



OCTOBER 15, 2008

President Steve Harris  
Vice President Nancy Allbright  
Secretary Jenny Bellows  
Treasurer Ginny Rench  
Past President Fran Whetten

Board Members:  
Craig Stevens  
Marlee Vanderbeck  
Ann Smith  
Diane Lovett

**HOLIDAY RIDE AND LUNCH.** Riders and non-riders plan to join the group for a Saddlebag Holiday Lunch on Saturday, November 15. This will be the only holiday party for this season. Riders will bring a potluck item in their saddlebags. The challenge is how to get it to the lunch site either hot or cold and in servable condition!!

The ride will be up Copper Canyon to the top and to the site by a windmill. The windmill is accessible by pickup from the gravel road off of I-17 at the Cherry Road exit. Instead of turning right to go to Dewey and Prescott, turn left, go a short distance on the gravel road and look for VVHC signs.

Think carefully how you can put pumpkin pie or mashed potatoes or dressing or gravy or vegetables or salad or rolls and butter, into your saddlebags. It can and has been done. Hot things should be in Thermos or hot bag, cold iced. The club will furnish the turkey, plates, napkins, silver and drinks. You must decide which of the above you will bring as your share of the potluck.

Riders and non-riders, please call the trail boss, Steve Harris to tell him what you will bring by November 12. Call him at 928-639-3089. He will also give you directions.

Be in the saddle ready to ride by 9:00 a.m. RATED a 2 ½.

PENCIL IN A RAIN DATE OF NOVEMBER 22.

**VVHC MEETS WITH LOCAL OFFICIALS.** VVHC President Steve Harris and Ginny Rench met recently with officials from the Verde Valley Fairgrounds, the City of Cottonwood and Yavapai County to talk about the possibility of a joint effort to put on an event at the Equestrian Center that would attract people from all over the State. All entities expressed interest in doing such an event that would put the Equestrian Center arena on the map and attract quality events to Cottonwood. Harris said it is his opinion that “this has a good chance of working”.

**WELCOME TO NEW MEMBERS.** Please welcome new members Terri and Jim Eaton. The Eatons recently moved to the Verde Valley from Lake Havasu City. When you ride with them, be sure to welcome them to the club.

**LIME KILN TRAIL RIDE.** Five members rode the middle section of the Lime Kiln Trail on September 13. They rode for about 3 hours and reported a good ride, but not as spectacular as the beginning and end of the trail.

**NATURAL HORSEMANSHIP A “HOT TOPIC”.** Training by Natural Horsemanship is becoming more widely accepted in the horse community. The natural horsemanship concept is to get in tune with the horse’s mind. Keep his mind active by doing away with routine, make changes, play games with him. If you are interested and want more information talk to Terri Eagan or Steve Harris.

Steve is actually applying this concept in the initial training of two mustangs recently purchased at the sale in Camp Verde. He plans to do more of this work with mustangs.

- Funny Cowboy Quotes**
- Never miss a good chance to shut up.
  - Water and truth are freshest at their source.
  - Behind every successful rancher is a wife who works in town.
  - The easiest way to eat crow is while it's still warm. The colder it gets, the harder it is to swallow.
  - Don't mess with something that ain't bothering you.
  - Make apologies not excuses.
  - Don't go in if you don't know the way out.
  - Whoever said a horse was dumb, was dumb!
  - Show me your horse and I will tell you who you are.

## SCHEDULE OF EVENTS

- OCTOBER 25 Cultural Park Color Ride. Ride this beautiful Sedona area when the fall colors are on the trees. In the saddle ready to ride at 8:30 a.m. Bring your lunch for lunch in the red rocks. Call Craig Stevens at 928-639-1867 for information and to tell him you are coming. ANY CONCERNS OR QUESTIONS CALL THE TRAIL BOSS. RATED A 2.
- NOVEMBER 15 VVHC annual holiday dinner ride. SEE THE ARTICLE ON THE FRONT PAGE FOR INFORMATION. ANY CONCERNS OR QUESTIONS BE SURE TO CALL THE TRAIL BOSS STEVE HARRIS AT 928-639-3089. RATED A 2 ½.
- DECEMBER 2 VVHC Board of Directors meeting, 6:30 p.m. at Evelyn's Kitchen, 202 North Main Street, Cottonwood.
- DECEMBER 6 Lower Oak Creek ride from Deer Pass Trailhead off of FS 89B. A beautiful ride winding through red rocks and across Oak Creek. In the saddle ready to ride at 9:00 a.m. Bring your lunch. TRAIL BOSS TO BE ANNOUNCED. Call Steve Harris at 928-301-4825 to tell him you are going and to get specific information OR WITH ANY CONCERNS OR QUESTIONS.
- JANUARY 3 Join CAAHA for their annual meeting and "late Christmas party". The food is potluck. The party starts at 6:00 p.m. at the Willows Club House in Camp Verde. Call Ann Smith at 928-301-7588 for more information and directions. Please call her by December 28 to reserve your place.

**ATTENTION TRAIL BOSSES.** It is extremely important that you have a "Ride Release Form" with you when you lead a ride. Everyone on the ride must sign it. It is on our website at [verdehorsemen.org](http://verdehorsemen.org) and can be downloaded from there.

We are trying to get events on the schedule as far ahead as possible so they can be put on your calendars. If special events come up or you need reminding, we will email all those with email and call others. Please remember to check your email for our messages.

## 5 Ways to Help Your Horse Live Longer

By Christine Barakat

Experts estimate that the life expectancy of a horse in this country is somewhere between 18 and 22 years. Of course, that's just an average; illness or accidents will claim some horses in their prime; many more will thrive well into their 20s.

Just how long an individual horse lives depends on a combination of genes, luck and lifestyle. You can't change a horse's pedigree--or his luck for that matter--but you do have control over how he lives.

Today, most horses live pretty well. For one thing, veterinary advances and technological progress have improved the overall quality of care. Plus, "horses are considered pets today more than ever," says Robert Magnus, DVM, of the Wisconsin Equine Clinic and Hospital in Oconomowoc, WI., noting that this phenomenon takes on new significance as the years pass. "There's an emotional component to ownership that leads us to pay closer attention to an older horse's health and be more willing to seek better-quality health care, even if the horse isn't as 'useful' as a younger one may be."

**1. Take Care of His Teeth** Dental problems can have far-reaching health implications. The inability to properly chew foods can result in malnutrition, weight loss and colic. "If I had to tell horse owners to do one thing for their horses to help them as they age, it would be to pay attention to their teeth," says Brosnahan. "Bad teeth can lead to a world of problems in any animal and particularly an older one."

**2. Be Vigilant About Parasite Control** A comprehensive parasite-control program, initiated when a horse is young, is critical to long-term health. "Horses are living much longer these days than before," says Brosnahan. "And one of the reasons often cited is that we have such great parasite-control products available."

**3. Feed Them Well** The calories, vitamins and minerals supplied by your horse's daily diet are his life-support system. Along with providing the energy and raw materials to sustain basic body functions, nutrients help support a healthy immune system that wards off disease. A horse fed well throughout his life and into his mature years will almost certainly be healthier and live longer than a chronically malnourished horse. If you've got a horse who is holding his weight and has the proper amount of energy, that's a good indication that you're on the right track nutritionally.

But take note: As your horse ages, his needs change. As the years pass, the equine digestive system has increasing trouble breaking down fiber--a function of dental wear and intestinal changes--and becomes less efficient in absorbing certain nutrients, such as phosphorus, and utilizing tissue-building protein. In short, "Unless your older horse has a specific health problem, such as a metabolic disease or chronic laminitis, it's hard to go wrong with a good-quality senior feed," says Brosnahan.

**4. Maximize Turnout Time** The simple act of turning your horse out for as long as possible every day can improve his health in many ways. "Being outside 24 hours a day is a wonderfully healthy way for a horse of any age to live," says Magnus. "Just because a horse is older doesn't mean he needs to be kept indoors. In fact, turnout can help prevent many of the problems we typically see in older horses. "Having room to roam contributes to long-term mobility by keeping muscles toned and joints moving freely. "One of the saddest things I see is an older horse that is in otherwise perfect health, but has gotten so physically weak in his hind end that he can no longer get up and has to be put down because of it," says Brosnahan. "It can start with a touch of arthritis in the back end, and the owner might think that less activity will help, so he limits the horse's activity and turnout, but the horse just gets weaker and weaker."

### 5. Schedule Regular Veterinary Visits

If your horse receives veterinary attention only when something is wrong, you could be putting his long-term health at risk. "So many problems of younger and older horses are easy to manage when caught early," says Magnus. "But they are also very easy for an owner to miss until they've progressed to the point where the horse is obviously ill or in pain." He recommends annual exams for all horses, including recording of vital signs, a lameness test, dental checkup and fecal egg count. In addition, his clinic offers a specialized "geriatric" wellness program for horses over the age of 15, which includes a complete blood screening to look for elevated enzyme levels that can indicate kidney or liver dysfunction. At-risk horses are also given a test for Cushing's syndrome (see page 13) and X-rays are taken of their front hooves to look for laminitic changes.



NOV. 15 LUNCH SITE



SADDLEBAG POTLUCK ON OAK CREEK



CLUB RIDE INTO  
GRAND CANYON



CLUB RIDE INTO SUPAI  
CANYON



CLUB RIDE ON KACHINA  
TRAIL FLAGSTAFF

# All I Need to Know in Life I Learned from My Horse

When in doubt, run far, far away.

You can never have too many treats.

Passing gas in public is nothing to be ashamed of.

New shoes are an absolute necessity every 6 weeks.

Ignore "cues" . . . they're just a prompt to do more work.

Everyone loves a good, wet, slobbery kiss.

Heaven is eating for at least 10 hours a day..and then sleeping the rest.

Great legs and a nice rear will get you anywhere. Big, brown eyes help too.

When you want your way, stomp hard on the nearest foot. Act dumb when faced with a task you don't want to do.

Follow the herd. . . . that way, you can't be singled out to take the blame.

A swift kick in the butt will get anyone's attention.

Love those who love you back, especially if they have something good to eat.

VOICE OF THE HORSEMAN  
VVVHC  
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**COME RIDE WITH US IN 2008  
& Bring a Friend**

