

Pennsylvania Cutting Horse Association

JULY 2019



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A WORD FROM OUR SECRETARY

What a great series of shows we've had this year!

Although the weather was hot the arenas at Dream Park were lovely. There are so many people to thank for all their help and hard work to make this show happen. To name a few: Sandra Brown for getting the ball rolling and all the wonderful prizes. Sandra, Eric Polansky, Tom Wallace and Bill Riddle for providing the show grounds and panels. Jack Werner for all the hours of work behind the scenes to pull the show together. Jim Johnson and Alexi for handling the cattle. A huge shout out of thanks to the Hard Rock Cafe for their generous sponsorship (that covered all our added money) and the fabulous baskets donated as well. I see guitar lessons in Marty and Robin's future! And as always all the people that help at every show - ie. show secretary, turn back help....

Looking forward to more great PCHA shows!

We are attempting to keep up with the trucking regulations and exemptions for livestock haulers. Currently we are exempt from the ELD regulations. FMCSA has this posted on their website:

"Transporters of livestock and insects are not required to have an ELD. The statutory exemption will remain in place until further notice. Drivers do not need to carry any documentation regarding this exemption." <https://www.fmcsa.dot.gov/hours-service/elds/livestock-and-insect-haulers>

Enjoy the rest of your summer and we'll see everyone at Shartlesville in September!

Joanne Thayer

Please email your newsletter submission to Joanne Thayer or Pankey Nelson

Original pictures and graphics only. Letters to the Editor must be signed, non-slanderous, and in good taste. PCHA reserves the right to edit submissions.

pankeysplace@gmail.com or joanne.thayer@gmail.com

2019 PCHA SHOW DATES
Sept 7/8 Shartlesville, PA

PCHA @ JC Cutting
Training Show *August 3*
Challenger Series *Sept 14*

Barbra Schulte / Sandy Collier

HIGH PERFORMANCE CLINICS

Camp Verde, AZ- Jackpot Ranch
Sept. 13 - 15, 2019 ~ Sandy Collier
Powell Butte, OR - Brasada Ranch
Oct 1 - 3, 2019 ~ Sandy Collier
Temecula, CA - Green Acres Ranch -
Oct 30 - Nov 1, 2019 ~ Sandy Collier

RETREAT

Moab, UT - Red Cliffs Lodge Retreat
Nov 7 - 10, 2019 ~ with Sandy Collier

2019 Compiled Events List

- August 3 PCHA Training Show, JC Cutting
- August 23-15 TENTATIVE Waterford, Ontario Canada
- Sept 7-8 **PCHA Show, Shartlesville, PA**
- Sept 13-15 Jackpot Ranch, Camp Verde AZ, Sandy Collier
- Sept 14 PCHA Challenger Series, JC Cutting
- Sept 28-29 Roy Bower, Elkins West Virginia
- Oct 1-3 High Performance Clinic, Brasada Ranch, Powell Butte OR, Sandy Collier
- Oct 1-7 Congress
- Oct-Nov TBD Jim Johnson, Lewisburg, Virginia
- Oct 30-Nov 1 Green Acres Ranch, Temecula CA Sand Collier
- Nov 7-10 Barb/Sandy Retreat, Red Cliffs Lodge



Your sponsorship and donations were greatly appreciated!

HOW YOUR HORSE FEELS YOUR SEAT

By Barbra Schulte

The full article and video are located here: <https://barbraschulte.com/how-your-horse-feels-your-seat/>

I just returned from Granby, Colorado where I experienced how a horse feels our seat. It was eye-opening! If you've never done this before, I think you'll find it interesting...

Hi, it's Barb and I have something really fun for you today.

I just returned from Granby, Colorado where I did an all-women's retreat with my good friend, Julie Goodnight who is an absolute Master at teaching horsemanship. She did some fun and insightful exercises with us. I'm going to share one with you today.

This is an exercise in awareness about how our horses experience our seat bones.

I was thinking that our backsides have a broad surface in the saddle for the horses (with some feel from our seat bones), and while that may be true in surface area, it's not true in how they experience our seat. Our seat bones have a really powerful impact on our horses.

So, here's what I want you to do. After you watch this video find a chair. (I'm on a little bench here.) Sit on the edge of it. Take a breath. Bring your shoulders up and back. Connect your belly button to your spine. Take a breath. Feel the alignment.

Now, I want you just to sit and find your seat bones with your hands. Feel what your horse feels. It's pretty pointy! I can tell you that! Now connect to your core again. Now feel what it's like when you collapse for a stop.

Feel your pelvis roll underneath. That is a definite, very clear signal to your horse.

Now, feel what it's like if you lean into a turn like this. Just that little bit of movement really sends this right seat bone into a horse's back.

Again, I've never done this before. I don't know if you have, but I thought you would enjoy experiencing it. It's so very interesting.

Leave a [comment on my article] for me and let me know what you think. Have you ever had that experience before?

And do you think it's really nice to feel a little more connected to what our horses are feeling?



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CRIBBING: UNDERSTANDING THE SCIENCE

Undated article at <https://horsehead.info/cribbing/>

What is a smile or a handshake?

The answer is like a Matryoshka doll with another doll inside it and then another doll inside that one.

Sure, they're gestures of welcome. But neurologically speaking, they are the manifestations of a bundle of voluntary and involuntary movements. Inside that doll, they are the result of action along neural pathways, involving the firing of millions of synapses. And within that doll, the handshake or smile is ultimately influenced by the scores of neurochemicals, traveling and existing in relative homeostasis in our brains and throughout our bodies.

Neurochemicals like dopamine and serotonin are prominent in most mammals and their functions are multifold. They play a role in almost everything we do.

For instance, we know dopamine as the chemical of reward, but it's also vital to movement (Parkinson patients, for instance, lose the ability to produce dopamine. Therefore, they may struggle to perform voluntary movements without taking synthetic dopamine.).

Serotonin may be the 'happy chemical' but it is also vital to digestion.

All behavior is the big wooden doll. HorseHead, a blog about brain science, is about opening up the doll and examining the little dolls within. What's inside a given behavior?

Consider cribbing.

Cribbing, that troublesome act of using incisors on a surface to flex neck muscles, retract the larynx, and allow air into the esophagus, is a stereotypy, a 'repeated behavior serving no obvious purpose,' says Merriam Webster. Stereotypies are an adaptation to stress and have been shown to impair learning.

Cribbing is also the bane of hand-wringing horse owners and a steady source of income for the industry, which offers myriad tools for "combatting" the behavior.

It's important to think of cribbing from the horse's perspective: I'm simply adapting to environmental stressors which limit my ability to take care of myself and cause me to seek solutions outside of my natural behaviors.

Here, with the help of Dr. Sheryl King and Dr. Steve Peters, we breakdown the causes and science behind cribbing, evaluate treatments, and debunk myths:

As part of their healthy behavioral repertoire, horses need to chew, move, interact with other horses, and have access to forage almost constantly.

Confined and isolated horses become stressed horses (even if they don't outwardly appear stressed). Their inability to move negatively impacts their neurochemical and physiological balance.

When we stall them, limit chewing opportunities, and compromise their diet with concentrated feed (grain) instead of forage, we create stress. Empty stomachs are more prone to ulcers.



A better scenario

When compared to unstalled horses in group environments, stalled and isolated horses often exhibit elevated levels of cortisol (known as the stress hormone) and decreased levels of serotonin. Lower serotonin levels have been shown to be associated with the introduction of compulsive behaviors.

In the case of cribbing, we believe that the horse tries to create saliva as a bromine – like Tums for us – and discovers that biting onto something helps. (Unlike humans and other species, horses do not salivate without direct oral stimulation.)

Meanwhile, the brain responds to stress by producing beta-endorphins (natural analgesic neurochemicals) that boost the sensitization of dopamine receptors. The cribbing behavior

becomes a highly self-reinforcing system, a cycle which peaks with the release of dopamine.

Studies show that horses lower their cortisol levels and heart rate by cribbing. Horsespeak: I've adapted!

Through poor management, horses become stressed. Stress creates a neurological domino effect that results in a dopaminergic super-pathway (small doll) that's manifested in cribbing (big doll).

You now have a cribbing horse. A stressed horse that has found a stereotypy that makes it feel better. Certainly, the management and resulting stereotypy impact its neurochemistry and outward behavior, researchers have also found that stereotypies are detrimental to learning.



CRIBBING: UNDERSTANDING THE SCIENCE, CONTINUED

Nature or Nurture?

Studies show that thoroughbreds and warm bloods are at greater risk for cribbing. But is this related to their genetic makeup? Are these breeds more prone to stress responses? Are they simply more likely to end up in a stall? Stallions are more susceptible than mares. Genetics or the way we manage stallions? Some research indicates that horses may be more susceptible to stereotypical behavior due to a genetically determined increased number of dopamine neurons and therefore a lower threshold for stimulation.

Treatment Options, or, What to do with a cribber?

Contrary to popular opinion, chronic cribbers are not more susceptible to digestive problems. Aside from marking up fences and stalls with their incisors and wearing down their incisors prematurely, nothing terrible will come from cribbing.

Pharmaceutical treatments:

- ◊ Drug treatments may be given to block dopamine or opioid receptors and reduce the pleasurable effect of these neurotransmitters. These are known as dopamine or opioid antagonists or inhibitors.
- ◊ Naloxone, for instance, has been shown to reduce cribbing and is the same agent used in drug rehabilitation clinics for heroin addicts.
- ◊ Fluphenazine is a long-acting dopamine antagonist (and an anti-psychotic drug for humans) has been used to combat cribbing, with limited results.
- ◊ Selective Serotonin Reuptake Inhibitors (SSRI's, better known as antidepressants) have also been used to reduce cribbing.
- ◊ Dextromethorphan (a common cough suppressant for people) is an opioid antagonist.

But why subject a horse to the myriad side effects of drugs? And why subject your wallet to repeated gouging?

If the axiom "an ounce of prevention is worth a pound of cure" were ever fitting, it would be so for cribbing. **As with any addictive behavior, the key is to avoid putting horses in stressful environments that cause the horse to seek an adaptation in the first place.** Once your horse starts to crib, it will likely never stop, regardless of your effortful and expensive attempts to mitigate it.

What you can do for cribbers:

- Ω Turn them out to a paddock or pasture
- Ω Allow them to be with others
- Ω Offer them hay, grass, and no grain

Cribbing straps? They don't work. In fact, research shows that aversive equipment or training is counterproductive and may only add to the horse's stress. Worse, they may cause the horse to develop another stereotypy that has not (yet) been restricted. Stereotypies are not learned behaviors. Therefore, the horse cannot and should not be punished for cribbing. Training it to unlearn cribbing won't work either.

Adds Dr. King: What's even more concerning is cribbing surgery where they remove the muscle in the throat latch area that the horse uses to open his larynx to gulp air. This may physically prevent the horse from cribbing, but it does nothing to address the conditions that led to the stereotypy in the first place. I would not be surprised to find that there are all kinds of psychological and possibly physical repercussions to this surgery

Additional note: Cribbing is not contagious. Unfortunately, this myth may result in exacerbating the cribbing horse's stress, in the event an owner might further isolate the horse from others.



THIS HORSE ISN'T WORKING OUT, I NEED A NEW ONE



I'M SURE THE SIXTEENTH IS THE CHARM

facebook.com/TheMadEquine

I NEED A NEW HORSE

THE ONE I HAVE ISN'T A GOOD FIT
(BARN SOUR, LAZY, AGGRESSIVE, TOO HIGH STRUNG, TOO SLOW)

Sept 10, 2018, Heart of Phoenix Equine Education Blog

Have you ever wondered why a good horseman can work with almost ANY horse and develop a rapport (a working relationship built on trust) where the previous "issues" seem to melt away with a bit of time?

That isn't horse-whisperer / magic stuff, it is just knowledge folks.

I've watch it over and over.

Many of us working in good circles of horsemanship know those horsemen and women that can take most any horse (I know there are occasional exceptions), overcome the issues people claimed they had and have them working with them like a charm in just a little while. . .

Most of us can remember seeing the horse back in the hands of those with less skill, and the issues coming back. That is a people problem. It isn't the horse's problem.

Owner, "I can't get my horse to do this." Quality trainer gets on and in 14 minutes, horse does "this" without hesitation.

Sometimes they find a source of pain or they sort out the issue on the horse's level. . .but they look for an answer because a good horse person knows most of the time. . . there is an answer.

If you're really looking for the an answer to a problem, you don't throw away your paper with the question on it, having learned nothing, to look for a whole new sheet, new problem. You solve the first problem.

The horse is literally almost NEVER the brain and body at fault.

You Are. We are. A Person was/is.

We create the issues. We grow the issues. We blame the horse. We pass him down the line to someone else equally green and unwilling to learn. We doom the horse.

Eventually, the horse, treated unfairly and unwilling to believe he will ever get a fair deal, ends up in on a truck headed to Mexico, and the person who started out failing that horse (now doomed) is on their 12th horse, looking for the "One" who will mesh. The person keeps ruining horses. The horses keep meeting bad ends or suffering a lot because someone comes to their aid.

The truth is, outside of competition needs or rider / horse handicaps, most any horse, if you are committed to learning, have a good support base and are working with a knowledgeable trainer for the long haul, can work for you for a long time, and often, that means forever.

We talk about the unwanted horse issue, the overpopulation issue, but rarely do we stop to admit the truth is. . .we actually have more of a rider issue, a horseman issue.

Horses are returned, labelled, sold, traded and dumped over and over, when almost every single time, a person could have recognized their lack of skill was the issue and opted to learn instead of continually seeking out another, then another, then another. . .

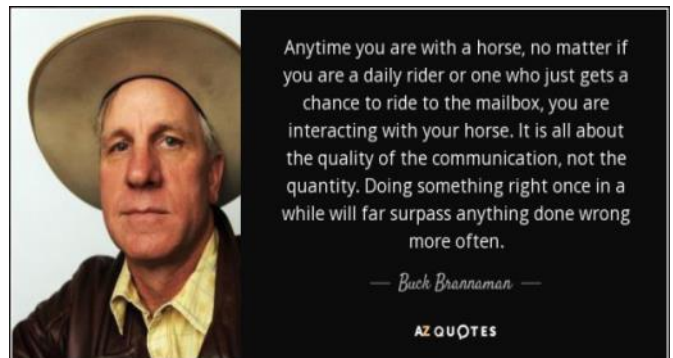
I've been to the sale barns for almost 30 years. I've known horse traders, dealers, casual owners, breeders, competitors, trainers and everything beyond – before – between.

The issue 30 years ago, the issue now (though it is growing larger). . .is we are churning out horses that don't receive an education, and even when they do, there is a well intended person there to undo it, sure they were "born with enough skill" to care for and ride. . .

Let's be clear: No one is born with enough innate ability to stop learning. You're possibly born with interest, natural softness, patience and balance. . .sure. . .that isn't enough by a long short. It is a nice start, if you're lucky enough to be one of those folks. You've got a million miles more to travel, if you're willing.

BE WILLING.

- Ω Experience and learning from those who have already walked miles beyond where you are is so vital, so needed.
- Ω Being willing to learn, admitting you do not know, admitting 3 summer rides on trail ponies at a camp didn't make you a horse trainer. . .it can make all the difference to a horse. At the very least, it saves their life. At the very best, it means they get a fair deal, that they are someone's partner.
- Ω So when you see someone going from horse to horse, always presenting a reason why that last horse didn't work for them, try to steer them a better direction.
- Ω Suggest a trainer, suggest getting help with that horse, suggest having fortitude and commitment to learning. If they listen, you'll have done the person and horse a favor that will last a lifetime.



Anytime you are with a horse, no matter if you are a daily rider or one who just gets a chance to ride to the mailbox, you are interacting with your horse. It is all about the quality of the communication, not the quantity. Doing something right once in a while will far surpass anything done wrong more often.

— Buck Brannaman —

AZ QUOTES

PCHA Show Results for Saturday, July 13, 2019

Open	horse	rider	owner	score	earn
	Dmac Sterling Spoon	Andrew Sultiff	Karlene S Minnich Schlegel	73	759.90
	MISTER STANLEY	Jaime C Beamer	Eric Polansky	72	533.54
	Reyvie Kitty	James McDonough	Kimberly Karol Watt	70	323.36
	Laredored Rose	James C Beamer	Karen Wallace	60	0.00
	MR Pib	Candace Maheu	Raymond Maheu	60	0.00
	VR Wilson Blue	Kent Stough	Paul Ritchie	60	0.00
	Ichin In The Reyn	Kent Stough	Robin Branch	0	0.00
	SMOOTHER THAN ANNIE	James McDonough	Tina Taylor	0	0.00
	Pretty Sugar Rey	Paul Waslyn	CAROLINE MELANSON MCNEELY	0	0.00
	Non-Pro				
	CD HEAVEN	Amara Hittinger	Amara Hittinger	74	895.12
	Dasher Cat	Jack Werner	Jack Werner	73	671.34
	Reyvie Kitty	Kimberly Watt	Kimberly Karol Watt	72	447.56
	KG ImYahuckleberry	Karen Robb	Karen Robb	71	223.78
	Hiddin Assets	Joel Cohen	JUDITH COHEN	70	0.00
	Shes A Peptostar	Sandra C Brown	Sandra C Brown	70	0.00
	Sly Reygril	William E Riddle Jr	William E Riddle Jr	68	0.00
	Laredored Rose	Karen Wallace	Karen Wallace	67	0.00
	Tarzan Boon	David Phillips	Robin A Phillips	63	0.00
	Smooth Lil Sue	Sal Nasser	Sal Nasser	62	0.00
	MISTER STANLEY	Eric Polansky	Eric Polansky	60	0.00
	Spend More Cash	Raymond Maheu	Raymond Maheu	60	0.00
	Miss Kitty Reyvine	Thomas Wallace	Thomas Wallace	0	0.00
	SMOOTHER THAN ANNIE	Tina Taylor	Tina Taylor	0	0.00
	Senior World Non-Pro				
	Dasher Cat	Jack Werner	Jack Werner	73	30.00
	Hiddin Assets	Joel Cohen	JUDITH COHEN	70	0.00
	Tarzan Boon	David Phillips	Robin A Phillips	63	0.00
	\$5K Ltd Novice Horse				
	High Time Pepto	Andrew Sultiff	DENISE L JONES	73	724.74
	SOPHISTICATED SISTER	Andrew Sultiff	Alise Melvin	72	508.86
	Quejanas Bo Badger	ANDREW NAVE	BRITANY VESPE	71	308.40
	Purple Haize	James McDonough	Kimberly Karol Watt	70	0.00
	CHEX N SUGAR POPS	Kent Stough	David Phillips	70	0.00
	MK Chapman II	Kent Stough	Richard C Howells	65	0.00
	LITTLEBITOFTHAT	Paul Waslyn	Paul Waslyn	60	0.00
	One Time Blissful	John Costa	Joanne Thayer	0	0.00
	Stylin N Rockin	Paul Waslyn	William E Riddle Jr	0	0.00
	Sparklin Dual Shorty	James McDonough	Tina Taylor	0	0.00
	\$35K Ltd Non-Pro				
	KG ImYahuckleberry	Karen Robb	Karen Robb	70	233.50
	Pedual To The Medual	Joanne Thayer	Joanne Thayer	67	163.94
	Tarzan Boon	Robin Phillips	Robin A Phillips	64	99.36
	Countin Sweet Checks	CAROLINE MEL MCNEELY	CAROLINE MELANSON MCNEELY	63	0.00
	Trojan Cat	MORGAN MILLER	Marshall L Miller	62	0.00
	STYLE N BLUE	WICHELLE STEWART MCNULT	Michelle Sterner McNutt	61	0.00
	Sly Reygril	William E Riddle	William E Riddle Jr	60	0.00
	BOBS LIL PITCHFORK	CATHY OCHARZAK	CATHY OCHARZAK	0	0.00
	Highbrow Silk N Lace	Joseph R Jingtoli	Joseph R Jingtoli	0	0.00
	Senior World \$35K Ltd Non-Pro				
	Sly Reygril	William E Riddle	William E Riddle Jr	60	10.00

\$5K Novice Horse Non-Pro	horse	rider	owner	score	earn
	Hiddin Assets	Joel Cohen	JUDITH COHEN	73	724.74
	Dual Smooth Rey	Amara Hittinger	Amara Hittinger	72	508.86
	Sparklin Dual Shorty	Tina Taylor	Tina Taylor	70	308.40
	Highbrow Silk N Lace	Joseph R Jingtoli	Joseph R Jingtoli	66	0.00
	Stylin N Rockin	William E Riddle Jr	William E Riddle Jr	65	0.00
	SOPHISTICATED SISTER	Alise Melvin	Alise Melvin	63	0.00
	Quejanas Bo Badger	BRITANY VESPE	BRITANY VESPE	62	0.00
	Sophiestocat	Bruce Thumberg	Twin Peaks Land & Cattle Co	60	0.00
	Haldas Lil Pudden	Marshall L Miller	Marshall L Miller	0	0.00
	Smooth Lil Sue	Sal Nasser	Sal Nasser	0	0.00
	Senior World \$5K				
	Hiddin Assets	Joel Cohen	JUDITH COHEN	73	20.00
	Haldas Lil Pudden	Marshall L Miller	Marshall L Miller	0	0.00
	\$25K Ltd Novice Horse				
	Herding Instincts	James McDonough	Sal Nasser	65	478.08
	Laceys Card Trick	Andrew Sultiff	DENISE L JONES	60	159.36
	WHSMOOTHPLAYGIRLCAT	Andrew Sultiff	NICOLE SNYDER	60	159.36
	Dual Smooth Rey	James McDonough	Amara Hittinger	0	0.00
	Youth				
	Sparklins Cougarkid	THEONE THAYER	Will Thayer	73	55.20
	Lenas Bo badger	Haideen Kuhns	Joanne Thayer	66	36.80
	JAZZWARE	CORDELL BOWM WATT	Lisa Jett	60	0.00
	Catty Bo Badger	MORGAN MILLER	Marshall L Miller	0	0.00
	\$50K Ltd Amateur				
	Catty Bo Badger	MORGAN MILLER	Marshall L Miller	72	407.00
	Dasher Cat	Jack Werner	Jack Werner	65	0.00
	Pedual To The Medual	Joanne Thayer	Joanne Thayer	60	0.00
	Senior World \$50K Ltd				
	Dasher Cat	Jack Werner	Jack Werner	65	10.00
	\$25K Novice Horse				
	WHSMOOTHPLAYGIRLCAT	NICOLE SNYDER	NICOLE SNYDER	67	407.00
	Teleshetime	Joanne Thayer	Joanne Thayer	65	0.00
	Laceys Card Trick	DENISE L JONES	DENISE L JONES	63	0.00
	\$15K Ltd Amateur				
	Foxie Cat Dual	Anna Allred	Anna Allred	71	198.72
	MAX WILSON	Lyndra Bills	Lyndra Bills	68	132.48
	Tarzan Boon	Robin Phillips	Robin A Phillips	67	0.00
	MAIZIE PARKER	CAROLINE MEL MCNEELY	CAROLINE MELANSON MCNEELY	64	0.00
	Trojan Cat	MORGAN MILLER	Marshall L Miller	60	0.00
	Teleshetime	Joanne Thayer	Joanne Thayer	0	0.00
	\$2,000 Ltd Rider				
	Quejanas Bo Badger	BRITANY VESPE	BRITANY VESPE	70	207.55
	Casbertena	NICOLE WEBER	Rachel L Kuhn	68	145.73
	BOBS LIL PITCHFORK	CHRISTINA OCHARZAK	CATHY OCHARZAK	67	88.32
	Highbrows Gift	LINDSAY SELIGMAN	LINDSAY SELIGMAN	66	0.00
	Lenas Bo badger	Haideen Kuhns	Joanne Thayer	65	0.00
	MAX WILSON	Lyndra Bills	Lyndra Bills	63	0.00
	TIP TRONA LENA	JOSEPH GATTEN	JOSEPH GATTEN	60	0.00
	One Time Blissful	THEONE THAYER	Joanne Thayer	60	0.00
	\$900 RIDER				
	Highbrows Gift	LINDSAY SELIGMAN	LINDSAY SELIGMAN	60	0.00
	TIP TRONA LENA	JOSEPH GATTEN	JOSEPH GATTEN	60	0.00
	BOBS LIL PITCHFORK	CHRISTINA OCHARZAK	CATHY OCHARZAK	60	0.00

PCHA Show Results for Sunday, July 14, 2019

Open	horse	rider	owner	score	earn
	SMOOTHER THAN ANNIE	James McDonough	Tina Taylor	75	818.27
	Dmac Sterling Spoon	Andrew Sutliff	Karlene S Minnich Schlegel	72	574.53
	Reycle Kitty	James McDonough	Kimberly Karol Watt	71.5	348.20
	MR Pib	Candace Maheu	CAROLINE WELANSON MCNEELY	71	0.00
	Pretty Sugar Rey	Paul Wasylh	Robert Bazin	71	0.00
	IM JUSTA PUDDYCAT	Kent Stough	Karen Wallace	70	0.00
	Laredosred Rose	Jaime C Beamer	Robin Branch	60	0.00
	Ichin In The Reyn	Kent Stough	JUDITH COHEN	60	0.00
	Hiddin Assets	Joel Cohen	Eric Polansky	60	0.00
	MISTER STANLEY	Jaime C Beamer	Eric Polansky	0	0.00
	Senior World Open				
	Hiddin Assets	Joel Cohen	JUDITH COHEN	60	10.00
	Non-Pro				
	CD HEAVEN	Amara Hittinger	Amara Hittinger	73	845.44
	SMOOTHER THAN ANNIE	Tina Taylor	Tina Taylor	72.5	634.08
	KG Im'atuckleberry	Karen Robb	Karen Robb	72	422.72
	Tarzan Boon	David Phillips	Robin A Phillips	71.5	211.36
	Dasher Cat	Jack Werner	Jack Werner	71	0.00
	Hiddin Assets	Joel Cohen	JUDITH COHEN	70	0.00
	Shes A Peptostar	Sandra C Brown	Sandra C Brown	69	0.00
	MISTER STANLEY	Eric Polansky	Eric Polansky	68	0.00
	Sly Reygirl	William E Riddle Jr	William E Riddle Jr	60	0.00
	Miss Kitty Reycine	Thomas Wallace	Thomas Wallace	0	0.00
	Spend More Cash	Raymond Maheu	Raymond Maheu	0	0.00
	Laredosred Rose	Karen Wallace	Karen Wallace	0	0.00
	Sophiesicatt	Bruce Thunberg	Twin Peaks Land & Cattle Co	0	0.00
	Senior World Non-Pro				
	Tarzan Boon	David Phillips	Robin A Phillips	71.5	24.00
	Dasher Cat	Jack Werner	Jack Werner	71	16.00
	Hiddin Assets	Joel Cohen	JUDITH COHEN	70	0.00
	Sly Reygirl	William E Riddle	William E Riddle Jr	60	0.00
	\$5K Ltd Novice Horse				
	MK Chapman II	Kent Stough	Richard C Howells	70	724.74
	SOPHISTICATED SISTER	Andrew Sutliff	Alise Melvin	68	508.86
	CHEX N SUGAR POPS	Kent Stough	David Phillips	66	308.40
	One Time Blissful	John Costa	Joanne Thayer	65	0.00
	Purple Haize	James McDonough	Kimberly Karol Watt	63	0.00
	Sparklin Dual Shorty	James McDonough	Tina Taylor	60	0.00
	High Time Pepto	Andrew Sutliff	DENISE L JONES	60	0.00
	Quejanas Bo Badger	ANDREW NAVE	BRITANY VESPE	60	0.00
	Stylin N Rockin	Paul Wasylh	William E Riddle Jr	0	0.00
	LITTLEBITOFTHAT	Paul Wasylh	Paul Wasylh	0	0.00
	\$15K Ltd Amateur				
	Tarzan Boon	Robin Phillips	Robin A Phillips	73	285.38
	Pedual To The Medual	Joanne Thayer	Joanne Thayer	70	200.38
	Highbrow Silk N Lace	Joseph R Jingoli	Joseph R Jingoli	68	121.44
	BOBS LIL PITCHFORK	CATHY OCHARZAK	CATHY OCHARZAK	67	0.00
	MAIZIE PARKER	CAROLINE MEL MCNEELY	CAROLINE WELANSON MCNEELY	66	0.00
	Catty Bo Badger	MORGAN MILLER	Marshall L Miller	65	0.00
	MAX WILSON	Lyndra Bills	Lyndra Bills	64	0.00
	STYLE N BLUE	MICHELLE STERNER	Michelle Sterner McNutt	63	0.00
	Foxie Cat Dual	Anna Allred	Anna Allred	0	0.00
	Quejanas Bo Badger	BRITANY VESPE	BRITANY VESPE	0	0.00
	Lil Jewel Bill	Charles Arnold	CHARLES W ARNOLD	0	0.00

\$5K Novice Horse Non-Pro	horse	rider	owner	score	earn
	Sparklin Dual Shorty	Tina Taylor	Tina Taylor	74	607.99
	CHEX N SUGAR POPS	David Phillips	David Phillips	72	426.89
	SOPHISTICATED SISTER	Alise Melvin	Alise Melvin	67	258.72
	Lil Jewel Bill	Charles Arnold	CHARLES W ARNOLD	65	0.00
	Stylin N Rockin	William E Riddle	William E Riddle Jr	60	0.00
	Haldas Lil Pudden	Marshall L Miller	Marshall L Miller	0	0.00
	Dual Smooth Rey	Amara Hittinger	Amara Hittinger	0	0.00
	Highbrow Silk N Lace	Joseph R Jingoli	Joseph R Jingoli	0	0.00
	Senior World \$5K Novice Horse Non-Pro				
	CHEX N SUGAR POPS	David Phillips	David Phillips	72	20.00
	Haldas Lil Pudden	Marshall L Miller	Marshall L Miller	0	0.00
	\$25K Ltd Novice Horse				
	VR Wilson Blue	Kent Stough	Paul Ritchie	70	672.60
	WHSMOOTHPLAYGIRLCAT	Andrew Sutliff	NICOLE SNYDER	65	0.00
	Laceys Card Trick	Andrew Sutliff	DENISE L JONES	60	0.00
	Youth				
	Lenas Bo badger	Haidden Kuhns	Joanne Thayer	70	55.20
	Sparklins Cougarkid	THEONE THAYER	Will Thayer	69	36.80
	Trojan Cat	MORGAN MILLER	Marshall L Miller	65	0.00
	STYLE N BLUE	Alexus Garber	Michelle Sterner McNutt	63	0.00
	\$25K Novice Horse Non-Pro				
	Telesheimie	Joanne Thayer	Joanne Thayer	70	285.60
	Highbrows Gift	LINDSAY SELIGMAN	LINDSAY SELIGMAN	65	190.40
	WHSMOOTHPLAYGIRLCAT	NICOLE SNYDER	NICOLE SNYDER	60	0.00
	Laceys Card Trick	DENISE L JONES	DENISE L JONES	0	0.00
	\$35K Ltd Non-Pro				
	Countin Sweet Checks	CAROLINE MEL MCNEELY	CAROLINE WELANSON MCNEELY	71	165.60
	Telesheimie	Joanne Thayer	Joanne Thayer	70	0.00
	Trojan Cat	MORGAN MILLER	Marshall L Miller	65	0.00
	\$2,000 Ltd Rider				
	Quejanas Bo Badger	BRITANY VESPE	BRITANY VESPE	71	233.50
	Casberlena	NICOLE WEBER	Rachel L Kuhn	70	163.94
	One Time Blissful	THEONE THAYER	Joanne Thayer	65	99.36
	MAX WILSON	Lyndra Bills	Lyndra Bills	64	0.00
	Lenas Bo badger	Haidden Kuhns	Joanne Thayer	60	0.00
	CAT BO LOU	Charles Arnold	Marshall L Miller	60	0.00
	TIP TRONA LENA	JOSEPH GATTEN	JOSEPH GATTEN	60	0.00
	Highbrows Gift	LINDSAY SELIGMAN	LINDSAY SELIGMAN	0	0.00
	BOBS LIL PITCHFORK	CHRISTINA OCHARZAK	CATHY OCHARZAK	0	0.00
	\$900 RIDER				
	TIP TRONA LENA	JOSEPH GATTEN	JOSEPH GATTEN	61	0.00

PTSD Plummet for Veterans Who Try Horseback Riding

Melissa Breyer, Feb 8, 2018

A new study found that PTSD scores dropped 87 percent after just six weeks of therapeutic horsemanship sessions. *Spoiler: The moral of the story is never underestimate the power of horses.*

By some estimates, more than 23 million military veterans experience post-traumatic stress disorder (PTSD) each year, described by Rebecca Johnson as “an anxiety disorder that occurs after exposure to life-threatening events or injuries and is marked by flashbacks, avoidance, and changes in beliefs and feelings.”

While counseling and behavior therapies are often prescribed to help treat the symptoms of PTSD, complementary therapies like therapeutic horseback riding (THR) have also been put into play. Johnson, a professor in the University Of Missouri-Columbia College of Veterinary Medicine and the Millsap Professor of Gerontological Nursing in the Sinclair School of Nursing, was interested in exploring how useful THR could be in treating PTSD. And thus, the study “Effects of therapeutic horseback riding on post-traumatic stress disorder in military veterans” was born.

Working with a nearby Veterans Administration (VA) hospital, 29 military veterans suffering from PTSD were introduced to a THR program once a week for six weeks. In these sessions, they learned basic horsemanship skills and completed tasks on horseback. The hour-long classes consisted of grooming and interacting with the horse before riding, applying the riding tack to the horse, then riding with a horse leader. They also had side walkers until they were capable and comfortable enough to ride alone.

The horses that worked in the study were chosen by a Professional Association of Therapeutic Horsemanship (PATH)-certified riding instructor for their fitness and experience of being ridden by adults. The study notes, “As part of the ethics approvals, the VA Research and Development Animal Component of Research Protocol (ACORP) involved a visit by a VA-affiliated veterinarian to the riding centers to verify the welfare and husbandry conditions for the horses.”

PTSD symptoms were measured after three weeks and again after six weeks, using the PTSD Checklist-Military Version assessment, as well as other tests, to assess improvements made in the treatment of the anxiety disorders.

“Results showed that participants in the program experienced a significant decrease in PTSD scores, almost 67 percent, after just three weeks of THR,” Johnson says. “After six weeks, participants experienced an 87 percent drop in PTSD scores.”

And maybe even more remarkable is that some of the participants had been suffering PTSD from the Vietnam War.

“Interestingly, the veterans who self-identified for the study all were from the Vietnam War era meaning that some of these military veterans had been experiencing PTSD symptoms for 40 or 50 years,” added Johnson.

Most of us who have known and loved horses understands how powerful they can be. And of course the same goes for therapy animals of every stripe. Tucked away in the study was the following paragraph, showing how help can come in surprising ways.

One gentleman who was a Vietnam war veteran said that he did not want to participate, but his wife encouraged him to come. However, after his first session (which occurred the week before the University went on spring break and the THR was also on recess), he thought that it was too bad to have to wait 2 weeks to do this again. This veteran not only completed the study, he expressed interest in continuing to volunteer at the riding center after completion of the study.

We tend to think that animals need us; but what if it's the other way around? In the case of military veterans and the tragic reality of PTSD, healing may very well come in the guise of four legs and a whinny.



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