# Wheel to Wheel

### Newsletter for the HUB



http://www.facebook.com/hubclubdrivingclub

#### HUB Club Officers:

President Lydia Gray 630-701-5903 LydiaGrayDVM@gmail.com Vice President Emily Berendt 815-337-3101 eberendt@yahoo.com jswestwindfarm@aol.com Treasurer Sue West 815-482-2747 Recording Secretary Ann McCombs 815-482-5085 or 815-648-4471 eqvet@mc.net briarpatcheast@aol.com Newsletter Editor Kris Breyer 847-526-3012 Head Librarian Theresa Adams 815-624-6229 idocde2@yahoo.com Assistant Librarian Leslye Sandburg. 847-602-7500 Isandberg@permatron.com Webmaster Ann Olujic 815-734-8871 magichandshorsemassage@gmail.com ADS Representatives:

Midwest Region Rep Katy Rhinehart, Ferguson IA <u>gkm104@heartofiowa.net</u>. <u>katy.rhinehart@lennoxinc.com</u> Phone: H 641-478-3285 C 641-485-7821 Central Region Rep Lynn Simpson, Middletown, Indiana Cell:765-623-0088; email: Slyfork@gmail.com Che HUB Club: Education & Camaraderie



A current negative Coggins must be on file with the club secretary in order to participate in any HUB Club event





**Section the Editor** As your editor, I ask that you send me photos and anything else that you would like to see in the newsletter. I am more than happy to use anything you want in the newsletter, as it is *YOUR* newsletter. If you want to continue to have an informative newsletter, I need material from the membership. You can send them to me directly at <u>briarpatcheast@aol.com</u> by the 20<sup>th</sup> of each month. Kris Breyer

From the Webmaster: Please submit items for web page. Include pictures of all our

members. Please send names of driver, passengers, horse(s), and description of what you are doing, and where.

**PRES** Message: It seems like all I've been doing for the last few weeks (and

will still be doing the next few weeks) is getting my horse ready for the upcoming clinic and show season:

**Coggins:** just received, need to scan and upload to Equestrian Entries plus make a hard copy

**Vaccinations:** scheduled for two weeks before our first clinic, copy of receipt for USEF shows **Parasite control:** a light shedder, Newman gets dewormed at the beginning and end of grazing season

Hoof care: he's been barefoot all winter, will put shoes on end of April

Dentistry: Newman gets examined and adjusted every six months, so is due in May

Bodywork: this Wednesday his favorite person will go all over him from nose to tail!

**Joint injections:** at 15, I'm finding Newman needs his hocks flexed to determine if another round of injections is necessary (he also gets daily firocoxib during the competition season) I'm also starting to hand graze him each day, to prepare his digestive tract for pasture turnout. He wears a grazing muzzle which limits grass intake, but with his history of colic, I'm ultra conservative. Both of us are increasing the intensity of our conditioning programs – me adding more core workouts and him doing more trot sets. And while my ridden tack and equipment is in good shape since I use it all winter, I haven't seen my carriage or harness since putting them in storage back in November so I still have all THAT prep work to do! Suddenly I could use a few more weeks of winter!

### Yours Truly, Dr. Lydia Gray

# 2016 Driving



### **APRIL**

24<sup>th</sup> FVSA Open Show, Hampshire, IL 30<sup>th</sup>- May1st HUB Club Spring Clinic, Rockton, IL MAY

**14-15** We missed the omnibus deadline but there will be a new CDE **in KY**, at Lucky Charm Farm in Paris. Training - Intermediate. Sterling Graburn <<u>sterlingenator@GMAIL.COM</u>

22<sup>nd</sup> FVSA Open Show, Hampshire, IL

### JUNE

**3 Prairie State Classic Horse** show is featuring three Open to All Breeds Carriage Classes all on Friday, Ledges Sporting Horse Center in Roscoe, IL. contact Gail Kelce at; gkelce@earthlink.net

**4 FVSA Driving Derby** Mike Chuman at <u>FarmAwesomeMike@gmail.com</u> or call him at 630-723-764.FVSA is 44W300Rohrsen Road, Hampshire, Illinois.

11<sup>th</sup>-12<sup>th</sup> Columbus Carriage Festival, Columbus, WI <u>http://columbuscarriagefestival.org/</u>

24<sup>th</sup>-26<sup>th</sup> Metamora Combined Driving Event Darlene Daly Secretary , 2457 Louise Drive City: Lapeer, MI 48446 I ddaly0037@gmail.com (810) 441-0888

**25<sup>th</sup>-26<sup>th</sup> Skunk River Driving Trial & Combined Test** Kathy Kuehl & Jenny Potter Secretary, 55823 175th St., Ames, IA 50010 kuehl@iastate.edu (515) 290-9271

26<sup>th</sup> FVSA Open Show, Hampshire, IL

### JULY

**1-3 CAA Carriage Festival** *Lexington, Kentucky,* USEF/ADS Pleasure-driving competition. contact: Jill Ryder <u>859-231-0971</u> www.carriagefestival.com

2<sup>nd</sup> Notara Farm HDT

16<sup>th</sup>-17<sup>th</sup> Hickory Knoll

**30 FVSA Driving Derby** Mike Chuman at <u>FarmAwesomeMike@gmail.com</u> or call him at 630-723-7648. FVSA is at 44W300 Rohrsen Road, Hampshire, Illinois.

### AUGUST

6<sup>th</sup> MSMHC Open Show Hampshire, IL

6<sup>th</sup>-7<sup>th</sup> Eastern Iowa Carriage Glow Pleasure Show Laurie Renda , 601 Dows Rd, Cedar Rapids, Iowa 52403 Iaurie@touchofglassinc.com (319) 3601078

**26<sup>th</sup>-28<sup>th</sup> Indiana CDE & CT** Hoosier Horse Park. This year's jury is Debbie Banfield, Jane Merritt, Craig Kellogg and Doug Orr. We will again be offering the Combined Test of your choice on Friday followed by the full CDE on Saturday and Sunday. Dave Sadler, organizer 217-621-5547

### **SEPTEMBER**

9<sup>th</sup>-11<sup>th</sup> Villa Louis Carriage Classic, Prairie Du Chien, WI Villa Louis Carriage Classic ADS Pleasure-driving competition. contact: Mike Rider <u>608-326-4436</u> <u>www.carriageclassic.com</u> 24<sup>th</sup> HUB Club's Dirty Harness Day FVSA, Hampshire, IL 25<sup>th</sup> FVSA OPEN Show, Hampshire, IL

### **OCTOBER**

**8 FVSA Driving Derby** Mike Chuman at <u>FarmAwesomeMike@gmail.com</u> or call him at 630-723-7648. FVSA is 44W300 Rohrsen Road, Hampshire, Illinois.

11<sup>th</sup>-16<sup>th</sup>National Drive, Kentucky Horse Park

### Distance Driving (Midwest, Distance Driving Association, mdda.info)

#### 2016

Mav 7-8 New Prospect WI May 14-15 Palmyra WI June 3-5 Chanderville IL June 11-12 Palymra WI July 23-24 Wyanet IL July 29-31 Palmyra WI August 13-14 ArkdaleWI August 17-18 Utica IL September 17-18 Greenbush WI Sept.30-October 2 Palmyra WI October 8-9 Arkdale WI October 29-30 Keithsburg IL

15 mile drive 12 mile drive 12.5 & 25 mile drives 12 mile drive 12.5 mile drive 12 mile drive 12 & 25 mile drives 15 & 25 mile drives 25 mile drive 10 & 20 mile drives 15 mile drive

Many drivers come the night before & camp. There is one evening potluck meal, too

### Frequently cited LIKES:

Informal – comfortable clothing, practical harness/ vehicle; no polish and shine
Camaraderie – like minded participants (both drivers & riders)
More driving/ less preparing
Veterinary evaluation at each event
Marked trail vetted for drivability. Not just straight down the road. A little challenge.
Less stress on horse and driver; easier than riding
Challenge of the trail
Friendly competition – Competitors will actually help you
Help-- in case of an emergency, help is always near for driver and horse.

### https://www.dropbox.com/sh/8lfgll4bvew5hk7/AAA8ifNmtvsMhrLkkoYDLdgqa?dl=0



This is the new link to the updated Hub Club Library – out on Dropbox. For those unfamiliar, Dropbox is a free computer app. that allows files to be shared on the internet. Anyone clicking on this link will get the excel spreadsheet with the most updated library on it. This new link to a dropbox HUB Club folder, contains the library spreadsheet but also a number of ADS forms, event packing lists, scans of the articles that were copied as pages in the library, etc. I don't know if we plan to put the articles onto the website or the packing list or other forms. CDE entry form, cones scoring forms, etc.

Anything else anyone things should go into this folder and we can share with members and they can read the heavier articles direct from the link without having to save or download to print. I would like to remind everyone that we now have a mail out and back program.

If you want to check something out from the library you contact Leslye Sandberg <u>lsandberg@permatron.com</u> and include your mailing address. The item will be mailed to you. We ask that you return the item in a timely manner in the preaddressed envelope that will come with it. You will have to pay the return postage. In upcoming issues I will be showcasing some of the new additions. And again I ask for your suggestions for items to add to the library. Note that any horsey movies or videos you have that you no longer want or need, can be donated to the library as well.



# THE HUB CLUB PRESENTS John Greenall

John has been involved with carriage driving for over 45 years, making him one of the pioneers of this sport in the United States. John has officiated at most of the major carriage shows in the country including the Gladstone CDE, The Morgan Grand National, Walnut Hill, the Canadian Classic, L.A. County, Devon Horse Show, New England Morgan Show and Villa Louis.

He currently holds a "R" in five of the six ADS judging categories and is also a USEF carriage judge. John has served as the vice-president and president of the ADS as well as serving as chair of the ADS Pleasure Driving Committee.

John's driving experience has ranged from singles and pairs to tandem and unicorn to four-in-hand. For many years he drove Morgans that he bred and raised, but John has also owned, driven and enjoyed many other breeds as well.

John's private carriage collection contains restored vehicles as well as harness and carriage related items, and is a result of a lifetime of research and treasure hunting. John's main area of expertise is in proper turnout of antique and traditional vehicles. He offers his Turnout Review in Driving Digest magazine and on CarriageDriving.net.

The HUB Club is excited to present a Pleasure Driving clinic with John on April 29<sup>th</sup> through May 1<sup>st</sup>.

Please see the attached for information and entry forms for this event. Contact Sue West for additional information. jswestwindfarm@aol.com 815-482-2747



### HUB Club 2016 Member Clinic with

### John Greenall

### April 29 - May 1, 2016 \* 5170 W. Rockton Rd., Rockton, IL 61072

FRIDAY EVENING POTLUCK: All are welcome to participate in our Friday evening Potluck Program beginning at 6:00. John Greenall will be giving a Powerpoint presentation with over 100 photos on proper turnout for Pleasure showing. Please bring a dish to share and questions for John. Drinks, plates, etc will be provided by the HUB Club.

DRIVERS & GROOMS: We are offering either private or group (3 - 4 drivers) lessons Saturday and Sunday at the rate of \$75 per session and you may bring a groom at no extra charge. Individual lessons will run for 45 minutes, group lessons 60 minutes. If you would like to have more than one lesson we will try and accommodate your request. You may want to consider a private lesson in the am and group in the pm. We will not be hitching horses that have never been hitched. Please be aware that if anything appears unsafe you may be asked to unhitch.

STABLING: Stalls are limited and available for \$25 per day/per horse. Please include this amount along with your lesson fee. Please make out an additional, separate check to Theresa Adams for \$25 as a stall cleaning deposit. This check will not be cashed if your stall is cleaned upon leaving.

AUDITORS: Auditors will be charged a fee of \$20 for a single day, \$30 for both days if you are a HUB Club member. If you would like to audit and aren't a current member, the fee will be \$45/\$55 and includes a membership. Auditors registered before April 20<sup>th</sup> will be provided lunch on Saturday and Sunday. Ever thought about what the judge looks for when judging a Pleasure class? Join John at center ring and try your hand at it. Great educational experience!

**REGISTRATION:** Entries are considered accepted when completed entry form and full payment is received. Pertinent announcements will be sent via e-mail.

COGGINS/HEALTH PAPERS: Proof of negative Coggins is required; bring original and provide a copy for HUB Club files. If you do not have a current Coggins and/or do not have it with you, participation will be denied and NO refund will be issued.

REFUNDS: Refunds will be issued in full *before* March 31st. After that, refunds will only be issued if space can be filled.

MEALS: Coffee, tea, fruit and pastry will be available in the mornings. Lunch will be included on Saturday and Sunday for all drivers, grooms and auditors registered before April 20<sup>th</sup>.

There is no camping available and please leave your pets at home.

For more information please contact:

Sue West, jswestwindfarm@aol.com, 815-482-2747



### John Greenall Clinic April 29th - May 1<sup>st</sup> 2016 Sponsored by The HUB Club

### Clinic Location: 5170 W. Rockton Rd, Rockton, IL 61072

Name: G	room:
Address:	
City: ST:	Zip:
Phone: e-mail:	
Horse Name(s):	Age:
Breed:	Gender:
Driving Interest and Level:	
Please note which day you would prefer. We w	ill attempt to meet your needs if possible.
I would prefer Saturday morning I would prefer Saturday afternoon I would prefer Sunday morning I would prefer Sunday afternoon	Individual or Group Individual or Group
Lesson - \$75	\$
Stall Fee days @\$25 per day, per horse:	\$
Audit Only - \$20 one day, \$30 for both:	\$
Non Member please add \$25 -	\$
TO Please make check payable to: The HUB Club	TAL: \$
To: Sue West 815-482-2747	jswestwindfarm@aol.com

16212 Nelson Rd Woodstock, IL 60098



52. Horse Pleasure Driving Cross Country

GENERAL RULES: No entry fees refunded. Judges decision is final. All halter. No alcoholic beverages on the grounds. All dogs must be on 2016. Ponies are 14.2 & under. The show committee reserves the right abided by. NSF FEE: \$20 for returned checks

## CAA DRIVER PROFICIENCY TEST

Driver proficiency is a great opportunity to review all that you know about horse management and care with a focus on safety for you, your horse, and the people around you.

Details of the driver proficiency program are found on the Carriage Association of America (CAA) website. Level1test covers harness knowledge, harnessing & putting to, practical driving, horse care & general knowledge. Candidates should obtain and study the Level I syllabus and the reference material which may be purchased from CAA.

**Friday evening (6/3) about 7 pm**: PowerPoint presentation. Refreshments. Everyone is welcome to attend, whether or not you take the test.

<u>Saturday (6/4)</u>: evaluations will be conducted <u>Sunday (6/5)</u>: evaluations will be conducted

Details about Driver proficiency can be obtained from the CAA website.

You will need a horse, harness, carriage 2 or 4 wheel, and an assistant who is not scheduled to take the exam. Camping space and horse boarding are available with advance reservation. People waiting for their turn for the exam are welcome to drive trails at the farm and a practice a cones driving course.

We hope to also have optional individual lessons.

Exam times scheduled in advance, the process takes about 1 1/2 hour.

Driving practice cones and trail driving will be open at no charge for all.

Persons taking the exam deserve the privacy of not having observers during the exam, so no observers will be allowed.

DATES: June 3-5, 2016

LOCATION: Panache Acres, 2821 N Polzin Rd, Janesville, WI 53548 608-754-2065 c 608-931-6087

**COSTS:** Power Point on Friday Free.

Level 1 test + road test: \$105 for CAA members, \$115 for nonmembers + \$20 facility use fee.

<u>Level 2 test + road test:</u> \$20 facility use fee + test cost should be discussed individually with Jerry. There are several elements and he may be unable to do them all.

Make check for the Level I test & road test to Carriage Association of America. Make the facility use check to Panache Acres.

Mail both checks to: Panache Acres, 2821 Polzin Road, Janesville WI 53548

There are 3 tie stalls + 2 box stalls + a round pen available on a first come basis. You can also tie to your trailer. There is an ample trailer/camping area.

Name\_\_\_\_\_

Email or phone \_\_\_\_\_

I will attend: \_\_\_\_ PowerPoint presentation

\_\_Level I test \_\_Sat am \_\_Sat pm \_\_Sun am \_Sun pm

\_\_Level 2 test \_\_Sat am \_\_Sat pm \_\_Sun am \_Sun pm Dan & Sue Peterson

### Fox Valley Saddle Association announces our 2" season of Driving Derbies

Fox Valley Saddle Association is happy to announce the dates of our 2<sup>nd</sup> season of Driving Derbies. This year the dates are June 4<sup>th</sup>, July 30<sup>th</sup> and October 8<sup>th</sup>. Last year we had a variety of horses, ponies and VSEs, and drivers with different levels of experience-from people who had never done any competitive driving, to seasoned CDE drivers and we are looking forward to even more people for our 2<sup>nd</sup> year.

So what's a driving derby? In short, you take the precision of a cones course and mix in the excitement of combined driving obstacles and the quickest time wins. It's a great way to introduce new people to the sport of combined driving without having the expense and stress of a full competition and a fun way to get ready for show season and spend some time with your equine if you are already familiar with that kind of driving. At FVSA, we have tried to keep the competition low key and fun. While not a recognized ADS show at this time, we do (mostly) follow the ADS rules that can be found in their rulebook. Any type of safe vehicle is allowed and last year we saw two wheelers and four wheelers be competitive with each other. No special dress is required, although decorating your carriage and fun outfits are encouraged. As per ADS rules, a groom is required on the carriage with the exception of single VSE and single small pony. If this is an issue, grooms can go around unlimited times, so someone is usually willing to volunteer. Whips and helmets are required and safety vests are strongly encouraged.

What to expect on competition day? The grounds open at nine, so there's plenty of time to get your equine acclimated to a new place, warmed up, or even spend some time driving the grounds. At noon there is a mandatory drivers meeting. Lunch will be available to purchase. At the meeting, we go over the rules, the starting order, and any questions there may be. At that point, the course is official and may be walked. Take the time to walk the course several times. Find your best route through the obstacles. Make sure that the course you plotted on the map makes sense when you see it in real life. Make sure you see all the sets of cones you need to go through. Once you have your plan, harness up and get ready for your first run. All drivers will get two chances to do the course. The total times for the two runs will be added together. That first run didn't work out as planned? Try a different way the second time. See if you can beat your own time.Twenty to thirty minutes after the last run, we have a small awards ceremony in the clubhouse. Ribbons are awarded as is the much sought after "Cheetah Award," and points are earned for the end of the year high point and championship. While it is a series of three events, you can enter as many or as few as you would like. To get more information, including the showbill and entry form, please check out www.fvsa.org and click calendar of events. Any specific questions or to find out more, please contact the show organizer, Mike Chuman at FarmAwesomeMike@gmail.com or call him at 630-723-7648. The physical address of FVSA is 44W300 Rohrsen Road, Hampshire, Illinois.



# Fox Valley Saddle Association's 2016

 June 4th
 July 30th
 October 8th
 Driving

 Location: 44W300 Rohrsen Road, Hampshire IL (Corner of Rohrson and Tower Rd) Location is north of Route 64, south of Route 20.
 October 8th
 Divisions:

 Divisions:
 Open VSE
 Open VSE

Trot Only Pony	Open Pony
Trot Only Horse	Open Horse
Trot Only Multiples (pairs, tandems, teams)	Open Multiples (pairs, tandems, teams)

\*Cone width - 175 cm standard.

#### Schedule:

9:00 – Grounds Open

11:00 – Secretary's Stand Opens

11:30 - Secretary closes to new entries (packets can still be collected till 12:00)

12:00 - Mandatory Driver's Meeting - course opens for official walk after Driver's Meeting

1:00 – First Entry on course

30 minutes after last round – Awards Ceremony

Each entry will get two rounds on the course. If course change is made between rounds a minimum of 15 minutes will be given to walk the course.

Ribbons up to 6th place! Year-end Champion and Reserve Champion for Trot Only and Open Divisions.

Lunch will be available to order while the Secretary Stand is open

Contact: Questions please call or email Mike Chuman: FarmAwesomeMike@gmail.com (630) 723-7648,

or Kelly Chuman: kellvchuman@email.com (630) 712-9397

#### For pre-registration, send entries to:

Michael Chuman	Entries should include (1) Entry Form with signatures, (2) Check made out to FVSA.
3N968 Meredith Road	No entries will be accepted after 11:30 AM on the day of the show.
Maple Park, IL 60151	

#### Fees:

\$25 – One Derby Entry	\$25 per stall for Saturday day ONLY
\$60 – Entry in all three Derby Dates (save \$15!!)	\$10 – Overnight Electric Hookup
\$5 – Late Fee (received after closing day)	\$15 – Daytime Electric Hookup

\*\*FVSA reserves the right to require stall rental if weather conditions preclude parking on grass

#### Attire: ASTM/SEI helmet, whip, and gloves are required. Safety vest is strongly encouraged. All safe vehicle types are welcome.

#### American Driving Society (ADS) Rules Apply. Navigator required for large pony (ponies over 120 cm), horses, and multiples (navigators can go around multiple times).

GENERAL RULES: No entry fees refunded. Judges decision is final. All stallions must have an adult handler. FVSA is not responsible for any theft, accident or bodily injury. No alcoholic beverages on the grounds. All dogs must be on a leash. Children must be under adult supervision. The show committee reserves the right to combine, split, or cancel any class based entries. ADS Rules will be followed where applicable. Announcements made the day of the show take precedence over written show bill. State of Illinois proof of negative Coggins Law abided by. NSF FEE: \$20 for returned checks

### FOX VALLEY SADDLE ASSOCIATION'S 2016 **DRIVING DERBY SERIES** Mail entries to: Mike Chuman **ENTRY FORM** 3N968 Meredith Road

Maple Park, IL 60151 One Turn Out per Entry Form Questions? FarmAwesomeMike@gmail.com (630) 723-7648

Name o	of Whi	p/Driver
a state of the last		

Address	City	State Zip Code
Email Address		Phone Number
Name of Horse(s)		Height in cm
Name of Owner		
Address	City	State Zip Code
Email Address		Phone Number
Select Division (mark one)		
Trot Only VSE	Open VSE	
Trot Only Pony	Open Pony	
Trot Only Horse	Open Horse	

Trot Only Multiples (pairs, tandems, teams)	Open Multiples (pairs, tandems, teams)
Other Fees (mark all that apply)	

TOTAL DUE			
Camper hook up (Saturday only	)	□ \$15	
Day Stall for Saturday day ONLY		□ \$25 *	Stalls
Entry in all three Derby Dates (save \$15!!)		\$60	
One Derby Entry – Show Date	<ul> <li>July 30, 2016</li> <li>October 8, 2016</li> </ul>	□ \$25	
	June 04, 2016		

Make checks payable to Fox Valley Saddle Association or FVSA. There will be \$20 fee for any returned checks.

### **Added Fat Improves Horse Behavior**

#### Submitted by <u>Juliet M. Getty...</u> on Thu, 02/11/2016 - 9:39am Newsdate: Thu 11 February 2016 – 9:00 am

Diet affects behavior. This makes sense. A well-fed horse is healthy. And a healthy horse feels good. Conversely, a poorly-nourished horse is suffering. A variation in hormone levels, for example, can have a temporary effect on how the horse sees the world. Just as reaction to sugar intake varies in humans, so it does in horses.

### A healthy horse feels good

Gram for gram, fat provides more than double the calories of carbohydrates or protein. And it is well digested. But there's an added bonus! Fat has a calming effect on horses' behavior. <u>New window.</u> Horses may feel ill or "off" from an overindulgence in sugar/starch, and they certainly have been reported to exhibit "sugar highs and lows" caused by the sudden surge and subsequent drop in blood glucose from a high carbohydrate (sugar/ starch) meal.



Although there is, in fact, little scientific evidence that proves a sugar/starch-driven behavioral component, many horse owners will attest to their own horses showing adverse behavioral responses and will therefore avoid feeding anything that contains starchy cereal grains or is sweetened with molasses.

There are plenty of good reasons beyond the scope of this article to avoid high sugar/high starch diets, but in terms of behavior, what alternative does a horse owner have if the horse simply needs more calories to meet the added demands of exercise, work, and performing? Hay and grass simply cannot provide enough energy (calories) to support these additional requirements.

### The answer is fat.

Gram for gram, fat provides more than double the calories of carbohydrates or protein. And it is well digested. But there's an added bonus! Fat has a calming effect on horses' behavior.

Researchers at Virginia Polytechnic Institute<sup>1</sup> noticed that horses fed a high fat diet are less reactive to startling stimuli and had lower levels of excitability and anxiety than horses fed a more traditional grain-based diet. The horses in their experiment received 15% of the total calories from fat, which is high for most horses. However, the study reveals that fat is worth trying if you have a sensitive horse who may become easily excited by everyday activities.<sup>2</sup> (Please note: Ponies, minis, donkeys, and mules should not receive high fat diets.<sup>3</sup>)

### What type of fat?

All fat has the same number of calories, regardless of the source. But from a health perspective, it is best to steer clear of animal fats, as well as oils that are have too many omega 6s (which increase inflammation) in relation to omega 3s (which have an anti-inflammatory effect). Oils high in monounsaturated fatty acids are a good source since they neither increase nor decrease inflammation.

Below are some commonly fed fat sources:

- Ground flaxseeds and flaxseed oil: Has a 4:1 ratio of omega 3s to omega 6s, making it an ideal choice
- Chia seeds: Has similar omega 3 to omega 6 ratio as flax
- Canola oil: 10% omega 3s and relatively low in omega 6s. Also contains monounsaturated fatty acids (no harmful impact on inflammation)
- Rice bran oil: Only 1% omega 3s, less than 50% omega 6s and high in monounsaturated fatty acids
- Copra meal and coconut oil: Not a source of omega 3s and omega 6s but rather medium chain fatty acids which may be beneficial when added to an omega 3 source
- Soy lecithin: Only 4% omega 3s but also contains choline, a helpful component of neurotransmitters
- Soybean oil: Only 7% omega 3s and mostly omega 6s (less desirable choice)
- Corn oil: No omega 3s and higher in omega 6s than soybean oil (poorest choice)
- •

### How much?

I prefer to limit fat intake to no more than 10% of the total calories, though some athletes are fed levels as high as 20%. For the lightly exercised, mature 1100 lb (500 kg) horse, the National Research Council recommends a minimum total diet of 20 Mcals per day to maintain body condition. Ten percent would be 2 Mcals per day from fat. One cup (8 fluid ounces or 240 ml) of oil will meet this requirement. It weighs 240 grams and at 9 kcals/g, provides 2.16 Mcals.

### How to add?

When adding any amount of oil to your horse's feed, start with a small amount (say, one tablespoon or 15 ml). Most horses do not like oily feed, but more important, it takes several weeks for the horse's cells to become accustomed to metabolizing more fat.

#### Summary

Short attention span, spookiness, reluctance to work, excessive sensitivity and alertness to surroundings, irritability, and "hot" behaviors can be reduced by adding fat to the diet. Fat is high in calories, so limit the amount you feed based on the horse's weight and his caloric need. Omega 3s need to be in balance with omega 6s, so choose oils carefully. And finally, build up to desired intake by starting slowly and increasing over 4 to 6 weeks.

#### About Dr. Getty

Juliet M. Getty, Ph.D. is an independent equine nutritionist with a wide U.S. and international following. Her research-based approach optimizes equine health by aligning physiology and instincts with correct feeding and nutrition practices.

Dr. Getty's comprehensive resource book, <u>Feed Your Horse Like a Horse</u>, is available at <u>www.GettyEquineNutrition.com</u> -- buy it there and have it inscribed by the author, or get it at Amazon (<u>www.Amazon.com</u>) or other online retail bookstores. The seven separate volumes in Dr. Getty's topiccentered *Spotlight on Equine Nutrition* series are available with special package pricing at her website, and also at Amazon in print and Kindle versions. Dr. Getty's books make ideal gifts for equestrians.

Find a world of useful information for the horseperson at<u>www.GettyEquineNutrition.com</u>: Sign up for Dr. Getty's informative, free e-newsletter, *Forage for Thought*, browse her library of reference articles; search her nutrition forum; and purchase recordings of her educational teleseminars. Reach Dr. Getty directly

atgettyequinenutrition@gmail.com. She is available for private consultations and speaking engagements. <sup>1</sup>Source: Holland, J.L., Kronsfeld, D.S., and Meacham, T.N. 1996. Behavior of horses is affected by soy lecithin

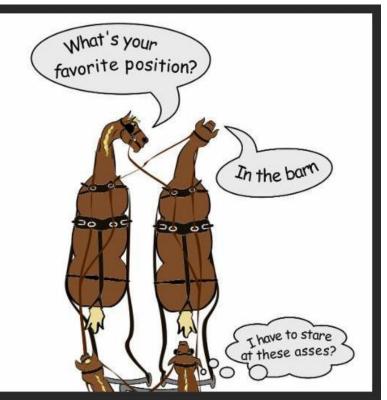
and corn oil in the diet. *J. Animal Sci.*, 74 (6), 1252-1255.

<sup>2</sup>Find more dietary approaches for improving horse behavior in "Feeding and Behavior," found under Teleseminars

#### at www.gettyequinenutrition.com.

<sup>3</sup>"Ponies, minis, donkeys and mules metabolize fat more economically than horses and are prone toward weight gain and the insulin resistance that results from obesity. Therefore, it is best to avoid adding large amounts of fat to their diets." This and more information on special feeding for these types of equids can be found in *Feed Your Horse Like A Horse* by Juliet M. Getty, Ph.D., available

at<u>www.gettyequinenutrition.com</u> and Amazon.com. by Juliet M. Getty, Ph.D.





## 10 COMMON HORSE TRAILER MISTAKES YOU ARE PROBABLY MAKING

### **Published By Brad Heath**

You think that you are an absolute pro when it comes to traveling with your horse. Season after season passes with no incidents at all. Then...one time... things go horribly

wrong. Don't let yourself get caught in this trap. Here are ten common mistakes that you make to endanger your horse's safety.

### 1. "Like a Fish in a Net" - Hay Nets That Are Too Low

We spoke with Dr. Carrie Wheeler of Edelson Equine Associates in Manheim, Pennsylvania to learn about common trailer mistakes that can injure your horse. She explained that people often fill their hay nets with a great of hay to keep their horse occupied and happy during travel. As the hay net empties, it sags closer and closer to ground, until eventually, it is dangerously close to the horse's front legs. "I've seen a couple of horses get their accidentally caught in hay nets," she said.

Now I want you to imagine how your horse would react if were inside a trailer and suddenly can't move a front leg because it is tangled in a net with course nylon strings. It's going to be pretty. That's for sure!



Besides causing the horse emotional stress after it is stuck, the hay net can actually do some serious damage to their tendons. The hay net strings will act as a tourniquet around the delicate tissues in the back of the leg and cause swelling. This will increase the tightness of the tangle and the problem will get worse and worse.

Over time, a bowed tendon can result which often leads to permanent damage and weakness in your horse's leg. To avoid this problem, make sure that your hay net is hung high enough off the ground so that it won't sag low even after it has been emptied of its contents.

### 2. "Rusty Fallout!" - Failing to Maintain the Horse Trailer

Rusted frames, rotten floors, broken latches, and poor electrical connections are just a few of the things that can cause serious issues with your horse trailer. We've written numerous articles about how to maintain your <u>horse trailer floor</u>, how to <u>properly</u> <u>stow it over the winter</u>, and how to make sure it is generally safe for use.

Dr. Wheeler explained, "We see lots of horses get cuts and injuries from improperly maintained trailers." The smallest of these are cuts from rusted or sharp spots on the interior of the trailer. The largest injuries are from horses who need to be put down after a serious traffic accident or floor failure.

It is a good idea to check your trailer over after every use to see if any damage has occurred that needs attention. Dr. Wheeler said, "You need to look at your trailer and make sure it's safe. Make sure there's not a lot of rust especially where their legs are, or lower where they may kick. Also, if you have ramps, aback the binges to make sure these pieces are in working order

check the hinges to make sure those pieces are in working order."



Do a more thorough inspection once a year and strongly consider having a professional check it over to make sure it is road worthy and safe for use.

### 3. "Not Like That!" – Shipping Wraps That Cause Tendon Damage

Here's a topic that should be fresh in your mind if you read our blog regularly. Improperly applied shipping bandages can be a BIG problem!

Leg wraps that are wound unevenly or with bandages that are too stretchy can create a tourniquet on your horse's leg just like that nasty hay net we just discussed. This has the very real potential of doing permanent damage to tendons. Shipping boots are a safer option for novices, but it is important to make sure the boots fit properly and that your horse is accustomed to their feel before loading up for a trip. "Make sure you have appropriate supplies, they fit your horse, and that you're comfortable using and applying them. Practice using everything." Learn more about proper leg protection application in our recent article.

### 4. "You Want Me To Do What?"- Allowing a Horse to Become Trailer Sour

Remember that good horsemanship plays a large part in having a safe and enjoyable trip with your horse. If you go several seasons without taking your horse on any trips, don't be surprised if he balks when you try to suddenly load him onto the trailer.

Even after you manage to load him, horses-out-of-practice will be more likely to dance around nervously and explode out the back doors when it comes time to unload. Make sure that your horse is acclimated to the trailer from regular trips so they can load, travel, and unload safely and calmly.



### 5. "I Don't Like THAT Trailer!" - Switching Trailer Types Suddenly

Just as long breaks without trailering can throw a horse off, sudden switches in the *type* of trailer can cause a problem. Take it slow when switching your horse to a new trailer type. A <u>2 horse bumper pull horse trailer</u> is going to look and feel completely different than a huge <u>3 horse slant trailer</u> with living quarters! Give your horse time to become acclimated to this new trailer with loading practice and short trips before you jump in with both feet.

### 6. "Hey! Don't Leave Me!" - Leaving a Loaded Horse Unattended

"Always watch your horse in the trailer!" Dr. Wheeler had several stories to share here that illustrate why it's incredibly important to make sure someone stays with your horse while the trailer is loaded.

In one example, a family left their horse loaded in a <u>two horse trailer</u> with the front manger door open while they went to register for a horseshow. The horse panicked, reared up, and went for the only escape route he could see – the front manger door! Dr. Wheeler remembered dealing with the frightened horse. "That can be a scary situation trying to get him unstuck." A similar problem can arise if you leave the side access doors open. "Make sure you are always watching a horse that is loaded on a trailer and don't leave them unattended."

### 7. "Mom! He's Kicking Me! - Riding With Bad Traveling Buddies

When discussing leg wraps with Dr. Wheeler, she explained that leg wraps are actually most important when trailering with other horses. "They could easily kick your horse!" This is why it's important that you are somewhat familiar with the

temperament and the habits of your horse's travel companions. If you know a friend's horses is wild and unsettled during travel, you might not want to load your horse in beside him!

### 8. "What a Sweaty Mess!" - Allowing Your Horse to Overheat in the Horse Trailer



Overheating is common problem for horses in the summer time especially in <u>mill-finished</u>

**aluminum** horse trailers. This material traps the heat from the sun and turns your trailer into an oven on wheels. Besides making your horse uncomfortable, this can lead to excessive sweating and dehydration. That is why it's important to look for trailers that have a double layer of material in the roofs to insulate away the sun's heat. A <u>Z-frame</u> material trailer is ideal for this. Also, look for ceilings that are painted white since they will reflect away more heat and contribute to a lighter interior.

Finally, in the wintertime, carefully consider whether or not your horse needs a blanket during travel. It's always a good idea to have some ventilation in your trailer, but many people tend to over blanket their

horses, causing them to sweat and become chilled during travel. If your horse has a nice winter coat, traveling companions, and an enclosed (non-stock) trailer, then chances are, they can go without a blanket.

#### 9. "Slow down!" - Driving Too Fast

Many people at the wheels of a loaded rig forget that a horse trailer is not going to provide the smoothest of rides no matter how fancy it may be. To illustrate this, have a friend drive you around the pasture while you are standing in the back. This will give you a better idea of what is like for your horse during travel.

Drive at a safe traveling speed while on the road and take turns slowly so that your horse is able to balance during the ride. Erratic driving will not only cause them stress, but also tire them out as they try to balance around every twist, turn, and dip. There's nothing worse than arriving at an event with a tired and cranky horse!

### 10. "Officer, I Thought I Was Fine." - Using the Wrong Type of Hitch or Tow Vehicle



It is not uncommon for people to buy a fancy new truck, a fancy new trailer, and assume they are good to go. The thing they forgot to remember is the hitch! It is important to make sure that your hitch is properly rated to handle the full load of your horse trailer and tongue weight. Also, make sure that your tow vehicle is up to the challenge. An <u>improperly matched tow vehicle</u>, hitch, and trailer can cause disaster on the road. Learn more about this topic in our recent article. Now, be honest...how many of these mistakes have you made in the past? It's okay. Live and learn. Happy Travels!

**Double D Trailers** P.O. Box: PO Box 5607, Kinston, North Carolina, USA, 28503 PH:888-244-2029 | Fax: 888-485-3126 |





### KEMAH'S ANIMAL CARE SERVICE

Specializing in horse care, but also experienced in the care of dogs, cats, birds, as well as many farm animals. Services including, but not limited to, cleaning, feeding, exercising, grooming, administering meds if needed. Short term to permanent care available. Over fifteen years experience. Great references. Reasonable rates. Call Kemah: 815-451-3967.



FOR SALE: Russet leather Single Horse reins: lightly used, \$60 Country Carriages USA, Country cart, small pony/ mini sized. Used for Pleasure Shows & CDEs. Dark walnut stained wood, wool grey Bedford cord seat and black rain seat. Light weight approximately 175 pounds, two passenger cart with the best ride. A sliding, adjustable seat, spares box under the seat, flush hubs, flat rubber tires, chrome hardware, wood dash, whip socket, black leather shaft trim, good condition. New was \$2,600, **asking** \$1,750.

Call Ann McCombs 815-648-4471.

**FOR SALE:** (I do not have a photo) **Driving Harness for Draft** - Black leather and patent leather.

Breastcollar. Was custom made for my Belgian. Good Condition. \$225

**Beautiful Carriage** - - 2 bench carriage with Burgundy crushed velvet seats. Excellent condition. Draft and regular size shafts. - \$3500

Driving Cart - Excellent condition. Regular size shafts. \$399

All located in Crystal Lake, II Contact - Jennifer Swanson - 815-459-

4092





### Show Gig for Sale





Built by Todd Frey of Frey Carriage, Columbus,

Wisconsin. Gig is about 15 years old, lightly used. I have used

it at a few shows and it is very well balanced and smooth riding. It has a beautiful dark green paint finish. It has new shaft covers and includes a full canvas cover. It is in very good condition. \$3,800 Contact Sandra Nowicki, 262-889-4802 or <u>sannowicki@aol.com</u>



### ASK WHINNY

This is an opportunity for all members, but especially novice drivers, to get input and advice from other members. Each month we will be posting an anonymous question raised by a Hub Club member and asking you, the membership to respond from the deep and vast store of your driving knowledge and experience. So let's go!

For the April issue: What is the difference between an HDT, a CDE, and a marathon?

Please submit questions you want feedback on and share your experiences by emailing them to me at <u>nancykbaker@yahoo.com</u> Thanks for your input!



### PRAIRIE STATE CLASSIC HORSE SHOW

**PSC** is featuring three Open to All Breeds Carriage Classes all on Friday, June 3rd, 2016 at their annual show at Ledges Sporting Horse Center in Roscoe, IL. They will be Turnout, Working and Reinsmanship with a High Point Award. Their enticement to attend is that they will only charge \$55 for a one day stall (it's what they pay the Ledges and isn't open to any other exhibitors other than carriage). This is a USEF rated show.

For a prize to be mailed to you, contact Gail Kelce at; gkelce@earthlink.net

Wheel to Wheel

NEWSLETTER EDITOR 26715 N. Schwerman Road Wauconda, IL 60084-2703





<b>HUB CLUB</b> Membership Application	
ADDRESS:	
PHONE :( home)(work) EMAIL ADDRESS	HUBCLUB
Please check preference: Newsletter sent via email Also member of:ADSCAA,USEF, Local club	U.S Postal Service
MEMBERSHIP DESIGNATIONS:	
INDIVIDUAL MEMBERSHIP: 18yrs or older, 1 vote per membership FAMILY MEMBERSHIP: Couple and any underage children (<18), immed JUNIOR MEMBERSHIP: Child under 18yrs of age, no voting privileges. (I Also, parent/guardian must sign on application for Junior Members to part I accept the benefits, obligations and responsibilities of membership a	Must have an adult member as sponsor). articipate at club events. and agree to abide by the HUB Club bylaws
Signature(s):	Date Date
	Date :
Parent or Guardian (if under 18 years of age) INDIVIDUAL MEMBERSHIP: \$25.00 (Renewing or New)* \$ FAMILY MEMBERSHIP: \$35.00 (Renewing or New)* \$ JUNIOR MEMBERSHIP: \$10.00 (Renewing or New)* \$ *New memberships received after June 30 will be pro-rated for 6 mc Send check with completed forms to: check # date Sue West 16212 Nelson Road	onths