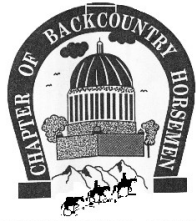


CAPITOL RIDERS



OLYMPIA, WA.

Hoofbeats - December 2009

There was no regular December meeting of Capitol Riders, but rather a breakfast meeting at Little Creek Casino on the 12th, where awards were given out.

On December 15th the newly elected officers met with interested members to plan out the coming year.

December 15th, 7 pm, Littlerock firehall - 2010 planning meeting:

Present were: Steve Russell, Chris Enrico, Traci Koch, Judy Francis, Dean Hartman, Jim Gibbons, Joyce Nelson and Don Laurance.

Meeting nights were discussed and it was mentioned that an informal poll (by Jeff) had determined that the first Tuesday of the month was the least disruptive for all. Hence the first general meeting will be held on January 5th, 2010, 7 pm at the Littlerock firehall.

Dean Hartman brought up scheduling rides with the Evergreen chapter. Traci mentioned that Oyster Bay has rides all are welcome to attend. Steve asked Joyce to take the lead on organizing rides within the chapter or with other chapters.

Steve mentioned that Sandra White had some ideas for membership. The old membership committee was brought up and Chris mentioned that he had checked with Jeff about John Dodge with the Olympian writing an article. Jeff had never heard back from John. Steve said that he knew John and would contact him about a news article on Capitol Riders.

Membership promotion was discussed. The chapter used to place flyers at feed stores and we'll resurrect that idea. Posting pictures of rides on the chapter web site could also raise some interest in joining us.

Concerning chapter history, Myrna Conine has many historical documents. Jeff has been talking to her about the chapter and its beginnings. It was not clear who has all the chapter documents but Chris said he did get a briefcase of newsletters from Karen Johnson, outgoing secretary.

Traci listed some Oyster Bay rides and talked about work parties. She suggested we have them midweek during the warm weather and long days so we have weekends free for fun. Two to three hours a night would be enough time to accomplish tasks.

Steve brought up the reason for our existence - Keeping the trails open for future generations of riders. The group talked about trail maintenance and how the mountain bike group has seemingly taken over Capitol Forest. A reason for us is to have fun together and with horses. Traci mentioned that Grays Harbor chapter is a small group and could use help on their projects. Steve said that Capitol Riders should contact other chapters offering to help with their projects. Steve said the chapter needs to get involved more with DNR to be able to continue to ride the trails.

Joyce brought up coffee and treats as a way to bring members to meetings. We used to do this and will resurrect it. Joyce will bring pre-made coffee (Takes too long to do it at the meeting) to our January 5th meeting and Traci will bring treats.

Steve brought up Board Meetings. Are they important enough to have them once a month? Should they be the same night as the general meeting? Can we integrate into the general meeting?

Steve suggested the chapter have a Ways and Means Committee. Dean mentioned garage sales as a way of bringing in funds. We had a group discussion. Judy will get information on Scattercreek chapter sales and their map. Perhaps we can join forces?

Steve would like to promote our local rides more. Judy mentioned bringing in speakers for meetings, such as farriers. Traci mentioned that she and others had been trained by a local farrier to do their own shoeing.

And lastly - general meetings will run from 7 to 8 pm with a social hour after, ending ?

We will have a membership list for meetings, using it to send reminders. We will need to have the members update their contact information.

Meeting adjourned.

Hints Corner -

Save your old cinches to be used as tree savers.

A hack saw blade is good for pulling out a winter coat.

Wear thin latex gloves when pulling tails and manes.....it gives you an amazing grip and your fingers don't get ripped to shreds.

Toothpaste for the silver detail on tack, or use a pencil eraser.

Want to get your bits clean, run them through the dishwasher.

Always tie a knot in the end of a lead rope to stop it sliding through your hand.

If the lead rope breaks you can make an emergency one by plaiting baling twine into a length and looping it attached to the old clip.

Tie a piece of bright ribbon around a hoof-pick so it's easy to spot and you don't lose it.

When your brushes are clean and dry, drop a few drops of baby oil onto the bristles and gently rub it through to keep the brush soft.

Never use warm water to wash a horse's muddy legs. This can open up their pores and allow an infection. Wait until the mud is dry then brush it off or use cold water only.

If there are greasy spots on your horse add some disinfectant to your bucket of warm water. Scrub this patch continually rinsing the brush in this water. Soon the grease scum should appear on the water surface.

Stress! Even Horses Have It!

By Michael Lowder, DVM, MS

The show season can be a demanding time for horse and rider. As a working unit, you must travel, perform and compete at top form at all times. A savvy horseman will know the pitfalls of heavy competition and will face them with knowledge and wisdom. Stress is one consequence of the show season that can be managed with the application of everyday common sense.

Stress is one of your greatest adversaries, and the results can be devastating. The effects of stress placed upon your horse vary and are dependent upon his physiological status, the duration and intensity of the stress, and his previous experience with the stressor (event). Additionally, his environment and the physical restraints placed upon him (e.g. tying up of the head during trailering) can heighten the effects of stress.

Travel, introduction to new environments, and interaction with unknown horses and situations are perhaps the greatest precipitators of stress in your horse. These changes in the norm can result in gastric ulcers, diarrhea, respiratory illness, dehydration, inappetence, and poor performance.

With careful planning, however, one can greatly reduce the incidence of stress-related illness and increase your chances of a fruitful and satisfactory season.

Stressbusting opportunities are found everywhere, and one of the easiest means of preventing illness is vaccination. Vaccination is the foundation of preventative health and is the gold standard for those who travel and mingle with horses of unknown status.

Only by vaccinating for potential pathogens can the horse's immune system be prepared. Show horses often require vaccinations above and beyond those required for backyard ponies, as they will be at a greater risk of exposure. Ancillary vaccines can include strangles, boosters of flu and rhino, and vaccination for diseases common to the area in which you may be visiting. The significance of immunizing the competitive and/or show horse to prevent costly layoff is obvious.

All vaccination series should be administered approximately 6 weeks before the beginning of the show season so that any transient side effects, such as postvaccinal fever, muscle soreness, loss of appetite and depression will be gone.

Although vaccination is often perceived as complete, instant protection, the reality is that it takes the body two to four weeks to produce protective antibodies against the disease(s) immunized. Additionally, any horse vaccinated for the first time for a disease will require a booster (second vaccination) two to four weeks later to strengthen the protective response.

The trailer ride itself can be a very taxing event, but the manner in which your horse travels can be managed in order to decrease his stress levels. The simplest approach of reducing travel anxiety is to allow him free choice in determining the direction he wishes to face. Although most horses choose to face backwards while riding, there are a few that prefer orienting themselves toward the direction of travel. What does your horse like?

It has been well documented that transportation-induced stress can predispose your horse to respiratory disease. Horses cannot breathe through their mouths as we do, and all air must pass through their nostrils. Tying up of the head impedes your horse's ability to clear irritants and bacteria from his lungs, and studies have shown that an elevated head with restricted movement can compromise his immune system. Adequate ventilation and allowing your horse free movement of his head to snort out chaff is another stress-buster of merit. If tying of the head is necessary, then loosely tie so as to allow movement but not so loose that

a leg can become entangled.

Plan your trip well. It may be beneficial to arrive to your destination a day in advance. This gives you and your horse time to settle in before the chaos of competition.

Once on the road, stop every four to six hours for a break. Use this time to offer water; many horses will refuse to drink at a rest stop, but offering water in a familiar bucket may help. This is also a good time to assess his condition, check his vital signs and provide him an opportunity to urinate. Geldings need to 'stretch-out' to urinate.

If possible, always bring water from home. A portable container is cheap insurance against finicky drinkers. Another means of "tricking" him into accepting water is to mask the taste of the water with an additive such as cola, apple juice, or Kool-aid.

You should acclimate your horse to the cocktail by adding your masking agent to his normal drinking water a week prior to the trip. Remember that some of the additives will contain sugar, so daily bucket cleaning is important to prevent bacterial growth.

Finally, abrupt changes in feed may lead to colic. It can be beneficial to feed your horse a national brand of horse feed because in a pinch, you will be more likely to find the grain your horse is accustomed to. Grain should not be feed in transit unless made into a mash. Hay may be given, especially on long hauls. Due to the chaff and dust of some hays, hay may need to be soaked prior to travel to cut down on airborne irritants. Horses are a lot like children in that they appreciate routine and familiarity. Any deviation from the normal activities can lead to stress. The day of the trip is not a good time to introduce your horse to a trailer! By employing common sense when traveling, you can reduce your anxiety as well as his.



The Performance Equine Dental Clinics for 2010 will be held at Trails End in Tumwater.

Please provide your cell number to Ritz at horselover.ritz@yahoo.com so the Vetter's can call you with any last minute changes to the schedule.

- For rechecks (horses that the Vettters' have seen before) plan on one hour. New horses take about one and a half hours.
- Please try to be early but the schedule tends to get a little behind toward the end of the day. Please bring a book or something for you to do while you wait.

Date: May 8, 2010

8:00 AM to 9:00 AM	Ritz Duchesne – Disco 608-449-0319
9:00 AM to 10:00 Am	Ritz Duchesne – Samantha – 608-449-0319
10:00 AM to 11:00 AM	Ritz Duchesne – Impulse – 608-449-0319
11:00 AM to 12:00 noon	Connie Bailey – Dakota
12:00 noon to 1:00 PM	Lunch & catch-up
12:30 or so	Jeff LaBreck – Coyote (aka Scruff)
1:00 to 2:00 PM	
2:00 to 3:00 PM	
3:00 to 4:00 PM	
4:00 to 5:00 PM	

Date: November 6, 2010

8:00 AM to 9:00 AM	Ritz Duchesne – Harley 608-449-0319
9:00 AM to 10:00 AM	Ritz Duchesne – Samantha – 608-449-0319
10:00 AM to 11:00 AM	Ritz Duchesne – Slick – 608-449-0319
11:00 AM to 12:00 noon	
12:00 noon to 1:00 PM	Lunch & catch-up
12:30 or so	
1:00 to 2:00 PM	
2:00 to 3:00 PM	
3:00 to 4:00 PM	
4:00 to 5:00 PM	

Please call Ritz at 360-438-1805 if you have any questions

Calendar of Events for 2010 -

1/5/10 General meeting 7 pm, Littlerock firehall
1/27-31 Puyallup Sportsman show
2/2/10 General meeting 7 pm, Littlerock firehall
3/2/10 General meeting 7 pm, Littlerock firehall
4/6/10 General meeting 7 pm, Littlerock firehall
5/4/10 General meeting 7 pm, Littlerock firehall
5/8/10 Dental Clinic Trails End Tumwater
11/6/10 Dental Clinic Trails End Tumwater



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