

# New Year

## Happy

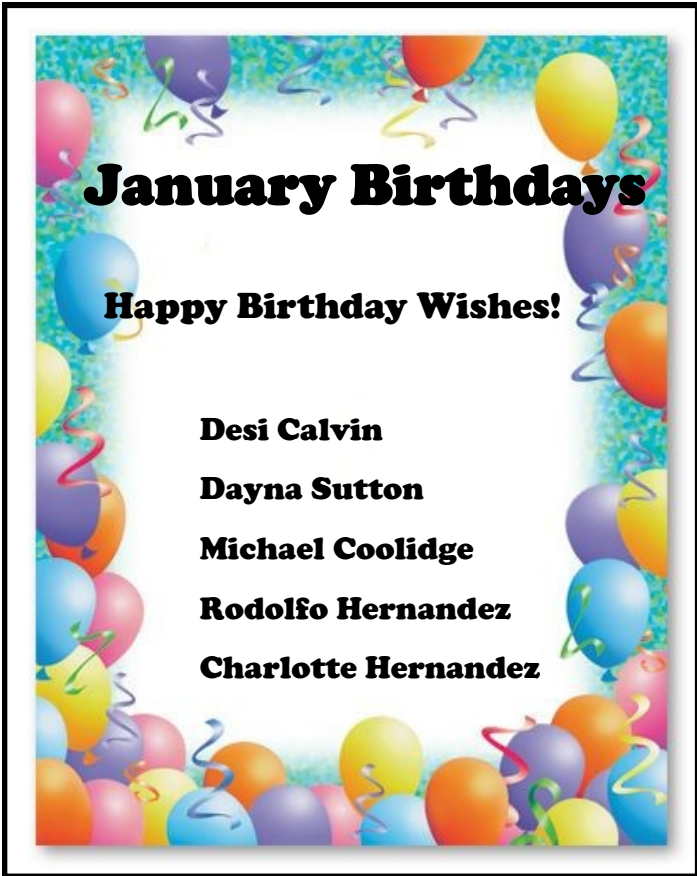
### Meridian Riding Club

### The Tattler



# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Years	2
3 Trail Ride 10am	4	5	6	7	8	9 Trail Ride 10am
10	11	12	13	14 Club Meeting 7pm	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



*Natural Horsemanship* is a way of reading and understanding horse behavior, using body language to communicate effectively with your horse. It's about building a partnership that is equal between horse and human.

© www.graphicgarden.com

What a Year

**BUT WE ROLLED WITH IT!**

WISHING YOU HEALTH, HAPPINESS AND A BRIGHTER NEW YEAR!

*Here's To a New and Exciting 2021*

**Winter Hoof Watch!**

Winter time is here and the cold, muddy, and raining conditions are a recipe for some serious hoof issues. Standing in wet muddy ground is a leading cause of Thrush.

Thrush is an infection of the central and lateral sulcus of the frog of the horse's foot, most often involving bacterial infection, occasionally fungal infection.

What are the symptoms of thrush in horses? Thrush brings with it a recognizable, strong-smelling odor coming from the affected area. Thrush is a somewhat common condition, it shouldn't be underestimated. If left untreated, it may penetrate the sensitive structures of the hoof and cause temporary to permanent lameness.

What is a Natural Way to treat Thrush? Essential oils are one way you can safely treat your horse using all natural oils.

Using On Guard Protective Blend, Tea Tree, and Thyme. You can place undiluted oils directly on the frog for severe cases, or soak cotton balls and tape them on or put on a hoof boot for 24 hours.



## 2021 Playdays

**April 25th**

**May 23rd**

**June 27th**



**July 25th**

**August 29th**

**September 26th**

**October 17th**

**Age Group:**

**Leadline (Any Age)**

**Buckaroo (8 & Under)**

**Junior (9-13)**

**Intermediate (14-17)**

**Senior (18-29)**

**Super Senior (30-44)**

**Silver Spurs (45+)**

**\*\$20 All Day, plus \$5 arena fee for non-members (includes 6 events and 2 team events)**

**Registration will be open online, watch Facebook for updates as time gets closer.**

Life's a Journey



Enjoy The Ride

Club Trail Rides! Contact Bryan Cameron 253-948-2873 for current trail ride times and places. Trail Rides are a great, relaxing way to spend time with your fellow horse friends.



Thursday Jan. 14th 7pm is the first club meeting of the year. This is a great time to bring ideas and work on planning for the upcoming year. Hope to see everyone there. Lets make this an amazing year.

# My Horse's VITAL SIGNS AND HEALTH INDICATORS

A Fact Sheet brought to you by



HYGAIN

## T EMPERATURE



normal  
37.5 - 38.5C

To check: The best way to take the horse's temperature is rectally with a digital thermometer.

- ▶ Always clean the thermometer after use
- ▶ Environment can affect reading by 0.5-1C
- ▶ Exercise, stress or infections raise temperature

## P ULSE



normal  
38-40 beats/min

To check: Take your horse's pulse from an area under the jaw, beneath the tail at its base or from an area on the side of the foot.

- ▶ Foal 70-120bpm; Yearling 45-60bpm
- ▶ Count for 15 seconds & multiply by 4

## R ESPIRATION



normal  
8-15 breath/min

To check: Watch or feel your horse's ribcage/nostrils for one minute. Be sure to count 1 inhale and 1 exhale as one breath (not as two).

- ▶ Respiration rate should not exceed pulse rate
- ▶ Wait at least 30min after work to check rate

## GUT SOUNDS

normal  
gurgling noises

call vet  
absence of noises

To check: Press your ear up against your horse's barrel just behind his last rib. Be sure to check from both sides.

## DEHYDRATION

- ▶ Horse's drink a minimum of 20ltr of water/day
- ▶ Horse's in heavy exercise or hot conditions can drink up to 70ltr of water/day

**Pinch** the skin on your horse's neck  
it should flatten back in **1 sec**

## CAPILLARY REFILL TIME

To check: Lift your horse's upper lip up and firmly press your thumb against his gums for 2 seconds to create a white mark.

normal  
refill time is **1-2 sec**

These simple checks will help tell if your **horse is healthy** or if you will have to **call the vet**. By being able to tell your vet these simple but crucial parameters during an **emergency** can be very helpful.

Your horse's vital signs should be **regularly monitored**, to give you a better idea of what your horse's normal vital signs are.

My Vet's Number



## MRC Leadership

President: Colleen Edmondson 360-451-3803  
Vice President: Sharon Taylor 253-376-8454  
Secretary: Linda Childers 253-208-0730  
Treasurer: Deana McCourtney 253-576-8909

## Executive Board:

Bryan Cameron 253-948-2873  
Dana Coolidge 406-580-5627  
James Lund 253-325-4716  
Sue Ford 253-732-9199  
Stuart Monroe 206-660-9096

## Committees:

Forest Service: Bryan Cameron 253-948-2873  
Historian: Sue Ford 253-732-9199  
Hospitality: Deana McCourtney 253-576-8909  
Kitchen: Colleen Edmondson 360-451-3803  
Membership: Sharon Taylor 253-845-3184  
Maintenance: Stuart Monroe 206-660-9096  
James Lund 253-325-4716  
Newsletter (Tattler): Open Position  
Buffy Atwood 253-355-2114  
Playdays: Scott Byrd 253-318-2121  
Prize Ride: Colleen Edmondson 360-451-3803  
Social: Open Position  
Trails: Bryan Cameron 253-948-2873

## Grounds Keepers:

Buffy Atwood 253-355-2114  
Stuart Monroe 206-660-9096

## Web Page and Social Media:

Facebook: James Lund 253-325-4716  
MRC Website: [www.meridianriding.com](http://www.meridianriding.com)  
Email: [meridianriding@gmail.com](mailto:meridianriding@gmail.com)

We are looking for Sponsorships for the upcoming 2021 year.

If you know any business or anyone who would like to be a Sponsor or have advertising, please contact Buffy at 253-355-2114 or Deana at 253-576-8909. We would love to reach out to them about partnering with Meridian Riding Club.

## Fergus BY JEAN ABERNETHY

