

# THE HORSE'S MOUTH

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## *MISHO Annual Show Changes!*

It's time again for the annual MISHO horse show and we have some fun changes for you. We are adding a hunter derby at 2' and 2'6". USHJA describes the Hunter Derby:

In the two-round format, a judge utilize the open numerical system to score competitors in the Classic Hunter Round (first round) on performance, hunter pace, jumping style, quality and substance, and movement. In addition, the base score in the Handy Hunter Round (second round) reflects brilliance of pace and handiness. In each round, after the judges' base score is given, one point will be added for each high-option fence jumped up to a maximum of four. The point must be added even if there is a refusal, rail down or loss of good jumping style at that fence, providing that the horse-and-rider combination does jump the higher

height fence option.

We plan on having some fun and challenging jump options for you!

We are continuing to offer our charity fun classes and all entry fees will be donated to Horses 4 Heroes!

More information can be found at [horses4heroes.org](http://horses4heroes.org). Everyone loved last year's water ride, so we have brought it back. The rider with the most water left wins! We are adding the new Dressage Rider Test – see the MISHO web page for the test. We are also adding a hunter trail class. The objective is to complete all the obstacles and puts an emphasis on a horse's manners, response to the rider and quality of movement. Like many classes, there are penalties for errors made throughout the class. Obstacles will include opening a mail box, carrying an object, backing through poles, trotting over a jump or ground pole

option, and turning in a box. You will have three chances to complete each obstacle before being asked to move on. Penalty points are issued for hitting an obstacle, knocking down a pole, stepping out of an obstacle, break of gate, refusal of an obstacle, and performing the obstacle incorrectly. Don't miss the fun and the chance to try something new!

We still need volunteers to make this show a true success. If you have some time between classes and you can help out, please contact Lori Zackrie at [lkngd443@yahoo.com](mailto:lkngd443@yahoo.com) or stop by the office and we will find you a place to plug in. Remember all your volunteer hours will count toward the grant fund! Grant money is still available, so be sure to get your application in for a clinic. See the MISHO website for application information.

### **SPECIAL POINTS OF INTEREST:**

- ♦ Changes to the MISHO Show Bill
- ♦ Across the Country for XC: A blog by Ashley Emig
- ♦ Key Points on the Jana Wagner Dressage Clinic
- ♦ Local Gem for Equestrians



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## *The Walk: A Clear Indicator of Your Training Progress*

In training we must strive that we are finishing our rides with a content and fresh horse. Which means we need to allow the free walk during breaks be a clear indicator of how the training is progressing. Straightness and long, relaxed, full ground covering strides become a byproduct

of quality training that can be influenced with minimal effort from the rider. If this is lacking its vitally important that the training is with those ideals as a goal. Until this becomes clearer I find it best and more suitable to hand walk as a cool down after the ride instead

of either a plodding or rider involved walk. Ultimately it leads to horse pleased in its effort with the rider on its back during the cool down phase.

*-Hector Carmona, Jr.*

## *Across the Country for XC: A blog from a local rider on her journey to her Rolex dream*

"JIMMY WOFFORD  
DRIVES AROUND  
THE COURSE  
YELLING AT  
PEOPLE."

I'll never forget the first 3-day event I attended. Rolex 2011... I remember thinking how terrifying cross country looked and how badly I wanted to try it. 2 years later, I'm finally following that dream. I've quit my full-time, well-paying job, and moved 800 miles away to Surefire Eventing in Purcellville, VA. I heard horror stories about my coach, about how tough and blunt she was. Sound familiar? I read between the lines and saw what she had accomplished in her life. I knew she was the perfect person to get my riding where it needed to be. A normal day out here can range from 9 to 13 hours, depending on the activities planned. A typical day starts at 7am. We bring

horses in from the paddocks, feed, groom, and tack up according to the schedule. There are horses going in and out throughout the day, and you have to keep up on laundry, tack, stalls, and hand grazing in between. It can be difficult at times knowing what to do when, but I've been told to remember that the horses always come first. My lesson is always the highlight of my day, whether it's good or bad. As most of you know, Curious is my spoiled rotten child. He's been the boss for 3 years now, so it was a rude awakening when he moved here. The first month was spent doing flat work. It was so rewarding to finally get a balanced canter from him. We jumped our first

cross country jumps last week... I was on a weird high after that. The courses out here are amazing. It's like Queeny Park back home, mixed with the Kentucky Horse Park. I have to admit, it's odd being in the middle of all this. We go to lessons with David O'Conner, sit next to William Coleman during dressage at Stone Hall Farm, and Jimmy Wofford drives around the course yelling at people. Not to mention, my boss is kind of a big deal! Everyone in this business has been unbelievably friendly. I can't wait to see where this all takes us!

- Ashley Emig

## *Over Anxious & Nervous Horses Develop Confidence through Compassionate Riding*

Positive training creates the spark and enthusiasm from within the sometimes unenthusiastic or sluggish horse. With positive training in mind let's focus on the overly anxious or nervous horse. While a short article does not allow me to get into the detail as deeply as I would like, I can give an overview. The nervous or anxious horse is lacking from confidence from a myriad of reasons and comes in all forms. It is the rider's responsibility to give this horse confidence. This confidence comes from the rider in a compassionate manner. The rider needs to be able to dissect and understand the origins of such behavior. With some horses it may be innate within their character and something that needs to be dealt with on a daily basis. I do not

believe the Natural Horsemanship's answer is the final answer for these types of horses although some of the techniques may be helpful. First and foremost punishment is not the answer, and will only make the horse more nervous to the point of being fearful. One must remain calm and not in a hurry. This will create trust, understanding of your care for him, and would not force your horse into questionable situation. These type of horses will and can walk through fire for you, because they know of your love for them, and that becomes more important than their own Life. Think about the horse and its history, and what we have put them through, and you will get the proper perspective. The rider's aids are the way of

communication as we all know. With the nervous horse, the beauty is that, ultimately the dialogue needs only to be at a whisper. But to get to that point first there needs to be the thorough understanding that your aids are never for punishment. With this horse I do what I call a period of Indian riding, when they are ready for it. That means my legs, arms and body encompass all of the horses body in all dressage exercises, and they realize there is nothing to fear. With each of horse, the sluggish horse and the nervous horse, we need to develop the positive characteristics of both into each type of horse. The beauty then lies in the middle ground.

- Hector Carmona Jr.

## Wound Care

The first step to clean a wound is to gently hose away any dirt and other contaminants that are present on the skin surface. If possible, clip and shave any hair away from the margins of the wound. Hair makes it difficult to assess the nature of the wound, interferes with thorough cleaning, does not allow for proper drainage and acts as a foreign body to the wound.

Call your veterinarian if the wound smells bad or contains a foreign body. Ascertain that the wound is not a puncture wound that may be concealed by hair, mud or dirt. Punctures should be thoroughly investigated to see how deep they are and what structures are involved. They can seal over on top, creating an excellent chance for the growth of anaerobic bacteria. A puncture wound that has depth, heat, swelling or pain should be seen by a veterinarian. A tendon or joint puncture is a true emergency that requires immediate veterinary assistance. Cover the wound with sterile gauze pads to prevent hair from further contaminating it.

The wound should be scrubbed with antiseptic soap and gauze sponges. Scrub for 10 minutes if the horse will allow you to do so. If not, gently hose for 5 to 10 minutes. Alternately scrub and rinse the wound until it is bleeding and shows healthy pink and glistening tissue. If the wound is deep, it may require lavage with saline solution. As a general principle, any product that is

put into a wound should be so mild that if it were used in the horse's eye it would not irritate the mucous membranes or the eye itself.

When cleaning a wound, it is preferable to use saline solution rather than water because the salt content of saline solution approximates the salt content of the horse's tissues. When water is used, the salt content of the body's tissues tends to pull water into the wound causing edema.

This interferes with circulation and slows healing. Saline solution can be made at home by mixing ½ of a tablespoon of table salt into a quart of water. An antiseptic such as povidone iodine (Betadine®) or chlorhexidine (Nolvasan®) may be added to improve the antibacterial quality of the solution. Add enough povidone iodine to saline solution to make the solution the color of weak tea. Wear gloves when you are using povidone iodine to avoid absorbing toxic amounts of iodine. Chlorhexidine works on a broad spectrum of bacteria and its effects outlast those of povidone iodine.

Some topical preparations actually retard wound healing—

**Tincture of iodine:** Destroys tissue and slows healing. It should only be used to toughen the hoof's sole or control thrush. **Soaps and detergents:** Most are toxic to cells, causing them to swell and rupture.

**Hydrogen peroxide:** Toxic to equine cells. **Alcohol (rubbing or isopropyl):** Destroys exposed tissue protein. It may be used to wipe around the margins of wounds only.

Healing begins with the production of collagen. Fibroblasts, which manufacture fibrin, appear on the third day after an injury. Blood vessels

are the next to appear. Granulation tissue, which is made up of fibroblasts and capillaries, starts to fill in a wound. Skin cells grow across the granulation tissue in a process called epithelialization. Wound healing finishes by the action of contraction. Full thickness skin is pulled toward the center of the wound by myofibroblast cells. The rate of contraction is not affected by wound size but rather by skin tension, dehydration, edema and movement of the wound. Lower leg wounds heal slowly due to lack of blood supply and muscle.

Wounds heal much more quickly if they are kept warm and moist. This is especially true in the early stages of healing. The horse's body is approximately 70 percent water and wounds that are left open to the air dehydrate quickly.

You may apply a water soluble dressing such as silver sulfadiazine or triple antibiotic ointment and a light bandage to a clean wound. Do not apply any topical ointments to a wound that may require sutures unless the ointment is water based. Topical ointments should be used with care. To avoid contamination, be sure to use tongue depressors or clean rubber gloves when scooping ointment from jars. Topical antibiotics are not likely to prevent infection with wounds that are deep or one to three hours old because they are already contaminated with bacteria. Antiseptic powders and sprays have a tendency to obstruct wound drainage, leading to the accumulation of exudates and drying the wound edges. Topical ointments cannot speed the healing process. Instead, they may actually delay healing if used improperly.

(cont'd on pg 4)



## Wound Care (cont'd)



Petroleum based products may be used under weeping wounds to protect from skin scald. Several antiseptic products have proven to be safe and effective on horses: Silver sulfadiazine, Nolvasan, Triple antibiotic ointment, Povidone iodine, Vitamin A&D® ointment, Aloe Vera, Unprocessed honey: Has antibacterial properties and promotes healing, Sugardine (sugar and povidone iodine in a 50:50 ratio): Has antibacterial properties.

Another type of wound is a rope burn. A horse tangled in a rope generally panics, thereby making his burn far more severe than if he remained quiet. Rope burns are classified as superficial, partial thickness or full thickness. A superficial burn is generally only reddened, thickened skin. A partial thickness burn has edema under the skin, intense inflammation and pain. This wound has a strong chance of becoming infected. A full thickness burn displays leathery and tanned tissue, extensive limb swelling and may be numb. A considerable amount of time is required for heat to dissipate from the burned tissue. A partial thickness

burn can become a full thickness burn if treated with inappropriate topical medications or if bacteria invade the site. An eschar, or coagulated crust of skin debris, may form over top of the burn. It delays antibiotics reaching the wound and delays healing due to encouragement of harmful bacteria. An eschar that is brown-black in color is probably infected with bacteria. Even the mildest rope burn should be treated with immediate applications of ice to reduce heat. Most leg wounds benefit from being bandaged. Healthy granulation tissue forms more quickly in a bandaged wound which leads to accelerated healing. A bandage provides support to the wound as the new skin cells migrate across its surface and the slight pressure reduces the growth of proud flesh. Most wounds should stay bandaged until a healthy granulation bed is present. Bandaging is no longer necessary when the injured area has contracted down to the size of a nickel. Bandages help stop the environmental contamination of wounds. Manure, soil and clay, which cause irritation, are prevented from getting into the wound. The bandage

keeps the wound warm which promotes healing. Wrapping a wound also helps with evaporative fluid loss. A moist wound heals more quickly than a dry wound.

When a skin flap is present, the slight pressure of a bandage may help encourage reattachment. A light pressure bandage helps to relieve swelling which, if present, would restrict circulation and oxygen supply to the wound. Wounds that are bandaged with cotton pads and breathable elastic tape (such as Elastikon®) can still receive oxygen.

Bandaged wounds do not tend to form the same thick, hard scabs that unbandaged wounds produce. Bandaged wounds are less inflamed, dehydrated and contaminated than if they were left open. Although bandaged wounds can form more granulation tissue than their unbandaged counterparts, they are less susceptible to scar tissue.

## Key Points on the Jana Wagner Clinic Hosted in July

Who would've thought the last weekend in July would be the perfect weekend for a dressage clinic? I think we all expected it to be more like the weather we've had lately, but we lucked out for the Jana Wagner clinic at Classic Acres on July 27<sup>th</sup> and 28<sup>th</sup>. There were eight rides per day and included horses of all types and riders of all levels of experience. One of the great

things about Jana is the wonderful job she does of teaching to the student's ability level. She is patient with the less experienced but also isn't afraid to push the more experienced who need some "tough love" for motivation (like me).

As I mentioned, we had quite a range of horses and riders at the clinic, with everything from thoroughbreds to Arabians to

various breeds of Warmbloods and Warmblood crosses. I was only able to be there for a portion of the rides, but I will share some of the details of the ones I was able to watch.

We had a couple of OTTB's in the clinic. One was a younger boy named Dancer, owned by Jenny Titchenal, who is working at training level and is exclusively a dressage horse. (cont'd pg 5)





## *Key Points on the Jana Wagner Clinic Hosted in July (cont'd)*

Jana worked with them in January when she was here and made huge strides with teaching them how to get in a frame in just one lesson. In their July lesson, Jana was really pleased with progress they made since January, but wanted to see Dancer engage more behind, stretch over his back, and show off his trot to its full potential. To assist them with this issue, they worked on cavaletti, which was perfect for helping Dancer to access his bigger trot. Dancer had to look at the cavaletti to be able to execute them, which made him get very round over his topline and stretch his back. The need to lift his legs over the cavaletti and take a big enough stride to get over them helped him to engage his hindquarters more.

The other OTTB was a 19 year old named Jack who has a background in hunters. First, Jana discussed the saddle they were using. Jack's owner/rider, MISHO member Leah Duff, did an excellent job of staying in the center of the saddle, but she definitely had to work hard to do it because the saddle's shape tended to put her in a "chair seat", meaning it was very difficult for her to achieve the ear – shoulder – hip – heel alignment desired in dressage. After discussing the saddle, Jana worked with Leah and Jack on teaching them to be more laterally flexible. They worked on leg yield, specifically head to the wall leg yields. This movement starts by shaving off the corner when traveling from the short side to the long side, putting the horse at the proper angle to the wall. Then the rider brings the outside leg back, pushing the horse toward the inside rein (inside of

the arena, not inside of the bend) and moving down the long side at an angle with the horse slightly flexed away from the direction of travel. This exercise assists with developing a better connection from the legs and seat to the hand. It also encourages the horse to step more under its body with its hind legs. Jana worked on teaching Leah to help Jack understand to move sideways instead of through her hand and subsequently out of the arena since there were no walls.

Jana worked on motivating a Percheron/thoroughbred cross. She gave him a pole on the ground to get his attention and make him pick up his feet. She stood in the middle with a lunge whip as they worked on a 20 meter circle around her and she helped motivate him when he lacked responsiveness to his rider. We saw a Prix St Georges / Intermediare 1 level gelding who also worked on quicker responses and activity in the hind legs while staying light in the hand. This was done through half halts and quick but insistent leg and whip aids if necessary.

My lessons with Jana were very productive as usual. My horse Midori, an Intermediare 1 level horse, has a tendency to lack engagement behind unless properly convinced. Jana had me first ride her round in the neck with a lower poll to encourage stretch over her back. It should be noted that she never encouraged any level of hyperflexion in the neck as the well being of the horse is a top priority for her. After the stretching over the back, she had me shorten her frame and do a leg yield

on the 20 meter circle off the inside leg. This resulted in Midori reaching much farther underneath her body and she developed a very solid connection to my outside rein.

Now that the outside rein connection was established, we were able to get to the fun stuff. First we worked more on the engagement of the hindquarters by riding a very forward trot to a halt transition and ensuring that this transition was prompt, from the seat and leg aid, and that it drove her haunches farther underneath it. After the engagement was there, we were able to work on some trot lateral work, specifically half passes. Jana emphasized the importance of maintaining a good solid outside rein so that Midori has a rein to accept. I have a tendency to subconsciously think easing up on the outside rein during the half pass will allow her to move more sideways, when in reality, she needs the outside rein for balance and to maintain the bend.

Midori is beginning to school the one-tempi flying changes required for Intermediare II and Grand Prix. Jana had me ride Midori in a big forward canter and do some leg yielding in the canter from the quarterline to the wall in order to work on the ability to straighten her and give her confidence that she could accomplish these tasks at the canter. Jana taught me to stay sitting down in the saddle with a light seat and keep back with my shoulders while quickly moving my legs forward and back every stride in a sort of flip flop movement. We managed to get five one-tempi in a row at the clinic, which was a personal best for us!

At the end of the clinic, one of the riders, Sue Schultz, was preparing to take her Arabians to Arab Nationals and asked for Jana's help with learning how to run the triangle required for in-hand classes.

Jana showed Sue how and where to hold the reins or lead line, depending on what you choose to utilize, and how to run the triangle. Then she taught Sue to make the horse stand in the most flattering manner possible for presentation to the judges. Specifically, she said to make your horse stand with whatever legs are closest to the judge as the farthest apart with the legs on the side away from the judge allowed to be closer.

The clinic had a great turnout of riders and auditors. BJ Rubin was a gracious host, as always, and everyone was more than happy with their rides. We are so lucky to have such a great clinician so close by! Hopefully we will get an even bigger turnout for the next clinic!

*-Jackie Jackson, Intermediare Rider*



## *A Local Gem for Equestrians*

I knew I liked Martin Roach at CMR Saddlery when he made me high quality stirrup leathers for a fraction of what I would pay elsewhere. That was years ago, and since then I've taken many leather repairs to him. I have also had him custom make tack and a large leather duffel bag for me. I keep thinking I'll have him custom design a cool pair of half chaps, a one of a kind "look" for trail rides and XC schooling, but I haven't come up with my "signature" design yet. He also crafted a miniature western saddle, very detailed and authentic, and donated it to our annual Kentucky Derby Fund-raiser for St. Jude's. That little saddle was the hit of the silent auction!

Martin's leather shop is worth a visit, even if you don't have a project for him. Any equestrian would enjoy spending a few minutes surrounded by all those wonderful smells of leather and seeing the saddles, bridles and assorted tack in his shop. Martin's shop is located about a half mile east of the village of Smithboro, Illinois, just off of highway 40. His phone number is (618) 664-3055, e-mail [cmrsaddlery@papadocs.com](mailto:cmrsaddlery@papadocs.com). I took a few minutes to visit with him recently and thought MI-SHO members would enjoy learning more about this talented local resource.

**\*How did you get started in the leather working business? When?** I started tooling leather at age 18 and always wanted to get into working on saddles, but didn't think I could make a living at it. I started out part time when a local rider asked me to do some repair work. My work spread

word of mouth and in 1996 I went full time with the leather work.

**\*Are there any special English tack items that you specialize in? Can you reproduce about anything if the customer brings in a picture or detailed description?** A lot of billets, stirrup leathers, knee rolls. But if a customer brings in a picture, I can usually reproduce about any piece of tack.

**\*What's been the most challenging project in your leather working career?** Piping around the cock pit of an old bi-plane which is now in a museum in Oshkosh, Wisconsin. I also refurbished an old "push goat" that is now in the Demoulins' Museum in Greenville.

**\*Tell me a little about your trip to Oklahoma a few years ago when the cowboys were so impressed with your leather work and begged you to move there.** I went out for the Tom Mix Western Heritage Days and the nearest leather shop was 100 miles away. When they found out what I did for a living, they tried to persuade me to move out there. They really needed someone who could fix tack for them.

**\*Any advice for us equestrians about keeping our tack in good shape; especially keeping saddles and girths safe?** Keep it clean and oiled! The biggest problem seems to be with the billets, which people sometimes don't think to oil.

**Any other projects you've worked on that you'd like to tell MI-SHO members about?**

A man at Fairmount Park came up with an idea and came to me for help. I made a special halter which could hold a monitor.

Racehorses who suffer from breathing restrictions, which are fairly common at the track, can wear the halter during work-outs and the monitor records all the necessary information, which is then analyzed by a lap top computer right there at the track. This saves owners and trainers the expense of hauling to a vet's office and having the horse put on a treadmill.

"Advanced Monitor Systems" in California now buys the special halters from me and they are being used on five continents.

***THANKS TO MARTIN ROACH FOR AGREEING TO BE INTERVIEWED BY MI-SHO! CONTACT FOR HIM FOR ANY TACK REPAIRS YOU HAVE.***

*-Interviewed by Jane Netzler*

## *Meghan O'Donoghue Heads to Blenheim International Horse Trials*

MI-SHO  
P.O. Box 302  
Troy, Illinois 62294



Carbondale, IL rider, Meghan O'Donoghue and her horse, Pirate, head to Blenheim Horse Trials held September 12-15 in Oxfordshire. Meghan will be competing in the CCI\*\*\*. Meghan competed in the 2013 Rolex CCI\*\*\*\* and finished 12th. Meghan and Pirate are also the recipients of the \$10,000 Essex Grant that was created in honor of the Essex Horse Trials. Possibly the leading three star CCI (Concourse Complete International) in the world, Blenheim has been hosting this class since 1990 and is well established in the international calendar.

Known for its fair, but challenging courses, over excellent ground, the horse trials at Blenheim is a favoured venue for competing horses at this level before they go to the highest level of eventing (CCI4\*) and thus attracts some of the world's

best riders and their up and coming horses.

To enter for the CCI3\* riders and horses must have already attained successful result at two star level and below and they must apply for a place to compete at the event.

Entries are now open for applications to compete at Blenheim in the CCI3\*. All applicant entries must be approved by their National Federation.

GOOD LUCK TO MEGHAN AND PIRATE!!!



## *Calendar of Events*

### September

- 1: Queeny Park Mini Event
- 7-8: Cornerstone Farm Charity Horse Show
- 14: Devinwood Farms Schooling Show
- 14-15: Dunnabeck Horse Trials in Carbondale, IL
- 14-15: Southern Illinois Dressage Classic @ DuQuoin State Fairgrounds
- 21: Dark Horse Riding Center Schooling Show in Edinburg, IL
- 21-22: Ridgefield Hunter/Jumper Show
- 28: MISHO Annual Horse Show @ OffSpring Farm**
- 29: Phancy Pharm Hunter/Jumper Show

### October

- 5: Dublin Farms Hunter/Jumper Show
- 12-13: Cornerstone Farm Charity Horse Show
- 20: Cedar Lane Mini Event
- 25-27: Charles de Knuffy Dressage Symposium at Held Equestrian Center in Albion, MI
- 26: Devinwood Farms Halloween Schooling Show

### November-December

- 9-10: Briarstone Farm Hunter/Jumper & CT