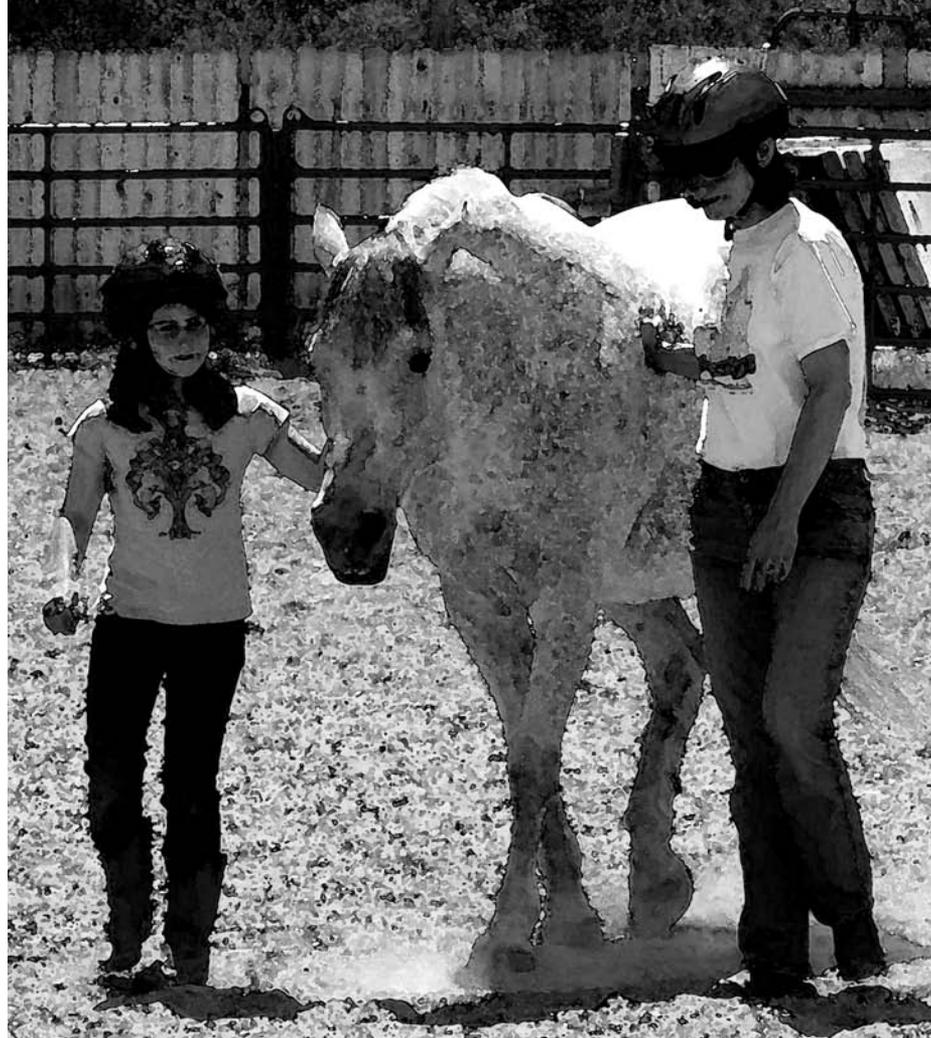


Heart to Heart

LEADING WITH LOVE



WINTER 2011

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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PATH (Professional Association of
Therapeutic Horsemanship, Int'l. formerly
NARHA) Operating Center Member

2012 Calendar of Events

January 15:

Returning Student Applications Due

February 15:

New Student Applications Due

March 15:

Scholarship Applications Due

April 15:

Scholarship Awards Sent Out

April 21 (EFMH Theory & HW Practice):

Part I: Volunteer Training (mandatory
for all those working with
students/horses): Diamondfly Ranch

May 19 (Mounted & unmounted):

Part II: Volunteer Training (mandatory
for all those working with
students/horses): Diamondfly Ranch

May 30 - June 4:

Horses of the Goddess Residential
Workshop for Professionals: Diamondfly
Ranch

June 10-15:

Horses of Spirit, Horses of Joy Residential
Retreat: Diamondfly Ranch

June 18:

HW Programs Begin: Wilson Arena

June 19:

Power Ponies & Mighty Mustangs
Programs Begin: Wilson Arena

June 21:

Star Valley Power Ponies begins:
Diamondfly Ranch

July 24:

White Horse Social at the TC Fair

August 25:

GYMKHANA 9 AM - 4 PM

August 30 - Sept. 1

OR Sept. 13-15

Women & Horses Horsemanship &
Creativity Clinics 9-5: Diamondfly
Ranch

September 19-22:

Women & Horses Level 2: Diamondfly
Ranch

October 4:

Indoor Riding Lessons on Thursday
Afternoons Begin at the TC Fair

October 8:

Discussion Groups Begin

December 15:

HW Christmas Party Potluck



Gato sees his very first Koosh Ball!

Keeping Your Eyes on the **IBALL**

When we introduce something new to our horses they show us how to maintain 100% focus on the assimilation process. Our human minds may wander, but those ponies point their ears in the direction of the flow of information and lock right in until they understand what's going on!

What a great metaphor for us - total immersion in awareness, complete focus on learning and understanding! If we could just keep ourselves from being distracted we could learn so much more!

This is one of the many gifts the horses bring us: Being Present. They don't have cell phones or iPads or meetings to get to. They just have "right now," and they share that enchanting space with us whenever we are willing to stop and just be. They teach us to get out of our heads and into feeling. This year the horses gave some time back to the moms in our circle, and helped everyone practice that "being present" skill, working together through our hearts during our arena sessions. We hope you are inspired enough to come visit us and try these sessions yourselves. You'll be happy and relaxed, and the proud bearer of a new talent!

So, what's up with all this Horse Heart stuff?

 Horses, like humans, have strong social bonds and distinct emotional responses to each other and to us. They have friends, they have feelings, they have lifelong connections to their herds. They love each other just like people do.



 Horses can't talk in words but they speak volumes with their actions and their interactions. They tell "where they are at" with both us and their herd through their many non-verbal cues. Our human challenge is to learn to connect and interact with them through this other language.





 A horse's heart is approximately 9 pounds and about the size of a football. It's a pretty powerful metronome when we are in a horse's intimate space! Research has shown that horses in bonded pairs have entrained, or aligned, heartbeats. It also has shown that horses respond to our heart rates and emotional states as well. The human heart is approximately the size of each individual's fist so it can't completely align with the horse's much larger heart, but there can still be measurable synchronicity between them. Maybe that's why they make us feel so good!¹






 This summer we worked on creating connections between ourselves and our horses through our hearts. We focused on mutually agreed upon, positive associations between people, and brought the feelings of those into the arena to work with the horses. From there we explored just how much connection we could maintain without any form of restraint. Our liberty work successes ebbed and flowed in alignment with the presence or lack of our genuine, heartfelt connections. But when students stayed present and positive they were able to do magic with their horses!

 It offers food for thought: *How easy could all our communications be if we all stayed heart centered?*

¹ (<http://www.horseconnection.com/site/archive/story-aug07.html>)

Heart to Heart: LEADERSHIP THROUGH SHARED FEELING



Challenge is good. It can also be tough! To be stretched and prodded out of our comfort zones is the way we grow and develop our skills, so having challenges in life is not always a bad thing.

This summer we had a group of Mighty Mustangs who have been with us for a while. They have done a lot of work fine tuning their interactions with both their horses and their parents, so we gave them a family interaction exercise that really pushed them to go

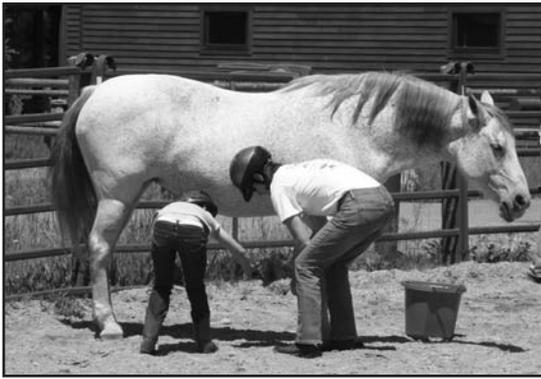
places they hadn't been before. (Isn't that our job????!!!).

Before you read further, we want to say that every team eventually had success with this exercise. However, we would like to show you how involved the horses are with the process, and how much they tell us about what is or isn't going on with their people! We thank all of our participants for sharing how this exercise works through starring in pictures of the process. They are all good sports and they worked VERY hard to pull off their successes!

Exercise: Connect to your partner and your horse through your heart. While maintaining that feeling, that "heart connection," take your team through the obstacles "at liberty" (no halter or lead).

The day started with each pair of parent/child partners spending a little time together recalling something very pleasant for both of them. Perhaps it was a camping trip outing, or a story they liked, or a special time together they had shared in the past. They were asked to be really aware of how good that feeling was, and to try to feel it deep in their hearts. When they felt they had a good “lock” on that feeling they went into the arena to be with their horses.

All of the horses in this exercise were loose. Each team quietly groomed their horse, working on keeping the feeling of togetherness and heartfelt connection between them. They were also asked to include the horse in their field of awareness, to keep the horse, as well as each other, part of that “good feeling bubble.”



“When they felt they had a good “lock” on that feeling they went into the arena to be with their horses.”

The loose horses were content to relax and stay still for the grooming as long as their “people” stayed connected. But if that heart-to-heart connection stopped, often the horses walked off!



Some of the teams spent a lot of time talking to each other, and some of the horses “checked out” when there was too much chat and not enough “feel.” It seemed that the more the teams relied on their verbal skills, the less adept they were at maintaining their close, feeling connection.



The horses picked up on it right away, however. Some



“The more the teams relied on their verbal skills, the less adept they were at maintaining their close, feeling connection.”

fidgeted, some looked away, and some yawned. It was clear when the actions and feelings of the people affected the relationships with the horses!



As soon as the people realized they were getting off track and reconnected to their shared feeling of happiness and contentment, the horses focused back on their teams again.

The next step was to hold the connection while moving through the obstacles. One of the hardest parts was simply *getting moving*. Some of our groundwork can involve touching the horse to move him, but this time it was hands off.



Just because a family is related doesn't mean they are automatically connected! The horse isn't fooled no matter what gets said. Until the team is completely on the same page those equine feet just don't move.



It's easy to keep getting distracted. Other teams might be having more success and attentions can wander. When this happens it's common for one partner to try to compensate for the other and work harder to succeed at a task. Fortunately the horses don't buy that and wait for that authentic moment of real human "join up" to respond.



To the horse, a “meltdown” is just genuine feeling being expressed. Tears of frustration and the heartfelt response of a compassionate parent are clues that the team is getting back on the same page. Once they reconnected they were able to go forward with the exercise.

One of the more interesting outcomes of this day was the realization that it did not particularly matter to the horse where the people placed themselves. When the agreement of leadership and teamwork was set, the teams could move together in almost any configuration.



“The teams could move in almost any configuration.”

The relationships improved throughout the afternoon. Partners learned to be sure to include the horse in their feelings, and to check in with each other when they felt their connections start to slip.



As everybody relaxed, and acknowledged that this exercise was really pretty much fun when they got the hang of it, the horses followed along smoothly. Smiles showed up on a lot of the faces in the arena!

During the debrief, many of the parents shared that at the beginning they thought there was **NO WAY** this exercise was going to work. They were much more astonished than their children when it all worked out (maybe because their kids already know what magic the horses can do!). Of all the summer activities, this one was talked about and shared more often than any other. Pretty powerful stuff!!





**A Big Thank You to our
2011 Grants & Scholarship
Donors!!!**

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FROM THE DIRECTOR'S DESK ~

THE ART OF CREATING THE FUTURE:

Teaching the Teachers

How do you increase the scope of what you do, especially if your organization has the lofty goal of creating a "safer and more sane world?" The solution we came up with? **TEACH THE TEACHERS!**

At some point we all realize we aren't going to stay in the same body forever, and we start thinking about the long-term impacts of the work we believe in so passionately. When I broke my neck in 2008 it was a wake up call. If I was out of commission, *who would steer the ship?* For a long time our programs ran with the direction and energy of just one person. Though the impact was significant for the few hundreds of students we served, ultimately the reach was short. Without watering down the content, the numbers had to stay small.

Teaching the teachers exponentially increases the chances that more people all across the world (as we are now part of an international professional organization) will be guided to become increasingly self-aware, more compassionate, more adept at creating and maintaining healthy and productive relationships. To that end, we have expanded the number of professional training offerings as well as internships and mentoring options.



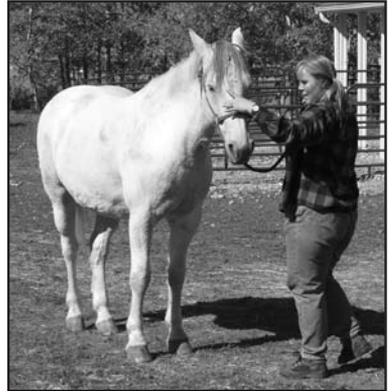
Martha McNiel, Horses of the Goddess Instructor, teaches a very academic session to therapists, college professors and equine professionals on the Winnicottian approach to healing through relationships

Our Power Ponies mentors have become excellent teachers themselves over the years. This year some were promoted to Junior Staff and will become regular staff next summer. We offered an open house training to the teachers in Star Valley, and continued



A Power Ponies mentor coaches her student on proper riding position

our training and mentoring of instructors and therapists in our yearly Horses of the Goddess Professionals' course. We had a



A classroom teacher practices body awareness and consistency in leadership while learning to work with her horse non-verbally on groundwork exercises



Role plays teach therapists and instructors how to work together to include the horse as a co-facilitator

summer intern as well as a PATH instructor-in-training, and taught three sections of Women & Horses, a course which draws a wide range of participants.

We can all see that the world is changing rapidly. With more people alive than ever before, with more creative solutions to national and global problems needed, and with the ever increasing fast pace of life, collaboration and community building are going to become more and more essential. What we teach at Horse Warriors about building relationships translates directly into working well in our human communities. We reach across generations in this work, hoping to maximize the opportunities to help facilitate positive change so the future becomes a bright, fulfilling present.

Junior Staffers are a Great Success!

BETSY AND KIRA STEP UP TO THE PLATE!

This year was our first sojourn into the use of Junior staff to help run the programs. Blessed with 2 students who have been with us for many years, we had a fabulous year of teaching, both in the arenas and out on the trail. We hoped they would enjoy it as much as we enjoyed having the benefit of their many years of Horse Warriors experience, but we'll let you hear it "straight from the horse's mouth!"



Betsy and her horse, Sonny.

Betsy Palmer

I have been involved in Horse Warriors for the past seven years. This year I was given the opportunity to work as Junior Staff. It was a fulfilling summer. I was given more responsibility and more opportunities to work with the horses and the various people who are involved in Horse

Warriors. I deepened my relationships with the staff of Horse Warriors, all of the horses, and the Upper Level girls of Horse Warriors: Avery, Story, Kateri, and Sammi.

For the previous five years, I have been a Power Pony and Mighty Mustang mentor. Mentoring in these programs helped me develop a base for teaching. As Junior Staff, I was given the opportunity to teach the Horse Warrior students. One lesson I remember distinctly was teaching the upper level girls about two-point position over a jump.

This exercise was almost more beneficial to me than it was to them. You see, this was my first week as Junior Staff; everyone else had already been there for a week. I did not yet know what to expect. This lesson helped me to get to know these wonderful girls better and learn about their relationships with their horses. I also got a glimpse of their personalities in this lesson. This glimpse was enough to keep me coming back, week after week, to learn more about the upper level Horse Warriors group.

“If I had not been in Horse Warriors, I would not have survived my first semester in college.”

I’m thankful for the opportunity I had with Horse Warriors this summer. It prepared me for college, which was an unexpected outcome of this summer job. People in DC do not know a lot about Wyoming or the West, so I have been using my teaching skills to teach my new friends about what the West is really like! I am thankful for everything Horse Warriors has

taught me throughout the years. If I had not been in Horse Warriors, I would not have survived my first semester of college. It’s taught me responsibility, self-respect, and leadership. Horse Warriors also helped me learn how to teach. Through the Junior Staff position, I hope I have taught the other participants some of the basic lessons I learned during my years in the program.

Betsy encourages one of her Power Ponies students in remembering the “cinching up” sequence



Kira Brazinski

This year my role in Horse Warriors changed from student to Junior Staff. This title change, however, didn't mean I stopped learning. I still felt like a student, I was just learning different lessons than I did in previous years. Instead of learning about lead changes and what to expect in a show

from Horse Warriors staff, the students taught me. They taught me how to adapt my teaching to fit them each personally. I learned what kind of encouragement works best for each student along with which students learn best with a demonstration and which students need to learn by doing. Some students will make it very clear when they need help while others prefer to figure it out for themselves. No two people are alike and in order to optimize teaching, you cannot just apply a formula and hope it works.



Kira proudly shows off her, "Look Ma, No Hands!" relationship with her long-time equine partner, Canyon

As each student taught me how I could help them, they let me see who they were. Some students thrived on attention and would be the first to let anyone know there was a problem (even when there

wasn't one), others loved the sense of accomplishment they felt when they were able to complete a task without any outside help, and others doubted themselves and just needed someone to recognize and validate their abilities.

“No two people are alike, and in order to optimize teaching, you cannot just apply a formula and hope it works.”

The students also helped me find out a little more about myself. I learned what style of teaching I tend to lean towards, where my patience is abundant and where it runs out, the pride I feel in my students when they finally master a demanding skill, and so much more. It was a very rewarding summer and I am eager to return next year!



Kira checks in with one of her Power Ponies students as he masters getting his horse close enough to the cone to pick up the flag



MOMS' DAY BECAUSE MOMS NEED LOVE, TOO!

down to the Diamondfly for a day of relaxing and playing with the horses. Rarely do our moms get to do something just for themselves, so we started the day off with a little journal exercise titled, "I'm Treating Myself to Fun Today Because..." (they all deserve it!!!)



What? Another new program???

YES!

And Moms' Day is a keeper according to all the attendees!

This September, after all the kids were back in school and the transition dust had settled, we invited the mothers of all the participating Horse Warriors, Mighty Mustangs and Power Ponies

"What an amazing, empowering and relaxing day, surrounded by beauty!"

"I can't thank you enough for the wonderful day spent with wonderful company! It was so peaceful and greatly needed!"

"Mom's Day is a memory that I can always bring out and enjoy all over again. You started the day with the observation that moms spend their time making sure everyone else is having a good time and gave us permission to make that day our own. It truly was a day of guiltless pleasure!"

We let the horses pick their favorite moms and then rode through the arena obstacles. After lunch, we mounted up again in the arena and had fun trading horses.



While everyone got a chance to feel out other mounts, Sheila took each rider for a one-on-one session on the lunge line so they could all practice riding with no hands - another first for all of the ladies!

"Mom's day is unforgettable because it was a unique opportunity to slow down and appreciate the true spirit of a horse. Now I know how fortunate my two girls are to be involved with Horse Warriors, because I experienced it over Mom's day."



For our afternoon finale we rode up to the weir in Lost Creek. The weather was perfect, the fall colors glorious, and the day way too short! But we'll do it again next year - all the moms wanted more than one weekend to enjoy the horses!





Women & Horses

It's all about the FUN!

Women & Horses has really taken off! This has to be one of our most beloved programs, and this year we had 3 sections offered throughout the summer and fall. It's a way to reconnect with horses through the nurturing perspective of women, and the perfect excuse to laugh all day long

through 3 days of fun. Participants can have had lifelong horse experience, or only had them in their dreams. It doesn't matter.



Either way, everyone has a great time exploring how horses and friendships can help make us better people. All the W&H workshops are held at the beautiful Diamondfly Ranch in Star Valley, a delightful perk!

Women and horses have a lot in common. They are profoundly aware of the need for relationships, and they both work hard in order to create and maintain them. Often neither are given enough credit for that!



In his recently published book, Zen Mind, Zen Horse, Dr. Allan Hamilton gives us a glimpse of the spectacular nature of horses and human relationships:

“...imagine waking up on Christmas morning. As you sit down to open your presents, you suddenly discover an 800-pound Bengal tiger seated next to you on the living room sofa. And your response? You are scared out of your wits; you want to scream, run, and scramble for the nearest rifle or tree limb.

“Imagine instead you strive to include that tiger in a communal context. Rather than flee, you rack your brain to figure out how to hang a stocking on the hearth to make the tiger feel at home, a part of your family. This gives us an inkling of the enormous emotional achievement horses accomplish each day to include us, human predators, as an integral part of their daily working (and emotional) lives. It’s a remarkable spiritual statement about the capacity of the equine heart and soul.”¹

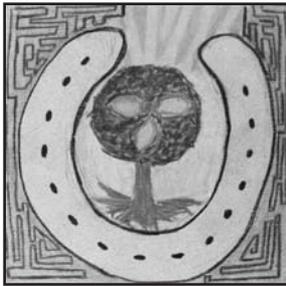


¹ Allan J. Hamilton, MD, Zen Mind, Zen Horse (North Adams, MA: Storey Publishing, 2011) p. 7



So, by utilizing the inherent strengths of both partners, the time in Women & Horses focuses on the delight in the many levels of connection.

Whether working one on one with a horse, or working together as a team following a riding pattern, whether enjoying the company of the whole group, or connecting to one's inner Muse, the art of healthy relating is shared every day. The sessions also include art and journaling time to help process all the new experiences.



To Enroll Call

(307) 733-7464

OR

(307) 883-7464

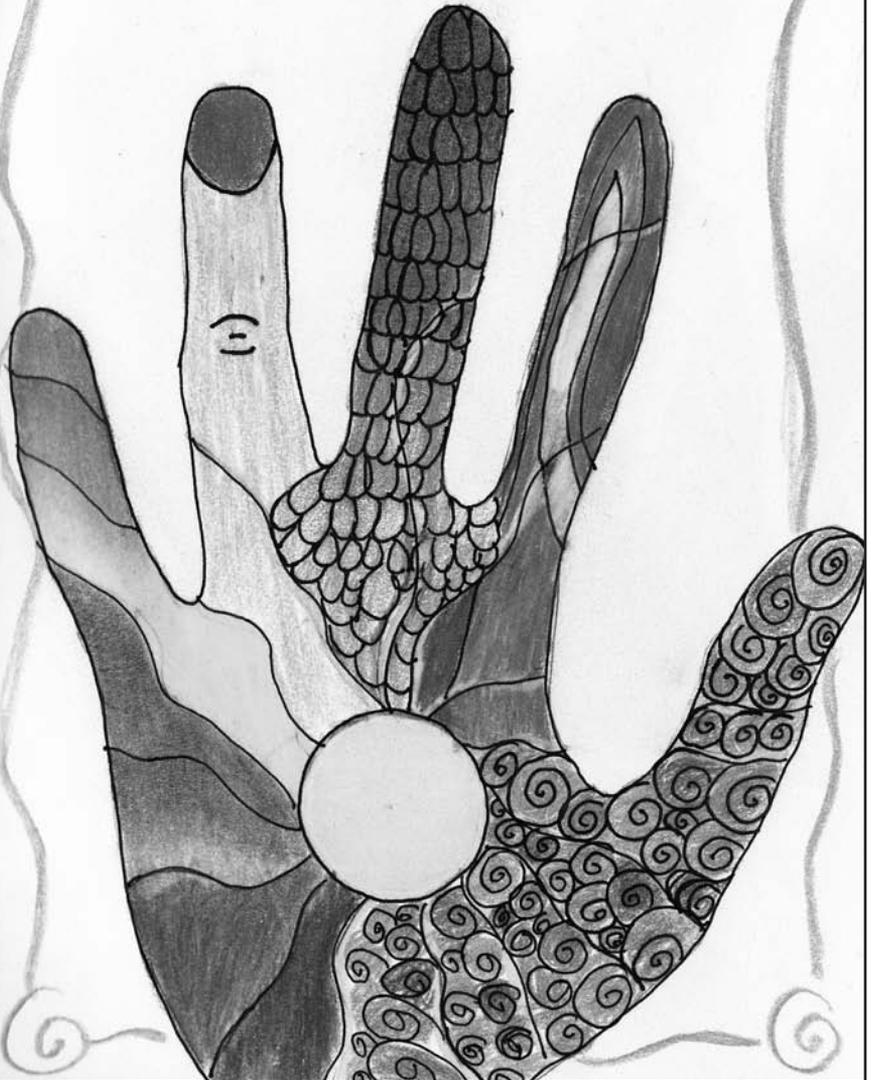
or email us at:

horsewarriors@wyoming.com

2012 Women & Horses Clinic Dates
August 30 - September 1
September 13 - 15
Level 2: September 19-22

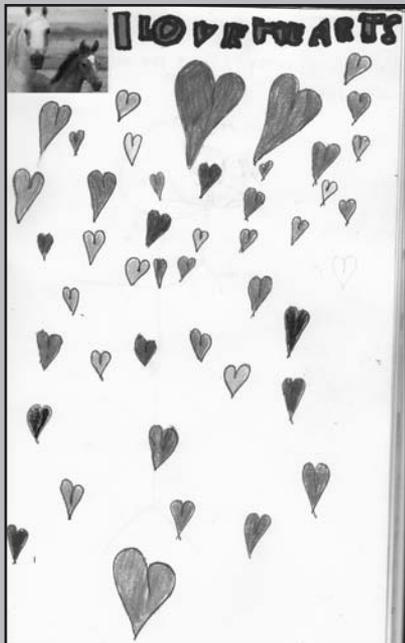
Art Pages

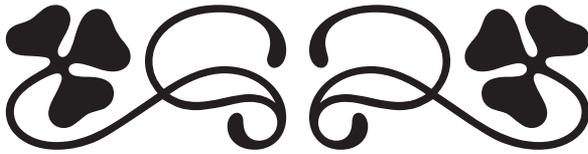
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Hands Make the Magic





There's a secret in the shadows
that slides along the shadow
to be safe.

The way it moves is like a mountain lion
stalking its prey -
slow and quiet.

It is bound to be found out some day,
like a predator's hiding spot is found out
and the prey runs.

And when that day comes
it will vanish into thin air
like a magical creature or
a magic trick.

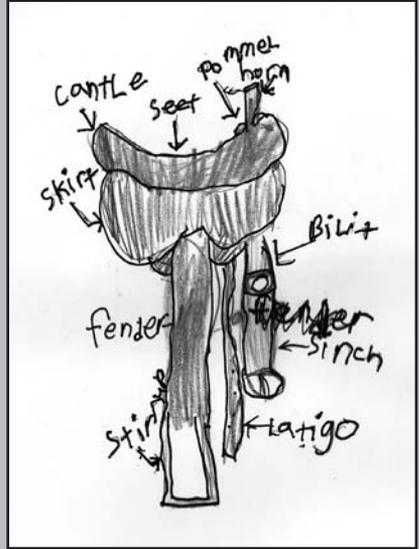
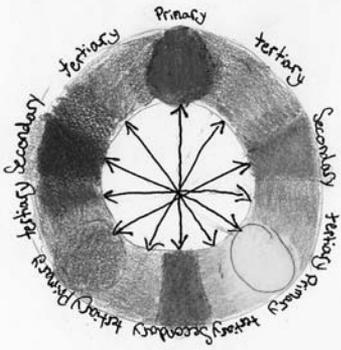
Yes, it will no longer be a secret,
but this secret, when found out,
will change a person.

Not the bad change,
the good change.

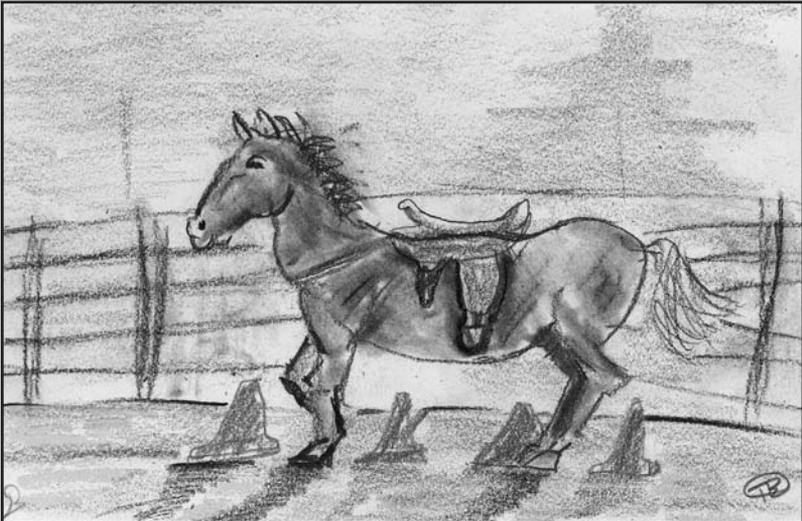
For whoever finds and captures
the secret in the shadows
will become grateful for what
life has given them.

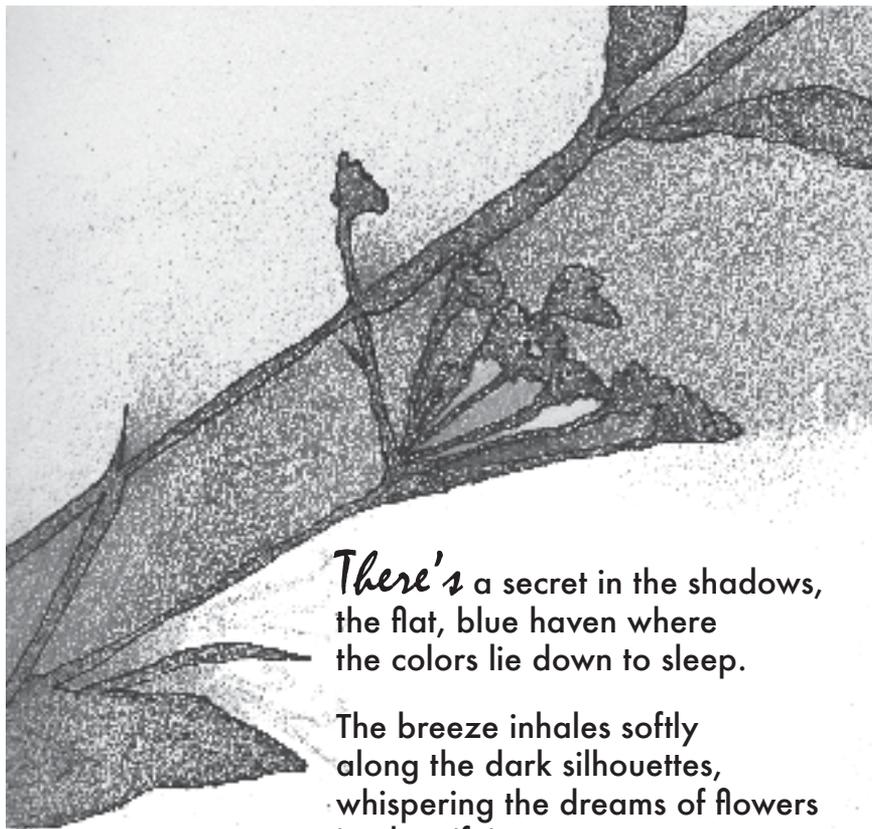
Now, one small hint,
to catch this secret
you have to move stealthier
than a predator,
quieter than silence,
and quicker than a cheetah,
for this secret does not want
to be found out
and it will make sure
it doesn't.

Color Wheels



Create,
Copy *and* **Collaborate**

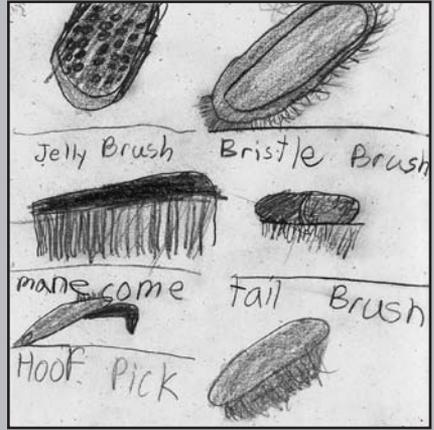




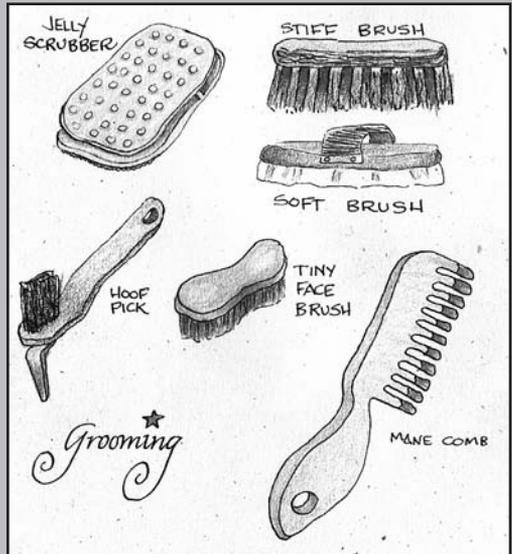
There's a secret in the shadows,
the flat, blue haven where
the colors lie down to sleep.

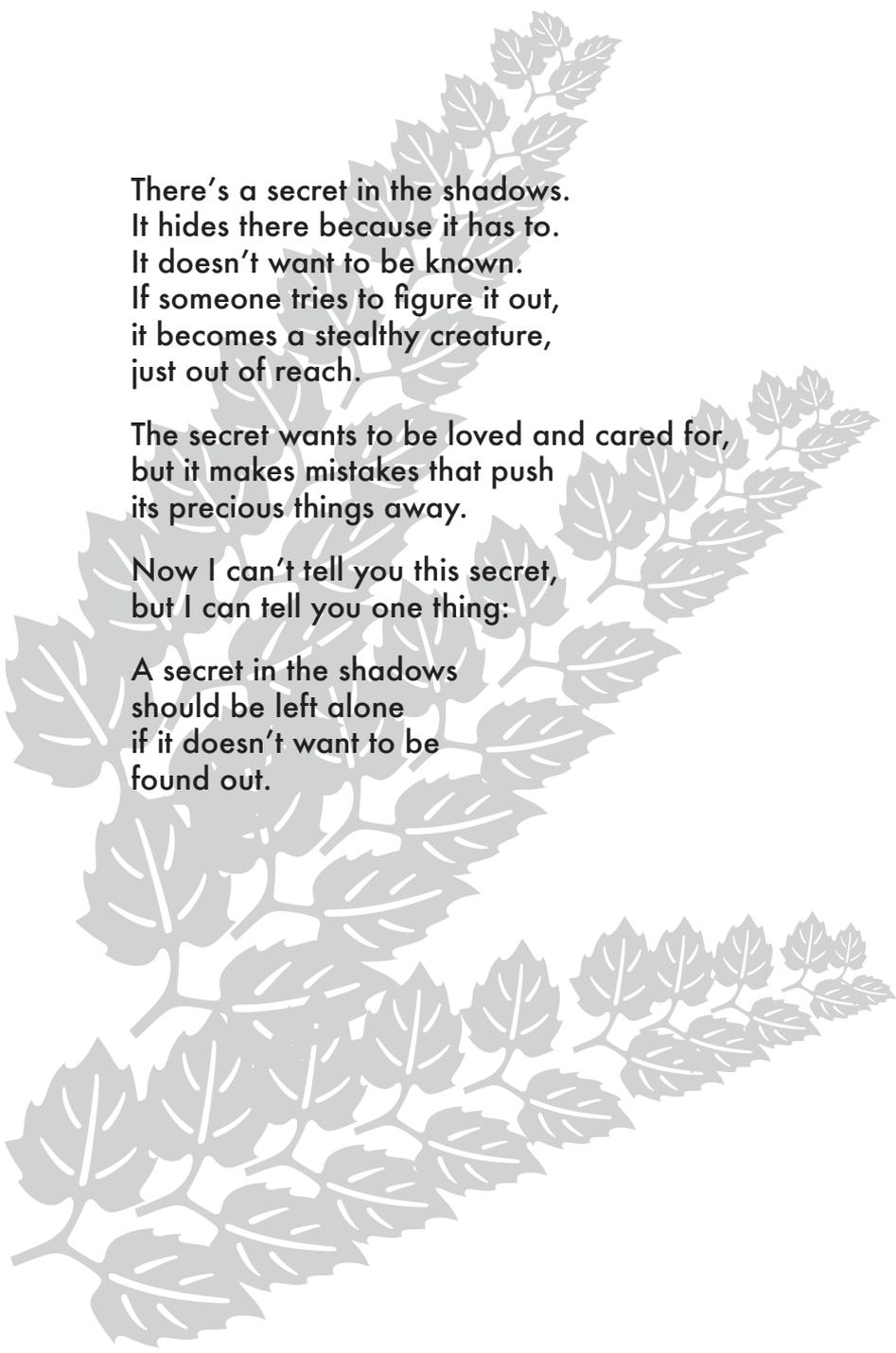
The breeze inhales softly
along the dark silhouettes,
whispering the dreams of flowers
in electrifying tones -
scarlet, rose, claret,
vermillion -
shaking the planes of sunlight
with a rushed exhale of summer.

Winter's ears perk up,
listening to the high notes of
yellow, gold, lemon
and fuchsia never seen
in December,
gloating over its sensuous moment
of eavesdropping.



Tools of the Trade





There's a secret in the shadows.
It hides there because it has to.
It doesn't want to be known.
If someone tries to figure it out,
it becomes a stealthy creature,
just out of reach.

The secret wants to be loved and cared for,
but it makes mistakes that push
its precious things away.

Now I can't tell you this secret,
but I can tell you one thing:

A secret in the shadows
should be left alone
if it doesn't want to be
found out.



Horse Love



Bella

Black as a starless night.
Smooth like a calm stream.
Stubborn at times if someone
you don't like gets too close.
Soft as a kitten.
Sweet as pie.
Lovely like the evening sky.
Your fur sticks out like
soldiers at attention.



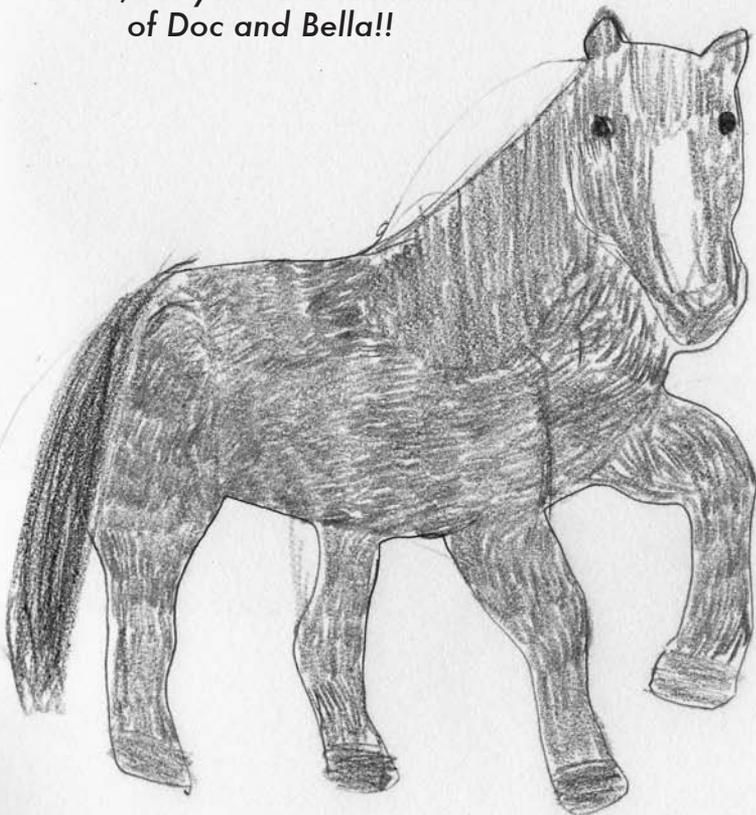
You're always looking around
with your piercing eyes,
getting to know what's around you.
The softness of your heart
to take care of the person on your back
indicates you are caring.
Your cooperation and sensitivity
to the way your rider rides
is mind blowing.
When you follow me
when I'm off your back
it makes me look at you
like a big puppy
just wanting attention.

The love you show
when you care
is outstanding -
how well you watch out for me.
You're a great horse
and it was a pleasure to ride you
and get to know you.

DOC *2009*

a new chapter...

Thank you, Connie & Skip
Helm, for your kind donation
of Doc and Bella!!



Week 1

Meeting for the first time,
Love at first sight,
he's perfect,
with a long flowing mane and
tail,
and pretty brown fur,
he's perfect,
until I ride.
Out of control,
head spinning,
his trots get faster and faster,
cutting every horse in line,
I keep a smile on my face,
keep on being optimistic.
Scared thoughts crowd my
head,
and trickle down,
down,
until they reach my horse.
I still love him,
still cling to hope,
but I keep on being optimistic,
tell myself it will all work out,
and try,
try with all my might,
to brush the bad feelings
aside,
but they reappear.

Week 2

Come to riding with a smile,
plenty of optimism,
my nerves rush up,
on the verge of flying out,
as I lead my horse into the
arena,
rush farther up,
as I mount,
and farther up,
as we are asked to warm up,
my dreads come bubbling up,

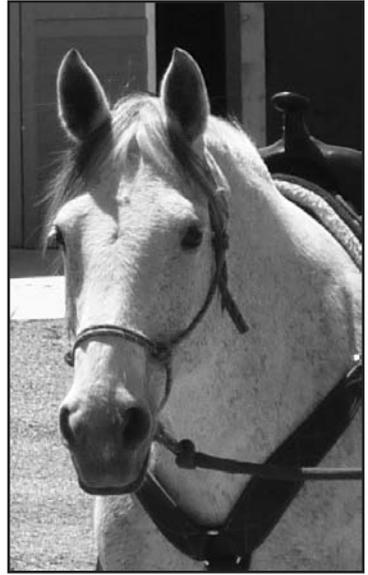
but I know that this horse is
for me,
so again,
I put on a smile,
and ride on.
My reins clenched in one
hand,
I push my nerves aside,
he trots with speed,
again, faster and faster,
occasionally cantering,
my mind clouded with frustra-
tion,
but still
I leave with a smile on my
face.

Week 5

I walk in shaking,
scared out of my mind,
but I don't let it show,
I am determined that I am
right for this horse,
and I will not let this opportu-
nity pass.
Grooming till he shines,
polishing him from head to
toe,
saddling up,
I shakily untie the knot
and lead him back into the
arena,
mount up,
still scared,
begin to ride.
Something has changed,
or have I?
I learned a lot about being
scared,
being scared
unnerves the horse,
*I am no longer scared
of Doc!*

Dear Graine,

Thank you for letting me ride you this summer. I mean it from the bottom of my heart. I know that I have missed some days and you know that was a



family thing. Thank you so much for listening to me. You are the best horse that I have ever ridden in my life. I hope over the winter that you will not get fatter. I have learned a lot more about how to sit your canter. Thanks again for all you have done for me this year in Horse Warriors.

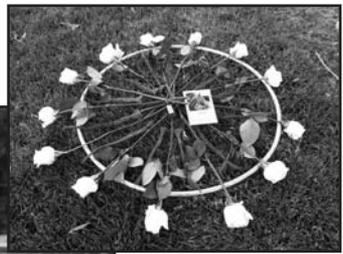
From your rider in the Upper Level,
Samantha

To All of You Who are Generous Beyond Measure: Thank You!

Thank you for the new saddle for Canyon, the Old Bill's Fun Run donations, the employee philanthropy donations, and the general operating support. We absolutely could not provide our services without you. Your hands and hearts are in all we do!

Karen Almdale • Antler Inn • Paul & Maria Armstrong • Betty Baril • Kelly Barr • Mark Barron & Ruth Ann Petroff • Petie Bennett • Carol & Dennis Berryman • Martha & Bill Best • Andrea Billingsley • Julie Birrer • Kira & Kathie Brazinski • Stacey Breidenstein • Gertrude Brennan • Diana Brown • Alison Brush • Dallas Buschow • Rose Caiazzo • Stacey Carter • CFC United Way • Susanna Colloredo-Mansfeld • Cindy & Matt Daly • Virginia Dean • Anne & Eric Delahaye • Syd & Gary Elliott • Louise Gignoux • Martha & John Gilmore • June Green • Karen Jerger & Chuck Harris • Ann Harvey • Susan Hedden • Connie & Skip Helm • Marne & Ed Holstein • Mark Houser • Brit & Brad Hoyt • Shep Humphries • Elaine Infanger • Jackson Pediatrics • Sandee Johnson • Susan Juvelier • Maggie & Dan Land • Clarene & Creed Law • Carol & Dean Lewis • Rhea Lewis & David Chavez • Lily's Consignments • Avery & Carolyn MacFarland • Christie Madsen • Pam Maples • Priscilla Marden & Tony Panarisi • Linda Mars • Faith & Mike May • Linda McInally • Sue McKnight • Mary McSorley • Lorna Miller • Ann & Kent Nelson • Monica Overly • Patsy & David Raaum • Cindy & Jim Radda • Karin Ralph • Nancy & Chuck Resor • Lisa & Russ Ruschill • Corie Rybak • Debbie Schlinger • Judie & Carl Schmidlapp • Linda & Eric Schmidt • Tina Seay • Barb & Bob Shervin • Cathy Smith & Carl Detwyler • Superior Bookkeeping • Karla Swiggum • Catherine Tallichet • Carol Taylor • Pat Weber & Tom Windle • Joni & Rob Weed • Sharon & Shane Williams • Cheri & Mike Witz • Deb Wuersch & Bob Ablondi • and the Ever-Present "Anonymous" donors, whoever you are!

Transitions



Suka's Sharing Wheel from her memorial service: white roses and small braids from her mane for all her many riders

SUKA
1990-2011

Suka had an aneurism at the beginning of the summer and died abruptly. We miss her more than we can say. She was a beautiful, smooth-gaited, gentle soul who taught many riders confidence and appreciation. Though we keep searching for another horse with all her talents we realize she is truly irreplaceable. Thank you, Suka, for your gifts!

TAHOE
1969-2011

Tahoe spent 32 wonderful years being a terrific trail, equitation and gymkhana horse. On a warm, sunny day early this fall, Tahoe went into the shade of the willows and took her last nap. We found her peacefully transitioned to "the other side" and buried her there in the company of her old friends who have gone before. She, too, is deeply appreciated and missed.





We have a new name for our professional membership organization! NARHA and EFMHA integrated at the end of 2010 and became PATH, International, broadening the scope of educational and therapeutic offerings in the equine industry. We love the new name - it's much

easier to explain how we fit under that umbrella!



Sheila and Teddy, one of her new East Coast friends. (Horses back there must just shrink from all the moisture...)

And where is the lovely and talented Miss Sheila now??? In far away Brewster, NY! After completing her PATH instructor hours with us this summer, Sheila got a job offer to manage a barn back there (with a real salary and benefits and a house to boot!). We MISS her and hope she will be lured back here by missing us, too. Meanwhile, in the tradition of taking knowledge forward, Sheila is helping people back there understand more from the horse's point of view. She said all the things she learned from working with us can really help in her new job, and help her new

equine partners, too. Stay tuned for: "SHEILA: The Return" (we aren't giving up hope!).

Power Ponies & Mighty Mustangs:

THE YOUNGER, FASTER CROWD!

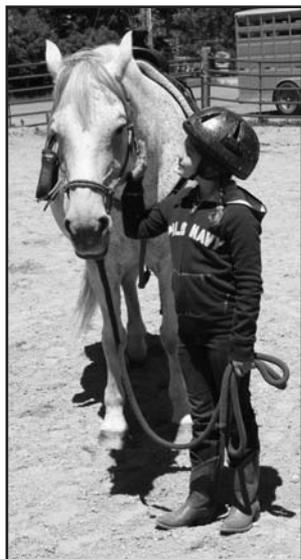
This fact says it all: *The only bareback event in the annual Horse Warriors Gymkhana this year was for the Power Ponies.* We had no fears that they would pop off in the arena in front of all the parents and guests. Why? Because they are AWESOME riders with Velcro Butts! We were amazed at the skill level of this year's entry level Horse Warriors, no matter which direction they rode in! Every one of them paid excellent attention to their horses, their instructors, their mentors and to each other. Not only that, they were prolific artists. They rocked! We can't wait to have them back next year in Mighty Mustangs!



***“They
are
AWESOME
riders
with
Velcro
Butts!”***

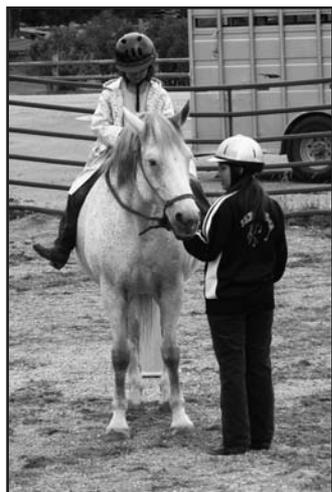
The Mighty Mustangs proved to be great horse trainers, team builders and riders as well. Since most of them returned to familiar horses, they were able to jump right in and focus on more equitation and some one-on-one relationship expansion with their horses. It was a great learning summer

for parents, too, as you can see from the Heart-to-Heart article. Hats off to those continuing families who recognize how much of “life” gets learned on the back of a horse!



The upper level Horse Warriors ran full tilt making sure their mentor students had a safe and positive experience in Power Ponies and Mighty Mustangs. We are really proud of their teaching skills and their endless patience. Even when frustrated, they keep their cool (see how well the horses have taught them??) and keep on encouraging every success they see in their students.

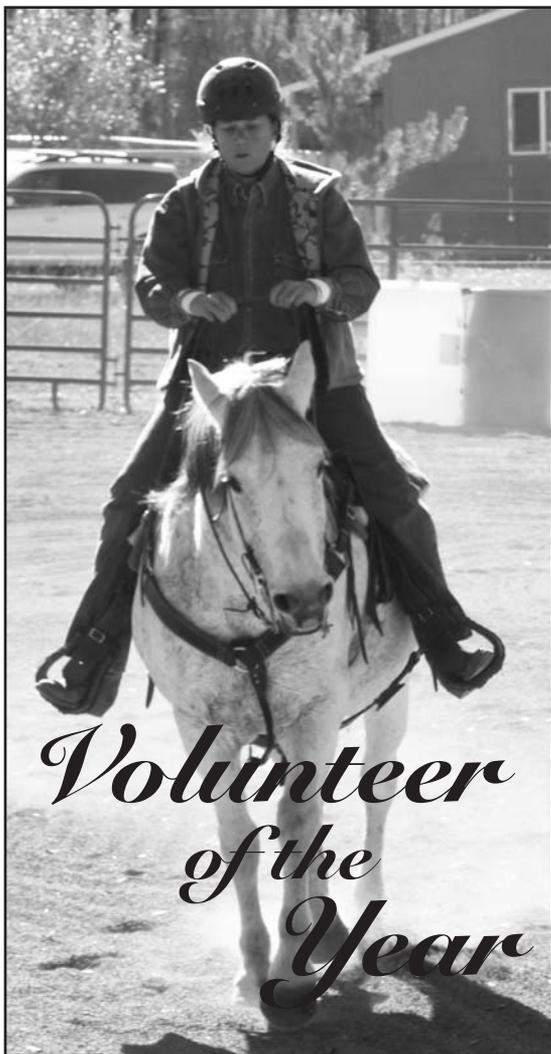
Out on the trail they worked diligently in their journals at lunch, cranking out some fine drawing and poetry, even in the midst of many biting insects - always a challenge in the summer!



And at the end of the summer they played hard, practicing for the gymkhana and packing in the last bit of outdoor fun before school started up again.

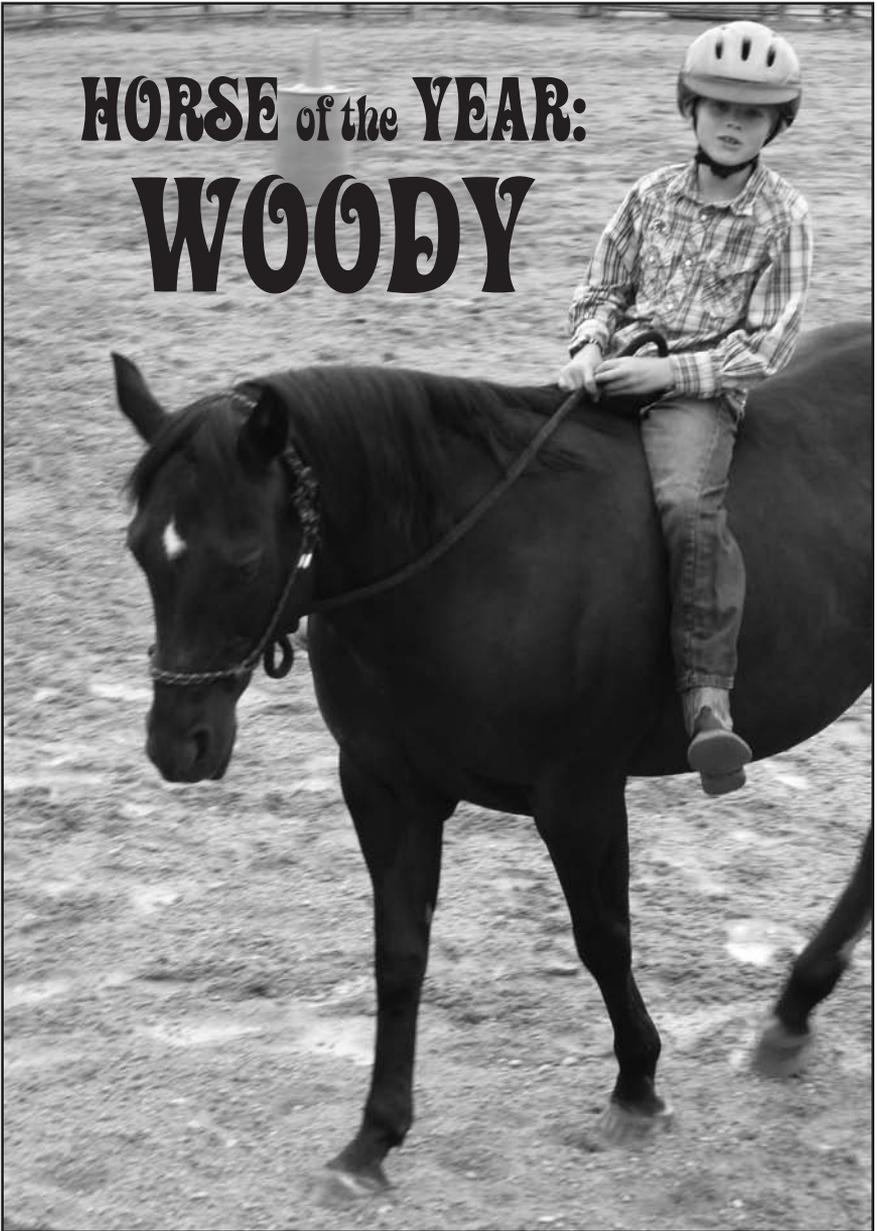
Sue McKnight

Sue started being part of the Horse Warriors family in 2010 by taking our Women & Horses clinic. That winter she began helping us with feeding and got to know all the individual horses rather well! Since she lives close to the Jackson pasture, and since she is very meticulous about noticing every little detail, Sue is now our primary "Horse Checker" when staff is out of town. She also helps with our fundraising events and the gymkhana, as well as with networking, general ranch chores and problem solving (everyone needs an engineer on their side!). We send her a big "THANK YOU!" as her time donation to us is deeply appreciated!



Sue and Graine, practicing diagonals!

HORSE of the YEAR: WOODY



With a heart of pure gold, Woody takes impeccable care of all of his riders. From Power Ponies, to Horse Warriors, to Women & Horses, to Horses of the Goddess, regardless of rider level he behaves like a true gentleman and makes everyone fall totally in love with him. He deserves to be Horse of the Year every year!

New Digs at **THE DIAMONDFLY!**

For the first time ever, Horse Warriors has the exclusive use of a full-service facility for our many professionals' and women's residential programs, arena



The Diamondfly Ranch in winter, scene of brainstorming and planning for all the upcoming 2012 programs

lessons and special events! The beautiful Diamondfly Ranch is nestled at the base of the mountains in Star Valley, with breathtaking views of the mountains and valley across big, open pastures.

It is an immensely peaceful setting, with a 100' x 200' outdoor arena, barn, tack room, loafing/hay storage shed, a bunkhouse and big, wide porches for drawing, journaling and processing the days during discussions. We are very grateful to have access to such a peaceful and inspiring place to run our women's and professional courses, especially with the guest lodging located right on site.



The new barn has 2 stalls with turnout runs for horses needing special care; a tack room; loft; classroom; 4 hitch rails; and extra hay storage under the eaves

This summer we will use it to have our students actually be able to come directly to the arena and ride on site, which was not permitted at our pasture facility in Jackson. Though we are keeping that rental space for the Jackson summer



The spacious arena inspires glee in all who ride there! Here it is being set up for an obstacle training by some of the 2011 Horses of the Goddess participants

programs, all of the stable management, horse care and training, and mentor training will take place at The Diamondfly. Everyone who has taken a

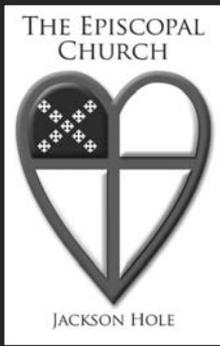
class there has said, "This is Heaven!" It has inspired a lot of self-reflection and relaxation, especially for the people who tend to "give too much" (just about everyone in the social services industry!).



TOP: Workshop participants enjoy a lunch break on the back porch before working in their journals. Bunkhouse is in the background.



LEFT: Silver enjoys a culinary sojourn into the side yard where the grass is, of course, the greenest!



Thanks, Once Again, for the Space!

This year, St. John's Episcopal Church is again graciously donating the use of one of their classrooms for our Monday afternoon discussion group meetings. It is a lovely spot to gather throughout the school year and share lots of ideas and skills, and we have some very lively discussions there! The only thing missing is the horses, but they probably wouldn't like the stairs...And a big thanks to Greer for always opening the door for us!

col
lab
o
ra
tion

Guess what everybody, spending time outside in nature is **ESSENTIAL** for your **BRAIN!** And it helps with keeping you both mentally & physically **HEALTHY** (duh!!!). And since that's



what we do **ALL SUMMER LONG** at Horse Warriors, we are now part of **Teton 10!!** Any student participating in a **Teton 10** Partner activity is automatically part of the program, and the goal is to experience as many outdoor activities in their roster as you can. Participating in Horse Warriors qualifies for **THREE** activities since we are a long term program! For more info on **Teton 10** check out their website: www.teton10.org

Gratitude Plus!

You know, when you have been doing something one way for a long time you can forget that it could be different - and easier!! We have a lot of gratitude for some of the positive changes that have happened for us this year, many of which fell into the logistics category. Here are some of the changes and side effects that made Horse Warriors even more functional and fun than it's been (and that's a LOT of fun!).



First of all, a big thanks goes to Morton Buildings. Their AMAZING crew of 3 wildly talented construction artists (and we DO mean artists!) completed the new barn in 9 days, including working in blizzards, freezing temperatures, giving up some days off and plugging along well into the night. Wow!



When we have had injured horses, like Buzz here on the left with his torn heel bulb, we have had nowhere to confine them while they are treated. Thanks to the beautiful new stalls we are now able to keep sick or injured horses safely under observation and care until they recover. This winter one of our new but older horses, Doc, stays blanketed indoors overnight so he can enjoy a long, relaxing

meal of Senior feed for which he doesn't have to compete. With his difficulty in maintaining weight, the stall is a real help in our subzero winter temperatures.

For years all of our tack, veterinary supplies and extra equipment have been stored in the overflowing tack room of the horse trailer or in the director's garage (thus eliminating any car parking in there!) With riders of all sizes, and horses with all different body structures, we have a lot of tack and equipment to keep everyone comfortable. Thanks to the new tack room it's a lot easier!



Families are indentured slaves in the non-profit world, so when Priscilla's dad came from Maine for a visit he was immediately conscripted into service installing saddle racks. These racks are made of plastic paint buckets attached to 2x4 studs. They keep the saddles in a more natural shape like they would be on the horses' backs. One tip: Cover them with some non-skid material - we used old bath towels - to keep the saddles from slipping. That works beautifully!



Now we have a very functional, well-labeled equipment space - FINALLY!





Panarisi Cabinetworks donated some used kitchen cabinets for our vet supplies (again, that indentured servitude!!), as well as some track shelving for our saddle blankets. The glass doors on the cabinets let us see right away what meds we have on hand, and the former wine rack is a perfect bandage holder!

What could be worse than being a short person who happened to be chosen by a tall horse? A short mounting block!

Thanks to Karen Tallerico we now have a TALL mounting block - a big 3-stepper! Now all the riders can mount without too much strain on the blue jeans seams! Even though Karen and pony-sized Ropy paired up at Women & Horses, she still saw that some people really had to stretch getting up on their horses each day and offered to help remedy that!



High Country Linen answered one of our long-time wish list prayers and donated used laundry soap barrels for our arena games. We've been wanting our own barrels for years but couldn't afford the rodeo version. These are perfect!! Thanks!!



Horses of Spirit



Travelling a Path With Heart

Horses of Joy

DATES: June 11-15, 2012

COST: \$1500

includes bunkhouse lodging and dinners 4 nights (last evening meal is Dutch Treat at a local restaurant); horse and tack; safety helmets (required for mounted work)

Diamondfly Ranch • Thayne • Wyoming

Limited to 6 participants; 200 lb. rider weight limit due to horse size

Join us for an exploration of relationship: to Self, to Others, to Belief and Creative Direction. This rejuvenating workshop includes interaction with horses on the ground, riding, obstacles work, trail riding, art and writing, journal time and evening discussions. Set in the mountains of Wyoming, this personal retreat will give you the peace and quiet to reflect on and redirect your priorities.

In a time where many have lost faith in old systems, we can often feel disconnected from authenticity. Feelings of loss, confusion, or lack of direction can leave us feeling paralyzed. Which path is the right one in times like these?

Horses bring us back into the moment. Their immediate presence, their attention to what is here now, their grounding energies help us stop and simply 'Be.' From the place of "Now" we can begin to create a direction that is the right one for each of us, the one with "Heart."

facilitators

Priscilla Marden, CEIP-ED

Certified Equine

Interaction Professional
PATH Certified Instructor
(Professional Association
of Therapeutic Horse-
manship, International)

Executive Director:
Horse Warriors™



**Rev. Canon
Marianne Borg**

Founding Director: The Center for
Spiritual Development,
Portland, OR



Enrollment Information & Questions:

307-883-7464; 733-7464

horsewarriors@wyoming.com

Residential Courses for 2012

HELD AT THE DIAMONDFLY RANCH IN STAR VALLEY, WY

Bunkhouse lodging at the Diamondfly includes bed linens, towels and kitchen facilities. Come learn with us in a beautiful, peacefully restorative setting while you recharge and renew your commitment to yourself and your work in the world. Classes fill very quickly so contact us soon!

HORSES OF THE GODDESS™ 2012

MAY 30 - JUNE 4
JACKSON HOLE, WY
COST: \$1500



Learn the differences in roles of the therapist, ES and horse, and how they each help the client; expand your program skills through mounted and unmounted work



Instructors

PRISCILLA MARDEN: CEIP-ED; Executive Director, Horse Warriors™, Jackson Hole, WY; former EFMHA Board Member; Certified PATH, Intl. Instructor

MARTHA MCNIEL: LMFT; CEIP-MH; Executive Director, Dreampower Horsemanship, San Martin, CA; former EFMHA Board Member; Certified PATH, Intl. Instructor

*H*orses of the Goddess™ is a professional training course in Equine Facilitated Mental Health and Education. This workshop is geared towards instructors and therapists working in, or contemplating starting, equine based therapy and education programs. It is an immersion program, designed for the serious student of EFP and EFL, who would like to deepen skill sets and expand program curriculum. The classes run from 9 am until 9 pm each day. Activities and instruction include:

- Horse Language, Safety & Herd Dynamics
- Horse/Human Relationships & Trust Building
- Groundwork
- Riding: Bareback & Saddle
- Obstacles Training
- Horse Assessment
- Games and Teamwork
- Journaling: Art & Writing
- EFMH Theory
- Curriculum Planning
- Role Plays (Group created)
- Evening Meals
- Creative Time
- Trail Riding
- LOTS of FUN!

*A*ppropriate and fun for those with at least intermediate riding experience, ages 21 and over; 200 lb. weight limit due to horse size. Course tuition includes all instruction, required safety helmets, snacks, light evening meals for 5 days, horses and equipment. Bunkhouse lodging included. Limited to 6 participants.

To Enroll Please Contact:
Horse Warriors™ • Box 602
Jackson, WY 83001
horsewarriors@wyoming.com
(307) 733-7464 or 883-7464



The White Horse Social!

TITLE SPONSOR

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2012
White
Horse
Social:
July 24

Thank you, Sheila Mealey and Christie Madsen, for chairing the WHS this summer - everyone had a fantastic time!! We also want to thank all the AUCTION DONORS, VOLUNTEERS, PERFORMERS and PONY PAINTERS for supporting the White Horse Social again! Our feedback from families is that it is an absolutely DELIGHTFUL, KID-FRIENDLY EVENT they look forward to every summer.

↔ Save the Date!!!



Becky & Lance Bateman loaned their sweet QH mare, BABY, to us for our Women & Horses clinics and for our Moms' & Teachers' Days. She was adored by all her human partners and we are very grateful for their generosity!

Giving is Good...



(O)n Behalf of all the Horse Warriors™ Horses and Students, Hawk asks that you heed his Telepathic Message (being a Non-Verbal kind of guy) to support the great work we do. He thanks you, the Horses thank you and we (the Horse Feeders and Manure Shovelers) thank you!!!

Tax deductible donations can be mailed to:

Horse Warriors™
P.O. Box 602
Jackson, WY 83001

HORSE WARRIORS™

UNLOCKING SUCCESSES, ONE KID AT A TIME

BOX 602 • JACKSON • WYOMING • 83001

