

2018

20 YEARS *of*
**BUILDING HEALTHY
RELATIONSHIPS**

OUR MISSION:

To help create a safer and more sane world through empowering young people, individuals, and families to live and act with kindness, compassion, and wisdom in all facets of life.

HORSE WARRIORS™

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Jackson • WY • 83001
(307) 733.7464
(307) 690.6124
Diamondfly Ranch • Thayne • WY
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Horse Warriors™ is a 501(c)(3)
Wyoming Corporation and
PATH (Professional Association of
Therapeutic Horsemanship, Int'l.)
Operating Center Member

HORSE WARRIORS™ 2019 CALENDAR OF EVENTS

- JANUARY 15: Returning Student Applications Due
JANUARY 26: HW Potluck & Winter Carnival 1 - 5 PM:
Diamondfly Ranch
- FEBRUARY 15: New Student Applications Due
MARCH 15: Scholarship Applications Due
- APRIL 13: Power Ponies™/Mighty Mustangs™ Parent/
Child meeting (mandatory)
APRIL 20: Horse Warriors™ Parent/Child meeting #1
(mandatory)
APRIL 27: Volunteer Training Part I: EFMH Theory &
HW Practice: *Diamondfly Ranch*
- MAY 4: Horse Warriors™ Parent/Child meeting #2
(mandatory) *Diamondfly Ranch*
- MAY 11: Volunteer Training part Part II: Mounted and
Unmounted Work: *Diamondfly Ranch*
- MAY 18: Mentors' Training: *Diamondfly Ranch*
- JUNE 2-9: Horses of the Goddess™ Professionals'
Training Residential Workshop: *Diamondfly Ranch*
- JUNE 17: Jackson HW Programs Begin: *Wilson Arena*
- JUNE 18: Jackson Power Ponies™ & Mighty
Mustangs™ Programs Begin: *Wilson Arena*
- JUNE 19: Star Valley HW programs begin at
Diamondfly Ranch
- JUNE 20: Star Valley Power Ponies™ & Mighty
Mustangs™ begin: *Diamondfly Ranch*
- JULY 6: Horse Warriors™ Family Fun Day #1
Diamondfly Ranch
- JULY 20: Horse Warriors™ Family Fun Day #2
Diamondfly Ranch
- JULY 23: White Horse Social at the *TC Fairgrounds*
- AUGUST 10: Horse Warriors™ Family Fun Day #3
Diamondfly Ranch
- AUGUST 25: GYMKHANA 9 AM - 5 PM: *Diamondfly
Ranch*
- SEPTEMBER 7: Old Bill's Fun Run
- SEPTEMBER 8-14: Julie Robins Horsemanship Clinic
Diamondfly Ranch



A FEW
WORDS
FROM THE
DIRECTOR(S)

Who woulda thunk it??? Twenty years of bringing awareness to the ways we create relationships has made Horse Warriors™ well respected all across the country. From a small group of teenagers who came together to do their art, to a full and thorough equine based leadership and empowerment curriculum that has served hundreds of kids and families, we've certainly been on a wild ride!

This year we want to thank everyone who has helped us get to where we are, and share the story of just how we did it. It's been an honor to partner with so many dedicated families, volunteers, instructors and utterly amazing horses to help make the world a better place.

We are deeply grateful, and look forward to at least 20 more fun filled, enlightening years!



1998 - 2018
20 YEARS OF CREATING AND
MAINTAINING HEALTHY RELATIONSHIPS

In 1998, 5 little mustangs and 2 women who wanted to help change the world, birthed an incredibly powerful idea: **HORSE WARRIORS™**.

For the past 20 years this fluid and committed organization has helped hundreds of kids and families create safe and healthy relationships. It has educated and inspired dozens of equine practitioners to up their levels of professionalism. It has



helped give people with cancer a sense of hope and empowerment. It has given unwanted horses a safe and loving environment for teaching the very best of non-judgmental partnerships. It has provided family-friendly community events, and been a leader in the industry of Equine Assisted Activities and Therapies (EAAT).

But how did it all begin?

It began with a radio show on New Dimensions, encouraging everyday people to create circles in their communities - circles where common sense wisdom was shared between generations. And it followed with 5 adopted BLM mustangs who needed to learn how safe and loving humans could be.

It began with... encouraging everyone to create circles in their communities - circles where common sense wisdom was shared between generations.

Starting with weekly winter discussion/art groups, Co-Founders, Lorna Miller and Priscilla Marden gathered together a group of curious teens; teens who were interested in art, in the exploration of ideas, and were looking for adult mentors who could provide an emotionally safe and non-judgmental environment. Priscilla had been developing and teaching children's programs for decades, and was well connected to

kids in the community through her years of teaching at the Snake River Institute, Teton Science School, The Art Association, pARTners, and Jackson Hole Therapeutic Riding*, where she was the head instructor. Lorna had been running artist residencies and workshops for the past decade, so it was easy to reach out to students with similar interests.

They started by meeting together in Priscilla's tiny living room on a little cul-de-sac in Jackson, WY. Each week they worked in their journals, drawing, doing calligraphy, and painting while they discussed anything that interested them. There were no horses, believe it or not! (At least not yet.)

*JHTRA turned the program down when it was proposed to them in 1998



At the same time, Lorna's work situation changed, and she ended up with 5 BLM mustangs, plus 7 riding horses who suddenly needed a day job! The mustangs were very green - some weren't even used to many people. They needed to be introduced to humans in a kind and gentle way, and there was a trend starting in the equine industry to partner youth and mustangs together to nurture and heal both parties. It seemed a good idea to begin to introduce the teens to all the horses.



With a bit of help from the Community Foundation of Jackson Hole, who sponsored a grant for further education in the profession of Equine Facilitated Mental Health, Priscilla and Lorna developed a curriculum that was educational, therapeutic and inclusive of kids and families. The foundation was respect: respect for the humans from the horses, and respect from the humans for the horses and their "horseness" - which was so often ignored or trained out of them elsewhere. We wanted to honor and acknowledge the uniqueness of every, horse, child, volunteer and staffer in order to walk the talk.

There was a trend starting in the equine industry to partner youth and mustangs together.

Horse Warriors™ became a safe place to be YOU.

Community members were generous!

Brad Mead loaned us a pickup truck. Bill Hansen loaned us a 4-horse trailer, and all the pads and saddles were stuffed up in the manger. Bridles hung on a rope across the bottom of the manger, and Ropy was always the first horse loaded in because he wouldn't mess with them! CrimeStoppers and Sotheby's helped them buy some saddles. Volunteers came forth to help transport kids and horses on summer riding days.

Local landowners Petie Bennett, Don Barney, Erin Dann, Diana Joy, Jim Little, Marc and Anise Hirschfield, Bob Berlin, Dick Hall, Gael Summer and Nancy Goodman all offered pasture space for the horses in the summer. All that had to be done was to fence a lot of the properties!

With lots of electric wire, t-posts, fence chargers and volunteer help, the horses were safely housed. And you can imagine the time it took to gather different horses from all those many locations. Driving was a big part of the day!

As the summer came closer, the discussion group was asked if anyone wanted to continue working together, with the addition of horses. About half of them said yes, and thus began the first 2 groups. There were 4 middle-schoolers in one group and 2 high schoolers in the other. The first year was an adventure!



1. Be impeccable
with your word.

SPEAK KINDLY, DON'T GOSIP

We wanted to have one unifying philosophy for working together in groups - a creed of sorts that would honor personal faiths and beliefs.

2. Don't
take
anything personally.

3. Don't
make assumptions.

4. Always do your
best.

We were careful to be inclusive, and chose Don Miguel Ruiz's *The Four Agreements* as a guideline for how we interacted in discussions and when we were with the horses.



In 2002 it became clear to us that including parents both earlier in a child's involvement with us, and as a regular part of the curriculum, would greatly benefit families. Although the program was running smoothly, we saw instances where we thought we could do better. Sometimes a child would come to us at the beginning of the day very upset from something that had happened at home, or on the way to meet us. We

would have good discussions during lunch breaks, lots of fun with the horses, and by the end of the day the child was happy and enthusiastic. But we could see that all come apart as we watched the parent and child drive off together at the end of the day.

We asked ourselves, "How could we prevent this?" We figured prevention was a good possibility - starting with families BEFORE things got bad, getting young children into a program where activities with parents were fun, interactive, and best of all, done in a manner way "outside the box" so common roles were reversed. Power Ponies™ began for kids ages 6-11 with an accompanying parent/caregiver, and in partnership with therapists. Kids taught the parents how to brush, interact with, saddle and ride their horses. They got to be experts in a realm unfamiliar to parents, and for many of them, it was the first time their parents really listened to what their child had to say.

Power Ponies™

Over the years a number of counselors, coaches and licensed therapists have partnered with us to help facilitate the family activities: Bob Skaggs, Courtney Marvin, Carolyn Warziniak, Connie Helm, Donna Andrus, Charlotte DiPrisco, and Sherri Renzulli. All of them have been a tremendous help in creating improved relationships through working with the horses. Many of the exercises with the horses brought up patterns in families that were easy to shift before they became roadblocks to communication. The horses did a lot of the work, too!

Mighty Mustangs™ followed in the Power Ponies™ footsteps as a holding program, with an increase of challenges in the activities, for kids who completed the entry-level program and wanted to eventually move up to be in Horse Warriors™.

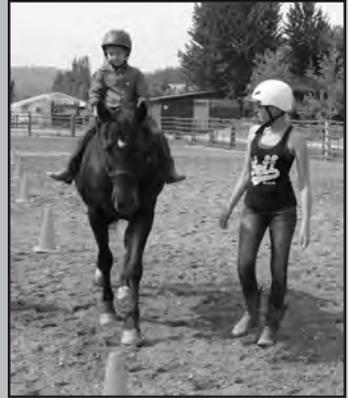


The teen programs (ages 12-18) included Family Fun Days, which were weekend sessions with kids working together with parents and horses. Because of their great success, Family Fun Days are returning in 2019 as a more frequent aspect of the curriculum.

*Family Fun Days are
returning in 2019!!*



With the advent of Power Ponies™ we started our flagship program: Student Mentors. These were (and are) the teenage Horse Warriors™ riders who have been in the program and are safety conscious, patient and knowledgeable. They became the mentors for the younger riders. They taught them horse care, basic riding, helped them with their journal activities, encouraged them as they were learning, and helped the little kids teach their parents. As the mentor program grew we started having kids stay with us 6, 7, and even up to 10 years! There was an incentive to keep on going - recognition for a skill, admiration from mentees, positive feedback from staff, extra trail ride/horse show perks, and for a number of mentors, paid staff

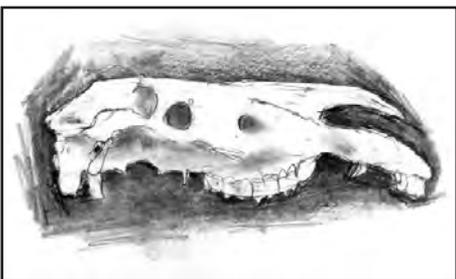


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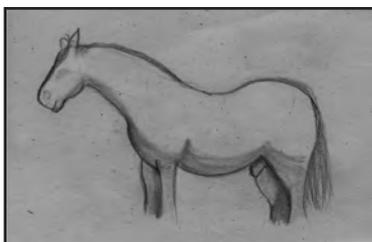


Art has always been a significant part of the program. Daily journal exercises, guest art instructors from the Wyoming Arts Council Artists roster, and even parent facilitation by some of the talented moms in our groups, has kept the art program flourishing. Backcountry nature journaling and writing were and are a regular lunchtime practice.

For many years VSA Arts of Wyoming helped underwrite the art program. After they went out of business, the Wyoming Arts Council stepped in and has been a staunch supporter of providing top quality art instruction for all of our many programs.



We are proud to share that a number of our students have continued professionally with their artistic pursuits, including graphic design businesses and university professorships. We take art very seriously (and lovingly!)





By 2004 the program had grown immensely. We were running our programs throughout the summer and fall, as well as continuing the discussion groups throughout the school year. Our small truck and trailer no longer could fill the daily needs. We added

a new truck thanks to the generosity of a donor who had taken one of our women's retreats. The Community Foundation of Jackson Hole and the Brandenburg Foundation helped us purchase a trailer big enough for all the horses for each program day to be hauled together. It even had a tack room, packed to the gills!

DEMO

TEAM #1

RYLYN LIPPOLD
DESIREE BRIDGES
JACKIE NELSON
BLANCA TRIGG
KENDRA HOOVER
KIRA BRAZINSKI



We also started our first student Demo Team presentations to the public, showcasing our relationship building skills with the horses. Our Animal Partners events were part of the Equine Film Festival and attracted many new students.



*L*eople in the equine world began asking if they could come learn from us. We developed a great reputation for innovative programs all across the country. Priscilla regularly presented program aspects at conferences, as Lorna continued networking. Women's workshops started in 2003, and by 2011 there was such a demand for more education that we created our annual Professionals' Training, a residential intensive geared to equine professionals who wanted to start or improve their own programs.



*H*orse Warriors'™ reputation spread across the country as we kept adding innovative programming. In 2009, ABC contacted us to be part of a 20/20 special about mustangs, and that summer a film crew from New York came out and spent 2 days filming our classes, mentors, and mustangs. The film starred our favorite mustang, Canyon, along with his long-time rider, Kira Brazinski. Canyon had come through the Wild Horse Inmate Program (WHIP) in Canyon City, CO, and his relationship with Kira, and the impact she had being a mentor, was a big part of the TV program.



*B*ut not all was perfect. As Horse Warriors™ grew, so grew Jackson Hole. Prices for homes and land kept up a steady increase. From 1998 to 2010 we had 14 different pasture locations! We were constantly moving horses and paying more each time we did. Hay, pasture rent, landowner restrictions that prevented any students from being on site with the horses, all started to make it less and less feasible to run a sustainable and comprehensive horse program. We faced an expensive dilemma.



*H*eavily invested, emotionally and ethically, in our kids and families, we wanted to still be able to continue with them. Many of them had multiple kids in the programs, and those kids were jokingly referred to as “lifers.” They really wanted to be with their horses and continue learning! But it was impossible to afford the high cost of keeping the horses right in Jackson.





In 2010, in order to continue the widespread success of the program, Priscilla and her husband, Tony Panarisi, decided to sell their home in Jackson and purchase a small ranch in Star Valley, 50 miles south. They put in a riding arena,

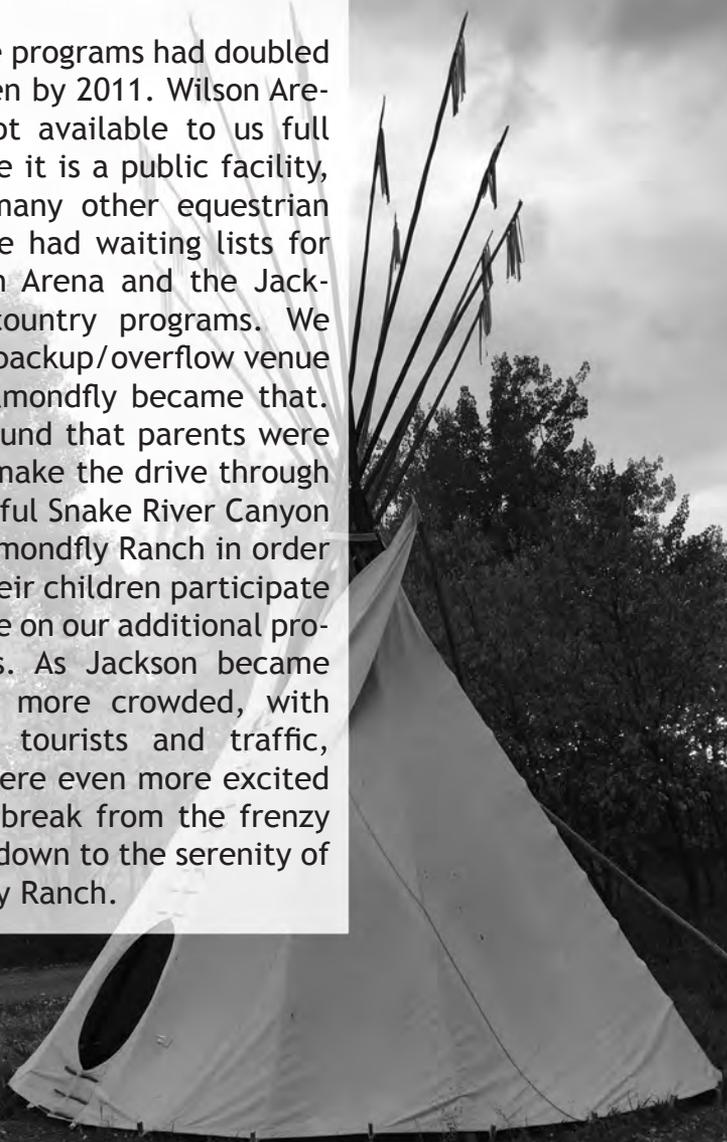
barn, pasture fencing, corrals and hay sheds, and moved all the herd down there. The compromise was to haul horses up to Jackson each day for programs. (We love driving!!!) The Diamondfly Ranch became the residential program facility with its bunkhouse and guest rooms, and the horses had a place to be kept together for free. It was a huge savings.

We were able to expand our offerings...including a free program for people with cancer.

With the additional facility we were able to expand our offerings. By 2014 we had included more adult programming, including a free program for people with cancer. With the lodge and kitchen on site, we could provide a healthy, organic lunch, as well as comfortable places for participants to take breaks when they needed. People came from Jackson, Star Valley and Idaho to be with the horses and add to their healing.



All the programs had doubled in size even by 2011. Wilson Arena was not available to us full time, since it is a public facility, used by many other equestrian groups. We had waiting lists for our Wilson Arena and the Jackson backcountry programs. We needed a backup/overflow venue so the Diamondfly became that. We and found that parents were happy to make the drive through the beautiful Snake River Canyon to the Diamondfly Ranch in order to have their children participate down there on our additional program days. As Jackson became more and more crowded, with increasing tourists and traffic, families were even more excited to take a break from the frenzy and drive down to the serenity of Diamondfly Ranch.



More “Fame and Glory” came with our expansion. In 2016 we were invited to be part of a Cowboy Mounted Shooting event that was filmed by Wyoming Public Television. Our upper level Demo Team riders performed a thrilling Drill Team ride for the spectators, and captured the attention of the film



crew. That led to a full day of filming of students for a fabulous special about Horse Warriors™ that aired on Wyoming Chronicle. (<https://video.wyomingpbs.org/video/wyoming-chronicle-horse-warriors/>)

As we move forward, we are “taking the show on the road” more. Our clinics have grown, Priscilla has taught some of our program practices at Prescott College, and we are increasing our staffing in order to enroll even more students here in Wyoming. Our summer internships are coveted experiences for students in college level equine studies programs, providing a wealth of experience in curriculum development, herd management, hands-on teaching, alternative horsemanship, backcountry education, fundraising, administration, event planning and marketing. Interns learn what it really takes to run a successful, sustainable program.

Our summer internships are coveted experiences for students in college level equine studies programs.





We like keeping in touch with our graduated students, and 2018 saw the first “Second Generation” participation. We were thrilled to have a former student enroll her daughter in Power Ponies™ and are honored that her experience with us was so profound as a teenager that she wanted her child to have one, too.

Some of our graduated students have become instructors for the program and have continued their teaching expertise in their current communities:

Kira Brazinski:

Yoga Instructor

Betsy Palmer:

Youth Leader

RyLyn Lippold:

college equine studies,

HW Instructor

Ainsley Pratt:

majoring in Psychology

and outdoor educa-

tion, HW Instructor

The Horse Warriors™ horses have always been the foundation of the program. We still have some of the early herd, though they are well into their 20s now, and 2 of them are in their 30s. *Our deep and heartfelt commitment to them is that we are their Forever Home.*

When their riding days are done, there is still a lot they can do in the programs. They are wonderful for teaching groundwork and safety around horses. They love to do demonstrations for blanket fitting, leg wraps, and some are even great for deworming! They help people who are fearful of horses overcome that. They are staunch members of our Cancer Kickers™ group and spend much time being part of a healing circle. Some, like Grainne, star in the White Horse Social, Old Bill's Fun Run, and even go to church to be blessed and fed carrots! After teaching many riders that "Less is More," our original white horse, Ropy, spent his golden years as an art canvas and treat tester!

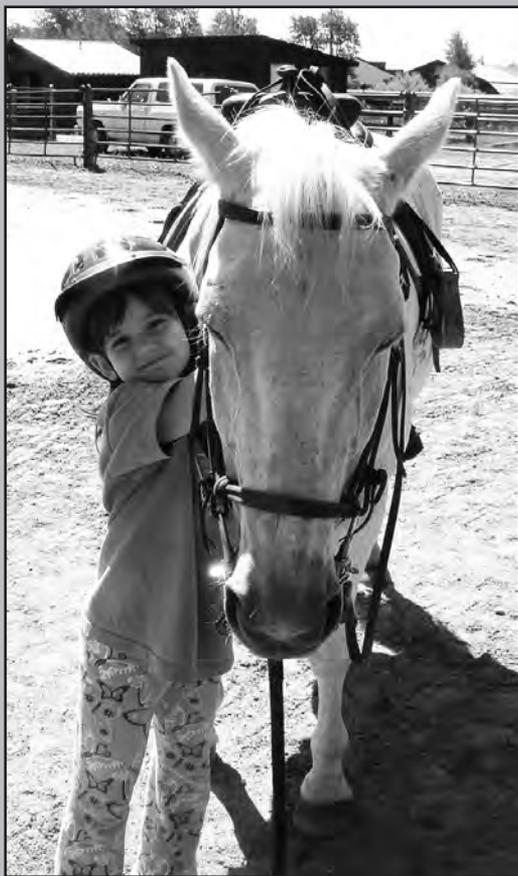
Modeling lifelong care and good stewardship is something we feel we pass on to participants. It gives them permission to view another living being as more than a commodity. They are our partners, and have taught literally hundreds of people to look at relationships from a kinder perspective. We are in awe of how easily they give us 100% of their hearts every day! They live happily at the Diamondfly, and when they cross the Rainbow Bridge they are laid to rest with their old friends in a quiet corner of the ranch.



Growth and change have always been a foundation of the Horse Warriors™ programs. Adapting to individuals, reading the clientele, searching for the best practices to optimize student success - and actually creating many of those for the equine therapy industry ourselves - constantly upgrading curriculum, fine tuning our understanding of equine behavior, working to keep our horses in a supportive and natural environment, and maintaining a protocol of continuing education have all been integral parts of the programs.

We are proud of our 20 years of teaching kindness, helping people understand and implement good relationship skills, and doing our part to add to our community in a positive way.

We are also deeply grateful to the many people who have helped us sustain our vision, and look forward to another 20 years of making the world a better place for both humans and horses.



Thanks for sharing the journey!

MENTORS SPEAK



What is it like to be a teacher? What is it like to include horses, parents and kids all in the same lesson?

Our mentors get lots of practice in giving clear instructions, being patient, improving their self-confidence, noticing improvement and giving encouragement. All of them have been through the Power Ponies™ and Mighty Mustangs™ programs themselves, and remember how important their own mentors were when they were young.

We are super proud of these young women. They volunteer a lot of time both in the arena as teachers, and as helpers before and after the lessons. Many of them also help care for the horses and do ranch chores when they come to the Diamondfly. Their horsemanship and teaching skills are both noteworthy!

THEIR WORDS

I honestly think a part of everyone loves mentoring; even moreso teaching. The power of taking someone with less knowledge than you, and showing them the correct way to do whatever it is they're trying to do - in this case, ride horses.

At times my journey as a mentor was more than a little frustrating. I'm sure you know the feeling of telling someone something over and over and OVER again, but when they finally learn it, that overwhelming sense of accomplishment has no equal.



Overall, there's a brilliance in teaching. Personally, I adore young children; their earnest innocence is refreshing. The entire time I feel a strange déjà vu - from being in the place of the teacher I can remember when I was that innocent little girl.

In conclusion, I think more people should have the chance to mentor. After all, I find myself using the assertiveness learnt from teaching with my classmates, and the patience with my family. Mentoring teaches valuable skills in social interactions. This year I learned a number of skills and tricks, none of which I will forget soon.

*M*y experience with the mentoring program has helped me with feeling more confidence in myself, be more comfortable with younger kids. Everyone is so nice and happy you can just laugh freely, every other mentor has different styles of how they do things. Everyone who I helped this year was so kind. The kids and parents were just amazing and so friendly. The kids were funny, excited to learn and just fun to be around. I really think I help them learn more about horses and themselves. I can't wait to come back next year!



*W*hen I mentor it is very fun and almost relaxing. I learned how to read people's emotions better, as well as just speaking a lot more. It was a very cool experience to be the teacher and teach another person.



*M*entoring is about students getting the chance to learn to communicate with both others and horses. Mentoring has taught me so much. One thing is to listen to other people's perspectives on the world, in life or horses. I now feel like other people's perspective matters more. I care more to listen to them. Listening to others' perspectives may teach you to adjust your perspective.



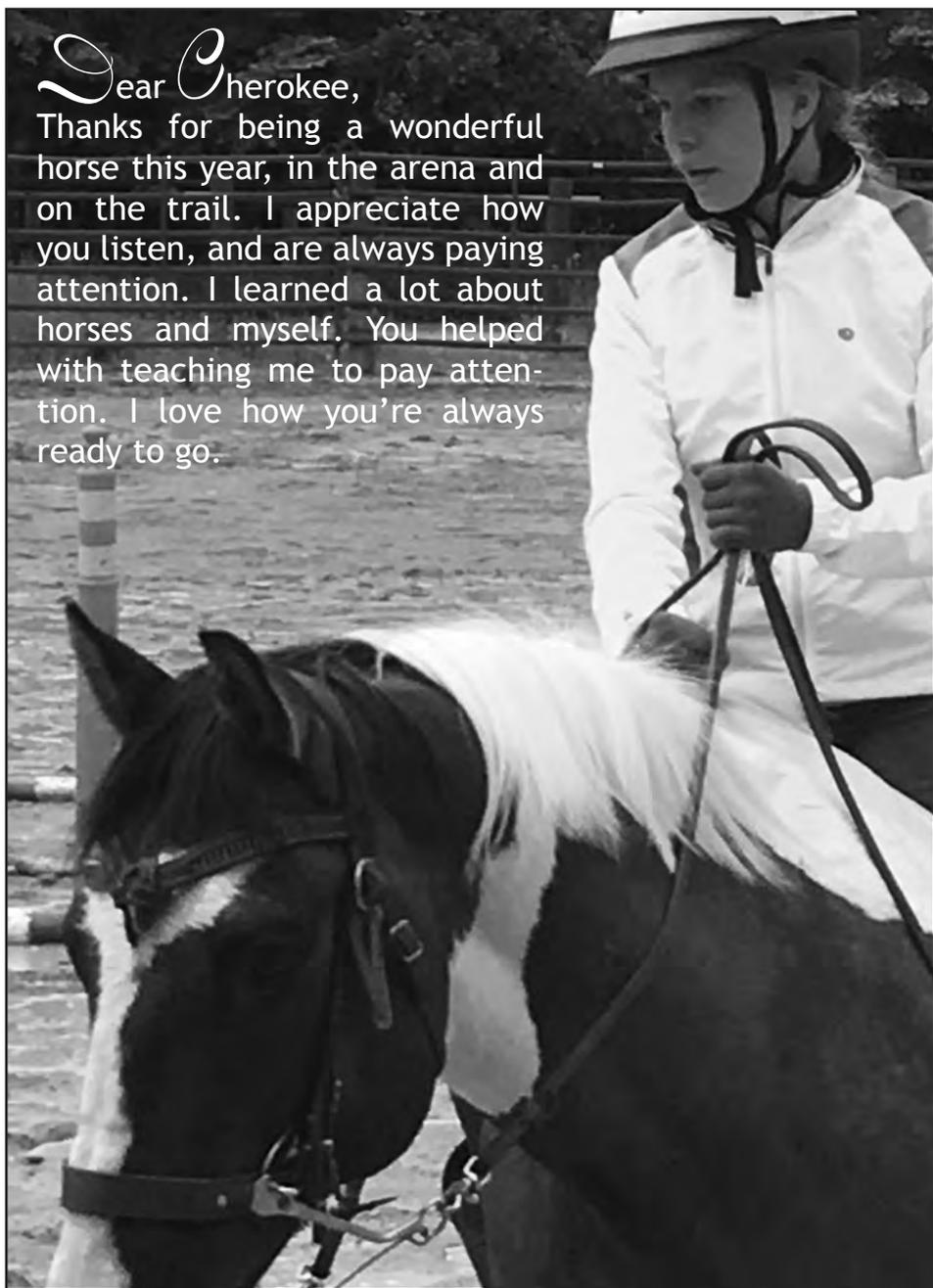
One of the best things being an instructor for Horse Warriors™ this summer was working with many young girls who were mentors. From June-September I watched these girls gain confidence, become better riders, better friends, and more effective mentors. They all took care of their students, making sure they had success and fun in learning. I witnessed their patience grow and their communication become clear (as evidenced by their students' progress). In doing so they became leaders. They also remained open to better themselves as teachers and were always supportive of each other. Never have I worked with a nicer group of people. I have no doubt they will all continue to excel in life. It has been an honor to spend time with all of them. - **JEANNE**



Teaching for Horse Warriors™ allowed me to explore my role in a leadership position. Working with kids allowed me to find my passion and build powerful connections with students as well as my mentors. As a teacher, I found myself learning a lot about myself and the importance of the strong community created through the program. - **AINSLEY**

L·E·T·T·E·R·S

Dear Cherokee,
Thanks for being a wonderful horse this year, in the arena and on the trail. I appreciate how you listen, and are always paying attention. I learned a lot about horses and myself. You helped with teaching me to pay attention. I love how you're always ready to go.



Dear Spirit,
Thank you so much for listening so well to me. Whenever I'm riding you I feel so safe and comfortable. Even when you don't want to do something, you are willing to overlook that for the riders you care about. I love how you turn into me when I'm brushing you and smell my foot on the trail.



Dear Spirit,
Thank you for letting me ride you this summer! You are such a good horse and you listen very well! Trail rides without

you would certainly not be as fun. You are my favorite horse that I've been around. I also hope I get to see you more often. I would also say how good you are at reading emotions.



2018 HORSE OF THE YEAR

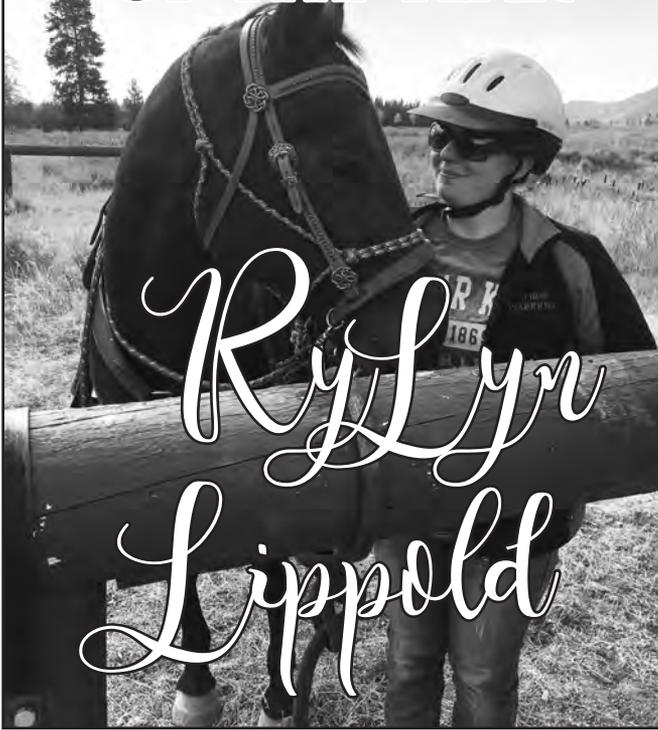


Spirit



*S*pirit is a 12 year old Pony of the Americas mare. She is 13.3h and yet she carries all sizes of rider, patiently, safely and with great enthusiasm. She goes anywhere, does anything and is super smooth to ride!

2018 VOLUNTEER OF THE YEAR



We are so happy to award this honor to RyLyn! She has been part of our programs since she was in 7th grade, and has been a student, mentor, instructor and volunteer ever since. She is an excellent horsewoman, teacher and team player, and shows up every day ready to give 100% to

the program. We're also grateful for her help in getting us 3 new horses this year, and helping us get Miranda (pictured) ready for classes next summer. We thank you, RyLyn, for being an important part of the team!



We also want to thank this great line-up of staff, mentors and volunteers - they make the program a success every day!

BACK ROW L-R: Lisa Ruschill, KO Strohbehn, RyLyn Lippold, Ainsley Pratt, Cheryl Renzulli

FRONT ROW L-R: Gracie Regan, Jeanne Burns, Patti Mailly, Grace Carlson, Lindsey Erb (not pictured but greatly appreciated, Karen Eckert!)

This year we welcomed 4 new horses into the herd. We looked for younger horses we thought would carry us into our next couple of decades, ending up with ages 3, 9, 13 and.....20+, but that was a long story! We were excited to partner with Hapi Trails, a horse rescue organization in Idaho, to adopt Miranda, 13, a lovely horse found wandering and injured, and who was never claimed. Healed and happy, she loves being a new addition. Priscilla purchased 2 more: Biscuit, a 3 year old palomino TWH/Welsh cross, and Whicker, a 9 year old dark brown/black OTSB (off the track Standardbred). She also adopted Chance, a rescue case who has certainly had some less than kind treatment. All of them are working into life as teachers and healers and we are excited to have them on board in 2019.



RESIDENTIAL PROGRAMS

Professionals' Training

FOR EQUINE FACILITATED LEARNING
AND EQUINE FACILITATED PSYCHOTHERAPY

JUNE 2-9, 2019

DIAMONDFLY RANCH • STAR VALLEY, WYOMING

COST: \$1750

INCLUDES SHARED LODGING, MEALS AND SNACKS
40 CONTINUING ED AND CERTIFICATION HOURS FOR CEIP



Priscilla Marden

CEIP-ED; ESMHL; TRI:
Certified PATH, Intl. Instructor
Executive Director, Horse Warriors™
Jackson Hole, WY
CBEIP Co-Chair

Nancy Waite-O'Brien

Licensed Psychologist, CEIP-MH;
Somatic Experience Practitioner
Owner, Wind Horse Crossing
Mountain Center, CA
Former VP Clinical Services at the
Betty Ford Center

200 lb. weight limit for riding due to horse size. Tuition includes all instruction, required safety helmets, snacks, meals, horses and equipment. Limited to 6 participants.

September 8-14, 2019

Julie Robins

Aiken Horsemanship Academy
www.julierobins.com

Horsemanship Retreat:
DIAMONDFLY RANCH

PRICE AND AMENITIES ARE
THE SAME AS FOR OUR
PROFESSIONALS' TRAINING
ABOVE

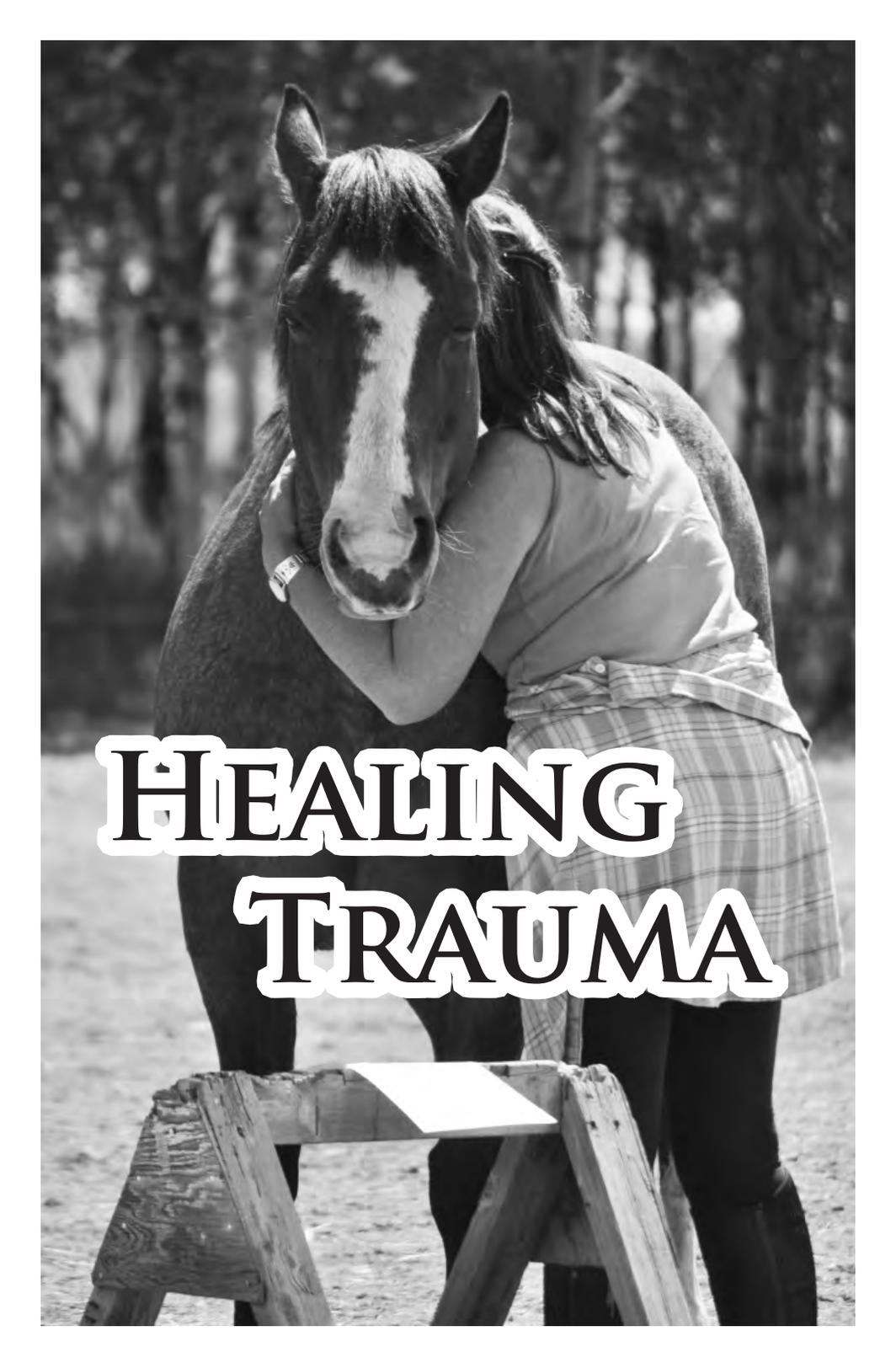
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horsewarriors@wyoming.com



HEALING TRAUMA

CAN HORSES HELP US HEAL?

Our answer is a resounding, “Yes!”, but how does that work? Well, it can work in many ways, and here is one exercise from our Professionals’ Training residential program this past summer that shows a series of interactions that participants found healing.

The exercise began with each participant drawing 2 pictures, fairly quickly, with crayons. One picture was of a traumatic event, and could just include a symbol of the event, not a lot of details about the event itself. The second picture was of something that made her happy - a place, a memory, an activity, etc.

We did this exercise one at a time, with the other participants watching from outside the corral, holding space for our highest good. The exercise was facilitated by Nancy Waite-O’Brien, Ph.D, our co-instructor for these trainings, who is a licensed psychologist, and of course, the horses themselves.

Each participant spent time with the whole herd of 20 horses, allowing for a mutual choosing of partners. When the choice had been made, the person taped the trauma drawing on one sawhorse in the corral, and taped the happy drawing a distance away on the second sawhorse.

The horse and human spent time together (and the length was determined by the pair of them) and the human had a chance to just be with her equine partner. If she wanted to ask a question or share an intention it was done in this initial “conversation”, silent or spoken.

When the participant felt the connection between herself and the horse was strong, she began a series of visits to each of the two drawings. The time spent with each piece varied from person to person. Going back and forth between the two sawhorses and images could be done with or without the horse following. When the participant felt complete, the session ended with a last visit to the happy place drawing, and a final time simply with the horse. Many of the participants chose to throw away their trauma pieces and keep their happy place artwork.



The participant was then able to process the experience with Nancy, and the observers who were holding space were invited to share what they had witnessed as well. It was incredibly powerful and validating for everyone, and the horses were highly engaged.

Privacy prevents us from sharing individual stories, each one of which was profoundly supported by this activity. However, Priscilla was willing to share some parts of her experience with Skippy in this newsletter in order to show the process through photos.

PRISCILLA'S STORY

“When I went out into the herd to meet whatever horse wanted to help me through this exercise, Skippy immediately came over and stood close to me. He wouldn't let any other horses come up to us, and it was clear to me that he wanted to be my partner for this.



“I really didn't know what I wanted from Skippy, or what he was willing to give, so I just asked his permission to do this little journey together. My good friend, Barbara Rector, has taught many of us equine practitioners the respectful concept of “Con su permiso” - with your permission - and I know it's important to always give a horse the choice of participating in this kind of very intense work.

CON SU PERMISO

“It's important to always give a horse the choice of participating in this kind of very intense work.”

There's an element of trusting in the unknown, and allowing what needs to happen to happen. I was willing to let Skippy bring in his part, whatever that might be. And of course, he was free to come and go as he pleased. All of this work was done with the horses completely at liberty.

“The horses and participants who had gone before me had connected at the beginning and end of their sessions, so I assumed that was what Skippy would do - wait for me to go process and then come back. But instead he followed me over to



the sawhorses and stood really close to me the whole time.

As I went back and forth, at one point he walked in between me and the trauma drawing and

tried to herd me away from it! My sadness was high when I confronted the trauma memory, and I'm sure Skippy could sense some of my feelings of loneliness and vulnerability.

When I did stand in front of it, I could feel him often touching me from behind, sending the message, “I've got your back.” I was immediately comforted.



*“I've got
your back.”*

- SKIPPY

*I was
immediately
comforted.*

I don't I don't know how long I stood at each drawing, but the observers said that at one point Skippy left me and walked up and down the fence line in front of them, bulling his head towards them as if to say, "Help her out! Be the Witness!"

The process of integrating and releasing takes time. There were numerous trips back and forth between the drawings. Sometimes it felt to me like he was reminding me, "It's just a piece of paper - don't be afraid," helping me recognize that I could make the choice to let go of the charge around the memory.



"It's just a piece of paper - don't be afraid."

Other times I turned to him literally for advice. He stayed with me, patiently available for hugs as needed. He felt like the pillar of strength I wanted to embrace in myself.





“The therapist plays a key role in this exercise, both as an observer and a holder of sacred space for emotional and physical safety. At one point when I was really sad, I am convinced that Skippy knew where to go for help. Nancy and Skippy had stood together across from me as I readied myself for the exercise. I’m certain he recognized her strength and wisdom, so he turned to her for support. She reassured him that she wouldn’t let anything bad happen to me. This all takes place on an energetic level that the horses are adept at reading, much moreso than we are.

“...he recognized her strength and wisdom, so he turned to her for support.”

Skippy chose to wait a bit with Nancy before returning to me. I know they were both trusting me to move through the moment.



“*W*hen I felt close to being complete we stopped for one last time at my happy place drawing. To my amazement, Skip-py put his nose on the sawhorse, took it in his teeth, picked it up and moved it towards me! I couldn’t have had a clearer directive - he was spot on with what I needed to do! Embrace that happy place and Be There!



*I*t's hard to describe the strength of support I felt while Skippy was with me. He had so much patience while I dwelled on the issues in my head. I felt like he was commenting all the time, advising me that this trauma was just a picture, that it wasn't my life now, that I had lots of support in the world and it would be OK to do things that made me feel happy. He also made me feel that it was OK to be sad. I didn't have to look or be perfect all the time.

I couldn't be more grateful for this experience. It shifted something deep inside, and I've been able to ask for more help, create time to work on creative projects, and start seeing my life as more than just my job. Skippy was the most beloved of partners for this, and I am so grateful he immediately stepped up to help me. He was certain - certain with that perfect equine sensor he has - that we would come through with flying colors!"



"I didn't have to look or be perfect all the time."

WHY DOES IT WORK?

Some of the factors that participants reported in our clinic, as well as others who have done this practice with horses are:

- The presence of the horse itself is therapeutic. Horses and humans tend to couple their heart rate variability (HRV) when there is a freedom of choice in being together.*
- The horse is a non-judgmental partner who stays in the present moment.
- Self-reflective quiet time allows for deep processing in silence.
- Shifting the focus back and forth between images helps dispel some of the charge associated with memories and the power of the trauma story.
- Creating an emotionally and physically safe place for both the horse and the human to work together allows for a different process from traditional talk therapy.
- Being able to mutually choose partners immediately gives a sense of choice and empowerment to the participants.
- Skilled facilitators insure that the highest good of both the participants and horses is held as the intention of the activity.

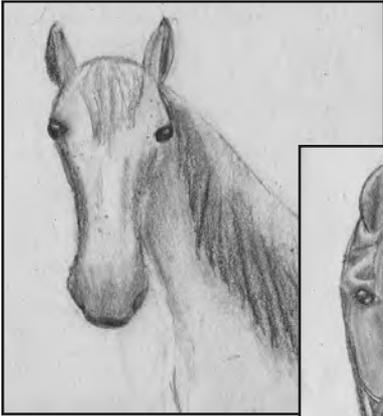
The reason this process works on a brain level is that we create new brain pathways when we visit pain and happiness (pleasure). It allows the brain to release some of the energy attached to painful memory. As this happens, the body releases tension, and that's what the horse notices. It seems as though horses are aware of our thoughts, but they really are aware of our bodies and how they carry, experience, and release emotion.

*The study, "Quantitative heartbeat coupling measures in human-horse interaction," was published in the Proceedings of the IEEE 38th Annual International Conference of the Engineering in Medicine and Biology Society. (Multiple studies of this phenomenon can be found on the internet)

A·R·T



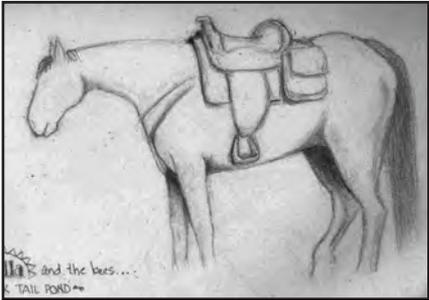
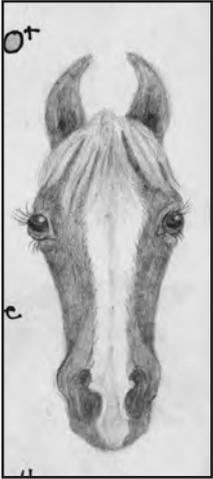
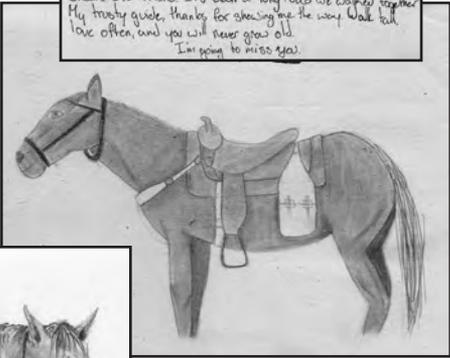
P · E · N · C · I · L



Cheers old friend Its been a long road we walked together
 My trusty guide, thanks for showing me the way. Walk tall
 love often, and you will never grow old
 I'm going to miss you!

Such great models!!!

They wait very patiently at lunch!

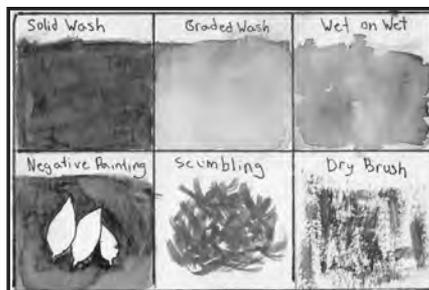
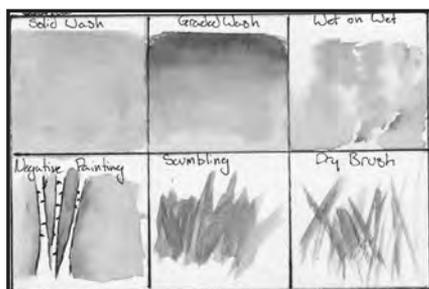
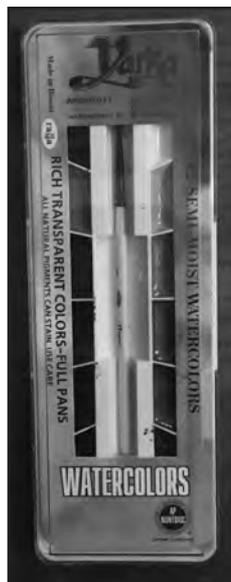


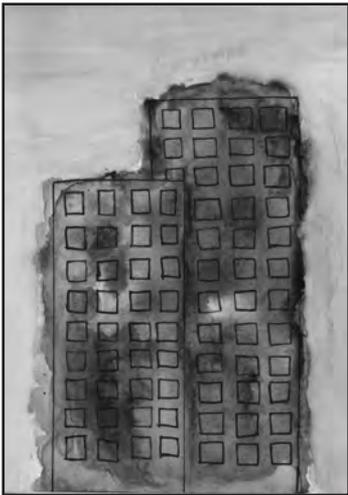
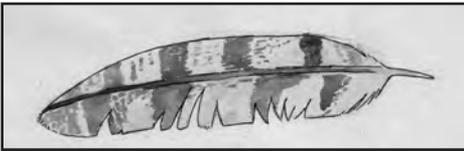
and the bees...
 TAIL POND

P·A·I·N·T·S

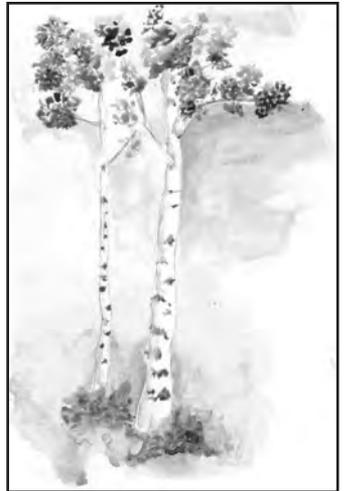
Watercolor came to Horse Warriors™ this year! Thank you to our staffer, Jeanne Burns, for doing such a thorough job of introducing us to the medium!

We found a great, affordable product for students. These Yarka watercolors are brilliant pigments - we got them from Dick Blick: www.dickblick.com Starting with some very basic practice grids, we branched out into lots of painting in the backcountry. The watercolors ended up being very portable because of our proximity to some streams, and of course, our water bottles!

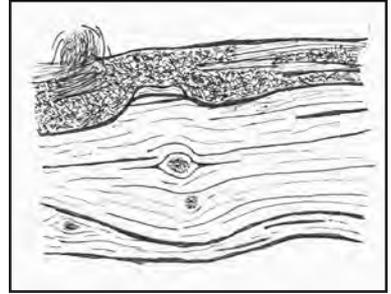
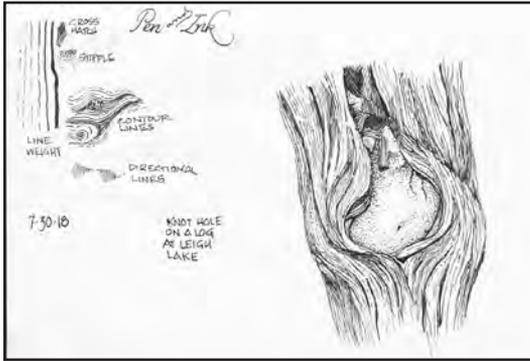




We painted everything from mountains to cows - you never know what you'll find out on the trail! Next summer we will continue working with this medium since it was so successful.

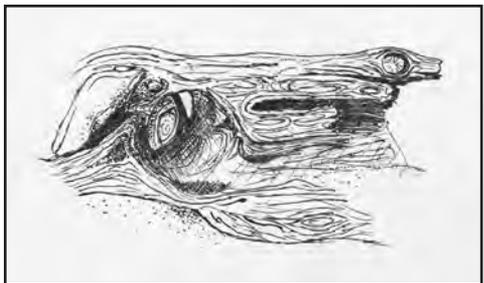
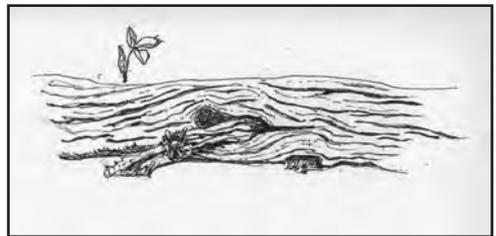


P·E·N & I·N·K



It's very challenging to create form and structure, shadows and light with just one color: BLACK

The natural world provides ample practice with its variety of found objects and majestic mountains.



P · O · E · T · R · Y



Thanks to a grant from the Wyoming Arts Council, we were fortunate to have Matt Daly join us this fall for a day-long poetry workshop at the Diamondfly Ranch.

Oh, boy, did we learn a lot! Matt came equipped with fun and inspiring exercises to get us all writing. We started with making a journal of words (kind of like our famous Smoosh Book Journals), and used them throughout the day to create resources for our poems.

One of the first activities we did was to create blackout poems, selecting random words and phrases from a sheet of prose. Some of them were pretty funny, but it showed us how easily we could find interesting word collections and put them together. Poetry is hidden everywhere!

Another intro was to create “Wise Sayings.” Those were pithy! We eventually used them as a mid-point start for a poem - you had to build the poem forward and backward from the wisdom line. It was kind of like a treasure hunt!



Wise Sayings



A friend is only as long as trust.
No feast is served on a 3-legged table.



A dog with no master will pee anywhere.
A ham tastes good to everyone but the pig.
A sword can't choose the hand that wields it.
It's what's on the inside that counts.



Without water a water bottle is just a bottle.
Every mountain has a view.



No horseshoe is the same.
An unspoken word is a word that never existed.
We don't miss summer until winter starts.



One tree does not a forest make.
A pen is worthless without ink.
When the horse jumps, the rider can't stay still.



We do not love the orange for the peel.
Every circle has to begin somewhere.
The wood clock that keeps time is more valuable
than the gold clock that has stopped.



The wisest of the owls is not the wisest of the
deer.



An orange is nothing without its color.
No mirror sees the same thing.



A duck can't quack without its beak.
A person is like a painting for none are the same.



You had to build the poem forward and backward from the wisdom line. It was kind of like a treasure hunt!

SEARCH FOR THE WISE SAYINGS

Starting inside where
the porcelain - free of
stain, unchipped -
yaws its open mouth to
our pitchers, kettles, bottles,
hoses, faucets,
we choose what
to pour;
inside,
cold milk,
hot chocolate,
bitter coffee,
sweet tea
flow on their journey inside us;
cold, hot,
bitter, sweet,
what we sip becomes what
we swallow
inside,
becomes who
we are, inside;
cold, hot,
bitter, sweet,
A CUP CAN ONLY SPILL WHAT'S
INSIDE IT;
fill with caution for
you will leak what you flow

I walk past that water reflecting
object each morning,
as well as so many others.
Each one seeing something
different.
Each one like a
human.
But this human doesn't
move or
talk,
it just
sits there and
watches.
NO MIRROR SEES THE SAME
THING.
Each and every mirror looks at
the different people in
that house, but
that's it.
It doesn't see what
we see.
For it is just
a mirror.

They speak in verse -
revolutionary gibberish
For this meaningless jabber
shall change the world
Stanza after stanza,
line after line,
proving their endless knowledge
- or when they say they know
THE WISEST OF THE OWLS IS NOT
THE WISEST OF THE DEER
As they
and what they say
sound similar
but are as the sun and the moon.

Instructions for Planting a Tree

A tree needs nutrition

Best if it is from ancestors

Ashes of a father, lining a deep
hole, about as deep as the one in
your heart

But not all the ashes because some
belong in the quiet eddy where he
loved to fish, gaze fixed on the Caddis
nymph held on the surface
like a tiny ballerina
waiting for the open mouth, the
strike of a line, the leap into
the piercing dry air

Use just enough to coat the roots with
the powdered history of a life in
the woods, the dust of a man who
camped, hunted, loved dogs, told
jokes and drank martinis

A man who baked pies for Sunday church

Hold the tree straight and tall like a
lieutenant, proud and skyward

Pack the dirt so tight no memories can
wash away

Water with tears

Harvest the apples

Bake pies

Instructions for Changing a Tire

Sometimes tires
move faster than cars
Sometimes roots
grow faster than leaves
Sometime kids
act better than adults
But when tires
can no longer yell
they can't
cross the finish line

Instructions for Cheering on Teammates

It fascinates me
how my voice holds out
through my
ceaseless shouting
Call it "loud
encouragement."
helping others
across the finish line.

I am a hero,
albeit one with a
sore voice,
supporting others
with
nothing
but speech,
praying
that they'll in turn
support
me.

Instructions for Digging in the Sand

Let the diamond hum from the confines
of your suitcase back in its rented room

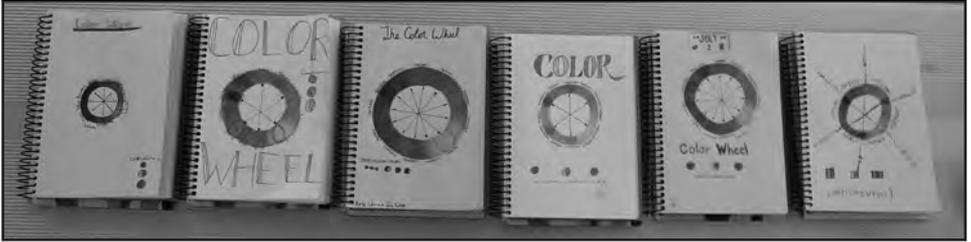
like a porch light drawing in whispers
of moths. Let the bright moon rise

over the blue lake. All the living and once-
living, even the two of you side-by-side,

turn into shadows. Dig a shallow trench
into the volcanic sand with your ring finger.

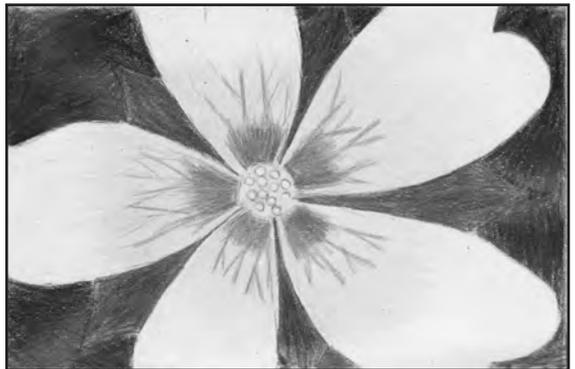
Make the shape of an unclosed circle
reaching for the North Star.

C·O·L·O·R·S



From Color Theory to complimentary colors, color families and blending, students have many opportunities to learn.

These samples are all from an exercise in working with complimentary colors. (Too bad this is in black and white!!)



P · A · S · T · E · L

We had a full year of art exploration, and it's continuing into the winter. Just as they did for the Poetry workshop, the Wyoming Arts Council helped fund our appreciation of some of the great pastel masters, and helped us host SUSAN DURFEE as our pastel instructor for our day-long retreat.



Our day started with an overview of pastels and famous pastel artists. Susan showed slides of different techniques, helping us see how the play of color and light worked on each piece.

She brought different papers for us to try, and WAC helped us purchase a large set of high quality soft pastels for the group to share. It was like Christmas - all those rich



colors! We did dry paper techniques and also tried some washes with the pastels. This was a brand new medium for many of the students so there was a lot of excitement about learning a new skill.



JOURNEY INTO NEW TERRITORY!



F · A · B · R · I · C

Kay Stratman returned again (she is such a favorite of ours!!!), this time bearing gifts of fabric paints, bandanas, t-shirts and market bags.



Beginning by painting and stamping on paper, we had about an hour to practice our skills of inking the printing blocks, and accurately aligning our designs. There was a lot of trial and error!



The final projects were wearable art. We each got to create a t-shirt, and most of the students had time to make a recycleable bag and a bandana.



They even made notecards!

GRANTS & SPONSORSHIPS

*Thank
You!!*

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Ice Cream Sundaes!
Pony Painting!
Hot Dogs!
Art Table!!

FUN!
FUN!
FUN!
FUN!
FUN!



2019 Date:
Tuesday,
July 23
at the Teton
County
Fairgrounds



6-8 PM - See you then!

2018 ANNUAL REPORT

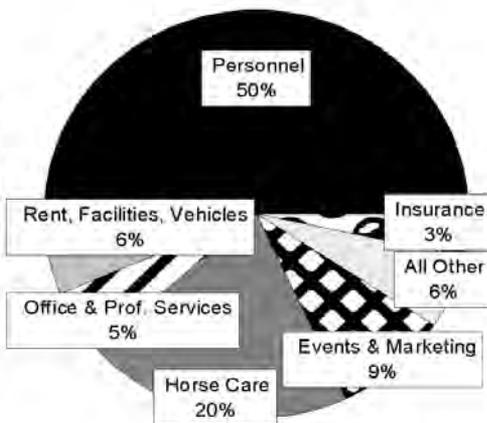
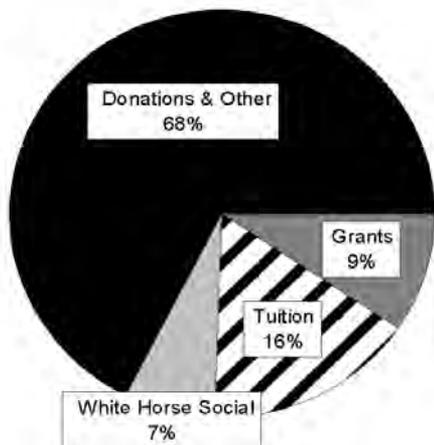
Horse Warriors™ income comes from tuition, The White Horse Social fundraiser, donations, and grants. Our budget is small. We average 75-100 participants per year and have 23 horses. We have one full-time staff person for our year-round programs and 2 summer staffers. Our volunteers donate over 7000 hours of program support per year. We receive \$190,000 of in-kind donations to maintain and board our horses, and to keep our programs running. All our horses are cared for on site and we do a lot of our own veterinary care. We transport horses to our programs up in Jackson every week, as well as transport both horses and students to and from the various trailheads for our backcountry program days. Over 50% of our students receive financial assistance each year in order to participate in our programs. 90% of our students are continuing students who remain in the program 7-10 years, advancing into our student mentor program, junior staff employment program, and even to eventually becoming summer staff and program support.

We are a long term investment in human potential!

Horse Warriors: 2018 Revenues & Expenses

Revenue (Total=\$129,741)

Expenses (Total=\$121,426)



Special thanks to Jonathan Schechter for creating our graphs!

D·O·N·O·R·S

Armond Acri • JoAnne & Eric Anderson • Anonymous • Antler Inn • Maria & Paul Armstrong • Azadi • Mark Barron • Pilar Bass • Petie Bennett • Jan & Bob Benz • Carol & Dennis Berryman • Martha & Bill Best • Lila Bett • Kim & Zahan Billimoria • Julie Birrer • Carol Black • Pamela & Dwight Bode • Diana Brown • Tisch Brown • Alison Brush • Mike Campbell • Virginia Cave • David Chavez • Libby Crews Wood • Susan Crosser • Cindy & Matt Daly • Alex Dawson • Virginia & Jim Dean • Anne & Eric Delahaye • Sylvia & Joe DiPrisco • Nancy and David Donovan • Kaye & Shane Evans • Kimber Everett • Patty & Frank Ewing • First Interstate Bank • Susan Fleming • Martha & John Gilmore • Phyllis & Joe Greene • GO Electric • Greg Gricus • Doug Halsey • Betsy Halter • Chuck Harris • Ann Harvey • Susan Hedden • Connie & Skip Helm • Holly McCollister Fund • Marne & Ed Holstein • Brit & Brad Hoyt • Jane & Charles Kusek Foundation • Margaret & Aaron Japel • Karen Jerger • Becca & Sam Jewison • Mary Lou & Richard Klene • Tracy Lamb • Maggie & Dan Land • Christie Laughery • Legatus Foundation • David Leidesdorf II • Rhea Lewis • Tony Losardo • Gloria & David Lorenzo • Layton MacLeod • Patti Maily • Priscilla Marden • Linda Mars • Faith & Mike May • Misty & Kent Mazzia • Mary & Brian McSorley • Greg Meisner • Janice Miller • Lorna Miller • Christina Mizelle • Judy and Matt Montagne • Janet & Bill O'Neil • Elaine Newcomb • Bill Noonan • Tim Oakley • Kathleen Osterman-Meisner • Andrea Overly • Monica & Peter Overly • Diane & Jeff Palmer • Tony Panarisi • Nancy & Bruce Pasfield • Susan & Ken Pedersen • Penny Peterson • Ruth Ann Petroff • Holly & Warren Pratt • Patsy & David Raaum • Jim Radda • Jan Redmond • Coleen & Peter Regan • Helen Regan • Nancy Nickel Resor • Lisa Ridgway • Jim Roscoe • Lisa & Russ Ruschill • Corie Rybak • Cindy Satagaj-Radda • Alex & Jonathan Schechter • Debbie Schlinger • Mary & Harvey Schmidt • Bob Shervin • Jenny and Danny Shervin • Katherine & Jack Shook • Sandy & Dick Shuptrine • Steven & Bernadette Smith • Soroptimists International of Jackson Hole • Stinky Prints • KO Strohhahn • Alice & Walter Swank • Karla Swiggum • Catherine Tallichet • Jody Tuft • Jantina Tuthill • Jody Utter • Westwood Curtis Construction • Whitmire Family Fund • Peter Wood • Suzanne Young

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- Help Maintain Hoof care: Shoeing/Trimming
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\$1950 (need 4)
- Sponsor Arthritis Medication for Aging Horses
\$660 (need 3)
- Sponsor Pergolide for our Horses with Cushings
\$1080 (need 2)

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