



High Desert Horsemen  
 P.O. Box 2263  
 Dayton, NV 89403  
[www.hdhorsemen.org](http://www.hdhorsemen.org)

# HD Hoof Prints

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April 2011

*Inside this issue:*

|  |         |
|--|---------|
| Upcoming Events                                      | 1       |
| Classifieds  | 2       |
| Members at work                                      | 2       |
| Van Sickle Flyer                                     | 3       |
| Formation Riding Clinic 101 pictures                 | 4, 5, 7 |
| Member of the Month—Jarod Lyon                       | 6       |
| April Birthdays                                      | 6       |
| Horse Health: Signs and Management of Arthritis Pain | 7, 8    |
| Sponsors   | 6, 9    |

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**UPCOMING EVENTS**

\*\*\*\*\*

**Saturday, Apr 16th** Yerington Ride. Ride from Trish Clark's house. The ride will be about 4 hrs long through sandy washes, gullies, some hills and a little rock . Horses that usually go bare foot will manage just fine. Trish will provide beans and corn bread -all riders please bring a dish to share. (bring your own beverage). We will ride out 10 am sharp that means be there ready to ride by ten am please. Please RSVP by 4/14 so Trish will have enough beans and cornbread. Info: email: lv2bhorsebak@aol.com or call Trish Clark @ 775-315-5799. Directions: From Silver Springs take 95a to Yerington - go Left on Goldfield. There is a Texaco on the corner. Go to stop sign. There will be McDonalds on left. Turn Left towards Schurz. Go about 4.5 miles to Spence lane (it only goes left - it is dirt). Go left on Spence to stop sign. That is Yermo - go Left to end of street. We are green house on left - 7 Yermo Lane. From Gardnerville take 208 thru Wilson canyon. A the "Y"(208/339) stay to Left on 339. Go to 95A. Go right there is the Texaco then follow the directions from above from goldfield.

\*\*\*\*\*

**Saturday, Apr 30th**—Hairy Horse Show. 9 am Dayton Arena. Forms are available on line. Contact Linda Mulkey 629-0817.

\*\*\*\*\*

**Thursday, May 12th**—HDH Board/General Membership Meeting 6:30 pm Different location—Pizza King—Mound House. Contact Vince Pirozzi 841-3563.

\*\*\*\*\*

**Sunday, May 15th** - Washoe Lake State Park Ride, 10 am ride out. Potluck lunch after ride. Bring a side dish to share. HDH will provide hot dogs. Ride fee canned goods. Contact Bonnie Replogle 775-882-6604.

\*\*\*\*\*

**Sunday, May 22d** - Trailer Loading Clinic. 10 am Holly Smith's house 177 Peponita Ct. Washoe Valley. Members Only. Brown Bag lunch. Ride fee canned goods. Contact Vince Pirozzi 841-3563.

\*\*\*\*\*

**Saturday, Jun 4th** 9:00 a.m. "Volunteers to Build Equestrian Access Trail" at Van Sickle Ca/NV Bi-State Park. Please join the Tahoe Rim Trail Association for the 19th Annual National Trails Day event celebrating their multi-use trail system and help them construct "660 Feet of Access Trail for Equestrians". Volunteers will receive a free lunch. HDH members are requested to wear HDH t-shirts.

Contact Vince @ pirozzi43@msn.com or 775-841-3563 to volunteer.

**Please check the website regularly for time and date changes. Sometimes things change and we have to reschedule or cancel. [www.hdhorsemen.org](http://www.hdhorsemen.org) or call the contact number listed for the event**

## Classified Ads



**FOR SALE:** RC is a 3 1/2yr old Arabian gelding. He is registered with AHA and is Sweepstakes nominated. A stunning chestnut with four white socks and a huge blaze; he is a "look at me" horse!

RC has been lightly started under saddle & ridden 2-3 times a week by an accomplished Youth rider. Will be shown this year in Hunter Under Saddle. He has also been ridden out onto the local trails, where he is confident and forward moving. Can also be ridden in a Natural Horsemanship halter.

He is current on vaccinations, worming, and trimming. He is a smart young horse who is ready to move onto his forever owner. RC was a young horse IN NEED whom my daughter took on as her personal project so that he could have a great start. Delivery

avail \$1200/offer darkhorsefarms@yahoo.com www.darkhorsefarms.com (775)232-0527

### 1st Aid Seminar

Equine Backcountry First Aid Seminar

Time : Tuesday, April 26 ·  
6:00pm - 8:00pm

Location: Cabela's, Reno, NV

More Info:

The Tahoe Rim Trail Association and Cabela's are hosting a unique equine education opportunity for anyone who trail rides. Join Dr. Balaam-Morgan of Large Animal Veterinary Services, as she presents important safety information that all equestrians should consider when riding in the Backcountry, including:

- Before you go (Deworm, Vaccines)
- First Aid Kit (what to include)
- Common Back Country Problems (lacerations, wounds,)



Kelli Lyon and Anne Martins are hard at work building the new bridge HDH will be using in the Hairy Horse Show and for clinics. See what happens when you let women near power tools?



This is an opportunity for HDH to help out



## *Van Sickle CA/NV Bi-State Park*

# WANTED

### *Volunteers to Build Equestrian Access Trail*

**Date:** Saturday, June 4, 2011

**Time:** 9:00 A.M.

**Meeting Place:** Back Parking Lot of Harrah's Lake Tahoe Resort and Casino

Please join the Tahoe Rim Trail Association for the 19<sup>th</sup> Annual National Trails Day® event celebrating our multi-use trail system and help us construct:

### **“660 Feet of Access Trail for Equestrians”**

This is the fourth trail building season of a multi-year project in the Park, which will ultimately connect the Tahoe Rim Trail with the Van Sickle State Park, re-route the Tahoe Rim Trail off paved roads and provide stunning views of Lake Tahoe.

This workday is a great way to give back to your community and meet other equine trail enthusiasts. All volunteers will receive a free lunch and other activities have been scheduled for this day.

Please Register for this Workday [online!](#)

*Volunteers of all skill levels,  
physical abilities and ages are welcome.  
No experience is necessary.*

For more information contact the Tahoe Rim Trail Association  
948 Incline Way, Incline Village, Nevada  
Tel No: (775) 298-0039  
E-mail: [trails@tahoerimtrail.org](mailto:trails@tahoerimtrail.org)

## Formation Riding Clinic 101—April 2, 2011

The Formation Riding 101 Clinic went well. Vince Pirozzi did a great job as usual, trying to whip everyone into shape. Participants: Sheila Aerick, Amy Casey, Sandy Baxter, Vicki Johnson, Faye Gerrard, Jack Gerrard, Bonnie Replogle, Deb Denkler, Ingrid White, and Kelly Knapp



Vince briefing everyone at the start of the clinic. Sandy Baxter, Deb Denkler, Sheila Aerick, Bonnie Replogle, Ingrid White, Vicki Johnson, Amy Casey, Faye Gerrard, Jack Gerrard.



On the rail—Deb, Sheila, Bonnie, Amy, Vicki, Ingrid, Faye, Jack, Sandy



Bonnie, Amy, Vicki, Ingrid, Faye, Jack, Sandy, Deb, Sheila



Kelly, Bonnie, Sandy, Amy, Vicki, Jack, Sheila, Ingrid, Faye, Deb



Deb, Faye, Sheila, Ingrid, Vince, Sandy, Amy, Jack, Vicki, Kelly



Jack, Vicki, Ingrid, Bonnie, Amy, Sheila, Sandy, Kelly, Deb, Faye

**Member of the Month—Jarod Lyon**



Jarod and Jamie at Lahontan

Jarod was born April 10, 2000 to Kelli and Steve Lyon in Yreka, CA. He is currently a fifth grader at Silver Stage Middle School with straight A's.

Jarod is an active boy who loves to camp, shoot his guns, hike and ride his horse, Jamie. He and his best friend Cody and brother Jake, often enjoy riding and hunting lizards in the desert around Stage-coach (lucky for him his horse stays parked at the nearest bush while he is chasing lizards!).

Jarod is far better at anything electronic than his mother. He hopes to go to college and maybe be a veterinarian.

**April Birthdays**

Happy Birthday

- April 2—Sandy Garretson
- April 5—Ingrid White
- April 10—Jarod Lyon
- April 16—Brenda Rogers

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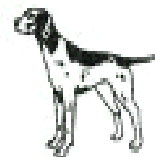
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## Formation Riding Clinic 101—April 2, 2011 (continued)



Deb, Sandy, Jack, Faye, Ingrid



Vicki, Ingrid, Faye, Jack



Sheils, Bonnie, Amy, Vicki, Faye



Vicki, Jack, Faye, Deb, Kelly, Sandy

### Horse Health: Signs and Management of Arthritis Pain

by Jean-Pierre Hourdebaigt, LMT

The pain and stiffness associated with arthritis affects horses in the same way that they affect humans. Fortunately, the percentage in animals is not as high as with humans. A recent study sponsored by Pfizer Animal Health showed that approximately 20% of adult horses might be affected by arthritis.

Regular massage combined with gentle stretching, hydrotherapy and exercises make a comprehensive holistic home-care program to keep your arthritic horse as healthy, happy and pain-free as possible on a daily basis.

Exercise your animal regularly to keep his musculoskeletal system fit and to maintain flexibility and range of motion. Short exercise sessions throughout the day will make it more enjoyable for your horse. Avoid longer sessions where he might get stiff and sore afterwards. Long sessions develop more muscular tension and he will automatically compensate in order to avoid the painful joint sensation.

Some of the early symptoms of arthritis may include:

- General stiffness in the morning when leaving his stall. It may subside as he moves around.
  - General stiffness when trying to get up or lay down.
  - A decrease in their overall activity level, difficulty going up and down hills or when loading in and out of a trailer.
  - Not wanting to be touched or handled as much, including being a bit grouchy or aggressive when being touched
- (continued on page 8)

More pronounced symptoms might include:

- Marked stiffness or lameness when walking, trotting or cantering.
- Some degree of pain, heat and possibly swelling around the affected joint(s).
- Painful signs on his face when putting weight on an affected leg or when touched there.

Keep in mind, these symptoms can also be due to another problem known as Lyme disease. When in doubt, always consult your veterinarian for a diagnosis. By taking x-rays and performing appropriate blood tests he can confirm the diagnosis of arthritis.

Medications and Supplements

- The classical medications for the treatment of arthritis include Aspirin, Cortisone or other non-steroid medications such as Carprofen (marketed as Rimadyl, Imadyl, and Imafen). They relieve pain and inflammation but may cause some long-term deterioration of the joints, as well as, causing other potential side effects.
- Possibly, surgery might be considered with severe condition such as localized bone spurs. These procedures have a good chance of success with minimal side effects.
- Glucosamine and chondroitin supplements are often used to control pain, improve joint mobility and improve the damage to the cartilage resulting from the arthritis. Vitamins A, C, and E and the mineral Selenium are also beneficial. Consult with your veterinarian on proper dosage for your horse.
- Herbal supplements that are beneficial for arthritis include yucca, devils claw and alfalfa. You might want to contact a master herbalist for more specific details. Also, some Chinese herbal formulas are very potent to help an arthritic horse.

How to Massage an Arthritic Horse

Arthritis affects the hips, lower spine, stifle, hock and knees, pasterns and to a lesser degree the shoulder and elbow. Massage won't cure arthritis, but regular applications contribute to slowing down the degenerative process. Massage secures the following benefits:

- Relieves some of the pain by relaxing the tight adjacent muscles, tendons and ligaments
- Breaks the "pain-tension-more pain" cycle
- Relieves the compensatory muscular tension found in supporting limbs

Massages should last 20 to 35 minutes depending on the size of your horse. It is better to repeat several massage sessions and see consistent results rather than taking the risk of over-working a body part.

For the arthritic horse, it is very beneficial to massage early in the morning and again in the evening:

- The morning massage will erase the stiffness and soreness from the night's inactivity in a stall
- The evening session will relieve the muscle tension and soreness buildup resulting from the activities of the day

Get the circulation going by lightly stroking the area you are about to massage. Next, use light kneading over the tight muscles to loosen the fibers and stimulate deeper circulation. Intersperse with light strokes every 10 seconds to assist drainage. Do not work directly over the joints afflicted with arthritis.

Chinese massage suggests kneading the outside of the elbow, and just above and in front of the hoof on the hind leg to promote good general metabolism and fight off arthritis. Daily massages are beneficial and gives you another great chance to bond with your animal through the magic of touch!

If your horse experiences inflammation in a joint, wrap a cold wet towel around it or consider applying an ice-cup massage technique. It will sooth and lower the inflammatory process. The "laying-on" of hands is also very good to alleviate pain in a sore joint. There are many more massage techniques on my website to view and learn.

Follow your morning massage session with a mild exercise period such as walking or light trotting but avoid a strenuous workout.

Acupuncture and chiropractic can be very beneficial for arthritic horses, not only in relieving pain but also in increasing circulation to the muscles and joints and improving overall health.

*This comprehensive holistic approach usually works well in keeping your animal healthy and comfortable! However, always consult your veterinarian before starting any of the techniques above.*

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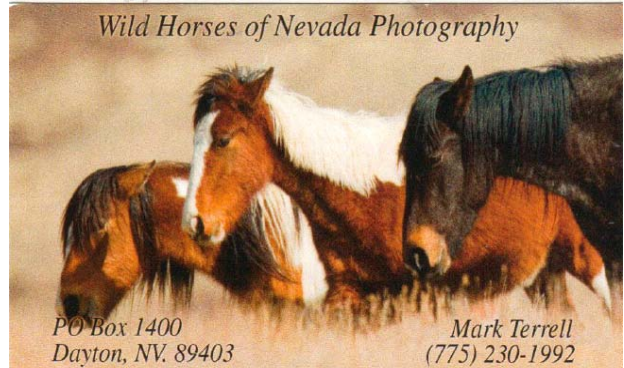
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