

# SAVVY TIMES

Welcome to the Journey! Issue 15, May 2007

International Savvy Club Magazine



Saddles, Pads, Shims...  
From the Horse's Point of View

JoAnna Mendl Shaw  
Brings Parelli to the Dance

Growing Up Parelli

Smart Seven's First Ride



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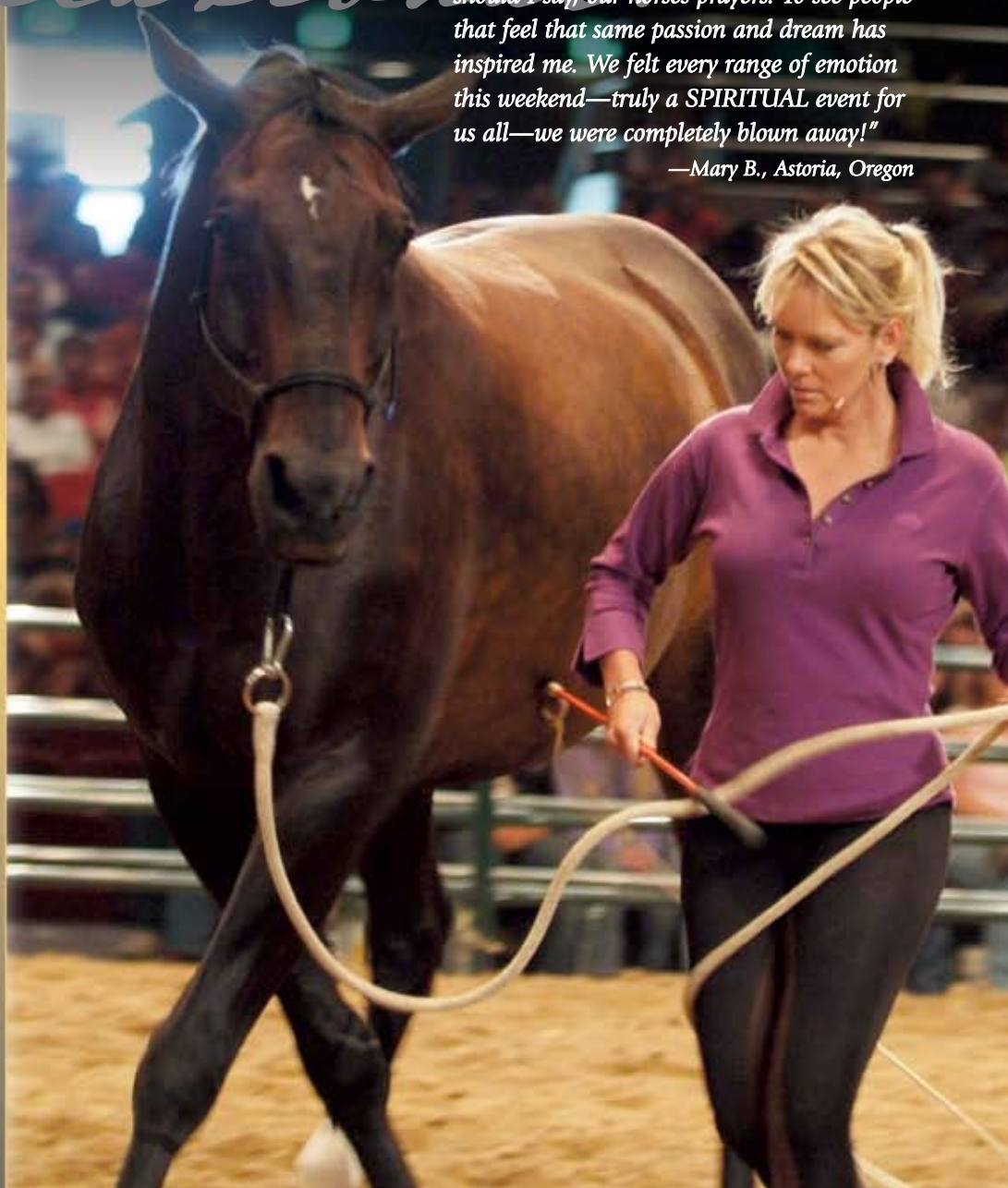
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—Mary B., Astoria, Oregon



photos by Coco



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# SAVVY TIMES™

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**BACK COVER:** Pat with Isabella (Linda's Great Niece) while at the Conference in Australia—her first time ever on a horse!"

**FRONT COVER:** Pat and Linda reunited with Regalo before the Australian Conference





# Australian Conference 2000.



A crowd of 2000 attended the 2-day Conference—1000 Club Members posed for this happy snap!

Nothing, NOTHING, could have prepared us for the reception we got at our Sydney event in March!

As we entered the arena at a full run, the excitement and emotion hit us like a wall. Thank goodness I had the whole arena to run around because I just burst into tears and was grateful that I had the rest of the first song to compose myself!

It has been three years since we were last in Australia, and it was three tumultuous years. As many of you know, our Distributor for Australia took us all on a ride, confusing students and surprising us. So coming back to Australia was a momentous event and we put everything behind it to let everyone know we really care and that pure Parelli is alive and well. Not only did we fly one of our horses [River] over from the USA, we also sent ten members of our Tour Team. Just to give you an idea of how much they enjoyed the whole experience, one of them said to me "we should do every event here!"

As you probably know, I grew up in Sydney so it was great to have my family there: my mum, Ruth; my dad, Jim; my sister, Viv; her son, Leon; her daughter, Carly and grand daughter, Isabella. I totally choked when I introduced my parents, and because I knew I didn't have a hope of getting the words out, I made Pat talk about my sister Viv and her husband Barry who nurtured the Parelli movement in Australia for nine years, with the total involvement of their family!

Then there were long time friends from school and from pony club who I had not seen for years, 35 years in some cases, Parelli Instructors past and present and students who were there from the beginning...I especially want to note Chris Madden who was the only person who supported me when I went 'weird' with this Parelli stuff!

The whole first day was filled with emotion as we introduced friends and family, and Pat's highlight was having Tony Ernst and his family attending. Tony was the man who first introduced Pat to a more natural way of training performance horses and the way of martial arts as a principle,



Don Burke with Pat and Linda

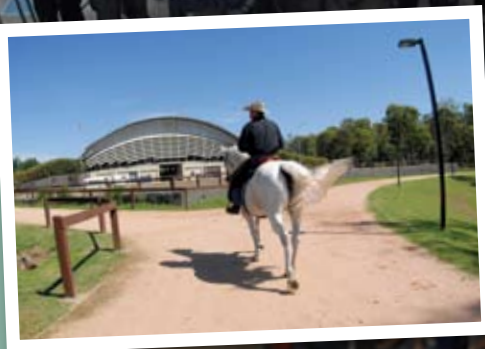
*"I was really impressed by the recent Parelli International Conference in Sydney. Pat and Linda just continue to improve their show year after year. The audience sat enthralled all day witnessing such a gentle, respectful and effective way of communicating with horses.*

*"Pat and Linda both have mastered the best of modern behavioral science, combined with lateral thinking and basic horse savvy to create unique, fun, safe and gentle ways of dealing with problem horses. What they demonstrated at the show is that these problems never need arise if you follow their techniques.*

*"The other thing that I couldn't help noticing was that the audience was responsive and responsible. I have never seen such a polite, neat and courteous group at such a big event."*

Don Burke pioneered lifestyle TV programs. He began with Burke's Backyard in Australia in 1987 (having done Burke's Backyard on radio since 1982). It quickly was shown in Britain, Europe, America and many countries around the world. He has been a leading radio personality and one of the top selling authors in Australia for 26 years.

Don runs his TV production company, CTC Productions with his wife Marea which has produced many TV shows over the years, winning 12 Logies (the Australian equivalent of an Emmy Award). He is also a leading horse breeder, breeding Quarter Horses and Paints. Over the years, Don has lectured at Technical Colleges and the University of Technology in genetics, horticulture and marketing.



which many years later fueled the idea of developing the Levels Program.

The audience boasted people from ALL OVER...Australia, New Zealand, Japan, South Africa, Papua New Guinea...and some VIP guests such as Geoff Sinclair of Weatherbeeta/HorseLand, Daryl Herbert and his team from Equitana Australasia, the infamous Don Burke of the long running and highly successful Burke's Backyard (featured in Pat's book for the break he gave us on Australian television and the coaching he gave Pat as a presenter).

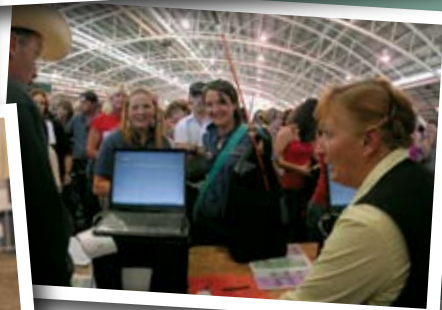
### THE SHOW

It's never easy doing performances without the horses we play with and develop every day, but bringing our Australian horses out of retirement was a pleasant surprise. Pat played with 'Skip,' his lovely QH gelding, and I started the show with Rhythm, the Trakehner we bought after a colt starting demonstration when he was three...that was 14 years ago!

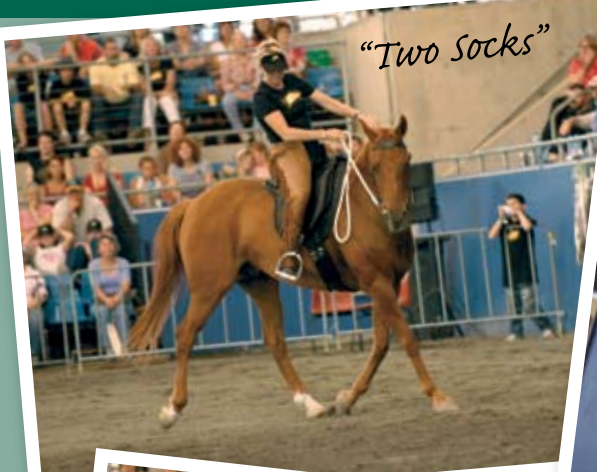
The program began with Pat and a very left brained Australian Stock Horse (what a character!), then went to me with an amped up, beautiful and rather introverted Arabian-Warmblood cross. These horses helped us to talk about different 'Horsenalties™' and how to approach and teach them...our latest work.

Then our Instructors from Australia and New Zealand (some with borrowed horses!) put on a wonderful exhibition as our Savvy Team: Kaye Thomas, Chris Corbidge, Fiona Darling, Louise Atkinson, David Grace, Jackie Chant and Russell Higgins. Coming half way around the world and seeing people who have reached high levels in our program perform really makes us feel the global impact of it all. Words cannot express how that makes us feel and the audience clapped and cheered until everything must have hurt!

After that, Pat rode in on Skip and talked about how important it is to keep making progress, if not for yourself then at least for your horse's benefit! Then a moving demonstration with River, our Andalusian-



"Two Socks"



Thoroughbred cross mare who we flew over especially for the event. Pat rode Skip and paired River at liberty. What a lovely sight. River was a total show queen, she really turned it on for the audience! It made us so happy we flew her over for the event.

Day two began with the Savvy Team and then moved on to Pat riding River. His Sunday morning is all about Horse Church during which he reminds us of the wonderful journey we are on thanks to this magnificent animal.

After lunch, I taught Fluidity on a horse loaned to me by one of our top students, Chris Vandenberg who is also the husband of Instructor Kaye Thomas. A few years ago, Chris and 'Two Socks' won a series of Parelli Tournaments and was awarded an all expenses paid trip to the Parelli Center in Pagosa, so I was privileged to have Two Socks to ride. Not only was I able to explain the Fluidity approach, but he had some confidence problems when entering the arena so a teaching session on thresholds and building confidence came as a bonus.

Closing the day, Pat brought back the Australian Stock Horse and totally wowed us all. This cantankerous horse from the day before wanted only to be with Pat. Pat could hardly chase him away and it looked as though he'd been up training him all night! Before long, he had him saddled and rode him with joy and harmony, even pulling off some flying changes as he swanned around the arena. Watching demonstrations like this is a huge reminder of how much can be achieved harmoniously with horses when we go about things naturally and do the kinds of things a horse's individual nature requires.

Leaving the arena was really hard because we knew we were leaving the country within a day. Saying 'thank you' never seems like it's enough, but special



acknowledgements must go to the Aussie office team, Venetia and Alison, a bevy of volunteers from all over Australia and New Zealand – Margaret Hart, Cassie Bickley, Brenda Lavender, Paula East, Kay Ivanac, Carole Boegil, Nicole Galvin, Karina McCulloch, Mandy Hengst, Emma Charge, Amanda Goodman, Suzy Forward, Helen Adams, Antoinette Archer, Nickey Ripley, Debbie Barker —photographer Coco, and our US Tour Team that together with Alain Martignier, Neil Pye and Sue Shoemark created a Parelli Experience in Australia that will always be remembered.

We must say too, that being at the Olympic venue of the Sydney International Equestrian Center was an absolute pleasure, Greg Coffey and his team were awesome to work with and Greg was incredibly supportive and enthusiastic from the outset.

**MEANWHILE, BACK AT THE RANCH...**

We've been home for just a couple of weeks now and back in the swing of things with our horses preparing for our tour season which starts in the middle of April. The next two big Conference events are in Birmingham, UK and Colorado where we have a bunch of new and exciting things to present! Our event in the UK is a big step for us as we'll be flying our key horses over there (it's a little closer than Australia!) and we have a dynamite program in the works.

As with Australia, we're on a mission to bring "pure Parelli" back to the UK, and are really hoping for many students to join us from Europe. It will be the only time that Casper, Magic and Remmer will make that trip so please help spread the word, we'd love to see you there!

Until next time, keep it natural, keep it savvy, and see you on the road!

Yours naturally,  
Linda



*Tour team and volunteers*



*Parelli Professionals*



*Tony Ernst*



*Linda's family*



# River's TRIP to Australia

**What was it like to fly with Pat's Andalusian mare across the world?**

Story and photos by Kalley Krickeberg



Watching the truck leave as River and I stay on in Solvang, California. The quarantine facility was located at Flag is Up Farms, home of Monty and Pat Roberts. We were made to feel very welcome.



This was our whole world for 3-weeks before departing California. Two pens, a round corral, and a Parelli imagination—almost as good as “a mud puddle and a pickle” as Pat would say!

River and I, with me in the sanitary suit...Well, not as bad as a Sumo suit I suppose...This was regulation wear in the quarantine area.



Airplane lift: This was not what I had pictured in my mind as to how we



were to get on the plane...somehow I saw River and I walking up a big ramp at the back or something. Nope! We were in the crate and rolled onto this platform. It then raised us up—just like a big elevator!

The crate on its way up: Once the crate was up and level, as you can



see the floor is made all of wheels, those wheels would start rolling the crate into the plane and they could roll it anywhere, make turns or even go sideways. The horse's crates were stacked

in there just like any other piece of cargo...amazing!

Pauline and I by the plane: Here was my human traveling partner for

the next 18 hours, this picture was taken in Hawaii when we were stretching our legs while the plane refueled. Pauline has been doing this kind of work since 1968, I felt we were in good hands. Pauline is the Worldwide Quarantine Manager, so I would be spending the next 2 weeks with her in the Australian quarantine,



quite the knowledgeable and horse-loving person. She told me she had dedicated her life to the horse a long time ago, and it showed.



Left, Australian flag with barbwire: This was my “Welcome to Australia.” River and I lived behind two locked gates, chain-link and barbed wire for 2 weeks...at least we were safe! Above, quarantine facility: Once we got inside all the gates and fences it actually wasn't so bad. We had fairly nice accommodations and River had a few more horses for company.



River in the stall: River and I both wondered what happened to the “innocent until proven guilty” thing...



Jail “birds”: These were my jail bird friends. I called them the “three amigos” or the “grumpy old men.” These guys had a great sense of humor and kept all of us in line when it came to feeding time. They would “squawk” at Hiro if he didn’t hurry on when he was making his mash for his horses. They would frequent River’s stall when I was cleaning it, but they wouldn’t fly in like birds usually do, they would just walk in cackling at each other like little grumpy old people...they made me laugh every day.



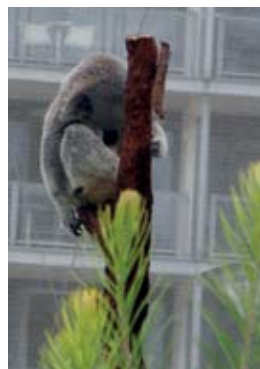
Hiro and Ken: These were my other jail bird friends. Hiro is from Japan and has lived in Australia for 13 years. He is studying the process of shipping racing horses overseas so he can bring this perspective into the business he is starting. Ken is from Melbourne, Australia. This was our “Barbie,” we all took turns cooking the evening meals.



Fish and Chips on the beach! Helen (middle) and Alison (right) wanted me to experience real Australian fish and chips so on one of my “jail breaks” we went to visit beautiful Sydney

and have our Australian dinner on the beach that evening, but it RAINED so we had fish and chips in the car on the beach...it was great fun anyway!

Koala picture: Helen and Alison took me to the Taronga Zoo, in Sydney, before we went for a walk around the Harbor. The Zoo has really nice living environments for the animals, but I found this view a bit profound, the sign read: “Native animals in their own environment, close to yours...”



River and I walking off the trailer: This is one of my favorite pictures! It is a funny one! Both of our faces are like “WHEW, we made it!” We had just arrived at the Parelli Center Australia!



Above, River and I standing with Neil in the background. River and I were greeted by many smiling faces, and a few clicking cameras when we arrived at the Center. A home away from home...River alone in a pasture after she was turned loose for the first



This just illustrates what it looks like when two girls travel together. River and I own the stuff on the left; the other little pile belonged to ALL the others traveling through the quarantine...at least we were prepared.



From left; Sue, me, Neil, and Helen: I was welcomed into Neil and Sue’s home and it felt just like that—home! It was good to be amongst friends once again.



River and I paused by the Parelli sign for one last picture—our last day together. Time for me to go back to the States to see Pat and Linda and all the gang and tell them of our Great Adventure! And, as the Australian’s would say, “It’s a bloody long way!” The t-shirt says it all!





## PARELLI NITES

This is how we do "Parelli Nites" in the North! We are a group of Parelli students of 3-Star Instructor Don Halladay—otherwise known as 'Parelli North'. This was our second potluck night of 2007. We enjoyed an evening of good food, fun games, videos and great conversation about our training/learning peaks & valleys! Next to our clinic time spent with



photo courtesy of Melissa Whitmell

Don & Randee, this is a relaxing and enjoyable way of keeping Parelli alive and growing here in the Dowling/Sudbury area! Until the next news-worthy event comes along...happy riding!

—Melissa Whitmell, Ontario, Canada



## AHURIRI CONSERVATION PARK TREK

Having just started into Level 2 with our two horses, Flynn the Standardbred and Stinky a young spirited Anglo Arab, we never realized how useful Parelli would come in when setting out on our five-day trek into New Zealand wilderness.

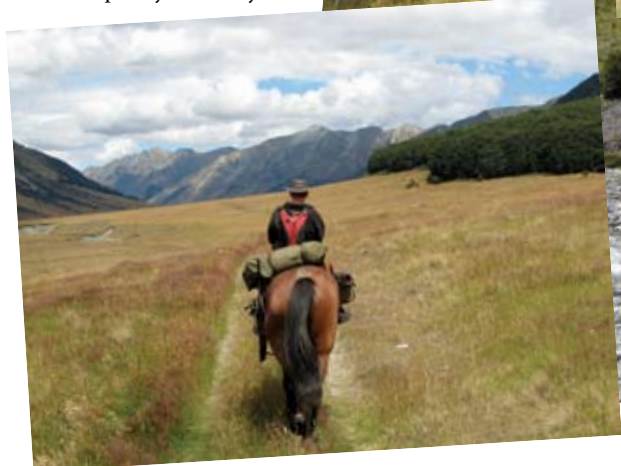
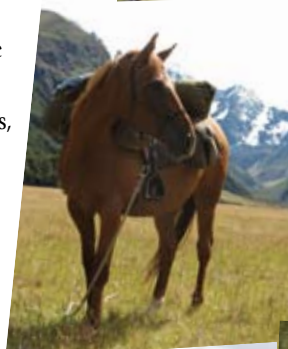
Crazy Stinky had morphed over the last few months into a calm, quiet trekking horse that could handle all the different situations with more confidence than ever. We are talking about a young anglo who used to bolt and buck at any excuse! Flynn, always the confident, left brained boy has become more sensitive and has actually started to think his way through tight spots rather than just refusing.

The boys are more willing to trust us, which came in very useful when we came across the track blocked by fallen trees. They followed us under and over high logs, the ultimate squeeze game from all sides!

The horses loved us for just leaving them alone to do their jobs, rather than trying to micro manage every move they made. They quickly learned it was their responsibility to navigate along the rough valley floor, whilst maintaining their pace all day without us having to nag them!! That made for a much more relaxing holiday for all of us.

Both horses were calm enough to stand quietly at liberty whilst we shot rabbits for Merlin, the border collie, barely flicking an ear at the gun shots.

We decided it would be a beautiful backdrop to film Aaron's Level 1 assessment with Flynn. The carrot stick even fitted neatly into the rifle scabbard when not in use!! Though poor Flynn was not impressed by the enormous population of sand flies in the area.



photos courtesy of Elly and Aaron



### CARROT STICKS AND STRINGS WELCOME

Greetings! I am a participant in, and volunteer to help with, clinics at Willow Brook Farms Natural Horsemanship Center in Allentown PA. In November 2005, Peter Fuller sent out word to equestrians in eastern Pennsylvania that he wanted input on focusing the educational direction of his farm towards Parelli Natural Horsemanship. To that end, a core team of volunteers

photo courtesy of Charity Pashaus



now exist to assist him in that effort. Peter has made several changes to the farm to make it a place where Parelli students really want to come and hang out with "others of our kind!" And, many of us are really grate-

ful to have a place where our sticks and strings are welcome! So, the team got together at the end of 2006 and decided to present Peter with a little "thank you" for creating a real "Parelli-friendly" place for us.

—Linda Swyderski, Pennsylvania, United States

### SAVVY FAMILY

Dear Pat and Linda, thank you for inspiring my husband and me and our children. I grew up with horses after my parents bought their first horses in the late 1960's. A little over a year ago we were first introduced Parelli when our 12-year-old daughter, Lacey, saved up enough money to buy her own horse. Lacey's new horse had been taken through Parelli Level 1 and we quickly realized that we needed to find out more about the program. Our eyes were immediately opened to the fruitful result of the Parelli methods of training. We purchased Level 1 and Lacey dove right into it. Parelli has touched our whole family including my parents, my sisters and brothers, and the nieces and nephews. In the photos is our youngest daughter, Lily Rose (age 3 in the photos), with one of the horses, Triple D. Lily spent much of her summer days watching her older brother, Jackson (age 11), and sister, as well as her cousins, play the Seven Games with their horses.

This particular day last summer Lily grabbed Triple D from her brother along with his Carrot Stick and without asking for help or telling anyone what she wanted to do, just started doing... She began with the Friendly Game and continued on. We had no idea Lily had absorbed so much from watching the older kids. I was thankful I had my camera close by to capture "the moment" while it happened!

—Eric and Alissa Canfield,  
United States



photos courtesy of The Canfields



### HORSE PLAYGROUND

I thought you guys might like to see how much fun my eight-year-old daughter Mel is having with her horse Patchie. I have built a "Horse Playground" for our horses at home, and Mel and Patch just love it!

I hope you enjoy the photo's, and as always, Thank You...for the knowledge that gives us the chance to enjoy our horses SO much!

—Pat Miller, Yass NSW, Australia



photos courtesy of Pat Miller



# CONFIDENCE

While Parelli helps humans savvy horses, I also believe that Parelli helps humans in areas outside horsemanship. For me this program has enhanced my relationship with my Arabian and my savvy. It has also given me confidence to do things that I normally would never think of trying.

I have never been a very confident person; I've always



photo courtesy of Kayla Wells

preferred to stay in the background remaining unseen. As my horse Magi and I went through Level 1 I had to develop more confidence in myself. If I did not, Magi would not

respond. After self-assessing Level 2, I realized something. My confidence was growing in my relationships with other people. I could talk to strangers. I even stood up and gave a speech about how much Parelli had helped Magi and me in front of dozens of people. With confidence!

Because of the confidence I have developed, my horse has become more confident in himself and in me. Knowing that he believes I can be good enough is incentive to get better and progress through this program. As we ride bareback and bridle-less and play at liberty in a two-acre field, I am as close to heaven as I will ever be here on earth. With confidence Magi and I play together, with confidence we will one day become instructors. We are now Level 3 students who are very blessed and thankful to have the confidence this program has given us.

—KAYLA WELLS, AURORA, ILLINOIS, AGE 15

Confidence—what a huge subject. I gave up teaching Science and Biology after 23 years because the system I was in would/could not accommodate my desire to facilitate learning by building my students' confidence and taking the time it takes for each individual.

So...more time for Parelli!

One of my horses and I are presently focussing on Level 2 Liberty—a first for both of us. Our confidence in each other is improving daily. On Line I am asking for

more effort and she (Gypsy, a Thoroughbred) is beginning to respond more often without losing her thinking brain.

Concurrently, I am designing and writing the support pages for a ten-hour course for high school students—*How To Use the School Library More Confidently*. For some reason libraries and librarians (my new profession) make a lot of people nervous.

How am I introducing this course? Recognise and acknowledge your feelings. What does 'neutral' feel like? Find the edge of your comfort zone and consciously move past the edge and stay there longer.

Thanks to Stephanie Burns (*Move Closer, Stay Longer, Level 2 program*) for her succinct descriptions of the essence of learning—building confidence. Linda's brainwave diagram showing that confidence is conditional was like a giant firework going off in my head. Where is the confidence strongest or weakest—in the self, in environments, as a learner, with other horses? Change 'horses' to 'people' and this transposes perfectly to school situations.

Now, how can we get schools to group children differently and address the basic issue of confidence...

—HERTHA JAMES, CARTERTON, NEW ZEALAND

To understand confidence one must first understand unconfident. Buying your first horse at 40 and being clueless as to what to do with him...

Taking riding lessons for two years, spending money you don't really have, and still being afraid to get on your horse and ride...

Being told by a "Pro" that you need a different horse, buying a new horse and having the insecurities and fear multiplied by two...

Seeing my two horses run to the other side of a 10-acre field when I try to catch them...

Watching the horse that was supposed to be perfect for me blow up and throw the "Pro," not once but three times...UNCONFIDENT

Somebody needed to help me, my dream was going sideways.

Then a friend told me about a book written by a man named "Pat Parelli." She lent me her book and I started reading it. I loved the book so much I bought a copy of my own so I could take notes in it.

That was the start of confidence. Fast forward to November 2006 in South Carolina. I see Pat in person and join the Savvy Club.

Going in to a 20-acre field and having your two horses wait for their massage and halters...

Picking up all feet with out any anxiety, touching all over, lifting their tails, rubbing their ears...

**Each issue of Savvy Times features a particular subject to which our readers can respond. The deadlines following are when your 250-word submission must be received to be considered for publishing.**

**July Issue:**

**"Leadership"**

**June 1, 2007**

**"Refinement"**

**September 1, 2007**

**Please send submissions via e-mail to: [savvyclub@parelli.com](mailto:savvyclub@parelli.com) or via U.S. Postal Service to: Savvy Times, c/o Parelli, PO Box 3729, Pagosa Springs, Colorado, 81147. Thanks!**

photos courtesy of Hertha James



Holding their heads down for bridling, standing still for saddling from any side...

Sitting with my horses, reading my pocket guide while the one I am playing with that day looks over my shoulder and reads too...It doesn't get much better...That's CONFIDENCE.

— KIM NEW

Confidence is a three-year-old filly standing tied, patiently, while her herd mates go out to pasture.

Confidence is this filly then loading into the trailer, with no fear, to see the veterinarian to have a nine-inch long piece of wood removed from her chest.

Confidence is the filly, for the next 5 days, standing quietly to accept her shots and to have the "serum cycle" thawed from the drain tube in her chest in sub-zero weather.

Confidence is knowing we can overcome anything with the right tools.

Confidence is prior and proper preparation at its finest.

Confidence is doing what you need to do to keep your horse's dignity NO MATTER WHAT!!!

Confidence is found through our journey with Parelli Natural Horsemanship.

—ERIKA BABBITT-ROGERS, LARAMIE, WYOMING

I left Tag out in the pasture. Later I went out to give him a bucket of water. He was quietly standing over by a juniper tree. I set out a bucket of water and called to him. It appeared for a brief moment that he was thinking about coming but didn't. "Hmm!" He must not be thirsty. I was walking through the barn aisle when I got that feeling you get when you think something is odd. I went back to where I could see Tag. I watched for a minute and saw a slight sign that he started to walk and then changed his mind. "That's interesting." There was that feeling again. As I approached him I noticed that a wire was tightly wrapped around his left hind leg. I stayed very calm on the outside but inside I felt the adrenaline. I walked around to his front and lightly touched his chest and he stepped back loosening the tension on the wire. I was able to get the wire off, rubbed him on the rear softly and said "good boy." He gave me a glance and quietly walked over and got a drink. This could have been a real serious injury but as it was there was no sign of anything. I know that it is the confidence training through the Parelli programs that saved Tag from the disaster it could have been. I believe that Tag had the confidence not to panic but to wait until I came to help.

—SUSAN MANIS

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Linda Southern-Heathcott,  
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*Celebrate*





# celebrating 25 Years!

# Parelli in the UK Spotlight

by Neil Pye



**A**AAHHH! Springtime in the UK! Daffodils...frollicking (I have never, in my life used that word), lambs, budding blossoms...dare I say it...? Cricket. This spring, there is also a new excitement in the air. Early stirrings and preparations are under way as England gets ready to host the world's largest Natural Horsemanship Celebration, a part of the 25th anniversary of Parelli Natural Horsemanship.

Sydney, Australia was the venue for the opening leg of this world wide 2007 tour, with a capacity crowd enjoying Pat and Linda's special brand of education and inspiration, the star of the show undoubtedly River, Pat's Andalusian/Thoroughbred mare who was flown in from the US for the event.

Next it is the UK's turn, 4-5 August, at the NEC Arena in Birmingham, for the second and most ubiquitous leg of this world Parelli tour. More of Pat and Linda's horses, plus humans flying from all parts of the world to combine their talents to ensure this event is one you will always remember.

The NEC Arena is one of the world's most popular venues, regularly hosting artists like the Rolling Stones, Lionel Ritchie, James Taylor, Moody Blues, Tom Jones and the Sugar Babes.

Sporting events like the Davis Cup in tennis and major horse events like 'The Horse of the Year' Show and the 'British Open Showjumping Championship' as well as home to 'Cruft's', the world's largest and most prestigious dog show. What a perfect place to spotlight Pat and Linda's special message that is changing the lives of horses and humans.

With students from all parts of Europe coming to this special event, we are pleased to announce that there will be translation headphones available for our non-English speaking folks, ensuring they will not miss a moment of this 'once in a lifetime event.' The headphones are available in French, German and Italian! To book your headphones, go to [parelli.com](http://parelli.com) and click on 'Shop'; if the headset does not appear on the first page, you can find the headset under 'Misc Items'.

UK and European based Professionals are pleased to see the last of the cold weather, as they too prepare themselves and their horses for the trip to the NEC and the opportunity to be part of this wonderful celebration.

Our team of dedicated UK ambassadors and volunteers are busy sharing flyers and DVD promotions of our celebration with riding clubs and schools, equestrian centers and pony clubs from the northern parts of Scotland, to the west in Wales and across the seas to Ireland and everywhere in between to ensure the NEC is packed to the rafters! Meanwhile, back in the States Pat and Linda are readying themselves and their own special performance horses, who will be all flying over to take part in this magical weekend.

What a weekend it will be, Pat, Linda, Parelli professionals and their own horses from all corners of Europe and the UK...and if that is not enough the worldwide launch of something Pat and Linda have been working towards for the last two years, as they live their motto of "Good, Better, Best... never let it rest..."

WHERE ELSE WOULD YOU BE than at the NEC Arena August 4 and 5...SEE YOU THERE! 🐾

*Get your tickets early to join Pat and Linda in the UK; call 0870 909 4133 to purchase tickets and book your car parking at the same time to save money! Special ticket price for Parelli Savvy Club Members—call the UK office for your promotional code to get the great Club price 0800 0234 813*

**What do  
James Taylor,  
Tom Jones,  
The Sugar Babes,  
and Pat Parelli  
have in common?**

# MY 25 YEARS with PAT PARELLI

By Kathy Nelson

"Raise your hand if you love horses!" All my life, I have loved those beautiful, ethereal beings. When I moved to horse keeping property in the spring of 1979, I was actually in a place in my life to get my very own horse!

My equine journey started in 1982 as a young mother of two small children. A local equine veterinarian and neighbor Dr. Robert Bradley knew I was searching for that perfect partner. In his usual reassuring manner, he told me: "You don't know a thing about horses! I'm gonna find you bucked off in the middle of La Tuna Canyon Road. I just met the most incredible young man and you better go to his workshop if you know what's good for you. I just couldn't believe what I saw him doing with horses." After that browbeating, I called the workshop coordinator and begrudgingly signed up.

I didn't even own a horse yet. Why did I need to spend \$50.00 on a clinic given by some guy I had never heard of? After all,

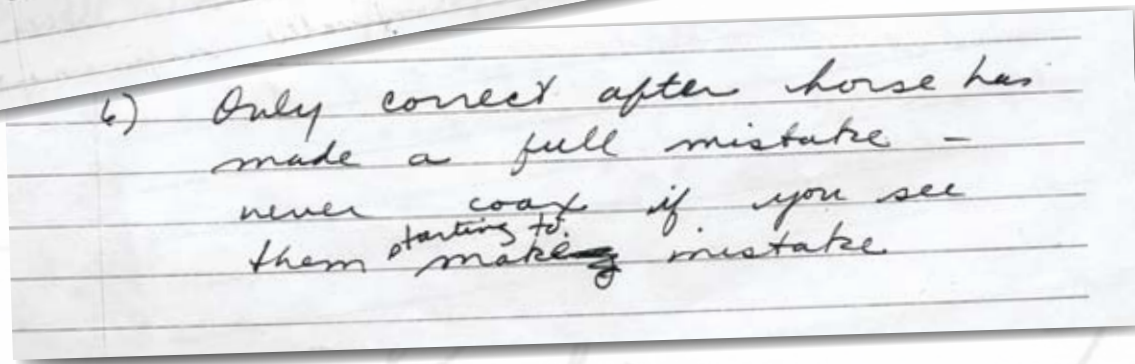
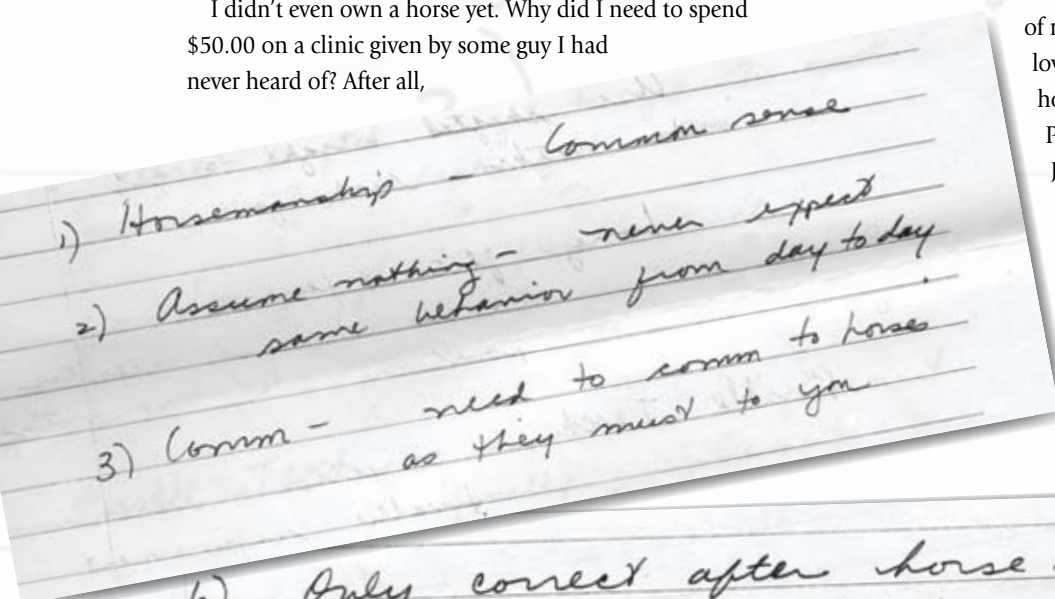
I had some "first time" horse owner books. Wasn't that all I really needed? I had been leasing a horse for a year and thought I knew how to ride. It was so easy anyway, you just kick them to go, pull them to whoa and neck rein to steer. I had remembered that much from my young teenage days when my Dad would take me riding every Saturday morning at the rental stables in Griffith Park for \$1.50 an hour. I truly thought the most I had to learn was horse keeping, not riding. Can't you just jump on your horse's back and have a magical ride?

Especially if you loved your horse and he loved you? Wouldn't it all just work out?

Doc Bradley's words never rang so true. As I watched Pat Parelli's first workshop here in Shadow Hills, California, a horse keeping suburb in the San Fernando Valley outside Los Angeles, I was mesmerized. Even today, when I drive by the stable where it was held, I can still flash back to that weekend. They were typical Valley days, cool in the morning and hot by the afternoon. We stood up both days, the couple of dozen of us, on a little scaffolding area around the arena and round pen. I couldn't take too many notes because it was hard to write them without something to lean on. But here was this cowboy actually mentally and emotionally connecting with his horses and they loved him. To hear the story of Salty Doc and see Pat work with him was magic indeed. I was completely hooked and tried the few things I could remember when I did get that first horse a couple of months later.

Fast forward to 2007, 25 years later. I am so proud of my daughter, Susan Nelson, who was born loving all animals but was especially hooked on horses. Susan has seriously followed my Parelli Path and is now a Licensed Parelli Professional. Just to see her work and watch how she helps humans with their equine friends makes this mother's heart sing! I know now that I was led to Pat Parelli so Susan could help so many, many more people and make the horse world a better place for the horse.

Doc Bradley, you were so right. I didn't know a thing about horses then. But thank goodness you insisted I go to Pat's clinic! Pat Parelli's teachings and methods changed my entire life, not just with horses but on all levels. And I still learn something new every-day about our fabulous equine companions. It's a journey that never ends.



# Who Would Have Thought?

By Susan Nelson

I am sure my mom had no idea that 25 years ago, while attending Pat Parelli's first seminar that I (her daughter) would end up being one of his Licensed Professionals helping horses and humans all over the world. I mean, I was only three-years-old back then!

When I was a child, I can remember riding on a fuzzy sheep skin behind my mom on her horse through the hills of La Tuna Canyon. After several years, as all great mothers do, my mom focused more on supporting the endeavors of her children.

Therefore, her horseback riding days were slowly becoming less and less and her support of my riding grew and grew.

Every evening when I would get home from school my mom would ever so patiently walk up the street with me while I rode to insure that I was safe.

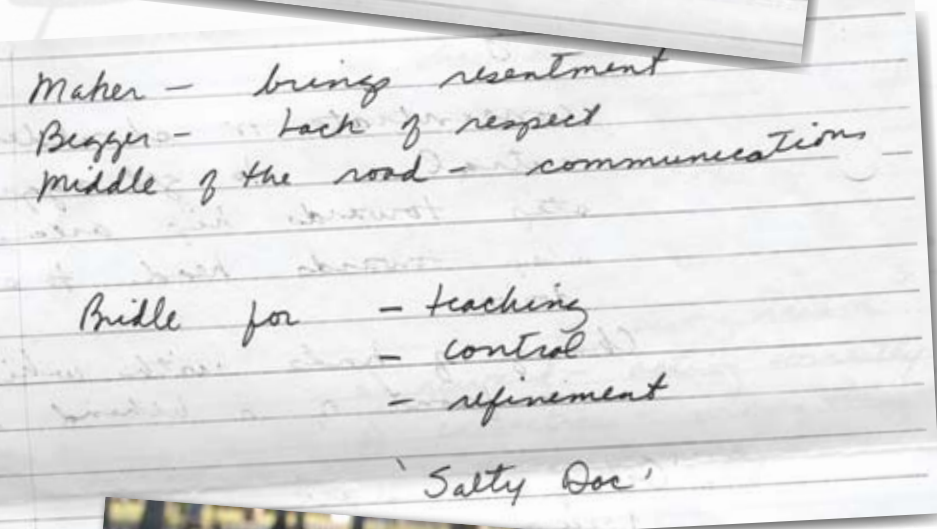
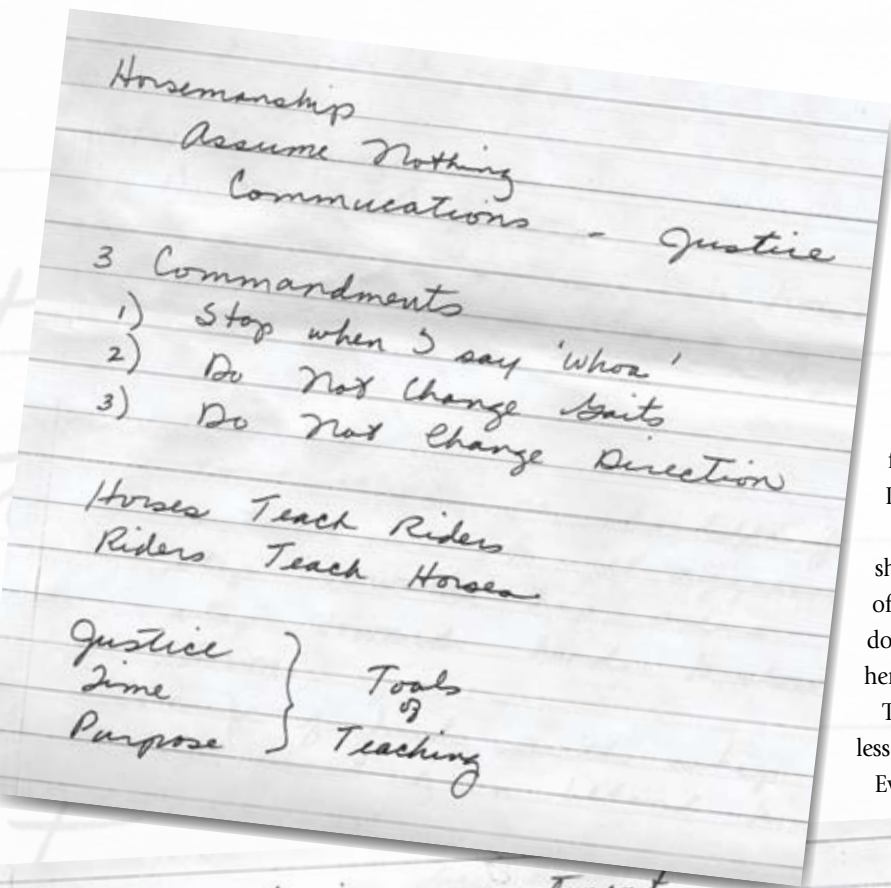
When I became an adult, I realized that my mom had shied away from one of her loves in life, riding horses.

I was talking in the kitchen with my mom a year or so ago and I asked her why she didn't ride anymore. She said "I feel that my sole reason for getting into horses was so that you would find your pathway in life as a teacher." She continued, "so, now that you have found that path, my life with horses seems finished".

Well, a lot has happened in the last quarter of a century. I am so proud and happy to say that one of the things that has happened most recently is that my mom has gotten back into horses! She comes out once a week and spends the entire day with me. We play with my horses with everything from grooming, feeding treats, ground skills and riding. My mom is even trying to get accustomed to the pushing passenger lesson on my bouncy Morgan, Dusty and we go on little trail rides together and have a wonderful time.

Who would have thought that those notes from that first seminar 25 years ago would have been such an important part of our lives.

Thank you Pat for that first seminar; for creating a pathway to improve the level of horsemanship worldwide and even more thanks for creating a pathway to strengthen the relationship between my mom and I! 🐾



# Meet the Team

Ever wonder how Pat and Linda are able to run a successful business, two ranches, teach and present their program around the world? They have a great support team to back them up. Here we feature some of those team members and ask them what their jobs are like. This issue meet: Dave and Kathy Burns, and Eric Weiler; all a part of the video team from the corporate office in Pagosa Springs, CO.

Dave and Kathy Burns



Eric Weiler



## Where are you originally from?

**Dave:** Stratford, Connecticut

**Kathy:** Monroe, Louisiana

**Eric:** The West Suburbs of Chicago

## How were you introduced to Parelli?

**Dave:** I had a chance to see the work my sister, Dr. Stephanie Burns was doing here and I just knew I had to be a part of it.

**Kathy:** I married into it and have loved every minute of it.

**Eric:** My Dad (Mark Weiler, President of Parelli) met Pat and Linda back in the late nineties while I was still attending college in Chicago. I would see my Dad about once a month and he would tell me about what he was doing with Parelli. I went to film school in NYC after college and during that time learned that Parelli was bringing their video production in house. I met my boss (Yvonne Wilcox, Creative Director) at a tour stop in Ohio soon after. A few more months went by and I finally decided to leave NYC and moved to Pagosa Springs, Colorado.

## What's your job title, and how long have you worked for Parelli?

**Dave:** I'm a Video Producer in the media department and have been with Parelli for three years.

**Kathy:** Production Assistant, I have been here one year.

**Eric:** I arrived in Pagosa Springs a little over three years ago, just as the Savvy Conference had ended, and the very next day I went to work. My two main job titles are Video Editor and Cameraman. I have given myself my own job title which is "Master of Moving Images." I like a job title I can grow into.

## What does that job entail?

**Dave:** Along with three other members of our team, I produce our TV show and all of our educational products.

**Kathy:** Preserving the Parelli video archive, monitoring industry trends, camera operator on many of the TV shows.

**Eric:** My main duties revolve around editing and camera work. As Official Tour Cameraman I fly to every tour stop, tape the show and return to the office with footage in hand. I do a lot of post-production prep work such as syncing up footage from multiple cameras for later editing. I also started The Parelli Media Library back in late 2004, which has helped immensely in the organization and accessibility of our archival footage, spanning 25 years. Also, I'm head of media duplication, which means I make copies of footage in our archives or newly created material. I also do a great deal of research on equipment and other items/services as well as their acquisition. Occasionally, I do work on the TV show but mainly my job is editing video for the Savvy Club DVDs.

## What's the best/worst part of your job?

**Dave:** The best part is helping people build the life with their horses

that they always dreamed about. The worst is not having enough time to show people all of the things I want them to see.

**Kathy:** The best part is watching old footage of Pat. As for the worst part? I haven't found it yet!

**Eric:** The best part of my job is when I get to hear how much people love the materials that come from the media department. When people come up to me at a tour stop and tell me how much a segment in the Savvy Club DVD helped them with their horse, or how their lives have been changed for the better as a result of being part of Parelli, it makes everything worth it. It makes me feel proud to be a part of it. The worst part of my job is when I have to replace commercial music with royalty free music. At our tour stops we play music by many artists and groups that you would recognize from the radio. For royalty reasons we can't always attain the rights to use their music in video productions so we need to replace them in our DVDs, TV Shows and/or Home Study Materials. In many cases this is the most time consuming of the whole editing process. My hope is that one day Pat and Linda will have their own band so the music can be the same on tour and in all our videos!

## Give an example of what your typical work day is like:

**Dave:** If not on location shooting, at my desk editing video ten hours a day. Can't think of anything I enjoy doing more.

**Kathy:** Dubbing all of Pat and Linda's video history onto digital tapes to preserve them for generations. Selecting music for TV and DVDs.

**Eric:** I continue or start working on the project(s) at hand, which is typically a Savvy Club DVD, preparing video for editing and/or duplicating/transferring media to various formats. When I go to a tour stop I typically fly out on a Friday morning and arrive at the venue later that afternoon. On the tour stops, when filming the segments, my job is to simply get the shot. What keeps me motivated is that I know that the work I do will be seen by many people who are very committed to their horsemanship and truly appreciate what we can bring to their journey.

## Are you studying the Parelli Program? If yes, please give us some details of your journey and horsemanship goals. If no or in addition to your Parelli studies, what are your hobbies/interests?

**Dave:** I'm the ultimate gadget freak. If it's new and does something cool, I want it.

**Kathy:** Music, music, music and my wonderful grand children.

**Eric:** I have been going through the system through osmosis. You could say that I am one of the first people to be going through the program without a horse. Since I watch Pat and Linda's videos for about 10 hours a day and have filmed around 70 tour stops a lot has certainly sunk in. In May 2005 I married a Licensed Parelli Professional from Denmark named Anja Holst. My hobbies/interests center around spending as much time with my wife as I can while I am in town. I love watching movies and learning new things about the topics that interest me.



*After all these years, he still remembers...  
Linda with Regalo in Australia, March 2007*



*JoAnna  
Mendl Shaw*  
Brings Parelli to the Dance

Anyone who has ever experienced the power, grace and partnership of a good horse understands how much riding has in common with dance. Presenting this magical concept to the general public in a memorable way is something that JoAnna Mendl Shaw has made her mission.

New York native and a resident of New York City for the past 16 years, Shaw's life has always revolved around the world of dance. She was already dancing professionally before graduating from Mount Holyoke College with a degree in philosophy. She went on to a professional dance career in New York City,

and pursued her Master's degree in dance at the University of Utah in the mid-1970s.

Shaw has taught on the faculty at Tisch School of the Arts/NYU, Montclair State, Mount Holyoke College, Cornish College/Seattle and the University of Washington. She also spent 17 years in Seattle teaching and performing with national touring dance company.

Moving into the second half of her career, Shaw completed a post-graduate degree in movement analysis and began coaching and choreographing for ice dancers, gymnasts and in-line

skaters. She has made a name for herself as a respected movement coach and choreographer. Since 2002, Shaw has taught dance composition at The Julliard School - the training ground for such prominent actors as Robin Williams, Kevin Kline and Christopher Reeves.

Although she didn't grow up with horses, the idea of combining these elegant animals with dancers appealed greatly to Shaw, who created a collaboration between the dance department and the equestrian program at Mount Holyoke College in 1997. Captivated by the concept of putting dancers and horses together, she went on to found The Equus Projects, the New York-based contemporary modern dance company that partners professional dancers with horses and their riders in site-specific performance works at unique venues across the country.

It was about this time that Shaw, who knew nothing of the Parelli Program or "natural horsemanship," got a call from Parelli instructor David Lichman. Also a musician, Lichman learned about The Equus Projects through Kate Riordan, a mutual acquaintance, and was interested in the fact that Shaw was combining dance with riding.

"He invited me to attend some of his clinics. He was really interested in my work and offered to help me," recalls Shaw. "For my third Lichman clinic, David provided me with a horse and I actually took the clinic instead of just auditing. Although a complete novice at ground skills, my understanding of movement really helped me a lot. Some things I had been doing instinctively—gently stepping into the horse's world by mirroring their movement and their stillness."

Shaw and two other dancers from her company traveled to Colorado in 2004 and completed their Level 1 studies. Shaw, 59, still considers herself more dancer than equestrienne, but her exposure to Parelli has completely changed her *Dancing with Horses* projects. She now uses mostly Parelli riders and their horses for performances, and she has taught instructional clinics with David Lichman and Karen Rohlf, Parelli Associate for Dressage. Linda Parelli also serves on the board of The Equus Projects.

We recently caught up with Shaw when she visited the Parelli campus in Ocala, Florida, to learn about what she's doing with The Equus Projects and how the Parelli Program has influenced her work in the world of dance.

#### IN WHAT WAYS DID YOUR DANCE PROJECTS CHANGE WHEN YOU BEGAN INCLUDING HORSES?

"When I began to work with horses I faced a steep learning curve. I rode a little as a child, but I was not a passionate 'horse kid.'

"When I began experimenting with horses and dance in 1997 at Mount Holyoke College, I was fascinated by the fact that the horses would start to follow the dancers. The

horses were being ridden but they still wanted to stick with the dancers. It became this amazing conversation between rider and horse, dancer and horse, rider and dancer.

"I find the work with dancers and horses intensely interesting and humbling. I am a site-specific choreographer. I make performance work for places other than the traditional stage. In my work the horses are my site. With any site work, I don't impose myself on a landscape, but rather I ask a lot of questions of it. Working with

horses, I am physically asking questions. It's about a humble placement of the ego. I've found that if you just ask the questions, somewhere along the way the answers will come to you."

#### WHAT WAS YOUR FIRST FORMAL INTRODUCTION TO PARELLI?

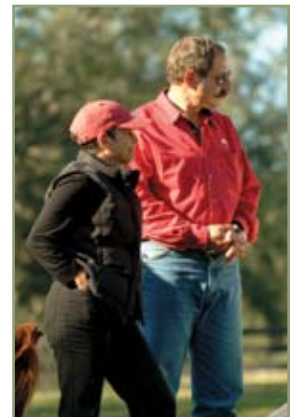
"I attended Equine Affaire in 1999 and recall watching Pat do a demonstration. I thought it was very interesting and remember thinking, I hope to meet that man one day!

"In 2003, I met Parelli instructor David Lichman. He invited me to audit some of his clinics. The third Lichman clinic I attended was in Pensacola, Florida, and Katya Schmann, former equestrian director of the Big Apple Circus, was one of the clinic students. Her father was a world-renowned Danish equestrian trainer. Russian gymnast Sasha Nevidonski, whom Katya had trained, was also at the clinic. I watched these amazing performers apply Parelli skills to their horsemanship.

"David put us through our Level 1; he introduced us to Karen Rohlf. He is the one who really brought us to the Parelli work."

#### WHAT LED YOU TO LEARN MORE ABOUT THE PARELLI PROGRAM?

"In 2002, I started doing a very large performance work in Vermont that created a lot of attention in the Burlington area. The Flynn Center for Performing Arts commissioned us to do a piece. We used eight horses in *Kalliope*, a magical, wonderful piece that really launched our company. We were working with very formal dressage riders but felt we needed to change something about how we were relating to the horses.



"By 2003 I had met David Lichman and I began to investigate Parelli. About this time, I met Maddrey Baker, a committed Parelli student living in Pennsylvania, and invited her to participate in our next *Dancing with Horses* project, which was at Virginia Commonwealth University in Richmond. We worked with her for six months and she taught us a lot of Parelli basics.

that they're so curious about so many things. That curiosity is part of what makes them so extraordinary."

#### HOW HAVE YOU INCORPORATED PARELLI INTO YOUR DANCE PERFORMANCES?

"We took what we learned from the horses in our Level 1 studies and began experimenting in the studio with how each part of the Seven Games could become part of a choreographic

**As we practiced our Parelli skills, we began to explore how the Seven Games could be translated into a choreographic score. The Parelli underpinnings were so similar to the fundamentals of improvising with another dancer—listening, mirroring, joining, giving and taking leadership, sharing leadership and partnership.**

score. In 2005 we began working on another performance project that we eventually titled *Seven Games*. This project featured a series of round pen dances, each with one horse and two dancers.

The August 2006 premiere of *Seven Games* was the first time we

"In hindsight, I realize the first thing we had intuitively discovered about being with horses was the Friendly Game. We would move around them quietly without making any demands and they would become interested in us. We were moving with them, but not as predators. We developed a very fluid movement language. We were very aware of shaping the space between ourselves and the horses, and embodied the quality of their movement. Early on, we learned to be aware of the whole horse's body, unlike relating with people mostly by looking at their faces.

"We also learned that if we rehearsed a performance over and over with the horses, they would learn the choreography and begin to anticipate the cues.

"David told us the fastest way to get a horse 'ring sour' was to repeatedly drill a sequence!

"In July 2004, Blake, Gina (two of the dancers in the company), and I flew out to Colorado to do our Level 1. As we practiced our Parelli skills, we began to explore how the Seven Games could be translated into a choreographic score. The Parelli underpinnings were so similar to the fundamentals of improvising with another dancer—listening, mirroring, joining, giving and taking leadership, sharing leadership and partnership. So many principles of creating a kinetic dialogue were exactly the same."

#### WHAT DID YOU FIND DIFFERENT ABOUT PARELLI AS COMPARED TO OTHER PROGRAMS?

"I'd seen other natural horsemen in demonstrations before I got involved with Parelli, but I found it difficult to understand what they were doing. Pat and Linda are amazing communicators and take delight in sharing what they know. I love the fact

actually performed with horses on line and at liberty; in past work we had always used horses that were being ridden.

"The Parelli Seven Games have given us a deep internal foundation to work with, thanks to David who has become our mentor and closest collaborator. Unlike a traveling circus, we do not tour with our own horses. With each project we work with different Parelli riders and their horses. David or Linda refers us to Parelli riders in each area. In this way we can be assured that the riders we work with come from the same foundation as we do. Parelli has become an extraordinary network for us.

"Since we've been using Parelli riders and horses, we have been able to create a much more porous partnership between horse, rider and dancer. Parelli riders are more able and willing to allow us into their dialogue with their horses. Now we're able to have a great 'conversation' with the horse while he's being ridden. It's very dynamic."

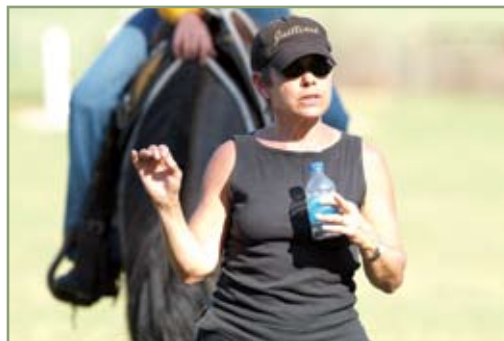
#### TELL US A LITTLE BIT ABOUT THE CHALLENGES YOU FACE WHEN CHOREOGRAPHING PERFORMANCES FOR THE EQUUS PROJECTS.

"I love the fact that my work takes me out of the confines of a dance studio.

I am a site-specific choreographer, which means my work is made for locations outside the traditional theatre environment—a hillside, a park, even an empty swimming

pool. This kind of work presents many challenges.

"When choreographing for a large, open field, I cannot depend on 'curtain open, lights up' to mark the beginning of the performance, so I use a stand of trees for entrances or





performers coming from a great distance. I must orchestrate the theatricality of every moment.

"Site-specific choreography is actually quite popular these days. Many choreographers take dance out of the rarified atmosphere of the theatre and bring it to the public. You're performing for people who don't usually go to see dance. In our work, the site is not a geographic place, but live animals.

"I've always thought of dance as a very athletic endeavor. I am fascinated by the interface of athletics and dance. I've choreographed for gymnasts and ice dancers and with each of these projects, I have committed myself to learning all I can about their athletic form. I needed to know the intricacies of their language."

#### HOW DO THE HORSES THEMSELVES INFLUENCE YOUR WORK?

"We use numerous different breeds – Saddlebreds, Trakehners, Andalusians, Arabians, Friesians and Appaloosas have all been part of performances. I don't have my own horse, and I often think this work would be much better if we were working with our own horses, but part of the challenge is to be site-specific dancers. Each breed—really each horse—has brought something different to the choreography.

"When you're working with different horses, the process of creating partnership is integral to the work. Each breed moves differently and every horse is a unique creature.

Our work is about creating kinetic relationships with each horse, as well as with the people who own and ride them. We never make assumptions about what a horse will do. Each performance piece has a distinctive movement language.

"There are four dancers—not including myself—in the company. All of us have ridden, but we would not describe ourselves as riders. It is important for us to feel what the riders are experiencing, and many generous riders have encouraged us to ride their horses."

#### YOU'VE EXPRESSED DISMAY ABOUT THE CRUELTY THAT, UNFORTUNATELY, IS SOMETIMES SEEN IN THE HORSE WORLD. TELL US MORE ABOUT YOUR THOUGHTS ON THIS TOPIC.

"The longer I do this work, the more I enter the horse world, and the more I realize the potential for cruelty that exists when we as human beings impose ourselves on these animals. That same human desire to control is reflected in how we treat the environment and people in other cultures.

"The Parelli work made me realize all those small instances of cruelty we impose on horses without even realizing it. For example, not phasing a command. We may jump from Phase One to Phase Four because we are excited or frightened

without considering the effect of that behavior on the horse. Another example is how we enter the space around a horse. When our attention is on getting a task done, do we ask for permission to invade the horse's space?

"In 2005, I made a performance work that addressed this kind of inadvertent cruelty. In making this work, I collaborated with Janet Biggs, a video artist and equestrian I met through Karen Rohlf. Biggs is known for a body of video work centered on the image of the horse. Her large scale video installations examine how society constructs gender, often using the image of the horse as an emblem of female sexual sublimation and masculine power.

"Janet and I created a performance work in 2005 titled *Rules of Engagement*. We showed how many humans



engage with horses and it revealed much about the human potential for cruelty. The piece was stark and difficult for many to watch, but it was probably the most interesting piece

The Equus Projects has produced."

#### WHAT DO YOU MOST WANT PEOPLE TO DISCOVER IN YOUR DANCING WITH HORSES PERFORMANCES?

"What I want is for people to be touched by the partnership between human beings and horses. I'm not interested in spectacle; I'm not looking for the 'wow factor.' I want the audience to see the grace and beauty of human and equine athletes moving together. I want each performance to remind people that the power of listening creates dialog and harmony."

"The performance component is only one aspect of our work. We also teach clinics for equestrians, and have taught in collaboration with Karen Rohlf and David Lichman. These are opportunities for us to share our knowledge of body mechanics and performance techniques. We've met so many interesting people through this; it's just amazing.

"Our work is really about physical listening. I feel I have a commitment beyond just dancing that is about teaching people to listen better. I think that's what Pat and Linda do and I believe that's what we do."

For more information on The Equus Projects, visit [www.dancingwithhorses.org](http://www.dancingwithhorses.org) 🐾

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www.parellsavvyclub.com

### NEED HELP LOGGING INTO THE NEW WEB SITE?

If you are an **Existing Member** and it is your first time to the new site, we need you to re-register with us. Please click on the link that says "Are you an existing member and this is the first time to the new site? Click Here." You will then be asked to enter your email address. Be sure that it's the same email address that is associated with your Savvy Club account. This is also the email address at which e-News is sent to you. While a membership may be composed of a family unit, it is the main member's email address that the system will identify.

In the next step you will be asked to do one of three things based on what the system finds associated with your email address:

1. If it finds you had a user name in the Forum for the previous Club site, it will tell you that user name. Please make record of this user name. It will also ask you to create a new password. Type the password in and then re-enter it into the second field to confirm it. The system is case sensitive and requires a minimum of six characters.
2. If it cannot find a former Forum user name but recognizes your email address, then it will ask you to create a user name and password. Please make note of what you choose for your

#### log in

- If it's your first visit to the new site, you'll need to re-register with us before logging in.
- New members, you too can register here.
- And if your friends would like to join the Club, they can now sign up online.

user name and password.

3. If it does not recognize your email address you will need to call 1-800-642-3335 (US) or email [savvyclub@parelli.com](mailto:savvyclub@parelli.com) for customer assistance. It is possible that we have the wrong email address registered for you or need to verify your membership status.

Once you have successfully completed option one or two above, you can log in on the main page with the user name and password that you chose.

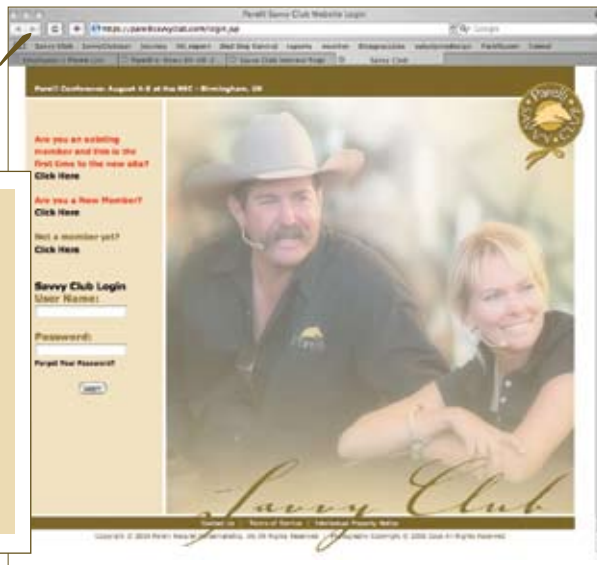
If you are a **New Member** please click the link that says, "Are you a New Member? Click Here." It will ask you to enter the email address you gave us when you signed up for the Savvy Club. It will check to see if you are an active Savvy Club member, and will ask you to create a User name and Password. Please make note of what User name and Password you choose. You will then be able to log into the Savvy

Club site with your registered User name and Password. If it cannot verify your email address, see option three above.

**Type Tips:** If the wording on the Savvy Club site appears to be distorted (words and/or pictures lying on top of each other or the type is too small to read), you will want to change your text size settings. Following are simple steps for changing type size in the browsers that we recommend.

- **Mozilla Firefox** In the menu at the top of the browser click View then click Text Size. In the drop down menu click Normal.
- **Safari** In the menu at the top of your screen click View then either Make Text Bigger or Make Text Smaller.
- **Internet Explorer** In the menu at the top of the browser click View then click Text Size. In the drop down menu click Medium.

Enjoy exploring the new site!



### NEED HELP DOWNLOADING A PODCAST

It is strongly recommend you download Apple iTunes. It will automatically know when a podcast is available and will download it for you. [www.apple.com/itunes](http://www.apple.com/itunes)

Also, some people who have had trouble, have solved their problem by downloading and installing the newest version of Quicktime (version 7). It must be version 7!

These programs are fully compatible with Macs and PCs and most people who have followed these suggestions have reported back that they are now receiving the podcasts just fine.



### TOUR STOP ADMISSION

We ask that Savvy Club members reserve their seats at Tour stops by requesting a ticket for themselves and anyone who is attending on their membership. You are helping us keep a head count to ensure everyone gets a seat.

To request your free tickets log in to the Savvy Club web site ([www.parellisavvyclub.com](http://www.parellisavvyclub.com)), click on the link for tickets (found in the lower left hand corner of the featured photo on the homepage) and fill out the online form. Please note you can only request as many member tickets as the number of people on your membership. In addition to your member tickets, you can request up to five buddy passes for friends.

### SAVVY CLUB MEMBERS' JOURNAL

As of September 8th, members joining the Savvy Club will receive—for each member on their membership—a special journal to record important dates, events and memories with their horse. Includes a convenient day planner, and each page has inspiring photos and savvy wisdom from Pat and Linda. This replaces the former Passport. Existing members can get one for only \$5.95.



### MEMBERS RECEIVE 25% OFF!

Members receive 25% off all Parelli education and equipment! This offer applies whether you order on the web, call us by phone or make a purchase at an event.

(Note: Course Discounts remain at 35%)

When completing an order in the Parelli web shop, make sure that the system has recognized you as a Savvy Club Member. When you are properly recognized, the upper right hand corner will say, "Welcome (your user name). You are a Savvy Club Member." The log in page explains the steps you need to take to make sure you are recognized. If you have followed all of the steps and still have problems, please e-mail [savvyclub@parelli.com](mailto:savvyclub@parelli.com) or call 1-800-642-3335 (US) or 1800 460 988 (AU) or 0800 023 4813 (UK).

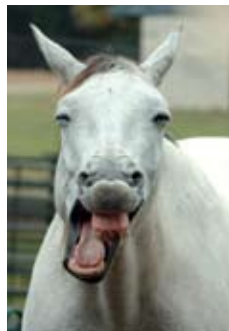
### DON'T FORGET YOUR PASSPORT OR JOURNAL & MEMBERSHIP CARD



Requesting tickets will get you in free to all the Parelli Tour stops, but don't forget your Parelli Passport/Journal and membership card. Your passport/journal can be stamped at the Savvy Club booth with a unique stamp at every Tour stop or major Parelli event. Document your journey! And your card will be swiped to add your 25% discount to your purchases at the show. Lost your card? Be sure to have a record of your member number.

### WE WANT TO HEAR FROM YOU

This is your Club and we want you to contribute! Send us your home movies of savvy or fun moments with your horse for us to share through our weekly podcasts.



- Send a VHS, DV tape or CD with either QuickTime, Real Player or Windows Media Player files **no longer than five minutes**
- Include your email address, Savvy Club membership number and a signed note stating "I give Parelli Natural Horsemanship permission to podcast and post my video on their web site"
- Mail your videos to: PODCAST at Parelli Natural Horsemanship, PO Box 3729, Pagosa Springs, CO 81147. Videos submitted will not be returned.

Do you have stories or photos you'd like to share, too? Send them in! Mail can be sent to the address above, Attn: Savvy Times, or you can e-mail [savvyclub@parelli.com](mailto:savvyclub@parelli.com).

### STAY IN TOUCH WITH PARELLI E-NEWS

Parelli e-News is our official weekly newsletter. Find out about special offers; view the newest, weekly podcast; get Tour updates; RFD-TV programming; new releases; tips and more.

Call 1-800-642-3335 (US) or 1800 460 988 (AU) or 0800 023 4813 (UK) to update your e-mail information with us or you can do it yourself in the new Club site at [www.parellisavvyclub.com](http://www.parellisavvyclub.com). to have e-News conveniently delivered to your In Box. Some e-mail programs do have spam blockers that prevent delivery. Don't worry! E-News is updated every Thursday at [www.parelli.com](http://www.parelli.com).

### MARK YOUR CALENDARS! PAT PARELLI WILL BE HONORED FOR 25 YEARS OF EXCELLENCE AT THE WESTERN STATES HORSE EXPO

Linda and Pat Parelli return to Horse Expo in Sacramento, CA — June 8-10, 2007! Come spend FOUR HOURS a day EVERY DAY with these dynamic horse people in the air-conditioned Parelli Pavilion as they demonstrate their Natural Horsemanship program!

# GROWING U

Caton and Amy recently entered their first competitions "outside" the

## CATON PARELLI

Level 3 Graduate

**Why did you want to compete?** Reining and cutting are passions of mine. I love going really fast and working with cows. Once I felt that my horses were ready, I thought that I could do it.

**What did you do to prepare?** I read over the AQHA rulebook and watched videos. My dad helped me memorize the patterns; he had me draw them. I just did nice light, soft stuff in the bridle. I also got better control of my horse's go button. Liberty tends to have a sticky throttle.

**Have you ever competed before?** I've never been in an actual competition. But, I have been in the Parelli Games and my dad and I are always having competitions.

**How did you feel about being in front of an audience at the competition?** Being in front of an audience is so easy for me because I'm used to it at the tour events.

**What was your score? Was that important to you?** No, score wasn't important. It was about fun. It was my first show and I scored a 69 in one of the classes. That score won the class! I was excited, but having fun was most important to me.

**Do you have any fun stories from the competition?** While I was riding, someone came up to my Dad and remarked that they definitely couldn't spin a horse that fast or else they would fall off. I also rode a 45 foot slide stop on Liberty that blew my hat off.

**What did your family say about it?** I could tell from the smile on my dad's face that he was happy. I think Linda was pleasantly surprised.

**What did you learn from the experience?** I learned that I can broaden my horizons and that of my horses. I learned that I can have a lot of fun at the same time as being competitive.

**Would you do it again?** Without hesitation! I'd like to try to do some more in Colorado and definitely do more when we come back to Florida at the end of the year.



A proud moment with Dad and a standing ovation in appreciation of their emotionally charged demo at the Ocala, Florida Tour Event last December.



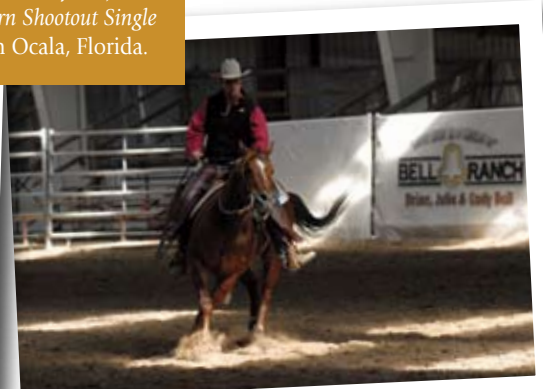
Stealing the show at the "Symphony of the Horse" evening in Gainesville, Florida.



Below: Caton and Mango at the Bill Horn Shootout Single Shot Derby in Ocala, Florida.



Caton and Liberty Major at the Bill Horn Shootout Single Shot Derby in Ocala, Florida.



# P PARELLI

natural world. Here's what they had to say about the experience...

## AMY BOOK

Level 3 Graduate

**Why did you want to compete?** Pat asked me if I wanted to and I was like, "YEAH!!!" I was so excited, I couldn't stop jumping up and down.

**Have you ever competed before?** I competed a couple of times (about three years ago) in hunter classes at the local fair. But, I've never competed in three phase Eventing before.

**What did you do to prepare?** My friend went online and printed out the dressage patterns. I kept up my regular riding program and started practicing the dressage patterns. When out on rides, I jumped everything I could. I made sure I challenged my horses in every way I could.

**How did you feel at the competition?** I was pretty nervous. I was told afterward that whenever I rode everyone watched because they knew I was a Parelli student. All eyes were on me!

**What was your score? Was it important to you?** Snickers placed seventh and Prince didn't place. Score wasn't important. We were so inexperienced and we learned so much. We had to trust and rely on one another. We had a blast!

**What challenged you in the competition?** The competition had three phases; the first was dressage; the second show jumping; the third cross country. In cross country, there were two fences where I thought, "we're not going to get over that." Prince stopped and looked at me like he didn't think so either. I petted him, we backed up and then he jumped it without hesitation.

**Do you have any funny stories from the competition?** I was getting Snickers ready for the cross country and everyone around me was complaining because their horses wouldn't stand still. I mentioned that Snickers, who was standing calmly, hadn't been shown before and that he's just a baby. They looked at us both like "You've got to be kidding me."

**What did you learn?** The experience gave me a realistic idea of how good my horses really are. Prior and proper preparation is the biggest thing. If you have your horse emotionally ready, you can do more than you think.

**Would you do it again?** Oh, yeah! I'd like to get better and better. I'd like to see how far I can go.



Amy and Uncle Pat at Crescent Beach in Florida.  
Left: Just another day at the ranch... Amy works at Pat's barn as well as develops her own horses - pictured here with Maddey.



Above: Amy and Prince demonstrate with the Parelli Savvy Team at the Ocala, Florida Tour event. Below: Amy and Snickers at the "Horse Trials in da Hood" event in Gainesville, Florida.

Proud Uncle Pat watches Amy and Prince ride in their first Eventing competition.



**BEFORE**



short, choppy stride

flat neck

contracted topline

belly dropped



**AFTER**



longer stride

horse more "uphill"

arched neck

stretched topline

lower tail angle

belly tucked

hind legs reach further



# Saddles, Pads, Shims...

By Linda Parelli

## From the horse's point of view

Ahhh...How simple life was when we didn't know how much horses suffered from saddles that trap them and stiff riders who sit in the wrong place!!

Since starting on this journey of learning about saddles that are kind to horses I have learned A LOT and my horses have benefited immeasurably, as have hundreds of other horses that belong to our students. I look back at photos of Siren, my now retired Thoroughbred partner, and am shocked by how much I didn't know and therefore didn't see what his body was trying to tell me. How much healthier and more comfortable he would be if I just got him today, knowing what I now know!

It's thoughts like this that drive me to continue my research and bring the results to you and your horses. I love to hear the stories about how much your horses change mentally, emotionally and physically when their saddles and riders are no longer causing discomfort and even pain. I love even more that when you get it right the results are *immediate*. I even love helping solve frustrating problems like dry spots and ruffled hairs!

In this article I have more things to share with you...I want to make the concept of 'shims' more simple and shed more light on the necessity of it all. I've also included a personal problem solving story.

### IF YOU USE A SADDLE, YOU PROBABLY NEED SHIMS

Have you ever seen a horse that is hard to saddle? He pins his ears, won't stand still, nips at you when you try to girth/cinch him up... and then when you ride he bucks, won't go forward, is impulsive or resistant? Horses are honest and responsive creatures and they openly communicate what bothers them through changes in attitude and body language. But something we often miss is how they communicate through their physical shape: the quality of their muscle development and

ability to use their whole body to move.

The reason horses have trouble with most saddles is because they pinch the horse as soon as he moves...the narrow gullets pinch their back, the front pinches the withers or shoulders and the curved bars push the horse's back down making it difficult for them to move.

Because it is so hard to find the kind of saddle that horses like, we developed our own. The Parelli Saddles help our students ride more naturally and fluidly. If you've been present at any of our makeovers you know that the changes are profound...Hollow backed, crabby, impulsive horses suddenly find nothing to be upset about; stubborn horses suddenly flow more freely forward; and riders find their Balance Point easily, instantly and securely.

In order to have a saddle that is comfortable for the horse it has to be a little too big for the horse, especially at the front. This is because when a horse moves, his shoulder and back muscles have to bulge upwards. If a saddle fits snugly at rest it's actually too small when the horse starts to move.

Try this test: When you sit in your saddle, is there room to push your fingers under the front of the saddle behind your horse's shoulders? If that spot is tight, you know it's pressing on your horse's shoulders, and that's all it takes for the horse to start having trouble.

The best way to create space under a narrow saddle is with shims, and the best way to get a wider saddle to 'fit' is also with shims. Shims can make up for atrophied muscles, hollow backs and a downhill posture where the withers are lower than the hips.

You will know your saddle was bothering your horse if once you shim it appropriately, or change it, you feel like you're riding a completely



Note: plus & minus signs painted on the horse identify over and underdeveloped muscles

different horse. We have all learned to fear dry spots on a horse's back, but what's worse is when the horse contorts his body to avoid the dry spots. This lulls you into a false sense of security—you might not get dry spots, but your horse's body may be changing shape and losing strength. You need to overcome both and good pads and shims can help...but there is nothing that beats the total formula of good saddle, pad, shims and rider! Educate yourself all you can, for your horse's sake.

their backs. Horses that move with their head in the air and hollow out their back, or travel 'on the forehand' and drag themselves along with their front legs (instead of pushing with their hind legs) usually have wasted muscle on their topline and overdeveloped muscles on their underline.

Just by looking at the muscling of a horse you can tell what parts of his body he doesn't use plus what he overuses to compensate. A well-muscled horse should be curvy and strong over his topline. This is essential for him to carry a rider and maintain his physical health and strength.

Shims need to be used to compensate for poor muscles. Without shims, the saddle pushes down further into the weak areas and worsens the problem. Many saddles actually weaken a horse's back because they're too narrow and they pinch the shoulders and spine. This causes the horse to hollow out because the bars are generally shaped to fit a stationary back.

### **3. Shims level a 'downhill' horse.**

Horses that are heavy on the forehand tend to have a 'downhill' posture where the withers are lower than the hips. When you look at these horses they sometimes appear to have short front legs, which is not really the case. What's happened is that the chest muscles are overdeveloped and make the chest look lower. The hind legs straighten out and lose their spring-like shape which makes them longer from hip to heel. A horse's front legs are not well designed for bearing weight but the hind legs are. This is where the horse's power is.

When you shim the saddle up so it shifts the rider's weight to the hindquarters, the horse will not be trapped and will be able to take the weight off the front end. This makes the riding experience, for both horse and rider, so much better because the horse can use his hind end and the rider can sit back on

their Balance Point.

*Note:* If the horse is downhill because he's young and still growing, you should still use shims to compensate and make sure the rider's weight does not fall forward and compromise the horse.

### **4. Shims make room for the shoulders.**

Horses with big movement need a lot of room for their shoulders to move. Short and choppy strides are often an indication of trapped shoulders. With shims you can create room under the front of the saddle for the shoulders to move freely and never feel pinched or blocked by the saddle. My horse Allure's shoulders move more than six inches!

### **5. Shims can improve and increase performance.**

## Hollow Back Example



✗ With no shims, the saddle looks okay and the horse would not get dry spots... BUT without shims it would prevent the horse from lifting his back. It would block his movement and keep him hollow.



✗ Lifting the front end of the saddle with Shoulder Shims would cause pressure at the back of the saddle and add pressure to the shoulders.



✓ With Center Shims, the saddle would be lifted out of the hollow which would allow the horse to lift his back.

## HOW SHIMS WORK

### **1. Shims give the horse room to move his body.**

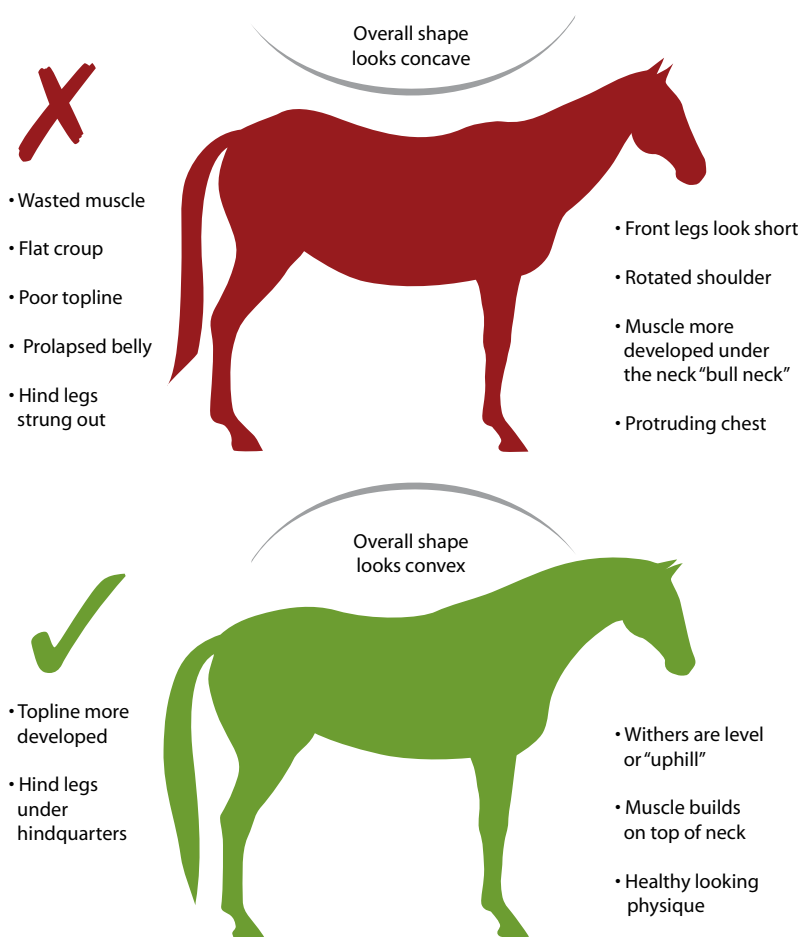
A horse's back and saddle are not a perfect match when the horse is in motion, so in order to prevent the saddle from restricting it needs to be too big for the horse. Plus it needs to be moved back behind the actively moving shoulder blades. This is the opposite of how most saddles are designed and positioned on a horse. How interesting!

In this case the shims would support the front of the saddle, keeping the saddle clear of the withers and shoulders. This also helps the rider get on their Balance Point.

### **2. Shims make up for weak and wasted muscles.**

Many horses have very poor muscle development on





By using more shims than appears necessary to balance the saddle, you can actually invite a horse to increase his movement and use of his back because the saddle feels even roomier. Just beware that this can make the saddle unstable so should only be used by more advanced horses and riders, and definitely with the TheraFlex™ Pad's anti-slip properties.

#### WHAT IS IT ABOUT SADDLES THAT BOTHERS HORSES?

In order to distribute a rider's weight over a larger surface area, a saddle needs to have bars. These bars sit along the horse's back much like a sled carries a human's weight across the snow. The bars disperse weight so there's not too much pressure in any one spot. If these bars are the wrong shape, too long or too narrow, they can cause the following problems:

- **Too close together / narrow tree** pinches the spine, prevents lateral flexations and makes the horse stiff to bend
- **Too bowed / curved** prevents horse from rounding its back, causes it to hollow out
- **Too long – blocks the shoulders** causes the horse to

rotate shoulders forward producing rounded shoulder caps and a shortened stride.

One would think that having no tree would be the answer, but even though treeless saddles don't physically block the horse's back, as soon as the rider mounts up the weight is concentrated right under the rider instead of dispersed. This can be problematic if the rider is heavy, rides for long periods of time, or is trying to get the horse to collect and round his back. The horse will find it difficult to push up into that pressure. The same can be said with riding bareback too much.

The ideal saddle invites a horse to lift his back and push upwards. The bars are not too long, not too short, are flatter in shape, and sit out wide on the horse's ribcage instead of close to his spine. Our new tree for the Parelli Western Saddles is a revolutionary step in the horse world, it distributes the rider's weight and yet flexes outwards slightly at the shoulders and hips. In our English saddle, the bars are wide, flat and open to invite the horse back to push upwards, and are short so as to not restrict lateral flexation.

#### PAD PERFORMANCE

There are hundreds of pads that have been developed in an effort to make horses more comfortable and many of them address impact and shock absorption. No pad can protect a horse from a rider who thumps on its back because the effect is on the whole structure of the horse rather than just under the saddle. However the job of a pad is significant. It should provide:

- an interface between the moving horse and the static saddle
- a cushion that makes the saddle feel more comfortable
- the facility to add shims.

In my opinion, back pain in horses is more often associated with stiffness and having to lift a rider whose weight is on the forehead. Distribution of the rider's weight is the most critical element. It needs to be concentrated towards the back half of the saddle instead of the front half. In this way the horse can lighten his forehead and engage his powerful hindquarters, naturally and instantly. The closer the rider's weight is to the horse's shoulders the harder it is for him to get his weight off the forehead.

By lifting the front half of the saddle, the rider's weight is positioned towards the hindquarters. They can sit on their Balance Point and find a relaxed yet balanced posture which

allows them to move fluidly with their horse. We've done experiments on simulators that show how being off your Balance Point immediately throws the rider's weight to the front. In real life riding this can cause some horses to start rushing, lose rhythm and get crabby. Other horses simply refuse to go or buck when going into the canter.

#### **RIDE ON AIR**

Some six years ago we assisted in the development of the TheraFlex Pad by offering ourselves and our horses for the rigorous testing procedures. This included riding with a computer sensor pad under different saddles and with different pads to compare the pressure areas. The pad's inventor, Alan Brownlie, is a scientist and designer whose resumé boasts some 200 patents and a body of work for huge organizations including NASA. Alan is a great fan of the Parelli Program and came up with the idea of using Therm-a-Rest® technology inside the pad while on a riding-camping trip with a friend who had a Therm-a-Rest camping mattress.

They combine air and foam in a thin chamber that self-inflates, providing comfort

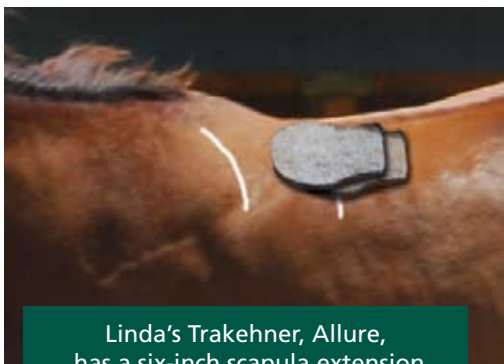
even when laid over rocks and stones. The pad's ability to eradicate pressure points is extraordinary and even better, it customizes fit between the horse and saddle every time so it too accommodates a horse's changes.

Four years ago, I asked Alan to help develop TheraShims™ to overcome the issue of horses not having enough room to move due to their saddles. Having ridden only in Balance saddles since 1997, I had become oblivious to how tortured most horses were by most other saddles. Shims are a vital key to successful saddling and thanks to the anti-slip properties of the TheraFlex Pad you can shim as much as necessary and not lose stability.

Recently I was testing some different pads that were sent to me (I'm always researching and on the lookout). The pad by itself did not lift the front of the saddle well enough, and when I put the required shims on top it became dangerously unstable. Horses love the feel of a big cushion and wide saddle but unfortunately this can make the saddle likely to slip and roll sideways. This experience made me even more appreciative of just how good the TheraFlex Pad is!

#### **AN UNUSUAL AND EXTREME CASE**

I have a horse that is a big challenge for me. He is a long legged, big and springy mover, and is incredibly playful. His name is Allure. Many of you in the Savvy Club know



Linda's Trakehner, Allure, has a six-inch scapula extension



him well! In the process of developing our English saddle, he was one of the big test subjects both for facilitating his movement and for rider security!

The other day I was riding Remmer and took Allure along with me. After playing with Rem, I simply swapped my saddle onto Allure and off we went. He felt magnificent in Remmer's shim set up because it was very wide and cushiony... too big for Allure, but when I unsaddled him he had two big dry spots. Yikes! I didn't think that would be possible with it being too much shim for Allure. When I looked at the location of the dry spots it really baffled me because I thought for sure it was way behind his scapula's extension... until I lifted his knee and saw how far the scapula came back. This horse's name should be Gumby! His scapula came back a full six inches and the dry spots were over that last three inches. This told me there was not enough room for him to move his shoulders. The good part is I know it wasn't hurting him, because they were pushing into something soft—the pad and shims. Plus, if it was hurting, this horse would tell me!

The next day, I adjusted the shims specifically for Allure: two thick shims positioned sideways and staggered so that it lifted the saddle and gave space for his shoulders to come way under the saddle.

Success! No dry spots. BUT there were ruffled hairs. Aaaargh! This told me there was friction, and friction is caused when one thing is moving and the other thing is not. His body was moving but the saddle was not, and I was the one holding the saddle still. This made a lot of sense to me because I know I still resist his movement a bit, especially when he's a tad exuberant. When there are ruffled hairs behind the shoulders, the principle of Fluidity tells me it's *my* shoulders that are the culprit. Guilty as charged, I KNOW my shoulders were braced. So tomorrow I shall move my shoulders more and make a big effort to flow more with my horse instead of resist him. (One other thing that can cause ruffles like this is if you brace in your stirrups).

**Dry spots = pressure:** so think about how you can relieve pressure by creating space by staggering shims, or by adding more shims to shift the weight of the rider back.

**HOLLOW**  
2 Center Shims

**ATROPHIED:  
SHOULDERS**  
2 Shoulder Shims

**DOWNHILL**  
1 Center Shim +  
1 Shoulder Shim

**ATROPHIED:  
ENTIRE BACK**  
2 Center Shims  
+  
1 Shoulder Shim

*Note: Shims are all the same size and shape, they are turned horizontally for Center and vertically for Shoulder. Before use, shims are inserted into pad, on top of air cells.*

**Ruffled hairs = disharmony:** which means it needs a Fluidity solution. Start moving your corresponding body parts as in my story with Allure.

#### **SADDLES THAT TEACH**

What I love about saddle systems that allow feedback like this is that they reveal when you are out of harmony and where the horse is feeling pressure. If we learn to read the signs and make the necessary adjustments the results can be awesome...horses ride better, are happier, and their overall posture, shape and muscles improve.

I want to encourage you to experiment with the number of shims you use and with the places you put them. Your horse will tell you how good it feels by the way he moves, lifts his back, lowers his head, lengthens and softens his stride, and you will know by how easy it feels to access your Balance Point.

Above all, let common sense prevail.

### DIFFERENT BACKS NEED DIFFERENT SHIM PATTERNS

Finally, keep it simple. There are really only three types of backs and combinations thereof:

1. Hollow.
2. Atrophied.
3. Downhill.
4. Combinations of the above.

For a **Hollow back**, you'll need to shim in the middle – Center Shim pattern – and to the degree that the horse's muscles are wasted.

For an **Atrophied back**, you'll need to shim in the areas that are lacking muscle, and to the degree of wastage.

For a **Downhill horse**, you'll need to shim the front to create an uphill feel for the saddle and rider, so the horse is not pinned down in front.

If you have a horse that has a combination of these three, then use a combination of shims.

For a horse who is too big for his saddle, you'll need shims to create room, either just at the front or along the complete length of the saddle.

For a saddle that is too big for the horse (ideal) you will need to shim so the saddle is leveled, and wherever the horse's shape demands.

As a general rule, I look at a horse's back and imagine how it should be. I'll even place the shims directly on the horse's back in the areas that he is deficient to confirm what's

needed to restore a healthier topline. Just remember that if you have to use a lot of shims at the front, you may have to extend that to a longer wedge under the whole saddle or the saddle will sit too high in front and dig in at the back...in essence the whole saddle has to be lifted and then a little extra put in the front.

### SADDLE PLACEMENT

We place our saddles quite far back in comparison to the norm to give the horse's shoulders maximum clearance and place the rider further back. This takes the weight off the forehand and actually makes it easier for the horse to carry the rider.

A good way to check where the saddle should go is to feel where the scapula's maximum range is and then position the saddle so the stirrup bar is behind this. If you put the saddle on like this it will most likely drop down in front so you can use some shims to lift it up to see how many you need.

### In Closing...

Try to find the "experimenter" in you. Try different shim configurations and see what a difference you can make to your horse. It can be quite exciting!

For more information on the Parelli Saddles, TheraFlex Pads and TheraShims visit [www.parellicollection.com](http://www.parellicollection.com). 🐾

# Parelli Essentials



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# Q & A

## To Shoe or Not to Shoe?

**Q:** *I have greatly admired what you and Pat are spreading throughout the world. I have gained a great deal from using many of the techniques and philosophies that you are teaching and sharing.*

*That being said, the response that you gave to the question of why do you shoe your tour horses was one of the laziest responses I've heard in defense of nailing iron on to horses hooves. You said that you did it because you were on such different footing all the time and the shoes gave your horses a "consistent environment." You said that you were very particular about how they're shod and that you use New Balance shoes with the frog touching the ground. That with this attention the horses are going better than ever and that some of the horses have even increased their hoof size.*

*One of the things that you emphasize with your training is lateral flexion. Lateral flexion is also crucial to the proper function of a hoof. In other words, the heels flex independently of one another if they are unencumbered by nails and steel. This movement is necessary for the development of the digital cushion. Without this movement the digital cushion remains as fatty tissue suitable for a 400 lb. foal instead of the strong connective tissue necessary to support a 1200 lb. horse.*

*It has also been shown that the main shock absorption in a hoof comes from blood being forced through small openings under pressure, functioning just as a jet landing gear does.*

*Shoes by their very nature restrict the blood supply to the hoof therefore providing less blood for shock absorption, not to mention nutrients, the ability to remove toxins, etc.*

*It has also been shown that a shod horse walking on pavement has three times the concussion of a well trimmed barefoot horse trotting on pavement.*

*The Houston police dept. has gone barefoot and reduced their vet bills almost to nothing. There are horses in England steeplechasing and flat racing barefoot and winning. There are many boots available for transitioning and protecting hooves. Yes they may look "clunky" but your horses will tell you by their actions and behavior that it feels a lot better not to have steel nailed on to their feet.*

**A:** Like you, I have researched and researched and researched feet. We have tried to go barefoot with our performance horses with dire results. We have one horse (Nova) that can go barefoot and we do not shoe because her feet are phenomenal. In Florida, a lot of our horses go barefoot, but our performance horses have proven that they cannot take it.

When you quote police horses and racehorses, steeplechasers, I have no doubt about the results and in fact have seen it for myself and read all about them. But none of these horses do what our horses do. The examples you give are of horses on consistent and very nice surfaces (racing for example, they spend millions on track surfaces!), and when it comes to endurance you're talking Arabians with incredible genetics, amazing feet, and conditioning on trails doing consistent work.

We have trialed many different styles of boots with very poor results because they do not stay on the horse with the variety of things we do, or they twist and affect safety and athleticism, or their 'grip' affects locomotion and increases the shock to the hoof and

leg mechanisms. Again, what we do is quite extreme and varied compared to most other horsemen. We jump, slide, passage, piaffe, work cows, do extreme trail rides, go from sand to rock to concrete-hard ground...the terrain, speed, collection, suspension, etc. is always changing. And then we have some horses with physical issues, like my Dutch Warmblood, Remmer, who has crooked legs and spine from birth, who was worst when barefoot and has gone to a whole new level of comfort and performance since applying the formula we have used this past 12 months.

I think that anytime we become fixated on something as the 'only way' we are limited. We nearly ruined some of our best horses by trying to do that. While it would be wonderful to do everything 'naturally', we do have to be conscious that very little of our horse's lives are natural...their feed, their environment, the fact that they are ridden especially. And so it is our responsibility to find the best ways to help and not damage our horses, given the fact that they have to live in a human environment.

The best thing the barefoot movement has done is get people to ask rational questions and research the foot. I've certainly learned a lot because of it and it has made me capable of asking deep questions of farriers and more observant and understanding of the changes in my horse's feet...for better or worse, and the sooner the better.

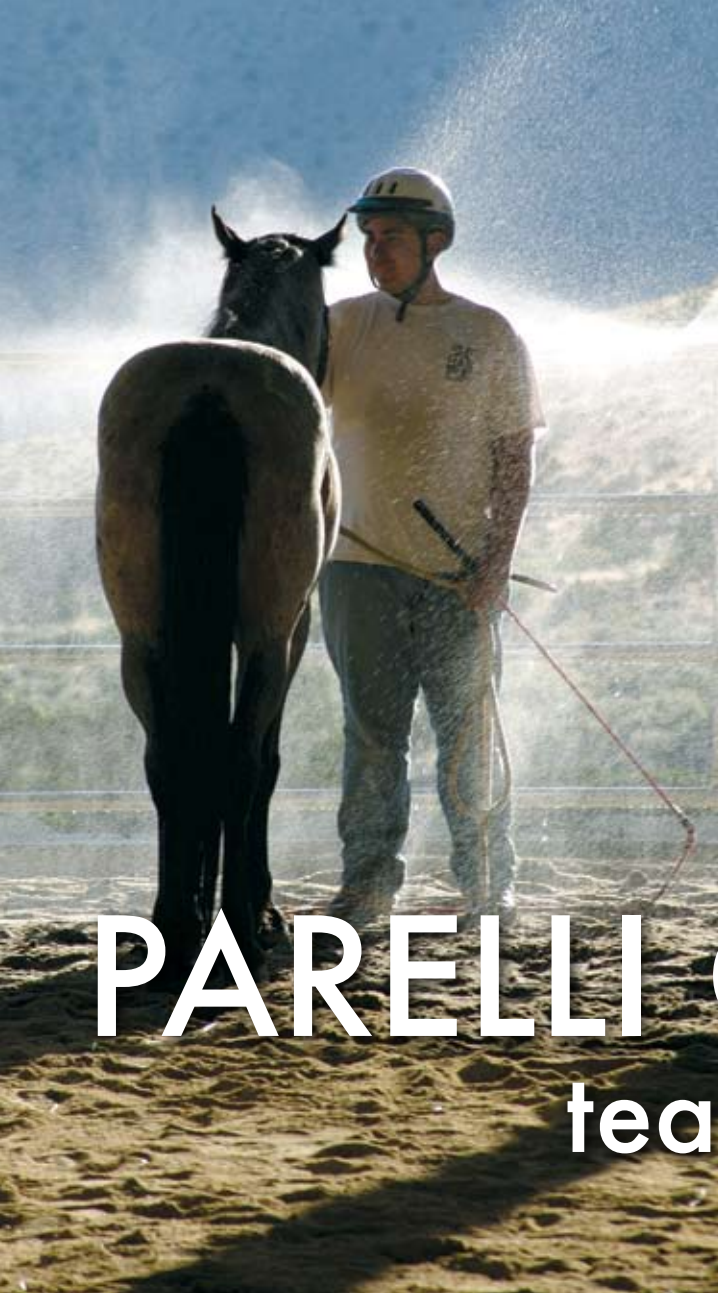
Over the past 15 years I've seen the devastation of poor shoeing on our own horses, and I've seen the trauma of barefoot applied at the wrong time. And best of all, I've seen the profound improvement horses make when trimmed and shod in a way that improves the whole horse. When we focus only on the foot, that again has its limitations.

Since moving to this new way of shoeing (and I'm not just talking about the kind of shoe, even though that is an important ingredient) which looks at the whole horse, alignment of the limbs from shoulder to heel, from hip to heel, having the horse balanced four square like a table...the results are astonishing! Not only are our horses performing better than they ever have, their feet are bigger (up two shoe sizes, which barely ever happens with shoeing), stronger, deeper, thicker, and soreness in joints has completely gone. Some of these horses were barefoot before, and the immediate improvement in them then and since has been profound.

I couldn't agree more with many of the criticisms slung at shoeing horses, but I've also seen horrible results with barefoot. To have a balanced view, let's not compare bad shoeing with good barefoot, or bad barefoot with good shoeing.

I appreciate the respect with which you wrote to me and I hope you know the depth to which we research things and continue to do so without becoming 'stuck'. The most important thing to us is our horses, and their health and happiness is our greatest priority. 🐾

*"I've seen the profound improvement horses make when trimmed and shod in a way that improves the whole horse."*



# PARELLI GAMES

teach life lessons  
to troubled teens

**Clockwise from top left:**

*Gio and Otis cooling off after a long day playing games.*

*Charles, the "rock star," shows off his skills on the final night of the HorsePower for Youth program. Each boy was given the opportunity to do a freestyle demonstration using the Seven Games and obstacles.*

*Kevin and Henry showing off their Squeeze Game skills at the graduation.*



by **Deb Conrad**  
photos by **Robbie Maus**

**T**eenage boys stood in a line and shifted awkwardly as they read from cards they had written ahead of time. One boy summed up the others' feelings when he said, "We were labeled delinquents by the courts, but you made us feel like human beings."

Robbie Maus, a Level 2 student, fondly recalls this message of thanks she and others received on the final night of a pilot program called HorsePower for Youth. Maus, a volunteer and board member of a non-profit group called Horses for the Spirit, is part of a dedicated group bringing horses and people together to make a difference in the lives of others.

Horses for the Spirit utilizes the Level 1 games to teach its young and troubled participants skills they can use in life, for example, being a good leader, learning to have emotional control and finding ways to avoid conflict and encourage harmony.

"I chose to use Level 1 because it is an established system that is effective and allows for individual expression and creativity," Maus explains. "I learned so much about myself going through Level 1 with my mustang mare, Bella, and I had a vision about how the Parelli games could help others too. Horses were my saving grace when I was younger and I want to share that with others who don't have access to horses."

Maus explains that horses can change peoples' lives because they are "adept teachers who respond to humans in direct relation to how they are treated." Horses can offer immediate feedback about how behavior and attitude— even physical movements and posture— impact positively and negatively a person's ability to reach a desired goal with their equine partner. Horses may pin their ears, swish their tail or bolt if they are displeased. When a horse feels comfortable and safe, he may well follow his human leader at liberty.

During the HorsePower for Youth program, the boys were allowed to discover for themselves how to elicit a positive response from a horse using the Seven Games. The boys in the program learned the games, participated in simulations and watched herd dynamics to offer a well-rounded learning experience. As they progressed through the program, they began to see if they were antagonistic

or nagging, they might end up with a very uncooperative partner. When they learned to be assertive and at the same time friendly, the boys found that the horses would, for example, happily jump a small obstacle for them or trot in a circle around them until asked to stop.

Horses for the Spirit's philosophy is that through trial and error the boys will learn more than by being told exactly what to do. The boys are allowed to be creative and find their own ways within the Seven Games to play with the horses.

It is not a big leap to understand how learning to become aware of how one's behaviors and actions influence others, equine or otherwise, applies to every day life. Horses teach accountability.

The HorsePower for Youth program is designed to help youth make a connection between their actions and the end result of that action—a connection that can help them better function in society.

"Working with horses helps the kids see the good in themselves and gives

them hope for their future," says Melinda Blackwell, another volunteer and board member of Horses for the Spirit. Although the boys probably learn the most from the mistakes they make with the horses, the horses are forgiving and swiftly become friendly again when the boys make a

## Horses can change peoples' lives because they are "adept teachers who respond to humans in direct relation to how they are treated."



RanDee showing Lee how to be 'friendly' with Henry.



**Clockwise from top left:**

Bob enjoys some time just quietly hanging out with his equine partner, Rosa. This was a big shift for "Cowboy Bob" who had a tendency to be a bit reactionary at the beginning of the program.

Santiago shares a tender moment with Bella after playing the Seven Games in the Northern Nevada desert.

Robbie Maus' nephew, with Bella, illustrating the connection that can develop between horse and human.



**"I learned to be a leader through my actions... Rather than getting involved in conflicts I would show leadership by the example of just moving forward with my life—through that leadership I saw positive changes."**

shift in their attitude and their approach. This is when the teens get to experience the constructive outcome of modifying their behavior.

Twice a week for ten weeks the boys have been making the trip from their residential treatment facility to the covered arena where they get to spend four hours with the "spirit ladies" (as the boys call the women of Horses for the Spirit) and their horses. On the final night of the program, the boys get to demonstrate their equine accomplishments for their families. All evening wide and bright smiles light up the faces of Maus, Blackwell and the other volunteers who run Horses for the Spirit. At the end of the night, the boys say their goodbyes and thank the volunteers for giving them this opportunity to learn new skills that can help them at home, in school and in the workplace...and for teaching them they are not just labels, but human beings after all.

Several months after the close of the pilot program, one of the boys from the program is participating in a demonstration for an audience interested in HorsePower for Youth. Maus unexpectedly asks him if he felt he benefited from the program. "I learned to be a leader through my actions," he responded. "Rather than getting involved in conflicts in the house (residential treatment facility), I would show leadership by the example of just moving forward with my life and through that leadership I saw positive changes." 🐾

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*Horses for the Spirit, located in Reno, Nevada, offers Equine Assisted Learning (under which HorsePower for Youth falls), Equine Assisted Coaching and Equine Assisted Psychotherapy. For more information visit [www.horsesforthespirit.org](http://www.horsesforthespirit.org)*





# Q&A

## How Do You Tie the 45-foot Line for Long Line Driving?

To tie, use the halter knot. Make a "U" right near the end of the 45-foot Line and push it through the loop at the bottom of the halter. Poke the tail of the 45-foot Line through the "U," pull it snug, and you have a knot just like the one that you use to tie your halter.

The best information and education on long line driving is in the new Liberty & Horse Behavior "course-in-a-box." There's also some in the Level 3 Program, ground skills section.

I would suggest that you are well into Level 3, 'On Line' Savvy, and ideally completed it before you start this with your horse. Being in Zone 5, especially with two reins can become claustrophobic for the inadequately prepared horse.

### The steps to teaching your horse to long line:

1. Make sure your one rein driving is really good in all five Zones. You want to do a lot of this before going to two reins, otherwise you end up micro managing too much with the two reins. For more details, see the Liberty and Horse Behavior "course-in-a-box."
2. Move to two 22-foot Lines so that if anything goes wrong you can use one rein and bend to a stop. Bring Zone 1 towards you so that Zone 5 moves away.
3. The next step will be to use the 45-foot Line. Do this only when you are sure steps one and two are going really well. Before going to the 45-foot Line you want to be very confident in you and your horse's ability. For the same reasons, I would suggest that you are in a confined area when you start each of these steps.

Have fun and enjoy! Long lining is a lot of fun! 🐾



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*Pictured at right:  
Linda and I  
riding together,  
25 years ago!*

**Student:** Vonni [Yvonne Wilcox]  
**Horse:** Escada [Kenlyn Muscata]  
**Age/Breed:** 6-year-old Bay Arabian Mare  
**Levels achieved:** Level 1 + Level 2 on the ground through self-assessment with the Pocket Guides.  
**Levels Goal:** To go as far as possible with my horse and to always remember to put our relationship before my goals!

---

*Over the past two years of Savvy Times, Yvonne has shared her journey through Level 2 skills, bucking issues, Fluidity lessons and the Horse Behavior trailer loading marathon that totally transformed a four-year relationship.*

*This issue we hear about what Vonni and Escada's lessons were after getting to 'hang out' with Linda and her horses during the Winter in Florida.*

For the first time in my eight years of working for Parelli here in the USA, I got to spend the Winter working from the Parelli Center in Ocala, Florida.

I was especially excited that Escada could come with me. If not, it would have been a long, lonely six months without her!

Escada had to travel down in the big trailer with eleven other Parelli ranch horses. Thanks to our trailer loading marathons, she was able to load up and travel just as well as her seasoned travel-buddies.

Escada had become very attached to Linda's herd and they to her—Remmer and Allure's first girlfriend, I think. She was to live in their pasture which turned out to be just a short walk from my office at the Center (my excitement about this was uncontainable).

After a period of settling in, Linda and I began to get into a work/horseplay routine. Each day, we'd try to do all of our office work as quickly as possible so we'd have time to go out and play with horses at the end of the day. For Linda this is a little different than for me because part of her 'job' IS TO play with her horse! It didn't end up working out every day, but about two or three times a week we were able to make it happen.

Escada LOVES the Parelli Center in Florida! Being bred for Endurance, the more the scenery changes the better. She's interested in the environment and can't wait to get into a BIG TROT and SEE MORE.

One day we were lucky to have Parelli photographer, Coco, stop out on the road and take a pic of Linda and I riding together. I grinned when I saw the photo because it's almost a replica of a photo we have from more than 25 years ago! Big sister leading on big horse; little sister following on little horse. It's funny how events in life can come full circle.

After just a few weeks Escada and I had ridden lots of new territory, encountered brand new obstacles like bridges, creeks, roads, elaborate neighborhood gates and mail boxes, all with little or no thresholds. We even rode into the pond in the Center Playground and went for a swim! It felt awesome to be out riding my previously 'unridable' horse. I had never thought it could end up feeling this fun and safe with her. Our four years of preparation felt like just a blip in time. Life was GOOD!

The growth in our relationship over these weeks certainly seemed accelerated. I stopped at one point to try to put my finger

on what it was that caused this new sense of improvement... Linda wasn't giving me any 'lessons,' so what was it?

After a good amount of thought I figured it out... It was just the fact that I was 'hanging' around Linda!

Linda's desire for excellence, passion for horsemanship, and LOVE for her horses is infectious, contagious, magnetic!

Before this, when Escada and I would play on our own, I had a desire to learn and improve my horsemanship, but nothing like what I was starting to experience.

When Linda plays with her horses there isn't one minute when she's not assessing herself, her horse, her environment and how it could be better. When she's not with her horses she's thinking about them, planning her next session, believing she can do it better, loving that there is ALWAYS more to learn.

All this might sound like pressure, but for her, it's all bundled up in a ball of pure joy.

I've seen many students earn the privilege of apprenticing or becoming protégé to Pat. I've seen them grow into extraordinary horsemen and women, and simply thought this was because they received 'lesson' upon 'lesson' in horsemanship. Now I see it's not just

about lessons nor questions being answered. It's a love of learning plus knowing that the learning will never stop.

I've enjoyed hearing Pat say, "If you quit learning, you quit living." But I thought, and wanted, learning to have an endpoint. I didn't see 'endpoint' and 'quit' as essentially the same thing. I want to be able to say "NOW I can do this, NOW I know that," and then have a rest.

Instead of looking at learning as a purely joyful experience (as Pat and Linda naturally do) I want to 'learn it all' and then 'get on with my life.' Sounds pretty silly now that I've said it out loud, but nonetheless, this was a TRUTH for me.

I'm learning to love learning in terms of the fact that it will never stop. I recently attended one of my daughter's first Taekwondo lessons and they announced that a "White Belt doesn't mean you're a beginner and don't know anything... It is a sign that you're not afraid to try new things."

Trying new things takes confidence and a desire to learn; I'm glad my daughter is experiencing this at the age of nine rather than 39!

Now for the other part of this journey...the lessons, the questions and the answers. I feel very lucky to love horses and be Linda's sister. Whenever I hear something new, I want to make every effort to share it with you!

Here are some of the lessons that have come up during our time together in Florida.

#### **"I NEED TO TELL YOU SOMETHING ABOUT YOUR LEGS..." THE BAREBACK FLUIDITY LESSON**

I've been riding bareback mainly trying to improve and practice my independent seat. As soon as I get into a saddle, I rely on my stirrups for balance.

I really try to stay on my Balance Point when riding but unfortunately there's more to Fluidity than just that! (By the way, I have a new saying... "Saved by the Balance Point!" There have been numerous times where Escada has tripped, or shyed or stopped suddenly to dive her head into a particularly delectable patch of clover, and because I was "SO" on my balance point my seat would STICK to her like glue.)

When Linda started cantering on our rides,



*"Saved by the Balance Point." I can laugh on a bucking horse when I feel safe and don't take it personally.*

Escada would canter as well. These were my first canters riding bareback, and they were exciting! But when Linda looked back and saw me, she got a bit worried...

Linda told me I was perfectly on my Balance Point which gave me balance front-to-back, but my knees were coming up too high so I had no balance from left to right.

The lesson she gave me on this made such a huge difference in riding bareback that we videotaped it for the March '07 Savvy Club DVD. I need to watch it over and over because I saw another photo recently, and my knees were creeping up again—I screamed!

Practicing Fluidity is another one of those lessons that never end. Every time Linda takes her saddle off after a ride, she checks the hair

and sweat marks on her horse's back to see how SHE was riding!

#### **"RIDING BEHIND LINDA—I WAS JUST A PASSENGER..." THE COMFORT ZONE LESSON**

The day we videotaped the Bareback Fluidity lesson was the first time in many months that I had ridden Escada in an arena. I mostly avoided it in the past because she would get bored and challenge my leadership. Because it had been so long and riding had been going so well, I kind of forgot about this.

After the videoing, I started to ride around the arena, doing 'Point-to-Points.' Escada was doing okay, but when I asked her to canter, she would get VERY cranky and start to buck. The last time this happened was almost two years ago! Why was it happening now?

If anyone had told me a few years ago that one day I would ride Escada bareback and laugh when she tried to buck me off, I would have questioned their motives. As you can see from the photos, I was "saved by the Balance Point"—and the Liberty and Horse Behavior Program. If I had not known that my horse's Extroverted/Left Brain Horsenality called for variety and leadership with a sense of humor, I could have gotten pretty forceful and taken the whole thing very personally.

When riding behind Linda and Remmer, I had just been taking Passenger Lessons. Escada WANTED to follow Remmer, all I had to do was stay on. I realized, after entering that arena, I had not ASKED her to change gait or turn! Everything she did on a ride was because she wanted to do it.

I had fallen into a comfort zone of thinking I was a rider. I was the one making the decisions. (There's that never ending learning thing again. "I thought I was a rider" with nothing more to learn...)

The lesson Linda gave to help overcome this was exactly the same as she had given me two years ago at the Fluidity Course in Colorado: transitions, transitions, transitions. Give Escada variety to keep her interested so things change even if the scenery doesn't change. I tried it, and of course, it worked.

I need to remember that even when I've learned something, just because I've "learned it" doesn't mean I remember it.

I've fallen in love with learning...and then I will again...and then again... 🐾

# BFOs

You know you truly understand Parelli when you see how it applies to a part of your life that has nothing to do with horses. Send us your BFOs to share with fellow Savvy Club members. [savvyclub@parelli.com](mailto:savvyclub@parelli.com) or Parelli, Attn: Savvy Times, PO Box 3729, Pagosa Springs, CO 81147.

Yesterday afternoon I was driving down the freeway when (as often happens in LA) the traffic in the lane to my right slowed very suddenly. A large sedan in that lane didn't catch this change in momentum until it was too late and to avoid hitting the car in front of him and swerved into my lane, directly in front of me. I was going about 45 mph and didn't have time to get my foot from the gas pedal to the brake before impact. The sedan slammed into me on the passengers side, then the force from that impact slammed the drivers side of my car into the 3 foot high concrete divider between the north and south bound lanes of the freeway.

Completely dazed, with my ears ringing, I undid my seat-belt, stumbled out of the car and sat in a shivering heap up against the concrete divider while awaiting the highway patrol. My back and my right shoulder were having a muscle spasms, I banged my left knee in the impact and I was pretty darn dazed. The paramedic on scene advised me to let the ambulance take me to the hospital and get checked out, so I did. No serious injuries. The doctor advised me that he felt I would be in a fair amount of pain today. I woke up this morning with some spasms in my back and neck, but with surprisingly little discomfort for

someone who had just experienced a car wreck that knocked the front wheel assembly off the sedan that hit me and has likely totaled my car.

About an hour after waking up this morning, I remembered a really important detail of the crash. After hours of practicing fluidity I have become conditioned to breathing out and relaxing when I feel threatened or uneasy, so as to be a better partner/leader/rider for my horse. I had done exactly that when I saw the inevitability of the crash. Exhaling, relaxing and surrendering to the motion at hand, I believe, saved me from more serious injury and a heck of a lot more discomfort. Fluidity is becoming a reflex. Very cool. Thanks PNH.

—Jennifer, Chatsworth, CA

After teaching Suzuki piano for 16 years I can pretty much tell what mistakes my students are going to make before they make them. Because I could tell what was coming, being a perfectionist, and wanting to be a good, diligent teacher I would correct the mistake before it happened, thus eliminating the mistake... sometimes. I didn't always catch the mistakes ahead of time, but then I would be sure to correct them immediately.

I have been doing Parelli for the last four-

five years and often my thoughts wander into that arena One day as I was with a student my mind wandered to my horse and I thought, "Ya know, I let my horse make mistakes all the time." That's when it hit me. "I wonder what would happen with my students if I allow them to make mistakes? What if I didn't correct them immediately?" Yikes! So I started allowing them to make mistakes and it hasn't been disastrous, in fact, just the opposite. Most of the time they figure it out on their own and are less likely to make the same mistake twice. If they didn't figure it out on their own instead of giving them the answer I turn it into a puzzle for them to solve. Now, there's a concept!

Since my "aha moment" I have tried to consistently incorporate the principles I have learned through Parelli into my teaching. What I have found is that it encourages independent thinking and develops problem solving skills. I also see they are more confident, less fearful and happier to be at their lesson. Exactly the same as the horses. Now what if these same principles were applied academically, to the raising of my children, to leadership, to anything requiring instruction? My head swims just thinking about it.

— Monica Gay, Barnum, MN



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*Course 3: Fluidity II—Finesse* Feb 24–Mar 7,  
Apr 13–25, Nov 23–Dec 5

### 2008 COLORADO

*Course 1: Liberty & Horse Behavior*  
May 18–30, Jul 6–18, Aug 24–Sep 5

*Course 2: Fluidity I—Freestyle* Jun 1–Jun 13,  
Jul 20–Aug 1, Sep 7–19

*Course 3: Fluidity II—Finesse* Jun 15–27,  
Aug 3–15, Sep 21–Oct 3

Some spots are still available for 2007 courses. Current course availability can be found at [parelli.com](http://parelli.com).





By Parelli Center Faculty Member & 3-Star Instructor, Rachel Jessop

# FINDING THE POSITIVE SIDE

**M**y husband Don and I excitedly arrived in New Zealand for our three-and-a-half week Christmas holiday, yeah! I had three main goals while we were in NZ: Seeing family and friends, getting really fit and resting.

On our fifth morning in NZ, I went out running through the



beautiful native bush with Jake (my parents' German Shepherd). We had been out about 25 minutes and were nearly home, when I slipped and fell off a bridge.

Looking down at my leg I knew it was not meant to look the way it did.

I crawled back up to the bridge and tried standing. I was really dizzy. Sitting on the ground, I knew I had to start getting out, it wouldn't be long before the real pain would set in.

I let Jake go, hoping that he would maybe go home. He didn't want to leave me, which was nice (this wasn't very helpful but still nice to have someone to talk to).

I hopped along holding onto trees to rest. I got to another bridge with rails on it. I swung across, then went back to hopping. My family later counted there were 117 steps I had climbed by putting my knee on them and using my good leg and hands to pull me up. I made it up all the stairs, and then my knights in shining armor, Don and Dad, met me and carried me home.

From there it was off to the hospital. When I arrived they told me my ankle was dislocated, so they put me out and put it back into place, glad I wasn't awake for that one.

Then the next morning I went into surgery to get screws and plates put in my leg. I also had a broken tibia bone and a spiral fracture to my fibula bone.

Three nights in the hospital and they let me out, just before Christmas, oh yeah baby!

## Completely Dependant

This was a new thing for me (well since I was a child anyway). I could not shower, get things for myself, even move around too much. So my darling husband Don was an angel (what was that in the marriage contract? "In sickness and in health"). Don was running around after me without so much as a complaint.

Then, back to the hospital to see how we were doing 18 days later. The cast came off, the stitches out, new split cast went on, so we could fly back to the USA, the doctors weren't too happy about that. Apparently blood clots are a high risk, especially so close after an operation, but we got the OK to go. So Don and I flew. I had to take meds to thin the blood two days before and after the flight, but we made it without problems.

## The Horses

We arrived back at the Center in Florida eager to see our horses. On day one and two I got to say hi to Dreamy from the car.

My thoughts lead me to think of Silke Vallentin from Germany and Lauren Barwick from Canada, what inspirations. If they can do it, so can I.

Because I wasn't walking, they gave me a golf cart to get around in so I could still play with my horse and support the classes at the Center. I was ready for the challenge.

On the first day meeting Dreamy from the cart, he reached out his nose, looking for a cookie. One of my crutches moved and he jumped. "Lost ground!" I couldn't move so I sat and waited until his curiosity got the better of him and he came over again. He's not so high on the pecking order so another more confident horse pushed him away to have a look—"cookies?" I moved the golf cart, only giving Dreamy incentive to move off again, scared. I repositioned, chased a few horses away—"patience OK" Dreamy gained some confidence and stretched out his neck again for a cookie, finally getting his reward. At this time I still had not gotten close enough to put his halter on. I tried to give him a pat and he backed up. I put my hand down and waited. When he finally came over close, I gave him another cookie and called it a day.

## Catching My Horse

OK, I'm a 3-Star Parelli Professional on Faculty, but do I cheat? When I was walking on two feet I could get in the best positions and use all the techniques to be effective. Being stuck in a golf cart, I had to really wait for my horse to want to be with me.

The predator in me screamed out to be able to move and do something about the situation, but there was nothing to be done. So I learned to have patience to feel of, for, together, to WAIT! Enjoying the moment, enjoying the time being. If my horse is recreation for me, can I be recreation for him? Good lessons re-learned.

When we did get to play I realized that when I was walking and very fit and athletic I could run and keep up with my horse. Now I could only do certain things and go only as fast as the golf cart. Also, I couldn't use a power position and get a good hold if I needed to. If Dreamy really went somewhere I didn't have the ability to hold or be in the right position. Now I realized that my feel isn't as light as I needed it to be.

Now my relationship with my horse is better than ever before and he is lighter than ever before. His confidence has jumped to a new level. Wow, what an experience.

It's amazing how taking the time it takes, really makes it take less time. What a learning experience. I am thankful that a broken leg has enabled me to be lighter and have more feel for my horse. Good really does come out of everything.

I am now recovering quickly and able to ride again. I don't think I'll ever forget what this time has taught me. 🐾







# SMART SEVEN'S

## *First Ride*

with Pat Parelli



Every time a foal is born here at one of our Centers, I like to imagine the best blueprint for that particular horse's success. Smart Seven is by Sailing Smart (by Smart Chic O Lena and out of Sailing Doll), owned by Lynn and Craig Johnson and out of my best cutting horse mare, Scamp.

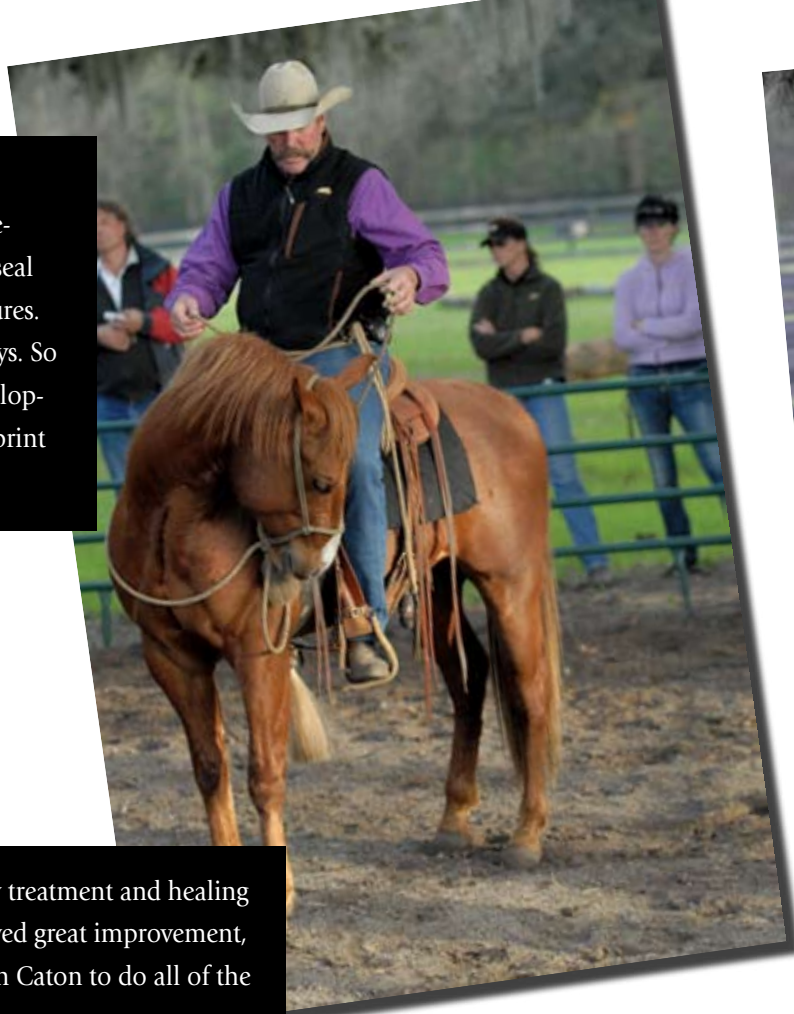
Sailing Smart's record is remarkable: AQHA world champion in junior reining, AQHA reserve world champion in senior working cow horse, ROM cow horse, and ROM reining. In international USET reining competition, he has garnered three gold medals and three silver medals.

With this lineage, it was only fitting that this "blueblood" have a good blueprint, and I was excited to get started.



We introduced Seven's development as a foal to Savvy Club in a series of Member's DVDs in August 2004, the first session featured with Smart Seven at just 12-hours-old. Everything was going really well until he was about 11-months-old, when we noticed he started limping.

After a vet check, Seven was diagnosed with OCD (Osteochondrosis, a form of developmental orthopedic disease affecting the epiphyseal and/or metaphyseal cartilage). The treatment required Stem Cell procedures. Three treatments were performed over about 250 days. So basically, a lot of nothing happened toward his development...and my dreams of following the perfect blueprint for Seven's success, went out the window.



After the 250 day treatment and healing period, Seven showed great improvement, and I tasked my son Caton to do all of the pre-ride preparations.

Caton was the first to climb on Seven's back, the first to play saddling games and the first to saddle Seven. We allowed the whole process to happen over a couple of weeks. Seven was then ready for the next step in his natural start—"Accept the Passenger."



During the Colt Start at our Florida Parelli Center in January, it felt like the perfect forum for this next step.

So I mounted up and after a couple of laps around the round corral, I felt very encouraged that he had the talent and showed the potential that I had hoped for since day one. He felt phenomenal.

Seven has since had about 20 rides and his lameness issues appear to be behind him now.





As a two-year-old, Seven's hormones not only became active, they became extra-active, over-active and hyper-active...I decided this was more horse than I wanted my team to deal with! So we made the decision to castrate him, a tough decision, but we're glad we did it. I'd rather have an EXCELLENT gelding than an okay stallion.

You never really know a horse's gaits until you ride them. A lot of people think a horse looks smooth when they see him move from the ground. Some horses look smooth until you get on and then find out they have square wheels.

I was really excited to discover Seven's smoothness and power, and as we left the corral and rode out into the pasture and then into the cow pasture, he took to the cattle like a fish to water.



We recently took Seven to our April USA Tour event in Massachusetts. During the Sunday morning demonstrations I played with him for the audience, his second time in front of a crowd—the first was at the 2004 USA Savvy Conference in Pagosa Springs, Colorado. He went like a dream... I'm really excited about this horse's future! 🐾

# JUNIOR SAVVY

## Do Horses Talk?

Have you ever wished your horse could talk and just tell you what he's thinking? It sure would make things easier wouldn't it? Did you know horses really do talk? It's true! They just don't speak our language. Because they are horses they speak the horse's language.

Horses speak by nickering, whinnying, snorting and blowing, but most of their language is spoken with their body. It is called body language and horses use it much more often than sounds. If you watch closely you will see that horses use their eyes, ears, nose, mouth, head, neck, feet, and tail to communicate with each other and with us. All of these parts of the body say something about what your horse is thinking.

If we want to have a really good relationship with our horses it is very important for us to learn their language. After all, they can't really learn ours can they?

Look at the puzzle below and see if you can find all the words that have to do with how horses speak their language. Words run across, down and diagonal. Have fun!



## Did You Know?

The tallest horse on record was a Shire named Sampson who stood 21 1/2 hands (7'2") and weighed 3360 lbs!

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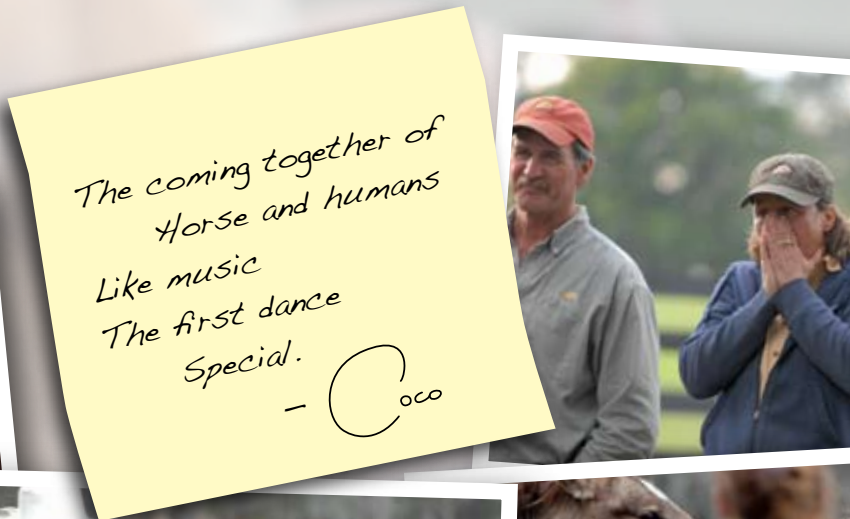
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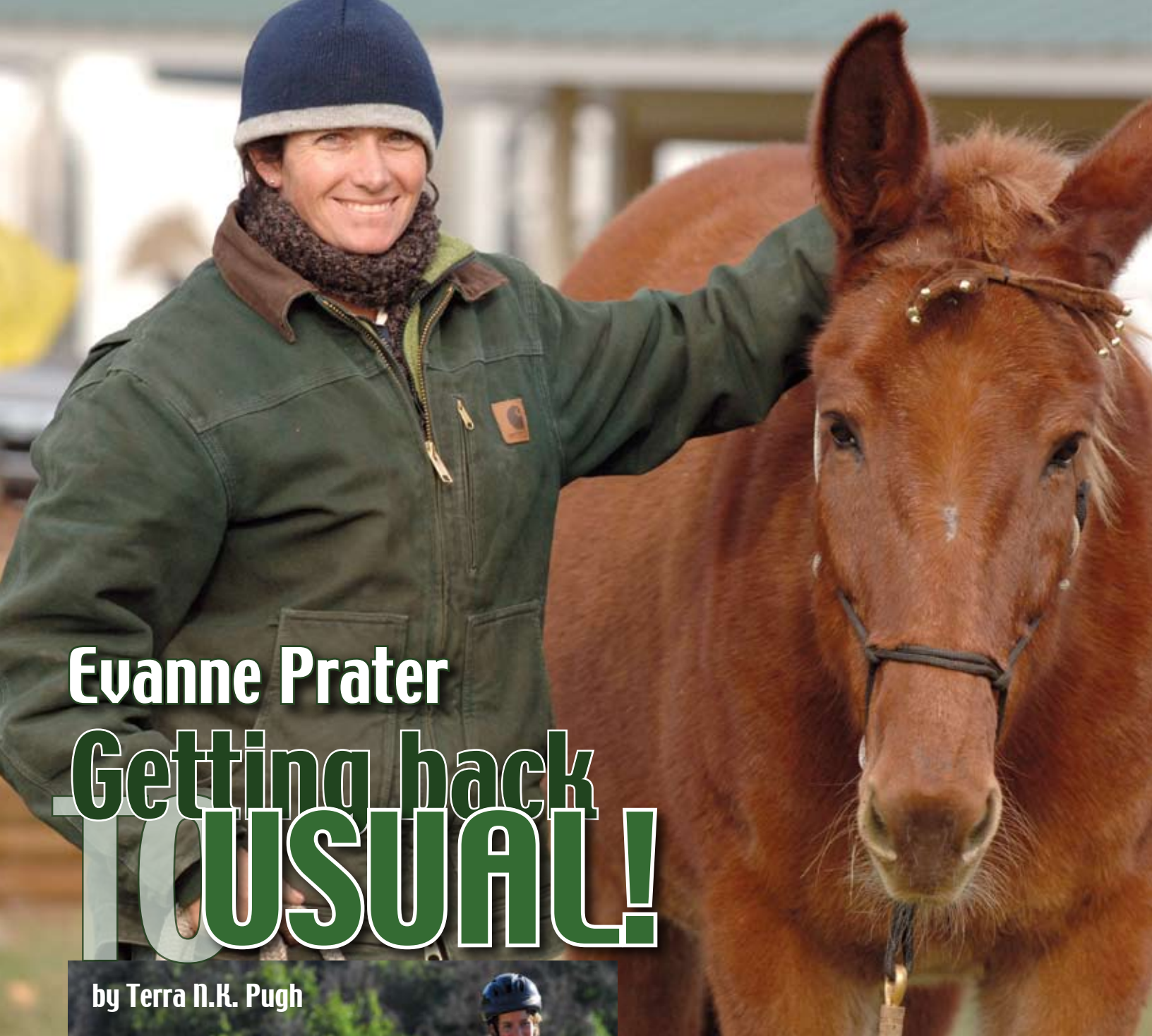
# Colt Start

The coming together of  
Horse and humans  
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The first dance  
Special.

- Coco







# Evanne Prater

# Getting back TO USUAL!

by Terra N.K. Pugh



In 2005, Evanne Prater, a 3-Star Colt Starting Specialist with two stars in foundation training, received a phone call with the opportunity to start horses as part of a Parelli specialist team at Windstar

Farms in Kentucky. Evanne and her twin sister, Cezanne, joined the team.

A few days into the program, while riding in a pasture, Cezanne heard a loud thump and turned to see Evanne and the horse she was riding, on the ground. The horse recovered immediately but Evanne remained down. Three minutes passed and help was finally on the way. Evanne had not woken up.

Two weeks lapsed before Evanne opened her eyes and yet another four weeks passed before Cezanne was able to have a conversation with her sister.

In life, accidents happen. With horses, life happens. As Evanne says, "There was no reason for me to fall off. If there was a reason, I could have just fallen off. It would have been better." Evanne's left side is now weak and uncoordinated but her condi-





Facing page: Top, Evanne with best bud, Kokomo Jo; Bottom, Evanne pausing for a photo with her twin sister, Cezanne.

Top: Playing with Pat's mini's, Barnum and Bailey at the USA Conference.

Right: Pictured from left; Cezanne and Evanne with student friends and colleagues, Carmen and Trevor at the Colorado Center.

Below: Evanne and Kokomo Jo at the Ocala, Florida Tour Event



# “Parelli is a way of life. Not just a lifestyle!”

tion affects solely the physical. She finds her greatest challenge is “to keep developing and to figure out where to go next.”

“Parelli has given me the motivation to keep going. There is more afterwards. It isn't just riding. It is more of a lifestyle than I originally thought. Parelli is a way of life—not just a lifestyle.”

Evanne has found that horses are there for her and she has experienced a role reversal in her relationships with them. “For the first seven years, I took care of my horse. Now, he is taking care of me! He knows that I'm not all together. He's helping me to retrain my body.” What has the accident given her? Evanne says that “it has forced me

to be slow and patient and realize that everything will come in time.”

Today, Evanne's primary goal is “to get back to usual.” She would like to continue to ride and start horses but

says that she's “not planning on riding the nutty ones anymore.” Her goals have also shifted; less of an emphasis on colts and more on performance.

Beyond horses, she would like to do a triathlon in two years and to complete a 5k next year. Running has long been a joy for Evanne but these days it has greater importance and now, the achievement is for her. As for her outlook on life, one statement sums it up...

*“Horses are teachers. People are human. Parelli is life changing. And, life is short.”* 🐾



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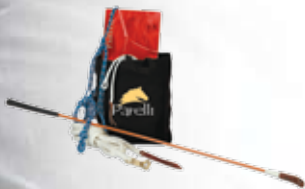
LEVEL 2



LEVEL 3



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22-FOOT SNAP LINE



22-FOOT LINE



45-FOOT LINE



HORSEMAN'S HALTER



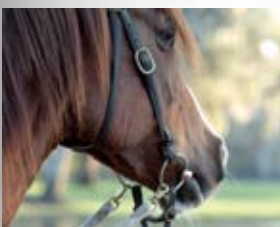
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