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RIDING CLUB

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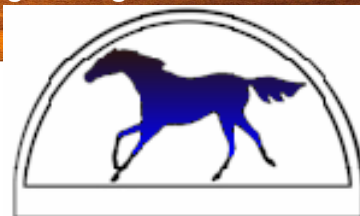
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AUGUST 2018



President's Message

CALENDER

- **Aug 18 - Hot August Nights Event 5pm**
- **Aug 25 - RSET Night of the Horse 5pm**
- **Sept 22-23 - ETI Event**
- **Sept 28-30 - San Bernardino County Sheriff Rodeo—Devore**
- **Sept 29-30 - Clinton Anderson Clinic—Del Mar**

As I complete my first term as president of the Alta Loma Riding club I am wondering where the time has gone. I have worked with an incredible board and would like to thank each of them personally for their dedication to ALRC. As of July 1, we have two new board members, Amanda Waterfield-Gibson as newsletter director, and Barb Dewitt as local trail director. Please welcome them and thank them for volunteering to help manage ALRC. If you have any questions, or would like to have input on events, please contact the ALRC Board

I want to invite everyone to “Hot August Nights” an evening of fun and learning with some practical applications of preparing for the unexpected. Join us on August 18. See the flyer for details. I also want to invite everyone to the Rising Stars Show “Night of the Horse” on August 25. Come support our local therapeutic riding organization. I look forward to seeing you at both events.

City Survey

The West-Side Landscape Maintenance District Advisory Committee for the City has a survey posted to gain insight from the public about their use of the parks and trails as well as their opinion regarding maintenance and security. This is a wonderful opportunity for members of the ALRC to express your opinions which will be shared with city staff and the city council. The survey can be accessed at <http://bit.ly/West-Side>

Please go to the site and fill out the survey, it only takes a couple of minutes. Let the city know that Heritage Park Equestrian Facility needs more attention

Hot August Nights

Fun filled night with multiple things to try. Riders can sign up for 1 of 3 training/fun events, working with their horse to achieve a better understanding of riding and to have fun with your horse.

Time: Aug 18th, 5:00pm

Cost: Pre-Entry \$25 (Sign-up before Aug 13), At the gate \$30

Dinner included with your ride and is available for purchase for non-riders for \$10

Events riders can sign up for:

1. Broom stick polo - Amanda Waterfield-Gibson

This even requires a broom stick, please bring your own. Horse and rider will go against each other to try and get the ball across the goal line. The teams work together, hitting the ball with their brooms in front of, besides, and behind their horses. We will work on getting your horse use to the swinging the broomstick and having the ball come in contact with your horse before playing.



2. Desensitization or Preparation, what is the difference? - Barry Berg

This session will be an intense introduction on beginning to understand and engage your horse to perform and understand all those scary things in life. For example, real estate signs, balloons, tarps, and plastic bags on the ground. Come join Barry in an enlightening adventure. Your thought processes will be changed for the better.

3. Form to Function Conjunction - Christina Hilton



Learn the value of good equitation and how it varies from rider to rider, horse to horse and discipline to discipline under saddle. The focus is equitation. How to ride the horse you are on to the best of your capabilities while accommodating your horse's needs. This clinic is beneficial for show riders or the casual trail rider of all breeds and disciplines.

To sign-up call or text Cassie Sanchez 909-560-2822 or call Pat Morris 909-987-9403

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1st VP Information

Attention Alta Loma Riding Club members. Get ready for an exciting couple of months with events planned for everyone's taste.

First is HOT AUGUST NIGHTS...on August 18 at 5:00 p.m. We are offering three different clinics: Desensitization or Preparation, what is the difference?, Form to Function Conjunction, and Broomstick Polo. See the flyer for costs and registration details for the clinic of your choice. Dinner will be provided. If you are not participating in the clinic, the cost is \$10.00. Please pre-register by Aug. 13th.

Don't forget to come out and support the annual Evening of The Horse on August 25th at Heritage Park.

In September ETI will be returning to Heritage Park on September 22-23 for their exciting obstacle clinic and challenge. We encourage all ALRC members to come and participate in this once a year successful event. Next month's newsletter will have a registration form for the event.

In October, ALRC will be having a gymkhana show for all level of riders. Watch for upcoming information.



Night of the Horse

Rising Stars of Equestrian Therapy will be hosting its annual Night of the Horse on Aug 25th at 5pm. RSET

has presented this event in hoping to educate the public to the many breeds and disciplines in the horse world. It is also used to bring awareness and educate people of the benefits of equine assisted/riding therapy. This is a free to the public event, but will also be serving dinner at a cost of \$8/plate. Raffle prizes and vendors will also be available. Come out for a wonderful evening with some unique and beautiful horses.

Protect Your Horse From Heat Stress

Safeguard your horse from this potentially serious summertime health threat. PRACTICALHORSEMAN OCT 14, 2014

The carefree days of summer can quickly turn worrisome when elevated air temperature and high humidity begin to take a toll on a horse's health. Heat stress can occur when a hot horse isn't able to sufficiently cool himself by sweating. The condition affects equine athletes as well as more sedentary individuals. A horse standing in the close confines of a trailer or poorly ventilated barn can overheat. Here's what you need to know to safeguard your horse from this potentially serious summertime health threat.

The Cause

A horse's muscles generate significant heat, especially when he's active. Sweating is the mechanism his body uses to dissipate the heat. But soaring temperatures and high levels of humidity (see below) make it more difficult for the sweating process to have its usual cooling effect. As a result, a horse may become dehydrated, lose vital electrolytes or simply overheat.

The Signs

A horse suffering heat stress is likely to

- be lethargic and weak
- lack his normal desire to move forward
- breathe rapidly—faster than 60 breaths per minute with nostrils flared
- have a respiratory rate higher than his heart rate
- show little or no interest in food or water
- have a rectal temperature of 102 to 103 F.

Heat stress can lead to muscle cramping, reduced gastrointestinal function and even colic. Unchecked, the condition can quickly progress to heat stroke—a failure of the body mechanisms that normally regulate temperature, resulting in decreased blood pressure, narrowing of the blood vessels and reduced heart function. It's possible for the temperature of a horse with heat stroke to rise above 106 F, which leads to damage of the kidneys, liver, central nervous system, lungs and heart. The horse may collapse in shock.

Weather Watch

"Heat index" is a term commonly included in weather forecasts during the warmer months of the year. It is a measure developed by the National Weather Service to express the discomfort felt as a result of the combined effect of air temperature and relative humidity (see chart). Here's how to use it to gauge the effect that activity may have on your horse:

If the heat index is

- * less than 90 F: Your horse likely will be able to work normally and cool himself sufficiently as long as he's adequately fit for what you're asking him to do.
- * 90–100 F: Proceed with caution. Overheating is possible with prolonged activity and exposure.
- * 101–129 F: The risk of heat stress is high. Ride during the cooler part of the day, take frequent breaks and skip high-stress activities.
- * above 129 F: This is the danger zone. The risk of heat stroke is high. Cancel your plans or postpone them to a cooler part of the day.

NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
 Extreme Caution
 Danger
 Extreme Danger

What to Do

Immediately move a horse showing signs of heat stress into a shady spot. Offer him free-choice water, both plain and with electrolytes. Either hose or sponge him with cool to cold water (ice water is OK if it's available), especially where large veins are close to the skin: Look for the jugular vein on the neck and the saphenous vein on the inside of each hind leg. It is very important to scrape any excess water from his skin. Even a light coating will act as an insulator to retain body heat.

Call your veterinarian if your horse's temperature rises above 104 F and does not decrease with cool-water baths and rest. He may be suffering heat stroke and need intravenous fluids and electrolyte replacement as well as an examination to determine if he is colicking or tying up. Do not administer medications such as bute or Banamine® while he is dehydrated because kidney damage can occur.

Once a heat-stressed horse's vital signs have returned to normal and he's cool to the touch between his front legs, hand-walk him for about 15 minutes to help prevent his muscles from cramping. Then return him to a shady place—maybe a well-ventilated stall or a paddock with plenty of trees—and check him over the next few hours, watching for signs of colic or muscle cramps. If none develop, he can probably return to light exercise, such as walking, the next day.

Sharon J. Spier, DVM, PhD, was Treating Veterinarian in charge of internal medicine at five Olympic Games from 1988 to 2008 and numerous Pan American Games. She is a professor at the University of California at Davis, where her specialty is equine medicine.



Down Under Horsemanship



Clinton Anderson and the Walkabout Tour will be at the Del Mar Fairgrounds September 29 and 30.

Clinton will be demonstrating his training techniques at the Del Mar Fairgrounds for an action packed Saturday and Sunday Event. Topics cover include colt starting, trailer loading, building a spook horse's confidence, training on the trails, introducing obstacles, advanced riding, trick training, professing a performance horses' training, and more.

During the tour, Clinton will work with local horses to best demonstrate his approach to horse training.

The ALRC has some complimentary tickets to the event for both Saturday and Sunday admissions.

If you would like one of these tickets, call Cassie Sanchez at (909) 560-2822. Tickets available on a first come, first served basis.

Mules in the Movies

Mules are an integral member of the equine community. Intelligent, beautiful, social and incredibly sure footed, they make wonderful riding companions and pack animals among other things.

They have been used for so many different purposes, not least of which, in the MOVIES!

One of the first famous mules was, of course, Francis The Talking Mule in the Donald O'Connor movies of the 1950's. Now Francis was from the imagination of David Stern a former US Army Captain and son of J. David Stern a newspaper publisher.

"When I joined the Army in 1943, I had been publishing a couple of newspapers. I told this to the classification interviewer, who dutifully recorded my civilian background on a large card. They say the Army always finds the job to fit the man. I was assigned as assistant on a garbage truck.

"Circumstances led me, via Officer Candidate School, to Hawaii, where I was assigned as Co-Officer-in-Charge of an Army newspaper called *MIDPACIFICAN*. One night I was sitting looking at a blank, unpainted wall. To pass the time I wrote four pages of dialogue between a second lieutenant and an Army mule. I had no intention of writing more. But that little runt of a mule kept bothering me. With memories of OCS fresh in my mind I thought I might rid myself of the creature by shipping him off to become a second lieutenant. Francis outwitted me. He refused to go".



(David Stern Francis book jacket)

Francis was actually played by a female mule named Molly who was purchased by the studio due to her easy going personality. She was trained by Les Hilton, the same trainer who trained Bamboo Harvester who went on to become Mr Ed.

There were 7 movies made, but Donald O'Connor chose to leave after the 6th quoting: "When you've made six pictures and the mule still gets more fan mail than you do....."; WC Fields was known to have said it's a mistake to make movies with children and animals!

Guess he had something there.

Another famous Mule is Ruth who was ridden in the Gunsmoke series by Ken Curtis (Festus). Now Ruth was actually a "John" mule and Ken Curtis liked him so much he even wrote a song about mules called "Ode to a Mule". The story line for Festus was that he was a mule skinner in the Confederate States Army. He took a mule named Ruth to bring back five fallen men. The mule died after bringing them back and when he marked her grave he put a pledge on it that every mule he owned would be named "Ruth".



Of Course it would be impossible to write an article about famous mules and not mention the Death Valley Days 20

mule team! Originally used by Francis Marion Smith to move Borax out of Death Valley, The Pacific Coast Borax company sponsored the TV Program Death Valley Days from 1952 to 1975 showing the 20 Mule Team at the beginning of each program.

We don't really know the origin of the first mules, but they have been around since ancient time. Hardy and sure footed they are the equine of choice for the Grand Canyon and

many other scary rides!

Next month I want to continue my series on Mules by interviewing two of our very own ALRC Members that rode in the Rose Parade and were integral members of the Mule owning community in SoCal. And let's not forget Art Snyder, also a member, who has a jumping mule and has been featured at Heritage Park every summer at the Rising Stars August show!



MEMBERSHIP RENEWAL TIME!!!

By now you should have received your membership renewal forms and many of you have renewed, thank you. If you haven't renewed please do so soon and even talk to your neighbors and friends into becoming members of the Alta Loma Riding Club. Remember the club is not only for horse owners, it's for anyone who loves our rural living! We had such a wonderful display of supporters at the Community Annexations Meeting on April 19 of people who just love to see the horses in their neighborhood. Please remember that without the Alta Loma Riding Club we would lose a lot of our large animal rights. There are many other special interests in the city would that become more verbal and our wonderful way of life could be endangered. We are working on an online version of our membership application and paying through pay pal. We will keep you updated when its available.

Happy riding!! Ali Smilgis - Membership Chairman

Membership Application

Membership is only \$30 /year for the whole family and its time to renew

Please fill out the application and send it with a check to Alta Loma Riding Club P.O. Box 8116 Alta Loma, CA 91701

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone _____ Cell Phone _____

Email: _____

Acknowledgement: The Alta Loma Riding Club (ALRC) is not responsible and assumes no liability for any personal injury, property damage, or theft occurring on the ALRC premises or club activity. The undersigned waives any and all claims against the ALRC, officers, sponsors or members.

Signature of applicant(s) _____


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to our members

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