

PCHA

April 2022



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2022 Show Schedule

Rider Fitness

Healthy Skin, Healthy Horse

Pennsylvania Cutting Horse Association

2022 Show Dates

May 7 & 8 - Keystone Horse Center, Bloomsburg, PA

June 18 & 19 - Keystone Horse Center, Bloomsburg, PA

Sept 17 & 18 - *Memorial Cutting* - Keystone Horse Center, Bloomsburg, PA

Oct 21 - 23 - *Appalachian Circuit Finals* - Dream Park, Logan Twp, NJ

Register for PCHA shows online at pchacutting.com/showinfo

On-site registration is also available



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*Barb & Sandy both have clinics & retreats.
Sandy's judging schedule is also posted on her website.*



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Why Fitness?

Forget the books, the DVDs, the clinics, the lessons. Being fit and trim, these folks say, is the best way to move forward and make progress with your horse.

Already fit? Kudos. Struggling? You're not alone.

Make a commitment to do right by your horse. Research shows your weight and core strength have everything to do your riding success. Weight and strength affect your form, balance, timing, and feel. They correlate directly with your reaction time, your risk to injury, your confidence, and the stress you place on your horse. Plus, as noted by riders Russ and Marsha Jones, it's simply more enjoyable when you're fit and trim.

We have a huge selection of articles dedicated to Rider Fitness. Read features from an exclusive group of horsemen and women. Available at besthorsepractices.com/rider-fitness/

Included in the articles available are sections on fitness and core strength. Here's an excerpt from one that specifically spoke to me:

Last year, in the pages of NickerNews and BestHorsePractices, we focused on rider fitness and weight. That's because there is mounting evidence showing we do our horses and our horsemanship a sizeable favor by being fit and on weight.

As it happens, I know a lot of fit, athletic riders. ... As they step effortlessly into the saddle and nurture a healthy, relaxed connection with their horses, they share one invisible flaw: a Western diet. It's high in fat and sugar and even in folks who are fit and athletic, it can have a negative impact.

How do I know? I'm one of them. For years, I justified a bad diet with the smugness of being fit and active. For scrutiny's sake, my fitness is defined here: 5'7,"135 pounds; Daily aerobic exercise (hiking, horse work, etc); Daily strength exercise (ranch work supplemented with gym time)

I've also justified an American grab-and-go meal attitude, telling myself I was too busy and apathetic to make a healthier sit-down meal, like a hearty salad or something with vegetables. ...

But as Dr. Steve Peters would like to remind me, even crummy diets camouflaged by fit bodies can impact our health. This study reported that even lean individuals drinking as little as one soda per day increase their risk of getting diabetes by 18 percent. Fruit juice is not an innocent substitute since it is still high in sugar. ...

But change is hard.

One of the most impactful books I've read lately is the *Power of Habit: Why We Do What We Do in Life and Business*, by Charles Duhigg. It's helped me understand the importance of doing things right the first time and the challenge of undoing the wrong thing.

The concept, of course, is applicable to a lot of horsemanship: [Feel](#) [Colt Starting](#) [Equine Rescue](#) [Life-Long Learning](#)

It's also relevant to reshaping food intake after decades of unhealthy practices. I know, for instance, that my craving for something sweet is physiological, psychological, and neurological. The cravings and indulgences aren't just weaknesses. They are neural pathways which end in that satisfying release of dopamine. In other words, it feels good to have a cookie. Healthier habits are actually about carving new neural pathways. Grabbing a cookie is my mind's fast track; not grabbing a cookie is bushwhacking through the wilderness in neurological terms.

Self-reform has been a blend of tricks and mindfulness. Some strategies:

- Ω Taking the dogs for a walk right after a meal
- Ω Buying better coffee that doesn't need sweetener
- Ω Eating graham crackers instead of fat- and sugar-laden cookies (most graham crackers have only a few grams of sugar and almost zero fat)
- Ω If I can resist buying it in the first place, then temptations are simply out of reach. This is simple if, like me, you live miles and miles from the nearest store.

I'm a work in progress. But as Julie Kenney has so articulately written, we all are. I no longer eat entire rolls of Life Savers in one sitting or sneak whole cans of frosting out of the cupboard, like I did as a kid. I'm a grown-up and am finally trying to take nutrition seriously.

Healthy Skin, Healthy Horse

Excerpted from article by BARB-CRABBE-DVM/MAIMMEDIACOM | NOVEMBER 22, 2019

Did you know that the skin is the largest organ in your horse's body? In fact, the skin of an average 1,000-pound horse is likely to weigh 60 pounds, or 6% of his body weight. This amazing organ stays healthy by constantly replacing itself to perform its vital role of protecting your horse's body. Dead skin cells on the surface slough away and are replaced with new, young cells in a cycle that takes about 17 days.

Why is it so important for your horse to have healthy skin? A sleek, shiny haircoat and luxurious mane and tail might be things of beauty, but the benefits of healthy skin go much deeper. His skin not only protects his sensitive underlying tissues but also has immune functions that help him ward off disease. This amazing organ also provides a mechanism to repel insects and detects outside stimuli, such as heat, cold, pain, and touch. Simply put, healthy skin means a healthy horse.

Here, I'll start with an in-depth look at your horse's skin. Then, I'll give you a rundown of three challenges you and your horse must overcome to keep his skin healthy. Finally, I'll outline a basic, seven-step skin-care routine designed to give your horse that healthy glow.

Skin Basics

Your horse's skin is composed of two primary layers: the epidermis (outer layer) and the dermis (inner layer). The epidermis, just 0.05 millimeters thick, is composed of four important cell types: keratinocytes, Langerhans cells, melanocytes, and Merkel cells.

Keratinocytes are protective cells on the skin's surface that are constantly being renewed. Newly created keratinocytes migrate from the lower layers to the skin's surface. These cells become tougher through a process called keratinization.

Langerhans cells are part of the immune system. They recognize unknown invaders to help your horse fight off infection and destroy foreign substances.

Melanocytes produce melanin, the pigment that colors the skin and helps protect it from the damaging effects of sun. Merkel cells recognize the sensations of heat, cold, and touch. Together, these cells form the primary barrier that protects the inside of your horse from the outside world.

The dermis, or middle layer of the skin, ranges in thickness from one to six millimeters. The dermis is primarily made up of proteins (elastin and collagen) that provide a framework for blood vessels and nerves. These proteins also support hair follicles and sweat and oil glands.

The structures of the dermis provide physical protection, help control temperature, repel water, and support immune functions to protect against foreign invaders.

Beneath the dermis lies the subcutis (meaning "beneath the skin"). Although not considered truly part of the skin, this layer is still important when considering skin health. The subcutis is made up of fat and connective tissues that help support the dermis and epidermis, as well as the subcutaneous muscles that produce that all-important "twitch" response to repel insects.



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Healthy Skin, Healthy Horse

Continued

Skin Gone Wrong

The health of your horse's skin is challenged daily by everything from weather conditions (hot, cold, wet) to insect bites. These challenges can lead to a variety of problems that most commonly fall into three categories: (1) infections; (2) inflammation; and (3) trauma. These categories are often intertwined. [see article for more information on this]

1. Infections. Microorganisms including bacteria and fungi can take up residence in your horse's skin, leading to a skin infection. Such infections commonly involve swelling and pain.

2. Inflammation. Your horse might have a hypersensitivity or allergy to a substance that irritates his skin. During an allergic reaction, inflammatory cells release substances in the skin that cause damage.

3. Trauma. Wounds or abrasions that damage the skin surface are the third most common category of skin problems you're likely to encounter. Skin injuries can be primary, putting your horse at risk for developing infections and inflammation, or secondary to another preexisting condition.

Skin-Care Routine

It's easy to see that skin challenges are everywhere in your horse's world. Take the following seven steps to combat these challenges and keep your horse's skin as healthy as possible. [see article for more information on this]

Step 1: Feed him right. Healthy skin is clearly dependent on good, overall health—and what could be more important than a well-balanced diet?

Step 2: Groom him well. Perhaps nothing has more of an impact on your horse's skin than a good, regular grooming routine—and that means much more than a "quick brush." Daily [grooming is essential for skin health]

A word of caution: don't share brushes! Many skin diseases are caused by microorganisms that can easily be passed from horse to horse. To best protect your horse's skin, keep grooming tools separate and clean, and disinfect them regularly. (For how to disinfect your equipment, turn to page 100.)

Step 3: Bathe wisely. Is bathing good or bad? It depends. Bathing to remove caked-on dirt or rinsing off sweat after a hard workout can help keep skin healthy. ... On the other hand, too-frequent shampoo baths can negatively impact your horse's skin by stripping the natural oils. In fact, it's best to give your horse a full-on shampoo bath as infrequently as possible.

... avoid baby shampoos. These products are designed for small children with the primary goal of "no more tears," meaning they're typically less acidic than shampoos designed for adults (or horses). The result? Baby shampoos may actually be the most damaging choice for your horse's skin.

Step 4: Beat down bugs. Insects are clearly public enemy No. 1 when it comes to healthy skin.

Step 5: Clip with care. ... If you do clip, consider leaving thicker hair behind where he's more at risk for chafing, such as underneath the saddle. If you wear spurs, leave a protective patch of hair where your heels rest when you're in the saddle.

Set aside these minimal-clipping guidelines if you have an older horse with a long, thick haircoat that doesn't shed well (commonly seen in horses diagnosed with Cushing's disease).

Step 6: Check your equipment. Something as simple as a cinch rub can put your horse out of commission for weeks—or even months. Your equipment should be clean and fit your horse well.

Step 7: Control his environment. Control the environment where your horse lives and sleeps to help keep his skin healthy. Does he have shelter where he can escape the rain? ... Is your horse standing out in deep mud during wet winter months? ... And what about a place to lie down? ... Finally, is your pasture fencing safe? Are your stalls well maintained? Anything that might cause a laceration, puncture wound, or any other injury can threaten skin health.

See full article at: <https://horseandrider.com/horse-health-care/healthy-skin-healthy-horse/>

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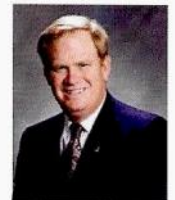
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WE NEED YOUR HELP

To all our PCHA members:

Our PCHA cuttings cost quite a bit of money to produce and as you know inflation is being seen everywhere. As a club, we would like to continue holding quality shows as well as offer added money classes, but **WE NEED everyone's help..**

As you know, we offer \$500 added money classes each day in the Open & Non-Pro, \$300 added in the 25K NH, 5K NH and the 5K NH NP as well as \$200 added in the 50K Amateur and 25K NH NP.

However, we will not be able to continue doing so if we don't receive your help finding generous sponsors. The future of our PCHA club depends upon it.

Most recently, we had a group of members who graciously sponsored year end awards allowing us to extend recognition to Runner-up winners as well as Champion and Reserve Champion. We are extremely grateful to everyone who has sponsored us in the past, and we would love to continue growing our PCHA community!

We need all of our members to do their part by asking their farriers, vets, suppliers, friends, local businesses, etc for a sponsorship. It can be any amount as it all helps to cover expenses to hold our cuttings.

You can help PCHA grow our sponsor network by...

- Reaching out to businesses you think would benefit from having their name in front of avid cutters, and horsemen.
- Sponsoring a class show by show or for the entire year.
- Grabbing a few fellow members to jointly sponsor a class together.
- Sponsoring a class in honor of the memory of someone who inspired you – or inspired some of our cutters throughout PCHA.

We offer a variety of sponsorship packages providing visibility and access to our PCHA events and members. This can include banners hung up at shows, social media shout outs (*we have over 1.95k followers on Facebook alone*), class naming rights, show announcements, or logo displays on the website and in our monthly newsletters.

For more information, please see the Sponsorship deck on our website, which outlines the various Corporate and Individual sponsorship levels as well as a sponsorship form that can be filled out and returned to Treasurer, Bill Stein.

Please refer to this sponsorship deck when asking for any type of donation.

Thank you all for your continued support of this sport we love!

We CANNOT do it without you!

Michelle Sterner McNutt, PCHA Director

-on behalf of Dave Phillips, PCHA President & the Pennsylvania Cutting Horse Association Board of Directors

Check out the various sponsorship opportunities and sign up to become a sponsor @

<https://www.pchacutting.com/sponsor-info>



PCHA SPONSORSHIP PROGRAM

Sponsor Name: _____

Business Name: _____

Mailing address: _____

E-mail: _____ Phone: _____

Website: _____

*By signing this form, I am committing to being a PCHA sponsor for the following:
_____ and receive the advertising benefits this
sponsorship entails. I understand that advertising benefits will not begin until the sponsorship
commitment is paid in full to PCHA.*

SIGNATURE: _____ Date: _____

BILLING INFORMATION

Amount of Sponsorship: _____

Class: (if applicable): _____

Payment Method: (check a circle)

Check Included. Check # _____ (check payable to PCHA)

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Email: hws711@gmail.com with any sponsorship questions.



PCHA

Pennsylvania Cutting Horse Association

2022
Membership &
Nomination
Application

To help ensure we have accurate information, please complete the entire contact section.

Name:		Date:	
Address:			
Primary Phone:		Alt. Phone:	
Email:			

Membership Applications \$25 per adult

\$15 per youth*

NCHA # Adult 1		NCHA # Youth 1	
NCHA # Adult 2		NCHA # Youth 2	

All nominations include rider and all horses shown by PCHA member. Award recipients must participate in 40% of the PCHA approved classes. The rider and owner of any horse must be a PCHA member for points to count for year end awards. Only money won after paid nominations will count toward year-end awards.

NOTE: Youth are required to be PCHA members for points to count towards year-end awards, but the owners of horses they ride may be non-members.

Nominations \$75 per adult

\$25 per youth

Adult 1:		Youth 1:	
Adult 2:		Youth 2:	
Adult 3:		Youth 3:	

Newsletters: In an effort to reduce cost, newsletters will be electronically shared through email, Facebook, and our website. Click on the link at the bottom of the membership page of our newsletter to subscribe to our email list.

My signature below confirms all information, nominations for year-end awards, and my donation to the PCHA.

Signature: _____

Please send completed forms to Bill Stein:
495 Schell Rd, Turbotville, PA 17772
or hws711@gmail.com

Qty	MEMBERSHIP:	Amt
	Adult(s) @ \$25 each	\$
	Youth(s) @ \$15 each	\$
	NOMINATIONS	
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	Youth(s) @ \$25 each:	\$
	Donation to PCHA:	\$
	Total Enclosed:	\$

Thank You!

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Received by: _____ Date: _____