible images (logos and Photographs) on your confections. She has her food handler’s card for food safety.

You can see pictures of some of her recent projects on her website: [www.happytrailskitchen.com](http://www.happytrailskitchen.com). You can contact Sharon through her website or by emailing her at [happytrailskitchen@gmail.com](mailto:happytrailskitchen@gmail.com) or call (702) 277-8000. HTK is also on Facebook and Instagram under HappyTrailsKitchen.



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# Understanding Hunter's Bumps in Horses

By The VHN Writing Team



A “hunter’s bump” is a colloquial term referring to a condition in horses characterized by an indentation or dip in the lumbar or lower back area. Officially known as “sacroiliac joint subluxation” or “sacroiliac joint dysfunction,” this condition can affect a horse’s mobility and overall well-being. In this article, we’ll delve into the causes, symptoms, and potential treatment options for hunter’s bumps in horses.

## Causes of Hunter's Bumps:

Hunter’s bumps in horses are often the result of strain or injury to the sacroiliac joint, which connects the horse’s pelvis to the spine. The condition can be triggered by various factors, including:

1. Repetitive Stress: Activities that involve repetitive movements or strain on the back, such as jumping, racing, or heavy pulling, can lead to sacroiliac joint dysfunction over time.
2. Trauma: Acute trauma, such as a fall or collision, can cause injury to the sacroiliac area and contribute to the development of a hunter’s bump.
3. Muscle Imbalance: Muscle imbalances in the hindquarters or lumbar region can place undue stress on the sacroiliac joint, leading to issues.
4. Improper Saddle Fit: Ill-fitting saddles can place pressure on the horse’s back, potentially contributing to joint dysfunction.

## Symptoms of Hunter's Bumps:

Recognizing the signs of hunter’s bumps in horses is crucial for early intervention. Some common symptoms include:

1. Lameness: Affected horses may display varying degrees of lameness, particularly in the hind limbs.
2. Difficulty with Collection: Difficulty collecting or maintaining a rounded frame during riding or work may be observed.
3. Back Pain: Horses with sacroiliac joint dysfunction may show signs of discomfort or pain in the lower back.
4. Decreased Performance: A decline in performance, such as reluctance to jump or reduced speed, is often noticeable.
5. Muscle Atrophy: Over time, the affected side of the horse’s back may display muscle atrophy, leading to an indentation, or “bump.”

## Treatment and Management:

Addressing a hunter’s bump requires a comprehensive approach that includes veterinary care and management. Potential treatment options may involve:

1. Veterinary Evaluation: A thorough veterinary examination, including imaging such as X-rays or ultrasound, is necessary to diagnose the condition accurately. There are other ailments that could mimic some of the symptoms of Hunter’s Bumps, so proper imaging can rule out the possibility of other causes.
2. Rest: Providing the horse with adequate rest to allow for healing is essential, especially during the acute phase. If not enough rest is provided, the strain of this condition could accelerate more rapidly, impeding your horse’s ability to recover.
3. Physical Therapy: Physical therapy and exercises can help restore strength, flexibility, and balance in the back and hindquarters.
4. Medication: In some cases, anti-inflammatory medications or pain management drugs may be prescribed to alleviate discomfort.
5. Saddle Fit Evaluation: Ensuring proper saddle fit is essential to prevent further stress on the sacroiliac area.
6. Modifications in Training: Adjusting the horse’s training program to reduce strain on the back and gradually reintroducing work as the horse heals.
7. Alternative Therapies: Some horse owners explore alternative therapies like chiropractic adjustments or acupuncture to complement traditional treatment.

Early detection and intervention are crucial in managing hunter’s bumps effectively. Horses with this condition can often make a full recovery with appropriate care and rehabilitation. It’s important to work closely with a veterinarian and equine professionals to develop a tailored treatment plan for the affected horse, considering the severity of the condition and the horse’s specific needs.

While a hunter’s bump can be concerning for both horse and owner, understanding its causes, recognizing its symptoms, and pursuing a proper course of treatment can lead to a successful rehabilitation process and the return of a healthy and happy equine companion.

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# The Future of Horses: Evolution in the Next Century

By The VHN Writing Team



Horses have been our steadfast companions for thousands of years, evolving from small, multi-toed creatures into the powerful and versatile equines we know today. As we stand on the cusp of the 22nd century, it's fascinating to contemplate the potential evolution of horses in the next century. What transformations might these remarkable creatures undergo, driven by changing human needs and advances in science and technology?

## Genetic Modification and Customization

Advancements in genetic engineering have already begun to shape the trajectory of horse breeding. In the next century, we could witness the refinement of desired traits with even greater precision. Breeders may harness genetic modifications to tailor characteristics like size, strength, and temperament, producing horses that are ideally suited for specific purposes. Whether it's creating the perfect racehorse, a highly trainable dressage mount, or a sturdy and resilient working horse, genetic customization could play a significant role in the evolution of horse breeds.

And with this modification, the appearance of our favorite breeds could drastically change in the years to come. A perfect example of just how drastic this change could be is to take a look at how different dog breeds looked a century ago, versus today.

## Enhanced Health and Longevity

One of the most promising aspects of future equine evolution is the potential for significantly improved health and longevity. As our understanding of equine genetics, nutrition, and healthcare deepens, we may develop advanced therapies and preventive measures to extend the lifespan of horses. Equine athletes, which often have relatively short careers due to physical demands, might enjoy more prolonged and productive careers, while companion horses could lead healthier and more comfortable lives in their senior years. There's even the potential for us to eradicate certain equine diseases or common ailments by the 22nd century as our scientific understanding of horses grows.

## Adaptation to Changing Environments

The 21st century has witnessed numerous challenges for horses, including climate change and habitat loss. In the next century, we might see the evolution of horses that are better adapted to changing environmental conditions. Breeds developed to thrive in diverse climates, whether they are bred for extreme heat, cold, or other challenging environments, could be more common. This adaptation could play a vital role in the conservation of wild horse populations and the sustainable use of equines in agriculture.

## Artificial Intelligence and Training

The integration of artificial intelligence (AI) and machine learning into equestrian training and care could lead to more skilled and adaptable horses. AI-powered training systems may provide real-time feedback to riders and trainers, helping horses refine their skills and learn faster. This fusion of technology and horsemanship could revolutionize equestrian sports and leisure riding, leading to more capable and refined equine athletes.

## Preservation of Rare and Endangered Breeds

The next century could witness a concerted effort to preserve and revive rare and endangered horse breeds. Conservation programs may use advanced reproductive technologies, such as cloning and embryo transfer, to bolster the populations of these breeds.

Furthermore, the development of synthetic ecosystems and controlled environments could provide safe havens for threatened equine populations, ensuring their survival and genetic diversity.

## Ethical and Sustainable Breeding

In the coming century, ethical considerations may play a more substantial role in the evolution of horse breeding. There could be a shift towards more responsible and sustainable breeding practices that prioritize the welfare of horses. Breeders might emphasize longevity, health, and suitability for a purpose over extravagant traits, resulting in breeds that are not just beautiful or talented but also well-suited to a comfortable and healthy life.

## Equine-Human Interaction

The future may hold exciting possibilities for the interaction between humans and horses. As we deepen our understanding of equine behavior and communication, we may develop new ways of connecting with horses on a deeper level. Perhaps this will lead to even more profound therapeutic and rehabilitative applications of equine-assisted therapy, promoting emotional and psychological well-being.

There are so many possibilities for the advancements that could take place over the coming years. Will we be able to speak to our equines and understand them on a new level? Will new breed crossings emerge? Will diseases vanish and new therapies for horses arise?

The evolution of horses in the next century is a subject that invites both wonder and responsibility. While the potential for genetic customization and enhanced performance is intriguing, it must be balanced with ethical and sustainable practices that ensure the well-being of these animals. As we look ahead, it's essential to remember that horses are not just vehicles, athletes, or pets; they are living beings with a profound connection to our shared history.

The future of horses holds exciting prospects, but our responsibility is to shepherd their evolution in a way that upholds their dignity, well-being, and the enduring bond between humans and these magnificent creatures. It is in the hands of breeders, scientists, equestrians, and advocates to shape the next chapter in the remarkable story of equine evolution.



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# The Ins and Outs of Conditioning Your Horse on Different Surfaces

By The VHN Writing Team



A horse's well-being and performance greatly depend on its physical conditioning, and one essential aspect of this is training on various surfaces. Different surfaces can impact a horse's muscles, joints, and hooves differently, making it crucial to condition your horse on a range of terrains to maintain its health and prepare it for various equestrian activities.

In this comprehensive guide, we will explore the importance of conditioning your horse on different surfaces and provide tips on how to do it effectively.

## The Significance of Conditioning on Different Surfaces

- Enhanced Performance:** Training on different surfaces helps horses adapt to various conditions they might encounter during competitions or recreational riding. Improved performance in diverse terrains is crucial for success in disciplines like dressage, show jumping, and eventing.
- Muscle Development:** Different surfaces challenge different muscle groups. Soft surfaces like sand or grass can help strengthen the horse's core and leg muscles, while harder surfaces like asphalt or gravel can contribute to improved bone density.
- Hoof Health:** Exposure to various surfaces can condition a horse's hooves, making them more resilient and less prone to issues like stone bruises or lameness. It can also help prevent hoof imbalances.
- Injury Prevention:** Proper conditioning on a variety of surfaces can reduce the risk of injuries. Horses that are used to uneven terrain are less likely to stumble or strain their muscles when they encounter unexpected obstacles.

## The Surfaces to Consider

- Arena Sand:** Arena sand is soft and forgiving, making it an excellent surface for initial training and warm-ups. It helps build muscle and flexibility and is easy on a horse's hooves.
- Grass:** Riding on grass helps develop core muscles and provides a change of pace. It can be a bit slippery when wet, so riders should take extra precautions in such conditions.
- Dirt or Gravel Trails:** Riding on trails with dirt or gravel surfaces can be great for conditioning as it simulates uneven terrain. The resistance provided by such surfaces can help build strength and stability.
- Asphalt or Concrete:** These hard surfaces are valuable for conditioning horses, especially if they are involved in disciplines that require a lot of impact, like jumping. However, prolonged exposure to hard surfaces should be limited to prevent strain or injury. Safety is also important to prevent slipping and sliding, or the possibility of a fall.
- Hills:** Uphill and downhill terrain can significantly challenge a horse's muscles and cardiovascular system. Hill training is excellent for building strength and endurance.

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6. **Water:** Training in water, such as rivers or lakes, can provide an extra level of resistance and challenge. Water exercises help improve muscle strength and coordination.

## Tips for Effective Conditioning

- Gradual Progression:** When transitioning to a new surface, introduce it gradually. Start with shorter sessions and build up the duration over time to allow your horse's body to adjust. Don't be surprised if your horse deals with muscle soreness and fatigue when starting with new surfaces. The change might seem simple or minimal, but a group of muscles could be utilized differently depending on the surface type.
- Proper Footwear:** If necessary, consider appropriate hoof protection like boots or shoes for hard surfaces to reduce the risk of injury.
- Footing Inspection:** Always inspect the surface for potential hazards or irregularities before riding. Remove any debris, rocks, or obstacles that could cause injury. Watch for vehicles along public areas, and be aware of the weather and how it can impact the feel of different surfaces, like concrete or dirt.
- Variety:** Incorporate a variety of surfaces into your horse's training regimen. This diversity is essential for a well-rounded conditioning program. It can also give you the opportunity to desensitize your horse as well.
- Rest Days:** Give your horse rest days in between training sessions on challenging surfaces to allow for recovery and muscle growth.
- Regular Veterinary Check-ups:** Periodic veterinary evaluations are essential to ensure your horse's health and to address any issues promptly.
- Warm-Up and Cool Down:** Begin each training session with a thorough warm-up and finish with a proper cool-down period. This helps prevent injuries and stiffness.
- Listen to Your Horse:** Pay attention to your horse's behavior. If you notice signs of discomfort, such as lameness or reluctance to work on a specific surface, consult with a veterinarian or equine professional.

## Final Thoughts

Conditioning your horse on different surfaces is a crucial aspect of its overall well-being and performance. By exposing your horse to various terrains and maintaining a balanced training program, you can help it develop the strength, flexibility, and resilience required for various equestrian activities. Always prioritize your horse's health and safety, and seek guidance from equine professionals when necessary to ensure a well-rounded conditioning regimen that suits your horse's individual needs and goals.





## The Horse/ Human Connection: Advice from the Experts

By Jackie Hills, CAWDA

Dear Abby-Louise,

My homemade dressage letter C blew down in the breeze and spooked my horse. Since then, he won't go willingly to that part of the arena. I've tried to convince him not to be scared, but he still is. What can I do?

Signed,  
Taken for a Ride.

Dear Abby-Louise,

I know that thing at the end of the arena is going to get me. It jumped at me once, but I was fast and got away from it. Since then, my rider keeps trying to make me go over there, but I know better. I've tried every way I know to convince her it's not safe, but she doesn't get it. What can I do?

Signed,  
Flight Risk.

Dear Taken for A Ride and Flight Risk,

I know just the place where you can get sound advice, learn to better communicate, and get more in tune with each other. Don't miss out on The Horse/Human Connection in Las Vegas on March 2-3.

California Western Dressage Association, which is hosting the event, has brought together some great speakers, including the author of "Horse Brain, Human Brain: The Neuroscience of Horsemanship" by Keynote speaker Janet L. Jones, Ph.D. Dr. Jones, a brain scientist, horse trainer and writer, has a unique perspective on horse and rider training, which she refers to as Brain-based Horsemanship™. Both horses and humans must use their brains to communicate effectively with each other. Understanding how we think, how our horses think, and how our thinking is alike and different, is key to our ability to ride and handle horses safely, train more effectively, improve performance, and create a strong partnership, regardless of what discipline we ride.



Janet L. Jones, Ph. D., Photo CC: Allison Ragsdale

Dr. Jones' keynote presentations, "Brain to Brain: Cross-Species Communication" and "Myths of Equine Vision" are an opportunity to learn more about your equine companion. This is just one of 10 great learning experiences presented by seven distinguished speakers you will hear at the Horse/Human Connection.

Sometimes you wish your horse could speak to you. You know, when you know something's not right but you can't put your finger on it? The next best thing is understanding your horse's body language, the way that Dr. Joanna Robson, DVM, will explain it in her presentation, "Recognizing the Horse in Pain."

Dr. Robson takes a holistic approach to improve the quality of life for horses, having studied both Western and Eastern medicine. She is a Washington State University Honors Veterinary Medicine Graduate with dual B.S. with Honors in Animal Sciences and Veterinary Sciences. She is certified in Veterinary Acupuncture from the renowned Chi Institute of Traditional Chinese Veterinary Medicine and is also certified in Advanced Acupuncture, Applied Kinesiology, Advanced Neurology, and Veterinary Spinal Manipulative Therapy.



Dr. Joanna Robson, DVM



Jec Ballou, Clinician, Trainer, and Author

Dr. Robson owns Inspiritus Equine, Inc. in Northern California and is dedicated to providing client education and an integrative medicine approach, including chiropractic, acupuncture, saddle-fitting, and bodywork/applied kinesiology.

In addition to authoring her book "Recognizing the Horse in Pain II: And What You Can Do About It" and co-authoring "Incorporating Horses Into Healing," she has written for numerous publications including Equine Wellness Magazine, Holistic Horse, and the Journal of TCVM (Traditional Chinese Veterinary Medicine). Dr. Robson has lectured worldwide as an equine health clinician at events such as Equitana Asia-Pacific, Equine Affair, Rolex KY, and the World Equestrian Games.

It is not only our horses who benefit from improved care and well-being. Dr. Robson will also lecture on something for riders and horse enthusiasts as well. "Emotional CPR for Horse People" is based on the three principles -- Connect, Empower, and Revitalize. Dr. Robson will show you how to improve your listening skills and emotional intelligence and how these skills are essential for any equine devotee whether on the ground or in the saddle.

Most of us know that one of the keys to well-being is physical fitness. And fitness of both horse and rider is the topic of both lectures by Jec Ballou, author, lifelong horsewoman, trainer, and clinician.

In "Healthier and Happier Horses Through Fitness," Ballou will teach conditioning principles and exercises to help your horse move and perform with more ease, efficiency and longevity. In a fun and challenging talk, "Dressage for Trail Riders ... And Vice Versa," attendees will learn useful tools and tips on dressage and trail riding that complement both disciplines.

Ballou is a nationally recognized educator on equine conditioning and gymnastic development. She believes that proper biomechanical movement and athleticism can never happen as a result of shortcuts, force, or hurried training methods.

She has developed a thorough, correct, and straightforward approach to improving performance for horses and riders alike. Ballou has trained and competed through FEI levels in Dressage, Western Dressage, long distance trail riding, Ride & Tie, breed shows and many other disciplines. She won three consecutive East Coast championships in distance riding, becoming the youngest rider in history to win the prestigious Vermont 100-Mile Competition.

Her first book, "101 Dressage Exercises for Horse and Rider," was endorsed by the United States Dressage Federation as critical for every rider to own. It and many of her other books, including "Equine Fitness" and "55 Corrective Exercises for Horses," have been translated into foreign languages and are used worldwide.

Who wouldn't like a massage after a proper conditioning workout? Horse-Human Connection speaker and Las Vegas local Marty Clark will introduce attendees to a special equine bodywork process known as the Masterson Method®.

The Masterson Method® not only helps your horse with stress and stiffness, but helps build trust with your horse through an interactive method which relieves tension in core muscles and key junctions of the body that affect your horse's performance.





Marty Clark, Certified Masterson Method® Practitioner



Gabrielle Grace, The Trust Technique® Practitioner

In contrast to traditional massage, the Masterson Method® works with the horse's nervous system. The Masterson Method® is about recognizing responses from the horse to find and release tension. Clark will explain how the Masterson Method® opens new levels of communication and relationships with your horse.

Clark is a Masterson Method® Certified Practitioner. Before discovering equine bodywork, she learned horse care and western riding at Las Vegas Riding Academy. After retiring from the U.S. Army Reserve and Clark County NV middle school teaching, she decided to do what she has always wanted to do -- work with horses. She began volunteering at equine rescues and therapy horse facilities as an Equine Sports Massage therapist. She was drawn to The Masterson Method® because it is gentle and effective in restoring performance and well-being.

As a teacher, Clark loves sharing her knowledge at Masterson Method® seminars, as well as providing private demonstrations on how the Masterson Method® bodywork helps the horse.

Communication and trust are the keys to working with any human or animal.

The Trust Technique® is a mindful practice that is shared between the person and their animals. It is based on the theory that deepening the bond between people and animals can transform the lives of both. It uses mindfulness and focused presence techniques to resolve problems and improve communication. Gabrielle Grace is a Trust Technique® practitioner. She says that since she was six years old, she knew that she wanted to work with animals and the people who love them.

At the Horse/Human Connection, Grace will tell you how cooperation and confidence can help you understand your equine friend and break from "fear-based behavior" using the Trust Technique® method. In addition to the Trust Technique® practice, Grace is an animal communicator and a Reiki Master.

Dr. Todd Behre, DVM, is an equine dentist who believes that whether it's equine dentistry or another veterinary procedure, the practitioner should consider not only the portion of the body he is working on, but all the horse's senses.



Dr. Todd Behre, DVM

In his HHC presentation, "Through Your Horses' Six Senses," Dr. Behre explains how this approach to medicine, well-being, and understanding provides a most stress-free environment for the horse while minimizing trauma and anxiety. Dr. Behre has been a contributor to "The Horse" magazine on equine health and various other equine publications.

From teeth to hooves, the Horse/Human Connection has it covered. Eric Neilsen, Las Vegas area farrier, will talk about how your horse's walk, trot, canter and turns tell many stories of your horse's wellbeing. Neilsen is a third-generation horseshoer, learning the trade from his father and grandfather.



Eric Neilsen, Farrier

Neilsen has competed in blacksmithing and horseshoeing competitions. He is the twice champion of the Desert Classic Horseshoeing competition. He has worked with many disciplines and breeds, including gaited horses, draft, jumpers, rope horses, reiners, cow horses and others.

He credits his success from many hours of study and consulting with Dr. Ron Lenhart, DMV, of Apple Valley, CA. Neilsen is also certified for equine massage and body work.

If you want to improve your communication skills and your horse's well-being, don't miss out on The Horse/Human Connection at the Aliante Hotel, 7300 North Aliante Parkway, in North Las Vegas. Discount rooms are available for out of towners. All disciplines are welcome. You can sign up at <https://horse-human-connection.com>. Register before December 15 to receive the Early Bird discount.

The California Western Dressage Association is an educational 501c3 non-profit established for the purpose of educating horse owners and riders of the benefits of classical dressage principles applied to western horsemanship. It is the official state affiliate of the Western Dressage Association of America (WDAA). The WDAA is a recognized national affiliate association of the United States Equestrian Federation. If you are interested in being a sponsor for or donating to the Horse/Human Connection event, please email CAWDA at [info@cawda.org](mailto:info@cawda.org). Your donation may be tax-deductible.

So take a ride or grab a flight and head over to The Horse/Human Connection, a one-of-a-kind symposium for horse lovers!

Signed, Abby-Louise.



Photo CC: Travis Perkins



# Local Equine Assistance Network



If you're interested in giving a L.E.A.N horse a forever home, please contact Karin at 702-533-4656 or visit them at [www.LEANhorses.org](http://www.LEANhorses.org)

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**Calling all sponsors!  
We're doing it again!**

Our 10-year anniversary calendar turned out so beautiful and was so popular, we are going to repeat for 2024 with another 12 L.E.A.N. success stories!

One month will feature YOUR logo with the Before photos alongside the amazing After photo and a summary of their story (like Jack's below).

Your \$250 donation helps offset our printing costs so we don't use any feed money. To claim your spot, simply donate \$250 at <https://www.leanhorses.org/donate/>, and email us your choice of month to [allvegashorses@gmail.com](mailto:allvegashorses@gmail.com).

Easy! Thank you for continuing to support our herd and mission.

## A Thanksgiving Letter

By The VHN Writing Team



Dear Soon to be Best Friend,

I hope you're doing well, and I wanted to take a moment to tell you just how thankful I am for you this Thanksgiving. I can't wait for us to meet and become friends, as I have been dreaming of you for quite some time now.

I know you can't read this letter, but I still want to express my gratitude. You see, you're not just a horse to me. You're a doorway to possibilities for me. You're my friend, my confidant, and my source of endless joy.

I know I will never forget the first time that I meet you. Your gentle eyes and warm breath will immediately make me feel at ease. From that day forward, you'll be a constant presence in my life. You'll teach me so much – not just about riding, but about trust, responsibility, and the beauty of the natural world.

Our rides together will be magical adventures, whether we're trotting through the arena, exploring across the open fields, or simply walking side by side. The world is going to feel so different when I'm on your back – as if we're a team, bound by an unspoken connection.

You'll be there for me on my best days, and you'll comfort me on my worst. And I will do the same for you. There will be something incredibly soothing about being near you, whether it's grooming you, feeding you apples, or simply sitting in your stall, sharing stories.

You'll also help me appreciate the simple pleasures of life. It's amazing how a peaceful ride or a quiet moment with you will be able to clear my mind and fill my heart with gratitude.

This Thanksgiving, I want you to know that you will be an essential part of my life. I'm already thankful for your strength, your grace, and your unwavering companionship. You're going to bring so much happiness into my world, and I can't imagine my life without you already, my soon to be best friend.

So, even though you can't read this letter, I hope you can feel the love and appreciation I will have for you. Thank you for becoming the most incredible horse and friend a kid could ever hope for.

Happy Thanksgiving, my dear best friend. I'm looking forward to our many adventures and moments of joy together in the coming years.

With love and gratitude,  
A Future Horse Lover



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1	2	3	4	5	6	7	

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## UPCOMING EVENTS

- November 1-5 Xtreme Barrel Race
- November 11 Nevada State Horseman's Association Region V Open Breed Horse Show
- November 11-12 Southern Nevada Hunter Jumper Association

We would like to wish everyone a Happy Thanksgiving from Equine Event Management!



Thank you sponsors for your continued support!



### A Horsey Thanksgiving Anonymous

In autumn's golden embrace, we gather 'round,  
To give thanks for blessings on this hallowed ground.  
Amidst the feast and laughter, our hearts entwine,  
A tale of gratitude, both yours and mine.

Beneath the wide-open sky, a horse does stand,  
A symbol of strength, on this fertile land.  
Hooves that gallop through fields so vast,  
Carry us onward, from the present to the past.

With a noble spirit, and eyes so kind,  
Our equine friend, a true gem to find.  
In the meadow, they graze, so graceful and free,  
A reminder of the beauty in simplicity.

For the horse, we're thankful, this Thanksgiving Day,  
Their loyal presence, in every way.  
They teach us patience, and love unreserved,  
In their presence, our souls find peace unswerved.

As we sit down to dine, our hearts full of cheer,  
Let's toast to the horse, with a glass of good cheer.  
For their steadfast companionship, we celebrate and say,  
"Happy Thanksgiving, dear horse, on this autumn day."

So, let us cherish the blessings we find,  
In the company of loved ones, of every kind.  
For the horse and their grace, we're thankful, it's true,  
On this Thanksgiving Day, under skies so blue.

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**March 2-3, 2024**

**Aliante Hotel**  
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Keynote Speaker

**Janet L. Jones, Ph. D.**

Author, "Horse Brain, Human Brain"

**2 Days, 7 Speakers, 10 Presentations**

All Disciplines Welcome  
Space is Limited

**Join us for two exceptional days** of education-focused exploration where you will gain scientific insights on how your horse thinks and processes information. Walk away with awe-inspiring ideas and concepts to enhance your relationship and further elevate your horse's well-being.



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Scan the QR code for more information & registration or visit <https://horse-human-connection.com>



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# NOVEMBER 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456  BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	9	10	11 LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com  Southern Nevada Hunter Jumpers Association Horseman's Park snhja.com
12 Southern Nevada Hunter Jumpers Association Horseman's Park snhja.com	13 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	14 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	15	16 BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Third Thursday of Every Month BCHNVB.com for details	17	18
19	20	21 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	22	23	24	25
26	27 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	28	29	30		

# DECEMBER 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VALLEY HORSE NEWS DEADLINE</b> <b>15th of EVERY MONTH</b> <b>valleyhorsenews@gmail.com</b>					1	2
3	4	5	6	7	8	9
10	11 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	12 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	13 HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456  BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	14	15	16
17	18	19 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	20	21 BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Third Thursday of Every Month BCHNVB.com for details	22	23
24	25 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	26	27	28	29	30
31						



# Animal Adoptions

## EXAMPLE:



### EXAMPLE ENTRY:

Dolly is a six year old female goat with a warm personality. She needs companionship with other animals as she doesn't do well alone. Other goats are preferable. Needs continued training and does well with leading and small kids. She loves her food and isn't afraid to let you know. For more information call or email:  
example.example@exampleonly.com  
000-000-0000

### All you have to do:

Is provide a photo of the animal/ animals. Give a short description explaining why they are such a great candidate for a new home. And lastly, provide the best contact information for those that are interested. Your photo, description, and contact will go here for everyone to see and hopefully will make it to the perfect new home.

**Open to ALL ANIMALS:** Horses, Donkeys, Mules, Miniature Horses, Cattle, Piggies, Goats, Sheep, Chickens, Ducks, Geese, Farm Fowl, Rabbits, Alpaca, and Llamas, Birds, Dogs, Cats, Guinea Pigs, Lizards, Hedgehogs, Turtles, Hamsters, and more! Any animal can be now placed!

*Any animal in need has a place in this section for as long as they need it!*

**NEW! NOW OPEN TO ALL ANIMALS!**



## **Welcome all rescues, sanctuaries, non-profits, and individuals!**

Now is the chance to give any animals in need of adopting and fostering an extra spotlight - **on the house.**

Valley Horse News will now have an adoptions section solely for animals at shelters, organizations, and individual homes that need to find a loving, forever home. On this page, every month, you will find photos and information about wonderful animals that could be the perfect addition to your home or farm. You will also find the organization or place that they come from and how you can get in contact.

This section will remain in the paper *indefinitely.*

As long as there is an animal that needs it, it will be open for listings. With the number of in need animals increasing and euthanizations on the rise, facilities are at max capacity.

We want to help! Contact now for more information and to be featured on this page every month. Remember, this page is for **adoptions only.**

\*Animals for sale by owner must be advertised in other sections. First come, first serve, and animals are featured at Valley Horse News discretion.\*

Please spread the word far and wide about this section so we can facilitate as many adoptions as possible. These precious animals need and deserve all the help we can get. It is a personal goal to make this section explode every single month! A home for every animal that comes on this page is not only a worthwhile but completely possible goal.

Just imagine what could be done by this time next year. So let's make it happen!

**Have questions?** Contact now! Email us at [valleyhorsenews@gmail.com](mailto:valleyhorsenews@gmail.com) or call 702-808-7669

We will provide all of the information you need and answer any inquiries you may have.









**#1 In Horse & Equestrian Properties**



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~ LAS VEGAS, MOAPA, TEXAS ~



**5709 Mossman Avenue**

Great property with some nice upgrades, converted garage & new garage added, EXTRA LARGE LOT - 1/3 acre, large back yard & lawn, side yard, huge back patio, large chicken coop. 4 Bedroom plus casita = 5 Bedrooms total, 2 Bathrooms. A great family home or investor property with an excellent tenant willing to stay on. 24 hour notice to show. Text message for appointment. **\$419,000**

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**97 Hidden Lake Ave.**

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**PENDING!**



**6265 N Fort Apache Road**

Spectacular 1.94 Acre Ranch Estate Santa Fe style with large 4 BR Main House (Master downstairs) & 2,200 sf Guest House with HUGE Master Bedroom & Bathroom, could be connected to main house, Pool & Spa, 8 Car Garage, 5 Stall Barn w/ runs & tack room, 4 add. large shade stalls, Large Arena w/ lights excellent footing, beautiful mature landscaping surrounding property. Property is 2 separate parcels of .97 Acres each. Property being sold in As-is condition, no fix-ups will be done by seller, needs TLC and repairs so priced well to sell quickly. Great opportunity to purchase this incredible one-of-a-kind Estate!! Perfect for Car & Horse enthusiasts. **\$1,750,000**

**7790 Scottie St.**

Gorgeous 4,382 sq ft log built house on 2.27 acres. 4 Bed, 3 Bath + Huge loft. Incredible 360 degree views of surrounding mountains & elevated valley views. Private well w/ 3,500 gallon tank. Fully owned solar w/ battery bank. Inclusive kitchen, beautiful granite & walk-in pantry. Multiple large bedrooms + bathrooms downstairs. Contemporary heat, A/C for home plus commanding floor to ceiling stone hearth w/ rustic wood stove. Full outdoor kitchen, entertaining spaces. Storage shed. 55 x 30 RV garage/shop, 14' automatic roll up door. Fully fenced & gated. Plenty of room for horses, toys etc. Trail riding from property! 10 Min. to Las Vegas shopping & 25 min. to Mt Charleston. **\$1,490,000**



**LOG CABIN 2.27 ACRES!**



**NEW PRICE!**



**7295 N Torrey Pines Dr.**

Remodeled Ranch Home on Over 1/2 Acre With Rare to Find 1,750 Sq Ft Basement for Lots of Bonus Space. Zoned for Horses! Charming 3 Bed, 2 Bath Custom Home in Quiet Cul-de-sac, Lots of Potential! Laminate Flooring Throughout. Ceiling Fans and Blinds. Vaulted Ceilings in Living Room with Wood-burning Fireplace. Custom Cabinets, Granite Countertops, Stainless Steel Appliances and Large Island With 2 Sinks. Unique RV Camping Area, Nicely Setup With Hookups, Fence, And Lawn. Easy Access to Shopping and the 215. Private Well & Septic. Large Open Backyard with Plenty of Space for Extra Amenities And/Or Horse Facilities **\$599,900**



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