



# TEAMWORK

"TEAMWORK IS THE FUEL THAT ALLOWS COMMON  
PEOPLE TO ATTAIN UNCOMMON RESULTS."



**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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Horse Warriors™

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# TEAMWORK

**team•work [teem-wurk] – noun**

1. cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause.

## 2006 TEAM STATS:

**11 HORSE WARRIORS™**

(5 ROOKIES, 6 REGULAR  
SEASON PLAYERS)

**6 SINGLE "A" POWER PONIES™**

**8 PRE-SEASON HORSES OF  
THE GODDESS™ (ES)**

**5 "AAA" VOLUNTEERS**

**30 WESTERN ARTS GUILD  
DEMO TEAM FANS**

**167 FARM LEAGUE MARKET  
PAINTERS**

**200 PLAY-BY-PLAY WHITE  
HORSE SOCIAL PAINTERS**

## COACHED BY:

**14 STARTING PLAYERS**  
(THE HORSES!)

**1 PINCH-HITTING NPS MULE**

**5 DESIGNATED INSTRUCTORS**  
(ALL FROM THE  
AMERICAN LEAGUE, OF  
COURSE...)

**SUPPORTED BY: YOU**

# Well, this is it ~ The TEAM THEME.

**IN THIS** issue we share with you what it takes to be part of a team. What is a team, anyway? Can it just be two partners working out a game plan for success? What happens when the partners change? What happens when the captain becomes the student and the student becomes the captain? How big can the team get? Can the whole community be part of your team?

At Horse Warriors™ we build teams every minute that we are either with our horses or with each other. It's what makes us successful in helping the world shift into a more cooperative, more tolerant space.

None of us can operate alone. We all need a "herd" no matter who we are. We need partners, friends, families and community, whether we are rich, poor, gifted, challenged, old, or young.



PRISCILLA MARDEN, EXECUTIVE DIRECTOR  
AND HER BELOVED TEAMMATE, WYATT

We are social animals, humans and horses. It's why working with the horses teaches us so much about ourselves. We watch the herd squabble and squeal out in the field, and see little groups grazing together, running off a horse from another group with a kick or a nip. But if there is danger, each horse is instantly part of the big herd, and they turn and run together, or face down the spooky element as one unified energy. All their personality differences fade in the face of survival.

This is what we teach in our team building: that in the long run we truly care about our families and friends. We may have ups and downs that cycle through those relationships, but at the end of the day these are the people we love, the ones who care for us, and whom we cherish. It may be hard at times, and we'd often like to kick or nip if it's a bad day, but with a little help and encouragement we can get past that and see the bigger picture.

We want to thank all of you who mean so much to us. (Sorry if we've ever kicked or squealed at times in the thick of life's frenzy!) We know you are the ones who wish us well, speak our names in good faith, share our stories and help fill our coffers. You are our inspiration for going the extra mile, as well as the pinch hitters who jump in when the going gets tough. Thanks for your great support - we think we have the best team in the league!!



## Family Fun Days

Parents are Team Members, Too!

The nice thing about teamwork is that you always have others on your side.

MARGARET CARTY

**WHO** are our first coaches? OUR PARENTS! Who do we learn most of the "rules" from? OUR PARENTS! Who are our greatest fans? OUR PARENTS! But who do we often struggle with the most? OUR PARENTS!!

How do we fix that? How do we learn to be a team again, even as we are growing up, growing a little apart, and into our own identities?

We believe it's by putting good communication skills into a context of FUN, so this summer we created a pilot program called "Family Fun Days." We piggybacked on the success of our Power Ponies™ program where kids themselves are the teachers.



The first half of the day was spent introducing parents to horse language and herd dynamics. Stressing safety, students paired up with their parents and taught them how to do groundwork and to really notice what's going on between horses and humans. Since many of our older students have been Power Ponies™ mentors, their teaching skills and PATIENCE really paid off.

After parents were comfortable with their horses they were taught to saddle and mount up. Riding in the arena with their sons and daughters as instructors, they practiced the skills of leadership, consistency and follow-through. It wasn't always easy! All of the morning riding exercises were done in tandem - riding side by side through patterns, leaving the herd, and returning under gentle control. Students were adamant about having their parents learn the all important concept of "releasing" as soon as the horses responded to a command.



**AFTER** lunch the teams had to do all their riding exercises holding a short length of rope between them. Cleverly disguised as games, the exercises were set up to increase the need for the partners to talk and share information. Teams were mightily challenged by the complexity of the obstacles! And of course the horses had their own ideas of how to proceed, so there was much laughter in the midst of the roller coaster rides of achievement.



Most of the frustration came from the parents expecting perfection - when things didn't go as they planned they were the ones to show the signs of stress! To their great credit - and we believe due to their long success in working quietly and patiently with the horses - the students cheerfully encouraged their parents to **BREATHE**,

take a moment to regroup, and keep on working until they got it right!!

Courtney, our wonderful therapist, wove her counseling skills into and out of each team's communication dilemmas, offering suggestions and keeping confidences boosted.



By the end of the day every team was dusty and grinning. Parents left hungry for more and students were very proud of both themselves and their parents. Next summer there will be even more "Fun Days" incorporated into the curriculum!

An 8-Week  
Parenting Program  
for Students ages 6-11  
with an  
Accompanying Parent

# Power Ponies™

## *A Study in Team Building*



**IF YOU'VE** never been a parent before, it can be as challenging as learning to ride a horse. Power Ponies™ helps families build strong teamwork by incorporating the fun of learning about horses into a solid curriculum of learning lifelong communication skills.

The team starts with a child and a parent. They don't have to know anything about horses before coming to the class. We show them new ways of interacting, from body language to artwork, using the models of positive feedback, clear boundary setting, intuitive listening, consistency and cooperation. We let the horse be a teacher, too, and include many opportunities for cooperative games with the child and parent working towards a common goal.

The first person the pair encounters is an experienced Horse Warriors™ student who acts as a mentor throughout the 8

sessions. Often one of these mentors has begun his/her involvement as a Power Ponies™ student before, and understands first hand how the process works. The mentors help the students get comfortable and overcome any fears they may have about working with the horses.



A  
successful  
team  
beats  
with  
one  
heart.



The upper level student mentors help not only with the riding portion of the classes, but with the journaling exercises as well. The journal is a key part of the learning. Mentors help students brainstorm, give them tips on drawing, and encourage them to use their creativity as a communication tool.





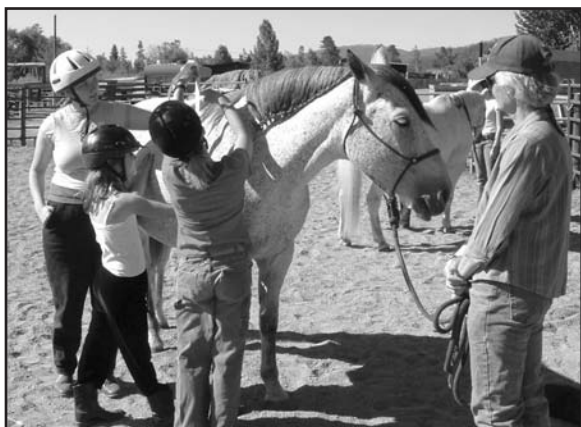
"I never thought  
I would get to kiss  
and hug a horse  
all day."



the family application form, and according to rider size and strength.

In the first week of the program, only the child works with the horse. They spend a lot of time just being together, allowing both the child and the horse to find a comfort zone with each other. Students are encouraged to play with their horses, do lots of touching and petting, and have fun together as they learn. Although the instructors are constantly monitoring each team's interactions, most of the teaching and guidance comes from the Horse Warriors™ mentors.

Safety is essential to any horse program, so each team also includes an experienced, adult "horse person." Mostly silent, this member's job is to be the one monitoring the activities around each team's space so nothing will interfere with a child's well being. They are the 360 degree "eyes," only stepping in to prevent an accident, or notify instructors and counselors of a problem.



The final member of the team is our licensed counselor, who divides her time between working with students and horses in the arena, and talking with parents one-on-one. Basic parenting skills are taught, and parents are given help in customizing practices for individual family situations.

Parents find it very supportive to share their challenges with other parents. They often discover that many of their struggles are part of a normal developmental processes, or that there are some simple changes they can make in their approach to parenting that make their communication much more effective.



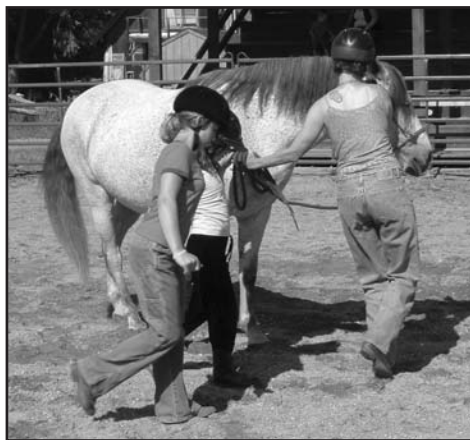


THE impact of the Power Ponies™ program on family dynamics comes from the child actually teaching the parent all of the horsemanship skills. It builds great confidence in a child to allow him/her to share an "expertise." Often learning only goes one way in an adult/child partnership. Here, we encourage careful listening by structuring situations where the parent can ask for information, and the child can learn to be very clear and specific in giving answers.

From introducing the horse, to teaching skills of resistance-free horsemanship, the child moves into the role of teacher. Allowing her to demonstrate activities she has learned from her mentors is very empowering. She begins to view herself as someone with life skills and knowledge. Also, showing parents how a tiny child (relative to a 1000 pound horse) can accomplish tasks without force opens a window on non-violent communication. Both parent and child learn to be assertive with body language and intention, not with violence, outbursts or coercion.



When the child teaches the parent how to work with the horse, the mentor steps in for support. With the help of the instructors and therapist, the family works together on give and take in their communication.



If there are problems, one or more of the instruction team members shares alternative methods of languageing or demonstrating techniques. In this case, the mentor is showing her Power Ponies™ student just how to step across the path of the horse. She is also sharing specific, short instructions so the child can communicate those to her mother. The

mother does her best to follow the instructions, and the horse responds if the signals are clear.

The goal in Power Ponies™ is not horse training, but people training. Because the horses communicate without audible language, families can let go of the trap of "using too many words." The horses teach simplicity and accuracy. Mentors and instructors are all very skilled in pointing out when things are going *right*. They use the same processes of acknowledgement and reward for positive behavior with their students as they do with the horses.





**CONFIDENCE** is high by the time the child demonstrates riding skills to the parent. Augmenting vocabulary with body language - in this case turning the body to turn the horse around the barrel - helps build awareness of things that might not be spoken in a relationship, but are nevertheless very important.

Parents are encouraged to give feedback on what they are seeing and learning from their children. They process their observations and feelings together in the journals. Some exercises involve drawing together, some writing.

The final step in the teaching process comes when the child (always backed up by her support team) teaches the parent to actually ride. Sometimes the parent is the one most anxious about riding alone! By this time the child has had much exposure to positive reinforcement, and can often model that interaction back to the parent. Subsequent sessions involve teaching saddling and playing mounted games together.



Leadership training is the foundation of all Horse Warriors™ programs. Though most families operate as benevolent dictatorships, leadership qualities can flow back and forth between family members. Children with confidence in their abilities to communicate clearly grow up able to make healthy choices. Working with the horses helps them build security and trust. Parents who

lead well send consistent messages at home about expectations and behavior. (Horses look to find leaders in all of their "herd" interactions, so they are very willing participants!)

For some families, Power Ponies™ is their first exposure to Parenting training. We have seen the horses work miracles with their patience and authenticity. Parents are supported to be strong and loving leaders; children are encouraged to speak their truth. Mentors and horses are honored for jobs well done, and, well, we think the world spins just a little bit better.

## AZUL: by Catherine Tallichet, HW Instructor

The other day, Priscilla asked me to go pick up a new horse to try out. She said that the owner was expecting me, and that the 6 year old, painted Arab cross gelding, would be tied up. I came by in the morning, and there he was, secured to a fencepost, and looking very lonely. I think he had been there a while by himself. I didn't know his name, so I called him BLUE because he had two soul searching blue eyes. Later, we ended up calling him AZUL, because of those beautiful eyes.

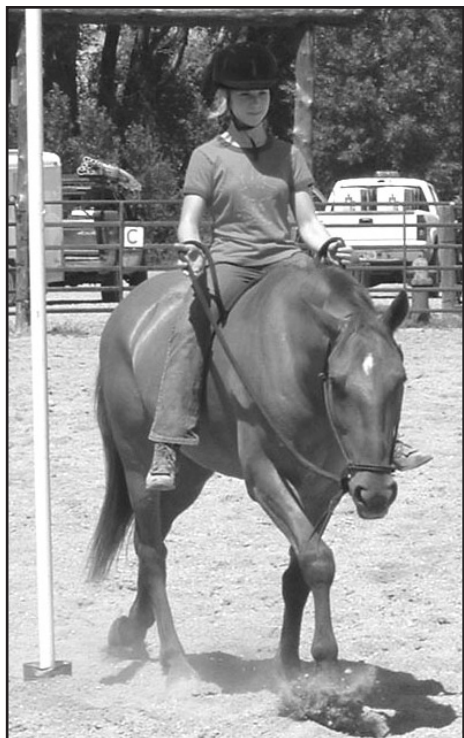


Priscilla worked with him first at the new, beautiful, indoor arena at the fairgrounds. She spent nearly an hour just cleaning him up. His mane hadn't been brushed in so long that it was full of dreadlocks. His tail was matted, but when combed, was full and fell sweepingly to the ground.

She also spent a lot of time letting Azul get to know her, and her, him. (This is actually part of the groundwork that we do each time with the horses and it is called "Mr. Friendly".) Then, slowly, she started working on the sequences of groundwork that each Horse Warriors™ horse and rider team knows so well. Rather quickly, he caught on. A saddle went on, and Priscilla checked to see how much he knew. He was out of shape, and a bit rusty, but Azul did his best to impress her. He succeeded. He passed the initial try out and is now in the midst of his pre-program training. He will be a project horse for RyLyn, one of our upper level, experienced riders.

**CATHERINE IS A LONG-TIME NARHA INSTRUCTOR WHO JOINED OUR TEAM IN THE SPRING. SHE IS CURRENTLY WORKING WITH AZUL ON BASIC SUPPLING AND RING-WORK EXERCISES, AS WELL AS RIDING HIM ON THE TRAIL. AZUL WAS DONATED BY SCOTT SHERVIN, WHO ALSO LENDS ANOTHER HORSE, GRAINE, TO OUR PROGRAM. WE ARE THRILLED, HAVING ALWAYS THOUGHT THERE WAS GREATNESS IN AZUL.**

## NEW HORSES for 2006



### CANYON: *By Kira Brazinski*

In *Horse Warriors*, I rode the same horse for 4 years. She is a kind, friendly, well-trained, loveable horse that I adore. Her name is Jackpot; and until this year, I called her my favorite horse. This summer, I was welcomed back to the riding sessions by a new, young, stubborn, un-informed, frustrating little boy of a horse called Canyon. Little did I know, I would fall in love with this horse.

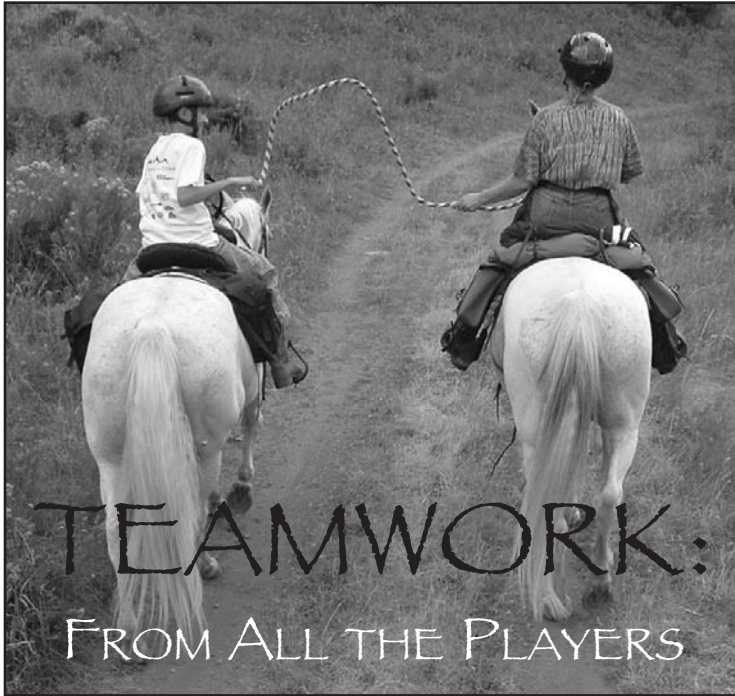
Not only did I get better at Demo Team and groundwork by working with a more inexperienced horse, but I also was able to be a better Power Ponies™ mentor. I've learned that when I work with Canyon, I have to be very clear and direct to help him understand and do what I am asking. When I'm working with my Power Ponies™ student, I do the same. I'm as clear as I can be and explain what the possible consequences of an action will be. Just like I don't and can't MAKE Canyon do some-

thing, my student does the action and/or makes the choice herself, but I help her out the best that I can.

Also, I learned not to judge someone when you only know the bad. Although Canyon has his difficult sides, just like all horses and people do, he also has many good qualities. For example, he's very companionable, has a ton of personality, and responds very well to praise and treats. After a working with Canyon for a while, I learned that he isn't really stubborn, but just doesn't always understand what I'm asking him. I was used to a horse that made groundwork easy; it was like she could almost read my mind and predict what was next because she had been through this so many times. With Canyon, however, I have to give very direct, clear signals. I wouldn't call Canyon or Jackpot my *favorite* horse, one over the other, because I love them *both* for different reasons.

KIRA IS A 5TH YEAR HORSE WARRIORS™ STUDENT. SHE HAS PARTICIPATED IN POWER PONIES™ AND HORSE WARRIORS™, IS A DEMO TEAM MEMBER AND CURRENT POWER PONIES™ MENTOR. SHE IS AN AVID SKIER, POET, WRITER, PERFORMER AND IS ACTIVELY INVOLVED IN THE TETON ADAPTIVE SPORTS ORGANIZATION. CANYON IS A 6 YEAR OLD DUN MUSTANG DONATED BY ASSURANCE HOME IN ROSWELL, NM.





**TEAMWORK** is a very powerful, important part of life. Without teamwork, nothing would be the same. Teamwork can mean many things. Two people carrying a bucket of water from one end of the arena to the other can be a team, or 5 people all competing together in 'Pony Express.' Teamwork can't be done by one person alone. It simply doesn't work.

Teamwork is an essential part of Horse Warriors. Every meeting involves teamwork. Riding, groundwork, discussion groups, demo team...everything. When we're with the horses, the horse and rider are a team, and a part of the whole group of horses along with the other riders. We all work together, we help each other with saddles, we warn each other of irregularities or obstacles on or near the trail, and we discuss problems, successes, and anything else that comes to mind.

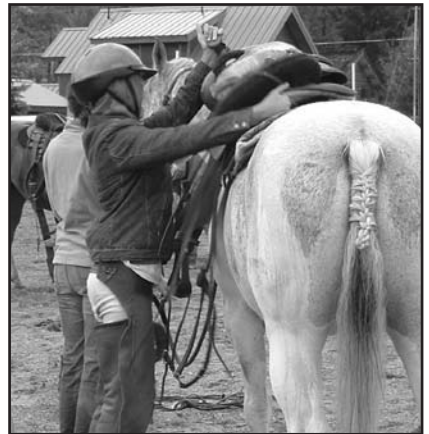
It isn't always as easy as it seems though. Misconceptions, accidents, they happen, and they affect teamwork. They make it hard sometimes, when we want to be alone. But we work together anyway, if there's something that needs to or should be done, or if we have made a commitment to others. Without teamwork, we wouldn't be who we are today. *-Kestrel*



## *Formation Riding*

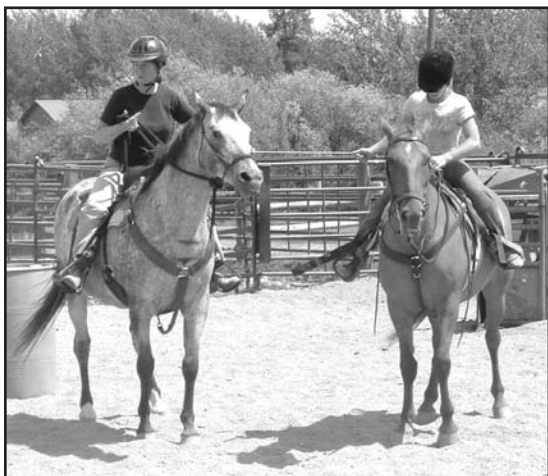
KEEPS EACH MEMBER AWARE OF WHAT ALL THE OTHERS ON THE TEAM ARE DOING. THE RIDERS GIVE THEIR HORSES ALL THE GUIDANCE AND SUPPORT THEY NEED TO WORK BESIDE OTHER HERD MEMBERS (WHO MAY NOT BE THEIR FAVORITES!!!)

I WORKED with a team this year during the Gymkhana. They were the many horses in the program. I rode Toner, Suka, Sophia, Ropy, and Hawk. With each horse I had to learn what I had to do differently. With Toner I did the saddle race. I had to take it really slow so we didn't place very high but I did learn a lot about him. I rode Suka in most of the races so I learned a lot about her. I had to keep her attention on me. She is a very fun horse to ride though. Sophia is my horse that I ride in the program so I know what I have to do in the team to make us the best. Ropy I have ridden before and I know what to do to make our team work efficiently. I have ridden Hawk before also but not as much as Ropy and Sophia. We work pretty well as a team but I know we can get much better. The Gymkhana was a great place to work on my teamwork skills with other horses. I hope to use these skills I've learned and put them to use in my life. *-Betsy*



### TEAMWORK

can be used as a great accomplishment tool, but can often be very difficult. When you work with your horse, you have to use teamwork. Sometimes it is easy and sometimes it is not. Picture this: a mother, a teenage daughter and 2 horses. To make it harder, imagine that the 2 horses don't get along and you have to be a team of 4. When presented with this, you can either walk away, or try to establish a team.



My mom and I can tell you that this was a hard task, but not impossible. Together we created a team. Awkward and not at peak function, yes, but still a team. While going through a difficult course on horses, each of us holding an end of a foot-long string, we had to really work and stay together to finish the race with an okay time. The hardest part of this race was to keep our horses close enough so that we would not drop our string. For a while the horses refused to stay together because they didn't like each other. We dropped the string numerous times, but had to keep on trying. By the end, our hard work had paid off. We finished with a time that made us proud. It was also hard to remain patient and not get frustrated with ourselves and each other. This taught us that patience, perseverance, and communication are key ingredients for teamwork. —*Kira*



No problem is insurmountable. With a little courage, teamwork and determination a person can overcome anything.

B. DODGE





It is  
amazing  
what can be  
accom-  
plished when  
nobody  
cares about  
who gets  
the credit.

ROBERT YATES

**GROWING** up riding, I've always valued the irreplaceable bond between rider and horse. I've found in my relationships with horses a truly satisfying combination of trust, respect and tenderness. My experiences have been so positive that I've always yearned to share the sport with friends.

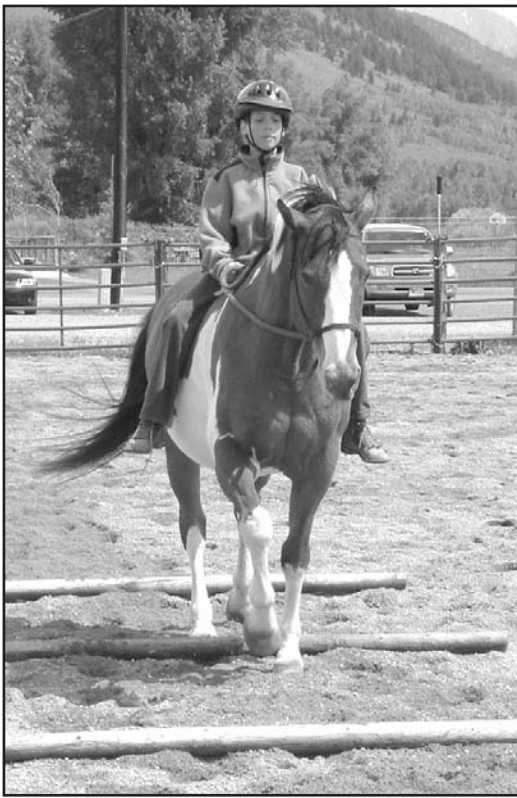
Until this past summer, I had done almost all of the riding in my life in solitude. With Horse Warriors™, I've been fortunate enough to experience the same wonderful connections I've had with horses, while getting to know a team of staff and students who have significantly impacted my life in a few short months. I've seen inspiring stories of friendship and been truly awed by the devotion, patience and knowledge of my coworkers. I learned something from everyone this summer, whether it was how to tack up a horse with a Western saddle or the name of a new Japanese band. Making new friends at Horse Warriors™ was just as much fun for me as riding on the beautiful Teton trails during my first summer in Wyoming.

I've never been as proud to be a part of something as I am to be involved with Horse Warriors™. A million thanks to every heart—horse and human—for letting me into this amazing family.

*-Sarah*  
INSTRUCTOR



SARAH SUTTER AND  
STUDENTS WITH THE  
BACKCOUNTRY  
JOURNALING PROJECT



**ROOSTER** and I make a good team because we work together and we don't let anything mess up the things we're trying to accomplish. We work as a team, we ride as a team, and we die as a team [we hope NOT, Ed.!!] trying our hardest to be successful in life. We try to be the best that we can possibly be at working together on the trail rides and gymkhana. Rooster settled down for me because I rewarded him for doing things that he was supposed to do. In Horse Warriors™ Priscilla, Sam, Betsy, Cole, Lucas, RyLyn and Kira welcomed me last summer and this summer because they love me so much. Rooster and I will always be "bad boys for life." Teamwork means to work together to finish or succeed.

*-Austin*

**T.E.A.M.:**  
Together  
Everyone  
Achieves  
More

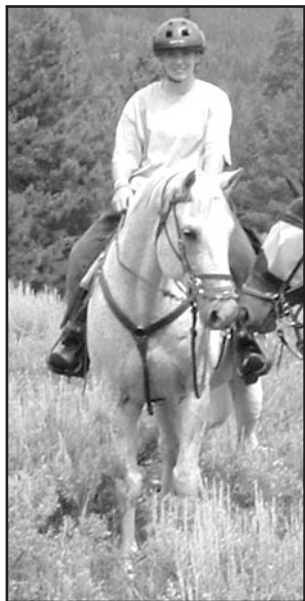
**WHEN** I think of teamwork, a horse-drawn wagon comes to mind. While there are two (or sometimes more) individual horses involved, they become a team when strapped into the harnesses. Their individuality fades and their joint effort becomes the most important thing. Many times the horses even wear blinders to block out all distractions so they can focus on their common goal. I find being part of a Power Ponies™ team very rewarding - it isn't about me for a change - it's about helping a young person develop a "first time" relationship with a horse and learning a lot about him or herself (and the horse) in the process.

*-Martha*

**POWER PONIES™ VOLUNTEER**



**TOME** teamwork means that everyone is involved and has a task. Horse Warriors™ students are a team because we help each other out. If someone gets done with their chore or saddling up their horse, they go and help someone else. In Horse Warriors™ we don't leave anyone behind or we



wouldn't be a team. Each student has a task that they do. We have created a strong team because we work as one. We also team up with our community to help the environment that we live in. Teamwork does not just involve humans; animals and pets can be involved.

Students have another team with their horses. My horse is Toner, and he and I have created a strong team. He stands still as I groom and saddle him up because he knows I am going to ride him. I work with him on the ground, asking him

basic commands like back up, move to the left, or move to the right. If he doesn't understand something he will stop and look at me thinking, "What do you want me to do?" Then I realize I am not giving him a clear signal.

When I ride him on the trails I teach him that if I pick up a stick off a tree or the ground, it's because all of the riders are playing a game. Once he realizes that he is calm and continues to walk along. He teaches me to be responsible and take care of him as well as me. He also teaches me to be calm and patient. As I teach him he is teaching me, and we learn together. Teamwork is everything at Horse Warriors™ and in everyday life.

-RYLYN

**SINCE** I am fairly new to Horse Warriors™, I haven't had much of teamwork but I did start to create a team with Suka. I learned how Suka was telling me that she understood me and I love the idea that I can actually communicate with my horse. We started with the Friendly Game and I guess that is the basis of everything. In the groundwork, it was amazing to do actions the horse actually understands by just reading your body language. I think that Suka and I did start to understand each other and I hope that we can create a great team.

-Lorien

A group  
becomes  
a team  
when  
each  
member  
is sure  
enough of  
himself  
and his  
contribution  
to praise  
the skills  
of the  
others.

NORMAN SHIDLE





## Coach WYATT talks HORSE about TEAMWORK



OK, this is how it all REALLY works - from my perspective. FIRST of all, on a team, YOU are the BOSS! NEVER FORGET THAT! (Drop all this "equality stuff." That's so *HUMAN* - we horses don't "DO" equality, you know. It's PECKING order with Y-O-U at the TOP!) Don't let them take control or you're lost!!

Here's an example. If you want something, you have to use all your tricks to get it, know what I

mean? Like, say you want something to eat (*and who doesn't?*). You pretend to be really nice and friendly. You put your ears forward (*BOTH ears, remember that!!*) and get that sweet little deer eyes look on your face. LOOK THE HUMAN RIGHT IN THE EYE. (It doesn't hurt to look a little pathetic, either - close your eyes, let a few tears slip out.) But you can't let them have the upper hand or you will be relegated to being seen as *merely a horse* for the rest of your life. NOT the GOAL!!!



Hey, you also have to HIDE all the pictures that make your BUTT look big or they'll remember that you are on a diet, or come up with some other stupid excuse to not feed you between meals. (*Just because I had to have a CUSTOM saddle made this year you'd think I was a freak of nature or something...Geez.*) ➡

SECOND, make your demands known EVERY MINUTE. Sometimes your rookie, I mean *person*, is distracted. I know it's hard to imagine that one of them could think of anything other than your constant joy, safety and caloric intake, but it HAPPENS! Here are a few tips to SCORING BIG TIME.





Number one rule in training, use BODY LANGUAGE. Here is an example of a distracted human - facing the camera and NOT the horse. Put one ear back as a warning, and begin to lean AWAY from the human to send a signal to pay attention to the Superior Needs of the Horse. In many cases this is all you will need.

If that proves ineffective, *up the ante*. Put BOTH ears back turn INTO the human's space. You may move a hoof or two to increase the severity of the signal. As you can see in these photos, this is a difficult case. The human still believes she is in control of the horse just because of the halter and lead rope. THIS IS NOT TRUE!!! This human has been lulled into

a false sense of security by too many years of teaching pathetically useless knowledge about horse behavior. Mythology! Hogwash! Bunk! She is living in a DREAM WORLD.

If you find yourself in a situation like this you may have to resort to drastic measures. Obviously the human in this case is *SO DISTRACTED* that full-on



PSYCHIC ACTIVITY is the only recourse. Face the person and send powerful IMAGERY OF FOOD. All of your mind must be focused on this intention. Keep your ears back and look as

threatening as possible while you VISUALIZE her reaching into her pocket and pulling out a piece of horse candy. DO NOT WAIVER. (*This is your last hope.*) If your person is willful, you can toss in memories of letting her warm her hands under your mane on a blustery winter day, and that may crack the shell. HOLD THIS ENERGY AS LONG AS IT TAKES. You WILL prevail!!! (*Remember the Red Sox - it only took 86 years...*)

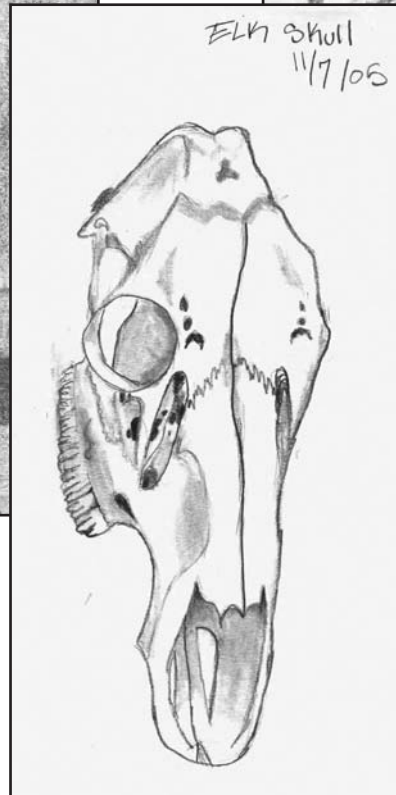
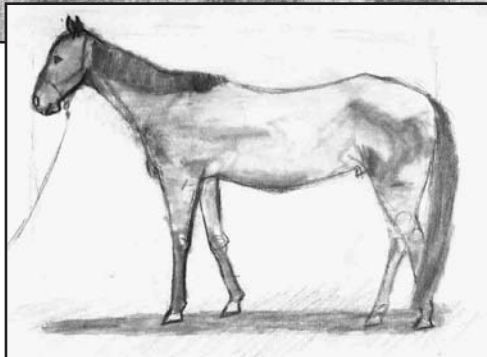
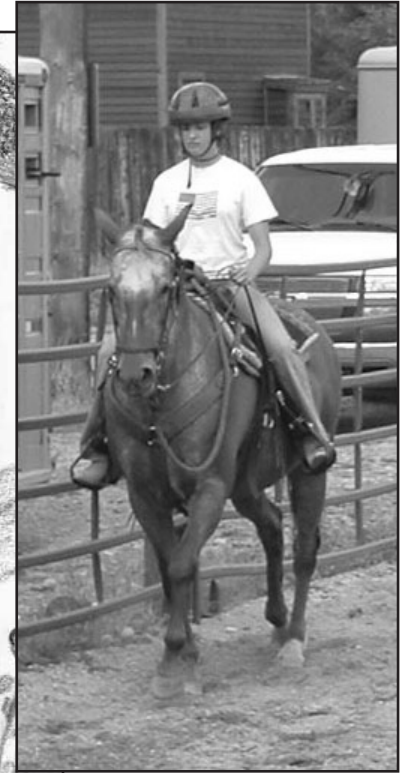
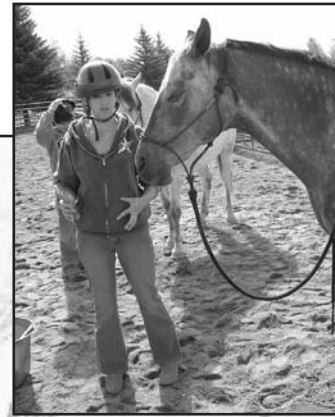
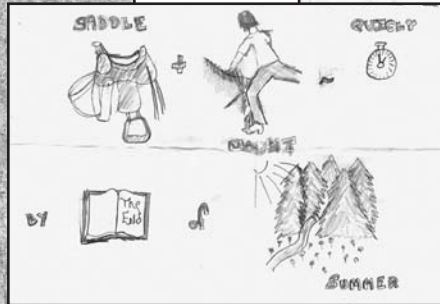
Watch carefully for even the slightest response. When you see that hand go for your muzzle - BINGO!!! You're the BOSS!!

-Wyatt





# STUDENT SPOTLIGHT: SAM



SAM is a 3rd year Upper Level rider who was promoted to the Demo Team this past summer. She will be a Power Ponies™ mentor in the spring of 2007. She is a writer, artist, and actress, starring in local community children's theater productions, and is a member of the JHHS Speech team.

## Art Pages

*When God created the horse he said, "I will take the elements Earth, Air, Fire and Water and create a creature."*

*He took stone from the earth and shaped the horse's legs, for nothing is stronger than rock.*

*He took the wind from the air and put the wind on the horse's feet, for nothing is faster than the wind.*

*He took a spark from the sun and made the horse's spirit, for nothing can extinguish the sun's flame.*

*He took the waves from the water and made the horse's rhythm, for nothing is more rhythmic than the ocean.*

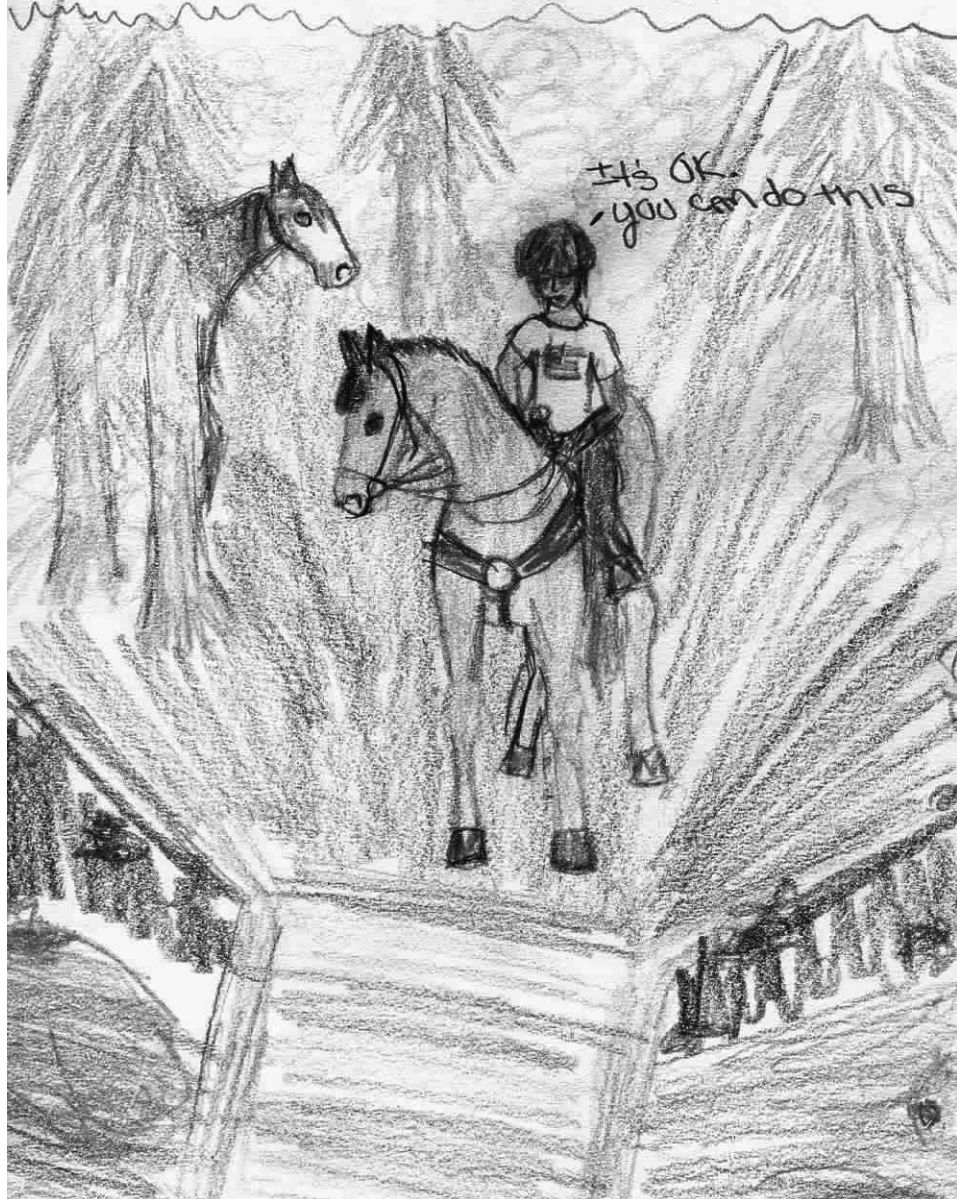
*Lukasa Legend*

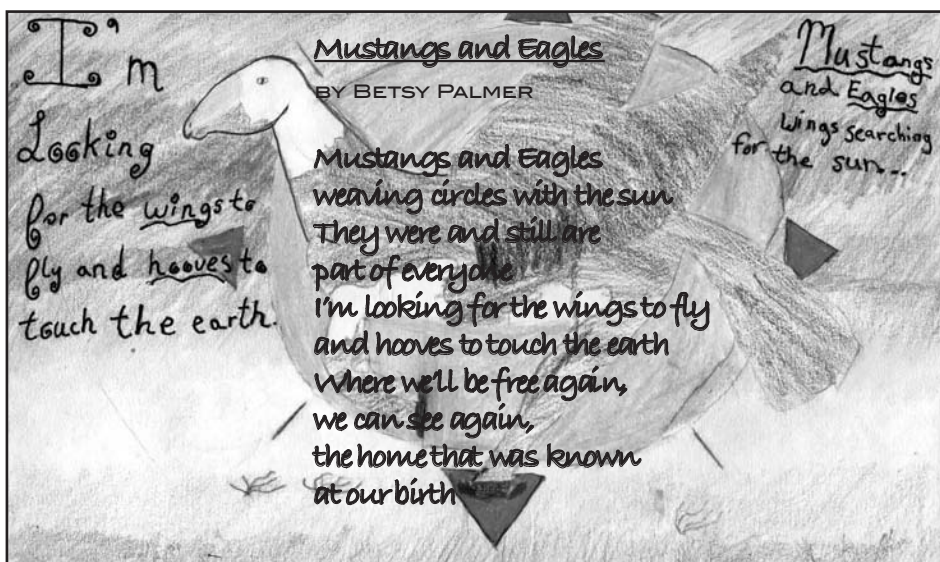
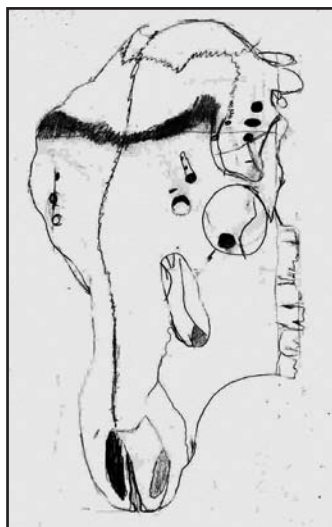
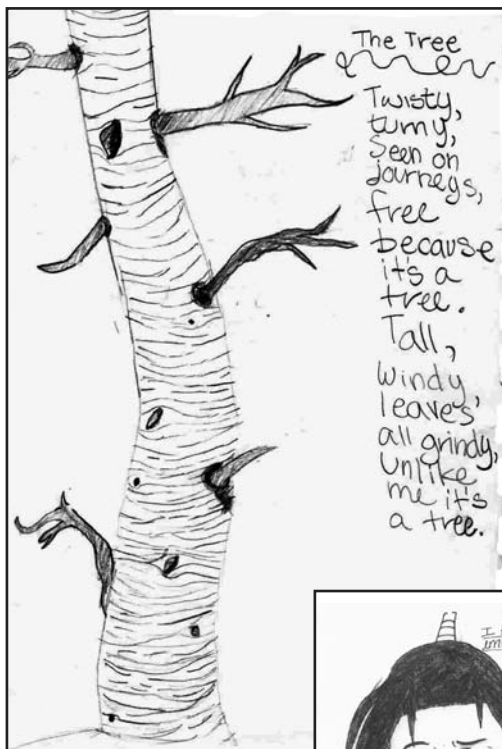


The aim of art is to represent not the outer appearance of things, but their inner significance. ARISTOTLE



Jackpot is a dainty horse who likes to be cautious. She needs a little bit of encouragement when crossing long bridges, but will go when she realizes that it's safe.





## Sonny Boy

BY BETSY PALMER

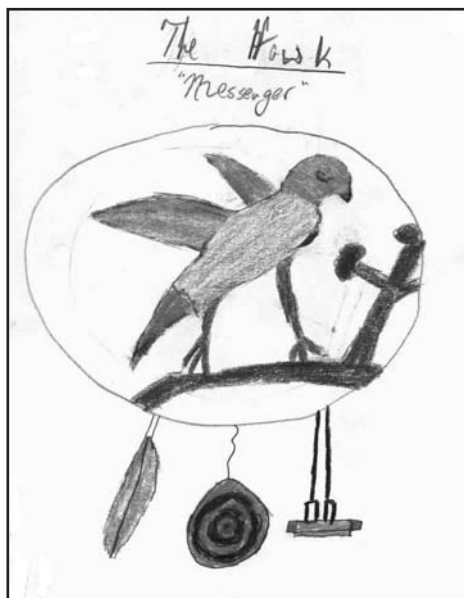
Racing the wind  
him and I do  
Running on our small dirt path  
We slowly become the wind.  
Jumping is no problem for us  
He jumps like a deer  
his neat little tuck  
his takeoff flying like a bird  
We seem to soar like a flying horse  
hoping to never come down  
his landing is jumbling as we come back  
to earth  
like when you finish a poem  
but he continues on as fast as the wind  
looking for the next chance to fly  
After what seems an eternity we reach  
the top of our world in victory  
of conquering the hill  
The descent is slow, both wishing  
we could do it again.  
It is our secret getaway  
so close to home  
Running, jumping, winning the hill  
Those masquerade to be my favorites  
but it isn't  
Spending the hours of my life  
with my Sonny Boy  
It is the greatest emotion in the world

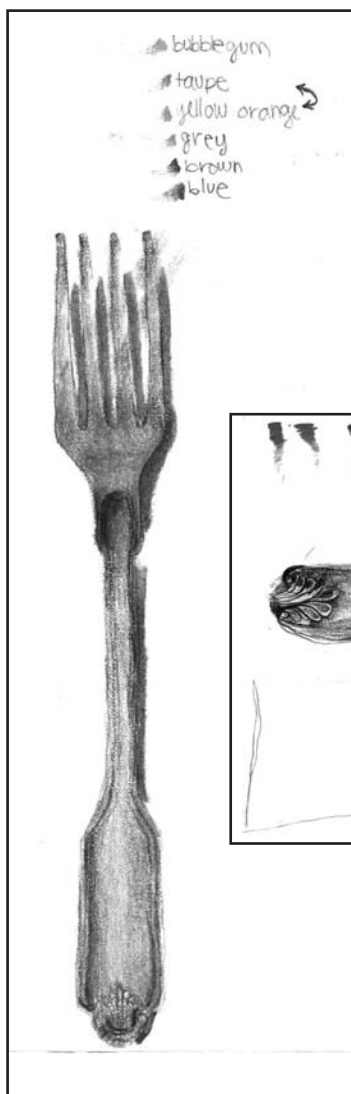
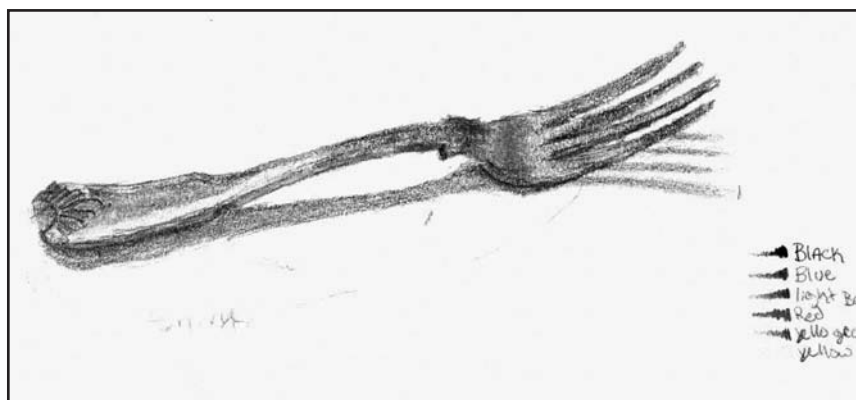


### ALL IN A DAY ON THE TRAIL:

MINNOWS  
BISON  
HAWK  
CHIPMUNK  
DEER  
RUFFED GROUSE  
GARTER SNAKE  
ROBINS  
MULES  
HORSES  
SWALLOW  
BEAR SIGN  
BLACKBIRD  
SQUIRRELS  
WOODPECKER  
SIGN  
MOUSE HOLES

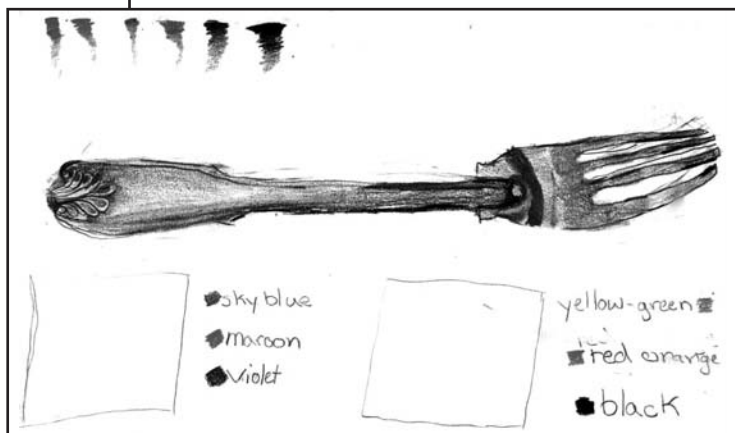
*My  
paintbrush  
strokes  
against  
the  
paper  
like  
an  
eagle's  
wing  
sliding  
on  
the  
sky.*





## Oh, Boy! Is it SNACK TIME??

Sorry, no - it's all about the art! This was an exercise in drawing a virtually colorless object - a silver fork. Students chose a palette of 6 colors: 3 favorite colors, and 3 LEAST favorite colors. Why? To learn how even our least favorite things can work for us.



Students learned how the "ugly" colors actually helped their "pretty" colors stand out. It was a nice exercise in examining polarities, both in colors and in our daily attitudes. Too bad you can only see these in Black & White!



If I were a horse  
I'd hate the bugs  
I'd rather consume  
a tray of slugs  
than suffer one  
more  
day of grief,  
all bitten up  
with no relief

I think I'll invent  
a new machine  
that sucks up bugs  
and is painted green  
for camouflage  
out on the trail  
where its wondrous powers  
would never fail

It would run on  
solar energy  
killing them all -  
from fly to flea  
and then it would  
turn them into slime  
crushing the lot of them  
one at a time

Horse Warriors™ kids  
would be the first  
to buy them up  
(they hate bugs worst)  
Their horses would  
be next in line  
and stand beside  
one all the time

I might become  
a science star  
praised and honored  
near and far  
Campers, picnickers  
and such  
would want to  
thank me very much  
for keeping all the  
outdoors free  
of things that munch  
on you and me



I bet I'd make  
a million bucks  
I'd have them  
shipped out here  
on trucks  
and hold a  
special  
death  
convention  
to introduce my  
bug invention  
I'd better hurry up  
and close -  
a horsefly just flew  
up my nose!!

- EDITOR

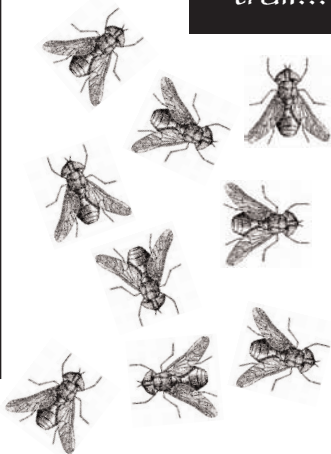
Some  
days  
it  
just  
doesn't  
pay  
to  
go  
out  
on  
the  
trail...



### ***The Stinky, Stanky Flies***

BY COLMAN ERNST

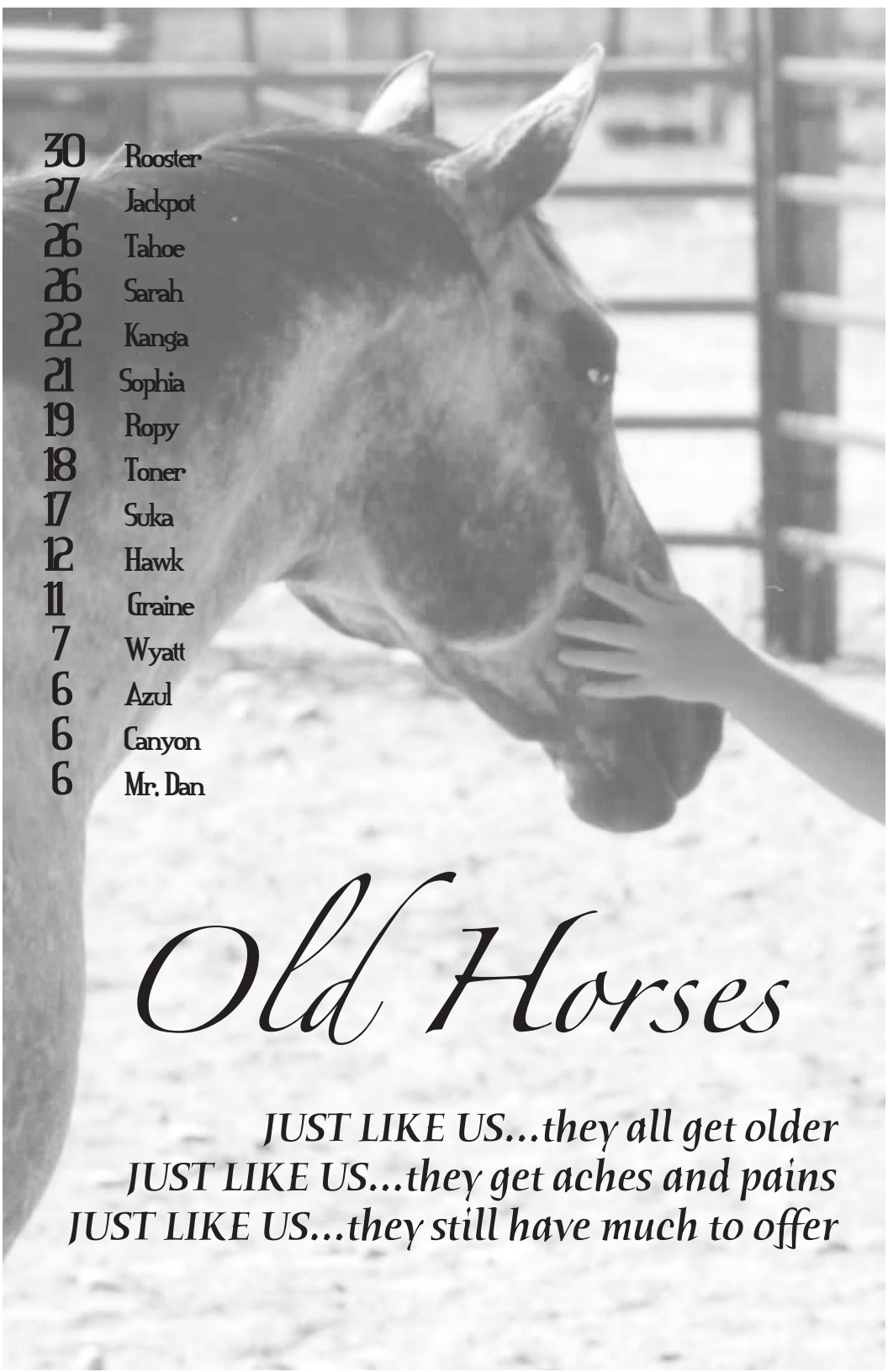
***It starts with the story  
of a thousand flies -  
You hit 'em, swat 'em,  
but they never dies.  
They test the tests  
of a thousand pests.  
They stink, stank,  
they're vile and rank.***



### **THE BUZZERS**

BY SAMANTHA WITTIG

Some flies are big like thugs - They all have ugly muggs  
Some are slow and dumb - I squish them with my thumb  
They sure annoy my horse - I hate them, too, of course  
Those pesky little pests - I'm sure they try their best  
Their frenzied little wings - They feed on ucky things  
Spidery little legs - Sure hope they don't lay eggs  
I put on some bug spray - I hope they stay away  
But there's no chance of that - I'm sure they're getting fat  
I'll hit them with a bat - And that's the end of that



30	Rooster
27	Jackpot
26	Tahoe
26	Sarah
22	Kanga
21	Sophia
19	Ropy
18	Toner
17	Suka
12	Hawk
11	Graine
7	Wyatt
6	Azul
6	Canyon
6	Mr. Dan

# *Old Horses*

*JUST LIKE US...they all get older*  
*JUST LIKE US...they get aches and pains*  
*JUST LIKE US...they still have much to offer*

**WHAT** do we do for our aging teammates? Well, we don't trade them away, but find resources to help them stay active and productive in our programs.

Although older horses are often more costly to maintain than young horses, we value their experience, trustworthiness and long involvement in Horse Warriors™. We actively fundraise to help support them as they "give us their all." Common afflictions of aging horses are listed below, as well as the measures we take to overcome the negative effects:

**LOSS OR DETERIORATION OF TEETH:** We annually have our horses' teeth maintained by a Board Certified Equine Dentist. In extreme cases dead teeth may need to be extracted. Most often regular adjustment keeps the horses chewing efficiently and maintaining weight.

**WEIGHT LOSS/WEIGHT GAIN:** Our older horses are supplemented with senior feed and alfalfa hay. Our horses whose metabolic rates have dropped are monitored for weight gain. We work hard to keep them as active as possible, often substituting lighter riders but maintaining the number of work days. (Regular deworming and dental care help maintain weight, too.)

**ARTHRITIS:** Our horses exhibiting mild arthritis are treated with Adequan. It is very expensive - \$300/bottle, which lasts 1 horse ten doses. Each horse gets one shot per month after an initial loading dose of one shot per week for eight weeks. It is our most expensive single veterinary treatment, averaging \$540/horse/year.

**STIFFNESS IN JOINTS:** Keeping our horses in a big pasture where they can move and run with the others all day helps maintain mobility. Confined older horses stiffen up and go downhill much more rapidly than those moving as they were designed to do in the wild. We give ours annual chiropractic treatments, as well as in cases of emergencies. Sometimes having a 150 pound rider bouncing along on your back can tweak those spinal columns painfully.

**SORE MUSCLES:** We massage our horses regularly when they are feeling stiff. In the pasture they will all line up for a "treatment" on a sunny afternoon. They are so aware of where their aches are they will align themselves up with your hands so you know the exact spots to work on!

**PROGRESSIVE LAMENESS:** We do not ride lame horses in our programs. Some of our horses have structural issues which can be helped with corrective shoeing. Some came to us with old injuries/issues that get progressively more uncomfortable such as ringbone. We work with them as long as possible, changing their work from trail rides and upper level riders to young, lightweight children in the flat arena.

Sugar is a Filly Again

BY RYLYN LIPPOLD

On the outside she is  
slow and old

On the inside she is  
wild and young

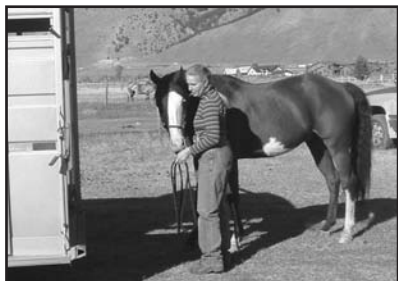
On the outside she tells me  
that she is lazy  
and shiny red

I can see her running wild  
jumping and bucking out  
all four legs

mane and tail shining

In the moonlight she glows  
She glows like a north star  
and she feels like a filly again

**DURING** this desensitization period, it is a good time to practice going in and out of the horse trailer. To introduce him to a new object such as the horse trailer, I utilize part of the groundwork to send him into it. As Horse Warriors™ has no facility of its own, the horse must be trailered from pasture to arena to trail many times in a week. Though it is impossible to expose the horse to everything it will ever see, it does give me a chance to establish a basis to introduce new experiences.



The horse will live in a herd of approximately 15 horses, out in a very large pasture. He has two things he must learn during this time: First he must learn how to live and survive in a herd; second he must allow himself to be caught by humans in this open, free environment. How will he do these things? The horse will be let loose with the herd, under staff supervision. Since no horse is equal in a herd, amongst themselves they will determine their hierarchy. If the new horse is being severely picked on, the aggressor may be temporarily taken out of the herd for a week or so, so that the new horse can establish himself.



As for the second lesson, how do we catch horses out in a huge pasture? Well, every day the staff goes out to check the herd. As each horse approaches, it is given one, and only one, treat. The new horse is haltered at this time, and associates being caught with getting a treat! Also at this time we check for any injuries, or lost shoes. This process builds trust and acceptance of humans.



The intensive training in the arena, and on the trail, may continue for several months. Once the horse is solid on the trail, and competent in the arena, it is given to an experienced upper level student to ride. As a team, the student and the instructor will continue the horse's training with the expectation that a lower level rider or a Power Pony™ will someday ride and love him.



# Coaching the Team Horse

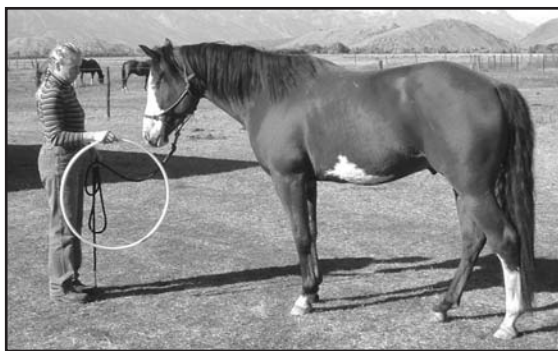
BY CATHERINE TALLICHET



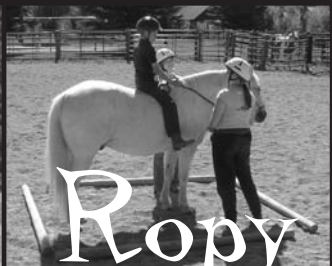
Groundwork is the foundation of our interactions with the horse. This not only builds trust and respect, but it also teaches the horse to bend and give to the rider before I even get into the saddle. Along with the groundwork, and the riding, the horse is exposed to objects that it may or may not see while being ridden - objects such as Frisbees, balls, Hula Hoops, plastic shopping bags, flags, barrels, poles, baby carriages, bicycles, and finally tarps. Small objects will be brought up to him to be nuzzled and inspected. Then the objects will be put on, or around him. If he shows fear, I back off and return to an object he accepts. As he progresses, he will learn not to fear a new object because he trusts that I will not let anything bad happen to him.

When I ask the new horse to go over a tarp for the first time (or anything really scary), I always team it up with a stronger horse. Though not in the picture, AZUL followed WYATT (a trained police horse) over, and around the tarp. Tarps are interesting in that it's all about the horse putting his feet on it, and releasing the power of his feet, and therefore his ability to flee. The horse's feet are always the last thing the horse is willing to give up. This will all progress into training for the trail, where the students will be spending a majority of their time. As a new horse he will continue to be ridden by an instructor. When he goes on a trail ride he will be placed in the middle of the line up between strong horses and riders. He will learn how to go through water, over bridges, greet bicyclists, dogs, campers, wildlife, and anything else that he might see on the trail, while in the safety of his herd. As his confidence grows, he will even be asked to lead a trail ride.

**WHEN** caring individuals who would like to donate a horse to Horse Warriors™ contact us, there are many things we consider. The horse must be sound, at least 6 years old, like and respect humans, have a good attitude, and a willingness to please. It must also be able to get along with the other horses. The type of horse we are looking for is a healthy, inquisitive individual who may just be uneducated, or tired of his old job. During the trial period, the horse is given every opportunity to succeed. Things are done slowly and methodically. To protect us and help the horse as much as possible, a history of his past experiences and training is asked of the owner. Hopefully, any fears or bad habits are found out at this time.



# 2006 Horse of the Year



AND...  
JUST AS  
WE GO  
TO PRESS,  
WE HAVE  
ANOTHER  
HORSE  
LOANED  
TO THE  
PROGRAM!  
MEET  
SWEET  
MR. DAN,  
A 6 YR. OLD  
TENNESSEE  
WALKER  
GELDING



♥ Ropy logged  
more hours in the  
arena, days out on the  
trail, public perform-  
ances and volunteer  
training sessions this  
year than any other  
horse in the program.  
♥ His tolerance, good  
cheer and sweet dispo-  
sition endear him to  
students and the gen-  
eral public alike. Bold  
on the trail, solid as a  
support for timid rid-  
ers, and an eager com-  
petitor, Ropy is a  
MUCH BELOVED  
member of our team.  
♥



AIMEE EPPS. ALL ABOUT YOU. AMANGANI. SCOTT ANDERSON. ANTHONY'S. BAGGIT. TREVOR BAIN. BAR J CHUCKWAGON. BARK & CALL. BARKER EWING. BELLE COSE. BLUE LION. BODY ESSENCE. KATHIE BRAZINSKI. BROADWAY TOYS & TOGS. MEHGAN BROWN. BUNNERY. CADILLAC GRILLE. BOB CAESAR. CASCADE GRILL HOUSE. CHAPARRAL BROADCASTING. CHARAL FLORAL. COMMUNITY PROJECT. CORRAL WEST. HOLLY DANNER. CHRIS DAVIT. KATHERINE DONAN. JAIME FERGUSON. FLOWER HARDWARE. HOLLY FULLER. GIFTS OF THE EARTH. RUDELLE GILLINGWATERS. DC. GOOD GOODS. GUN BARREL STEAKHOUSE. HAPPY TAILS PET RESORT. HARD DRIVE CAFE. HARVEST. STEPHANIE HERR. HOBACK SPORTS. JHTRA. JACKSON STATE BANK. JC JEWELERS. JEDEDIAH'S. KIM JEFFRIES. JOLLY JUMBUCK. KNIT ON PEARL. EDDIE KOLSKY. SHERRY LAGERVELD. RENEE LESHAN. LEWIS & CLARK. HOLLY LUSKEY. JAN MARROU. AMANDA MARTIN. MAD RIVER. MAIN EVENT. McDONALD'S. MEADOW GOLD. FARMER'S MARKET. MIKE'S BODY SHOP. MILLION DOLLAR COWBOY STEAKHOUSE. MOOSE EMPORIUM. MOSTLY FUN. MOVIEWORKS. OCEAN CITY BISTRO. OLD YELLOWSTONE GARAGE. MICHAEL OSGOOD. DIANE PALMER. RUTH ANN PETROFF. PICA'S. KAREN RASMUSSEN. SHADES CAFE. LAURA SIMMONS. SNAKE RIVER BREWING. SNAKE RIVER GRILL. BOB STUART. TETON MOUNTAINEERING. TETON PINES COUNTRY CLUB. TETON STEAKHOUSE. TETON TAILS. LES THIELE. THOENIG'S. ANNA THORNOCK. DONDI. TONDRO. VALLEY FEED. MCNEILL WATSON. WILD HANDS. BETHANN WITTIG. KATE WIEDEMAN. ERIN WUNSCH.

# The White Horse Social

*(Always full of surprises...)*

**15 Gallons of Ice Cream  
10 Pounds of Toppings  
3 Gallons of Whipped Cream  
4 Dozen Old Time Country Songs  
150 Gallons of Wash Water  
5 Gallons of Liquid Paint  
200 Enthusiastic Artists  
65 Jars of Finger Paint  
25 Little Paintbrushes  
100 Darling T-Shirts  
7 Patient Horses  
1 Uppity Mule  
Intermittent Rain  
Followed By  
Blessed Sunshine  
88 Auction Donors  
12 Grass Scrubbers  
2 Manure Scoopers  
25 Tireless Volunteers  
1 Valiant Ice Cream Scooper  
1 Brilliant Event Coordinator  
Several Conscripted Husbands  
2 Action-Packed Hours of Fun**

## \$10,000!!!

*Thanks to a community of  
generous and wildly  
creative people!!!*

SPONSORED BY



**GERALD & MYRA  
DORROS**



# Volunteer of the Year: Janet Garrett Queen of the King

Thank You!!!



WITH  
HELP  
FROM  
CLAUDIA  
MAURO,  
TOO!

*Sponsors of this year's  
"Fit for Success" hikes:*

Paul & Louanne Cary • Russ & Susan Magarity •  
Mary Schmitt • Adam Sherman • Pat Ehrman •  
Winslow Bent • Scott Shervin • Sheila Davis •  
Tom Hoover • Jackson Hole Playhouse • Trail  
Creek Ranch • Ripley's Vacuum Service • Flat  
Creek Saddle • Jackson Hole Vet Clinic • Patno  
Construction • Helen Buehler • Marion Medlicott  
• Route 89 Diner • Tony Panarisi • East Meets  
West • Teton Tails • Willow Creek Home  
Furnishings • Jack Delay • Martha Best • Jackson  
Whole Grocers • The Clip Joint • Porcupine  
Nursery • Clayton Corsi • Jackson Hole Farmers'  
Market • David & Caroline Svendsen • Animal  
Care Clinic • One to One Wellness • Margaret  
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Kunkle • Amelia Johnson • Mary Kneeland •  
Anonymous • Claudia Mauro • Thais Graham •  
Kerri Ballard • Kerry Lamb • Karen Frauson •  
Margot Snowdon • Bernie Mansell • Tracy Lamb  
• Michelle Mauro Rabito

## 100 Hikes up Snow King

(IN BLAZING SUMMER HEAT)

*equals:*

- 5 CLIMBS OF MOUNT EVEREST
- WALKING ALL THE WAY TO  
IDAHO FALLS AND HALF  
THE WAY BACK
- 5 WEEKS OF WORKING A FULL  
TIME JOB (IN HOURS  
SPENT COMPLETING  
THE CLIMBS)
- 1 TRIP TO THE IONOSPHERE



# *Eureka! Hot donuts! About time!* *My Summer* ROMANCE

Why the excitement? Since moving to Jackson over five years ago, I had yet to be involved in a meaningful relationship; one with all the bells and whistles. Early this spring, I began a partnership like no other. It wasn't love at first sight, but immediately generated heart pounding moments. Just by thinking about my new romance, I would begin breathing heavily and beads of sweat would gather on my forehead. We began spending every day together, as if we were joined at the hip, true soul mates.

In spite of our passions, there were the occasional squabbles. Both of us were stubborn, unwilling to negotiate even one step. One month later, communication break-downs began chiseling into our Fortress of Love. The initial thrill seemed kaput. Yet somehow, the overall attraction continued. We learned to set aside our differences and continue on our journey of love and respect.

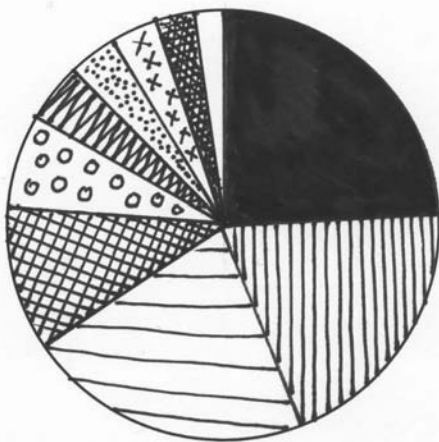
After about two months, our relationship fell into a series of ups and downs. Sometimes my feelings would change in an instant, from pure exaltation to excruciating madness. I sensed our attraction to one another waning. No matter how whine-y or tyrannical my rants, my Significant Other was not impressed, and stood his ground. Our relationship became an uphill battle. Who would prevail?

By the end of three months, we both knew it was time to end our romance. Neither of us was bitter, and I saw our brief union as an opportunity to learn more about relationships and my role in them. After bidding the other goodbye, I knew this called for a celebration. I popped a bottle of sparkling juice and devoured chocolate with friends. And as for my ex-partner, *Snow King*? Relieved that this summer's most persistent hiker was finally off his back, he heaved a huge sigh of relief which rumbled all the way through the Rockies.

Whether one is in a relationship with a human, an animal or even a mountain, it requires plenty of commitment. While there are many key ingredients involved when forming a bond with someone or something, I focused on three of them during my hikes. One was **PATIENCE**. It was tempting to quit some days, especially if I felt I wasn't hiking fast enough or meeting another's expectations. Healthy relationships take time, and that's what I learned to do on Snow King: take my time, put aside expectations, and let things naturally unfold. Another ingredient was **RESPECT**. If I showed respect for myself, and the mountain, I knew I would have a better chance of making all 100 climbs. The third ingredient was **COMMUNICATION**. How does one communicate with a mountain? By first listening and honoring my own needs physically, emotionally, mentally and spiritually, I was able to get myself up that hill each day.

Not all climbs were wonderful; many were just plain painful. Sometimes to experience growth, one needs to experience pain. Snow King pushed me to the limits of my physical and emotional well being. I am grateful I found the courage to go the distance. It was well worth it.

# INCOME



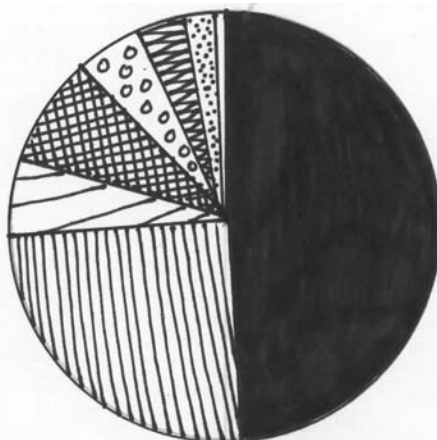
- Old Bill's Fun Run 23.1%
- Tuition 21.7%
- White Horse Social 19.7%
- Donations 12.4%
- General Scholarship 9.2%
- Grants 6.1%
- Boundless Scholarships 4%
- Farmer's Market 2%
- Conferences & Workshops 1.2%
- Video Sales 0.5%

# EXPENSES



- Administration 1.7%
- Equipment & Facilities 2.7%
- Fuel 2.8%
- Vehicles 3.5%
- Office 4%
- Fund Raising 4.5%
- Insurance 7.4%
- Horse Care & Maintenance 28.6%\*
- Program Staff & Instructors 28.6%\*

# \*HORSE CARE



- Horse Board 48.3%
- Shoeing 24.5%
- Supplemental Feed 8.7%
- Equine Dental Care 7.5%
- Injuries 4.2%
- Deworming & Vaccines 3.5%
- Prevention 2.8%
- Veterinary Supplies 0.6%

\$65,000

2006 Annual Operating Budget

# 2006 Grants

**PUBLIC** support of our programs keeps us on the cutting edge of helping youth and families create healthy environments for change and success. We appreciate and honor all of our donors and granting organizations for their belief in our vision. Their recognition of our good work is an essential silent partnership in all that Horse Warriors™ has accomplished over the years. **THANK YOU!**

The American Quarter Horse Foundation and the Nichols Foundation support our horse care and maintenance. Our program models excellent self-care through educating students about caring for their horses. We provide the best health care, prevention and maintenance practices available for our 15 program horses, which is a significant expense in our annual budget.



## Nichols Foundation

VSA Arts of Wyoming underwrites the costs of our arts programs, providing funding for art supplies, instruction and guest artists. The art and journaling component of Horse Warriors™ continues throughout the year, and builds sequentially as students continue to progress through their multiple years in the Horse Warriors™ programs.



## BEAR CREEK INC.

Scholarship and equipment needs are sponsored through grants from Rotary, Kiwanis and Soroptimist.. 90% of students need scholarship each year in order to participate in the Horse Warriors™ and Power Ponies™ programs.



A new partner for 2006, Bear Creek has generously assisted us with staff salaries, our hardest budget item to target through grants. Staff (both paid and unpaid) worked 5,821 hours this past year to create positive experiences and outcomes for over 425 participants in programs and special events.

Soroptimist International



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What do you give someone  
for CHRISTMAS who  
already has enough STUFF???

(Pssst!!! *HORSE WARRIORS™!!!*)

When you make a gift donation in someone's name,  
we will send the recipient a personalized,  
full color gift card extolling both the

VIRTUES *of your* FRIENDSHIP  
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Mail checks to:

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# HORSE WARRIORS™

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