

The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION

SPECIAL POINTS OF INTEREST:

- 2019 Programs
- Your horse's weight
- Get Involved!
- Deadline for Board Nominations
- Sponsors
- From Our President
- Winter Riding



NEW YEAR, NEW GOALS

Statistics show that only 8% of people actually accomplish their New Year resolutions. The thought behind a resolution is that we have a lofty goal that we want to achieve and the thought of reaching that goal drives big promises. The problem arises when we lack a well thought out plan for creating the habits that eventually lead to the goal. Creating a plan that moves in the direction of a goal in a step-by-step way seems to be one of the characteristics of the successful 8%. Yes, it's a little more tedious to think in terms of baby steps and slow steady progress, but it is a more feasible plan and proven more effective in reaching the end goal. Being realistic about your goals (such as saying I will only eat red meat once a week, rather than I am giving up all red meat) can be more manageable. In addition, having a daily plan as an incremental goal, and then allowing yourself re-starts each day when a particular day doesn't meet your expectations for yourself rather than an all or nothing approach is likely to yield increased success for you. Writing down your goals not only helps you organize what you really want to accomplish but it also helps solidify what you want to accomplish as well as serve as a reminder and a reference for yourself. What do you want to be able to say

you achieved when you reach December of 2019? Have you wanted to change a habit in your horse or yourself? Would you like to get involved with one of the many programs you can be a part of in the RMHA? Have you had daydreams about a new skill or activity you and your Rocky can learn or do together? How about connecting with your local Rocky Club? Would you like to begin horse camping? Have you had a fall and are experiencing some anxiety about riding and just want to get comfortable in the saddle again? Whatever your goals may be for this coming year, the best place to start is here and the best time to start is now even if it is in the smallest way today. Surrounding yourself with a support system is also a tremendous help in achieving something for yourself and your horse whether it's a trainer, a riding buddy or someone you can connect with that is already doing what you would like to be. It also just helps to have friends you can check in with to share progress or setbacks daily. Whatever your goals may be, we wish you daily triumphs and we would love to hear about your journey to your goals and would invite you to send in your individual stories getting there to rmha.magazine@gmail.com

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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:

Jan 19th, 12 p.m., Winchester, KY

Next General Membership Meeting

February 2nd 6 pm at The Historic Boone Tavern in Berea KY in conjunction with the Annual RMHA Awards Banquet

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](#)

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

(Breeders, Equine Services, Trainers and Sales Directory)

Click [HERE](#)

February 21 is the deadline for signatures on petitions to be a candidate on the 2019 ballot (see [Rules](#), Section 4 for details)

2018 Show/Trail/Versatility Award winners [announced](#)**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 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.

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!

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.equineimagesbykvr.proofpix.com](#) They will be posted as soon as KRV Photography has them complete

D I D Y O U K N O W ?**EVALUATING YOUR HORSE'S WEIGHT**

Planning to medicate your horse? Deworm? Calculate feed? You absolutely need to know how much he or she weighs. But without a commercial scale, how do you do that? A weight tape provides an estimated weight, but for a closer approximation, Dr. Juliet Getty shares this handy formula for figuring your horse's weight using a tape measure:

1. Measure heart girth in inches (circumference of the horse's body just behind the shoulder and at the middle of the withers, where the saddle girth would be)
2. Measure length in inches in a straight line from the point of shoulder to the point of buttocks.
3. Formula: Weight (in lbs) = (Girth X Girth X Length) divided by 330 (To obtain weight in kg, measure length and girth in cm. Use the above formula, except divide by 11,900, instead of 330.)

View diagram on page 168 of Dr. Getty's comprehensive reference book, *Feed Your Horse Like A Horse* or on line at <http://gettequinenutrition.biz/Images/girthandlengthmeasurement.jpg>

Weight is not the only important diagnostic tool to measure your horse's health. You'll want to consider his Henneke body condition score, too; a horse can be of normal weight and still develop regional fat deposits along the crest of the neck, back, shoulder, and tail head, indicating insulin resistance. Along with other useful information about a horse's weighty matters, instructions for using the Henneke system are on page 173 of *Feed Your Horse Like a Horse*. You can also view a helpful demonstration in this Purina video at <https://youtu.be/sXe1TxC5ukc>.

Monitoring your horse's weight helps you know how well your weight loss plan is working. Keep in mind, however, that measurements tell you nothing about the source of weight loss. Your horse may be losing muscle instead of fat, especially if you are limiting his amount of forage intake. Conversely, horses fed forage free-choice will naturally produce more gas, creating a hay belly so the measurements will make it appear as though your horse is gaining weight, when in fact, it is gas that is causing abdominal distention. This is normal and healthy.

[i] Copyright Dr. Robin Peterson

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

Q U I C K W I N T E R R I D I N G R E M I N D E R S**Riders:**

Thermo everything including a good thin thermal hat under that helmet
Bright Reflective clothing/vests
Know your terrain well
Let people know where you will be
Possibly switch out stirrups to accommodate thermal boots

Horses:

Barefoot if possible
Lighten the load and the activity to prevent excessive sweating
Sheltered cool down place after the ride for gradual cooling and drying
Plenty of water access
Keep hooves free of build-up/ice balls

Or if you live in those warm states, enjoy the perfect riding weather while laughing at the cold state dwellers!

A FEW WORDS FROM OUR PRESIDENT



2019... is here. Just some reminders....

If your RMHA membership expired in December, please don't forget to renew by the end of January (the 30 day grace period for renewals). Renewing in January won't change your membership expiration date next year, but it will prevent any lapse in your RMHA Member benefits. By the way, renewing your membership early won't cause an overlapping membership so you can pick a day that is easy to remember (your birthday, an anniversary, etc.) and your membership will extend for another year beyond the current expiration date. That might make it easier to remember next year, too. Membership fees and program fees play a large role in providing for the continued promotion and protection of the heritage of the Rocky Mountain Horse and the programs of the association. Whether you just became a member this past year or you have been loyal to the breed for many years, thank you for contributing to the financial wellbeing of the association and the breed.

Like many non-profits, the RMHA depends on volunteers (visible and invisible) to carry out its mission. There are literally dozens of members around the World who donate time, skills, talents and finances to develop and maintain the varied programs, events and services which are available to members and to other owners of Rocky Mountain Horses everywhere. The Show, Trail, and Versatility programs, the International Show, the eNews and the Magazine, the Youth, Examiners and Judges programs are all facilitated by volunteers with help from the RMHA staff. There are currently open positions on several RMHA committees. Most committees meet by phone conference and, although some tasks require travel, many can be carried out from your home. If you are interested in volunteering, please contact the chair of the Committee you are interested in serving on. Each chair's email address and more information is available at this link. <https://www.rmhorse.com/Committees> Thank you to everyone who has supported the RMHA website and publications through ads, sponsorships and affiliate programs, making it possible to provide better benefits, communications and promotion of the Rocky Mountain Horse while promoting the services and products they can provide. It is time to renew those sponsorships and ads on the RMHA website homepage and in the BESTS Directory. Please contact the RMHA office (859-644-5244) to continue these ads and/or links for your farm or business.

The Strategic Planning Steering Committee will be presenting their recommendations for the initial implementation of the 5-year strategic plan, adopted by the Board in 2018, at the upcoming January Board Meeting. The Committee has taken a focused look at the big issues affecting the management of the Registry and the association and has identified innovative approaches to those issues. A final 2019 budget encompassing the approved recommendations from that plan will be adopted at this meeting.

Thank you each for the part you have played as members of the RMHA family. May 2019 be a great year for each of you and for the RMHA!

Judy Brummer



WE'RE ON THE WEB
WWW.RMHORSE.COM



One 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.

