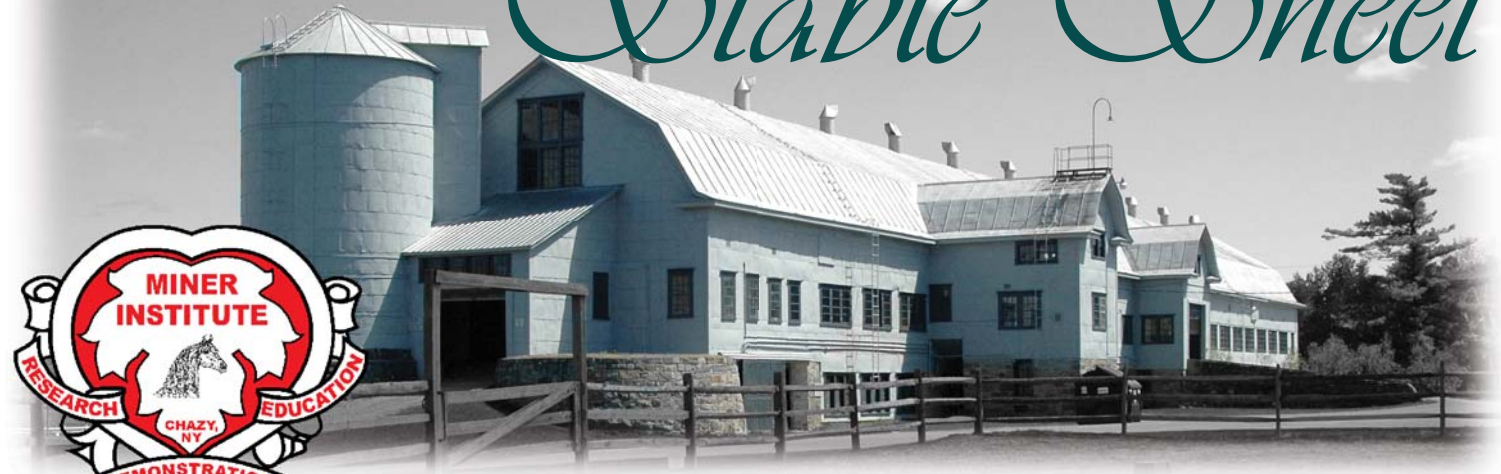


Stable Sheet



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HEART'S DELIGHT SPRING PREMIER OPEN HORSE SHOW

May of 2021 found all of us very ready to get out of our own spaces and share some fresh air and horse time with our friends! The Clinton County Fairgrounds in Plattsburgh, NY provided the perfect venue for Miner Institute to bring back the horse show that many North Country natives remember from their childhood. Just shy of 80 entries brought this event to life competing in halter, English, western, jumping, dressage, trail and some games. Seasoned campaigners, new riders and spectators all enjoyed a nice weekend of spring weather, camaraderie (from an appropriate distance, of course) and beautiful horses.



— photo by Rick Baier

Connor Bryant of Stillwater, NY saved the day as our main arena judge when our regularly scheduled official had a family emergency. Connor's experience with many breeds and disciplines served him well as the HDSP had a mix of a little bit of everything for him to take in. Every exhibitor got a fair chance to strut their stuff in each class as he watched them all carefully and fairly, all the while maintaining his sense of humor and enthusiasm for the sport of horse shows.



— photo by Donna Sorrell

up and judged a beautiful series of trail classes on Sunday of the show. Offerings in the second ring ranged from in-hand, to groups of all ages, and ranch trail too- complete with a trailer to demonstrate loading and unloading the See **HORSE SHOW**, Page 3

Megan Green, a graduate of Washington State University and equine intern at Miner, ably set

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PERSEVERANCE PAYS OFF FOR DR. KELLY QUESINBERRY

Kelly Quesinberry was an undergraduate student at Virginia Tech in 2013 when she came to Miner Institute to participate in the Summer Experience in Equine Management. After graduating from Virginia Tech, Kelly worked at Virginia-Maryland's veterinary school as a surgical and central sterile supply technician. In 2015, she started veterinary school at The Ohio State University. She graduated from vet school in May 2019.



Kelly Quesinberry with HD New York, "Odin" in 2013.

Since graduating from vet school, Kelly has worked for a mixed animal vet clinic in rural Ohio but is headed back home to Maryland to start working for the equine practitioner that cared for her horse and was Kelly's mentor during high school. "I will be expanding my knowledge and use of diagnostics and fine-tuning current equine skills. I am extremely excited for this new chapter in my life, but it was a very hard and bittersweet decision to make. I love the clinic I work for in Ohio and everything I have learned along the way, but I could not say no to this new opportunity."

While interning at Miner, Kelly grew fond of HD New York, "Odin." "He was the cutest little sport horse, dressage-type Morgan that I fell in love with. He turned into my project for the summer and I focused on basic

dressage concepts such as bending, moving forward, learning to balance, and stretching through his back," Kelly recalled. "He found a permanent home in 2015 and has been showing in some mid-level dressage tests. I absolutely loved the opportunity to start training for a young horse."

Kelly said that she would definitely advocate for other students to apply for the Summer Experience in Equine Management program. "I absolutely loved the summer experience. I got to meet other students from around the country. The program also improved my equine farm management, riding, and training skills. It made me more cognizant of time management, prioritizing, and learning how to effectively work in groups of people," Kelly said. "All of these skills

helped me during vet school and continue to help me with my mixed animal practice position."

Kelly was one of five summer interns and a yearlong intern in 2013. She said the group was close and spent lots of time together playing volleyball, having barbecues, and exploring the region. "We were a close-knit group and we still all keep in contact with each other."

Kelly says that her experience at Miner has prepared her for her career.

"My Miner experience has helped to shape my career by allowing me to explore the Northeastern United States, increasing my determination for training challenging horses, and teaching me both hard and soft communication and training skills," Kelly said. "Determination on days where training the horses was challenging helped me to realize that I will have hard days. I did not get into veterinary school my first application round, but I stayed determined and got into Ohio State my second application round." Kelly said that her determination and perseverance helped her through vet school, and that communication skills that she honed at Miner are useful every day as she interacts with colleagues and clients.

— Rachel Dutil



Learn more about the
Heart's Delight Morgan Horses
and view our sales list
<https://www.whminer.org/morgan-sales-list>



photo by Christopher Crosby Morris

TAIL PULLS FOR THERAPEUTIC USE IN HORSES

Equine back pain is recognized as a common cause of poor performance in horses across all disciplines. Traction has been studied and used successfully in humans to treat back pain. There has been anecdotal evidence in the past for caudal traction, also known as tail pulls, in horses to relieve back pain. It is used by equine physiotherapists, chiropractors, and massage therapists.

Miner has used caudal traction to help horses for 25 years since Jack Meagher, equine massage therapist for the US Equestrian Team in the 1980s, gave a clinic on bodywork at EquiDay in the early 1990s. It has been used before exercise to help a horse loosen up for work, after exercise to stretch out and cool-down, and loosen back muscles and allow for better movement. Some instances of tail pulls on a regular basis include: an older driving horse before she works, before and after work for a young horse who needs chiropractic work, and an older stallion who gets tail pulls along with other bodywork before he is collected or ridden.

The first scientific study looking at the efficacy of tail pulls (caudal traction) for pain relief was performed by Kathryn Long and Catherine M. McGowan from the School of Veterinary Science at the University of

Liverpool in the United Kingdom, working with Heli K. Hyytiäinen, Faculty of Veterinary Medicine, from the Department of Clinical Equine and Small Animal Medicine at the University of Helsinki in Finland.

Eleven horses with a veterinary referral for lower back pain were used for the study. Exams were done at horse's home farm and were held by their owners. A pressure algometer measured the threshold at which a pain response was triggered by gradually applying pressure to one of five spots designated along the horse's back. Horses were observed by an animal behaviorist and as soon as the horse made any expression indicative of discomfort, including tense stare, low or asymmetrical ears, facial muscle tenseness, etc. The initial results were recorded and then three 20-second tail pulls were done at a 30-degree downward angle, in line with the spine, with a constant pressure of 4.5kg, with 10-second breaks in between each tail pull. Then the pressure algometer test was repeated immediately to determine if there was a difference in back pain. 83% of the horses saw improvement in the thoracic region, 52.4% in the pelvic region and 50% in the lumbar region.

As this is the first study of its kind, there

is still lots of room for future research to quantify body work results for horses. More scientific studies can be done looking at a wider range of horses, especially horses with known diagnoses for their back pain. The horses used in this study had a veterinary referral for back pain, but no diagnosed solution. Future studies could be done with more horses and to look at longer term effects of the caudal traction, and the impact it has on exercise when applied before, after, and on a regular basis.

As with any bodywork, make sure you are informed before doing anything yourself. This may include talking with your veterinarian or a bodywork specialist like a chiropractor or a massage therapist. This can help ensure tail pulls are an appropriate therapy measure for your horse and are being done properly so your horse can benefit from them. Tail pulls could make some conditions worse so veterinarian consultation for back pain is recommended. Not all horses are good candidates for this method, particularly if your horse isn't tolerant of having people behind them, having their tail handled, or having their tail pulled.

— *Adrianna Fetterman*
2021 SEEM Student
Clemson University

HORSE SHOW, Continued from Page 1

horse. There were stops along the course involving a weight tape and other creative challenges appropriate for each exhibitor.

Catherine Christenson, USDF "L" graduate came from Williston, VT to officiate over the dressage division. With offerings for riders in traditional English and the growing Western dressage, Catherine carefully scored each test and provided positive, helpful feedback to the riders.

The flat, quiet space behind the barn we've called the "New Barn" for so many years that it isn't so new anymore is the perfect place for riders to focus on their horse and the pattern they're riding.

We were grateful that so many puzzle pieces came together for 2021's HDSP Open Show! While the horses are the reasons we do all this, it is the people that make it worthwhile. From the office to

the announcer's booth, the riders, grooms, and ever-present horse-show-parents, the volunteers running around, to the food truck and tack store, we formed our own "village" for the weekend. Be watching for information for the May 28-29, 2022 class list and sponsorship opportunities!

— *Karen Lassell*
lassell@whminer.com

INTRODUCTION

Upon arrival at Miner early in 2021, I had no idea what longlining was. I had little experience training young horses and even less with driving horses. Karen, the equine manager, took me down to our small indoor arena with a fully trained horse to teach me how to longline; I was blown away. Longlining is this perfect middle step between lungeing and riding that can be extremely useful for horses intended for pulling a cart as well as saddle work. It teaches the horse so many things that can't be taught with just lungeing and sets a very solid foundation for any next step in training. Longlining can look difficult and at first it is, but just like driving a car, once you and the horse get used to it, the basics are easy.



Photo 1: Megan Green, intern, longlining Emma

Emma, pictured in Photo 1, injured her suspensory ligament on her left hind leg late in the summer of 2020. After veterinary treatment, stall rest, hand walking, longlining, and some supervised turnout, her training restarted slowly. Emma has always been prone to some bouncy acrobatics which made it difficult to calmly handle her to insure she does not reinjure herself or the people around her. Thus, when she began her rehab, her vet prescribed an injectable acepromazine as a mild sedative to help ease the transition back to work, which we slowly weaned her from as spring wore on.

As Emma increased in her rehab exercise needs, more than hand walking could accomplish, we chose to go right to longlining for many reasons. Emma had very little time under saddle, but had been introduced to longlining before. Longlining also creates a physical and mental state of containment that allows us to have more control during a high energy moment. As well, since longlining gives the trainer some distance from the horse, it allowed Emma to focus on her own body vs. interacting very directly with me. Due to her injury, at first, we worked on trotting only the long sides and walking the corners to avoid tight turns at speed. As she got better and strength increased, we trotted more and changed up the patterns.

What is longlining and how is it beneficial?

Longlining is the next step up from lungeing and is very useful in creating a foundation for the horse, no matter what their intended career. The trainer has 2 lines, one connected to each side of the horse's bridle or bit. It reinforces voice commands, teaches the horse the basics of how to respond to different pressures on the bit or bridle, and creates a more contained training environment. Before any lines are placed on the horse, they need to be carefully desensitized to lines touching their body and coming around the back of their hind legs. At Miner, we accomplish this by tying a polo wrap to the rings of a surcingle and place around the backside of the horse. This exercise can safely introduce the horse to the feeling of lines wrapped about their body as well as future harness parts if the



Photo 2: Emma in longlining tack. Notice where the lines sit and how they come towards the handler. The yellow circle shows the ring which the lines are passed through.

horse will be trained to drive. We also spend time moving soft ropes around the horse's back and back legs in the comfort of their stall to be certain they are comfortable with those sensations.

Longlining really only needs 4 tools: 1 set of longlines (or two lunge lines), a surcingle or saddle, a whip, and a halter/bridle. Longlines come in different lengths and can be chosen depending on the maximum radius of the circle wanted or the radius of the arena and are 2 separate long lines, hence "longlining". We generally tie the two lines together at the end in one continuous loop, so that if we accidentally drop a line, it is not completely gone! The caution with all of these lines is to NOT wrap them around your hands and not get them caught in your feet as you travel.

A surcingle, seen in photo 2, has multiple ring options on each side. The height of the ring chosen depends on the horse and/or handler skill, desired exercise plan, and desired movement result.

Continued on Page 5

TO LONGLINING

As the horse and/or handler increase their skill level, the high rings can be used; for beginners (horse or human), we start at the bottom ring, circled in yellow. Using the bottom ring encourages the horse to have a long, low head carriage and it keeps the outside line above the hocks, but below the tail. If you don't have a surcingle, a saddle can be used instead. The stirrups can be tied to the girth using twine to keep them steady and they'll serve as the "rings" of the surcingle. Like lungeing, a whip can be used during longlining to reinforce verbal commands and trainer body language.

The longlines connect to the horse's face via the sides of a halter or a bit depending on the level of comfort the horse and handler have using a bit.

The mechanics of longlining can be challenging, both to explain via words and to learn, but it becomes second nature once the handler gets used to it. The longlines connect to the horse's face at the halter/bit and then travel through the lower rings on the surcingle. The "inside" line then comes directly to the handler's hand, while the "outside" line comes around the outside of the horse and behind them, sitting above the hocks and below the point of the butt, then to the handler, as seen in Photo 2. When facing the horse and holding the lines like you would reins, the handler should stand approximately opposite the horse's barrel, similar to lungeing, being aware that where you are relative to the horse is important from a body language standpoint as well as how the leverage of the lines affects pressure on the bit. Longlining from directly behind the horse is also called ground driving and can also be a useful tool, but not for horses (like Emma) that are prone to flying feet!

In Photo 3, you can see how I hold the lines and whip which I found to be most comfortable for me, but others may hold the lines differently. My outside line hand holds the outside line and the extra length. I try to keep only one fold of extra lines in my hands to minimize the bulk in my hands, but still enough to keep the lines

from dragging. My inside hand has the inside line and is holding the whip up and across my body. The whip can be held in whatever hand is most comfortable and with consideration for the horse. The handler may need to experiment with what is most comfortable for them, but they also need to consider the needs and energy level of the horse.

Being connected to both sides of the horse's face during longlining allows the handler to walk the horse in a straight line and to change directions without stopping to move lines. The handler can change and apply pressure to both sides of the bit, so they can more freely maneuver the horse, similar to riding or driving. Like reins, the lines work in tandem with the goal of a light, steady connection to the horse. When turning a corner to the inside, the outside line is given slack and the inside line takes up that slack, not pulling the horse through the turn but allowing for the turn. This is done more via movement of the handler's elbows and hands, less by changing the hold on the lines. Steps forward or backward can be taken to keep the constant light contact without having to adjust the line length, but if you find yourself constantly moving towards or away from the horse, it is likely that lines need to be adjusted. This can also be used to allow the horse to move farther away or closer, i.e., making a larger or smaller circle. Having contact to both sides of the horse allows the handler to start to teach the horse the basics of steering and bending around a corner, but most importantly, this system creates a more contained training session.

Lines on both sides of the horse can cause them to feel a bit claustrophobic if the pressure is too great, but can also create clear boundaries for the horse and make them feel more secure. Being able to control the outside side of the horse's body, more so than lungeing, is what provides that sense to horse and handler. One very important concept that the handler needs to be aware of is leverage, which comes about because the lines go around corners (rings or legs)



Photo 3: Megan demonstrates proper position and handling of the lines and whip in her hand.

before coming to your hand. The handler must be careful of the amount of pressure they apply because the leverage amplifies it by the time it gets to the bit.

Another thing the handler really needs to pay attention to is their body posture and position. Just like riding, they need to keep proper equitation; shoulders back and down, neck and back straight, hips tucked under, and soft bend to knees and elbows. Good equitation isn't exactly required to ride or to longline, but the horse will respond better, and the handler's body will thank them in the long run.

One of the trickiest moves in longlining is changing directions smoothly, so as you read this try to imagine what's being described. Through the change, keep even contact with the bit and the horse going forward reaching towards that contact. The "inside" and "outside" lines will be switched, and the horse will move in a half figure eight like shape, seen in Photo 4. Photo 4 also shows how the handler will move across the arena with the horse. First, ask for a diagonal

Continued on Page 6

LONGLINING CONTINUED

across the arena and maintain soft pressure on the inside line (soon to be the new outside), to keep the horse moving straight on the path. As the horse approaches the wall, the handler allows the inside line (soon to be outside line) to go forward and start to gently slide through the hand and gather up more of the new inside line to take up the slack as the horse changes bend and direction. Remember, the handler is not “pulling” to turn the horse, but instead keeping contact to direct movement and allowing for the turn by making room for the body to bend into the turn, which should happen out in front of you.

In Photo 5, I briefly let go of my extra line to lessen the things in my hands and move my whip to my new inside hand. I then picked up both lines into my new outside hand being cautious not to get tangled. You can always ask the horse to stop while you get organized! The lines then need to be adjusted to the desired length for correct position and contact for the new direction of travel.

When I first was learning and a little frustrated trying to manage all the parts, I was struggling to explain to my mom back home in Washington State what longlining was. I used an analogy to explain the complication that was learning longlining: I told her it was like learning to drive stick shift while putting on makeup, eating a Big Mac, and doing long division math problems at the same time. Her answer was, “Well Hon, once you know HOW to drive, then you can worry about the other stuff,”- good advice! So yes, there are plenty of things to pay attention to and do while learning to longline, but the handling the stuff in my hands was my biggest challenge. I had to figure out how to manage the length of the lines to the horse, the pressure on the bit, the whip, and the extra line in my hand, especially through turns, before I could worry about if the horse was going exactly where I was aiming. Karen was constantly reminding me that I could always bring the horse back to a circle to organize myself and/or the horse then continue.

Supplemental tools that can be used during longlining

At Miner, we may use a side check, seen in Photo 6, to keep the horse’s head from going too low and touching the ground if the ground is providing a distraction to learning. For Emma, smells on the ground were hard to resist, so we started using one to keep her focus on longlining instead of snarfing. A bridle with rings below the ears is needed to keep the side check in place. Our side check is a piece of leather with adjustable length and a rope with clips on both ends. The rope slides freely through the loop at the end of the leather. This rope goes through the rings of the bridle and attaches to the bit behind the cheek piece. Photo 7 shows how we use twine to lengthen the side check to give the horse more freedom with the neck.

Longlining can be very beneficial to both the horse and handler in many situations. It can be challenging to learn, but it can be a very fun training technique once the horse and handler understand. Remember good training is boring training. Take pride in the small improvements and be patient with your horse and yourself. Start with short training sessions and add fun or different obstacles or movements once you get the hang of things to keep it interesting.

— Megan Green
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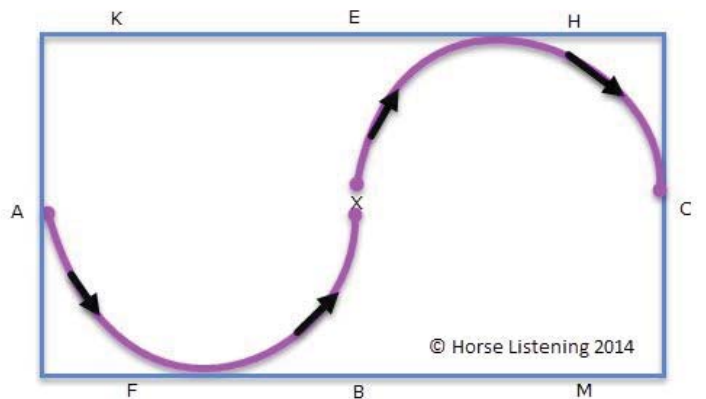


Photo 4: Changing directions handler position 6 Steps To A Well-Balanced Change of Direction – Horse Listening



Photo 5: Megan in the middle of changing directions



Photo 6: Side check used during longlining.



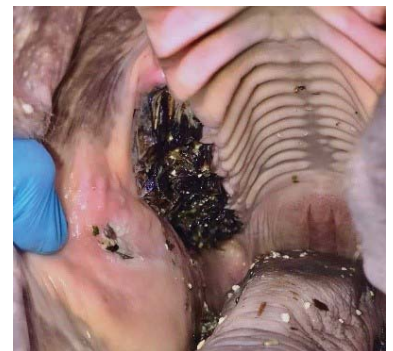
Photo 7: The side check as it is attached correctly to the horse and surcingle.

EQUINE DENTISTRY FROM A HOLISTIC APPROACH

Equine health, body condition, and athletic performance are affected by dental health. Likewise, equine dental health can also be affected by feed regime, overall immune function, and environmental factors. In several studies done by the University of Edinburgh, researchers have found that over 50% of the UK equine population has peripheral cementum caries; in other words, the horses have cavities of their molars. Dental caries form when bacteria naturally in the mouth ferment carbohydrates and produce acids. The acids lower oral pH over time causing demineralization of teeth and loss of typical healthy biofilm. These now unhealthy microbiomes are found to increase cytokine levels and other immune functions in the gums and can be a secondary cause of other diseases.

Caries also weakens tooth structure and impacts oral biomechanics (how the horse chews). Sharp enamel points and soft tissue lacerations are more commonly seen in horses affected by peripheral caries. The weakened peripheral cementum may lower its protection function of brittle enamel and cause the irregular growth of sharp enamel points. Severe caries may also lead to tooth decay, fracture, and tooth loss. Deviation of teeth arcades can also cause caries and periodontal pockets by blocking the normal flow of the food bolus passing toward the back of the mouth and create feed packing and fermenting in teeth. Having a qualified equine dental practitioner to keep track of oral health and proper equilibration at least once a year is crucial.

Severe teeth decay and erosion found in Brazil (From Ondonto Equina Piracaia)



Example of peripheral cementum caries (the brown color around the teeth) and upper 8 and 9 infundibular caries

To prevent or reduce the severity of peripheral cementum caries, avoid feeding horses readily fermentable sugars and low pH feeds such as silage, feeds with high simple sugar contents, or acidic fruits. Severe tooth decay and erosion (an advanced form of caries) are reported in Mexico and Brazil on horses fed diets of mostly corn, fruits, and vegetables instead of forages. The case was not reported as painful, but this severity is irreversible. The examiner was unsure if the subclinical crown was infected, but diet change into a low sugar and non-acidic diet is the only thing to improve the horse's dental health.

Since nutrition, dentistry and biomechanics affect each other, I went to NJ and PA for ten days to apprentice with equine dentists PJ Murphy and Lee Follet and veterinarian Dr. Judith Shoemaker, so I can have a more holistic approach to my future practice. It became apparent to me that incisor angles and alignment directly impact TMJ function and in turn, body balance. When the lower jaw is offset to the left, the left TMJ is under more pressure than the right and can then shift the whole body to the left. Therefore, the horse might have issues staying well balanced through right turns. Dr. Shoemaker feels that horses with an overbite tend to have lower back pain causing them to shift more weight on the heels of the hind legs to counterbalance the forward shift due to the overbite. At her clinic, Dr. Shoemaker's strives to improve horse balance through three steps: a well-balanced hoof trim, chiropractic care she provides, and dental equilibration by certified equine dental practitioners. With proper hoof care and chiropractic care, horses are able to stand up straight when sedated for dental equilibration. Equine posture also directly impacts

See **DENTISTRY**, Page 8

NOW ACCEPTING APPLICATIONS! INTERNSHIP OPPORTUNITIES

Summer Experience in Equine Management

This paid summer internship is for equine, agriculture and life science students in their junior or senior year. The 2022 program begins May 23 and ends August 12. The number of students for the Equine Management program is limited to ensure the intensity of this “hands-on” experience.

The emphasis of this program is the management of a commercial equine facility and improved horse handling and training skills. Students will learn ground training techniques including halter breaking, lungeing, longlining, and ground driving. The versatility of the Morgan and varied ages and abilities of horses at Miner Institute allow for students to experience many different disciplines to varying degrees: saddleseat, huntseat, dressage, western pleasure and driving. Students become proficient at stallion handling, semen collection, and processing as well as broodmare management.



More information can be found at <https://www.whminer.org/summer-experience-in-equine-management>. Applications for the 2022 program are due Feb. 15.

Yearlong Equine Internship

This internship is a 12-month position for four-year graduates in equine studies. The goal of this program is to improve technical skills and knowledge of equine management to better prepare the intern for a career in the horse industry. Applicants should have a Bachelor’s degree in animal or equine science. They should be able to work with others under the supervision of the Equine Manager and be able to perform a variety of tasks in stable management, breeding management and training.

Responsibilities include daily care of the Morgan horse herd and related facilities; provide some training and supervision for the Summer Experience in Equine Management students; assist as needed in equine research and education projects conducted with the Miner Morgan herd; attend equine-related seminars as work schedule permits.

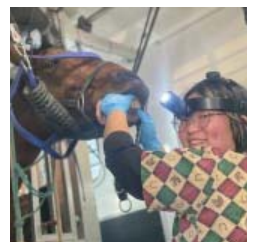
For more information, contact Equine Manager Karen Lassell at lassell@whminer.com or call 518-846-7121, Ext. 120.

DENTISTRY, Continued from Page 7

how dental practitioners see the angle and symmetry of the mouth, which is essential for creating a proper plan for equilibration. Thus, the full picture must be considered to achieve holistic equine health.

— Kai Yun Lai

After wrapping up her yearlong equine internship at Miner Institute, Kai began work on her master’s degree in equine nutrition at Sul Ross University in TX. She also works part time as an equine dentist. Her thesis project is investigating the prevalence of dental malocclusions and the relationship with nutrient digestibility and work performance in western riding horses. As well, she’s got a couple of smaller projects testing supplements for feed companies. Her short term goal is to work for an equine nutrition company (or as an independent equine nutritionist) before pursuing a PhD in equine nutrition.



NEW YORK STATE HORSE COUNCIL

The New York State Horse Council is a 501 (c)(3) non profit organization established in 1968. The NYSHC is your official clearing house for information on horses and horse-related activities within or affecting the state of New York. The NYSHC is the official representative voice for horse owners creating a unified voice for all interests toward the preservation of a future for horses in New York State. We are only as strong as our membership; please join the NYSHC to support YOUR interests at all levels. Use the form here and mail a check or go to www.nyshc.org to join our efforts and learn more about the benefits of membership.

New York State Horse Council, Inc Memberships are for the calendar year Jan. 1-Dec. 31

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REVIEW OF 2021 BEST HORSE PRACTICES SUMMIT

In October, I was lucky enough to be able to attend the 2021 Best Horse Practices Summit (BHPS), which was hosted at the Spy Coast Farm in Lexington, Kentucky. The BHPS is a two day summit that “fills the need for a common sense, research-supported conference to improve horse-human connections” (www.besthorsepracticessummit.org). The summit focuses on bringing science and common sense together to improve horses’ lives via academic and arena presentations. The summit was able to combine both lectures and demonstrations in a very successful way.

This year’s presenters included Sheryl King, Christina Cline, Dr. Martin Neilson, Wade Black, Amy Skinner, Katrina Silva, Warwick Schiller, Jim Masterson, and Jec Ballou. I was mainly interested in the summit because of Jim Masterson, creator of the Masterson Method, since I had recently begun learning his method of equine bodywork. His presentation was great and helped me to improve



my technique. All the presentations were very educational, entertaining, and insightful, but my favorite was from Jec Ballou.

Jec Ballou is a clinician and author based in California and she focuses on increasing fitness in both the rider and the horse, especially using cross-training exercises. Her academic presentation focused on the scientific definition of fitness in the horse and how many horses that we think are “fit” can actually be extremely unfit. An example she used was about how visually well-muscled horses can be very weak because the training never focused on a certain muscle group. The two muscle groups she talked about a

lot were the postural muscles, which are the inner core muscles of the horse that help with balance, and the locomotive muscles, which are the visible muscles we see like the hamstrings. Most training focuses on the locomotive muscles, and not the postural muscles, which causes horses to be weak and injury-prone, unable to relax, or even unable to do a simple side pass. She also discussed how cross training and changes to the training routine can help with this weakness. In the arena presentations, she showed us very simple exercises that can be done to improve strength in the postural muscles, and we were able to see almost immediate results in attitude or relaxation in the demo horses. The reason why her presentations resonated to well with me was because I could immediately think of so many horses that fit her examples of unfit and that the exercises she showed could be so helpful for, especially here at Miner.

— Megan Green
mgreen@whminer.com

Congratulations to new Miner Morgan owners in 2021

The baby pictures are to get us excited for foaling season!

HD Burke, born in 2018, is now part of the Heyday Morgan herd in VT and is going to be Patty Quinn’s next dressage prospect.



HD Burke
(Canon x UVM
Loyalty)



HD Auburn
(Canon x UVM
Kimberly)

HD Auburn, born in 2020, moved to MA and is growing up in Shelby Aquadro’s backyard with her other Morgan to eventually become an endurance and event horse.

HD Hartland was the last foal born by Legacy’s Viking at Miner Institute in 2012. “Hannah” is a sensitive soul and chose wisely when she “picked” Anna as her person a few summers ago. They were reunited at Anna’s farm in New Zealand just in time for Christmas!

— photos by Christopher Crosby Morris



HD Hartland
(Legacys Viking x
HD Massena)

MARK YOUR CALENDAR!

Upcoming Events at Miner Institute

EquiDay

As much as we'd love to plan to all be together in person, it just seems like the best way to insure that there IS an EquiDay is to go ahead and schedule it via ZOOM. If it looks in late March like things are looking up for gatherings, maybe we can have a "watch party" in the auditorium for those that would like to feel some community! Watch the website and social media for information, but in the meantime, mark your calendars!

March 15 from 7 - 8 pm Andrea Waldo, founder of StressLess Riding will discuss some basic sports psychology and how it can enhance your time with your horse. Whether it is an underlying fear issue, show ring jitters, or just some mental roadblock that prevents you from achieving your horse goals, Andrea will get us started on the road to self-improvement.

March 23 from 7 - 8 pm Adirondack Tack's annual fashion show is going to focus on your head as well! If Andrea can get us thinking straight, the least we can do is protect all that hard work with a good fitting proper helmet. Carol Tetreault has enlisted the help of a Charles Owens' helmet representative to talk about how best to choose and fit a helmet for riding to be the most comfortable and safe you can be.

March 24 from 7 - 8 pm Dr. Sarah Reed from the University of Connecticut will discuss her research relative to exercise physiology and help get us prepped for the upcoming riding season. Many equine discomforts and injuries come from the horse not being fully prepared to do the work we are asking it to do. Dr. Reed will help us understand what "fitness" actually means, how to evaluate your horse, and create the best training plans for what you want to accomplish.

March 31 from 7 - 8 pm Dr. Alyson Waring, a veterinarian with Early Winter Equine in central NY, will give a comprehensive presentation on the equine eye. She'll go over what a normal eye does and looks like and how to recognize trouble. Eye problems can be major emergencies; Dr. Waring will better prepare us to handle those!

OPEN HOUSE - SATURDAY, AUGUST 6

Noon - 4 pm

- Wagon rides around the farm
- Equine Demonstrations
- Lawn games with our friends from The Alice T. Miner Museum
- Tour the Heart's Delight Farm Heritage Exhibit
- Learn about how we care for and manage our dairy herd and Morgan horses!

*2022 marks 40 years of Summer Experience programs at Miner Institute!
We invite all alumni and their families to join us for a weekend of celebration.*



The William H. Miner Agricultural Research Institute
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FEATURED MINER MORGAN: HD Hamilton



— photo by Christopher Crosby Morris



HD Hamilton (Canon x Sugarlane Dominique) “Alex” is an inquisitive 4-year-old bay gelding. He’s the third cross we’ve done with Canon and Nique and his older brothers are out there really wowing the world. HD Kingston is a blue-ribbon winning Western Pleasure horse and HD Rochester is getting ready to trot down the center line with a great dressage debut as soon as he stops growing. Young horses have been selling so well lately that we need to keep a few for students to work with in the summer program! Alex has been retained for his next student to bring his basic training along in 2022.

Learn more about the Miner Morgans at www.whminer.org/equine.html