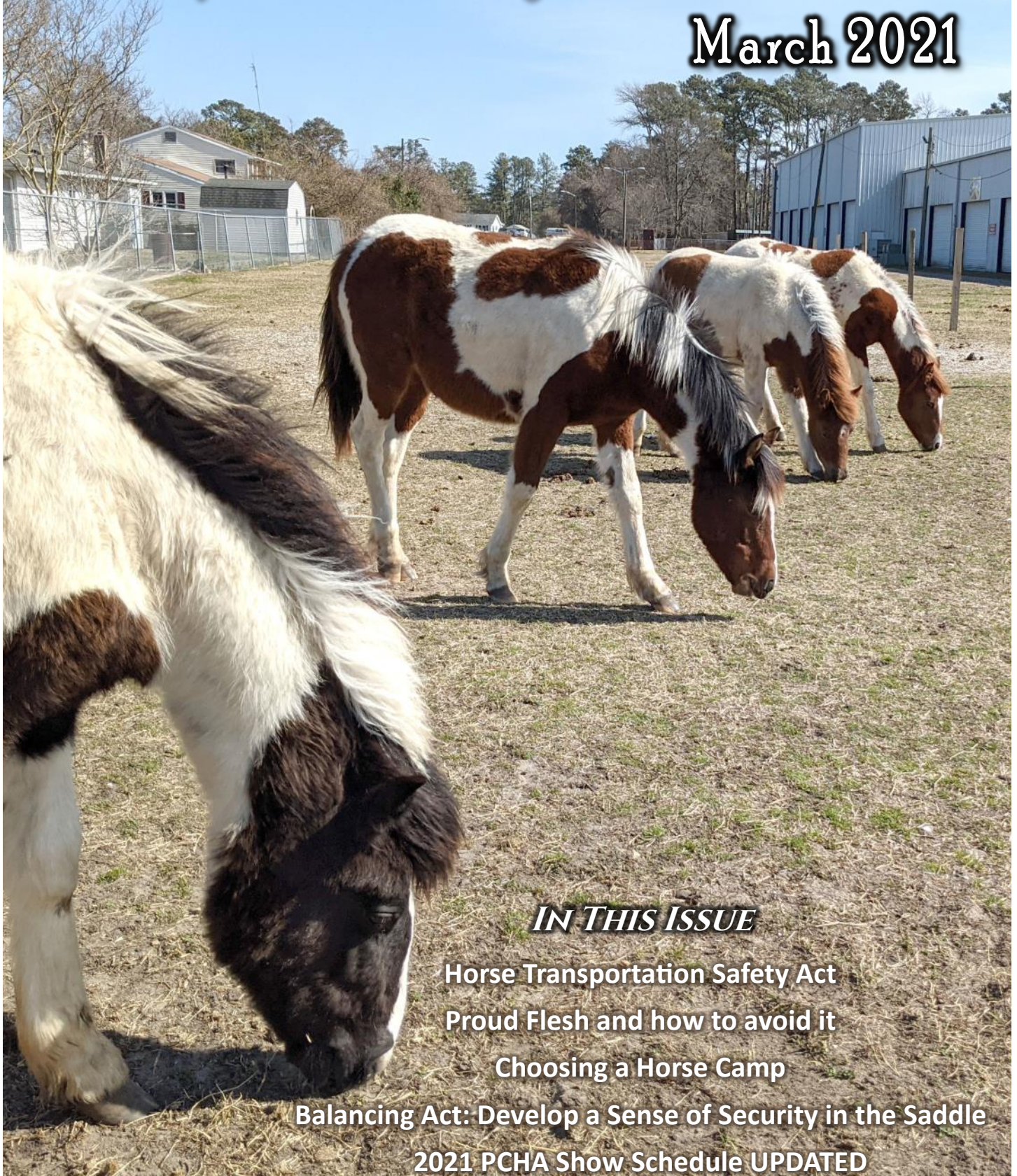


Pennsylvania Cutting Horse Association

March 2021



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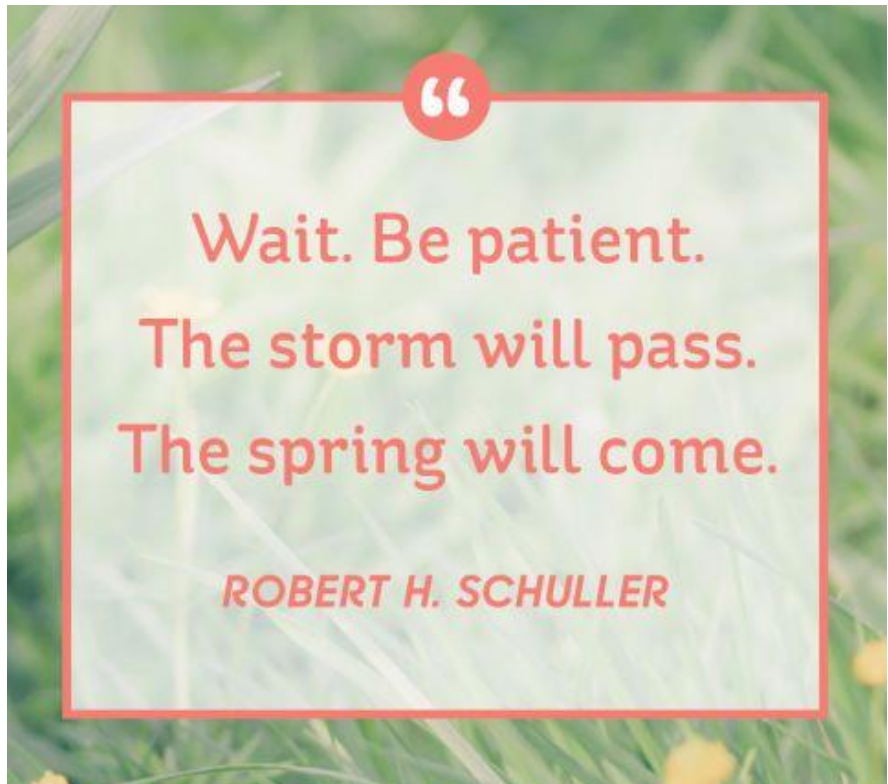
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2021 Show Schedule

May 1st - 2nd, 2021 -

Keystone Horse Center, Bloomsburg, PA

June 12th - 13th, 2021 -

Keystone Horse Center, Bloomsburg, PA

June 26th - 27th, 2021 -

Meadow Event Park, Doswell, VA - PCHA/ECCHA)

July 17th - 18th, 2021 -

Dream Park, Logan Township, New Jersey

Sept 11th - 12th, 2021 -

Keystone Horse Center, Bloomsburg, PA

Oct 22nd - 24th, 2021 -

Dream Park, Logan Township, New Jersey

Oct 22 & 24 PCHA/NCHA

Oct 23 NCHA Appalachian Circuit finals

Register for PCHA shows online: pchacutting.com/showinfo



MOVING FORWARD

Have you ever said, "Well, moving forward, let's _____."

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February 11, 2021

Highway Transportation has been a topic of interest for several years, and from several aspects.

We thought this Act may be of interest to some of our members.

The Horse Transportation Safety Act would ban the use of double-decker trailers to haul horses on highways. Ensuring the safe and humane transport of horses is the aim of a bipartisan bill recently reintroduced in the U.S. House of Representatives.

First put forward in 2008, the Horse Transportation Safety Act (HTSA) would bar the use of double-deck trailers to haul horses in interstate commerce. The practice, says the bill's long-time supporter the Animal Welfare Institute (AWI), endangers both animals and motorists on state, federal, and local roadways.

Last July, HTSA passed in the U.S. House of Representatives as part of a larger federal transportation package, but the Senate failed to vote on the legislation. It was reintroduced Feb. 8 by Congress members Steve Cohen (Tennessee), Dina Titus (Nevada), and Brian Fitzpatrick (Pennsylvania) with the support of an additional 103 cosponsors.

According to AWI, the impetus for the bill was a 2007 incident in which a double-deck trailer carrying 59 Belgian draft horses overturned in Wadsworth, Ill. Nineteen of the animals were killed.

"Horses deserve to be transported in as humane a manner as possible on our highways," Cohen says. "Double-deck trailers do not provide adequate headroom for adult horses, and accidents involving double-deck trailers are an unnecessary and gruesome reminder that the practice is also dangerous to all of the driving public."



The American Veterinary Medical Association (AVMA) recommends ceiling clearance of 7 to 8 feet for horses, AWI says. Double-deck trailers typically only offer clearance of up to 5-and-a-half feet, which may not allow horses to stand comfortably or even fully extend their heads and necks inside, the group adds.

"The use of double-deck trailers to transport horses is inhumane and can lead to debilitating injuries, while endangering others on the road," says AWI equine program manager and senior advisor, Joanna Grossman, PhD. "Since we have incredible champions in Congress who care about the safety of America's horses, we are optimistic this bill will ultimately pass this session."



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Young Rider Choosing a Horse Camp

Adapted for parents from the article in Young Rider. A bit off the cutting topic, but a good and fun equine education experience is surely a subject near and dear to any horse parent's heart.

By Holly Caccamise -January 28, 2021

Seven questions to consider when choosing a horse camp for your child

Your child has waited months for this — it's finally time to reserve a spot at horse camp! It's best to register early in the year to avoid camps running out of space or so you can get an early-bird discount. Here are some questions to think about to make sure you're making the best decision.

1. **Do you want a day or overnight camp?** If your child is on the younger side, it's best to ease into camp by attending a day program and then coming home every night. Once you've gone through a few summers and get the hang of camp this way, you and your child may be ready for overnight and more intensive programs.
2. **How far do you want to go from home?** When it comes to overnight camp, distance from your home is important to consider. If a camp is 10 hours away and your child decides he or she doesn't like it and wants to come home, it may not be possible to get him or her immediately. Think about finding a camp that is close enough to be convenient while still having all of the activities you want.
3. **What is your budget for camp?** Camps can vary widely in price, so this is super important. You don't want your child to get his or her heart set on one that you can't afford. Usually this information is available on the camp website. You may have the option of a shorter attendance period if your camp of choice turns out to be a more expensive option, but you can decide what type of trade-off makes sense.
4. **Do you want an all-horse camp?** There are two types of camps with horses: those where horses are one of many available activities (where you may only spend an hour or two each day at the barn), and those camps where horses are the focus almost all day long. "All horse, all the time" camps are usually easy to pinpoint by their ads and websites, but make sure to call up to find out exactly what the daily schedule looks like. You don't want to get there and find out "horse camp" is actually swimming, archery, sports, crafts and a million other things when all you wanted was a horse-crazy experience!
5. **How much time will be spent in the saddle?** As part of the investigation into your camp options, find out how much time will be spent in the saddle. Will there be multiple rides per day, like a jumping lesson plus a trail ride? Will you get to work in the barn, if that's important to you? Some camps may saddle the horses for you so you just have to hop on for your lesson.
6. **Will your child be riding one camp horse or several?** Some horse camps may allow you to bring your own horse from home, but we recommend trying a new horse so your child can experience something different. If you aren't going to be taking your horse, find out if your child will get to ride the same camp horse all week so that you get to bond and learn his quirks. Maybe you can switch from western to English (or vice versa) so that your camp experience is really fresh and new. Many camps end in a horse show for campers, which is great fun as your parents get to watch and take pictures of all the new skills you've picked up.
7. **Can you visit first?** If at all possible, it's always best to visit a camp before deciding. Many have open houses in early spring so you can meet the owners and managers. This will give you a good feeling about whether or not it matches up with what you're looking for. It may even give you a head start on meeting new camp friends, one of the best parts of all! These kids can become your child's pen pals or BFFs as they continue on a horse-crazy journey through life.

*Becoming a camp counselor can be an excellent way to continue the camp experience for teenagers.
Be sure to look into those options for kids who have out-grown children's camps,
but loved attending and don't really want to skip camp.
Check the camp websites, or call to ask about the options for your child to become a counselor.*

horse ILLUSTRATED **Balancing Act: Develop a Sense of Security in the Saddle**

By Sarah E. Coleman -January 7, 2021 <https://www.horseillustrated.com/balancing-in-the-saddle>

Build your strength and security in the saddle with these fun exercises

Developing confidence as a rider comes from working with a good trainer, knowing that you can ride your pony, and having an understanding of what you're asking him to do. Developing a sense of security in the saddle is extra-important to building confidence. Balancing in the saddle means that you feel like you can stick with your pony, even if he changes direction, stumbles or tries to pick his own path. For these exercises, ride a horse or pony you're familiar with and have a helper nearby. This helper can be your instructor or a friend who is knowledgeable about horses and longeing. She can make sure your pony behaves while you test your balance.

Exercises while standing still

FROG LEGS: It's very easy to fall into the habit of gripping with your knees when you ride because you're trying to use your muscles to stay secure and in the middle of the saddle. This habit can be hard to break, but it makes it hard for your pony to do things like swing his shoulder freely forward or move to the side. You can find the right feel in the saddle by trying the frog leg exercise.

Once you're mounted and have your feet in the stirrups, sit however you feel comfortable.

Now, drop your stirrups and pull your knees up toward your chest. This forces you to lean back onto your seat bones in the middle of the saddle in perfect balance.

Now, drop your legs down and pick up your irons while trying to maintain the balanced seat you felt when you were making frog legs.

Let your legs hang long and drop your weight into your heels and remember—don't grip with your knees!

TOE TOUCHES: With your helper at your horse's head (or on a longeline if your mount will stand still), you can try toe touches. There are two types of toe touches: those where you touch your toe with the hand on the same side of your body and those where you cross over to touch your toe with the hand on the opposite side of your body. Both will help you focus on finding your center of balance and on keeping your body still while you stretch down.

While you reach for your toes, it's important to pay attention to what your leg on the opposite side is doing. Don't let your heel creep up as you lean over to touch your toe—this defeats the purpose of trying to find your center of gravity and your balance.

REACH FOR PONY PATS: With your friend or instructor still close by, you can work on stretching forward and backward while keeping your legs in place. Though this seems like it should be easy, it can be tough to do correctly.

With your feet in the stirrups, sit deeply in the saddle and find your balance. Reach your hand up above your head and carefully lean forward to touch your pony's poll (the point under the crownpiece of his bridle) while keeping your back straight, but don't use your arms or legs for help.

If you can't reach your pony's poll, just put your hand as far up his mane as you can. Can you do it without falling in a heap on his neck?

Then sit back in the saddle without pushing on his neck with your hands. Remind yourself of what "in balance" feels like.

Next, if your pony doesn't mind being patted on his hindquarters, raise your arm above your head again, then roll your shoulder back like a windmill and follow your hand back to your pony's tail (or rump if you can't reach).

Make sure your legs don't shoot forward out of position.

AROUND THE WORLD: For this exercise, it's important that someone stand at your pony's head so he doesn't decide to walk off when you're mid-exercise. To do "around the world," you'll start by dropping your stirrups and letting your legs hang long and low. Throughout this exercise, you'll work on keeping your back straight and feeling your seat bones on both sides of the saddle, as well as keeping your head up and your shoulders back.

- Move your right leg over your pony's neck, keeping one hand on the pommel and one hand on the cantle (front and back) of the saddle to steady yourself. Now both legs are on the same side of the pony.
- Lift your left leg high enough to clear the cantle of the saddle and turn so now you have one leg on each side of the pony and you're facing backward. Keep your back straight and look up and straight ahead.
- Swing your right leg over the cantle so both legs are together (hanging straight down) on the opposite side of the pony.
- Finally, lift your left leg over the pommel of the saddle to return to where you started. Feel your seat bones.
- The better balanced you become, the more rapidly you'll be able to complete this exercise.

Moving exercises to be included in the next issue

Proud Flesh

and how to avoid it

As your horse's wound begins to heal, pinkish granulation tissue fills in the gaps between soft tissues. Granulation tissue normally stops forming as the skin edges grow together to close the wound. But when healing doesn't go according to plan, the granulation tissue becomes exuberant-it keeps growing until it bulges above skin level, so newly formed skin can't grow over the wound. That's proud flesh.

When Proud Flesh happens:

Proud flesh tends to form in wounds below your horse's knees and hocks, where there's little soft tissue between skin and bone, and where movement constantly tugs the wound's edges. It's most likely to occur in places with lots of movement, such as over joints, or when a complication, such as infection, slows healing.

How to prevent Proud Flesh:

- Ω Minimize movement and prevent infection by taking the following steps.
Have your veterinarian suture the wound (if it can be sutured), as soon as possible. Call him or her for suture advice.
- Ω Bandage with a pressure wrap to help hold the wound's edges together.
- Ω Keep your horse as quiet as you can while the wound heals. When possible, stall rest may be best.
- Ω Follow your vet's advice for keeping the wound clean and covered, and administer antibiotics per his or her recommendations.

How to treat it:

If proud flesh appears, this strategy will humble it.

- Ω **Trim.** Ask your vet to trim the tissue back to skin level, so your horse's skin can begin to grow across the wound. (Note: Proud flesh bleeds heavily when trimmed, but it has no nerves-so your horse won't feel pain.)
- Ω **Wrap.** Keep a pressure wrap on the wound to prevent the proud flesh from bulging above the skin again. This also helps to immobilize the wound, furthering the healing process.
- Ω **Medicate.** Ask your vet to recommend a topical cortisone preparation (often combined with an antibiotic). Cortisone slows the growth of granulation tissue and can even help shrink proud flesh.
- Ω **Ask!** Check with your vet before applying over-the-counter proud-flesh "remedies." Some are designed to cauterize, or burn the tissues. While this may make proud flesh appear smaller, it discourages the wound from healing properly.
- Ω **Don't give up!** If the proud flesh bulges again, it may need another trimming-and another, and another. Persist, and you'll win.



*Barb Crabbe is an Oregon-based equine practitioner.
This article first appeared in the December, 2000 issue of Horse & Rider magazine.*

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