

# Rockingham Riding Club

## Gazette Feb 2019

The object of the club shall be to practice good sportsmanship and horsemanship and to enjoy the pleasure and benefit of group riding.

### Calendar of Events

- Feb 11 Business Meeting – Brentwood  
Monday 7:30pm  
Lissa 603-580-5556
- Feb 16 Cabin Fever Party - Brentwood  
RSVP by Feb 9<sup>th</sup>.  
Saturday 6:00pm  
Lissa 603-580-5556
- Mar 11 Business Meeting – Brentwood  
Monday 7:30pm  
Lissa 603-580-5556
- Apr 06 Annual Banquet & Awards  
Hungry Traveler – Salisbury, Ma  
Saturday 6:00pm  
Beth 603-895-2907
- Apr 08 Business Meeting – Brentwood  
Monday 7:30pm  
Lissa 603-580-5556



February 16, 2019 Brentwood, NH

Escape that deadly time of year by joining us for a night filled with fine eat, drink, and friends. You will find all the elements at Peter & Lissa's on Sat. Feb 16th. Come on over and leave your winter blues at the door. BYOB and an appetizer or dessert to compliment the dinner food. RSVP by Feb 9<sup>th</sup>. Lissa C. 603-580-5556

### Annual Banquet & Awards

Hungry Traveler April 6<sup>th</sup> 6:00pm  
98 Beach Road Salisbury, Ma

Cash bar opens at 6pm. Dinner served at 7pm. Dinner includes fruit cup, salad, potato, vegetables, rolls and strawberry shortcake dessert. Choose your main meal from list below:

	Member	Non-member
Baked stuffed		
Boneless Chicken	21.95	26.95
Baked stuffed		
Haddock	24.95	29.95
Roast Prime Rib	30.95	35.95

Raffle and amusing awards following dinner. Raffle donations appreciated, such as gift baskets, certificates; items do not need to be horse related. Raffle tickets are \$1.00 each or 6 for \$5.00. Looking forward to a fine night of food and fun.

Reservation due by March 30th. For your convenience, you may combine dues renewal and banquet reservation in one single payment. Contact Beth C with you dinner selection. 603-895-2907 or [rrcgazette@comcast.net](mailto:rrcgazette@comcast.net)

### NH Beach Low Tide Schedule

NH Beaches open to horseback riding on Oct 1<sup>st</sup>. Riding on beaches permitted only during low tide. Please clean up parking area and dunes to the beach. There is *no riding* on the dunes. Times listed below are one hour before actual low tide and suggested ride out time. Arrive early enough to tack up and enjoy the seashore. Riding at Hampton beach closes April 30<sup>th</sup>. Permit is required to ride on Salisbury beach. Request permit from editor.

Jan 26	8:30am	Mar 09	6:00pm
Jan 27	9:30am	Mar 10	6:30pm
Feb 02	3:30pm	Mar 16	1:00pm
Feb 03	4:00pm	Mar 17	2:15pm
Feb 09	7:15am	Mar 23	7:00am
Feb 10	8:00am	Mar 24	8:00am
Mar 02	2:15pm	Mar 30	1:45pm
Mar 03	3:00pm	Mar 31	2:45pm

## Business Meeting Minutes

January 14, 2019

The meeting was called to order at 7:30pm. Minutes from November meeting were read and accepted. There was no December meeting. The treasurer's report stated a month ending balance of \$658.52. Expenditures include Harvest dinner meal and sleigh ride deposit. Report was accepted as presented.

### OLD BUSINESS

Thank you again goes to Peter and Lissa for opening their home for the Harvest Dinner and Christmas Party. Great food, great evening.

### NEW BUSINESS

Peter and Lissa were nominated for lifetime members. Status granted by unanimous decision from members present.

The cabin fever party was added to the calendar. Attending people to coordinate snack / dessert dishes with Lissa.

The Annual Banquet to be held at the Elk's Club in Portsmouth, NH on Apr.6<sup>th</sup> pending availability of room. Menu was discussed and changes noted. Any whacky award ideas welcome.

Suggestion of scheduling all rides on Saturday was received well by riding member poled. Doing so will allow Sunday to be a reserved weather date. New schedule will be implemented this year.

The meeting was adjourned at 8:00pm.

Respectfully submitted pending approval,  
Elizabeth C  
President

## Monthly Business Meeting

Business meetings are held every 2nd Monday of the month in the comfort of a member's home. Business meetings include a specific topic for open discussion. Topics are educational, informative, and some emotional. Come on over - All are welcome. RRC is gearing up for a busy year with learning, fun, trail rides and events. Watch your calendar for updates.

### 2018-2019 Club Officers

President: Beth Coronis  
Vice-Pres: Joanie Allen  
Secretary: Pat Roop  
Treasurer: Peter Coronis

Visit us on Facebook and the web  
[www.nhrockinghamridingclub.org](http://www.nhrockinghamridingclub.org)

## Water - The Most Important Nutrient for Horses



Water is the most important nutrient that we provide for horses on a year around basis. Horses need 2 to 3 times more water than other feedstuffs. An 1100 lb. horse on a dry forage diet at an average temperature of 68 degrees Fahrenheit will need a minimum of 6-7 gallons of water per day or 48-56 lbs. of water, and many horses will drink more water than the minimum. We all appreciate that the water requirement may double at high temperatures, but may not realize that at -4 degrees Fahrenheit; the quantity required is about 10-12 gallons per day, or actually higher than at moderate temperature. The onset of cold weather can actually increase the requirement for water because there is no fresh grass and the air is very dry.

There is a misconception that domestic horses can easily eat enough snow to survive. While horses in the wild do adapt to lower water intakes, partially because food intake is also frequently reduced, horses can survive longer without food than they can without water. Reduced water intake can also impair digestion and potentially contribute to the incidence of impaction colic.

It also requires a great deal of energy to eat snow, melt the snow in the body and raise the fluid temperature to normal body temperature of 99.5-100.5. Increasing the temperature of 10 gallons of water from 32 degrees to 100 degrees takes about 1372 calories or about the amount of digestible energy in a pound of feed. Melting the snow to get to water will take a great deal more energy and the horses will not readily eat a pile of snow the size of 20 five gallon buckets. It takes about 10 inches of snow to have one inch of water.

Providing horses with fresh clean water at an appropriate temperature all year around is a great management tool to reduce the risk of colic, maintain healthy digestion, maintain body condition and even save a bit of money on feed cost!

## Help your horse shed its winter

**coat** by Taylor Fabus, Michigan St. University Extension

As spring draws near, horses will begin to shed their thick winter coats; consider these suggestions to speed up the process or to just help your horse along.



In order to help your horse shed its thick winter hair, it is first important to understand what makes its hair grow. Although hair growth generally coincides with colder temperatures, it is primarily the amount of daylight hours that affects a horse's hair growth, or lack thereof. As the daylight hours slowly start to decrease in autumn, you may notice your horse starting to grow a soft fuzzy coat over their short, slick summer coat. Likewise, as the daylight hours and temperatures begin to increase in the springtime, you'll notice that the thick, long winter hair starts to shed. The horse's pituitary gland recognizes this change in daylight hours, and produces hormones that cause a horse to shed its winter coat.

If you're looking to speed up the shedding process, the addition of light and vigorous grooming can help.

First, by **adding artificial light** to a horse's environment (likely their stall), you can fool the horse's body into thinking it is closer to springtime than it actually is. This can cause the horse to shed its hair coat earlier than it naturally would. It is important to remember that the environmental temperatures may require extra blanketing or protection to keep your horse comfortable with their new hair coat.

The light source should be turned on to supply enough additional light to produce a total of **16 hours of daylight** (natural and artificial). Perception of day length must be constant from day to day; the use of automatic timers can make this task easy. Light intensity should be comparable to one **200-watt bulb** for a 12 x 12-foot stall. Also, too much light will not speed up this process, so do not add too much artificial light. It will take the horse approximately 60 days before you start to notice the effects of the light (i.e., increased shedding), this should be taken into account so that you start adding lights at the appropriate time.

Secondly, **vigorous grooming** can help get your horse's coat ready for show season. In order to make a distinct impact on your horse's coat, you'll have to do more than the occasional light brushing. It's currying and elbow grease that will be needed to get this job done! A curry comb is a useful tool in removing dirt, old hair and debris from your horse. To be most effective it should be used in a circular motion. You'll want to be careful when using this brush on or under areas of the face and below the knees and hocks, as these areas have little muscle, and are sensitive areas

## Fergus BY JEAN ABERNETHY

