

# ST. CROIX TRAIL BLAZERS

## NEWSLETTER

ISSUE 28 | OCTOBER 2023

### Special Olympics

On August 18, 2023, St. Croix Trail Blazers found themselves at the Summer Sports Classic for Special Olympics Minnesota Equestrian Competition. We took a team of 24 riders, 12 horses, 15 staff, and four drivers and trailers.

There were four teams

with this year's athlete numbers a bit lower at 48 compared to past years. Equestrian can be a hard sport to maintain when you are dealing with large, live animals and lots of equipment. So when we say thank you for your support and donations, you know how much it means.



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### MISSION

St. Croix Trail Blazers' missions are to provide horseback riding, training, and competitive sports opportunities to individuals with special needs in a safe, learning environment through the adaptive equine experience and provide therapeutic riding and activities for active duty or veteran military personnel to enhance their physical, emotional, and social well-being.

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Our athletes did their best showing their horsemanship, bringing home 20 gold medals, 15 silver medals, 16 bronze medals, nine 4th place ribbons, three 5th place ribbons, four 6th place ribbons, and three participation ribbons. We couldn't be more proud of their effort and good sportsmanship.

Thank you to the families who attended and supported the athletes. Thank you to the staff for your time and hard work. Thank you to our horse partner haulers. Without each other and the teamwork, we wouldn't be able to do any of this.

Karen Harjes



## Save the Dates

**Give to the Max is November 16, 2023.** If you're new to this campaign, Give to the Max is an annual fundraising campaign for thousands of nonprofits and schools across Minnesota! [GiveMN.org](https://www.givemn.org) is honored to host this generosity party each year on behalf of organizations statewide and donors like you



who so generously support their work. It's a time to celebrate the causes that mean the most to you and give generously to help support them as they continue the work you care deeply about. It's a grassroots giving

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## Rider in the Spot Light: Anissa

SCTB: How long have you been riding with St. Croix Trail Blazers?

Anissa: I've been riding for more than six years.

SCTB: What horse(s) do you ride?

Anissa: I ride Mister and Rowdy.

SCTB: Do you have a favorite horse?

Anissa: My favorite horse was Vanna.

SCTB: What is your favorite thing about riding?

Anissa: Riding calms me.

SCTB: Do you have any hobbies?

Anissa: My hobbies are collecting coloring books and Disney movies.

SCTB: Do you play other sports?

Anissa: I also take Karate lessons and I have a yellow belt.

SCTB: Anything you want to add?

Anissa: I also enjoy everything Star Wars and look forward to riding every week.



## Rider in the Spot Light: Dennis

SCTB: How long have you been riding with St. Croix Trail Blazers?

Dennis: Five years.

SCTB: What horse(s) do you ride?

Dennis: Mister.

SCTB: Do you have a favorite horse?

Dennis: I love horses.

SCTB: What is your favorite thing about riding?

Dennis: Fun - galloping - walking and pet the horses.

SCTB: Do you have any hobbies?

Dennis: Guitar and listening to rock music.

SCTB: Do you play other sports?

Dennis: No.

SCTB: Anything you want to add?

Dennis: I had a horse when I was little that I love on the farm that I lived.





# Fun Facts You Never Knew About Horses

Horses have the largest eyes of any mammal on land.

Yes, it's true...even bigger than an elephant's. Because of their size and placement, they can almost see 360°. They can't see directly behind them.



Some studies have suggested that horses can synchronize their heartbeats with their owner's.

Here are some interesting articles on horse and human heartbeat connections:

JumperNation: Two Bodies, One Heart: Horses and Your Heartbeat

<https://jumpernation.com/two-bodies-one-heart-horses-and-your-heartbeat/>

Horse Connection Magazine: Heart to Heart – A Quantitative Approach to Measuring the Emotional Bond Between Horses and Humans

<http://horseconnection.com/heart-to-heart-a-quantitative-approach-to-measuring-the-emotional-bond-between-horses-and-humans-august-2007/>

HeartMath Institute: Heart-to-Heart Communication With Horses

<https://www.heartmath.org/resources/downloads/heart-heart-communication-horses/>



Horses can hear a human heartbeat from four feet away.

One way they pick up bad vibes.



Horses have less bones than humans.

Humans have 206 bones in their bodies and horses have 205.



The oldest horse to ever live lived to the age of 62.

Old Billy lived 37 years longer than the average life expectancy of a tamed horse. He was born in England in 1762. He was a barge horse who pulled barges up and down canals. He is said to have looked like a Cob/Shire horse with a brown and white blaze.



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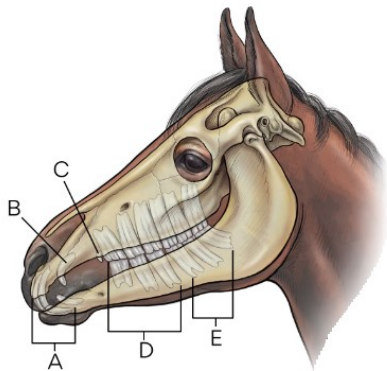
It was once thought that horses were colorblind and later found out they are not.

It was originally thought horses couldn't see colors, but it turns out they can see yellows and greens pretty well, just not purple and violet tones.



Horses' teeth take up more space in their skull than their brain does.

A horse's brain is roughly half the size of a human's. And horses' teeth never stop growing!



**A.** Incisors **B.** Canine **C.** Wolf tooth **D.** Premolars  
**E.** Molars

Staying with the teeth talk...when horses show their teeth and look like they're laughing, they're actually trying to smell better.

"Flehman" is the name of the nose-enhancing technique used to determine if a smell is good or bad.



It's impossible for horses to vomit.



The muscles around their esophagus are so strong that their stomach would burst before they would vomit.

Horses can show different facial expressions.

They can use their eyes, ears, and nostrils to express how they're feeling.



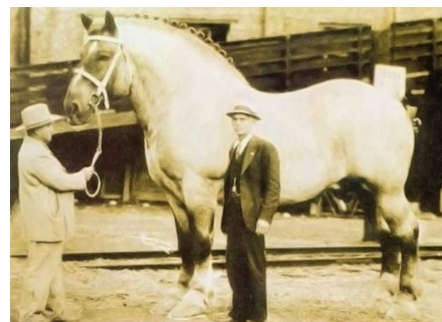
The smallest horse that ever lived was only two feet tall.

Einstein the horse is the smallest ever recorded and was the size of a box of cereal at birth.



The tallest horse that ever lived was 7.2 feet tall.

Sampson was a Shire horse and lived in England in 1846.



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Horses produce around 10 gallons of saliva every day.

That's a lot of spit...ewww...



Horse hooves are made out of the same protein as human hair and nails.



Horses can't breathe through their mouths.

They can only breathe through their nostrils.



Horses can walk and run very soon after birth.

After a few hours they are normally up and about.



Horses have ten muscles in each of their ears and they coordinate their eyes and ears.

This allows them to turn each ear independently up to 180°. Wherever the horse's ear is pointing is the direction their eye on the same side is looking. If they are pointing in two different directions, they're actually looking at two different things simultaneously.



A horse can momentarily float.

When a horse gallops, they have all four hooves off the ground at one point. Don't worry, we don't gallop.



Horses can sleep standing up or laying down.



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The horses' closest living relative is the Rhino.

Both belong to the mammal group "perissodactyls" (a mammal group with an odd number of toes). Most mammals from this group are extinct, and the Rhino is one of few that remain.



Horses can be cloned.

The first horse cloned was born in Italy in 2003 and was a Haflinger cross mare named Prometea.



Horses always have a lookout in the herd.

No herd of horses will ever lay down at the same time.



"There is something about the outside of a horse that is good for the inside of a man."

Sir Winston Churchill

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movement and a reminder of the good that can happen when we give together. For now, **mark your calendars for Early Giving to begin on November 1, culminating in 24-hours of giving on the 15th annual Give to the Max Day, November 16!**

**Join us on Tuesday, November 21 from 5 - 9 p.m.** to enjoy a great Lift Bridge Brew, 1900 Tower Drive W., Stillwater, MN 55082, and raise money for the [St. Croix Trail Blazers](#).

\$1 from every Tap Beer or Seltzer and \$2 from every Crowler or To Go Specialty

Bottle or 12 Packs of Soda sold during the event **goes directly to us**. Buy a beer and make a difference!

**LIFT BRIDGE**  
BREWING CO.

Lift Bridge Brewery created Townie Tuesday program for our Stillwater Taproom in 2013 to give back to local nonprofits, charities, and organizations. It's a fun way to help promote the awesome things in our community while enjoying a tasty beverage!

## Our Email Addresses

You can reach these people at their email addresses:

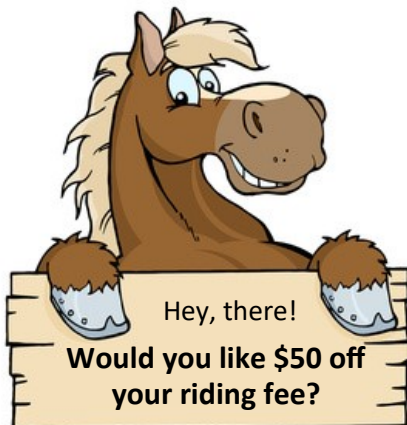
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Karen M.: [treasurer@stcroixtrailblazers.org](mailto:treasurer@stcroixtrailblazers.org)



Please remember to check your spam or junk folder for any updates from St. Croix Trail Blazers.



If you bring a new rider who joins the team, we'll give you \$50 off your next month's fee!

\*\*\*Rider must pass evaluation with instructor.\*\*\*



***Special People Needing Special Horses***

## Contact Us



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St. Croix Trail Blazers is tax-exempt under Section 501(c)3 of the Internal Revenue Service.

## Board of Directors

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- Ellyn Thompson, Instructor
- Laura Ernst, Instructor
- Emily Brown, Instructor
- Fill-In Volunteer Instructors: Allison McMahon and Mara Klecker