



# LCHA Roundup

www.larimerhorseman.org

LARIMER COUNTY HORSEMAN'S ASSOCIATION

December, 2021 0

## Nutrition for Your Horse

### January Program

January 6, 2022

7:00 PM to 9:00 PM

McKee 4H Building, The Ranch

or, if you absolutely can't make it in person,  
attend by Zoom.

In a recent meeting, some folks wanted us to provide a program on nutrition; specifically, what is the best nutrition for a horse with Cushings disease? We hear a lot about Cushings these days, but how much do we really know about it? Of course, other things came to mind as we thought about how to find someone who could speak to this question; such as insulin resistance or founder,

So we found a speaker who can speak of nutrition for the horse.

### Serafina Churchill

In her words:

"I have a deep passion for bringing total mind, body, soul healing into horses lives through the different healing modalities I have studied, animal communication, equine herbalism, and equine nutrition.

I have been studying equine herbalism for 14 years now and equine nutrition for 9 years. My fascination with both continues to grow as there is always more to learn. I specialized in laminitic and insulin resistant horses."

### Offerings

#### Subtle Energy Bodywork Sessions

I use a wide array of healing modalities that include: acupressure, cranial sacral therapy, kinesiology, hands of light technique, trauma pattern release, reiki,



massage, moxibustion, and energetic attunement. I use a combination of these healing techniques to best assist the individual horse I am working with.

*See "Offerings" on page 2*

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## Offerings

### Animal Communication Sessions

Through animal communication I am able to create space for a clearer understanding between you and your equine partner. Not everything a horse is going through is physically visible. The majority of horses have experienced trauma, abuse, neglect or being taken advantage at one point in their life.

### Empowered Horsewomxn Intensive

This is safe and expansive space to work with me 1:1. This is a 7 week intensive for the most abundant and heart opening healing, connection and wisdom to flow through!

### Custom Herbal Blends

Custom herbal blends will provide your horse with a natural alternative to healing from the inside out. I have successfully healed a wide range of different diseases, ailments and chronic imbalances with herbs.



Ms Churchill will focus on nutrition for the horse, especially as it pertains to special circumstances like Cushings, founder, and so forth.

Come to the meeting. Join us in learning more about nutrition for your horse. See you there.

## Plans for 2022



**Thursday, January 20, 7:00 to 9:00 PM.**

Why? We have a very important meeting for all members.

### What Meeting?

It is the annual planning meeting.



January marks the month when LCHA plans its year of events. Yes, we try to *plan* all the events of the year in one meeting:

- Thursday
- January 20
- 7:00 PM to 9:00 PM (we have finished earlier than that on several occasions)
- McKee 4H Building, The Ranch

If you cannot attend the meeting in person, you can attend via Zoom. However, you may not be able to hear all the discussions, or see body language during discussions. You may also not be able to see all the calendars or other visuals.

However, it is very important that you attend this meeting.

Here are some of the things we discuss in a planning meeting

### Fixed Dates

Some dates are automatic. For instance,

- Our bylaws require that LCHA have an **annual meeting** in June. We typically have the annual meeting on the third Saturday of June. (Lately, because of Covid and other factors, we have moved this meeting to October.)

*See "Dates" on page 3*

### Dates

- In September, October, November, January, February, March, April, and May, we have **program meetings** on the first Thursday of the month (unless the first Thursday is not feasible).
- For several years, we have participated in **National Trails Day** (the first Saturday in June) by scheduling a **trail maintenance** trip on that day.
- **Poker Ride** – This is our biggest fund raiser of the year, and it deserves our careful consideration when scheduling events.
- For many years, we have scheduled **Christmas Caroling on Horseback** in Berthoud to coincide with Berthoud's Christmas Days. The Christmas

Caroling on Horseback usually occurs on the first Saturday in December.

Calendars in hand, we determine the exact dates for each of these events, and then we set the events for those dates.

### Other Events

With the fixed-date events set, we then plan other events.

*Evacuation team training* – We also schedule Spring training sessions for the large animal evacuation teams to maintain a high level of readiness and skill necessary to make effective and safe evacuations.

*Trail maintenance* – We set certain dates for trail maintenance or trail building trips, spacing them across the late Spring, Summer, and early Fall.

*Trail rides* – Trail ride leaders list dates and trails on which they would like to lead rides. We try to schedule at least one club ride per month – frequently more than one per month. *Note: We do NOT schedule trail rides on the same dates as trail maintenance trips.*

*Fun days* – a Christmas party and other events also make it to the calendar at the planning meeting.

### Your Chance To Make a Difference Get In Your Two Cents Worth

LCHA is a very active group. It is an all-volunteer group. It depends on **your** ideas and **your** help to bring all our ideas to fruition, and to meet our mission: Advocacy, Community, and Education.

If you are a member of LCHA, come to the planning meeting.

- If you have a question, an idea, or a suggestion for an event you would like, bring it to the meeting.
- If you have an idea for a program, bring it to the planning meeting.  
We will be glad to hear it, consider it, and probably include it in the list of programs for the year.

So come to the planning meeting, and bring your ideas and wishes.

With you, we are strong: Without you, not so much.



LCHA Roundup is a newsletter of the  
Larimer County Horseman's Association  
(LCHA), P.O. Box 270375, Fort Collins, CO  
80527-0375.

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The LCHA Board of Directors:

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Patricia (Trish) Sweanor, Member at Large...970-443-0744  
Hugh Templeton, Emergency Evacuation.....970-622-0982

If you have ideas, comments, or questions about LCHA, horses,  
the horse industry in Larimer County, or this newsletter, send  
them to the editor.

## FYI: E-Group

### DID YOU KNOW?

Larimer County Horseman's Association (LCHA) has an e-group. It is an email group that offers a good way to exchange information with other LCHA members. It serves **ALL** LCHA members who want to receive information or post information.



### What Kind of Information

The e-group is for exchanging information you want, or information you have and want others to know about.

You can ask questions. For example, where can I find a new bridle for my horse? Where is Lion Gulch trail? Who has some hay for sale?

You can post messages. For example, you can post an impromptu ride, and ask if anyone would like to join you. You can describe a very nice ride you have just taken, and recommend the trail or some other factor that made it a good experience.

**Note: Information on the e-group must be related to horses or the horse industry.** For example, it is OK to post information about Fleet of Angels, but not about politics, either for or against.

*See "Using E-Group" on page 4*

### Using E-Group

## How Do I Use the LCHA E-Group?

If you are an LCHA member, and if you have email, you can receive e-group messages and you can post messages on the e-group. The e-group address is ***lchamember@googlegroups.com***.

Your message will go to LCHA members only. Likewise, only LCHA members may use it. If you use the e-group, any LCHA member can respond.

### You will receive NO SPAM.

Remember, ALL LCHA members will receive messages on the e-group. If you want to send something to a specific person or just a few people, you need to send it to their email address.

**Editor's Note:** The purpose of this article is to encourage use of the e-group. In particular, members can use the e-group more often. For instance, use it to post impromptu rides. The more often we ride together, the more often we can engage other LCHA members. If we invite non-members to ride with us, we can increase LCHA exposure to other equestrians who might want to join us.

If you have questions about the e-group or its use, you can contact Bonnie Templeton at 970-622-0982 or [templetb@gmail.com](mailto:templetb@gmail.com).



Good news came in the email.

*See "Check Email" on page 5*



## Check Email

### By The Way

How often do you check your email? If you only check once a week, or once every few days, you may be missing something. For example, some items that arrive in the email may be time sensitive.

Don't lose out. Use the e-group: Check your email -- often.

## Smile

Many of us shop on-line at Amazon. Do you?

Sometimes the purchases are small, and sometimes not so small.

### Did You Know

No matter the size, did you know that you can help LCHA each time you shop at Amazon?

It's true.

If you sign in to *smile.Amazon*, Amazon will send part of what you pay to LCHA. Amazon sends the payments four times per year.

### In Amazon's Words

"When you join AmazonSmile you can,

Generate donations: Shop at *smile.amazon.com* and we'll donate 0.5% of eligible purchases to your favorite charitable organization—no fees, no extra cost.

Donate products to charity: Thousands of charities created AmazonSmile Charity Lists of items they need right now. Simply browse, order, and enjoy giving."

*See "How It Works" on page 5*

## How It Works

### Here Is How It Works

- Go to *smile.amazon.com*
- Click the *get started* button
- If you already have an Amazon account, sign in to it. If you do not already have an Amazon account, click *Create your own Amazon account*.
- When the Amazon screen appears, click the *AmazonSmile* button on the top left of the screen.
- Find the list of charities supported by SmileAmazon, and select the charity of your choice (hopefully, Larimer County Horseman's Association, but, of course, you can choose any charity you want to support).
- Complete your shopping and purchase.

This is a way to support your favorite charity little by little just by shopping at SmileAmazon.

Have a great shopping trip.

## Sign Up for Your Event

**Please! Please! Please! Sign up for events in advance (especially events that involve riding):**

- For any weekend ride, sign up by the end of Thursday before the ride.
- For any week day ride, sign up at least two days in advance.
- For some events, earlier sign-up may be required.

*See "Why" on page 6*

### Why



**No matter how you do it, sign up.**

### Why?

If we need to cancel an event, your ride leader can get in touch with you to let you know before you drive to the location. You won't use gasoline or time waiting for an event that isn't going to happen. Also, your event leader needs to know if anyone is coming: If no one signs up, the leader may cancel or reschedule the event. And, if you have any special concerns or circumstances (for example, it is your horse's first ride with a group), your leader can plan to deal with the situation in the best possible way.

### Limit

What's the Deal with "Limit"?

Wilderness areas, properties owned by the city of Fort Collins, and Red Mountain Open Space have a "12-heartbeat rule": a group cannot include more than 12 heartbeats when using trails in these areas. When riding our horses, the rule limits our groups to 6 riders (plus 6 horses with hearts) to meet the 12-heartbeat rule.

*See "More than 6 Riders" on page 6*

### More than 6 Riders

However, if we have significantly more than 6 riders who want to ride, we can split them into 2 or more groups, each group including 6 riders (1 ride leader plus 5 others). The second group must leave the trail head 20 to 25 minutes after the first so that they do not merge with the first group.

When "Limit" is 4 horse trailers, it means that the parking space can hold only 4 horse trailers (tightly packed). However, we encourage "trailer pooling" if more than 4 people want to go on the ride.

Actually, we encourage "trailer pooling" for any ride. The benefits are obvious.

### Lunch?

For all rides except the Christmas Caroling on Horseback, bring your lunch (unless your ride leader tells you otherwise). You will have lunch somewhere on the trail.

### LCHA Educational Programs

LCHA offers a program meeting on the First Thursday of each month, except June, July, August and December. All members are invited, and the public is invited, to any program meeting. We now meet either in person at the McKee 4H Building at The Ranch, or – for those who cannot make it to a meeting in person – all meetings are also in Zoom. Before each educational meeting the LCHA newsletter, *LCHA Roundup*, will publish program details

### LCHA Board Of Directors Meetings

The Larimer County Horseman's Association Board of Directors meets on the second Tuesday of every month, except December and the month in which we have the Annual Meeting. The 2021 Annual meeting is in October, and will take the place of the monthly Board of Directors meeting. All Board meetings are open to all LCHA members and to the public.

## Events for 2021

Events	Details	Contact To Sign Up
<b>Lory State Park</b>	Wednesday, April 21 Arrive at 10:30 AM Ride at 11:00 AM Walk, Trot/Gait	Bonnie Robinson 970-217-1113
<b>Golden Gate State Park</b>	Saturday, May 22 Arrive at 10:30 AM Ride at 11:00 AM Walk, Trot/Gait	Susan Kurzweil 970-663-6738
<b>Sundance Trail Guest Ranch</b>	Saturday, May 29 (Rain Date- May) 30 Arrive at 10:00 AM Ride at 10:30 AM Walk, Trot/Gait	Bonnie Robinson 970-217-1113
<b>Mount Margaret</b>	Saturday, June 12 Arrive at 10:00 AM Ride at 10:30 AM Walk, Trot/Gait	Bonnie Robinson 970-217-1113
<b>Ramsay-Shockey Open Space</b>  <b>NOTE: There is space for 4 trailers only. We encourage trailer pooling.</b>	Saturday, June 19 Arrive at 9:30 AM Ride at 10:00 AM Walk Trot/Gait	Susan Kurzweil 970-663-6738
<b>Lone Pine State Wildlife Area</b>  <b>Reminder: You must have a Colorado Parks and Wildlife Habitat Stamp to participate in any ride on State Wildlife Area trails.</b>	Saturday, July 10 Arrive at 10:00 AM Ride at 10:30 AM Walk, Trot/Gait	Bonnie Robinson 970-217-1113 Tony Schock 970-227-6320
<b>Caribou Ranch Open Space</b>	Friday, July 23 Arrive at 9:00 AM Ride at 9:30 AM Walk, Trot/Gait	Bonnie Robinson 970-217-1113
<b>Hermit Park</b>	Saturday, July 31 Arrive at 10:00 AM Ride at 10:30 AM Walk, Trot/Gait	Bonnie Robinson 970-217-1113

## Events for 2021

Events	Details	Contact To Sign Up
<b>Packing and Horse Camping Clinic</b>	<b>Saturday, August 21</b> <b>10:00 AM to 12:00 PM</b> <b>Chuck and Pati Morel's Arena</b>	Tony Schock 970-227-6320
<b>Program Meeting: Myth Busters</b>	Thursday, September 2 7:00 to 9:00 PM McKee 4H Building, The Ranch (in person) or Zoom (your choice)	Bonnie Templeton 970-622-0982
<b>Ramsey-Shockey Open Space</b>  <b>NOTE: There is space for 4 trailers only. We encourage trailer pooling.</b>	Saturday, September 11 Arrive at 9:30 AM Ride at 10:00 AM Walk Trot/Gait	Susan Kurzweil 970-663-6738
<b>Poker Ride</b> <b>Lory State Park, Eltuck Picnic Area</b>	Saturday, September 25 Registration opens at 9:00 AM Rides start at 10:00 AM	Bonnie Robinson 970-217-1113
<b>Red Mountain</b>	Saturday, October 9 Arrive at 9:30 AM Ride at 10:00 AM Walk Trot/Gait	Tony Schock
<b>Sylvan Dale Ride and Annual Meeting</b>	Sylvan Dale Guest Ranch Saturday, October 16 (rain date Oct 23)	Bonnie May 970-217-1113
<b>Christmas Caroling on Horseback in Berthoud</b>	Saturday, November 27, Meet at Turner Middle School, Arrive at 9:30AM, Ready to ride by 10:15, Depart parking area at 10:30	Bonnie Templeton 970-622-0982 Susan Kurzweil 970-663-6738

**Reminder:** You **must** have a Colorado Parks and Wildlife Habitat Stamp to participate in any ride on State Wildlife Area trails.

## Buy, Sell, List Your Service

The *LCHA Roundup*, this newsletter, contains a handy section called "Classified."

The Classified section includes **services** that are offered; for example, riding lessons, horse training, saddle cleaning and care, and so on.



It also lists horse related items that are for **sale**, or advises us of sales to begin. For example, one of our members made really nice rope halters and advertised them in the Classified section. Another member listed a sale of a group of horses. Even if you only want to find a good home for a horse, list it. If you are getting rid of extra items in your tack room, let us know.

Another use of the Classified section is **wanted**. Do you need extra hay, a recommendation for a good farrier or a vet in your area, or help with finding a really good trail that fits your style or is near your home.

## Resources

Larimer County Horseman's Association (LCHA) has a wide diversity of members with a very wide diversity of skills, thoughts, and resources. You can tap into these resources with the Classified section of this newsletter. You can also meet other members, and strengthen the community of LCHA.

Use our resources. Use our Classified section. It is Free to members.

Contact the editor at 970-622-0982 or [hughtmpltn@gmail.com](mailto:hughtmpltn@gmail.com) with your entry for the Classified section.

## CLASSIFIED ADS

**Horsemanship/Symmetry, Balance, Moving with your Horse.** Private lessons. Clinics on trail riding. Gaited horse. Cow working. Dressage. Ground work. Joe and Kim Andrews. 970-613-0121. [www.mountainmagicranch.com](http://www.mountainmagicranch.com)

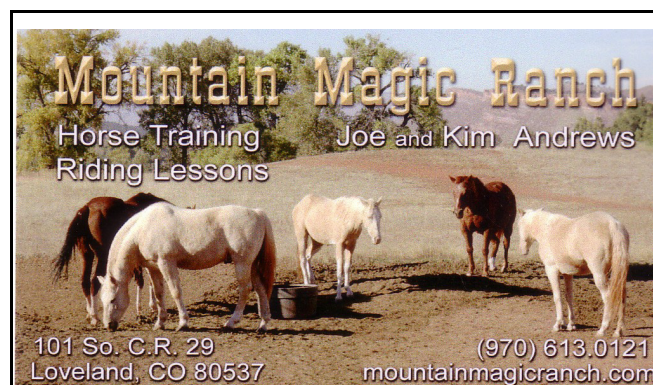
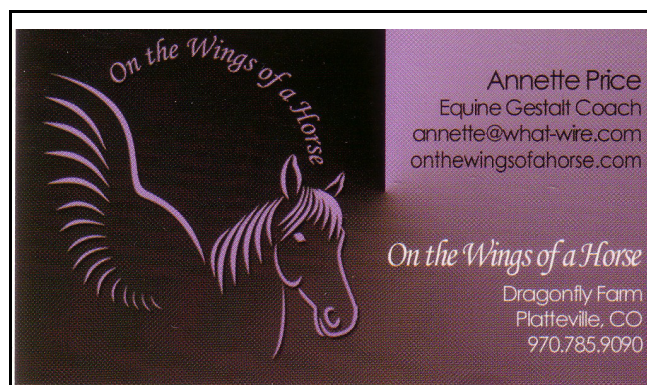
**Leather Care Shop** Leather repair and restoration. Saddle, tack cleaning and conditioning. Leather Artist; crafts, pictorial, and custom horse commissions. Joe and Kim Andrews 970-613-0121

## Editor's Note:

In the past, we have sometimes continued to publish classified information after an item is no longer useful; for example, an item for a trailer for sale ran two months after the trailer sold.

*LCHA Roundup* (this newsletter) will run "for sale" classified items for two months. If the owner of the item for sale wishes to extend the classified item, she/he must contact the editor and request an extension. Without an extension, *LCHA Roundup* will remove the item from the Classified section. This policy does not affect classified information for services offered.

## The Card Shop



## The Card Shop



**K's Trailer Parts  
and Service, LLC**

Keith Wright  
308 Southwest Drive, Suite J  
Cheyenne, Wyoming 82007

Office: 307-632-0600  
Cell: 307-630-3657  
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Wishing all of you and your family (2 legs and 4 legs)  
a wonderful, joyous holiday season.



# LCHA Roundup



Larimer County Horseman's  
Association

P.O. Box 270375

Fort Collins, Colorado 80527-0375

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49 Years of Service

A decorative horizontal line consisting of a series of small, overlapping, wavy shapes, resembling a stylized rope or a series of small waves.