


Savvy Times™

ISSUE 37, NOVEMBER 2012



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

Elizabeth Andriot	Pat Parelli	Laura Aitken
Coco Baptist	Linda Parelli	Holly Bennetts
David Berry	Wendy Paterson	Jenny Beynon
Alilia Blodgett	Matt Phelps	Dani Wilday
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Mark Brown	Buck Riley	Shannon Davies
Aaron Burns	Jeff Robel	Sarah Pitcher
Ben Byers	Al Romero	
Alix Cammarota	Hillary Rose	PARELLI FAMILY UPDATE:
Sharon Carr	Ryan Rose	Candace Wolf, Schatzi Jore, Ben Byers, Justin Teague, and T Jay Carter have joined the Parelli Central team in Pagosa Springs, CO.
T Jay Carter	Connie Schanzenbaker	Natalie Carpenter and Nicole Pfeiffer have decided to leave Parelli and move on to the next steps in their journeys.
Betsy Chavez	Steve Scheppelman	Pete Rodda is now Emcee for the Horse & Soul Tour, as Neil Pye steps into a new role within the Parelli community.
Rosa Cisneros	Carol Schofield	Amanda d'Emery is now the Show Producer for the Horse & Soul Tour.
Brittany Corcoran	Susan Shoemark	Congratulations to Parelli Professionals John & Kathy Baar, who recently welcomed their son Luke into the world.
Amanda d'Emery	Clifford Smith	Congratulations to Dani Wilday from the Parelli UK office, who recently gave birth to a boy, Josh.
Veronica DeAnda Perez	Maree Stewart	
George Dickerson	Philip Swearngin	
Marcia Dickerson	Justin Teague	
Susie Drake	Scott Teigen	
Jacques Favre	Colleen Tekamp	
Tina Giordano	Ashley Tippetts	
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Arizona Lowe	Gabriel Zamudio	
Liz Marchand	Jose Zamudio	
Harry Mehlman	Omar Zamudio	
Dennis Morris		
Aggie Omylaniuk		
Carlos Oropeza		
Omar Oropeza		
Hans Oss		

Dear Friends,

As I write to you, I have just finished a pretty intense month: a four-week Master Class with Parelli Professionals from all over the world, the Summit, Advanced Game of Contact, three days of intensive training with dressage master Walter Zettl, and my mum and dad (and niece Sophie) suddenly decided that they would come during that time too! Somehow almost every lunch and dinner had between 8 and 10 people at the table. It was fantastic, but please don't tell me that I look tired!

Most of June was spent abroad. We arrived in Pagosa Springs and two days later I was on a plane to Zurich to teach a rather unique course on Horse Behavior & Liberty and Advancing Game of Contact. I had a blast talking to students who stepped up to understand how to apply Horsenality™ to their approach and take their Game of Contact to the next level. After that, I flew to England and did a five-day Advancing Game of Contact course. Janice Dulak (author of *Pilates for Dressage*) joined me for a 1-2 punch in the whole training process. I taught the horsemanship and she taught the riding. It was great! Hopefully you were following some of the great comments on Parelli Connect during that time.

At the end of all that, I went to visit Luca Moneta in Italy for three days. Luca has been a long-time student of Parelli and competes in international jumping competitions at Grand Prix level. He has used Parelli principles on his way to the top of his sport, and after I met up with him again in Florida last February, he got really excited about where we could go next. I was able to show Luca how to get his horses more relaxed, responsive and connected; since then, his winnings at international events have been very impressive. He has some very complicated, high-spirited, incredibly talented but damaged horses... and you should see what he can do with them! So inspiring. During that time, a major magazine (*Cavalli Campioni*) and Class Horse TV interviewed us both.

The next two months were spent filming DVDs, training my horses (who are all doing great) and my team (great too!), and then preparing for the Summit. There was also some international travel for things I cannot tell you about yet! But you'll know soon enough. Suffice it to say, it was very exciting!

And then there was the Summit! This was the first time we've featured Parelli Protégés. Kalley and Amy did such a fine job presenting and inspiring, while Pat and I beamed from the sidelines. This is a dream come true - no greater tribute to the teacher than demonstrating what you've learned and taking it on and beyond. Dr. Patrick Handley also joined us and gave a fantastic seminar on Friday night about Humanalities™ and what triggers us to spike into negative behaviors!

There were some great sessions over the three days: Pat showed us more about the fundamentals of performance, leads and lead changes, and his newest breakthrough in Contact with Cows - not to mention Caton cutting bareback and bridleless! Nate Bowers presented on driving, Clay Maier wowed us with long reining his lovely Friesian, Amy taught us about jumping, Kalley had a session on liberty and multiple horses, and my sessions were on Advancing Game of Contact, "It's Not About the Jump," and supporting Colleen Kelly's session on Advancing Rider Biomechanics (which featured a super Quadrille with her and my team that brought the house down). Of course, there were some very inspiring spotlights and demos as well, and it was great seeing everyone enjoying the beautiful Colorado weather and learning tons!

On the home front, Pat continues to wow at cutting and reined cow horse competitions. Not only have Pat, his team, and Caton been winning at competitions on a regular basis, but Pat has also been figuring out how to train to the highest levels using communication, understanding and psychology, rather than relying on mechanics, force, fear and intimidation. Very cool stuff - he gave us a glimpse of that at the Summit.

Now it's off to Florida for the winter season with some exciting projects on the to-do list. See you on Connect and at a Horse & Soul event!

Yours naturally,

Linda 





Parelli Australia Update: *A Look Back at the Intensive Horsemanship Course*



My name is Shannon Davies, and I work in the Parelli Australia office, where I help with enrolments for courses that are run at the Australia campus. Through this process, I have the opportunity to witness the courses that run throughout the year at the campus. It is this perspective that I have taken to share with you in this article, about the six-week Intensive Horsemanship Course recently held at the Australia Parelli campus.

As I think back to the commencement of the Intensive Horsemanship Course, there was a definite feeling of excitement and anticipation in the air as the five students arrived to the campus, having made their journeys to be here from all across Australia!

These five students - one from Queensland, two from Western Australia, and two from Victoria - had made the journey to the campus for the opportunity to take part in this course led by 5-Star Master Instructor Rob McAuliffe.

This was a new course offered at the Australia campus for successful Fast Track graduates, as well as 1 & 2 Star Instructors. The five dedicated students were all here to progress their horsemanship, keen to follow Pat's advice to "take care of your horsemanship and it will take care of you."

The students had completed an application for their horses to attend this course, where they had the opportunity to share what their goals were for their

horses and some background on the horses, which would be considered over the next six weeks.

The horses ranged in size, color, breed, spirit levels and Horsenality™. This enabled the students the opportunity to gain experience with many different types of horses. Some of the breeds of the horses included Morgan, Thoroughbred, Quarter Horse, Clydesdale cross, and two ponies. They ranged in the amount of development they'd had prior to arriving to the campus. One horse had not been through a complete Colt Start process, while other horses had attended a number of Parelli clinics with their human partners.

This course offered students - both current Parelli Professionals as well as high-level students with professional goals - the opportunity to improve their horsemanship and it also offered horse owners the opportunity to have their horse developed; it was a win-win for students and horse owners alike.

At the start of the six weeks, guided by Rob, the students were introduced to Pat's Colt Starting skeleton. This skeleton was used with each horse, no matter what stage of development they were at. This way, students were given the opportunity to

The five dedicated students were all here to progress their horsemanship, keen to follow Pat's advice to "take care of your horsemanship and it will take care of you."

become familiar with the skeleton themselves and also ensure that they were starting from the beginning with each horse and not making any assumptions as to what they did or did not already know or accept. This allowed each student to go through the foundation levels of the program to progress each horse, ensuring a solid start was in place.

The changes that were seen in both the students and the horses throughout this course were huge. Horses who were acting like prey animals upon arrival made the shift into horses who were acting like partners;





the students were becoming adept at doing ‘simple things with excellence’ with the horses.

It was a picture of harmony to walk outside and walk by the students when they were playing with and riding the horses. As the weeks progressed, this picture of harmony continued to grow! Horses were finding rhythm and relaxation in each Savvy they covered, and the students’ skills and savvy increased each day.

The students would spend their days developing their horses, beginning the day as the sun rose, feeding horses and cleaning out pens. After some time in the classroom to cover theory and important concepts for the day, students would begin with playing/riding with their first horse. As the day continued, students would move on to their second and third horses, oftentimes completing the day under the arena lights. The days were full and long, and the progress the students were making in their own horsemanship went hand-in-hand with the dedication and perspiration they were putting in!

One student recounts her time during the course:

“Rob asked me in my first interview, ‘Why are you here?’ I struggled with an answer. Eventually I

figured out that a) I have many years worth of bits of information, truck loads of detail, but it’s all jumbled in my head. I am here to better understand the proper sequence of each piece of information so it becomes more like a blueprint to start building from, and b) The Parelli program is a *doing* thing, and no matter how many cups of tea I sit and ponder over, I am not getting better at actually doing something with the knowledge & skills I have. Six weeks is a great way to get out there and get your hands (and every other bit of yourself) dirty and achieve something.” -Ashleigh

As the six weeks began drawing to completion, the focus was on the two-day ‘Completion Clinic’ Course that was being held. The focus of this course was for the horse owners to be re-introduced to their equine partners. Excitement was building for this course amongst horse owners, as they looked forward to seeing their horses once again and to see the development their horses had made.

Horse owners had the opportunity to observe their horses being played with by the students on different lengths of rope, playing the Seven Games, and working on saddling procedure and mounting. They observed their horses being ridden by the students

and had the opportunity to ask the students questions about their particular horse. Many horse owners commented on the positive changes that they were seeing in their horses, including changes in the horses' confidence and exuberance.

As the second day of the Completion Clinic began, horse owners commented on the many things that they had seen the students do with their horses the previous day, which had helped to set the horses up for success. Horse owners had the opportunity to ride their horses and remarked on the changes they felt upon riding. The horses were happy to "go" and happy to "whoa," with impulsion well in place. Some horse owners and horses headed out for a trail ride through the playground, navigating different obstacles along the way.

Each horse owner had an interview with Rob to conclude the second day, where they were presented with the recommendations for their particular horse to help them to know how to continue to progress with their horses upon their return home.

We recently heard from one of the horse owners regarding her time during the Completion Clinic, as well as changes she noticed in her horse.

"Thank you, thank you, thank you! That can't be said enough, for all the love, attention and special effort that was put into developing my little girl, Bella. She is so much happier and confident in herself; it is just wondrous to see! Those two days (of the Completion Clinic) were just magical for me, not only to see her transformation, but to experience it too. I came away from that clinic looking at her and my other horses in an entirely different way... things that had been done a certain way for years at home have been undone and approached differently with a completely different and better result!" - Lynette

As the horses began to pull out of the driveway to begin the journey back home, and the students began to pack their gear in preparation for their own travels, there was a sense that this course made a difference. It made a difference for the better to the horses involved and their human partners. It also enabled these five students to grow, not only in their horsemanship, but also their "teammanship" with one another. The time that they have invested to participate in this six-week course sets them up brilliantly to continue on their journey to becoming Parelli Professionals and in knowing how to better help students and horses. Thank you to the students,

The days were full and long, and the progress the students were making in their own horsemanship went hand-in-hand with the dedication and perspiration they were putting in!

the horse owners, Rob McAuliffe and Parelli for the success of this new six-week Intensive Horsemanship Course in Australia.

We look forward to offering this course once again in 2013! **ST**



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Parelli Horsemanship Fund Director's Letter

Thanks to an anonymous donor, we were able to award a \$10,000 Therapeutic Horsemanship Scholarship to Pam Billinge, a One-Star Junior Parelli Professional. Pam told us how she used equine therapy with one particular young client, a boy of 14 who had been viciously bullied at school following the death of his father. It reached a point where he was too frightened to leave the house, never mind go to school. After their sessions, he became confident enough to go back to school and even faced down his persecutors, who

did not bother him again. Pam says, "This would not have been possible without the Parelli training which my horse had had." We look forward to the next phase of her dream, where she will establish a special facility to carry out her therapeutic work and Parelli teaching, and where she will also be able to train other therapeutic professionals in Parelli.

At the St. Paul, Minnesota tour stop, we auctioned off a donated painting featuring Ryan Rose playing with his horse, from artist and Parelli student Melanie Brown of Missouri. The bidders included Ryan's father, who was outbid by a lady buying it for her friend, another devoted student of Ryan's! Nice to see the support for this young Parelli Professional.

Donations have been sent in from Parelli Junior Instructor Nancy Faulconer (GA) from their tournament, complete with Online and Freestyle challenges and Parelli barrels and poles. We received a memorial contribution in honor of Bill Bird from Geraldine Hapner, John & Carol Snyder, Kathryn Bolyard, and June Nuss. Bill had been one of our first volunteers; he was starting to take on our Donor Recognition project and work with our Gift Works program until his health issues arose.

I want to honor the volunteers that are staffing our team for the Parelli nonprofit efforts. We have 29 current volunteers working in several teams, from accounting and administration to marketing and fundraising to programs and courses. Most of these teams meet at least once a week to keep all the plates spinning, and their work and dedication has been phenomenal during this year of transition!



We have additional volunteer roles that still need great resources to fill them. Please visit our website to see our current opportunities, and contact us if you have skills and time to offer in any of these areas. You can apply online at www.ParelliInstitute.org, or call Lori at 716-474-7580. We will work hard, have fun, and make an incredible difference!

Accelerate Your Horsemanship, Pursue Your Dreams

Have you registered for one of the 2013 courses yet? It's not too late!

We have several Fast Track courses on the calendar for mid-summer through early fall at the Pagosa Springs campus, and we have added a couple of courses at the Florida campus for early 2013.

Our short courses allow you to do most of the Pathway to Professional program from home over a few years. Or apply for an externship, a 12-week intensive designed to accelerate your education.

We are proud to welcome Carol Coppinger, 6-Star Master Instructor, to the Pagosa Springs campus, where she will teach a course specifically tailored to the needs of Parelli Professionals. Develop your teaching abilities and earn your Fundamentals of Teaching Parelli certificate. Tina Giordano, 4-Star Senior Instructor, will assist Carol in leading this advanced course.

Financial help is available for qualified applicants. For more information about courses and the scholarship program, see www.ParelliInstitute.org.

Parelli Matches Legacy Gift to Scholarship Fund

Laurie Windham has donated funds to the Parelli scholarship program in memory of her husband Ken Orton, a dedicated Parelli student who died in a tractor accident in 2005. A matching donation from Parelli Natural Horsemanship doubled the scholarship, providing an opportunity for a deserving Parelli student to get one step closer to his or her horsemanship goals.

"When Ken died, I didn't want people to spend money on flowers. He didn't care about that kind of thing," said Laurie. Instead, Laurie asked loved ones to donate toward the cause nearest to her husband's heart: helping the world become a better place for horses through Parelli.



Before becoming a horseman, Ken was a tough, hard-driving businessman, CEO of a number of companies and on the boards of several others. "There was always a very sweet, kind side of him, but it didn't get out much," said Laurie. "He was always that way with me privately, but it took being with horses and learning Parelli for that side of him to come out in his interactions with others."

Laurie knows that Ken died doing what he loved. "He was out there working and trying to make a better place for his horses," said Laurie. "I don't think he would have had it any other way."

Have an Appetizer, Win a Barn

Join Pat and Linda Parelli for cocktails and appetizers at the MDBarnmaster Gala Cocktail Reception on Saturday, December 8, 2012, in Williamston, NC. We will be celebrating the Horse & Soul Tour of 2012 and giving away an incredible door prize – and you don't have to be present to win (although we'd love to see you there).

We are deeply appreciative of MDBarnmaster for providing the door prize to The Institute at their cost: either a six-stall barn or a 50-foot round pen cover, to be selected by the door prize winner. Or the winner can select the alternate prize: \$10,000 cash.

Every \$100 ticket to the Gala includes a free entry in the door prize drawing. Tickets are available at events sponsored by Parelli, MDBarnmaster and their dealers, from Parelli Professionals, and online. For more information, please visit www.ParelliInstitute.org. **ST**

Kalley Krickeberg: Bringing Two Worlds Together

It's a crisp Sunday afternoon in September. About 800 Parelli members are crammed into the Big Top at the Parelli campus in Pagosa Springs, Colorado. Their eyes are trained on a tall, blonde young woman and a beautiful palomino who casually but purposefully walk around the arena. Soon, she climbs onto her horse, cues up the music guy, and begins to ride. She has chosen her own music, and when the chorus kicks in, it's clear she didn't just pick this song out of a hat. She's sending a message.

"Give 'em hell/Turn their heads/Then they'll say to me/'This one's a fighter'"

It's the 2012 Parelli Performance Summit, and Kalley Krickeberg is giving a demonstration on reining. She's spent the last seven months focused on reining, and her enthusiasm during this demonstration is contagious. She and the palomino, Lauren, are a whirlwind of reining maneuvers, and their picture-perfect slide stop brings the house down. But what is she fighting for?

"I want to show the natural horsemanship world and the performance world that you don't need to sacrifice your principles or your goals," Kalley says. "There's a feeling in the natural horsemanship world that if you do competition, you don't love your horse. You're just using them for personal gain. And in the competition world, there's a feeling that if you do that 'natural horsemanship fufu stuff,' you're just dinking around, not doing anything productive.

"I want to make a splash, cause some ripples. But not in a negative way. I want to go in and have people ask, 'Where did this girl come from?!"

Kalley is certainly well on her way to making a splash in the very near future. She subscribes to the theory of "if you want to be the best, learn from the best," which led her to two of reining's top minds, Josh Visser and Shawn Florida.

"I spent time at Josh Visser's place in Texas," she says. "I learned a lot of theory from Josh; he's great at explaining the 'how' and the 'why'. I've found that a lot of theory from Josh works really well for me and my horse, specifically.

"I also spent time with Shawn Florida. Actually, after the Summit, I'm heading straight out to spend another three days with Shawn at his ranch. He really is at the top of his game. He's reining's only \$4 million winner; actually, he's reining's only \$3 million winner. He's the best of the best."

Kalley didn't just stumble upon this idea of learning from the best. She's believed in it throughout her life, as evidenced by her first Parelli experience, nearly a decade ago.

"When I first came to Parelli, I called the 1-800 number and said, 'Okay, this is where I live. Who's the top instructor in my area?' They told me, 'Carol Coppinger,' so I said, 'Okay, then that's who I'm going to.' That's how I got my Parelli start. I latched onto Carol because I really enjoy her persona, who she is, her skills. I resonated very strongly with her.



“Honestly, I feel the same way about Shawn. Just the way his mind works, how he thinks about his horses. It’s really easy for me to understand. I’ve learned so much theory from Josh Visser, and combining it with the technical aspect I’ve learned from Shawn, it’s working out great. I’ve been very fortunate to learn from the best.”

Reining, like any other discipline, requires more than just theory and skill. It requires practice. You can spend time learning music theory and someone can teach you a few chords, but that doesn’t mean you can immediately go out and write “Hey Jude.” So Kalley has begun participating in competitions, entering into as many classes as she can. She wants to be in the arena as much as possible.

“I’ve been in two competitions so far. I went to a futurity in Perry, Georgia, and the following weekend I was in one in Harriman, Tennessee. My goals for those competitions were just to get me in

I want to make a splash, cause some ripples. But not in a negative way. I want to go in and have people ask, “Where did this girl come from?!”

the ring. I rode Lauren in both. She’s young, up-and-coming, and hopefully a superstar in the making. I’m very excited about her potential. She’s got a bit of a fractious nature, which is my challenge at the moment. I’m just working on getting her confident in new environments.

“The competitions were very exciting. For the first one, I did everything myself, just to get familiar with the process, the logistics. You need a competition license, you need to know all the different things that need to be signed up for. It was important for me to

Shawn Florida coaches Kalley and Lauren in the turnaround. Follow the journey to Kalley’s first NRHA Futurity on Facebook at www.facebook.com/KalleyKrickeberg



news



Kalley's first reining show was in Perry, Georgia

get familiar with the preparation. Literally, ‘How do I enter a show?’”

Of course, these competitions don’t occur in a vacuum. You’re surrounded by fellow competitors, many of whom have dedicated decades of their lives to reining. While that could very easily be intimidating, Kalley says that hasn’t been the case at all.

“The best part of this entire experience has been the people I’ve met at the competitions,” she says. “It has been such a welcoming experience. The really cool thing about reining is that everyone involved, from the office staff to the competitors, is so welcoming and encouraging.

“For example, when I was in Perry, I was there by myself for a little while. It’s important to be organized, have your numbers and chaps on, and know exactly how long it takes for the other horses to run the pattern so you know when you need to be ready. Well, this one time, I didn’t estimate correctly and I was running late. I was scrambling to get my stuff in

order, and three total strangers came up and asked, ‘do you need a hand?’ So they were helping me, getting my number pinned on. It was such a pleasant experience.”

So, let’s recap: great mentors, great peers, great horses, and possibly bridging the gap between natural horsemanship and the performance world. Reining is starting to sound pretty irresistible, isn’t it?

“It really is fun and fascinating,” Kalley says. “If you put your mind to it and take it to the highest level, you’ll have some serious fun. It’s a great feeling, knowing I’m training my both my horse and myself, mentally, emotionally and physically. In the arena, your horse needs to be patient, and you need to be a steady, consistent leader.

“Plus, you get to run fast, stop hard, have good old-fashioned fun! It’s the best of all worlds.”

And with Kalley and Lauren leading the way, those worlds won’t be nearly as separate as they seem to be now. Give ‘em hell, Kalley. **ST**

PRE-SADDLE TRAINING

DISCOVER THE STAGE BEFORE COLT STARTING



WITH KALLEY KRICKEBERG



You will learn what it takes to have a beautiful, understanding and savvy partnership with your horse.

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Retail Price \$199.99

The span between foal handling and colt starting is often considered downtime. Your horse has moved beyond foal handling, but he isn't quite mature enough to be started. You're basically just waiting for him to grow up, right?

That doesn't need to be the case. From their first hours of life, horses are constantly growing, maturing and learning. It's up to us to encourage that growth, and with this educational DVD from Kalley Krickeberg, you'll learn the strategies, the techniques and the savvy you'll need to keep your horse on the path to becoming a super learner.

On Kalley's debut DVD, *Fresh Canvas*, she described a step-by-step framework that ensured your foal learned at his own pace while still achieving objectives. This tried-and-true formula applies to pre-saddle training as well. By focusing on three sets of skills – Elementary, Compound & Utility – Kalley continually builds upon the foundation laid out in *Fresh Canvas*. Never-ending self-improvement isn't just a phrase; it's a way of life.

With this in-depth educational DVD, you will learn how to be clear and methodical with your phases. You will learn how specific to be with your horse, no matter their age or skill level. And, above all, you will learn what it takes to have a beautiful, understanding and savvy partnership with your horse.

Behind the Scenes in London: An Olympic Diary

Many of you have been following my journey to London via Parelli Connect, Facebook, Twitter and my blog. It's been a challenge giving my updates, as there are many restrictions to what I am allowed to share. This is because any information I share with you is also out there for other athletes, technical delegates and judges as well. Going into competition, you do not want to give anyone - especially the judges - a preconceived idea that could hinder your performance, so sometimes sharing less is actually more. However, now that the 2012 Paralympics are done, I can give you a more complete picture of what my fantastic partners and I did together.

Getting Ready

June 18th: In my hometown of Aldergrove, we prepared for one of our last shows before London. When we got to the show grounds and started training, we noticed Paris was not 100% even in her

footfalls. Not risking anything, we pulled her from the show and discovered that a old quarter crack from before we purchased her was on the brink of re-opening. The training footing was too hard.

June 19th: We had Paris re-shod to release pressure on the quarter crack. We give her 3 days off.

June 23rd: Paris is still uneven in the turns when riding. Our farrier comes back and this time adds a metal patch and screws to pull the crack together.

July 2nd: Paris is starting to feel better in her foot, but we need to find better footing, as the arena we are training in is not suitable. Horses move to a new facility. Fergi is now up with Ashley, my teammate.

July 3rd: Paris won't stand for the farrier to change her back shoes. She now refuses to stand on her right hind while we hold the left one up. We have never had a shoeing problem with this horse, but she starts to sweat and looks very afraid every time we try to pick her foot up. A physical therapist is called; she is now being treated daily. She needs seven days off to allow readjustments and body soreness to go away. I'm frustrated, as I need to be training. However, Fergi and Maile look incredible!

Leaving For London

August 4th: Two days until the horses get on the plane for London. Everything is packed for Fergi, Maile, and Paris to go. One last ride today. Our coach Andrea is on Fergi, and she looks great. Andrea gets off and Ashley hops on; she walks for five minutes, but when she goes up into the trot, Fergi is limping badly on her right hind. We are all in shock, and





when we go to inspect her leg, it's an incredible sight. Her hock is now the size of a cantaloupe. All of us are trying not to fear the worst as we choke back the tears welling up in our eyes and call the vet.

August 6th: As I load Maile and Paris on the transport for London, I can't stop the tears. Fergi has not been cleared to fly, as we don't know what's wrong with her hock. It looks like an infection, and she has only responded mildly to the treatment. It was such a sad moment for me. I'd spent the last six months utilizing every procedure, treatment and rehabilitation method possible to get her front foot healed so she could compete in London, and now she stood in her pen watching her stable mates leave. Feeling defeated today.

August 8th: Fergi has to go into surgery for her leg. Again, feeling overwhelmingly sad as we take her to the clinic. After dropping her off, I went home to finish packing and get on my own plane.

Testing My Emotional Fitness

August 12th: While riding Paris around at the walk, I think I feel something odd, so I go up into



the trot and sure enough she is slightly limping in the turns. At that moment, I can say I truly felt like giving up. I couldn't help wondering, "Am I trying to be told something? Am I missing the not-so-subtle hint?" The vet comes, and Paris is very body sore in her hind end and under her neck again. We don't know why, as she has not been doing much in the way of training. At this point, I had a meltdown. For the past six months, I had been monitoring and preparing three horses for London and I did everything by the book, everything I was asked to do. How is it that I couldn't have just two horses pull through? It was all too much. I felt as if I had hit the breaking point. Tears flowing, heart in pain, I snarled at the people there to support me and wheeled away. Would someone just tell me what to do?! I'm tired of thinking... I'm so tired...

news

August 15th - August 28th: I'm back on Paris, and we are doing as little as possible. Just enough to keep her in training, but as not to re-strain what is bothering her. I think I spend more time riding in my visualization sessions from my hotel room. Eating too many deserts, not burning enough calories. I have released myself to the belief that if I'm to go into the arena to compete at this London Games, it will happen.

The Moment Arrives

August 30th: Today was the first day of competition. The energy in the arena was incredible. It was rainy and windy today and everything was blowing around us. Paris wasn't bothered by the moving objects or the umbrellas, but the hum from the crowd had her on edge. It was as if I could feel her heartbeat starting to pump faster and faster. As we went around the arena we'd been training in for the week, I sensed something different. Before I could identify it, Paris responded by jumping forward and then going into piaffe and passage. The speaker systems were now turned on and the upbeat song playing was banging and twanging at us. Paris found this very unsettling. The bell rang, which was the sign that we must now enter the ring.

Normally I would give Paris some time to ease her mind and become comfortable, but time was not what we had. With only 30 seconds to get in the ring, my thoughts went to Pat: "There are 'get to' moments and 'got to' moments." This was now a "got to." I thought, "So much for the team test; glad we get to ride again in two days," and off Paris and I went. I breathed deep, blew out, and instead of doing what my instincts wanted me to - hold tighter on the reins - I released them gently forward. It gave her some ease of mind and she relaxed just a bit. In the ring we went, thinking, "Don't ask too much from her, Lauren... Just get in, get the job done, and don't scare her more then she already is... Give more than take, breathe, and relax so she can do her job..." Before I knew it, the test was done. As we jiggled out of the arena, my team looked at me and said, "Excellent ride! Don't know how you pulled it off, but you did!" The only answer from me was, "I rode today for tomorrow."



September 1st: Early this morning, the grooms were called to the barn. Paris was kicking at her stall and sweating. After a hand walk and some comfort, she seemed to have settled, but was not rested. I arrived to ride, but she doesn't want to stand still when I'm on her. This is unsettling for me, as I'm going onto my toughest test. It has been a challenge for both of us, and I need Paris to be at her best so we can take on the challenge of the arena. It's interesting; we go from a lovely subdued warm-up arena, down a long narrow path to an oval holding area at the base of the stands, and then the gates open up and from every corner there is this loud voice announcing you, your horse, and your history. As your heartbeat starts to race, you realize the time is now and you enter into a place that leaves you feeling the most vulnerable you have ever felt. Can you imagine how a horse feels? I think that goes against everything a prey animal would do! To overcome the feelings, you have to put yourself in a place where everything around you doesn't exist, you don't hear the crowd, you don't see the thousands of moving people. It's white noise now. Before I know it, the test is done. I start feeling my breathing come back to normal. As I walk back out of the ring, my mom stands up and cheers for me. Everyone sitting nearby roars with excitement; Paris leaps into the air and exits the arena. You could say I won the most dramatic exit award! The test was good for a 6th place finish, and I can honestly say I don't remember much of it.

What I do remember is Maile and Ashley. Maile is a once-in-a-lifetime horse, and bless her heart and



desire for carrying my teammate in the ring at her second Games. She possessed confidence, elegance, and a cheeky “I love this arena!” attitude. The most rewarding moment of my whole Games was the moment Ashley came out of the ring and threw her hands in the air with the thrill of accomplishment.

.....
September 3rd: Musical Freestyle day. Going into the ring, Paris was calm and connected. I cued the music and we started our test, riding up the centerline and executing an excellent halt. I noticed when we went to the corner, her ears twitched as if something had caught her attention. When we went past letter B, it happened again. Something was distracting her. As we finished our 10-meter circle, she scooted forward with a quick step from behind. I realized it was the music coming from the speakers placed around the edge of the arena. It was distracting her, and instead of being able to focus on being responsive to me, she heard the loud beat of the music. As we finished our walk circles and went into the free walk, the music got louder and she responded by trotting. Then, with the transition to the canter, our music cue was a very loud bass beat, and she leaped forward in the canter. Gently I brought her back to the trot, transitioned up to the canter, and told her it was okay. All while reassuring her, I knew in my mind that this was not a medal performance. At other times in my life, that thought would have instantly brought tears to my eyes, but today I was at ease and had one task left in my mind and that was to help Paris finish this test with confidence. We rode across the diagonal with a powerful extended trot that made me smile. I breathed out, and we turned up the centerline for what would be our final salute to the judges at this 2012 London Paralympic Games. With a clear showing of immobility, I dropped the reins, she breathed out and just stood there as if to show the world that she was okay. The real cheering came when my groom Alice met me at the end of the arena and put a hand on Paris, and the crowd knew it was okay to show their enthusiasm. I smiled, and then the tears came. My mare gave me her best, and in the end we came through a tough situation both better and stronger for it.

Looking Back

When I competed in Athens, I came home feeling disappointed that I hadn’t reached my goals. After

As your heartbeat starts to race, you realize the time is now and you enter into a place that leaves you feeling the most vulnerable you have ever felt.

Beijing, I came home exhilarated, having achieved my dreams. Now, coming home from London, many thought I would be sad that I didn’t medal. In reality, I feel a huge sense of calm and pride when I think of me and Paris. For the first time, I can wholeheartedly say that I didn’t become a predator, and didn’t put the goal before my horse. I’ve always ridden with principles in mind, but I know that I can be direct-lined and will sometimes push the limit. This time, I let Paris set the pace, and I set myself free to enjoy the journey. The only time I feel sad is when I think of all the supporters and fans that were cheering me on for gold.

Coming home from Beijing, I was so eager to show Pat my gold medal. He thought it was nice, but told me, “What’s important is that you did your best, and you did it while living by your principles.” Only six months earlier, while having training challenges, he said, “If you won’t stand up for something, you’ll fall for anything.”

This last year, I’ve heard him say over and over, “I won my horse’s heart!” Even though Paris and I were not able to produce what I know our best can be, I know at the end of the day I left her with confidence and dignity. I believe I won her heart.

A big thank you to my personal assistant and 3-Star Parelli Professional, Suzie Brown, for doing a great job herding cats! Also, Tori Murray-Elley, for taking such good care of me, Paris and Maile. Both of you are incredible, invaluable people and amazing friends.

Finally, thank you, Linda and Pat, for all your wisdom, help, support and patience with me as a student. The Parelli program has given me the ability to love the journey and embrace all the small things that make the equestrian dream a reality for me. **ST**

Parelli In Kayenta

This June, Theresa Zenner, Richard Knapp and I, all Parelli 2-Star Junior Instructors, met in Pagosa Springs to drive together to Kayenta, a small town on the Arizona Navajo Reservation. Earlier in the year, I had received a phone call from Lisa, a counselor for Indian Health Services. The agency had received a grant designed to prevent suicide, drug and domestic abuse on the reservation. Their goal was to establish a horse-centered program like Parelli to help troubled parents and their children. When I followed up with a personal visit, I was speechless when I heard that 18% of the high school youth had attempted suicide. One conversation with Frank, another counselor, is still stuck in my head. He looked at me and said, “Every day I drive on this highway, I see a dead cat or dog. We simply do not care anymore. We used to. I want to change that!”

As Parelli students, we know how our program changes lives on a daily basis. Therefore, I was excited beyond words when – after many hours of research, filling out paperwork, applying for government and

Parelli Corporate approval, assembling my team and sending in a detailed proposal – I received a phone call from Lisa saying, “You’re good to go!”

I knew that we had a chance to really make a difference, to help one tiny little piece of our world called Kayenta to become a better place for horses and humans, one horse and human at a time. I knew it from the bottom of my heart, because horses teach us about personal space and respectful boundaries and clear communication so we can develop trust and trustworthiness, empathy, compassion and leadership skills.

We left Pagosa Springs on a Sunday morning. The mountains were still snowcapped and the pastures were lush and green. As we traveled along Highway 160, the landscape slowly changed, and when we entered Arizona it had become quite barren and desolate. Once in a while we saw a horse or donkey and wondered how they survived in the middle of nowhere. When we finally arrived in Kayenta, we found Monument Valley High School and its high tech agricultural science building, which had been prominently featured in *Times Magazine* just a few months prior.

We received a warm welcome from one of the teachers and proceeded to unload my horses. Cash and JB are travel pros since our journey to Florida earlier this year, and settled right in. Bringing my own levels horses was very important to me so participants could see how love, language and leadership translated to well-rounded and willing equine partners. We humans got ourselves settled in at an apartment close to the school, and that evening I

Horses teach us about personal space and respectful boundaries and clear communication so we can develop trust and trustworthiness.





went back to check on my horses. Everything was quiet and peaceful at the Ag building; the sun was slowly setting behind the large, distant rock formations that were glowing in warm colors of yellow, orange and red while my horses chewed on their last bits of hay. There was no cell phone service, I couldn't call home, and so I felt isolated and lonely. Having the picture of lonesome horses and donkeys still in my mind, I wondered how the human inhabitants of this town dealt with the effects of the harsh climate and seclusion.

I had met most of the counselors that participated in the "Train the Trainer" day on Monday when I had come to Kayenta earlier in the year to do a presentation about Parelli Natural Horsemanship. All were excited to learn more about horses and how horses can help humans to become better people. Theresa, Richard and I took turns in presenting fundamentals of Parelli, such as the eight Parelli Principles, Horsenality™ and Humanity™, and the Seven Games. Counselors had the opportunity to see the Parelli program in action when we played with Cash and JB so that they could analyze our horsemanship goals from a counseling perspective. The idea was to teach life lessons by teaching humans how to teach horses.

The Friendly Game teaches us about instilling confidence and trust, and in order to gain trust, we must be trustworthy. The Porcupine and Driving Games teach us about polite and effective phases to communicate clearly. The four phases of Hair, Skin, Muscle and Bone take on a new meaning when you exchange these words with Suggest, Ask, Tell and Promise. The Driving Game shows how to do less sooner rather than more later and how to protect our personal space assertively, but without aggression. We all know how well this program works for horses and humans, don't we?

Tuesday morning rolled around and Richard, Theresa and I met with a room full of clients from Indian Health Services, some who were excited to participate and a few who sat with their arms crossed and their eyes firmly affixed to the table in front of them. Hmmm, how interesting. This was a first for me! I decided to ask for one word that would describe what they wished for during the next few days. It started out like watching paint dry but then words like health, faith, understanding, compassion, connection, knowledge, growth, hope, friends and inspiration were spoken and called out to us. We also immediately heard about challenges like, "I couldn't

bring my horse since I didn't have any money to get the tests and immunizations done," "I don't have a car; I have to walk for 1.5 miles to the highway and then hitch a ride," and "I had to get up at 4 in the morning to feed the sheep so my grandma wouldn't have to do it." I felt slowly but surely that we would be able to connect and learn from each other.

Over the next four days, we taught over 20 participants how to play Parelli Natural Horsemanship Level 1. We shared the theory, learned from simulations, and put newfound knowledge into practice by playing with the horses. Cash and JB were truly ambassadors of the program and willing partners throughout the week. Every morning and late afternoon we finished with a group counseling session and explored what participants had learned.

Two of them had brought their own horses, and they made huge progress in small steps. They were then able to translate what they had learned to their relationship with their family members. One of these horses made a transformation during the four days, just as his owner did. Both were 18 years old and had known each other for all their lives. The horse had arrived in poor condition, with mane and tail tangled, coat rough, eyes blank. In the box stall, the mare pointed her hind end towards the door and hung her head in the corner, refusing to interact. She had lost one eye in a "training accident," and the other eye was running. Her owner was a "cutter," meaning that she cut her forearms until she bled. She wore short sleeves and prominently displayed her scars. We felt that her horse's outside was a mirror for the girl's inside. Over the period of four days, the girl and her horse changed and on Friday, the mare was standing, well-groomed, with her eyes clear and bright, in her box stall looking out the Dutch door. It takes courage to change. I still get goose bumps just thinking about it!

Theresa, Richard and I were encouraged by the counselors to participate in the group counseling sessions. Sometimes, what we heard and saw was gut- and heart-wrenching. We heard stories of a dad who learned from his uncle to deal drugs by the young age of nine. One dad in my group said of horses, "I simply did not know that there was a better way. That's just how we used to do it. We roped them, threw them down, put the saddle on them, tied their head to one side each day and then we would ride them. If they would buck, we'd whip 'em. I simply

didn't know any better. I can see it now and I want to use what I have learned with my family." I posted this comment on my Facebook page, and got quite a few responses saying how terrible this statement was. And yes, it is, but it also shows hope. Hope for a better future, hope to do things differently, hope for families to come together instead of being torn apart.

This week was life-changing, not just for the clients of Indian Health Services, but for us instructors, too. Not only did we teach, we also learned. I developed a lot of empathy not just for the victims of abuse, but also for the abuser. On Friday, we were waiting to get the certificates and awards printed and there was a little time to spare. So I said, "I've got a bag of carrots. Who would like to go out and say goodbye to Cash and JB?" I expected only the kids to come with me, but several adults jumped up and came along. One dad wrapped his arms around Cash and my little Right-Brain Introvert just gently stood there as he buried his face in her mane.

My heart was touched in so many ways that week, and I cannot wait to go back to Kayenta to visit friends who have taught me new life lessons. I am a better person because of them. **ST**

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Scenes From The Sound Booth: A 2012 Summit Recap

It's September 10, and the 2012 Parelli Performance Summit is in the books. I've spent the last week on campus, and I'm fairly certain I've never inhaled more concentrated sand in my life. I think I'm going to be single-handedly keeping Burt's Bees chap stick in business for the next couple of weeks. But more than anything, I have an entire new appreciation for what it takes to organize and put on a show of this magnitude.

This was my second Summit, and it was a completely different experience compared to 2011. For one thing, my vantage point this year was much more... stationary. I spent most of last year taking photos for our social media outlets, which actually involved a decent amount of sprinting back and forth from the Big Top to the campus office to upload the photos. This year, I was in charge of music and sound for the show. While I don't think I improved

my cardiovascular fitness quite as much this year, I came away with a greater sense of accomplishment (and, okay, relief) as the show reached its conclusion.

If you're wondering why I felt relief, and why I felt I needed to include it in this article, here are a couple things you need to know about me: I'm a Right-Brain Introvert. I also like being organized, especially in unfamiliar situations. Seeing as this was my first Summit in this role, coupled with the fact that most of the sessions were totally different from the ones I soundtrack on the Horse & Soul Tour, I definitely considered this entire experience to be an "unfamiliar situation." When I don't feel organized, I get a little apprehensive.

Once rehearsals began on Wednesday morning, however, I realized I was a little more organized than I'd given myself credit for. I had almost all the music I would need (having bought about 70 new songs in the weeks leading up to the show), I had enough microphones, and the speakers weren't blasting horrible feedback out over the campus. Success!

Rehearsals may very well sound like a bore for a lot of people, but from my perspective, they're fascinating. I think it's very interesting watching the creative process right in front of my eyes, as Pat, Linda, Kalley, and all the other presenters worked out their presentations. Dancin' Pete Rodda, our emcee, was working with Amanda d'Emery, the show producer, on his introductions. Pete is a little shy, so it was nice to see him come out of his shell and speak up a little.

I stood at the Big Top fence, waiting for the line of cars to come streaming up the long driveway. My cue to start the music and, from my perspective, kick off the Summit.





(Editor's Note: Sarcasm doesn't come across in writing. Pete is not shy. Not at all.)

Friday morning. 5:30am. Show day. My alarm was set for 5:35am, but one of our cats decided to wake me up a little early, which was great. By the time I arrived on campus, the first hints of light were starting to show over the eastern horizon. It was all very poetic. The “gates” were set to open at 8:00am, so I stood at the Big Top fence, waiting for the line of cars to come streaming up the long driveway. My cue to start the music and, from my perspective, kick off the Summit.

The Big Top slowly filled up, and even early in the morning, people were coming up to me and talking about the music. Who knew so many Parelli members were Dire Straits fans? Amanda sat down to my right, we watched as the seats were filled, and it wasn't long before we radioed to Michael Alway, the arena manager, to send Pete in.

Pete ran in to “I Gotta Feeling” by the Black Eyed Peas. In every other situation, that song sort of bugs me. It might be the title (Dear Black Eyed Peas: “gotta” means “got to.” Your song makes no sense.), or it might just be that it's been inescapable since my senior year of college. But seeing Pete sprinting towards a screaming, clapping, cheering crowd as that big, fun, stupid beat echoes all over the arena?

Yeah, even a music snob like me can't help but grin.

Pete had the crowd howling with laughter, but we all knew what (and who) they were waiting for:

“Ladies and gentlemen... Pat and Linda Parelli!”

They came around the corner, ran to the center of the arena, and welcomed everyone to beautiful Pagosa Springs, Colorado. And the backdrop for the weekend really was beautiful. Mountains, pine trees, soaring birds. Take away the horse poop and about 1,000 people and I'd think I was sitting in a serene alpine cabin.

Anyway, Pat soon brought out his Checklist For Performance team. Considering this was a *Performance Summit*, a checklist for performance seemed like a pretty appropriate way to begin. But this wasn't just some dull bullet-point list. The team's maneuvers had the crowd enthralled, particularly during a “show ‘em what you can do” spotlight, which afforded me the opportunity to play Roy Orbison's “You Got It.” Which might just be the coolest song ever written. I love my job.

Berin Macfarlane brought in four Atwood Ranch yearlings for a great spotlight that featured some great horsemanship and possibly the first Cyndi Lauper-to-Calvin Harris transition in the history of music. Many of the spotlight presenters chose their own music ahead of time, giving them a chance to practice and synchronize their performance to the music. This also gives each spotlight its own distinct personality, which is fantastic, particularly for a three-day event. Variety is the spice of life.

Linda's Advanced Game of Contact session was a success as well; I've ridden exactly one horse in my life, and that was a good 17 years ago, but I *still* understood what she was talking about. That ability to educate high-level students without alienating the rookies like me is truly the mark of an excellent teacher. A 90-minute lunch break followed the Game of Contact, but because most of the attendees knew what was coming up directly afterwards, the seats were filled back up with a solid 20 minutes remaining.

By the time you read this, it'll be November, so Kalley Krickeberg's *Fresh Canvas* and Nate Bowers'

Preparation For Driving DVDs won't exactly be "new" anymore. However, this year's Summit was likely the first time many Parelli members had seen Kalley and Nate in person, giving presentations on the topics they've dedicated years of their lives towards. Kalley was a star all weekend, beginning with Friday's Liberty with Multiple Horses spotlight. It was then that Kalley's "theme song" of sorts – "Home" by Phillip Phillips – was introduced. We were barely 30 seconds into the song when about four different people ran up and asked, "Who is this?! What is this song called?!"

The same situation arose less than 30 minutes later when Nate and Amy Bowers rode into their Driving demo to "Ho Hey" by The Lumineers. These songs are a pretty good indicator of the direction modern pop-rock is going: acoustic guitars, bouncy bass lines, a banjo or mandolin, and lots and lots of group harmonies singing things like "whoa-oh" and "hey." And I've gotta say, these songs work really, *really* well when horses are involved.

So Kalley, Nate and Amy brought the house down, and before you know it, Day One of the Summit was done. Except, not really. Pat's new MDBarnmaster barn was all set for its ribbon-cutting ceremony, and

Linda and Dr. Handley had the crowd laughing, nodding furiously, and all-around enjoying themselves as the strengths and weaknesses of each Humanity was discussed.

Dr. Patrick Handley was to be joined by Linda for a fun talk about Humanity™ in the small coverall. To all those who attended the Humanity session: sorry about the sound. I put the speakers too close to the stage, which resulted in ugly noise if either of the mics were too loud. Live and learn, I suppose.

But Linda and Dr. Handley still had the crowd laughing, nodding furiously, and all-around enjoying themselves as the strengths and (sometimes comical) weaknesses of each Humanity was discussed. Dr. Handley is a proud Right-Brain Introvert, and his stories of interacting with his Left-Brain Extrovert wife were hilarious and particularly applicable for





me. My girlfriend is a strong Left-Brain Extrovert herself, and I could have sworn that some of Dr. Handley's stories were lifted directly from our life. What can I say; the man knows his stuff.

Saturday morning kicked off with sessions from Amy Bowers and Kalley Krickeberg. Amy taught us how to get our horses to "hunt the jump;" her own horse, Sapphire, is seriously one of the sweetest horses I've ever seen. Kalley brought two of her horses, Savvy and Sunshine, for a session on teaching Liberty. Sunshine, a rather feisty little mare, decided that stealing Kalley's notes was the #1 topic at hand. Kalley turned this into a teaching opportunity, not to mention a chance to bring out her understated sense of humor.

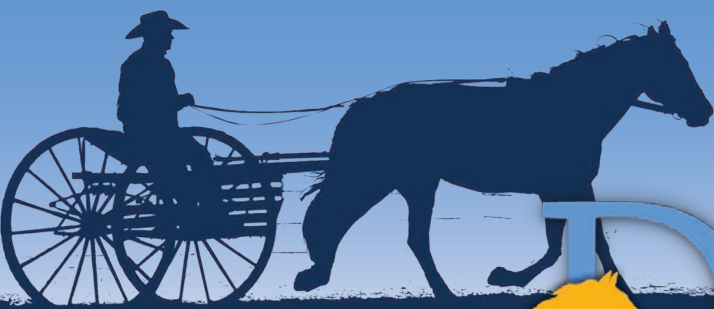
Marion Oesch had a spotlight of her own, then joined Linda, Lillan Roquet, Lyndsey Fitch and Colleen Kelly for a Rider Biomechanics session. I've seen Colleen lead similar sessions on the Horse & Soul Tour, and I have a general idea how they go, but it was still incredible. Also, Colleen is hilarious. Which always helps.

After lunch, we had a very special guest join us. Clay Maier is a long-reiner and an old friend of Pat's, so it

was no surprise that he ended his session with story of Pat's rodeo days. Before that, however, he and his striking Friesian, Aaron, gave us a master course in the art of long reining. During rehearsals, I asked Clay what type of music he would like for his session. I was anticipating something similar to what Pat generally rides to – George Strait, Brooks & Dunn, Kenny Chesney, etc. When Clay said, "Something kind of big, beautiful, dramatic. Maybe orchestral, like a soundtrack," I was pretty surprised. Honestly, I had no idea what to use.

Now, I appreciate good film scores, but I don't really sit at home and listen to them for fun. I liked the music from *The Dark Knight*, but that's a little bleak for a lighthearted reining demo. However, I'm also an unabashed fan of *Harry Potter*. So, on Saturday afternoon, Clay Maier and Aaron entered the arena to "Buckbeak's Theme" from *Harry Potter and the Prisoner of Azkaban*. Like I said, I love my job.

Pat and his team brought Saturday to a close with a session on lead changes. As is often the case on tour, Pat brought out Dancin' Pete (renamed "Prancin' Pete" for this session) to demonstrate proper lead change technique. Of course, Pete was on foot,



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I'd never seen a horse "hug" a human, and judging from the crowd's reaction, I'm guessing they don't see it that often either.

so it wasn't quite as graceful as what we soon witnessed from Ryan Rose, Bonnie McIntyre, and Sean Coleman. But Pete was a good sport, and seeing him wheezing and chugging water backstage after prancing non-stop for about five minutes was easily the highlight of my afternoon. Sorry Pete, but it was really, really funny.

If you attended last year's Summit, you'll recall that Mother Nature wasn't very agreeable for most of the weekend. We had wind, freezing rain, and – if some reliable sources are to be believed – a little snow up at Wolf Creek Pass. Compared to that, 2012 was like paradise. Friday got a little warm (a special thanks to everyone who pointed out that I was wearing a warm vest long after I needed it – you're an observant group), but Saturday was a beautiful, overcast early-autumn day. There wasn't a cloud in the sky on Sunday morning, but jeez, was it cold. Tucked away between the bleachers and the risers in the southwest corner of the Big Top, the sound booth is never exactly bathed in sunlight, so those of us in that area (the entire production team, plus Parelli Media) spent the first couple hours of the morning in a state of constant shivering. If you recall my Horse & Soul Tour article from the last issue, you'll remember that I don't have the highest tolerance for cold (and if you don't recall the article, that's basically what it was about, so there you go). But unlike Georgia in February, Pagosa Springs warms up fairly quickly. Mother Nature was pretty kind to us, all in all.

Kalley opened the day with a beautiful flag tribute; she was then joined by Katie Drake, who sang an a cappella version of "The Star-Spangled Banner." After that, we jumped headlong into two of the most exciting spotlights of the weekend.

Ryan Rose's spotlight featured cutting maneuvers, trotting into a trailer, and one of the most glorious tripping-while-running-backwards falls I've ever seen. Ryan received a standing ovation, and set the stage for Kristi Smith. Along with her horses Maxi and Saturi, Kristi was the definition of controlled

energy. Her spotlight culminated with her standing on Maxi's back as Maxi stood on a pedestal, with Saturi circling around them on line. Two standing ovations in a row.

Linda and Marion followed that up with a special surprise: Linda's new horse, Highland, made his first public appearance. With Marion riding Allure, Linda shared Highland's story. Let's just say that the future is bright for this beautiful horse. Highland then exited, and Linda led Marion and Allure through a lesson on jumping. Linda also included a hilarious story about Pat riding Allure. There's no way I could do it justice, so I'm not even going to try to describe it.

Lillan Roquet brought out her mare, Andiamo, for an expanded version of their Horse & Soul Tour spotlight. I can honestly say that it was the first time I'd ever seen a horse "hug" a human, and judging from the crowd's reaction, I'm guessing they don't see it that often either. Kalley followed Lillan with a reining lesson; depending on where this article is placed in the magazine, you will have either just read an article about Kalley's reining journey, or you're just about to.

To bring the Summit to a close, Pat pulled out all the stops for an epic Contact With Cows session. A couple dozen cattle, most of Pat's barn team, the "Cow Cow Boogie," Caton Parelli, and a cutting flag with "RELIEF" emblazoned across the front... it was quite the production, and a fitting end to a tremendous weekend.

But it wasn't *quite* over. Pat and Linda came out to thank everyone for a wonderful weekend, and were soon joined by Linda's parents, who brought with them a very special surprise in a rather large box. Pat cut the box open to reveal... Linda's first pony! A toy riding pony that is. With the crowd laughing, cheering and clapping, Pat and Linda offered one final "thank you!" and the 2012 Parelli Performance Summit was over.

From my perspective, it was a heck of a show. Great horsemanship, great weather, and a great crowd. Plus, I had a lot of fun with the music. For me, that's the most rewarding part. I know Pat says "Never say never," but I can confidently say that I'll never be a great horseman. But I'd be more than happy to soundtrack events like this. And judging by all the dancing and singing along I saw, I feel like I'm doing alright. **ST**

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The Spinney

If you look up the meaning of the word “spinney” in the dictionary, it says “a small wood or thicket.” To me, it means an almost magical place, a safe haven in a sometimes crazy world.

I started my horsemanship journey at the turn of the century with a high-spirited Right-Brain Extrovert Russian Tersk named Lyupin (aka Loops). Of course I didn’t know he was a Right-Brain Extrovert; I just knew that he had no brakes! People kept suggesting different bits and various gadgets, but even then I logically knew that wouldn’t be the long-term answer. How could I stop him from wanting to run off? How could I get to his mind, not just his body? I kept buying all the horsey magazines in search of some magical answer, but found none. Then I stumbled across an ad for Pat Parelli’s *Natural Horsemanship* book. I didn’t really “get it”

or understand it then, if truth be told, but it led me down the right track.

Those were the days when the only UK-based instructors were in Devon (I live in Norfolk, a six-hour journey on a good day). I managed to attend a clinic every other year at best. Progress was painfully slow, but I never gave up on the dream, despite the usual criticisms and comments that Parelli students are used to. I struggled on, to the point where I could safely and enjoyably hack out in familiar surroundings. Even though Loops is innately a Right-Brain Extrovert, he was and still is the most un-spookable horse I have ever met. You could literally drop a bomb next to him (and sometimes that happened, as some of our rides took place in the MOD training grounds) and he wouldn’t even flinch. His nemesis was new environments, so my goal of endurance riding was still a ways off!





The only constant thing in life is change, and in 2007 I had to move Loops from home into a livery yard. It was pretty okay – nice hacking, 24/7 turnout, and the luxuries of luxuries: a school. Loops settled in nicely, and by this time, us “naturals” had formed a close network.

The first time I went to the Spinney was in August 2007. I remember it clearly: the weather was fantastic, and I arrived to a chorus of parrots. I felt like I could have been in the Caribbean. That was also the first time I met Selina, the owner of the Spinney. Selina is a lovely lady with an infectious smile and laugh, and she is so, so generous.

That day was the first time I cantered Loops on a casual rein in an arena.

I was so pleased to have found such a wonderful place to continue my horsemanship journey with other supportive students and visiting Parelli Professionals. However, I retired Loops later that year at age 19 because of severe arthritis in his hocks. He had been a great teacher.

I then set off to find my next lifelong partner – or so I thought. Two horses, three years and a whole load of heartache later, it was just me and Loops again. During that time, giving up did momentarily cross my mind, but a life without horses was not an option. What kept me going (and sane) was life at the Spinney. Selina would regularly host clinics with some great Parelli instructors – Alison Jones, Lyla Cansfield and Russell Higgins. I sometimes thought Selina must have had a hot line to someone in high places. It could be raining and blowing all week, but come the day of the clinic, the sun always seemed to be shining. Selina would insist on feeding everyone and looking after the ponies. I remember one Sunday morning arriving quite early – in time to muck out my pony’s stable. I was extremely concerned to find that my horse had not drunk any water overnight or even pooped!! I was thinking about calling the vet when I discovered that Selina had been up for hours and had not only seen to her own horses, but had

looked after all the visiting ones as well! I don’t panic anymore when I turn up early on Day 2 of a clinic and there’s not a dropping to be seen – Selina’s beaten me to it again!

They say that the third time’s the charm, and that definitely seems to be true for me. Nachos, or Perfect Pony as I affectionately call him, came into my life in September 2010. He was a little sorrel Quarter Horse who had all the reining moves, but didn’t have a true foundation. My goal was Level 3 by the end of 2012. This Olympic year, we really went for it at the Spinney, with Selina hosting at least one clinic per month and adding Rachael Morland, Silke Valentin, James Roberts and Cath Langley to the list of regulars. Fast-forward to August 2012, and we’ve finally earned our green string! My plan for 2013 is to turn my green string black and start competing.

Thanks to Selina’s huge generosity in hosting clinics, people have been submitting (and passing) auditions left, right, and center. She even helps film them! She’s always the “hostess with the mostest,” and although she will never accept money for lunch or shavings or hay for the horses, all the people that attend the clinics regularly stuff a tenner (or two) into the charity boxes. Over the last year, visitors to the Spinney have raised hundreds of pounds towards the Mark Davies Injured Riders Fund and the Parelli Horsemanship Fund.

Without life at the Spinney, I may have gotten my green string in the end. I’ll never know. What I do know is it that the journey would have been a lot less fun and I would have missed out on meeting some great friends and supportive fellow students to share the journey with!

There are already some clinic dates in the diary for 2013 – here’s to turning my green string black and here’s to the Spinney. Finally, here’s to all those who have the pleasure to visit in the future and, like me, benefit from Selina’s wonderful hospitality and support!! **ST**

Parelli UK Update

Well, the summer has come to an end - and what a summer it has been! I hope you had a fantastic time with your horses and were able to get out to some play days and courses.

It's been a busy summer in the UK, with the Jubilee, the Olympics, and the Paralympics, as well as all the things going on within the Parelli community.

Since the last update, we have had a second Fast Track, three one-week courses and a Level 3 & 4 course, as well as a one-week Advanced Game of Contact course with Linda Parelli and Janice Dulak. The students and instructors that took part in this course were put through their Pilates and contact paces, and I am sure they felt pretty stretched in many ways!

Sam Caporn and his instructor team of Humphrey Dirks, Ralf Heil, Luce Dutoit and Jean Halls led the June Fast Track. The students had a fantastic four weeks progressing their horsemanship within the Four Savvys.

We would like to thank all of the instructors and students who took the time to join us during our 2012 summer courses.

The UK campus's next course was the one-week Level 1 & 2 course. Rachael Morland led the course with support from fellow Parelli Professionals Sally Brett and Jo Bates. The students enjoyed some lovely sunshine while learning the Seven Games and progressing from the 12-foot Line to the 22-foot Line, plus much more.

Following on from the Level 1 & 2 course was the Confidence in Riding course. Carmen Zulauf returned once again this summer to lead with fellow Parelli Professionals Sally Brett, Jody Ruysen, Sally Webb and Shelley O'Doherty supporting her. With such a fantastic group of instructors, the students made great progress.

Level 3 was the last one-week course led by Sally Brett with Sharon Crabbe, Claire Francis and Susan Coade as support.

We would like to thank all of the instructors and students who took the time to join us during our 2012 summer courses. We look forward to watching you all continuing on your Parelli journey, and we hope to see you again next year!

This year's New Forest Show was themed "Best of British," and was held under cloudless blue skies and blazing temperatures! The Show reported over 100,000 visitors over the three days, including the Queen and Duke of Edinburgh, who attended on the Wednesday and drove right by the Parelli stand. Lyla Cansfield led a fantastic team of Parelli Professionals, including Rachel Evans, Stacey Collins, Sharon



Parelli
Instructor Team
South West UK

Parelli
Instructor Team
Switzerland



Crabbe and Terri Martinus and their horses, through the daily demos. Meanwhile, the team on the stand provided the face-to-face contact with the public and talked non-stop over the three days in addition to doubling up as arena crew!! This team consisted of Parelli Professionals Sarah Wearing, Natalie Lawrence and Vicky Manser as well as volunteers Ed and Jane Beckmann, Gary Manser, Naomi Coombes, Pat Martindale, Margret Palmer, Kat Edridge, Carole Smith and Fay Allan-Banting. We were very well-received; the feedback has been great.

The Irish Parelli instructors had a stand at the Royal Dublin Show, which ran from Wednesday the 15th to the 19th of August. The Irish team was well-represented by the Irish Instructors, who were able to share horsemanship advice and help with general queries and volunteers who also shared their experiences in the program.

On the stand each day, Parelli Professionals Sarah Brady, Chris Brady and Brian J. Ousby were helped by volunteers Helen Hanlon, Adele and Jackie Buckley, Ellen Meade, Lara Brady and Debbie Murray. Sarah, Chris and Brian would like to thank everyone who volunteered, plus Shelly O'Doherty and Miguel Gernaey for all your support behind the scenes.

Your UK team was treated to a trip to the Colorado office in August for some Customer Training with JJ Lauderbaugh. JJ is an international speaker, trainer and certified management consultant from San Jose,

California. We had a fantastic week learning how to improve our customer service, and we can't wait for you all to experience this.

The Olympics dominated most of the summer here in the UK, and I hope some of you managed to get to see some of the events. Team Great Britain did a brilliant job - the equestrian teams especially so! The Parelli UK team would like to congratulate everyone involved.

The Paralympics have just started as I write this, and I know we are all wishing the participants – including Parelli's own Lauren Barwick - good luck.

The UK team will have a stand at Your Horse Live in November. Looking forward to seeing everyone who stops by! The next adventure is Horse World Live; Linda will be in the main arena on Friday and Saturday, November 16 and 17, when she will be providing a fascinating insight into Horsenality™ and how it can help you improve your relationship with your horse. To go along with her two main arena demonstrations, Linda will also be on hand throughout the three days, holding Q&A sessions.

It's not too late to book your tickets, so go to www.horseworldlive.com, and we look forward to seeing you there! **ST**

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Courage Reins Therapeutic Riding Center

A BRIEF HISTORY:

Courage Reins Therapeutic Riding Center is a non-profit organization established in 1998. We provide physical and occupational therapy with our horses for people with disabilities. We have a 15 acre site at the foot of the beautiful Wasatch Mountains in Utah, with seven staff members and over one hundred committed volunteers. Having a large group of quality volunteers,

along with financial and material donations, considerably reduces our costs and therefore opens our doors to a greater number of clients with disabilities.

We are busy year-round with clients, and we always have waiting lists. Courage Reins fulfills a very real need within its community. As we have grown, we have also come to realize that our volunteer opportunities also enhance the lives of others; for example, we have adults with disabilities who help with supplement feeding and cleaning chores, and this gives them a real sense of purpose and enjoyment. We have rehabilitation groups who volunteer. These groups often personally discover the sheer joy of giving time and energy to helping those who are dealing with disabilities, and this is a life-changing experience for some. We also offer internships to students at local colleges, and offer community service projects to scouts and juvenile offenders.

Our horses are all individually selected for their role here and all are unique magic-workers on a daily basis. We are humbled by their continuous, gracious acceptance of their work for our clients, and the significant difference they make to those they touch. We could not do it without them.

All of us here at Courage Reins are constantly striving for excellence in every aspect of what we do. We do not stand still. We are always moving forward, sometimes at a walk or trot, and sometimes at a canter!





community

Note of Thanks:

Everyone at Courage Reins Therapeutic Riding Center would like to send a huge thank you to the Parelli Horsemanship Fund for their generous donation of educational materials to our facility. We offer people with disabilities, such as cerebral palsy, autism, Down syndrome, spina bifida, etc., year-round affordable horseback riding. Having the right equipment and quality training DVDs is making a huge difference to our horses and improving the quality of service we offer our clients. Our therapy horses have a very demanding job to do each day; they deal with a variety of challenges to both their bodies and their minds. Equipping our volunteers with sound horsemanship skills and an understanding of how to

engage and play with horses definitely helps us in our mission. We are excited to continuously improve our level of 'Savvy' and discover more of how we can use Parelli Natural Horsemanship in our therapy setting.

Thank you, Parelli!

Quotes from Volunteers:

"All of our clients, I think, are success stories as we see them growing in confidence and body strength every lesson. Our clients also enjoy getting out of their wheelchairs and being active. One little guy I was side-walking with, who was just three years old, said 'yes' for the first time by nodding his head. His parents were watching and had never seen him do this before. He was riding our therapy horse Nadja,





I think, and we were playing a game where he had to talk to a toy bear that we call 'Red Dragon.' If he wanted to make his horse go, then he had to nod his head with the Dragon in agreement. His parents were very tearful at the sight of their son communicating what he wanted to do with his horse. This is just one of my personal experiences. There are so many successes, and they happen everyday!" - Angie Moody, Courage Reins volunteer/ horsemanship mentor.

"I love playing with my project horse, Solmani! He is an Icelandic Horse and lives at Courage with another Icelandic mare named Hela. We play with lots of obstacles now, like the big green ball, and sometimes I get to take Solmani trail riding in the mountains. Now that he gets to play with me and have fun, he does his job in lessons much better." - Issy Moody, volunteer, age 11. ST

Website:

Couragereins.org



Making Beautiful Music with Parelli Principles



With Pat Parelli for an uncle, it's kind of like I've known about Parelli since birth. However, I would say my genuine Parelli education started seven years ago, when my husband decided his dream job was to work as a ranch hand at the Parelli Campus in Pagosa Springs, Colorado. Little did I know that just six months after we arrived, I would land at the epicenter of Parelli knowledge when I got a job as Linda and Pat's assistant.

I got plenty of extreme on-the-job training in the Parelli program as I sat through six weeks of watching Linda teach. My sole job those first six weeks was to take extensive notes so that the next round of courses could be transferred from Linda to a faculty team. I had almost zero prior knowledge of any of the material, and I was blown away at how interesting it was! I know that may sound ridiculous, especially to all of you reading this who would die for a chance to be learning directly from Linda Parelli, but I really had no idea that learning about horse behavior could be so fascinating!

Over the next year and a half, my knowledge of the Parelli theory grew and grew and grew. I say "theory" because I had almost no practical hands-on experience. It may be surprising to know that after all this time of being right there on the Parelli property, I



had personally played with a horse only a handful of times. Although I had extreme interest in learning more about horse behavior, Liberty, Freestyle and Finesse, I had zero desire to actually apply it with a real live horse! However, I had a bursting desire to apply what I was learning somewhere else: my songwriting.

Throughout the seven years we lived on the Parelli campuses, both in Colorado and Florida, I got asked the question constantly: “Do you love horses?” My answer was always a bit hard to get out, because I don’t not love horses, but I knew that if I said “yes,” the asker would assume a few things about me that probably weren’t true. But if I said “no,” well, then that just sounded awful! So, I’d usually answer this way: “I do love horses, but probably not like you love horses. You see, my sister Amy, she got 100% of the horse genes in the family.” Then I’d usually go on to explain that my interest and love for the Parelli program gets poured into another outlet, my music.

The first song I wrote from my Parelli-inspired experience came to me rather uniquely. I was taking a walk after lunch from the lodge on the Florida campus back to Linda and Pat’s house, where my office was located. I remember walking past one of the students sitting in her pen with her horse. The activity for the day was for all the students to just sit and be with their horses in their paddocks. As I walked by, a little melody and a few words literally popped into my head! I was so afraid I’d forget them so I continued singing them over and over again until I got up to my desk where I happened to have a voice recorder and sang them into it. The words were “If I could live one day in your shoes.” Weeks later, I finished the rest

I had a bursting desire to apply what I was learning somewhere else: my songwriting.



community



of the song - with the help of a friend of my sister's up in New York, who had absolutely no clue what Parelli was and had probably never touched a horse in his life! But it didn't matter, because when we were writing, it wasn't about a horse, it was about a relationship. That's what I have loved from Day One of my Parelli journey. Although I've never had a horse to apply my learning to, it doesn't matter because what I've learned can be taken so much broader than that.

Now, fast-forward a few years to 2010. I was still living on the Parelli property, although my position had changed from Parelli employee to just "wife of a Parelli employee." My number one job was now being a mother to our son, Jack. I had also begun a co-writing relationship with another writer out in California, and we began working on getting enough songs together for me to record a full length CD. As a wife and mother, I have plenty of related topics to write from, but I still find it so fascinating to tie my Parelli theory into all of it to create dimension to my songs. Chris Caswell, my co-writing partner, was

totally game to take a look through the horsemanship lens as we were writing, to see if there were ways we could relate what we were writing more directly to Parelli students.

Because I was no longer entrenched daily in the program like I was when I was working with Linda every day, I asked her if she'd share with me an idea she was working on to see if it could help spark some inspired lyrics. She said she was really trying to develop the concept of "zero brace." I then asked her how she would describe "zero brace" to a complete non-horsey person. (I was just trying to think how in the world was I going to explain this to Chris!) A few days later, I got an email from Linda. Here's her list of phrases she'd use to explain to any person, horsey or not, the concept of Zero Brace:

"take the time it takes so it takes less time"
"go slow"
"don't pass go, I feel like you know"
"green light, red light"
"wait for me to say yes"
"think about how you are asking me"
"wait and I'll start to offer"
"feel more, notice more, notice the little things"
"when I brace, I'm trying to tell you I won't or I can't..."

I forwarded her email to Chris, and in a very short time he emailed me back with the song "Slow Dance." I read over his lyrics and immediately had the melody literally just flow out of me. The song is moving and emotional and beautifully describes the picture of what a relationship can look like if both partners give and take equally. When this happens it becomes a dance.

One of my favorite parts about writing music is when I get to see my songs come to life. Last year, Linda was teaching the Game of Contact in Florida, and she asked me to play "Slow Dance" for her during her course finale. My song floated over the arena as Linda and Hot Jazz danced in perfect harmony. What a thrill! To see the song come full circle like that was so amazing!

I thoroughly love when Parelli students share their story with me of how one of my songs has meant something to them and their horse. I think that is what is so amazing about music. When songs can transcend so many levels of human emotion and

Check out Katie's product line available exclusively on www.parelli.com!

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experience, I get so inspired. If you've shared your story with me, I want to say thank you. If you are ever inspired by one of my songs, I'd love to hear about it! That's one of the great benefits of writing songs.

In January of this year, my husband and I embarked on a brand new adventure. We decided to move across the county to be closer to our family and have the opportunity to raise our children on the farm where I was raised. I look on our time at Parelli as a beginning to an amazing journey. I hope to be inspired to write many more songs and get the chance to share them with my extended Parelli family. Though we may be far in miles, we are still close at heart. **ST**

Out of Loss Comes Love, Language and Leadership

I'm writing this while it's all still fresh in my mind. While it still hurts. I can still feel the ache in my heart, even though it's been months since the fire. The day 19 stalled horses died in an early morning barn fire was, to date, the worst day of my life. A lump forms in my throat when I talk about it, and my horse was one of the lucky ones... she survived. My prayers still go out to my friends who lost their beloved horses in the most tragic way possible. My horse, a seven-year-old paint mare named Melody, survived because she lived outside in a small pasture right next to the barn.

I was still in bed when I got a phone call from my mother-in-law, who was up early reading the local news online. She said there was a barn fire at the edge of town, where my horse was boarded, that had started around 5:00 am. It was now 6:45 am. My body started trembling with fear. I could barely function properly to put my clothes on, and my husband and I jumped in the car to see what was going on. I knew that the stalled horses were turned out every morning around 7 am. I felt sick. I wanted so badly to see all the horses wildly running outside because they had been set free, but when we got there, it was too quiet.

I was one of the first boarders to arrive at the fire, and when I saw that the barn was literally gone, my heart just broke. It was like the worst nightmare, one that you can't wake up from. Photographs on the internet later showed a huge inferno burning

less than 30 feet from the small pasture where my horse Melody lived with four other horses. I can only imagine what she heard, felt, and smelled. She had dried sweat caked on her chest. Ironically, I had just arranged to move to a new boarding facility, but we weren't due there for another week. I called the owner and he agreed that we could come early.

Since I don't own a horse trailer, we had to wait our turn to be evacuated. I sat in the grass next to the pasture for hours, watching the fire trucks and emergency vehicles, sobbing, the tears stinging my swollen eyes. Melody stayed close to me by the fence. Little girls who lost their horses were inconsolable. Men and women just fell to their knees screaming or crying as they arrived to find their horses gone. It was horrible. The horses in pasture felt the intense emotion and sadness too—probably more than we knew. They were very solemn.

Melody pawed the ground occasionally, looking at me saying, "Get me out of here please!" She knew I was going to help her. After a rocky year in terms of our relationship, we were finally coming to understand each other, thanks to the Parelli program, which we had started three months earlier. This experience would certainly test our relationship.

Melody is mostly a Left-Brain Introvert with Right-Brain Introvert tendencies when I'm riding and she - or I, or both of us - loses confidence, which was quite often before we started Parelli. She is my first horse and I'm 38 years old. It took 30 years for my dream

of owning a horse to come true, and the whole first year I had Melody (who came to me green-broke) was nerve-wracking for me and her.

Even though I was taking riding lessons, the truth is, I never took the time to really know my horse - her feelings and emotions. In other words, her Horsenality™. I had missed a critical step in our relationship.

It took about five more rides in which she bucked for me to realize that something had to change. The traditional ways (kicking harder, hitting her with a crop) did not make me feel good about myself. Melody would just go internal and ignore me, or blow up. My horse never came to greet me at the gate. She would refuse to put the bit in her mouth. Once she even reared up at me in defiance as we were walking to the indoor arena. She did not want to go. I often went home in tears. I decided to search for another answer. That's when a friend of mine lent me some Parelli Savvy Club DVDs. I got chills because here I was, lost, and then I found Parelli. As I watched the DVDs, I knew this was my answer. I became a Savvy Club member that day. As we started to play the Seven Games in Level 1, I immediately started to see a difference in my horse. Most profoundly, she would now walk all the way across the pasture to greet me. Because she is so smart, it didn't take us long to move on to Level 2.

After the fire, I knew how important it was going to be to start playing the Seven Games again in my horse's new home. I didn't know what emotional trauma she had experienced during the fire or how it would affect her, but I knew that she needed to trust in my love, language and leadership. Since I had lost my saddle and all my tack in the fire, including my Parelli tools, the first thing I did was buy another Parelli carrot stick and 22-foot line. I decided I would use this time for her and I to develop a better relationship on the ground until I could buy a new saddle. Throughout this experience, I wanted Melody to know that I would always be there for her. I think she knew. I just felt so lucky to have her.

So we started playing again. It's true: Parelli is so much more than riding. For over a month, Melody and I played on the ground with obstacles, and we never got bored. We got our "good better and our better best." She often amazed me with her intelligence and focus. Finally, I got a saddle, but I'll always look back emotionally at that month after the fire during which the bond between my horse and I grew stronger, thanks to Parelli.

**The tragic barn fire occurred in Billings, Montana on April 23, 2012. The cause of the fire is still under investigation. A memorial is being constructed to honor the 19 beautiful horses that lost their lives that day.*



community

partner profiles

How did your horse come into your life?

Sam was my birthday/Christmas present in December 2010. I had been looking around for my next horse and when I spotted his advert, I just had to go visit him. After seeing him in the flesh, I knew that this was the partner I was searching for. I hadn't discovered Parelli when I bought Sam, but it was because of him that I decided to start the journey.

What are your dreams and goals with your horse?

I hope to one day graduate my Levels 1 through 4 and eventually compete in dressage. At the moment, we are working on our Levels 1&2 skills and getting him happy, calm and confident under saddle.

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

Sam and I are both Right-Brain Introverts and he has taught me so much. For one, he has taught me how to be a leader and to be assertive in what I want to achieve. He has taught me to take the time it takes and to have a sense of humor. To match and mirror him, to be in tune with his emotional needs, to celebrate and enjoy the smallest achievements, and to recognize the big ones.

Tell us the best moment with your horse:

For some reason, Sam kept getting statically charged from his rugs, so for a while every time I touched him or tried to un-rug him he'd get a zap and was, understandably, really distressed by it. So he went through a phase of being anti-social and very introverted; I couldn't halter him and he objected to me touching him. I was very upset by this because I loved Sam so much but didn't know what to do to help him. We eventually sorted out the static issue, but my horse still lacked confidence. I went through my Parelli DVDs and found a clip of Linda 'being provocative with an introvert' and thought, "hmm... how interesting." I went out to see Sam and instead of trying to touch him, I walked past him and ignored him, which totally blew his mind! This got his curiosity up and I acted as if I were him, not wanting to be touched and kept walking away. He started to want to be with me and tried to get my attention instead of me trying to get his. When he caught up to me, I'd move away faster and before I knew it he was all over me like glue. We played around at Liberty for a while and then he happily let me halter him. Since then, his confidence level has been improving each session, and we have been making huge progress and I'm learning to not be so direct-line. **ST**



SAM

Horse's name	Sam
Your Name/Location	Kate Morgan, Enfield, Vic, Australia
Breed	Australian Stock Horse cross Quarter Horse
Sex	Gelding
Age	10 Years Old
Height	15.3hh
Horsenality™	Right-Brain Introvert
Level graduated or studying:	Studying Level 1



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

Whenever Kestrel is having difficulty with a task or goes right-brained, I just stop and wait until he sighs and then we continue on. He simply needs time to think. I try to use this tactic myself when I am frustrated or stressed, and just like Kestrel, after I breathe I can usually think my way through anything. Also, there are better ways to reward than food. His favorite place is on his pedestal, and while he’s up there I scratch his itchy spots. For him, that’s the greatest reward there is. For me, I get a chuckle out of watching his lip wiggle.

Tell us about the best moment with your horse:

Last year we were at a Morgan breed show and I had to adjust my girth between classes. I simply dropped my reins and allowed him to graze and I tightened my girth while mounted. A woman came up to me and said, “You amaze me.” I looked at her quizzically and she went on, “That’s Kestrel right? My daughter tried him out a few years ago when he was for sale and he tried to kill her.” I smiled and said, “I guess that’s the power of Parelli.” That show we also debuted in dressage and took second place on our first test. Pretty different for a former saddleseat mount who came home with stacked feet. **ST**

KESTREL

Horse’s name	Kestrel
Your Name/Location	Partner of Rachael Courant
Breed	Morgan
Sex	Gelding
Age	10 Years Old
Height	xxxx
Horsenality™	Left-Brain Introvert
Level graduated or studying:	Playing in Level 3

His favorite place is on his pedestal, and while he’s up there I scratch his itchy spots. For him, that’s the greatest reward there is. ”

Mapping Partnership Strategies

*Work with your Hands,
you are a Laborer.*

*Work with your Hands and Mind,
you are a Craftsman.*

*Work with your Hands and Mind
and Heart, you are an Artist.*

I Aspire to be an Artist.

Heart, Mind, Hands In Harmony.

Dynamically Balanced On Love.

Love is the foundation of a natural partnership relationship. Love is the most natural activity we participate in. Somehow, it never gets talked about. I believe that love has a skill set and attitude that defines it. Love is not something from the outside that happens to you if you are lucky. It is a vibration that you harmonize with. It is a participatory activity like playing music. It is the “feel” that is so difficult to explain. I want my love song to look like, act like, and feel like the Parelli program. However, the intent to love is not enough. It takes two beings communicating, working together, to have a loving relationship.

Relationships are a never-ending process of balance and rhythm and harmony. Each individual must play their part. This is where the devil messes with the details. I am not a natural leader. I have enough

trouble just figuring out my own part, let alone making sure my partner is doing theirs. My concept maps are my attempt to sort out the dynamics of a loving natural partnership.

Humans, bless our hearts, are lousy lovers. We are told to “control” our emotions. I have never been successful at that. We are taught to ignore our bodies. We learn to behave as though we are separate from our bodies and nature. I don’t know the science of it, but wherever savvy lives in the brain, it must be in the connections between emotion and body function and decision-making. When I was learning to draw, we did exercises to shift to the “right-brain” consciousness. When in the right-brain frame of mind, awareness of time passing goes away. The awareness of reality narrows to the specific of what we are doing in the moment. One has the ability to see the “truth” that our logical brain denies or ignores. Savvy must be a holistic interconnection in the brain. I think talent is a natural sensitivity to this connection. It can be learned.

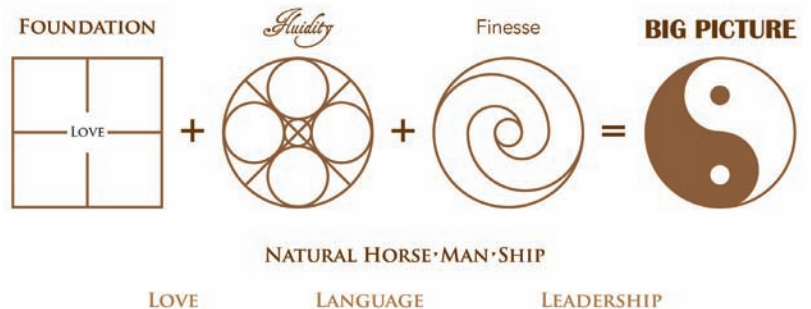
I love horses. Still, my beautiful, sensitive mare would shiver and bolt when I reached out to touch her. I suspected that it was not about fear, because I could touch her with the whip and she would relax. I know that she was trying to cooperate, but she was doing it because she thought she had no choice. Obviously, my efforts to inspire trust in my leadership weren’t working. I wanted to figure out what I was doing that caused her to bolt. I wanted to learn to be the leader my horse would want to partner with.



Thanks to the Horsenality™ chart, I was able to figure out what I was doing wrong with Roxy. She would try her heart out to be brave, then get overwhelmed. I realized that she would get overwhelmed because I demanded more than she was emotionally capable of giving at the time. She was trying so hard to do what I wanted that she lost the coordination between her feet and her mind.

When I finally made the focus of our time together about her needs, I found that stepping over a pole on the ground with me standing next to her was too much for her. This broke my heart because I realized that I was the source of what she was worried about. I realized that our relationship was a reflection of my dysfunction.

Empathy is the ability to identify with the feelings or thoughts of another. The good news is I was having the same issues with my human partner that Roxy was having with me: a lack of trust and communication. I knew exactly what I did not want my relationships to act like, feel like, or look like. It took me years to learn the dynamics of abuse and the part I played in maintaining the game. It turns out that participating in a loving partnership is as simple as trusting my inner voice, not looking to others to



tell me what I “should” think, feel, and do. Natural relationships are as simple as treating others like I want to be treated. I want to play with others. I just want to pay attention to and control my own body and mind while I do it. It is not about what “should” be happening; it is about what IS happening in the moment. To me, emotions are the signal flags that tell me when situations are on track or when something is out of balance. Love is the sweet spot where emotion is in balance.

Concept mapping is a tool, like the simulations that Linda uses, to introduce a concept. My map is based on the template and knowledge of Linda’s Horsenality™ chart that I adapted to my focus and need. My focus is to figure out partnership relationships and

community

loving, effective leadership. It is only a piece of the Parelli puzzle, but it is a subject big enough that I need a tool to help me mentally envision the process.

To me it's not what the map ends up looking like that is important. It is the process that is important to me. It is the mental and physical effort I put into creating the map that gives it use and power. The truth it defines gives it beauty. It is an artistic technique I use to access the savvy of natural partnership.

The first step of learning natural partnership is to pay attention to what is happening right now. To me, "now" includes the pause between the ask and the response. It is natural for a horse to participate in herd activities. If a horse is resistant, no matter how that resistance manifests itself, the problem is rooted in the present moment. Whether it is pain or boredom, until I address the problem of the moment, the resistance will persist.

The next step to acting natural is to relax. One of the moments of my life that I am most proud of took

place at a 4-H Super Saturday. One of the activities that day was teaching the children basic roping skills.

In the midst of a hundred kids throwing ropes at bales of hay was one child who could not swing the rope. He was miserable and embarrassed. I spent an hour one-on-one with that child, breaking the skill down to its basic components. I consulted with the "experts." Nothing worked until I realized that the poor child was so worried about the situation that he had a death grip on the rope and it couldn't turn in his hand. As soon as he realized that his problem was not that he was stupid or uncoordinated, a humiliated and miserable child transformed into a child having fun. No learning, no



fun, can take place when the participants are frozen in fear and shame.

My ability to create a relaxed environment for partnership to take place was woefully inadequate. In retrospect, I was in the middle of trying to extricate myself from an abusive relationship. I know I was filled with stress and confusion and fear. The skills you need to get away from a predator are not the ones that inspire confidence and partnership. Roxy was also being handled half the time by a human with a dominant attitude. Where would you look for leadership: from a dominant predator, a confused fearful friend, or your own instinct?

I chose go/whoa, confidence/timidity, dignity/respect, and purpose/response as the axial dynamics for my map because these are the dynamics that I need to balance in my life so that I can be a natural partner. I chose dignity/respect as an axis of my concept map because I have had my dignity violated by being treated like a robot, or worse, a naughty child. I acted like a passive, get-along gal with a 100 yard stare until I got pushed too far and exploded. I know that uncomfortable feeling when a predator looks at me even when his overt actions are passive. I know how my body and heart react in those situations.

An imbalance of confidence or confused communication between my horse and I can look very much like disinterest, avoidance, or disobedience.



It can look like stupidity or a lack of coordination. I use those behaviors to recognize that something is wrong or out of balance. I do not use them to justify my dysfunction or lack of leadership.

Respect is the other side of dignity. I need to respect my horse's dignity by listening to what my horse is telling me. I respect my horse's dignity by believing her when she says "I can't" or "this is hurting me." I respect my horse's dignity by allowing her to think for herself and make her own decisions. I respect her dignity by allowing her the responsibility for the consequences of her decisions. When I make a mistake, I beat myself up. I don't need outside help to make me feel worse or motivate me to do better the next time.

On the other hand, I expect the horse to respect my dignity. I too deserve safety. I too deserve to think for myself and promote my own interests. It is just as wrong for my horse to push me around or ignore me as it is for me to treat my horse like that. Dignity and respect in partnership is a process that goes both ways.

I've noticed that women (me included) feel uncomfortable with telling others what to do. We are the caretakers. We try to protect the "feelings" of others. It is not a violation of my horse's dignity to be asked to participate in an activity. It is a violation of her dignity when I ignore the fact that she is confused or unsure. It is a violation of dignity to force her to do something against her will. It is a violation of dignity to punish her for acting natural.

My map allows me to envision what my goal (loving partnership) looks like, feels like, and acts like. It gives me the confidence to believe that when I act, my horse and I will be safe and we will experience love.

My map is a tool I use to evaluate what went wrong when things don't turn out like I expect. It helps me evaluate where and how I can make improvements in my performance. As I write this essay I am considering changing the confidence/unsure axis to assumption/confusion. I've addressed the foundation of Roxy's and my confidence issues. Right now I'm trying to improve my communication skills. Roxy's attitude has changed from distrust to taking charge.

Today, Roxy still looks at me long and hard before she will approach. Once she decides that today I am emotionally balanced, she stays relaxed and open to



fun. In fact, now that she feels confident that she won't get punished for expressing herself, she is trying out some "bratty" behaviors. Now she "anticipates." She is a very smart horse and is always three steps ahead of me. We are both learning to play together.

I've learned that I must be the leader I want to follow. I've learned to only follow leadership that points me to where I want to go, leadership that demonstrates the knowledge, vision and intent to facilitate the journey. For me, the Parelli program is that vision and knowledge. Pat and Linda are those leaders. The Parelli community is the one I want to help create and participate in.

I am not a convert to the Parelli way of horsemanship. I came to Parelli a true believer, the acolyte, who found master practitioners to emulate. Seeing what others in the community are doing gives me ideas that stimulate my creativity. Playing with others adds joy to my life. The point, after all, is to enjoy the ride, to share the love, and to make the world a better place for horses and humans.

I'm so grateful to have found the Parelli herd. Thank you for accepting me as I am, and being willing to share the journey with me: in Dignity, with Respect, and Responsive with a Purpose. Partnership. **ST**

South Africa: A Land of Possibilities

Back in 2007, soon after I had become a 1-Star Parelli Professional, a friend of mine named Chris Kräutli came up to me and asked if I were interested in going to South Africa to help raise the level of horsemanship there. A passionate traveller, I didn't have to think very long about it before agreeing to go. But I also told Chris that I'd need to achieve my third star before teaching in a foreign country. So I stayed focused, enrolled in the 2009 Mastery Program, and stayed for almost a year at the Parelli campus to improve my horsemanship,

teaching ability, and several other skills I needed to work on.

Right after the World Equestrian Games that year, I got my third star. I went back to Switzerland to teach and return to my horse, who had waited a long time for me to come back! It didn't take long before Chris contacted me again and told me that she couldn't find anyone to accompany her to South Africa. Was I still interested? Of course I was! It wasn't long before our flights were booked and we started organizing the courses, clinics and workshops.





In January 2012, we arrived in Johannesburg, where I could immediately feel the passion of some people regarding the Parelli program. I still have Jenny in mind; she took several private lessons - while pregnant, no less - running around in the unpredictable South African weather! And there was Wendy with her gorgeous horse Diamond Quest, a former Word Cup race winner who started his retirement with Parelli. Wendy did an awesome job doing their homework from one lesson to another!

We also spent some time a short distance outside Johannesburg in a village called Krugersdorp. Explaining the Seven Games and witnessing the progress the horses made in that short period of time was amazing to see. Later that afternoon, a heavy thunderstorm came in, so we took the group indoors for some Horsenality™ theory.

We stayed in and around Johannesburg for nearly a week. After that, we had some time for ourselves, so the little Swiss Group – Chris, myself, and Moni Güntensberger, another very passionate Parelli student – rented a car and drove all the way from Port Elizabeth to Cape Town. In addition to all the people and

I could immediately feel the passion of some people regarding the Parelli program.

horses we met during our time in South Africa, we need to say that the land is amazingly beautiful. We saw every climate, from desert to beach, from mountains to savannahs, from rainforest to wine valleys - with exceptional wildlife all along the way!

But, at the end of the day, we had a mission: going to Cape Town to teach! We arrived in Cape Town and stayed on a farm called Gan Eden in Durbanville, just outside the city. Not only was it a very nice farm with all kinds of animals and plants, but the family there was extraordinary friendly. The three of us felt very much at home! Gail Nel, who is responsible for the animals and people on the farm, did an awesome job in helping us bring Parelli students from all around Cape Town together. I was almost completely booked out for the full 10 days!



community



We had just a little time to see Cape Town as tourists - we didn't even have time to climb Table Mountain - but we took the time to saddle up some of Gail's horses. She guided us to a little private wildlife park, which we were able to explore on horseback. That was one of many remarkable experiences. And, being as playful as I am, I couldn't resist trying to get as close as possible to the zebras. One thing I learned

there: if you're riding a gelding, the zebra stallion will protect his mares. So if you try to chase zebras, saddle up a mare! After trying both strategies, I can definitely say that riding a mare works better!

In the end, we had an absolutely unforgettable time in Africa. We met many people, horses, zebras and other animals. I am glad and grateful that I could help those people and horses, and I sincerely hope we find a way to get more Parelli Professionals down to South Africa. It is a land of possibilities, especially for young, idealistic instructors. The Parelli students are very dedicated and interested in learning new things. And there are many of them!

Gail Nel offered us an amazing opportunity to stay on her ranch and use it as a base to help people and horses; we even earned a little hand money during our time on the farm. But if someone works hard and stays positive and enthusiastic, I think they could build a nice little business there. Admittedly, it is difficult to use the standard postal service to get CDs and other Parelli material down there; however, that just means that instructors are needed even more! I didn't earn much, but I could pay for my travel expenses. It's certainly an amazing adventure!

At the end of the day, I want to say thank you to Chris, who started everything and did a great job organizing the entire adventure with Gail Nel and Carole Poole. Thank you so much for a great time! And who knows, I might be back again!

By the way, Jenny had her baby - they are both doing very well! **ST**

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A Few Thoughts On Jeans

The fabric and cut of your jeans can affect riding comfort more than you realize. If you've ever found yourself squirming in the saddle, trying in vain to get comfortable, or if you've had to quit early because of chafing or general skin irritation, maybe what you need is a new pair of pants.

"This saddle just doesn't fit me right," a student told me recently. "Every time I go for a ride, I come home with sores on my legs." Turns out it was her jeans causing the trouble. Her saddle was just fine.

Jeans designed for riding are different from regular jeans, particularly fashion jeans. Ordinary jeans usually have heavy seams concealed along the inside

of the leg and smooth seams on the outside. Cowboy or western-cut jeans have double-welted seams on the outside, while the inner seams next to the horse are smooth and much less bulky. This makes a significant difference in comfort when riding.

Back pockets on western-cut jeans are set slightly higher, so the stitching won't rub on your tailbone. In recent years, rear pockets have become a central focus of fashion expression, but when riding, style should take a backseat to comfort.

Fashionable wide-leg jeans and low-rise jeans are utterly impractical for riding because they tend to wrinkle in all the wrong places and cause chafing. Another disadvantage of low-rise jeans is that the belt loops sit too low on the torso to effectively hold



your mecate rein, which may be the only thing that saves you from having to walk home if your horse decides to bolt.

Relaxed fit can work, but since it is cut fuller through the thigh and knee, you need to be careful you don't have too much loose material in those areas to wad up and create pressure points.

Boot-cut jeans easily pull down over boot tops, in contrast to narrow-leg jeans, which often twist, ride up and create additional pressure points. A little extra length can be useful, so buy a pair with an inseam a little longer than your fashion jeans. Jeans that are just a little too long when you're standing on the ground and sag a little in the calf will be just right when you're in the saddle.

If you're shopping in a tack or western store, take advantage of saddles they have on display to check fit. Ask first though - some saddle stands are strong enough to hold a saddle, but not a person. Sitting in a saddle will give you a better idea of how the jeans will fit when riding. Check to be sure the bottom hem is far enough below your ankle bone to provide sufficient protection from the fenders and stirrup irons.

Jeans come in 100% cotton, cotton/Lycra™ blends, and woven polyester. Cotton denim is easy to find, comes in lighter weights that chafe less, and can be starched for extra crispness. Cotton/Lycra™ blends provide a snug fit with less bulk, and tend to stretch a bit for added comfort. Polyester is lightweight and comfortable under chaps. On the downside, polyester breathes less, so it is hotter, and it isn't very durable.

Stretch denim is an attractive choice, but when you buy stretch jeans, do not stuff yourself into the smallest size you can. You'll use up all the stretch just getting into them, leaving no stretch for riding... or for mounting and dismounting.

If you are a woman, don't hesitate to try on men's jeans. They could fit your body style better when riding. You may have to experiment with a couple of different waist and length measurements in a couple of brands to find a good fit. Like women's clothing, men's western jeans vary by brand.

Both men and women may find they are more comfortable wearing pantyhose or tights underneath their jeans. Men who ride in endurance competitions almost always wear tights or hose. Nobody sees that interior layer, and it can make a huge difference.

In recent years, rear pockets have become a central focus of fashion expression, but when riding, style should take a backseat to comfort.

Some people say tan-colored jeans are softer and less irritating to sensitive skin. Many experienced riders and competitors recommend Wranglers, but that doesn't necessarily mean they will work best for you. It's all a matter of size and shape.

Whatever brand you select, the most important thing is that your jeans be designed for riding, not for business casual or a night on the town. More comfort in the saddle means more fun with your horse. **51**



101 Things to Do with Your Horse in a Tight Space

Mastery of the Fundamentals of Horsemanship

Do you live in a place where it gets really hot in the summer, and you need creative things to do with your horse on the ground to keep from overexerting yourself? Do you live where the winters get cold and leave you little room to play? Has your horse had an injury but you want to keep playing to keep your connection? Is your horse old and you want to keep their spark alive? Are you simply time-limited and want some quick things to do in the barn or stall? Are you looking for things to get your forward-aholic horse thinking?

If any of these questions apply to you, then our “101 Things to Do with Your Horse in a Tight Space” is for you. Don’t pass up these wonderful opportunities to perfect and master the fundamentals of horsemanship that can lead to greater rapport and respect with your horse!

First, a bit of background on why and how we developed this list. Some of you may know that my horse, Uriel, recently had an injury to her left hind hock. Although she is mending and is expected to do well, she can’t yet do much trotting and certainly no jumping or cantering. I’ve struggled to keep our connection up and keep her ready to film our Level 4. While teaching at a recent Fast Track, I remember challenging one student to be creative with things to do with her horse when it too became injured;

little did I know that I too would be faced with this same challenge!

So for all of you who have ever had an injured or old horse, or just limited space or weather to play in, we came up with the following list of ideas. We hope that once you have mastered all these, the weather in your area will have improved and your horse’s injury will have healed, so that you can once again enjoy your equine partner to their fullest.

One last thought: we trust that each of you are savvy enough to know your horse and your skill set to only do these safely, in an appropriate space, or not do them at all!

Have fun and keep it natural!

Anne and Linda

101 Things to Do with Your Horse in a Tight Space

1. Do nothing. Hang out and love on them!
2. Get your horse happy to see you, and not just at feeding time!
3. Figure out their favorite hay or grass.
4. Scratch ’em – find that itchiest spot.
5. Hang out with your friend and their horse; build two relationship at one time!
6. Groom them and take the time it takes to make it a bonding session.



7. Braid their tail and mane, trying new things like braiding a glittery string or a piece of colored yarn into it.
8. Paint them! Lots of people paint hands on their horses. What can you come up with?
9. Dress them up. Does your horse have an inner character just waiting to be discovered?
10. Master your hoof prep; pick up all four feet from one side, then the other. Put their hoof between your legs and ensure they hold their foot without leaning on you.
11. Play the Seven Games from outside the stall door, sitting on the fence, sitting in the barn, or on the stall wall.
12. Play hide-and-seek from the door, window, or tree to pique their curiosity.
13. Play “did you notice me?” by seeing how long it takes for your horse to see and acknowledge you. Can you sneak up on them?
14. Play hide-and-seek behind trees or doors to see if your horse will find you.
15. If it’s summer, hang out at the pond or water hole. See if your horse is game to swim or play with you.
16. Teach them to place their nose in your hand, or better still, to follow it like a target (particularly good for head-shy horses).
17. Teach them manners at feeding time - wait to eat until your signal.
18. Get your Porcupine, Driving, and Yo-Yo Games so light that someone can’t see the signal you gave them.
19. Teach them to lead by the tail with just one hair, including during turns.
20. Teach them to drop their head at the slightest touch.
21. Hold their tongue.
22. Teach them to lead forward and backward by one foot, two feet, by the chin, ear, whisker, etc.
23. Back them in and out of a stall.
24. Circle them forwards and backwards in the stall.

education

25. Sideways them down the barn aisle.
26. Teach them to stand in place with one to four of their feet in buckets to prepare them for hoof soaking, should it be necessary.
27. Work on needle prep.
28. Practice clipper prep.
29. Can you put the blanket, fly net, and mask on without haltering your horse?
30. Can you remove the blanket and/or fly net by undoing the front?
31. Get them really good with fly spray and other spray bottles.
32. Address girthing and cinching issues.
33. Practice your Friendly Game with new things from different zones: jackets, flags, flashlights, unusual toys, stuffed animals, and noise makers of all sorts.
34. Teach your horse to lie down.
35. Teach your horse to pick up just about anything: feed bucket, carrot stick, hat, etc. Can they hand it to you?
36. Address bit and bridling issues. Do they seek the bit? Do they bend in neutral lateral flexion?
37. Teach them haltering with perfection; teach to search out the halter.
38. Lead using just a kite string around the neck.
39. Use a feather instead of carrot stick to play the Driving Game.
40. Play the Seven Games without a stick.
41. Lay, kneel or stand on your horse.
42. Teach your horse to help you mount by side-passing to you and/or assisting you up on cue.
43. Ensure wormer prep is working.
44. Prepare for rectal temperature and other vital checks – can you find the heart rate and pulse?
45. If weather permits, hose and wash their face. Are they comfortable with the hose in all zones?
46. Can you approach with the sponge with confidence in all zones?
47. Are they confident in wash stalls, on mats and concrete floors?
48. Tie in different situations – can they stay not just in the barn, but also away from the barn and friends? Are they patient when they're tied?
49. Play "Touch It."
50. Can you back them with just a finger or suggestion without the rope?
51. Can you bring your horse to you with just a suggestion?
52. Bridle or halter sitting down or from your knees.
53. Can you saddle smoothly from both sides and from Zone 5?
54. Can you teach your horse to let himself out of his stall (If that's something you really want your horse to accomplish!)?
55. Can you teach your horse to swat something with their tail upon request?
56. Can you have them stand on a pedestal with all four feet? Front feet only? Back feet only?
57. Can you ask your horse to do one stride forward or backward? Can you ask for a given foot – left or right?
58. Yo-Yo your horse over a pole, one foot at a time, forwards and backwards. Can you ask for a given foot – left or right?



59. Can you side pass your horse towards a barrel and have them stop OR knock it over at your request?
 60. Can you turn your horse on the fore in a hula-hoop or similar small circle?
 61. Can you turn your horse on the hind in a hula-hoop or similar small circle?
 62. Can you turn on the fore or hind, pivoting with just one foot on a savvy spot?
 63. Can you Porcupine your horse sideways, having them float off your fingers to a stop?
 64. Can you prepare your horse to carry a pack or other recreational gear?
 65. Can you teach your horse to lift a front foot to touch a target and prepare them for piaffe?
 66. Play the Friendly Game with the trailer by making it the 'dining room' or by just hanging out there.
 67. Help them learn NOT to step on the rope by hanging out with them while your 22-foot Line is on the ground.
 68. Prepare them for driving by playing the Porcupine Game with your 45-foot Line in all zones from all sides.
 69. See if you can get your horse to roll a ball back to you.
 70. Have your horse 'wear' a tarp over its head.
 71. Help build confidence using approach and retreat to unhook from herd buddies.
 72. Will your horse catch a carrot stick or cookie from a mid-air toss?
 73. Can you do the smallest bullseye ever?
 74. Can you do Zone 5 driving in the stall at liberty? Try halt/walk transitions from Zone 5.
 75. Can your horse kneel?
 76. Can your horse "sit"?
 77. Can you send your horse backwards by just blowing a breath to them?
 78. Learn and practice horse massage.
 79. Experiment with essential oils - give a leg massage with warm rubbing alcohol in the winter, and chilled water with a dash of peppermint in the summer.
 80. Can your horse reliably ground tie?
 81. How soft can your Porcupine Game be while halterless? Fashion a halter out of baby yarn and see.
 82. Can you do a relaxed Circle Game with a flank rope at the walk?
 83. Can you lasso your horse and keep his confidence?
 84. Can your horse carry a Cherokee bridle? How is his flexion with one?
 85. Can you, using two-line driving from Zone 4, do a box step? One step forward, one step right, one step back, one step left, one step forward?
 86. Can your horse do a Spanish Walk?
 87. How good is your Stick to Me? Can your horse buddy up at liberty while you do barn chores?
 88. Can your horse follow a feel and do a Samba? Can you stand in Zone 5 and ask him to sway his hips right and left?
 89. Can your horse mirror your footfalls? Laterally?
 90. Practice having your horse gain confidence with changing eye from Zone 5.
 91. Can your horse back a circle? From a foot rope? Front foot? Back foot?
 92. Can you play the Friendly Game with Zone 1 from Zone 5?
 93. Introduce your horse to "horse yoga."
 94. Can you play "Touch It" with Zone 3? Zone 5?
 95. Limbo your horse under a tarp. How low can you both go?
 96. Use a plastic bag for a curry comb.
 97. Spend five minutes stroking your horse's neck lightly and slowly with the back of your hand.
 98. Give your horse a tail massage, feeling one vertebrae at a time.
 100. Can your horse give the barn cat a ride? Bareback pad is recommended!
 101. Can your horse drink from a hose?
- Many thanks to Aggie and Jacques for the contributions and wonderful suggestions! 

Answering Your Questions On Newer Concepts

Recently, a member of our customer service team at the Parelli Central office emailed me with some questions. She had been receiving some inquiries about a few of the newer concepts Pat and I had been emphasizing, and wondered if I'd be able to respond to them. I was intrigued, and after answering the questions, I thought it would make a great article for this magazine as well! After all, the more knowledge and clarity we offer, the better the Parelli experience is for everyone!

I hope you enjoy this impromptu Question & Answer session, and apply it to your horsemanship as well.

Q Linda indicated that we could get lead changes by weighting the outside stirrup as the cue to change. But in Marion's example (on a Mastery Lesson), her weight was in the right (inside) stirrup to go around the right barrel. She then needed to weight the outside of the left circle for a change, which is still the right stirrup. So how does the horse perceive a change there, as the stirrup was already weighted?

A It's different according to what your shoulders are doing. If you are turning, you use your inside stirrup and turn your shoulders to create bend through the horse's body in the turn.

The outside stirrup is for sharper turns, where you want the shoulders to come across rather than arc around a curve.

In the forward flying changes, the rider and horse go straight, with no bend in the body until after the change. By stepping in the outside stirrup, it keeps the outside hind back but allows the inside hind to come through and make the change.

This is a lot like the old superman way of doing flying changes, when you would gallop and then push your horse from one side to the other. It's just a more subtle version, because you're weighting the stirrup instead of pushing on the horse's side.

Q I have a question regarding tight turns with weight to outside only. In the past, Linda had advised switching from inside weight to turn on the barrel to outside weight to make the circle wider. So how can just weighting the stirrup cause the horse to drift out under the weight sometimes, yet tighten and send shoulders through at other times?

A Again, it depends on what the rider's body is doing. The weighting is a supporting aid.

Q In a Mastery Lesson, Linda advised Marion to look down at the inside hind leg to cause her shoulders to turn enough. But old-school Parelli taught us that inside & down = planted front

end (forehand turn), and that we would need weight back and up for a shoulder come-across. Is this correct?

A Yes, that's correct. It was just to get Marion to bend her body more - exaggerate to teach.

Q I love these new DVDs, as they make me think hard about the mechanics of the program. I had the program really clear, but recently am getting muddy on where some things fit between new Parelli and original stuff.

A That's OK - glad you're asking. We've introduced a lot more information now on upper level riding and biomechanics!

Q When I first started assessing, casual rein was on the buckle. Shorter was teased as the "oh s***" rein. But now I see riders on the California roll most of the time. This keeps the knot of the hackamore pulled up, therefore the break on to some degree. It's easier emotionally for the human, but it doesn't challenge the quick change in the rider. When is California roll okay and when is it cheating?

A California roll is not cheating. The BS rein was when it was too long for finesse and too short for freestyle - not a concentrated rein and not a casual rein. As long as the rider's hand is down in neutral, they are assigning responsibility to the horse and not using the reins for balance. That's the big key: neutral. Being on the buckle is fine when the horse and rider are good enough, but if they start that way, things get out of control quickly; the rider's hands get unwieldy and they cannot make a correction quickly enough. That's why California roll and Steady Rein are so helpful now.

I think riders are making much faster progress this way now, as they do less sooner and don't get so out of balance.

Q I have a question about Linda's "Steady Rein" vs. Pat's "lift hand and correct with finger under one rein" concept. Originally, all freestyle was done with the rein in the inside hand and corrections involved lifting the inside hand and using your finger on the outside hand to make the

The more knowledge and clarity we offer, the better the Parelli experience is for everyone!



correction correctly. If it's an evolution in a person's journey, please help me know when each is most appropriate.

A Steady Rein is what happens before activating one rein with your finger or hand to lead the horse's nose back on course. So think of it more as a Phase 1. The rider steadies the horse and reinforces body cues first. If that doesn't work, activate one rein. If you think of it this way, when you would lift the rein before putting your finger under it, that was kind of like a Steady Rein because it warned the horse that something was going to change.

Q Regarding a colt's path from halter and lead rope starting, Pat's way seems more logical than going to California roll and Steady Rein. Intuitively, it feels like it steadies the rider but teaches the horse to tolerate pressure rather than yield to the slightest feel. I see its results, but is it the best method for a horse whose career will be on a draped rein?

A Not really. Steady Rein is just more refined, so it's not necessarily a good idea for a colt's first rides! Think of this way:

1. Steady Rein
2. One Rein (relax rein, one rein transitions, get back on rail, etc.)
3. Partial Disengagement
4. Full Disengagement.

I hope you learned from these questions and answers. Remember, if you've got questions you want to ask me, post them on my Parelli Connect wall and I'll get to them as soon as I possibly can!

Until next time, see you at a tour stop, on the Parelli Campus, or, as always, on Parelli Connect!

Yours Naturally,
Linda **ST**

Exit Strategies

Everyone who owns a horse starts off with a dream of riding off into the sunset with their best friend. A lot of times, we pick our perfect partner, and that dream becomes a reality. Other times, however, we end up picking our perfect poison.

The purpose of this article is to help people pick their perfect partner. As we get into horses, we begin to understand that there's more than just "a horse" and "a person." There are Horsenalties™ and Humanalities™, as well as experience, confidence and

goals. Experience, confidence, and goals are the three main factors that I'd like to address first.

If you're inexperienced and lacking in confidence, you're going to want a certain type of horse. If you're inexperienced but *very* confident, you're probably going to want a different type of horse, both in terms of nature and spirit level. Couple this with whether your goals are low, moderate or high, and you've got a lot to consider when it comes to picking your perfect partner.

What I'd like you to do now is give yourself a quick little test by answering these questions:

How much experience do I have (1 to 10)?

Let me give you an example: If you've won three or more world championships and you've been riding for more than 40 years, you could probably put yourself up there around a 9.

How much confidence do I have (1 to 10)?

If you've won a couple of world championships in saddle bronc riding, you can probably put yourself right around a 9.9.

What is the level of my goals (1 to 10)?

If you want to have a world-class level performance horse, English or Western, then your goal is probably around a 9.5. If you want to go to the Olympics, put it up there as a 10.

So, those are the three big factors when it comes to deciding which type of horse to partner yourself with. Even with that in mind, however, we find a lot of mismatches. Oftentimes this happens when you





education

buy the right horse for you when you get started, but over time you actually outgrow that horse.

Let's say you buy the perfect horse. You've got little experience, medium confidence, and low goals. As you move through the program and continue to grow, one day you could look at that horse and think, "Wow... my experience and confidence and goals have increased. I think I'm ready for a horse with a higher capacity to grow with me."

I think it's a two-part story. First, the buyer needs to have a realistic view of themselves; they need to get themselves a horse-lover's mirror. Second, the seller needs to adhere to this message as well. Making sure both sides are educated really is the solution.



So, let's say we get into a situation: either the dream horse turned into a nightmare, or we've simply outgrown the horse, and we've decided to sell. Now, the buyers have turned into the sellers. As the seller, you need to employ the same strategies you used when you were the buyer. Make sure you have a realistic view of who you're selling to.

I'd like to offer a quick point on Humanity and Horsenality. It's important that we use that information to create strategies, not excuses. If you're a Right-Brain Introvert and your horse is a Left-Brain Extrovert, that doesn't mean you should just throw up your hands and say, "This'll never work!" You're actually in a great situation, because you can begin to understand what your horse needs and how to adjust to that.

I believe we should all look at our commitment to our animals as stewards for life; we can compare it to children. There will come a time when children will cleave and leave. They'll move out and get married and create futures of their own. There is absolutely nothing wrong with this situation occurring with horse owners, as long as credence is given to these ingredients. We need to be realistic about what kind of horse we have, because that will increase the chances of finding a good partner for them moving forward.

In my lifetime, I've personally sold over 300 horses and mules. I would say I have around an 80%-90% success rate when it comes to matching horses to humans. The best matchmaker I've ever been around was the man I learned so much from, Troy Henry. He had a knack for knowing which horse fit with which person, and here's a quick story that illustrates that:

There were two women at the stables. Each one had a horse that was their nightmare. One woman's goal was to do reining, and her horse was kind of a plodder. The other woman wanted to trail ride, but her horse was perfectly suited for reining. Now, one woman had paid quite a bit more for her horse than the other. Mr. Henry suggested they trade horses.

The woman who had paid a lot more sort of scoffed at this idea, so Mr. Henry said, "Try this: just trade horses for two weeks." They did, and after two weeks, you couldn't have pried those horses away from their new partners with a crowbar! They found that Mr. Henry had, in fact, matched them up with their perfect partners.

Again, there are plenty of exit strategies that maintain the horse's dignity and respect. Here on the



Parelli campus, we've had horses that simply got too old to be of service for what we do in the Parelli University, but they made ideal pasture horses for people who were just looking for that.

An essential part of this decision is knowing who you're selling to. The first thing I look for in passing on this stewardship is someone who shares that same attitude. Also, do they have the means to be a good partner? Some people have big hearts and no clue. Some people have big hearts, all the clues, and no financial means. And some people, well, they just don't have big hearts. I make sure they have enough knowledge, skills and natural habits.

My basic philosophy when it comes to buying and selling horses is this: in general, horses themselves are worth between \$1,000 and \$2,500. Beyond that, you're paying for the training and the breeding. And, in the not-too-distant future, you'll be paying

for the feeding as well. Feed has tripled in price over the last couple of years. So let's say I buy a horse for \$2,500 and we put a lot of training into it here on the campus, and we keep it for a year. Now that horse could be worth around \$20,000. But it also cost us another \$5,000 in feed, shoeing, things like that. So when I decide to sell that horse, I'm going to sell it for around \$25,000. That's how I see it: you're paying for the training and everything else that has gone into that particular horse.

To conclude, it's important to look in your heart, apply the strategies we've talked about, and focus on the stewardship that a horse/human relationship truly is. It's up to you to make sure that horse has a bright and natural future, whether or not it's with you. It all comes down to the philosophy of stewardship. **ST**

Journey to Level 4 Jumping Halfway Over

Welcome to a new series of articles inspired by my opportunity to teach the Externship during the spring and early summer 2012. What a privilege and responsibility to help these students in their first steps to becoming part of the Parelli Professionals team. It was one of the most challenging and rewarding things I have ever done in my life. Thank you Pat, Linda and campus manager Ann Kiser for your faith in me to inspire these guys and thanks to the Extern team for an awesome experience of growth on both sides of the fence.

As the course progressed, we discovered that there was little to no information available about how to develop a number of Level 3 and Level 4 specialty tasks like jumping halfway over a barrel, sideways toward you, flank rope, Stick-To-Me at a canter, and others. This series seeks to fill in that gap.

PLEASE NOTE: Teaching these “cool” things out of order, i.e. before Level 3/4, can cause respect issues and other training challenges that do not need to happen if you follow the correct sequence. Be sure you can do the prerequisites in the “Success Prerequisites... Can You?” sidebar before attempting to teach your horse these skills.

This issue’s premier topic is jumping halfway over a barrel or log. The benefit of teaching your horse this skill - besides it looking really cool - is the connection you must develop to get it to work. Don’t hurry the prerequisites. They need to be solid, particularly

Success Prerequisites... Can You?:

1. Play Stick-To-Me on line at all gaits?
2. Get an immediate stop while playing Stick-To-Me at all gaits? This is sometimes referred to as a “skootch”... sort of a mini-slide stop. The horse’s nose should be no farther forward than your shoulder when it is all done.
3. Stop straight at all gaits while playing Stick-To-Me? No swinging hindquarters out of line!
4. Go sideways over a barrel or large log with confidence?
5. Squeeze over a barrel or large log without hesitation as a Stick-To-Me or a Squeeze Game?
6. Stop on a circle from the walk or trot from 12-22 feet away using no more than Phase 1 or 2 (body language or lifting the stick in front)?

the sideways with confidence over the barrel and the straight stop.

EQUIPMENT NEEDED: Halter, 12-foot Line or 22-foot Line, Carrot Stick and Savvy String, variety of log-like jumps in increasing sizes.

Once the prerequisites are in place, this sequence will likely need to take place over several sessions,

1



PHOTOS BY TERI SPRAGUE

2a



Pitfalls:

-
- Not having the prerequisites solid enough, especially the halt and straight back-up.
- Stopping too often halfway over, which can cause the horse to lose impulsion to go over. Only do this a few times in a session and then go all the way over again to keep the horse tuned in to you. Keep sessions short and build up quality and height over many sessions.
- Making the horse feel wrong if he jumps all the way over. Instead, strengthen the broken prerequisite and try again.

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depending on Horsenality™ and impulsion level, as well as the quality of your prerequisites:

1. Start by walking your horse over a ground pole or small log. (Photo 1)
2. Walk your horse halfway over the log, then go sideways off. (Photo 2a)
3. Trot over the pole.
4. Stop halfway over the pole from a trot, then go sideways off.
5. Canter over the pole. (Photo 4)
6. Stop halfway over the pole at a canter, then go sideways off. (Photo 4a)
7. Follow the above sequence for gradually larger and larger obstacles until the horse has to jump. (Photos 5a and 5b)
8. Once it is working as a Stick-To-Me, repeat the sequence by sending with the 12-foot Line, building up to 22 feet of line.

9. Make it an art! Try it at liberty, freestyle, finesse... use your imagination!

10. Remember to keep it playful and have fun! Send me a video (or link) of your success!

*Special thanks to Faith Head, 1-Star Trainee Instructor, and her Left-Brain Introvert partner, Judge. **ST***

.....
Teri Sprague is a Licensed 4-Star Senior Instructor and has been teaching Parelli since 1995. She teaches at the Parelli Center and is also available for private and group lessons and clinics around the nation or at her home facility near Ft. Collins, CO. She specializes in building confidence in riders and horses using imaginative applications of the psychology, principles and techniques of Parelli Natural Horsemanship. Contact her at ts4pnh@yahoo.com or www.terisprague.com.

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Handling their mouth, nostrils, eyes, ears, anus, belly, between the legs. Basically, it's getting the foal comfortable with any and every area of their body that a veterinarian would touch.

FARRIER PREPARATION

Confidently being able to have the foal pick its leg up and put it in various positions for a length of time. It takes time to trim feet or do any sort of shoeing, so being able to hold that position is essential.

I love the idea of a freshly groomed arena, a blank sheet of paper, a clean whiteboard – it's the opportunity to make a good mark. You've got none of your past drawings, no old tracks in the dirt. It's all fresh. You can make a perfect circle. You can make a beautiful drawing. You can get all your new ideas out on the whiteboard. I love the title Fresh Canvas because, whether you're taming a wild horse or starting with a foal, you're working with something that has no preconceived notions, it's untouched by humans, and has no baggage. It's pure.

- Kalley

Make a Lifelong Difference: Vital Lessons for Young Horses

You may not be able to ride him yet, but the time you spend with a young horse is invaluable. There are so many lessons you can teach a horse in that formative first year that will be useful for his entire life.

“A horse is a horse. Young horses need the same things as older horses and vice versa. We always have to keep in mind from the time they are foals that this is a precocial species. They are babies but they think the same way as adult horses. They are taking in and assimilating information all the time,” says Kalley Krickeberg, who has ridden with Pat Parelli for over ten years, and is a gifted educator and expert foal handler.

Kalley also spent years working with weanlings and yearlings at the Atwood Ranch in Orland, California, putting her natural horsemanship skills to use in developing their young stock. Her debut DVD, *Fresh Canvas*, was released this summer and is designed to guide owners through four vital objectives in handling foals during their first seven handling sessions: approachability, lead-ability, veterinarian preparation and farrier preparation. A follow-up DVD, *Pre-Saddle Training*, released in October, covers the formative stage of partnership development between foal handling and colt starting.

Foals Are Not Big Dogs

One mistake many horse owners make is letting a foal or weanling do things they would never want an adult horse to do, such as the owner who taught his foal to rear up and put her front hooves on his shoulders. Definite no-no. Yes, foals are adorable and it's tempting to treat them as “big dogs,” but this is setting the horse up for trouble down the road. You can instill respect and enforce boundaries, but still have a great relationship with your horse.

“We want our horses to know we are their friends, but they must also respect our space and be comfortable with our leadership,” explains Kalley. “If you teach them it's okay to push into pressure or allow them to get in your space, you're really doing them a disservice. I always prepare a horse for the possible, the probable and the inevitable. If the horse gets sold and ends up with someone not as aware as you are with your feel and timing, you want that horse to be a very good reader of intention, to be spatially aware, and to be respectful. Ideally, I progress these young horses to Level 2 knowledge, which denotes harmony.”

At the very minimum, you should teach your young horse the Seven Games.

By adding these additional key skills, you'll be setting him up for a lifetime of success.



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#1 Handling the Body

This lesson is always the first education the foal should have with humans. Rub the horse all over his body. “That means every inch,” says Kalley. “I want him to know I’m his friend. Getting a horse ‘functional’ is mainly just handling.”

Don’t miss a single spot. Your foal should become comfortable no matter where you touch him, including the girth area, under the tail, between the legs, on the belly, even inside his ears and mouth. Be sure

to put plenty of focus on legs and feet, as that will prepare him for his next lesson.

#2 Preparation for the Farrier

During your all-over body handling sessions, be sure you lay the groundwork for farrier work. This involves more than just picking up the feet and cleaning them out.

“You want to handle the legs and feet as a farrier would,” says Kalley. “But don’t just put them in the position. You need to hold the foot up in that position for as long as it might take to have the foot trimmed or a shoe nailed on.”

Doing this will prepare the horse for the reality of standing calmly on three legs while the farrier is doing his work. If the horse jerks his foot away, don’t punish him. Just start over and remember, release when the horse softens and relaxes, NOT when he is struggling or resisting. Otherwise, the lesson he will learn is, I won’t have to do this if I don’t cooperate.

#3 Preparation for Veterinary Work

Some of the basic things we do with horses—administering dewormer or medication via mouth, taking temperatures, giving vaccinations—can be made much easier with prior preparation.

Kalley likes to do a deworming simulation with young horses using a little molasses water or applesauce. This gets them used to the plastic tube going into their mouths and getting a little taste of something. Then when you deworm or have to give some kind of medication, it’s not foreign to them and you won’t have a fight on your hands. Make the syringe with molasses water/applesauce an occasional part of your grooming session so it becomes no big deal and just another experience.

You also want to be sure a young horse is comfortable being handled under and around his tail, so you can easily take his temperature. Some horses will clamp their tails down, so you’ll have to be patient and persistent.

“Rubbing at the top of the anus will stimulate them to pick up their tails,” says Kalley.

At some point, your horse will have to get an injection of some sort, so why not prepare him ahead of time? For a simulation of this scenario, Kalley uses a toothpick in place of a needle.

With the horse haltered, she holds onto the nose-piece of the halter. Then she presses the tip of the

toothpick into the neck at the point where you'd commonly give an injection. At the same time, her hand on the nosepiece encourages the horse to tip his nose toward her.

"I want him to relax and soften. If he softens and bends towards you, it will help keep people safe who have to work on the horse later," Kalley notes. "This is much better than a horse that braces, gets stiff and may strike. The most important thing is to remove the toothpick as soon as the horse relaxes and softens. Don't remove it when he's struggling or bracing, or he'll learn that struggle makes it go away."

#4 Go for Walks

You may not be able to ride your youngster yet, but that doesn't mean you can't go exploring.

"I like taking young horses on walks and showing them around their environment. A 12-foot line is great for this because if they get worried, they have room to move," says Kalley, adding that this is also a great exercise for older horses. The goal is to encourage your horse's curiosity and bring out his confidence, whatever his age.

Horses can become overwhelmed when taken into different surroundings, especially if they are accustomed to one specific place with familiar buddies around them. They can develop avoidance behaviors or defensive mechanisms if you don't introduce them to new things or if you try to force them to do something that frightens them.

"You want the horse to walk right with you," says Kalley. "Just walk up to things nonchalantly and hang out there until the horse gets curious and wants to check it out. Don't force him to approach something; just walk to it and stand there casually. This is where the long lead comes in handy! Horses are impeccable when it comes to reading your intentions, so if you act curious about that stump or cone or tree, they'll pick up on it, but if you focus on the horse, they might not get it.

"You can create a pattern early with weanlings and yearlings and try to encourage them to investigate things. Encourage their curiosity. Horses are pattern animals and like to have order in their lives. They like to know what's going to happen."

#5 Load into a Trailer

Kalley finds this is the last main lesson she teaches to young horses, but adds it's important that you use a

The goal is to encourage your horse's curiosity and bring out his confidence, whatever his age.



"horse-friendly" trailer. An open stock trailer is ideal, as opposed to a straight-load, two-horse, which is the most claustrophobic trailer you can ask a horse to enter.

You can lay a foundation for stepping up into a trailer on all those walks you take with your horse. Have him walk over logs and rails lying on the ground, so he gets used to picking up his feet under your direction. Walk up to the trailer the first time just as you would any other new object and let your relaxed, casual attitude encourage the horse to investigate it. When he steps in, don't tie him, shut the door, or make him stay. The idea in this initial introduction is to let him know the trailer is a safe, harmless place, and that he can come and go.

"It is important to teach the loading process early, and the weanling/yearling age is a great time to do this," says Kalley. "That way they already know how to load if you have to take them to a vet clinic or move them for any reason.

You want to accomplish these goals so the horse develops confidence in himself, with your leadership and in his environment," she says. "Then he will be set up well for the rest of his life to move forward in whatever direction you, or the next owner, want to take him."

As you work with a young horse - or any age horse, for that matter - remember they are masters at reading body language and movement. Keep this in mind and make sure your actions instill confidence and foster respect.

"Some people think if you handle a horse too much, you'll make him dull," Kalley notes, adding that this is not true. Problems develop if a horse is handled harshly or improperly, not because he's handled a lot.

The key is timing of release.

"Always release on softness. This will lead to more confidence and more responsiveness," says Kalley. "If you always stay within these parameters you'll be heading in the right direction." **ST**

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Alexandra Suarez-
Spanswick, UK

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Cheryl Croasmun, USA
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