



New York State Horse Council

First Issue (January, February & March) 2020

Our Mission

"To create a strong unified voice for all interests toward the preservation of a future for horses in New York State."



2019 NYSHC Officers

If you have any questions regarding the NYSHC feel free to contact the officers or the VP and Directors in your Region.

President: Shannon Budnik (2020) Email: shannon.budnik@nyshc.org Phone: 845-436-7669	Treasurer: Stephen Ropel (2020) Email: stephen.ropel@nyshc.org Phone: 518-366-8998
Exec Vice-President: Sue Knauer (2020) Email: susan.knauer@nyshc.org Phone: 585-230-3720	Recording Secretary Sarah E.J. Collier (2020) Email: sarah.collier@nyshc.org Phone: 585-709-6076

NYSHC Regional Contacts

Feel free to call or e-mail your regional contact person with any questions or problems you have.

Capitol Region

Marsha Himler – VP
518-281-6774 | stonecroftmh@yahoo.com

Brieanna Hughes – Director
518-885-9885 | bh548@cornell.edu

Central Region

Gary Slate – VP
315-638-4868 | garysharonslate@gmail.com

Dan Gruen - Director
315-749-8086 | DanGruen@roadrunner.com

Sharon Young Slate - Director
315-638-4868 | garysharonslate@gmail.com

Finger Lakes Region

Dru Malavase - VP
585-657-7053 | drumalavase@hotmail.com

Danny Harter – Director
315-945-8118 | dannyannefarm@yahoo.com

Mid-Hudson Region

Colleen Segarra - VP
845-744-1728 | phishmare@aol.com

Chris Andrews – Director
203-947-0936 | info@akindalehorserescue.org

Northern Region

Karen Lassell - VP
518-593-9768 | lassell@whminer.com

Chauntel Gilliland – Director
518-578-2392 | csghorses@gmail.com

Mary Beth Green - Director
315-590-2034 | dgreen5@twcny.rr.com

Southeast Region

info@nyshc.org

Southern Tier Region

Wendy Wakula - VP
607-849-6042 | wakula1@juno.com

Joanne Frechette

Western Region

Lisette Ruotolo - VP
203-809-9559 | LMRuotolo@yahoo.com

Pauline Burnes - Director
607-765-8543 | pburnes@gmail.com

Barb Cunningham - Director
716-735-3529 | barbcunningham11@gmail.com

Letter from the Executive Board

Dear NYSHC Member,

As we enter a new decade, we need to reflect on past successes of the New York State Horse Council, and make plans for the future. We sent a survey to members by email asking them to list the 3 most important problems facing horse owners, and how the NYSHC can help solve them. We are still getting responses, and hope to discuss the results at the next Board of Directors meeting on Sat. Jan. 25 2020. Then we can create an action plan.

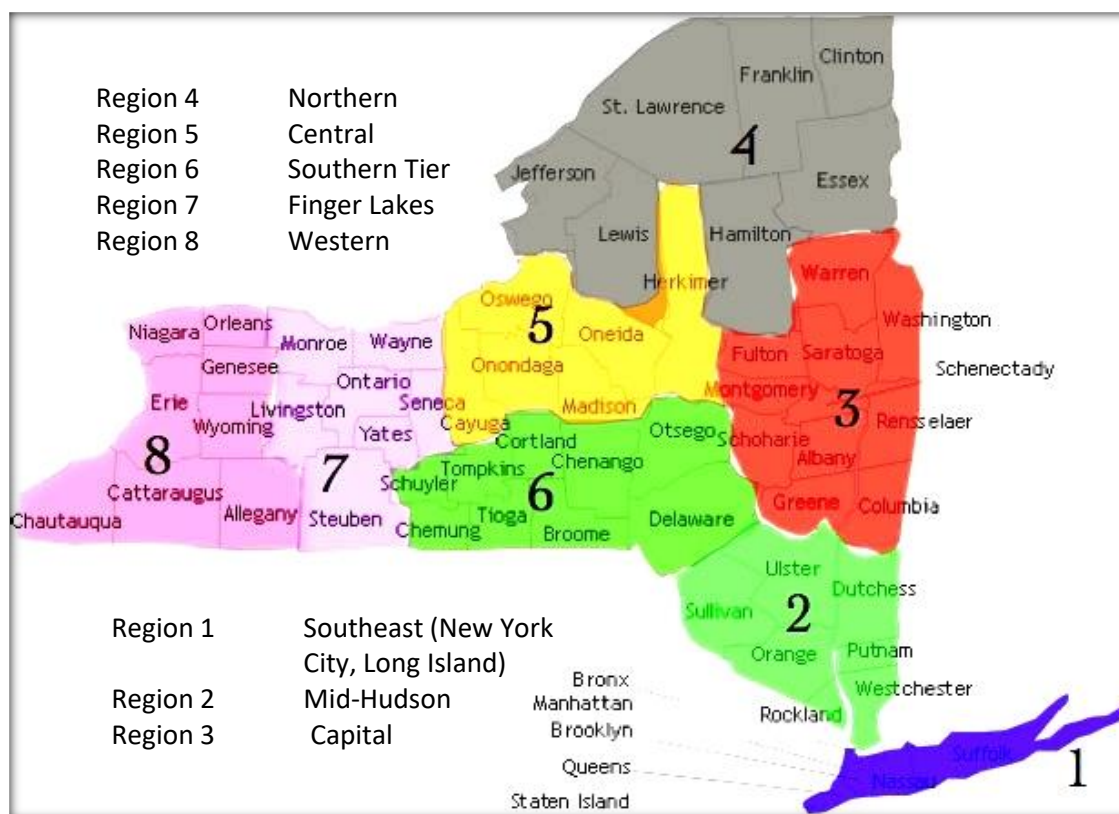
Legislative: NYSHC is recognized by legislators and Farm Bureau as the statewide horse organization with knowledge of the issues affecting horse ownership. New York State Horse Council and New York Farm Bureau together celebrate the passage and signing of Inherent Risk Reform for Agri-tourism and Equine Businesses (S. 1152/A. 559) in October 2017. Previously we worked together on getting Horse Boarding classified as Agriculture, so stables can get reduced property taxes and exemption from sales tax. This helped stables in metro areas survive.

Trails: Office of Parks, Recreation and Historic Preservation (OPRHP) and Department of Environmental Conservation (DEC) manage most of the public land and trails in NY. They have an advisory NYS Trails Council with 3 representatives from various user groups. The equestrian delegates are all appointed by NYSHC. Recently we sent an email from Dan Gruen (Central Region Director and Trails Council Rep) to members about the proposed Remsen to Lake Placid trail that would not allow horses, and asked people to write to DEC to change that. Our Trails Council reps are also advising about new Frontier Town horse camp. 50 years ago, it was the NYSHC that started the Brookfield trails system, Fall Pleasure Ride, and Competitive Trail Ride there. Later it worked on Otter Creek Trails, and holds the Treasury for the Friends of Otter Creek.

Financial: NYSHC has a record of fiscal responsibility and is eligible to get grant money and accept tax deductible donations. In the past we have gotten grants for trail funding and promoting horses and horse shows in NY.

This is also an appeal to NYSHC members. The Horse Council needs ideas, volunteers, horse clubs and new chapters to help ensure the future of horses in New York state.

NYSHC Regional Map



HORSE COUNCIL REGIONAL REPORTS & UPDATES

Region – 1 Southeast New Beginnings & Partners

The Long Island based Nassau-Suffolk Horsemen's Association is an all-volunteer non-profit 501(c)3 charitable, educational & service organization that has worked since 1967 to promote humane equine practices, to educate horse people and the public concerning equine matters and to represent the concerns of all equine activities and interests. We are also dedicated to preserving open space and a clean environment in the best interest of all equines, equestrians and Long Islanders.

We are looking to our future and are very interested in becoming the Long Island Chapter of the New York State Horse Council. We feel it would mutually

benefit both organizations as we share the same ideals. By partnering with a State-wide organization our voice will be stronger at the local and state government levels. By NYSHC partnering with NSHA they will have representation on LI and NYC area. Together will be provide greater value to our members. The NSHA slogan is "Long Island IS Horse Country" and our goal is to keep our horse community strong and growing.

Regards,

Christina Tabacco-Weber, Nassau-Suffolk Horsemen's Association President

Region – 2 Mid-Hudson

Sullivan County: No report, a planning meeting for 2020 to be scheduled at the Sullivan County CCE office in the near future. Orange County: Board member Charron Klotz, passed away, after a long

battle with cancer. Holiday Dinner was well attended. Looking forward to more Speed Events in 2020. Ulster has new board members and we look forward to more activity in 2020. Donna Putnam has resumed her role

as President of the chapter, stepping down as a regional Director. Putnam County: Long time President Floralee Condello stepped down, and the chapter welcomed Shari Goodstein as the new president. Expanded chapter territory to include

Dutchess/Putnam/Westchester Counties and will conduct business as Eastern Hudson Valley Horse Council. 2019 events were successful and we look forward to more activity in the chapter for 2020.
As Submitted by Colleen Segarra, Region VP

Orange County Chapter (OCHC)

<http://www.orangecountyhc.com/>

Orange County Region
Submitted by Debbie Schiraldi

It is with great sadness that Orange County Horse Council informs members that past recording secretary and active member, Marine Charron M. Klotz Lopez passed on angel's wings January 5th. Her loving husband, Duane, was by her side. She was a fighter and never quit anything. Charron was a dedicated volunteer to our organization and to the NYS Horse Council. Her passion and enthusiasm was unparalleled. She will be missed.

Charron M. Klotz-Lopez was honored in her military uniform at her wake and service January 8th in Walden, NY. She was also honored with a military ceremony on Saturday, January 11th at the Veteran's Cemetery in Goshen, NY.

In lieu of flowers, Charron's friends and family are grateful for any monetary donation to be used to defray costs not provided by Veteran benefits. Checks can be made to Deborah Schiraldi at 275 Beattie Road, Washingtonville, NY 10992, phone: (845)781-3420 or Duane Lopez at 44 Dubois Street, Apt. 3, Wallkill, NY 12589, phone: (845)669-8074.

Orange County Horse Council is pleased to announce the following Year End Speed Events Award Winners for 2019:

Rookie—Rebekah Triano / Ginger

Peewee—Abby Haughian / Spec

Junior—Laura Scholes / Tex Mex

Senior—Sade Conway / Nitro

Open—Kat Phillips / Riley & Wendy Stokes /
Sunshine and Whiskey

We have dates for another Speed Event series this year of 5/16/20, 6/13/20, & 7/11/20. Meeting in February.

Orange County Horse Council hosted our Annual Holiday Party and Speed Event Awards on December 3rd, 2019 at the Horse & Sulky in Bloomingburg. The dinner included a buffet pasta dinner, salad, soda and cake. Cash bar. Our Yankee Swap was a huge hit as usual! Fun night for all with over 30 participants.

Eastern Hudson Valley Horse Council (AKA Putnam County Chapter)

<http://www.putnamhorsecouncil.org>

Shari Goodstein | shari@goodstein.com

Sullivan County Chapter

<https://www.facebook.com/groups/11893662481469>

Ron Thiele | thielelandscaping@yahoo.com | 845-557-8848

Ulster County Chapter

<https://www.uchc-ny.org/>

Donna Putnam | donna.putnam3237@gmail.com | 845-728-2164

Region – 3 Capital

CCE Equine-Cornell Cooperative Extension Saratoga County (organized by extension staff Brianna Hughes) will be hosting its annual Saratoga Horseman's Social on February 21. This event offers a night full of socializing and networking hosted at a new location, at the Saratoga Winery. Three of our

board members, Marsha Himler (Region VP), Sarah Collier (NYSHC Recording Secretary) and new board member Brianna Hughes (Region Director) will be attending. Follow the link for more information and how to register [CCE Equine-Saratoga Horseman's Social](#).



Equestrian Made - Equestrian Worn

ploughmans.belts@yahoo.com
www.ploughmansbelts.com

Penny Ploughman
255 Quail Street
Albany, New York 12203
518-426-7022

Ploughman's
Saddle & Bridle Repair, LLC



ploughmans.repair@yahoo.com
Contact us for repairs and custom work

Fox Hunting
Appointments For Sale
518-426-7022

Region – 4 North

Miner Institute re-printed from the NYSHC newsletter in The Stable Sheet for print and web distribution. Information about the Youth Newsletter Editor was shared with appropriate audience and social media.

As Submitted by Karen Lassell, Region VP

The Northern Region is preparing for an active 2020 season, with businesses and equestrian groups posting several activities and events. The members of the regional equestrian community will probably have a full calendar. We have active IEA chapters and noticeable growth in the 4-H equestrian programs in the Northern region. The Horseman's Social in Saratoga county is February 20th and the Horseman's Social hosted by Essex county CCE is March 20th.

Both events will be of great interest to equine industry professionals and recreational horsemen alike.

Frontier Town continues to be a topic of interest. Pauline Burnes and I had a productive teleconference with DEC planners and landscape architects regarding updates and improvements to the site. They were very grateful for the feedback and will reach out to NYSHC in the future for input on this



HD Jefferson settled in quickly to his new home after being sold by Miner Institute.

developing project. As everyone knows the major obstacle in promotion of the site is lack of mileage. This will not be making forward movement until the timber clearing court case is resolved.

As Submitted by Chauntell Gilliland, Region Director

Region – 5 Central

Sharon and I attended the Brookfield Pleasure Ride and the annual general meeting in October. A description of the event, which was published in the NYSHC newsletter, was also posted in the Mane Stream Facebook page, and may be published in Horse Bits magazine. Prior to New Years, I looked up the schedule for the Tournament of Roses, Equifest, pre-parade, and parade as available on the RFD TV and Cowboy Channel. I knew this would be of interest to our Central Region members and numerous other

friends that I knew would enjoy the horse groups and the rest of the parade without other commercial announcements. I later emailed the RFD owner to tell him that as a representative of NYSHC I promoted his programming to Central New York and beyond. I pointed out to him that I was able to watch our Baldwinsville High School band march in the parade, even though NBC cut that part of the programming for commercial messages.

As Submitted by Gary Slate, Region VP

Region – 6 Southern Tier

Thank you to all those that completed the Member Survey. Currently, we are in the process of tallying the results.

We will be tabling again at this year's Schuyler Equine Conference hosted by Painted Bar Stables on February 15th at the Watkins Community Center. We will also anticipate hosting a round table discussion providing an equine industry update.

 John G. Ullman & Associates, Inc.	SARAH E.J. COLLIER, J.D. ASSOCIATE ADVISOR P.O. Box 1424 Corning NY, 14830 collierse@jgua.com P 607-936-3720 ext. 195 www.jgua.com
Comprehensive Wealth Management Since 1978	

Region – 7 Finger Lakes

Join us at the Genesee Valley Equine Clinic's 31st Annual Winter Health Seminar February 1, 2020, 8 am to noon. Wheatland Chili High School, 940 North Rd. Scottsville NY. Admission is free, coffee and donuts

provided. There will be Veterinary talks in the auditorium, and information tables, feed and tack vendors in the Gym. Website: GVequine.com for more information.

Western Region – 8

This past October (the 24th - 26th), I attended the International Certified Horsemanship Association conference at Houghton College.

Thanks to the NYSHC for providing an adult scholarship, which covered my registration fee for the

conference. I was also a speaker for the session "Putting Horsepower into Multi-Use Trail Improvements". I am currently certified as an Equine Facilities Manager with CHA and attendance at this

Genesee Valley Equine Clinic

Where nothing is more important than your horse's health.

Our mission is to provide timely, thorough, high quality veterinary service to our patients in a compassionate, humane, honest and ethical way.



conference helps to meet continuing education requirements necessary to maintain that rating.

Thanks to all who approved my scholarship application in 2019! There was a great turnout - 150 people from all over the United States and Canada. One of the highlights of the conference was seeing my counselor and mentor, Mary Anna Wood from my time spent at the Girl Scout Nation Center West in Ten Sleep, WY in 1971 as a Girl Scout and again in 1981 when I returned to manage a 40 horse corral in a wilderness setting.

Julie Goodnight was the keynote speaker at the banquet and had a very interesting story to tell = "Horse Trainer to TV Producer: The Unexpected Journey".

For more information on the Certified Horsemanship Association, go to <http://cha-ahse.org>. In July, I made a presentation to the Allegany County, NY Trails Task Force on behalf of maintaining and expanding equestrian/multi-use trails on state forest land. As a result of my involvement with this effort, I was invited to an Allegany County "branding" event, which took place January 9, 2020 at the restored Opera House in Cuba, NY. The county planning development is now called "Western New York Wilds", as they have recognized the importance

of their vast natural resources in attracting tourists and folks who are buying second homes in Allegany County.

In December, I worked with Theresa Draves, NYS Department of Environmental Conservation forestry technician to complete a grant application to make a drainage and tread improvements to Trail 4 on the West Almond Trail System. Ms. Draves did the design and cost estimate. Trail 4 connects to an established horse campground, with covered straight stalls, picnic areas, a nice loop road for parking trucks and trailers and a water source. The grant application to the Ralph C. Wilson Foundation Legacy Funds (Design-Access) was sponsored by the Catt-Chatt Chapter of the NYS Horse Counsel. The local saddle club, Allegany County Saddle Dusters, has a Volunteer Steward Agreement (VSA) with NYSDEC for trail maintenance. I received some great letters of support from the chair of the Trails Task Force for Allegany County, the NYSDEC Regional Forester, Houghton College, ACCORD, and the Allegany County Chamber of Commerce. The grant deadline was January 6, and I submitted the application on January 3, 2020. On January 5, 2020, I attended the trail planning meeting for the Allegany County Saddle Dusters (ACSD) to discuss the NYSHC and benefits of membership. I am making plans to join Theresa

Draves NYSDEC forestry technician at the Western NY EquiFest to promote equestrian trails on state land in western NY on March 21 and 22, 2020. We are also planning on trail volunteer maintenance days focusing on May 2, 2020, which is "I Love New York Parks Day".

As Submitted by Pauline Burnes, Region Director

* * *

Assisting the Western Chapter, we are preparing for EquiFest which will be held March 21 & 22 at the Erie County Fair Grounds. There will be over 100 vendor/exhibits, a variety of horse breeds on site and

exciting speakers, clinicians, demos and presentations in three venues. See the following website for more information.

<http://www.thefairgrounds.com/fairgrounds/livestock/wny-equifest/>

Our 2020 WNY Equine Directory is complete and will be available at all of our events.

One of our goals is to have more events of interest to youth and to support local youth clubs/activities in 2020.

As Submitted by Barb Cunningham, Region Director

Cattaraugus/Chautauqua Chapter

<https://www.facebook.com/groups/440051409383476/>

Veronica "Barnee" Weber | alleganyrider@outlook.com | 716-801-5538

Western Chapter

<http://www.wcnyshe.org/>

Peter Tarnawskyj | Tarnawskyj.Peter@yahoo.com | 716-655-1796

COMMITTEE REPORTS

Humane/Welfare

New laws pertaining to bail reform and discovery of evidence in NY are of concern from a cruelty enforcement perspective. As cases occur, we will see how things progress.

*As Submitted by Colleen Segarra,
Humane/Welfare Chair*

phishmare@aol.com | 845-744-1728

Publicity / Publications Committee

Sharon Young Slate & Gary Slate | garysharonslate@gmail.com | 315-638-4868

Youth Committee

Lisette M. Ruotolo | Lmruotolo@yahoo.com | 203-809-9559

Youth & Adult Scholarship Committee

The New York State Horse Council 2019 Youth Scholarship & Adult Grant committee is pleased at the number of applications that were received for this year's Awards!

Congratulations to Samantha Crawford for winning the 2019 NYSHC Youth Scholarship. Samantha is an active member of her Horse Council Chapter in Orange County, her local G&M Riding Club and 4H. She has been an exemplary student and horse person who will be attending the University of Wyoming this fall. Samantha wishes to pursue Veterinary Medicine.

Pauline Burnes of Arkport NY is the winner of the 2019 Adult Grant! Pauline is a member of the Catt-



*Debbie Schiraldi with 2019 NYSHC Youth Scholarship Recipient
Samantha Crawford*

Chau Chapter Horse Council and very active in her community, and has promoted events, trail conferences, and open space for equines and safe trail riding. Pauline will be attending the 2019 Certified Horsemanship Association International Conference and Large Animal Rescue Operations Class. Congratulations Pauline!

The NYSHC Youth Scholarship & Adult Grant committee Thanks all the applicants and wishes them much success in the future. We encourage them to continue their memberships to NYSHC and remain active in their chapters. Most importantly to try again next year in May 2020.



Chamberlin FarmsTM

EQUINE BOARDING & TRAINING • EVENT ARENAS • LIVESTOCK PRODUCTION
VACATION HOME RENTAL • RV SITES

518.769.2238
www.chamberlinfarms.net



As Submitted by Debbie Schiraldi, Youth Scholarship Chair

Trails & Tails and Other News

As submitted by Dan Gruen, Central Region Director & Trails Council Rep.

Brookfield, NY CTR June 19-21, 2020

The annual Brookfield, NY Competitive Trail Rides and Drives will be held the weekend of June 19-21, 2020. It will again be hosted at Pure Country Campground in New Berlin, NY. There will a 15-mile and 25-mile ride and drive both Saturday and Sunday. This format will allow entrants to enter one horse in either 1 or 2 25-mile events or a 50-mile event. It will also allow one rider to ride a different horse each day. For the 15-mile events it could be 1 horse one or both days or 2 different horses. All events will also be drives for those who choose to drive not ride. It will again be run by the very able team of Joanna and Bill Lasher.

The Brookfield CTR/D Clinic will again be hosted at PCC. It will be on Saturday, April 25, 2020. The fee for non-riders is \$10. For Riders the fee is \$20 and includes a pipe stall for the horse. Please bring your own lunch. Iced tea, lemonade, and coffee will be provided.

The clinic will cover many of the topics and details of competitive trail riding. The staff has many, many years of experience as riders, drivers, volunteers, judges, and ride management. It is a very valuable day for those considering doing CTR/D.

We hope to have posters and entries on the NYSHC website shortly.

NYS DEC/DOT Remsen-Lake Placid Rail Trail

The plan is to do rehab on the rail line from Remsen to Big Moose. North of there the rail would be removed and the trail changed to pedestrian, bicycle, and snowmobile use only. Horses were not permitted on any of the trail.

4 public comment sessions were scheduled 5 were held. Utica was added as the 5th location. There others were all farther north. I attended and spoke at both Old Forge and Utica.

I was told there was concern about sharing the trail with horses and the problem of horse manure on the trail interfering with other users. I shared a link to a National Parks video about sharing trails that backs up the horse

sharing triangle we have had printed up. I also shared a report written by a college professor from Long Island that details how much manure a horse produces in a full day. It comes to about 50 lbs. 75% of which is water. That leaves 12.5 lbs. of dry matter in a full day or about ½ lb. of dry manure per hour. Put another way not much.

She also points out that it is biodegradable and good fertilizer. This was well received.

A notice was sent to NYSHC members asking to email DEC to request horses be added as permitted users.

Another speaker raised the point that if the rails are removed it is no longer a travel corridor. This would mean no motorized traffic of any type. DEC says they have had the definition of travel corridor changed to include the new use of the right-of-way. I have no idea which view is correct. I fear it may be another court fight which could delay or derail the project entirely.

DEC/DOT will review all comments and decide how to move forward. They plan to announce their decision in the spring to seek legislative approval to continue.

Mountain Horse Farm

2020

Clinic schedule

May 2	Equine Massage with Terry Crisafulli
May 18-22	'Making it Easy for You and Your Horse' Tellington TTouch & Feldenkrais with Edie Jane Eaton
June 16-19	'Conscious Touch & Conscious Movement with Horses' with Paula Josa-Jones
September 29- October 4	Holistic Horsemanship Clinic Connecting Mind, Body & Spirit with Heidi Potter

www.mountainhorsefarm.com

Ride and Drive Program

As we near the end of the busy riding season, please start tallying and submitting hours you have ridden and/or driven. We are accepting prize donations and sponsorships! If you would like to donate a halter, saddle pad, gloves, or other prizes, or sponsor a

particular category (ie: youngest/ oldest rider/driver, most hours ridden/driven, etc.), please contact us soon, as we are starting to get prizes organized.

As Submitted by Donna Putnam, Ride and Drive Chairman

Newsletter Committee

In hopes to add value to our newsletter the newsletter committee was established at the November Board of Directors Meeting. Sarah E.J. Collier was appointed chair, with additional members Chris Andrews and Lissette Routollo. The Committee also took on their first Youth Newsletter Editor Intern, Lydia Visser, for the first half of the year. Be sure to

check out this amazing young woman in your Youth Spotlight section on page 14. Last, Morgan Hulbert joined the team to assist with writing articles for the NYSHC Newsletter, website articles postings, as well as contributing articles to the Suburban News (Orleans and Monroe County) equine section.

As Submitted by Sarah E.J. Collier, Newsletter Chair

In Memoriam: Nancy Randall

Nancy and Arthur Randall, plus children Dan and Debbie, attended the first Fall Pleasure Ride at Brookfield in 1968, and many years after. They were avid supporters of the NYSHC and knew Glenn Bacon and Doc and Ann Nichols, who helped found the ride. In 1974 Ken and Jenn were born. Jenn

remembers riding behind her mother at age 4, by age 5 she had her own pony. She won the Youngest rider for the next 13 years; later Jenn's son was the Youngest Rider. They were also the largest family riding – 6 strong.



In later years the extended Randall family continued to come ride, now with grandchildren. Nancy many times was recognized at dinner as the person who had attended the most rides. Nancy passed away last Fall at the age of 82. She was a familiar face to long time Riders, and will be missed.

The Randall family is planning to honor Nancy with a Last Ride and potluck dinner at the Fairgrounds around Mother's Day this year. All are invited to come. Daughter Jennifer Snyder lives near Trail #7 and is coordinating Ride and dinner. Contact info is Jenn

315-750-6059, angelwingservices@gmail.com or hairtazzy1@gmail.com. If anyone has photos of Nancy please share them and any memories. Jenn will post details on NYSHC.org website later.



Information, Spotlights, & More!

How a Mindfulness Practice Can Improve Your Riding

What does it mean to be mindful? A simple answer is to be more in the moment, not stuck in regrets of the past or worries about the future. Being mindful helps you to be more aware. Many of us walk through life very

By Lisa Eklund
The Mindful Equestrian
www.mindfulequestrian.com



"I AM ALWAYS THINKING ABOUT
WHAT I CAN IMPROVE ON IN THE
MOMENT."

MADY 12/15/19

The Mindful Equestrian

right now. We don't notice what is happening in the world around us, nor do we recognize what is happening within us or with our horses. Habits can become so automatic, becoming such a part of us, that we aren't even aware that we have them. Even when we recognize the habits, beliefs and feelings we have, we often are unaware of the triggers that set them in motion.

When riding, a lack of awareness can lead to missing the subtle cues and conversations that horses are trying so to send our way. It is easy to get so consumed with thoughts and worries and so stuck in our heads that our bodies become stiff and unyielding to those messages. When horses don't get positive responses to their needs they can become nervous, tense and over responsive or dull and shut down to the aids. It is important to understand the purpose of a proper position when riding. The reason for a proper position is to be balanced and

unaware of what is happening right now within ourselves and around us. We get so consumed with our regrets of the past or worries about the future that we don't stay here

connected on the horse, it is not about looking good. It allows you to stay out of the horse's way and at the same time listen to the horse and communicate, through your whole body, what you want the horse to do. Riders can work so hard, with great intention, on having a proper position and in the process forget why position is important and how to use it. The position then becomes locked up, stiff and disconnected from the horse causing tension and problems with the horse's way of going. Remember, form follows function. Begin to become more mindful and curious of why and how your position affects your horse.

Mindfulness also helps to create an openness to what is happening and a sense of curiosity. Without curiosity, reflection and self-awareness, thoughtful responses to our situations don't happen. That is where a mindfulness practice can help. When we become more mindful of how we feel, what we are doing, why we are doing it and learn to be right here, right now, we can handle better what life sends our way. Stop and think for a moment of all the opportunities that are missed when you are not aware. Think about how you can bring more curiosity and awareness into your riding. With awareness of yourself, your horse and your environment you can most definitely have more success in your riding. You will become more focused, more in the moment and more of a feeling rider. You will begin to look for why a horse is going a certain way and maintain that if it is what you want or make changes if it is not.

Look at the relationship between you and your horse with an open mind and without judgement. Notice the communication (or lack of communication) that exists between you. Begin to recognize when you are really listening and when you are not. Notice your thoughts and

feelings. Do you judge yourself harshly? Does everything have to be perfect? Do you have a fear of change? Do you have a physical fear? Look for the root cause. When you

are aware and in the moment you can begin to dig deeper and notice what habits may be creating a situation you want to change.

With your new awareness notice your feelings, physical sensations, reactions to situations and your horse's way of going and being. Don't beat yourself up if you feel like you are not being aware. Just go back to your tools and bring yourself back to the moment. As you begin to create awareness you will be able to better hear what your horse is saying and learn to be present, balanced and give a proper response.

Meditation, attention to breathe, journaling, walks in nature are a few ways towards living a more mindful life. Find something that brings you

back to this moment. Whatever you do, remember, this is a practice that will get better with time, but it will never be perfect. That is why it is called a practice.

Landsman Kill Trail Association

Established 1968 Rhinebeck, NY

www.lkta.org

Join us for a ride or join the club and
enjoy the trails year round!

*Trail rides, hunter paces, educational events,
new friendships!!*



2020 Events

Spring Hunter Pace, May 17
Spring Trail Ride, June 14
Fall Trail Ride, September 27
Fall Hunter Pace, October 18

visit lkta.org for more details

Massage & More^{LLC}

Equine Therapy

**Happy & Healthy Horses
that Never Felt So Good**

Terry Crisafulli 716-373-4463
Allegany, NY tacris@verizon.net
www.equinemassageandmore.com



STOP! The Spring Surprise!

Submitted By Jim Miller, President of Green Mountain Nutritional Services, Inc.

With summer gone, we now need to focus on how we are going to feed our horses through the winter. This will stop the Spring Surprise!

Hay changes every year even if it comes from the same fields. Changes occur due to the type of hay and when it was cut. Dates are not reliable because some years, we have a cool spring and the plants mature more slowly, then we have warmer years when the plants mature rapidly. Sometimes we do not get a good return of the plants. This could happen because of a severe cold and/or poor snow cover, which could kill some of the plants. So the only way you will know, is to test your hay every year.

The hay test should include protein, fiber, energy, carbohydrates, sugar, starch, fat, lysine, and minerals. (A good laboratory is Equi-Analytical in Ithaca, New York.)

Once your hay is tested, then you can do a feeding program based on the age, workload, and weight of your horse. A balanced diet can help prevent hoof problems, joint problems, digestive upsets, lameness, poor coat, fertility problems, and more. Many times we mistake a fat horse as an easy keeper. This may not be true. If your feeding program does not balance the protein with the energy you can get an overweight horse. This can lead to lack of stamina or loss of power. Remember, a healthy horse is more fun! Green Mountain does feeding programs and individual custom premixing for your horse.

**Green Mountain**
Nutritional Services, Inc.
Attica, New York 14011 Ph. 585-591-0922
16 Equine Supplements

Check out our Joint supplements, Hoof supplement, Digestive aids, Health supplements, Omega 3 supplement, Calming supplement, Electrolytes, and Chro-Mag for insulin resistance.

NEW! Mountain Pride by Green Mountain
A protein supplement with high quality fat, vitamins, minerals, yeast and enzymes. The protein comes from flaxseed, canola, soybean, and distillers containing all ten of the essential amino acids. Has lots of omega 3 fatty acids that help reduce inflammation and delay fatigue. Contains yeast and enzymes for better digestion. Includes all 14 vitamins and 14 minerals. Now you can have better health and improved digestion all in one product. Great for hard keepers.



We also offer these services
Custom Supplements
Feeding Programs
Hay Testing
Nutritional Seminars
Visit us @ stridefree.com

Youth Spotlight

Essex County 4-H Youth Competes in Eastern National 4-H Horse Round Up in Louisville, Kentucky

Nine months ago, Lydia Visser, a member of the Coyote Ridge Riders 4-H club in Essex County New York, attended the NYS 4-H Horse Bowl competition.

The primary objective of Horse Bowl contests is to provide an opportunity for youth enrolled in 4-H horse projects to demonstrate their knowledge of equine related subject matter in a competitive setting where attitudes of



friendliness and fairness prevail. It is also hoped that these contests will provide educational experiences for both participants and spectators.

The state competition had over 100 4-H youth competing between the Junior and Senior levels. This was Lydia's first year competing in the senior division and her first time at a state event for 4-H. She represented the county well, and came in 2nd place out of over 48 seniors

competing that day. This placing qualified her to compete at the Eastern National 4-H Horse Round Up Competition in KY on November 9th, 2019.

At this national competition there are over 300 youth participating and over 20 states represented. This is a great opportunity for 4-H youth to make new friends from other parts of the country. This is a once in a lifetime opportunity for some youth, and it truly shows how 4-H offers educational opportunities. Nationals is a way for youth to learn what hard work and dedication will do for you. Attending this trip helps build confidence, public speaking skills, teamwork, problem solving, it provides hand on experience, all while sharing the same passion:

loving horses. These youths that are participating may be horse owners or they may be youth who simply have a love for horses without owning one of their own. That is what is so wonderful about the 4-H Horse program, you don't have to own an equine friend in order to be a part of the horse program.

Lydia has spent the past seven months studying every packet of horse bowl questions, and every resource that the questions are taken from each year. So much studying has been done that even her younger siblings have remembered horse bowl questions and can recite them off the tops of their head! Lydia hasn't only been studying for the past seven months, but she has been working hard to reach her goal to cover the cost to attend the trip. Lydia's dedication to this Horse Bowl competition has not gone unnoticed.

The whole county has been rooting for Lydia and wishing her nothing but the best as she has embarked on this exciting journey to compete at nationals. She is the first youth from the county to compete at the national level for horse events in over 10 years. We are so extremely proud of Lydia and the amount of time and dedication she has put into preparing for this!

The results of all of her hard work go to show how dedicated she was. There were over 300 youth competing at nationals. These youths were competing in Horse Bowl, Horse Judging, Hippology, and Horse Communications. Just in the Horse Bowl Division there were 17 teams, meaning approximately 68 youth competing in just that competition. Out of all the youth competing, Lydia came in 3rd overall, and the NYS Horse Bowl Team came in 3rd as well. This is amazing as this is Lydia's first year in the senior division (for 4-H, youth ages 14-19 are qualified as seniors), and in her first year she qualified to attend nationals and placed in the top five! That is amazing and goes to show how hard she has worked to earn that

We would like to congratulate Lydia on such fantastic results!

Submitted By Jessica Tyson, CCE 4-H Resource Educator

New York Farm Bureau Works Every Day To Support Equine Farms

Every Member Makes us Stronger as we Advocate on Your Behalf

Join Today

NYFB.org 1-800-342-4143

FARM BUREAU NEW YORK

Nationwide Ask us Members-Only savings on Nationwide Farm Policies

Nationwide® is proud to be the exclusive insurance provider of New York Farm Bureau, offering NYFB members significant savings on farm insurance, and a full range of insurance and financial services, including:

- Farm Insurance* Automobile Insurance* Pet & Travel Insurance*
- Commercial & Home Insurance Powersports Insurance Life Insurance
- Farm Transition Planning

*Select savings may apply

The Newsletter Committee would also like to congratulate Miss Visser on being selected for the Youth Newsletter Internship Position for the first half of the year. Her editing skills were instrumental to reviewing content submitted for this newsletter.

Rescue Spotlight

Willie Nelson!

Equestrian Promotions, Inc. is pleased to announce the return of Rescued to Stardom, the newest event at the Horse World Expo!

501c3 horse rescues are invited to apply a slot for this challenge. The horse being submitted must be unbroke to

saddle and bridle and at least 3 years of age. They can be any breed of horse, pony, or mule and can be trained

during the competition in any riding discipline desired. They must be owned by a 501c3 non-profit horse rescue or sanctuary, and must be available for adoption at the start of the event. Each horse, trainer, and rescue will compete in a multilevel competition that starts on December 1st with the official announcement of the chosen competitors on November 25th. Over the next few months, trainers selected by each rescue will work with their horse to take them from unbroke to riding. During the journey, each rescue will document their horse's progress via social media, live feeds, open house clinics, and other media outlets. Publicly sharing the journey of horses is important, because folks will have a chance to vote for their favorite horse, rescue, and trainer as part of the overall competition score.

Each competitor will attend the Horse World Expo in Harrisburg, PA and compete by presenting an in-hand freestyle on Friday, Feb 28 and then the final competition, in the form of an under-saddle freestyle on Saturday, Feb

29. Both of these on-site competitions will be held at the Farm Show Complex during Horse World Expo.

Begin Again Horse Rescue is proud to enter this competition for the first time with our resident trainer Hanna Blain, and an untrained 14-year-old Morgan gelding named Willie Nelson. This horse was part of a surrender case we worked on with Lollypop Farm in 2019. Willie Nelson will be available for adoption at the competition in February. Join in the journey with Willie Nelson to help him get to Harrisburg! Sponsorships are available to join TEAM WILLIE NELSON!



[Quick Guide to Major Medical from The Saren Group](#)

Horses are valuable to us both financially and emotionally. As all horse owners know, horses are fragile and seem to injure themselves or get sick easily. Having a plan in place can make coping with an injury or sickness more manageable. Investing in an equine medical insurance policy is a way of easing the burden of hefty vet bills while also providing emotional support knowing you can provide the best care for your equine partner during times of need.

Most insurance companies require you to have a mortality policy if you want major medical coverage. For major medical policies, the value of your horse must be equal to or greater than the major medical coverage desired. For example, if you want to have \$7,500 in annual major medical coverage your horse needs to be valued at \$7,500 or more. Some owners who have a higher valued horse only insure the horse for the minimum mortality coverage required to qualify for major medical coverage. This can help keep costs low while still having major medical coverage. Each company has different requirements, so it is always best to work with a broker who can explain all of the options to you.

[What does Major Medical Cover?](#)


The major medical coverage varies from company to company. Based on the companies we work with, coverage includes; emergencies, diagnostics including bloodwork, nerve blocks, x-rays ultrasound, MRI and bone scan. Medications and hospitalization related to diagnostic tests are often covered. Lameness treatment methods including shockwave, IRAP (interleukin

The Saren Group
585-704-6857 | info@sarenins.com

receptor antagonist protein), PRP (Platelet Rich Plasma), Tildren and stem-cell. Medical and surgical colic are also covered. Gastric ulcers and treatment for neurological disorders such as EPM, West Nile or EVH-1 are covered. Treatment for viral/bacterial illness including Lyme is covered which is especially important with the continuing rise of ticks in our area.

These coverages have a limit as to how much the insurance company will pay per claim and policy duration. It is important to first always call your vet when an illness or injury occurs and then promptly notify your insuring company.

ENGLISH • WESTERN • TRAINING • LESSONS • BOARDING



Amy Hanssen Training Center
Quality Horses Bought - Sold - Traded

AMY HANSSEN
(716) 735-7988
www.amyhanssenhorses.com

9063 Chestnut Ridge Road
Middleport, NY 14105

The biggest trend we are starting to see in regard to major medical coverage costs is the addition of a co-pay (typically a percent) in conjunction with a deductible for each claim. We are seeing companies require anywhere between a 20% copay up to a 40% copay for each claim. A good broker will help explain and navigate the best option for you.

Other Medical Coverage Options

There are other medical coverage options that are available to horse owners if full major medical coverage is not wanted or the value of the horse does not meet the requirements for major medical coverage. Each insuring company will differ in these coverage options and oftentimes the same type of coverage will be called something different between companies. The two most common options are medical assistance coverage and

surgical coverage. Medical assistance is a perfect option for someone who wants coverage but is budget-conscious or doesn't have a desire for full major medical coverage. Medical assistance is similar to major medical with lower coverage limits. Another coverage option is what is commonly referred to as surgical. Surgical coverage applies when a horse requires surgery under anesthesia for an injury. This option is useful to help offset the high cost of equine surgery and is popular for young horses who seem to be more prone to physical injuries. Equine medical insurance can get confusing and each company sets their own limits and specific coverage. It is always best to work with a broker who will take the time to explain the choices you have and also have the expertise to match your needs with the company that is the best match.

The William H. Miner Agricultural Research Institute

Offers PAID Equine Internships

- stallion handling & semen collection
- broodmare & foal management
- horse training & stable management

Learn more or apply at:

<http://whminer.org/education>

FREE EQUINE SEMINAR:

Join Us for EquiDay on March 14, 2020!

Topics Include:

Why Biosecurity is Important: A Miner Case Study

Taking Steps to a Healthier Horse Farm

Conformation Analysis

Equine Behavior and Learning

Adirondack Tack's annual fashion show



www.whminer.org

Stable is open for Visitors!

Contact Equine Manager Karen Lassell for more information:

lassell@whminer.com or 518-846-7121, ext. 120

Why to use a Halter AND a Lead Rope

One of the most common errors in a barn is leading a horse without properly using a halter and lead rope. When you use a halter AND a lead rope you have a secure and safe horse.

Un-Training:

Consistency breeds consistency. Leading skills are the

By Erika Eckstrom

Painted Bar Stables | www.paintedbarstables.com

EquiTravels | www.equitravels.com

Schuyler Equine Conference

foundation of all handling and riding. Because leading isn't considered an advanced skill or a test of sophisticated

training we often do not prioritize it as a daily training opportunity. But every time you lead your horse you are training it and by doing it improperly, we are training the horse to lose one of their most valuable skills.

Good manners happen when the horse is secure in knowing what is being asked of them and has practiced doing it. In a halter the horse is captive, and because of the lead rope they can walk themselves and carry their own head yet be reminded of their manners. Without both halter and lead rope, you lose the ability to communicate clearly with your horse and therefore give the horse the opportunity to make their own choices.

Without structure, your horse will develop annoying habits, become pushy, learn how to get loose or even become downright disrespectful. Over time, even when done properly, the horse will be worse behaved. Marginal leading manners are more dangerous to everyone than you might think.

Harm and Memory:

While a halter offers restraint, the lead rope allows the horse to carry themselves. Many of us are prone to tossing a halter on a horse and holding onto the nose band. Beyond the obvious safety issues for the human (getting fingers stuck, dislocating shoulders, being dragged around) there's a lot of harm that can be done to a horse as well.

With a halter but no lead rope, you are pulling on the horse's face. Even if you don't think you are pulling on their face, you're pulling on their face. Without the 'give' in the rope, the horse is constantly being bumped and torqued by your movement and body weight.

Not only is this uncomfortable, but it can significantly affect behavior and biomechanics. The bumps and pushes of your body movements cause the horse to prepare for torque by bracing their neck. When they brace, we actually force the horse to put their body into stress positions. When a horse's head is low, below the withers and relaxed, there is actually a release of endorphins that cause the horse to become more relaxed and happier. As they brace, they will hold their head up higher, locking the muscles in their topline and stemming the flow of endorphins.

Even within the moment you will notice a change in the horse's demeanor but over time you will notice a dislike

of being led in general – even with the rope – and this stems back to the physical and mental discomfort of being jerked by the halter. This inconsistency and pressure on their face will cause a horse to potentially develop face sensitivity and head tossing habits. They may even start pulling back when tied.

The Ill-Fitting Halter

We've all been there – the halter is too big, but we only need to go a dozen yards, so we don't bother to adjust it.

If the halter is our main restraint for the horse, we just handicapped ourselves and gave our horses a reason to not listen. When a halter isn't properly adjusted not only are you at risk of your horse slipping their halter and escaping, but you also caused discomfort for the horse.

When a halter is too big or loose, the noseband will be too low impairing breathing or causing slippage over the

nose. The crownpiece will also have more room to move and potentially slip over the ears. If there is too much space in the throatlatch or noseband, the horse could get a hoof caught when grazing resulting in catastrophic damage.

When a halter is too small or tight, the throatlatch will be too tight affecting how the horse breathes and preventing swallowing. The cheekpieces, if too high, will rub against the facial bones of the horse and cause irritation.

All of this presents problems for a horse while being led or at liberty, but the issues are often magnified when a horse is tied with an ill-fitting halter. Adjusting a halter is often an easy task that takes mere seconds and is an easy solution for solving many risk and training issues.

The Loose Horse

When you walk a horse without a halter and a lead rope you are always at risk of losing the horse. A loose horse is a veterinary bill waiting to happen. Running around in an uncontrolled manner opens up the opportunity for cuts, sprains, and beyond.

Furthermore, a loose horse is not just dangerous to the horse but dangerous to EVERYONE in the vicinity. That loose horse may interact with other horses and potentially get other horses hurt. Or run over a human. Or break things. Or even end up in the road and a car might hit it killing the horse and driver.



*Photo of Erika Eckstrom,
taken by AC Jacobs Photography*

THE POWER OF SHORT SESSION

By: Michael Canfield, Clinician at Pine Ridge Dude Ranch

When your spirit wants to spend time with your horse but your schedule will not allow the normal amount of time at the barn (we all know “normal time” and “barn

time” are NOT the same). When the weather does not want to cooperate with your plans to spend time with your horse. When your equine partner is coming back after an

extended period of time off....what do you do? The “short session” may be your answer.

Depending on the time you can budget, your access to training areas (like a round pen) and the combination of the condition and training level of your horse you can get **QUALITY** results that will help maintain your partnership in a relatively short amount of time. If you have limited time (30 minutes or less) consider utilizing the round pen for a mental/physical conditioning session. At Lucky Star Horsemanship our “short round pen session” lasts about **15 -20 minutes** and included the following exercises:

ROUND PEN EXERCISES (without a lead rope)

Note: Let the horse explore the round pen if it has not been in it before or if it has been a while. Remember to use Body Energy and Body Language to establish communication.

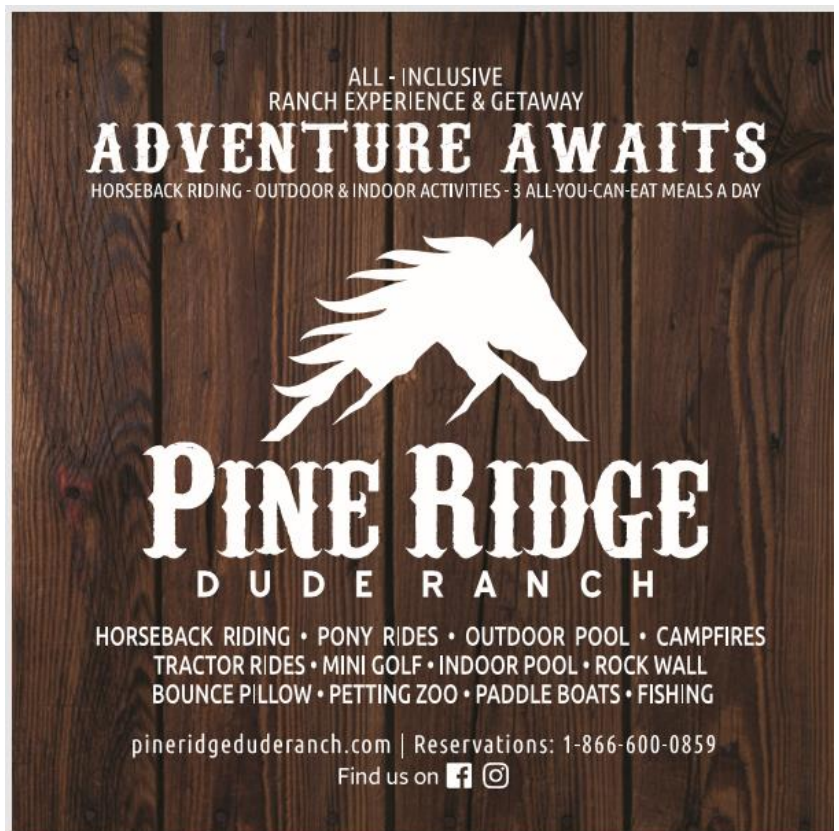
- Establish a direction – this helps the horse read the human and helps the human practice good body position and energy to achieve smooth results.
- Establish a consistent gait at all three gaits – again, this helps the horse read the human and helps the human practice good body position and energy to achieve smooth results through clear and effective leadership.
- Establish a change of direction (inside turn) – this helps the horse read the human and helps the human perfect clear intent and communication.
- Establish Draw – meaning that the horse give you “two eyes” and eventually “lock on” to you and follow.
- Practice Release/Reward – this helps the human perfect their feel and timing.

If you have **more than 30 minutes** but **less than 60 minutes** to give your horse you may want to think about utilizing the “short ground work session” which lasts about **45 minutes**. It includes the following exercises. At Lucky Star Horsemanship we normally do this in the round pen after doing the above listed warm up. These are done on the **lead line**.

- Leading – having the horse follow behind you, stop when you stop and back up when asked.
- Respectful Lunging – moving at the gait requested, stopping and look at you (yielding the hind end).
- Yield the Hindquarters – utilizing the touch method and the rhythmic pressure method to disengage the hind end.
- Desensitize – Rope/ Stick-n-String by tossing the rope/string around the horse, on the top line and around the legs while using passive body language.
- Backing to Rhythmic Pressure and Steady Pressure.

- Lateral Flexion.
- Softening at the Poll – lowering the head and neck through the application of soft pressure on the poll and nose.
- The 5 in 1 Exercise – Impulsion, Stop, Hind Quarter Yield, Backing and Forequarter Yield in one steady, fluid motion.

If you have more than 60 minutes but less than two hours then you have passed into the “normal session” length of time. At Lucky Star Horsemanship we like to use about 15 -20 minutes of groundwork to establish communication and control (depending on how consistently the horse has been worked with), while helping to warm the horse up and then we ride for 60 to 90 minutes working on a variety of exercises, based on what the horse needs at their stage in the program.

A promotional graphic for Pine Ridge Dude Ranch. The background is a dark wood grain. At the top, it says "ALL-INCLUSIVE RANCH EXPERIENCE & GETAWAY" in small white capital letters. Below that, "ADVENTURE AWAITS" is written in large, bold, white serif capital letters. Underneath, in smaller white capital letters, is "HORSEBACK RIDING • OUTDOOR & INDOOR ACTIVITIES • 3 ALL-YOU-CAN-EAT MEALS A DAY". In the center is a white silhouette of a galloping horse. Below the horse, "PINE RIDGE" is written in large, bold, white serif capital letters, and "DUDE RANCH" is written in smaller, bold, white sans-serif capital letters. At the bottom, a list of activities is provided: "HORSEBACK RIDING • PONY RIDES • OUTDOOR POOL • CAMPFIRE TRACTOR RIDES • MINI GOLF • INDOOR POOL • ROCK WALL BOUNCE PILLOW • PETTING ZOO • PADDLE BOATS • FISHING". At the very bottom, the website "pineridgeduderanch.com" and phone number "Reservations: 1-866-600-0859" are listed, followed by "Find us on" and icons for Facebook and Instagram.

The key here is to reward **QUALITY** of movement and effort. If the horse really connects up with you and gives you honest tries and you reward quickly then true learning happens. We see that when we, as humans, are consistent, fair, clear and kind that the horse retains the lesson much better. Be mindful that “drilling on an exercise” too much creates negative feelings in the horse towards “work” and can actually lead to backsliding and resentment. Be creative when time is short and keep the session fun (for you both) and positive. You will be surprised how impactful the use of the “short session” can be in the well-being and maintenance of your horse!

Thanks for reading!

GAIL PEARLES

is pleased to welcome
Internationally Recognized Clinicians
to Western New York in 2020



BUCK BRANNAMAN

September 4 - 6, 2020

Cattaraugus County Fairgrounds
501 Erie Street
Little Valley, New York
50 miles South of Buffalo, New York
Spectators Welcome



JEAN LUC CORNILLE

July 11 & 12, 2020

Kinship With Horses Farm
9324 North Otto Road
Cattaraugus, New York
Spectators Welcome

For further information regarding rider spot availability, spectator reservations, admission fees and additional horsemanship clinics to be held at Gail Pearles — Kinship With Horses Farm visit:

www.kinshipwithhorses.net

Trailer in the Winter

By Karen Lassell, lassell@whiminer.com

As Featured in The William H. Miner Agriculture Research Institute's December 2019 Stable Sheet

I'm the first to admit that driving the horse trailer in the winter is one of my least favorite things to do, but being better prepared does a little bit to ease my mind. We specifically have our small, bumper pull trailer parked in a shed (our "Pony Barn" for those who have been to Miner) and it is always ready and accessible if needed to move a horse once the snow flies, but for me, that's really only for emergencies. I try to schedule planned trips around the weather, but sometimes, you just can't manage that. A few more attention-to-details preparations and you'll be in better shape to arrive safe and sound.

For your truck, be sure you have really good treads on your tires and even consider having a set of tire chains depending upon where you're trying to travel through. How is the battery on the truck? Winter is hard on batteries and you don't want to get stuck needing a jump start. If you have a bumper pull and it isn't very heavy or you'll be hauling the trailer empty at all, you might want to add some weight in the bed of the truck- sand tubes are good because you can always steal one or two for traction if you were to get stuck! A good ice scraper, snow brush and possibly even a broom can help with snow removal on tall trucks or the backs of a dirty trailer if your latches get crusted. Toss in a shovel of some sort while you're at it. Print out directions, phone numbers, itineraries and horse health documents in case your GPS or phone fails you.

As for the trailer, be sure the lights, brakes, and emergency brakes are in good working order. Extra reflective tape on the sides and back of the trailer can help increase visibility. Check the tires' quality and get a good pressure gauge; cold temperatures reduce pressure in the tires. Low tire pressure increases the friction and generates heat which is the number one cause of tire blow-outs on trailers. Whatever windows and vents are on the trailer should be in good working order; managing the temperature and humidity in the trailer is critical to keeping horses healthy and comfortable.

The day I hauled HD Jefferson to his new home on Cape Cod, MA, it was cold (about 20 °F), but he was the only horse in a 5-horse slant load gooseneck. I was happy for the weight balance of the gooseneck in the bed of the truck, but I had a few bags of sand in there

too. Since the ride was going to be almost 7 hours, I set up the trailer for "Tommy" to have a box stall at the front of the trailer by taking out several of the partitions and leaving only the "stud wall" to give him a large, well-bedded space. I closed the roof vents directly over his stall and opened the rear-most two vents facing the back of the trailer to let warm, moist air out. If they were open to the front of the trailer, they'd "scoop" cold air into the trailer and I didn't want to give him a chill. I then cracked open a couple of inches the side windows behind his stall. He has a good winter coat himself so I chose not to blanket him. I packed several towels, a fleece cooler with buckles and leg straps, and a spare sheet if I needed to cool him off or warm him up during the ride. I hung up his haynet, loaded up extra hay, a covered bucket of warm water and hit the road, precious cargo in the stall!

Tommy had some experience in a trailer before, so I was confident he would be OK by himself in the trailer. My first stop to check on him was about 2 hours into the trip. At that time, I found that the trailer was more moist from condensation than I thought it would be and he was a little damp on his chest and girth area. I put the cooler on him and opened a couple more side windows to improve the ventilation. Respiratory diseases from trailering are a big risk and I wanted Tommy to arrive healthy for his new owner. He drank a few gulps of water, ensuring that even if he did sweat and breathe out lots of moisture, he would be at less risk of colic due to dehydration. When I stopped again in another 2 hours for a water break, he was comfortable and dry under the cooler and the air in the trailer was much improved. Tommy arrived fresh and happy at his new home after the final leg of the trip. It is best to avoid direct, cold drafts on the horse, but blanketing can help protect if your trailer's windows aren't negotiable. If you blanket, check the horse often and have spares, both lighter and heavier, if you need to change them out. If you don't have a cooler, stuffing some hay under a sheet can provide a nice air layer to help them dry, but keep them protected from drafts. Frequent stops to check and feel under the blanket are the most important thing for the health of your horse.

Road conditions are the other BIG factor when driving in the winter and should be a huge consideration as to whether or not you set out on a trip or plan for extra day(s). Even if you yourself feel

pretty good about your driving abilities in foul weather, we all know it is the rest of the driving public we need to watch out for! Other than having 4 wheel drive and possible access to tire chains for your truck and braking wheels of your trailer, the main considerations are just enhanced versions of what we already know. SLOW DOWN. 4WD can help you *GO* faster, but it won't help you *STOP* faster. Increase your stopping distance by taking your foot off the gas way in advance of needing to stop and always have a much larger space between you and the vehicle ahead of you than you might on dry roads. Increasing the braking "power" of your trailer brakes is not likely to help especially if those brakes lock up. A skidding tire moves faster than a turning one and if the trailer brakes lock up, it will push the trailer and increase the chances of jack-knifing. Your right foot is going to get tired,

but do not use cruise control in bad weather as you'll lose the "feel" of the road and the ability to let off the gas instantly.

Coming home from delivering Tommy, the roads were fine in MA and NH, but awful for about 60 miles in VT due to a fast moving, high elevation storm. I'd checked the forecast carefully for the whole of my route and knew I might hit some weather, but it was worse than predicted earlier than predicted. Snow covered roads slowed me down and I turned my lights on to improve visibility. Seeing many cars off the road hinted at very slick conditions so I slowed a bit more. Slow and steady with 4WD on and maintaining a very safe stopping distance, I returned to the Champlain Valley in one piece, albeit with a few bonus gray hairs.



Top 5 reasons to be a NYSHC Business Member

- 1) Help US add value to our newsletter by contributing articles that are informative and thought provoking!
- 2) Your business's information will be included in our Business Member Directory online. If your business joins by **March 31st**, the business will be included in our first **NYSHC Business Directory** that will be **mailed** and **emailed** to all members, as well as distributed at NYSHC attended and hosted Equine Events!
- 3) Connect with fellow horse persons from across the state.
- 4) Receive Industry Updates and information on how to share your voice with New York State!
- 5) Make an impact on the Equine Industry in NYS by becoming part of the discussion and help us preserve the future of horses in NYS. (Attend meetings, write articles for the quarterly newsletter, submitting letters for public comment)

Our Mission: "To create a strong unified voice for all interests toward the preservation of a future for horses in New York State."



New York State Horse Council



Our Reach

The New York State Horse Council is a 501(c)(3) organization that represents horsemen and horsewomen of New York State. Closing the 2019 year, the NYSHC had over 600 active members from across New York State (and even a few out of state members). For the 2020 year, the NYSHC will be circulating the newsletter to members by: postal mail, email and website posting. Contact Newsletter Chair with any interest in including advertisements or articles in the NYSHC Newsletter



Newsletter Publications

- ☐ FIRST EDITION: JANUARY, FEBRUARY & MARCH
(PUBLISHED LAST WEEK OF JANUARY)
- ☐ SECOND EDITION: APRIL, MAY & JUNE
(PUBLISHED LAST WEEK OF APRIL)
- ☐ THIRD EDITION: JULY, AUGUST & SEPTEMBER
(PUBLISHED LAST WEEK IN JULY)
- ☐ FOURTH EDITION: OCTOBER, NOVEMBER & DECEMBER
(PUBLISHED LAST WEEK IN OCTOBER)

NEWSLETTER CHAIR

SARAH E.J. COLLIER
SARAH.COLLIER@NYSHC.ORG
585-709-6076

ELN FINANCIAL SERVICES-NYSHC

PO BOX 76
HARPURSVILLE, NY 13787-0076

Advertisement Pricing

- ¼ PAGE ADVERTISEMENT
✂ \$25 PER ISSUE
- ½ PAGE ADVERTISEMENT
✂ \$50 PER ISSUE
- ¾ PAGE ADVERTISEMENT
✂ \$75 PER ISSUE
- 1 PAGE ADVERTISEMENT
✂ \$100 PER ISSUE
- BUSINESS CARD ADVERTISEMENT
✂ \$50 ANNUALLY (OR PRORATED)

Advertisement and Article Submission Deadlines

- ✂ COMPLETE AD SUBSCRIPTION FORM.
- ✂ ARTICLE SUBMISSION DEADLINES
 - FRIDAY, JANUARY 3RD
 - FRIDAY, MARCH 27TH
 - FRIDAY, JULY 3RD
 - FRIDAY, OCTOBER 2ND
- ✂ ADVERTISEMENT DEADLINES:
 - JANUARY 22TH FOR ANNUAL AND SINGLE EDITION AD
 - APRIL 1ST
 - JULY 1ST
 - OCTOBER 1ST

Sarah E.J. Collier
715 Watkins Rd. Apt. A-8
Horseheads, NY
14845