

The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION

S O U T H E R N S T A T E S G A I T E D C H A R I T Y E V E N T

SPECIAL POINTS OF INTEREST:

- Lipoic Acid For Metabolic Syndrome
- Examiners Clinic
- Sponsors
- Trail Miles
- Youth Camp
- Versatile Horse
- Election Candidates

INSIDE THIS ISSUE:

Sponsors	2
Announcements	3
Did You Know?	5
Trail Miles	6
Youth Camp	7
Election Candidates	8
Calling All Riders	9

The Southern States Rocky Mountain Horse Club recently hosted the Second Annual 3 Day Gaited Charity Event in Ocala, Florida. The event was held at the beautiful Florida Horse Park

on February 27th through the 29th. This little club that is made up of little more than 10 members has been able to take on the monumental task of organizing a 3 day event that combines not only an organized trail ride but

also a show that brings in multiple gaited breeds from Peruvians to Missouri Foxtrotters to Paso Finos, Rockies and Racking Horses!

The initial goal has always been to host a 2 day sanctioned "B" Rocky Mountain Horse Show, but the Club

also realizes that gaited horses in Florida need a place to show and promote. This all inclusive event makes it easier to raise money for Charity and foster relationships that will help the gaited horse community as a whole.

The Southern States Rocky Mountain Horse Club was able to give \$5000 to Operation 300 in 2019! This is something that the Club is tremendously proud of. Once again, the chosen charity for the 2020 show was Operation 300. It is a charity that is near and dear to the heart of Show Manager, Melissa Grimes. Operation 300 was founded in honor of Special Operations Chief

Aaron Carson Vaughn, US Navy Seal, killed in action on August 6th, 2011. He left behind two small children. His story inspired the creation of this Charity. Operation 300 hosts weekend long adventure camps for children who have lost their fathers as a result of military service, pairing each child with a father-aged male mentor who spends the weekend doing things with the children that they might have done with their dad. The Southern States Rocky Mountain



Horse Club loves their Veterans and their families and is proud to be supportive of all Military members. This years show was a success and the Club hopes to be able to make a sizable contribution again.

Though the Sunshine State is known for sunshine, Floridians are not immune to the occasional cold front. As if on cue, the weather changed from a hot and sticky 85 degrees to cold and windy just in time for the event to start! This did not stop the exhibitors, though locals were happy to have a "cold weather delay", that was sure to give Northerners a chance to poke fun. The Trail Riders braved the wind to meander down the scenic Greenway in Ocala, which has trail heads right at the Florida Horse Park. Unfortunately, due to illness, the Gaited Dressage Clinic with

CLASSIFIEDS

CLASSIFIED AD (MAX 50 WORDS) -\$10

FRIENDS OF THE RMHA

Please thank them for their support of the RMHA with your patronage if you have a need.

Click on each name to visit the corresponding website.

[Stoner Ridge Farm](#)

[West Coast RMH Club](#)

[Mike Walker](#)

[Lee Boyd](#)

[Bluegrass Equine Vet](#)

[Michael & Judy Brummer](#)

ANNOUNCEMENTS

DEADLINES TO NOTE:

Rocky Beat: Deadline for submitting content or classifieds is always the 1st of each month.

Summer Issue Printed Magazine:

Articles-June 30th
Ads-June 20th
Approx release-Aug 7th

Next RMHA Board Meeting:

Mar 28th, 12 p.m., Winchester, KY

For all **2020 show and event** information go to the [RMHA Show page](#).

American Horse Council Benefits

For RMHA members. If you would like to see the benefits we get just for being members of the RMHA

Go [HERE](#)

2020 RMHA International Dates:

September 2-5, 2020 @ Kentucky Horse Park

Examiners Clinic: Feb. 13-14, 2020 located in Cool, CA. Offered by Pacific Crest Rocky Mountain Horse Club. See flyer in this issue. For sign-up contact Janet Peters at jpslabs@gmail.com

B.E.S.T.S. DIRECTORY LINK

(Breeders, Equine Services, Trainers and Sales Directory)

Click [HERE](#)

Advertise with the RMHA

-Help to support all of the programs of the RMHA by advertising in the BESTS Directory or becoming a website home page sponsor. Live links to your own website are available from the BESTS Directory and the website home page. Contact the RMHA office (859-644-5244) for more information. Ads must be prepaid.

RMHA Trail Program

If you ride those trails and you aren't a part of this program yet, you should be! What are you waiting for? And if you are, you need to know that the trail year has changed! To find out all you need to know, click [here](#)!

Friends of Sound Horses (FOSH)-

Read [HERE](#) about their news and activities

Judges Clinic: April 4-5, 2020 @ RMHA office in Winchester, KY Contact RMHA office to register

Link to KHBIF Information.

[KHBIF Information](#)

Horse expo participation forms-If you plan to participate in expos in 2020, please find your form [HERE](#). Forms are now being accepted year-round.

RMHA Versatility Program

What do you do with your horse? Perform? Ride Trails? Show? Extreme Cowboy? Obstacles? Mounted shooting? Drill team? More? Then you should really check out our versatility program! Get all the details right [here](#) and start adding up those points!

High points are calculated for the year. Check them out [HERE](#). Great year everyone!

Youth Horse Camp: The RMHA 2020 Youth Camp will be held June 12-14 at Rudy's Ranch, Salt Lick, KY. We will have lots of educational clinics, demos and more. We are planning a youth fun show to close out camp on June 14th at 2:00pm. All youth are welcome, even if you don't participate in camp. Registration packets will be available in April. Watch the youth facebook page and RMHA facebook page for more information on lodging and schedule of activities.

R E G I O N A L L I A I S O N S

Do you know what a regional board liaison is? Here is your explanation according to the rules:

From the Rules, Section 3:

5. Board Communication with Affiliated Clubs (Amended January 24, 2015) Annually the president shall appoint a Member at Large of the Board to act as a direct liaison with each Affiliated Club. An officer may act in this capacity if specifically requested. Duties will require biannual reports from regional club liaisons with the second report to include financial status and a list of members.

Here are the currently appointed liaisons:

- | | |
|--------------------|------------------|
| 1. Central States | Brittany Hopkins |
| 2. Michigan | Kathy House |
| 3. Mid-Atlantic | Tess Smith |
| 4. Pacific Crest | Janet Peters |
| 5. Southern States | Jason Slone |
| 6. Tristate | Jane Gean |
| 7. West Coast | Mindy Smith |

V E R S A T I L I T Y P R O G R A M

If you do a number of different things with your Rocky, this is the program for you.

The versatility program runs from November 1 to October 31 each year. Completed forms must be turned in (postmarked) by November 15th to be tabulated for the year. Youth and Adults may participate and are tallied accordingly. There are forms for the program on the RMHA web site. There are two forms. One is for [Horse of the Year](#). The [Accumulating form](#) is for subsequent years. The program runs year after year. A very detailed description of the program is on the RMHA website at [Versatility Program](#).

Examples of some of the versatile things one might do with their horse are trail riding, trail competitions, showing, 4H programs, team penning, dressage, jumping, carriage driving, drill team or demos and any other activities that are popular in your area of the world. You will need to keep good records as you must turn in documentation with your forms. Documentation can be scores, photos, receipts or any other form depending on the activity.

Good luck, and we look forward to seeing many folks participating in the Versatile Horse Program.

D I D Y O U K N O W ?

Lipoic Acid – Benefits Metabolic Syndrome in Two Ways

by Juliet M. Getty, Ph.D.

Metabolic syndrome is a condition of insulin resistance that predominantly affects overweight horses. Some horses are genetically predisposed toward developing it, but it can occur in any horse that becomes obese. As insulin levels increase, the body is encouraged to store more fat. In addition, as insulin levels rise, the risk for laminitis increases. Losing body fat is your first line of defense. This is best accomplished by increasing physical activity as well as offering grass hay, free-choice, that is both low in non-structural carbohydrates (NSC) as well as calories. (Do not restrict forage; this leads to a hormonal stress response that further enhances obesity and may lead to laminitis relapses.)

Obesity causes inflammation and leads to elevated insulin

Fat cells produce inflammatory molecules called cytokines, which disrupt normal insulin action. The more cytokines your horse produces, the more insulin resistant he becomes, leading to more fat storage, creating a vicious cycle.

Inflammation leads to the production of volatile, damaging molecules known as free radicals. Free radicals are missing an electron and will go on a rampage, literally destroying tissues in its path, to obtain what it needs, creating still more inflammation, disease, and a lessened ability to fight infections.

Antioxidants ease inflammation

Antioxidants neutralize free radicals by giving up their own electrons. These protective nutrients are either produced by the body or can be provided in the diet. Common antioxidants include vitamins C, E, and beta carotene, all found in fresh, healthy grasses. In the case where the horse's body is experiencing high levels of inflammation (as with Metabolic Syndrome), the need for antioxidant supplementation becomes greater.

Lipoic acid is a potent antioxidant

One antioxidant of recent interest is lipoic acid. It is naturally produced throughout your horse's body and serves to protect his tissues from the damaging impact of free radicals. Some interesting facts:

- Lipoic acid has the ability to regenerate other antioxidants and make them active once again.
- The horse's diet is generally sufficient in lipoic acid because it is found in green plants. But once fresh grass is cut, dried, and stored as hay, it is lost through oxidation.
- Lipoic acid is both fat and water soluble. Therefore, it can work throughout the entire body, protecting all tissues.

Lipoic acid also lowers blood glucose and insulin levels

In humans, lipoic acid has been determined to lower blood sugar levels. A recent study* revealed the same benefit when lipoic acid was given to pony mares. Researchers administered 10 mg of lipoic acid per kg of body weight, mixed with maple syrup, to ponies receiving a grass hay diet. A control group was given the same maple syrup feeding, without lipoic acid. The ponies receiving the lipoic acid required less insulin to remove glucose from the blood. The researchers concluded that delivery of lipoic acid improves insulin effectiveness, thereby lowering blood glucose as well as circulating blood insulin levels.

Take a look at your supplement

If you are feeding a supplement designed for the insulin resistant horse, it may contain lipoic acid. The synthetic form, alpha lipoic acid, is used in supplements (known as ALA, but not to be confused with the omega 3, alpha linolenic acid, also known as ALA). To add more to your horse's diet, you can feed it as a separate nutrient, or look for a supplement which includes ALA with other beneficial nutrients. For example, Carb X (Med Vet Pharmaceuticals) offers a concentrated level of lipoic acid as well as other important nutrients for the insulin resistant horse.

Summary

There are many nutrients that benefit the insulin resistant horse. Antioxidants such as vitamins C and E, as well as grape seed extract, and herbs, will help ease the inflammation which results from too much body fat. Magnesium, chromium, and omega 3 fatty acids help lower circulating insulin levels. But lipoic does both – lessens the effect of inflammation as well as lowers blood glucose and insulin levels.

* Berg, E., McNamara, D., and Keisler, D. 2011. Abstract: The effects of lipoic acid supplementation on blood glucose, insulin, and leptin concentrations in pony mares. *Journal of Equine Veterinary Science*, volume 31, 250-251.

Helpful supplements:

If your horse is insulin resistant, consider the following:

- CarbX (MedVet Pharmaceuticals) – High in lipoic acid as well as *Gymnema sylvestre*, magnesium, and chromium.
- Quiescence (Foxden Equine) – Excellent magnesium/chromium preparation.
- Psyllium (Gateway Products) – A daily amount with each meal reduces glucose absorption.
- Nutra Flax (Horsetech) – Provides omega 3 fatty acids which lower circulating insulin levels.

TRAIL MILEAGE PROGRAM

<u>Last Name</u>	<u>First Name</u>	<u>Miles</u>	<u>Last Name</u>	<u>First Name</u>	<u>Miles</u>
Northcote	Gloria	30,296	Twyman	Cindy	561
Moon	Dean	21,373	Travers	Susan	437
Untiedt	Susan	15,225	Holland	Karen	426
Pravda	Cindy	13,730	Bullock	Lisa	346
Plumley	Laura	12,078	Abram	Karen	292
Wisneski	Patty	10,450	Bellamore	Tom	273
Peters	Janet	9,242	Bunting	Kathleen	225
Balan	Christina	9,126	DeHaan	Pamela	217
Burke	JD	7,900	Enderle	Patricia	207
Kaper	Tara	5,237	Knight	Chrissy	117
Ewert	David	4,445	Adams	James	110
Cade	Jackie	3,769	Bellamore	Lisa	103
Quatsoe	Carrie	3,633			
eadows	Sandi	3,384			
Fleming	Angela	3,354			
Nichols	Jennifer	3,249			
Meadows	Dallas	3,176			
Daby	Leahe	3,086			
Zynda	Alyce	2,961			
Killip	Tammy	2,796			
O'Dell	Ashley	2,522			
Hesterberg	Armin	2,456			
Styers	Ellen	2,282			
Tremper	Lee	2,112			
Miller	D'Anna	2,081			
Smith	Tess	1,870			
Smith	Ken	1,775			
Pearce	Rhonda	1,706			
Dunn	Jan	1,675			
Griffin	Terri	1,633			
Pierson	Dolly	1,484			
Jolley	Marianne	1,328			
Depew	Claudia	1,246			
Altizer	Diane	1,186			
Reeder	Deborah	1,169			
Sheglia	Michelle	1,165			
Morgan	Rosemary	1,153			
Grimes	Melissa	1,058			
Hopkins	Leslie	1,014			
Collins	Kelley	653			
Adams	Miranda	650			

Trail Miles as of 3-1-20



**2020 RMHA
YOUTH CAMP**

**COME JOIN US
JUNE 12-14, 2020
Rudy's Ranch
Salt Lick, KY**

**Clinics, Trails,
Demos, Youth
Fun Show,
Food, Fun and more**

PIC•COLLAGE

2 0 2 0 R M H A E L E C T I O N C A N D I D A T E S

The Candidates for election to RMHA Board positions in the upcoming 2020 election are as follows:

President: Ellen Knapp

Vice President: Chastity Adkins

Secretary: Gina Purdue

Treasurer: Lyngle Lawson

Director of Examiners: Tara Stone

Hearing Panel:

Jan Dunn

Tim Spencer

Stewart Wickham

Member at Large – 3 to be elected:

Judy Brummer

Terri Griffin

Marianne Jolley

Susan Travers

Signatures on a petition to add a candidate for any office may be collected until February 28, 2020. To be valid, a petition must bear signatures of 50 members of the association eligible to vote as of December 31st of the year prior to the election. Signatures in ink or faxed (to the candidate) will be accepted, when verified by the office as to required status of “membership in good standing” of those signing. Petitions must be presented to the RMHA Office by March 1st with all required signatures included. Petitions can be submitted by email, mail or in person.

Nominations for the position of Member at Large may be made by the membership as outlined in Article 2, paragraph 2.11.B of the Bylaws. A letter addressed to the Secretary must be received in the RMHA Office by March 1st with all required signatures included. The letter must list the member to be nominated and bear the signatures of two supporting members. Nominations from the floor can be submitted by email, mail or in person.

CALLING ALL RIDERS

So, you asked, and we added. As part of the 2018 Membership Survey, numerous requests were made to allow Registered Rocky Mountain Horses who were not certified into the Trail Mileage Program. Starting with the 2020 Trail Year (November 1, 2019 to October 31, 2020), the program has changed and riders who have Registered RMHs who are not Certified will be allowed to track and submit their miles.

This new program consists of two subprograms:

- Rider Mileage Program where yearly and lifetime trail miles are tracked by **Riders**, and
- RMHA Trail **Horse** Program where yearly and lifetime trail miles are tracked by **Certified Rocky Mountain Horse(s)**

RIDER MILEAGE PROGRAM

The new rider mileage program is open to all RMHA members with a current rider card and current trail card and there are now 2 divisions – Registered and Certified.

REGISTERED DIVISION

This division is for riders riding one or more RMHA Registered but Un-Certified horses. Yearly and lifetime miles will be tracked by the rider and submitted each year. At the end of the year, the RMHA Trail Committee will verify miles, and yearly awards are given for the Top Five high mileage riders in this Division.

Lifetime miles by single rider on a registered but uncertified horse or horses are tracked and awarded at key milestones - that is, 100, 250, 500, 750, 1000, 2500, 7500, 10,000, 15,000 and 20,000 miles.

Yearly and Lifetime awards will be given at the annual awards banquet.

CERTIFIED DIVISION

The Certified Division is for riders riding a RMHA Certified horse(s). Again, yearly and lifetime miles by rider (riding a certified horse(s)) are tracked by the rider and submitted each year and verified by the RMHA Trail Committee.

As with the Registered Division, yearly awards will be given yearly for the Top Five high mileage riders in this Division.

Lifetime rider awards miles by single rider on a Certified horse or horses are tracked and awarded at key milestone - that is, 100, 250, 500, 750, 1000, 2500, 7500, 10,000, 15,000 and 20,000 miles.

All awards will be given at annual awards banquet.

HORSE MILEAGE PROGRAM

Yearly and lifetime miles by ridden RMHA members on their **Certified** Horse(s) will be tracked for each Certified horse. The current rider will track the miles and submit them each year for verification by the Trail Committee. The rider must be enrolled in the Rider Mileage Program for that year for the miles to be counted. Yearly and lifetime horse awards are described below.

Yearly Certified Horse Awards - Yearly miles per Certified Horse will be tracked and an award given at the annual awards banquet to the Top High Mileage Certified Gelding, Top Mileage Certified Stallion, and the Top Mileage Certified Mare.

Lifetime Certified Horse Awards – Lifetime mileage for Certified horses will be awarded as follows:

2,500 miles	Junior Trail Horse Certificate – (one horse/one or more riders – Certificate goes to current owner and in horse file)
5,000 miles	Tobe Award (one horse/one rider) – Plaque/Story for Magazine Senior Trail Horse Certificate (one horse/one or more riders – Certificate goes to current owner and in horse file)
7,5000 miles	Master Trail Horse Certificate (one horse/one or more rider – Certificate goes to current owner and in horse file) – Plaque/Story for Magazine
10,000	Trophy – (one horse/one of more rider - Trophy goes to current owner)

CALLING ALL RIDERS

HOW DO YOU PARTICIPATE

All RMHA members in good standing are eligible to participate in this program. This program requires an annual Rider's Card, and enrollment in the Trail Program. The Rider Card and Trail Program forms are available via the website or the RMHA Office. No mileage awards will be awarded without completion of these forms and associated fees. All horses participating in the RMHA Trail Certified Horse Awards Program MUST be Certified upon date of the yearly enrollment in the program.

The trail year for both programs runs from November 1 to October 31. The rider must be enrolled in the Rider Mileage Program for that year for the miles to be counted. Late submissions will still get credit for miles ridden but will not be eligible for any **end-of-year** awards.

The Trail Committee is currently working on the associated awards and a developing a sponsorship program to help fund and promote our programs. The program fees cover the costs of the awards only. If you are interested in being a sponsor – let us know!

So, fill out the forms and jump in the saddle. Looking forward to seeing all of you and your beautiful Rockies out on the trail.



As a first time participant with a young green horse self starting under saddle, this was a great incentive program to keep me on track. Working full time makes it difficult to get out on the trails. At the end of August, following a 3 month horsemanship challenge done with NATRC Region 4 members. I was able to get my 4 year old out on trail by ourselves successfully without issues or explosions. Fancy I Am, aka Callie, has been a stellar horse for me as a first time RMH owner. Thank you for having this program and I'm excited for the owners of non-certified RMHs that they'll be able to participate in the program going forward!

Chrissy Knight



Chrissy Knight and Callie
September 2019
NATRC R4 ride at Six O Ranch
Cleburne, TX

WE'RE ON THE WEB
WWW.RMHORSE.COM



The Rocky Mountain Horse Association is a non-profit corporation organized under the laws of the Commonwealth of Kentucky.

One horse for all occasions

Rocky Mountain Horse Association
71 South Main Street
Winchester, KY 40391

Phone: 859-644-5244
E-mail: admin@rmhorse.com
E-mail for submitting items to Publications:
rmha.magazine@gmail.com
Website: www.rmhorse.com
Facebook: [Rocky Mountain Horse Assn](https://www.facebook.com/RockyMountainHorseAssn)

Mission:

The purpose of the Rocky Mountain Horse Association is to aid and encourage the preservation, promotion, breeding and development of the Rocky Mountain Horse throughout the United States and Internationally.

S O U T H E R N S T A T E S G A I T E D C H A R I T Y E V E N T

Alee Ellis that was also scheduled for Thursday had to be postponed to a later date. Friday and Saturday saw exhibitors from all over the state of Florida competing in Open Gaited Classes and more. The Club is very enthusiastic about bringing in novices to show and experience what it is like to be a part of a "show ring family". The "So You Think You Wanna Show" Class is always a favorite. This schooling class gives feedback direct from the judges to each rider to help them on their journey in to the show ring. It is a safe and encouraging experience that has proved to send them into additional classes that they would have been too intimidated to enter otherwise.

Saturday was the first "Youth Day" for this show. Thanks to the amazing Marti Vitulli, the Youth had their very own hospitality stall, a relating to equine focus. All morning long, class, to favorite gait classes. It was inspiring thing together, from a fino to a flat walk! Cyndee Davis, our very own RMHA Registrar help process papers for owners that brought



pizza party, and fun educational games all there were classes for youth from water glass to see the youth with all breeds, doing their

was on hand with a booth and her stamp to their horses for certification and transfer. With the help of Chris and Tara Stone, and Joe and Marianne Jolley, 6 horses were certified!!!



Cyndee signed on new members and as a whole it was wonderful to have the RMHA represented well. The Southern States Rocky Mountain Horse Club is passionate about creating an atmosphere that is fun for all exhibitors. The hospitality stall always features a delightfully tacky Florida theme, thanks in part to the hardest working club member around, Teresa Burkhardt! It is incomplete with a bar that not only offers margaritas in the evenings, but coffee and donuts in the mornings for any exhibitor or spectator that needs it. Everyone is encouraged to attend, volunteer, or sponsor the 2021 Event to be scheduled soon!