

# Pennsylvania Cutting Horse Association

February 2020



*Thank you, Alise, for this adorable picture of Willow and Colt!  
Everyone feel free to email pictures to [info@pchacutting.com](mailto:info@pchacutting.com)*

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## A WORD FROM OUR SECRETARY

Consider us relieved to be having a mild winter so far - and hopeful that you are all weathering it well!

We've been keeping an eye on the CDL requirements for horse owners, and there have been no recent updates or changes. Next month, we'll include an article with more detail on this topic.

**We've heard that there are some issues with the emails,** and we've done a bit of research on that and there seem to be two contributing factors.

#1 - Mailchimp uses a rating system for recipients, based upon how often you open or click on the emails you receive from us. If you get down below 10%, Mailchimp will note that you don't seem to want the emails, and stop sending them. Your email is not removed, and you can either resubscribe, or email [info@pchacutting](mailto:info@pchacutting) to let us know you would like to be resubscribed. We cannot legally subscribe or resubscribe anyone without their permission.

#2 - Unsubscription: there is a link on every email to facilitate unsubscribing from our list. Please be aware of that, as accidental clicking seems to be one of the causes of our email problems.

**Thank you all for your patience with the PCHA election!**

We've had some technical difficulties, and appreciate your feedback and assistance with resolving those issues. Results will be announced when the ballots have been tabulated.

Joanne Thayer

# 2020 SHOW SCHEDULE

The 2020 show season will bring with it a few changes:

In preparation for NCHA's plan to include regional championships for the weekend cutter, hopefully starting in 2021, Area 4 will be hosting their own regional championship in 2020. Participating in Area 4 are areas 19, east part of area 17 and Canada.

The shows designated as "Regional" are qualifying shows for the Area 4 championships; current proposal is you must compete in 40-50 percent of these shows to be eligible. This championship is still in the planning stages, with any changes and final information to be announced at a later date.

PCHA will continue our practice of annual PCHA standings & awards, with shows in our new locations at Bloomsburg and Dream Park. Shows qualifying for PCHA year end awards are designated under the PCHA column.

Date	Location	Regional	PCHA
April 25-26	Elkins WV	Yes	
May 16-17	Bloomsburg, PA	Yes	Yes
May 23-24	JMJ Farm Lewsburg WV	Yes	
June 13-14	Bloomsburg, PA	Yes	Yes
June 20-21	OPEN		
June 27-28	Doswell, Va	Yes	Yes
July 11-12	Elkins, WV	Yes	
July 18-19	Garwood Arena Columbiana OH		
July 25-26	Dream Park, PA	Yes	Yes
August 7-9	Shelbeyville, KY		
August 10-11	Louisville, KY		
Sept 12-13	Bloomsburg, PA	Yes	Yes
Sept 19-20	OPEN		
Sept 29-Oct 3	CONGRESS Columbus OH		
October 10-11	JMJ Farm Lewsburg WV	Yes	
Nov 4-5	North American Louisville KY		
Nov 6-8	Shelbyville, KY		



## 2020 UPCOMING EVENTS WITH BARB & SANDY

April 30 - May 4, Women's Riding and Wholeness Retreat - Granby, CO. Barbra with Julie Goodnight  
September 29 - October 1, Save the Date - Brasada Ranch - Powell Butte, OR



# NEVER STOP LOVING

*One day his coat won't shine quite as bright,  
His eyes won't sparkle quite how they used to.  
His legs will become tired and he'll take a little longer to get up.  
He won't come to the door when you bring his saddle out anymore  
and he'll find those jumps just a little harder work than he did before.  
But he'll never stop loving you.*

*He'll never stop waiting, with pricked ears, to hear you arrive in the morning.  
He'll never stop grabbing your zip if you stand too close.  
He'll never stop throwing his bucket over the door when he finishes his dinner.*

*One day he'll grow old.*

*One day his body will slow down and he will let you know it's time to hang up the bridle.  
And when that day comes, give him a hug, hold him tight and thank him for everything.*

*Give him days in grass filled fields under summer sun.*

*Give him love, attention and never let him believe he is anything less than perfect.*

*Don't cast him out into a far away field to be glanced at for the rest of his time.*

*Don't hand him to the groom and downgrade him to the stable at the end of the yard.*

*Don't try and pass him off to someone else as a companion and let him go somewhere strange and new at a time in his life when all he needs is you.*

*Love him, exactly as you did when he was in his prime.*

*He'll never stop loving you, so never stop loving him.*

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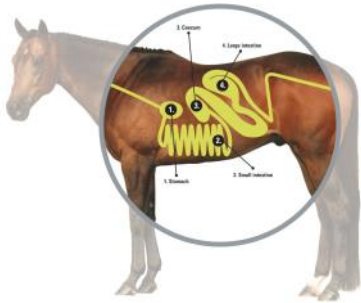
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# EQUUS EXTRUDED HORSE FEED

## A PRIMER

WHEN THE INGREDIENTS ARE EXTRUDED THE HORSE BENEFITS FROM THE NUTRITION



SPONSORED BY KENT NUTRITION GROUP, DECEMBER 18, 2019

You've read all the books and examined bag upon bag at your local feed store. You might even have talked to your veterinarian about how best to feed your horse, given his age, condition and workload.

But all the knowledge in the world won't help if your horse isn't getting what he actually needs from his feed, and getting it in a way that works well with his uniquely sensitive system. That's where digestibility comes into play—and where extruded feeds really shine.

### The Process

Most commercial horse feeds are processed in one way or another for example, pelleted, textured and extruded. Extrusion—a technologically advanced method of feed processing that involves pressure cooking—offers multiple nutritional and digestive benefits. While this method is not new, it is relatively new in the equine feed industry.

The process of extrusion begins with the usual ingredients ground up, blended together and then quickly pressure cooked using a combination of steam, moisture and heat. The cooking breaks down the starch and protein bonds, allowing for changes in shape and density as well as exposure of the molecules to greater enzymatic digestion in the small intestine.

Rapid cooling of the feed, which is reshaped into low-density, lightweight nuggets when forced through a die, ensures that the high nutritional quality of the ingredients is retained. The result is a feed that works safely and naturally in conjunction with horse's unique digestive system, which is designed for continuous intake of small amounts of forage and fiber.

The horse has a unique digestive track. Let's look at the way a horse's gastrointestinal tract works—and how extrusion works with it.

The stomach and small intestine (foregut) are built to handle the enzymatic digestion of proteins, starches and fats in relatively small amounts, due to their limited capacity. The caecum and large intestine (hindgut), which has a larger capacity than the foregut, is where digestion of fiber occurs via bacterial fermentation.

Any factor that results in a deviation from this design can lead to digestive challenges and ultimately affect horse health. Undesirable eating behaviors, impaired digestive function, reduced nutrient absorption or feed management such as meal feeding of high grain diets can result in decreased fore-gut or pre-caecal digestion of starch and protein. Undigested protein that passes to the hindgut may not be absorbed as readily and is subject to microbial attack that alters the quality of the amino acids. Undigested starch that continues into the hindgut will undergo rapid fermentation, which can lead to potential digestive upsets such as colic and laminitis (founder). A pre-caecal digestibility of starch and protein is desirable.

### The Benefits

Research proves that extruding feed increases the availability and the digestibility of the ingredients—including the starch—before they reach the hindgut. Safety is reportedly improved, too, since the heat generated through the extrusion process reduces the amount of potentially harmful pests or microorganisms that may be found in the grain. Research also shows that horses consume extruded feed at a healthier rate than traditional rations. Because slower intake more closely mimics the way nature intends horses to eat, this can help prevent common digestive disturbances.

Have a senior horse with dental problems or reduced saliva production? Extruded feed may be a boon for him because the nuggets are easy to chew and digest. Hard keepers are another group that might benefit from the enhanced digestibility and increased nutrient utilization offered by extruded feed.

So for a healthy and efficient way to give your horse the nutrition he needs, extruded formulas are worth a look.

# TOP HORSE MAGAZINES & BLOGS

We've looked at several "best of" lists with an eye to publications which might be helpful for our members & families. Some of these cover all aspects of horse ownership, riding & care, others focus on specific areas. All are well respected sources of information for you. Listed in alphabetical order.

- Ω **American Farriers Journal:** A magazine for professional Farriers, veterinarians and buyers of horse care products and services. The journal also features tips on horsemanship and articles on horseshoeing and equine foot care.
- Ω **Canadian Horse Journal:** If you want good information on all disciplines and how to improve you and your horse's performance in them, this magazine is the one to read. It talks about every aspect of the horse industry from general care to the different breeds and the wide range of disciplines offered.
- Ω **Equine Wellness:** This magazine provides horse lovers with resources on how to properly care for the health and overall well-being of their horses. The magazine also features articles that range from horse riding etiquette to the different kinds of horse sickness and injuries.
- Ω **Equus:** Also known as "The horse owner's resource" features up-to-date information from specialists in the equine field on care and maintenance of horses. Articles include suggestions and solutions for training and medical issues as well as articles on how to understand and influence horses' behavior. This is one of the sources we use regularly for our newsletters.
- Ω **Horse & Rider:** The UK's no.1 best-selling equestrian monthly magazine, dedicated to bringing you advice on riding, training, mind matters, all aspects of horse care, health and veterinary issues, and horsey shopping. Horse and Rider Magazine focuses on horsemanship, showmanship.
- Ω **Practical Horseman:** Provides educational articles on training, riding, horsecare and competition. Discusses a wide range of topics, including sport psychology to profiles of top riders and trainers.
- Ω **Sidelines:** Focusing on the people and featuring special sections with extra editorial coverage, this magazine is a great resource for those interested in people, influencers, breeding, art, and other specialized content.
- Ω **The Team Roping Journal:** If you are interested in learning more how to become a better roper this magazine is for you. It is filled with information on the roping discipline from how to make you and your horse better to information on those in the industry.
- Ω **Western Horseman:** Articles aiming to help further your understanding of all aspects of the western world. Rodeo, training, equine care, ranch lands, horsemanship, gear guides, back country and cowboy style. The website includes access to videos demonstrating everything from roping to riding.
- Ω **Young Rider Magazine:** Young Rider Magazine is a go to guide for kids to learn better riding skills as well as proper care of their horse. There is also an online forum where kids can share their experiences, or ask questions and get answers from other horse loving young riders.



# 6 THINGS TO GIVE UP

## IF YOU WANT TO BE A SUCCESSFUL HORSEMAN

## HORSE & RIDER

Michaela Jaycox, January 9, 2020

*The new year brings new resolutions. If your resolution is to become a successful horseman, here are a few things you should give up to kickstart your resolution.*

Maybe you're new to the world of horses or maybe you've been around the block a time or two and are looking for ways to improve, either way we have advice for you. Some of these may be harder to give up than others, but all will improve your relationship with your horse and help you to become a successful horseman.



- 1. A Negative Mindset.** Negativity in your riding can stand in the way of your goals. Kicking a negative mindset and filling your head with positive thoughts isn't only great for your riding goals, but for your overall health. When you think you'll never be able to accomplish a maneuver or a goal don't be hard on yourself, instead develop a learning mindset and reach out for help.
- 2. The Need to Fit In.** Don't go broke trying to keep up with the latest trends just to fit in, horses are expensive enough as it is. We're horse owners because we love horses, not because we need to make friends and be "cool." If you can't afford the fanciest tack, it's OK. People care more about how you take care of and treat your horse than whether you can afford a \$5,000 saddle.
- 3. Multi-Tasking.** Most of us aren't lucky enough to spend every hour at the barn. Horses are our hobby and we typically only spend a few hours a day with them. Make the most of the time you spend with your horse. When you're riding it can be fun to listen to music, but take the headphones out and enjoy the ride—you can listen to your horse and can maybe detect medical issues, such as breathing complications, early on.
- 4. Believing in Quick Fixes.** Whether it's a training tool or the hot, new miracle drug, stop believing in quick fixes. There aren't shortcuts to success and while these tools may aid you along your journey, they aren't the golden ticket that will help you accomplish all of your hopes and dreams. Work with your horse as often as you can to make continual improvement to achieve your end goal.



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irritability, difficulty eating, and weight loss  
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**5. Setting Unrealistic Goals.** Goal setting is an important part of making progress with your horse. But when you set your goals make sure they're realistic for the timeframe you've set. Don't be afraid to focus simply on the day at hand, rather than long-term goals sometimes, too. Goals are important, but if you can't get over an obstacle don't keep pushing forward or that obstacle may become a deeper issue later on in training.

**6. Excuses.** It's time to take responsibility. You may have encountered a few hurdles along the way, but don't allow them to be roadblocks for your future. The hurdles you've overcome shouldn't be excuses, but rather steppingstones for your success. It doesn't matter if you don't have a trainer, started riding horses later in life, had an accident, don't have time, or lack funds to compete—you can find a way to turn these excuses into motivation.



# **PCHA** Pennsylvania Cutting Horse Association

Visit us on the web at [www.pchacutting.com](http://www.pchacutting.com)

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# PCHA

Pennsylvania Cutting Horse Association

**2020**  
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: \_\_\_\_\_

\_\_\_\_ Please mail paper copies of the newsletter

My signature below confirms above membership 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	\$ _____
<b>NOMINATIONS</b>		
_____	Adult(s) @ \$75 each:	\$ _____
_____	Youth(s) @ \$25 each:	\$ _____
_____	Donation to PCHA:	\$ _____
_____	Total Enclosed:	\$ _____

Thank You!

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