



January 2018

HERITAGE

Equestrian Center

EVENTS

Jan 9 - BOD Meeting
7 pm

Jan 13 - Clean-up Day
9 am

Jan 27 - General Meeting
Vet Info Seminar
4 pm

Jan 27 - Rising Stars
Fund Raiser
Mimi's Cafe

Feb 17- Wine Tasting
Sanchez Home
4:30 pm

Carousel Memories



Alice Waters
Editor

cah2os2006@yahoo.com

Message From The President

Happy New Year!

I hope everyone had a wonderful Christmas or
Holiday Season.

Now it's back to the grind, as this year is going to be busy for the Alta Loma Riding Club. 2018 will be a year of emergency preparation and training for the club and, hopefully, all equestrians in the Inland Empire. The recent devastating fires showed us that we need to be prepared at all times for anything Mother Nature can throw at us. During the recent fires we realized that many equestrians are not prepared for an emergency. The ALRC would like to help. We are planning a number of clinics and training seminars for the safe evacuation and handling of horses. These clinics will include the following: horse trailer loading, not only into your trailer but trailers your horses are not accustomed to; loading other people's horses; trailer inspections and trailer driving instruction; safe driving techniques while transporting horses and much more. The ALRC can only offer the resources to help you prepare and move your horses but we cannot save your horse if you won't take the first step. The first step is recognizing you need to be prepared and taking steps to make that happen. Ponder this for a moment: an emergency does not only mean wild fires, it could also mean a single house fire where your horses are no longer safe, an earthquake, a gas leak, a flood or a traffic accident involving your horses.

I am asking all of you to get involved in this preparation and training effort. If you would like to be a member of ALRC's ALERT program (Alta Loma Emergency Response Team), please contact Larry Henderson or me. You don't have to own a trailer or even own a horse. In fact, you don't even have to know about horses. You just have to love them and desire to keep them safe in an emergency. We need people to handle horses, drive rigs, manage the paperwork, "ride shotgun", etc. There's a job for everyone to do.

The ALRC will be evaluating our readiness and response to emergencies. We will be updating and testing our resources so there is a clear picture of what we are capable of. We will also be contacting other riding clubs in the area to offer mutual aid and find out what they are able to offer in emergencies. We will also be seeking resources for short term sheltering and feeding of evacuated horses. The time of the incident is too late to find out whether you are prepared or not. **TRAINING IS CRUCIAL.** If you are a barn manager or owner, we would like to meet with you or your staff to develop an emergency plan. We have people trained in Emergency Operations and Response with decades of experience.

All training dates will be posted on our website, Facebook, and in the newsletter as well as sent out via email and text blasts. If you want to be on the text blast notification please send me a text with your name and phone number along with your request to be added. Board Member phone numbers are on page 11 and our website, www.altalomaridingclub.com





ALRC will be hosting its quarterly General Membership Meeting on January 27th at Heritage Park Equestrian Center. We are proud to present our guest speaker, horse veterinarian Dr. Abair, who will spend about an hour discussing a variety of topics such as vaccinations, supplements, dental care, and much more. There will be an open question-answer period so please come prepared with your questions.

A delicious BBQ dinner will be served after Dr. Abair's discussion so bring your family, friends and neighbors for a fun evening. This is a good opportunity to meet club members and to just talk about horse stuff. So come on out and enjoy a relaxed and informative evening with us!

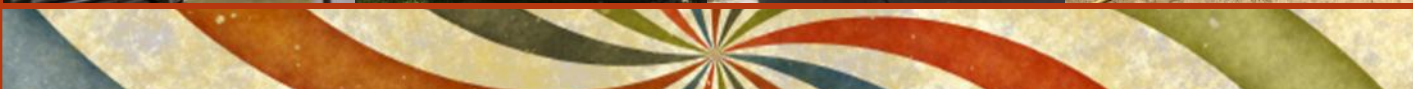
Jan 9 7:00 pm	Board of Director Meeting; Heritage Park Equestrian Center
Jan 13 9:00 am (p. 3)	Clean-up Day; Heritage Park Equestrian Center
Jan 27 4:00 pm (p. 4)	General Membership Meeting & BBQ; Guest Speaker Dr. Abair; Heritage Park Equestrian Center
Jan 27 (p. 5)	Rising Stars Fundraiser; Breakfast, lunch or dinner; Mimi's Café
Feb 17 4:30 pm (p. 6)	Wine Tasting; Home of John & Cassie Sanchez, Alta Loma

Clean-up Day!

Jan 13th 9:00 am

THANK YOU members who made a real effort last month to pick up after your horse at the equestrian center. It was noticeable and *really* appreciated by the few volunteers who regularly show up for the monthly equestrian center cleanup.

January 13th is our next monthly cleanup at the equestrian center. Won't you please help? Any amount of time you can spare to help mow, rake, edge, pick up manure, sweep and mop will lessen the burden on everyone else. Just show up and we'll put you to work, leave when you need to. See you on the 13th!



WHAT ABOUT THURSDAY?

Just about every Thursday evening several club members meet at Heritage Park for an informal evening of riding and camaraderie. Tips on horsemanship, horse problems, riding issues, and just about everything horse, including tall horse tales, is shared among friends with a common love for horses.

Everyone is welcome to come hang out on Thursdays. You don't need to own a horse to enjoy the gathering of like-minded horse lovers and you don't have to worry about being at the park alone.

**COME ON OUT
AND MAKE NEW FRIENDS!**

MEMBERSHIP MEETING & BBQ



January 27th
4:00 pm

Heritage Park Equestrian Center • 5546 Beryl St. • Alta Loma • CA • 91701

Guest Speaker
Samantha Jo Abair, DVM

Hosted By



Alta Loma Riding Club

ALRC is proud to present Dr. Abair who will discuss a variety of topics including:



- How often should I vaccinate my horse and with what?
- Is West Nile really here and what kind of threat is it?
- Does a horse hair-up due to weather or daylight?
- What kind of supplements do our horses really need and why?
- Dental care...what should it be?
- What dietary concerns should we consider?
- Any other relevant issues that we should be concerned about?



There will be an open question and answer period following Dr. Abair's presentation so come prepared with your questions.



**Come With Us, Eat, Drink, and Enjoy
And Help a Worthy Cause...**

**Where: Mimi's Café at Foothill and Spruce
When: January 27, 2018
(Breakfast, Lunch or Dinner)**

**A portion of your check will be given to the
Rising Stars of Equestrian Therapy to support
their on going programs.**

**Just present this flyer, or any electronic version
to your server at the time you order.**

For further details, call 909-987-9403

***Come and help us celebrate the start of a new year.
The Rising Stars Foundation is a not for profit organization.***



Wine Tasting

February 17, 2018

4:30 pm

Featuring
Chris Starkenburg
Wine Expert

JOIN US

- Hors d'oeuvres
- Selection of various wines
- Valuable information on wines

RSVP

Feb 3rd

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\$75/COUPLE

Proceeds benefit the
Alta Loma Riding Club
Equestrian Community



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Alta Loma Riding Club
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Are You Ready?



Emergency Preparedness Training

Will you be home or at the barn when sudden disaster requires quick evacuation of your horse? Will you be stuck at work, in traffic or traveling? Do you have a trailer? Does your horse load easily? Who will rescue your horse? Do you know who to call?

Don't let your horse become part of the "Breaking News" story. The time is NOW to train and prepare for eventual disaster that could place your horse in peril. Watch for further information on how to participate in your own preparedness and in ALRC's ALERT program (Alta Loma Emergency Response Team.) Together, we can help them all.

<https://hubpages.com/animals/Horses-and-Their-Sense-of-Taste>

TASTE

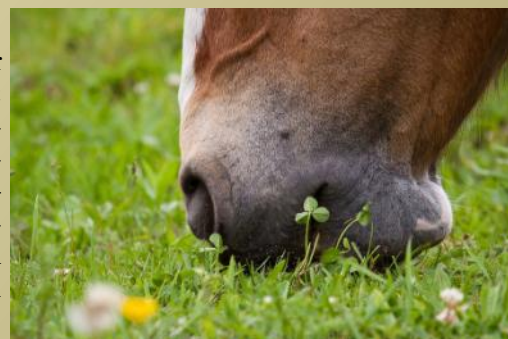


Horses spend more of their time eating than any other activity. How much time a horse spends eating is controlled by the amount of time they have to graze, type and availability of the plant, the horse's eating behavior, and their nutrient demand. Taste plays an important role in what horses choose to eat.

Like people, horses have taste buds that help them perceive how things taste. Horse taste buds can easily differentiate between bitter, sour, sweet and salty. They avoid bitter and sour things and prefer foods that are sweet or salty. Although researchers know very little about the horse's sense of taste, they do believe that selective taste buds are designed to protect them from ingesting toxic plants which are often bitter. It is also believed that horses developed a "sweet tooth" because sweet foods in nature allowed them to put on more fat which helped them get through lean periods.

Horse taste buds are similar to human buds except they are located in different places within the mouth. Human taste buds are located on the front and sides of the tongue while horse taste buds are located on their tongue, soft palate on the roof of their mouth, and on the back of their throat. Humans have approximately 8,000 to 10,000 taste buds which regenerate every 10 to 14 days while horses have approximately 25,000 taste buds. Horse taste buds are onion shaped with chemoreceptors and other cells grouped together to form small sensitive projections or papillae. Food that is mixed with saliva trigger these sensory nerves which then signals the brain to interpret the information.

Like humans, the horse's sense of taste is closely connected to their sense of smell. Taste and smell work together to guide them from toxic plants, food, and water that could harm them. Horses have to be especially cautious about what they ingest because they, unlike other animals, are not able to vomit up their food. To help guard against poisoning, they use their powerful sense of smell to help determine how something is going to taste. Studies show that horses are very accurate in discriminating between safe and toxic plants. Horses that have gotten sick from eating certain foods will learn to avoid it in the future.

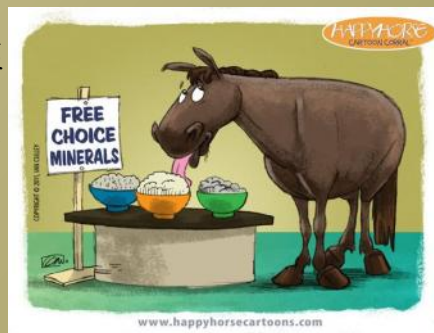


Experiments have shown that horses do not instinctively know what is best for their nutritional needs. They are not selective because they know they need certain vitamins or other nutritional requirements. They selectively graze based on the tastiest grasses. They eat when they are hungry and drink when they are thirsty. They avoid sour and bitter foods and prefer things that taste salty and sweet.

When grazing, horses avoid toxic plants and graze based on smell, texture, taste, and young rather than mature plants. Anything that smells or tastes unusual, including water from a different source or bucket, may cause the horse to refuse the food or water. Their taste buds can sense subtle differences in the mineral content of water and may refuse to drink it because it has an unfamiliar taste or smell.



Horses are designed to graze 10-20 hours per day. The more they chew, the more saliva is generated and mixed in, which helps buffer the stomach against acids which helps prevent colic. Horse stomachs are very sensitive to bacteria, mold, algae, and slime. The normal bacterial balance in their digestive system becomes accustomed to routine feeding habits. If the quantity or type of food suddenly changes, the horse can develop digestive disorders or other health issues. Therefore, it is best to change feed and quantity gradually.



Taste also plays a social role among horses. When two horses groom each other or when a mare nuzzles her foal, taste plays a role in recognition and bonding. ■

Favorite FLAVORS



https://equusmagazine.com/horse-world/horse_favorite_flavor_040408

What's Your Horse's Favorite Flavor?

Researchers set out to identify which flavors horses like best

What flavors do horses prefer? Not those you might expect, according to a study from England. In taste tests conducted at the University of Southampton, fenugreek (an herb often used in curry dishes), banana and cherry topped the list of flavors preferred by horses, ahead of more traditional fare, such as carrot, peppermint and apple.

In the first phase of the study, which lasted for 16 days, eight horses received their usual forage every day along with six small portions of feed, each infused with a different flavor. How much of each flavored feed was consumed and over what period of time was observed and recorded. Of the 15 flavors, only 12 were eaten by all the horses.

In the study's second phase, the eight flavored meals that had been eaten most quickly were then presented to the horses two at a time in all combinations to discern which they liked best.

Analysis of the final data showed that the top eight flavors were, in order of preference:

- fenugreek
- banana
- cherry
- rosemary
- cumin
- carrot
- peppermint
- oregano



What?! No apple? By modern standards the results may be surprising, but a review of different cultures and historical records suggests that equine predilections are fairly consistent, says Deborah Goodwin, PhD, who headed the study. "In India, horses are routinely offered bananas and the Greeks and Romans fed fenugreek to horses," she says. "In the United Kingdom, when horses worked the land, fenugreek and cumin were used to encourage fussy eaters to eat their food."

Goodwin's work may eventually lead to the formulation of tastier rations for horses, but she says she hopes it may ultimately have health benefits as well: "We know from previous work that horses prefer variety in their forage ration. Yet owners vary the concentrate ration with great caution due to concerns over colic. This work suggests that by varying just the flavor of an otherwise identical diet we may be able to provide the variety horses need without changing the nutritional content of the diet."





Fellow Members,

One of our newest members needs our help. They are looking for a boarding facility where their daughter, Mariya, can obtain lessons from their trainers (or hire one) with arena and trail access. Mariya has had lessons over the last 3 years and has been in some Western, English, Dressage, Obstacle, and Jumping events. She would be at an intermediate level.

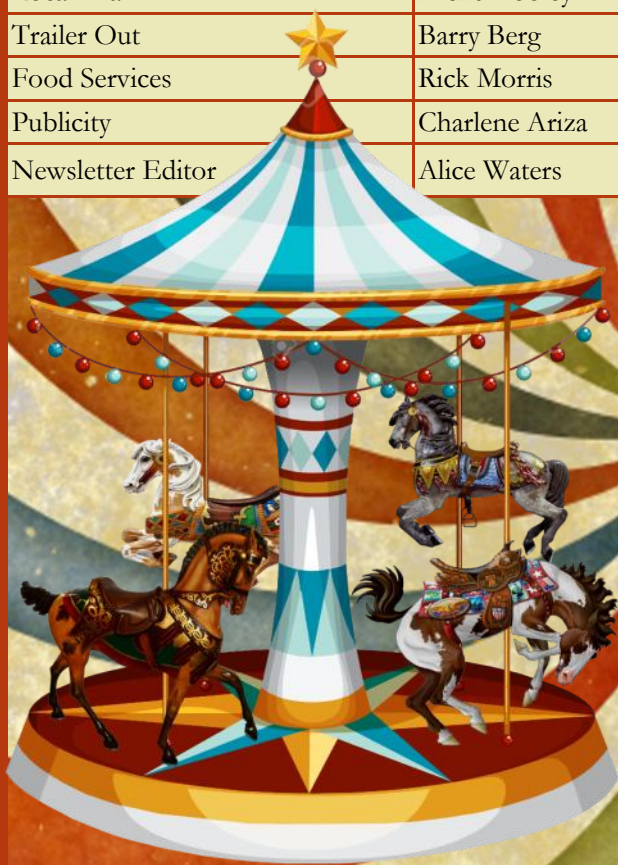
They attended the club's monthly meeting where they met a few people who were helpful. They have contacted all the major horse boarding facilities but they are either full or have not bothered to respond. Some smaller facilities do not have arenas or are too far from Heritage Park. They do not want to go as far as Norco or Chino Hills as they have in the past.

Thank you, anyone, who can refer them for local boarding, lessons and a place to practice in the arena and on trail.

Please contact Margie Thompson at (310) 947-7189.

Board Of Directors

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



Board Actions

Happy New Year!

Watch for new events coming your way at the Alta Loma Riding Club!

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

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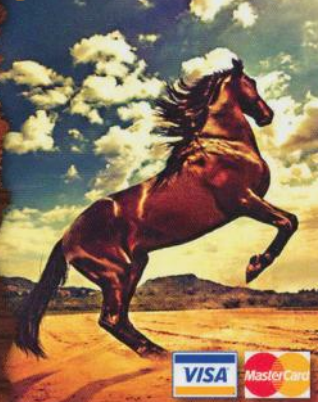

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