



Summer Volunteers at HPL are Hot, Hot, Hot!

By Julie Kaufman



Sizzling heat, heavy wheelbarrows, and always minor repairs are just some of the challenges that the volunteers at HPL face in the summer months. But, despite the occasional blood and drenching sweat, you will never see tears in their eyes! They always have a smile on their face, a song in their heart, and a relentless determination in their step as they diligently work to provide care for the horses and keep the ranch property in tip-top shape! Let's hear why they do it.

Carol, who has volunteered at the ranch for about a year, says that she likes to come out and "talk to the horses, and give them good



scratches!" After all, horses are good listeners, and most will never pass up on a good scratch where they itch the most! She learned about HPL through an article in the Arvada Hub and decided that she wanted to "give it a try."

For the past 3 years, employees from McGraw-Hill have participated in a company volunteer day at the ranch. They have provided needed supplies and willing hands to build sheds and mend fences, paint picnic tables, and help complete a variety of other needed repairs.

Volunteering at HPL can happen in many ways, not just performing the physical tasks required to care for the horses. We have greeters who give tours of the ranch, folks who help update the member database, and others who keep the website and Facebook current. And, we even have a volunteer who planted and maintains



the beautiful flowers that are in containers around the ranch. Thanks, Judy Lami!

There is a job waiting for you at HPL. If you would like to join the volunteer family, please contact Annie Oden, HPL volunteer coordinator, at info@thehorseprotectionleague.org or call the ranch office at 303-216-0141.

Lastly, but never the least, **thank you** to our wonderful, committed volunteers who give HPL the ability to serve the needs of our horses and the community in which we live!



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Board of Directors

President—Tammy Donaldson
Vice President— Larry Lami
Secretary—Cindy Melvin
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Dave DeCecco, Bev Millett, Carol Molnia

The Board meets monthly at the Ranch House. Meetings are open to the public. Feel free to attend and hear about happenings around the ranch!

Please call (303) 216-0141 for scheduled times.

Identification Statement

The Horse Protection League

Tales from the Ranch Published Quarterly Churches Ranch 17999 W. 60th Avenue Arvada, CO 80403





"So Long" and "Happy Trails to You"...

It is with deep regret that we say goodbye to our Barn Manager, Emie O'Neill, who has served HPL with outstanding dedication for over 11 years. HPL is sad to see such a devoted and knowledgeable person leave. But at the same time, we are excited for Emie as she has decided to pursue new opportunities in the corporate world.

Emie worked tirelessly to make HPL a respected horse rescue known for professionalism and quality of care. Much of the continued success and longevity of the organization can be attributed to the programs that Emie helped establish and manage. Emie's last day to serve HPL is July 16th, so be sure to stop by and say hello and goodbye.

Emie, thank you for all of the years of service you have given to HPL. Wishing you all the best in your new endeavors, and please don't be a stranger to HPL in the future!

Thank You to our Individual and Business Barn Dance Sponsors



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Upcoming Event

Sep 10—Oct 30 Art for Horses 2016 Show & Sale

Mark your calendars now and plan on attending!

Event details on page 11

Read more about the ASPCA grant at:

http://www.aspca.org/about-us/pressreleases/aspca-awards-100000-helphorse-day-contest-winners

Malia Molnar





HPL Wins \$5,000 in the



ASPCA Help A Horse Day Contest!

We are happy to announce that The Horse Protection League is a winner in the ASPCA Help A Horse Day Contest! There were 107 contest entries and only 11 awards. HPL has received an award of \$5,000. This is quite remarkable considering it is the first time that HPL has entered the contest and also considering the large number of entries.

To the left is the URL from ASPCA for the national press release which announces the contest winners. It is titled: "ASPCA Awards \$100,000 to 'Help a Horse Day' Contest Winners; Eleven equine rescues receive grants in recognition of their efforts to protect horses."

Our entire HPL community made this win possible, and I am so grateful for their enthusiasm and participation.

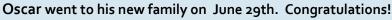
Carol Molnia HPL Board of Directors

Thanks to ASPCA for supporting HPL's mission!

Kid's Korner Horse Trivia Crossword Puzzle Answers found on page 7. **Coloring Contest Winner** Ava Hodges, 4 years old Created with TheTeachersCorner.net Crossword Puzzle Generator 3. Where horses' food is sometimes stored 4. Filing a horse's teeth 7. Breed of draft horse 9. Horses have the largest of any land mammal 1. Measuring units for a horse's height **Other Coloring Contest Winners** 2. Sound a horse might make Rylie Bauman 4. Young female horse Sophie Stemler 5. Horses can do this both lying down and standing up

6. Person who shoes horses8. Mature male horse

Adoptions!







Chance on adoption day May 15th

All adoptions require a contract, approval, and fee. To see a horse, contact HPL at (303) 216-0141.

Newest Arrivals!

Meet Rudy



He is an eight-year-old miniature mule, and came to us when HPL received an e-mail from a concerned citizen. Through GoFundMe, Michelle (pictured above with Rudy) raised \$500 in donations to help care for his medical needs. Rudy has some trust issues, but is progressing with the help of a trainer who works specifically with donkeys and mules. Thanks Michelle and donors for your concern and generosity!



Rooster

IUST ARRIVED! Handsome sorrel gelding, 15.2 HH, 11 years old. Easy to handle, gentle and inquisitive. His right eye was removed earlier in his life, but he has adjusted just fine. Awaiting evaluation but likely to be rideable; adoption price to be determined soon. Come meet him!

Newer to the Herd

Nina, Geronimo, Wyatt



Update on the yearling Navajo ponies received by HPL on March 29th:

They are healthy and continuing to develop trust for their human caretakers. They are being haltered, groomed, and are learning basic horse manners through training, thanks to the generous donations HPL has received for their care. As they continue to grow and flourish, look for updates on HPL's Facebook page and future newsletters.

Our Adoptable, Rideable Horses



Ranger, a Thoroughbred colt, came to HPL in August 2014 as a yearling. He was found roaming the streets in poor health and was never claimed. He has recovered since arriving at HPL. Ranger has done groundwork, and is now ready to start training under saddle. He is playful and fun.

Adoption Fee - \$400



Mattie, a 10-year-old registered Quarter Horse mare, came to us unwanted and sick. She is now healthy and rideable. Mattie stands 15 hands. Great horse for an experienced rider!

Adoption Fee - \$500

Our Loveable, Beautiful Horses Who Want A Forever Home

These horses can no longer be ridden, but want a forever home. They have great manners and would make great companions to other horses or humans who just want to have an animal to love!



Jackie came to us through Jefferson County Animal Control very underweight and in overall poor health. She has trust issues and needs a calm but confident handler who provides reassurance and love. Companion only. She stands to be haltered, brushed, and has very nice ground manners. Born 1993, Arabian mare. Jackie is Gracie's mother.

Adoption Fee - \$200



Bobby was surrendered by his owner. He was a previous competition jumper. Bobby is very gentle, loving and enjoys being at HPL. He is easy to work around and has good ground manners. Due to back injuries from jumping, Bobby is not rideable but loves to get out and run or do groundwork.

Adoption Fee, – \$200



Romeo came to HPL in 2003 from an owner who could no longer care for him. He is a handsome and proud Arabian. Romeo was shown in Level 2 Dressage. Even though he is no longer rideable, he loves groundwork and has good ground manners. An ideal home for Romeo would be one with other companions and a lot of love. 22 years old, gelding, 14:1 hh.

Adoption Fee - \$200



Raja came to us from an owner who could no longer keep him. Raja has good ground manners, is playful, and requires consistent farrier work. He is beautiful and easy to love. Born 1994, registered black Arabian gelding. Companion only.

Adoption Fee - \$200



Sara Jane is a 7-year-old mare that came to us from another Colorado rescue. She is friendly and loveable. She can be a companion horse only. Come say hello and help her find a forever, loving home.

Adoption Fee - \$300



Gracie, a 12-year-old Arabian mare, came to us through Jefferson County Animal Control very underweight and in overall poor health. She stands to be haltered, brushed, and has very nice ground manners. Companion only. Born 2004, Gracie is Jackie's daughter.

Adoption Fee - \$200

Our HPL Mascots



Princess, a 14-year-old miniature horse mare, is one of the smallest equines at HPL. She is only 9:2 hands in height, but she is very big in personality! She represents HPL at events and parades and sometimes wears a tiara, to the delight of the onlookers. She loves the attention and is used in educational programs at the ranch, for both children and adults.

Millie, on the right, is 6 years old and came from Long Hopes Donkey Rescue in Colorado. She loves to bray ("talk") and is easy to handle. Both are jennets (female donkeys) and are used in many of HPL's educational programs.



Daisy, to the right, is 5 years old and was the first burro (donkey) to arrive at HPL. She was rescued at Canyon City through the Bureau of Land Management adoption program. She loves to be groomed.



Memorials and Honors

- Cheryl White made a donation in memory of ANDREA VOGT.
- Donations in memory of ROBERT VETTE were received from: Mary Ester, Kurt & Laura Ester and family, Ken Ester, Julie & Tom Holmgren, Trent & Mary Gill and family, Dan & Edie Hylton and family, Philip Geraci III.
- ♦ Jim and Don Kotapish made a donation in memory of both ROBERT and GAYLE VETTE.
- A special donation was received from John and Casey Simmons to be used for the care of the three Navajo yearlings, in memory of little TIGGER, the colt they adopted from HPL.
- A donation was made in memory of Toby, beloved companion of Kim Ytterberg and adopted from HPL 20 years ago: from Susan Becker, Debi Pretz, and Toby's best friend, Geppetto.

It is with heavy hearts that we have said goodbye to two of our beloved horses over the past several months. Billy was put out to his heavenly pasture on June 7th, and Maya to hers on July 2nd. Both of these beautiful animals were loved by all who were a part of their lives while they lived at the ranch.

BILLY

Photo courtesy of Esther Lidstrom

HPL lost one of their very special horses on June 7th. He was a favorite to many of those who had a chance to meet him and care for him. Unfortunately, Billy's lameness continued to get worse, and was causing him too much pain. He was having trouble walking and could no longer stand for the farrier to get his feet taken care of. He will be missed by us all!

MAYA



Photo courtesy of Esther Lidstrom

Maya was our oldest horse, thought to be about 34. She died peacefully on July 2, 2016, surrounded by loving friends. She had arrived at HPL in August 2014 in poor condition, and we were not sure if she could recover. But she did, and eventually began to thrive. In her early days here, Maya would follow Annie and Emie around and "help" them feed other horses. Maya would prance whenever she walked – she was full of sparkle. She taught all of us that life could be enjoyed even if one is old and had endured serious setbacks. Maya, we will miss you and will always remember your spirit, humor, and resolve.

Nina, Geronimo, and Wyatt Say "Thank You"

- Julie Kaufman
- ♦ Bozena Nowicka
- Sherry Hughes
- ◆ Dave Spinks
- ♦ Margaret VanCleave
- ♦ Cleo Sullivan
- ◆ Diane Rabbitt
- ◆ Barbara West
- Don MacArthur
- ♦ Sue Barden
- ♦ Eva Vanrign
- Ruth Gregg
- ♦ Georgia Villanueba
- ♦ Sonny & Nancy Milani
- ♦ Robert & Karen O'Connor

- ◆ Claire Gosnell
- ◆ Leslie Schomer
- ♦ Patricia Eldred
- ♦ Sandy Righter
- Susan Becker
- Diane & Jim Cannella
- ♦ Kimberlee Clark
- ♦ Roger Burnell
- ♦ Sue Bronk
- ♦ Sally Minelli
- ◆ Linda Reynolds
- ♦ Sally Mueller
- ♦ Thelma Ranville
- Mary Price
- ◆ Linda Henry



- ◆ Terri Melander
- Robin Osmond
- ◆ Eden Koljord
- Marcia Grothe
- ♦ Martha Kriske
- Tammy Donaldson

"Thank You" to Our Horse Sponsors

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MATTIE Heidi Culbertson

MAYA Sally, Minelli, Eva Vanrijn

MILLIE Sally Minelli

OSCAR Linda Sherman

PRINCESS Robert Dawes and Scout

RANGER Kris Mitchell

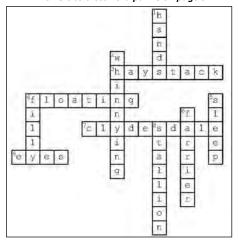
Betty McDonald Sally Douglass

SARAJANE Don MacArthur

Margaret Clark

A special 'thank you'
to John & Casey
Simmons and 5280
Drywall and Repairs,
Inc., who have been
long-time supporters
of HPL!

Answers to crossword puzzle on page 3



Demystifying the profound equine influence on human physiology

by Sally Douglass

Man has been around for about 6 million years. (No one knows for sure.) The horse showed up about 55 million years ago and "during this time, they evolved from deer-like browsers to modern horses." 1

"Horses are deeply connected to our humanity—perhaps more so than any other being which we share our planet. Ages ago ... horses formed a partnership with us that forever changed our destiny. Over the millennia, they have guided us out of the wilderness and into the light. They have carried our burdens, worked alongside us, toiled for us, fought beside us in war and sacrificed themselves to nourish our bodies. They have willingly bourn our hope on their strong backs, moving us forward into the future we now share. We are intrinsically intertwined with the horse." ²

For foundational purposes let's segue to an old science, the 1st Law of Thermal Dynamics. The entire universe is made up of molecules all in a constant state of flux. In inorganic materials, the molecules are moving much more slowly (like a stone or a brick). In organic bodies, like plants and animals, that energy is in motion much more quickly.

As those molecules are all moving in various directions they are forming an electromagnetic wave. That wave is a vibration. I.e.; a bell, the clapper hits the bell and that vibration goes on long after we stop hearing it.

Skipping ahead to a more recent science, Heart Math.

The Heart Math Institute provides research on the vibrations of our heart and how those vibrations affect our lives and out into our universe. Heart Math has also done this same research on equine hearts.

According to the Heart Math Institute the heart has a higher intelligence than the brain. Our heart has a large electromagnetic field up to 10 ft. in circumference around the outside of our bodies. The electromagnetic field around the horse is much stronger than ours, about five times that of humans.

The horse is a prey animal and possesses a keen sense of emotional temperature regarding his surrounds and environment. They can sense a predator hundreds of yards away. They can sense subtle changes in heartrate, blood pressure and respiration of other horses and can also sense those changes in us.

"Horses have a "Coherent Heart Rate," a robust measure consistent with emotional states of calm and joy." And they maintain that state by living in the present moment.

Since their electromagnetic field is so much stronger than ours, Heart Math has proven that our heart rate becomes consistent with theirs when we are present with them, therefore giving us a Coherent Heart Rate. When we experience that emotional state so quickly, that is the magic. We become calm and joyful along with other feelings that come over us that may be indescribable, unrecognizable or undetectable. We have always experienced these feelings but may not have known they were because of the horse.

Such a simple science to describe such a miracle. That is the beginning of how horses heal people.

"Through thousands of years of partnership, horses have come to understand us like no other being. The eyes of a horse can see to places deep within us—and their hearts can reach places we ourselves do not know how to find. With their touch, their mere presence—they can heal us, making whole that which was fragmented; restoring that which was lost. It is true, the horse may no longer till our fields or serve as transportation, but they still have a great deal to give. They now offer what we need the most— healing, insight and true connection to spirit. Perhaps that was their plan all along... ⁴

I honor you, Equus.

About the Author: Sally Douglass has been a long-time volunteer at HPL. She is currently in a Certification Program called Touched by a Horse: The EGCMethod. She graduates in July of 2017 when she plans to open a non-profit practice helping heal abused and neglected children. If you are interested in the progress of her program, email Catchmeatthestable@gmail.com to be on her mailing list.

References: (1) Wikipedia; (2) Melisa Pearce, Director Equine Gestalt Coaching Method, EGCM.com; (3) The Coherent Heart: This e-book is part of a series of scientific monographs published electronically by the Institute of Heart Math. HeartMathInstitute.com; (4) Melisa Pearce, http://www.touchedbyahorse.com, http://www.melisapearce.com, http://www.egcmethod.com.

Celebrations and Goodbyes

By Tammy Donaldson, President

Summer is upon us and with it many changes. Oscar and Chance have been adopted and HPL was one of 11 recipients of ASPCA's Help a Horse Day grant! We must thank the countless hours our volunteers put into the events this Spring. The Hoedown for Horses Barn Dance brought in over \$5,000 and the Help a Horse Day activities raised over \$30,000!!

With all of this excitement, we are unfortunately saying goodbye to our beloved Barn Manager, Emie. Emie welcomed me into the HPL family, helped me and guided me and I will miss her greatly. We cannot thank Emie enough for her tireless dedication to HPL but we wish her all the best in her exciting new adventures.



As we look ahead to the coming months, we look forward to hearing your comments and suggestions for changes as we continue to make HPL a wonderful place.

Girl Scout Troops Helping the Horses — Thank you to our young ladies' generosity!

Girl Scout Troop #61263 from Brighton, CO literally "paid" a visit to HPL donating \$100 from the sale of cookies. Their contribution was used to purchase three breakaway halters for the yearling Navajo ponies!



The Green Mountain Girl Scout Troop came with bags of aluminum cans they had collected to recycle. The proceeds go to HPL's savings account for a truck!





Andrea Osmond / Trainer & Owner www.Osmond Equestrian.com 303-250-0809



Thank You to our Casino Night Table Sponsors



A *special thank you* to The Table Mountain Inn in Golden, CO, for donating (for the third year) their event center to HPL for our Casino Night and Silent Auction fundraiser. The generosity of their staff is a major reason that this event is such a success. Also, a *special thank you* to Judi Bailey and Diane Degenhart for the hours they worked in preparation for the silent auction and during the evening's event. To the dealers, ticket sellers, donors of items, and to the volunteers who helped decorate and work during the event —thank you. The event raised over \$17,000 for the horses thanks to everyone's participation and help!

- Jim & Barb Albright 4 tables: In memory of Charlotte Harris, memory of Buddy, in honor of Jackie and Ranger
- ◆ Linda Cortes 1 table: Amigo, newly adopted HPL horse
- ◆ Dave DeCecco 1 table: Tyson, in memory of pet dog
- The Donaldson Family— Nate, Tammy, Ella—
 1 table: Billy, HPL horse
- ◆ Stan & Joni Dyer 3 tables: Millie & Daisy,
 Ranger and Billy, HPL donkeys and horses
- Billie Hunter & Valerie Scott 1 table: Oscar, HPL horse
- ♦ Iron Gait Ranch 1 table: stables, business
- ◆ Carol Jennett 1 table: Calie, in memory of pet dog
- ◆ JD Johnson 2 tables: both for J & B Tax Accountants, business
- ◆ Sabrina Juliano 1 table: Fine Tuned Auto, business
- ◆ Julie Kaufman 1 table: Boo Boo, in memory of pet dog
- ◆ Larry & Judy Lami 2 tables: in memory of Blaze and in honor of Chance, HPL horses
- ◆ Sarah Lewis & Lynn Handsel 1 table: Chance, HPL horse
- ◆ Gary McIntosh 1 table: DBA SlickRock Software Design, business
- ◆ Terri Melander 1 table: Amigo, newly adopted

HPL horse

- Bev Millett and Raja 1 table: In memory of Willy, Sparrow, Blaze, Pearl and Frodo, passed HPL horses
- ◆ Kris Mitchell 2 tables: Sole to Soul Essentials and Salon of Westwoods, businesses
- ◆ Annie Oden 2 tables: Lucy and Spirit, adopted HPL horses
- ♦ Office Depot 1 table: business at 52nd and Ward
- ◆ Emie O'Neill 2 tables: Rocky, pet dog, and her herd—Lenny, Striker, and Turbo, HPL residents
- John & Bev Rives 2 tables: both for Ginger, adopted HPL horse
- ♦ Richard Rudy 1 table: Duke, pet dog
- ◆ Judy Vialpando 1 table: Salon Priority One, business
- ◆ Jory Weber 2 tables: Gator and Lacey, her horses
- ◆ Jill Whidden 2 tables: Honey Bear & Morghan and Cory & Blanca, pet dogs
- ◆ Andrea Whisler 1 table: Fairmount Stables, business
- Dr. Michael Woods 1 table: Mountain View Dentistry, business
- Tim Younger 4 tables: 2 for K9RR, Inc. and 2 for Thunder Puppy University, dog shelter and training center
- ◆ Trudy Younger 2 tables: "Team Amigo" a thank you & and the HPL Volunteers, a thank you



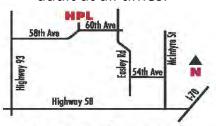
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Contact Ann McDonald ♦ 303.898.4238 ♦ ThunderPuppy.org

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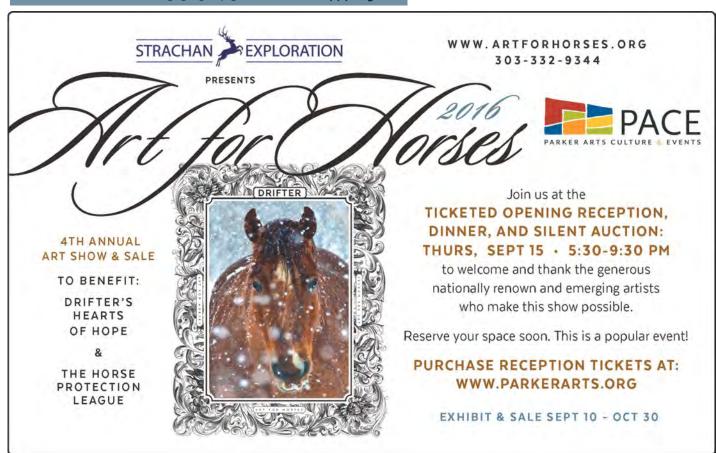
Volunteer Hours:

Wednesdays & Saturdays
9:00 a.m.—2:00 p.m.
Anyone under 18 years of age
must be accompanied by an
adult at all times.



17999 W. 60TH AVE. AT CHURCHES RANCH 303-216-0141

For information on HPL Barn Manager vacancy, contact: horseprotectionleague@gmail.com





P.O. Box 741089 Arvada, CO 80006-1089

CHANGE SERVICE REQUESTED

Dedicated to the rescue, care, and welfare of equines and to empowering people and horses to help each other.

We're on the Web & Facebook thehorseprotectionleague.org

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