

Trails and Tales

Atlantic Canada Trail Riding Association Newsletter

<http://AC-TRA.CA>

Volume 234

Sept/Oct/Nov 2009

Happy Thanksgiving!

Yes, it is a bit early and that means our ride season is once again over for the year. I must apologize for not getting a newsletter out in August, my only excuse is laziness!! I hope everybody had a great ride season and met their personal goals, learned a few new things and maybe helped out a fellow rider along the way. My personal thanks goes to Betty and Elliott when the old Ford let me down!!

I would like to thank all the Ride Managers who hosted a ride and the Volunteers who helped make the rides, because as we all know, if we didn't have the volunteers the rides wouldn't be happening!!

As I sit here on a rainy Sunday watching the old shows of The Flintstones, The Bugs Bunny and Tweety Show, Rocky and Bullwinkle (besides the fact that there is nothing to watch on TV) it brings back old memories of years gone by. That being said, I've been going through the old master scoresheets dating back to 1989 and thinking "man did we have a lot of rides back then". I've only been a member of ACTRA for 18 years, but even when I started there were rides starting in May and going just about every weekend until the Annual Challenge Cup ride which used to be the last ride of the season and always held Thanksgiving weekend.

This year we had one ride per month, which is easy on the pocketbook, but it makes me wonder where our club is heading too. We've tried introducing new rides (IDR's), novice divisions and awards to entice new riders to the wonders of the competitive trail riding world and we've managed to gain a few members here and there. We also seem to be taking the easy route and hosting LD's instead of CTR's, because as we all know a 25 mile LD has 6 hours to complete and a 25 mile CTR has 4 hr 35 min (I think I figured that out correct). Are we getting that old that we don't like to challenge ourselves anymore? We used to do 30, 35 and 40 mile CTR's without batting an eye. Is it time to re-evaluate our club and decide which direction we are going to go in? Things to think about and bring to the year end meeting and any other ideas or suggestions you might have. Speaking of the year end, please see the add for all the information on the 2009 Year End Banquet.

How many of you go outside the "trail riding box" and do other stuff with your horses? This past Saturday, Deanna and I took Azrael and Dude up to Hobby Horse for a fun Eventing Day (cross country in the morning and fun games in the ring in the afternoon). I am happy to say that our "trail horses" competed against the "event horses" and showed them that our horses are quite versatile. In our fun placing, Dude won the Hunter Pace (set distance and you had to do it in 15 seconds). Deanna and I paired up in the Hunter Pace Pairs and won (this was jumping three jumps as a pair in unison). We paired up again in the Command / Ribbon Class (we had to hold a ribbon between us at the walk, trot, canter) and won that. Thanks Leslie to a wonderful fun day!! In a couple of weeks we are heading off to do some Cattle Sorting with them. I feel doing different things with the horses keeps their minds fresh and them wanting to do more for you. Drop me a line and tell me what you do with your horse "outside the box" and I will compile a list and put it in a future newsletter.

Happy Trails and Ride Safe!

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ATLANTIC CANADA TRAIL RIDING ASSOCIATION MEMBERSHIP FORM

NAME _____

ADDRESS _____

TELEPHONE _____ EMAIL _____

JUNIOR OR OTHER RIDERS IN FAMILY

NAME _____ BIRTHDATE _____

NAME _____ BIRTHDATE _____

I WISH TO REGISTER THE FOLLOWING MOUNT WITH ACTRA (Lifetime Mount Registration Fee \$25.00)

NAME _____ MARE GELDING STALLION (Please Circle)

BREED _____ AGE _____

BREED REGISTRY INFORMATION _____

MEMBERSHIP DUES: INDIVIDUALS \$17.50 - FAMILY \$22.50 - MOUNT REGISTRATION \$25.00

PLEASE SEND MEMBERSHIP FORM OR FACSIMILE TO: Pat Rideout, 3540 Route 890 Hillgrove, NB E4Z 5W6

ARE YOU INTERESTED IN RECEIVING ACTRA LITERATURE? Yes No (Please Circle)

I HEREBY ALLOW ACTRA TO PUBLISH MY NAME, ADDRESS, PHONE NUMBER ON THE MEMBERSHIP LIST TO BE PUBLISHED IN THE ACTRA NEWSLETTER ONLY. Yes No (Please Circle)

TOTAL MEMBERSHIP DUES SUBMITTED _____ @ \$17.50 = \$ _____

_____ @ \$22.50 = \$ _____

_____ @ \$25.00 = \$ _____

TOTAL = \$ _____

Ride Results - 2009

Mud Run LD May 16, 2009 30 Miles Vet: Dr Laura Lee

15 Starting - 14 Finishing

Order of Finish (Pulse down)

1. Call Me Lauren (Russlyn Patriquin-Dyke)
2. Kindred Spirit (Lynn Beazley)
3. Summer Breeze (Pam Rustige)
4. Ronya (Irmgard Lipp)
JD Azrael The Canadian (Deanna Johnston)
5. Rye (Kelly Bentley)
6. PD Cat-a-Hoolah (Betty Dwyer)
7. Rewbay (Bev Elliott)
Wyndsong (Donna Lee Cole)
8. Jalna Saffire (Jean Bridges)
Guysborough Grey (Anne Bridges)
MDA Billy Four (Donna Munn)
Caruso (Lucy Rudge)
9. Morgan (Stephane Fournier)

Mud Run IDR May 17, 2009 15 Miles Judge: Marnie Mitchell

14 Starting / Finishing

Conditioning

1. Thunder (Pam Thornton)
2. Arabian Styles (Elwood Munroe)
3. Micah Amigo (Deanna Johnston)
4. Prairie Shadowfax (Chester Gillan)
5. Deuces Wild (Sylvia Gillies)
6. Sir Ruby (Pat Ritcey)

Trail Horse

1. MDA Billy Four (Donna Munn)
2. Ronya (Irmgard Lipp)
3. Sir Ruby (Pat Ritcey)

River Wyne CTR June 14, 2009 30 Miles Judge: Marg Byers

11 Starting / Finishing

Conditioning

1. Kindred Spirit (Lynn Beazley)
2. Rewbay (Bev Elliott)
3. Royal (Bob Curran)
4. Jalna Saffire (Jean Bridges)
5. Guysborough Grey (Anne Bridges)
6. PD Cat-a-Hoolah (Betty Dwyer)

Trail Horse

1. Kindred Spirit (Lynn Beazley)
 2. Guysborough Grey (Anne Bridges)
 3. Caruso (Lucy Rudge)
-
-

River Wyne JP June 15, 2009 17 Miles Judge: Marg Byers

10 Starting / Finishing

Horsemanship

1. Deuces Wild (Sylvia Gillies)
2. MDA Billy Four (Donna Munn
Jalna Saffire (Jean Bridges)
3. Guysborough Magic (Anne Bridges)
Tarshish (Eiry Spence)
4. Sirrocco's Indian Thunder (Karen Jonah Brown)
5. Royal (Bob Curran)
6. Rewbay (Bev Elliott)

Washodemoak Sunset (Jennifer McDonald)

Trail Horse

1. MDA Billy Four (Donna Munn)
2. Tarshish (Eiry Spence)
3. Royal (Bob Curran)
4. Guysborough Grey (Anne Bridges)
5. Jalna Saffire (Jean Bridges)
6. Rewbay (Bev Elliott)

Knights Ridge Road IDR Aug 22, 2009 16 Miles Vet: Dr Laura Lee

14 Starting / 11 Finishing

Conditioning

1. JD Azrael The Canadian (Deanna Johnston)
2. PD Cat-a-Hoolah (Betty Dwyer)
3. Call Me Lauren (Russlyn Patriquin-Dyke)
4. Aazzaan (Bev Elliott)
5. Magnifyque (Kaaren LeBert)
6. Arabian Styles (Elwood Munroe)

Trail Horse

1. Elastic (April Haliburton)
2. Aazzaan (Bev Elliott)
3. Arabian Styles (Elwood Munroe)

Git'R Done Mtn Style LD Sept 5, 2009 30 Miles Vet: Dr Laura Lee

9 Starting / 8 Finishing

Order of Finish (Pulse Down)

1. Call Me Lauren (Russlyn Patriquin-Dyke)
2. MDA Japros Sultan (Gwenn Dexter)
3. PD Cat-a-Hoolah (Betty Dwyer)
4. JD Azrael The Canadian (Deanna Johnston)
5. Ronya (Irmgard Lipp)
6. Jalna Jestacat (Leslie Wade)
7. Jalna Saffire (Jean Bridges)
8. MDA Billy Four (Donna Munn)

Many thanks to everyone who volunteered their time and helped out at the ride!!

19 Starting / Finishing

Horsemanship

1. Donna Munn (MDA Billy Four)
Kim Dellacioppa (Phyve Point Lily)
2. Pam Rustige (Summer Breeze)
3. Jean Bridges (Jalna Saffire)
Lucy Rudge (Caruso)
Kaaren Lebert (Magnifyque)
4. Pam Thornton (Thunder)
Chester Gillan (Prairie Shadowfax)
Pat Ritcey (Sir Ruby)
5. Sylvia Gillies (Deuces Wild)
6. April Haliburton (Elastic)

Trail Horse

1. MDA Billy Four (Donna Munn)
2. Thunder (Pam Thornton)
3. Shadow Prairefax (Chester Gillan)
4. Magnifyque (Kaaren Lebert)
5. Sir Ruby (Pat Ritcey)
6. Grand Marnier (Gwenn Dexter)

Betty Dwyer, Farzad Faryadi (won the Vermont 100) Eddie, Russlyn Patriquin - Dyke.



Russlyn, Irving, Betty + Eric at the Vermont 50/100.

SEPT 19 & 20 WEEKEND

The weather was great, the water crossings low. The Pink Challenge Cup was a fund raiser for people undergoing breast cancer treatments, in support of Titz "N Glitz. A total of \$1113.00 was raised. Thank You to the riders and all of their sponsors and donors. Thanks to Pat Rideout for saving the day by doing the Vet Judging, and to Sylvia Gillies for judging Horsemanship in the woods and throughout the ride.

It took many volunteers to make these rides possible. Thank You to all landowners, and the following people: Lynn Beazley, Troy Beazley, Dale Bellefontaine, Elliott Bridges, Marion Crosby, Kim DellaCioppa, Keith Dares, Buster Davis, Betty Dwyer, Greenhawk Tack, Dennis & Nancy Hennessey, Byron Kerekanich, Judy & Gerry Johnson, Evan LeBert, Annette McQuarrie, Shannon Robbins. Our Sunday Ride Vet Judging was efficiently done by Melanie Francis. Melanie owns the Lucky Pizza in Windsor ~ a good place to buy your Pizza !!

On a sadder note, there were 3 fatalities at Snowy Creek Ranch. Three gourds were playing at the end of their vines in the field, and did not notice the approaching horse trailer. They got run over. Heroic revival efforts were made, but their injuries were too severe, and it was obvious that they could never return to a normal gourd life. They had to be humanely euthanized. Composting has taken place. They are survived by all of the other gourds in the manure pile.

PINK CHALLENGE CUP

Horsemanship:

1. Donna Munn
2. Anne Bridges
3. Jean Bridges
4. Russlyn Dyke
5. Wendy Vissers
6. Bev Elliott

Conditioning

1. Bev Elliott - Izzy
2. Russlyn Dyke – Mura
3. Anne Bridges - Magic
4. Jean Bridges – Skye
5. Lucy Rudge – Caruso
6. Wendy Ettinger – Gryphon

Trail Horse: 1. Magic (Bridges) 2. Mura (Dyke) 3. Skye (Bridges)

GOLD: Two Bridges ~~ Jean & Anne Bridges

SILVER: The Mountain Gals ~~ Bev Elliott & Deanna Johnson

BRONZE: Silvie's Dream Team ~~ Lucy Rudge & Wendy Vissers

RAWDON I. D. R. 15 miles Sept 20, 2009 Results

JUNIOR: Franchesca Cornetta riding Eupona

SENIOR:

Trail Horse:

1. Anna Belle – Sheila Brown
2. Magic – Anne Bridges
3. Skye - Jean Bridges
4. Sir Ruby - Pat Ritcey
5. Willow - Bidy Peverell
6. Mura - Russlyn Dyke

Conditioning:

1. Jean Bridges – Skye
2. Elwood Munroe - Styles
3. Lynn Beazley – Kindred Spirit
4. Anne Bridges - Magic
5. April Haliburton - Elastic
6. Sylvia Gillies – Deuces Wild

The deceased gourd!



Please forward this to the ACTRA members.

ACTRA Year End Meeting/Banquet

The 2009 Banquet will be held this year at the Coastal Inn, located in Sackville, NB.

The meeting, banquet meal, awards and sleeping/socializing will all be held at the one location. Well unless we want to do some pub crawling!!!

The motel has booked off one wing (13 rooms) for our group. **THE CUT OFF DATE TO BOOK ROOMS IS NOVEMBER 2, 2009. THE DISCOUNTED RATE IS \$93.00.** Just to note, we don't have to have all 13 rooms booked for the discount, but if we want to "stay" together as a group this wing is booked for us. We can have room crawls instead of pub crawls!!!

The meal is a Hip of Beef with all the trimmings; this is a buffet style meal. In order to get the price of \$15.99 per person we need **25 people** to sign up for the meal, if there isn't that number the price of the meal will of course increase. **THE CUT OFF DATE FOR MEAL BOOKING IS NOVEMBER 2, 2009.** If we don't have enough people signed up, we can forego the banquet meal and go to a nearby restaurant for supper.

The Director's Meeting will be held at 10:00 am Saturday, November 14th in the meeting room located at the Coastal Inn.

The General Meeting will be held at 1:00 pm, same day, same location with the awards being held after the meeting.

Supper will be at 6:00 pm.

Socializing afterwards to the wee hours.....

PLEASE ADVISE ME ON WHETHER YOU WILL BE ATTENDING THE BANQUET OR NOT. IF YOU ARE ATTENDING AND STAYING, REMEMBER THE CUT OFF DATE FOR BOOKING ROOMS IN THE ACTRA WING IS NOVEMBER 2, 2009.

The following is the Coastal Inn's information: 15 Wright Street, Sackville, NB.
Toll free # 1-888-704-7444.

BEV

(902) 542-9586

rcmp@town.wolfville.ns.ca

Winter care for the endurance horse



HORSES EVOLVED IN THE HARSH CLIMATE of North America's continental divide where winters are bitter cold and summers simmering hot. From this land of their beginning they migrated

over the face of the earth. They can be found from the frozen tundra of the Arctic Circle to the fierce heat of the African Sahara. Horses are probably the best weather-adapted animal on earth.

The reasons for this adaptation to extreme cold are, like evolution, complex and myriad—buried deep in the immortal "selfish genes" that make up the DNA of today's horse. Horses, wearing their home-grown fur coats and feet encased in impervious hooves with sub-solar vascular heating, will survive in temperatures down to 40° below zero, while we naked humans would succumb to frostbite and death at temperatures barely below freezing. But, because we anthropomorphize, we think our horses like what we like, so we generally keep them too warm.

Your horse, unless you clip him, does his own winterizing. He grows a thick fur coat that is all but impervious to cold, wind, rain and snow. Your job is to provide the environment, the care, the feeding and exercise to keep your horse winter-healthy.

Shelter. You don't need a draft-free barn with central heating. Horses don't mind rain, wind or cold, but if the three are combined they do head for shelter. If no shelter is available, they turn tail to the wind, lower their heads, shiver to keep their body temperature

normal (100°) and ride out the storm.

Do not consider it inhumane to leave horses outside provided that they are in an environment that allows them to exercise to stay warm, has a wind break, and an elevated place to stand where they are not up to their knees in a soup of mud, manure and urine. A wind break and some kind of shelter is more important in especially cold weather that is combined with rain/snow and wind to help prevent wind chill.

To clip or not. If you are a pleasure rider, not competing in winter events, don't clip. Your horse is so sensitive to climate and temperature that he will grow the amount of hair needed. Normally he grows hair in the fall and sheds it in the spring. And he will have mini-changes in his "wardrobe" all during the year, with minor shedding and re-growth depending on the length of day and temperature changes.

It is a myth that you can't compete on an unclipped horse. You can but you'll be treated like a guest showing up at a formal wedding in blue jeans. If you are racing, you almost have to clip your horse, for not to do so would be like a runner competing in sweats.

There is a valid reason to clip the endurance horse who sweats heavily and dissipates his body heat more efficiently without his winter overcoat. With a strenuous workout in cold weather your horse's sweat will take a long time to dry. This is OK as long as you cool out your horse—resting temp (100°), pulse under 60 beats per minute, and respiration below 20 per minute.

Blanketing. Does it help to blanket a

horse in pasture? No—if your horse is not clipped, because the blanket will compress his natural blanket of long hair and upset his natural thermostat. Yes—if your horse is clipped and the weather dry. But no—if it is raining, for there are few blankets that will stay dry and help contain the horse's body heat. Even heavy rugs allow water to under-run them. And it is worse to have a soaking blanket on a wet horse than none at all.

Also, there is a clear danger of a horse developing very sore withers and spine from a heavy blanket left on too long, to say nothing of the secondary problems of fungus and bacterial infections. (The clipped horse, often shampooed and "fly wiped," is a "hot house" critter in all seasons, and has many more skin problems than the unclipped, hosed down, and often curried horse.)

Feed. With cold weather you exercise your horse less, which burns fewer calories. But your horse, like your home, has to turn up the thermostat to stay warm. Depending on the weather, your horse may require 50% more calories than normal to keep up his weight and fat insulation. Increasing roughage intake, such as hay, works well as horses can intake more calories over time. Corn oil is an excellent source of calories, though hay is recommended as more "heat producing" (I'm still chewing my cud on this one).

Water intake. Water intake is essential during the cold winter months as dehydration is more common this time of year due to decreases in water consumption. Unfrozen, even warmed, water will increase hay intake and stimulate water intake.

Remove shoes. With fall rain and soft ground, unless you are riding your horse regularly, have your farrier remove the shoes and give him a "natural" barefoot trim. Unless your horse has soft or brittle hooves, he will get along fine without shoes. And, if you want to take a long trail ride, put on hoof boots, and he should be fine for an all-day ride. Going barefooted gives the hoof and frog a chance to grow out normally, away from the constriction of hoof-binding steel shoes.

Hoof abscesses. If his hooves are exposed to long periods of a "corral soup" of mud, manure and urine, he may go lame. Check the bottom of his feet for any signs of black spots, little bubbles of gas or black

Ride Managers

Please make sure your sanctioning fees have been sent into the Treasurer, Pat Rideout!

Thanks

pus along the white line—that area of the sole where the hoof wall and the sole join. If infection is present, it goes under various names of white line abscesses, gravel, seedy toe, or foot rot. Call your veterinarian.



Horses and riders braved snowy conditions at last year's Rides of March in Nevada. Photo © Bill Gore, spynguy@gmail.com.

Pastern inflammation. This is a continuum which begins with a mild rash called mud fever and, if untreated, can progress to a more severe condition we call scratches.

Mud fever. In very wet weather, bring your horse in occasionally, hose off his legs and hooves, and check for any signs of skin irritation in the pastern area (on the back of the leg, above the hoof). Any redness, irritation, and pain is a sign of "equine diaper rash." Dry the leg and treat it liberally with cornstarch—as you would your baby's bottom. (It is the same condition, with the same cause, just a different location.)

Scratches. If you have failed to treat your horse's legs during the initial stage of inflammation, the skin will eventually get devitalized, begin cracking and allowing opportunistic bacteria, fungi and yeasts to invade the skin and underlying tissues. At this stage we call it scratches. It may now be so painful that your horse will be lame and reluctant to let you clean and treat it. **Treatment:** clean and dry the affected area and apply salves like Bag Balm, Desitin or a "cure all" containing vitamins A and D, triple antibiotic and prednisone. Scratches is actually a syndrome that may have many causes, some of which are mixed infections, vasculitis, allergic reaction, etc. If your horse does not respond to the salves in a week, call your vet to get a definitive diagnosis.

Dermatophilosis. This is a nasty skin infection caused by a bacterium called dermatophilia (literally, skin-loving). It is an opportunist that invades devitalized skin and, in severe cases, causes large, thick, hard scabs that are impossible to remove without sedating the horse and prying them off. These lesions may arise anywhere on the body

where the skin has been devitalized.

Treatment: Sedate, remove scabs, scrub the affected areas with Chlorhexidine or Betadine scrub, apply ointment as for scratches, and inject penicillin as prescribed by your vet.

Rain rot appears as a loss of hair along the top of the back, especially in old, thin horses. It is caused by devitalized circulation in the skin from long exposure to the elements of cold and rain, allowing growth of a bacteria that acts like a fungus (in the way it affects the skin—rough and hairless).

Problems in the spring. White line abscesses, scratches and rain rot often strike when the weather gets better in the spring. Reason: Accumulation of the long winter's exposure, and now the problems become manifest just when you are getting ready to ride. (Darn!)

Diseases of inactivity. Especially for the horse living in the comfort of the box stall. He will tend to get stiff with stocked-up (swollen) legs, and even lame from lack of exercise. Any arthritis will be exacerbated. He will be more prone to colic (bellyache). He will be more susceptible to respiratory diseases because of the diminished fresh airflow in the confines of the barn.

The old horse. His teeth are bad, his hair coat is extra-long, he may be skinny and have poor fat insulation, and be bordering on Cushing's syndrome. This old fellow, if you are to keep him comfortable, needs special treatment and housing. Work with your

veterinarian on this one.

Pasture or stall? There is no doubt in my mind that, in weighing the benefits versus the risks, the winter-pastured horse comes through healthier than the stall-confined animal. But it's not always either/or; if you have both stall and pasture, your horse has the best of all worlds.

Exercise. There is no reason to alter your riding routine because of weather. Your horse can take it if you can. But I do believe you should curtail riding in the winter, to give your horse a vacation and a time for rest and rehabilitation from the rigors of competition. It will do wonders for his mind and body—and yours—and will prove to you that, even in the absence of drugs and additives, the body is self-regulating and self-healing.

After a winter's vacation it will not take long to bring a previously well-conditioned, seasoned endurance horse up to condition. Younger horses and horses that have not been previously well-conditioned and competing in endurance riding will take longer to get back in condition.

Doc Steere's mantra: You and your horse are exercise-dependent for health.

During the cold winter months it is important to provide the basics of adequate food/calorie intake; clean, unfrozen water and adequate protection and shelter from the elements. Your horse will thank you and come through the winter months ready to start up again as you and the weather get going. ■

Deanna + Bev playing in the Hunter Pace Pairs!

