

Swingin' D Horse Rescue Volunteer Guide 2018



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Swingin' D Horse Rescue
www.swingindhorserescue.com



13937 S. 353rd E. Ave.
Coweta, OK 74429
(918) 887-1024

Volunteer Opportunities

There are several ways volunteers can contribute to Swingin' D Horse Rescue's success.



- **Non-Horse Volunteer Opportunities:** Do you like to talk on the phone, organize and shop? We need your skills! If you have experience in community outreach, grant writing or fundraising, we need help spreading the word.
- **Barn Volunteers:** No skill required. Assist with daily chores that include mucking (removing manure from gathering areas), cleaning water buckets and troughs, raking, feeding, exercising, grooming, bathing and managing the horses.
- **Farm Operations:** Mowing, gardening/landscaping, fence, equipment and other repairs, building/construction, painting, etc.
- **Volunteer Leads and Trainers** - develop train the trainer program; establish protocol for compulsory training (mandatory period of time each volunteer must work under supervision); design application and screening process; develop liability waiver and safety standards; establish scheduling program.
- **Outreach** - Cultivate relationships with school agricultural programs, animal husbandry departments, feed and tack stores, farm stores (e.g. Atwoods) for volunteer recruitment programs; explore possibility of partnering with at-risk nonprofits such as veterans' services, PTSD, at-risk youth, elderly, domestic violence.
- **Media relations** - press releases, interviews, articles, blogs, etc.
- **FUNDRAISING** - assist with getting Swingin' D associated with <http://www.afpnet.org> Association fo Fundraising Professionals; <https://www.philanthropy.com> and the Chronicle of Philanthropy; <https://www.blackbaud.com>; <http://foundationcenter.org> a for writing grants.
- Reach out to tribes to explore conservation and rescue programs.

Thank You!

First and foremost, Swingin' D Horse Rescue wants to thank you for taking the time to volunteer at the ranch. Your contributions of time and talent enable us to provide the best possible care to the horses we save from slaughter.

We hope this booklet will answer any questions you have about what we do, and how you contribute to our success. Each section addresses a particular volunteer area. We encourage you to look through the book for other areas that might interest you or someone you know.

When the US outlawed equine slaughter in 2011, a whole new, unregulated, unpoliced industry exploded - foreign horse slaughter. More than 100,000 American horses are shipped to foreign slaughterhouses each year. According to the USDA, 92 percent of those horses are physically fit, sound, and capable of living productive lives. Some owners see foreign slaughter as a reasonable way to dispose of an animal for which they no longer have use.

The mission of Swingin' D Horse Rescue is to save horses from slaughter, address whatever issues stand in the way of their success, then match them to responsible owners who will love them despite their weaknesses.

While horses are guests of Swingin' D, they receive feed appropriate to their age, size, breed and condition; fresh, clean water; exercise and training based on the principles of natural horsemanship. Our goal is to get them off to a positive start with an owner who understands their unique abilities (and disabilities) and is willing to commit the time and resources necessary to ensure success.

We count on our volunteers to aid us in our mission to give horses and responsible owners the Happily Ever After they deserve.

Safety First, Last & Always

Nothing is more important to Swingin' D than your safety and the safety of our horses. That's why we require all new volunteers to go through basic training to ensure you're comfortable before handling horses alone. Until you're approved by Swingin' D to work alone with horses, please only work with an experienced volunteer, or a member of Swingin' D staff.

Horses are prey animals, which means their natural instinct is to always be on the lookout for predators. Horses value two things above all else: Their next meal, and survival. While typically docile, their size, speed and singular focus make them exceedingly dangerous. Always be aware of your proximity to a horse, and never take for granted your safety.

Approaching a Horse

1. First and foremost, avoid sudden movements. Horses live in "fight or flight" mode, so never run up on a horse, and always ensure it knows where you are.
2. Horses are more comfortable with humans they know, so meet them for the first time with a familiar face. This gives you an opportunity to learn more about each horse's personality and quirks.
3. Make sure the horse sees and hears you as you approach from the front (never from the rear). Remember that horses' eyes are on the sides of their head, so they don't see straight in front of them. Move in toward the shoulder. (If the horse's rear is pointed toward you on approach, move to an angle where it can see you.) Speak in a calm voice. Watch for its ears to flick in response.
4. Place a hand firmly on the horse's neck or shoulder. (Most horses don't like being touched on the face.) The horse's nose is sensitive, and many rescued horses are head-shy. When petting a horse, use a rubbing or soft scratching motion - never a slap-like or pat-like motion. Slapping and patting can startle a horse.
5. Because horses can (and do) startle at anything, it's essential for you to always be focused on the horse. Be aware it could spook at the slightest sight, smell or sound. Things you may never perceive may cause the horse to bolt or charge with you in the way!
6. Try to anticipate the horse's feet. The last thing you want is broken toes, so always be aware of where your feet are when working near horses. If you ever find one on your foot, do not try to pull your foot out. Instead, move the horse so it steps off your foot.

Volunteer Guidelines

Swingin' D is a sanctuary for horses rescued from slaughter, but it's also our home. For that reason, we ask that volunteers and visitors help us keep the grounds tidy and safe. The ranch is a 100 percent tobacco-free facility, so no smoking or dipping is allowed on the property. We have zero tolerance for drugs, alcohol, profanity or abusive behavior. We ask volunteers to understand and follow our guidelines and help enforce them. If you're aware of someone not acting in a way that reflects positively on the rescue, please let us know as soon as possible. We reserve the right to terminate the services of any volunteer for any reason.

Oklahoma's Livestock Activities Liability Limitation Act (76 Okl. St. Ann. § 50.1 - 50.4) limits the civil liability of livestock activities sponsors, participants and livestock professionals involved in such activities. A livestock activity sponsor, a participant or a livestock professional...shall not be liable for injuries to any person engaged in livestock activities when such injuries result from the inherent risks of livestock activities.

1. Orientation: All prospective volunteers must attend an orientation.
2. Waiver: All prospective volunteers must submit a signed liability waiver.
3. Scheduling: Volunteers will schedule availability in advance through our Volunteer Scheduler Program. You will learn how to access it at orientation.
4. Commitment: If you are unable to volunteer for a scheduled shift, please login and update your schedule at least 24 hours in advance. Or you can send an email to us at: info@swingindhorserescue.com
5. Check in with Lead: When you arrive at the farm, all volunteers must check in with the Lead Volunteer for instructions. If you don't know who the Lead is, ask.
6. Document Hours: We track hours as resources so please note the total hours worked before you leave for the day.
7. Return Supplies and Equipment: Please return all wheelbarrows, manure forks and tools, buckets, tack and grooming equipment to their proper place after use.
8. Cell Phones: It's important that your focus be on the horse you're working with, so please do not use cell phones when working with or around them. If it's an emergency, please take the call in another area. Please mute ringers around horses.
9. Children: Parents of volunteers under the age of 16 must work alongside their child and supervise them at all times.

Horse Behavior



Be careful not to read too much in to one clue. Consider all of your observations and what they might mean when before you decide what's going on in a horse's head.

For example, if the horse is has pinned ears and tension around the eyes, that's a good indication it is stressed.

Knowing a horse's personality and normal behavior will also help you figure out if the behavior is typical for the horse or if the horse is trying to give you a message. For example, Aubrey is calm and sweet most of the time, with ears relaxed to the side and head down; but when surrounded by young geldings, the turned-back ears mean something much different.

A horse can spook at any time. If it happens, do your best to stay in control and

Speak sternly and calmly, requiring them to turn their attention back to you. Always keep a firm grip on the lead rope and do your best to not let them go. Move out of their way and allow them to run past and around you.

When in doubt, don't be afraid to ask for help or advice.

Safety First, Last & Always

Working Around Horses

1. Wear boots or solid, closed-toed shoes to protect your toes from heavy hooves. Please avoid jewelry that can get caught on things.
2. Horses have multiple blind spots. Always make sure the horse knows where you are by speaking to it or keeping a hand on its body as you move around it.
3. Because of the horse's restrictive vision, it's up to you to ensure the horse is aware of you. Never stand directly in front of or behind a horse because it may not be able to see you.
4. The safest place to stand when working with a horse is close to its side near its shoulder.
5. Never walk under a horse's neck. That's a blind spot, so you'll disappear from his view. When you suddenly reappear on the other side of its head, you may freak him out and cause him to jump.
6. To pass behind a horse, either walk at least 12 feet away so you're not in kicking range, or so close that you can't receive a full blow if the horse kicks. If you decide to stay close, be sure to keep your hand on the horse's rear when you walk behind him so he's always aware you're there.
7. Avoid making sudden movements or sudden loud noises around the horses. Some horses startle at sudden actions or sounds. A startled horse can set off a dangerous chain reaction.
8. Always let a horse know what you intend to do. For example, when picking up its feet, run your hand down its leg, starting at its shoulder and down to its pastern and the horse should pick up its foot for you. When you're going to halter a horse, hold it in front of his nose or rub it on the side of his face to let him know what you're getting ready to do
9. Never leave a tied horse unattended. If the horse startles, or if another horse starts harassing it, it may injure itself trying to get loose.

Other Precautions

1. Make sure that all gates and doors are always closed and secured. If it opens, it closes. Always check and double check.
2. Keep tack and equipment off the ground. If it's in a horse's path, it WILL get caught in it.
3. Don't give treats to the horses unless you have permission. Some horses can't have them for health reasons; others don't know how to act when they get them.
4. Please let us know of any injuries, swelling, or symptoms you not in any horse.

Fight or Flight

This subject gets its own page because it's the most important thing to remember. We should always be cognizant of the fact that horses are first and foremost prey animals. It's in their DNA to always be on the lookout for things that will kill and eat them. Their very lives depend on their keen senses. Consequently, they spook at



sights, sounds and smells that you or I might never notice.

No matter how trained the horse, when it's in fear for its life, or when it's focused on sustenance, it's more than 1,000 pounds of sheer determination, and nothing you can do or say can change its mind once it's lost focus and control.

A horse that loves you can still kill you.

Remember that most of our horses come from kill pens where they had to fight for their survival. Many have gone weeks without food, so they become desperate at feeding time. Be careful to never carry feed or treats into a crowd of horses.

Our herd also consists of mostly males, so when mares are in season, they all act like mindless fools. If a gelding approaches Aubrey while she's standing near you, her reaction could set off a dangerous chain reaction.

We don't say these things to scare you, but to impress upon you the importance of always being aware of horses' body language. Think like a horse and become hyper-aware of your surroundings. Avoid situations that will spook the horse until you're in a controlled setting where you can work through its fear.

Horse Behavior

Two of the most important things to remember about horses:

Herd Mentality: Horses are herd animals, so their relationship with you is based on you being their herd leader. If you freak out, they freak out. If the horse you're handling spooks, it's very important that you stay calm. If you aren't scared, they won't be scared.

Fight or Flight: Horses use their senses to stay alive, so they're hyper aware of their environment. While our horses are docile and trained, they're still horses, so you should always watch for clues in their attitudes and body language.

Thanks to WikiHow for the following illustrations and information about body language.



Bathing the Horse



Wash the head and face. There are a couple of reasons I like to save the face and head for last. First, most horses don't like to be sprayed in the face; second, the horse is already accustomed to having you rub him with the towels you used for drying, so why not use them to clean his face?

Use damp towels to wipe over the horse's face, following the direction of the hair. Be careful not to squeeze or spray water into the horse's eyes. Never use shampoo on the face, just plain water. For a very dirty face, replenish your bucket with clean water until it rinses clean and clear.

Dry the horse. Once the rinse water is clear and there is no shampoo residue left, you're ready to dry the horse. Use the sweat scraper in the direction of hair growth to squeegee the excess water off the body. You can also use the edge of your hand and forearm as a squeegee. Use clean dry towels to wipe away the rest of the water. When you are satisfied the horse is as dry as possible, walk it for ten minutes or so in the sun. If it's clouded over, put an anti-sweat sheet or cooler blanket on the horse.



Catching the Horse

Not all of our horses are easy to catch, especially during the daily feeding frenzy. Swingin' D operates on the principles of Natural Horsemanship, also known as "gentle breaking" or "gentle starting." They're trained using firm (humane) pressure that is released the instant the horse moves in the desired direction. We do not use discipline or punitive measures, but the same type of consequences the horse would experience in the herd. We strive to develop mutually-respectful relationships with



our horses, which requires a keen understanding of each horse's personality, and a lot of patience.

When catching a horse, make sure he sees you coming. They read your body language just like you read theirs, so marching purposefully toward them tells them something is up, and horses that are rescued from kill lots have a lot of experience with their being caught leading to something bad. Meander towards the horse's shoulder at an angle - never head-on.

Avoid making direct eye contact. Instead, turn your face to the side as you talk to the horse. Once you're in his space, spend a little time chatting and petting his neck and shoulder to relieve the pressure. Put a lead rope over his neck to let him know it's time to work.

If the horse runs away when it sees you coming, keep walking toward his shoulder. Stop and turn to the side every time he turns toward you. Zigzag toward him until he's comfortable facing you and allowing you to approach.

Haltering the Horse

Our goal is for each horse to be haltered every day. (The more, the better!) You'll find halters hung by size on the circular tack rack in the tack shed. The largest halters are on the left, average-sized in the middle, and smallest on the far right.



Lead ropes hang just inside the shed door on the left wall.

If a horse is wearing a fly mask, please be sure to remove the mask before haltering. (Likewise, remove halters before putting a fly mask on a horse.)

It's best for both the volunteer and the horse to ensure the halter is ready in your hands before you approach. Here are the steps that work for us:

1. Make sure the halter isn't buckled.
2. Hold the halter in both hands, left hand below the buckle, right hand on the strap that goes behind the horse's ears 4-5 inches from the center ring.
3. Stand on the left side of the horse and face forward with the horse. Hold the open halter under his chin.
4. Raise both hands under the horse's face with one hand on either side of his head.
5. With your right hand, flip the strap behind the horse's right ear so it rests on his head. Grab the strap with your right hand and, holding both sides of the halter, guide it over the horse's nose.
6. Buckle the halter so two fingers can fit comfortably between the horse's jaw and the halter. Adjust the halter so the buckle is below the left ear and the lead rope is under his chin.

After you're finished with the halter, please be sure to detach it from the lead and hang both the lead and halter in their proper storage places in the tack shed.

Bathing the Horse

Opinions differ as to where to start the horse's bath. Some say to start with the head to get it out of the way. I prefer to start hosing the horse off at the legs.



Wet the horse. Set the hose head on the shower setting. Don't use the jet or high-velocity setting as it may upset the horse. Not all horses like water, so it's best to start spraying around their feet first, then allow the water to splash its hooves, then work your way up to the body and head. Wet the whole coat before applying shampoo. For horses that don't like the hose, soak a sponge in water and wipe it over the horse's coat, squeezing out water as you rub.

Shampoo the horse. Once the coat is wet, apply shampoo as directed on the bottle to a wet sponge and work it around in circles to a lather. You may need to apply shampoo several times depending on the horse's size and the amount of grime on its coat. Shampoo the horse in sections so it doesn't dry in the coat. Rinse the sections as you go so the shampoo doesn't remain on the skin and cause chafing and irritation. Rub out the shampoo until the water runs clear (without suds).

Mane and tail. Once again, never stand behind the horse when washing the tail. Slather shampoo in the horse's mane so it's easier to comb. Work through stubborn knots with your fingers. Scrub the mane at the roots to work out grime and oil in the scalp. Rinse as you go to avoid buildup. Clean the top of the tail using a sponge dipped in warm water mixed with shampoo. Work the shampoo into a generous lather in the tail and work through knots with a comb and your fingers. For extra stubborn knots, pour in some conditioner. Begin rinsing the tail by holding the bucket of water up with one hand and lifting the tail into the bucket with the other. Swish the tail around in the bucket and squeeze out the dirt. Repeat the bucket process a few times with fresh water, then finish rinsing with the hose until the water runs clear.

Bathing the Horse

Gather all the supplies you'll need from the shelves in the tack shed and put them in a bucket. You can use either the water hose attached to the house or the hydrant in the yard.

- Sweat scraper
- Curry comb
- Body brush
- Mane and tail comb
- Chamois leather or towels

If you're washing a tall back, grab a step stool from the tack shed.

Halter the horse and lead it to the bathing area. Tie the horse using a quick-release knot in a spot where it can't get tangled or injured.

Never stand directly behind the horse, even when combing or washing the tail.

As with grooming, start the bath with a curry comb to loosen up the dirt and grime. Work the comb in a circular motion to gently stimulate muscle and skin circulation.

Use a stiff-bristled dandy brush to sweep away layers of dirt and loose hair. Brush all the way down the legs and hoof walls. Brush downward to sweep off dried mud.

Use a mane and tail comb to tease out any debris or knots tangled in the mane or tail. Work major tangles out a few strands at a time if necessary. Rather than struggle with the comb, use your fingers to work out the worst kinks.

When combing or washing the tail, stand beside the horse's rear-end facing behind him. Standing close to the horse, guide your hand along his hip and reach around to grab the tail so he's not surprised by the movement. This way if the horse kicks with a back leg you are out of harm's way.



Leading the Horse

Once you're comfortable that the horse is properly haltered, it's time to lead him where you want him to go! Whether taking him to a feeding location or out for some exercise, it's important for the horse to feel you're in control. Horses *want* to be led by a strong leader. It makes them nervous when you are nervous, so get your footing, stand up straight and lower your heart rate. And remember...Fight or Flight! Be aware of any potential spookers.

1. We like for our horses to follow rather than pull you, but some are trained to walk beside you. Walk on the left side of the horse's neck when leading.
2. Use both hands when leading. The right hand is closer to the halter and the left hand holds the loose end. Fold the excess line back and forth in your left hand. **NEVER WRAP THE LEAD AROUND ANY PART OF YOUR**



3. Keep some slack in the lead line unless the horse is uncooperative. Pull the line taut until he goes in the desired direction, then release the pressure.
4. Never hold the horse's halter when leading. Your hand could get stuck if he spooks.
5. Don't let the lead drag on the ground as the horse could step on it and get tangled.
6. In a game of Tug-of-War, the horse will always win. Don't try to out-pull it. Give it a few rhythmic tugs to get it to cooperate.
7. If the horse refuses to move, lead it to make sharp, zig-zag turns until it moves forward. Horses don't like to stand with their necks bent, so make it turn first.
8. If the horse starts running and acting like a fool, let it run past you and in circles around you until you're back in control.
9. If a horse rears, release the hand closest to the horse's head so you're not jerked off the ground. If the horse doesn't calm down immediately, let go of the lead rope. It's best to avoid injury. We can always catch a crazy horse. We can't always fix broken bones. Try to remain as calm as possible and let someone from the staff know what happened.

Tying the Horse

Our thanks to Horse Journals for help with this handy dandy instruction on how to tie a quick-release knot. Why a quick-release knot? If a horse panics or gets into trouble, you need to be able to act quickly to free him. Remember? Fight or Flight. The last thing you want to do is fight with a 1,000-pound horse, so you need a knot that will release with one tug.

Tie the horse down at withers level or higher to a sturdy, fixed object like a fence post (not a rail), hitching rail or tie ring. Allow just enough slack for the horse to hold his head normally, but not so loose that he can lower his head enough to get his leg over the rope. Two to three feet of lead rope is about right for most horses.



- Step 1:** Feed the tail end of the rope over the top of the post).
- Step 2:** Pass the tail end over the rope and around underneath to form a loop.
- Step 3:** Fold the tail end and insert the doubled-up end through the loop.
- Step 4:** Tighten the knot so it is snug. To release, simply pull on the rope end.
- Step 5:** To keep escape artists from pulling the emergency cord, simply tuck the tail end of the rope through the loop so the knot can no longer be untied.

Releasing a Horse

1. When releasing a horse into a stall, always lead it completely through the door and turn it around to face the door before removing the halter.
2. When turning a horse out into pasture, always lead it completely into the pasture, turn it to face the gate and secure the gate. Decide when you are done, unhook the lead rope, make the horse stand, and then remove the halter and walk away.
3. Never leave a halter on a horse that is turned loose. A horse may paw at its halter or accidentally get it caught on a fence or other object, which can result in severe damage and even possible death should the horse panic while he is stuck.

Grooming the Horse



Proper grooming starts with the rubber curry comb, which you'll find on the white shelves in the tack shed. Using the curry comb in circles starting on the neck behind the horse's head helps to loosen dirt and hair and bring it to the surface. Work the curry comb down the body and to the top of the legs on both sides. Once you're finished with the curry comb, the horse will likely look even dirtier.

BODY BRUSH

RUBBER CURRY COMB



Now look at the mess you've made! That's where the body brush comes in. Starting at the head and working toward the tail, brush in short, sweeping strokes to dust all the loose dirt away, all the way down to the hooves.

Clean the horses' hooves. with a hoof pick, also found on the tack shelves. Hold the pick in your your dominant hand with the head of the pick coming out of the bottom of your hand, facing away from your body.



1. Stand next to the horse's leg, facing the tail
2. Bend from the waist and run the hand nearest the horse down the back of the leg
3. If you need to shift the horse's weight off of the leg, use your shoulder or hip until you can pick up the hoof and slide your hand down to the toe
4. Transfer the hoof to your non-dominant hand
5. In downward motions, pick away the dirt and rocks starting from the heel of the hoof. Clear debris from the V-shaped frog area and the edges of the hoof wall.
6. Gently guide the hoof back to the ground. (Don't drop it.)
7. Move to the next leg.

Feeding the Horses

Winston - Twice a Day

Full green scoop of high-fat feed from black Atwood's bin. Mix in one full ounce (container in bucket) of Grow Colt granules.



Harry- Three Times a Day

Morning: One full green scoop of high-fat grain from the black Atwoods bin. Mix in about a half a red scoop of grain and powder from the brown Hefty bin. Mix in 2/5 of an ounce of vitamin E and selenium granules.



Noonish: One small white bucket of soaked alfalfa cubes.

Evening: 3/4 full green scoop of high-fat grain from the black Atwoods bin. Mix in about a half a red scoop of grain and powder from the brown Hefty bin. Mix in 2/5 of an ounce of vitamin E and selenium granules.

Elvis - Once a Day

Full green scoop of high-fat feed from black Atwood's bin. Mix in one full scoop vitamin E and selenium granules.

After you get feed in front of all the horses, mix Elvis' EPM medications with a handful of soaked beet pulp and a handful of alfalfa mash and hand-feed it to him, ensuring he doesn't drop it on the ground (he's a messy eater).

Aubrey, Bo, Rook and Jake - Once a Day

About 3/4 red scoop of regular grain from the large white bucket mixed with a full red scoop of soaked alfalfa cubes and half a red scoop of soaked beet pulp.



Organizing the Tack Shed

We do our best to keep the tack shed in order, but it only takes one busy day to throw a wrench in our best plans! Volunteers can help us to stay organized so we can easily find what we need.

Grooming supplies, sprays and medications go on the white shelves on the left side of the shed. We try to keep brushes, picks, etc. on the center shelf, medications on the shelf above, skin and coat products on the next shelf down, and cleaning supplies on the bottom shelf.

Halters go on the iron tack rack, with similar sizes on the same hook. If we keep the sizes together, it's easier to quickly find the halter we need.



Bridles and lead ropes go on the hooks just inside the shed door to the left.



We keep scoops in the wood crate above the feed bins. (Right next to our Walking Dead Daryl Dixon crossbow lamp.)



We recycle feed bags for trash. You'll find them in the back of the shed near the saddles.

Feeding the Horses

Below are the steps that work for us. We encourage you to follow our advice when you're getting started, just to ensure continuity for the horses. You will inevitably come up with better processes, so please let us know what we could be doing better!

Before the horses have any clue what you're doing, halter Winston and lead him out to the dog fence next to the gate. He takes a long time to eat, so we've found it's best to give him his feed first (see Page 6).



BLACK BUCKET

Fill up the black bucket about a third of the way with alfalfa cubes. Fill a small white bucket with two red scoops of beet pulp. Cover the cubes and the beets with water and let them soak while you take the next steps.

Put three green scoops of feed from the green bucket in the large white bucket.

Put two full green scoops of high-fat grain from the black Atwoods bin in a bucket.

NOW YOU'RE READY TO SEPARATE THE HORSES!



Feeding the Horses

Now that you've prepped the feed, you're ready to separate the horses. We've found the following steps minimize stress around feeding time. You may figure out a better way, but this is what I find works for now.



Bo is the herd boss and Aubrey is his girl. His objective is to get himself and his girl fed first. Typically you can halter Bo and Aubrey will follow you to the round pen. Get them out of the way, and everything goes much more smoothly.



Rook gets worked up around meal time, so it's best to get him in a stall as early as possible. Typically, once Bo and Aubrey are in the round pen, you can open the gates to the stall in the barn and he'll walk right in. You have to make sure the gate to the dry pen is secured or he'll get sidetracked and push his way in.

While you're dealing with Bo, Aubrey and Rook, Elvis and Jake typically wait patiently for their feed, which they eat on the wood fence next to the main gate.

Mules - Twice a Day

Agnes is the older, light-eyed mule whose ribs and spine show.

Gladys is the younger mule with darker eyes. Her ribs and topline don't show.

Agnes: Half a red scoop of grain from the red Rubbermaid bin, half a red scoop of high-fat grain from from the black Atwood's bin, cup of powder from the brown Hefty bin, about 2 cups of soaked beet pulp.

Gladys: Full green scoop from the red bin. Mix in half red scoop of beet pulp and a fluid ounce of FluidFlex joint serum. When we have it, mix in 10 cc of Bute-Less.

