

SEEDS:  
growing  
together

2015

## 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™ is a 501(c)(3)  
Wyoming Corporation and  
PATH (Professional Association of  
Therapeutic Horsemanship, Int'l.)  
Operating Center Member

# 2016 Calendar of Horse Warriors™ 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 23: Volunteer Training

Part I: EFMH Theory & HW Practice:

Diamondfly Ranch

## MAY 21: Mentors' Training: Diamondfly Ranch

## MAY 22: Volunteer Training

Part II: Mounted and Unmounted Work:

Diamondfly Ranch

## JUNE 6-10:

Horses of the Goddess™ Professionals' Training

Residential Workshop: Diamondfly Ranch

## JUNE 13 and 15:

Jackson HW Programs Begin: Wilson Arena

## JUNE 14:

Jackson Power Ponies™ & Mighty Mustangs™  
Programs Begin: Wilson Arena™

## JUNE 16:

Star Valley Power Ponies™ & Mighty Mustangs™  
begin: Diamondfly Ranch

## JULY 26:

White Horse Social at the TC Fair

## AUGUST 27:

GYMKHANA 9 AM - 5 PM: Diamondfly Ranch

## SEPTEMBER 10: Old Bill's Fun Run

## SEPTEMBER 12-16:

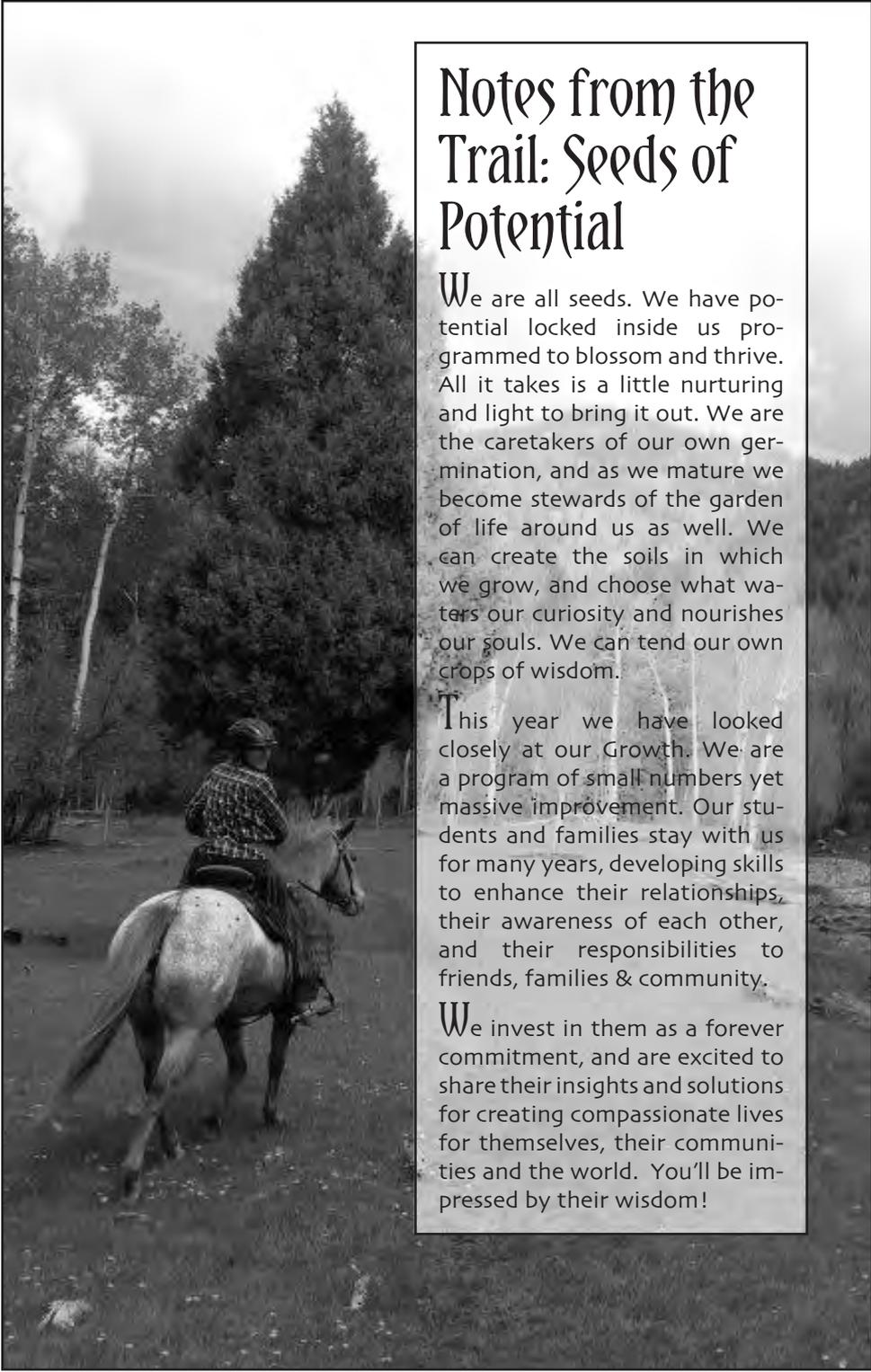
Startups Residential Program:

Diamondfly Ranch

## DECEMBER 11:

HW Christmas Party Potluck & Winter Carnival

1 - 5 PM: Diamondfly Ranch



## Notes from the Trail: Seeds of Potential

We are all seeds. We have potential locked inside us programmed to blossom and thrive. All it takes is a little nurturing and light to bring it out. We are the caretakers of our own germination, and as we mature we become stewards of the garden of life around us as well. We can create the soils in which we grow, and choose what waters our curiosity and nourishes our souls. We can tend our own crops of wisdom.

This year we have looked closely at our Growth. We are a program of small numbers yet massive improvement. Our students and families stay with us for many years, developing skills to enhance their relationships, their awareness of each other, and their responsibilities to friends, families & community.

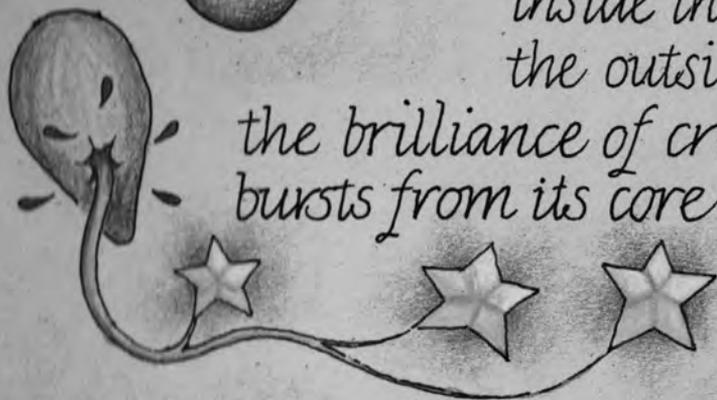
We invest in them as a forever commitment, and are excited to share their insights and solutions for creating compassionate lives for themselves, their communities and the world. You'll be impressed by their wisdom!

# WHAT is a SEED



A seed is a crucible  
of future;  
a tiny pouch full  
of dreams;  
it is bigger on the  
inside than on  
the outside, and

the brilliance of creation  
bursts from its core



# What is a Seed?

Our students had a lot of fun with this one, as it launched them into thinking about what they hold inside to grow their lives in the directions they want. Here are some of their ideas about potential!



# What is a Seed?

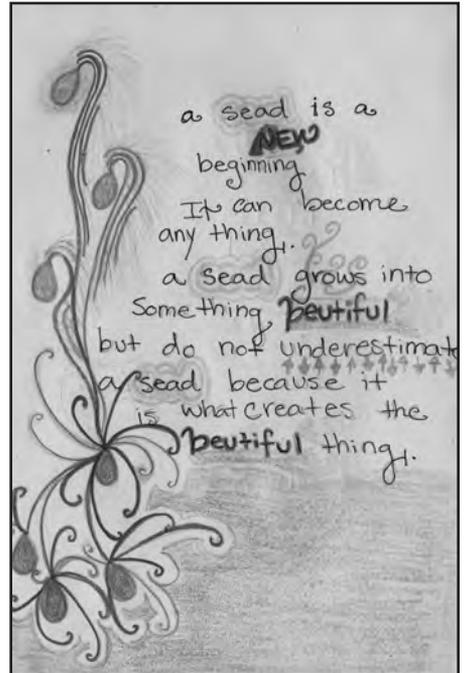
A seed is a wish made by the most hopeful thing, planted in the deepest part of a heart

A seed will grow into something great, a seed is an escape

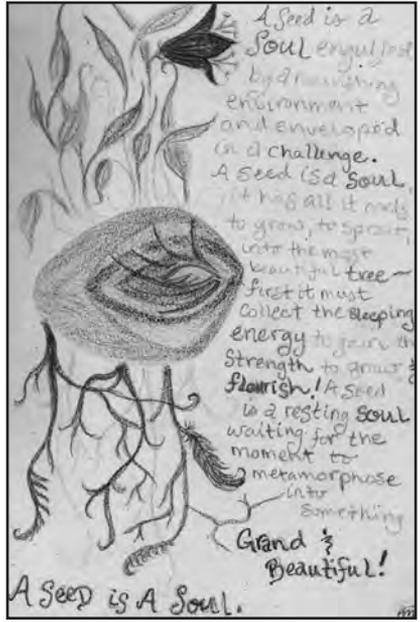
It is a dream never given up, and a sparkle that will never fade, and the start of every story



# What is a Seed?

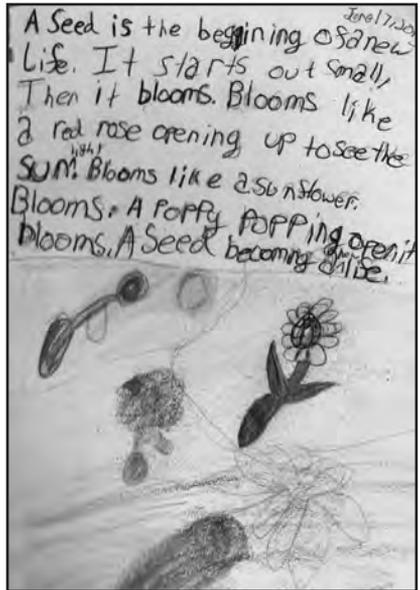


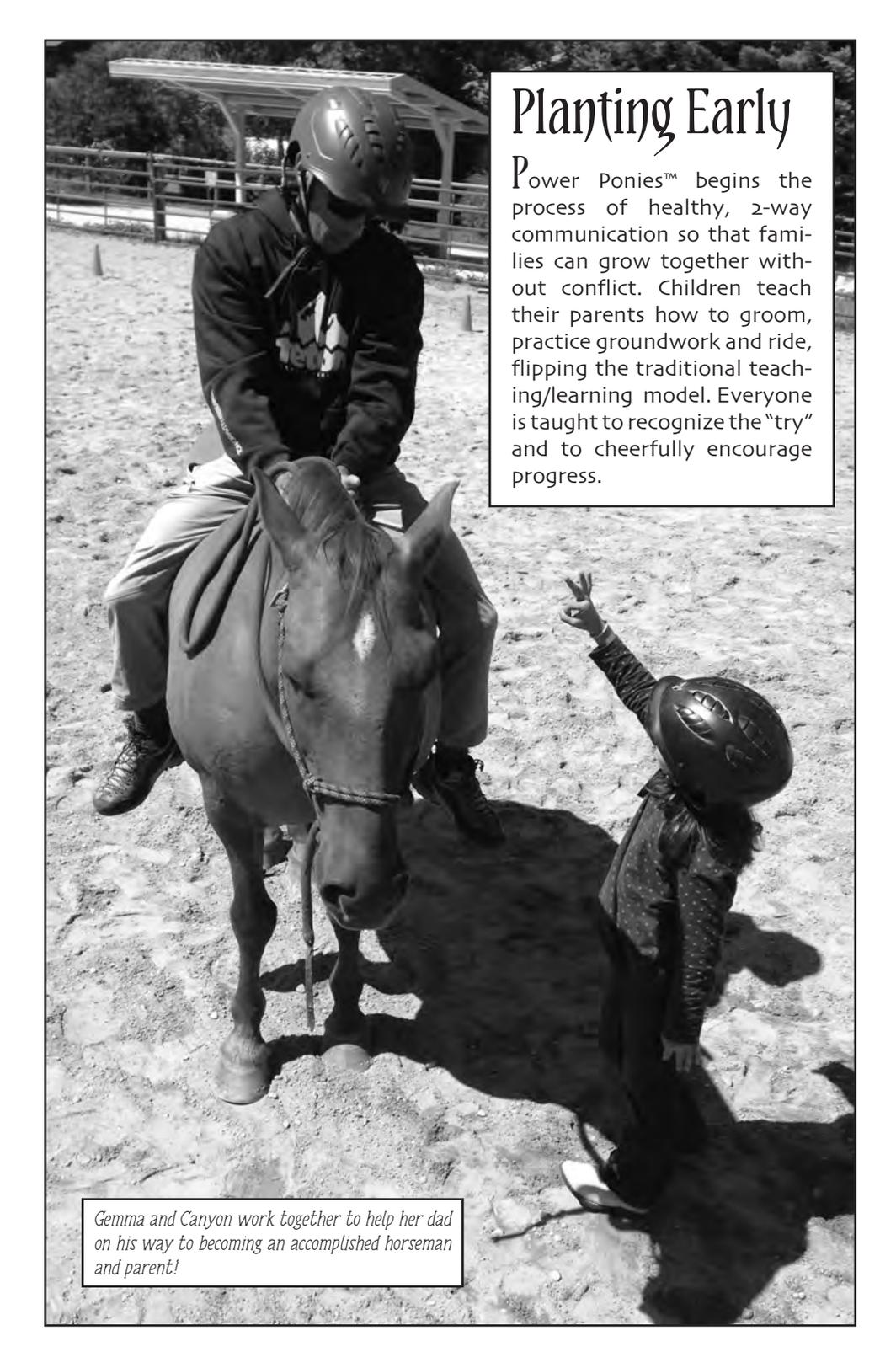
# What is a Seed?



# What is a Seed?

A seed can be any idea that is ready to be brought out into the world. What's inside of you that yearns to blossom, that is ready to sprout? Nurture your dreams, water your inspirations so they can come to fruition. There is a whole generation emerging into a level of awareness who are ripe for mentoring and role modeling. If you ever had the idea to work with young people, and encourage them to be their best selves, please consider volunteering with one of our programs!





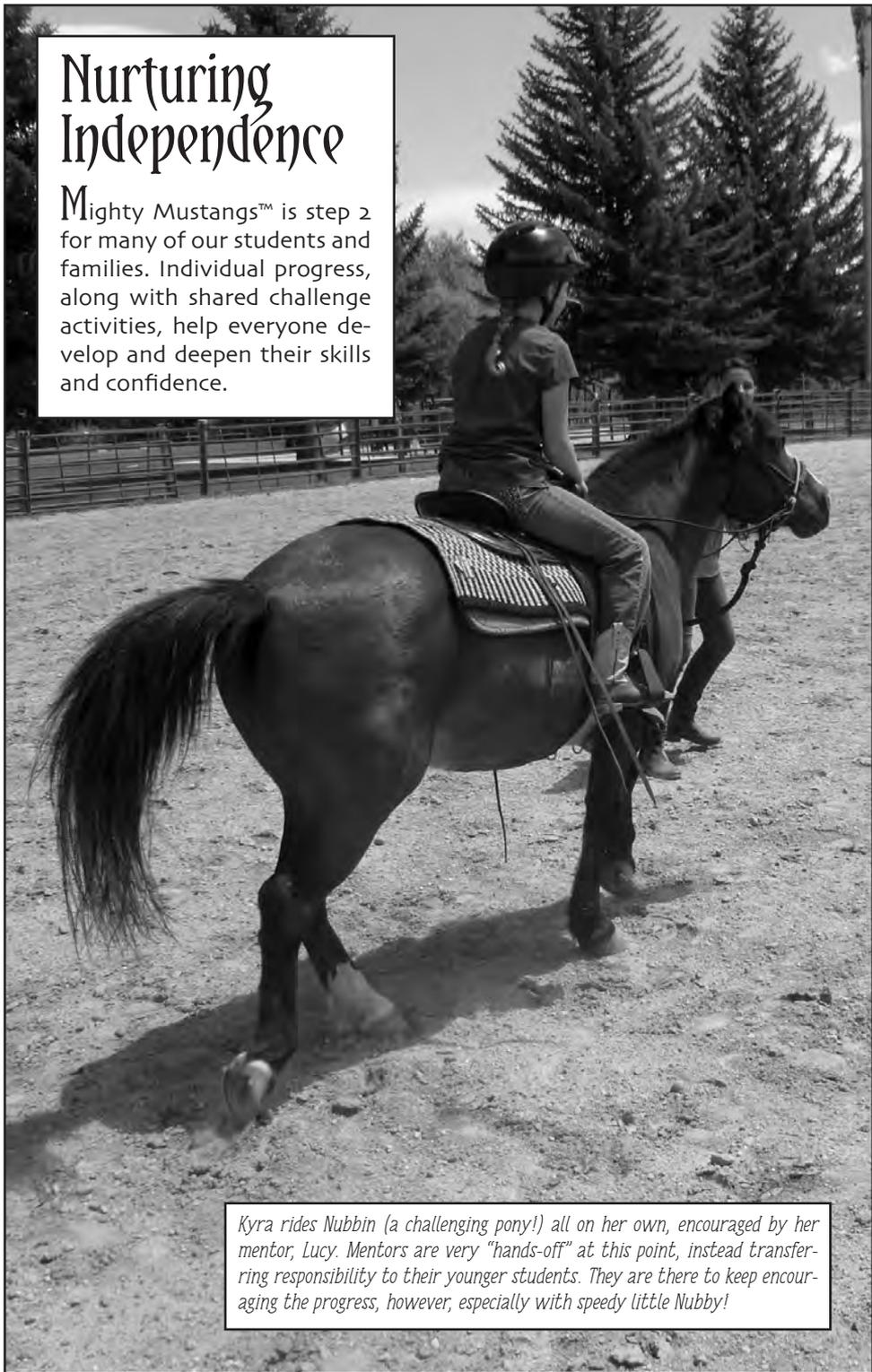
## Planting Early

Power Ponies™ begins the process of healthy, 2-way communication so that families can grow together without conflict. Children teach their parents how to groom, practice groundwork and ride, flipping the traditional teaching/learning model. Everyone is taught to recognize the “try” and to cheerfully encourage progress.

*Gemma and Canyon work together to help her dad on his way to becoming an accomplished horseman and parent!*

# Nurturing Independence

Mighty Mustangs™ is step 2 for many of our students and families. Individual progress, along with shared challenge activities, help everyone develop and deepen their skills and confidence.



*Kyra rides Nubbin (a challenging pony!) all on her own, encouraged by her mentor, Lucy. Mentors are very "hands-off" at this point, instead transferring responsibility to their younger students. They are there to keep encouraging the progress, however, especially with speedy little Nubby!*

# Harvest Time!

Horse Warriors™ riders work so well with their parents after moving up through the other programs that they can compete together in the gymkhana. They communicate, share the fun, win ribbons and have a positive takeaway to their interactions. That all translates into better relationships outside of class!



*Smyth and her dad, Jody, have a wonderful score/time for the Pairs Barrels event, where the contestants have to hold a string between them for the entire round. They have nice, focused communication, and even their horses are in sync!*



*We  
see  
the  
same  
things*

**Perceptions**



*through  
different  
eyes...*



**RED  
IS  
RED,  
AND  
BLUE  
IS  
BLUE;  
OF  
COURSE  
I  
SEE  
IT  
THE  
SAME  
AS  
YOU!**

## Do We Really See Things the Same?

Something as “Universal” as colors should be an area where everyone is in complete agreement, right? The word “green” should make everyone feel the same and give them an exactly similar hue in their minds’ eyes shouldn’t it?

**NOT!**



Everything we do, say, feel, share, comes through our own unique filter. If we remember that one little fact it can help us to be more compassionate. All of us have a strong sense of how we see the world. If we can remember that others are just as certain of their beliefs and perceptions as we are of our own, we can become more inquisitive and tolerant.

We had fun playing with this idea during our journal time out on the trail, and want to share the variety of “eyes” through which we viewed the same things.

Enjoy the diversity!

Red is flame drowning in a rainbow  
Red is first in the primaries  
Red is the center of a heart torn open  
Red is a fingertip dressed up  
to match lipstick  
Red is lava brewed at the earth's core  
Red is the last word from this pencil  
Red is what happens to pink  
when the white drains out  
Red is the bitter end of purple (PM)

Red is a sensation  
It is a feeling of love  
and passion  
Or a feeling of anger  
and hurt  
Red is an archetype  
for what we want  
or wish would  
never come  
Red can be war or love  
Red is a sensation (LK)

Red is a color that  
can be a color  
of passion  
Red can be anger  
Red can be love  
Red can be  
bubbling anger  
waiting to burst  
Red is a color  
that changes with  
someone's  
perspective (AW)



Red can be the angriest of angry  
The lovingest of love  
The boldest of bold colors  
Red can be anything (MM)

*Red is angry  
It is the color of a fire  
raging through  
the forest  
It is the color of burnt  
and dead pine needles  
Red is a warning flag  
telling you to stop,  
to go back  
Red tells you  
something is wrong  
(AP)*

**Red is blossoming, passionate,  
persuasive, loving, fiery, and  
sometimes furious.  
Red is the passage of time at  
autumn,  
and the mark of too much sun  
in the summer.  
Red is full of life and indicates  
oxygen rich blood.  
Red is thriving. (MC)**

Orange is when I eat  
an orange  
Or look at the trees  
in the fall  
Or when my goldfish  
are swimming  
Around in their tank (SU)

Orange is like the sun  
Bright and beautiful  
Also like a sunflower  
Like the autumn leaves  
That shimmer in the wind (SD)

# orange

Orange is the fruit of winter,  
the spark of breakfast  
Orange holds red and yellow  
together in the flame  
Orange is creation warming  
towards the light  
It is the shell of Halloween  
the twisting peel of  
Christmas morning  
Orange is the last whisper at sunset  
the pink debutante's  
escort at dawn  
Orange is the color that flaunts  
my summer tan  
the sputtering of the gas fire  
the color of fireworks (PM)

*Orange is smooth,  
soothing, warmth.  
Sweet fruit and solid  
streaks of fading sun-  
light. Orange cream  
soda is summer bottled  
into a glass vessel that  
fizzes and pops. Orange  
is the broad face of a  
California poppy,  
waving "hello" from a  
hillside.*

*Orange is the glow of  
life within and the be-  
ginning signs of fall-  
the passage from this  
life into the next, and  
beginning of dormancy  
in the winter. Orange is  
zesty, spicy, flavorful,  
and full. Its iron, rust  
and coppery fur. (MC)*

Orange is fear  
Halloween  
Care  
The bright one (KC)

ORANGE IS LIKE THE SUN  
THAT I CAN BE JOYFUL ABOUT (NR)

# Y e l l o w

Yellow is a lazy afternoon  
That turns into a long,  
warm summer night  
Yellow is the glow of fireflies  
And the glee of children  
chasing them  
Yellow is a group of friends  
Sitting around a campfire,  
laughing  
Yellow is a butterfly  
pausing on a flower  
on a warm afternoon (AP)

*Yellow is a new day, a shout of joy  
and short, spiky rays of clapping  
Yellow is the brave sister of orange,  
the color of dreams that become real  
Yellow is the scent of breakfast:  
frying eggs, juice, pears and Cheerios  
Yellow hides on white paper (PM)*

***Yellow is happy  
It is the color of a  
swelling sun  
The color of a daffodil  
Yellow is a ray of sunshine  
making you smile  
Making you want to laugh (AW)***

Yellow is a sun shining down  
the path of life  
for others to follow  
It is a bright and happy feeling  
A blooming flower rising with the sun  
Yellow is an awakening and a way  
to move past the darkness in your life  
And you find your way through again (LK)

Yellow makes me  
happy  
Yellow puts  
color  
in the world  
Yellow puts a  
smile  
on my face (MM)

**Yellow is vibrant,  
illuminated, warmth,  
and happiness.  
Brightening the day,  
Or lighting up a  
dark corridor,  
Yellow is a spark,  
a sun beam, a buttercup,  
And lemony yellow treat.  
Sunlight seems to be  
captured in things  
that are yellow,  
and shared in a tangible  
form for us to enjoy!  
(MC)**

Green is  
like trees  
Where  
animals live  
Where they  
are happy (NR)

# green

Green is the river in the trailer park  
And the leaves on the trees (SU)

Green is fresh, fragrant,  
forested, and fertile.  
Green means go,  
the start - spring.  
Green is my soul,  
a deep lake,  
and lush rainforest.  
My towel is green.  
Green is tickled toes  
and finger tips  
while wandering to  
catch up horses.  
Horse poop is green.  
Its sweet pungent smell  
is happiness to a cowgirl.  
Green is happiness,  
peace and bliss.  
The middle child of  
the rainbow,  
green holds it all together  
through captured  
light and water in plants. (MC)

GREEN IS  
DISGUST  
SPRING  
BROCCOLI,  
KALE,  
UGLY ENVY  
(KC)

*Green can represent envy  
Or being sick  
But to me it is big,  
open fields with  
swaying grasses  
That flow together  
like a big family  
Also it's like a  
new year coming  
With the blooming  
green leaves at the  
beginning of spring (SD)*

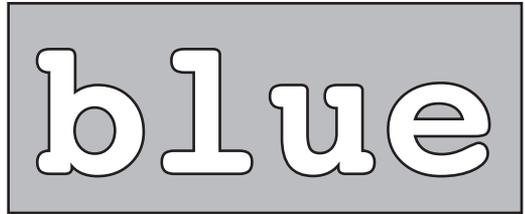
**Green is the  
mistress of spring  
the stalker of winter  
in early March  
Green seeps out of  
rock walls in the  
rain forest  
erupts in moss beds  
and climbs the walls  
disguised as ivy  
Green soothes the  
losses of fall  
It is a wanderer  
returning like  
a promise  
after the world is  
slain by frost  
Green is a healer (PM)**

**Blue is sadness**  
**A great big ocean of despair**  
**that you can never escape**  
**But it is also a possibility**  
**A possibility of flying**  
**through the sky**  
**or crossing the blue ocean**  
**of worries and**  
**unwanted feelings**  
**Blue is a possibility (LK)**

*Blue is a soft shirt,*  
*a still sky that hangs*  
*over summer*  
*It's a mystery with a*  
*cracked door inviting*  
*me to peek past green*  
*and find its source*  
*Blue is a fish in a cage*  
*with long fins and a tail*  
*shimmering under*  
*fluorescent lights*  
*Blue lives at the center*  
*of ice cubes*  
*and the Arctic*  
*Blue stands up to cold*  
*like a soldier*  
*at attention,*  
*dripping tears*  
*at each salute (PM)*

Blue is a calming, oasis, full and deep.  
Blue is expansive like the ocean and sky,  
or a peaceful mind.  
Blue is comforting and caressing.  
Blue is the wind and rain.  
Blue is complex, dynamic and bold.  
Blue is cool and light or dark and stormy.  
(MC)

Blue is cold, but happy  
Blue is the reflection  
of a bright sky  
on fresh snow,  
the bubbling color of the sky.  
Blue is untouched,  
a serene lake uncut by wind  
or boats.  
It is the bright ocean and  
the beautiful tide pools.  
Blue is the color of life (AP)



Blue is a calming color  
A sweet, kind, calming color  
Blue makes the dreaded  
nightmare disappear  
And replaces it with  
lovely daydreams (MM)

Blue is the color  
of waves dancing  
It's the color of a clear sky  
Blue is a crust of sadness  
But it can't help  
but make you happy  
Blue makes me think  
of water  
Songs of bluebirds  
Wildflowers (AW)

Everyone wears purple  
Because we are all royal  
We have power  
to do great things  
It's like a fat grape  
waiting to be eaten  
by us or  
a horse  
(SD)

PURPLE IS JOY  
FEBRUARY  
AMETHYST  
BEAUTIFUL (KC)

Purple is fluid passion,  
twilight at dawn and dusk.

The smell of lavender  
and peace it brings.

Purple is the deep shade  
of shadows,  
and loving aura of  
a companion.

Purple is complex, shifting,  
encompassing,  
and magical.

An amethyst hides its beauty  
away in a geode;  
no one would ever guess  
a pure crystal  
resides within. (MC)

# purple

Purple is the color  
I love to wear the most  
Purple is brave enough  
to dance hand in hand  
with Red  
Purple is grapes  
and jellybeans  
Purple is fun and hollers,  
"Who cares?!" (PM)

**Purple is  
eating a plum  
And the  
iridescent  
flash  
of a  
hummingbird's  
wings  
(SU)**

# Changes



# Changes: What We Want to Create

Our current group of Horse Warriors™ students has been together for many years. Most of our them began as Power Ponies™, moved up through Mighty Mustangs™ and then became Horse Warriors™ students when they reached middle school. Half of them are also mentors for the younger students in the programs, and help out as junior staff.

They all help each other grow by listening, encouraging and providing safe space to explore ideas and feelings. If not specifically the “best of friends” (they have lots of friends outside the program), they are indeed the “best of intimates”.



This year we worked together to look at what changes we would like to enact. Part of growing is realizing that we have the power to take control of our lives and direct them in ethical ways, and that the decisions we make can have broad reaching effects. We shared what changes we wanted to make personally, and what changes we wanted to see in the world.

But talking about what we want is not enough. We need ideas and actions to implement change. It can be hard to stay on track and follow through with our ideas, so we partnered up to create some help.

We wrote down our intentions. Then we chose one self- and one global-change we wanted to see, and read them aloud to our groups. Then we partnered up and carefully listened to what was important to the other person. From that space of understanding we created art pieces to help solidify each other's intentions.

We traded journals and drew our helpful artwork in each other's books. That way we each kept the assistance we received from our friends in a place where we could always refer to it.

The final assignment was for students to take this exercise home and share it with their parents. We have included a few of those parent perspectives for you as well. It is powerful to see how similar some of the intentions are, especially those for making the world a better, safer, more sane place.

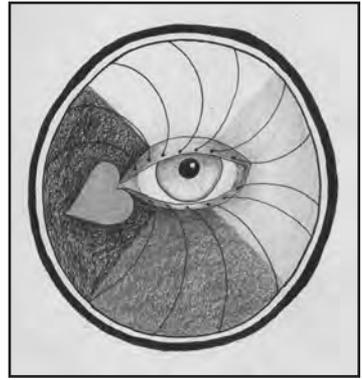
Young people are very wise, as you'll read!

# Aspen:

## Personal Changes

- 1) The way me and my brother act towards each other
- 2) The way I look down on myself
- 3) Be more persistent with my goals
- 4) Focus more on how others feel
- 5) Go outside more

I want to focus more on the feelings of others and not just my own. I feel that all too often I only focus on what I want, not even just what I need. I feel like every day I pass people who may be feeling lonely or sad and don't even notice. I need to look around more and at least acknowledge how someone may be feeling and understand that they are going through different things. The world isn't all about me.



*Priscilla's art for Aspen's change*

## World Changes:

- 1) The way people treat each other
- 2) War
- 3) More happy people
- 4) Make people feel good about themselves
- 5) Acceptance of differences

Everywhere around the world there are different people with different beliefs. People who look different, dress different – every person is unique. All these people need to be more accepting of that. I feel like if everyone understood and accepted that people have different beliefs and you couldn't force anything on them, there would be less war in the world and less conflict.

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# Aspen's Mom:

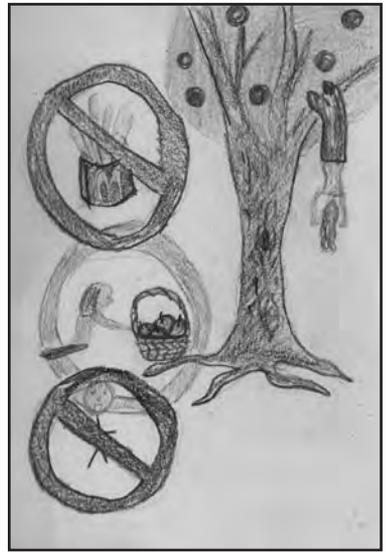
## Personal Changes

- 1) I would read more
- 2) I would camp more
- 3) I would get the kids to do more chores
- 4) I would get the kids to watch less TV
- 5) I want to get better at saying "no"
- 6) I would love to find the balance between taking the kids out to play all day and finding the time to cook healthy meals

# Aspen's Mom:

## World Changes:

- 1) I would change politics and political powers
- 2) There is no reason for people to be starving
- 3) There is no reason for murder as well
- 4) I wish produce didn't spoil as fast so that people could eat more fresh food
- 5) I wish food wasn't loaded with chemicals
- 6) I wish people were understanding of others.

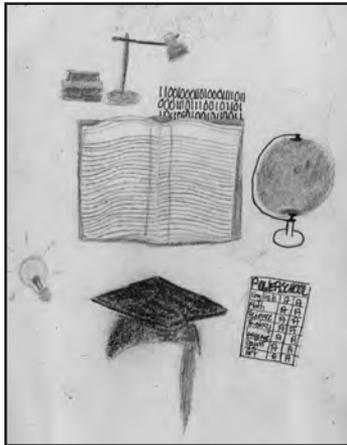


*Aspen's art for her mom's change*

# Mylee:

## Personal Changes

- 1) I would change my handwriting
- 2) My knowledge level
- 3) My hair color
- 4) My personality



*Ainsley's art for Mylee's change*

By changing my knowledge level I could accomplish more things and I could get a good job and have a non-stress life. Therefore I will live longer and have a very happy life. To get more knowledge I will have to get more motivated to do more stuff than expected, study hard and work hard.

## World Changes:

- 1) The population growth
- 2) The pollution
- 3) The way people eat
- 4) Bullying around the world

More and more gas is wasted around the world. Each milli-second is another 1000 gallons. More and more trash gets thrown into a habitat where it kills, and each piece of trash will kill something, whether it is a bug or a flower or an animal. To stop this we should make buses more available and stop the making of any plastic.

# Lucy:

## Personal Changes

- 1) Independence
- 2) People's opinion vs. my opinion
- 3) Be more active
- 4) Patience
- 5) Spend more time on art

I would like to become more independent. I would stop caring what others think I should do/be and start caring about my own opinion. I would like to change how I always look to others and start looking to myself. To do this I would need to stop asking others before asking myself what I should do. I would rely on myself more and believe that I will make the right choice. I would need to put in more effort to trust my judgment and follow my own leadership.



*Art for Lucy's change*

## World Changes:

- 1) Less pollution
- 2) Treat other things with care
- 3) Less electronics
- 4) More self respect

I would like there to be less pollution and have people treat the world better. To stop throwing their garbage into nature like Nature's New Trash Can. How I would change this is I would start to pick up after myself and others. To spread the word for people to pick up after themselves. Littering is bad for the environment so don't do it.

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# Lucy's Mom:

## Personal Changes

- 1) Eat healthier
- 2) Volunteer more
- 3) Be more involved in the community

I would like to be involved in the community, and help make decisions about its future. I get frustrated about the current lack of housing for our workforce. I don't like how wealthy people have gobbled up all the property, driven up the cost of living, spend 2-3 months a year here, and don't contribute to the community. I would get involved by going to more open county commission meetings, volunteering on boards serving the community as a whole, and even just emailing local politicians.

# Smyth:

## Personal Changes

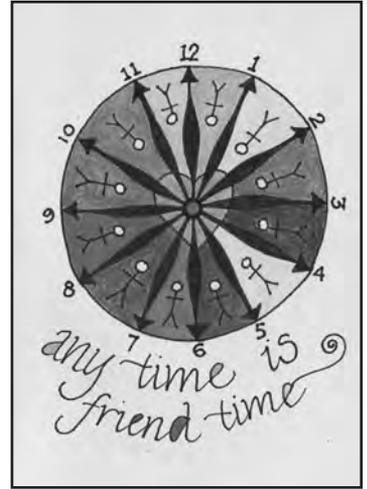
- 1) Spend more time outside
- 2) Spend more time with my friends
- 3) Build something fun this summer

I'd like to spend more time with my friends because it would help me be more nice to the people around me. It would also help me not to be so bored in the summer.

## World Changes:

- 1) Reduce the construction in our community

If there was something that I could do for the community it would be to reduce the construction, because every time I go to my dad's work it takes so long. It's hot and long and it takes 3 hours just to go one mile. It would be so much easier to have a flow of traffic and you could get to the place earlier than expected.



Priscilla's art for Smyth's change

# Katelyn:

## Personal Changes

- 1) Personality
- 2) Emotions
- 3) Spend more time with friends
- 4) Listen to my parents
- 5) All of me

One thing I would like to change about me is my emotions. I take the littlest things to heart. I would stop taking things to heart and joke around, and cry less.

## World Changes:

- 1) ISIS
- 2) Wars
- 3) Bombing
- 4) Judging
- 5) Fighting

One thing I would like to change about the world is school bombings and shootings. It is wrong to go into schools and start shooting. I would write a letter to the President telling him to take actions and make schools have security guards at every entrance.



Naomy's art for Katelyn's change

# Naomy:

## Personal Changes

- 1) No fights with my brothers
- 2) Listen to my parents
- 3) Be nicer
- 4) Spend more time with my family

I'd like to spend time with my family and not worry about others or anything. Not anything, just my family.

## World Changes:

- 1) No trash in different places
- 2) Respect others the way you want to be respected

If you respect others and they respect you the same way this world would be so different. No more judging others by looks or color. It might affect some things like bullying for example.



*Katelyn's art for Naomy's change*

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# Sophie:

## Personal Changes

- 1) Listen to my parents the first time they say something
- 2) Try not to depend on my phone when not needed
- 3) Try not to fight with my sister
- 4) Be more outgoing

I don't want to fight with my sister anymore. The way that I will make sure that I stop is that I know she will be gone from the house in 2 years and I will miss her. So now is the time to change things so that I can have the best time with her before she leaves. I will treat her with respect and make sure that in the 2 years that come we bond, and we will keep that bond after she leaves for college.



*Sophie and her sister competing together in Pairs Barrels at the gymkhana*

# Sophie:

## World Changes

- 1) Stop wars
- 2) Let everyone have freedom of speech
- 3) Men and women have equal rights
- 4) Everyone is treated equally
- 5) Stop judging people

I want men and women to be equal because we are all people, so why not be treated the same? We need to change this because you can't choose if you're a boy or a girl, so you have to live with it and treat each other with respect. I will treat everyone, boys and girls, the same because I believe that is how everyone should treat each other.



*Miranda's art for Sophie's change*

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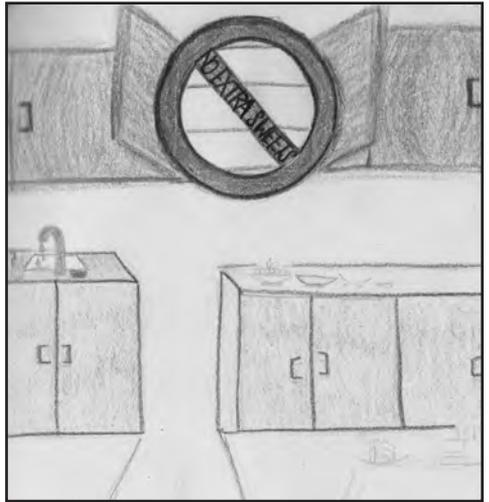
# Sophie's Mom:

## Personal Changes

- 1) To come back from work on time
- 2) To stay calm and not raise my voice
- 3) To not eat too many sweets

## World Changes:

- 1) To stop hunger
- 2) To have access to medical care for everyone
- 3) PEACE!



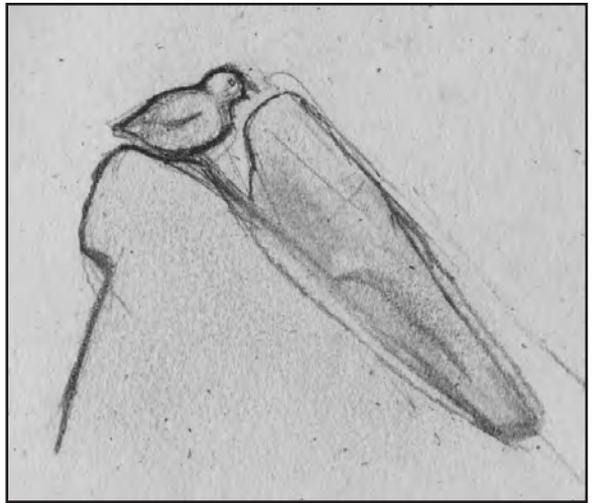
*Sophie's art for her mom's change*

## Ainsley:

### Personal Changes

- 1) Social interaction
- 2) Amount of daily exercise
- 3) Family interactions
- 4) Electronic usage
- 5) Organization
- 6) Writing and Art
- 7) Handwriting
- 8) Self-image

I would increase the amount of time I spend on my art and writing by making a little bit of time every day to do it. If I did start making art or writing it is hard for me to stop, so if I make the time to do it I will be able to do it for hours. I could also make time to write before bed each night. Doing this would make it a lot easier to fall asleep because my mind would not be racing as much. Increasing my time spent on art or writing would help me calm down as well.



*Ainsley's water ouzel sketch*

### World Changes:

- 1) Decrease the amount of hate
- 2) Global warming
- 3) Animal abuse
- 4) World wide dependence on technology
- 5) Decrease the crime rate
- 6) Worldwide ban on plastic bags and bottles
- 7) Lower suicide rates

I could help lower the amount of hate in the world in many ways. I could keep an open mind during conversations and try to see both sides of an issue. I also can educate myself about the topics and help others keep an open mind as well. Another way to help lower the amount of hate is to not be judgmental and let other people do what feels right for them. I can also spread kindness and acceptance, as well as stand up for others if they are a target for hate.

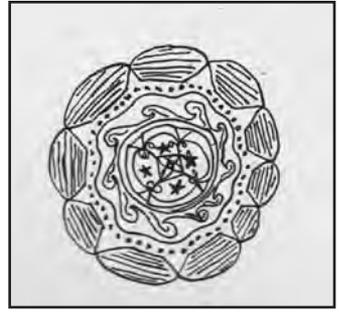


*Ainsley and Doc, an inspiring team!*

# Ainsley's Mom:

## Personal Changes

- 1) Happiness
- 2) Peaceful relations
- 3) Patience
- 4) Laugh each day
- 5) Enjoy kind words with friends
- 6) Raise competent, caring, respectful, kind children



**M**y goal for peaceful relations will be achieved by fostering patience and compassion in myself. This can be spread around to family and friends, building laughter and loving relatives.

## World Changes:

- 1) For all nations to strive for better understanding
- 2) Promote world peace and universal acceptance – it's more difficult to hate people you have met

**M**y goal for better understanding will be achieved through personal commitment. I love to meet people and find shared interests.

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# Miranda:

## Personal Changes

- 1) Make time for making art
- 2) Play more music
- 3) Take time to see my friends and family/worry less about them
- 4) Exercise regularly
- 5) Take time for myself to think and explore my mind in the outdoors
- 6) Be more proactive about my future goals rather than worry



*Miranda making time for art!*

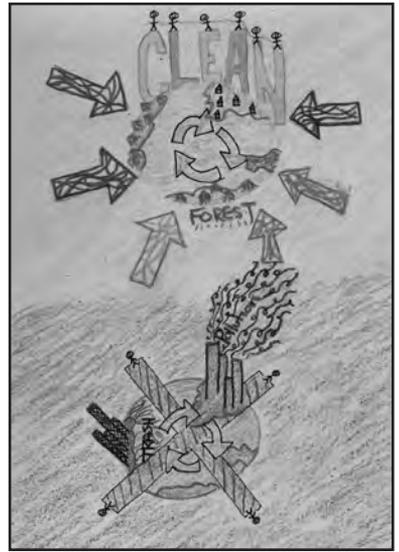
**T**o incorporate art and music in to my daily life I could make time for each of these activities daily or weekly even if its for an hour or two, or take time in the evening before bed for a half hour to practice guitar or draw a little from the day's adventures. I could also carry my sketchpad and materials wherever I go so when I am inspired or the time is right I can pull them out and create art! I think that adding this to my daily routine would make me feel more relaxed, fulfilled and happy as a creative person.

# Miranda:

## World Changes

- 1) World wide ban on plastic bags and bottles
- 2) More accessibility and awareness of ways to live sustainably in all communities
- 3) World wide tolerance of different peoples and backgrounds – less hate
- 4) More experiential learning opportunities for youth in the outdoors and with the arts

I would like to change the lack of tolerance of people from different ethnicities in my country. This discrimination stems from fear of the unknown and the misunderstanding projected from media. To help influence my community to better understand those from different countries, or circumstances, or even different races I would first set an example by being active in my community helping those who need it, befriending all walks of life and providing a helping hand. I could also encourage others to face whatever fear they might have that is growing their hate for another person or group to change that fear into love and help rather than hate. When we accept people for who they are and let go of fear we can live in a more peaceful and harmonious world that allows everyone to thrive. This is what I hope for.



*Sophie's art for Miranda*

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# Priscilla:

## Personal Changes

- 1) Not worry so much about Horse Warriors™ - fundraising, horses, students
- 2) Not have to work so hard every day
- 3) Spend more time on art and writing
- 4) Take time to myself to appreciate life

My solution is the same for all of my self-change goals: back off a little in my expectations of myself. If I can accept that often things are "good enough" I can have some extra time to pursue some of my interests and not have to work 16-18 hours a day. Asking more people to help out is the key. I often feel like I am burdening others by asking that. If I can shift my thinking to the perspective of, "there are lots of people who would love being involved in Horse Warriors™", then I can attract them to that work. Then it will free me up more to re-charge, be creative, and have time for friends and family. I have to stop "pushing the river" – it flows by itself!



*Smyth's art for Priscilla*

# Priscilla:

## World Changes

- 1) Improve quality of life for all people
- 2) Respect for the environment – NO pollution
- 3) Educate everyone to understand they make a difference and they need to be responsible for their choices
- 4) Stop corporate monopolies
- 5) Everyone realizes we are all connected

I can incorporate more of my knowledge of quantum physics and non-local reality into my teaching to help people understand their effects on their reality. The herd gives us a lot of opportunities to observe intuitive/psychic communication and I can use that as a metaphor more deeply. Helping people understand that their actions and choices are powerfully under their control can give them ways to make positive changes. That leads to happier, more contented people who no longer need to dominate, hoard resources, or hold onto hatred and fear. When that critical mass is reached, the quality of life for everyone can improve. It's making the commitment to speak out more and share a broader awareness.



Aspen's art for Priscilla

## ARE YOU IMPRESSED?



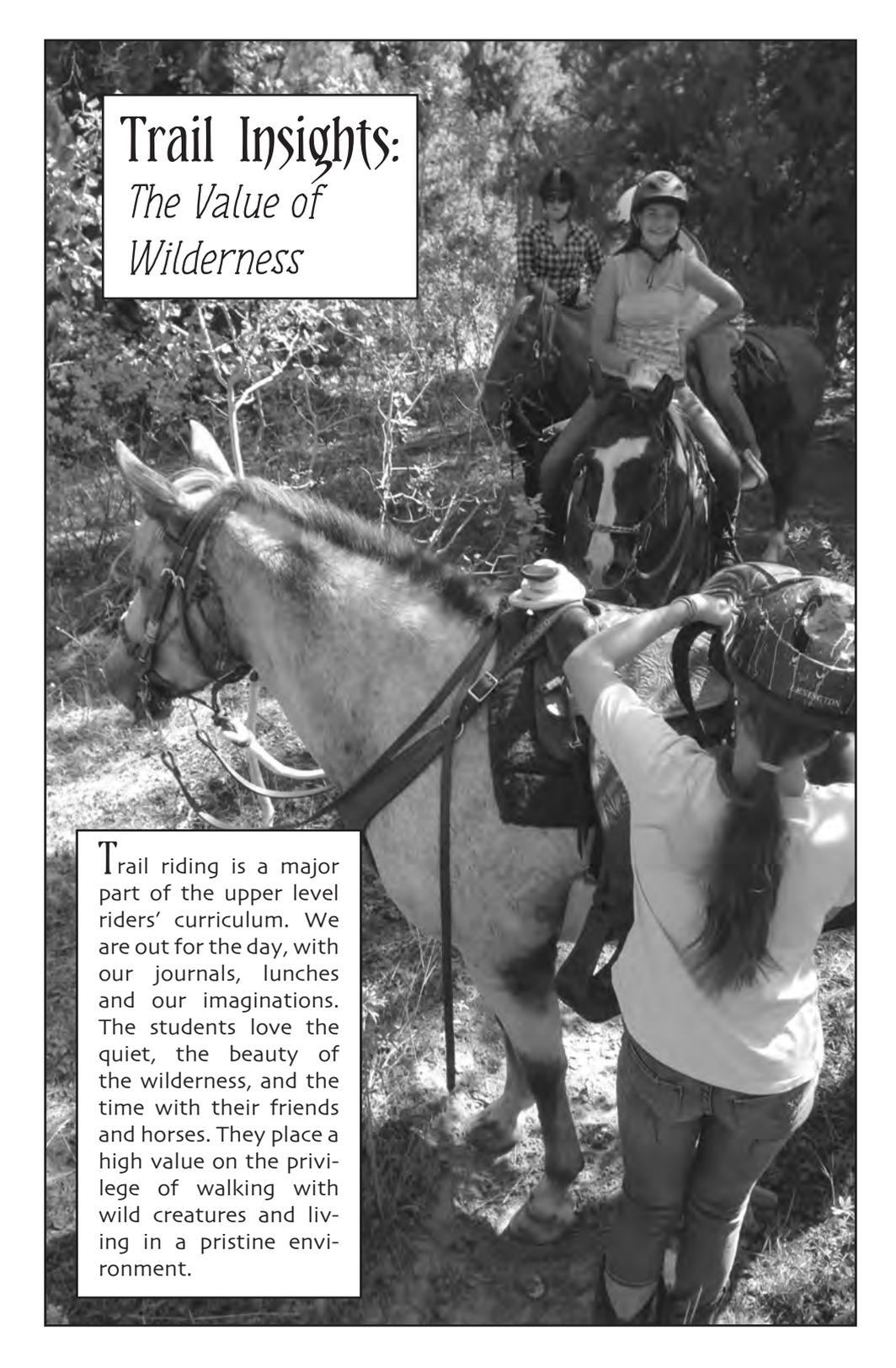
We sure are!! Every day we get to share insights with our groups. Rewarding hardly describes it.

But providing space and time to make these connections costs money. Our top price for youth program tuition in 2015 was **\$1,500**, yet the cost per child to operate the program is closer to **\$5,000**.

Would you be willing to help sponsor a child next summer? Scholarships are awarded each April based on financial need and time committed to the programs.

Our target goal for 2016 is **\$10,000** for scholarship assistance. If you can possibly help out please call our office:

**(307) 733-7464**  
**\$Scholar\$hip\$ help!!!**

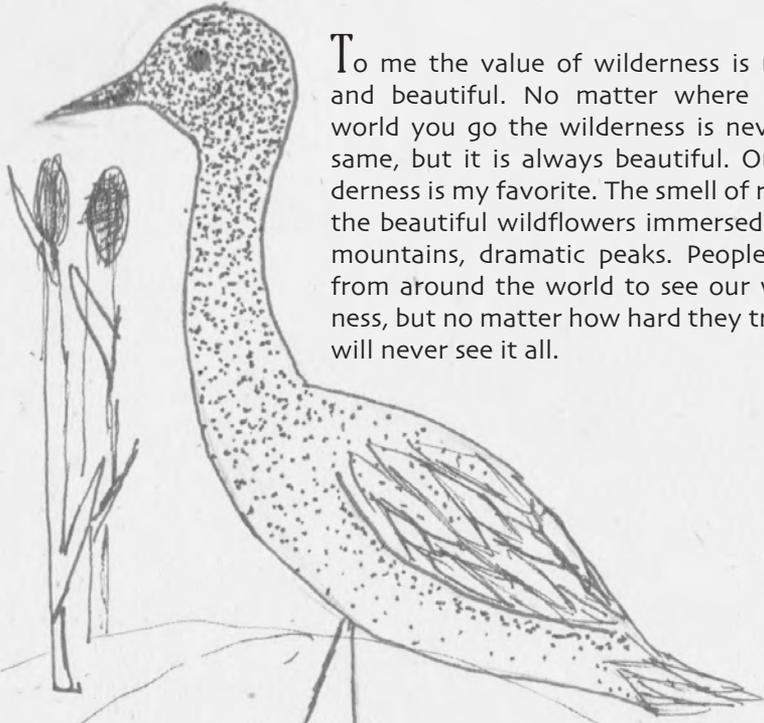


## Trail Insights: *The Value of Wilderness*

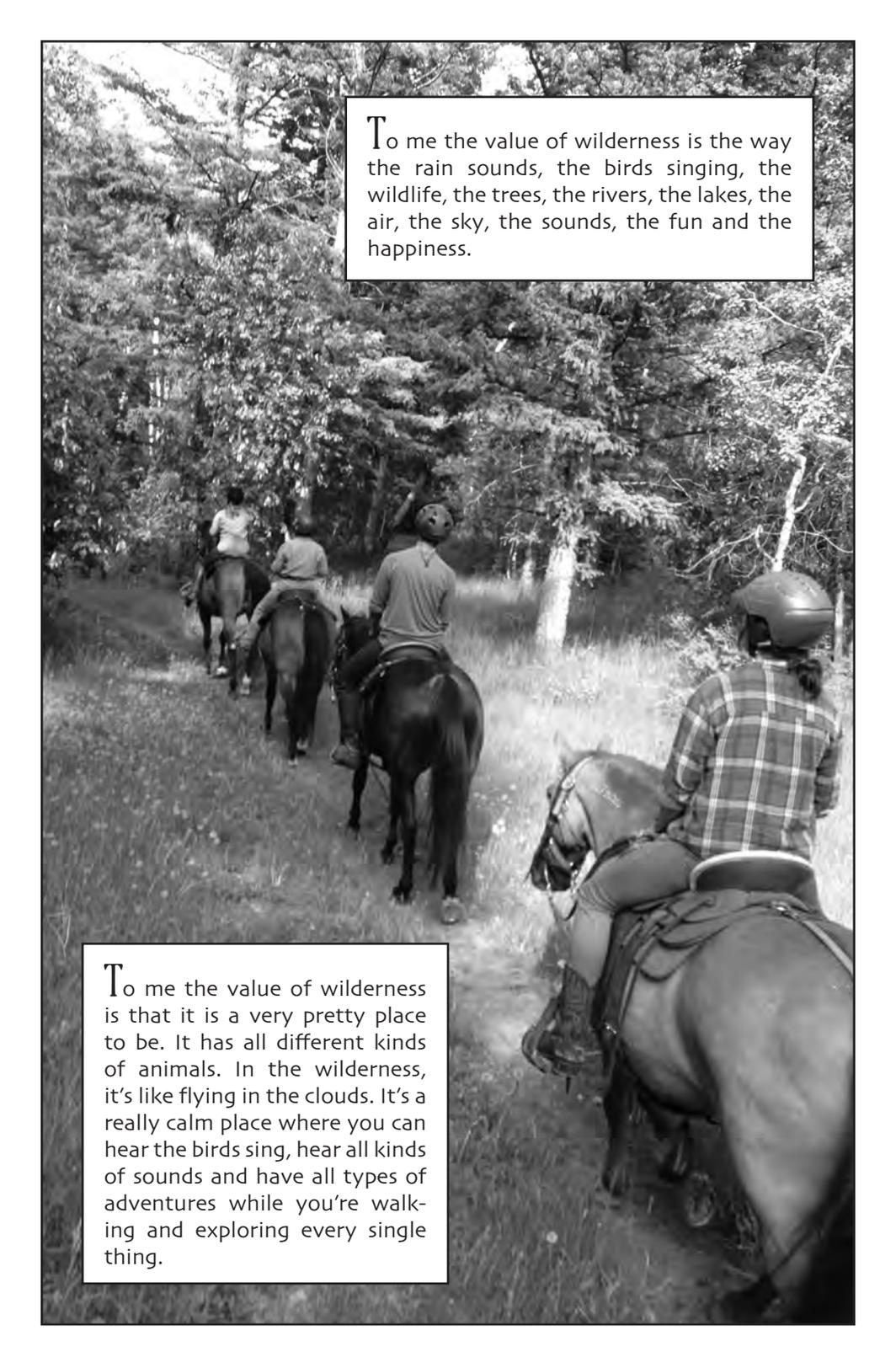
Trail riding is a major part of the upper level riders' curriculum. We are out for the day, with our journals, lunches and our imaginations. The students love the quiet, the beauty of the wilderness, and the time with their friends and horses. They place a high value on the privilege of walking with wild creatures and living in a pristine environment.

# Wilderness

To me the value of wilderness is unique and beautiful. No matter where in the world you go the wilderness is never the same, but it is always beautiful. Our wilderness is my favorite. The smell of rain, all the beautiful wildflowers immersed in the mountains, dramatic peaks. People come from around the world to see our wilderness, but no matter how hard they try they will never see it all.



There is a part of the wilderness that only the animals can see. The way the elk communicate to leave, the bird's song that has a hidden meaning to humans. Even the way the ants march across the log in a line. To me the value of the wilderness is in the communication hidden in pristine beauty.

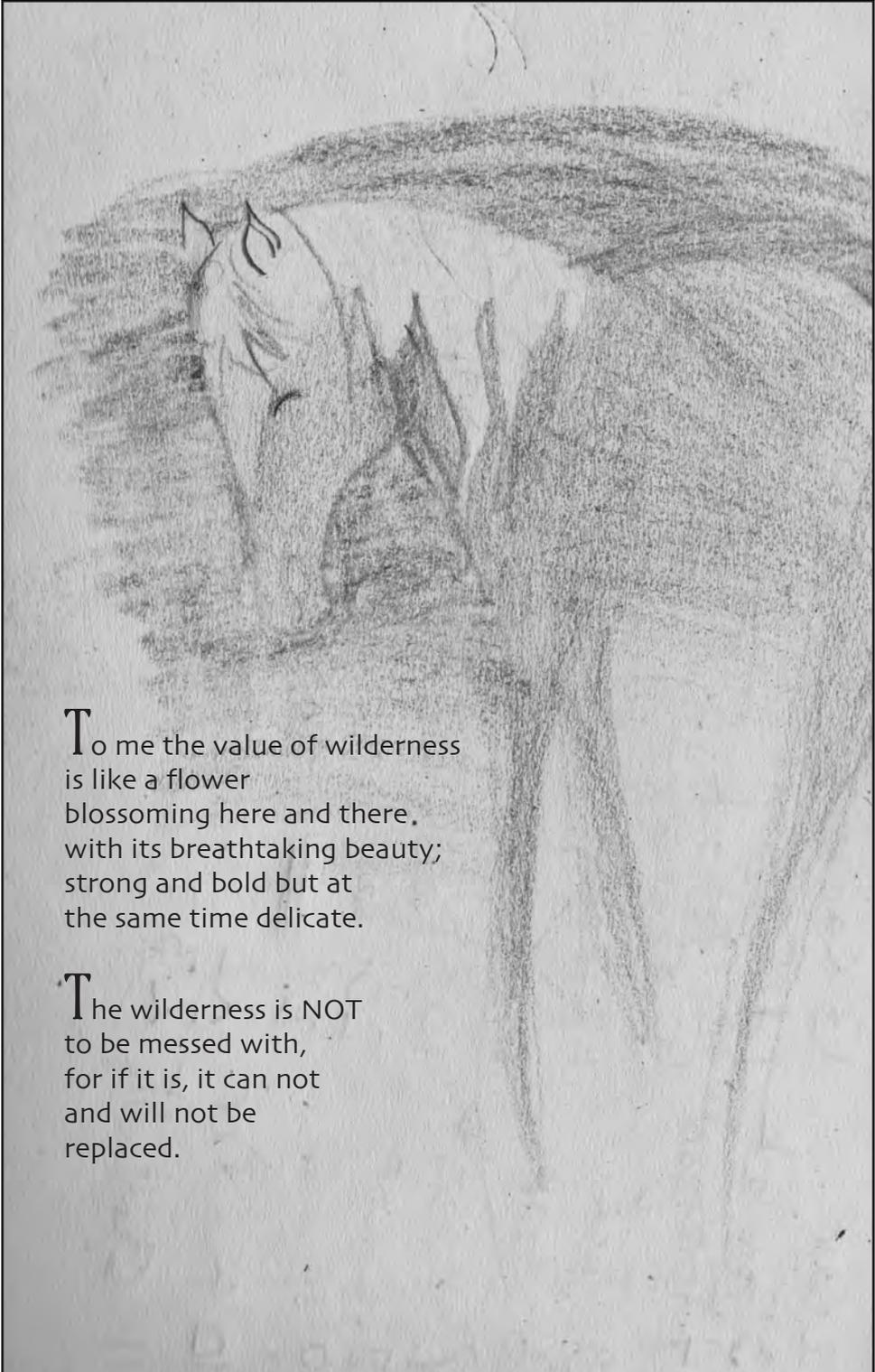


To me the value of wilderness is the way the rain sounds, the birds singing, the wildlife, the trees, the rivers, the lakes, the air, the sky, the sounds, the fun and the happiness.

To me the value of wilderness is that it is a very pretty place to be. It has all different kinds of animals. In the wilderness, it's like flying in the clouds. It's a really calm place where you can hear the birds sing, hear all kinds of sounds and have all types of adventures while you're walking and exploring every single thing.



To me the value of wilderness is as measurable as the value of a breath, or the sun rising to greet the new day. To value wilderness is like valuing the stars above and dirt beneath our feet – it is to value us. How do you place a value on yourself, your best friend, and your family? The value of wilderness is so enormous there is no number that can monetarily chain it. The value is in renewed breath, memories of scenery soaked in beauty, and earfuls of nature's melodies. The value of wilderness can be measured in the joy one feels seeing a herd of elk in an open meadow of safe and speckled lupine; or the exhilaration felt when reaching a mountain's summit and no mark of civilization can be seen for miles and miles; or the solitude and clarity there in that can be found laying in a patch of wind blown grass. Wilderness to me is the life-blood, body and could of our existence- all stems from it. Without wilderness we would have no home, orphaned. The value of wilderness to me is like valuing the sanity of future generations and longevity of our planet – how can these values not hold the weight of gold and diamonds?! How can we drain the mountains and sea of their plenty without first recognizing the wild's true value in the connected web of deep oceans, far-reached places, and mountain tops that seem to kiss the stars? When we know it is just as ephemeral as us? Why must we belittle this breath taking beauty, which leaves us so awestruck, and fill of thriving energy, to pounds of coal, and netfuls of tuna? Why cant we value wilderness like we value our own lives – it is where we came from, it is what nurtured our existence, and it is home.



To me the value of wilderness  
is like a flower  
blossoming here and there,  
with its breathtaking beauty;  
strong and bold but at  
the same time delicate.

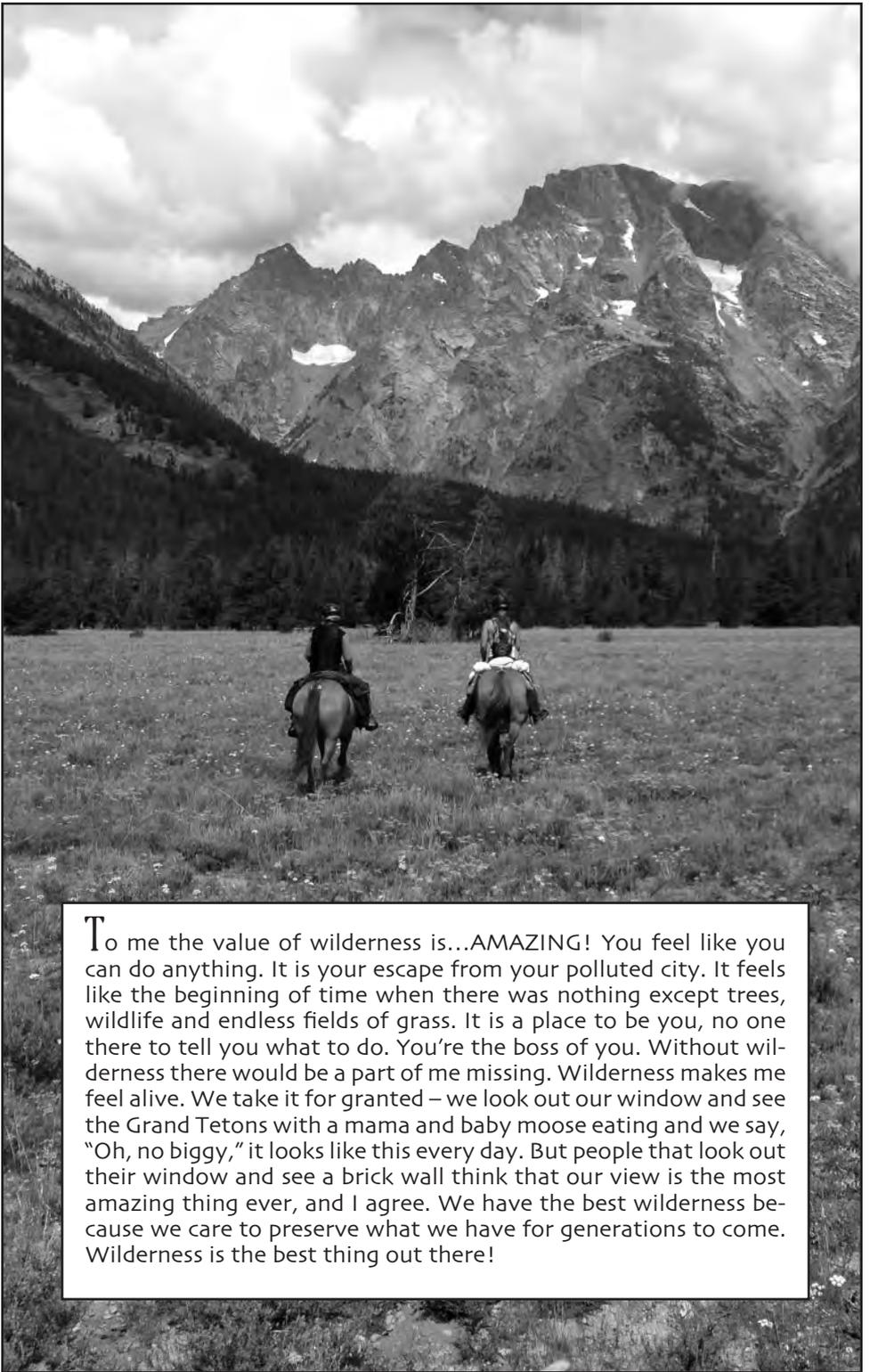
The wilderness is NOT  
to be messed with,  
for if it is, it can not  
and will not be  
replaced.

To me the value of wilderness is to be able to connect with yourself and others. You can find yourself and your passions. You can find peace in the sweet song written by the birds. You can find happiness and rhythm by watching the leaves dance to the song choreographed by the wind. You can discover things that you've never seen. You can explore and be free, winding through the path of life shaped by plants and nature. The wilderness can isolate you to the point where you know who you are. It can force things upon you that help your knowledge and experience grow. The wilderness can be a happy memory or a place to escape to; a place where amazing things happen right before your eyes. A place where it's not about the destination, but it's about the journey. It's about what you have to overcome (like fears) and about going through obstacles. The wilderness is a place that makes things harder, preparing you for life. The wilderness is a peaceful escape. Wilderness is a friend. A friend that doesn't talk back and listens. A friend that you can always go to in a time of need. It is a savior. Saving us from our problems and putting us in a better place.



To me the value of wilderness is that I can share the world around me with wildlife. Today I lunched with an elk herd. Quietly, my friends and I watched dozens of cows and their new calves nap and nurse in a meadow by the Snake River. They were curious as we tried to stay hidden in the trees; they turned and sniffed the breeze as it wafted towards them, carrying the scents of horses and humans. They were tawny and golden, washed clean by the past days' rainfall. We stayed silent and heard the backdrop of the moving river, the varied birdsongs and the rustle of grass as the wind moved through our resting place. Jet sounds were harsh and discordant, undercut by the chirping of distant squirrels in the lodgepole pines. A brilliant indigo flash brought a bluebird into view. He lit in the sagebrush between us and the elk, an azure contrast to their mellow tones of deep orange and rust. I never take this for granted. It is my solace to come back to the wild, to witness the ways in which life itself expresses. In the wilderness I see birth and death, predation and submission. I feel the weather as I watch the clouds gather and disperse, I hear sounds of many languages and marvel at how easily my tension unwraps itself from my soul.





**T**o me the value of wilderness is...AMAZING! You feel like you can do anything. It is your escape from your polluted city. It feels like the beginning of time when there was nothing except trees, wildlife and endless fields of grass. It is a place to be you, no one there to tell you what to do. You're the boss of you. Without wilderness there would be a part of me missing. Wilderness makes me feel alive. We take it for granted – we look out our window and see the Grand Tetons with a mama and baby moose eating and we say, "Oh, no biggy," it looks like this every day. But people that look out their window and see a brick wall think that our view is the most amazing thing ever, and I agree. We have the best wilderness because we care to preserve what we have for generations to come. Wilderness is the best thing out there!



## Winter Horse Training

In the winter we train our horses to turn around and blow warm air on our feet (lol)!

Riding bareback is the ONLY way to stay warm!



*Alex and Priscilla bribe Philippe and Silver to warm up their boots when it's zero degrees!*



## Fun with Food

This winter we spent a full day learning about healthy food, nutrition options, cooking techniques, AND about how to make food presentation attractive and appetizing. Students learned to make stuffed acorn squash, stuffed cabbage rolls, oven roasted potatoes, hummus, raisin fennel bread, corn succotash, smoky lemon dill asparagus, peanut butter prunes, and key lime pie.

They learned how to carve and arrange different garnishes, set a table, and they were all able to take their recipes back to their families and educate them as well. It was a tasty, creative day!



*Liz, Katelyn and Aspen chop dried apricots, tomatoes, grapes, carrots, edamame beans, oranges, avocados, almonds and cashews for decorating their dishes*



Grainne



Beau



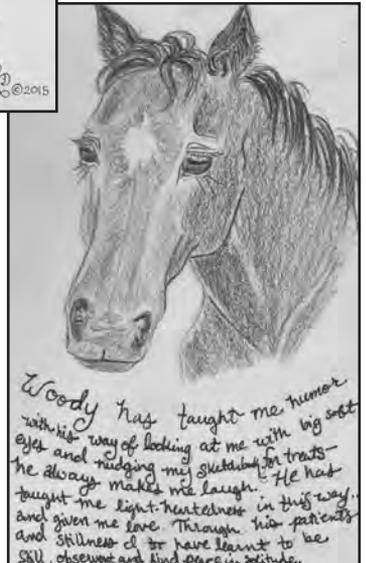
Canyon



Bella

# TEACHERS

Our horses teach us even more than we teach them. One day on the trail we sketched our equine partners, and made note of the main teachings they had conveyed to us.



Woody



Thank you to the Chichester duPont Foundation for underwriting our first full year of Cancer Kickers™, a FREE program for those on the cancer journey. Participants work with the horses, create art, and share healthy, organic meals together. We serve people healing from cancer, their caregivers and their families. They work with the horses on the ground, learn horse communication, ride, and share their experiences through their art and discussions. The program runs year round, and we LOVE having new members and new volunteers to help out! Call for more information: **(307) 733-7464; 883-7464**





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**Crystal Ozga:** Volunteer of the Year  
**Canyon:** Horse of the Year

Crystal worked as hard as any staffer this summer. She was cheerful, polite, punctual and a ton of fun to be around! The horses loved her quiet, patient way of handling them and the students felt comfortable with the respectful way in which she interacted with them. We can't thank her enough for helping us get through the busiest year we've ever had.

Canyon, once again, is Horse of the Year. He gets ridden by more people and loved by more kids than any of the others. He, too, works hard to hold a high standard of safety and friendliness for the program. He appreciates licorice, apples, carrots, scratching and kisses, and he loves to play wild pony games out in the field with his other mustang buddies.

Thank you to both of these stellar team players!

# CONSULTING

Professional development courses are part of our long-range mission. We teach the teachers. In September we got to be mid-wives once again - facilitating the birth of a wonderful new veterans' program in Colorado - Eagle Dove Ranch. We helped them develop a Mission Statement, job descriptions, curriculum, and think through the pros and cons of becoming a non-profit. It was an intense, creative and highly rewarding week helping them put together a successful business model to benefit their clients, horses, staff and volunteers.

More than just theory, these courses offer many hours of hands-on time with the horses. The Eagle Dove group got a chance to experience some of the veterans' exercises we use in our other professional development courses, and to play together and recharge. We loved having them share their vision with us and wish them all the best!



*Working together on deepening good communication for staff and volunteers*



*Eagle Dove staff rode bareback, worked blindfolded, practiced obstacle courses at speed, and rode a number of different horses, all readying themselves for the adrenaline interests of their veterans' programs participants*



# Professionals' Training

*Residential EFL/EFP training for riding instructors, therapists, coaches & program volunteers*

40 hours of  
Continuing  
Education Credit  
for PATH, CEIP, etc.

**\$1750**  
shared lodging and all  
meals included

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

**June 6-10, 2016**

Residential program at Diamondfly Ranch,  
Star Valley, WY (Jackson Hole)

**INSTRUCTORS:**

Priscilla Marden, CEIP-ED; ESMHL; TRI  
Martha McNeil, LMFT; CEIP-MH; TRI

To register call: (307) 883-7464

Or e-mail: [horsewarriors@wyoming.com](mailto:horsewarriors@wyoming.com)

**Save the Date for the White Horse Social!**  
**Tuesday, July 26, 2016 6-8 PM**  
**Teton County Fairgrounds – Family FUN!!!**

# Newbies! (we love family additions)

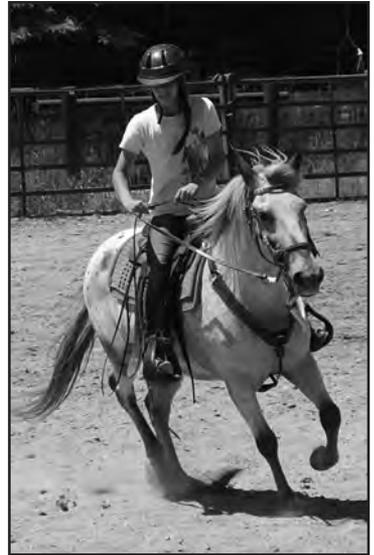


## Philippe

Philippe is a 17.1h, 17 year old Dutch Warmblood who belongs to one of our guest instructors and former interns. He was part of the Colgate Equestrian Team for many years and is a fabulous lesson horse. He is in love with Samira and is a big favorite of all our upper level riders!

## Spirit

Spirit is a 9 year old Pony of the Americas, donated by one of our board members. Fast, cute as a bug, responsive and sassy, she has become our little Equine Ferrari! Her riders love her and she sure holds her own in the herd!



## Samira

Samira (Sami) is a 17 year old Arab mare who has been packed, shown, well-loved and cared for. She is incredibly sweet, sensitive, speedy and special. She was purchased this fall from a good friend by our ED and is helping our upper level riders get ready to show this summer.



# Masks & Jacks

Boot Jacks and mini-horse masks were big hits again this year in the arts program. Our adult programs made boot jacks this time, impressed by the ones the kids made last winter. They are almost too pretty to use!

One of our colleagues, Melissa Shandley, donated the mini-mask blanks for the kids to decorate. They look like little jewels in color - brilliant colored pencil work embellished with gold and silver markers. Melissa's larger masks, which we have as well, allow people to see the world like a horse because of the small mirrors inside that direct your vision to what's behind you, just like a horse sees. They offer lots of opportunities for discussion.



## Beloved Supporters



Nancy Nickel Resor • Sandra & Robert Murphy • Gene Elmore • Gary Finkel • Sarah & Robert Kilmain • Hanna & Justin Peterson • Mary & Harvey Schmidt • Coleen & Peter Regan • Louise Gignoux • Karen Jerger & Chuck Harris • Soroptimist • Petie Bennett • Becky Hawkins & Jayne Ottman • Grace Regan • Vicki & Alan Henderson • Lisa & Russ Ruschill • Mary Sharood • Maura Lofaro & Kim Harrower • Ellen & Gene Linn • MJ & Dan Forman • Janet & Bob Whitmire • Andrea Overly • Mary McSorley • Holly McCollister • Ann Harvey & Michael Campbell • Connie & Skip Helm • Jan & Bob Benz • Barb & Bob Shervin • Margaret Creel & Roger Smith • Holly & Warren Pratt • Lorna Miller • Michelle Butler • Lisa Ridgway • Syd & Gary Elliott • Libby & Peter Wood • Virginia & James Dean • Jean & Jim Kitchen • Kaye & Shane Evans • Faith & Mike May • Priscilla Marden & Tony Panarisi • Sharon & Shane Williams • Cindy & Jim Radda • Courtney & Chip Marvin • Suzanne Young • Tracy Lamb • Candy & Gene Coursey • Sandy & Dick Shuptrine • Ann & Kent Nelson • Jenny Baker • Monica & Peter Overly • Cheri & Mike Witz • Anne Schuler • Becca & Sam Jewison • Susanna & Moose Colloredo-Mansfeld • Kathleen & Greg Osterman-Meisner • Robert & Patricia Colby Foundation • First Interstate Bank • Antler Inn/Elk Country Motels • Charles Kusek • Alex Dawson & Greg Gricus • Susan Hedden • Susan Singleton • Sylvia & Joe DiPrisco • Martha & John Gilmore • Loretta Scott • Ruth Ann Petroff & Mark Barron • Cindy & Matt Daly • Diana Brown • June Green • Marilyn & Rick Paul • Barbara Magin • Shirley & Paul Piper • Susan Juvelier & Mark Houser • Brit & Brad Hoyt • Lee & Bob Naylor • Cody Lockhart • Debbie Schlinger • Maggie & Dan Land • Nancy & David Donovan • Anne & Eric Delahaye • Rhea Lewis & David Chavez • Maria & Paul Armstrong • Martha & Bill Best • Carol Black • Marne & Ed Holstein • Carol & Dennis Berryman • Alison Brush • Corie Rybak • Karla Swiggum • Stinky Prints • Destin Peters • Maryanne Rogers • Bill Snyder • Jennifer & Dan Visosky • JoAnne & Eric Anderson • High Country Linen • Jenny & Danny Shervin • Panarisi Cabinetworks

## The Last Page



Now that you have a glimpse of some of what we do in the Horse Warriors™ programs, we would like to ask you to please help us continue this great work.

Donations from people like you make up the lion's share of our funding. Tuition prices are low so that families can afford to grow with each other in such positive directions. Many of our families have more than one child participating. This is because parents see the positive changes in their kids.

We need your help to keep these programs accessible. **86% of our operating budget goes directly to programs.** We have no "fluff". Our staff works hard at multiple jobs and we manage our funds frugally and responsibly. Your dollars go a LONG way here, so please donate to keep all this great growth and change happening.

**It's easy to donate online. Just go to the Tuition and Donations button on our website and donate through Pay Pal!**

*- Thank you!*

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You bet - I want to help! Here's my check!

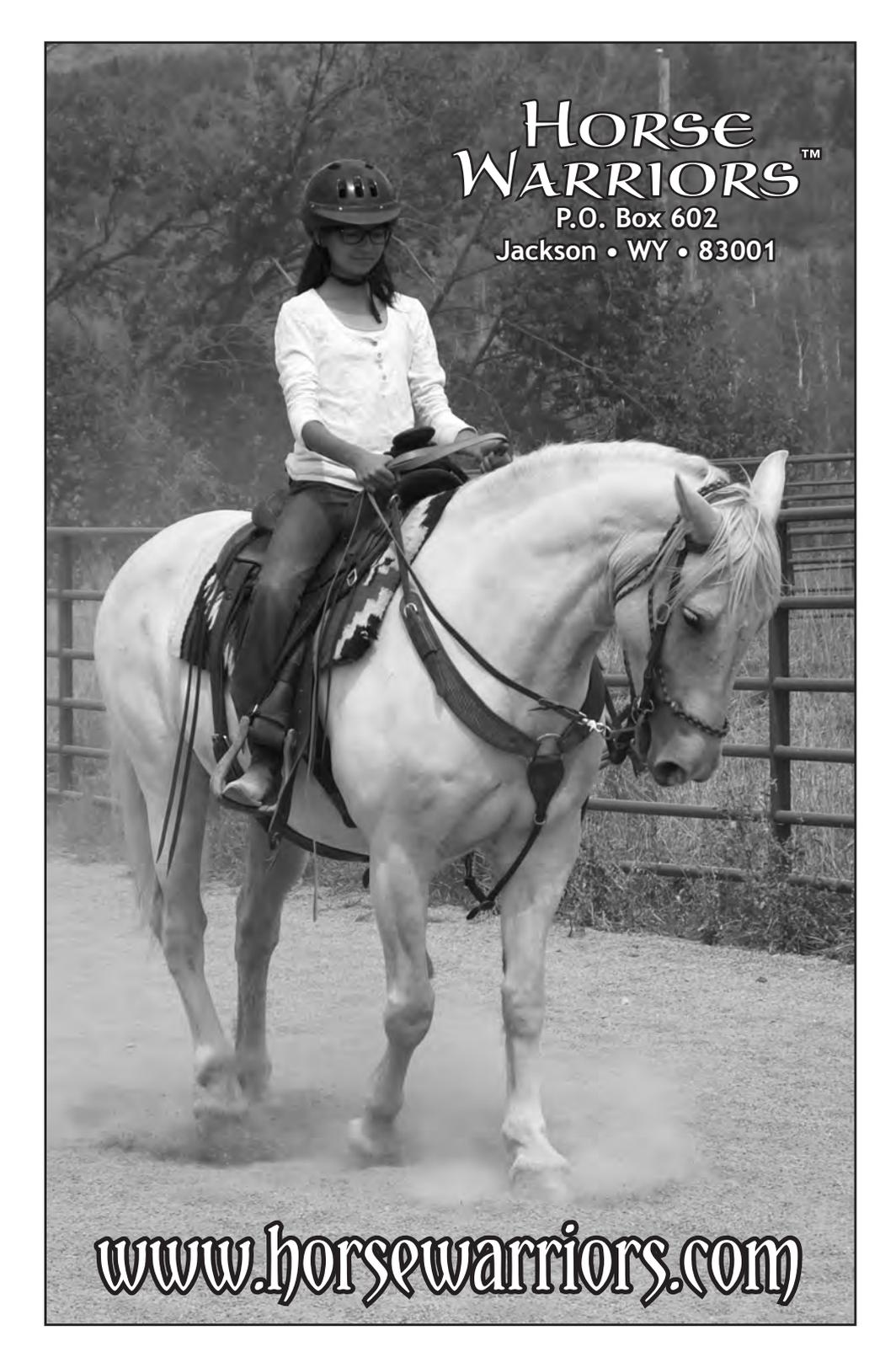
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CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**www.horsewarriors.com**



# HORSE WARRIORS™

P.O. Box 602  
Jackson • WY • 83001

[www.horsewarriors.com](http://www.horsewarriors.com)