



E-Newsletter

May 2009

Greetings!

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Sunbathers?! No, just two world renowned trainers doing what they love; watching the racehorses work on the track on a cold April morning in Norway. [Rune Haugen](#) and [Monty Roberts](#). Follow Monty on [Twitter](#) and [Facebook](#)!

In This Issue

- Dear Friends
- This Week's Q&A
- Happy 74th!
- Where in the World Is Monty?
- Video Streaming Monty
- Kelly Marks Masterclasses

Monty's Principles

The Horse Sense for People Column

Hello, I am a 40 year old father from the Netherlands, who took his 9 year old daughter yesterday to a Monty Roberts demonstration in Den Bosch - NL. Let me start by saying that we are not very experienced horse-lovers but only just got started. Basically my daughter has 2-3 years experience riding ponies in a stable nearby and I owned a Shetland pony for a year before my daughter was even born and that's all the experience we have. We are basically a blank sheet of paper, no experience, no knowledge, open to everything.

It must have been 5 months ago or so when my wife called me once on my cell phone when I was travelling back home from work, that she had seen an amazing thing. Our daughter Linda had the great opportunity to help out at a local stable every now and then and also ride her pony's every now and then. That day my wife saw our little girl, walking back and forth with this big horse following her like she was her biggest friend! It truly was amazing.

I started to surf the web to learn more about this. I found your and Annemarie van der Toorn's website. I immediately ordered Annemarie's book for children on how to learn the language of

Dear Friends

There is no question about it; no human being has the right to live the exciting existence that I have been fortunate enough to be a part of. I am currently in England on my way to Holland for the last of my European demonstrations which began in Germany. I had a great tour of Germany and one which I believe marks the highest level of acceptance that my concepts have ever experienced.

Following the German tour I had an opportunity to travel to Denmark and Norway where I spent two days each with Sterling and Tango, recent graduates of my Willing Partners Program. Following Norway I traveled to England for meetings with the principles involved in creating science trials in which my concepts will be compared to UK conventional training methods. We have currently locked down the dates to be between June 24 and July 16.

During the entire course of this particular six country tour, equine nutrition has been a major topic for discussion. I have been so excited since my daughter Debbie and I went through a two day, crash course involving the nutritional needs of a horse in a natural manner. Our trip began in Cleveland, Ohio where we met a team of scientists and veterinarians put together by John Hall of Freedom Farm. Mr. Hall has been ultra successful with Arabian show horses for many years now but has recently taken up the challenge to meet the needs of our equine partners where nutrition is concerned.

There were just too many performance horses showing ill effects from what nutritionists believed was the overfeeding of grain to performance horses and pleasure horses alike. Working with veterinarian Dr. Frank Pellegrini, the group has completed nearly 1000 necropsies over a period of seven years.

97% of the horses tested showed signs of ulcers. Once more the experts indicated that there was ample evidence that a combination of unnatural feed, feeding and management put a level of demand and stress on the horse, and they run counter to the natural design of the digestive system.

Debbie and I were escorted through a production facility, maintained to human pharmaceutical standards, which is now producing an equine feed supplement program that addresses the natural needs of the horses. This team learned that horses were not meant to place large amounts of starchy grains into their colon.

Bacteria in the hindgut exist in the horse to ferment the fiber in grass to produce Volatile Fatty Acids, which is an important source of energy. This is natural and normal. By feeding large amounts of grain, the same bacteria ferment the starches in that grain to produce Lactic Acid, which modifies the pH of the colon and leads to a host of hindgut problems; ultimately including [colonic ulcers](#)*.

This acid along with the carbohydrates irritates the lining of the colon producing detrimental and often fatal ulcers. Grains which have been genetically selected for the past 1500 years or so have come to be a source of nutrition totally different from what the horse ate a thousand years ago. These grains are huge and plump with starches that require a different digestive system than our horses have. While they certainly have nutritional qualities our horses need, it's the dangerous constituents that needed to be removed.

This talented team of nutritionists has successfully produced a supplement that I have been testing for approximately four years. I knew my horses were doing well and looking fantastic but until Debbie and I went through this recent education, I

horses and the story of your life. I gave it to her for Sinterklaas (which is the Dutch version of Christmas more or less) and she loved the book. Also I read it and was very impressed by your story and the whole concept.

When I was trying to think of a present to give her for her upcoming birthday I didn't have to think long; I searched your name and found out that you were going to give a demonstration in Den Bosch which is only a 15 minutes drive for us! And that would be a present not only she would enjoy but probably I would as much as she would! Last Saturday was the big day. We were in the hall the first ones there. We watched all of your building everything up - and we were the only ones of the regular audience. The doors were shut for public to enter but we were already there (of course!). So we had the chance to see the anxiety - and the relaxed Monty Roberts walking in between there.

We already picked the best seats available when the rest of the audience was not even allowed to go in! My daughter bought a pink cap that you signed and was very proud of course! And then the show began....

I had to translate for my 9 year old daughter of course what you were all saying and showing, but man were we impressed! Both of us enjoyed really every minute of your demonstration. How you handled the Friesian horses, the Islander, the plastic phobia of Tango, all of it! We drank all the lessons you taught us that evening.... It was really an evening for us together that we will always remember.

What struck us most was your personal story. And what basically is also mentioned in small letters written on my daughters cap; Communicate, Listen, Be Gentle. For us it was so fantastic to see what you did together with the horses and to hear what you have gone through and what your mission and vision is and what lessons you are trying to teach...

And hearing some of the comments very experienced horse owners were speaking, that evening and also today when

had no idea how important this effort was. The product has been titled SUCCEED Digestive Conditioning Program and it simplifies equine nutrition as has never before been accomplished.

Debbie is in charge of my website, my schedule and helps me with the studies I make regarding products to help horses. We will be bringing you more info in the next weeks about how we intend to assist where we can, bringing awareness of this team and their accomplishments to the horse world. Debbie is currently working with the SUCCEED team on a specialty item for the leisure or pleasure horse because I feel that many of my readers require something slightly different from the race horse, the show jumper or the cutting horse.

* <http://www.equestrianmag.com/news/health-succeed-fecal-blood-test-9-07.html>

This Week's Question and Answer

I am preparing to haul my horse about 12 hours from Oklahoma to Colorado to live. I have 2 questions. First, should I wrap his legs for the haul or use shipping boots? He is not used to either, but I want to protect him well for the trip. He is very used to being hauled. Second, we are moving from low elevation to 6500 feet. How long does it usually take for a horse to acclimate to the altitude? I am anxious to get started riding in the Rockies, but I do not want to cause undue stress to him. He also has stomach ulcers and I want to use every precaution to insure his health and well being. I give him ulcer guard before travel and for a few days thereafter. Thank you for your example of horsemanship. I have been a student of your methods for many years and truly appreciate all you do.
Sincerely,
Amy Ryals

Monty's Answer: Thank you for your question and I hold this category close to my heart. As you probably know I have transported horses for a million miles. My recommendation is that you drive no more than 3 hours without stopping and giving your horse a trot on a lead in a safe area with good footing well off the main road. This should be done with the boots removed. The reason I say on a lead is that it is time for you to have a jog of 10 minutes or so as well. During this time I would allow your horse to stand preferably on some soft ground.

Often horses refuse to urinate while in the trailer. Soft ground will be inviting when it comes to getting that job done. Your horse should have free choice hay while travelling and preferably water from home on these stops. I would offer the water only after the jog and before re-entering the trailer. We have had good luck in accustoming the horse to orange flavoured electrolytes introduced into his water at least 2-3 weeks before it is travel time.

This system will allow you to make about four stops in your 12 hours and will generally result in an easier journey for both horse and people. Pay attention to the weather and utilize blankets and vents as appropriately as possible. Typically more harm is done being too warm as opposed to too cold.

With regard to the altitude portion of the question my recommendation is as follows: if you have not lived at high altitudes listen closely to your own body. When you are able to cope with the thinner air your horse will probably already be OK. I suggest you jog with your horse on a lead. Start out slowly and at short

talking to some of them, also remembering the questions you were asking the horse owners "did we meet before until today?", "did I train your horse before this evening?" I all of a sudden felt very privileged to be a blank sheet. I can honestly say that I am a pretty suspicious man; both from character and from profession and I often am blamed for having second thoughts about people. But after reading Annemarie's book, knowing your story and especially after seeing you work, together, in harmony with horses, so naturally I was literally struck by what you showed us.

I had (and of course my 9 year old daughter neither had) any doubts that what you showed us was honest, fair, with respect, knowledge experience and such an open will to teach the world how to work with fun both for rider and horse..... it was really amazing. I want to thank you so much for that experience you brought my daughter and me that evening! Thanks Monty!!! And let all the critics talk along with the disbelievers and people who think they know what there is to know.

With your demonstration you, and the horses you worked with, have shown that you truly know how to speak with horses and that man and horse can enjoy together without violence and abuse..... Thank you for that valuable lesson!

Deepest regards,
Linda & Aart-Jan Hak, Bruchem,
The Netherlands

Editor's Note: Join-Up Principles are being used in the Educational, Penal, Military and Therapeutic disciplines. If you have a story to share, please email: askmonty@montyroberts.com



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distances. Stop and listen to your own breathing and listen to your horses too. After a week or so, while mounted, jog your horse about a mile or so then stop, remain in the saddle and observe your horse's respiratory rate. You will be amazed at how much you will learn from this experience.

I competed on horses in Colorado Springs, Denver, Cheyenne and all the way up the Rocky Mountain range. Believe me when I tell you that I saw horses abused by people who didn't take the time to understand what thin air can do. Fortunately I had learned to listen to my horses at an early age and it served me well while competing internationally. Congratulations for being considerate enough to take these factors into consideration.

From Professional Farrier, Ada Gates:

Dear Monty,

My answer for the person shipping 1200 miles from Oklahoma to Colorado is to have the horse wear Soft Ride shipping boots. These are boots for the horse to step into, they have a Velcro closing around the pastern and most importantly have a gel insert with frog support in the bottom of the boot.

The frog is supported, the gel spreads evenly across the bottom of the sole and the horse feels as if he is riding on air. It is important to support the frog on long trips; horses can mechanically founder from the impact and long hours shipping. I recommend all four feet, but definitely the fronts. The boots can be re-used in case of founder but need a special insert just for founder, firm at the frog, very soft at the sole. They are a safe standing boot good in any barn.

Ada Gates, farrier

Harry Patton Horseshoeing Supplies Inc

www.harrypatton.com

shhhhh...MONTY'S BIRTHDAY SURPRISE!

Help surprise Monty with an overwhelming response of appreciation for what he is doing to get violence out of the world of horses and people. [Click here](#) to sign Monty's birthday album today and invite your friends to do the same! On May 14th, our team will give Monty an album with birthday wishes collected from horse lovers all around the globe.

Monty will be arriving home for his 74th birthday after being gone for 45 days spent sharing his message with audiences in Europe. We know that your show of support will be a wonderful welcome for him on his return home.

Thank you to the thousands of people who have already sent in their messages! Invite all your friends to Join-Up with Monty. Birthday signing album closes on THURSDAY, MAY 14 at midnight (PST).



Test Yourself!

I want all of my students to learn to be better trainers than me! Test yourself each week as I challenge you to answer the question under 'Monty's Challenge'. I mean this. Sit down and write an answer. Don't wait for my answer next week. If you have been reading my Weekly Questions and Answers for the last six months, you should be in a position to do this. Send your answer to my team at: askmonty@montyroberts.com

Why should you bother? Because it will help you focus. There is probably a comparable question in your life that needs answering - or will be. If you can gain insight into how to go about answering a practical question that is loosely related to your problem, this exercise will help you answer your nagging question. Then read my answer. Then read my other answers at this link: [Ask Monty](#). The closest answer to mine each week will be awarded a DVD but, more importantly, you will learn! That's good for

Where in the World Is Monty Next?!



For Monty's calendar and details about his upcoming tours, please [click here](#).

From Our Readers: Dear Monty, I had the pleasure of meeting you last Saturday 9 May in 'sHertogenbosch. Thank you so much for explaining to me that "Join-Up" is a different issue from bucking afterwards. Indeed, however well the explanations are given in your books, I still misinterpreted the links between them. A short

conversation with you is more productive than hours of reading!

I send you this message to express my gratitude to you and to share my happiness and even more my daughter's and her horse's happiness with you: after practising your methods for the last 2 months, we went riding in the forest yesterday again - with a smile on the face of the horse and on the face of my daughter Sofie! It was perfect! You probably know Nelson Mandela's quote which is applicable to horses too: *"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart"* Now that we talk to our horses in Equus, it goes to their heart and they love us for it and the riding goes so much better!

THANK YOU MONTY! Patricia Mortelmans, Belgium



Join-Up Classes at MRILC



[Click here](#) to view the upcoming class dates at the Monty Roberts International Learning Center (MRILC), based at Monty's farm in California.



Watch Monty's FREE monthly video online!

May Video: Monty does a Join-Up with a young Thoroughbred. To view this free online video, [click here](#) and follow the instructions on the screen.

From our viewers: I watched the video of Julia and it helped tremendously! Sometimes our horses behave exactly as she did and we wondered if we were attaining true Join-Up with them. This video puts my mind at ease for some of the questions we have had in the past. Thank you for such a "raw" video showing different "types" of horse behaviors. You are a blessing to the entire horse industry, keep up the fantastic work! We love you in Louisiana! Lauren Vincent

you! That's good for horses!



Online Survey

We hope you have been enjoying the free online videos available to you on Monty's website.

These videos are there for you as additional educational tools, and we hope they offer you an opportunity to learn more about Monty's techniques and the concepts of Join-Up.

It will help our team if you would kindly take a few minutes to give us the feedback we need to keep improving Monty's online videos. Your options below:

Survey #1: I haven't seen the videos yet. [Click here](#) for survey

Survey #2: I have seen the videos and would like to help Monty with this 5 minute survey. [Click here](#) for survey



May 2009 Masterclasses with Kelly Marks

Having that dream relationship with your horse doesn't need to be complicated!

- May 22nd Friday - Wellington Equestrian Centre, Hook, Hants
- May 26th Tuesday - Askham Bryan Ag, College, York
- May 27th Wednesday - Brooksby Melton College, Melton Mowbray, Leics
- May 29th Friday - Kingston Maurwood College, Dorchester, Dorset
- May 30th Saturday - Plumpton College, Nr Lewes, East Sussex

For ticket or course information or local hands on help with your horse please ring 01488 71300 for phone bookings or buy online at www.intelligenthorsemanship.co.uk

Monty's Challenge

Monty, how do I get my 3 yr gelding to be good with picking up his feet for trimming. He objects to letting me pick up his feet, sometimes just refusing to lift his foot or picking it up and pulling away. He is exhausting.



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Send Us Your Feedback!

Let us know what you are looking for in content from these emails. Send your comments and requests to askmonty@montyroberts.com. Never miss an e-mail from Monty: To ensure you receive this email in the future, add askmonty@montyroberts.com to your list of approved senders or select the Add/Save to Address Book function in your email browser and follow the appropriate instructions.

Sincerely,



Monty Roberts
Monty and Pat Roberts Inc.

To all of our friends:

Thank you for your interest in my non-violent Join-Up methods. The positive feedback from the E-Newsletter readers has been very gratifying. You can help me continue to make the world a better place for horses and for people by sharing this information with your friends and colleagues. Forward this on and invite them to sign-up before next week to receive my free weekly email. Your friends can also sign-up at www.montyroberts.com by entering their email address in the ASK MONTY sign-up box.



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