

CALGARY REGIONAL APPALOOSA CLUB (CRAC) WINTER 2014 NEWSLETTER

Website:
Calgaryappaloosa.wildapricot.org

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Winter Riding

What You Need

- ✓ Dress in layers. Synthetic materials are better than cotton.
- ✓ Wear jackets and pants that break the wind.
- ✓ Avoid sweating.
- ✓ Keep hands and feet warm. 'Smartwool' socks under heavier wool socks are a good combination. Take hand and toe warmers with you.
- ✓ 'Muck' brand boots are warm and fit most stirrups.
- ✓ Stay hydrated. Beer doesn't count.
- ✓ Take a thermos of tea with you.
- ✓ Take a small pad to sit on while you enjoy lunch. It keeps your butt warmish and dryish.
- ✓ A thermos of tea left behind in your vehicle is a nice treat to return to.
- ✓ Tell someone where you are going and when you plan to be back.
- ✓ Take a SPOT or sat-phone. Cellphone coverage is spotty in the mountains.
- ✓ Take emergency gear in case you have to stay the night. Know how to use it.
- ✓ Take a folding saw. They are handy for cutting deadfall and firewood.
- ✓ Know how to build a shelter and how to start a fire.
- ✓ Remember, if there is an emergency, STOP, Do not panic, think, observe and plan a) is medical care needed? b) build a shelter and a fire c) signal or communicate for help d) find sustenance.



Well-insulated humans

What Your Horse Needs:

- ✓ Sharp shoes and snow pads or bare feet
- ✓ Keep hydrated
- ✓ If your horse is working hard, maybe it will need a blanket at the end of the ride. Make sure your horse is sufficiently dried off before you apply a blanket or coat.
- ✓ Basic equine first aid. There are many objects hidden beneath the snow that can harm your horse.



Well-insulated horses....

Horse Blankets

To blanket or not to blanket? That is the question. The advice I've heard is that unless your horse is a designer horse or is old, then it doesn't need a blanket. Horses grow thick winter coats, which keep them warm. Notice how snow remains on the back of a horse after a snowfall. That is a good indication that the horse's insulation layer is working. Ensure your horse can find some sort of shelter during severe storms and ensure it has enough feed and water or snow. As mentioned above, if your horse is working hard on a ride and is sweaty, then a blanket is a good idea until the sweat dries.

Winter Feeding

Idle horses need 4.5 kg (10 lb) of hay per day as well as 57 g (2 oz) of salt. A horse performing light work needs 6.8 kg (15 lb) hay per day along with 1.4 kg (3 lbs) of grain and 85 - 142 g (3 - 5 oz) salt.

Horses also need water, either in liquid form or as snow.

How to Start a Fire

Take fire-starter with you and a lighter. Keep them in a waterproof bag or container. Choose an appropriate place to build a fire. Clear an area of ground. Collect small twigs from the lower trunk of spruce and pine trees. Break them into equal lengths and lay them parallel to each other and to the wind. Collect slightly larger branches and have them ready. Place your fire starter under the pile; light it and voilà, a fire. Gently add more twigs and smaller branches until you have a warming, but not too large fire. Well before you leave, let the fire burn down and then put it out completely. Fires can travel beneath the snow so make sure you have doused it well. Clean up after yourself.

Recipe Corner

Cook 1 chicken breast, cool, chop or shred into a bowl. Add 2 tbsp chopped red onion, 1 stalk of celery chopped, $\frac{1}{2}$ cup unsalted pecans, chopped, and 2 tbsp mayonnaise. Mix it all up and eat. This would survive a saddlebag.

Mark Your Calendar

February 8 - Fundraising auction at the Springbank Equestrian Centre. Please come, bring some friends, a potluck item, and a western themed auction item. Beer and wine will be provided. Rick Hemmitt will once again be our esteemed auctioneer. Things get going at 6:00 pm so feel free to come early to view the auction items and get your donated item registered.

April 30- CRAC Meeting at Sue's House 7:30 pm.

May 31 - Our first Club trail ride of the year. The location is to be determined based on snow and safe footing.

July 1 - Airdrie parade*

July 4 - Stampede Parade*

*Note: Rej would like some help in distributing the tack and shirts. We are also looking for participants to ride in the parades. If you and your horse have ridden in the parades before, then you don't have to ride in the Airdrie Parade. We also need safety walkers and Banner carriers.

Donna Wyatt is looking for volunteers to show off their horses at the booth in the Horse Haven at the Stampede Grounds. Your horse must be a colored Appaloosa. There are also demonstrations in which you can ride your horse and there is even a chance to participate in a Wild West Show. Please contact Donna Wyatt if you want to man the booth on your designated day.

**July 19, 20 - Club weekend ride

**August 16, 17 - Club weekend ride

** The club will sponsor a weekend ride in Waterton Park one of those weekends. The horses will be kept at a stable near Waterton and you camp in a campground nearby. We will update you as soon as we find out more.

Happy Year of the Horse!

The Calgary Regional Appaloosa Club is a family-oriented organization that promotes the Appaloosa breed. We are a regional club of the Appaloosa Horse Club of Canada that facilitates competition and fun activities for people of all ages who are interested in the breed.