



Mile High Mustang Club
July 26, 2011

Club Officers

President: Bill and Theresa Fleming
 Vice President: Leeann Lynch
 Secretary: Lue Davis
 Treasurer: Barb Schwartz

Treasury

Checking account has \$651.55 and the savings account \$2137.85. Approved as read. Motioned by Tina Mavor and seconded by Nancy Gough to accept.

Approval of Minutes

Minutes of June 28, 2011 meeting were read. Nancy Gough motioned and seconded by Barbara Schwartz to accept.

Meeting was adjourned at 8:21 p.m.. The next meeting will be August 23, 2011 at **Guadalupe Restaurant, Elizabeth, CO**

Activities:

If you are interested in doing a dental clinic call Jackie Dunn and she can assist you.

Tina Mavor has information about the Delores Round-up. If you are interested in more information give her a call or come to the August meeting where she will be presenting.

Activities

August	
23	Meeting will be at Guadalupe Restaurant, Elizabeth, CO (in the same shopping center as Elizabeth Post Office and Bank of the West). Dinner at 5:30 and meeting 6:30.
September	
16,17 18	Fun Day at Jackie Dunn's place - see notes below
23	Meeting will be at Guadalupe Restaurant, Elizabeth, CO (in the same shopping center as Elizabeth Post Office and Bank of the West). Dinner at 5:30 and meeting 6:30.

In Attendance: Leeann Lynch, Jackie Dunn, Nancy Gough, Lue Davis, Bill Fleming, Theresa Fleming, Charlotte DeFreitas, Tina Mavor, Barbara Schwartz, Renee Pike, Sara Pike, and Sue Kennedy.

WELCOME to the Gibson family - John, Dixie, and Barbara

Handed out the door prizes - Heather Brown and Charlotte DeFreitas won - any donations for prizes will be greatly appreciated - a limit of \$10 value for any donated item.

New Business

September 16,17 18, 2011 FUN DAY at Jackie Dunn's - Friday - arrive after noon, set up camp, ride as desired, play, socialize etc. Pot luck dinner (bring meat to grill - grill furnished).

Saturday - Easter Egg Hunt (if I can find Big Bunny to hide the eggs!!) starting at 9:30 - 10:00 followed by lunch and then trail ride at 1:00 or so. Turkey dinner Sat. night (bring side dish to go with turkey).

Sunday - Equine massage with Christie Ferguson. She will demo on a horse and then "supervise" and answer questions as everyone practices on their own horses. Cost is \$ 50.00 per horse and she will have handouts that detail the process. I need to know how many horses will be participating so I can tell her how many handouts to bring. PLEASE RSVP. After she is done, people can ride, play with obstacles, play in the pond (weather permitting) etc. until time to leave. If people do not wish to participate in massage, they can still ride or work in arena as desired. People can still come in thru the old school yard gate if rig isn't too big.

Thanks Jackie See directions below

President's Corner

Hello from T. and Bill,

We had a great turn out for the July meeting! Thanks go out to Charlotte for the great talk on Equine First Aid! Also, want to thank Jackie for setting up her annual September Fun Day weekend with Christy L. Ferguson, the equine massage therapist, as a part of the weekend! At our upcoming August meeting Tina Mavor will be speaking about the various wild horse herds. This is a presentation she gives to The Girl Scouts so it should prove to be informative and fun! Thanks Tina! Appreciate all the donations of items and money for the door prizes-this seems to be a hit at the meetings. Thanks to all who have donated. Remember if you volunteer to do a talk at a meeting, schedule a ride or event or schedule a speaker your name goes into "the hat" for a drawing for a nice equine related prize in April 2012.

Everyone try to stay COOL and enjoy your equine friends during the cooler mornings and evenings hours.

Theresa and Bill

Reminder: Word of mouth about the club is the best way to get new members.

Dates below are inaccurate this is just the directions to Jackie's place. Her revised schedule is above in the newsletter including details on the guest speaker coming Sunday, so read above for more details. Call her for more information and be sure to **RSVP** so Jackie can get a head count.

JACKIE AND JOHN DUNN FUN DAY CAMPOUT

September 5,6,7 Alternate weather date September 12,13,14

RSVP 303-648-3286 6413 Rd 82 Elbert, CO

FURNISHED ITEMS

Camp site with grass, trees

Horse water

Pond

Horse games

Turkey dinner (pot luck)

Some cooking facilities:

propane grill

Camp fire – hopefully

YOU BRING

horse --- of course

tack buckets etc....

method of keeping horse camp –

the ropes, corral

place to sleep

pot luck for Fri – bring own meat

Side dish to go with turkey Sat

night

other meals and drinks

Jackets as it might get chilly

DOGS OK IF FRIENDLY AND WELL CONTROLLED

FRIDAY

Arrive and set-up camp anytime

after 1:00 p.m.

Ride as desired

Pot luck dinner

SATURDAY

Trail ride 10:00 a.m. with picnic lunch

Other games time permitting

Turkey dinner

EVERYONE to main driveway

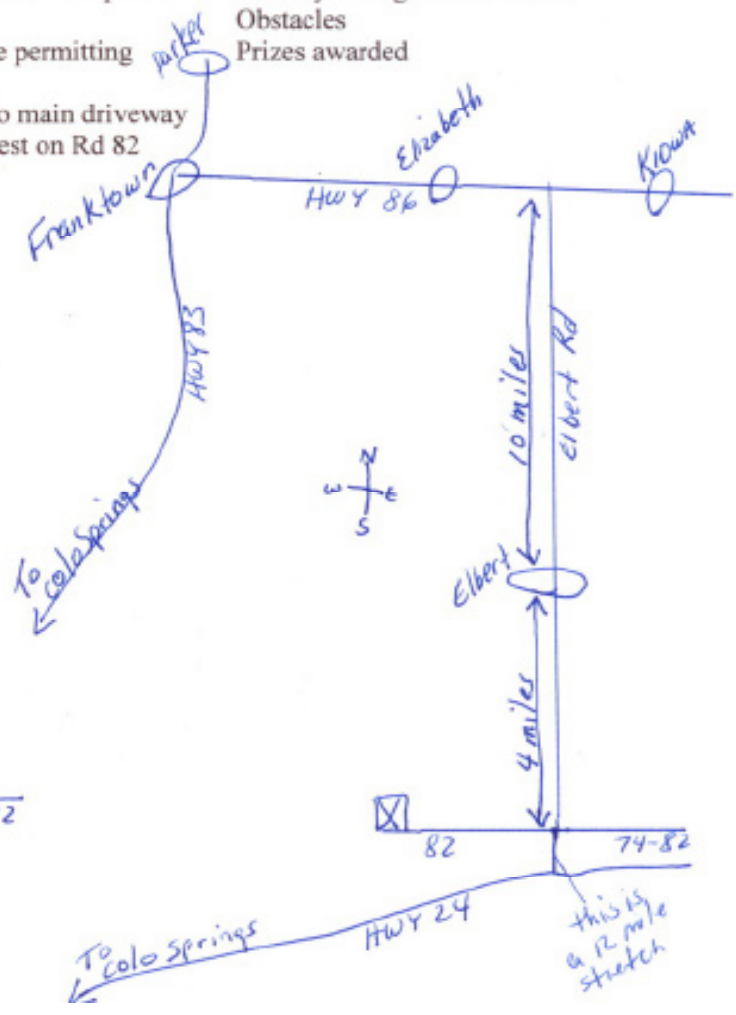
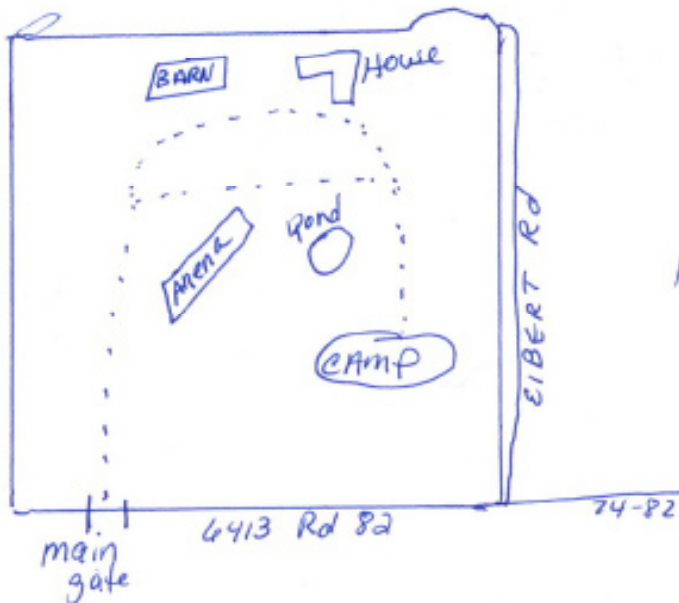
1/3 mile west on Rd 82

SUNDAY

Fun day with gamblers choice

Obstacles

Prizes awarded



BUDGET HORSEKEEPING:

*From book: Budget Horse and Pony Care by Tamsin Pickeral
ISBN# 978 905693 29 0 (published in England)

*Highly recommend this book! Other books out there too-libraries a good source. Can then purchase certain ones for your reference library.

*GROOMING HINTS:

- 1) Make your own shampoos (a Basic plus Lavender recipe is in this book+ recipes can be found online).
- 2) Make your own conditioners (a leave in conditioner recipe is in this book+ recipes can be found online).
- 3) To detangle manes and tails: use a bit of baby oil or WD40 spray (remember some horses do not respond well to the sound of spray cans). Make sure to thoroughly wash all oil residue out after detangling.
- 4) Use old (or new) human hairbrushes and combs (cheaper than ones for sale at horse supply stores). Use ones that are cushioned and avoid stiff nylon ones.
- 5) Easy to make tail bags (basic instructions in book + online).
- 6) Recycle your old house towels.
- 7) Give a last minute shine to your horses coat before entering the show ring by passing either a dryer sheet or a baby wipe over their coat. Will pick up any specks of dust. Inexpensive way to give last minute shine.
- 8) Make your own cloth grooming mitt (see book for instructions).

*HORSE AND RIDER CLOTHING:

- 1) Can use old (or inexpensive new) duvet or sleeping bag into a horse blanket (see book for instructions). Innovative way to recycle something for equine use!
- 2) Make your own hair accessories for shows and events (see book for instructions).

*TACK:

- 1) Old empty saddle soap tins. Fix to tack room wall for hanging bridles and halters on.
- 2) Use soft toothbrush for cleaning tooling on Western saddles/tack.

- 3) Toothpaste can be used to polish up metal pieces on tack (bit rings, metal saddle studs, stirrup bars, stirrups and buckles). Use a toothbrush to scrub the area then rinse carefully with a cloth, and polish.
- 4) Baking soda uses (here is a couple from book): a) Use it to clean feed and water buckets; it will remove dirt without leaving any trace of smell or taste. b) Use it to clean bits and stirrups.
- 5) Vinegar uses (here is one from book): a) Use a dilution of half white vinegar and half water mixed in a spray bottle to clean stable, tack room, and feed room windows and various surfaces. Spray on and wipe off with newspaper or an old clean cotton rag/towel.

*YARD/STABLE EQUIPMENT:

- 1) Gather free wooden pallets when you can (Big R.....+ others) and use for stacking hay and other supplies off of ground/floor.
- 2) Feed storage: a) Old chest freezers b) Garbage cans (plastic/metal) with tightly fitting lids. Be sure to label what is in each! We leave grain in bags to make sure we use all feed and have no "old" feed in bottom that might mold or decay. c) Clear plastic bins (all sizes).
- 3) Tack Room Storage: a) Clear plastic bins (all sizes) b) Old school trunks and lockers c) Metal army trunks d) Tool boxes (various sizes from DIY stores)-great for clipper storage e) Tool aprons/buckets for grooming supplies f) Milk or other stackable wooden crates
- 4) Book has DIY instructions for making bucket covers, feed scoops from old milk jugs, wooden saddle racks, and much more.
- 5) Book also has DIY instructions on making FLY CATCHERS-GREAT IDEA!

*Did not share anything from book on Health and First Aid-that will be covered by someone else at another meeting.

*OTHER HINTS:

- 1) Buy in bulk (a-through local coop or b)-create coop/bulk buying with a group of equine friends)
- 2) Buy Hay and store when price is at lowest and demand for the least (early in the season-not mid-winter)
- 3) Barter services amongst equine friends (your talents for their talents).
- 4) The Hay Bank: www.thehaybank.com

- 5) If you use Purina products you can sign up for discount coupons on certain feeds. Contact info: _____
- 6) Purchase tack/carts/wagons, etc. at auctions (just know your prices and be firm on what the maximum bid you will do-easy to get caught up in "bidding fever" and not get a good deal).
- 7) Hit Garage/Estate Sales for equine related books/tack and keep your eyes/mind open for items you can repurpose for equine use.

*Hints from others: _____

First Aid for Horse & Rider on the Trail

Supplies for Horses

Nitrofurazone for wound dressing
Povidone- Iodine in spray bottle
Betadyne solution (used to cleanse a wound)
Phenylbutazone for pain – get from vet
Banamine for pain – get from vet
Petroleum Jelly – Used to soften wounds & utters, its safe for foal if the digest it.
Sterile Nonstick pads for covering wounds - varying sizes
Diapers or Feminine pads are great for absorbing and covering wounds until you can get help.
Sterile Gauze pads for cleaning wound – varying sizes
Cheesecloth can be used to hold bandages in place for short periods of time. You don't want it to bind up on the horse especially if there is swelling involved.
Rolled Kling Gauze to hold dressing in place. Made by Johnson & Johnson
Rolled Cotton or quilted pads. Used to pad leg before bandaging with vetwrap.
Vetwrap to secure rolled cotton.
1" Regular white adhesive tape. Used to secure top and bottom edges of Vetwrap to horses' hair.
Bandage Scissors
Disposable Syringes and Needles
Stethoscope
Digital Thermometer
Saline to flush out eyes
Electrolytes
2 - 6" pieces of 3/4" garden hose in case of snake bite. (used to keep your horses' airway open)
Story's Barn Guide to Horse Health Care & First-Aid
(ISBN 978-1-58017-639-2) \$16.97 on Amazon.com

Supplies for Rider

Ace Bandage
Band-Aides
Rubbing Alcohol
Hydrogen Peroxide
Tylenol or Advil
Triple Ointment
Needle for removing a sticker
Saline Solution – to clean out wound or flush eyes
Poison Ivy Cream
Thermo-Blanket or Space Blanket to treat shock or to stay warm
Matches
Compass & Map
Flash Light
Snake Bite Kit **(There is controversy about using them. Research and decide for yourself.)**

Each of these items in both lists can be put into smaller containers for easy transportation in a saddle bag, just marked them clearly as to what they are. Keep a copy of this first-aid list with you.

Eye Injuries

Flush out eye with saline and get to vet immediately. Do Not Treat Yourself. We can actually do more harm than good. Eye injuries can be complicated and could cause blindness or removal of the eye.

Hives

Hives are raised bumps that usually show up on the neck and trunk of your horse. The bumps are usually between 1/4" to 1 1/2" in diameter. Horses can get hives from several things such as when a it comes in contact with a plant (poison oak or ivy) that irritates them or change in feed and even a drug reaction. Unfortunately there is not much we can do for our horses. Try to identify the source of the problem and remove it. If the problem persists seek veterinarian advice on further treatments.

Cinch & Saddle Sores

They are often caused by a muddy cinch, a saddle that is sliding from side to side or a rider that is not riding in balance in the saddle. You will notice raised, hot swollen spots. They are the first signs of a sore beginning to form. Check for hair standing up or rubbed short. The area could be wet on a dry back or dry on a sweaty back. Keep an eye on these areas. The next sign you'll see is the hair will be worn off. Next blisters and weeping sores, swollen bloody areas may follow. Early treatment will minimize the problem especially if you are out on the trail.

1. Rest the horse.
2. If weeping use aerosol Nitrofurazone to dry the sore out.
3. Later use Nitrofurazone jelly to soothe and soften the area if it becomes too dry and crusty.
4. Clean tack thoroughly.
5. Check to make sure saddle still fits properly. (saddle size may have changed)

Veterinarian Barb Crabbe offers help for your snake-bitten horse.

www.myhorse.com

Snakebite – What's Happening:

A poisonous snake injects venom through his fangs into your horse's tissues. The venom is picked up by your horse's lymphatic system (the system responsible for dealing with foreign invaders), and distributed throughout his body, ultimately causing generalized illness; at the bite site, it immediately causes death of surrounding tissue.

Snakebite – What to do:

Step 1: Stop your horse and keep him quiet. Movement will speed up the distribution of venom throughout his body.

Step 2: Remove your snakebite kit from your first-aid kit. (**There is controversy about using them.**)

Step 3: Use Betadine solution to thoroughly clean the area surrounding the puncture wounds you've identified.

Step 4: With your thumb and forefinger, squeeze together one of the suction cups from your kit; place it over the bite marks and release your fingers' hold. Doing so will apply the suction necessary to draw venom out of the wound. Repeat several times, over each mark. *Do not attempt to apply a tourniquet.*

Step 5: If at all possible, bring your trailer to your horse. Otherwise, slowly lead your horse home, or to your trailer, stopping every 15 minutes to allow him to rest. (Don't walk him any farther than absolutely necessary.) Summon your vet as soon as you get home, or haul your horse to an equine clinic.

Step 6: If your horse's nose begins to swell, gently insert a 6-inch piece of garden hose from your first-aid kit into each nostril, to keep his airways open.

Heat Emergencies in Horses

www.whmentors.org/saf/heat1.html

Horses worked hard in hot and/or humid weather are susceptible to three serious conditions; dehydration, heat exhaustion and heat stroke. While the biological effects are much the same as in humans, prevention and treatment are somewhat different.

Dehydration:

Since horses have significant muscle mass, they can generate a tremendous amount of muscle heat and will sweat profusely when worked hard in warm temperatures. As a result, horses are more susceptible to dehydration than most other animals. They will lose more body fluids and the ionized minerals (electrolytes) that they contain.

When muscles contract, ionized potassium passes through cell walls into body fluids. These fluids, which contain concentrations of sodium and chloride ions, absorb the potassium. Sodium and chloride ions from body fluids are absorbed by the muscle cells. As the ion composition in the muscle cells and body fluids become similar due to the exchanges taking place during exercise, muscle fatigue occurs which can lead to cramps and azoturia (tying up).

The dehydrated horse has lost body fluids and the electrolytes found in them. He will exhibit muscle fatigue, a lack of will to win, poor recovery from exercise and/or skin which when pinched is slow to return to normal.

PREVENTION:

Condition the horse before hard rides. Clip the coat. Provide balanced electrolyte supplements as a part of regular nutrition. Water frequently, but not too much at one time if the horse is hot. Frequently cool the horse with water to reduce the need for sweating, but avoid rapidly cooling large muscle areas.

TREATMENT:

Get the horse into shade. Cool with a fan if possible. You can also cool with water, again avoiding large muscle areas. For milder dehydration you can administer oral electrolytes with feed, drinking water or oral paste. For serious cases a veterinarian should be contacted. A blood test can be conducted to determine specifically which electrolytes are deficient and intravenous electrolytes can be administered along with other helpful drugs.

Heat Exhaustion:

Heat exhaustion is also called hyperthermia and is usually seen in poorly conditioned horses which are worked on a hot day, and even in well conditioned horses which are worked hard on an exceptionally hot day or when it is very humid.

Exhausted horses will show increased heart and respiratory rates, may sweat profusely, and as heat exhaustion advances the horse may become dehydrated and his sweat mechanism may fail. The horse may become dull, restless and uncoordinated. More severely affected horses may show "thumps" (spasmodic jerking of the diaphragm and/or flanks), or even collapse and go into convulsions. If the horse's body temperature stays above 107 degrees F to 109 degrees F for more than a short period of time, he will probably die.

PREVENTION:

Avoiding heat exhaustion is virtually the same as for dehydration. If you prevent dehydration, you will probably prevent heat exhaustion. Simply don't push your horse into uncontrolled, profuse sweating. Be watchful and back off or abort the ride if your horse shows any signs of difficulty on a hot day.

TREATMENT:

Use the same treatments as dehydration. You will need to more aggressively cool the horse, but watch out for shock which can occur from overly rapid cooling of the animal. If possible, stand him in a cool stream. Pour water over him with a bucket or sponge or spray with a hose. Use cool, not cold water. Provide fluids, with electrolytes if possible. If the horse will not drink enough fluids to overcome the dehydration, call a veterinarian before matters get worse.

Heat Stroke:

Heat stroke is a potential killer. The rider who has pushed his horse past dehydration and into heat exhaustion is asking for deadly heat stroke! It is at this point that the horse's cooling mechanism fails, he cannot counteract his overheating and he will probably die if immediate help is not provided. You can tell you are facing heat stroke when you observe the same symptoms as heat exhaustion and your overworked, overheated and weakened horse simply cannot sweat any longer and starts to dry out.

PREVENTION:

Prevention is virtually the same as for heat exhaustion. Use common sense. Don't push your horse into the danger zone, especially on hot, humid days.

TREATMENT:

This is a true emergency. Call a veterinarian at once! Spray the horse with cold water or wet down with buckets. If the horse becomes uncoordinated, you can apply ice packs to the head. If the horse cools down before the vet arrives, rub him down with towels to prevent chilling as he is likely to go into shock. Any delay in cooling a horse with heat stroke will likely result in brain damage or death.

Other Heat Related Problems:

Hauling horses in hot weather is a definite concern. Overheating in the trailer will affect the horse's condition and usability when you reach your destination. Lack of consideration of overheating during transport can lead to heat stroke or exhaustion in the trailer or early into the ride. At the very least, your horse will lose precious electrolytes which will be needed during the ride.

When trailering in temperatures of 90 degrees F or higher, provide water frequently. Whenever possible, trailer at night or in the early morning hours. Use a well ventilated trailer. Check the horses regularly.

Any horse who is exhibiting rapid breathing and signs of weakness or trembling could be in trouble and should be immediately checked out for possible heat exhaustion or heat stroke.

* * *

Maintain your edge. Stay in tune with your horse. Provide for his needs both before the ride (or trailer trip) and during it. Your horse may continue to "try" for you even if it is not in his best interest, so keep an eye on how he is doing and deal with any symptom before it becomes a serious problem. Don't wait for a vet or another rider to pull you off to show you things that you should already be aware of!

First-Aid for Riders

www.whmentors.org/saf/heat1.html

Heat Emergencies in Humans

Long trail rides may often include many natural elements. Unexpected changes in the weather, or simply poor planning, can result in exposure problems which can range anywhere from mild discomfort to genuine life threatening emergencies. In addition to one's own health and safety, the trail rider could come upon others' such as hikers, who may be suffering ill effects due to overexposure to the elements. The prepared rider should have sufficient knowledge to cope with these emergencies. There are two basic environmental emergencies: exposure to heat and exposure to cold, each with varying degrees of seriousness. This month we will discuss the most current procedures for trail riding in the heat.

Many victims do not consider heat-related emergencies to be serious. Heat cramp and heat exhaustion victims should be treated and discouraged from returning to their previous activities until fully recovered. Otherwise the conditions will likely worsen.

Heat Cramps

Heat cramps are typically the first symptoms of injury from excessive heat. They can result from simple overexertion on a warm day, or they can be the first signs of a more perilous inability to cope with environmental heat. Signs and symptoms include severe muscle cramps (generally leg and/or abdominal cramps) exhaustion, and occasionally dizziness and/or fainting.

EMERGENCY CARE PROCEDURES:

1. When treating heat cramps one must realize that symptoms can be the first signs of a more serious problem and treat accordingly.
2. Move victim to a cool place.
3. Give fluids, preferably with electrolytes.
4. Massage affected muscles (firm pressure massage).
5. Apply moist towels to forehead and cramped muscles.
6. Call for transportation to medical care if symptoms persist.

Out on the trail the rescuer will have to improvise. Hopefully, shade is available as well as a source of water for wetting clothing or cloths to use as cool compresses. Immersing the victim in water is not recommended since the sudden change in temperature could have harmful effects. If the victim has to walk out of the area, set a reasonable pace so a more dangerous relapse does not occur.

Heat Exhaustion

Heat exhaustion is a more serious result of heat exposure. Signs and symptoms include rapid, shallow breathing, cold, clammy skin, heavy perspiration, general weakness, and possible loss of consciousness. Heat exhaustion can rapidly progress to heat stroke if the victim remains exposed and does not replenish lost fluids.

EMERGENCY CARE PROCEDURES:

1. Activate EMS system (send someone to call 9-1-1).
2. Move victim to a cool place.
3. Rest victim.

4. Remove enough clothing to cool but don't chill.
5. Give fluids with electrolytes (to conscious victims only).
6. Treat for shock.
7. Victim needs high concentration of oxygen.
8. If victim fails to recover rapidly or has a history of medical problems, call for transportation to definitive medical care.

Heat Stroke

Heat stroke is a serious life threatening emergency wherein the victim's cooling system has failed and prolonged high body temperature will likely result in brain damage or death. Signs and symptoms include deep breaths followed by shallow breathing, a rapid strong pulse followed by rapid, weak pulse, dry hot skin, dilated pupils, loss of consciousness / possible coma, and possibly seizures or muscular twitching.

EMERGENCY CARE PROCEDURES

1. Activate EMS system (send someone to call 9-1-1).
2. Rapidly cool the victim in any manner possible.
3. Get victim out of the sun into a cooler area.
4. Remove clothing and wrap with wet towels or sheets if possible.
5. If cold packs or ice bags are available, pack one under each armpit, behind each knee, one on the groin, one on each wrist and one on each side of the neck.
6. Treat for shock.
7. Provide victim high concentration of oxygen.
8. Victim must be transported to definitive care as soon as possible.
9. Should transport be delayed, immerse victim up to his or her face in a stream, pool, tub, trough, etc. Ensure that the weakened victim does not drown.

Prevention

You can take some steps to avoid experiencing these kinds of emergencies.

1. Condition yourself adequately before engaging in heavy exercise in the heat.
2. Drink plenty of liquids before the activity and stay adequately hydrated.
3. Consume electrolyte rich beverages prior to the activity. Like adding oil to your car engine, it's better to start out with the "crankcase full", rather than play catch-up after the machinery is stressed.
4. Pace yourself.
5. Cool off as frequently as possible, particularly when high temperatures and high humidity combine.
6. If you start to feel weak, stop, rest and rehydrate.

Snake Bites

www.mayoclinic.com

Most North American snakes aren't poisonous. Some exceptions include the rattlesnake, coral snake, water moccasin and copperhead. Their bite can be life-threatening.

Of the poisonous snakes found in North America, all but the coral snake have slit-like eyes. Their heads are triangular, with a depression, or pit, midway between the eyes and nostrils.

Other characteristics are unique to certain poisonous snakes:

- **Rattlesnakes** rattle by shaking the rings at the end of their tails.
- **Water moccasins'** mouths have a white, cottony lining.
- **Coral snakes** have red, yellow and black rings along the length of their bodies.

To reduce your risk of snakebite, avoid touching any snake. Instead, back away slowly. Most snakes avoid people if possible and bite only when threatened or surprised.

If a snake bites you:

1. Remain calm
2. Immobilize the bitten arm or leg and stay as quiet as possible to keep the poison from spreading through your body
3. Remove jewelry before you start to swell
4. Position yourself, if possible, so that the bite is at or below the level of your heart
5. Cleanse the wound, but don't flush it with water, and cover it with a clean, dry dressing
6. Apply a splint to reduce movement of the affected area, but keep it loose enough so as not to restrict blood flow
7. **Don't use a tourniquet or apply ice**
8. **Don't cut the wound or attempt to remove the venom**
9. **Don't drink caffeine or alcohol**
10. **Don't try to capture the snake**, but try to remember its color and shape so you can describe it, which will help in your treatment

Call 911 or seek immediate medical attention, especially if the area changes color, begins to swell or is painful.

Attention

There seems to be varying ideas on how to treat snake bites for both horse and humans. I could not find a clear method for an emergency situation. Some sites recommend using a snake kit while others say don't. I could not find a snake kit made especially for horses. Please research this topic for yourself and have a clear decision as to how you yourself wants to proceed if you or your horse does get bit by a snake.

Disclaimer

The information in this document is for information only and not for any other purpose or substitute for medical attention.