

The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION

IMPLEMENTING THE RMHA STRATEGIC PLAN – OUR 2023 VISION

SPECIAL POINTS OF INTEREST:

- 2019 Programs
- Eating to Improve Insulin Resistance
- Get Involved!
- Sponsors
- Trail Miles
- Silver Study

In 2018, the RMHA Board paused to reflect on the past, assess the present situation and develop a Strategic Plan for a bold future for the organization. Board members identified four main areas on which to focus over the next five years: preserving the breed, growing and retaining our membership, strengthening the organization, and ensuring financial sustainability. Strengthening those four areas will put the RMHA on a path to meeting our vision of the Rocky Mountain Horse (RMH) being known globally as “One Horse for All Occasions™!” Details on this strategic plan can be found on our [website](#).

With the resignation of our Executive Director and in preparation for implementation of this plan, an Ad Hoc Search Committee was formed to create and submit for the Board’s approval a new job description, title and focus for this position, now called General Manager (GM). Since the Board’s approval, the Search Committee has carried out a recruiting process to find the right person for this key position. The members of that Committee will be conducting interviews with the top applicants later this week. This individual will play a key role in coordinating the work of the members of the RMHA Board and Committees to pursue the goals necessary to achieving our 2023 Vision. The role our new GM will play in helping us reach the 2019 goals for each of our 4 priority issues is explained below.

Priority Issue #1: Preserving our breed

Once our new GM is in place, another search will be carried out by the Ad Hoc Search Committee to find a Marketing Consultant to collaborate with RMHA Committees and the Board and develop a comprehensive Marketing campaign aimed at improving our promotion of the attributes of this amazing breed and helping attract and retain members in our organization (see Issue #2). Providing for the preservation of the Rocky Mountain Horse will require the collaboration between Board Members, Committee Members, our Registrar, breeders and all owners of Rocky Mountain Horses. The GM’s role will be to facilitate this cooperation, in order to maintain the breed’s health and wellbeing into the future.

Priority Issue #2: Growing and Retaining our Membership

Our new GM will work closely with RMHA Committees to identify ways to grow and retain our membership, encourage more participation in our programs, evaluate and promote member benefits, and involve members on all Committees. Facilitating the development of educational and promotional materials and improvement of benefits and programs will be vital to this process.

Priority Issue #3: Strengthen the Organization

Our new GM will play a key role in evaluating our current resources and (continued on pg 5)

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CLASSIFIEDS

CLASSIFIED AD (MAX 50 WORDS) -\$10

Oakwood Farm has quality horses for sale:

Please contact Mike Barnett at 270-791-3988 for more information

Oakwoods Shade of Silver: RM# 2017485169, 21-month-old Chocolate Roan Filly

Oakwoods O'Henry: RM#2018485661, 8-month-old Chocolate Roan Colt

Oakwoods Huckleberrys Kate: RM#2018485702, 8-month-old Chocolate Filly

Oakwoods April Rain: RM #2003010381, 17-Year-old Chocolate Mare

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.

[North American Farm](#)

[McBrayer](#)

[McCauley's](#)

[Lee Boyd](#)

[Sean O'Bryan](#)

[Bluegrass Equine Vet](#)

[Stoner Ridge Farm](#)

[Michael & Judy Brummer](#)

[West Coast RMH Club](#)

[John Rose](#)

[Mike Walker](#)

[Steel Saddle](#)

[John & Kim Stivers](#)

[Grand Oak Stables](#)

[Park Equine](#)

[Coffey Creek Farms](#)

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 ISSUE will be in Dec 2019

Next RMHA Board Meeting:

Mar 16th, 12 p.m., Winchester, KY

Next General Membership Meeting

September 4, 2019 in the covered arena at The Kentucky Horse Park.

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](#)

Also do you know someone who would like an **internship with AHC?**

Check out how to apply [HERE](#)

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!](#)

The 2019 RMHA Judges' Clinic will be held February 23rd at the RMHA Office, 71 South Main Street, Winchester, KY. The Clinic will begin at 8:30 am. Please contact the RMHA Office (859-644-5244) to reserve space and pre-pay \$45 fee (lunch

Link to KHBIF Information.

[KHBIF Information](#)

The RMHA Registrar will be out of office and unavailable April 15th-26th. More information as to office hours and contacts during that period in the next Rocky Beat as well as the website and Facebook page.

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

(Breeders, Equine Services, Trainers and Sales Directory)

Click [HERE](#)

2018 Show/Trail/Versatility Award

winner [announced](#)

The Math is clear-

Support + Volunteers=Programs
Not only do we appreciate our volunteers, but they are utterly essential to our programs and many functions of our association. Without volunteerism, we would lose many of the programs we participate in and enjoy. Please participate in this short survey to see where your passions and skills might help the most.

[TAKE SURVEY HERE](#)

Recent Bylaw Change-A recent Bylaw change (approved by the membership) allows the registration of a horse after both parents have been certified if the sire and dam were not certified at the time of breeding. Click [HERE](#) for more information

It is time to enroll in 2019 Programs!

If you ride those trails and you aren't a Click on the following to access forms to enroll in RMHA programs.

- [Trail Mileage Program](#) – for Youth and Adult Riders
- [Versatility Program](#) –for Adult Riders
- [Youth Award of Excellence](#) – for Youth Riders

For all **2019 show and event** information go to the [RMHA Show page](#).

Have a great show season everyone!

Have you seen the new **Pedigree Database?** Visit [HERE](#) and please help us complete this project by reviewing the information for your own horses.

Horse expo participation forms-are due by January 31st. If you plan to participate in expos in 2019, please find your form [HERE](#) and turn in by the deadline.

Do you follow the **RMHA on Facebook?** It is a good place to keep up on new info coming out of the office and member events. Check it out [HERE](#)

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!

Advertise with the RMHA

-Help to support the 2019 RMHA Show Program by advertising in the 2019 Show Rule Book (money goes to reimburse sanctioned RMHA shows). Contact the RMHA office (859-644-5244) to reserve your space. Deadline for submission of ads February 15th. Ads must be prepaid.

-Help to support all of the programs of the RMHA by advertising in the BESTS Directory or becoming a Website HomePage 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.

ANNOUNCEMENTS

KHBIF NEWS

Last August our KHBIF affiliate, in conjunction with the RMHA, provided information about Ky Born and Bred Rocky Mountain Horses to the KHRC to fulfill their request for that information. Our affiliate was recently notified of the results of the KHRC audit of this portion of our pedigree database. The KHRC was complimentary of the completeness of our records and only had a few questions for us about the information provided to them.

There were 48 participating horses in this program in 2018. The vouchers for 2018 have not been issued yet but there is no doubt that they will be coming and that RMHA members with Ky Born and Bred horses will continue to be eligible to receive money through this program in 2019.

BREED AWARDS

The RMHA will continue to partner with several organizations to provide 2019 RMHA Breed Awards for registered and certified Rocky Mountain Horses participating with those organizations. As we are notified of award recipients in these programs, we will acknowledge their achievements in the Rocky Beat and on the RMHA Facebook page and Website. Current affiliations include:

American Endurance Ride Conference
North American Trail Riding Conference
Confederation for Working Equitation
Equine Trail Sports

We are always looking for new ways to highlight the accomplishments of our amazing breed. Please let us know where and with who you are competing, and we will see what kind of partnerships we can develop with those organizations.

ELECTIONS FOR BOARD POSITIONS

The names of the 2019 nominated candidates for positions on the RMHA Board have been posted on the RMHA website and Facebook page and an eBlast was sent out to members on January 22 with this information. Members who meet all requirements to run for these offices and who decide to add their names to the ballot by petition have until February 22 to obtain signatures. Petitions must be submitted to the RMHA office by March 1. Individuals who want to be considered for the position of Member at Large can also be nominated by two members who endorse their candidacy and submit their nomination to the RMHA office by March 1.

SILVER STUDY NEWS

A study of the incidence of silver in our herd will be ending in the next couple of months. A comparison will be made between the incidence of silver in horses registered in 2006 and those registered in 2016. Preliminary results from the first 259 of the 2006 horses tested indicated that 61% were silver positive and 9.6% were homozygous silver. When results were analyzed for horses in that group who were registered as red based 60% were positive for silver and 1 was a homozygous silver. It will be interesting to see the final statistics for 2006 and how they compare to the statistics for 2016.

TRAIL, VERSATILITY AND YOUTH PROGRAM INFO

The [2019 Trail Mileage Program](#) and [2019 Versatility Program](#) and [2019 Youth Program](#) year runs from November 1st, 2018 to October 31st, 2019. Annual awards in these programs are presented the RMHA Awards Banquet each year.

NEXT GENERAL MEMBERSHIP MEETING

The next General Membership Meeting is scheduled for September 4, 2019 in the Covered Arena at the Kentucky Horse Park. The 2019 RMHA International Grand Championships will begin on September 5th.

2019 SHOW SEASON NEWS

Shows are being added to the 2019 Show Schedule almost every day. Check out the upcoming shows at [this link](#). Be sure to your [membership](#) is up to date and you have your [2019 Riders Card](#) and add your farm or business advertisement to the 2019 Show Rule Book (Ads are included in the online or printed version of the Show Rule Book and ad money is used to fund reimbursing sanctioned RMHA shows. Contact a member of the Show Advisory Committee about this opportunity.)

A N N O U N C E M E N T S**NEXT RMHA BOARD MEETING**

The next scheduled RMHA Board Meeting will be held on March 16, 2019 at 12 noon in the RMHA Office. Petitions to add names to the 2019 ballot and Nominations from the floor to add names to run for Member at Large will be reviewed at this meeting. The final list of candidates to appear on the ballot will be certified at this meeting. The current list of candidates and information about the processes to add other names to the ballot can be found at [this link](#). Please remember Petitions for nomination and Nominations from the floor must be in the RMHA office by March 1st. The deadline for signing Petitions for nomination is February 22nd.

EXPO PARTICIPATION

If you are planning to participate in an EXPO this year and would like to apply for assistance from the RMHA, the Horse Expo Participation Application may be located on the Forms and Applications page of the website or at [this link](#). Applications are processed on a first come-first serve basis. Apply early to insure reimbursement for your efforts on behalf of the breed and the association.

ANNUAL AWARDS

Thank you to those who made this year's RMHA Annual Awards Banquet such a marvelous success and to everyone who supported these programs of the RMHA! CONGRATULATIONS to participants on your own personal achievements and to those who excelled in each of these programs in 2018! The list of award winners can be found at [this link](#). Tabulations for these awards are completed by volunteers for the association. We appreciate the time and effort they devote to these programs.

JUDGES CLINIC

The 2019 RMHA Judges Clinic is scheduled to be held February 23rd. Please contact the RMHA office to register, if you would like to audit this clinic or become an RMHA Show Judge. More information is available at [this link](#).

**I M P L E M E N T I N G T H E R M H A S T R A T E G I C P L A N –
O U R 2 0 2 3 V I S I O N**

(continued from front page)

identifying ways to increase the efficiency of our office and board through updated technology and programs, including systems to manage Registry records, financial records, organizational documents of the association and achieve more efficient and effective communication and collaboration for Board and Committee meetings and between volunteers and members of the association. The new GM will develop policy and procedure manuals in collaboration with our Registrar, Committees and Board members addressing the roles and responsibilities of our volunteers and staff, providing for continuity, ensuring the stability of our organization and meeting the expectations of our members and the needs of our breed.

Priority Issue #4: Financial Sustainability.

Our new GM will be responsible for maintaining our financial records, working with our Treasurer, Finance Committee, the Board and the other Committees to maintain an annual balanced budget and identify improvements in programs, membership benefits and involvement of members in order to sustain the organization financially. Our new GM will also work with our affiliate Foundation to seek grants and donations supporting research and education to maintain our association and our breed.

D I D Y O U K N O W ?

Eating! An Important Key to Improving Insulin Resistance

By Juliet M. Getty, Ph.D.

Do you have an overweight horse? Chances are he is insulin resistant. Excess body fat leads to elevated insulin. Elevated insulin leads to more body fat storage, which leads to greater insulin resistance, and the vicious cycle continues. Even horses of normal weight can be insulin resistant, exhibited by regional fat deposits along the neck, shoulders, tailhead, and back.

The opposite of insulin resistance is insulin sensitivity

Unlike when humans are “sensitive” to a food or ingredient—meaning intolerant or allergic—insulin sensitivity is a good thing. It simply means that the horse’s cells respond well to insulin and there is no longer a need for the pancreas to continually pump out high levels of this hormone. Storage of body fat normalizes, as well as blood sugar levels.

Putting your horse on a diet that restricts forage will not increase insulin sensitivity. The problem is that horses are *designed* to graze. They need to consistently chew to neutralize stomach acid (through saliva production, a natural antacid). Left with an empty stomach, your horse will likely develop ulcerations. But even more damaging is the hormonal stress response he will experience. This results in increased insulin, and ironically, your horse remains overweight because excess insulin tells the body to hold on to body fat. Furthermore, insulin is highly inflammatory, leading to pain and inflammation throughout the body, including increasing the propensity for developing laminitis.

Consistently eating forage, on the other hand, matches what a horse would naturally do. It allows cortisol (stress hormone) secretion to calm down, making the cells more responsive (more sensitive) to insulin. Researchers at Louisiana State University¹ evaluated how eating affects insulin sensitivity; they determined that hay-deprived mares experienced a greater degree of insulin resistance and less insulin sensitivity than those mares who were fed hay *ad libitum* (free-choice). These results are consistent with a horse’s natural eating pattern. A healthy, insulin sensitive horse is a horse that will not easily gain weight when fed forage free-choice. A healthy horse will burn body fat and not store excessive amounts.

Reduce concentrates but not forage

Calorie reduction, though important, should only be accomplished by reducing or even eliminating commercial feeds and cereal grains. **Never reduce forage intake.** While pasture grazing may not be an option for your overweight, insulin resistant horse during certain times of the day or seasons of the year, you should always offer hay, day and night, 24 hours a day. Be sure to provide a vitamin/mineral supplement to fill in the gaps that exist with hay.

To make sure your hay is appropriate to feed free-choice, it is best to have it tested, so you know that it is low enough in sugar, starch, and calories.² To evaluate the testing report, look at the column labeled “Dry Matter.” Add the ESC (simple sugars) to the starch. This amount should not exceed 11%. The Digestible Energy (DE) is an indicator of calories and should not be more than 0.95 Mcals/lb (2.09 Mcals/kg) on a dry matter basis.

Allow your horse to self-regulate

When forage is restricted, your horse perceives this as “winter is coming,” and his body adjusts by holding onto body fat. But if hay is always available, he will soon get the message that he can walk away, and the hay will be there when he returns. It is important, however, that the hay never runs out, not even for 10 minutes, to allow his brain to relax. It is amazing to watch - he starts to calm down his eating, eats more slowly, and eats less – *eating only what his body needs*. Insulin sensitivity increases, and body weight begins to normalize. With the help of exercise, your horse’s cells will respond to insulin even better and no longer store excess body fat.

Bottom line

The closer you get to a feeding environment that simulates a natural setting, the healthier your horse will be. Give your horse a chance to be a horse, and *let him tell you* how much forage he needs. He has the ability to regulate his intake to match just what he needs, resulting in a normalized hormonal response. He will be insulin sensitive, not resistant.

¹ Lestelle, LR., Earl, L.R., Thompson, Jr., D.L., Hebert, R.C., and Mitcham, P.B., 2011. Insulin-glucose dose response curves in insulin sensitive and insensitive mares and effect of overnight and long-term feeding regimen. *Journal of Equine Veterinary Science*, 31, 285-286.

² Equi-Analytical Labs – www.equi-analytical.com is a well-respected testing facility that specifically evaluates forages and feeds for horses.

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	29,185	Sheglia	Michelle	851
Moon	Dean	19,523	Hopkins	Leslie	801
Untiedt	Susan	13,639	Dunn	Jan	766
Pravda	Cindy	13,579	West	Barbara	730
Plumley	Laura	10,456	Swope	Valerie	627
Wisneski	Patty	9,358	Bullock	Jan	542
Balan	Christina	9,126	Collins	Kelley	469
Monaco	Linda	8,868	Enyart	Janet	455
Peters	Janet	8,285	Tucker	Julia	437
Burke	JD	5,280	Altizer	Diane	432
Kaper	Tara	5,089	Emmert	Angie	353
MacDonald	Heiderose	4,142	Branham	Sandra	338
Ewert	David	4,049	Abram	Karen	292
Crampton	Daniel	4,031	Grimes	Melissa	271
Quatsoe	Carrie	3,486	Bunting	Kathleen	225
Zynda	Alyce	2,925	DeHaan	Pamela	217
Meadows	Sandi	2,895	Enderle	Patricia	207
Nichols	Jennifer	2,852	Holland	Karen	146
Fleming	Angela	2,759	Wickham	Stewart	40
Meadows	Dallas	2,656			
Cade	Jackie	2,547			
Hesterberg	Armin	2,244			
Styers	Ellen	2,037			
Garman	Sherry	2,010			
Humphreys	Kerri	1,968			
Tremper	Lee	1,802			
Smith	Tess	1,713			
Smith	Ken	1,618			
Daby	Leahe	1,544			
Pierson	Dolly	1,484			
Killip	Tammy	1,430			
Bynum	Kayla	1,318			
Jolley	Marianne	1,228			
O'Dell	Ashley	1,197			
Pearce	Rhonda	1,141			
Depew	Claudia	1,105			
Lewandowski	Darlene	1,095			
Lutz	Sandra	1,061			
Reeder	Deborah	1,026			
Morgan	Rosemary	1,021			

Trail Miles as of 3-2-19

WE'RE ON THE WEB
WWW.RMHORSE.COM



On horse for all occasions

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Mission:

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

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.

