

CORRAL NEWS



ETI CORRAL 357 | SADDLEBACK CANYON RIDERS

AUGUST 2021

VOLUME 28, ISSUE 6



A Note from the President

By Kristen Holden

I want to send a "Shout Out" to our board members for their dedication and ingenuity. First, we have an exciting meeting this week featuring Maddie Ruegsegger from Purina Animal Nutrition. She has been working with Canyon Feed along with many of our local residents to ensure our horses and dogs are nutritionally healthy. She will be speaking at our members meeting about nutrition and how best to handle many of the common issues we see. Be sure to come and get your questions answered.

Next, as we all know most of us have tack, gear and many horse related things we would love to sell. Well, the board came up with another great idea to create an "ETI Tack Sale" coming in October. I think this will be an incredible opportunity to not only get rid of stuff, but to find things as well. So put the date in your calendar, and be sure to register. More information is in this newsletter and reminders will be forthcoming.

Now that we are back in business with members meetings each month, I would love to get ideas from our members on topics they would like to hear about. Start thinking and let me or any of our board members know your thoughts. I will see 'Y'all' at our next members meeting.



"Animal Nutrition"

Hear **DIRECTLY** from an expert on how best to feed and care for your horses, dogs and other animals

When: Thursday, August 5th 7:00pm

Where: Members' Meeting

M & C's Grill

31911 Dove Canyon Dr, Trabuco Canyon

www.saddlebackcanyonriders.com

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EMERGENCY

"Horses And Life, It's All The Same To Me." — Buck Brannaman

"We ain't skinned!" — Flick Balthasar, Past President

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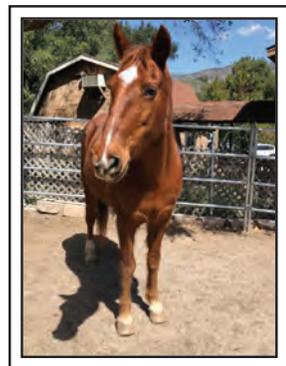


The Pink Pill

By Debbie Kelly

Last October, while we were under voluntary evacuation and my horse Riley was at the Laguna Woods Equestrian Center, caregivers contacted me to tell me he was barely able to walk. I was concerned as we had been dealing with issues in his front feet for over a year and external examinations had given little explanation. Earlier x-rays had given no indication as to what the problem was. I wasn't sure if this was all connected, if it was just stress as a result of the evacuation and new location, or something more metabolic. I do know I would do whatever it took to identify and treat; to finally get to the bottom of his discomfort. I called his veterinarian and she came out right away. A comprehensive exam led to a pre-diagnosis of Pituitary pars intermedia dysfunction (PPID), also known as Cushing's disease. We did not do blood work at that time and discussed a future date. He was also in a laminitis episode. X-rays that day showed evidence of a very mild inflammation of the tissue between the hoof and underlying coffin bone so there had been changes that were likely causing some of his symptoms. It was not too alarming and with the appropriate care, exercise, medications, and feed we could hopefully manage the two diseases. PPID and Laminitis often go hand in hand (or hoof in hoof) and especially in senior horses. Riley was twenty-three at the time and now I had answers.

There is no cure for PPID but there is a medication known as pergolide. Riley was prescribed Prascend, the only FDA approved formula of pergolide for horses. This summer we had him tested for PPID and insulin resistance (ir) which is common in PPID horses and that was negative. He is PPID positive but within a safe range so for now his Prascend dosage has not increased.



What is PPID?

It is an age related endocrine disorder most common in older horses, although it has been found in younger ones. It is neither breed nor gender specific. It is caused by the degeneration of neurons that affect hormone production pathways in the brain from the hypothalamus and pituitary glands.

Hormones from the pituitary gland are controlled by the hypothalamus through the neurotransmitter dopamine. With PPID, the degeneration of neurons that produce dopamine results in an inability to control the hormones produced by the middle lobe of the pituitary gland (pars intermedia). High levels of these hormones affect processes throughout the body. A hormone imbalance such as this can run havoc in a thousand pound horse's body. Pergolide or Prascend can help manage but not cure. In the Cushing's world Prascend is often referred to the "pink pill". I've also heard it called a magic pill. Well, it is pink but certainly not magic. So much more is involved to treat PPID and every horse owner who suspects or is living with it should include regular veterinarian visits as part of that management.



Some of the signs to look for if you suspect PPID in your horse include unusually long or curly coats. Delayed shedding, abnormal sweating, lethargy, excessive urination, fat deposits on the back, neck, and even around the eyes. Some develop a pot belly. You want to call your veterinarian if you notice these changes in your horse. Oddly enough, Riley really did not present with these symptoms last year, but I've noticed a few recently. This is the first year it seemed like he would never shed that winter coat. I haven't ridden him as much in this heat which could account for a bit of a pot belly, but he is ridden at least twice a week in the evenings and is regularly exercised in the round pen. After six months of keeping him

barefoot and trying to find the correct boot for him, he is finally back in shoes with pads on the front. As far as his trail riding goes, we have good days and some not as good. He kind of has the reigns now. I listen when he says "not today mom". We will continue the best regimen for him, which includes the pink pill, not a miracle, but definitely helped me get my boy back.

Some information presented here was edited and found at <https://ceh.vetmed.ucdavis.edu>

There is also a Facebook PPID group. There you can find support and scientific data to help deal with the disease.



2021 Calendar

Date			Event		Location	Contact
Aug	5	Thur	Members' Meeting - Purina - NUTRITION	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Aug	12	Thur	Board Meeting	7:00 pm	TBD	
Aug	20	Fri	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Aug	28	Sat	Month-End Ride	8:30 am		Debbie (949) 244-0670
Sep	2	Thur	Members' Meeting - Animal Communicator	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Sep	9	Thur	Board Meeting	7:00 pm		
Sep	18	Sat	Inner-Coastal/Watershed CleanUp	8:00 am	Trabuco Creek Bridge	Rich/Patti (949) 888-1604
SEP	19	Sun	Fiesta Island Ride - San Diego	8:00 am	Fiesta Island, meet at CVS	Jim (714) 612-1789
Sep	20	Mon	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Sep	26	Sun	Trabuco-Rose Preserve Ride	10:00 am	Stage O'Neill; meet Trabuco Oaks gate	Debbie (949) 244-0670
Oct	2	Sat	Tack Sale	10:00-2:00	Canyon Tack and Feed	Mike (949) 981-9336
Oct	7	Thur	Members' Meeting/Nominations	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Oct	9	Sat	Trail Maintenance	8:00 am	O'Neill Park	Mike (949) 981-9336
Oct	14	Thur	Board Meeting	7:00 pm		
Oct	16	Sat	Walk-Trot Roundup	10:00 am	O'Neill Arena (9:00am registration)	Jim (714) 612-1789
Oct	20	Wed	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Oct	30	Sat	Costume Trail Ride	10:00 am	O'Neill Park Arena	Debbie (949) 244-0670
Nov	4	Thur	Members' Meeting and Election	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Nov	6	Sat	Trail Maintenance	9:00 am	O'Neill Park	Rich/Patti (949) 888-1604
Nov	11	Thur	Board Meeting	7:00 pm		
Nov	20	Sat	Trabuco-Rose Preserve Ride	10:00 am	Stage O'Neill; meet Trabuco Oaks gate	Debbie (949) 244-0670
Nov	20	Sat	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Dec	9	Thur	Board Meeting	7:00 pm		
Dec	11	Sat	Christmas Party	5:30 pm	TBD	
Dec	19	Sun	Trabuco-Rose Preserve Ride	10:00 am	Stage O'Neill; meet Trabuco Oaks gate	Debbie (949) 244-0670
Dec	20	Mon	Newsletter deadline (for articles)	7:00 pm	Google Drive	

ETI Tack Sale

Not surprisingly, if we have a horse, (or horses), we all have "extra" tack hanging around somewhere taking up space in our tack rooms, barn, etc. That being the case, ETI Corral 357 is planning on putting on a Tack Sale.

Saturday, October 2nd
Parking lot of Canyon Feed and Tack
10AM to 2PM

Bring your new and/or used, saddles, bridles, halters, bits, blankets, pads, grooming equipment, etc. Spaces will be available for \$10.00 each. We strongly recommend bringing your own table or blanket to display your gear, but ETI will have a few tables handy, just in case. (You'll need to let us know ahead of time as our supply is very limited)

Along with music, we will have Hamburgers, sodas, and waters available for sale to the public at \$5.00 a burger and \$1 for a drink.

If you are reserving a space for the Tack Sale, your burger is included in the \$10 charge for the space!

Please contact Mike Wallace at 949-981-9336 or mustangmikeshats@gmail.com to reserve your space.



Treasurer's Report

By Janel Meric

ETI - CORRAL 357 FINANCIAL REPORT FOR PERIOD ENDING: June 30,2021

Beginning Checking account Balance June 1..... \$6263.99

Deposits:

June 11 Dues..... \$90.00

Expenses:

June 24 State Farm Insurance..... \$10.00

Ending balance checking acct June 30..... **\$6343.99**

Outstanding debits:

K Holden board meeting dinners x 2 \$100.00

ETI dues \$12.00

Cash on Hand **\$400.00**

TOTAL **\$6631.99**

Membership Report as of June 30, 2021:

Current members 24, Honorary Members 3



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LART Expanded

By Rich Gomez

The San Juan Capistrano (SJC) Emergency Evacuation & Large Animal Rescue Team (LART) has always been ready to help in case of an emergency, but we're trying to expand the organization from a city program to a county-wide organization more formally recognized and more easily deployed by county agencies. This is not an easy task.

Since the Santiago Fire in 2007, we and many others have been trying to create a county-wide organization that can respond more quickly to emergencies. Now don't get us wrong – LART has been fantastic when it comes to helping out, but we have had two problems come up:

1. It hasn't always been easy to get LART volunteers to the emergency because of the process.
2. San Juan Capistrano has always been there to help out, but they're not responsible for the whole county, and it's not fair to burden them with that role without support.

So what do we do?

The good news is there are many LART volunteers scattered throughout the county. Actually, at a recent LART meeting, there were more LART members from other cities than from SJC. The other piece of good news is LART (SJC) has it figured out! They're successful and they're ready to go, but it's more the process that's in the way – or as we told the County Supervisor's office, "government gets in the way."

Again, so what do we do?

The basic idea, shared by many including LART, is to:

- Fund a position (disaster manager) within OC Animal Care to manage County disasters that affect small animals, large animals and wildlife. Model after LA County's program.
- Create "local chapters" (with local emergency managers) in key areas that can respond more quickly using the LART program as a framework for county run chapters.

- Include the disaster manager (within OCAC) in an existing county-wide administrative organization that meets regularly; e.g., OCEMO (Orange County Emergency Management Organization). This will create a specific path of communication between Emergency Operations, OC Sheriff Department (OCSD) and credentialed field evacuation teams (for roadblocks, access, etc.).
- Have local emergency managers work through the disaster manager (within OCAC) at OCEMO (or a similar "umbrella" organization within the county structure) to provide a voice, oversight and a forum for regular discussion, review and accountability.
- Receive county funding for the administration and operation of a county-wide LART group or authorize LART to become a recognized official resource so that funding could become available through CalOES, FEMA and other grant sources.



Four Keys For Success:

1. Understand your role and responsibility as a horse owner
 2. Get out early
 3. Help us formulate a more effective county-wide evacuation program; VOLUNTEER
 4. Expert haulers are willing to evacuate early, and they're ready to help BEFORE any LART activation or emergency evacuation declaration
- If you're interested in this "service" (for a fee) please contact our ETI Board, and please share ANY ideas you have to help residents and our horses all stay safe.

Large animal evacuation is under the direction OC Animal Care during emergencies. Here's their website link and their basic evacuation list: <https://www.ocpetinfo.com/education-resources/disaster-preparedness/disaster-preparedness-large-animals>

OC Animal Care

Basic Horse Evacuation Kit Checklist



Feed & Water Buckets



Blanket or Sheet



Feed & Water (Enough for 3 days)



Hoof Pick



Halter & Lead



First-Aid Kit, Photo with Owner, Medications & Emergency Contacts



Horse Trailer



Shovel



www.ocpetinfo.com - (714) 935-6848

[f](#) [i](#) [t](#) /OCAAnimalCare





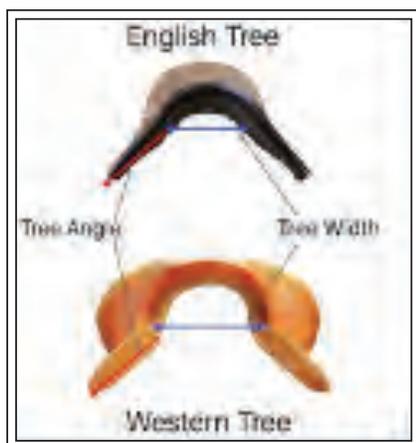
Saddle Fitting

By Mike Wallace

If there is one lesson that has been drilled into me as I gained time with horses, it was that "One size fits all" does not apply to saddles. Just like shoes on our feet don't always fit perfectly from one brand to the next, saddles on horse are very similar with respect to the fact that they will vary dependent on how they are constructed and the shape of the horse. So let's take a look at some of the factors that can assist us in getting a saddle to sit properly on the back of a horse.

Tree Angle

A tree angle being too wide or tree width too narrow is the most common saddle fit error. Most importantly: wider is **NOT** always better. As a result, it can cause focal pressure on the withers.



So why is tree angle too wide such a problem? One of the most important things to remember in saddle fit is that the weight of the rider is going to sit on the horse's back. It is EXTREMELY important to have a tree that disperses this weight on the back. When the tree angle is too wide it puts a lot of pressure on the withers that connect in the top of the wither. In addition, there is a trigger point in the wither that causes the horse to invert and lift their head. Between the muscles and the trigger point tree angle too wide is the number one cause of "girthingness" in horses. It is a reaction to the tree being pulled down on the wither.

When the horse is comfortable and in condition, the shoulder pushes wider the rib cage elevates and the horse fills in in front of the wither and in the back. This is how a saddle that originally DOES fit, can later not fit, as the horse gains or loses fitness.

In the saddle fit world often, a rider will think that if a saddle is too wide they can just add a pad and it will fill in the difference. While that can sometimes be the case more often it causes more severe pinching.

Too Narrow Gullet

The gullet width is the space between the panels in an English saddle or width between the tree bars in a Western saddle. The gullet being too narrow impinges on the spine and stabilization muscles of the equine back. Symptoms: Irregular gait all four legs, tossing head, inverted back, hollowing of back muscles, stiffness, chiropractic misalignments. Often it will manifest itself with the appearance of white marks on hair at the horse's withers.

Measuring the Gullet.

Stand your horse on a level surface, tied if necessary to keep him still. Place the saddle directly on his back, without using a saddle pad. Ensure that the saddle is level from front to back and from side to side.

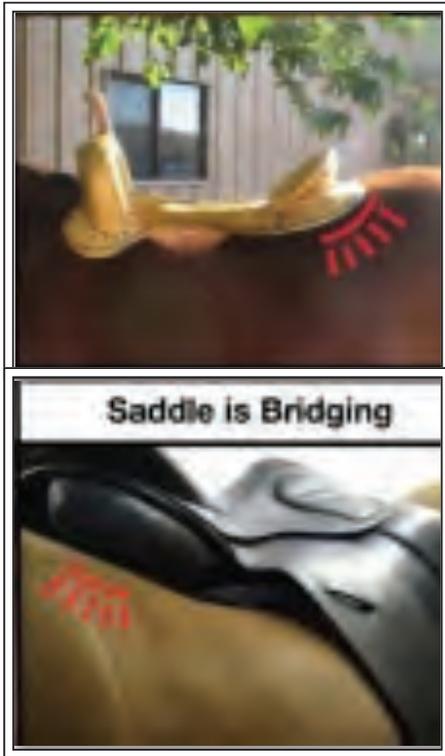
Look at the saddle's position from the front. The saddle gullet should span the withers, resting on the withers about 2 inches below their highest point and leaving a gap between the top of the withers and the bottom of the saddle. Place your hand into the space between the saddle and your horse's wither, using your fingers to measure the vertical space.

The gap should fit no more than two fingers to three fingers maximum. If more than three

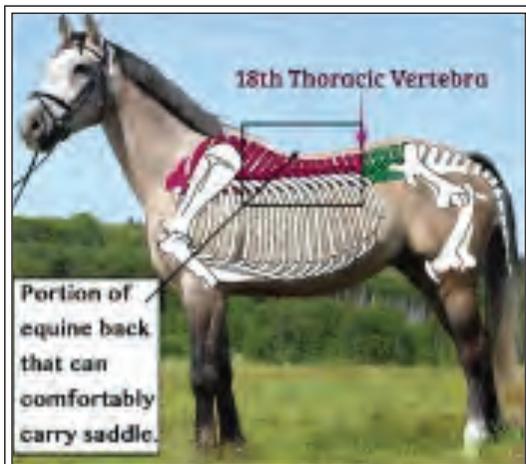
fingers fit, the gullet is too narrow. If fewer than two fingers fit, the gullet is too wide. Slide your hand under the saddle and along the gullet to determine whether the pressure from the bars is evenly applied throughout.

Bridging Saddle

A bridging saddle is a saddle that only touches in the front and back. It does not carry through the middle of the horse's back. This can result in or cause a severely sore back. It can also shut down the front end and hind end of the horse. Symptoms: Dry patches front and back, hollow back, back becoming more swayed, sore back, bucking and dips in back muscle. In some cases the saddle is just too long.



Saddle Too Long



When the saddle extends back past the end of the rib cage it rests on the lumbar spine. There is no way to make a gullet/tree wide enough to avoid the spine behind the ribcage. If the saddle goes off the end of the ribs it will interact with the lumbar and cause low back pain. Symptoms: Bucking, cross cantering, refusal to canter, bolting, sore lower back

One trick I've used to determine if my saddle is right for the horse I'm riding is to check the saddle pad and the



back of the horse when the ride is over. After going on a moderate ride, unsaddle the horse and observe the sweat pattern. It should look like the horses back in the picture below. Everywhere you should have had contact between saddle and back should be sweaty. The saddle pad should have some wet or "dirt" marks on it where it comes in contact with the horse's back. Check to see if these marks are in the right places.

Horses, as we all well know, are not a cheap endeavor. We spend thousands on the horse, their equipment, and their care. Spending an extra \$100 or so might just be the best investment you can make in order to save costly vet bills and a laid up horse. When all has been said and done, if you've just not sure, have a professional do a fitting with your horse. One word of caution. If you have a fitting done, make sure you have saddles available to try out on your horse. A fitting without saddles is a waste of time. As I stated in the start of this article, Saddles, like fitting shoes on people, are not all the same!

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Thursday: Rancho Carillo, Ortega, San Juan Capistrano, Nellie Gail, Laguna
Friday: Coto de Caza



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- * Keep your hay/feed room as clean as possible. When your hay runs low it's a great time to move your pallets and sweep out bits of hay or feed that have (or could) become mouse & rodent housing. Remember that rodents are a tasty treat to snakes!
- * Keep your strings under open hay bales so they can be re-tied up and moved when your new hay is delivered.
- * Remember to thank your delivery driver

2021 Board of Directors

Saddleback Canyon Riders | ETI Corral 357

Board Members meet monthly (2nd Thurs); Saddleback Canyon Riders Members are always welcome to attend or host a meeting. RSVP required.

Members Meetings (1st Thurs) are open to the public.

ETI Corral 357 Board:

		<u>Home</u>	<u>Work</u>	<u>Cell</u>	
odd	President	Kristen Holden	949-444-1990	949-444-1990	kristen3091@gmail.com
even	Vice-President	Rich Gomez	949-888-1604	949-888-1684	714-504-7001 rtgomez@aol.com
odd	Secretary	Patti Gomez	949-888-1604	714-335-3123	pattiangomez@aol.com
even	Treasurer	Janel Meric		949-375-8391	
even	Membership	Janel Meric		949-375-8391	
odd	Scribe/Editor-in-Chief				
odd	Trail Boss	Debbie Kelley			
even	Person-at-Large	Mike Wallace		949-981-9336	mustangmikesats@gmail.com
even	Activity Director	Jim Iacono	949-459-7742	714-612-1789	jiacono@gosafeguard.com
	Sergeant-at-Arms	Pam Ragland		949-734-0374	714-287-0001 pmt@aiminghigher.com
	Emergency Response Team				
	Coordinator/Communications;				
	Webmaster	Rich Gomez	949-888-1604	949-888-1684	714-504-7001 rtgomez@aol.com
	Others:				
	O'Neill Regional Park	Steve Aleshire	949-923-2259	949-923-2260	steve.aleshire@ocparks.com
	ETI National Office	Debbie Foster	818-362-6819		eti@linkline.com
	OCFA Station #18		949-858-9369		





The Saddleback Canyon Riders are ETI Corral 357

Established in 1991, we are one of the largest ETI corrals in California with members from South Orange County and points beyond. We are a family-friendly equestrian group based in **Trabuco Canyon** at the foot of the majestic Saddleback Mountains. Our Corral is committed to supporting and helping maintain O'Neill Regional Park and other local riding trails.



ETI: Equestrian Trails, Incorporated is a family oriented riding club

established as a nonprofit corporation in 1944 with the Charter to be "Dedicated to the Acquisition and Preservation of Trails, Good Horsemanship, and Equine Legislation." With its combined membership, ETI has successfully worked to keep our trails open and add more equestrian facilities. The more members we have backing equine legislation and trail preservation, the more likely the State, County and City Officials will be to comply with our needs.

Saddleback Canyon Riders

ETI Corral 357

PO Box 1026

Trabuco Canyon, CA 92678