

Stable Sheet



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I JUST WANT TO GET ON! WHEN STANDING STILL AT THE MOUNTING BLOCK IS A PROBLEM

When you’ve groomed and saddled and are ready to ride, one of the most frustrating things can be a horse that won’t stand to be mounted. It is easy to get upset about it and in turn this only adds to the challenge of the situation- the more your blood pressure goes up, the less likely the horse is going to stand nicely. Don’t take it personally; approach the situation with curiosity! There are lots of reasons why horses don’t stand well and I’m sure I’ll miss some options here to help fix it, but I’ll share what we do here at Miner. We try to diagnose why the horse won’t stand, address any underlying problem, then train the horse to stand at the block with lots of positive reinforcement to help create a willing partner.

First and foremost, check for back pain. Using a pen cap or some blunt object, run it firmly along the horse’s back on either side of his spine from the withers all the way to the croup. If the saddle is causing discomfort because it doesn’t fit properly, a tightened girth and putting a foot in the stirrup will press hard into those sore spots causing the horse to move away. There are lots of other reasons for back soreness too; any of them will make the

horse resist having the weight on his back.

If physical discomfort isn’t the issue, what about mental discomfort? Assess if the horse is relaxed and feels safe standing where the mounting block is. You may need to do some desensitizing to the block; let him sniff it, you “kick” it and demonstrate to the horse, as his leader, that the block isn’t scary. Look around the area that you’re trying to get him to stand in; a horse’s main fear response is to flee and run away. Are there things that might worry him the moment you tell him he’s not allowed to move his feet? Look at the footing or light patterns or maybe even something outside the arena is distracting and causing the horse to not want to be still. Past bad experiences at the mounting block may have “poisoned” that location, try moving it to a new spot in the arena.

Not everyone likes to use food as a reward, but I feel that a well-timed treat can help reinforce to a horse that he’s done the correct thing. Treat-giving is a whole ‘nuther subject that

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NYSHC SCHOLARSHIP & ADULT EDUCATION GRANT APPLICATIONS DUE MAY 15, 2019

Free Money! Another great reason to be a member of the NY State Horse Council; if you aren't a member or haven't renewed yet, do it quickly! Beginning in 2018, The New York State Horse Council (NYSHC) awarded two separate one thousand (\$1,000.00) awards annually. One is a Youth Scholarship that



is given to a NYSHC member whose age is 16 to 24 years old within the given year. The other award is an Adult Educational Grant and is awarded to a NYSHC member whose age is 25 years or older. Applicants for these opportunities simply must be enrolled in some sort of advanced equine education; it can be college, farrier school, working in a training mentorship program, PATH certification, etc. The plan is to support YOUR equine career and enhance the industry in NY State. Monies are directly distributed to the provider of the education.

Copies of the applications and instructions can be downloaded from www.nyshc.org and are due May 15. Along with the application form, you must supply a short essay about your career plans and how the scholarship will assist you and two letters of reference. Completed applications will be evaluated by the NYSHC Scholarship Committee and the recipients of each award will be notified by June 1.

MOUNTING BLOCK, Continued from Page 1

could be another article sometime, but the main thing is as long as the horse isn't rude about taking food delivered "in his space" not in your pocket and it is given as a REWARD for the right answer, not used as BAIT to lure a horse; these are my main rules for positive reinforcement. In the instance of mounting block behavior, offering a couple of hay stretcher pellets for standing quietly can help a horse learn faster what you're interested in having them do and make the horse want to repeat a behavior. This can be easier if you have a helper on the ground, but it can be done alone too. If you're not into treats, certainly a horse will understand a quiet stroke on the neck or scratch on the withers.

In addition to the positive reinforcement for standing quietly, we next go with the idea of making the right thing easy for the horse to do. We bring the horse to the block and quietly make the move to mount. At any time, if the horse tries to move away or step off, we then ask the horse to move deliberately- either backing or in small, in hand circles. The key is to stay calm and move the horse in such a way that it is correct and soft work, such as a well-rounded back and engaged hindquarters; getting upset and frantically chasing the horse back or around you is defeating and can make the horse sore. Think of it as offering the horse a choice: you may either stand at the mounting block or you're going to work. Being the energy conserving creatures they are, horses will usually come around to choosing to stand quietly pretty quickly.

Happy Riding!

— Karen Lassell
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While I believe that horses and riders should know how to mount from the ground, every equine chiropractor I know will tell you that the mounting block is an easy way to preserve the alignment of your horse's withers. Unless you're going to alternate which side you mount from every day, you're pulling the withers to the horse's left every time you mount- it is exaggerated when you haul yourself up from the ground vs. using a block. Be kind to your horse and teach him how to stand at the block to get on! Plopping yourself into the saddle like you do the recliner at the end of the workday just isn't fair. When you swing a leg over, seat yourself quietly on the saddle and take your time organizing your feet in the stirrups and hands on the reins. Finally before stepping away, take a slow deep breath and give your horse a gentle pat, scratch or a treat to say thank you for letting me up here!

SOFT TISSUE STRENGTHENING: IMPORTANT FOR REHAB AND HEALTHY HORSES ALIKE!

Horses manage the seemingly impossible when it comes to injuring themselves, no matter how much we try to “bubble wrap” them. Soft tissue injuries can be especially challenging to manage, taking longer to heal and running the risk of re-injury in the future.

In March, Miner hosted our annual EquiDay and Dr. Jane Manfredi, Assistant Professor at MSU College of Veterinary Medicine, came and gave two wonderful and informative lectures. Soft tissue rehabilitation was of particular interest to me due to recent injuries we have experienced in the barn. One of the “injuries” was actually an elective surgery on a yearling to correct a clubbed foot issue. While not a classic soft tissue injury, the recovery is similar to what you would expect: stall rest and NSAIDS (such as bute) to control inflammation for a week, then slow and gentle hand walking for 5 minutes twice a day that slowly increases over a few weeks.

This concept of slow and steady is crucial when recovering a horse from a soft tissue injury. A general rule of thumb is to increase the horse’s exercise by about 5-10% each week and reassess lameness every 3 months. Rehabilitation is slow, taking anywhere from 3-12 months to heal depending on the horse’s injury. During this time, it is can be beneficial to maintain the horse’s overall muscular strength while they are healing their injured leg. This can be done through simple stretching and strengthening sessions or “carrot stretches” where the horse is baited into following a carrot with their head and neck. These can help the horse strengthen their core and topline, stay supple throughout their body, and are even helpful keep them mentally fit during this long time



off of work! Of course a vet always knows best, so be sure to talk to your veterinarian about your horse’s rehab and how these stretches can fit into your plan.

While carrot stretches are a great addition to rehab, healthy horses can also benefit from adding this to your routine. All stretches should be performed on warm muscle, so make sure your horse is warmed up (at least 5-10 minutes) beforehand or plan to stretch them after your ride. Over-stretching cold muscles can result in muscle strains and tears. It is imperative to make sure your horse is not cheating in the stretches, proper form is needed to achieve results! The horse should be standing mostly square and be weight bearing on all four legs to fully stretch. Make sure they are not twisting through their neck or poll, as this would be avoiding the stretch and could possibly strain other muscles. A shorter but correct stretch is always better than a farther-reaching, incorrect stretch.

- Lateral Bending: Start by standing the horse parallel to a wall so they are less likely to step away. Invite the

horse to turn its head by smoothly following the treat in you hand to their elbow, holding for 3-5 seconds then reward and let the horse return to a neutral position. Variations of this stretch can be luring them to stretch to their elbow, barrel, hip, and stifle. Repeat on both sides of the horse.

- Ventral Rounding: This is a great topline stretch. Have the horse smoothly follow your treat to position their chin between their front legs, then slowly move up to have them touch their chin to chest, hold for 3-5 seconds then reward. Remember to return to a neutral position after each stretch. Another stretch is simply having them reach their muzzle to the ground and hold. Some horses may be stiff and not as supple, so be sure to pay attention to what your horse is telling you during these stretches.
- Back/Core: This stretch is a great back and core strengthener. Stand facing your horse at their elbow, take your fingers or a blunt object (such as the flat part of a hoof pick), and gently push up on the horse’s sternum (where the girth would sit under their belly). They should lift and arch their back, activating their abdominals, again hold for 3-5 seconds then release.

When starting carrot stretches with your horse, the first few sessions will be mostly focused on training. Some horses may find it difficult to learn the stretches, they may be a little too tight or stiff at first, or they may get too excited about the treat reward and get wiggly. Just remember to stay patient and have fun while keeping your friend in shape during their rehab!

— Charlotte Cilio, Equine Intern
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SEEM ALUM KIM TROMBLY FINDS HER PLACE IN AGRICULTURE IN THE NORTH COUNTRY

Kim Trombly grew up in the suburbs of Detroit, MI. She now calls the North Country home. As a kid, she went to horse camp, which helped her to realize her love for agriculture. She attended Michigan State University and earned an animal science/agribusiness management degree in 2012.

She first came to the North Country in 2011 for Miner Institute's Summer Experience in Equine Management program. She returned after graduating in 2012 for the year-long equine internship. She now works as a field advisor serving six counties in Northern NY for NY Farm Bureau. "Miner gave me a lot of knowledge about the equine industry which I utilize in my role as a staff member serving on the New York Farm Bureau State Equine Committee. I also learned a lot about the dairy industry while at Miner. Since the majority of agriculture in New York is dairy, this is really helpful," Trombly said.

As a field advisor for New York Farm Bureau, Trombly says that she acts as a liaison between the local Farm Bureau chapters in her six county coverage area and the state organization. "My favorite part of my job is working with all of the farmers in my counties and across New York State. As New York's largest agricultural organization, I've met and worked with farmers in every commodity and have learned so much from them. I really like working for an organization that is making active changes to benefit the agricultural industry in New York and across the country," she said.

While she was in college, Trombly said that she envisioned herself working on a large horse farm, ideally in mare-care. "I could not have imagined in a million years that I would be doing what I'm doing, but I really love my job every day! I've always liked teaching and politics, so the job makes a lot of sense for me, but I never thought I would be doing this for a living," she said.



Kim Trombly with The Ringo Kid during her year-long internship at Miner.

New York Farm Bureau, Horses and You!

New York Farm Bureau is the state's largest agricultural advocacy organization with over 19,000 members across the state. We represent all commodities including equine! Through our grassroots process we advocate for legislation that will positively affect the equine industry. Recent successes include (finally!) passing inherent risk legislation, adding commercial equine operations to Agricultural District Protection and Agricultural Assessment, sales tax exemptions for commercial equine operations, 10-year real property tax exemptions for new farm buildings, among many others. All these legislative successes were because of the strength of our equine membership.

As the saying goes, the world is run by those who show up; the more equine people we can have in our organization, the more positive changes we can make in the equine industry in New York State. In addition to the legislative successes of our organization, being a member of New York Farm Bureau will give you a suite of benefits from truck discounts to hotel discounts. Rumor has it we will be adding a SmartPak discount soon — stay tuned! As a member, you will also receive a monthly newspaper and semi-weekly emails with up-to-date information about New York Agriculture.

Locally, your membership dollars support the local County Farm Bureau which supports local agricultural activities, youth

scholarships, 4-H, FFA, and local educational workshops. Not a full-time farmer?

We want you too! Non-farm people who want to join our organization to support their equine friends are welcome. To join our organization or to learn more visit www.nyfb.org. If you have other questions, please send me an email or give me a call at ktrombly@nyfb.org or 518-935-8569.



— Kim Trombly
New York Farm Bureau
Field Advisor
St. Lawrence, Franklin, Clinton,
Essex, Saratoga, & Washington
counties

TIPS FOR KEEPING YOUR HORSE HYDRATED THIS SUMMER

Summer months bring hotter temperatures, more humidity, and sweaty horses. As the weather gets warmer, your horse will increase their water consumption in order to account for evaporative losses. Water is the most essential nutrient for a horse, and dehydration can have devastating impacts on neural and skeletal function as well as digestive flow. Therefore, it is imperative that horses have access to plentiful clean water throughout these summer months...and I do mean clean!

In contrast to winter stabling where the water bucket gets cleaned and observed every day, the increase in pasturing during the summer months leads us to offer water in large quantities and large troughs. Unfortunately, these troughs can build up bacterial scum very quickly when left in the humidity and heat. Unclean troughs can reduce your horse's willingness to drink which can lead to dehydration. A very common rule of thumb....if you wouldn't drink it, neither should your horse!

If you have several horses in a pasture using the same water source, estimate what they will need for a day and fill just over what they will need. Horses typically drink between 5-10 gallons per day, but water consumption in the summer can vary depending on weather, physiological stage of the horse (lactating/sick etc.) and their exercise level so adjust accordingly. Furthermore, by offering just over what the horses will need in a day, it will be easier to empty large troughs to give them a good scrub, ensures



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you are checking the troughs every day for other creatures which may have gotten into them, and also allows you to monitor your horses water intake. If you are concerned your horse isn't drinking enough, you can perform an easy skin pinch test (grab some skin on neck, pull away from body, release, and measure how long it took to return to normal; if the horse is dehydrated, there will be a delayed response in the skin flattening out).

If your horse is competing or in hard work this summer, be sure to replace the electrolytes lost during sweating by providing access to a salt block or adding an electrolyte supplement to their feed. Be sure the horse has access to water when adding salt to the diet, as it will increase thirst. Finally, if traveling, be sure to bring

enough water from home for the journey. Many horses are unlikely to drink on the road but this aversion can be decreased if provided water the horse is used to from home. If unable to bring sufficient quantities of water, another trick to keep them drinking is to spike the horse's water every day for a week with either ½ -1 cup of Kool-aid or apple cider vinegar prior to the trip. Once on the road, keep adding it to the new water, as the horse will be familiar with the taste and may be less hesitant about the foreign water source. There are also in-line water filters that work with a garden hose and one specifically marketed to horse people; it looks like a white soda bottle that threads onto the hose and it will filter out impurities and things that might make it odd smelling. This Horse Hydrator should be easily portable to shows and campgrounds.

Just like people, horses need ample amounts of clean water to get through the hot summer months ahead. Many of these tips are simple, but it can be surprising how often water troughs go days without cleaning or horses aren't provided enough clean water for their activity level. Plan accordingly with your staff to ensure water troughs are cleaned and replenished frequently. As owners, always check on your horse's water supply when you are out at the farm. Ensuring your horse has sufficient clean water will keep your horse healthy and ready for the summer's activities.

— Mac Campbell, Ph.D.
Miner Institute alumnus



Sisterhood Empowerment

*A Celebration of Women,
Wellness & Self Care*

SATURDAY, JUNE 1, 2019

10:00am - 5:00 pm

Registration 9:15 - 10:00 am



at **MINER INSTITUTE**
1034 Miner Farm Rd., Chazy NY



**Farm To
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Presentations

- ☞ Equine Communication
- ☞ Mindset Reset
- ☞ Cooking w/Vitality Oils
- ☞ Nutritional Energetics
- ☞ Aromatherapy
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- ☞ Massage
- ☞ Aroma Yoga
- ☞ Local Produce, Food & Vendors
- ☞ Miner Farm History & Exhibits

Tickets:

\$50 in advance - \$60 at the door
Sue at mycupofteacatering@gmail.com
or Call Michelle at 518-593-5338

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JOIN US FOR THESE UPCOMING EVENTS!

April 18: Lyme Disease in Horses and Tick-tube Making 6:15 - 8 pm

Tick populations continue to rise and with that comes more tick-borne diseases. Come to the Joseph C. Burke Education and Research Center at Miner Institute (586 Ridge Road in Chazy, NY) on Thursday, April 18 for a FREE evening seminar about Lyme Disease with Dr. Phil van Harreveld of Vermont Large Animal Clinic in Milton, VT and Plattsburgh, NY. We will have all the parts to make Tick Tubes for you to take home with you! Tick tubes are cardboard tubes stuffed with permethrin-infused batting that mice then take home to make tick-killing nests. You can place the tubes around your farm in places out of reach of horse-muzzles to hopefully reduce the Lyme-infected tick population. Light refreshments will be provided.



May 1: Equine Dentistry Discussion & Demonstration 6 - 8 pm

VALOR MOUNTAIN EQUINE
EQUINE VETERINARY PREVENTIVE CARE

Join us for an informative FREE talk and demonstration on equine dentistry with Dr. Felice Cuomo of Valor Mountain Equine! This event will be held in the classroom of our historic horse barn.

Space is limited for this event, so please RSVP to Karen via email: lassell@whminer.com or call 518-846-7121, ext. 120. Alternately, you can send a Facebook message to Heart's Delight Morgan Horses

Dr. Felice Cuomo offers scheduled, preventative care for horses based out of her practice, Valor Mountain Equine in Peru, NY. She enjoys helping horses feel their best which includes proper dental care. Join us on Wed. May 1 for a lecture on the anatomy of the horse's mouth and the how's and why's of oral exams and dentistry for horses. We'll then bring out a horse for her to demonstrate a basic exam and routine float. We'll have a crock pot of chili cooking so no one has to miss dinner for the sake of learning about our horses' well-being! If it is cold, we'll have the heat on in the barn, but it can still be cool- dress appropriately, but please, wear clean clothes and there will be a place for you to clean your shoes/boots before coming into the barn for bio-security purposes.



Learn more about the
Heart's Delight Morgan Horses
and view our sales list
<http://whminer.org/equine/sales-list.php>



photo by Christopher Crosby Morris

Also be sure to follow us on Facebook!
<https://www.facebook.com/HeartsDelightMorganHorses/>

The William H. Miner Agricultural Research Institute
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FEATURED MINER MORGAN: HD WAVERLY



*All photos by Christopher
Crosby Morris*

HD Waverly (Townshend Rob the Wave x Sugarlane Dominique) was born in 2017, our last foal by Robbie born here at Miner. The Townshend Farm in MA has a black filly born the same year. Her striking marking and extreme mane and forelock make her eye-catching! Keep looking and we love her graceful neck, but still the great bone put on by her sire. Now a two year old, Wavy is looking forward to getting to work this summer. She's a sensitive soul and can't be forced to do anything, so it is a nice thing that she thinks we're pretty fun to be with most of the time.

Sale Price: \$6,500

Learn more about the Miner Morgans at www.whminer.org/equine.html