

official publication of the

# IOWA HORSE COUNCIL

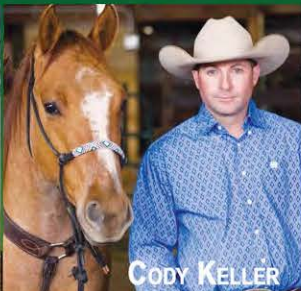
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WORKING HORSE  
 MAGAZINE



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## THE IOWA HORSE

The Iowa Horse is the official publication of the Iowa Horse Council (IHC). The newsletter will be published on a quarterly basis: January, April, July & October.

The deadline will be strictly adhered to the first of the month prior to publication. We reserve the right to hold any articles sent AFTER the dates listed below for future issues of the newsletter if the deadline is not met -- Deadlines are:

March 1st, June 1st, Sept. 1st and Dec. 1st.

Articles/claims published in this newsletter, except for official club business are provided as information only and do not reflect the opinions of IHC or its members. Items may be republished in other nonprofit group newsletters (except copyrighted items) provided credit is given to the author and this publication.





## PRESIDENTS' REPORT

*submitted by David Beary*

In January we successfully held the annual meeting with around 30 attendees. The weather almost cooperated and stopped snowing and blowing on Saturday morning. The morning tour of the Large Animal Hospital at ISU was called off to give people time to get their chores done and snow cleared enough to get out to the road and make it into Ames. We started the meeting with lunch and went from there. We were able to add several new members to the Horse Council membership ranks and even had a few life time memberships. We elected 4 new full-time board members; Phil Duey, one of our associate directors was elected to a full-time board position. Congratulations to Phil Duey, Meg Hughes, Deb Knoll, and Kim Dornbier on becoming board members to serve three- year terms. I am looking forward to what our newly elected members can bring to the board. I also want to congratulate the board members that were re-elected to continue their work on the board – Bill Paynter, Linda Spain and Susie Spry. All of this year's elected board members will serve through 2021. The board also approved the appointment of Brenda Irlbeck to fill the remainder of the term vacated by the resignation of Angela Tietjens. The board then elected officers for the up-coming year.

Your Board of Director officers for 2019 are:

President – David Beary

Vice President – Kim Houlding

Secretary – Melissa Mills

Treasurer – Brenda Irlbeck

I would like to remind everyone that we now have a redesigned web site (thank-you Leah Erickson) that is much more mobile friendly. One of the differences you will notice is that when the little hand replaces your computer pointer, it means you can click on what you are hovered over for more information. About every picture, when clicked, takes you to more information about the pictured event. This makes it much easier for mobile devices to navigate with their smaller touch screens and gives a fresh, more open appearance to the site. Please go to [www.iowahorsecouncil.org](http://www.iowahorsecouncil.org) and browse the site. There is now a fully on-line membership form!

As you should all know by now, the 2019 Horse Fair is just around the corner. We have several new events and we are bringing back some of the tried and true things that people have asked for. Please see the Horse Fair article elsewhere in this program. Speaking of the Horse Fair, I would like to take this space to thank those board members and

non-board member who volunteer their time over the year to make each year's Horse Fair a success. Without the time and effort they put in, the Horse Fair would not be possible. There is a lot of work and planning that goes into a successful event, and without the volunteers, the annual horse fair would not be possible – thank-you.

Hopefully by the time you read this, the weather is headed towards spring and warmer days and nights. It does not take me long to get tired of temps colder than -20. As I write this we just got finished with some freezing rain and now it is snowing like crazy. I hope everyone stays aware of the upcoming weather when traveling and when providing for their livestock. It is always a good idea to have emergency winter travel supplies in your vehicle and items for an emergency around your home. It is easier to have them and not need them than it is to end up in a situation and you have no emergency supplies. Take the steps ahead of time to stay safe.

The time for new year's resolutions have come and gone, I hope many of you have included thoughts about our Horse Council organization in your plans for the upcoming year. As many of you know, it takes a lot of planning for the council to successfully do what we do. The planning has to consider the by-laws, and the policies and procedures that have been developed and refined over the years. Even though at times these documents make our processes seem somewhat cumbersome, they are there for a reason. They help insure we take the time to plan and think about what we need to accomplish and usually provide the required steps to do the job. The documents keep us on a path, making sure that what we do matches up with the council's mission and goals.

As we go forward we must learn from the past and be able to adjust so what we do gets easier. This past year's planning for and organizing the Horse Fair has at times been a little stressful. I am proud of the group of people that stepped up to take on this important task. It has not always been easy, but I think this year's fair will turn out to be a good one. The Horse Fair Committee members have put in quite a few hours to get us where we are. The things we have had to work through and figure out this past year will hopefully make future years easier. I am actually looking forward to this year's fair, and then sometime in April start for real on the 2020 Iowa Horse Fair.

Happy Trails.

**The Iowa Horse Council would like to  
WELCOME NEW MEMBERS!**

**Kevin Steward  
Prairie Rose Arena**



# 2019 IOWA HORSE COUNCIL ANNUAL MEMBERSHIP MEETING

*submitted by Sandee McKee*

Due to a winter storm our morning sessions were cancelled. We met at Kildee Hall on the ISU campus for lunch and the meeting that followed. 28 members were in attendance. Board members in attendance were David Beary, Kim Holding, Duly Zwiefel, Carolyn Hasbrook, Sandee McKee, Marlys Derscheid, Chris Austin, Chad Dopheide, Rebecca Howe, and associate directors Phil Duey and George Lytle. Members in attendance were Peggy Auwerda, Derek Steward, Kevin Steward, Jessica Beatty, Shirley Mervine, Stephanie Eliassen, Brenda Irlbeck, Dale and Kimberly Dornbier, Jill Ostrander, Carla Clark, Meg Hughes, Deb Knoll, John Nuhn, Susie Berreguard, Skie Campbell, William Shull, and Lori Christiansen

President David Beary introduced our new Treasurer Brenda Irlbeck and explained how he had checked the by-laws and appointed Brenda to this position based on the resignation of a previous board member. Previous Treasurer Rebecca Howe will continue on the board but retire as treasurer. David reviewed the new website that Leah Erickson is working on. Leah was unable to attend, but the website was well received and on display through out the meeting.

A number of door prizes were awarded.

1:15 President David Beary called the meeting to order. A roll call sheet was passed around and everyone was asked to introduce themselves.

Minutes from the last annual meeting were published in the Annual Meeting handout. There were no corrections or additions. Duly Zwiefel moved to approve them. Carolyn Hasbrook seconded and the motion carried.

Treasurer's report was also published. There was no discussion. Duly Zwiefel moved to approve them. Phil Duey seconded and the motion carried.

President's Report. President David Beary stated that we needed to get our By-laws published on the new website so that they were available to all and that we need to do a better job of following them and as well as our Policies and Procedures. Our by-laws state that we can have 12-30 board members. In order to be on the board people need to have been Iowa Horse Council members previously and have been active on an equine related committee. Marilyn Bender has informed David that she is going to take a year off of the board. Our new treasurer will take the board position that was vacated by Angela Tiejens. Chris Austin was appointed to the board in 2018 taking the position that became available with the resignation of Katie Stout. In 2018 there were four board members who had not been attending meeting or participating in any fashion. David sent them a letter asking if they would be participating. Two of these people resigned, one was up for re-election and did not run, and one stated they would like to continue on the board and has been active.

Vice President's Report. Vice President Kim Holding submitted a detailed report for the meeting found in the handout under "2018 Iowa Horse Council Year End Report-Equine Health and Welfare". Kim stated that the only addition was that there was pending legislation this week pertaining to an overlap from pets to livestock and that she would post more on our Facebook page.

Secretary's Report. Melisa Mills was ill and not in attendance. Her report of the 2018 Annual Meeting Minutes was in the program.

## COMMITTEE REPORTS

David reported that Susie Spry was giving up the Publications Committee chairmanship and if anyone would like that job it was available. He said it was mainly getting articles ready for our newsletter.

David referred people to the written reports for the financial statement, Membership, Horse Fair Committee, Trails Committee, Equestrian Trails Conference, Publications Committee, and the Marketing Committee. Sandee McKee reminded people that they did not have to be on the board to be a member on any of these committees and encouraged membership to be involved.

The new website was looked at in detail. David said that it should be launched in about a week. The address remains the same [iowahorsecouncil.org](http://iowahorsecouncil.org). It was pointed out that the sponsors for the horse fair should have their logos published on the home page as that was part of the sponsorship agreement. It was also suggested that there should be an actual calendar for events.

## OTHER OLD BUSINESS

Sandee once again invited anyone who was interested to stay after the board meeting for a short trails committee meeting.

Carolyn invited anyone who had ideas for marketing to share them with her.

## NEW BUSINESS

An election of the board was held. Linda Spain, Bill Paynter, and Susie Spry were up for re-election. Phil Duey, Deb Knoll, Meg Hughes, Kim Doienber were nominated from the floor. It was verified that the nominated people all met the by-law requirements to become board members. Kim Holding moved that nominations cease. Rebecca Howe seconded and the motion passed. Voting was conducted. The ballots were counted by Sandee McKee and Kim Holding. All of these people were elected to the board.

Peggy Auwerda handed out a flier for her Iowa Equine Day Program at ISU in May.

*continued on page 5*



Chad Dopheide talked about the rodeo. We have a new contractor Rogue Rodeo and Chad and David are working on a sponsorship program for the rodeo. Prices will range from \$100-\$5,000 with advertising opportunities for banners on the walls of the arena, the chutes, wrap around the barrels and pick up men's shirts. Anyone interested should email Chad at [chad.dopheide@gmail.com](mailto:chad.dopheide@gmail.com)

Tuesday Feb. 12, 2019 was set as the date for our next Iowa Horse Council Board meeting.

Rebecca Howe moved that the meeting be adjourned. Seconded by Kim Dornbier. Motion passed. Meeting adjourned.

## HORSE FAIR COMMITTEE REPORT

*submitted by David Beary*

The 2019 Iowa Horse Fair is almost upon us. The clinicians and presenters are lined up, the Cowboy Mounted Shooters and the Queen Contest are back. We have a new rodeo company this year in Rogue Rodeo and they promise to put on quite a show. We have also lowered the rodeo ticket prices for Friday night to make it easier for families and kids ages 4 - 12 to attend the show. We have been in contact with the State Fair and they have agreed to sell rodeo tickets on-line this year so that people coming to the rodeo don't have to stand in a long line waiting to purchase tickets. We will hold back 500 tickets if we 'sell out' on-line just so that we have some tickets for those that want to pay at the door Friday and Saturday night. If you want to attend either night, I suggest you buy your tickets on-line to make sure you get seats.

Our main clinician this year is Steve Lantvit. You can see Steve on RFD-TV in his show "Sure in the Saddle", which airs Thursdays at 3PM and 11PM EST. Along with Steve Lantvit, we have Matt Jobe, Cody Keller, Kelli Paulson, James Puderbaugh, Raymond Helmuth and Rachel Wehrheim. We have something this year for almost everyone, western riders, those that drive, and we have some English sessions – please check the schedule for times and locations.

When we do the Horse Fair at the Iowa State Fair Grounds, there are a couple of things people attending need to know. First, we share the grounds with other events, there is usually a volleyball tournament going in the Varied Industries Building and an event going on in the 4-H building. This sometimes makes parking close to where you want to go difficult and there is a lot of in and out traffic. We have provided a couple of teams pulling wagons, that can help get you to our events. Also be aware that around the Jacobson building the streets are one-way to help with loading and un-loading trailers. Please be aware when you see the signs that indicate a one-way street, that's what it actually means.

As a fair, we are spread out quite a bit. Our two main buildings are the Jacobson building and the Pavilion. Most of our clinicians appear in one or the other. The Trails Conference this year starts Friday morning in the Pavilion and then after lunch moves to the Jacobson Conference room. This year we are not using the noisy upstairs for the after

noon sessions but will be in the south side conference room as you come in the West doors of Jacobson. The trade show office is located in a divided room. The Trails Conference will be in the south side of that room.

Two areas we make use of are the Cattle Barn and the East Arena. The Cattle Barn is where the trailer dealers showcase their specials for the Horse Fair – be sure and stop by to take a look at some of the fancy living quarter trailers on display. The other thing in the Cattle Barn is the pony rides and the sale ring. There are presentations in the Cattle Barn sale ring both Saturday and Sunday, be sure to check the schedule so you don't miss your event. The East Arena will be home to the Cowboy Mounted Shooters from 9 – 3 on Saturday and then the Iowa Draft Horse and Mule Association at 3:00 PM for a driving clinic. Sunday morning the Extreme Trail Challenge will take place and then Sunday afternoon will feature Raymond Helmuth and following Raymond will be the Kalsem Family with "Just Jump".

Next is the Horse Barn, it would be kind of tough to put on a Horse Fair without horses. Stop by and take a look at all the horses and walk down the Aisle of Breeds. Quite a few breeds are on display. A good place to take the kids that doesn't cost anything to walk through.

On Saturday and Sunday we have Joust Evolution which should put on a good show. There are a lot of things going on this year, be sure and look over the program for your favorite event. Like every year we have a group of vendors that can supply you with about anything horse related you want. This year we have over 100 vendors ready to set up shop in the Jacobson arena floor area. Sunday morning will have cowboy church from 8 – 9 in the Jacobson Arena. Don't forget to catch your favorite drill team. The drill teams will perform at various times during the day and to start and end the Rodeo.

As you can see there are a lot of things going on at the 2019 Horse Fair. There may be some minor changes to the schedule and we will try to keep you updated if those occur. Please see the schedule on Facebook and the Iowa Horse Council web page – [www.iowahorsecouncil.org](http://www.iowahorsecouncil.org). Please take time to come to the fair, this year's dates are the last weekend in March. The annual Horse Fair is our main money raising event. Please come out and support us and pick up some good equipment from the vendors, watch some educational and fun events and have an all-round good time. Hope to see you there!





Iowa Horse Council  
Board of Directors  
**Leah Erickson**  
**Grimes, Iowa**

My name is Leah Erickson and I was born and raised in Des Moines, Iowa. I can remember the exact moment I fell in love with horses. I was four years old when I saw "The Man from Snowy River" for the first time...it was when Jim chased the brumbies down the side of the mountain and I thought, "I want to do that someday!" That is the moment my horse obsession had officially begun.

Being raised in the city, we weren't able to afford for me to have a horse growing up, but thankfully throughout the years I made friends with folks who would let me come ride their horses. My first ride, was on a Shetland pony who promptly reared up right after I mounted and I slid off his rump and onto mine. I grabbed the reins, jumped back on and took off around the property. One of my favorite childhood memories was galloping a retired barrel horse, Molly, as fast as we could go across the field, riding with no hands!

I met my first horse, Kid, working as a wrangler at Jester Park in the summer of '08. Kid was one of the trail horses I rode regularly and as the season came to a close, I was devastated to think about him leaving. I knew he was for sale, so I got a second job just so I could save up enough money to buy him. It was one of the best days of my life!

In my novice mind, I made the assumption that Kid was "dead broke" when I bought him. I'm unsure how I came to this conclusion since he had the habit of spinning and bolting when he spooked on trail rides, but to me he had to be trained since he was a dude horse, right? Dead wrong.

The first time I took him into an indoor arena and insisted he trot in a circle, as I sat on the ground where he had ejected me after he started trotting, I found out that he also had promise as a bronc. I found out the old adage of "green

on green equals black and blue" to be true and I needed to find a way to train my horse.

At my barn, there were a group of people who did beautiful liberty work with their horses and I was amazed because both the horses and people looked like they were having so much fun. After several bucking occurrences, I decided I wanted to learn that too! I started studying natural horsemanship and it helped me build a solid relationship and foundation with Kid. This horse helped me become a better person, not only in my horsemanship, but in my life.

Kid is turning 20 this year, and he and I have added to our herd over the past few years. Raven, a gorgeous 13-year-old Friesian Sporthorse mare and Journey, a Foundation Morgan-Mustang cross yearling have joined our family. Raven will be at the 2019 Iowa Horse Fair in the Avenue of Breeds, so please make sure to stop by and say "hi!" Some of the horsemanship goals I am working towards are learning mounted archery, working equitation and liberty with multiple horses.

I currently work for the amazing horsewoman "Mustang Maddy" who was a featured clinician at last year's Iowa Horse Fair. I travel around the country with her throughout the year to manage her events. I am also honored to have built the new website for the Iowa Horse Council and am now heading up the website committee.

I feel it is so important to do what makes your heart sing, and for me, it will always be horses!



## Western Hat Etiquette



J.B. Blocker of the Lone Star Reporter offers these traditional rules when wearing a cowboy hat. With the exception of tipping their hat to another woman, women should always follow the same rules as men when it comes to Western hats.

## HANDLING: Tip #4...

Never remove the hat from a wearer's head without permission, which you will never get. Fights have been started because of this discourtesy.





## BACK COUNTRY HORSEMEN OF IOWA (BCHIA)

*Protecting Trails for Trail Riding... Across Iowa*

*submitted by Dorrine (Doats) Norby*

A small core planning group of interested horsemen met at Missouri Valley, Iowa in December of 2015 with the purpose of creating a Back Country Horsemen of Iowa (BCHIA) group. BCHIA represents the entire state of Iowa through its various regions (known as chapters). Each region has its own chapter working and developing trails and partnerships in their area of the state. We now have six chapters in three short years! There is a Western, a SouthWestern, the SouthEastern, the Mid-Iowa, an East Central and an Eastern Chapter. But we have room for lots more chapters! Iowa creates a link that connect the parent organization, Back Country Horsemen of America, coast to coast.

The BCHIA has established affiliate memberships and invites groups to become affiliated in their activities. Several saddle clubs have affiliated and actively participate. We invite you or your club to join us in developing more trails, keeping trails cleared, planting trees, building hitching rails, manure bunks or sometimes even building up parking areas and roads. Become a liaison with your favorite park or start your own chapter for your area!

Regardless of what you can do, you are a valuable asset to all horsemen across Iowa. Even though many have worked on trails for years, now Iowa has a coordinating group to concentrate our efforts and assist each other where need arises.

Not all of us can work the trails, but your membership is a valuable resource regardless of your level of participation & expertise, be it camp cook, grant writer, website administrators, liaison, t-shirt sales, raffles, fundraisers, coordinator, owner of heavy equipment, or sawyer (chainsaw), we need you and our Iowa parks need you!

### OUR IOWA CHAPTER VOLUNTEER HOURS FOR 2018

Total hours: 1,716.3  
Total miles: 17,960  
Total value: \$79,528.19

**COME SEE US AT THE FAIR!**  
We have a booth at the Iowa Horse Fair with all the information you need to form your own opinion. Please stop in and say 'Hi'!

**AND**

**Come to our presentation on  
Sat., March 30th, at 2:00pm**

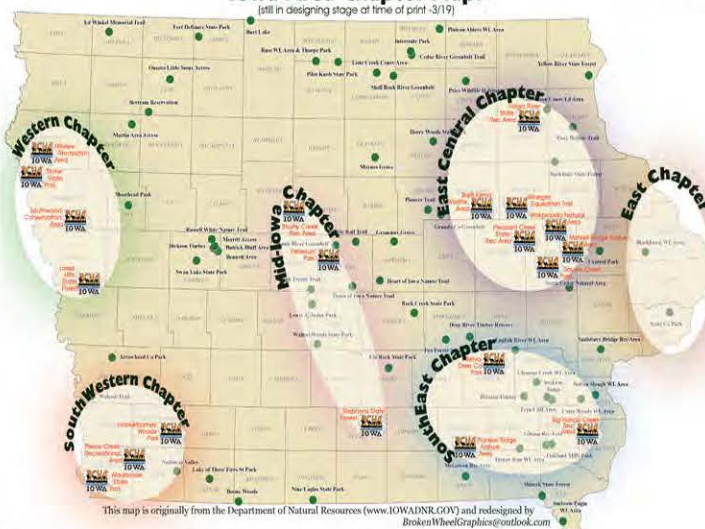
(See the Iowa Horse Fair schedule)



(Back Country Horsemen of Iowa BCHIA)  
**as the time draws nearer.**

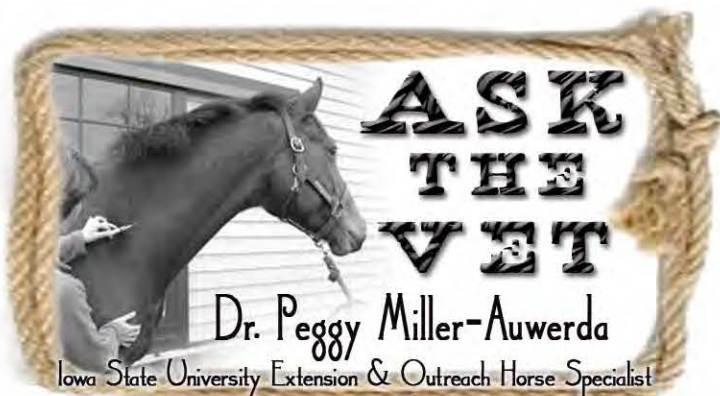
### Iowa Area Chapter Maps

(still in designing stage at time of print - 3/19)



This map is originally from the Department of Natural Resources ([www.IOWADNR.GOV](http://www.IOWADNR.GOV)) and redesigned by BrokenWheelGraphics@outlook.com





# LIGHTING PROGRAMS FOR MARES

by Dr. Peggy Miller- Auwerda, Iowa State University

Open or maiden mares placed under lights starting December 1 will normally begin cycling by mid-February when breeding season opens. In other words, the mare's ovulatory season is advanced by approximately 40-60 days by maintaining mares under conditions of 16 hours of light (16 light : 8 hours dark).

During the fall, mares register the decreasing day length through a gland in the brain called the pineal gland. In response to the increasing periods of darkness, the pineal gland secretes increasing levels of the hormone melatonin. Melatonin acts to suppress ovarian activity and she gradually makes the transition to winter anestrus. Ovaries remain small and hard with only very little follicular activity (follicles generally smaller than 15 MM). Ovarian hormones including estrogen and progesterone are minimal and the mare does not cycle.

As the day length increases in late winter and early spring, melatonin secretion is decreased and the mare makes the transition from winter anestrus to reproductive cyclicity. Before the mares begin to cycle with regularity, however, they go through a period known as spring transition. The period is characterized by irregular estrous cycles, prolonged heat cycle, split heat periods and other irregularities.

By placing mares under lights, this transition period will occur earlier and thus the more regular cycles will occur earlier. The required amount of light to hasten the onset of the breeding season is a minimum intensity of 10 foot-candles. Practically, a 200-watt incandescent bulb is sufficient for a normal sized horse stall. Both incandescent or fluorescent lighting are effective.

A lighting program can also be implemented in an outdoor situation. Mares in a dry lot or paddock can be placed under large lights on poles. Care should be taken, however, that there are no dark corners or tall feeders which may shield certain mares from light.

Lighting programs are implemented with the use of timers. Timers can be set so that the lights come on at 4:30 or 5:00 in the afternoon and remain on until 10:30 or 11:00 p.m. This places the mare in conditions of 16 hours of light and 8 hours of dark. Adjustments should be made with the timing of sunrise and sunsets to ensure this.

The mares should be placed under lights by December 1 to have a significant effect in the spring. The lighting program should be continued in the spring until the natural lighting meets the requirements.

The same lighting program can be used on show horses to shed them out earlier in the spring.



## ABOUT TIME TO RIDE®

*It's time to try horseback riding.*



Time To Ride® was created by the American Horse Council's Marketing Alliance to help more people to try horseback riding and to experience the joy that horses and horseback riding can bring to life. By connecting newcomers with local barns, riding centers, clubs, and nonprofit organizations, we're able to not only help people enjoy horse-related activities, we're also helping those businesses and organizations grow and better serve their communities. If you or your child have ever wanted to try horseback riding or just dreamed of getting up close and personal with a horse but don't know where to start, Time To Ride is here to help. Chances are there's a horse farm or other horse-related facility closer than you think, so don't wait!





*From time to time Members Corral will feature saddle clubs, associations or therapeutic riding school articles.*

*If you have an organization to tell about please contact Dorrine Norby at [BrokenWheelGraphics@outlook.com](mailto:BrokenWheelGraphics@outlook.com)*

## **IOWA DRAFT HORSE & MULE ASSOCIATION**

*submitted by Jim & Sherry Stuart*



**Draft horses and mules at the Iowa State Fair**

**To show the gentleness of our drafts,  
here is 4000 lbs. of horses  
being driven by a 30 lb. kid!**

The IDH&MA originated in the early 1960's. With about 100 member families, it continues to be one of the prominent draft horse and mule associations in Iowa. This association funds a yearly scholarship for young Iowans who are interested in working within the draft horse and mule industry.

In 2017 the association encouraged the start-up of local chapters of the state association. The South-West, North-West, South-East, and East-Central chapters were established. The South Central Iowa Draft Horse & Mule association has been an active club since 1984, and had cooperated with the State association on several projects to promote drafts. In 2018 the SCIDHMA voted to become a chapter of the Iowa Draft Horse & Mule Association. The association promotes our drafts by sponsoring clinics, field days, horse shows, and wagon trains. We have given horse drawn wagon rides at the Iowa Horse Fair for many years. For more information check out our web site [www.iow-adrafthorse.com](http://www.iow-adrafthorse.com) and friend us on Face Book - "Iowa Draft Horse and Mule Association".



**Don't Miss an Issue!** *It's that time of year again!  
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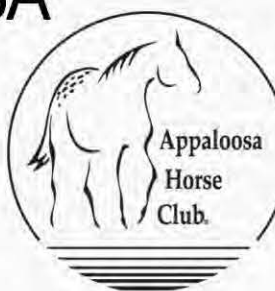
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# APPALOOSA HORSE CLUB



The Appaloosa is an American horse breed best known for its colorful spotted coat pattern. There is a wide range of body types within the breed, stemming from the influence of multiple breeds of horses throughout its history. Each horse's color pattern is genetically the result of various spotting patterns overlaid on top of one of several recognized base coat colors. The color pattern of the Appaloosa is of interest to those who study equine coat color genetics, as it and several other physical characteristics are linked to the leopard complex mutation.

Artwork depicting prehistoric horses with leopard spotting exists in prehistoric cave paintings in Europe. Images of domesticated horses with leopard spotting patterns appeared in artwork from Ancient Greece and Han dynasty China through the early modern period. In North America, the Nez Perce people of what today is the United States Pacific Northwest developed the original American breed. Settlers once referred to these spotted horses as a "Palouse horse", possibly after the Palouse River, which ran through the heart of Nez Perce country. Gradually, the name evolved into "Appaloosa".

The Nez Perce lost most of their horses after the Nez Perce War in 1877, and the breed fell into decline for several decades. A small number of dedicated breeders preserved the Appaloosa as a distinct breed until the Appaloosa Horse Club (ApHC) was formed as the breed registry in 1938. The modern breed maintains bloodlines tracing to the foundation bloodstock of the registry; its partially open stud book allows the addition of some Thoroughbred, American Quarter Horse and Arabian blood.

Today, the Appaloosa is one of the most popular breeds in the United States; it was named the official state horse of Idaho in 1975. It is best known as a stock horse used in a number of western riding disciplines, but is also a versatile breed with representatives seen in many other types of equestrian activity. Appaloosas have been used in many movies; an Appaloosa is the mascot for the Florida State Seminoles. Appaloosa bloodlines have influenced other horse breeds, including the Pony of the Americas, the Nez Perce Horse, and several gaited horse breeds.

The Appaloosa is best known for its distinctive, leopard complex-spotted coat, which is preferred in the breed. Spotting occurs in several overlay patterns on one of several recognized base coat colors. There are three other distinctive, "core" characteristics: mottled skin, striped hooves, and eyes with a white sclera.

Skin mottling is usually seen around the muzzle, eyes, anus, and genitalia. Striped hooves are a common trait, quite noticeable on Appaloosas, but not unique to the breed. The sclera is the part of the eye surrounding the iris; although all horses show white around the eye if the eye is rolled back, to have a readily

visible white sclera with the eye in a normal position is a distinctive characteristic seen more often in Appaloosas than in other breeds. Because the occasional individual is born with little or no visible spotting pattern, the ApHC allows "regular" registration of horses with mottled skin plus at least one of the other core characteristics. Horses with two ApHC parents but no "identifiable Appaloosa characteristics" are registered as "non-characteristic," a limited special registration status.

There is a wide range of body types in the Appaloosa, in part because the leopard complex characteristics are its primary identifying factors, and also because several different horse breeds influenced its development. The weight range varies from 950 to 1,250 pounds, and heights from 14 to 16 hands (56 to 64 inches). However, the ApHC does not allow pony or draft breeding.

The original "old time" or "old type" Appaloosa was a tall, narrow-bodied, rangy horse. The body style reflected a mix that started with the traditional Spanish horses already common on the plains of America before 1700. Then, 18th-century European bloodlines were added, particularly those of the "pied" horses popular in that period and shipped en masse to the Americas once the color had become unfashionable in Europe. These horses were similar to a tall, slim Thoroughbred-Andalusian type of horse popular in Bourbon-era Spain. The original Appaloosa tended to have a convex facial profile that resembled that of the warmblood-Jennet crosses first developed in the 16th century during the reign of Charles V.

The old-type Appaloosa was later modified by the addition of draft horse blood after the 1877 defeat of the Nez Perce, when U.S. Government policy forced the Indians to become farmers and provided them with draft horse mares to breed to existing stallions. The original Appaloosas frequently had a sparse mane and tail, but that was not a primary characteristic, as many early Appaloosas did have full manes and tails. There is a possible genetic link between the leopard complex and sparse mane and tail growth, although the precise relationship is unknown.

After the formation of the Appaloosa Horse Club in 1938, a more modern type of horse was developed after the addition of American Quarter Horse and Arabian bloodlines. The addition of Quarter Horse lines produced Appaloosas that performed better in sprint racing and in halter competition. Many cutting and reining horses resulted from old-type Appaloosas crossed on Arabian bloodlines, particularly via the Appaloosa foundation stallion Red Eagle. An infusion of Thoroughbred blood was added during the 1970s to produce horses more suited for racing. Many current breeders also attempt to breed away from the sparse, "rat tail" trait, and therefore modern Appaloosas have fuller manes and tails.



# BARREL RACING

submitted by Madison Forbes, ANS 313

Barrel racing is an intense sport where the winner is determined by just thousandths of a second. No matter how talented the horse is, and how skilled the rider is, just one minor error can be the deciding factor whether they leave an event with prize money or not. The race itself is intense, but barrel racing in general is such an expensive sport, that to make a living at it or cover costs, the rider must be able to win back some money. To be successful at running barrels, a rider must understand the event and the rules of it, have a solid training program, and know how each program and movement affects the horse and its body.

The winner is determined by who can run the barrel racing pattern in the fastest time. The rider's horsemanship skills, the horse's mental condition, and the horse's athleticism are all very crucial to providing a good time. Three barrels are placed in a triangular pattern, the rider must ride around each one, and whoever has the lowest time, wins. If a rider knocks down a barrel, a five-second penalty is added to their time. If the rider touches a barrel or if the barrel just tips, but does not fall to the ground—then there is no penalty. Any deviation from the cloverleaf pattern, and usually any time over one minute will result in a no score. Average times depend on how big the arena is, but usually they will range from about fifteen seconds to thirty seconds. Carlee Pierce is said to have one of the fastest times known, running at thirteen and forty-six seconds in the National Finals Rodeo (Wolf, 2011). The length of the event will depend on how many contestants are running. A rider may participate in barrel racing, no matter their age, but there will be different age groups for most events—the age of their horse does not matter either. Barrel racing is a unique sport, because everything relies on time. The rider's horsemanship skills and the horse's athletic ability are not judged. Although both of these are important in providing a fast time and clean run, the time clock is the only aspect that matters in the end. Barrel racing can be set up in many different formats, but usually it is in a 4D format. Meaning, the first division is the fastest time, the second division is the fastest time plus half a second, the third division is the fastest time plus one second, and the fourth division is the fastest time plus two seconds. Barrel racing is a very popular sport, and one of the top three most popular rodeo events (Casey, 2017). Barrel racing can be watched at rodeos, on television, and at national barrel racing events.

Barrel racing training programs, as well as equine training programs in general, range very differently from equestrian to equestrian. Barrel racing is a high intensity, short duration sport, so it requires fast bursts of energy. In order to make a successful training program for a type of sport like this, you must first determine the goals your horse needs to achieve to accomplish better times during their runs. Usually for barrel

racing horses, your main goals should revolve around increasing their speed or increasing their muscular strength. Although, you also need to make sure the horse maintains its willingness to work, you help delay the onset of fatigue, try to reduce the risk of muscular break

down, and improve biochemical skill, as well as neuromuscular coordination. The training program should consist of three stages of training;

- Phase I: Long, slow distance work
- Phase II: Strength work
- Phase III: Fast work

Also, note that during these phases of high intensity, short duration training:

- The beginning of the exercise starts with anaerobic glycolysis; most of the energy is going to come from the muscle and liver glycogen.
- Fiber hypertrophy will occur
- The muscles will increase in diameter and protein synthesis
- Aerobic capacity will decrease, while anaerobic capacity increases
- The volume of fast twitch muscles will increase
- Lactic acid production will decrease
- Glycerol 3-phosphate dehydrogenase activity increases

In order to get the most out of the workouts, the training program should mimic demands of the sport. You should incorporate skill drills and varied exercises into your program. As the proficiency increases, the exertion also improves fitness (Harris, 2016). You will want to maximize muscular ability, but make sure you are keeping long-term soundness as well.

First, the training program needs to start with a warm-up. This warm-up is crucial, because it will help prepare the horse for performance, prevent injuries, and help the psychological preparation. The warm-up is going to improve the muscular contractions and coordination of the horse, facilitate nerve transmission and energy production, and deliver oxygen to the working muscles. Warm-ups can be completed in many different ways, but I advise starting with some groundwork. Lunging the horse at a trot in both ways will help the horse focus their attention solely on you and gain their respect. It can also help get any jitters and spark out of the horse, before you get on. Once, you get on the horse you should flex the horse to each side, do side passing each way, and do other light reining exercises. Then, start galloping in



continued on page 12



circles, small and large, and transition into loping, be sure to do this both ways. Completing all of these both ways of the horse is very important during the warm-up, because you want to get all the muscles working and going. The warm-up is going to get the horse's feet moving and help them pay attention to you and the commands you are asking.

The horse needs to begin the actual training session within several minutes after the warm-up is completed, if you wait too long you will need to do more warming-up. The actual training part itself will need to be tailored with exercises that meet the requirements of your horse. It needs to be designed to know their specific skill set, so you know what areas of strength and speed need to be improved. Keep in mind, that as your horse's skills improve—you will need to continuously change this part of the workout, to keep advancing them. The drills you so choose will need to increase the speed of the horse and the strength. Working different muscles can help build strength and doing footing exercises will help the horse be able to move more quickly and hug the barrels better. Whatever drills you choose to do during this time should reach the goals you set earlier, but you need to make sure you are gradually increasing the workload. Each time you do this, it needs to be maintained until the horse's body adapts to the additional stress. If you are not careful with this aspect of training, your horse is going to get over-worked and develop great fatigue, which will in return lead to injuries.

The last part of your training should be a cool down. There are several different ways you can choose to cool down your horse, but I prefer trotting for five to ten minutes, then walking the horse for another ten to fifteen minutes. This time is not only crucial to letting your horse's muscles relax, but it gives the horse time to think about everything they just learned, and a great way for you to bond with your horse after workouts (McQueen, Urban, McQueen, 2017).

Although, these cool downs can be an easy step to skip, they are extremely important. During intense exercising, there is a buildup of lactate, which is known to make muscles fatigue. By cooling down, the rate at which lactate is removed from the blood and muscle will increase. It returns 'pooled' blood from the exercising muscles to the central circulation.



Barrel racing is a very exciting sport—for both riders and spectators. It has definitely gained popularity over the years and has evolved to be larger than ever before. For riders to be successful in the barrel racing industry, they must understand the several rules of the sport and how to train the horse appropriately. Knowing what exercises and drills do to the horse's body is very important in making sure you are getting the best results out of your horse.

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## CAN I STAY HEALTHY BY RIDING HORSES?

### You can!

*There are many obvious health benefits to riding such as a stronger core and legs, but there are also less obvious benefits such as a boost in confidence and meditation!*

**Body Awareness**  
Riding works the core muscles: abdominal, back and pelvic muscles. It's not just about the strength of the core, but the coordination and stability as well. The more you ride, the more you learn how to move your body with the horse!

**Coordination**  
There are many movements that need to happen simultaneously while riding for the horse to be properly guided—this is the essence of coordination!

**Muscle Tone & Flexibility**  
Along with your core, your inner thighs and pelvic muscles get a great workout! The rider is constantly adjusting to the cadence of the horse, which helps with good overall muscle tone and flexibility.

**Stable Strength**  
Working in the barn and taking care of your horse strengthens your muscles (heavy lifting!) and increases your cardiovascular capability.

**Mental Exercise**  
While riding, your only focus is on the horse—this is a great meditative effect! There is a real connection with the animal and peace of mind that comes with every ride.

AMERICAN HORSE COUNCIL



# THE SPORT OF REINING

By Mary von Rentzell and Peggy Auwerda, ANS 313

Imagine going top speed on a horse running circles and run-downs at the edge of an arena. Dirt is flying everywhere, you get an adrenaline rush from the thrill of the ride, and your horse is moving at a high rate of speed at 3.9 meters



per second. This style of western riding is called reining, where the rider must skillfully execute their horse through a pattern with a high amount of difficulty. A panel of judges, which will be discussed later, scores the pattern that the rider completes. Reining is a unique discipline, because the trainer and rider are one in the same. There must be a high level of communication between the horse and rider. As in many other disciplines, the trainer and the rider can be two different people. There are many hours of dedication and practice in which a trainer will prepare horses for reining competition.

Reining is an equine performance event that requires a horse and rider to effectively work together to complete an individual pattern. Reining evolved from the ranch horse, one who is quick on their feet and is guided using a light rein. Cowhands would take their horses and challenge each other to see whose horse could stop the hardest, slide the farthest, and turn the quickest. It is an event that is included in local open shows, registered breed shows, national shows, National Reining Horse Association (NRHA) shows, and for younger horses, the NRHA Futurity. These shows happen indoor, all year around. Reining is judged on three items: functional correctness, maneuvers, and attitude. The pattern involves several fast-paced maneuvers including galloping small and large circles, flying lead changes, quick spins around the forelimbs, and accelerating speeds that follow a sliding stop. Each reining pattern takes about 2.5-3 min to complete. Reining is judged according to a scoring system which was established by the National Reining Horse Association (NRHA).

At the start of the pattern, the horse and rider begin at an average score of 70. For each maneuver, about seven to eight per pattern, they can get plus or minus points and penalty points. Horse and riders can also receive a no score for several disqualifications. It is best to refer to the AQHA Official Handbook to see all of the rules and regulations. At many reining shows, you will hear the crowd whoop and holler for horses with longer stops and the fastest spins. However, to win the reining competition, a judge will always keep in mind, "The best reined horse should be willingly guided or controlled with little or no apparent resistance and dictated to completely. Any movement on his own must be considered lack of control. Credit will be given for smooth

ness, finesse, attitude, quickness, and authority in performing the various maneuvers while using controlled speed" (AQHA 160). The best ride is one that looks effortless but includes difficulty in the pattern and undergoes elements with style.

Most reining horses begin their training at 18-24 months of age. They start to compete at three years of age where futurities are for horses three to four years of age. Many working horses are not selected to compete during training due to not being good enough for a futurity or due to injury. It is very demanding, both mentally and physically, for these horses to train at a young age. Their musculoskeletal system must be working at intense rates, due to the young age at which reining horses begin training. Due to the high injury rate of this discipline, practices are limited to 30 minutes a day, 6 times per week. It is important for a trainer to be knowledgeable about how much to work their horses to prevent injury. The training program includes fundamentals to maintain a sound horse during training and while it competes. The schedule is designed to trigger the aerobic and anaerobic pathways that will mimic the anaerobic pathway used during the reining competition. While a trainer develops the program suitable for each horse, they work specifically on fundamentals to build up to maneuvers used in the reining pattern.

A trainer's goal for these horses is to get control of the front end of the horse. The term "freed up" allows weight to be shifted to the hind end of the horse, so they can begin working on the sliding stops. Trainers begin moving their horses through maneuvers, such as cross overs, that eventually will increase range of motion. Another exercise that trainers do is backing and laterally flexing circles, which helps coordinate their muscles and to resist fatigue. As the horse matures, trainers will undergo "square" exercises to make for a longer and better slide.

Personally, I would evaluate this training program as a good training program. I believe that starting the horses after they are about two years old is a good way to prevent lifelong injuries, as most horse's bones are not all the way developed at such a young age. Allowing the horses to only work short amounts of time every day of the week will help build up their strength necessary to be able to compete in competitions. Working on certain exercises, that build up to each maneuver of the reining pattern will also help train horses to eventually compete at a higher level of competition and be successful.

As mentioned earlier, it is important for a trainer to understand their horse's limits to prevent injuries while their horse is still maturing. However, there are other techniques to have the most competitive and sound reining horse in your barn.

*continued on page 16 - back cover*



# Calendar of Events

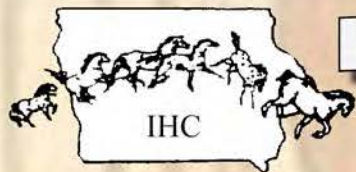
Attention: Breed Organizations, Saddle Clubs and all other horse groups! We need your calendar information to include on this page. If you want the Iowa Horse world to know about your shows, meetings, or any events, let us help you promote your event by publishing it on our calendar page! If you don't send it to us, how will we know about it?

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Contact Person</b>
March 9	Friends of Shimek Dinner Honoring Volunteers	Mt. Pleasant	Ann Bennett, windrush2199@gmail.com
<b>March 29-31</b>	<b>Iowa Horse Fair</b>	<b>Des Moines Fairgrounds</b>	<b>David Beary, (515) 290-5938, dbeary@partnercom.net</b>
March 10	Mid Iowa Driving Association, Spring Membership Meeting	Marshalltown	Phil Duey, (515) 987-1685
April 25-28	Des Moines Springfest Horse Show	Des Moines Fairgrounds	Deanne Mundt (515) 229-5722
May 4	Mid Iowa Driving Association, Brushy Creek Drive	Lehigh	Ralph & Sharon Walker, (516) 230-0042
May 4-5	Iowa Ranch Horse Association Shows	Afton	Diane Sorrells (641) 278-6214
May 11	Mid Iowa Driving Association, Helmuth Equine Driving Clinic	Cambridge	Linda Spain, (515) 205-6983
May 25	Mid Iowa Driving Association, John Wayne Parade	Winterset	Frank Santana, (510) 241-6442, fsantana@aol.com
June 1	Back Country Horsemen of Iowa Public Trail Ride	Loess Hills State Forest, Mondamin Unit	Dorrine Norby (712) 944-5681 or BrokenWheelGraphics@outlook.com
June 15-16	Iowa Ranch Horse Association Shows	Leon	Jane Hatfield (641) 344-3083 Jackie Hatfield (515) 851-8804
June 23	Mid Iowa Driving Association, Roland Drive	Roland	Dave Shold (515) 231-2280
June 29-30	Mid Iowa Driving Association, Skunk River Driving Trials	Ames	Raymond Helmuth, (515) 460-9191
July 13	Mid Iowa Driving Association, Jester Park Drive	Granger	Sandee McKee (641) 484-4784
August 3-4	Iowa Ranch Horse Association Shows	Auburn	Lee Petzenhauser (712) 830 7315
August 3-4	Mid Iowa Driving Association, Eastern Iowa Carriage Glow	Manchester County Fairgrounds	Laurie Renda (319) 360-1078
September 7-8	Iowa Ranch Horse Association Shows	Marshalltown	Jane Hatfield (641) 344-3083 Krista Oldham (602) 510-5570
September 14	Back Country Horsemen of Iowa Public Trail Ride	Loess Hills State Forest, Little Sioux Unit	Dorrine Norby (712) 944-5681 or BrokenWheelGraphics@outlook.com
September 15	Mid Iowa Driving Association, Collins to Maxwell Drive	Collins	Phil & Nancy Duey, (515) 987-1685
October 5	Back Country Horsemen of Iowa Public Trail Ride	Loess Hills State Forest, Pisgah Unit	Dorrine Norby (712) 944-5681 or BrokenWheelGraphics@outlook.com
October 20	Mid Iowa Driving Association, Earlham Drive	Earlham	Al Neumann, (515) 789-4572
November 17	Mid Iowa Driving Association, Fall Membership Meeting	Marshalltown	Phil Duey, (515) 987-1685

**Send us the dates for your next event...**

**Contact editor: Dorrine Norby, BrokenWheelGraphics@outlook.com, 712-944-5681 OR**





# Iowa Horse Council

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# WE NEED YOU!

Are you interested in helping at the Horse Fair, March 29th through the 31st in Des Moines? We need a LOT of volunteer help to ensure that all of the visitors have a great, and safe time! There are many different types of volunteer jobs - - we need help before the Horse Fair starts, during the three days of the Horse Fair and even after it's over! Not all of the jobs involve working with horses - we need office help, crowd control, hospitality, announcers, clinician assistants, barn decorators, trade show help just to name a few. You can work a couple of hours or all day!

If this sounds like something you are interested in doing, please contact David Beary at [dbeary@partnercom.net](mailto:dbeary@partnercom.net) or call 515-290-5938. Of course, all volunteers will receive a ticket for the Horse Fair!



*reining cont. from page 13*

Selecting a yearling that provides the best confirmation and soundness, along with having good reining bloodlines will benefit you in the future. Knowing the correct amount to feed your horse and not allowing it to carry extra body fat will help as well. Making sure your horse is properly trimmed, will help prevent long toe - low heel conformation. It is also important to have a soft riding surface to allow the horse to change directions quick and speedy without slipping. Trainers need to keep in mind to make deep sand practices short, due to more strain on the horse. Keeping all of these helpful things in mind will help you be successful.

Reining is a discipline that requires a lot of effort and work put into training the horse at a young age. By selecting a horse that has good confirmation and bloodlines, you can help prevent unsoundness in the future. Training programs are developed to help prepare horses for competition, keeping in mind that these immature horses do not have fully developed bones and muscles. Keeping practices limited to a short amount of time several times a week will help to put less strain on the horse. As the horse matures and is able to compete, the horse and rider work together as a team to show at competitions while completing the pattern with style and a high degree of difficulty. Success happens when the pattern is finished with limited penalties and the horse earns credit from smoothness, finesse, attitude, quickness, and authority.

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**IHC STATEMENT**  
The Iowa Horse Council  
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The Iowa Horse Council  
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