



LOS PADRES TRAIL RIDERS NEWSLETTER

JUNE 2015

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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 at 7:00 p.m. and guests always welcome.

LPTR PLAY DAY JUNE 20th, 2015 MODOC RIDING RING

Our PlayDay at Modoc Riding Ring is June 20th. Warm-up in arena is 8:30-9:00 a.m. At 9 we will begin a set trail obstacle course with a sensible time limit for each entry, not to compete by hurrying but rather to keep things moving forward for the day. At the end of the trail obstacle class, we will have some fun games like Egg and Spoon, TP races, etc. We are fortunate to have Modoc, a beautiful area where riders can come in by trailer or ride in.

The whole idea of our trail obstacle course is to provide a place for newcomers to get a feel for the activity and to see how it is handled by other horse and rider combinations. It will be simple enough to be inviting to novice horses as well as being a dependable place for more seasoned horses to ride over a different set of obstacles.

I recently saw the new USEF horse show division of Working Trail/Ranch horses. This is a meeting ground of various styles of riding: English, Western, various types of tack. I saw good riders on well-balanced horses that were enjoying their jobs. (I noticed that in the Friesian Show classes later this year they even have a division for Working Trail.) We are seeing the birth of a whole new venue in the horse show world and that doesn't happen very often. I am hoping that our little PlayDay at Modoc can become a point of practice for those interested in this area of the horse world, as well as those interested in having a more seasoned horse out on trails.

I hope to see you all there. Eggs will be hard-boiled in Egg and Spoon, which is a big plus. Remember to bring your own snacks and drinks and a water bucket for your horse.

--Anita Klinger,
President

EQUINE THERAPIES FEATURED AT MAY MEETING

We had two great speakers at our May LPTR meeting: Jaclyn Dunt of Free Flow Equine Services, LLC, who spoke about Equine Electro-Acuscope Therapy and Miranda Stripe of In Sync Equine Sport Massage Therapy, who gave a presentation on Equine Massage Therapy.

Electro-Acuscope Therapy

Acuscope therapy is primarily for pain relief, to repair soft tissue function, and increase range of motion. It does not heal but assists the body to heal itself by improving the circulation of blood and oxygen in the involved area and normalizing the electrical circuitry in the nerves and muscle fibers of damaged tissue.

The body is made up of cells, acting as batteries to store and release energy. They absorb nutrients, release waste products, repair and reproduce themselves, etc. Each cell as a measurable electrical charge that must be maintained in order to function properly.

The Acuscope measures these electrical currents, specifically calibrated to animal tissue. Through electrodes placed in the area of question, it indicates how much current the cells are holding and which areas need treatment.

Once the area of low energy levels is identified, the instrument delivers a level of mild electrical current that gently encourages nerve and muscle fiber to return to conductive and healthy states. Higher current devices, such as TENs, provides only temporary relief by blocking the pain signals to the brain.

As treatment progresses, the Acuscope provides feedback to the operator and continually adjusts the current until normal patterns are seen. These readings tell the therapist when an area has been successfully treated and the probes can be moved to another location, thus eliminating over-treatment or harm to the cells.

This treatment can be used for general maintenance, preventative measures, or to treat previous or compensatory injuries. The rehabilitation is cumulative: the more treatment, the more progress. It can be done 4 times a week up to 4 times a month. To start a regimen, 3 full body evaluation are conducted in 72 hours.

For more information, contact Jaclyn at 775-750-3838, or see freeflowequine.com or jdequestrianservices@gmail.com.

Equine Sport Massage Therapy

Massage therapy restores musculoskeletal balance as well as relieves stress and pain. The massage increases circulation to promote healing and excretion of waste products built up in the muscles. It can also prevent formation of adhesions and ease muscle spasms, and reduce likelihood of injury.

A typical massage session lasts 45-60 minutes, beginning with a background interview about the horse and an evaluation. "Reactive" signs to touch include head raising, flinching or spasming, moving away from pressure, and biting or kicking (probably reactions we might have when a therapist hits a "sore" spot!). Once massage is started, you might notice signs of release such as yawning, licking and chewing, closed eyes, and lowered head.

Massage should yield noticeable improvement. If it does not, the problem may be non-muscular, the horse anticipating pain or compensating for pain, a chronic or severe condition, poor saddle fit or rider position, or hormonal or dietary issues. When the horse experiences massage the first few times, he may show anticipation of pain until he realizes the touch is no longer uncomfortable and in fact feels nice.

Massage can be used pre- and post-event, maintenance, and most importantly, prevention. It should not be used when a horse is in shock, has a fever, has cancer (unless OK from vet), or on Lasix.

Different disciplines cause more stress in certain areas. For instance, dressage in the neck, shoulder, and point of hip; endurance riding in the back, shoulder, and semibranchosus; reining in the entire topline; driving in the deltoid, pectoral, and gluteus; and racing in the left shoulder and right hind. It's useful to consider how your horse is worked so you can watch for problem areas.

A typical session is 45-60 minutes, after which a brisk 5 minute walk can be taken. Remember: don't stretch cold muscles!

For more information, contact Miranda Stripe at 916-599-9206, or you can email her at miranda@stripeville.com.

PLAY-DAY OBSTACLES

Anita Klinger

Here is a list of **possible** obstacles that might happen at the PlayDay. There will be a sensible time limit and it will not be judged on who goes the fastest. All can be done at the walk or trot.

- Framed rectangular area, walk in, ring bell, back out without hitting side rails
- Clover-leaf pattern around barrels
- Side pass over one pole
- Open mailbox, take out rat (?!), replace rat (please!)
- Rope gate between two standards
- Pinwheel polls flat on ground (purposefully not raised for novice horses)
- Low cavaletti
- Carry ring from one area to another (in preparation for eventual gau-rache pole/bull silhouette). Ring will probably be noisy, like bubble wrap
- Four poles upright, pass through without touching them

There will be 10 points per obstacle, at the judge's discretion of how this will be measured. If a horse is reluctant, the whole point is to not scare it but ask it to continue with trust in the rider.

Another 10 points given for overall demeanor of horse/rider, measured at the judge's discretion.

If a rider wishes to just bypass an obstacle (for their own reasons) they may do so, but will receive no points for the obstacle. There are times when this may be a better decision than to pick a fight over something that really could have been worked on at home. That is why the obstacles have been listed ahead of time so there is nothing really scary or meant to upset a good working horse.

LPTR HAS A LOT TO OFFER!

LPTR has many aspects:

- Informative speakers
- Potluck dinners
- Social gatherings
- Good Newsletter
- Parade participation
- Tack & Tog Sale
- Grant Awards
- PlayDays
- Trail rides

LAST CALL FOR MEMBERSHIP RENEWALS!

This is your last chance to renew your membership (or to join as a new member) if you wish to be in the 2015-2016 Membership Roster.

Renewal membership forms were recently mailed to those who have not yet renewed, so please get them back quickly. Dues are the same: \$25 for individual and \$35 for family memberships.

For new members (those who have never been a LPTR member), you can join now for half price for the remainder of the year, so \$12.50 for individuals and \$17.50 for family membership. An application is included in the Newsletter.



Last year's PlayDay participants wait their turn on the course.

**LPTR Parades
Barbara Wolf**

Our next parade is Saturday, June 13th, which is the Santa Ynez Day Parade. We wear our LPTR outfits for this parade. Clean horses and tack. It starts at 10 a.m. RSVP to Barbara Wolf (Parade Chair) at 455-4113.

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.

**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 2 – 4 p.m. and Saturdays 12 – 4 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** offers site assessments for disaster planning. 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.

**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

- June 20:** LPTR Play Day, Modoc Riding Ring. (See pages 1 and 2)
July 6: LPTR Board Meeting, 6:00 p.m., 5546 Cathedral Oaks Rd
July 9: Deadline for the July issue of the LPTR Newsletter
July 16: LPTR General Meeting, 6:30 potluck, 7:00 meeting, Humane Society Classroom
August 3: LPTR Board Meeting, 6:00 p.m., 5546 Cathedral Oaks Rd
August 10: Deadline for the August issue of the LPTR Newsletter
September 7: LPTR Board Meeting, 6:00 p.m., 5546 Cathedral Oaks Rd (tentative date)
September 8: Deadline for the September issue of the LPTR Newsletter
September 17: LPTR General Meeting, 6:30 potluck, 7:00 meeting, Humane Society Classroom

COMMUNITY COMING EVENTS

- June 16-21: Region 2 Arabian Show, Earl Warren Showgrounds
June 28: Championship Show, 2015 Mission Equine Associates Championship Series, Modoc Riding Ring
July 2-4: SB National Horse Show, Multi Breed, Earl Warren Showgrounds
July 8-12: SB National Horse Show, Hunter/Jumper, Earl Warren Showgrounds
July 24-26: California Paint Horse, Earl Warren Showgrounds
July 29-August 2: Morgan Medallion, Earl Warren Showgrounds
August 6-9: Fiesta Stock Show and Rodeo
Sept. 4-6: 71st Annual Arabian Show, Earl Warren Showgrounds
Sept. 12-13: Santa Barbara County Riding Club Back to School Show, Earl Warren Showgrounds
Oct. 8-11: Camelot, Earl Warren Showgrounds
Oct. 16-18: Santa Barbara National Western, Earl Warren Showgrounds
Oct. 24-25 Santa Barbara County Riding Club Fall Show & Medal Finals, Earl Warren Showgrounds

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