

# The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION

## RMHA MAGAZINE SUMMER ISSUE COVER PHOTO CONTEST

### SPECIAL POINTS OF INTEREST:

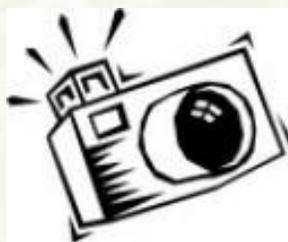
- Golden or Brown Flax?
- Exposure in Trail Rider Magazine
- Show Off Your Farm
- Tips From HQ
- Fair Use of Name

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For the summer issue of the magazine, we will have a cover photo contest for all adult members (age 16 and up). Would you like to see your artistic talents on the cover of the issue that features the International Show preview? Entries can be digital photos of drawings, photographs or other art forms, but must come in as a digital photo at 300 or higher dpi. Requirements:

- No people may be in photo
- No names may be in photo
- Must be portrait orientation



- Must be artistically motivated (no advertising)
- Must be related to or representative of the International Show in some way (be creative)
- Can be digital collage

Other Notes: Due to the placement of the Title and article titles the main focus of the photo should be at least 2.5 inches from top and at least a

half inch from the sides. Cover is 8.6 x 11.25 inches.

All photos must be sent as attachments in email to [rmha.magazine@gmail.com](mailto:rmha.magazine@gmail.com)

Publications committee will choose cover based on artistic example, fit, theme and presentation. In addition, we will have a youth page contest that will be placed inside the same issue. All of the same requirements apply and there will be a winner in each age group of 5-10 years and 11-15 years.

\*Entrance of contest gives us express permission to use image for any format we deem appropriate, including but not limited to print, web, social media etc.

## BOBBIE GREENE TRAVEL BITS

### Keeping your cool while riding the trail during the summer

Keeping your cool while riding in the summer should be #1 on the list for you and your horse. Take it easy on the first ride in spring and build up your horse's ability to handle the heat of a summer ride. Always make sure your horse has salt available in his pasture or stall. This will help to keep him hydrated on the trail. Pack a sponge in your saddle bags and when you come to a stream and your horse is hot and sweaty, use the sponge dipped in water to wet his head, neck and legs. Also wet the inside of his back legs, cooling the

blood vessels located close to the skin. Let him drink to quench his thirst. Use common sense and don't allow you or your horse to get too hot and dehydrate. A morning ride on a wooded trail is one way to enjoy a summer ride. And remember to take plenty of water for yourself!

For more info about trail riding across the USA, visit [www.GreenesHorseTravels.com](http://www.GreenesHorseTravels.com). It offers a blog with travel tips, DVDs with beautiful pictures from the trail, trail descriptions and travel notes with info to plan your own trip. Also find us on Facebook at Greenes Horse Travels.

## CLASSIFIEDS

The Rocky Beat classifieds are an economical way to advertise your foals, horses, tack, boarding, training or other services. Don't forget that we offer the brag ad as well for when you really want to acknowledge someone or send a shout out. If you would like to place a classified ad, send an email to [rmha.magazine@gmail.com](mailto:rmha.magazine@gmail.com)

CLASSIFIED (MAX 50 WORDS) ~~\$25~~ \$10

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## FROM THE HOME OFFICE

Notice for international members:

When using PayPal please send an email to [admin@rmhorse.com](mailto:admin@rmhorse.com) notifying the office staff that PayPal is being used and what fees they are paying.  
PayPal is only for international members.

## DID YOU KNOW?

### WHICH GROUND FLAXSEEDS SHOULD YOU CHOOSE - GOLDEN OR BROWN?

The benefits of ground flaxseeds are numerous. They are a good source of protein, boosting the overall amino acid pool available for tissue synthesis and repair. They contain vitamins and trace minerals. Their high lignan content (not to be confused with lignin, an indigestible fiber) gives your horse antioxidant protection against disease. And most of all, their plentiful omega 3 fatty acid content promotes health by reducing inflammation, lowering insulin, balancing immune response, and feeding hooves, skin, and hair.

Flaxseeds come in two basic varieties - golden or brown. Is one better than another? The Canadian Grain Commission did a recent study comparing the two and found them to be very similar. The alpha-linolenic acid (omega 3) content of brown flaxseeds was 59%, compared to 51% for the golden seeds. Producers of ground flaxseed products also show them to be virtually equal in their omega 3 content.

Bottom line: Either form is nutritious and worthwhile. It is best to feed a product that adds a small amount of calcium to correct for the naturally high levels of phosphorus found in flaxseeds. Be sure to grind them daily, or purchase a stabilized product from a reputable provider.

Tips provided by Juliet M. Getty, Ph.D. [www.gettyequinenutrition.com](http://www.gettyequinenutrition.com)

## A FEW WORDS FROM OUR PRESIDENT



June...really? Ballots for the annual election are waiting to be counted. Summer is almost here, and the trail riding and competitive events seasons are well underway. The RMHA office is accepting stall reservations for the 2017 RMHA International Grand Championships at the Kentucky Horse Park. It seems like time is rushing by.

I am very excited to share the news that an affiliate corporation, the Rocky Mountain Horse Foundation (RMHF), has been established by the RMHA Board. This corporation will have its own board and will function independently from the RMHA. An application has been submitted to obtain 501c3 status for this newly formed foundation, which will allow individuals to make tax deductible charitable contributions to the foundation to fund research to provide valuable information regarding the wellbeing of our breed, development of educational materials and programs about the breed, and establishment of a library of information about the breed and the organization. Please contact the RMHA Office, if you have questions about donating to the Rocky Mountain Horse Foundation.

The newly formatted RMHA website has been anticipated for over a year. It was placed on indefinite hold for a time but has been taking shape over the last few months. Its completion is expected in the next few weeks. It will be reviewed by the board for proofing of all the pages and final approval of the content placed there. After the newly formatted website is online, an upgrading of the CIVI membership database files will take place. When complete, this will streamline several of the RMHA office tasks and allow for more efficient member services. The revised and upgraded RMHA Pedigree Database is also in its final stage of preparation for a go live date. The transition to the new website will be coordinated with the release of the new Pedigree database.

A few months ago, the RMHA Board directed that the archives of the RMHA be established at Eastern Kentucky University. Gene Brock and I have met several times with staff at ECU to discuss the process of creating a permanent RMHA archive in cooperation with the history department at ECU. Through the generosity of Mark Higginbotham and Tim Vivian, originals of nearly all previous RMHA newsletters and magazines will soon be copied and archived by the university. These and other proprietary and donated documents and audiotapes will be accessible for viewing online securely once the RMHA archive is established at the University.

Time is rushing by and so many exciting things are happening. It is easy to get so caught up in the anticipation that we forget to enjoy the process. I am very grateful to the volunteers, members and staff who make the process enjoyable and make possible all of the programs of the RMHA.

## NEW RMHA DATABASE FEATURE

The revision of the RMHA Pedigree Database is in its final stages of completion. One of the features of the new database will be the ability to include a photo for public viewing in each horse's file. There may be a charge for loading new photos in the future but, for purposes of testing the new database, at this time there will be no charge for adding photos provided. Photos can be uploaded to a new facebook page at [this link](#) or emailed to [mik@techworks.net](mailto:mik@techworks.net) Please include the horse's RMHA Registration number with one conformation photo and limit each email or post to one horse.

*A horse is the projection of peoples' dreams about themselves — strong, powerful, beautiful — and it has the capability of giving us escape from our mundane existence.*

*~ Pam Brown*



## GOOD HORSEKEEPING

### BREEDING THE OLE GIRL AGAIN

I have been asked so many times when is it time to stop breeding the old mare. This is a hard decision to make. My advice is to first talk with your vet. Is your mare in good reproductive health? Carry good weight? Does she conceive easily? Still have strong healthy foals? Is she still structurally sound enough to carry her foal? Answer no to any of these questions and you may not want to breed her again.

The professional breeder will have some other questions. What is the foal's value if everything goes right? Is there a market for your mare's type of foal, type of gait, disposition and conformation? Ready for the loss of stud fees, vet bills, time and effort if you lose your mare during foaling?

The smaller breeder will look to the more personal questions. How important is your mare to you versus what can be done with the foal? Can her body handle carrying any more foals? How much will it cost you to get her in foal with extra vet work, feed and care during the hot part of the summer and cold of winter?

With a small breeding farm I can honestly admit to asking each of these questions, and when the answer is no, giving serious thought to whether to breed or not. It is a personal and moral decision to be made uniquely for each horse and owner after much thought and consideration.

## FAIR USE OF NAME DISCLAIMER

From time to time, groups or individuals may decide to use the Rocky Mountain Horse Association name or the initials, RMH or RMHA, to invite Rocky Mountain Horse owners to participate in events (clinics, horse shows, parades, celebrations, competitions, etc) or other special days with their Rocky Mountain Horses. While the RMHA is glad to see the promotion of the Rocky Mountain breed through participation in general equine events, it is important that Rocky Mountain Horses owners are aware that the use of our initials or name to promote involvement of Rocky Mountain Horses in an event does not necessarily indicate RMHA affiliation with that group, sanctioning of the event by the RMHA, involvement of the RMHA in the planning or conduct of that event or approval of the safety standards or other standards of that event.

The Rocky Mountain Horse Association name is trademarked for use by the RMHA in promotion and delivery of the services that it has provided since 1986. The RMHA sets industry standards for registering and certifying Rocky Mountain Horses, is the exclusive breed registry for Rocky Mountain Horses, has established rules for sanctioning of classes and shows for Rocky Mountain Horses, provides for communication between Rocky Mountain Horse owners, promotes the breed around the world and provides for the monitoring and maintenance of this heritage breed.

The Rocky Mountain Horse Association name is appropriately used with permission of the association to refer to horses registered and/or certified by the RMHA, shows or classes sanctioned by the RMHA, services provided by the RMHA and formal affiliation of events with the RMHA. Groups and individuals should be careful that use of the RMHA's name or recognized acronym (RMHA) is done only in accordance with honest commercial practices and does not suggest association/affiliation with, approval of or involvement with the RMHA and that the use of the mark does not depreciate the value of the established trust and goodwill the public has in the mark.

Only RMHA sanctioned events held by affiliated organizations are eligible for accumulation of points in the RMHA High Point program, the Versatile Horse program, the RMHA KHBIF program and toward the special awards of the RMHA. Sanctioned events must abide by the rules of the RMHA. The RMHA is not responsible for the standards at unsanctioned events or the manner in which those events are conducted. A list of sanctioned RMHA classes, shows, or events can be found on the RMHA website.

WE'RE ON THE WEB  
[WWW.RMHORSE.COM](http://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.**

## **Breeders, Trainers, Sales and Service Directory**

The RMHA is pleased to announce an opportunity for all breeders, trainers and others offering horses for sale or other products of interest to Rocky Mountain Horse owners. Space is available in an all new Breeders, Trainers, Sales and Service Directory on the official RMHA website.

Ads will be grouped by state or country and can include **a direct link to your email or website.**

The directory will be featured **in each issue of our magazine** which is distributed to all RMHA members. A direct on-line link to the directory will be included **in each issue of the Rocky Beat** newsletter, which arrives in every members' email inbox each month and is accessible to the general equine community through a link **on the official RMHA facebook page** and **on the front page of the RMHA website.** The direct link to the directory will also be featured **in 4 RMHA ads in Trail Rider magazine** in 2017.

**Are you looking for maximum exposure for your advertising dollar?**

**Be one of the first names prospective owners see when they start looking for their Rocky!**

Contact the RMHA office at 859-644-5244 to reserve your ad space. \$180/1 year  
Ads can include contact information (name, address, phone number, email address and website info) and a 50 word customized advertisement.