

Letter from the President



April 2013, Issue 2

Northern Colorado Back Country Horsemen

April Showers?

After years of dry spring weather, the snow is a welcome change for us in Northern Colorado. The Colorado motto is, “Nothing Without Providence.” If you have lived here for any length of time, you probably have heard a different phrase more than once during a conversation about the weather, especially if we’ve had the slightest bit of rain or snow, “we can use the moisture.” It’s true, time and time again. We can always use the moisture. I don’t know a Coloradoan who complains about the rain or snow even if it does complicate our plans to be outside, work in the garden or enjoy a day on the trail. We all know that there will be plenty of dry, hot days to ride this summer. So bring on the spring snow!

NCBCH has a Board of Directors, a dedicated group of members, who are working to keep the ship afloat and on course. We can direct the course, but we can’t do all the work. Since this is a volunteer group, we can’t force anyone to jump in and do the work, especially if you’re not familiar with the operation. By coming to meetings and joining in you will find your niche and become acquainted with other members, learn how we do things and for what purpose. You may have ideas of your own that we adopt because nobody thought of it before. So volunteers, I’m asking that you all volunteer time to some projects and fun activities. Bring your ideas and let’s keep the ship on course as a team.

For 2013 we are planning a few activities and hopefully one or two will be of interest to our members. We’re going to the parade. We signed up to ride in the Berthoud Day parade on June 1st. This is a great way to promote NCBCH. It’s not the biggest parade but it’s one of the first of the summer and it draws a good crowd, many rural folks who enjoy riding. We’ll need members to ride, members as out-walkers, a truck displaying our banner, etc. I’ll get more details to you very soon. We’re planning a trail challenge day in July with activities that simulate actual trail riding challenges that you will encounter on your ride. If you have ideas, please contact me by e-mail. One other new activity for 2013 is an NCBCH camp-out in August. This will be geared toward teaching the new campers or those who want to learn more about camping with horses the basics so you have the information and experience to take that step and head to the back country and spend a night or two in the wilderness. We’ll show you how we do it and what gear we use for a successful horse camping trip. If you have done back country camping, this is a great chance for you to mentor members on this activity. More information to follow soon.

We’ll also have trail rides and trail maintenance weekends at Jack’s Gulch and Colorado State Forest so look for those on the calendar. We always need help with these projects and it’s a good time to get together with other members and socialize.

I’m looking forward to a great summer of riding and activities with NCBCH. We have many things planned and I hope some of them fit your schedule and your needs. We’ll have fun after Mother Nature stops the snow and the flowers bloom. But remember, we can use the moisture.

Thanks and Happy Trails,

Al Ohms, President, Northern Colorado Back Country Horsemen

Hi everyone!

I was just out tinkering in my horse trailer, getting excited about the "just around the corner" spring time horse rides! While I was looking through things, I noticed that my emergency information book needed to be updated. So...I thought I'd remind all you guys so that when we are out and about, if any information is ever needed, it will be correct. So, any new insurance carriers (truck/trailer and health), new horse info, new truck or trailer info, updated Coggins if you get them with your spring shots. Anything that would be helpful in an emergency situation. Vickie put a lot of time and energy into getting those books together for us, we should put them to good use!

Go to our website to get the necessary forms that you can update:

<http://ncbch.org/Forms.html>



Camping is just around the corner

Upcoming Events for 2013

Monthly meeting, May 1, 2013, 6:30 pm. Pot luck at The Ranch
Bo Chapin
Liability laws, etc. for horsemen

Tentative - Kremling Trail Ride
Kremling, Colorado
Sometime (Fri-Mon) in May
Contact Gerry for more information:
gerrycole@skybeam.com

Packing for the Real World
Shawnee, Colorado
May 20, 2013 8:00 am thru May 24, 2013 5 pm
Contact: Glen Ryan, Lead Pack
303-838-8675

June 1, 2013
Chuck Peterson's packing clinic,
Details to follow

June 1, 2013
Berthoud Parade, need volunteers to ride, walk along side and truck for banner. More details to follow.

Monthly meeting, June 12, 2013,
6:30 pm. Pot Luck at The Ranch
Drs. Kathy and Jim Latham, DVM,
Equine Dentistry

June 22 -23, 2013
Little Beaver and Fish Creek Trail
maintenance weekend.
Details to follow, reserve the date.

Fourth of July weekend, Red Feather
Lakes. Limit of 14 horses.
Contact Cynthia Rizzo,
srazefes@skybeam.com

July 16, 2013
Quarterly board meeting 6:30 at the
Ranch

July and August there will be no
meetings. Next meeting will be
September 4, 2013

July 13-14, 2013
Jack's Gulch Camp out and trail
maintenance -(if needed)
Details to follow

July 20, 2013 ride at Brown's Lake
with Al and JoAnne
Details to follow

August 10, 2013
Gymkhana at the Farasyn's
Details to follow

“Tying Up” in Horses

Since the age of horse drawn plows, tying up or Monday Morning Sickness in horses has been described. Recent research and genetic studies from Dr. Stephanie Valberg, professor and director of the University of Minnesota Equine Center, and others, have defined specific muscle disorders in horses including exertional rhabdomyolysis, the technical name for tying up. Horses with this complex of problems acutely develop a short, stiff, stride, anxiety, pain as demonstrated by sweating and trembling, and eventually inability to move. Dark urine, azoturia, may develop as muscle pigment is broken down and excreted in urine. Chronic signs include reluctance to move, bad attitude to work, lack of energy, and stretching as though to urinate—mild signs of colic.

Classic tying up occurs in horses fed grains, worked consistently, but then rested—commonly on Sundays, historically, then worked on Mondays. **Type 1 PSSM** or polysaccharide storage myopathy, is this classic muscle disease occurring in Belgians, Percherons, Irish Drafts, Cob, Connemara, 6-10% of Quarter Horses, Paints, and Appaloosas, and 18% of warm bloods, but not Hanoverians. Interestingly, it occurs in 28% of halter Quarter horses, and rarely in racing stock, and is almost nonexistent in Arabians, Standardbreds and Thoroughbreds. Diagnosis is by clinical signs, high elevations of muscle CK enzymes in the serum after an episode, and now genetic testing performed on whole blood or hair root samples at UMN.

Type 2 PSSM occurs more commonly in high performance Quarter Horses—cutters, reiners, barrel horses, and less commonly in pleasure and halter horses. Other warm bloods, Standardbreds, and Thoroughbreds may be affected, and Arabians have a slightly different presentation. Muscles may atrophy after attacks and even foals may show a stiff gait or difficulty standing. Horses may not perform well, be reluctant to perform after 5 or 10 minutes of exercise, and may be reluctant to collect, canter, or jump. Warm bloods seem to be older at the onset of signs—8 years or more. Diagnosis is by muscle biopsy. A heritable predisposition is suspected but not proven.

Recurrent Exertional Rhabdomyolysis (RER) occurs in about 5% of Thoroughbreds and Standardbreds with abnormal muscle contractions and is associated with excitement most commonly in fillies with a nervous temperament, usually when these race horses are held back from maximal exercise.

Managing horses with tying up from PSSM is twofold—diet and exercise.

Horses should not be stalled, but should have free access to moving in fairly large areas. Exercise daily.

All feed needs to be low carbohydrate: hay should have a very low NSC (nonstructural carbohydrate) ideally below 12%. (Test annual hay supply at Equi-analytical Lab.) Concentrates should be low starch and at least 20% of energy calories should be provided by fat. This will reduce excitability, insulin, glucose, and cortisol concentrations.

Episodes of tying up should be treated by a veterinarian as they can be serious and may require IV fluids as well as pain control. Horses should be rested for 2 days or less, then turned out in progressively larger areas for 2 weeks, while converting to a low carb, high fat diet. Muzzles can be used if lush pasture is the turnout area. Horses may be tranquilized if needed to avoid excessive exercise immediately after an episode.

Then begin relaxed, gradually increased **daily ground work exercise**, starting at just 4 minutes a day working up to 30 minutes after 3 weeks. Canter under saddle can then be reintroduced. 70% of affected horses can return to work with diet and exercise management, but they remain at risk.

Northern Colorado Back Country Horsemen Represented at the Boulder Horse Fair

NCBCH was represented at the first annual Boulder County Horsemen's Association Horse Fair on Sunday, April 21, 2013, from noon to 6 PM. Al Ohms, JoAnne Wortman, and Patti Jensen worked the booth shared with Front Range Backcountry Horsemen, staffed by Kitty Blandt. The Fair was held at Boulder County Fairgrounds in one of the indoor exhibition buildings.



Thirty one vendors displayed their products and services, which included artwork, boarding stables and dude ranches, horse-related products and services, and non-profit service organizations. The Easy Rider Horse Show, as well as three scheduled seminars, served to draw attendance from the local community. The seminars covered horse buying, hay selection and supplementation, and emergency planning and evacuation.



NCBCH's display included a slide show of our work and events, handouts, signage, and a saddle with saddlebags, canteen, and canteen. We projected our slide show on the wall, which gained lots of attention and comments. Our handouts included old copies of Backcountry Horsemen of America newsletters.

If you have old copies of the national newsletter, please bring them to the next meeting. We will save them to distribute at the next event. It doesn't matter how old they are. What matters is that the public can see what kind of work we do both nationally and on the local level. For events such as fairs, expos, parades, and trail work, the club should seriously consider purchasing a banner to further promote our chapter.



NCBCH's presence alone served to gain important exposure for our chapter. As an added bonus, five new members were recruited, and four others requested additional information. For a small, local event, this turned out to be quite successful.

submitted by JoAnne Wortman



*****REMINDER*****

CHECK OUT WWW.NCBCH.ORG OUR AWESOME WEBSITE

Make sure to look at it now and then to see what is going on. The calendar is filling up fast and this is a great place to see what rides/weekends are planned.

If you want to post anything to the calendar or in any of the other sections, contact Marion Dahlgren, Kathy Wester or Cynthia Rizzo. We also have a place for ads if you are selling something or have a service you wish to advertize. The cost is \$50.00 per year.

Make your friends aware of it. You can add pictures of your adventures, just let Marion, Kathy or Cynthia know and email them.



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