

JANUARY NEWS

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PRESIDENT'S MESSAGE FROM SUSAN KNOX

My, how time flies when you're having fun! I can hardly believe I have survived my first year as President of OPRC Piedmont – and believe me, it has been a wonderful year. I continue to find incredible joy and satisfaction watching new members and old members both grow and become better and better horsemen and women. I can think of more than one person who came to their rating with **quivering hands, horse all a'jitter, and mammoth butterflies flying in their stomach.** These same members are the ones who were winning ribbons at the Rally! Who knew?? Well, your **instructors kinda knew!** It's those who put a lot of effort into their progression and attended the lessons we have to offer with an open mind and willing attitude. Wow. You guys really **have rocked this year!** I'm so proud of you!

Many of us have WISHED we could have been in more lessons but I know that life gets in the way sometimes. We spend so much time wishing, planning and dreaming. If only we could just ACT instead of thinking! Much more would get accomplished! I was visiting in the barn aisle with a friend just this morning and she told me a little

about her crazy life. Two little children to care for, looking for a job, trying to carve out time to do some writing yet alone some **riding.** She said **"Sue, it's kind of like that Nike commercial. Sometimes you gotta JUST DO IT."** How true. **Amadeus is sitting in his stall looking at me (really not missing the saddle at all) but I have to JUST DO IT.** This newsletter has been waiting for me to get back to it while I have searched and fretted about having the right words to say to all of you. Just do it Sue, Just do it.

This coming year is going to be based on the successes of the years prior. We will continue to offer you a variety of riding opportunities with instructors who genuinely care and are truly capable teachers. We will continue to offer you the **opportunity to grow. It's up to you to take advantage of it. You don't learn to ride by reading, thinking and pondering. You need to sit your fanny in a saddle and get yourself a little work out while the saddle pad gets a little sweaty too.**

Just DO IT!

Sue



Winter Feeding and How To Avoid Colic

Betsy Burnett

Winter is tough, but tougher on us than our horses. Summer is **the reverse, so don't think your horses are dying** of the cold and wet when they are probably quite happy as long as they have shelter, hay, food, and love. There are a variety of management techniques out there and all the horses seem to survive. Many of these are designed to part you from your money. Personally, it soothes my peace of mind to rug up most of my horses in the winter. **If Mama's happy, everyone's happy. It's a personal choice.** If you do decide to blanket, please make sure you check **them every day without fail.** It's essential that you adjust the rugs and groom the horses at least every other day. Will they die without a rug --- not my bunch!

The main thing you must be diligent about is the amount of water they are drinking. A cold **stream with ice afloatin'** does not qualify. Their water must be tepid assuring that they will drink plenty of it. None of us drinks enough water, especially in winter!

If you think of horses in the wild, you will realize that they are constantly grazing and moving. In bad weather, they retreat behind hills and into trees. They are always near a water source. If you apply these principals, you are on the right track. Unfortunately, most horse owners do not have the luxury of thousands of acres on which their horses can roam. Nutritionally the grass in Virginia is next to nothing in the winter but it does provide forage moving through the gut. As

horses digest their food mainly in the hind gut, a stoppage in movement of food can lead to fermentation in **the "middle" and the result is impaction and panic.** Now, I want to make it VERY clear that colic can occur anywhere, **anytime, and it's not necessarily anything you've done.** It can be a change in the weather, feed, exercise, age, or just plain orneriness. It happens. But the culprit is usually lack of water -- which keeps things moving.

Everyone has heard the saying, **"feed less and more often". It's true that three of four small feedings per day are better than one large one. That's fine if you live in the barn and don't have a job.** Two feedings is what most people do and that's fine. Try not to feed too much sugar as it aids the fermentation process and many horses are **"allergic" to it. Personally, I don't feed sweet feed. I don't like it for the above reason and I question the quality of most.** Horses got along just **fine on oats for years.** "It

makes them hot". Well, doesn't that depend on how much you feed? Add bran, please, to all your feed as that moves things along. Add hay cubes, alfalfa pellets, whatever, but try to stay away from sugar.

On extra cold days or in periods of drastic temperature **change, there's nothing like a nice hot bran mash with apples and oats** thrown in. YUMMMM.

By far the most important feed you can supply is hay. A nice smelling mixed hay, say clover, orchard grass and timothy, is essential. Hay **MUST** be available at all times **and it doesn't matter the mix as long as it's clean.** It's the availability and cleanliness **that counts. Isn't that consistent with the way horses are designed to eat?** Feeding hay on the ground is the most **natural; it's also the most wasteful.** Invest in a nice hay **ring, preferably one that's covered, and you will save buckets of money in a couple of years.**

" The main thing you must be diligent about is the amount of water they are drinking. "



WINTER FEEDING CONT...

Supplements: Another way to part you from your money? In some cases, yes. In others, no. A horse in the wild will look around and lick the ground gathering what his **system cries for. They don't all lick at the same stop unless it's salt. Therefore,** why would you give equal amounts of vitamins and minerals to all horses? Now is when it gets tricky. Our soil may not contain all the elements animals need so these elements are not in the feed and hay that are locally grown. A soil sample from the farm on which your hay is made is impractical and you have no idea where the feed comes from. I suggest that you free feed River minerals available from Joyce Harman. **I'm sure there are others out there.** My point is that each horse eats what he wants – some a great deal, others nothing. It goes without saying that a nice white salt block should always be out there. **I've also used the Hi-**

malayan salt block but frankly, plain salt and free minerals is all you need. So much is dependent on the individual, his age, his temperament, and the amount of **exercise he's getting. For instance, if you are hunting hard three days a week, it's a totally different ballgame.**

Exercise: Ice and frozen ground really are not safe, but your horse needs to move as do you! You can take him to **the "gym" i.e. an indoor, and he will thank you for breaking his boredom.** Sometimes you have to be creative: ride in the snow, lunge in a field, walk down the drive – whatever. If you stable your horse at night, you might want to reconsider. Rug him up and turn him out as long as he has shelter, hay and water. If he has a bit of age on him, trust me, the horse and your vet will thank you. All my life, the horses were in at night. My vet said to let the older

ones out. I thought, "Oh no, I can't do that!!" Why not? No stalls to muck! You may already know that people of "un**certain age**" stiffen up when not in motion! Freezing rain is the only reason not to turn out.

All this is general information and some may even question this. The essentials are: plenty of tepid water, good quality hay always available, a sensible feed program, shelter, and exercise. Keep the **"wild horse" in mind and apply the same principles to your horse as to yourself.**

I am not addressing home remedies for colic until the vet arrives nor am I addressing the concerns/needs of the older horse. Those are separate issues.

"By far, the most important feed you can supply is hay"

OPRC MEMBERSHIP 2012 NOW DUE

2012 Dues \$60 for Individual Membership
 \$100 for Family Membership (2 persons)
 \$30 for Social/non riding Membership

\$5 late fee applies for dues received after February 15, 2012

Your membership will include subsidized lessons in lieu of vouchers —meaning the club will be assisting with the cost of lessons to keep the cost to you as low as possible —and more importantly— F.U.N. !!!

FORMS ARE FOUND AT THE NATIONAL WEBSITE— www.oldpeoplesridingclub.org

Please Print and Complete:

1. OPRC Membership Form
2. OPRC Activity and Rally Release Form (pg 1)
OPRC Equine Release and Warranty for Horse Owners (pg 2)
OPRC Equine Release—Other (for riders of leased horses) (pg 3)
3. OPRC Medical Information & Release form
4. Print the armband form and insert into your own armband

Mail with your Check payable to OPRC Piedmont

Betsy Burnett, Membership Coordinator
11205 Aberdeen Lane
Jeffersonton, Virginia 22724

**** Checks and Forms must be received BEFORE participating in any mounted OPRC activity. NEW MEMBERSHIPS require 10 business days to process. After insurance is active, new members may participate in their Rating. Only after both of these steps are complete, is member eligible to participate in Mounted events.*

DRESSAGE LESSON WITH DANIELLE

Sunday January 8 at the Woodruff Riding School Indoor Arena. Don't let the snowflakes dampen your spirit! Class will not start before 10:00 AM
Open to existing members with completed 2012 membership & payment.
We will be accepting enrollment forms and payment prior to the lesson.

\$30 Flat Lesson or Advanced Musical. Contact Sue Knox to enroll

I will be accepting applications and checks Sunday AM and will package them and give to Betsy Burnett - our Membership coordinator.

Be advised: No completed application + check + Rrally rlease + medical release & armband= NO RIDE!!! If you submitted your application to Betsy prior to 1/1/2012 I can confirm with her, but I would suggest bringing it along Sunday the 8th. See details on membership contained in this newsletter, and please, **Just DO IT.**



2012 ANNUAL GENERAL MEETING

SUNDAY JANUARY 15, 2012
JEFFERSONTON COMMUNITY CENTER
12:30 PM

Lunch provided by the Board of Directors

Annual Tack Swap & Sale

Election of Officers

2011 OPRC PIEDMONT RALLY RESULTS

PLEASURE CLASS - WALK TROT			USDF 2011 INTRODUCTORY LEVEL - TEST A		
Place	Rider	Horse			
1	Karen Randall	Murphy	1	Karen Keith	Bella
2	Karen Keith	Bella	2	Jeanie McNear	Denali
3	Heidi Arble	Slow April Breeze			Slow April
4	Sandy Anastasio	Brandy	3	Heidi Arble	Breeze
5	Colleen Burket	Finnegan	4	Sandy Anastasio	Brandy
6	Jeanie McNear	Denali	5	Nancy Treusch	Ben
			6	Karen Corl	Quinn
PLEASURE CLASS - W/T Go As You Please			USDF 2011 TRAINING LEVEL - TEST 2		
1	Mary Ann Clark	Scooby	1	Molly Judge	Big
2	Colleen Burket	Finnegan	2	Sue Knox	Amadeus
3	Jeanie McNear	Denali	3	Josie Thomas	Disco
4	Heidi Arble	Slow April Breeze		Christine Lamb-	
5	Christine Lamb-	Henry	4	din	Henry
6	Diedre Howard	Pippin			
PLEASURE CLASS - W/T/C					
1	Colleen Burket	Finnegan			
2	Renate Shields	Sonny			
3	Jeanie McNear	Denali			
4	Sue Knox	Amadeus			
5	Christine Lamb-	Henry			
6	Sandy Anastasio	Brandy			

2011 OPRC PIEDMONT RALLY RESULTS continued

TRAIL CLASS			POLES GAMBLERS CHOICE		
1	Sandy Anastasio	Brandy	1	Nancy Treusch	Ben
2	Karen Corl	Quinn	2	Sandy Anastasio	Brandy Slow April
3	Colleen Burket	Finnegan	3	Heidi Arble	Breeze
4	Karen Keith	Bella	4	Melissa Lee	Maybelle
5	Heidi Arble	Slow April Breeze	5	Robin Garbe	Haakan
6	Jeanie McNear	Denali	6	Diedre Howard	Pippin
RIDE A BUCK			18" Gamblers Choice		
1	Diedre Howard	Pippin	1	Karen Randall	Murphy
2	Molly Judge	Big	2	Karen Keith	Bella
POLE BENDING			2' Gamblers Choice		
1	Colleen Burket	Finnegan	1	Colleen Burket	Finnegan
2	Renate Shields	Sonny	2	Renate Shields	Sonny
3	Robin Garbe	Haakan	3	Christine Lamb- din	Henry
4	Diedre Howard	Pippin	4	Karen Corl	Quinn
5	Sandy Bailey	Toby			
BARREL RACING					
1	Colleen Burket	Finnegan			
2	Renate Shields	Sonny			
3	Diedre Howard	Pippin			
4	Robin Garbe	Haakan			
5	Sandy Bailey	Toby			

THE YEAR IN REVIEW—2011



THE YEAR IN REVIEW—2011





Warrenton, VA

www.oprcpiedmont.org

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General Info
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Camp & Events
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OPRC Piedmont
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Membership & Renewals
Betsy Burnett
Membership Coordinator
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UPCOMING EVENTS:

WINTER SHALL NOT STOP A DETERMINED RIDER....

Our FIRST Winter Lesson is a Dressage with Danielle scheduled Sunday January 8 at the Woodruff Riding School Indoor Arena. Don't let the snowflakes dampen your spirit! Class will not start before 10:00 AM Open to existing members with completed 2012 membership & payment. \$30 Flat Lesson or Advanced Musical. Contact Sue Knox to enroll

AGM—Sunday January 15, 2012—Jeffersonton VA

Musical Ride scheduled for Saturday, January 27 at Woodruff Riding School. \$25 Instructor is Sue Knox.

February and March Lessons will be announced by email.

Lessons will continue to be held the second Sunday of each month.

Musical Rides will be held the last Saturday of each month.



BRAVO AWARD— JEANIE MCNEAR

Jeanie is quite an inspiration, she only started eventing last year when she was in her sixties and had to overcome some challenges such as remembering dressage tests (which are not allowed to be read in eventing) and cross country courses she had only

walked the same day. Having competed at the Beginner Novice level successfully with her horse Ruby she recently moved up to Novice level. In November she rode in her first recognized show at Kelly's Ford and in her own words

"I am high as a kite to find we placed 7th in the novice rider division and won a purple ribbon".

Bravo to Jeanie who has shown us it is never too late to try something new.

Submitted by Miranda Kettlewell