



Paddock Paper

Northern New Mexico Horsemen's Association Newsletter

December 2020

New Mission Statement, Revised Bylaws – Thanks for Member Feedback

Last month, Board members sent an email to all members, asking for comments about a new mission statement that reflects our new nonprofit charity status. Thanks to several who sent comments, and the Board reviewed everyone's feedback. As approved by the Board, our new mission statement is: **NNMHA encourages and educates our members and the broader New Mexico community with regard to equine wellness and equestrian activities.**

Relatedly, our vision statement explains how we will support the mission statement: **NNMHA will use its resources to promote equine well-being and support equestrian activities in Northern New Mexico.**

New Bylaws

Member feedback received so far was also reviewed when revising bylaws. Our new bylaws will be posted on the Club website, and an email will advise members when the bylaws are on the site. We were hoping to have bylaws completed by now, but we are still waiting for a final review by our attorney. Getting that review has taken longer than expected.

Additional next steps include seeking CPA guidance on key matters as they relate to our new nonprofit charity status, collecting nominations for the Board and scheduling an electronic election of officers next month. With a new Board in place, members will then be asked for feedback regarding which issues or opportunities the Club should

support. These, of course, will be in line with our new mission and vision statements. That's kinda like saying, "Let's put our buck where we get the biggest bang."

Board Size to Expand

As a new nonprofit charity, our Club could benefit from input of a larger Board, so Board members voted to expand the size of the Board from the current five to seven members. A recruitment committee will help identify and collect nominations for the Board elections. The current five Board members plan to continue as candidates, so there will be two additional positions to fill.

Any member in good standing is encouraged to contact a current Board member for more information. Please feel free to ask questions about the duties and responsibilities of Board membership! Serving is a great way to support the Club, and you will play an important role in deciding our future. Simply let a Board member know you are interested by Wednesday, Dec. 23. Their contact information is elsewhere in this newsletter.

Election Update

As you read in earlier newsletters, Board member elections will be held in January. Yes, by electronic voting via email. An email ballot will be sent to all members with candidate names and information. Replies will also be by email, due Friday, Jan. 22. A heads up for now...details to come!



Be safe during the holidays. May 2021 bring happy, healthy times to you and yours.

No 2021 Dues for Current Members

Board members voted to apply 2020 member dues to the calendar year, 2021. Because of the pandemic there were no sponsored events or activities. Further, most of the Club's focus was on internal events, specifically the property sale. So, it was decided there will be no 2021 dues due (how's that for wording) for members who paid dues for 2020.

That's a little good news this holiday season. In the meantime, we all look forward to doin' stuff together next year.

Member News – We Need Yours!

Co-editor's Note: As we go into the new year with hopes for better times, let us know what you and your critters are doing these days. What are you looking forward to – a clinic, more trail rides, cleaning your barn? Just send a few words and a photo or two to Karen or Sandra. It's that easy! Email addresses are elsewhere in this newsletter.

PPID, EMS – Metabolic Conditions Under Study

“Cushing's disease”, or more correctly, Pars Pituitary Intermedia Dysfunction (PPID), is a metabolic condition that affects middle-aged and older horses. In PPID, the pituitary gland in the brain produces an excessive amount of the hormone ACTH which stimulates the production of large amounts of cortisol, the stress hormone. Cortisol has many negative effects in the body, including suppression of the immune system and insulin resistance. There is currently no cure for PPID in horses; instead, it must be managed.

Signs of PPID include weight loss, loss of muscle (especially along the topline), a long hair coat that does not shed out in the summer, laminitis and chronic infections that seem to recur or linger, such as hoof abscesses. Generalized obesity is not a typical sign of PPID; however, horses may have fat deposits in certain areas, such as over the tail head, neck and shoulder.

In some cases, a veterinarian can diagnose PPID based on the clinical signs alone. In other horses, the combination of clinical signs plus a blood test that measures the

ACTH level in the body is needed for diagnosis. A veterinarian may choose to measure insulin and glucose, because these markers tend to be elevated in horses with PPID, and some horses may suffer from another condition known as Equine Metabolic Syndrome (EMS). In instances where the ACTH test result is inconclusive, or in the early stages of PPID, a veterinarian may need to perform a thyrotropin-releasing hormone stimulation test.

ACTH levels vary throughout the year in all horses, which can complicate the interpretation of blood tests for PPID. Most normal horses show an increase in ACTH in the fall; however, the magnitude of this increase is much higher in horses with PPID compared to normal horses. Therefore, a veterinarian may choose to test for PPID in the fall.

The main treatment for a horse with PPID is daily administration of a medication known as pergolide. In the U.S., there is currently one FDA-approved product. When given appropriately, an initial response can be seen in as little as 30 days, and long-term improvements will be seen over the period of one to 12 months. Your veterinarian will recommend to periodically measure your horse's ACTH to adjust the dose, as needed. There are other management considerations for horses with PPID, including dentistry, body condition, body weight, nutrition and parasite control.

Thanks to a recent University of Minnesota Extension horse e-newsletter for this article, authored by Emily Barrell, DVM, UMN.

Co-editor's Note: Research continues in metabolic disorders such as PPID and EMS. That's important, because when a horse used to develop laminitis, for example, the condition was often thought to be caused by "road founder" or obesity, rather than a metabolic disorder.

Do You Know...

You will find quite a few helpful videos posted on www.youtube.com that demonstrate how to check your horse's vital signs. As one example, Texas A&M University provides a short video posted earlier this year entitled "Texas A&M Summer Horsemanship School. Taking a Horse's Vital Signs."

Another helpful resource is www.thalequine.com, provided by area veterinarian Dr. Douglas Thal, DVM, DABVP. Under the header "More," click on "The Whole Horse Exam™" - it includes a form for recording data regarding your horse's overall health. It takes into consideration vital signs, as well as other facets of a well-rounded exam.

You can also go to www.horseshidevetguide.com for similar horse health information also provided by Dr. Thal.

Tips here appeared in a recent e-newsletter provided by the University of Minnesota Extension staff. Maybe print and keep a copy of it in your barn for easy reference.

All good reminders!

Checking your horse's vitals

- Check **respiratory rate** first. If greater than 30 breaths per minute, contact your veterinarian.
- Check **mucous membranes**.
- Check **heart rate**. If greater than 52 beats per minute, contact your veterinarian.
- Check **gut sounds**.
- Check **temperature**. If greater than 102 °F, contact your veterinarian.
- Check **hydration**. Look for moist mucous membranes and a normal skin tent.



Top 10 Things That Spook Horses

Even the most confident horses spook! As flight animals, your horse is always ready to react and get to safety. That means jumping, rearing, bolting and bucking away from whatever is causing the fear.

Bet you have some experience with these 10 situations that often frighten horses...

1. **Plastic Bags:** The dreaded plastic bag blowing in the wind. It's sure to catch your horse's attention, especially if it appears out of nowhere. Even worse, a group of Girl Scouts waving big black plastic bags, as they collected autumn leaves along the trail (true story).

2. **Barking Dogs:** They're loud and unpredictable. Especially if they are loose, with an owner sauntering behind, quietly cooing "Come here, Spot, come here..." Been there?
3. **Spray Bottles:** Unknown substances come spraying out to attack! But, spray bottles with water can work to teach horses to keep their distance.
4. **Tarps:** Some horses will walk over them and even wear them. Some won't. You never know until you try. Ever had a trainer get your horse to wear a tarp, but darn if you can?
5. **Puddles of Water:** How deep is it? Your horse can't see the bottom, so it definitely can't be trusted. You have to keep some horses from stepping (or even jumping) into water, while others will not get a hoof wet.
6. **Running Children:** They must be running and screaming for a reason. Your horse is likely to pick up on their over-the-top energy and think it's worth panicking over. Ever had youngsters fall off their bikes right in front of you? That's fun, too.
7. **Deer:** Even if your horse has seen them too many times to count, a deer can cause a big reaction from your horse, whether they are running away or at you. Makes no difference to your horse...or the deer. It can still be an exciting moment of riding.
8. **Water Hose:** Is it a snake? Why is it moving? Horses don't like when things slither near their legs, and that's exactly what happens when you drag a hose past them. Yet, some love drinking out of a hose. Does yours?
9. **The Wind:** It comes from every direction and makes objects move that shouldn't. Windy days are spooky days! Oh, we could all tell our wind stories.
10. **Umbrella:** Try opening and closing one around your horse... it's not pretty. Fortunately, umbrellas are not often-used here.

Adapted from an article written by Emily Fought, www.cowgirlmagazine.com.

Co-editor's Note: Do you have an equine that is terrified by an approaching hiker, but saunters past rumbling construction equipment? Go figure. No doubt, you have something you'd like to add to the list, so send to Karen or Sandra. Everyone loves member stories!

Classifieds

Do you have something equine-related to sell or services to provide? Short classified ads may be placed by any member in good standing. Please send an email with exact wording for your ad to: Sandra, smithcom@goldengate.net, or Karen, redmule@kdt.net.

STUART H. GARBER, DC, PhD, AVCA

Animal chiropractor with 39 years of experience. Certified in animal chiropractic by the American Veterinary Chiropractic Association. Equines and canines, but also happy to treat any critter with a spine. By appointment: 505 913-7493.

TERRY BERG

Trainer offers lessons, training, show coaching. Specialty: ranch riding, reining and ranch trail. Contact: sfclores@sprynet.com, 505 473-4147.

LYNN CLIFFORD

The Ride of Your Life Horsemanship instruction and The Inner Equestrian Life coaching/counseling, Santa Fe. By arrangement: www.lynnclifford.com, 505 231-5353.

THE TRINITY RANCH

Santa Fe's premier horse facility. Boarding, training, lessons, indoor arena, 150x300 jump course, 20x60 dressage court. Absolutely beautiful facility, exceptional staff, positive atmosphere. More info: www.santafehorse.com.

NORTHSIDE BOARDING

Ride out on miles of trails, five minutes from NM599/La Tierra Rd. Reasonable rates, relaxed atmosphere. Prices from \$300-\$375 for pens 12x60 and larger. Arena, round pen, three tack rooms, wash rack, trailer parking. Horses fed grass mix or alfalfa twice daily. Boarders provide extras, we feed. Owner lives on premises. Contact: Carolyn, Centaurus Ranch, 505 474-0821.

BOARD YOUR HORSE

At the "Happy Horse" place, RANCHO MARIPOSA. Horses fed quality hay three times a day, grain twice a day. Turned out regularly in large pasture and ring, blanketing. Every stall and shed has a paddock and shavings. Indoor arena, sand riding area, dressage ring, round pen, trails available. Caretakers live on site. Lessons and training available. Manager has 40 years professional horse experience and cares for your horse the same way she does her own. Please come and visit us! We're located on "Ranch Road" off of 285, just SE of Eldorado. Call Barbara at 505 466-1005.

Board and Committees

2020 Officers of the Board

President	David Marks	david.marks.sf@gmail.com	505 466-0306
VP	Howard Gershom	howard@reach-newheights.com	505 690-8433
Treasurer	Helen Newton	sfcolores@sprynet.com	505 470-1396
Secretary	Joyce Davis	carlotta_burra101@icloud.com	505 490-5390
At-large	John Pearson	johnz.pearson@comcast.net	650 863-2491

Committees

Ridge Riders	Open		
Programs/speakers	Joyce Davis	carlotta_burra101@icloud.com	505 490-5390
Facebook Manager	Open		
Website Manager	Betsy Walker	betwalk@cybermesa.com	505 466-1643
Newsletter/ membership	Karen Denison	redmule@kdt.net	505 469-2698
	Sandra Smith	smithcom@goldengate.net	505 983-0144

Website <http://www.NNMHA.net>

You are welcome to contact any board member with questions or comments about Club plans or activities. Board meetings are held each month. Due to the pandemic, meetings are online. Members are invited to participate in board meetings. Please contact a Board member for more information.



***The most important things
in the world are family and love.***

John Wooden