



LOS PADRES TRAIL RIDERS NEWSLETTER

APRIL 2016

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GENERAL MEETINGS

LPTR meets on the third Thursday of every odd-numbered month at the Santa Barbara Humane Society's Education Center on Overpass Road (enter at the rear, around the curve from the main entrance). If you'd like to join us for the potluck at 6:30 p.m., bring something to share, place setting and drink for yourself. The meeting is at 7:00 p.m. and guests always welcome.

ALLERGIES IN OUR HORSES & PETS

Dr. Autumn Fanning, DVM
Vet's Here! Mobile Veterinary Service

Dr. Fanning spoke at our March general meeting on the subject of allergies. Her presentation was excellent and included a Power-Point program. She remained after the meeting to discuss issues with the members and guests who had questions. The following is a summary of her presentation. (See page 3 for definitions of the terms used in this article.)

A horse's immune system can react (or overreact) to something it senses is an attack on the body. This can be from insect bites, inhaling pollen, ingesting moldy hay, or even a sudden change in the environment. The reaction causes the symptoms we see, such as bumps, heaves, midline dermatitis, etc.

When contact with an allergen is made, the B Cells make antibodies. The IgE antibodies are full of histamine and they go to the Mast Cells, full of histamine granules, and make the "bumps" of the body's allergic reaction to this histamine overload. As we all know, allergies can get better or worse with time and we can de-sensitize the body. For example, if the horse is reacting to inhaling pollen or dust in dry hay, you can wet the flake down shortly before feeding .

There are other ways to decrease the immune system's reaction to the allergen, but you need to identify it first. The veterinarian can do skin testing (which is rather expensive and unsightly). The vet can also do blood tests, but the current feeling is this is not very accurate. After tests reveal the allergen, allergy shots can be developed. This procedure requires low-dose shots daily and treatment can take eight months or longer.

Other ways to deal with allergies are: 1) avoidance (insects, pollen, etc.), 2) antihistamines, 3) fatty acid supplements, especially Omega 3 and 6 (Omega 3 is anti-inflammatory and the horse doesn't normally get much in its diet), and 4) treating secondary infections that are caused by scratching or rubbing when the skin is broken or by the allergen (using antibiotics or antifungals). Fungus does not like to die, so it must be treated a long time.

Heaves is an allergy and is a reactive airway disease and is usually caused by fungus in the feed. The animal can get air in but not out and is in response to fungi in the environment (dried feeds) and made worse by stall conditions and a dusty environment. The treatment consists of wetting the hay down, turning the horse out to grass pasture, using an inhaler, and/or administering systemic steroids.

(Continued on page 2.)

Midline dermatitis is probably familiar to every horse owner. Sweat runs down the horse's sides and accumulates on the midline. This attracts flies and often causes a secondary infection, usually fungus. Use Swat along the midline or otherwise create a barrier (Vaseline, etc.). You can also use a main/tail/groom solution that contains sulphur. Since this is a fungus, regular treatment over a long period of time is necessary.

Dr. Fanning also gave us some information on allergies in dogs and cats and how to treat them. Proteins in their diets are often the problem and she suggested paying attention to the proteins in the food and slowly change them. But "grain free" on the label means nothing. Flea control is also very important.

PRESIDENT'S MESSAGE

Anita Klinger

Our annual Playday at Modoc Riding Ring will take place on June 25th. For those who are interested in working a trail obstacle course, mark your calendars for this event. Newbies or seasoned horses – all are welcome, as this event is geared to introducing your horse to a way of working. This event is not focused on the competition but rather on confidence-building in horse and rider. One has to be an LPTR member to participate but otherwise there is no entry fee. The course will be a little more complicated than last year but, as an introduction, parts of the exercise may be skipped as needed. Again, we will be looking for helpers as well as participants.

We all have a bond with our horse(s) and some of us are fortunate enough to have a very deep and close bond to a particular horse. We share those in various ways, mostly in private interactions with the animal. Our friends may or may not know how closely we are attached to a certain horse and sometimes a person will share this attachment often and openly.

Everyone knows how much Remington and Barbara Wolf have shared that attachment. Many conversations with Barbara were filled with tales of Remi and how their time together was going. Their relationship is like a glowing beacon of light to us all. Remington's passing has resounded in all of us as a reminder to savor every moment we share with our beloved horses and other animals.

Be sure to give your special friend a hug today.



Rainbow Bridge

Just this side of Heaven is a place called Rainbow Bridge. When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all our special friends so they can run and play together. There is plenty of food, water, and sunshine and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing: they each miss someone very special to them who had to be left behind.

They all run and play together but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent; his eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying them faster and faster.

You have been spotted and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then you cross Rainbow bridge together...

-- Author unknown

TACK & TOG MORE THANK YOUS

We had 42 items donated to the Silent Auction Table at the Tack & Tog Sale and we made \$598 on them. It is through your generosity that we can contribute to the success of the sale. We never know what items will garner the most or highest bids, as it varies from year to year. Special thanks to the following for their contributions. Donna Baumann, Robin Cederlof, Lou Dartanner, Hearts Therapeutic Riding Center, Barbara Hinman, Pam Kelly, Pat Lorenzo of Pat's Tack, Sarah McClintock, T.J. Ortega, Maureen Peatross, Pet House, Inc., of Goleta, Lee Sibbert, Barbara Underwood, Robin Hill-Ward, Barbara Wolf, and quite a few Anonymous donors. Thank you all!

LPTR Parades Barbara Wolf

The first parade of the year is on Saturday, June 11th, in Santa Ynez. This is NOT a good first-time parade, as you are very close to the public. We wear our LPTR outfits for this parade. Be sure to RSVP to Barbara Wolf by June 6th.

LPTR PARADE OUTFIT LIST

- **BOOTS**
- **DARK BLUE JEANS**
- **DARK BLUE DENIM VEST**
- **WHITE LONG-SLEEVE SHIRT WITH CLUB PATCH ON LEFT SLEEVE**
- **RED BANDANA TIED AROUND NECK**
- **NEUTRAL COLORED FELT OR STRAW HAT OR HELMET**
- **RED, BLUE, OR WHITE FELT MATERIAL TO COVER SADDLE BLANKET**
- **SADDLE, BRIDLE (BRING A SPARE)**
- **FLOWERS OR DECORATIONS BASED ON EACH PARADE**
- **PLEASE CLEAN TACK AND WASH AND GROOM YOUR HORSE**

LPTR MISSION STATEMENT

To advance recreational trails and trail use and to encourage horseback riding, trail riding, and other horse-related activities in Santa Barbara County.

To foster good horsemanship and fellowship.

To promote mutual helpfulness between horse owners and property owners near trails and riding areas.

To initiate, sponsor, promote, and carry out plans, policies, and activities that will tend to further the use, acquisition, preservation, development, and maintenance of riding and hiking trails, especially in the County of Santa Barbara.

To provide educational events to the equestrian community.

Hearts Student Horse Show & Tack Sale – May 21

This year, vendor tables will be offered. If you would like more information on selling some of your artwork or products, contact Dawn Nelson. Also, sponsorships for the show are available for businesses and organizations to support Hearts, so contact Alexis Weaver. Call Dawn and Alexis at 964-1519.

EQUINE-RELATED NON-PROFITS NEWS

Hearts Therapeutic Equestrian Center. Equine-assisted therapy. Call 964-1519 for information on lessons, volunteering, or to make donations or visit their website at www.heartsriding.org. Volunteers Orientation held monthly (see web site). Open house monthly; see web site for dates. The Tack Shack sells gently used tack and togs and is open Tuesdays 9-11 a.m. and Saturdays 9 a.m. – 1 p.m. www.HeartsRiding.org.

Santa Barbara Equine Assistance and Evacuation Team. Help keep Equine Evac going! Members and volunteers greatly needed to keep EVAC going. For information, contact Equine EVAC at 892-4484. In emergency, Call 9-1-1 to activate.

The Santa Barbara Emergency Response Team works through the Santa Barbara County Animal Services during a disaster. See www.sbcphd.org/as.

The Santa Barbara Humane Society sponsors an Technical Animal Rescue and Emergency Response Team, which is made up of trained volunteers and professionals. They respond to incidents requiring special equipment and techniques to rescue animals in emergency scenarios. They are also activated during natural disasters via the County Animal Services Hotline to evacuate large animals. Call Tim Collins at 964-4777 ext. 18.

Emergency Animal Hotline: 681-4332 channels calls to the right agency. It is active only during an emergency.

If you would like your non-profit equine-related organization listed here, send information to the Newsletter Editor.

ALLERGIES - DEFINITIONS

The immune system is a complex network designed to detect pathogens that threaten the body and distinguish them from healthy tissue. In order to better understand this article, here are some definitions of components in the immune system to keep in mind as you read it.

B Cells (lymphocytes) are a type of white blood cell and function in the body by secreting antibodies.

Immunoglobulin IgE is one of the five types of antibodies and causes the body to react (and overreact) against foreign substances such as pollen. These antibodies travel to *Mast Cells*, which are full of histamine and cause an allergic reaction. Each type of IgE targets specific types of allergen, which is why mammals may react to different kinds of allergens.

Mast Cells are a type of white blood cell derived from the myeloid stem cell and contains many granules rich in histamine and heparin.

Urticaria causes edema or hives and is an immune system reaction to protein.

**LOS PADRES TRAIL RIDERS
P.O. BOX 323
SANTA BARBARA, CA 93102**

Pass this Newsletter along to your "horsey" friends; invite them to a meeting or activity (must be a member to go on LPTR trail rides or ride in parades) or post the Newsletter at your barn.

LPTR COMING EVENTS

April 11: Deadline for the April issue of the LPTR Newsletter
May 2: LPTR Board Meeting, 6:00 p.m., 5546 Cathedral Oaks Rd
May 9: Deadline for the May issue of the LPTR Newsletter
May 19: LPTR General Meeting - Cancelled
June 6: LPTR Board Meeting, 6:00 p.m., 5546 Cathedral Oaks Rd
June 10: Deadline for the June issue of the LPTR Newsletter
June 11: Santa Ynez Valley Parade (RSVP to Barbara Wolf by June 6th)
June 25: LPTR PlayDay at Modoc Riding Ring
July 21: LPTR General Meeting, 6:30 potluck, 7:00 meeting, Humane Society Educational Center

2017: February 25: Tack & Tog Sale

COMMUNITY COMING EVENTS

May 5-6: AHA Region 2 Spring Qualifier Horse Show, Earl Warren Showgrounds
May 7*: Santa Ynez Valley Riders trail ride, Spanish Ranch (must be SYVR member)*
May 21: Hearts Therapeutic Riding Center Student Horse Show & Tack Sale
May 28-29: Santa Barbara County Riding Club Summer Show, Earl Warren Showgrounds
June 5: 2016 Mission Equine Assoc Championship Series Championship Show, Modoc Riding Ring
June 18*: Santa Ynez Valley Riders trail ride, Cass Winery (Paso Robles) must be SYVR member
July 2-3: Working Equitation II, A&A Equestrian, 805-734-7323
July 7-9: Santa Barbara National Horse Show, Earl Warren Showgrounds
Aug. 22: Santa Ynez Valley Therapeutic Riding Center's Cowboy Ball
Sept. 17-18: Santa Barbara County Riding Club Fall Show, Earl Warren Showgrounds
Oct. 29-30: Santa Barbara County Riding Club Show & Medal Finals, Earl Warren Showgrounds
Nov. 5-6: Working Equitation III, A&A Equestrian, 805-734-7323
*Tentative date. More information at: <http://santaynezvalleyriders.org/home>, follow their Facebook page, or email info@santaynezvalleyriders.org,

If you would like your equine-related activity listed here, contact the Newsletter Editor at boomerlou56@verizon.net.