

The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION



SPECIAL POINTS OF INTEREST:

- 2019 Programs
- Music and Horses
- Get Involved!
- Deadline for Board Nominations
- Sponsors
- From Our President
- Office Closed

BOBBIE GREENE TRAVEL BITS

RIDING IN COLD WEATHER-6 Tips for Keeping Warm

Hope you enjoyed some great riding this fall. It is my favorite time of the year to ride. The cool crisp air of fall inspires us to get out and enjoy the nice weather. But old man winter is nipping on our heels and soon it will be difficult to catch a time to ride on the cold cloudy days. Here are some tips on keeping warm when riding in cold weather.

Tip #1. Visit a sporting goods store and check out the ski dept. It will have an item called a base layer. This is the layer that goes next to your skin. It is a light weight undershirt and pants. One of the brands I'm familiar with is Under Armor and Walmart has its brand called Starter. The next layer should be lightweight wool top such as a sweater. The last layer should be a water-resistant or waterproof jacket. I always take a plastic poncho in my saddle bag for unexpected rain. You may need less or more layers or a heavier jacket according to the weather.

Tip #2. Full leather chaps will keep your legs warm and dry.

Tip #3. For the hands a variety of insulated gloves are available. If the weather is very cold I use insulated riding mittens while riding.

They are warmer than gloves.

Tip #4. For the feet I use 100% merino wool socks. These are warm and moisture wicking. There is a product available called "Cozy Toes" by the Cashel Co. These are stirrup covers that are easily attached to your stirrups with velcro. I have used these for years and always had warm cozy toes while riding. These can be found in most catalogs and on the internet.

Tip #5. A short scarf around the neck helps hold in your body heat. A riding helmet provides head protection and serves as a head cover to help keep you warm. 65% of the injuries resulting from a fall from a horse are head related

Tip #6 – One last tip: carry a solar blanket with you in your saddle bag. You can Google solar blanket on the internet or visit a local sporting goods store. Walmart carries them in their sporting goods department. This is an item you should carry with you every time you ride. You may also want to carry some hand and toe warmers.

These and more tips are posted on my [blog](http://www.greeneshorsetravel.com) at: www.greeneshorsetravel.com

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C L A S S I F I E D S

CLASSIFIED AD (MAX 50 WORDS) -\$10

Your classified ad HERE

F R I E N D S O F T H E R M H A

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](#)

*"His is a power enhanced by pride,
a courage heightened by challenge.
His is a swiftness intensified by strength,
a majesty magnified by grace.
His is a timeless beauty touched with gentleness,
a spirit that calls our hearts to dream."
~ Author Unknown*

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:

Jan 19th, Winchester, KY
Board of Directors meeting.

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

(Breeders, Equine Services, Trainers and Sales Directory)

Click [HERE](#)

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!](#)

Need RMHA merchandise?

Visit the official [RMHA Marketplace](#) for bags, clothing and much more and don't forget to become a VIP member on the page to receive member discounts!

Link to KHBIF Information.

[KHBIF Information](#)



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

Deadline for nominations for upcoming board elections is December 31st.. Find nomination forms [HERE](#)

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 **2018 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!

Stallion reports are due January 30th. You can get your forms [HERE](#)

Save the Date-for the RMHA awards banquet to be held Feb. 2 at Boone Tavern in Berea, KY

The **photos from the 2018 North American Farm Supply, RMHA International Grand Championship Show** can be found at [www.equineimagesbykrv.proofpix.com](#) They will be posted as soon as KRV Photography has them complete

D I D Y O U K N O W ?

Music Calms Horses' Emotional State

Researchers from Poland set out to determine the effect of music played in the barn, on the emotional state of race horses. Many horse owners have found that music has an apparent calming effect on fear, aggression, and overall stress. Race horses, in particular, have demands of increased cardiac activity and speed that may be improved through music exposure.

Forty 3-year-old Arabian horses were placed in a barn where they listened to specifically composed music[i] for five hours each day. Their emotional state was assessed by measuring heart rates at rest, saddling, and warm-up walking. Racing performance and number of wins were also recorded. At the end of each month, for three months, data were compared to a control group of horses subjected to the same activity, without having listened to music.

Results: The music positively impacted the emotional state and performance of treated horses, compared to the control group. What was so remarkable was that the effect was noticeable throughout every activity, even during the heightened excitement of being ridden at a gallop. Even more noteworthy was the positive influence the music had after the second and third months, improving with each subsequent month, exhibited by the number of races won. Beyond three months, however, the impact leveled off, presumably because the horses became accustomed to the music.

Implications for your horses:

Horses are individuals and respond to stress in a variety of ways. This study offers one approach toward helping your horse calm down and better respond to performance demands. But all horses, not just athletes, can benefit from a relaxed, stress-free environment.

Increased amount of stall confinement, often seen with the onset of winter weather, can agitate many horses. Soft music, such as was used in this study (see endnote for more information), can be a useful tool in helping your horse cope with being indoors, as well as veterinary and farrier visits, travel, and other stressors.

Study:

Stachurska, A., Janczarek, I., Wilk, I., and Kedzierski, W., 2015. Does music influence emotional state in race horses? *Journal of Equine Veterinary Science*, 35(5), 650-656.

Tips provided with permission by [Juliet M Getty, Ph.D](#)



The RMHA office would like to extend wishes to all of our members and their families for a wonderful holiday season. We appreciate each and every one of you and thank you for your involvement, your care of this horse and your fellow members. Stay safe, have fun, cherish every memory in the making and don't forget your horse's stocking!

A FEW WORDS FROM OUR PRESIDENT



December arrived with a blast of Arctic air and snow. I guess we know now why the horses were all “hairing up” so early this fall!

A strong tradition of volunteerism has sustained the RMHA for over 30 years. Hundreds of people have been inspired, by the horses they love, to dedicate time and skills to support the breed and the association. Thank you to all those who are volunteering now or have volunteered in the past. You can join this army of volunteers and help us reach even higher goals in the coming months. There are openings on many of the committees of the RMHA. Please, check out the information about RMHA Committees on the website <https://www.rmhorse.com/Committees> and contact the Committee Chair, if you are interested in working with other dedicated members to support the programs of the RMHA.

The Nominating Committee is currently accepting nomination forms for the next Board Election (which will be held in June). Positions open for election include: 1 Hearing Panel, 1 Director of Examiners and 4 Member at Large seats. The Nominating Committee encourages all members to review the responsibilities of these positions (in the RMHA Bylaws) <https://www.rmhorse.com/sites/default/files/ByLawsRules/2018%20Bylaws%20of%20the%20Rocky%20Mountain%20Horse%20Association-Master-%20rev%20June%2023%202018.pdf> and the RMHA Strategic Plan <https://www.rmhorse.com/sites/default/files/banners/RMHA%20Strategic%20Plan%20FINAL%20August%202018%202018%20PDF%20V3.pdf> and consider whether you are interested in serving the RMHA membership as a Board member. The deadline to submit an Application for Nomination for Board Member https://www.rmhorse.com/sites/default/files/forms_and_applications/2019_RMHA_Nominating_Committee_Candidate_Questionnaire%20Master.pdf is December 31st. If you have other questions, the Nominating Committee members <https://www.rmhorse.com/node/700> will be glad to talk with you.

The next scheduled Board Meeting will be held January 19th at the RMHA Office. A General Membership Meeting is scheduled for February 2nd and will be held at Boone Tavern in Berea, Kentucky in conjunction with the Annual RMHA Banquet and Awards Program. Please, watch the RMHA Facebook page <https://www.facebook.com/rmhorse/> for more information about this event as the date approaches and contact the RMHA office (859-644-5244) to make a reservation to join us to celebrate the breed and congratulate those who love to compete in a wide variety of events with them.

Stallion owners, it's time to prepare stallion breeding reports for the 2018 year. They are to be completed and turned into the RMHA office by January 30th. Breeding reports are in place for your protection. They allow the RMHA staff to crosscheck that a breeding slip was issued by a stallion owner when the slip is presented to register a Rocky Mountain Horse.

Christmas is just around the corner and December deadlines are looming. The RMHA office will be closed December 24th through January 1st for the holidays.

MERRY CHRISTMAS TO ALL and HAPPY 2019 TO YOU AND YOUR LOVED ONES!

Judy Brummer

WE'RE ON THE WEB
WWW.RMHORSE.COM



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

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.

