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## July/August NCAHA Newsletter and President's Message

Summer heat continues to embrace North Carolina and has seriously cut down on outdoor equine activities such as attendance at shows and trail riding for many of our members. Others forge on toward East Coast Championships and Canadian Nationals and think fondly of the coming fall and cooler weather. It will be here before we have time to plan for it. I hope to have news from our youth who are just returning from Youth Nationals as well as results from East Coast to publish next month. Photos are welcome as well as news from any other events in the Arabian community.

Headlining our newsletter this month are announcement of our new membership secretary and board member, a timely article from member/trainer Jim Paden on helping your horse safely work and show in the summer heat, our upcoming August 21-22 open show, and preview of a new look and feel for our web site.

### **Announcing a New Membership Secretary and New Board Member**

Donna Reiter, our membership secretary for several terms, has asked to step down early due to a need to spend more time with her family. She will volunteer for us as her time allows. We will certainly miss Donna, will welcome her continuing efforts on behalf of NCAHA, and hope to have her eventually be able to return in some official capacity. I would like to take this opportunity to thank her for her service to NCAHA in many capacities over the past fifteen years. The good news in this move is the appointment by the NCAHA Board of Directors of current board member, Jessica Crutchfield, to the office of membership secretary, effective immediately. Jessica will fill the remainder of Donna's term, ending in December. The Board also has appointed Cathy Heaton to fill the remainder of Jessica Crutchfield's term, ending in December. You can access contact information for Jessica and Cathy through our "contacts" page on the web site. We look forward to having them in their new positions. If you have questions regarding memberships, please contact Jessica at [membership@ncaha.com](mailto:membership@ncaha.com).

### **Hot Weather Precautions for Your Horse**

Many thanks to Jim Paden for providing the following information on how he deals with caring for and training horses during extreme heat; a separate attachment of the article is provided for those of you who may wish to print it out and save it; there is also a link to it on the web site.

### **HOT WEATHER PRECAUTIONS FOR YOUR HORSE**

Hot weather can have devastating consequences for horses. Dehydration, impactions, founder and increased stress levels can all be partly related to the hot weather. Show horses are especially prone to problems with heat and dehydration. We put them in

boxes, haul them hundreds of miles, place an animal that thrives on routine in a totally new environment and then expect them to be at the peak of their abilities. We have been experiencing an unusually hot summer this year. In addition, for many of us, keeping costs down is important while we attempt to keep our horses in optimum condition and good health. While they may not work for every horse or barn, the following methods of preventative maintenance have helped our show horses maintain good health prior to, during, and returning from a competition. Cost is an integral aspect that all of us have to consider when preparing for a competition. If the cost is too great, there is no money left to get to the show. We have attempted to be creative to be creative in our approach while keeping the welfare of the horse paramount and the owner's monetary expense to a minimum.

## HYDRATION

Four days prior to the departure to a show, the horses will get sports drink powder, i.e.; Gatorade, added to their water. We buy the largest container of sports drink powder that we can find, usually something "blue" (Arctic Frost). For some reason our horses have liked the berry flavors better than the citrus flavors. The containers have a scoop in them and each horse will get four scoops in their water bucket every time it is filled. The horses love the flavor, they are ingesting electrolytes, and because it is sweet they will drink in bigger quantities. They are left on the sports drink through the show and for three days after they return. One of the HUGE advantages of the sports drink is the horses will typically drink on the trailer when it is offered during breaks. Because the water tastes like the sports drink, finicky horses continue to drink even if the water itself tastes differently. The same holds true at the show, they all seem to drink much more than they typically drink at home if offered the sweet brew. You can get your horse to appreciate the sports drink by putting some of the powder in your hand and letting him lick your hand. Then put some in their feed bucket and let them lick it in their feed bucket to get used to the flavor. In addition to the sports drink, if the horses are going to be hauled six hours or more, a tube of electrolytes are administered the day prior to hauling in order for the meds to have time to metabolize for better results.

(Note; the use of a sports drink and electrolytes are also very beneficial during periods of extreme cold weather to encourage horses to drink)

Another means to hydrate can be accomplished by wetting their hay prior to the show, during shipping and while at the show. In addition, feeds higher in fat and lower in protein can help to keep a horse hydrated. The higher the protein levels, the higher the amount of fluid is required for digestion in the hind gut. We make it a rule that horses are never fed grain 6 hours prior to shipping to reduce the possibility of compaction.

## COOL DOWNS

A technique I have borrowed from endurance and competitive trail riders is the use of diluted alcohol to help cool horses quickly. I prefer to use the wintergreen alcohol as it has a fresh odor. Dilute 1/3 of a small bottle of alcohol into 3 or 4 gallons of water. Wipe this solution over the horse with a sponge. The alcohol will quickly cool the skin. It will also evaporate and dry quickly. After sponging, we towel the horse while they are being cooled by a fan. We like to use the low canister fans pointed upward. This direction of air circulation helps to cool the underside of the horse and moves air between the hind legs. The added benefit of the alcohol rinse is the ability to keep the hooves drier than if bathing or rinsing in the normal fashion. Nail holes expand with water absorption and contract when dry. This can cause splitting at site

of the nail hole which increases the risk of losing a shoe. The alcohol sponging minimizes the amount of moisture on the hooves, and will dry quickly which doesn't allow time for the water to penetrate the hoof wall. This is a great technique to use at a show when the weather is hot just prior to a horse entering the ring when they have just broken a sweat. A quick wipe-down will cool, clean and refresh your horse for the ring.

Caution: The alcohol and water mixture is not recommended for use on their heads! You don't want to run the risk of getting it in their eyes.

## SUMMARY

Hydration and cooling a horse effectively can certainly make your horse healthier and a better competitor. The methods discussed here are cost-effective means that you can accomplish yourself. But, if your horse appears to be sick, stops drinking or appears to be unduly stressed, ALWAYS contact your Vet. The best method of minimizing problems is resolving them early. Hot, humid weather requires a vigilant eye in regard to adverse changes in your horse's health.

\* Information above provided compliments of Jim Paden of Cedarwood Arabians at Grayland Farms in Durham, trainer and NCAHA Board member. Please contact Jim if you have comments or questions.

## News from our Trail Ride Committee

The first NCAHA trail ride and social for this year which was to have been held on Sunday, July 18<sup>th</sup>, at Cedar Rock Park near Burlington, NC, was first postponed due to flooding in the park and then delayed until fall because of the extreme heat on July 25<sup>th</sup>. As soon as a new date is set, the Trails Ride Committee will post it on the web page. For additional information or to make comments contact Jess Crutchfield ([jecrutchfield@gmail.com](mailto:jecrutchfield@gmail.com)) or Jackie Stott ([jaycyrewin@yahoo.com](mailto:jaycyrewin@yahoo.com)).

## Youth Charity Benefit Open Horse Show

The 2010 NCAHA Youth Open Horse Show was held on Saturday, July 17<sup>th</sup> at Sharon Oaks Stables in Hillsborough with Mike Yoder as the judge. Unfortunately the weather intervened and a severe thunderstorm turned the arena into a pond! Classes will resume this Saturday, July 31, at 10 AM with Class 11 and the remainder of the class list will be run with Mike Yoder judging. The revised class list is posted on NCAHA.com. Proceeds from this event will be donated to a charity or non-profit organization and sponsors for classes are still needed.

## NCAHA Year-End High Point Nominations and Awards

There have been changes made to this year's high point awards forms and to the committee. Nomination [forms](#) and new [rules](#) are now posted on the web site. *Please save these documents so that you can use them to submit your entries.* Separate forms must be submitted for each horse and for "rated" and "open" shows. Be reminded that the deadline for submissions will be December 1<sup>st</sup> (postmarked) and that *entries will not be accepted by e-mail for 2010.* Please note that point forms should now be mailed to Jessica Crutchfield at the address on the updated forms. You can e-mail Jessica with any questions at [membership@ncaha.com](mailto:membership@ncaha.com).

## August 21-22 Open Show

NCAHA's 2-day open show, the NCAHA SUMMER EXTRAVAGANZA, is coming - **Saturday and Sunday, August 21 and 22<sup>nd</sup> at the Hunt Arena in Raleigh.** The [class list](#) will be the same each day, but with different judges; Lori Stroud will judge Saturday and Roger Moore, Sunday. Class entry fees are \$7; stalls are available Friday 8/20 at noon for a nominal cost of \$45 for the day or weekend. Reserved stalls are NOT

required. You can show out of your trailer for a nominal fee of \$10 fee. Don't miss this is a great opportunity to get in practice in the main arena and to support our club. If you can't show, we can use your help in the office, the barn area, with the gate or ribbons or in the paddock. Come out and help us make the show a winner!

Contact Ellen Deal to choose your class to sponsor ( [edeal@mebtel.net](mailto:edeal@mebtel.net) ) and help NCAHA promote our young exhibitors and attract people to our breed. Our host hotel is **Best Western Cary Inn & Suites (919) 481-1200, located** only 3 miles from the horse complex with free breakfast, gym, pool, and internet.

The [class list](#) for the Summer Extravaganza is also posted on the web page. You will find contact and stall information on the second page.

### **New Look for NCAHA's Web Site**

NCAHA members Fred Heaton and Fred Godsmark have been hard at work revamping our web site. Many aspects have already changed and expanded. The brand new look will soon be up for all of you to enjoy and use. Thanks to the Freds and to Rory Meacham and Jim Paden for their efforts to make the web page a user-friendly place to visit. We invite you to take a look soon. Additional changes are on the way.

I am pleased to announce that the NCAHA web site now accepts advertising – from FREE plain text classified ads to long-term business cards, farm ads and video/photo ads. “Want” ads will also be accepted under the classified ad category. Please take a look at our advertising policy now posted. **Many ads, including photo/text ads, will be FREE to NCAHA members!** I hope that you will take advantage of this new service.

I encourage all member-owned farms to send us your information for the “FARM” page listings. It is our goal to have every member's farm listed by the end of the year. If you wish to send links to other organizations or web sites that offer information useful to our members, please send them to me at either [president@ncaha.com](mailto:president@ncaha.com) or [newsletter@ncaha.com](mailto:newsletter@ncaha.com).

We are seeking good photos of our Arabians at work and play – shows, trail rides, at pasture, down on the farm, etc. for our cycling photos on the web home page. If you have good shots of you and your horses that you'd be willing to share, please send them to Fred Heaton at [heaton@rambus.com](mailto:heaton@rambus.com) with your permission for NCAHA to use them.

All members are invited to attend NCAHA Board meetings. They are held the 3<sup>rd</sup> Monday of each month at Nantucket Café at the intersection of I-40 and Highway 54 in Chapel Hill. If you have an issue you'd like placed on the agenda, please let me know not later than the 2<sup>nd</sup> Monday of each month.

I'd like to invite any of our members—exhibitors, trainers, breeders, trail or endurance riders and everything in-between, to submit material for the monthly newsletter. Please send items you think will be of interest to me at [newsletter@ncaha.com](mailto:newsletter@ncaha.com).

Until next month, enjoy the remainder of your summer and keep the news coming.

Sincerely,

Myra Daniel  
NCAHA President