



*December 2017*

**HERITAGE**

**Equestrian Center**

**EVENTS**

Dec 4 -Rising Stars  
Christmas Show

Dec 13 -Thoroughbred Street  
Holiday Lights Ride  
6:30 pm

Dec 16 -BOD Meeting/Potluck  
6 pm  
Home of Joe & Martha  
Cowan

Dec 25 -MERRY CHRISTMAS

CLICK  
HERE

*Holiday Rush Is On!*



Alice Waters  
Editor  
cah2os2006@yahoo.com

## *Message From The President*

As the Christmas Holidays rapidly approach, our lives become much more stressful. My wife and I had such a day so we decided to go spend time with the horses and found that our problems, at least temporarily, melted away. During these trying times, I hope you find time for your horse(s) and truly enjoy their company and soothing affect on our lives

This week I had a trying ride on Charlie, a Thoroughbred. I was out with a beginning rider and Charlie is normally very calm, but not this time. Because I was with a beginning rider, I chose to ride somewhat timid, not wanting to get the new rider's horse excited. Well, it was as if Charlie could read my mind and held me captive. He got worse and worse until finally he could not be ridden. I dismounted and got Charlie and the beginning rider back to the barn. This was very frustrating, not able to train when necessary and not able to control the horse under me. Of course, I knew I could not allow this behavior to stand so I walked Charlie to my equipment, donned a helmet, remounted and proceeded to work Charlie in the place he was in such a hurry to get back to (the barn). While a little frustrated, I was careful not to be angry or upset, but matter of fact, insisting on him following direction. There was a lot of galloping and changing directions, which led to controlling speed in each gate, which included a very up and collected canter. We worked for an exhilarating 90 minutes which included a trip back out on the trail.

We both learned something from the ordeal; I became a little better rider and he became a little more respectful of my wishes. We both ended on a very good note. In fact, I took him back out on the trail a few hours later and he was perfect. The lesson learned is to spend the time needed to grow at the time it is needed. If you are not training, you are un-training.

Some of you may have heard that the ALRC board has begun talking about the condition of the arenas. Unfortunately, we have resolved nothing. We are going to approach the city to see if they can replace the top footing which includes scraping off the top sand and replacing it. Arena footing material does not last forever. Every few years a complete footing replacement, or at least a major overhaul, is required. Even with proper management, the best, most carefully selected footing materials rarely maintain their good attributes indefinitely. Unfortunately, replacing the sand is quite costly. Meanwhile, the volunteers on the tractor are trying different things to re-level the sand. We will keep you updated on developments. If you have suggestions or SOLUTIONS, please contact me.

**HAPPY HOLIDAYS!**





# VP's Message

Last month, we sent out our annual survey so that all ALRC members could express their opinion about the club events they would like to see next year. We have received many responses which the Show Committee will analyze so that ALRC's resources are spent on activities in which the club members are most interested. We are excited about the possibilities for 2018 and invite you to join us in planning our events for the coming year.

The online survey will remain open until December 31<sup>st</sup> so there's still time to submit your questionnaire if you haven't already done so. We need as many responses as we can get so that the information accurately reflects the club's wishes. [Click here](#) to go to the online survey...it takes less than 4 minutes to complete!

**THANK YOU everyone for a wonderful 2017.  
We look forward to an even better 2018!**





# Thoroughbred *Lights Ride*

**December 13**

**6:30 pm**



HOSTED BY  
Alta Loma Riding Club  
Heritage Park Equestrian Center  
5546 Beryl St.  
Alta Loma, CA 91701

**Hello all!**

This month's local trail ride is my favorite!! We will be riding over to Thoroughbred Street to view the Holiday Lights. If you haven't done this ride before, it's a lot of fun! Our horses bring a lot of holiday cheer to others walking the streets of Rancho Cucamonga.

We will meet at Heritage Park on Wednesday December 13<sup>th</sup> at 6:30 pm and start our ride over to Thoroughbred at 7:00 pm. Please dress warm.

If your horse doesn't mind having some lights or fun holiday decorations on him/her, then please have fun and decorate your horse! Please be considerate on your decorations as other horses may be spooked by them.

**WE NEED A POOPER-PICKER-UPPER!**

We need a volunteer to walk the streets after us and pick up any manure our horses may have dropped! Please contact me at 562-233-1265 if you can be our "picker upper". If you have a golf cart it makes this job very easy!

**SEE YOU THERE!**





# *Wine Tasting*

**February 17, 2018**

**4:30 pm**

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**Wine Expert**

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### **HOSTED BY**

Alta Loma Riding Club  
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Etiwanda Historical Society hosted its Sleepy Hollow Fall Festival on October 21<sup>st</sup>. Activities included flash light tours of the Chaffey-Garcia House, live actors, and a *real* Headless Horseman! ALRC member Natalie Beechler and her trusty black Tennessee Walker steed, Apocalypse, closed the event with a grand finale, chasing Ichabod Crane around the house, followed by a spectacular Pumpkin Head smash at the front gate! The kids were delighted with their performance! Thank you Natalie and Apocalypse!

ALRC is proud to support the Etiwanda Historical Society. The purpose of the Society is to restore, preserve, and promote the history of the Etiwanda Community. To save the historic Chaffey-Garcia House from developers, the Society acquired land, relocated the house and completed its restoration, along with the Chaffey Barn, in 1994. A museum of local history within the Chaffey-Garcia House and Barn is rich with many Chaffey Family treasures and local artifacts. The Society is presently restoring the Chaffey-Isle House, a sister house built by George Chaffey Jr. for his mother and sister in 1884.

Visit [etiwandahistoricalociety.org](http://etiwandahistoricalociety.org) for information on their monthly open house and tours.



# CLEANUP DAY

What would we do without our dedicated volunteers? On November 4<sup>th</sup>, several members took time out of their busy schedule on a sunny Saturday morning and worked hard to keep our facility clean and safe *for everyone*.

ALRC takes pride in maintaining our beautiful equestrian center in tip-top condition and is grateful for the few members who routinely volunteer their time and energy. ALRC will be doing a monthly clean-up day starting in January. Our next date is **January 13, 2018**. Won't you please find an hour once a month to help out? Just show up and we'll put you to work! The work is light-moderate and the donuts are free!



This article was obtained from <https://equusmagazine.com/management/response-runny-nose-30677>

# RUNNY NOSE

## Harmless or Serious?



A snotty nose isn't the most pleasant thing to discover when you bring your horse in for a ride. But before you reach for the rag to wipe his nose clean, take a few minutes to inspect the discharge---and to give him a thorough once-over, too. Chances are, it's nothing serious. But you will want to make sure the nasal secretions are not an early warning of a serious health issue.

### TAKE A CLOSER LOOK

- **Inspect the discharge.** Make note of its color, odor, quantity and consistency. Note the presence of any foreign material such as chewed foodstuffs, dust or debris, and whether it's coming from one or both nostrils. If your phone is handy, take photos to share with your veterinarian and to keep track of changes over time.

- **Observe your horse's demeanor.** Does he seem "dull" or lethargic? Is he acting anxious or stressed? Has he been eating and drinking normally? Is he coughing?

- **Check his vital signs.** Is he running a fever? Check his pulse: An elevated heart rate in a resting horse could be an indication of pain. If your horse

coughs, has a fever and shows other signs of illness in addition to a runny nose, a respiratory disease may be developing and you'll need to call the veterinarian. On the other hand, if your horse's nasal discharge is clear and watery, and he otherwise seems well, then it's probably nothing to worry about. He most likely inhaled a bit of hay or dust that caused some localized irritation in his nasal passages. Or perhaps he got a bit of dust in his eye, and the excess tears are draining through his nostrils. Wipe the moisture away but keep an eye on your horse to make sure the discharge does not return. A trickle of bright-red blood that stops within minutes is also probably nothing to worry about. Your horse most likely scratched the interior of one nostril on a stick in the grass or a stemmy piece of hay.

### IF YOU SEE THESE SIGNS, CALL YOUR VETERINARIAN RIGHT AWAY

- **Foul-smelling discharge** could indicate an infection of some kind, maybe in a tooth or sinus. You may notice swelling on one side of his face. Thin, gray, frothy mucus, which may also be foul-smelling, is likely to indicate an infection of the guttural pouches, the two sacs connected to the Eustachian tubes between the horse's ears and throat.

- **Bright-red blood** that flows readily and without slowing or stopping within a half-hour could indicate injury within the nasal passages.

- **Dark blood** draining from the nose has probably been accumulating somewhere in the horse's head, such as the sinuses or guttural pouches. If dark blood gushes when he lowers his head, the problem may lie in the respiratory tract.

- **Thick, yellow, pus-filled mucus** may result from a bacterial or viral infection or strangles. In either case, the horse will also have a fever, cough and other signs of illness. In the case of strangles, you may find painful swellings under the jaw and around the throat, and the horse may stand with his head lowered.

- **Saliva and chewed food** emerging from the nose and/or mouth are signs of choke, a blockage in the esophagus that is preventing what the horse swallows from reaching his stomach. A horse with choke is also likely to be coughing and gagging, and he may panic as he attempts to clear the blockage. Immediately remove all food and water until a veterinarian arrives.

### Just to be Safe

Isolate your horse from others if the signs point toward a contagious disease such as strangles or a respiratory infection. Place him in a stall or small turnout where he is at least 10 feet away from other horses, far enough to avoid nose-to-nose contact until the veterinarian confirms the diagnosis. Take measures against spreading potential infection yourself, on your hands or clothes. If you need to handle other horses while you wait for the veterinarian, sanitize your hands and change your clothes or put on a coverall.



# How Horses SMELL



A group of feral horses graze in a valley, enjoying the late summer sun on their backs. Some 50 yards away from the herd, the stallion is relaxed until he suddenly flings up his head. Nostrils flaring, he's instantly on full alert, although his eyes can't perceive any visible threat. A slight breeze has brought a dangerous scent that puts him into flight mode. The faint predatorial scent of a cougar has registered in his olfactory sensors, and it's time to get his herd moving away from the danger. After getting a whiff of the predator, tails go high as a signal and the horses are off and running in a flash, high-tailing it out of there.

A young gelding being turned out with a group for the first time trots optimistically towards his new pasture mates. Out of the herd swaggers the "alpha male", neck arched and ears flicking back and forth. He meets the newcomer nostril-to-nostril, and both breathe deeply of the other's scent. After several seconds of breath-snuffing, the pair shifts to sniff each other's flanks, then under the tail. A couple of squeals ensue from the contact, then, introductions having been made, the alpha gelding accepts the new horse as a submissive youngster who won't be a threat to his position, and the youngster immediately acknowledges the elder as his new leader. With the pecking order thus established, peace reigns in the herd.

Most horses greet and recognize humans in much the same way as they do each other. When you introduce yourself to a horse for the first time, notice how the horse reaches out his muzzle to sniff you. The most polite way to approach a horse is with the back of your hand extended so the horse may take in your scent and get to know and accept your presence as a herd mate and not a predator.

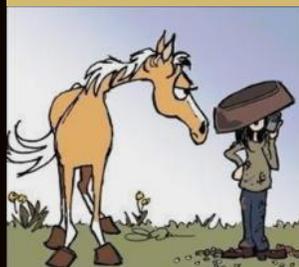
To understand the horse's perspective, we need to know how the horse takes in the world. Humans evolved to be hunters and gatherers, chasing down prey and finding appropriate plants to eat. Horses are built to avoid hunters and eat nearly everything that grows around them. Given these fundamental distinctions, the horse's sense of smell has evolved with nuances that are different from humans. According to David Whitaker, PhD, of Middle Tennessee State University, "Horses depend on their sense of smell the way we depend on language."



## RANGE OF SMELL

It's generally agreed that dogs are the domestic animals with the most sensitive noses, but horses aren't far behind. We humans, with our own feeble olfactory abilities, can hardly appreciate the extraordinary sensitivity and range of the equine nose, or the dozens of ways in which horses use their sense of smell to identify friends, seek sexual relationships, recognize territory, find appetizing meals, and sense danger. Like asking a blind person to analyze a thousand different hues of color, appreciating the subtle and amazing scents that register in a horse's olfactory system is likely forever impossible for us. We are vision-oriented while horses rely far more on chemical messages in the air than on their relatively indistinct and largely monocular eyesight. Scent recognition plays such a large role in relationships that orphan foals are more readily accepted by nurse mares when they're rubbed with the sweat or manure of their newly adopted dams. Mares and foals immediately learn each other's scents to help locate each other in a crowd of horses. It's even suspected that the famous ability horses have to find their way home from unfamiliar territory stems largely from their talent for retracing their steps by sniffing out their own footprints and manure markers along the trail.

The horse's sense of smell also contributes to its eating habits. Horses can determine whether a plant is edible and tasty by smelling it first. This keen sense of smell helps a horse go for the tastiest bits of hay and grains. Unfortunately for us, horses can also identify medicine in feed even when we attempt to mask it in tasty treats, thereby expertly picking through and eating around distasteful pellets.



"AS A MATTER OF FACT,  
HE DID NOTICE THAT  
I HID THE MEDS  
IN HIS FEED."

When we confound a horse's sense of smell, his ability to accurately perceive his environment is radically altered. For example, foals whose nostrils have been coated with something pungent, such as Vick's VapoRub, have difficulty recognizing their dams, often going to the wrong mare. Handlers sometimes use this technique deliberately when unfamiliar horses are forced into close proximity, such as in a shipping van. A strong-smelling substance smeared on the nostrils temporarily cuts down on squabbles.

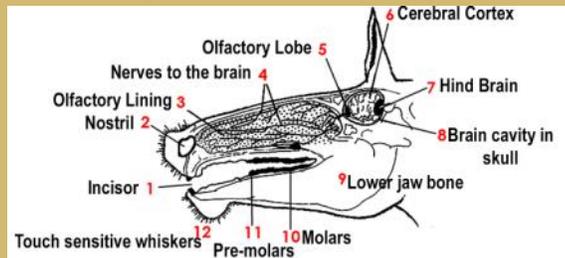
As prey animals, it behooves horses to be able to detect even the slightest scent of danger on the wind. They're also quick to detect the "smell of fear" in other animals and in humans, probably an emanation of chemical signals (pheromones) we cannot detect. Many trainers over the centuries have agreed that horses also seem to be able to recognize the smell of death, sometimes reacting suspiciously to a spot where another horse has died, sometimes for months or years after the animal perished. Horses can also recollect and recognize the smell of a person who once handled or cared for the horse many years prior. Horses may also have a seemingly irrational fear of some smells such as strong odors associated with pigs.

### NASAL ANATOMY

"What big nostrils you have!" Like Red Riding Hood's wolf, all the better to smell you with. And beyond those nostrils, which can flare to draw in more scents, lie long and cavernous nasal passages that facilitate the intake of large quantities of air during exercise and all the chemical messages in the air. Millions of specialized smell receptors are located in the mucous membranes in the upper

portion of the nasal cavity. It has been calculated that the sensory mucous membrane is big enough to cover the entire animal's body surface. Airborne odor molecules come into contact with the mucous membranes and their receptor cells, sending signals to the brain. By sniffing, the horse can intensify the currents of air in the nasal passages, providing more contact between the odor molecules and the receptor cells and more time for analysis.

A second pair of olfactory organs is located under the floor of the horse's nasal cavity - the vomeronasal organs (sometimes called Jacobson's organs). Almost all animals are equipped with vomeronasal organs (VNO) but humans, whales and dolphins are among the few species that lack this organ. The VNOs seem to expand and contract like a pump when stimulated by strong odors and they have their own pathways to the brain, functioning almost as completely separate sensory organs. Why do horses have two olfactory systems? The VNOs have a separate job distinct from the "main" olfactory apparatus. The VNOs' main purpose is the detection and analysis of pheromones, the chemical signals emanating from other horses and, occasionally, from humans. Pheromones are chemical messages that contain information about reproduction, health status, group identity, as well as direction and distance of other animals.



### FLEHMEN RESPONSE

Most of us have witnessed a horse tilt up his head and curl his upper lip in a "horse laugh." Although the expression is amusing, it actually has a practical purpose. The posture is called "flehmen" which roughly means "testing". It appears to help horses trap pheromone scents in the VNOs for closer analysis. After a horse draws in the odor, he curls his lip up to temporarily close the nasal passages and hold the particles inside. Then an upward head tilt seems to help the airborne molecules linger in the VNOs.

Flehmen is most often seen in stallions, especially when mares are around. Mares will sometimes flehmen at the birthing fluids on a newborn foal. Geldings flehmen the least. It's theorized that the process of gelding a horse compromises a male's ability to detect and analyze pheromones, making him sexually ineffectual in more ways than one. While sex pheromones are definitely the most likely flehmen trigger, they're not the only ones. Occasionally, horses also flehmen when they come in contact with an unusually strange or pungent inorganic odor such as smoke from a fire or fresh paint. There's still much we don't understand about the way pheromones are secreted and the way in which they influence behavior but one thing is for sure, the equine nose knows when they're there.

The domestic horse's sense of smell is a marvel, capable of identifying his owner at 100 paces; helping to bring him, and you, home from the woods even when the trail has disappeared; and alerting him to the presence of yucky medications in his sweet feed even though you've doctored them with applesauce and molasses. A bloodhound he might not be, but he's still privy to a whole world of olfactory "colors" we can only imagine.

# Board of Directors

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Newsletter Editor	Alice Waters	909-261-4892	cah2os2006@yahoo.com



# Board Actions

The ALRC Board wishes you and your family a Happy Holiday!

The ALRC Board meets at 7 pm on the second Tuesday of every month at Heritage Park Equestrian Center. Everyone is welcome to attend as spectators and to submit agenda items for discussion.

If you have an item you would like to place on the agenda and bring before the Board, please contact Martha Cowan, Secretary, at: 909-912-2117 or marthacowanpaintings@gmail.com



## LAST CALL FOR RENEWALS

### MEMBERSHIP RENEWALS

The window is closing this month for 2017 membership renewals. If you have not yet renewed, please send your renewal forms now to ALRC, P.O. Box 8116, Alta Loma, CA 91701. If you need a renewal form, it can be downloaded from ALRC's website home page at [www.altalomaridingclub.com](http://www.altalomaridingclub.com) or you can contact Ali Smilgis, Membership Director, at [asmilgis@yahoo.com](mailto:asmilgis@yahoo.com) or 909-702-5306.

### BUSINESS CARD ADVERTISER RENEWALS

ALRC really appreciates the support our advertisers give when they place their business card ad in our monthly newsletter. If you received a letter of renewal and have not yet renewed, please do so before the end of December. Your business card ad reaches not only the members of the Alta Loma Riding Club, it also reaches a broader audience through posting of our newsletter on our website and public bulletin board at Heritage Park Equestrian Center. If you need to change your ad or if you have questions about advertising in ALRC's newsletter, please contact Alice Waters, Newsletter Editor, at [cah2os2006@yahoo.com](mailto:cah2os2006@yahoo.com)



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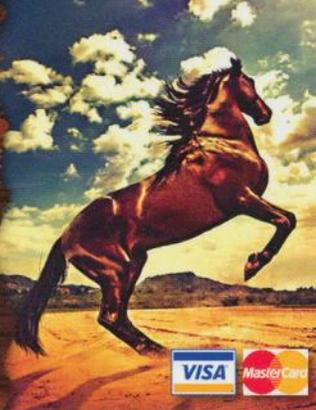
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# ALTA LOMA RIDING CLUB

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*Merry Christmas*



*You don't need to own a horse*

Alta Loma Riding Club  
P.O. Box 8116  
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