



altalomaridingclub.com

BITS O' NEWS

Straight from the Horse's Mouth

July 2016

HERITAGE Equestrian Center Events

July 4 - HAPPY
INDEPENDENCE
DAY!

July 10 - HARMS Practice
8am - 3pm
Heritage Park

July 12 - Board of Director Mtg
7pm
Heritage Park

July 17 - HARMS Test/Certif.
8am - 3pm
Heritage Park

July 19 - Membership Mtg
7pm
Heritage Park

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Rising Stars BBQ & Fundraiser A Great Success

By Cassie Sanchez
2nd Vice President

The Rising Stars Old Western BBQ, held on June 18th, was a huge success. The weather was great and the food even better. More than seventy-five people enjoyed brisket of beef, BBQ chicken, 18-hour smoked pulled pork, baked beans, salads, garlic bread, and tons of desserts, along with beer and wine, tea, coffee, and punch. Donors included Mark Christopher Chevrolet, Golden State Bank as well as many other local businesses. After partaking in the delicious BBQ,



*Ali & Shary sing Ragtime Cowboy Joe
from Alta Loma*



The Cosmic Cloggers from JPL



The Mug Shots sing Abeline



A great time was had by all!

guests were entertained by singers, dancers, and country musicians, singing and dancing to old western songs and country western music. This was followed by a live auction and many door prizes and giveaways. Rick and Pat Morris of Rising Stars Equestrian Therapy were very pleased with the turnout and the wonderful success of the fundraising event. Plans are already in the works for ALRC's 2nd Annual Western BBQ.

Summer Takes Off With A Blast

By Alice Waters
Co-Editor

The ALRC's Summer Blast Off went off with a bang! Rick Morris fired up the BBQ and grilled delicious burgers and spicy sausage-dogs, served with several side dishes and cold drinks. Many members came out and enjoyed the food, the camaraderie of friends and several fun exhibitions. Tami Petracek impressed the crowd as she showed her very cute mini, Eve, over jumps. Megan Mosier's driving demonstration showed how strong and versatile minis can be. Barry Berg did a Buckaroo demonstration, showing the Vaquero style of tack, training and riding.

The ALRC is committed to serving its members by hosting different events that are of interest to our diverse membership. Dressage, Eventing, Show Jumping, Hunt Seat, Endurance, trail/pleasure riding - whatever! You name it and the ALRC will host an event that will highlight your favorite equestrian sport. You don't even need to own a horse to request a particular event. Please contact Cassie Sanchez, 2nd Vice President, and she will work with you to make your equestrian event a success. (Cassie's contact information is on page 8.)

Thank you to all our event participants, helpers and members who made our Summer Blast Off great fun!



Membership Drive Is On!

By Ali Smilgis
Membership Chairman

This time of year is one of my favorite times because I get to hear from so many of you through your renewal applications! There are still a few of you who have not sent in your renewals and I sure hope to see them very soon. After July

1st it's \$30.00 per year but just think what you get for it! You get a City Liaison, Larry Henderson, who advocates for the club at City Council Meetings and Trail meetings. You also have a super publicist in Charlene Ariza who gets us in the news whenever she can. We have a new President, Joe Cowan, who is anxious to make the club even better. Alice Waters and Kathy Hansen share the duties of producing the newsletter (have you noticed the changes?) Rick Morris who cooks at our BBQ's and Cassie Sanchez who gets us great Clinics! That's just a few of the people who are working hard to make ALRC better.



And then there is YOU. Each and every one of YOU who have either joined this year or continued to support the club year after year. We have a lot of new members who joined us in 2016 and we love all of you.

Happy Trails to all and for those of you who have not quite gotten around to sending in your renewal forms, here's hoping I see it in the mail real soon! GOOD RIDING!



Welcome Back To:

Julie Bessert & Wes Burns
Judy & Jim Brennan
Leslie D Bronikowski
Barbara & Jim De Witt
Shelley Clark
Cindy & Rick D'Ambruoso
Patricia Friedenbach
Shannon Kelly
Carrie King
Dan & Gerene Kjar
Chris & Ginger Lofgren
Sue Lowry & Janet Luke
Mike & Mary Maury
Dawn McCool
Rick & Pat Morris
Sally & Vern Morrison

Thank You

THANK YOU, Shelley Clark, for your kind and thoughtful donation to the Alta Loma Riding Club. Your caring support of the ALRC makes a real difference to our members and community. We are so lucky to have members like you who make it possible for the club to achieve its goals in preserving the heritage of owning and riding horses in our community. Please accept our heartfelt thanks and we look forward to seeing you at our club events!

The Alta Loma Riding Club

Jo Anne & Gerald Nocciolo
Anne Olsen
Joan & Dave Patterson
Cheryl & Dan Pearson
Peter & Heather Roebuck
Art & Peggy Salcido
Paul & Joanie Santiago
Cassandra & John Sanchez
Bonnie & Steve Scudder
James & Peggy Simola
Joe & Ali Smilgis
Eileen Voorheis
Nancy Warner
Dick & Andrea Watson
Roy & Christina Willard
Ralph Williams

**YOUR
MEMBERSHIP
MATTERS**

Rancho Cucamonga Equestrian Patrol Recruitment Is Underway

By Larry Henderson
ALRC Liaison/ALERT Director

Do you like horseback trail riding, meeting people and want to help keep your community safe? Perhaps you should consider joining the Rancho Cucamonga Equestrian Patrol (RCEP). The equestrian patrols are members of the Rancho Cucamonga Sheriff's Department Citizen Patrol. RCEP members are unpaid volunteers who receive 52 hours of Sheriff's Department training and an additional bi-annual training and certification in Horse and Rider Minimum Standards (HARMS) training. Patrol members provide their own uniform, horse and equipment and donate a minimum of 8 hours per month.



*Equestrian Volunteers who care
about keeping our community safe*

Equipped with Department provided radios and saddle bags containing basic patrol response equipment and supplies the mounted two-person teams act as eyes and ears for the police in areas that are not readily accessible to car patrol units. The RCEP members render a variety of assistance to Park and Trail Facility users. The job involves positive public relations and reporting incidents of vandalism, hazards, graffiti and maintenance problems to the appropriate City Departments. RCEP members also participate in special events including Community events at Parks and the Victoria Gardens Regional Commercial Center.

If you are interested in learning more about the RCEP, please visit their website at www.rcep.org. If you are interested in applying for a volunteer position, please contact the Rancho Cucamonga Police Station Volunteer Forces Office at 477-2800. Applications are also available online at http://cms.sbcounty.gov/Portals/34/Volunteers/volforcesapp_2013new.pdf?ver=2015-08-25-130741-613. The number of positions is limited and a new training academy is being scheduled soon. Applicants will be interviewed and background checks performed prior to acceptance to the Unit. Recruitment is ongoing.



Sunday July 10, 2016 from 8AM to 3PM the Rancho Cucamonga Equestrian Patrol/SBCSD has reserved the entire Equestrian Center for Horse and Rider Minimum Standards (HARMS) – **Practice**. Although visitors are encouraged to observe horses are discouraged because of the training distractions.



Sunday July 17, 2016 from 8AM to 3PM the Rancho Cucamonga Equestrian Patrol/SBCSD has reserved the entire Equestrian Center for Horse and Rider Minimum Standards (HARMS) – **Certification/Testing**. Although visitors are encouraged to observe horses are discouraged because of the training distractions.



Thank You!

To all our generous supporters who have contributed to our club throughout the year.

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Please support your club by donating products or services for our raffles.

ALERT

By Larry Henderson
Liaison/ALERT Director

With the wild land fire season clearly upon us please remember we are updating our ALERT roster. If we did not contact you to see if you want to participate in the ALERT Program please contact me via email at lhenderson25@Charter.net or cell call or text (909) 226-3956 and let me know how you want to help, the best way to reach you in an emergency and whether you have a horse trailer. The ALRC – ALERT Program has had 15 years of successful service to our members and the City. ALERT has established and published a set of training and operational procedures that has been in use successfully for the last 15 years. Our goal is to update our roster to include those members who want to participate in horse or large animal evacuations or assist in trapped large animal situations. Survey information will include who will serve as an evacuation team member and or rescue assistance.

The ALRC Board of Directors has determined we will continue the State recognized ALERT Program and continue to improve it. Also we will continue to make ourselves available to the RCFD and SBCSD for training assistance and in times of emergency if requested.



File photos: practice horse flying in an Anderson Sling (top), Brent Dooley with practice horse Rhett (bottom)

ALRC VOLUNTEERS NEEDED

By Larry Henderson
ALRC Liaison/ALERT Director

Are you interested in helping maintain the Heritage Park Equestrian Center? All interested Alta Loma Riding Club Members are urged to help in making and keeping this unique community amenity a facility we can all be proud of for generations to come. Volunteers, if desired, will be trained on City equipment to handle arena and round pen maintenance. Other opportunities include building maintenance and repair, grounds clean up and dumping of trash. If you have a desire to help, have skills, or want to learn new ones (like operate a tractor) please complete the following steps:

- Be a member of the Alta Loma Riding Club.
- Complete the ReadyRC volunteer application at <https://www.volgistics.com/ex/portal.dll/ap?AP=401740201&OR=1>

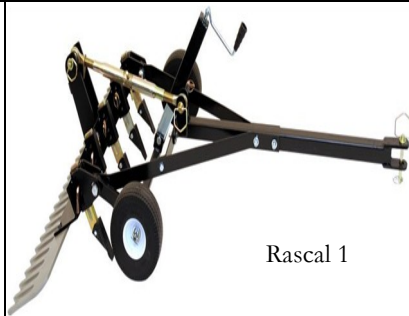


Thank you for your continued support. Please let me know via email (lhenderson25@Charter.net) or text me at (909) 226-3956 when you have submitted a Volunteer Application so I can monitor the status of the team.

Equestrian Center Equipment Donations Needed

Please consider an individual or company donation for the following new or used equipment that would help our Equestrian Center Volunteers keep the Facility in good condition.

If you want to support our efforts to maintain the Equestrian Center please consider a monetary tax deductible donation, large or small, to the ALRC. -- Thank You



Rascal 1

- Small tractor with bucket and blade.
- Utility vehicle similar to Arctic Cat or Gator types.
- The Rascal LGR™
- One 33-gal Rough Neck trash container

Too Hot To Trot?

By Alice Waters
Co-Editor

The following article is an excerpt from the University of Minnesota, Horse Extension. www.extension.umn.edu/agriculture/horse/care/managing-horses-during-hot-weather/. "June Gloom" lasted about a nanosecond, sizzling temperatures are here!

Managing horses during hot weather can be a challenge for horse owners. Horse owners need to provide extra care during hot weather in order to decrease stress and maintain health and well-being of the horse. Normally, horses cool themselves by sweating. Evaporation of sweat from the skin surface has a cooling effect. A horse that is working hard in a hot environment can lose 2 to 4 gallons of sweat per hour. Less evaporation occurs during times of high humidity.

The thermal neutral zone for horses is estimated to be from about 40°F to 77°F, with the lower temperature representing the lower critical temperature and the higher temperature representing the upper critical temperature. It is commonly understood that horses require more calories to stay warm during the winter months. While not much is known about the impact of temperatures above the upper critical temperature on caloric needs, metabolic changes in nutrient utilization do occur. In addition, heat stress has a negative impact on feed intake, and most horses will not voluntarily consume as much feedstuffs on hot days, similar to humans and other livestock. The change in metabolism, coupled with the likely reduced feed intake, can result in body weight loss, most specifically muscle protein. It is critical to track feed intake and body condition and weight during hot weather, especially for thin, older, and younger horses.



Fortunately, research has shown that horses can acclimate to hot and humid environments. A 15 to 21 day acclimation period is recommended for horses originating from cooler or drier climates that are traveling to compete or reside in hot, humid conditions. The acclimation period resulted in an increased tolerance to both heat and exercise. However, acclimation does not reduce the need for close monitoring of horses during training and competition in hot and humid environments.

To help reduce the effects of heat and keep horses comfortable:

- Provide turnout during cooler times of the day (early in the morning, late at night, or overnight).
- Provide relief from the sun through access to shade from trees or buildings.
- Watch for signs of sunburn, especially on white or light-colored areas; use masks and ensure access to shade.
- Fans help to improve airflow; be sure to keep cords and plugs out of the horses reach.
- Ensure access to clean, cool water at all times. An adult horse in a cool climate will normally drink 6 to 10 gallons of water each day while at rest, and much more while working or in hot conditions.
- Clean water buckets and tanks regularly as algae and bacteria grow rapidly in warm water. Blue algae toxicity is more common in ponds or slow running streams during hot, dry weather.
- Free choice access to salt will encourage drinking. Loose salt is preferred over a salt block.
- Consider providing electrolytes to horses that have been sweating heavily or are expected to do so. If electrolytes are added to drinking water, also offer plain water since some horses dislike the taste of electrolytes and will drink less. Only use electrolytes that are formulated for horses.
- Reduce riding intensity and length; heat stress can affect any horse but is especially common in older, obese and out of condition horses. Young foals also tend to be more prone to heat stress and dehydration.
- Clip horses with long hair coats (i.e. horses with Cushing's disease) to enhance cooling.
- Transport horses during the coolest part of the day. Ensure that trailers are well ventilated and offer water frequently. Do not park in direct sunlight with horses inside.
- Horses with anhidrosis have little or no ability to produce sweat; these horses are prime candidates for heat stress.

Air temp(*F) + Relative humidity (%)	Horse cooling efficiency
Less than 130	Most effective
130-150	Decreased
>150	Greatly reduced
>180	Could be fatal if horse is stressed

It is recommended to avoid riding a horse when the combined temperature and relative humidity surpass 150. If a horse must be ridden during hot and humid weather, it is essential to:

- Adjust your schedule (ride early in the morning or late at night).
- Keep the work light and include frequent breaks that allow the horse to cool down and regain a normal respiratory rate. Do not work the horse beyond its fitness level.
- Watch for normal sweating.
- Create airflow (use fans in stalls) and work the horse in shade when possible.
- Provide access to cool, clean water at all times and offer water frequently during work. **There is no reason to withhold water from a hot horse.**
- Call a veterinarian immediately if your horse stops producing sweat, breathes heavily, or becomes lethargic, distressed or uncoordinated.

To cool an overheated horse (rectal temperature exceeding 103°F), spray or sponge the horse's head, back, neck, rump, and legs with cool water and immediately scrape the water off, repeating continuously until the horse is cool. This is an effective cooling method because heat is transferred from the horse's muscles and skin to the water, which is then removed to cool the horse. **It is critical to scrape the warmed water off immediately, or the water may serve as insulation and might actually increase the horse's body temperature.**

Adding ice to the water will increase the speed of cooling for very hot horses with rectal temperature exceeding 105°F. Although some believe adding ice will “shock” a hot horse, research has shown that using ice to cool a horse is safe. Ice baths have been found to reduce core body temperature and lower heart rates after intense exercise, and horses were also observed trotting more freely after an ice bath. If a horse is prone to tying up, do not directly apply ice water to the large gluteal muscles in the hind end, but focus on areas where blood vessels are more superficial (i.e. head, neck, back and rib area). Finally, do not place a sheet or blanket on the horse while trying to cool it. Blanketing will block the evaporation of water from the skin and is not recommended during hot and humid conditions.

Prolonged exposure to high temperatures can result in heat stress, heat stroke, dehydration, muscle spasms, and colic. Overheating can result from hot weather, high humidity, poor barn ventilation, prolonged exposure to direct sunlight, excessive work, transportation, or obesity. Signs of heat stress include a rectal temperature greater than 103°F, increased heart and respiration rates, profuse sweating, droopy ears, signs of fatigue, and dehydration with a prolonged skin tent of several seconds when the skin of the neck or shoulders is pinched. Horses worked hard in extreme heat and/or humidity may develop signs of heat stroke, a very serious overheating condition in which rectal temperature rises above 106°F. Signs of heat stroke include rapid heart and respiratory rates that do not drop within 20 minutes of stopping exercise, whinnying and distress, marked dehydration with dry mucous membranes and a prolonged skin tent of 4 to 10 seconds, marked muscle weakness, incoordination, and collapse.



Horses suffering from heat stress and heat stroke require immediate cooling. Heat stroke is an emergency that requires immediate veterinary attention. Treatment includes stopping all exercise, getting the horse out of the sun, using fans, spraying and scraping ice water to cool the horse, providing cool, clean water, and making electrolytes available. Horses with heat stroke often require treatment with intravenous fluids and electrolytes to restore hydration and normalize blood chemistry.

Some believe that horses should not be allowed to drink unrestricted amounts of water when hot due to hyperdistension of the stomach leading to colic. A horse's stomach can hold between 2 and 4 gallons of fluid without becoming excessively distended. Allowing a hot horse a few swallows of cool, clean fresh water every few minutes is necessary to combat the effects of heat stress. Also, some believe that a draft will make a wet horse susceptible to a “chill” during hot weather. Fans (or natural air flow) work to increase evaporation and speed the cooling process. More effective are misting fans; misting is commonly used in the livestock industry to speed cooling in geographic areas affected by high temperatures. Though summer is an obvious time for heat-related issues, unexpected warm weather can contribute to overheating, especially if horses are out of shape and have long, thick coats.

Join The Summer Fun!



By Cassie Sanchez
2nd Vice President

Our second event will be a clinic and horse show for you and your horse at Heritage Park. The "Hot August Nights" event will be held on August 13th starting at 3:00 p.m. We will have several clinicians to help you with your horses in various equestrian areas. We will then have a horse show with awards. There will also be fun classes for everyone and their horses. Stay afterward and enjoy dinner and music with club members. More details to follow with sign-ups and reservations. Let's get out and joy the beautiful summer evening!

ALRC BOARD OF DIRECTORS

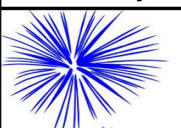


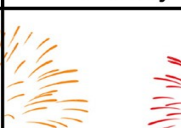

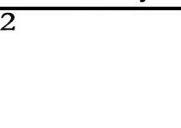








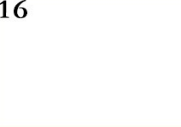
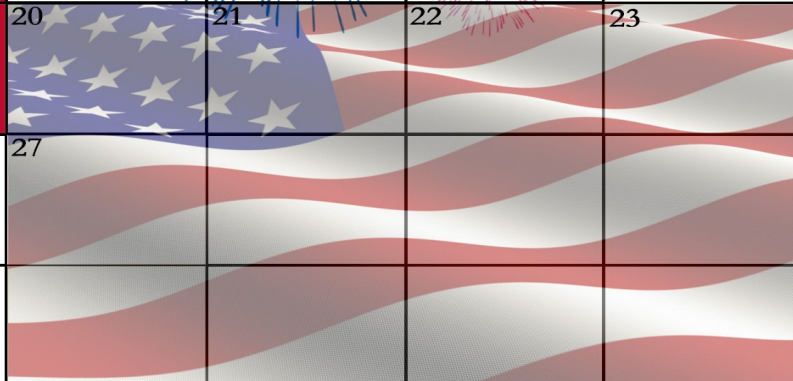
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"Go Green"

By Alice Waters
Co-Editor

The Alta Loma Riding Club is doing its part in reducing our environmental impact by sending out our newsletter through email rather than regular mail. This reduces the use of material resources such as paper and ink which adds up over time. Email is also efficient use of the club's financial and human resources because it reduces the cost of producing and mailing paper copies and saves time in printing, labeling and posting multiple newsletter copies. We understand, however, that several of our members do not use email and would not receive our newsletter unless posted in the mail. We are happy to continue mailing the newsletter to those who prefer a hard copy. Please contact us if you, or a member you know, would prefer to receive our newsletter by regular mail rather than email. Also, if you know of someone who is not receiving their email copy please check the SPAM folder or contact us to verify that we have the correct email address. Please contact Ali Smilgis, Kathy Hansen or Alice Waters to request your hard copy newsletter or to make email address corrections. See above for contact information.



July 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	4 Happy Independence Day!					
10 HARMS Practice 8a-3p Heritage Pk		12 BOD Mtg 7pm Heritage Pk				
17 HARMS Test/Certif. 8a-3p Heritage Pk		19 Member Mtg 7pm Heritage Pk				
24	25	26	27			
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Alta Loma Riding Club

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Community organization dedicated to the interest, lifestyle and continued preservation of owning and riding horses in Alta Loma & Rancho Cucamonga, CA