

# Savvy Times™



ISSUE 35, MAY 2012

## TAKE THE TIME IT TAKES, SO IT TAKES LESS TIME

*This Year Marks the 30th Anniversary of  
Pat Parelli's First Clinic in 1982.*

**Building a Great Relationship**

**Way More Than Grooming**

**Are You Sitting Comfortably?**

The Official Magazine of  
Parelli Natural Horsemanship

*Celebrating 30 Years of Natural Horsemanship*



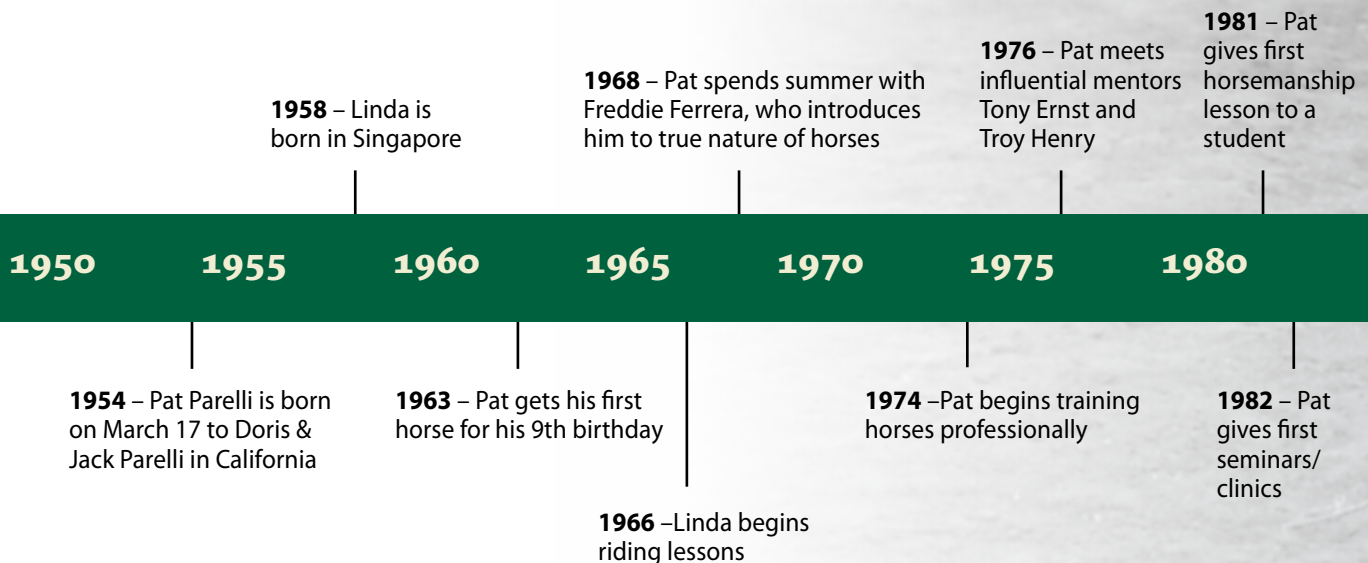


*"The dynamics of horsemanship can be obtained naturally through communication, understanding and psychology. This is what I hope to share with you. In contrast is normal horsemanship, which is sometimes obtained through mechanics, fear and intimidation."*

*-Pat Parelli (1982)*

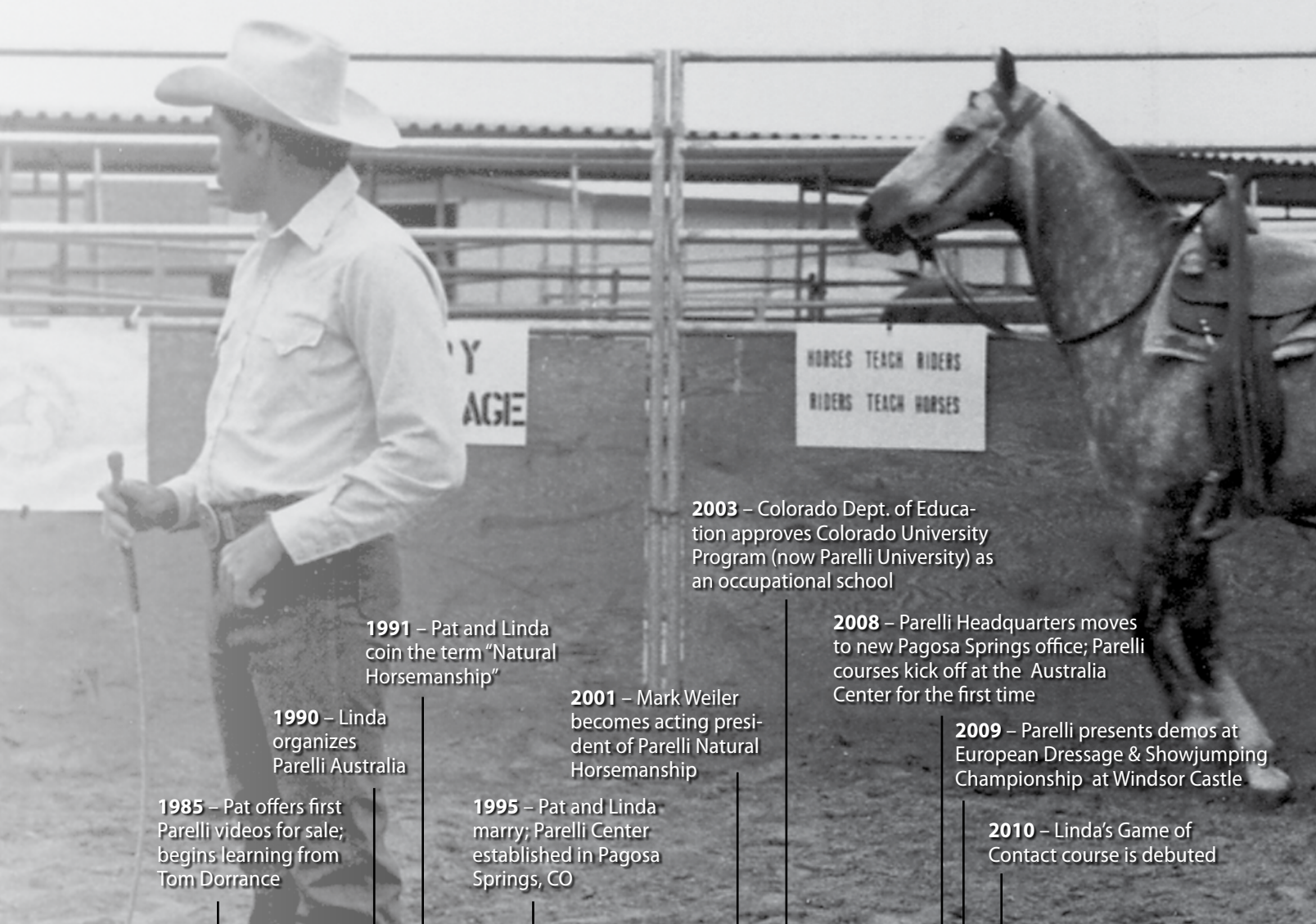
**Celebrating 30 Years, 1982-2012**

**Good, Better, Best. Never Let It Rest.**



Pat's first clinic in 1982 where he shared his concepts with the public.

PHOTO BY KATE RIORDAN



**1985** – Pat offers first Parelli videos for sale; begins learning from Tom Dorrance

**1990** – Linda organizes Parelli Australia

**1991** – Pat and Linda coin the term “Natural Horsemanship”

**1995** – Pat and Linda marry; Parelli Center established in Pagosa Springs, CO

**2001** – Mark Weiler becomes acting president of Parelli Natural Horsemanship

**2003** – Colorado Dept. of Education approves Colorado University Program (now Parelli University) as an occupational school

**2008** – Parelli Headquarters moves to new Pagosa Springs office; Parelli courses kick off at the Australia Center for the first time

**2009** – Parelli presents demos at European Dressage & Showjumping Championship at Windsor Castle

**2010** – Linda's Game of Contact course is debuted

**1985**

**1990**

**1995**

**2000**

**2005**

**2010**

**2012**

**1983** – Pat establishes first horsemanship center in Clements, CA

**1989** – Linda meets Pat at clinic in Australia

**1993** – Linda moves to the USA; the first Instructor Program commences

**2000** – Pat featured on National Geographic TV Special, *America's Lost Mustangs*

**2007** – The concept of Horsenality™ is debuted; Parelli Celebration at NEC Birmingham, UK

**1987** – Linda buys Regalo, the horse that would lead her to Pat's clinics

**1997** – Linda finds Remmer

**2005** – 10,000th Savvy Club member

**2011** – Parelli Connect, Parelli's first social network, is unveiled; Horsemanship Fund begins

*Ever wish you had...*

- A roadmap to horsemanship progress?
- An online how-to library packed with articles and videos?
- An interactive to-do list that banished boredom by suggesting fun new challenges?
- An online profile for your horse that tracked his progress and shared his life story?
- A way to locate "friends you haven't met yet" who are in your area and at your level?

*Stop Wishing...  
Start Enjoying!*

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# Savvy Times™

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Cover Photo: Linda Parelli with Remmer, 2000.

# Savvy Times™

The Parelli Member Magazine

Issue 35, May 2012

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FOUNDERS Linda & Pat Parelli

Coco, Official Parelli Photographer

*All photos are courtesy photos unless noted*

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**Huge thanks to all the members of our worldwide team, who do their best to be “the best me that they can be” every day. We value their commitment to supporting horse lovers worldwide in whatever way they can.**

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Daniel Arzu  
Coco Baptist  
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Patricia Vera  
Rodney Wates  
Jason Watt  
Juliette Watt  
Gale Weber  
Mark Weiler  
Dani Wilday  
Emilie Wood  
Gabriel Zamudio  
Jose Zamudio  
Omar Zamudio

## PARELLI FAMILY UPDATE

- *Danielle Boyd has joined the Parelli family as our new Marketing Manager.*
- *Sara Johnson is now CEO of Parelli Natural Horsemanship.*
- *Liz Marchand is now Operations Manager at Parelli Central.*
- *Laura Rome has made the decision to move on in pursuit of the next step in her journey.*
- *Amanda D'Emery is joining the Horse & Soul Tour Team.*
- *Kime Conkright, Parelli Professional, passed after a long fight with cancer.*
- *Jacque Favre is joining the Parelli Florida ranch team as caretaker.*
- *Aggie Omylaniuk is joining the Parelli Florida ranch Horse Health team this summer.*
- *Phil Swearngin, Stacey Lock and Juliette Watt have joined the Parelli Media team at Parelli Central.*



# NEWS

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PHOTO BY COCO

A woman with blonde hair, wearing a black visor with a yellow logo, a bright pink polo shirt, brown breeches, and black riding boots, is smiling while riding a dark brown horse. The horse is facing left. The background is a blurred outdoor setting with trees and a fence.

# DEAR FRIENDS,

What an exciting few months we've just had – our tours kicked off to big, excited crowds... my protégé (Marion) is competing with my horse, Allure... we've filmed some great new DVDs to improve your riding... two grandpas (Pat and Craig Cameron) teamed up to compete at Road to the Horse... we've just returned from Brazil... and Pat celebrated his 30 year anniversary of teaching, well, "Parelli." And there couldn't have been a better testament to his brilliance than having his son, Caton, make the cover of *America's Horse*, let alone make a blistering, uber-inspiring run during their demonstration at Road To The Horse.



### Horse & Soul Tour

I just love that name – really says it all! There's a new format, new music, new horses (for me and Pat mostly!) and a show that rockets through a bunch of subjects, such as trailer loading, Game of Contact, demo problem horses from the community, rider biomechanics, lessons with a human and horse who are opposites in Horsenality™ and Humanality™, inspiring spotlights at Liberty, bridleless riding, foals... I don't think we've ever had a tour that packs so much into two days! But don't worry, there are plenty of breaks to keep you rested and ready for more.

It's been a big deal for my young horse, Hot Jazz, as he's found the crowd pretty scary, so of course that makes it more educational for you to see how I help him under stress! Then of course there's all that shopping – so many new clothes and products. Big fun! And by the time this goes to print, I will probably have seen many of you at Equine Affaire and the Midwest Horse Fair in April.

### Horse Expo Pomona

We had a fun few days in Pomona Horse Fair, California. Super crowds each day for demos. Pat did some super sessions, my favorite being how to put the Seven Games to purpose – a highlight being him having Maurice Thibault (3-Star Instructor) jumping his horse over a strung-out 45-foot Line with a pair of chaps thrown over them! He also did a trailer loading with an impossible horse and within a very short time had the horse calmly and casually loading, even with his owner.

My demos centered around Horsenality, and we had a great time with a Left-Brain Introvert and Extrovert, which showed the contrast side by side. We then played with a beautiful Left-Brain Extrovert dressage horse who was pretty interesting. He was so tense about going forward with contact, but with the Game of Contact approach, he grew in trust and started to stretch out and swing forward. Would have loved to take him home with me!

We also got to spend a bit of time with Dr. Bob Miller and his wife Debby, not to mention catch up with lots of people – some who knew Pat way back when!

### Allure the Performance Horse!

Many of you have followed my adventures with Allure, the most challenging horse I've ever had – or *known* for that matter! His Left-Brain Extrovert/Right-Brain Introvert bi-polar behavior had me flummoxed for years, but I learned what it took to understand his behavior and needs and got him to

want to connect with me. He was instrumental in the development of Horsenality, Zero Brace and the Game of Contact.

All of a sudden, I started bringing out the best in Allure instead of the arguments and naughtiness, and just over a year later he is now training and competing in Eventing (dressage, jumping and cross-country) with my protégé, Marion Oesch from Switzerland.

It was so exciting to go to their first event... I never thought I'd like being "an owner" rather than the rider! They've been doing really well and have completed three events, scoring in the top 5.



PHOTO BY MOULIE VACCO

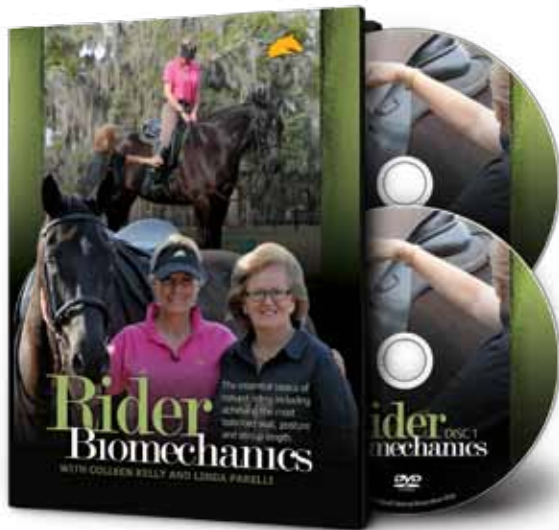
### Rider Biomechanics – New DVDs!

About a year ago I met a woman who is a rider biomechanics expert. We really hit it off and I found so much in common with her in the way we think about riding. Her scientific qualifications plus experience as a vaulter, riding, jumping and dressage coach (including disabled riders of all levels), as well as being a grand prix rider and judge, have produced a very fun and effective approach to dramatically improving riders' results by getting a better seat and posture – no matter what style of riding they do.

Colleen Kelly is from Australia, and as we got talking, we discovered we were both at one of Pat's demonstrations in

Sydney in 1989! Her sense of humor is contagious, and her way of teaching reminds me of a cross between Pat and me... she makes it really fun and really simple.

The more we worked together, the more we decided we needed to make a DVD together to share all this wonderful knowledge with you all. So we did! You'll see Colleen coaching me and several different riders. Stay tuned!



### Road To The Horse

What an exciting event this year! Six horsemen teamed up to compete for their country: Australia (Guy McLean and Dan James), Canada (Jonathan Field and Glenn Stewart), and USA (Craig Cameron and Pat Parelli). The long days were filled with many exciting moments and amazing demonstrations – including a really special one with Pat and Caton that I'll talk about further on.

Something especially wonderful for us is that Team Canada was made up of two young men who spent many years with us as students and instructors. It was great reconnecting with them and they did a great job under all that pressure!

Pat and Craig were the grandpas of the group, and when Pat's horse colicked the next morning and displayed signs of a heart murmur, Pat had to choose another horse and squeeze in an extra early-morning session to catch up! While everyone else was doing session 2, Pat was doing session 1 and then had session 2 at 5:30am on the last day before the obstacle course!

Not only was it great to see a few hundred Parelli devotees and the curious there so early, but it was like a private colt-starting with Pat and all the judges' eyes on him and no one else. The colt was a Left-Brain Introvert and Pat did a super



PHOTO BY COCO



job gaining his connection (yes, using Winnies Cookies) and then getting him soft and responsive, even chasing the green ball to simulate following cows! With just minutes to spare, Pat rode him around a little, but the trot was not going to happen. All that was left was the obstacle course.

Although his horse had a little trouble with the crowd at first, the relationship came through and Pat did a beautiful job taking him through the course to win highest individual score of the competition. The Aussies took home the big prize. We were sitting behind Guy's father, who could not have been more proud and excited.

Of course Troubadour made a couple of appearances, once at Liberty, and then Pat rode him and even followed and roped the cow simulator. At the end, Pat presented Troubadour back to the Four Sixes Ranch who bred him, saying he is a lot of horse who now has a Parelli foundation and is ready for a job back on the ranch!

### Brazil

A few days later we were on a plane to Brazil to prepare for Pat's appearance at a very big breed show in July for the Mangalarga Marchador. These lovely horses are the ideal recreational breed – not too big, not too small, pretty, smooth, slightly gaited (but still trot and canter) and with a really nice

mind. They also have competitions designed especially for the breed that focuses on conformation, gait and versatility. Very clever idea, and we were told many owners also like to do team-penning and barrel racing with them!

We were well-looked-after by the MM Association and their team, and Pat put on two wonderful demos as a sneak peek for a small crowd and lots of media coverage. Now I'm having to cut back on my food intake, as Brazilian BBQ had its effect for too many days in a row. YUM!

### Happy Anniversary Pat!

In March, Pat celebrated the 30th anniversary of his first clinic. Isn't that amazing? Just look at how things have grown since then: with Pat's amazing vision to do more than clinics, to build an organization to help make the world a better place for horses and humans. It's all his fault that we are here together!

### Caton Parelli – The Inspiration Continues

Just before Road to the Horse, Caton appeared on the cover of *America's Horse* with a wonderful story about his life and the challenges he's overcome. His accomplishments are just amazing, and he now competes in Reined Cow Horse and Cutting events, often placing or even winning! Dad couldn't be more proud of him, and every day Caton can be found



playing with and riding his growing string of horses, getting them ready for the next competition!

At Road to the Horse, Caton not only had a great time signing magazines for his admirers, but he put on a phenomenal demonstration with his father. The two of them, on matching chestnut horses with white leg wraps – Pat on Slider and Caton on Liberty (who is now 20!) – flew around the arena holding a cord between them as they did spins and circles, and a thundering run down to a sliding stop that brought the cheering crowd to its feet. Then Caton set off on a serpentine doing flying changes... with his arms folded! Not a dry eye in the house. That boy is amazing, and his dad is too.

Caton's success is such a passionate pursuit of Pat's (ooh, there's a few Ps!) and to that end, Pat and Caton have both been donating their winnings to the youth groups for the NCHA, NRCHA, and even at local club events with their initiative called "Kidz for Cutting." Pat and Karen O'Connor also teamed up at the Ocala Make-A-Wish event where the English and Western riders switched horses and events. They won the highest bid too!



**SEE PAT AND  
CATON PARELLI  
AT ROAD TO  
THE HORSE!**  
[youtu.be/kBpuqlkolB8](https://youtu.be/kBpuqlkolB8)

### **Game of Contact and Christoph Hess**

With Game of Contact DVDs now out, and more instructors being specially certified, I am very excited about the progress I'm already seeing in riders developing more feel and understanding when it comes to riding with contact.

So far there are four Game of Contact Certified Instructors, with more in the wings:

Lyndsey Fitch (Australia)

Jackie Chant (New Zealand)

Amy Book-Bowers (USA)

Marion Oesch (Switzerland – although here with me in USA!)

Part of the certification program involves riding with me for a whole month so I can watch and coach the process with horses who have never done contact, plus looking at effective warm-up, preparation, troubleshooting, plus behavior and psychology of training (in all Savvys). Riding with contact



*Linda talking with Walter Zettl and Christoph Hess.*

takes a lot of feel and I believe that learning how to "hold hands" with the most emotionally sensitive part of your horse is what causes you to step way up in your horsemanship.

I keep saying how brilliant Pat is to define Four Savvys, not one, not three... FOUR. Even if you never want to ride with Finesse, learning how to ride with contact will affect how you handle your horse in every way.

I also know that the Game of Contact is our way into the traditional and competition world, where we can really help horses and riders to have more success and harmony; we've already got a few success stories going.

My huge highlight earlier this year was having Mr. Christoph Hess (Director of Training for the German FN – Federation Nationale) compliment me for the quality of my work. First he saw me ride with Walter Zettl, and then he wrote to me after watching the DVDs and is eager to do some seminars together, possibly starting with EQUITANA Germany in 2013. Wow. I owe so much to Pat, Walter, Remmer, Allure and Westy as my teachers in this understanding.

So here we are in the second quarter of 2012! What a wonderful year we are having together already and I look forward to seeing you on Parelli Connect and at Horse & Soul!

Yours naturally,

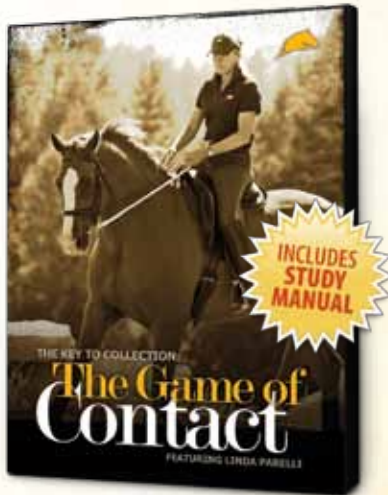
Linda

A handwritten signature in black ink, appearing to be 'Linda', written over a white background.

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available on [www.parelli.com](http://www.parelli.com)

# Now On Sale!

Three exceptional new products  
designed with your goals in mind!



## ◀... The Game of Contact with Linda Parelli

After three years of intensive dressage training with world-renowned dressage master Walter Zettl, Linda Parelli has unlocked the secret to getting horses to willingly accept bit contact.

A truly revolutionary breakthrough, The Game of Contact addresses several riding issues in a natural way. If your horse has inactive hind legs, tongue displacement, choppy stride or any number of other issues related to contact, this DVD is an essential addition to your library. Comes packaged with the Study Manual that Linda gives to all riders in her wildly popular Game of Contact Clinics. *Runtime: 8 hours*

Regular Price: \$306.60 | £239.93 | €279.93 | AU\$333.27

**MEMBER PRICE \$229.95 | £179.95 | €209.95 | AU\$249.95**

## Colt Starting ...▶ with Pat Parelli

Taming and starting horses is the foundation of horsemanship as a whole. As Pat says, "Make the first ride as if he's been ridden a thousand times... and ride your horse for the thousandth time as though it was his first." Getting the smallest details right is critical to becoming a horseman. Taming and starting colts shows you where you fall short quicker than perhaps any other stage you go through with your horse. Now, for the first time, Pat's renowned step-by-step young horse development program is available for at-home study and self-development support for any serious horseman. *Runtime: 9 hours, 10 minutes*

Regular Price: \$266.60 | £213.27 | €253.27 | AU\$293.27

**MEMBER PRICE \$199.95 | £159.95 | €189.95 | AU\$219.95**



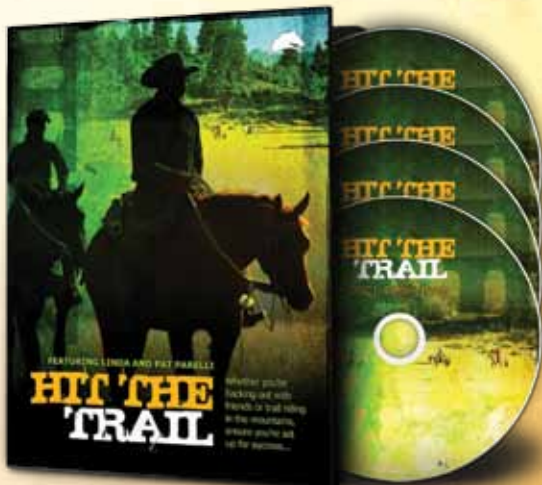
## ◀... Hit the Trail with Pat & Linda Parelli

Join Pat and Linda as they take you on a trail ride through the stunning Colorado wilderness. You'll learn directly from Pat and Linda all that you need to know before you set out on the trail, then how to put your newfound skills to use on the spot when you need them most.

Covers trailering, trail etiquette, natural obstacles, essential groundwork, in saddle preparation, water crossings, spooky situations, gear selection and more. *Runtime: 4 hours, 30 minutes*

Regular Price: \$159.93 | £133.27 | €159.93 | AU\$173.27

**MEMBER PRICE \$119.95 | £99.95 | €119.95 | AU\$129.95**





# AN UPDATE FROM Parelli Australia

by Megan McAuliffe

It's an exciting year for Parelli Australia! Here's a taste of what we have in store: trialing some new programs at the Campus, welcoming Linda Parelli back, introducing the first set of Instructor Courses for Parelli Professionals to receive continuing education, hosting the second 4-week Fast Track ever in Australia, providing free information events to help support local communities and students, showing pride for Australia during our Australia Day Play Day and introducing some new one-week recreational courses for students studying Levels 1-4 of the Parelli Program.



We also welcome to our Office Staff Sarah Pitcher, from Perth, Western Australia. Sarah started working with us just after EQUITANA 2011. Prior to this she volunteered her time to assist in a Coordinator role for the October 2011 courses and also volunteered at our EQUITANA booth in November 2011. Sarah is

a young and dedicated Parelli student who looks forward to pursuing Parelli Professional goals in the future.

The year started off with the continuation of our Free Information Events around New South Wales and in the ACT. We were able to take two full hours and introduce new students to Parelli Natural Horsemanship and how it may be able to help them, as well as support current students and join like-minded people together. Licensed Parelli Professional 4-Star Instructor Carmen Smith lead a talk on Horsenality™, which included a sneak-peek for many to the 2011 UK Horsenality

Celebration DVD. Snacks and goody bags were enjoyed by all. These events were a fantastic way for students to meet other like-minded students in their area as well as learn a bit of information they could take home and use, straight away.

The beginning of the year also included our Play Day on Australia Day in January. Over 40 participants and auditors gathered for the day to play the Parelli Games, created by Pat Parelli to bring some purpose to the principles and philosophy of the program. The morning was filled with games in On Line, FreeStyle and Liberty, while the afternoon included a sausage sizzle and kids game. The atmosphere was fantastic, with fun had by all. It was great to see families able to join in on the fun for the day.

Our first set of courses for the year include the 4-week Fast Track course, which sold out in the first two weeks of being on offer. The Fast Track includes a strong leadership team of 5-Star Instructor Rob McAuliffe of NSW, 4-Star Instructor Carmen Smith of QLD, 3-Star Instructor Lyndsey Fitch, 2-Star Instructor Julianne Tetlow of QLD, 2-Star Instructor Kerryn Armstrong of QLD, 2-Star Instructor Shana Walters of WA and 2-Star Instructor Bonnie McIntyre of VIC. The majority of students are out-of-state with an equal amount coming from both Western Australia as well as Queensland. Please stay tuned to Parelli Connection eNews as well as [www.parelli.com](http://www.parelli.com) for announcements of the 2013 Fast Track.

Our Australia group of Licensed Parelli Professionals is growing in size to now include just under thirty in total and all combined will teach within all Australian States some time during this year. Instructors in the field offer a wide range of courses, from

weekend clinics, day lessons and kids workshops to trail ride camps and annual 5-day camps filled with games, learning and knowledge, all based around the Parelli Philosophies.

This year we welcome 3-Star Instructor Lyndsey Fitch from Colorado, USA, who is currently based in WA. At this point, Lyndsey is the only Instructor within Australia that is certified as a Game of Contact Instructor. She will be traveling across Australia to ensure everyone that is interested can join into a Game of Contact Clinic to learn about Linda Parelli's revolutionary new development on contact.

And for those students that are well underway with practicing the Game of Contact, we look forward to welcoming Linda Parelli back to Australia in October for a 5-day course on the Advanced Game of Contact. Linda joined us last year outside of Sydney to introduce this new concept to Australia and we look forward to this follow-up course, which will include such topics as rider posture and refining aids, transitions, canter and canter leads, beginning flying lead changes, the start of engagement, horse behaviour and applying psychology, training plans and improving your warm-up.

The closing of the Florida Campus in USA has provided the Australia Parelli Campus with the opportunity to hold some University courses and allow students that are interested in Professional goals to not have to travel overseas to fulfill some of the requirements of becoming a Licensed Parelli Professional. We look forward to sharing more details on this over the coming year.

Back in the beginning of January, we introduced some new one-week recreational courses for October of this year, titled Positive. Progressive. Natural in both On Line and FreeStyle.



At the time of this writing the FreeStyle course is now full with a wait list and there are a handful of positions left for the On Line course. The only prerequisite for these courses is that you have a rideable horse and a passion and interest in building a better relationship with your horse. These one-week courses will include a beginning testing so that we can help you to set goals based on your current skills and help you to set a plan to get where you want to go based on the results. Students will be led during the weeks by leading Parelli Professionals. Each course will include final testing at the end as well, with the possibility of a student receiving an official Level within that week's Savvy.

And finally, with the recent release of the planned events for EQUITANA Melbourne 2012 and booth spacing available, we look forward to sharing with you what our involvement at this event will entail as we get closer to November. EQUITANA Sydney last year was a huge success, as it was the first ever in Sydney and attracted over 40,000 attendees. We look forward to the Instructor and Office Team coming together again in 2012 to finish out the year by catching up with Parelli students from across Australia. 🐾

*Please remember our Parelli Australia Office and Campus, based just outside Sydney in Wilton, NSW, is here to help you. If you ever have questions or want to chat, please feel free to contact us on 1800 460 988 or [australia@parelli.com](mailto:australia@parelli.com).*



# AN UPDATE FROM the Parelli U.K. Campus

by Jenny Beynon

We had a great winter here at the U.K. Parelli Campus and lots of exciting things have been going on all over Europe.

We held seven Horseless Workshops here at the campus for students to join us for a fun-filled day allowing them to meet like-minded people and share some ideas and inspiration when it is harder to keep playing during the long winter months. The themes included Horsemanship Theory and Tool Savvy, Leadership, as well as Horsenality™ and Humanity™. The lead instructors were Terri Martinus, Alison Jones, James Roberts, Jody Ruysen, Larisa Tasker, Steph Gaunt and Vicky Manser, who all did a wonderful job. They were supported by fantastic teams of Parelli Professionals for each workshop. We would like to thank them all for their support, as without them we would not have been able to run these workshops that are so much FUN!

We would also like to thank the students who joined for one, two or even four of our workshops. It is great to catch up with old friends and make new ones, allowing our Parelli Family to keep growing in the U.K. We hope you enjoyed them as much as we did.

One of the workshops that was particularly successful was the Foundation Certificate in Natural Horsemanship day. Here in the U.K. we have been running a home study course linked with City and Guilds NPTC (an awarding body). At the moment we run the Foundation Certificate, which covers Horsenality™, the Seven Games and Safe Ride. It is a great way of making sure you have a solid foundation in place with your horse. If you are thinking of doing a Fast Track in the U.K., this is a great chance to test yourself before you arrive on your course. During the workshop, students had the opportunity to cover any areas where they had questions and also to try lots of simulations together. Then in the afternoon, they took their exam. The day went really well and we plan to be doing more of these, so keep tuned for more details.

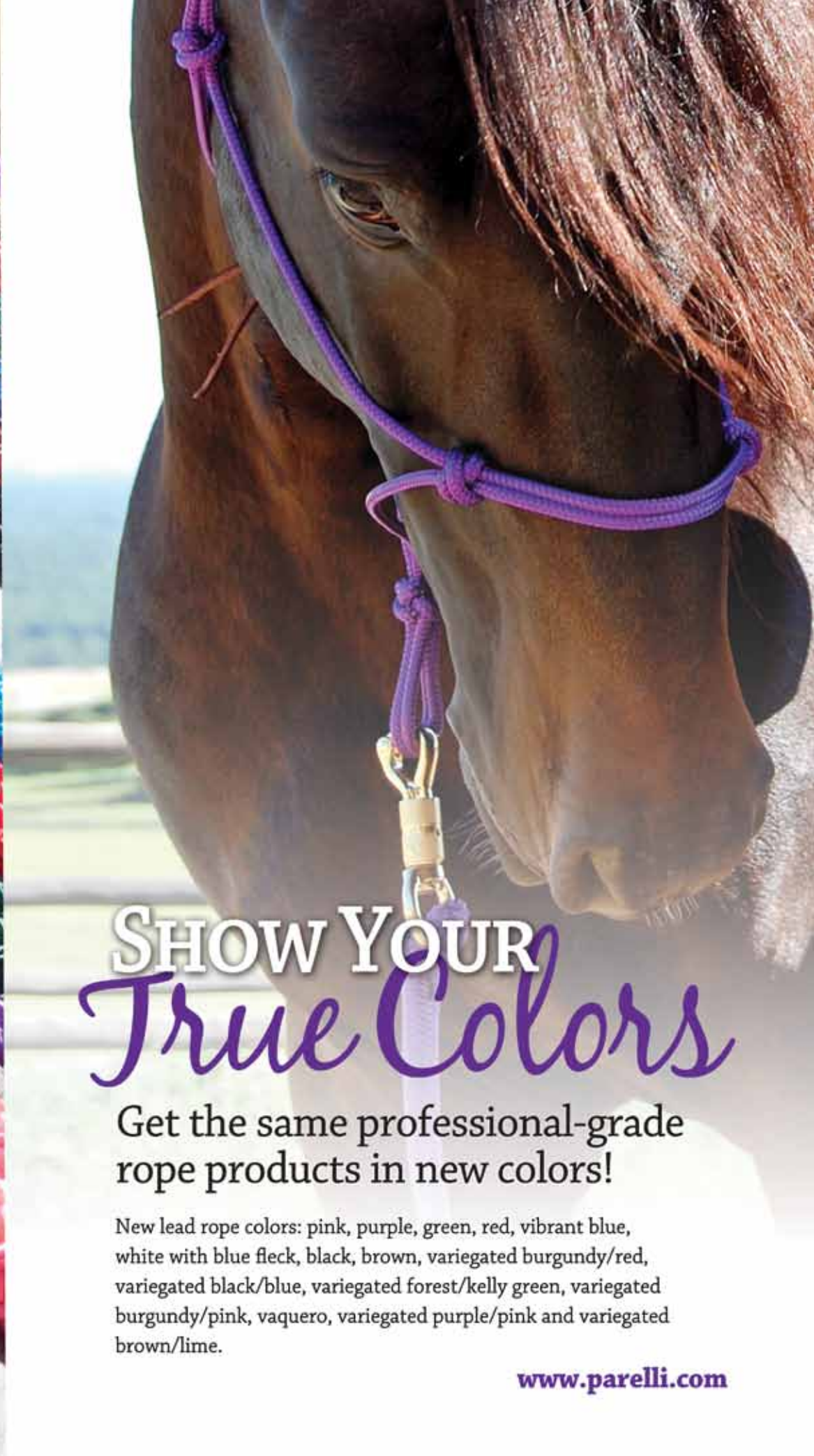
On the 15th December, Laura and Jenny from the U.K. office went to support Lyla Cansfield and Jo Bates while they did a demo at Liscombe Park Equestrian Centre. It was a lovely facility and there was a great turnout for the demo. Lyla and Jo showed how to play the first three of the Seven Games plus how much fun you can have playing On Line, Liberty and FreeStyle. They both did a great job showing simple things done well.

On Sunday 11th December, the Parelli Instructor Team in Switzerland held an event where around 1,200 spectators from all over Switzerland, Austria and Germany experienced an unforgettable day of demonstrations, inspiration and great fun. Michael Wanzenried, Berni Zambail, Walter Gegenschatz, Adrian Heinen and Carmen Zulauf presented a varied program ranging from jumping and long reining to young horses and Liberty. They were supported by 1- and 2-Star junior instructors, plus a great group of motivated and enthusiastic volunteers. The day was a great success, not only for the humans but for the horses as well.

In March, a great team of instructors including Kim Moeyersoms, Mieke Lannoo, Nathalie Lagasse, Nic de Winne, Jarno de Smet, Anna de Winter, Irene Lier, Michael Grohmann and Marie Claire de Selliers took part in the Flanders Horse Expo in Belgium, where they gave demonstrations as well as supported students new and old at their booth to share Pat's program in Europe.

As you are reading this now, our 2012 course season is underway, starting with our second set of instructor courses and the incredible Fast Track. We look forward to spending time with many of you over the summer. Please make sure you let us know what you are up to and what you have planned for the summer as we love to hear from you all here at the U.K. office. Have a great summer! 🐾





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With your help,  
we will create  
a better world  
for horses and  
humans.

PHOTO BY COCO

# THE PARELLI

## Horsemanship Fund by Lori Northrup

Here's wishing you a marvelous spring with your horses. The Parelli Horsemanship Fund has been attending all the Parelli Horse & Soul Tour Stops, and what a treat that has been. Watching the magnificent horsemanship of Linda, Pat, and their top students is a special gift.

Great thanks to our volunteers who have been setting up the booth, working hard to meet and greet our visitors, running for supplies and meals, and helping with all the endless details. Special thanks to Juliette Watt, Trish Lambert, Debbie Fredrickson, Greg and Katie Cumberland, Alice Bares and the other volunteers who joined us after this issue went to press. Attendees have been helping our future plans by completing surveys at our booth, which has been most helpful.

We had our second major planning meeting at the end of February for the future of the charitable mission of Pat

Parelli's dream, and we will be announcing decisions and plans as soon as they are finalized. We have added new directors to our board, all highly appreciated for their skills, time, and financial support.

By the time you read this, we will have started the process of matching our many talented applicants with the volunteer positions at the Parelli Horsemanship Fund. I am overwhelmed by the offers of help and the amazing talents from our combined pool of applicants, and it will be a pleasure to work with the final candidates over the coming months.

Generosity from Parelli enthusiasts has come in wonderful and surprising forms. In the last few months, a Parelli student from California has created charming Parelli-centric jewelry pendants for sale at our Tour Stops. She has donated her work 100%, including a black-velvet



Helping to create  
a better world...

covered display case. We concluded the silent auction on two pieces of donated art: "Line Dancing" by Kate Esplen of Florida, and "Hearts Joined" of Pat and his stallion Santana by Teresa Whitaker of Texas. Look forward to the new pieces of donated art that we will be featuring at the next Tour Stops. It has been rewarding to discuss potential legacy gifts of future estates, entire ranches, and life insurance policies with families whose lives have been impacted by Parelli.

Parelli instructors have been hosting fundraising events with great creativity and success. Dave and Jodi Ellis hosted their second annual Cow Working Clinic at their ranch in California in January, and had a great turn-out and raised significant funds. Other fundraising events from across the country will be highlighted in future articles.

This whirlwind of effort to help the world become a better place for horses and humans is most rewarding. Thank you for your part in it! 🐾

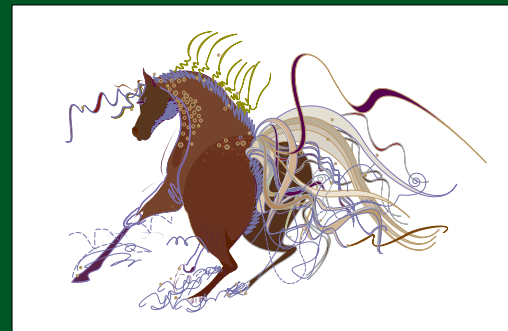


PHOTO BY COCO

**Debbie Fredrickson, Lori Northrup and Juliette Watt volunteering at our Lexington, VA Tour Stop booth.**



**Lee and Robin Sowell, the new owners of the magnificent oil painting of Pat & Santana donated by artist Teresa Whitaker.**



**Browse our collection of note cards, such as "Rage," a digital illustration, donated by artist Marijo Bianco of [GraficaEquuus.com](http://GraficaEquuus.com)**

### Other Ways You Can Help:

- Be a good example and show others the power of love, language and leadership for horses and humans alike.
- Spread the word about helping to create a better world for horses and humans by talking about your experiences in the Parelli Program with ALL of your friends, not just the horse owners!
- Get connected and support fellow students and newcomers near you on Parelli Connect.
- Become a fan of our Facebook page and share it with your Facebook friends.
- Coordinate or participate in a fundraiser.
- Buy a new horse through the Parelli Dream Horse Program.
- If you already have the Levels Pathways DVDs (Levels 1 through 4), then consider lending the DVDs to a horse rescue or therapeutic horsemanship center near you.



PHOTOS BY COCO

# THE HORSEMEN'S REUNION: Pat Parelli & Colt Starting Paradise

by Scott Teigen

It was 2:30pm Eastern time on Sunday, April 1st. Pat Parelli was in the middle of an arena in Harrisburg, Pennsylvania. It was the final session of Parelli's Horse & Soul Tour stop in Harrisburg, and Pat's Horse Makeover had gone so smoothly, even Pat seemed surprised.

"You've seen this horse progress from absolutely living up to his name, Spook, to accepting the human – 3,000 of you, in fact – in the span of about 45 minutes," Pat said to the beaming crowd. "It's important to know when to stop a lesson, and I don't want to overwhelm this horse today. Let's give Spook a hand, we'll bring in the horse from yesterday's Trailer Loading session until 3:00 or so, and that'll be it."

"Besides," he said with a grin, "I've got a plane to catch."

That plane, leaving Harrisburg only a few short hours later, was going to set Pat on a path to Paso Robles, California. What, you may be asking yourself, was taking place in Paso Robles that required Pat to hop on a plane so soon after a show that the dust had barely settled in Harrisburg by the time he boarded?

The Horsemen's Re-union, that's what.

The first ever Horsemen's Re-union is a one-of-a-kind colt starting event. Featuring renowned horsemen like Martin Black, Chris Cox, Ron Wall, and Pat's Road To The Horse partner Craig Cameron, this event brought 20 horsemen from around the world to start 40 colts without the pressure of a time limit, points or judges.

*This event brought 20 horsemen from around the world to start 40 colts without the pressure of a time limit, points or judges.*

Here's what The Horsemen's Re-union's own website has to say about the inspiration and purpose of this event. After all, why not get information straight from the source?

“There are many good hands starting colts behind the scenes, under the radar on remote ranches where nobody sees or hears them.

*You will be able to witness every aspect of these young horses being started. From the first time they are saddled to their progression into being able to do a job.*

“Wouldn’t it be fascinating to bring some of these talented horsemen together with the “well known” names in one place, at one time, for the public to watch them start young horses just like they would at home? We’re not talking about working one horse for three or four hours...



but rather, transforming a herd of 40 un-started horses into a group of young saddle horses, ready to do ranch work or other events. By this, we mean you will be able to witness every aspect of these young horses being started. From the first time they are saddled to their progression into being able to do a job.”

Wow. Makes you want to hop in the car and head to California right now, doesn’t it? Well, unless you’ve got some sort of time machine (and if you do, congratulations), you’ll have to be content with a recap of the event from a few people who were there.

Of course, social media has afforded us the opportunity to share what’s happening in our world the second it happens. Pat Parelli certainly utilized this technology during the six-day event, consistently updating his Facebook Fan Page and keeping his fans up to speed. Let’s hear it from the man himself:

**April 3:** “The colts, myself, and my riders had a great afternoon. My goal was to do it with the horse and for the horse, not to the horse. Neither of my colts broke a drop of sweat. I coached Berin MacFarlane and Trevor Carter, and they both did me (and themselves) proud.”

**April 4:** “Yesterday was another great day at the Horsemen’s Re-union. I played the guitar with Dave Ellis and Jody Grimm-Ellis singing along beautifully. The colts were stars. Trevor and Berin did fabulous; they trailer-loaded their colts, roped and rode bareback. It’s all about love, language and leadership.”

**April 5:** “I had so much fun at the roping last night! The horsemen were auctioned off to the audience at the Horsemen’s Re-union and then put together into teams of four. We

roped four cattle and then pretended to brand them too. Ken May showed us how they do it 'down under': he branded the cow on the belly (with paint only, of course!)."

Just a quick note on that update – according to Pat, a few of the things that truly made this feel like a "reunion" in the best sense were the calf branding, goat roping & camp drafting sessions. All 20 of the participants were involved, and hearing Pat describe it just brings a smile to your face. Now, back to updates from Pat:

**April 6:** "Good morning from chilly Paso Robles! I had breakfast with Johnny Hawkins. I'm only now starting to realize how much he's taught me about being gentle with the horse in the chute... The colts are progressing steadily with love, language and leadership. Looking forward to another day and continuing to build on our relationship."

Now, you may have noticed that Pat made a passing reference to playing guitar with Dave Ellis. Yes, that would be Parelli Professional Dave Ellis. Dave worked with The Horsemen's Re-union to lead and organize a few "Western Jam Sessions" throughout the event. These jam sessions were predominantly held during the daily colt starting sessions, and they were "improvised, in cowboy fashion, with talented friends from near and far." Naturally, Pat couldn't resist joining Dave & friends. In addition to these jam sessions, the Horsemen's Re-union featured performances from world-class musicians and entertainers Dave Stamey, J Parson, Baxter Black and Red Steagall.



As is the case with all things Parelli, the Seventh Key to Success was alive and well in all aspects. The Seventh Key, as you know, is support. Pat received support from Berin MacFarlane and Trevor Carter throughout the event, working with the colts and building relationships.



"I've learned so much from Pat and was grateful for the opportunity to show what he has shared with me over the last ten years. It was a great environment to start horses. You knew everyone around you had a certain amount of savvy. It was like going to 20 different ranches, all in one place," says Trevor.

Pat was also joined for the week by his son Caton, who had his own star turn at another colt starting event just weeks early – Road To The Horse, in Murfreesboro, Tennessee. Finally, Pat was supported by Parelli mastery student Elli Pospischil, who drove all the way from Ocala, Florida to Paso Robles with Pat's horses in tow.

"What can I say? I like road trips," Elli says with a smile.

Thank goodness.

At the end of the six days, there was a Grand Finale and Horse Sale. The colts that Pat and his team started during the week all sold for the highest selling prices. In addition, two of the horses that Elli brought to California, a pair of Parelli-started 4-year-olds, also sold very well.

"I was very proud that the horses we started sold so well," Pat says. "I am so happy to have been a part of this inaugural event. I'd love to see it become a legacy event, and to see even more Parelli fans there in the coming years. The more presence we have there, the better for everyone involved."

"I consider The Horsemen's Re-union to be the biggest little thing that's happened for the natural horsemanship industry in a long time."

Overall, it's tough to imagine a better way to spend six days if you are a horseman. Good times, good music, friends new and old, and top-of-the-line horsemanship. Oh, and it finally warmed up a little on the last day too! 🐾

To learn more about The Horsemen's Re-union, go to [www.horsemensreunion.com](http://www.horsemensreunion.com).

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# BECOME A SOCIAL MEDIA ROCK STAR! AND WIN A COURSE AT THE PARELLI CAMPUS!

**At the Parelli 2012 Horse & Soul Tour, not only are we allowing you to take photos and videos at each tour stop, we're encouraging it!**

**During the 2012 tour season, we'll be holding contests for best photo and video from each tour stop, plus a grand prize Social Media Rock Star winner for the 2012 Tour season!**

## **Here's how it works:**

Everyone is encouraged to send photos from the tour stops to [tumblr@parelli.com](mailto:tumblr@parelli.com). We will post the photos on Tumblr, and select the best photos for a photo album on our Facebook page. We will pick the best photo from the bunch, and the individual who submitted it wins Colt Starting, Game of Contact, or Hit the Trail on DVD!

Our tour attendees are also encouraged to take videos of the tour stops, upload the videos to YouTube, and send the YouTube links to [parellitube@parelli.com](mailto:parellitube@parelli.com). We will post a few of the best videos on ParelliTube from each tour stop, and select the best video from each tour stop! The person who submits the best video also wins one of our three new DVD courses!

Finally, we'll crown one lucky individual 2012 Horse & Soul Tour Social Media Rock Star! This person will have combined quality and quantity of social media for the entire tour. This person got a high number of hits on YouTube and sent us the most and best quality photos, possibly from multiple tour stops. They also sent in something "special" – like a photo of all the people they brought to the tour stop, or a banner they created, etc. This individual WINS A COURSE at the Parelli campus!

*Photos and videos must be submitted by the Friday following each tour stop. Images and video links received after that date will not be considered for the contest.*

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# HERE ARE A FEW OF THE GREAT SUBMISSIONS THAT WE HAVE RECEIVED!

Photo by Jim Camp in Lexington, VA



Photo by Krista in Conyers, GA



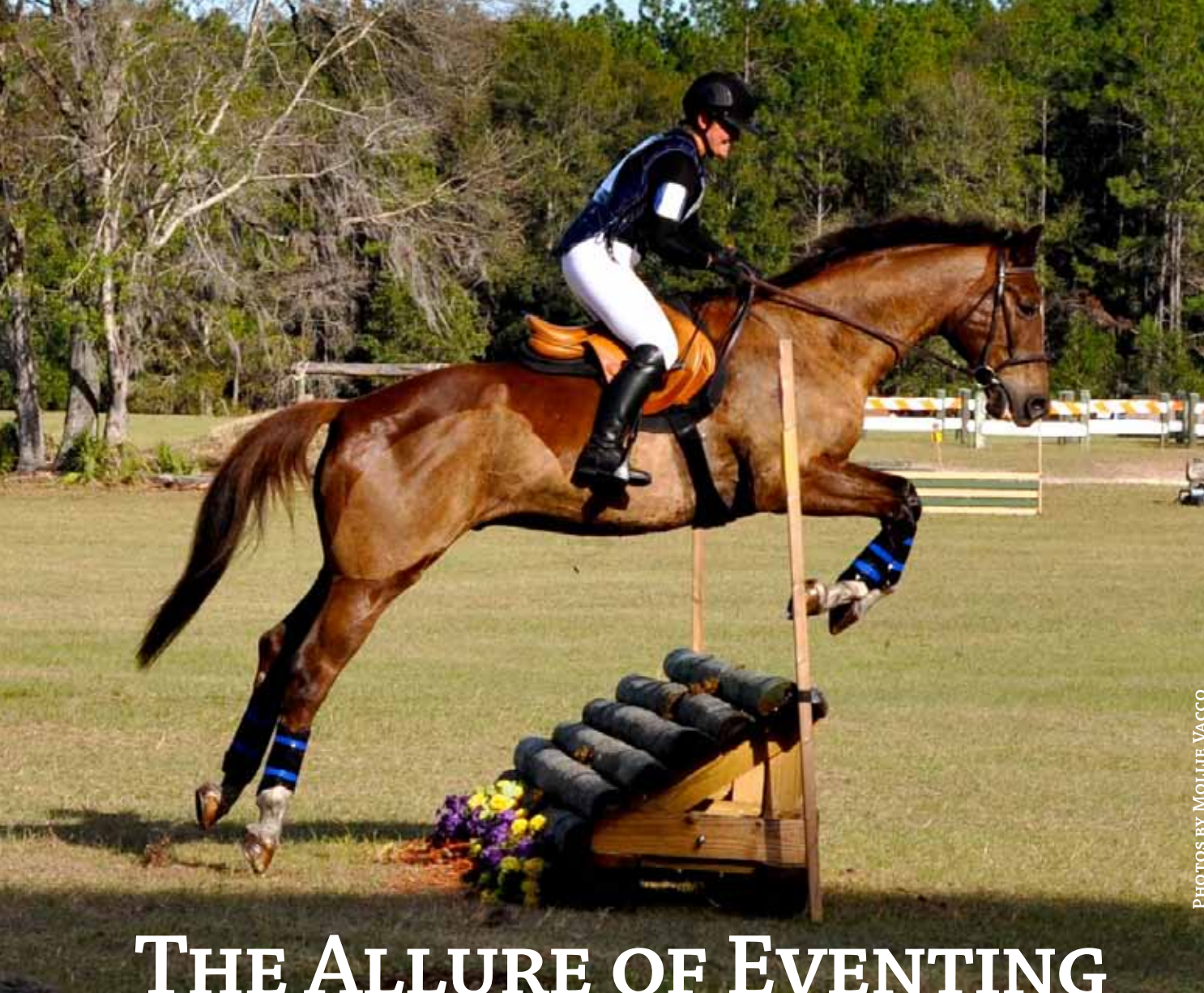
Photo by Paula McConnell in Lexington, VA



Photo by Vickie Lummus in Conyers, GA



Photo by Randall Barr in Conyers, GA



PHOTOS BY MOLLIE VACCO

# THE ALLURE OF EVENTING

## Marion Oesch's Journey

by Scott Teigen

Take a moment and picture the Left-Brain Extrovert Horsenality™ cartoon. A muscular, athletic horse on its back legs, mane on end, shouting "I Want It My Way!" This horse has his own ideas, and you're not going to make him do anything

That's Allure.

Allure has been the very definition of "extreme Left-Brain Extrovert." Linda has owned him for years, and she describes him as the most extremely challenging horse she's ever owned. He could go from aggressive to catatonic in a matter of minutes, and if he doesn't trust or respect you, he's going to let you know about it.

And Marion Oesch is eventing with him.

"Eventing with him is so good for me," Marion says. "My Humanity™ and his Horsenality™ jive pretty well; he's a very gutsy horse. With a right-brain horse that's eager to please, you can kind of convince them to do anything. With Allure, if

you tell him to do something, the response is 'Why should I?' He's an excellent test of my horsemanship."

The competitive world has always appealed to Marion, a 3-Star Parelli Professional, but not in the traditional sense. She was never really concerned with winning prizes or getting her name on the marquee, so to speak. She was more focused on reaching her full potential, and bringing her horse to its full potential as well. That mentality, coupled with her competitive drive, made it natural for her to gravitate towards sports.

"When I came to Parelli, to Linda, I wanted a foundation for jumping. I grew up around show jumping at home in Switzerland, and it's always appealed to me," she says.

"I started riding Allure to learn the Game of Contact. I spent a lot of time with him, building a foundation, and continuing to build on what plenty of people had started. Linda,

Amy Book-Bowers, Jackie Chant and Lyndsey Fitch have all spent time with him. They've all dealt with his challenging behavior, and they've all learned a lot from him."

Marion has learned plenty from Allure as well, and as the two of them continue building their relationship, Marion is doing some teaching as well. Specifically, showing Allure how he can channel his more extroverted tendencies toward a goal.

"For me, eventing is all about putting principles to purpose," she says. "And with a Left-Brain Extrovert like Allure, purpose is essential. We both get bored pretty easily, so I figured eventing would be a great sport for both of us. There's a lot of variety, so while there are plenty of other challenges to overcome, boredom shouldn't be an issue."

Marion and Allure have been to a couple of eventing competitions so far, and Marion says that the results are a testament to the power of the Parelli Program.

"At our first event, we hadn't really had any professional eventing training," she says. "Our preparation was, truly, all about foundation. And honestly, we did pretty well! It just goes to show that the Four Savvys, the Seven Games – the entire Parelli Program, really – are there to set you up to achieve. Like Pat always says, 'You've got the foundation, now go do something with it!'"



"You should never put a ceiling over yourself. Once you've got all the tools, there's nothing you can't do."

Those are words to live by and Marion is certainly taking them to heart. She's not content to just rest on her laurels; that's just not her style. She was 12 years old when she decided she wanted to become a Parelli Professional, and look at her now. She's got a plan for the future, and you can bet she's going to achieve it.

And what, you may be asking, is that plan?

"I want to take the Parelli mission to the top of the competitive world and become an example of how a Parelli foundation is beneficial for riders and horses," she says. "I truly believe that foundation is the missing piece in equestrian sports."

"Honestly, without Parelli, I wouldn't know how to prepare my horse for eventing. You can't just ignore the relationship and then assume it'll all go smoothly in the arena. In eventing, you have two or three days, and you make your horse hate you on the first day, it's incredibly tough to recover from that over the next couple days."

"I've seen it happen dozens of times, and it truly is avoidable if there was a foundation."

Now, in case you're concerned that Marion is looking at the relationship between eventing and natural horsemanship through rose-colored glasses, you don't need to be concerned. She knows it's an uphill climb, and that there are preconceived notions from both sides that need to be bridged before her dream can truly be achieved.

For instance, convincing the eventing world that Parelli principles actually translate to results in addition to relationships.

"I firmly believe that we have to be good at their game for them to want to play our game," she says.

"It's pretty neat, seeing other competitors at shows who witness the relationship between me and Allure," she says. "I've had people come up and ask how I got my horse to be so calm in such a hectic situation. Now, the next step is taking that successful relationship and translating it to high-level results in the arena."

"I want to show that there doesn't need to be such an 'us versus them' mentality within the horse industry, and that Parelli can apply to all disciplines. I don't see myself going into a competitive career, but if I can get into that world and integrate Parelli from the inside out and influence change for the better, then it's the best of both worlds."

It's tough to argue with that. And if Marion can bring a textbook extreme Left-Brain Extrovert like Allure into the eventing world and get results, it probably isn't a good idea to doubt her in any of her other pursuits. 🐾



# THE PATH TO LONDON

## An Uphill Climb

by Scott Teigen

We're all familiar with stories of overcoming adversity, triumph over tragedy, beating the odds, and so on. If you're a little overwhelmed by all of them, well, I don't blame you. But this one is a little different. Why? Well, it involves a Parelli Professional, for one thing.

Lauren Barwick is pretty well known throughout the Parelli community. You see her updates on Parelli Connect, you read her blogs, and you catch her tweets on Twitter. In addition to being a Parelli Professional, Lauren is also a medal-winning Paralympian. But that's just where our story starts.

Right about now, you may be asking yourself how a story of overcoming adversity begins with winning a gold medal at the 2008 Beijing Olympics.

Well, let's fast forward to the 2010 World Equestrian Games. This is where Lauren's journey to the 2012 London Games begins.

"I had a pretty rough show at the 2010 Worlds," she says. "To the point that I decided I was done with competing. The judging was very controversial all around, and I vividly remember how upset I was. I remember telling Pat (Parelli) that I was absolutely done.

"Soon afterwards, Team Canada asked if I was sure that was what I wanted to do. I told them I didn't want to be a part of something I couldn't change. But I'm a very, very competitive person, and the love of competition never went away. So after a few meetings, some phone calls, and a little time to cool off, I was back in."

Not long after Lauren decided she wasn't done with competition, Canada called her again to confirm that she was committed to training for London. Maile, the horse she had won gold with in Beijing, was getting older and was unlikely to be in peak physical condition by the time London came around.

"We all knew that I'd need a new horse if I wanted to compete in 2012, so my national coach and I got together and tried 31 horses in three days. I found one

that I liked, and Canada found one that they liked. So I came home with two – one that would be my personal horse, and one that Canada would own.”

If you’ve been following Lauren’s progress, you’ve probably already met these two horses: Fergi and Paris.

“Fergi, or Ferdonia, is an Oldenburg mare. When I rode her for the first time, I felt this fantastic connection with her, in my breathing and my body. However, she was a little right-brain when I rode her and she didn’t have a great walk, which was sort of a problem, because there’s a lot of walking in my test. That’s why Canada didn’t select her.

“But I had a little extra money from selling West Point and I knew Fergi had a lot of potential. I called her owners and told them that I’d give Fergi the best home they could possibly sell her to. I made them an offer, and they accepted.

“She’s a solid Right-Brain Introvert, so when she’s had enough of something, she’s been known to fly off the handle a little. But she’s improved a lot, her walk is better, and she’s more relaxed overall.”

Of the two horses, Lauren says Fergi is the looker. Paris is the talent.

“Paris is a very athletic horse, but unless you really know what you’re looking for, you might miss her talent because she’s not as visually striking as Fergi,” she says. “I took both of them to a competition in March 2011, and Fergi won two of the three classes. The judges came up to me afterwards and said, ‘This horse may have won today, but Paris is the horse that will win tomorrow.’



“Paris is more complicated, and learning to work with my disability has been more challenging for her.”

Without a doubt, Paris has been a challenge. There have been many days that Lauren questions whether she took on more than she could handle, and whether Paris could be ready by the time London came around. But with the Parelli Program supporting her, she’s overcome those moments of doubt, and just recently received the ultimate validation of her training.

## *My national coach and I got together and tried 31 horses in three days.*

“One of my teammates, Ashley, came down to the Parelli Campus a couple of months ago, and I asked her if she wanted to try sitting on Paris, just to see how it went. Now, when I first got Paris, I was told that Canada chose her for me because she was too much horse for the other riders, and she was too sensitive and too emotional.

“Well, Ashley got on her and in no time at all, she was walking and trotting around. Mary, our coach, said ‘This is a testament to the power of the Parelli Program, that you have three horses – two of which you’ve only had for a year – that anyone can ride.’

“That was incredible for me. It’s given me a blueprint for developing the foundation for any horse, for any person. My horses already know dressage, but as I work on their foundation, they’ll only improve.”

As London approaches, all of Team Canada is working hard to prepare. Lauren has been attending and participating in Parelli Horse & Soul Tour stops around the country, getting Paris and Fergi used to packed arenas and energetic crowds. Her personal goals are to continue putting foundation before specialization; with that in mind, she hopes to achieve Level 4 in all Four Savvys before London.

As far as her goals for London, Lauren chooses to focus on the team rather than herself.

“I believe that Team Canada can medal as a team for the first time.”

So there you have it – all the pieces to a classic story of overcoming adversity. Now all we need is an ending. Watch the London games, cheer on Team Canada, and you’ll have witnessed it. 🐾



# THE WILL TO SUCCEED & The Drive to Inspire by Scott Teigen

Kalley Krickeberg is a competitor. This should not come as a surprise. You don't reach her level of horsemanship without a strong internal drive, a will to fly above and beyond the average. But how competitive is Kalley Krickeberg? You only need four words: the Firefighter Combat Challenge.

A volunteer firefighter for nearly eight years, Kalley has certainly endured her fair share of mental, emotional and physical strain. But, as she puts it, nothing compares to the Combat Challenge.

"I will put it against anything I've ever done," she says. "I'd put it up against any Olympic event, honestly. It is absolutely grueling."

You're probably wondering what the Firefighter Combat Challenge is, why it's so difficult, and how it has anything to do with horsemanship. Well, here's Kalley's vivid description. Just be advised: you'll probably be out of breath by the end.

"The Combat Challenge is made up of six obstacles or tasks that you have to accomplish while wearing full bunker gear, the gear you'd wear while fighting structure fires. To begin, you start at the bottom of five flights of stairs, throw 50 lbs. of hose over your shoulder, and scale the stairs. Once you reach the top, you drop the hose in a basket and hoist another 50 lb. hose up.

"Next, you run back down the stairs to a forcible entry exercise. You straddle a 100 lb. beam and, with a 6 lb. sledge, drive the beam 6 feet with the sledge. After this, you run a weave pattern down to another hose line, sprint back to where you just were, hit a target with the water stream, and then you head over to Rescue Randy.

"Rescue Randy is a mannequin that weighs about 180 lbs. You need to pick Randy up and run 75 feet the finish line – backwards. Now keep in mind, your body was screaming at you by the time you reached the top of those first five flights of stairs. At this point, you need to will yourself just to move."

As if simply participating in this exercise wasn't impressive enough, Kalley excelled. She qualified for the World Finals. She finished 8th in the nation, 17th in the world.

That's how competitive Kalley Krickeberg is.

With that in mind, it shouldn't be surprising that Kalley's horsemanship goals also lean towards the more competitive end of the spectrum. Her goals for the future? Competing nationally and internationally. She's interested in dressage, eventing and reining. And while the goal of any competition is to do well, Kalley is aiming beyond simply winning.

"I want to be a walking, living example of the Parelli program and what it can produce – and not just from a

horsemanship perspective, either. I want to show that Parelli is truly life-changing, that it touches people, that it helps you build relationships with both horses and humans. That's a pretty big goal, I know, but I'm very excited about it and I'm looking forward to where it takes me.

"At this point, I'm not guessing anymore. I am familiar with the arrows I have in my quiver, and I know how to use them. I'm hoping to make a 'where did this person come from?!' impression on members of the competitive world, to create some curiosity.

"Finally, I want to prove that you can achieve competitive success and keep the relationship with your horse intact. You don't have to sacrifice your principles or results. Obviously, that's what everyone would like to do. The question is 'How?' I hope to be an example of 'how' – you study the program until it becomes second nature."

How did it become second nature to Kalley? Well, spending a good part of the last decade with Pat and Linda Parelli is a good start. Ten years ago in February, she attended her first Parelli course, led by Carol Coppinger. A year after that, she enrolled in the 10-week school led by Mel Fleming, and she's been ingrained in Parelli ever since.

"I've been with Pat and Linda all over the country," she says. "I've learned and absorbed every day at Pat's side. We've been to big ranches out west, branded together. I've accompanied him and Linda to Canada. I flew to Australia with their horses in 2007. It's been incredible."



Of the countless lessons Pat has taught her, the one she identifies as most influential in her own horsemanship journey reaches far beyond the Parelli program.

"The ability to identify categories. With any kind of sport, any discipline, the maneuvers that are specific to that sport will be found in a combination of the Seven Games. If you can identify the combinations, the maneuvers will become simpler for you and simpler for your horse.

*I want to show that Parelli is truly life-changing, that it touches people, that it helps you build relationships with both horses and humans.*

"It's complex yet simple," she adds. "That's the heart of the relationship between horse and human, that language. Everything builds from that."

So the question becomes this: you've got this knowledge, this experience, this level of horsemanship, this language, and the goal of sharing it with as many horse-lovers as you possibly can. What's the best way to share what you've learned?

How about in arenas across the country in front of thousands of people?

That's exactly what Kalley is doing as part of Parelli's Horse & Soul Tour.

"I'm hoping this tour will bring it all together," she says. "Everything that Pat and Linda have taught me, everything I've learned from this program. I want people to see that, if they believe in the program, study it, and put in the effort, their dreams are very achievable.

"I've always been the type of person who tries to go straight to the best of the best, no matter what I'm doing - whether it's basketball, firefighting or horsemanship. I see Parelli as the best educational horsemanship program there is. I look at it as a school: you come here, you learn, and you apply it to your long-term goals."

You don't need competitive goals to be inspired by Kalley Krickeberg. You don't need to work closely with Pat Parelli for ten years, or be a firefighter, or, as she puts it, become a "big blinking arrow for Parelli." All you need to do is look at her optimism, her incredible love of horses, and the drive she lives her entire life with. That should do the trick. 🐾



# AUDITIONS 101

by Ashley Tippetts

Many of you may have noticed that our Audition Program received a little overhaul recently. (YAY!) Our goal was to streamline all of our processes and make things easier on students submitting Auditions. While we feel we achieved our goal, we are still seeing some consistent questions. Hopefully this little Q & A will help!

**Q: Where do I find the application forms for Auditions?**

*A: There is one application for each Savvy – On Line, Liberty, FreeStyle, Finesse – and they are all located on Parelli Connect under Resources. Included in the applications are step-by-step instructions on how to complete an Audition, and now, also included is a full page of success tips.*

**Q: You said that the Self-Assessment Checklists are now interactive in the applications. What does interactive mean?**

*A: Interactive just means editable. When you send in an Audition Application, you are required to include a completed Self-Assessment Checklist for the appropriate Savvy. In the past, this meant printing out the forms, filling them out, scanning them back to the computer, and then emailing them (or mailing them). Now all of the forms in the online (on the internet) applications are interactive. This means you can fill them out, save them, and email them all without having to print anything out or get up from your comfy computer chair.*

**Q: How do I know when I'm ready to audition?**

*A: Use the Self-Assessment Checklists. When you can confidently check off all of the tasks in a certain Level, that's when you're ready to audition for that Level.*

**Q: Do you have to be a member to do Auditions?**

*A: Yes! All of our members, at any membership level, are eligible to complete Auditions.*

**Q: How long does it take for results?**

*A: This depends on the season and the volume of Auditions we receive. In the winter, here in Colorado, our volume of Auditions is lower and someone submitting an Audition could get their results within 24 to 48 hours. In the spring/summer, here in Colorado, our volume of Auditions increases rapidly, and it could take several weeks to receive results. We strive for a quick turnaround while still maintaining consistent quality.*

**Q: Do I have to go numerically through the Levels?**

*A: No. If you have not ever submitted an Audition or been officially assessed, but you are playing in Level 3 for example, you do not need to submit Level 1 and Level 2 first. You should audition at the highest Level that you can complete, using the Self-Assessment Checklist. If you can pass a certain Savvy at Level 3, we know that you can pass*



at Level 1 and Level 2. This also includes receiving awards. For example, if your first Audition was an On Line Level 3 that passed as Level 3, you would receive credit in our records for On Line Level 1, Level 2, and Level 3, and you would receive a Level 1 award package. Then, if your next Audition was a FreeStyle Level 3 that passed as Level 3, you would receive credit in our records for FreeStyle Level 2 and Level 3, and you would receive a Level 2 award package. Finally for Level 3, you would submit a Liberty Level 3 Audition. If you then pass Liberty at Level 3, you would receive credit in our records for Liberty Level 3, and you would receive a Level 3 award package.

**Q: What are the Compulsory Tasks?**

A: The Compulsory Tasks are the tasks that you need to film with your horse for your actual Audition. You do not film all of the tasks on the Self-Assessment Checklist. The Compulsory Tasks give us a snapshot of your horsemanship and should allow you to complete them all while still staying under the ten minute Audition time limit. The Compulsory Tasks can be found in the applications on the official scorecards.


**Q: How much do the Auditions cost? Do I pay per Level or per Savvy?**

A: This depends on your membership level. Lifetime, Gold, Silver, and Benefactor members receive free Auditions and need to call their local office to receive an Audition Order Number. For Savvy and Digital members, Auditions cost \$59.95 and we do charge per Savvy. For example, to pass Level 3, three Savvys are required and a Savvy or Digital member would need to purchase three Auditions at \$59.95 each.

**Q: What if I don't pass my Audition?**

A: If you receive a Pre-Level rating on your Audition, you will be required to purchase (if applicable) another Audition Order Number and when you are ready, re-audition for that Level and Savvy. We certainly don't want you to "waste" your money, so we want to give you all of the information you need to succeed and hope you will take the time for prior and proper preparation! We know you can do it!

If you have any further questions, please contact us at [auditions@parelli.com](mailto:auditions@parelli.com), thanks!



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Photo by Darrell Dodds

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### **For information**

Catherine Sapienza  
530-865-1525  
info@atwoodranchnaturally.com  
www.AtwoodRanchNaturally.com

### **ATWOOD RANCH**

4400 County Road 200A  
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# COMMUNITY

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PHOTO BY COCO

# WATCHING REMMER HEAL, Through His Eyes

by Linda Rubin

It was a beautiful, sunny day in Ocala – lots of people and plenty of horses. My friend and I were sitting down to watch one of the demonstrations when Pat came into the ring and told the audience that Linda would be late because Remmer had a serious accident a few days earlier, severing both his superficial flexor and deep digital flexor tendons in his left hind leg. Everyone was devastated at the news and anxiously awaited Linda's arrival.

As others came into the ring showing their Parelli Natural Horsemanship skills, I noticed Linda riding up from the field on her newest horse, West Point, towards the arena. I approached Linda after the crowd cleared somewhat and talked to her about how we could see what was happening to Remmer on the inside with Equine Iridology and how adult stem cell nutrition could be beneficial in his healing process. Linda was open to the idea and we set an appointment for the following week.

Vern Lester, my business partner and Certified Equine Iridologist, and I saw Linda that week and explained the concept of Equine Iridology. By reading the iris, the Equine Iridologist is able to reveal existing or potential health challenges, including chronic and acute inflammation, old injuries and/or health issues, current health issues, the root cause of recurring issues, inherited weaknesses and strengths,

structural misalignments, origin of muscle spasms, digestive issues and much more. Because the eye is connected to the brain through the optic nerve, changes in any part of the body or organs are projected to the iris through the brain. During stress, the nerve endings from the affected area start to recede, leaving the discoloration the Equine Iridologist observes in the iris of that particular organ or tissue.

*Changes in any part of the body or organs are projected to the iris through the brain.*

We went to look at Remmer, who was standing in his stall with his left leg all wrapped up and cocked, trying to keep comfortable with as little weight on it as possible. Linda put the halter on him and we took pictures of his eyes, starting with the left eye. Issues to the left half of the body show up in the left eye. Consequently, issues to the right half of the body show up in the right eye. Picture two of Remmer's left eye was taken October 11, 2010, approximately two weeks after Remmer's injury. The red circle in the picture shows the mark that appeared in the eye from the injury. We knew

the left leg was compromised by the injury and wanted to make sure there were no irritations in the right hind leg due to the strain of bearing the excess weight. Remmer was put on a large dose of StemEquine on a daily basis to help with the healing. We also placed CieAura Rest Quiet Holographic Chips on both his adrenal glands to help him relax and get back into balance and CieAura Pure Relief Holographic Chips on the acupressure points on his left hind leg to help lessen the pain. Jim Crew, the Parelli's farrier, did a wonderful job creating a supportive shoe for the right hind leg, helping to ease the weight on the left hind leg. With subsequent pictures, we saw the marks in the right eye indicating a sore back and pelvis begin to fade away quickly.

Our weekly visits to check on Remmer's progress were not only encouraging, but fun as well! Remmer appeared to do better with each visit. The swelling continued to go down and he began to move around his stall with ease. Remmer was always happy to see us and loved to take a look at the pictures in the camera. It wasn't long until he was out of the stall and in one of the small paddocks by himself, walking around and enjoying the sunshine. On one of our visits he even trotted to Linda! This was exciting! Each picture of his left eye showed the mark getting smaller and lighter. Picture three, taken April 6, shows the mark faded greatly, signaling that the injury has healed. Remmer is now out in the pasture with the other horses galloping around and enjoying life once again.

To us, there is nothing more fulfilling than seeing an animal tolerating a problem to become a healthy, happy horse again. We all know that horses can't talk and tell us what is wrong, but Equine Iridology provides us the ability to catch sight of the physical animal to observe what the tissue is revealing. These wonderful, loving horses will tell us what we need to know if we will only look into their eyes. 🐾



*This eye shows a horse with a kidney issue*



*Remmer's left eye, taken October 11, 2010, two weeks after his injury*



*Remmer's left eye, taken April 6, 2011, shows the mark faded greatly*



WE ARE PARELLI

## Wongaburra 2011

by Chris Corbidge, 3-Star Instructor

After two weeks of camps, Wongaburra is now settling back into its quiet existence. The kangaroos and lorikeets have moved into the garden again, and suddenly the sun has scorched the grasses from lush green to dusty yellow in just a few short days. Only a week previously we were experiencing such a different energy!

Our first week's summer camp led by myself and Russell Higgins (4-Star Senior Instructor, NZ) and supported by my husband Justin Corbidge (2-Star Junior Instructor, AUS) was loads of fun and a great chance for us to share strategies and

different styles of teaching the program, as we helped the students make progress. Our main focus for the week was to have *all* of the students competent on 45-foot Lines and to see their Freestyle riding confidence grow. Those who had signed up for both Summer Camps got the chance to be super prepared for the week with Carol Coppinger (6-Star Master Instructor, USA) to follow.

Super Camp lived up to its name. Carol's third visit to Wongaburra saw even bigger growth in the student's progress than ever! For the first time, every student in the class played

at Liberty – in the playground! And when I say playground, I mean 140 acres...even our own herd couldn't believe their eyes! Of course there was the occasional breakout, but the horses soon went looking for their humans. It was amazing to see the other horses look up when another horse got separated from its human and think "Nah, nothing to do with me and *my* human." So much fun and so much progress! We played, rode, ate good food, shared experiences and future plans and ideas. For these two weeks every year, we really enjoy this immersion in pure Parelli.

*For these two weeks every year,  
we really enjoy this immersion  
in pure Parelli.*

This year for me personally, Super Camp provided fellowship, fun, expansion of ideas, mentorship, growth and unity. This is our eighth Super Camp, four of which we ran whilst living 'on the road' and now four at Wongaburra. They just keep exceeding our expectations every year and living up to the dream we put in motion when we had an idea about finding a place and a way to share the Parelli Program in our part of Australia with people who want to live their own dream with horses. Dreams do come true, and Wongaburra has become a place to share them. 🐾





# BUILDING A GREAT RELATIONSHIP

by Tim Smith

Earlier this year, 3-Star Parelli Professional Sally Brett spent four weeks in Florida with Linda Parelli learning more about the Game of Contact. Here we talk to Sally about her month away and her Parelli journey so far.

Sally takes up the story: "I first got into Parelli when I entered a competition at a Parelli stand at a show and won a Level 1 home study pack. At the time I mistakenly thought it wasn't relevant to me as I was competing in affiliated dressage, but a year later when I bought a yearling I thought it would be useful for groundwork training.

"When I opened the pack up I realised that there was much more to it than just ground work, and that it was more about training the human to learn horse psychology than it was about training the horse. I started to understand why my older competition horse had the challenges he did (unconfident to jump, hack out and trailer load) and realised it was a problem with our relationship, rather than a training problem. As our relationship improved, the problems started to fade and I was hooked from then on.

"I am really happy with where Parelli has taken me – I am currently a 3-Star Parelli Instructor endorsed to teach On Line, Freestyle and Liberty at Levels 1 to 4 of the Parelli programme – from basic skills through to the fundamentals of performance. I feel very lucky that my study and teaching has taken me all over the world, including Sydney, Australia and Colorado, USA.

"My job also allows me to travel round the UK meeting all sorts of people from different backgrounds who are interested in different disciplines, all wanting the same thing – a better relationship with their horse.

"I am studying Level 5 with my 17.2hh Hanoverian, Bertie, and am excited about taking the foundation we have developed together into competition dressage."

After intensive dressage training with world-renowned dressage instructor Walter Zetzel over the last four years, Linda Parelli decoded the secret of getting horses to willingly accept bit contact – calling the process the Game of Contact.



Says Linda: "I call it the Game of Contact because it's about the psychology of getting your horse to want to engage mentally, emotionally and physically, causing it to be their idea rather than something forced on them."

The Game of Contact naturally solves several riding issues, such as horses behind the bit, not coming through and over the back, inactive hind leg, horses afraid of the bit, inverting and hollowing out, choppy strides, tongue displacement issues and not wanting to go forward.

"Contact is all about the trust and feel from the horse's point of view and basically holding hands," explains Linda.

"It is way more than just about the bit, and problems can easily be disguised with biting and nosebands. We all have opinions but the horse will tell you what is right and wrong."

Adds Sally: "The Game of Contact is special because it makes contact a game, rather than just a technique. 'Contact' is such an elusive thing and 'feel' even more so. Linda has done an amazing job of creating a step-by-step approach to help the horse and human understand contact and for it to be an enjoyable experience for both.

"The Game of Contact involves being part horse trainer, (teaching the horse what he needs to know about contact), part rider, (learning about posture and feel for contact), part

*The Game of Contact is special because it makes contact a game, rather than just a technique*

psychologist, (learning how to make it the horse's idea to take the contact willingly by making it a game for the horse), and part behaviourist, (learning how to apply different strategies according to your horse's innate temperament or as we call it, Horsenality™). I love that a lot the steps can be learnt in theory and simulations, so we can improve without even riding our horses! Rein simulations have been a key part for me to improve my posture and feel down the reins.

"Linda is a fantastic teacher and mentor, so when I was invited to spend four weeks with her, I jumped at the chance.



She clearly loves sharing her knowledge and is so humble with her own achievements. She's also good fun to be around so we were often laughing as we were learning.

"There were five Parelli instructors studying together for the four weeks: myself, Lyla Cansfield (UK), Bernie Zambail (Switzerland), Nita Jo Rush (USA) and Christi Rains (USA), and we all got along together really well. The USA instructors brought their own horses while the rest of us borrowed horses from friends in Florida.

"My horse Bailey was a lovely chestnut Thoroughbred. Most days we had time watching Linda and her protégés warming up and riding, and time riding our own horses whilst being coached by Linda. There was a strong focus on horse psychology and better understanding of Horsenality in the context of riding and particularly riding with contact.

"We also spent a large amount of time with 'Steady Eddy' – a simple riding simulator developed by Linda to help with posture. Every week we met as a group to score ourselves on

horse training and riding skills, which helped us to discuss our plan for progress for each week. At the end of our four weeks, we had the chance to coach some less-experienced students on the Game of Contact.

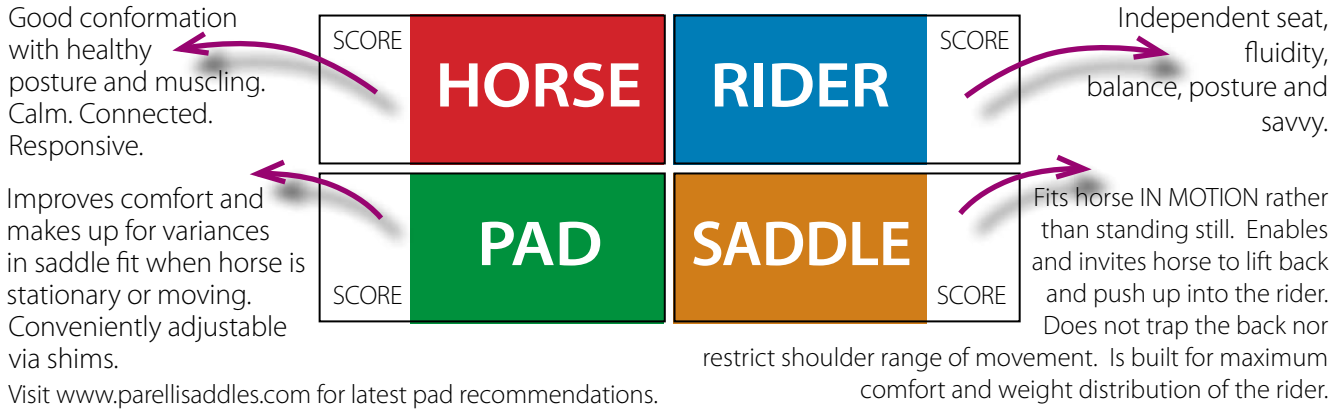
"During our time in Florida we also got to travel down to Wellington to meet Betsy Steiner (a top USA dressage rider and trainer) whilst Pat Parelli helped her with a difficult stallion. Then Pat and Linda gave a presentation on the Parelli foundation to none other than Christoph Hess, the Director of Training for the German FN (FEDERATION NATIONALE) and how it applies to competition horses – both of which were brilliant to be part of.

"As a result of my four weeks, I have a much better understanding of the difference between training a horse to be obedient compared to having a willing partner who offers to put effort into my ideas," Sally says. "This has affected how I approach playing with and riding my own horses and also how I teach students." 🐾



# The 4 Components of Riding success:

“Never-ending self-improvement” means that each of us score the quality of each component with rigorous honesty and aim for 4 out of 4 whenever possible.



The horse pictured here shows an unhealthy physique.



## GENERAL CAUSES CAN INCLUDE:

- Ill-fitting, restrictive saddle that is too narrow, tight or convex in the bars or panels.
- A rider who leans forward, is hollow in his/her back, braces in the stirrups or is too strong in the hand.
- A horse that is impulsive, unconfident and rushes with an inverted posture (head up).
- Poor posture - the horse does not know how to stretch its back to carry the rider.

## SOLUTIONS INCLUDE:

- Good saddle and pad, well fit.
- Rider Fluidity.
- “A Million Transitions” Parelli Pattern
- Stop pulling on two reins and/or bracing in stirrups.
- Partial Disengagements.
- Find horse’s balanced stride at trot and canter.
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# PARTNER PROFILES



## Euphrates

Swedish Warmblood / Gelding / 13 Years Old / 11.1hh

Right-Brain Extrovert / Playing in Level 4

Partner of Dee Wiet

### **What lesson has your horse taught you that you use in everyday life?**

Phraters has taught me to recognize my own thresholds. When he hits a threshold, I either wait several seconds for him to decide whether he should go forward, or whether I should ask him to retreat and try again. He used to spin 180 degrees and run for his life, and now I recognize what happens before what happens happens, and I help him through the threshold safely. When I hit my own thresholds, I'm learning to recognize that when I'm at a threshold, I either think it through or I retreat and try again later, and not push blindly through it. I've made Phraters a promise that I'd never push him through a threshold, and I'm working on following through on the same promise to myself.

### **Tell us about the best moment with your horse.**

My best moment(s) occurred this summer. Phraters hadn't been on my trailer since before winter. I decided that I'd take him away from home and just hang out with him in the forest preserve parking lot, then take him for a walk around the woods and come home. Like two good buddies enjoying the summer day together. He walked into the trailer, we drove, parked, unloaded, and he ate hay from a hay bag hanging on the trailer. Geez, my Right-Brain Extrovert actually eating in a public place with humans all around! We met a group of special-need teenagers who had never seen a horse in person. One at a time they got to rub on him. Yikes! Potential predators approaching, but he trusted that his mom would keep him safe. We walked around the woods on my 22-foot Line, met bikes, dog walkers, and hikers. Some small thresholds, no spooks. After the walk, back at the trailer, he ate from his hay net, I sat on the fender and drank my frappuccino, loaded up, and we came home. My partner for life and I have come SO FAR. Thank you, Linda and Pat!

Check out Euprates's updates on Parelli Connect!

[www.parelliconnect.com/members/342](http://www.parelliconnect.com/members/342)



# Milva

Trakehner / Mare / 6 Years Old

Left-Brain Introvert / Playing in Level 3-4

Partner of Marion Princic, Helsingborg, Sweden

## How did your horse come into your life?

After living in Canada for three years we, moved back to Sweden. While living in Canada I got introduced to Parelli through very dear friends. The first thing I did when we came back to Sweden was look for the perfect partner that I could start Parelli with. It took me two years to find that perfect match, but oh boy, was it worth it to wait! I looked at a lot of horses and when I saw Milva for the first time I knew she was the one. She was three years old, grew up in a big herd, had perfect bloodlines, stunning movements and, most important, to me she was unhandled.

## Tell us about the best moment with your horse.

One of the best moments was when I asked Milva to lay down and she followed my suggestion. Another best moment was when one of my fellow boarders complimented on our relationship. I board Milva in a very traditional competition stable where I'm the only one doing Parelli. The rest ride dressage or showjumping and everyone competes. I got a lot of criticism in the beginning, especially about my rope wiggling. I always listened kindly to their inputs and to their criticism but then turned around and continued to wiggle my rope and tell them that I'm only in Level 1, you wait and see when we are in Level 3. Now we've come to the point where people are saying "Wow!" and then asking the question, "How?" One fellow boarder even signed up to become a Parelli member and more and more boarders are getting interested in what we do.

Check out Milva's updates on Parelli Connect!

[www.parelliconnect.com/members/649](http://www.parelliconnect.com/members/649)

Send your partner's profile to [savvytimes@parelli.com](mailto:savvytimes@parelli.com)! Please limit your submission to 500 words. Answer any or all of the same questions you see here, and send us some high-resolution photos of your partner!



## MILK-BONES® FOR SAVVY

# A Canine Lesson in Horsemanship

by Colleen Cavanagh-Osses

I am one of those people that you'd love to hate. I just married the most wonderful man in the world; I have two awesome horses and a dog that makes Lassie want to convert from a collie to a lab. Unlike many fairy tales, my love affair with horses began as an adult. As a result, I am a dedicated Parelli student because I want to catch up with the rest of you who've had horses since you were little!

Anyone who knows me has probably met Sammy Davis Jr. Sam is my 6-year-old black lab. One beautiful summer evening I was out riding when my girlfriend pulls up in her car and says, "A girl with her pony and her dog – perfect." I turned around in my saddle and Sam was faithfully following us (hoping we didn't go faster than a trot because that would be too much work!) His tail was up and he had that "look" on his face. That same "look" on a person would be an enormous smile, so the word "perfect" described us to a T! He loved the barn, the horses, and the fun we had there!

We all get that one special dog in our lifetime and Sam is that dog for me. He goes everywhere with me – the barn, work, Parelli clinics, and he's even invited to people's birthday parties! Sam and the horses are on my annual Christmas card and he's in my Level 2 Audition video following our Figure 8 pattern! He never needs a leash, never leaves your sight, and never takes his eyes off your food...

Unlike me, Sam was raised around horses so he wasn't afraid of them and was almost foolish around my horses, especially when he would dive into their grain buckets during feeding time.

Notice I said "was."

My horses spent the last year at my parent's farm in Kentucky where they were living it up "horsey style" in a gorgeous green 10-acre pasture. They had a pond and wonderful bovine neighbors. Sam loved to visit the horses in Kentucky and was our faithful follower when we'd ride

around the pasture hoping to sneak a peek at the new bovine babies next door! About a month ago my horses came back to Long Island, NY where they now live in my friend's new backyard barn. I was so thrilled to have my picture perfect "family" back again!

*We all get that one special dog  
in our lifetime and Sam is  
that dog for me.*

But my perfect image quickly faded. When Sam and I went to feed the horses in their new home, Sam would run off! Because I am usually feeding the horses on the way to the work, I had to put Sam on a leash so that I wouldn't be late. I would have to literally drag him into the paddock! Then when the horses would come anywhere near us (which they would, naturally) he would cower down, slip out of his collar and be gone! I never thought my "energy-conserving canine" could move that fast! My horses know Sam. They were very relaxed, and they were not giving him that evil stink-eye that says, "Beat it kid!" He believed his life was in danger the very moment they even looked his way! He looked for every opportunity to escape and his flight distance was all the way to the road!

I had to do something to help my Sam! I grew up training dogs but I was at a loss so I asked my dog-training parents and friends. They did not understand horses so I turned to my Parelli friends. Even my husband Eddie, who is an amazing horseman, polo player and avid dog lover, didn't have any words of advice. He took Sam to the polo club several times a week that summer. Sam never left his side, followed him out when he exercised the horses and never demonstrated any of the signs of distress I was seeing! What happened to my Sam? Why didn't my pal want to be with me anymore?

When I went to the barn to feed, I had to leave Sam in the car and he'd howl! When I wanted to play or ride my horses, I had to have someone hold Sam on a leash or I had to leave him home (gasp!). I knew our situation was not going to get better on its own and I was getting distressed! What was I going to do while riding in the summer? Play dates? Trail rides? Clinics?

Over Christmas, I spent a few days with Eddie while he worked the winter polo season in Florida. I couldn't sleep one night and while flipping channels I stumbled across a *Dog Whisperer* Cesar Milan marathon. I knew nothing more of Cesar other than his joint venture with Pat and his natural

training methods. I knew Cesar followed the same basic principles: love, language, and leadership in equal doses. Be a natural leader and monitor your energy levels. I was engrossed for several hours!

Just when I started to fall asleep, an episode began about a woman whose rottie mix decided he was going to start chasing the horses on their farm. I perked up! If Cesar could help her and her dog stop chasing horses, maybe he could help me reinstall Sam's confidence around horses! Here are some ideas I took from his advice:

1. You, your horses, and your dog are part of the same pack or herd. Different species can and will form packs, herds, etc.
2. You *must* be the leader of the pack.
3. Everyone on a ranch needs to have a job: you, your horses and your dog.
4. You must set and maintain the energy levels.
5. You must stop the negative motion in the dog's mind. Stop it before it starts! Don't let them go there! (Sound familiar?)

While mucking stalls the next morning (some of my best thinking time), I started thinking about what Cesar said the night before. By that time, Eddie is already out with a set of horses. He rides one and ponys four to seven horses along! There he was riding with five horses in 39-degree weather, the wind is howling and when he came into sight I realized he was talking on the phone! Geez! To have that level of emotional fitness is my goal!

That's when my mind started racing! It is no wonder Sam wasn't afraid of the horses when Eddie had him at the polo club last summer! Eddie is a natural leader – people, horses and dogs are drawn to him. He is "Steady Eddie" – never gets upset, angry or worried. He is always calm, cool and collected!

On the flight home I started looking "internally." I think psychologists call it "self-reflection." A day later it hit me! SHAA-ZAAM! I immediately called my Parelli girlfriend to tell her my BFO (Brilliant Flash of the Obvious)!

**MY HORSES DON'T SEE ME AS THEIR LEADER!  
SAM DOES NOT FEEL SAFE BECAUSE I'M NOT THE LEADER!**

These were my discoveries:

1. My horses are very sweet, left-brain and friendly with humans and canines, alike. But since they had returned from their 10-acre Kentucky spa, I had become a red-headed walking carrot Pez dispenser. Unknowingly, I had not re-established my leadership in our herd; I was

the 49%. They know Sam, and as they were going up to him to say "Hey! Good to see you again pal!" they busted through about ten of Sam's thresholds! Sam's bubble grew to be huge!

2. When we went to the new barn, I went right-brain. I was so concerned about the new paddock, the new fence, and so many questions. Are they settling in all right? What am I going to do about a shelter for them? Did I remove everything they could hurt themselves with? Am I disturbing my friend with coming to feed too late/too early? Did I lock the gate? Is the electric on? Is the moon full on Saturn? Am I late to work? Did I buy enough hay for the winter? My phone is ringing with a customer problem and I think I have hay down my dress.
3. My two horses, Sam and I were a dysfunctional herd - no leader, no jobs, and no responsibilities. The inmates were running the asylum!

I made the decision to go (and stay) *left-brain* and use all that savvy that's in my brain. I started to think. How would I help a horse that had these same issues? Remembering that horses have confidence in these areas:

- Leader
- Environment
- Herd
- Learner
- Themselves

Here's another BFO: Despite the fact that we are predators, dogs and humans have the same areas of confidence! Sam had lost his confidence in all those areas! I was so used to my left-brain horses that I had to learn how to be there for my right-brain dog! I had to adjust my technique to help the "dog that showed up!"

So to be better prepared, I had to know "what happens before what happens happens." In our house, when Sam sees you put on boots or hears a jacket zip up, he's at the door like a shot ready to go! But those last few mornings, after I was "zipped up," I continued to walk around the house looking for important things like my car keys, coffee cup, sunglasses, briefcase, phone, my brain... I was going right-brain and Sam began to pace behind me like a nervous shadow (mirror, mirror on four paws...). His anxiety started to come up because he thought he was going to be left behind because in the last few days I did leave him at home! I had taught Sam an assumption...

So that became my starting point:

**Step 1:** Before the barn: I AM THE LEADER. I MUST CARRY MYSELF LIKE A LEADER. Leaders need to have positive

energy. So before we even left the house for the barn, I had to be left-brain and have positive energy so Sam could have positive energy. I set aside an extra 20 minutes for each feed time so WE were not rushed. We did not leave the house until both Sam and I were in a calm state of mind.

**Step 2:** Arrive at barn: BE IN THE MOMENT! Leave the cell phone in the car and I might as well leave all 'those things' I worry about with it! If 'those things' are really something to worry about they have the cell and can call 911.

**Step 3:** In the paddock: I AM HERE FOR SAM. I love to see the horses and yes they have to be fed, but "I am here for Sam." I immediately began reading Sam. He was relaxed with only a concerned look on his face. I could feel my presence as a leader was already having an effect on him. I remembered "don't let them go there" so I began helping him be positive by physically encouraging his tail to stay up and did not say things like "it's okay." I did not want to support his fear. I wanted my inner monologue of "don't be afraid but do what I say" to pour out through my energy waves. (Yes, my inner monologue has the same accent as Linda Parelli! Funny how that works...)

**Step 4:** POLITELY MAINTAIN YOUR SPACE. I realized that I could acknowledge and say hello to my horses from over 40 feet away. They could come in for a visit when I "allowed" them to (difference between "let" and "allow"). I monitored Sam's expression and backed the horses up when they entered his "bubble." This approach and retreat model proved to Sam that I had his safety in mind. This also worked to re-establish my leadership with the horses, whose faces were like "Huh? Our leader is back! WHERE have YOU been?" As we moved towards the feed shed and feeding stations, I noticed Sam got SCARED when the horses were in his Zone 5. So we got behind the horses and politely drove them (at Liberty) to the breakfast table. (A Level 3 ability, thank you very much!)

**Step 5:** JOBS. Everyone needs a job. I carry the feed. The horses eat the feed. Sam needed a job. His new job was to "watch the feed" or, in Parelli land, "maintain gait." The halt is a gait. So he got a "sit-stay" in the hay room (which had become a safe haven for him) while I gathered up the hay. Once the horses were occupied eating their hay, I brought him out with the horses and gave him another "sit stay." I fed grain to both horses. I closed up the hay room and sat with Sam while the horses ate.

**Step 6:** UNDEMANDING TIME. *The best solution to any relationship on the mend.* While the horses were munching on their breakfast/dinner, Sam and I would sit together and watch them. He needed to "remember" how great it was to



hang with the herd (Friendly Game). I'd pretend we were sitting on a big rock looking down over my herd... Of four!

By the second day, I could see a remarkable change in Sam and his attitude! The horses got the pattern and Sam really took a liking to his new job. I could even pet Sam and one of the horses at the same time...*on the second day!* I knew with that immediate success I was on the right track. My Parelli co-student saw him on day three and she couldn't believe the difference in Sam. She also saw the difference in me as a leader! My new mantra is "no wussiness!"

*It is difficult to count all the different ways Parelli has touched and shaped my life.*

That was less than three weeks ago and now Sam drags me to the feeding station! One of those weeks he was at his sitter's house while I was on a business trip. So in merely two weeks he is back to following me around as I feed, clean up and play with the horses at Liberty. He's soft and relaxed! Through my journey with Parelli I've learned so many things about myself and met some of my closest friends in instructors and fellow students. It is difficult to count all the different ways Parelli has touched and shaped my life, as I'm sure with yours! I'm grateful for this opportunity for never-ending self-improvement. But I have to laugh as I write these next sentences: my dog showed me that my horses were not convinced I was an effective leader! My dog helped me realize how right-brain I'd become and. As a result I was emitting unconfident and unfocused energy. Wow, this is going to have a *profound* effect on my horsemanship journey!

What do they say? "When the student is ready, the teacher appears." I wonder how big Sam's tutoring bill is going to be... I bet he accepts Milk-Bones®.

When all this snow melts, you'll see nothing but butts (all four of ours, one of which will have a wagging tail) going down the trail! 🐾



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PHOTOS BY A. J. SILVA AT VAN GUARD STABLES IN BOW N.H.

# OPENING WORLDS OF SPEECH with Hippotherapy

by Dutch Henry

Toby lifted four-year-old Nathan's tiny hand and touched it to the horse's withers. She tapped the horse gently with Nathan's hand while saying, "Go." The horse stepped forward. Nathan smiled. She held his hand and tapped the horse again, while clearly giving the verbal command, "Go." The horse took another step. Nathan's grin widened. Toby released Nathan's hand and looked encouragingly into the boy's eyes as the horse waited for his next cue. Without hesitation Nathan tapped the horse. Nothing happened. The smile faded from Nathan's face, but he tapped the horse again. And again. Toby smiled at him, touched her finger to her lips and mouthed the word command. Nathan struggled to understand, but Toby continued to demonstrate, waiting patiently for him to try again. Suddenly Nathan's face lit up, he tapped the horse and blurted, "Go horsey!" The first words he'd ever spoken.

Nathan had been diagnosed as "developmentally delayed" and had never talked. His mother had heard of Toby Freeman's Hippotherapy program, called "HorseTalks," for children with speech difficulties and enrolled him because traditional means of therapy had not seemed to help.

Toby, an accomplished rider, was born with an addiction to horses and had always had them in her life. She became fascinated with communication and speech at a very young

age. Her Great Aunt and Great Uncle were deaf, and when Toby was about six she began to notice they had a dynamic way of communicating. While other family members would communicate with them by writing, it seemed so limiting to her. She began to watch their body language and even their eyebrows. She studied the way they used their hands to talk to each other in a combination of finger spelling and sign language. They taught her their method and it allowed her to join them in their world. That was the first time Toby felt the inner connection that lies within people with speech limitations. It was the first time she felt the wonderful feeling of opening worlds.

*Suddenly Nathan's face lit up,  
he tapped the horse and blurted,  
"Go horsey!" The first words  
he'd ever spoken.*

When Toby was thirteen her babysitter, Rae, suffered a stroke which left her with significant speech difficulties. Toby remembers her mother taking her to visit their beloved



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friend. It was such an emotional moment for Toby when Rae greeted them, as they entered her hospital room, that she remembers the words. "Hi Jimmy, the sunset's beautiful." Puzzled, Toby watched as the kindly woman struggled to communicate and finally realized Rae was saying, "Hi Toby, how are you today?"

At that young age, Toby found herself frustrated by what happened to someone's ability to communicate when stricken with a stroke. From then on she began to study language and speech, spending her free time submerged in encyclopedias at the library. By the time she entered high school she knew she was going to use her gift of loving language and communication to help people open new worlds. Toby charted the path then to go to college to become a speech and language pathologist. By the age of seventeen, Toby was fluent in four languages.

Toby earned her Masters of Science degree from the University of Michigan in Speech-Language Pathology in 1978 and devoted herself to helping children and adults learn the joy and power of speech and communication. After working in various clinics and hospital settings, in 1985 Toby opened her own practice to provide traditional speech/language therapy to children and adults. Her practice grew and she was enjoying many successes and thrilling moments opening doors to new worlds for her clients. But sometimes



traditional therapy would seem to plateau, leaving her frustrated and filled with a desire to do more. But there seemed to be no answers to certain roadblocks.

Then when she'd been practicing for twenty years, her father was diagnosed with a very aggressive form of cancer. Toby visited and cared for her father daily. To help manage her sorrow, she would end her days at the barn. Riding her horse and just being with him, feeling the sustained motion beneath her, brushing him, loving him, or simply crying into his mane would lift her spirits. He helped her clear her mind. She'd always known of the connection horses could make with people, if the people would listen. Toby was listening. She felt a stronger power to focus and ability to cope building within as she listened to her horse. One day she had an epiphany. She thought of her clients who needed something more to help them open doors. She thought of the ADHD and Autistic children who had so many sensory issues to combat. And she thought of the magic of motion. She asked herself, "Why can't I bring the children to the horses?" Toby calls that epiphany her father's last gift. He went to heaven in just a few months.

She immediately began to research, "Horses and Therapy." Toby found that people had been doing it for more than thirty years for physical therapy, working with physically impaired patients from stroke and head injury, spinal cord injury patients and occupational therapists working on posture and balance and fine motor abilities in children. Confident that therapy with horses would be able to help her clients with speech-language challenges, Toby set out to find a way to become educated in equine assisted therapy. She discovered there was a program for certification in Georgia. She became American Hippotherapy Association Level 1 trained and on June 3, 2008, Toby completed the certification process as a North American Riding for the Handicapped Association (NARHA) clinical riding instructor for therapeutic riding. NARHA is now known as Professional Association of Therapeutic Horsemanship International (PATH Intl.).

With the purchase of a special Quarter Horse mare and borrowing a child from her existing clientele, Toby began using hippotherapy to open doors of communication with her clients. Currently, in her traditional speech-language therapy program, Toby sees about fifty patients a week with about ten going to "HorseTalk" hippotherapy sessions.

Toby has three horses in the HorseTalk stable. The hippotherapy sessions are designed to address a wide variety of client needs such as autism, receptive/expressive language disorders, auditory processing disorders, language learning

disabilities, stuttering, stroke, cerebral palsy, psychological disorders and other conditions that impact a person's ability to communicate.

*The children see that the horse is honest, and feel the reward when the horse responds to their touch, or word.*

Toby explained that a horse has a remarkable way of receiving communication, and processing it. A horse has a magical way of filtering out blockages and fears to understand what the client is communicating. All of Toby's programs are based on rewarding the patient for success. Many times, the first time a client feels the joy of communicating with ease is on a horse in a session. The children see that the horse is honest, and feel the reward when the horse responds to their touch, or word. But there is more than that. Some of it is physical, too. The feeling of sitting on a horse, the power, the warmth. The movement of the horse as they are led around the arena

stimulates the very core of the client. It can make it easier to breathe, sit upright, and focus. Some parts of the lessons are as simple as sitting on the horse and playing with a doll. They may start out simply brushing the horse. They may play catch with a ball sitting on the horse. Sometimes they have never tossed a ball before. Or experienced smell.

Sadly, Nathan developed an allergy to horses and no longer goes to ride, but he continues to improve and expand his world by sessions with Toby in traditional therapy. Many times her HorseTalk clients require only a few sessions with horses to break through the barriers and open their world of speech and communication. They can then continue on with traditional therapy, building on the progress started by an understanding horse. Some of them carry over their new learned skills to novel settings within a few weeks. 🐾

*To learn more about HorseTalk's programs or to talk with Toby about hippotherapy for speech, visit their website at [www.nhhorsetalk.com](http://www.nhhorsetalk.com).*

*Dutch Henry is a freelance writer and novelist who resides in Virginia with his wife, Robin, of 35 years, horse, dogs, cats and chickens. You can reach Dutch at [dutchhenry@hughes.net](mailto:dutchhenry@hughes.net). His novel "We'll Have the Summer" is available on Amazon and Dutch's website [www.dutchhenryauthor.com](http://www.dutchhenryauthor.com).*



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# HORSES HELPING PEOPLE

## People Helping Horses by Nancy Drew

As Jill and Teresa stepped out of the van with their support worker, I could sense right away that it was a “bad mood” day. This was highly unusual, as the students that come to Gateway Equine Healing Centre are usually very happy and excited to be here. It is the highlight of their week. But it was obvious these girls, who live in a group home setting with nine other teenage girls, were not feeling too chummy today. So my cheerful “Good morning!” greeting to them was returned with a blunt “Hi.” “Okay,” I thought, “This will be an interesting session.”

Things didn’t get off to a great start when I asked the girls to go to the paddock and get Caliber and Raphi, the two horses we would use in our session that day. The problem was that I neglected to specify which horse which girl should get. When Teresa quickly responded, “I get Raphi!” there was an immediate kerfuffle. Jill countered, “I get Raphi! You had him last time!” So I had managed to escalate the war to the next level!

“OK, way to go Nancy, you just made a bad situation worse,” I reprimanded myself. Once we settled who was getting

whom, the girls proceeded to the paddock. I purposely stayed behind in the barn with the girls’ support worker and Sherry, the other session leader that was working with us that day, and let the girls manage the horses on their own.

It seemed like a long time, but eventually Jill came back with Caliber and Teresa followed behind a few minutes later with Raphi. “So, how did that go?” I asked in a cheerful voice.

“Terrible,” replied Jill.

Although not at all surprised, I innocently responded, “Oh? What happened?”

“He wouldn’t come to me. He just kept walking away.”

Ah, a perfect teaching moment. Maybe it wasn’t a bad thing after all that the girls were out of sorts this morning. One thing I have discovered is that the best teachable moments usually happen when things don’t go smoothly.

So the girls had a lesson that morning on a number of things. They learned how perceptive horses are. Our horses, especially Caliber, hardly ever walk away when they are approached, but the horses knew instinctively that the girls were in a sour mood that day and made it very obvious that



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they wanted nothing to do with them! The girls learned how their own attitudes affect everything and everyone around them. As the session progressed, they found that the horses were not responding as well as usual to them. The horses did what they were asked, but not in a very engaging or happy way.

Partway through the session, Teresa asked if she could just put Raphi back and not finish the session. I agreed. We never push an agenda with our students and always try to read their needs at the moment, just as we do with the horses. Learning these skills of observation and perception is a lifetime pursuit! I like to think that I, along with Gateway's other session leaders, am getting better at it, but every day seems to bring us a new challenge and lesson.



I gave Teresa a few minutes to go off by herself, and then I left Sherry with Jill and Caliber and I went to find her. She was sitting in the barn observing a nest of baby barn swallows. I sat beside her and we marveled at the little creatures and their busy mother, flying back and forth trying to keep their squawky little beaks full. It wasn't long before Teresa started pouring her heart out to me about some very sad news she was dealing with concerning a cousin that was dying. On top of that she was dealing with some other pretty heavy family issues. I just sat and listened as she poured out her heart and I gave her a few encouraging words. This led to the opportunity to talk about the issues she was having with Jill,

and together we came up with some ideas on how she might resolve them.

The girls left that day with some life lessons they are not likely to soon forget; life lessons learned not from sitting in a room with a therapist, but from interacting with some therapists of the four-legged variety. These therapists are easy to trust, never manipulate, always honest, and have a way of getting through to the heart in a very special way. It is one thing to have another person tell you your attitude stinks, but quite another thing to have a horse tell you! How do you argue with, or justify yourself, to a horse?

### *As the students help the horses recover, they in turn find healing for their own hurts.*

This is one example of the kinds of things that happen at Gateway Equine Healing Centre near London, Ontario, Canada. Gateway was founded in 2010 by Dale and Nancy Drew and was inspired and mentored by a similar organization in central Oregon called Crystal Peaks Youth Ranch. Gateway is a place where hurting people and hurting horses come together to help each other towards recovery from the damaging effects of abuse. Horses are rescued from abuse, and women, teens and children who have also suffered abuse come to Gateway to learn how to help the horses recover. They learn how to care for the horses' physical needs, but even more importantly, they learn how to care for the horses' emotional needs. As the students help the horses recover, they in turn find healing for their own hurts.

Parelli Natural Horsemanship plays a huge part in the success of our endeavors to make this world a better place for hurting horses and hurting people. Thank you, Pat and Linda and all your wonderful staff, for your inspiration and making it possible for us to reach the hearts of our horses and students alike. God bless you! 🐾

*If you would like to sponsor a rescued horse or would like more information about Gateway Equine Healing Centre please visit our website: [gatewayequinehealingcentre.com](http://gatewayequinehealingcentre.com)*



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# FEAR OF

## Flying by Noreen Campbell

I've spent the last year trying to overcome a fear of flying. I'm not talking about airplane flying. I'm talking about galloping through a field with wind whipping your horse's mane into your face and every muscle in your body alive with the feel of connection between you and your horse.

I wasn't always afraid of flying but as I have aged, I've become more cautious and when I purchased Sonny, I discovered I was anxious when he cantered.

I'd had Sonny for a couple of years when I was introduced to Parelli Natural Horsemanship. From the first day, the change in Sonny's attitude and behavior was remarkable. It was as if he had been deaf and suddenly he could hear me, although now I know what was really going on – I had been speaking gibberish for two years and now I was beginning to speak horse.

We progressed quickly on the ground but, when I started to ride, I ran into problems. I felt uncomfortable riding on a loose rein at the trot or canter. More disconcerting to me was the idea of riding with a hackamore but, according to the Parelli method, that was exactly what I was supposed to be doing at this point. I began to ride in a hackamore but whenever Sonny started trotting, I gathered up the reins as if he still had a bit in his mouth. He clearly didn't like that.

I slowly worked through my anxieties at the trot and soon was trotting on a loose rein, but the canter was another story. It took me a long time to admit it to myself, but even the thought of cantering Sonny made me anxious. He was a big horse with a big stride and he didn't have a smooth canter departure. Most of the time when I asked him to canter he would just trot bigger and faster until I was bouncing all over the place. By the time he did canter, I had a knot in the pit of my stomach and I wasn't enjoying myself.

Fortunately for me, I found 2-Star Parelli Professional Jane Bartsch and began taking weekly lessons. Jane helped me refine my balance-point riding and develop a smoother canter departure from a walk. Finally I gained enough confidence where I could canter Sonny in the arena on a loose rein. I still had some slight anxiety but I thought I had the problem licked.

But things got much worse when, during a clinic, 6-Star Parelli Master Instructor Carol Coppinger told me that Sonny's saddle didn't fit him properly and suggested that I try a Theraflex® saddle pad. With the pad Sonny's stride was noticeably freer, but the saddle was still restricting his shoulders. I finally realized that Sonny needed a different saddle.

Since my budget wouldn't accommodate the purchase of a Parelli saddle, I settled for a new Wintec wide. Its effect on Sonny was immediate and intense. With his shoulders free, his stride was huge and, at the canter, dramatic. It felt to me like he was leaping into the canter and the thrust pushed me forward in the saddle, throwing me off balance.

*I knew that if I didn't do something to reverse this trend soon, I would stop riding altogether*

Sonny relaxed in the new saddle. The first time I rode him in it, he blew out inside of five minutes. By the third ride, he blew out as soon as my butt hit the saddle. His trot became smoother. I should have been pleased, but I hated the saddle. I wasn't comfortable and I felt like I was sitting too far forward in it. With all the shims, the saddle was perched on the Theraflex® pad like a turtle on a mossy log, slipping this way and that depending on where I put my weight. I didn't feel stable. I was relatively okay at the walk and the trot but panicked at the thought of cantering. Sonny would leap into a canter and I would grab the reins as if they were my only lifeline.

Jane did her best to help me work through my discomfort using a lot of approach and retreat, cantering only a few strides



and then stopping. She respected my thresholds but, as the winter progressed, things got worse for me. Whenever Sonny cantered, I felt completely out of control. My emotional fitness was awful. I was so worried about cantering that I didn't even want to go out to the barn and knew that if I didn't do something to reverse this trend soon, I would stop riding altogether.

At my next lesson I asked Jane if she would put Sonny on a 45-foot Line while I rode him at the canter. I thought if I could only get the feel of his canter while feeling safe and in control, perhaps I could work out of the fear. Agreeing it was worth a try, she clipped the 45-foot Line to his halter. At Jane's direction, I brought the energy up in my body and Sonny leaped into his canter. Reflexively I planted on hand on the front of the saddle and pressed myself onto my balance point. He cantered a lap and a half around Jane before dropping into a trot. Each time we repeated this, I felt a little calmer. I could feel myself slowly becoming more confident with Sonny's canter and also more comfortable in the new saddle. Soon, I was cantering around Jane in a circle. Sonny was loping, slow and balanced, and we circled Jane twice before I asked him to stop. I was grinning from ear to ear. The war might not be over but I had just won a major battle.

Jane continued to help me work my way through my anxieties. She helped me teach Sonny to slow his stride when I sat back and sighed. Gradually I stopped feeling anxious when I thought about going down to the barn. I felt like I was finally developing some of the mental and emotional fitness I needed to conquer this fear.

My fitness was finally put to the test in September at a clinic with Carol Coppinger. I had prepared well for the clinic but, when Carol asked us to canter a Figure 8 without reins, I felt a knot in my stomach.

When our turn came, I walked Sonny into the center of the arena, dropped the reins, and brought the life up in my body. Sonny stepped into a canter and I never touched the reins. I glanced over at Jane who was assisting with the clinic. We were both smiling ear to ear.

I'd like to say I've completely conquered my fear but I know that isn't true. I still sometimes get nervous before I canter my horse and there are even some days when I know I'm not in the right mental state for trying. But I also know that I am making progress and that someday I'll be galloping cross country, with his mane blowing in my face and we will be flying. 🐾

# David Grace

Licensed 4 Star Instructor - Australia  
Senior Horse Development Specialist

**2012 Camps**


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For Level 1 and Level 2 Courses that David is offering  
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*"I first heard about Spalding Fly Predators from Dr. Miller in the late '80's. All my life, I've looked for the natural way to do things and these Fly Predators were the first time I had a non-chemical way of being effective against flies. Since 1989, I've had great success with them keeping my property fly free, at three different facilities and in three very different climates." —Pat Parelli with wife Linda*

Fly Predators have helped keep flies to a minimum without pesticides for hundreds of thousands of horse owners over the past 36 years. It's all most folks need. However, if you have neighbors with animals then their flies are likely coming over to bug you too. In that case use traps for their flies and Fly Predators for your flies.

Horses	Fly Predators per Month	Cost Delivered
1-5	5,000	\$ 18.45
6-10	10,000	\$ 28.50
11-15	15,000	\$ 38.45
16-20	20,000	\$ 47.50
21-25	25,000	\$ 56.50
26-49	\$2.00/head/mo. + ship.	

*Above 50 head...call for quote.*



### FREE Double Bonus

Order five months of pay-as-you-go shipments and get double the Fly Predators in one of those shipments for free.

### No Pesticides, No Larvicides, No Worry

Fly Predators are the natural enemy of flies, but never bother people or animals. Without resorting to chemicals, you'll kill flies before they emerge. That way they never get a chance to bother you or your animals or reproduce by the gazillions.

### Quick And Easy-To-Use

You simply sprinkle Fly Predators near all manure areas every three to four weeks during warm months. It just takes a few minutes and you've done your fly control for the month. It's as simple as opening a sack of potato chips!

### Easy On The Wallet Too

The pouch shown above is enough for five horses for one month and costs just \$18.45. For most situations, the amount of Fly Predators per horse listed provides excellent control and Fly Predators are suitable for other animals too. Varying climates, starting late, neighboring animals or manure management can affect quantities required.

### Fly Predators Are The Natural Solution

Many of our customers say they hardly see a fly all season. Many others say they spent less using Fly Predators than they did before and got better results. "Why Didn't I Try This Before" is often heard too. Read thousands of customer comments, including those closest to you at [pj3dy.spalding-labs.com](http://pj3dy.spalding-labs.com).

### It's Not Too Early To Order For Next Year

For best results, start Fly Predators before the fly population explodes next spring. Call or order on-line now and you'll be scheduled to start at the optimum time for your location plus you'll receive an extra double bonus shipment for ordering before year end. There's no cost or obligation now, shipments are simply pay-as-you-go next year.

### Are Your Neighbor's Horses or Cows Sending You Flies? Trap 'em!

*Traps complement Fly Predators as they'll get the adult flies coming from the neighbors and the few your Fly Predators might have missed. Get the best performing traps and have them delivered to your door at great prices direct from Spalding. Also check out a new solution for mosquitoes!*



*"I've used Fly Predators for 33 years and they have done a superb job on my place."*

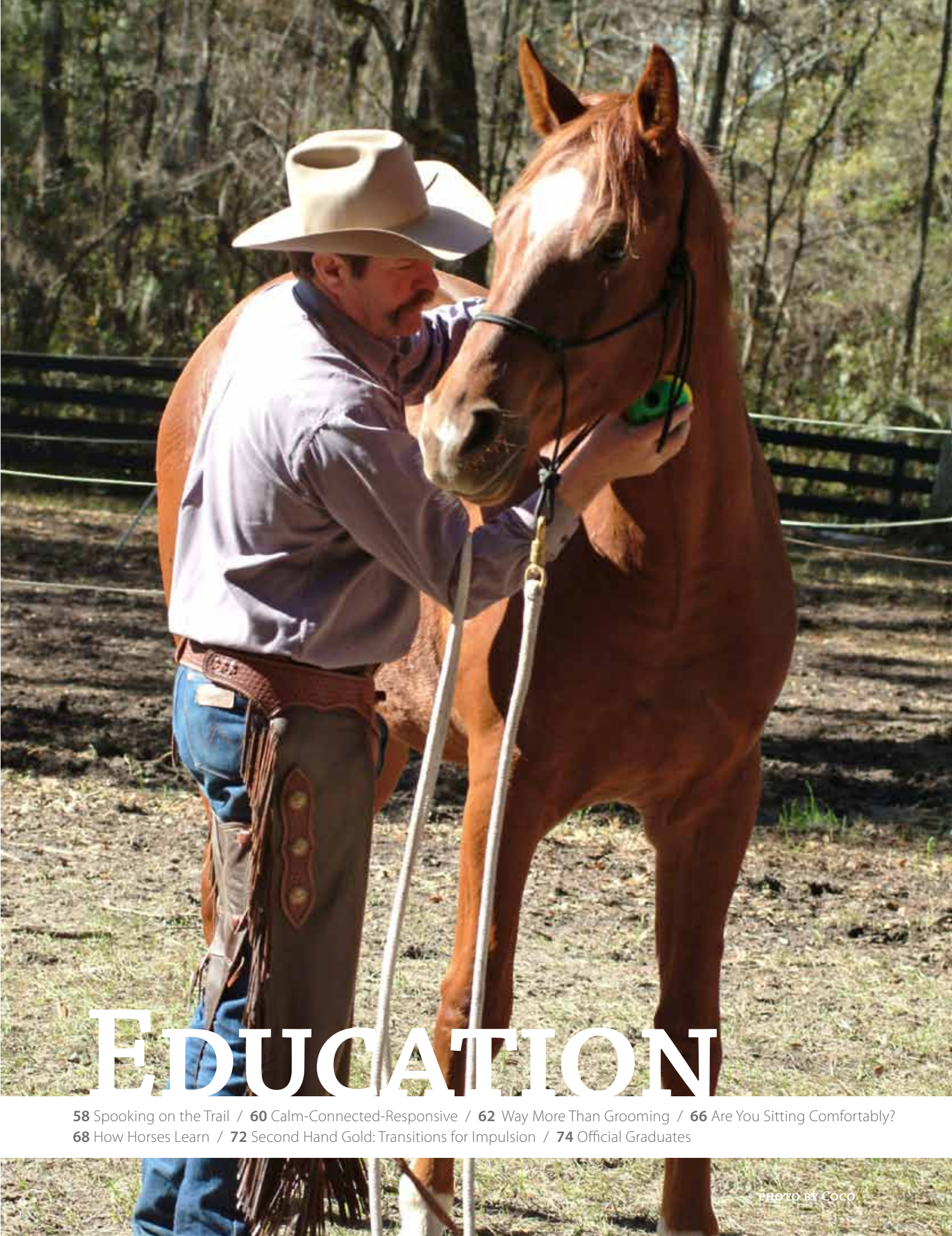
—Robert M. Miller, DVM  
Thousand Oaks, CA [www.robertmiller.com](http://www.robertmiller.com)

**Spalding Fly Predators®**

**The Little Bugs That Do A BIG Job™**

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# EDUCATION

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PHOTO BY COCO



## *Blast From the Past!*

In commemoration of the 30th anniversary of Pat's first Clinic in 1982, we're bringing back one of his first articles published in the October 2004 issue of the *Savvy Times*.

# SPOOKING ON THE TRAIL

## Prior & Proper Preparation

by Pat Parelli

I'm often asked, "What should I do when my horse spooks on the trail?" I look the person in the eye and say, "Maybe the question should be worded a little differently — What can I do to better prepare myself and my horse so he doesn't spook on the trail?"

Most people get either annoyed or scared by their horse's spooky behavior, especially when it is compounded by prancing and pulling. I've heard a number of theories about why horses behave like this, and most of them come from a lack of knowledge about the prey animal psyche. "He's competitive, he likes to lead, he just loves to run, he's just stupid," are some of the explanations I hear. If we are truly going to help our horses, the first step is to understand the horse's perspective.

### **The Prey Animal Perspective**

Horses are prey animals, and much of their focus is making sure they are not going to be eaten. They are highly perceptive and are always alert. The farther they get from home, the less secure they feel, and spooking on the trail is a great example of how a prey animal acts when he senses danger. His senses become incredibly heightened; he can hear, smell and see things that you are totally oblivious to. Relying on those senses is how horses have survived for thousands of years!

It's interesting to note that dominant, sensitive horses are more likely to have trouble on the trail. They are accustomed to making the decisions for the herd — decisions primarily based on keeping the herd safe. Once under the control of their rider, they now find themselves in a position that doesn't allow them to influence the herd. If they do not respect the rider as their alpha, they become emotionally upset and their behavior gets more and more uncontrollable. They may actually be trying to lead the herd to safety. If this isn't possible, then the horse will try to get to the middle of the herd where it is safest.

However, this doesn't mean it's only alpha horses that have trouble on the trail — it can be any horse. But if a horse is sensitive, high-strung, fearful or dominant, there is a greater chance he or she will exhibit this insecure behavior.

### **What Would He Do If You Got Off?**

I've conducted experiments where I've had the rider dismount their spooking, prancing horse and turn him loose. The first thing the horse does is head out front and try to get the other horses to follow. When they don't, he runs back and tries again. This usually happens a few times before the horse finally realizes that he's not in charge. Then he'll calm down,

settle in behind the lead horse (or horses), drop his head and walk along quite relaxed — no more spooking or prancing! This tells you a lot about the prey animal and herd mentality. As long as they can depend on an alpha, they'll settle right down.

Now, here's the secret: You have to become his alpha. Then he'll never feel alone and afraid on the trail. If you are calm, he'll be calm.

Horses play dominance games with each other every single day to maintain their "pecking order." This is something you need to do whenever you are with your horse. Horses vote every day for their leader. Every day! If your leadership is not firmly established before you go out on the trail, you will lose the vote very easily that day. You can't force your horse to accept you as his alpha — you have to earn it. You earn it by playing the Seven Games.

### Prior and Proper Preparation

How can you and your horse be better prepared before you go out on the trail?

1. Don't go out the gate until your horse is "left-brain." That means he is thinking and calm.
2. Play the Seven Games until your horse is left-brain and accepting your alpha position. Think of it as your pre-ride check, much like the pre-flight check pilots perform before they take the plane off the ground. You can use a lot of "spooky" simulation situations, teaching your horse to get braver through desensitization. Then practice these simulations from his back. If he spooks, turn him to face the danger, allowing him to back up but not turn away. Practice approach and retreat. Smile, yawn and relax during the whole exercise. Then just carry on as though nothing happened. This may be something you start working on today, so that in a week or two you'll have a different horse. You can't just do this exercise once and think the problem is fixed! This is not a motorbike! Your horse is a living, thinking, breathing, emotional animal; the responsibility for his well-being is in your hands.
3. Make sure you can walk, trot and canter on a loose rein, and can easily bend your horse to a stop. If you or your horse is out of sorts that day and you can't ride on a loose rein, don't go out on the trail.
4. Perform an emotional assessment of yourself: No matter how scared your horse got, could you remain totally cool, calm and collected? Most people "spook" worse than their horse — suddenly grabbing with their legs and hands, and getting tighter and tighter. This not only

makes your horse spook worse, he continues to spook because he now doubts your confidence and leadership.

5. It's critical to put your safety first. Being safe will help build your confidence. So if you think you should get off your horse, GET OFF! If you try to stay on (no promises that you WILL stay on!), you will most likely become scared stiff and have a bad experience, which will definitely make you lose confidence. If you lose the connection with your horse in the middle of a trail ride, don't be too embarrassed to get off.
6. If you DO get off, get your horse left-brain on the ground (Seven Games, especially sideways and backward). When playing the Seven Games in this situation, be provocative — bring up the energy in your horse until you can't bother him. Use lots of obstacles when playing the Seven Games on the trail; don't just play the Seven Games the same way you do at home. Don't play them on the flat ground — play them over logs, around rocks, up and down hills, around trees. Don't let your horse predict what you're going to do — be unpredictable like the trail is unpredictable. Teach your horse to handle unpredictable things, and stay on the ground until you reach your goal. Then it will be safe to get back on.

Some people have said to me that they're worried their friends will get impatient and mad if they had to take time on the ground to get their horse left-brain. My answer to that is: Ride with people who will support you in practicing good horsemanship and who are willing to assist you in being successful with your horse.

And last, but certainly not least, we recommend that you don't trail ride until you're past Level 1 and well into Level 2, depending upon how challenging or excitable your horse is.

Happy trails! 🐾





PHOTO BY COCO

# CALM-CONNECTED-RESPONSIVE

## Achieving the Right Frame of Mind

by Linda Parelli

Keeping these three words in mind is a great way to remind yourself what you need to do when warming your horse up or playing with him. It's so easy to play the Seven Games or do Parelli Patterns but get in a bit of a rut by doing what you usually do, and not really getting your horse in the right frame of mind.

Ask yourself this: *"What is my goal when I'm warming up?"*

Most of us don't really know what it is we're shooting for, so in this article we're going to show you how to be focused on a particular outcome that is more mental and emotional than physical.

### What's the goal?

There are three goals that Pat and I look for when warming up our horses: We need them to be calm, connected and responsive throughout the session.

**CALM:** A horse cannot learn when he is not calm. Tension is not only the enemy of successful training, but it can be dangerous as well. The difference between tension and a horse blowing up is just a matter of seconds, so learning how to first get your horse calm is essential to your safety and success.

**CONNECTED:** Having your horse more focused on you than anything else is an important goal. People can get so frustrated when their horses are sticky by the gate, don't want to leave the other horses, or are pulling back towards the barn or spooking at everything. All these issues indicate a horse not being connected to you.

**RESPONSIVE:** A horse that doesn't want to go, is dull to the aids, or is slow to respond – or, on the other extreme, is over-reactive and impulsive – is frustrating and difficult to make progress with.

When you have your horse calm, connected and responsive, training is a breeze. Not only do you make great progress, your bond becomes closer and time spent together is more fun for both of you.

### Strategies

Different Horsenalties™ have different needs, and when they are not met, it can lead to problems. It's just like communication and understanding breakdowns between people – when you don't know what the other person's needs are, you make unintentional mistakes that are offensive, upsetting or frustrating in some way.

- Right-Brain Extroverts become fearful and impulsive.
- Right-Brain Introverts become tense and withdrawn.
- Left-Brain Introverts become annoyed and non-responsive.
- Left-Brain Extrovert horses become resistant and argumentative.

What's really important to realize is that we are causing these behaviors because we aren't conscious of what the horse really needs. Once we give them what they need, things change quickly and only then can we ask for what we want and expect a willing response.

Knowing your horse's Horsenality will give you major clues as to what approach you need to take – do you need to start with strategies to get them calm, connected or more responsive first?

The way to connect with extroverts is to get them responsive and calm. Only then will they like us. On the other hand, introverts need connection to become responsive – they have to like us first. Here are some examples.

**Left-Brain Extroverts need to be more:**

## RESPONSIVE

*"You're not the boss of me!"*

Left-Brain Extroverts are born to argue. If you can use their curiosity to develop responsiveness, rather than demand it, they'll get calmer and more connected.

*The Touch It Pattern is ideal. Keep them guessing, and don't be too repetitive – you usually get to do it the same way about three times and then you'd better think of something new! Remember this horse is a super-learner. Be provocative and progressive – it keeps sessions mentally stimulating.*

**Right-Brain Extroverts need to be more:**

## CALM

*"I don't feel safe."*

When you can help the RBE get calm, they get more connected to you. Only then you can work on responsiveness as they will be less reactive.

*You need to be a strong, calm, focused leader; rapid disengagements will help you get control as they interrupt the horse's flight response. In some circumstances, asking the horse to speed up for a lap and 'cruise for three' until he volunteers to slow down or stand next to you is very effective.*

**Left-Brain Introverts need to be more:**

## CONNECTED

*"What's in it for me?"*

When you give the Left-Brain Introvert what he likes (cookies, rest, scratches), he'll get more connected to you and then more responsive to your ideas. LBIs are already calm, so that's not usually the issue!

*Give him a treat and rub him - don't ask him to do anything. Once he's looking to you with a more positive expression, ask him to do something really little and give him more treats and scratches. Build from there by occasionally asking for more effort or two or three tasks before treating. One day, you'll be more interesting than the treat! LBI horses are physically slow (at first) but mentally fast. Learn to be mentally intense but move more slowly at first, and use reverse psychology by doing things like asking him to go slower rather than speed up. This helps keep the connection.*

**Right-Brain Introverts need to be more:**

## CONNECTED

*"I don't trust you."*

When you can prove to the Right-Brain Introvert that you are not going to rush them and you understand their need for things to be slow, they start to trust you, becoming calmer and then more responsive.

*Doing nothing is the best thing when it comes to Right-Brain Introvert horses. Just standing next to them, or sitting, or leaning in a friendly way until they take a deep breath is worth waiting for. As they start to let down their defenses and relax, you can begin to communicate, gently asking for what you want and waiting for them to respond rather than 'upping your phases.' Gentle repetition works better than increasing pressure.*

The more you understand the behavioral and psychological science of Horsenality, the more successful you will be with horses - any horse - no matter what your goal. It's all about finding personal success in the relationship with your horse by putting the relationship first, which means putting the needs of your horse first. Great horsemen see and know

the differences between horses and know that each horse is unique and has specific needs. One of the secrets to success is to give your horse what he or she needs before asking for what you want.

Your warm up is everything.

Success is all about preparation. 🐾



PHOTO BY COCO

# WAY MORE THAN GROOMING

## Enhancing the Relationship

by Linda Parelli

*Grooming is about much more than presentation - it can be the ultimate Friendly Game. Here's how to have your horse looking great and enrich the relationship... naturally.*

Some horses hate grooming. They can't stand still, try to nip, bite, kick, flinch, swish their tails and toss their heads. Others tolerate it, just tuning out and resigning themselves to the process. Then there are the horses that absolutely love it. Having your horse look forward to grooming time is a often true testament to the quality of your relationship... and it's a great place to build it.

In this article, we're going to look at how you can have a nicely groomed horse with a neat mane and tail, shiny coat and clean edges (ears, chin and fetlocks), and how to achieve that goal as naturally as possible and with your horse's best interests in mind. Let's look at how you can have your horse looking great while enhancing the relationship and solving behavioral problems all at the same time.

### **Shiny Coat**

Shine comes from the inside. It's a reflection of good health and is attained mainly through good nutrition. Grooming massages the skin and improves circulation, but if your horse's coat is dull, dry and frizzy, this usually means his

health is compromised. He may be missing something in his diet or is emotionally stressed.

Apart from making sure that our horses enjoy a happy life, we at Parelli take care of nutritional needs with elements such as flaxseed oil (also known as linseed oil), Parelli Vitals (liquid minerals) and Parelli Essentials (for optimum digestive health) sprinkled on top of a simple grain, bran & sunflower seed mix, good grass and alfalfa hay. This ensures that they shine from the inside.

Every day, we brush our horses and we do it with love, putting our hearts into every stroke - not just mechanically taking the dirt off. Horses can feel the difference, and sometimes horses who dislike being groomed will respond much better when you soften your touch (introverts), speed up (extroverts), or find their favorite itchy spot (left-brain horses).

**Washing** - We rarely use more than water to wash the sweat off our horses, since keeping the natural oils intact is an important protection against the elements and insects. In fact, many horses roll in the dirt right after bathing to restore some kind of skin protection, and light-colored horses seem



to need dark dirt! When we do use shampoos, we select those that are moisturizing and feature natural ingredients, and even then, we only shampoo when filming or for a show. Mostly we just rinse with water or wipe over the coat with a damp rag and sometimes a little oil.

## *We brush our horses and we do it with love, putting our hearts into every stroke.*

**Moisturizing** - When the climate is especially dry, we gently rub a little oil around the eyes and muzzle to lubricate and soften the skin in these delicate areas. Natural oils like flaxseed, coconut or olive oil is best. First rub it on your hands and then smooth it on, or add it to a damp cloth. Not too much, though - you don't want your horse greasy.

*Caution: Beware of shine sprays, because they can make the hair slippery and transfer to your reins and ropes. This can affect control, saddle stability or safety when riding bareback. Test first.*

### **Beautiful Mane and Tail**

Some horses have big, full manes and tails, while others don't – a lot like people really! But taking good care of them is part of keeping the hair soft and supple. Once again, good hair health depends on the same elements as a good coat, so first make sure your horse is getting the nutrition he needs, and then use natural shampoos, conditioners and de-tanglers to avoid breakage. Always brush carefully, just like girls do with long hair!

Length of mane and tail is usually a personal preference or a breed/sport style. The style for some sports and breeds is long, while others are short. Some people like long, natural manes and tails, no matter what (Pat Parelli) while others prefer a certain style of grooming – not too short, not too long (me!).

Here is how I trim the manes and tails on my Warmblood horses:

**Mane** – I like a groomed and trimmed mane with a soft edge, rather than a blunt, clipped, straight edge. But I don't like the traditional approach of "pulling" manes. The traditional practice of pulling manes and tails involves back-combing and then pulling hairs out, which hurts or stings to some extent. To achieve this look, without discomfort, I use thinning shears (scissors with teeth) and cut diagonally into the mane, both ways, sometimes going deeper into thicker areas to produce a more unified look. I end up with a

somewhat natural line that is not too long and not too short but has a well-groomed appearance. (There are also special combs that you can use, so instead of pulling the hairs out after back-combing, you can simply press a lever and it cuts the hairs). Sure, you'll make mistakes – I certainly have – so go for a longer length first or once you've corrected the mistakes, it will be too short!

**Tail** – To help the tail look a little fuller and have a smart look (like a good haircut), I trim the ends somewhere between the fetlock and the hocks. I go shorter for a sporty look, longer for a more elegant look. Again, I use the thinning shears to snip back and forth on diagonal angles until I get the length I want. This way it has soft edges.

If the top of the tail has been rubbed or has short, in-growing hairs, I thin that area out a little so it doesn't look so bushy as it grows out.



***Hot Jazz, Linda's young Oldenburger Warmblood.***

## Muzzle

The long hairs around a horse's muzzle are important for sensing proximity and preventing a horse from bumping into things. These hairs give a horse the sensitivity and discriminating feel he needs when grazing, nuzzling, and exploring. For this reason, we do not believe in shaving the muzzle or trimming it in any way. We leave our horses fully whiskered!

## Ears

Fuzzy ears can be really cute, and on some horses we leave them exactly as they are. Our miniature horses, Barnum and Bailey (who are now in blissful retirement at the home of Lorraine and Bill Kaliher) always sported this look. When wanting a sleeker look, we trim off just the fuzzy bits and leave the protective hairs inside the ear. These hairs help protect against dirt and insects getting into the delicate inner ear area, so we never shave them.

To trim excess hairs, we gently close the ear in half (like a taco) and sweep the outer edges with the clippers to produce a clear outline and finish.



## Fetlocks

Some horses have beautiful, long hairs around their fetlocks, called feathers. They are a distinctive part of many breeds, such as drafts and Friesians. Many crossbreeds have feathers too, and many people love this look and want to keep it. But if you want your horse to have a more defined leg and ankle, here is how we do it...

Hold the foot up by the fetlock, allowing the hoof to relax so you can trim off those extra bits of fluff. We make sure some protective hair remains, so we don't go too short. Trim delicately and conservatively, and leave a little hair around the ergot if your horse is turned out in winter, as this helps water drain off the leg. And if your horse lives in snow or very wet conditions, don't trim the leg hair at all. It's his natural protection.

## Hooves

Shiny hooves are a reflection of good health, just like the mane and coat – or our fingernails, for that matter. If you see dryness, flakes, cracks and ridges, you need to look at how to help your horse's health and nutrition.

We only use hoof dressing when the weather is particularly dry; otherwise, we leave them alone. Putting too much moisture on the hoof can make it soft when it needs to stay tough and strong. When we use nutritive oils, we rub them into the coronet band rather than the hoof itself.

## The Final Touch

Groom with LOVE. I've seen so many people brush, comb, trim, wash and scrub as if they were working on a dirty wall. Grooming your horse is an intimate thing; this is a living, feeling, breathing and sensitive being. Approach as if brushing a child's hair. Use "feel," and do it with care and with

love, even if you are in a hurry. Your grooming sessions can either enhance or damage the relationship you have with your horse. Think of this as a way to improve your relationship with your horse, to spend undemanding time instead of just getting your horse ready for what you want. Think of it this way: what would make your horse look forward to grooming time?

**If Your Horse Hates to be Groomed...**

Horses hate to be groomed for one of three reasons: 1) fear, 2) dominance, or 3) because you're doing it all wrong!

**Fear** - Some horses are afraid to be touched; they find it invasive and uncomfortable. If you are trying to be gentle but still have trouble, this can be an indication that your horse doesn't fully trust you. Watch facial expressions for positive signs of enjoyment, such as soft eyes, head tilting and lips stretching when you find that itchy spot. Some horses will even maneuver themselves into position to give you better access to that spot! Watch too for negative signs such as twitching skin, lifting head, ears back or swishing tail, which means "back off or else!" Use the Friendly Game principle of "approach and retreat" to gain acceptance and figure out how to make this something your horse enjoys.

When it comes to fear of things like clippers, this will take some serious attention and preparation in terms of building your horse's confidence. Please refer to member DVDs and articles, or even professional help from a Parelli Professional, for more information on this.

**Dominance** – In a herd of horses, it's the dominant horse that initiates grooming... it's all about who touches who. If you have a left-brain horse that objects to grooming, it's most likely because he thinks he is the boss. Rather than resorting to cross-ties, this is your chance to figure out how to improve the relationship and gain the alpha position. It might mean you have to play with your horse first to get him in the mood to be groomed, or that you need to find that itchy spot under

his belly, his thighs, tail, or on top of his mane near his withers – the parts that he cannot reach to scratch himself.

**You're doing it all wrong!** – Some horses hate grooming because it is too scary, too soft, too hard, too boring or annoying. Knowing what Horsenality™ the horse is will give you major clues as to how your grooming sessions can be less stressful and build the relationship.

With this knowledge, you can now make your grooming sessions much more fulfilling and take your relationship and fun with horses to a whole new level. Who knew that grooming could be that valuable?! 🐾



PHOTO BY COCO

## GROOMING TO SUIT EACH HORSENALITY™

<p><b>Left-Brain Extrovert</b> Grooming is all about fun and should be vigorous!</p>	<p><b>Right-Brain Extrovert</b> Grooming needs to be firm, yet rhythmic and soothing.</p>
<p><b>Left-Brain Introvert</b> Grooming is all about enjoyment and itchy spots!</p>	<p><b>Right-Brain Introvert</b> Grooming needs to be gentle and sensitive.</p>



PHOTOS BY COCO

# ARE YOU SITTING Comfortably?

by Colleen Kelly

Ride for long hours and you'll soon feel it...aching knees or ankles, or that "all-too-familiar" pain in your lower back. We've got some great tips to help you sit more comfortably, but you need to make sure you're sitting comfortably for your horse as well!

## *You can change your horse's bones!*

From my earliest days I was told if I "sat badly" I would give my Misty a sore back, but I thought they meant muscles. Until I saw the bones for myself, I didn't realise the way we sit changes the bones themselves! I've seen polo riders who lean to one side...the bones in the horse's feet almost double on the weight-bearing side! I've seen the results of the rider's slouching aggravating "kissing spines" in the horse's thoracic area, and I've seen bone spurs from too many spins and pirouettes.

So we have to be careful about the way we sit, and here's a great place to start:

## **For the Horse**

### *Side/Side problems (Lost Balance)*

The first (and most urgent) thing to look at is any sideways problems, as this has a "sheering" or "twisting" force sideways on the horse's spine. Perhaps we have more weight in one stirrup. Perhaps we sit heavier on one seat bone. Perhaps you can feel as you turn that the inside front foot gets heavier, instead of weight over both back feet.

*Quick Tip: have a friend check the back of your saddle while you're riding away to make sure it is not off to one side. It will drift to the side you are putting more weight on - in your stirrup or seat.*

Another test you can do yourself: At a fast walk, stand up. Does your horse drift off to the left or right? It's very important that we get weight evenly distributed in our feet.

### *Front/Back issues (On the Forehand)*

You've probably already heard "on the forehand" is bad and "engagement" is good. It's very simple when you think about a surfboard: when the nose is up it's good, when the nose is down it's bad.

*Quick Tip: Downward transitions are one of the first and easiest ways of getting your horse to "sit," to carry more weight on the back feet, and lighten the front.*

Here's a simple pattern to practice from rising trot (not sitting trot - it will be easier for the horse):

1. Quit riding: no leg, heels down in the dirt, toe a little forward, no more driving forward with the seat or leg.
2. Aids with your upper body (from the top): eyes up, nose up, chin up, Adam's apple, chest up.
3. Hands down, just lower them a little.
4. If you're still not walking, make sure your seat is no longer active, and bring your body up and back until you get the walk.

And finally... use the reins if necessary to get the walk.

So now you have two great ways to assess your balance on your horse: side/side, and forward/back balance... next let's look at your comfort!

### For the Rider

*(These are three of the first tests I do for riders)*

#### Side/Side Issues

Sometimes drifting sideways is fun! We call that leg yield, but not when we want a straight line. Here's a great test: stand up, and see if your horse tends to drift right or left. Then see if you can overweight your lighter stirrup so your horse drifts the opposite way to normal! Somewhere in the middle is balance between both your feet in the stirrups - a great tip to riding straighter!

#### To Tuck or Not to Tuck?

Get on the back of a quad bike with the Australian "winner of the COWGIRL UP award" at the Pagosa Fast Track, heading flat out to the arena, holding a cooler in one hand and a bag in the other...and even with no hands, I bet you'll remember Linda's pushing position where you push backwards on the neck or pommel!

But that's for control and "full sit" and sliding stops and turns. Maybe you already have control, and now want to go up the levels. You might want your horse more forward or are about to jump. Obviously we wouldn't do that then.

Be careful... tucking is not for everyone! If you feel any discomfort, don't force it. Muscles have to be trained and some people with bad backs may need physical therapy too.

*Quick tip: Make sure that when sitting on your horse, at any gait, your belt is horizontal and parallel to the ground.*

### Lower Back Pain

We can test this quite easily - the more turned out your toes, the more your pelvis is blocked from moving and the more it hurts! But don't just turn your feet in. You need to turn from your hips, rotating your whole leg so your knees come in too!

*Quick Tip: Try standing and pull the "muscle" (okay, on me - cellulite!) out the back. That helps you turn your toes in.*

### The Chair Seat

In the beginning we ENCOURAGE the chair seat (toe a little in front of the knee). You've heard me say "the cowboys had it right in the first place." Both Linda and I rode crazy English horses and had to learn to sit like that just to stay on!

So, after you're strong and established...what a compliment if you're ready for a more advanced high performance position! You simply bring your leg a little more underneath you - but not too far back, and never at the expense of hollowing your back or leaning forward!

*Quick Tip: Practice sitting in a light chair seat where you can almost see your toes, and then learn to stand up. I don't bring people's legs back to a high performance position...I let the exercise do it for them. And when you lose your balance, grab Linda's famous "balance point push".*

Relax and enjoy - there's nothing wrong with the chair seat! Cowboys had it right in the first place! It's just you might be ready for more now, in which case stand up (in trot is hardest) and let the exercise fix your lower leg once and for all!

Next time...world's number one balance exercise! Until then, come see me at the Horse & Soul Tour stops. 🐾



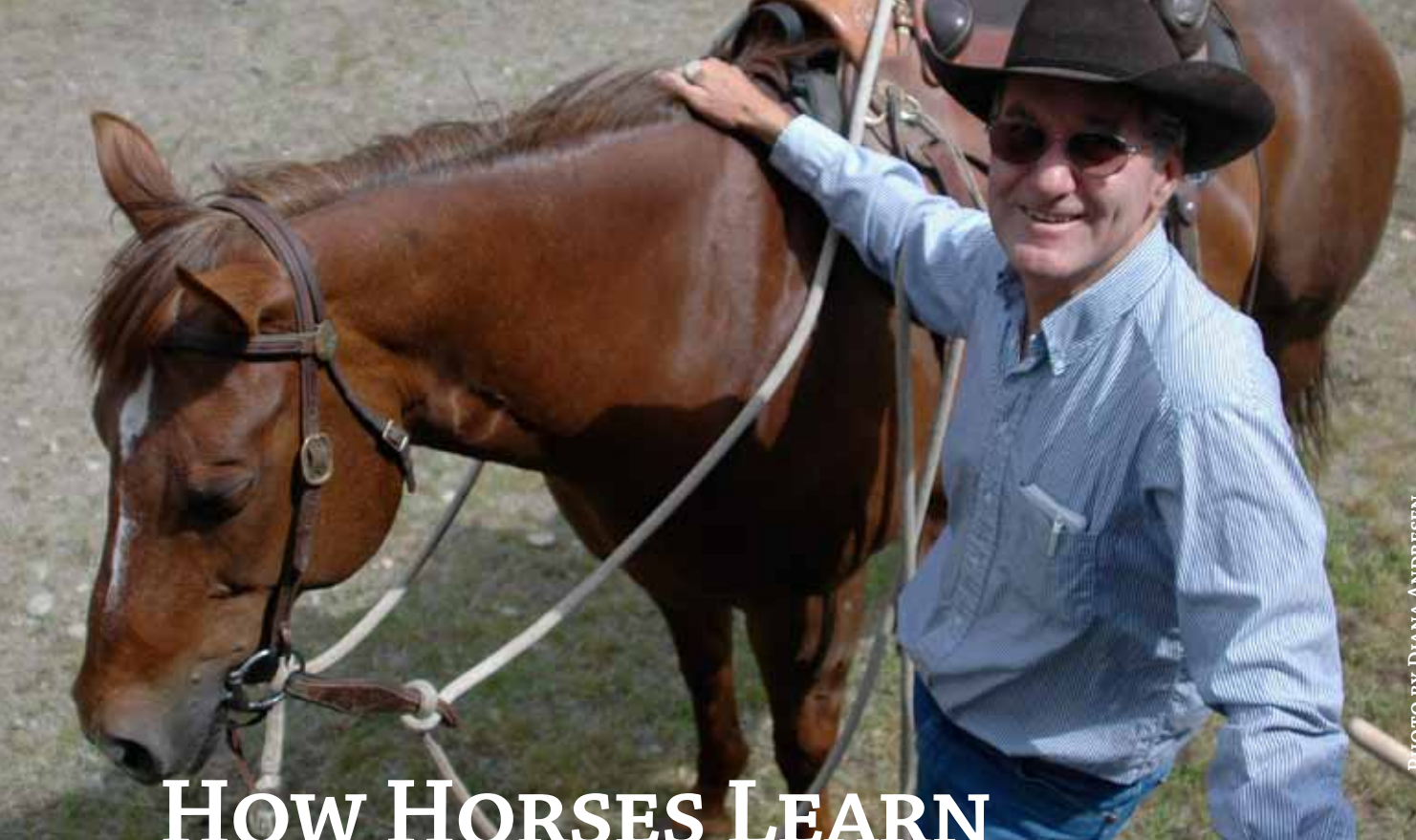


PHOTO BY DIANA ANDRESEN

# HOW HORSES LEARN

## Establishing Respect without Fear

by Marc Rea, 3-Star Parelli Professional

*I'm one of those people who likes to know "why?" When I first started teaching Parelli in 1994, science regarding horse behavior was hard to find. There were many assumptions, but not a lot of facts. As the study of the human brain has advanced, so has study of the horse brain. In many ways human and horse brains are similar but there are some significant differences. Knowing how horses learn has helped my students become better at introducing new information to their horses.*

A lot is going on in your horse's brain while you are teaching it something.

To start with, all horses have a built-in opposition reflex that helps protect them from predators. As you teach, you're building new neural pathways that overcome this instinct and work to make your horse smarter and safer. Keep in mind some horses have a stronger opposition reflex than others, and it may take longer to overcome. Try not to get frustrated or think your horse is being rude if it takes a while to get past this reflex. While you teach, your horse is actively forming new neural pathways where there were previously none. You're building a brain that thinks rather than responds only to instinct.

Information is constantly coming into your horse from its sensory organs. Not all of the information is useful, and some gets filtered out at the initial screening center of the brain.

Useful information is sent either to the right brain, where instinct lives, or to the left brain, where learning and information storage takes place. (Keep in mind that "left brain" and "right brain" are descriptive terms and do not refer to specific halves of the brain).

*A lot is going on in your horse's brain while you are teaching it something.*

Depending on what's going on, your horse's brain may process a bit of information quickly (cougar, run!—right brain) or more slowly (what do I have to do to get this human to stop squeezing on my nose?—left brain)

Let's say you're teaching your horse to back up using the Porcupine Game. The horse notes your body language, energy level, focus and intention, which it already knows how to read instinctively. It feels discomfort because you're putting pressure on its nose. This information is sent to the processing center of the left brain. Since your horse wants to find comfort, the information is passed on to the part of the brain we'll call the "card file."

Since a horse can only base decisions on information it has, the brain goes through its card file to match the new information with what it already has on file among its “cards” or neural pathways.

Because this is the first time you are playing the Porcupine Game in this way, there’s no information on file. The brain then searches for any information it does have to relieve pressure. Your horse tries tossing its head (doesn’t work); moves forward (doesn’t work). Finally, it takes a step backward, you release, and the horse finds comfort.

In the brain, a tiny bit of chemical passes from one cell to another and the beginning of a neural pathway is formed. At first this pathway is quite weak and it’s difficult for the brain to differentiate it from other bits of weak information, but as you repeat the process of releasing pressure each time your horse steps backward, a neural network becomes established. With more practice and exposure, the circuit becomes stronger. With repetition, less input is needed to activate the entire network. With time, recognition and activation are relatively automatic.

Then each time you squeeze on its nose, the signal goes directly to the correct card in the file and your horse immediately responds by stepping back.

When you begin to teach something new, it helps to make your request using the same pattern every time. Otherwise

the brain has to sort through a large file of weak, almost identical cards to find the right one. If the horse can’t find the right card and runs out of information, the brain slips over to the right side and instinct kicks in. Then your horse may kick, buck, bite or rear.

*A release means “yes” to a horse, so it is important to release at just the right instant rather than when you happen to get around to it.*

A release means “yes” to a horse, so it is important to release at just the right instant rather than when you happen to get around to it. Sometimes it takes a horse many tries to finally figure out what you want. That’s why you have to be consistent and persistent in the proper position when you teach. The first time, your horse may try 10 or 15 other options before it finally stumbles upon the response you’re looking for. But soon you’ll find your horse’s brain takes less time to arrive at the correct card in the file. And you’ll have to exert less pressure to obtain the same result. Before long, your horse will respond when your touch is as light as a feather.

The more your horse’s brain is stimulated, the more cards in its file, the faster it learns. The brain is able to quickly grab bits of information off the cards it has stored and recombine all of the bits to make new cards for the file. And brain power is increased.

“Soaking” is the old cowboy term for giving a horse time to think. That’s why your horse may hardly be able to do something the first day you try it and perform so much better the next. Soaking gives the brain time to put information into the proper section of the card file. The brain cannot retrieve information quickly from the soaking area, which may help explain the chewing and licking behavior you see in horses as they are going through the storage and retrieval process.

It also explains why you experience less success when you take your horse out and try to cram too much teaching into one session. Horses, like humans, can only process so much input at one time.

Keep in mind there are three major differences between human and horse brains. The human brain has several parts the horse does not.



One is where the conscience lives in humans. Since horses don't have this, they don't know the difference between good and bad, right and wrong. They live in the moment, basing decisions strictly on the information in their card files. When you say "good horse" or "bad horse," your horse may understand your body language and your energy level, but it does not understand the concept of "good" and "bad." There is no such thing as moral "right" and "wrong" to a horse.

The other part of the brain that a horse does not have is the area where ego resides in humans. Humans often give horses emotions that they themselves have, such as "Oh, she was so proud when we won that ribbon" or "He's thinks he's the greatest horse in the world."

It is all too easy to read into the actions of horse's emotions that are only human. One example would be thinking your horse did something to spite you when things go wrong. Horses don't feel spite, though some humans do. Horses don't hold grudges or get offended if another horse gets brushed first.

The third difference also involves brain structure. Horses have a much smaller corpus callosum, which is the thick bundle of neural fibers that transfers information from one half of the brain to the other. What they know on one side

doesn't automatically mean they can do it on the other. For this reason, you must teach each side of the horse separately.

Because horses base their decisions solely on the information they have stored in their brains, applying artificial aids, such as tie-downs, doesn't work very well. It's as if someone spoke Chinese to you. If you don't know Chinese, you're not going to know what the person is saying. It works the same in a horse's brain. If the horse doesn't have a neural pathway established, you won't get effective results, no matter how severe your hardware is. The horse may experience pain and react to that, but it leads to negative behavior, which is not what we're looking for.

That's why we teach the horse, rather than force it to do something. When you teach, you create neural pathways that your horse can use in the future when it needs to make a decision. At the cellular level you're establishing respect without fear. You are helping your horse become smarter, braver, safer and more athletic. 🐾

*Marc Rea is a Licensed 3-Star Instructor and has been teaching Parelli since 1994. He is available for Level 1-3 clinics, private and group lessons, video coaching, saddle fitting and horse evaluation. He spends summers in Mazama, Washington and winters in Las Vegas, Nevada. Contact him at [m2rea@centurytel.net](mailto:m2rea@centurytel.net) or [www.rearanch.com](http://www.rearanch.com)*





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# SECOND HAND GOLD

## Transitions for Impulsion

by Teri Sprague, 4-Star Senior Instructor

In a program where “go” is supposed to equal “whoa,” what do you do with a horse that is innately a 9.5 on the impulsion scale? My first grey Arabian, Promise, was just that. Over the years, her impulsion has improved but only through the diligent application of Parelli impulsion patterns.

You have heard it for years: “Circles for long (impulsive) horses and straight lines for short (under-impulsive) horses,” and recently we have added an emphasis on partial disengagement and transitions to improve impulsion.

In Promise’s early years, I used a lot of the Cloverleaf to improve her impulsion. I’d put her on the pattern and as long as she was digging in and saying, “Gotta go! Gotta go!” I’d allow – even encourage her – to go and direct her around the pattern. When she made a change, it was usually like flipping a switch...she would suddenly feel less energetic at the canter. Then we would stop in the middle of the arena for 20% of the time it took to get the change. If it took 20 minutes, that would be a 4 minute rest...or until she volunteered to go forward. In the beginning it would take an hour or more to get 2 changes of energy each direction...but when I made it a program (7-8 sessions in a row, then 7-8 sessions every other session) it did improve. Using smaller patterns helped faster because the turns (circles) came more often. And like most things in Parelli, each time I persisted until I got a change, it took about half as much time the next time.

There was a time after I had been away from Promise for an extended period, that even after an hour and half of

the Cloverleaf Pattern, she was still impulsive. I was able to steer her, just barely, but she never flipped the switch to less energy. She was mentally, emotionally, and physically “running away.” I needed a different strategy, one that would capture this Right-Brain Extrovert mentally, emotionally, and physically. I decided to try Yo-Yos (transitions)...a brief allow on the up side of the transition and a long back up and halt on the down side. It only took about 20 minutes for this to have a really good effect. For this horse, just changing a single gait (canter-trot) was not enough — we went from the canter/gallop all the way to a back up. (For the up transition, I went through all the gaits. Halt to canter and walk to canter transitions tend to rev up a horse. Single-gait up transitions help them stay more relaxed).

Now having another 10-12 years of experience in the Parelli program, if put in a similar situation, I would add an On Line component to fixing impulsiveness at the canter. If a horse cannot easily transition into and out of the canter without getting impulsive On Line, it is not likely to happen under saddle. Transitions On Line start early in Level 2. For the up transition, lead then support if necessary. For the down transition, turn against the motion of the horse and lift the stick in front of it. Then support if necessary by shaking the line up and down.

I still start every ride on Promise (and most of my other horses) with transitions. It proves my communication connection...or not. And if not, I know where I have to start. 🐾

# CAN YOU?

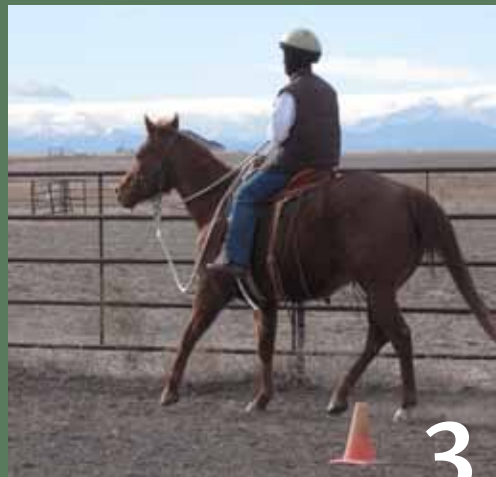
## Build a Seat Connection

Set up 2 markers (barrels or cones, etc.) A and B

1. **Start at A.**
2. **Trot to B. At B ask for the down transition.**
  - Phase 1: Exhale.
  - Phase 2: Pull your belly button back toward your backbone (retarding seat).
  - Phase 3: Think about lifting your knees.
  - Phase 4: Lift the rein(s) to halt.
3. **Back up. Back up as far as necessary to get back to B. The goal is to stop at B, so the quicker the horse responds to the halt request, the less he has to back. That's the game.**
4. **Turn around (practice your indirect and direct rein turns), pause and then go again.**

Don't forget to use your seat and body for Phases 1-3 before picking up and using the reins. Once the horse is stopping quickly from a trot try the walk or canter. Believe it or not, the walk/halt transition is often more difficult. Be polite and use your phases, but match the horse to get the stop. Then back up.

Once you have a great seat connection for the halt, impulsiveness is 80% cured. The rest is timing. Watch for the first moment (8 moments in a second) that the horse speeds up. Address it with a seat cue and follow through with reins or sticks if necessary.



Photos by Teri Sprague. Special thanks to Dixie Walker and her Left-Brain/Right-Brain Extrovert equine partner, Faith.

Teri Sprague is a Licensed 4-Star Senior Instructor and has been teaching Parelli since 1995. She is available for Level 1-4 Clinics around the nation. She also gives private and group lessons

at her home facility near Ft. Collins, CO. She specializes in building confidence in riders and horses using imaginative applications of the empowering psychology, principles and techniques of Parelli Natural Horsemanship. Contact her at [ts4pnh@yahoo.com](mailto:ts4pnh@yahoo.com) or [www.terisprague.com](http://www.terisprague.com).



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# HORSE AND SOUL



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### Seven Keys to Success

Pat has identified Seven Key principles that have been essential to his success and growth personally and professionally over the last thirty years since developing the Parelli Natural Horsemanship program. In this segment, he'll share with you the profound impact Attitude, Knowledge, Tools, Techniques, Time, Imagination and Support in balance have each had on his horsemanship and his life outside of horses.

### Seven Games, Infinite Possibilities

Often imitated, but with a spirit that can never be duplicated, the Seven Games are at the core of success with horses. Because they mirror the games that horses play with one another, this simple system helps rapidly cause you and your horse to be talking in one another's language – a breakthrough that has led to personal growth of horsemen and horses worldwide for 30 rewarding years.

### Match/Mismatch

Do you ever feel like you and your horse have a communication disconnect? Is it you? Is it them? In this insightful demo, Linda will help you identify what is really holding you back from progress when you have this feeling. In this demo, she'll work with an extroverted horse owner who wants to "go, go, go" and an introverted horse that to some degree is saying "no, no, no."

### Trailer Loading

Pat will work with a horse with issues loading in the trailer. Humorous, fast-paced and packed with corollaries to every facet of horsemanship, you won't want to miss this demo!

### Game of Contact

A truly revolutionary breakthrough, the Game of Contact addresses several riding issues in a natural way and unlocks the secret of how to get horses to willingly accept bit contact, which leads to willing collection and the advanced levels of performance through Grand Prix Dressage.

### Horsenality™

Watch as Linda explains her pioneering work in developing a model for horse personality typing that allows everyone, from novice horse enthusiasts to Olympic riders, to better understand the motivations of their particular horse and adjust their training approach to suit for maximum success.

### Lead Change Logic

Lead changes don't need to be complicated or intimidating. Watch and learn as Pat shares with you his simple, yet provocative lead change and gait secrets. You'll emerge from this segment with a clear understanding of the dynamics of lead changes and the tools and techniques to replicate the results Pat shows you.

### Rider Biomechanics

Mastering your own body position can be one of the most elusive but integral keys to success in the saddle. Bring your notebook – you're sure to be frantically taking notes on the wealth of knowledge in this segment. When it comes to success in the saddle, small adjustments make a revolutionary difference. Prepare to return home with a whole new set of tools for success!

### Horse Makeover

Watch as Pat helps transform a non-Parelli local horse with challenges into a CALM, CONNECTED and RESPONSIVE partner. He'll set the relationship up on the ground first, because everything that you do on the ground can translate into the saddle – EVERYTHING! As Pat continues with the local horse, you'll learn how the techniques applied on the ground move into the saddle and how to cause your horse to Accept the Human, Accept the Saddle, Accept the Rider and Accept the Bit. This simple measurement of readiness will be critical to you in every horse you partner with – be it a colt you are starting anew or a partner of many years that needs a relationship makeover for long-term success.



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PAT  
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KALLEY  
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