

ACTRA 2013 BOARD OF DIRECTORS

Chairperson

Roy Drinnan
PO Box 101
Oxford, NS
B0M 1P0
(902)694-5014

Vice Chairperson

Sherri Brooks
209 Church Street
Sackville, NB
E4L 1K5
(506)536-2262

Secretary

Donna Lee Cole
485 Dickie Mountain Road
Bloomfield, Kings Co., NB
E5N 2W7
(506)832-7960

Treasurer

Gwenn Dexter
RR # 5
Canning, NS
B0P 1H0
(902)582-3463

Rules

Susan Hovey
8961 Rte 3, Old Ridge
St. Stephen, NB
E31 4W4
(506)466-2150

Sanctioning

Donna Munn
249 Menzies Road
Midland, NB
E5T 2N2
(506)839-2810

Statistician

Jennifer McDonald
2020 Rte 705
McDonalds Pt, Wickham, NB
E5T 4A1
(506)485-5659

Public Relations

Afiena Kamminga
37 Stephens Drive
Sackville, NB
E4L 1J5
(506)536-3617

Newsletter

Bev Elliott
931 Newtonville Rd
RR # 1 Wolfville, NS
B4N 2R1
(902)542-9586
rcmp@wolfville.ca

Director At Large

Evan LeBert
591 Route 605
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Roy – rdrinnan@crsoftinc.com
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Susan – sears@nb.aibn.com
Gwenn – gwenn.dexter@hotmail.com
Donna – dmun@nbnet.nb.ca
Jennifer – jennmcdonald@xplornet.ca
Afiena – afienakhansl@gmail.com

ATLANTIC CANADA TRAIL RIDING ASSOCIATION MEMBERSHIP FORM

NAME: _____ :

ADDRESS: _____ :

TELEPHONE: _____ EMAIL: _____ :

JUNIOR OR OTHER RIDERS IN THE FAMILY

NAME: _____ BIRTHDATE: _____ :

NAME: _____ BIRTHDATE: _____ :

I WISH TO REGISTER THE FOLLOWING MOUNT WITH ACTRA (LIFETIME MOUNT REGISTRATION FEE \$25)

REG NAME: _____ BARN NAME: _____ :

BREED _____ AGE: _____ MARE GELDING STALLION (PLEASE CIRCLE)

BREED REGISTRY INFORMATION: _____ :

MEMBERSHIP DUES: INDIVIDUAL \$17.50 - FAMILY \$22.50 - MOUNT REGISTRATION \$25.00

PLEASE SEND MEMBERSHIP FORM OR FACSIMILE TO: GWENN DEXTER, RR #5 CANNING, NS, B0P 1H0

ARE YOU INTERESTED IN RECEIVING ACTRA LITERATURE? YES NO (PLEASE CIRCLE)

TOTAL MEMBERSHIP DUES : _____ @\$17.50 OR _____ @\$22.50 OR/AND _____ @\$25.00

TOTAL FEES SUBMITTED = _____.

Spring General Meeting April 7/13
Creekview Farm, NS

| | | | |
|------------------|-------------------|-----------------|-----------------|
| Bev Elliott | Jennifer McDonald | Nicole Anderson | Betty Dwyer |
| Deanna Johnston | Sylvia Gillies | Margaret Shand | Carilee Eddy |
| Tammy Beezly | Irmgard Lipp | Susan Hovey | Sherry Brooks |
| April Haliburton | Jean Bridges | Rene Mesereau | Bertha Harrison |
| Dot Evans | Nancy Hennessey | Pam Thorton | Donna Munn |
| Jim Burns | Pat Rideout | Elwood Munroe | Lucy Rudge |
| Gwenn Dexter | Donna Lee Cole | Roy Drinnan | |

Meeting called to order at 13:10 by Roy

- Fall 2012 General Meeting minutes read by DL
- Motion to adept minutes as read made by Gwen, seconded by Bev. Accepted

Reports:

- Newsletter Report offered by Bev – no new concerns. Electronic version is well accepted
- Treasurer Report offered by Gwenn – Balance for 2012 \$7125.02 Fall auction raised \$265.65 As of April 6th balance was \$7949.50
- Public Relations Report not offered
- Sanctioning Report offered by Donna Munn
 - o 6 sanctioned rides for 2013 so far
 - o Reimbursement request for \$100 fro copier toner and paper for 2013 season
- Statician Report offered by Jennifer – No concerns
- Endurance Canada Report offered by Donna Munn
 - o Reimbursement of \$50 for Endurance Canada and Equine Canada memberships
 - o Donna will remain Endurance Canada rep

Motion to accept reports as read made by Sylvia, seconded by jean. Accepted
Donna Munn to be reimbursed \$150

Old Business:

- Club jackets were presented by Jennifer McDonald Available in Black, red, grey and navy. Cost \$66.56 tax included. Jackets will include Rider name, Mount name, ACTRA logo.
 - o Jackets will be brought to the first two rides of 2013 season
 - o Jacket order to be placed by June 16th
- Statician: mileage from Stanley fall ride has been clarified and riders have received their mileage
- General Discussion re motion made at fall meeting to reduce CTR hold time to 10 min and to include hold time in ride time.

- Motion made by Sylvia “ **That the fall meeting motion regarding this rule change for 2013 season be rescinded**” Seconded by Tammy 16 for motion, 6 opposed, motion carried
- Motion made by Donna Munn “ **That for CTR/IDR a 20 min hold time will include 10 min incorporated into the ride time and 10 min will be added to ride time**” Seconded by DL, 3 opposed, carried

New Business:

- Reimburse Roy for cost of spring meeting \$100
- Motion made by Betty “ **CTR/IDR riders can ride for mileage only. The mount is required to pass all veterinary checks:**” seconded by Nancy 7 for, 10 opposed, motion defeated
- Gwenn will contact HEP insurance for 2013 insurance costs
- Motion made by Jean “ **That the ACTRA Chair be allowed to make decisions on behalf of ACTRA subject to approval at the next general meeting**” seconded by Carrilee, carried
- Information from Bertha
 - Carl and Diane Skidmore will be celebrating their 50th wedding anniversary on April 20th from 1-3PM at St Bridget’s Catholic church in Parrsboro. All are welcome
 - ACTRA will send a card
- BOD members will attempt to locate ACTRA constitution
- Bev is seeking ideas for ACTRA clinics. Email suggestions can be sent to Bev
- General discussion re: scoring in CTR’s, multiple scores of 100
 - RM are reminded to educate Vet staff of necessity scoring mounts in order to alleviate this common occurrence

Fall AGM Nov 16/13: no offers from membership to take on this task for ACTRA’s fall AGM

Meeting adjourned at 15:45

Minutes submitted April 10th by DL Cole

ACTRA'S FINANCIAL STATEMENT

| | | |
|----------------------------------------|-----------------------|----------------|
| Balance at Nov. 2012 Year Ends | | 8181.30 |
| Plus | Interst | 14.78 |
| | | <u>8196.08</u> |
| Less 2012 Year End Expenses | | |
| | Ride Incentive | 200.00 |
| | Year End Awards | 627.28 |
| | Office Expenses | 150.00 |
| | AGM Meeting Room | 80.00 |
| | True 2012 Year End | <u>7138.80</u> |
| Plus | 2013 Income | |
| | Membership 15S/11F | 510.00 |
| | Mount Registration | 100.00 |
| | Auction Fundraising | 265.60 |
| | Interest | 0.10 |
| | | <u>8014.50</u> |
| Less | 2013 Expenses | |
| | Advertising/Promotion | 65.00 |
| Balance at beginning of Spring Meeting | | <u>7949.50</u> |

hold office during the ensuing year or until their successors are duly elected.

(d) The Executive Director shall be appointed by the Board of Directors and his term of office shall be at the discretion of the Board of Directors.

(e) All officers, except the Executive Director, must be Directors of the Federation, except that, if an officer is not re-elected as a Director, he shall continue to hold office as an officer until replaced at the next meeting of the Board of Directors.

DUTIES OF THE OFFICERS

14. The President shall be the chief executive officer of the Federation and shall preside at all meetings of the Federation and of the Board of Directors. The President shall have responsibility for the general and active management of the business of the Federation. He shall see that all orders and resolutions of the Board are carried into effect and he, or an officer appointed by the Board for the purpose, together with the Secretary, shall sign all by-laws and other documents requiring the signature of the officers of the Federation and shall authenticate the corporate seal. The President will be ex-officio a member of all committees and will appoint the chairman of all committees.
15. (a) The Senior Vice-President shall, in the absence or disability of the President, perform the duties of the President and such duties as shall from time to time be imposed upon him by the Board.

(b) The other Vice-Presidents shall be charged with specific responsibilities as determined by the Board from time to time. They shall include, but shall not be limited to, a Vice-President Olympic Disciplines, a Vice-President Western Disciplines, a Vice President Competition and a Vice-President Recreation.
16. The Treasurer shall be responsible for establishing and maintaining a system of books, records, internal controls and management practices to provide reasonable assurance that:

reliable financial information is produced; the assets of the Federation are safeguard and controlled; the transactions of the Federation are in accordance with the relevant regulations, by-laws and other authorities of the Federation; and the resources of the Federation are managed efficiently and effectively.

The Treasurer shall also be responsible for the integrity and objectivity of the financial statements of the Federation and shall render financial statements at each regular annual meeting of the Board of Directors.

17. The Secretary shall ensure that either the Secretary or, failing him, the Executive Director shall attend all sessions of the Board and all meetings of the members and act as clerk thereof and record all votes and minutes of all proceedings in the books to be kept for that purpose. He shall give or cause to be given notice of all meetings of the members of the Board of Directors and shall perform such duties as may be prescribed by the Board of Directors or the President.
18. The Executive Director shall, in the absence or disability of the Secretary, perform the duties and exercise the powers of the Secretary and shall perform such other duties as shall from time to time be imposed upon him by the Board. He shall be the custodian of the seal of the Federation.

EXECUTIVE COMMITTEE

19. The Board of Directors will annually elect an Executive Committee at the first meeting of the Board of Directors following January 1st each year, which shall have the power to transact, between meetings of the Board of Directors, all such business as the Board itself might transact while in session. The Executive Committee shall have such powers and duties, subject to the paramount authority of the Board of Directors, as shall be delegated to it by the By-laws and rules of the Federation and by the Board of Directors. The Executive Committee, elected annually, shall remain in office until its successor Executive Committee has been elected at the first meeting of the Board of Directors following January 1st of each year.

Nov ²¹ 12, 1992**ACTRA Constitution**

It is the function and intent of a constitution to define the basic purpose and format under which an organization is to function. A constitution is to define the structure of the organization and the basic rules which are to be used to govern all meetings and actions of the club.

This constitution is for the Atlantic Canada Trail Riding Association, also known as ACTRA. It will define the purpose of the club, its principle officers, a quorum, structure of meetings, procedures to follow and other such items which are basic to the function of the club.

Should you have any comments or changes to these proposed items please contact me before the yearend meetings, I will be in Woodstock on Friday evening to discuss my proposals.

ACTRA Constitution

PURPOSE

The Atlantic Canadian Trail Riding Association is a non-profit organization founded to promote and co-ordinate the sport of competitive distance riding throughout the four Atlantic provinces. ACTRA will accomplish these goals through the use of ride sanctioning and through supporting and/or sponsoring events such as clinics and seminars.

Rules:

Except where otherwise outlined by a rule of ACTRA, ACTRA will be governed by the rules as outlined in the publication Robert's Rules of Order.

Quorum:

A quorum will consist of either of; 1) a majority of the current board of directors or 2) a majority of the membership if the club. All motions of the club must be passed by a majority vote of members present and must include a quorum.

A quorum for a committee of ACTRA shall consist of a majority of the committee and motions of the committee must be passed by a majority of committee members present.

Membership

ACTRA will accept memberships on a calendar year basis. Each membership enables the member to vote in only one annual meeting. A family membership will entitle the family to a maximum of two voting members.

Directors:

ACTRA will elect directors to a maximum three year term. Whenever possible the terms of the board will be such that one third of the board comes up for re-election each year. Should a director leave office before the normal completion of their term a replacement director will be elected to complete the original term.

Officers:

The board of directors will appoint the following officers; Chair, Vice-Chair, Secretary, Treasurer, Rules, Newsletter, Sanctions, Publicity, Statistician. These positions are normally appointed from the directors but may be appointed from the general membership.

Amendment:

This constitution can only be amended by a majority vote of the membership of ACTRA.

Absolution:

Should ACTRA cease to exist or function in its entirety any remaining funds of the club will be forwarded to another non-profit organization or charity.

ACTRA 2013 Ride Results

S.A.D. Ride – May 18th – CTR/IDR

CTR Conditioning

1. Irmgard Lipp – Hoofprint
2. Deanna Johnston – Azzie
3. Kaaren LeBert – Odin
4. Evan LeBert – Magic
5. Russlyn Patriquin-Dyke – Addy
6. Lynn Beazley – Spirit

CTR Trail Horse

1. Azzie – Deanna Johnston
2. Spirit – Lynn Beazley
3. Morgan – Stephane Fournier

Jr CTR Conditioning & Trail Horse

Kathleen Schaefer & Ali

IDR Conditioning

1. Pat Rideout – Glenn
2. Bev Elliott – Solara
3. Jody Wiggins – Mischief

IDR Trail Horse

1. Solara – Bev Elliott
2. Glen – Pat Rideout
3. Mischief – Jody Wiggins

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S.A.D. Ride – May 19th – IDR

IDR Conditioning

1. Pat Rideout – Glen
2. Irmgard Lipp – Hoofprint
3. Bob Curran – Royal
4. Donna Lee Cole – Solara
5. Rene Mersereau – Rugby

IDR Trail Horse

1. Royal – Bob Curran
2. Rugby – Rene Mersereau
3. Glen – Pat Rideout

Jr IDR Conditioning & Trail Horse

Abby Christianson & Azzie

Hosted by

Sherry Brooks, Afiena Kaminga, Donna Lee Cole

Glooscap Trail Ride – June 15th – JP

Horsemanship

1. Sylvia Gillies – Quincey
2. Ann Bridges – Magic
3. Jean Bridges – Sky
4. Leslie Wade – Jesty
5. Stephane Fournier – Morgan
6. Lucy Rudge – Grover

Trail Horse

1. Jesty – Leslie Wade
2. Magic – Ann Bridges
3. Doc – Pearl Skjonsberg
4. Mr. Pete – Denise Lemay
5. Sky – Jean Bridges
6. Morgan – Stephane Fournier

JR Horsemanship & Trail Horse

1. Abby Christianson – Azzie
2. Kathleen Schaefer – Ali

Glooscap Trail Ride – June 16th – JP

Horsemanship

1. Sylvia Gillies – Quincey
2. Shelly Schaefer – Spirit
3. Ann Bridges – Magic
4. Betty Dwyer – Hooley
5. Russlyn Patriquin-Dyke – Addy
6. Bob Curran – Royal

Trail Horse

1. Magic – Ann Bridges
2. Spirit – Shelley Schaefer
3. Hooley – Betty Dwyer
4. Sky – Jean Bridges
5. Rocky – Marilyn Andrews
6. Darn Toot – Kristeen Thompson

Hosted by Bertha & Gary Harrison

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McDonald's Run Ride – Aug 3rd – CTR

Conditioning - Sr

1. Glen – Pat Rideout
2. Hoofprint – Irmgard Lipp
3. Tango – Jim Burns
4. Elastic – April Haliburton
5. Hooley – Betty Dwyer
6. Paris – Lynn Beazley

McDonald's Run CTR continued

Trail Horse – Sr

1. Glen – Pat Rideout
2. Magic – Jean Bridges
3. Addy – Russlyn Patriquin Dyke

Conditioning – Jr

1. Ali – Kathleen Schaefer
2. Willow – Marie Eddy

Trail Horse – Jr

1. Willow – Marie Eddy
2. Ali – Kathleen Schaefer

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McDonald's Run Ride – Aug 4th – JP

Horsemanship – Sr

1. Jody Wiggins – Mischief
2. Bob Curran – Royal
3. Donna Munn – Billy
4. Russlyn Patriquin Dyke – Addy
5. Betty Dwyer – Hooley
 Pearl Skjonsberg – Doc
6. Tammy Beazley – Wind

Horsemanship – Jr

1. Danielle Smith
2. Tahlia Lough
3. Journey ?
4. Julia Gilbert
5. Chandler Colpitt
6. Claire Winchester

Horsemanship – Novice

1. Peggy Cosman – Bobby
2. Heather Buttons – Copper 'n Gold
3. Debbie Carter – Spirit
4. Carolyn Gilbert – Blaze
5. Nicole Mattell – Kizz
 Barb Thompson – Molly
6. Amanda ? – Cordero

Trail Horse – Sr

1. Mandy ?
2. Billy – Donna Munn
3. Doc – Pearl Skjonsberg
4. Hooley – Betty Dwyer
5. Addy – Russlyn Patriquin Dyke
6. Azzie – Deanna Johnston

Trail Horse – Jr

1. Barney
2. Lucky
3. Gage
4. Harley
5. Another Harley
 Paris

Trail Horse – Novice

1. Copper 'n Gold – Heather Button
2. Spirit – Debbie Carter
3. Kizz – Nicole Mattell
4. Bobby – Peggy Cosman
5. Blaze – Carolyn Gilbert
6. Cordero – Amanda ?
 Molly – Barb Thompson

McDonald's rides hosted by Jennifer & Adam McDonald

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Amigo's Do Ride – Aug 31st – CTR

Conditioning

1. Magic – Ann Bridges
2. Hooley – Betty Dwyer
3. Sky – Jean Bridges
4. Paris – Lynn Beazley
5. Ray – Sylvia Gillies
6. Glen – Pat Rideout

Trail Horse

1. Magic – Ann Bridges
2. Glen – Pat
3. Hooley – Betty Dwyer

Conditioning & Trail Horse – Jr

Ali – Kathleen Schaefer

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Amigo's Do Ride – Sept 1st – JP

Horsemanship – Sr

1. Pearl Skjonsberg – Doc
2. Karen Jonah Brown – Riley
3. Sherry Brooks – Zac
4. Karen Gallagher – Aziza
5. Debbie Daley – Sheitana
6. Peggy Cosman – Bobby

Amigo's Do JP continued

Horsemanship -- Novice

1. Dawn Brown -- Moe
2. Heather Buttons -- Copper 'n Gold
3. Curt Bird -- Tornado

4. Carolyn Gilbert -- Blaze
5. Rosalee Burgess -- Holly
6. Ann Bulmer -- April
Debbie Carter -- Spirit

Trail Horse

1. Riley -- Karen Jonah Brown
2. Zac -- Sherry Brooks
3. Bobby -- Peggy Cosman
4. Sheitana -- Debbie Daley
5. Sky -- Jean Bridges
6. Aziza -- Karen Gallagher

Horsemanship & Trail Horse -- Jr

1. Danielle Smith -- Barney
2. Julia Gilbert -- JR
3. Taleah Logue -- Junior

Amigo Rides hosted by Sylvia Gillies & Donna Munn

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Not The Camp Cheputneticook Ride -- Sept 28th -- CTR

Conditioning

1. Magic -- Ann Bridges
2. Jazz -- Susan Hovey
3. Sky -- Jean Bridges
4. Trouble -- Pat Rideout
5. Tango -- Jim Burns
6. Solara -- Donna Lee Cole

Trail Horse

1. Magic -- Ann Bridges
2. Quincey -- Sylvia Gillies
3. Willow -- Emily Sutherland

Conditioning & Trail Horse -- JR

Harley -- Claire Winchester

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Not The Camp Cheputneticook Ride -- Sept 29th -- JP

Horsemanship

1. Ann Bridges -- Magic
2. Jean Bridges -- Sky

3. Sylvia Gillies -- Quincey
4. Debbie Daley -- Sheitana
5. Emily Sutherland -- Willow
6. Denise Lemay -- Mr Pete

Trail Horse

1. Magic -- Ann Bridges
2. Quincey -- Sylvia Gillies
3. Willow -- Emily Sutherland
4. Sweet Smokin Fritz -- Christine Boulay
5. Dream Catcher -- Maureen Johnson
6. Sheitana -- Debbie Daley

Camp Chipmunk rides hosted by Susan Hovey

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No Frills Tailgate Ride -- Sept 29th - JP

Horsemanship

1. Lucy Rudge -- Grover
2. Niki Petrie -- Tardee Chicken
3. Betty Dwyer -- Hooley
4. Todd Schaefer -- Ali
5. April Haliburton -- Elastic
6. Elwood Munroe -- Styles
Leslie Wade -- Jesty

Trail Horse

1. Grover -- Lucy Rudge
2. Hooley -- Betty Dwyer
3. Ali -- Todd Schaefer
4. Elastic -- April Haliburton
5. Styles -- Elwood Munroe
6. Jesty -- Leslie Wade

Hosted by Bev Elliott & Deanna Johnston

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Maple Ridge Ride END/LD

Once again we were blessed with blue skies and sunshine for the Maple Ridge Ride. Good trails, good weather and good cooks helped make this years ride another memorable one with many firsts to be accomplished. The trails were technical and challenging. We started on Saturday with 13 riders doing 50/25 miles. If anyone thinks this is an easy task you are mistaken. It takes dedication and determination to accomplish this. Each and everyone completed with healthy and sound horses, which means they are all winners. To finish is to win Ride on!!

ACTRA 2013 YEAR ENDS

Sunday again proved to be a sunshiny and beautiful day to ride a 15 mile JP. Horses & riders had a lovely day with two new riders joining the group. Welcome folks, great to have you on board.

Endurance 50 Miles

| | |
|----------------------------------|----------|
| 1. Tango – Jim Burns | 7.15 hrs |
| 2. Spirit – Shelley Schaefer | 7.21 hrs |
| 3. Paris – Lynn Beazley | 7.22 hrs |
| 4. Addy – Russlyn Patriquin-Dyke | 9.05 hrs |
| 5. Denny – Jennifer MacDonald | 9.18 hrs |
| 5. Elastic – April Haliburton | 9.18 hrs |
| 6. Magic – Jean Bridges | 9.19 hrs |

Best Condition: Spirit & Shelley Schaefer

Limited Distance 25 Miles

| | |
|-----------------------------|----------|
| 1. Azzie – Deanna Johnston | 4.04 hrs |
| 2. Hoofprint – Irmgard Lipp | 4.11 hrs |
| 3. Quincey – Sylvia Gillies | 4.28 hrs |
| 4. Wind – Tammy Beazley | 5.38 hrs |
| 4. Aziim – Troy Beazley | 5.38 hrs |
| 4. Ali – Kathleen Schaefer | 5.38 hrs |

Maple Ridge Ride – Oct 13th – JP

Horsemanship

1. Deanna Johnston – Azzie
2. Sylvia Gillies – Quincey
3. Irmgard Lipp – Hoofprint
4. Kim Dellacioppa – Sugar Cookie
5. Cheryl Trenholm – Stormy
6. Sherry Brooks – Zac

Trail Horse

1. Grover – Lucy Rudge
Quincey – Sylvia Gillies
Azzie – Deanna Johnston
2. Sugar Cookie – Kim Dellacioppa
3. Styles – Elwood Munroe
4. Hoofprint – Irmgard Lipp
5. Zac – Sherry Brooks
6. Stormy – Cheryl Trenholm
Spiced Run - ?????

Maple Ridge Rides hosted by Betty Dwyer

Please respond to Sylvia Gillies at (506)485-2518 or email mgillies@nb.sympatico.ca or Facebook the event (which some of you have done, thanks!)

Year ends will be held Saturday, November 16th at the FAIRWAY INN in Sussex. We will be having a meal following the meeting. The cost will be 25 dollars per person which will include tax and gratuities.

If you are planning on going drop Sylvia a quick note. Also if you need a room I would suggest book right away, things fill up fast. There are other options for hotels in Sussex. I can send a list if anyone wants it.

Fairway Inn, Sussex, NB - (506)433-3470 or Toll Free 1-800-565-2260

fairway@nb.aibn.com / www.fairwayinn.ca

Meetings being held at the Fairway Inn

Director's Meeting – 10:30 am

General Meeting – 1:00 pm

Supper - ??

Awards and socializing to follow afterwards

If you are planning on attending
PLEASE contact Sylvia ASAP!!!!

WHY DO HORSES EAT DIRT???

Equine Nutrition and Health Services Blog

Posted by Dr. Amy Gill on Tuesday, July 24, 2012 Under: Nutrition Tips & Advice

One of the most frequently asked question from my clients is “Why does my horse want to eat dirt? Is he missing something in his diet?” Well, the question can be answered several ways, as there is not one particular reason why horses engage in this perfectly natural activity. Horses are supposed to eat a certain amount of dirt on a daily basis. Therefore, I will give several explanations as to why horses eat dirt from time to time and hopefully put to rest any fear an owner may have when they see a horse with its mouth full of soil, rocks and other extraneous materials found on the ground.

Dirt is a natural part of the equine diet. It contains minerals in bio-available form that the horse needs for various metabolic functions. Some of the minerals, iron for example, are more utilizable from the soil than when added to feeds or stored in forages. Horses that are constantly stabled and deprived of minerals naturally found in dirt may develop deficiencies even when supplied with those minerals in processed feeds.

Dirt also contains microbes that the horse’s digestive tract can benefit from. Some microbes are located in plant roots so the horse may dig through the dirt to get at the roots of these plants.

Dirt contains water and salt which can both help a thirsty horse stay hydrated. However, it is always better to make sure horses are supplied with fresh drinking water and salt at all times.

Horses that do not have access to dirt on a daily basis may gorge on it when it is suddenly available. Again, it is perfectly natural ingredient in the equine diet so allowing the horse access to dirt everyday is recommended.

Dirt has coarse particles that will help naturally grind down the horses teeth. Horses kept in stalls do not get this added benefit of eating dirt and must have their teeth floated more often than those out on pasture.

A horse with nothing to eat will eat dirt due to hunger and boredom. This is a very common cause of dirt consumption in horses. It is imperative that horses in dry lots or paddocked on sand be given forage on a continuous basis to avoid overconsumption of dirt due to hunger or boredom. Such a situation is dangerous as it can set up the digestive tract for impaction colic very quickly. Always have forage available when horses are stabled or paddocked with no grass.

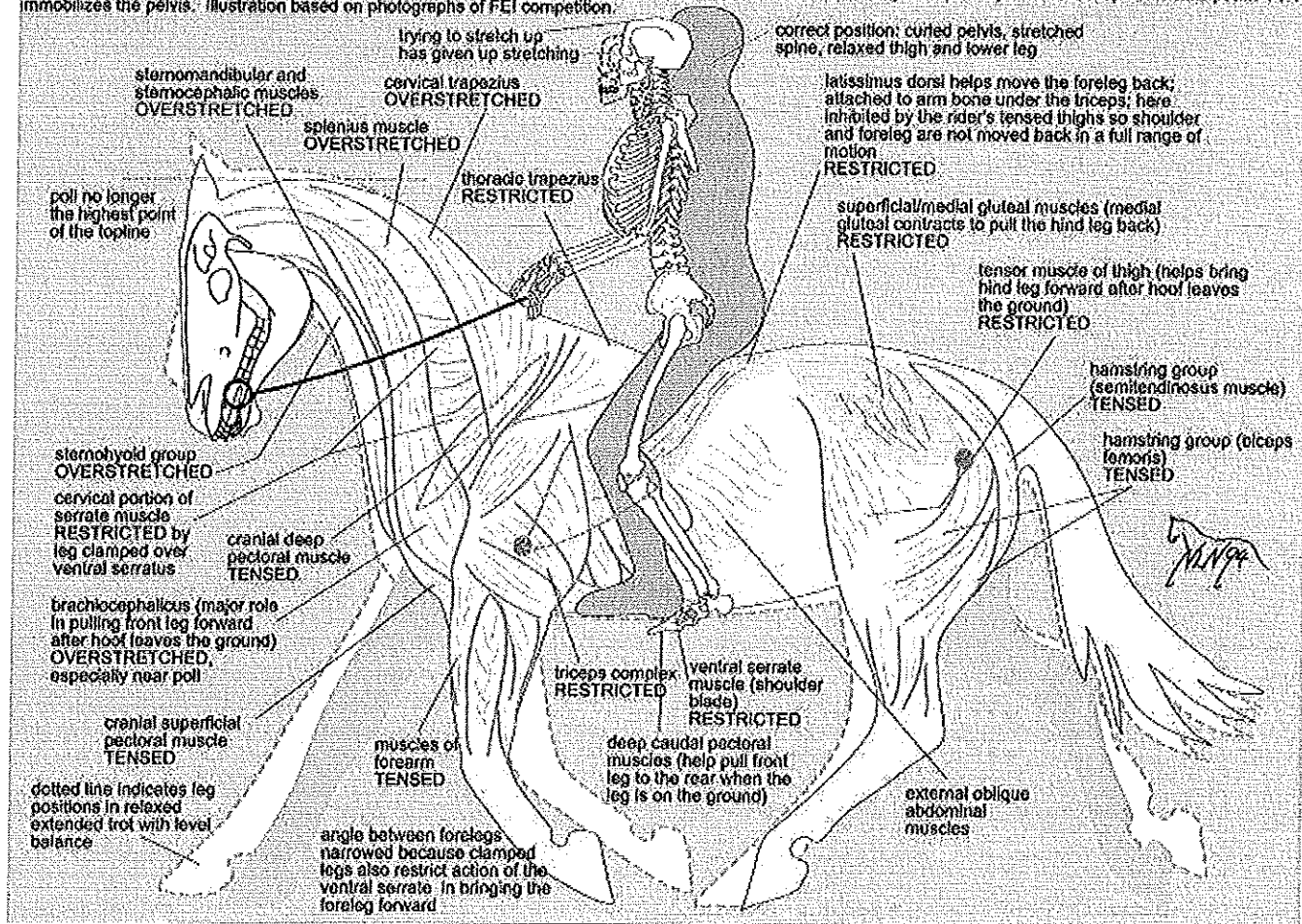
A horse with an upset stomach may seek out and eat dirt or clay. According to Dr. Christine King, “Clays in particular contain very absorbent particles which can bind up bacterial toxins, organic acids such as those produced by sugar fermentation, certain viruses, and other potentially harmful substances in the gut. The bound toxins are then harmlessly removed from the body in the manure”.

Soil contains fiber from leaves, bark and stems and can provide bulk fiber to a horse that is deficient in structural fiber. Again, horses that are stabled or paddocked on dirt or sand must be given free access to forage to adequately supply the hindgut with enough fiber. Horses deficient in fiber will eat sawdust, shavings, straw, fences, stalls planks, trees and dirt or whatever they can find to satisfy this requirement.

So for the health of the horse, please allow some daily access to dirt. It’s healthy, nutritious and natural!

Muscles of the horse correlated with rider position: rider leaning forward, weight on thighs.

Horse and rider are shown in an extended trot with a tense, bouncy stride. The rider's upper body ahead of the correct position (greyed outline) is clamped by the thighs, restricting the horse's ability to use its shoulders and reducing ground covered in each stride (although tempo may be unaltered). This rider position also immobilizes the pelvis. Illustration based on photographs of FEI competition.



On the ball with fitness

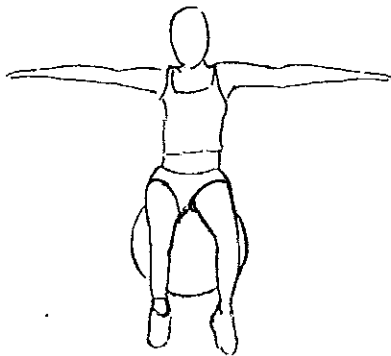
by Jessica Wentzell

Show season has arrived, and you have just spent all winter feeding on comfort food and staying in the warmth of your cozy dwelling. Instead of throwing yourself back into the saddle unprepared this season, take the time to prep your body and help improve your riding all around in 2010.

Personal trainers are a great way to get the perfect workout to help you improve your riding skills. Unfortunately, making it to the gym every day is not a reality for many people, especially those who rush home after work to look after a barn full of fuzzy creatures. There are other ways, however, to strengthen the right muscles and help you improve your riding from your own home.

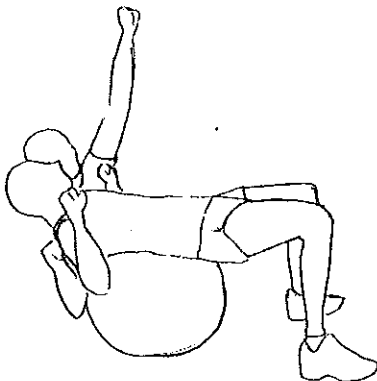
They say good things come in small packages and this holds true for riders' bodies. While many athletes see muscle mass as a strength, too much of the wrong muscles can actually hinder your riding. The key is to strengthen your muscles while keeping your body as slim as possible. Choose exercises that build a strong lower back and abdomen, increase flexibility and suppleness, and help you develop stamina.

Exercises done on a ball are a great way to do all three while improving your balance. Ensure that you start slowly and work your way up to the more challenging maneuvers.

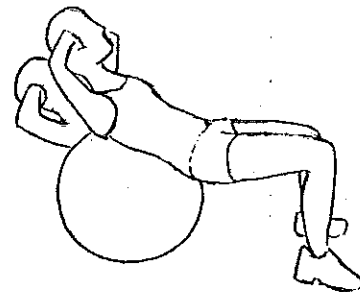


Drawing one : Seated Circles: Start by feeling out your balance on the ball. Sit on the centre of the ball, with your knees bent and feet placed shoulder-width apart on the floor. Once you have found your balance, raise your arms out to the sides and make small circles with your arms, first in one direction and then the other. You can start with 15 in each direction and increase the number over time.

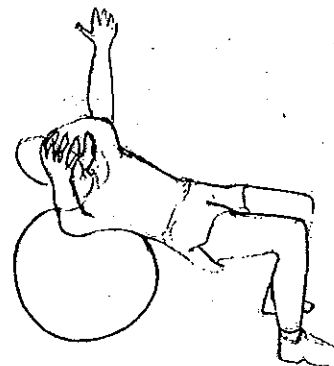
Drop your arms to rest for 15 seconds and then repeat the process with large circles, ensuring that your arms are stretching all the way above your head and all the way down to the sides of the ball.



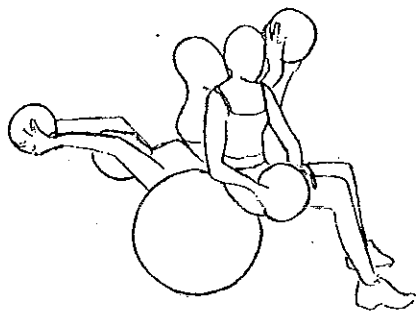
Drawing three: Chest Press: Remain in the same position with your mid-back balanced on the ball and your feet on the floor, shoulder-width apart. Bend your elbows and bring your fists into your chest, then push your arms to the ceiling. Do two sets of 15 lifts, with 15 seconds rest in between. You can gradually add weight to your lifts.



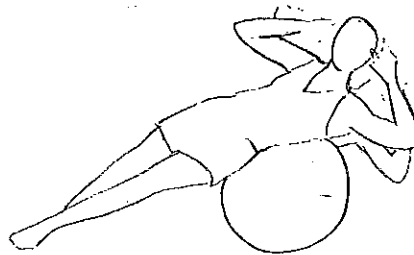
Drawing two: Sit-ups: From the seated position on the ball, move down so that your mid-back is resting on the ball. Keep your knees bent and your feet on the floor, shoulder-width apart. With your hands clasped behind your head tighten your abs and pull into a sit-up position. Perform three sets of 15 slow sit-ups to commence, ensuring that you hold these for three seconds each. Hold time can gradually be increased, along with the number of sit-ups per set.



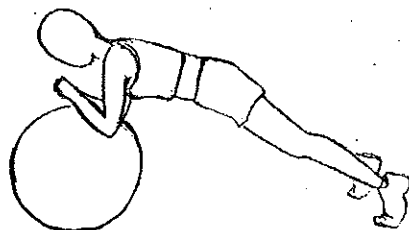
Drawing four: Twist: Remain in the same position with your mid-back balanced on the ball and your feet on the floor, shoulder-width apart. With your arms held straight in front of your body, turn your body to the right so that your upper body is facing the wall but your feet remain on the floor and your knees still straight towards the ceiling. Shift your weight to face toward the ceiling again, hold and repeat to the left. Do two sets of 15, with 15 seconds rest in between. You can gradually add weight to your twists.



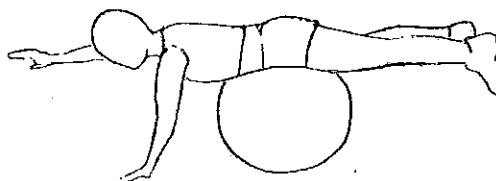
Drawing five: The Lift Twist: Combining the sit-up and the twist, place your mid-back on the centre of the ball, feet on the floor, shoulder-width apart. Holding a medicine ball in your hands above your head, tighten your abs and bring the ball towards your right knee. Recoil to where you started and repeat toward your other knee. Perform 15 slow lifts holding for three seconds each.



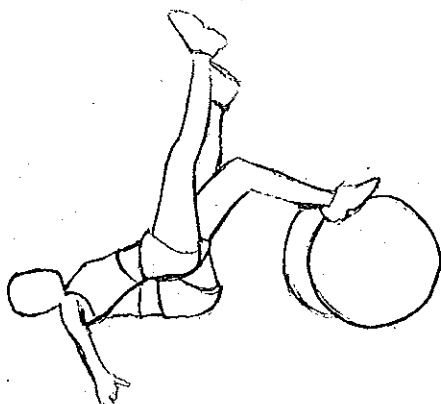
Drawing six: Oblique: Shift your weight and turn so that your side is resting on the ball, your feet sideways on the floor. With your fingers touching your temples, raise your upper body towards the ceiling. Do two sets of 15, pausing for 20 seconds in between sets. Switch and repeat on the other side. Gradually increase the number over time.



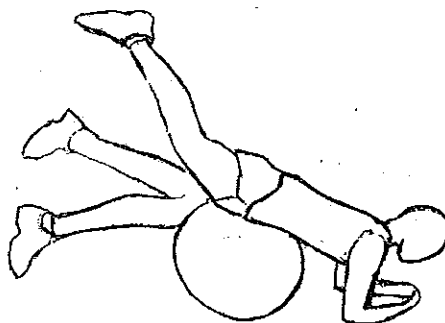
Drawing seven: Plank: The ball plank is similar to the plank performed on the floor, although it utilizes more of your balancing abilities. With your elbows resting on the centre of the ball and your body completely straight with your toes resting on the floor, tighten your abs and hold. Do two sets of 45 seconds, resting 20 seconds in between sets. Gradually increase hold time.



Drawing eight: Super Man: Still facing down, shift your weight forward on the ball so that your stomach is resting on the centre. Your legs will be out straight, with your hands on the floor to hold yourself in place. Lift one arm out straight. Do two sets of 15 lifts, resting 15 seconds in between. Switch arms and repeat. Gradually increase lifts over time.



Drawing nine: The Bridge: Place your back on the floor with one leg straight toward to ceiling and the other bent at a 90-degree angle. Rest your foot of your bent knee on the centre of the ball. While tightening your abs, lift your back off the ground until your body is straight. Do two sets of 15, with a 15 second rest in between sets. Gradually increase the number of lifts over time.



Drawing 10: Back Extension: Rest your elbows on the floor, and centre your hips on top of the ball. Ensure that your body is flat on the ball and lift both your legs to the ceiling. Start with 15 slow lifts holding for three seconds and gradually increase over time.

Follow each workout with a stretching session. This will keep your muscles loose and reduce pain in the initial stages. Make sure that you take things slowly, and gradually push yourself a little harder every week. Alternate this workout with other activities to build stamina, such as slow, long-distance jogs. With your body in tip-top shape, your next step is to work on staying mentally fit and confident in the saddle. With both of these under your belt this season you will find a huge difference in your riding.

