

Trick riding workshop comes to Joseph

By Ellen Morris Bishop
Wallowa County Chieftain

Last year the specialty act at Chief Joseph Days was a spectacular trick riding performance by Madison McDonald that included riding while suspended from the horse's side, riding while standing up, head-down "death drags," and jumping horses through fiery hoops. That performance, and also watching an abundance of trick riding videos, inspired Joseph resident and 4-H horse show sensation Carissa Yaw to learn more about the sport.

Trick riding is a tradition that may have started with the Cossacks as a strategy during battle. And it seems to have been no stranger to many Native American horsemen. Today, trick riding is most generally done as a rodeo specialty act, and sometimes performed as part of a circus or other equine event. The sport includes many basic or classical moves, including standing on the horse, and hanging off the horse's side. Roman riding is done by a rider standing atop a pair of horses, with one foot



Photos by Ellen Morris Bishop

Looping your body over the saddle is another basic trick riding skill.

on each.

As luck would have it, Carissa's mom, Carrin Yaw, met professional trick rider Kansas Carradine one day in Joseph. Carradine, who hails from Quebec, Canada, and has more than 20 years experience in trick riding,

was taking a vacation break from her trick riding schedule, and heading, horseback, into the Wallawas. But she also agreed to provide some lessons in trick riding for Carissa.

Fast-forward to this summer. Carradine agreed to put

on a two-day trick-riding workshop for youngsters, again at Yaw's spread north of Joseph. And this year, there are five kids learning the basics of trick riding on Carradine's experienced horses.

"We start on the "bar-



Standing up on a moving horse can be a bit tricky, even when your feet are locked into the footholds on the saddle.

rel" trick horse," she said. "That way kids can learn the basic moves in a safe environment." The lessons on a real horse begin with learning that balance is the most essential thing in trick riding—including letting the horse adjust to a rider who may be standing, laying off of one side, or in a variety of other positions that make it difficult for a moving horse to balance properly.

The first thing the young riders tackle is how to balance on the side of a horse, with just one foot in the stirrup. Next, riders learn to do an "around the horn," rotating around the special,

long-handled metal horn of the saddle to switch from facing forward to facing backward. Then, it's standing on the horse, using trick saddle's secure footholds near the front of the saddle.

In only one day, Kansas Carradine transforms most of her students from good riders to enthusiastic trick riders. The second day of the workshop builds more skills. "It's something that you either love and have to do, or you just don't like it," she said. "It builds a special kind of bond, of trust, with your horse. It's about as close to flying as you can get."

WeCare group helps and supports senior caregivers, seniors

By Steve Tool
Wallowa County Chieftain

With the average age of Wallowa County citizens ranking among the highest in the state, WeCare, a local support group is ready to help both seniors and senior caregivers.

WeCare sponsored a public event at VFW Hall 4307 earlier this summer that explained some of the assistance that's available. The event included four presentations as well as a number of staffed display tables of senior-related mate-

rial, and information about yoga, gym memberships and acupuncture.

"We have to keep our caregivers healthy," she said. She added that one thing that people who may be struggling with senior care don't realize is how much WeCare can help.

"I don't think people realize the amount of information we have to give them," Taylor said. She explained that WeCare initially started off as a support group that got together for caring and sharing. Eventually, through hosting forums, etc., the

group obtained enough information that when a caregiver has a question, they can point them in the right direction to obtain the information.

Anyone with questions about seniors and senior care is welcome to call WeCare at: (541) 432-0419. Taylor said that many people are caregivers who don't even realize it because they don't think taking care of a husband or child counts.

WeCare meets at Community Connection from 3-5 p.m. on the first and third Tuesday of each month.

"We have a lot of information," Taylor said. "It's just a matter of getting it out to the public."

That includes help with estate planning. La Grande attorney, Glenn Null, who spoke at the forum, said that when clients come to see him regarding estate planning, their biggest error is that they haven't done anything in regards to planning. Not that it can't be fixed — most of the time.

"I would say that 70-80 percent of the time we still have time to work with and get things prepared," he said. About 20 percent of the time it's too late for pre-planning, so planning goes into crisis management. "Crisis management is harder than proactive management," he said.

Estate planning is a two-fold process. The first is that every dollar you spend proactively probably saves 10. The second is to make sure you have good communication with whoever you're working with because it helps to develop a plan that meets your specific needs.

Null suggested that well-rounded estate planning includes consultation with financial advisors, caretakers, doctors, an attorney, etc. Jennifer Olson is the

executive director for Wallowa Valley Senior Living, which offers both assisted living and memory care. According to Olson, one of the biggest misconceptions people have about WVSL is that it's a nursing home, which it is not. She also noted that people don't realize how busy they keep their residents.

"It's not just a place to go to live out your final days," she said. "It's a place to be active and have fun and engage in social relationships."

Olson suggested that anyone coming to inquire about WVSL keep an open mind about what it has to offer. She said WVSL is very good at matching people up with community resources, and if living in a community setting is not the best fit for them, they will help them find a safe fit.

Olson cautioned that people considering WVSL as an option do so before a crisis happens.

"That way they know what to do before they reach the crisis mode," Olson said. She suggested preparing for the possibility of residency 10 years before it's needed.

"Do your estate planning," she said. "Make sure it's all laid out and taken care of."

Kathy Ganung, senior services manager for Community Connection, said that many inquiries about senior care focus on in-home care. Housekeeping is another major concern and sometimes the organization can help with that.

"But we're not a maid service," Ganung said.

The Meals on Wheels program also gets a large amount of queries and is in need of volunteers, particularly in Union County.

Ganung said that Community Connection provides almost any senior service one can think of. People seem unaware that the organization can offer help in finding resources to help pay for medications. They can provide seniors a food box so they can use money set aside for food to pay medication expenses or do the same with a power bill. Community Connection also works with the Walla Walla, Wash. and Boise, Idaho VA to provide in-home care for veterans, even helping the vets get connected with the program.

"If you think you have a need, call us," Ganung said. "We may provide the service or know who does." Contact Community Connection at (541) 426-3840.

SEMI-ANNUAL FLOORING SALE AND CLEARANCE

SAVE \$100* SAVE \$250* SAVE \$500*

From muddy pets to super dirty kids, you need a carpet that stands up to the XTREME chaos of outdoors...inside.

FEATURING **INNOVA XTREME CLEAN**

BUY MORE SAVE MORE | SAVINGS SO BIG WE ONLY DO IT TWICE A YEAR

CARPET	LUXURY VINYL	HARDWOOD	CERAMIC
<p>STYLE CRAFT Perfect for today's casual lifestyles with its textured saxony construction, it's available in 10 easy-to-coordinate colours to fit any décor in your home.</p> <p>MSRP \$4.59 NOW! \$2.29 SF MATERIALS ONLY</p>	<p>ANCHOR WAY Beautiful Hickory and Oak visual planks that are 100% waterproof for easy maintenance and with attached cork underlayment that will bring quiet comfort to your home. Total colours available in both species, 3 Hickory and 1 Oak.</p> <p>MSRP \$3.45 NOW! \$1.85 SF MATERIALS ONLY</p>	<p>FALL MANOR Always in style, this soft scraped engineered hardwood gives any home a warm, welcoming appeal! This beautiful Sweet Gum species hardwood is available in 2 colours.</p> <p>MSRP \$6.29 NOW! \$4.69 SF MATERIALS ONLY</p>	<p>SPRING MILL Bring home the relaxed, hardwood look with our BelTerra Gold level warranty tile. Live well in laid-back fashion today with our Spring Mill tile that is available in 4 colours.</p> <p>MSRP \$3.19 NOW! \$2.19 SF MATERIALS ONLY</p>

12 MONTHS SPECIAL FINANCING AVAILABLE**

on purchases made with your Carpet One credit card between 7/11/19 and 8/18/19

the Beautiful GUARANTEE

CARPET ONE FLOOR & HOME PROMISES YOU'LL LOVE THE WAY YOUR NEW FLOOR LOOKS. OR WE'LL REPLACE IT - FREE.

CARPET ONE FLOOR & HOME

800 S. River Enterprise, OR | 541-426-9228 | www.carpetone.com

*Save \$100 on select purchases 1,000-\$2,499. Save \$250 on select purchases \$2,500-\$4,999. Save \$500 on select purchases \$5,000 or more. At participating stores only. Some restrictions apply. Photos for illustrative purposes only. Not responsible for typographical errors. Offer ends 8/18/2019. Offer cannot be combined with other discounts or promotional offers and is not valid on previous purchases. †See store for details. ©2019 Carpet One Floor & Home®. All Rights Reserved.

**Subject to credit approval. Minimum monthly payments required. See store for details. Offer ends 8/18/2019.

The Nature Conservancy Donates Bull and Buck Tags to Local Charities

The Nature Conservancy is currently seeking applications from Wallowa County charitable organizations or conservation groups interested in receiving a Landowner Preference Tag (LOP) for Bull Elk or Buck Deer on the Zumwalt Prairie Preserve property for the 2020 season. Each year The Nature Conservancy donates LOP tags to qualified local organizations. Since 2002, this program has raised over \$560,000 to support charitable organizations and conservation partners.

Applications will be reviewed by a committee of community members and ranked based on the following considerations: the benefit to the community; the marketing plan for raising funds with the LOP tags; and the ability to use the tags to leverage additional funds or support. Interested organizations may request an application from Chad Dotson by e-mail (chad.dotson@tnc.org) or phone (541-231-1455). The application deadline is August 19th, 2019.



The Nature Conservancy



906 S. River Street
Enterprise, Oregon 97828