

The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION

ROCKY MOUNTAIN HORSE YOUTH CLINIC A HUGE SUCCESS!

SPECIAL POINTS OF INTEREST:

- NEW Bit Corner
- Omegas
- All Choked Up
- Get Your Vote In
- Sponsors
- SAC Show Reminders



The RMHA Youth Horse Camp was a huge success and there were smiles on the faces of everyone...young and old alike! The campers were amazing with their "never give up" work ethic and we saw so much improvement during the camp. The volunteers and instructors were there to make sure that even though it was a learning opportunity, that fun was still on the agenda! I have to give a special thanks to Amanda Cole Kohnen, who is my sidekick in most every youth endeavor (okay, most everything) that we get into. She came up with some creative activities that kept the kids on their toes even when they were tired. Thanks also to Jason M Cole. He is always there to help in any and every way he can even when he has completed his own sessions, and he was always willing to go help out in other areas when needed! Thanks to **everyone** for putting smiles on the faces of our campers and for giving them memories that will last a lifetime! —Diane Cole

Check out the [Rocky Mountain Horse Lovers-Youth Edition Facebook](#) page for more looks inside the event, and keep current with RMHA youth activities on their [Rocky Mountain Horse Youth Facebook page](#).

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BOBBIE GREENE TRAVEL BITS

Prepare to Travel

When traveling with your horse always get your truck and trailer ready for travel. We always do a check on the truck and trailer brakes, tires, battery, windshield wiper blades and oil change. If you are traveling in the summer a coolant flush is a good idea. As always check your owner's manual for any scheduled maintenance such as changing transmission fluid and filters. Having USRider for any roadside emergency is a good idea whether you are traveling thru hot desert conditions or crossing the high mountain peaks of the Rocky Mountains. Once we were on the way to a camping trip with our horses and the fuel pump went out on our truck. Now this could have been the end of our trip but

we called USRider and were back on the road to join our group within a few hours. USRider will be there to help you get back on the road as soon as possible. In our many travels we have used their services several times and we were happy to know that help was on the way. Visit USRider at www.usrider.org

Follow my blog for more travel tips at www.greeneshorsetravels.com I welcome your comments and questions. Also check out Greenes Horse Travels on Facebook.

Happy Trails!

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

Central States RMH Club 620-459-7555

Coffey Creek Farm Registered Mountain horses 905-880-7126 www.coffeycreekfarm.comCommunity Trust Bank Building communities...built on trust Winchester, KY www.ctbi.comDr. Lee Boyd, Pediatric Dentistry Allen, KY 606-874-2800 www.drleeboyd.comEast Kentucky Power Cooperative Powering Kentucky www.ekpc.coopKentucky Bank Call it home! Winchester, KY www.kybank.comKentucky Collision Center Excellence Guaranteed 502-868-9429 www.kentuckycollisionautocenter.comMcBrayer Law Firm, Equine Law Lexington, KY 859-231-8780 www.mmlk.comMichael & Judy Brummer Breeding versatile Rocky Mountain Horses www.emdeemountainhorses.comPark Equine Hospital Lexington & Versailles, KY 877-987-4303 www.parkequinehospital.comStoner Ridge Farm Foundation first Mountain Horse Training 859-749-3008 www.stonerridgefarm.comUnlimited Marine, Sales, Parts & Service Russell Springs, KY 270-858-6911 www.unlimitedmarine.comWalker & Willis, Teamwork at its best! Mt Sterling, KY 859-797-9249 willisstables@yahoo.comWest Coast Rocky Mountain Horse Club 805-441-7231 www.wcrmhc.com

*If the horses knew their strength
we should not ride anymore.*

- Mark Twain's notebook #42

ANNOUNCEMENTS

DEADLINES TO NOTE:

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

Next RMHA Board Meeting:

Jun 23, 11 am, Winchester, KY.
Board meeting.

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

(Breeders, Equine Services, Trainers and Sales Directory)

Click [HERE](#)

Link to KHBIF Information.

[KHBIF Information](#)

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!

The print "**Five Sons of Tobe**" is back in stock and ready to ship. The price is \$34.99 unframed. If you would like your own copy, please contact the RMHA office

NOMINATED CANDIDATES FOR ELECTION

The following candidates submitted applications to the RMHA Nominating Committee and were recommended for approval by the RMHA Board. The Nominated Candidates are as follows:

For President Judy Brummer
For Vice President John Stivers
For Secretary Gina Purdue
For Treasurer Claudia Depew
For Hearing Panel Lyngle Lawson
For Director of Examiners Jeff McCarty
For Member at Large
Robin Drennon
Brittany Hopkins
Janet Peters
Travis Robinson
Jason Slone
Jane Gean

Candidate statements can be found

[HERE](#)

RMHA Election-Members, the electronic ballots went out in email. If you requested to vote electronically, please check your inbox and your junk mail.

ALL BALLOTS MUST BE RECEIVED BY JUNE 15

RMHA 2017 High Point and Versatility Awards are posted on the website [HERE](#). Congratulations to all participants and the people who support them.

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](#)

NEW Website is getting close to release. Please be aware that during the transition to the new website that some links may not work, including the ones here in The Rocky Beat as we move to the new platform. New passwords will be needed for the members only sections and you will be receiving an email from the RMHA with instructions regarding the password change. Keep an eye on the [RMHA Facebook page](#) for up to date information.

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!

New Registration Incentive

Check out the new registration incentives [HERE](#).

Old Dominion Gaited Horse Show June 1st & 2nd

Virginia Horse Center, Lexington VA
RMHA B show, KHBIF for classes and trail obstacle course.

More info on the RMHA web site: [Shows and Events](#)

Oops! We missed something!

We inadvertently left out the high mileage awards for 2017 from the spring issue of the printed magazine. No we did not forget you guys! We just did one of those human error things. We apologize and you can see your well earned standings in the summer issue.

For all **2018 show and event** information go to the [RMHA Show page](#).

Have a great show season everyone!

DID YOU KNOW?

FLAX, CHIA, OR FISH OIL -- WHICH IS BEST FOR OMEGA 3S?

Omega 3 fatty acids keep your horse healthy in a variety of ways. They balance immune function, protect joints and ligaments, diminish airway inflammation, support gastrointestinal function, reduce skin allergies, and decrease nervousness. Fresh grass has ample omega 3s -- four times more than omega 6s. Hay, however, has virtually none left. And commercial feeds usually contain soybean or corn oils, which are very high in inflammatory omega 6s. While there's one omega 6 that is necessary linoleic acid -- too much of a good thing can create an imbalance.

To provide omega 3s, horse owners generally turn to one of three sources ½ flaxseeds, chia seeds, or fish oils. Keep in mind that there are several fatty acids that can be classified as ½ omega 3. ½ based on their chemical structure, but there is only one omega 3 fatty acid that your horse cannot produce on his own, and therefore, must be in the diet: Alpha Linolenic Acid (ALA). The fat found in flaxseeds (oil or ground into a meal) and chia seeds is predominantly in the form of ALA; flax provides approximately 4:1 omega 3s to omega 6s, while chia has slightly fewer omega 3s.

Fish oils are high in two omega 3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Though horses are not fish-eaters, both of these fatty acids offer strong anti-inflammatory benefits and may be useful for heavily exercised muscles and joints. But, fish oil does not provide the essential ALA. Horses need ALA in their diets because their bodies are unable to manufacture it. They can, however, create DHA and EPA from ALA. Therefore, supplementing the diet with flax or chia will better mimic the omega 3s found in plants -- what horses are designed to eat.

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

GOOD HORSEKEEPING

ALL CHOKED UP

A horse "chokes" when his esophagus is blocked. Many times this is caused by food but can also be from a foreign object. Unlike a human choking, the horse can still breathe but cannot swallow. If this condition is not resolved in a reasonable amount of time he can become dehydrated or develop aspiration pneumonia when he inhales the saliva or food material into his lungs.

Some signs of choke are

Anxiety

Extended neck

Gagging, coughing and blowing food out through the nose and mouth

Obviously painful swallowing

Foamy nasal discharge

Excessive salivation

Choke often occurs when food gets stuck in the throat, many times it is hay but can be grain, large pieces of apple, carrot or corncobs. Choke can also be caused by things like plastic bags, ball of twine or a chunk of wood. If your horse tends to swallow their grain when it is only half chewed you might try wetting the grain or putting a rock or brick in the feed tub causing your horse to eat slower.

Horses normally recover completely from choke but they should be treated as soon as possible. Feed and water should be taken away from your horse until the choke is resolved. You can sometimes feel a lump on the side of the throat and can gently massage the area to get the lump moving. Your vet may decide to sedate your horse to get them to relax (and relax the throat muscle) or insert a nasogastric tube and run warm water to the lump and clear the throat. Surgery may be needed if the lump cannot be moved but this is seldom necessary. It should be noted that once a horse has had a choke episode, he is much more prone to future episodes so prevention becomes the best practice.

A BIT ABOUT BITS

Welcome to the bit corner! Over the next months, we will be exploring different types of bits, and the mechanics of how they work. It is important to note that the Rocky Mountain Horse Association does not endorse any specific type of bit, however, there are rules for specific types of bits that are allowed in the ring if you do plan to show. Make sure to check the Rule Book, which is available on the RMHA website. If you plan on showing, it is important to be familiar with those rules and regulations.

Last time, we discussed the low and medium port mouthpiece, and today will be the Wonder Bit. Take a peek in the show ring, and one of the most common bits seen in there will be this one. Why? It does two things that are desirable in the ring – bring the head down and the nose in. The reason for this is the mechanics of the mouthpiece when used in conjunction with the curb chain and the ring design.

The first thing to look at is the rings themselves. The mouthpiece is free floating on a semi-circle of the bit, allowing it to slide up and down before it hits either the piece where the bridle attaches, or the shank that the rein slots in. In a normal, resting position, the mouthpiece will sit at the bottom of the ring, closest to the reins. The leverage is adjusted depending on how much the rein is tightened. If the rein is barely touched, the mouthpiece slightly slides up the ring and a small amount of pressure is applied. If the reins are drawn back with larger force, the mouthpiece slides all the way up to the top of the ring near the headstall, and the most pressure possible is applied to the mouth.



For this bit to be effective, a curb chain or strap must be used. Otherwise, when the mouthpiece slides there is no leverage applied to the mouth and the rings flop sideways. The curb chain places pressure at the underside of the jaw, the shanks apply pressure to the mouth and ask the nose to come in, and the rings allow a gag action which asks the head to come down. This trifecta is what makes it a common staple in the trainer's toolbox.

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.

RE M I N D E R S F R O M S H O W A D V I S O R Y C O M M I T T E E

The Show Advisory Committee has some basic reminders for you as you prepare for the 2018 show season. Please refer to your 2018 Show Rulebook for more details if you have any questions. The Show Rulebook is available on the [RMHA website](#).

You are a Novice if:

1. You show horses either under saddle or in hand and are **18 years or older, are a beginner in the show ring**, and have not shown in any **gaited** show circuit in prior years.
2. You have not won **three** blue ribbons in any RMHA sanctioned under-saddle horse show competition during any previous show season, with three or more entries in a class.
3. You possess a Novice Exhibitor card.
4. If you are a trainer's spouse and meet all other requirements, you can show in Novice classes.
5. You have not exhibited as a novice for **three consecutive years**. If you have, then you must change your status to Amateur, AOT or Professional and are not eligible to return to Novice at any time.

You are an Amateur Owned and Trained (AOT) if:

1. You are immediate family or you lease the horse (Lease Agreements can be found on the RMHA website).
2. Your horse has **not** been in professional training for the last 180 days prior to the show.