

The Arena

A newsletter dedicated to keeping NWRDC members in the know about club business, news, history, events and equine issues.

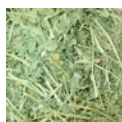
A Monthly Newsletter

February 2010

I'm Your Huckleberry

This month's comments from NWRDC president, Pierce Williams.

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Tips for choosing hay

At least half of your horse's daily nutritional needs should come from hay - learn to choose the best.

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Spotlight

Contributing writer Amy Carey shares her stories about Crystal La Cross.

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Event dates and other news

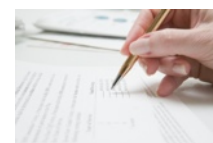
Get event dates on your calendar and learn more about the Club with other news.

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Kids' Corner

Word Scramble for the youngsters and solution to last month's puzzle.

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Revised Membership Application

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Editors: Veronica Williams, Pierce Williams, Sue Tice

Club News

There was a great turnout for the first meeting of 2010. It was wonderful having several new faces join us. Thank you to all who attended. We received some very valuable input on the future of our club. We hope that more members will become active in these monthly meetings.

The standard agenda was covered. Following are some of the highlights:

- 2009 revenue and expenses showed a net profit of about \$6,600. This provides a good start to ground maintenance and club expenses that the Board of Directors may deem necessary for the Club for 2010.
- **EXCITING NEWS:** Thanks to Veronica Williams, the club now has a website. Visit www.NWRDCVT.com to read about club history, club news, show dates, membership forms, registration forms, etc. Facebook is still going to be



NWRDC Board of Director on his horse Breeze at the Champlain Valley Fair in September, 2009.

- used as a tool for sharing comments, posting pictures, etc.
- "The Arena" – Feedback was great! Overall opinion was that it looked professional and most loved that it was in color! Concern was raised about the cost of color printing. hmc2 Agency, Veronica Williams' business, gave us an 80% discount on the printing. Thank You Veronica!!
- In order to keep "The Arena" affordable and in color, we encourage members to

request the newsletter via email rather than paper copy.

- Other means of covering the cost of printing were discussed and Veronica will provide specific options at the next meeting.
- A motion was made to continue "The Arena" in color for the next 3 months while further discussing options to cover the costs of printing. So, members please provide feedback via facebook or directly to Pierce Williams about the newsletter.
- Code of Conduct – Veronica Williams presented a draft code of conduct for the club. Some suggested changes were discussed and a new updated version will be presented at the next meeting for further review.

February 9 Meeting Preview – in addition to the Standard Agenda we will discuss: officer job descriptions, membership cards, membership dues, securing a grant, show fees, re-opening the pony track, code of conduct, the Board of Directors' meeting decisions.

I'M YOUR HUCKLEBERRY

Greetings -

Thanks to all who attended our January meeting. Our regulars were there, and we're glad for that, but it was good to see new faces. We had lively discussion on a number of topics, so thanks to all who came. And, please, keep coming!

You'll recall from the first issue of "The Arena," one of my primary goals for 2010 was to launch the website and use it to distribute the newsletter. The site is up, the address is www.nwrdoc.com and we will post the newsletter there each month. We'll send you an email when it gets posted. Here's what else to expect from the website and how that will be different from our facebook page.

The website is where you'll find "official" information about Northwestern Riding and Driving Club, specifically; NWRDC by-laws, our code of conduct, event dates, rule books, patterns, newsletters, and event results. If all goes as planned, we'll also use this site to help pay for the newsletter by offering ad space on the website as added value to newsletter advertisers. But more about that in our March issue.

The facebook page (log onto facebook and search for Northwestern Riding and Driving Club) is a place for more informal exchanges. Here, we encourage you to post photos (we need photos from Horse Shows, Pee Wee Gymkhanas and Gymkhanas for the website and newsletter). And here, you can talk to each other and to us—the officers and board of directors of the club—about how you'd like to see the club evolve. We'll use facebook for invites to our meetings, and try to use it for weather alerts, and other event updates. Remember, this is all being done by volunteers who have varying degrees of comfort with the technology, so please be patient.

We are looking for members to contribute to the Spotlight. If you would like to share a story, please email me 500 words of copy and 3 photos (preferably print quality.) We'll proof and edit. Or you can send us your recommendation for a Spotlight story and, as long as you provide contact info, we'll interview your recommendation.

If you have any questions or concerns, I invite you to email or call me. And remember, when in doubt, let your Horse do the thinkin'.



Pierce Williams
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10 Tips for Choosing the Best Hay for Your Horse

High-quality hay can be an important source of essential nutrients in your horse's diet. A horse's protein and energy requirements depend on age, stage of development, metabolism and workload. A mature horse will eat 2 to 2.5% of its body weight a day, and for optimum health, nutritionists recommend that at least half of this should be roughage such as hay. For a 1000-pound horse, that means at least 10 pounds of roughage each day.



Hay generally falls into one of two categories – grasses or legumes. Legume hay is higher in protein, energy, calcium and vitamin A than grass hays. While hay alone may not meet the total dietary requirements of young, growing horses or those used for high levels of performance, high-quality hay may supply ample nutrition for less active adult horses.

Once you've determined the best category of hay for your horse, most people select hay based on how it looks, smells and feels. Use the following tips from the American Association of Equine Practitioners to select the best hay for your horse:

1. It's what's inside that counts. Ask that one or several bales are opened so you can evaluate the hay inside the bales. Do not worry about slight discoloration on the outside, especially in stacked hay.
2. Choose hay that is as fine-stemmed, green and leafy as possible, and is soft to the touch.
3. Avoid hay that is overcured, excessively sun-bleached, or smells moldy, musty, dusty or fermented.



4. Select hay that has been harvested when the plants are in early bloom for legume hay or before seed heads have formed in grasses. Examine the leaves, stems and flowers or seed pods to determine the level of maturity.
5. Avoid hay that contains significant amounts of weeds, dirt, trash or debris.
6. Examine hay for signs of insect infestation or disease. Be especially careful to check for blister beetles in alfalfa. Ask the grower about any potential problems in the region.
7. Reject bales that seem excessively heavy for their size or feel warm to the touch, as they could contain excess moisture that could cause mold, or worse, spontaneous combustion.
8. When possible, purchase and feed hay within a year of harvest to preserve its nutritional value.
9. Store hay in a dry, sheltered area out of the rain, snow and sun, or cover in the stack to protect it from the elements.
10. When buying in quantity, have the hay analyzed by a certified forage laboratory to determine its actual nutrient content.

Remember that horses at different ages and stages of growth, development and activity have different dietary requirements. Consult your veterinarian or a qualified equine nutritionist when formulating your horse's ration. He or she can help you put together a balanced diet that is safe, nutritious and cost-effective.

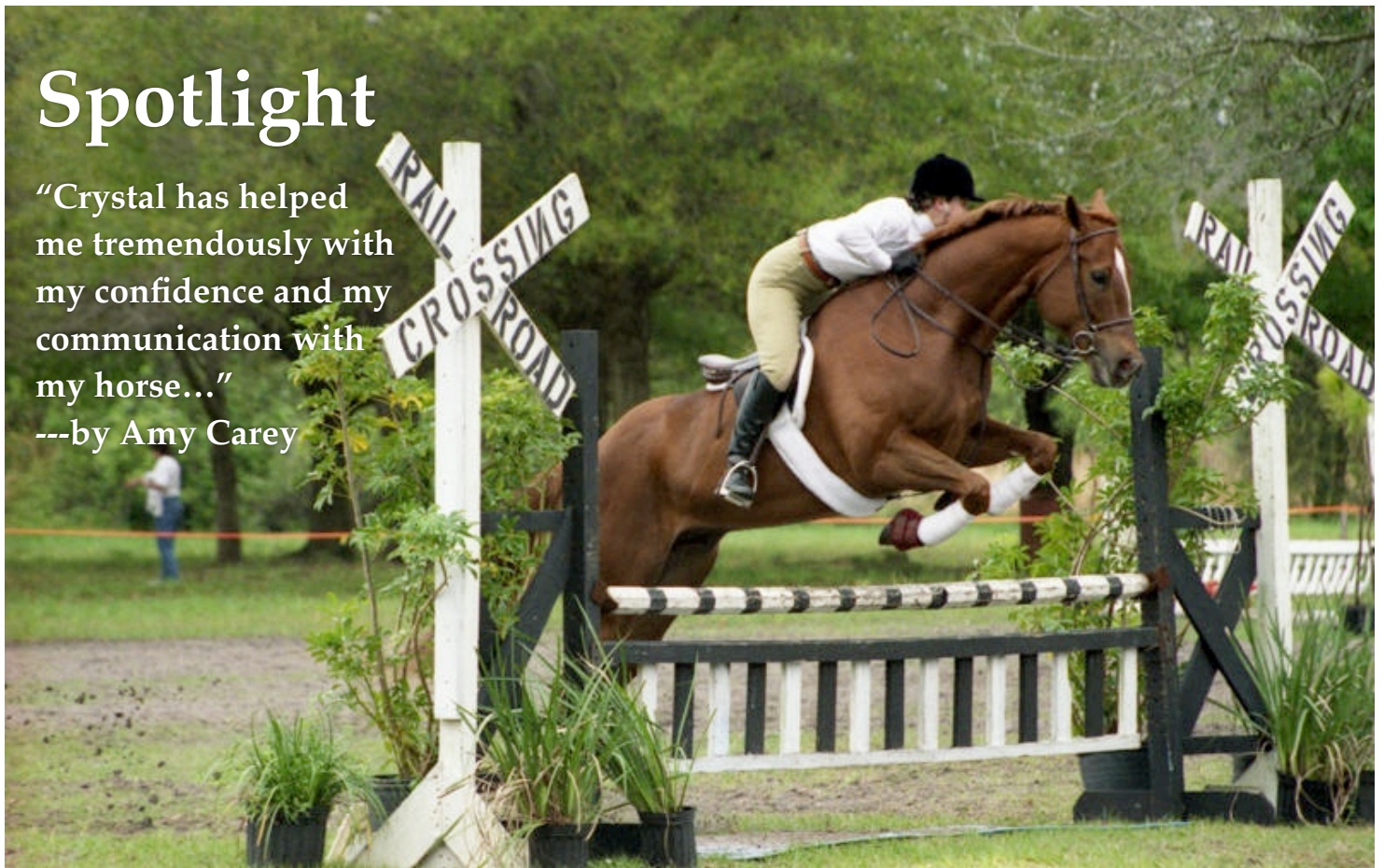
Vermont Large
 Animal Clinic –
 Equine Hospital



Spotlight

"Crystal has helped me tremendously with my confidence and my communication with my horse..."

---by Amy Carey



So we can learn more about each other, we ask that each month, members spotlight a fellow rider within the club.

I first met Crystal LaCross in 2002 when I decided, after a 20 year hiatus without horses, that something was missing in my life. Of course the answer was ... horses. The light that dawned that day would turn my venture of finding a horse into a passion/obsession, but as everyone reading this knows, also the glue that bonds us together as a riding club together.

As a nervous 30-something year old woman, walking into a boarding facility with more than 20 horses was more than unnerving, to say the least. At once, I was put at ease watching the bond Crystal had with her horses, and her clients. It was like coming home.

Over the years, as I've learned more about horses, Crystal has always been a phone call away with answers, advice or a kind word. "Empathy" is the word that comes to mind. Crystal would never make anyone feel as if she knew more than them (of course she did in my case).

Most recently, I had a scare with my horse Heaven who had Laminates. I was beside

myself. Crystal came to my barn, sat with me and inspected my care routine. With a few words..."Heaven is lucky to have such quality care" she was able to put my mind at ease. That's the kind of person Crystal is... approachable, un-intimidating.

Born in St. Albans, Crystal moved to Florida at the age of 12 and lived there until 2000. She returned to Vermont in 2000 bringing with her a posse of 5; including Willow, a 5 year old sport horse mare; Lacey, a 4 year old QH; Tristan, a 9 year old, off-the-track TB; Vinny, a 12 year old Trakehner; and Mia, a 4 year old Shetland Pony.

Now, Crystal spends her days working passionately as a dog groomer at Doggy Style in Colchester, VT. "It's rewarding" she states. "I feel so great afterwards because these animals truly appreciate the kindness bestowed upon them once it is over."

Crystal has a number of full- and part-time students. Her passion is working with horses and their owners to overcome fears and training issues. Her discipline is hunter Jumper/ with a foundation in dressage. She has a myriad of experience including training with Olympic Medalist, Chris Kappler. Crystal teaches all over Vermont, but can be found at her own facility, Willow Brook, Isle

La Motte, Horse Tail Herbs Farm/ Kelly Robie (Milton, Vt.) as well as private and boarding facilities across northern, Vt.

I had the opportunity to speak with one of Crystal's students and she summarized Crystal as follows: "Crystal has helped me tremendously with my confidence and my communication with my horse...Sensai, a 15 year old Morgan Gelding. She has the gift of insight and the most calming demeanor and voice that keeps me grounded during my lessons with her. Riding has become a pleasure again." Suzanne Jaques, Milton Resident and club member.

Crystal was married in September 2006 to Austin Smith and is Stepmother to 9 year old Chance. They recently bought their dream home in Isle La Motte/Willow Brook Farm where she resides with 2 dogs and her 5 horses.



On left Suzanne Jaques on Absolutely Sensational and on right Crystal with Kimmie Wolf and Michaela Lambert



Pee Wee Gymkhana

Committee Members: Sandy & Ray Hatin, Jim & Sue Sullivan, Lorraine & George Rand, Stacy Bennett, and Patricia Lafar.

We encourage you to contact committee members directly with your feedback.

DATES FOR 2010 EVENTS:

- May 22
- June 19
- July 10
- Aug. 7
- Aug 29
- Rain date is set for Sept 19

Gymkhana

Committee Members: Tracy & Alan Webb, Sue Tice, Shirley Langlois, Barbara Rousseau, Phil Pearo, Audra Langlais, Dawn Superneau, and Pierce Williams. Tentative dates have been set but not finalized. We will publish these in the next newsletter.

We encourage you to contact committee members directly with your feedback.

A motion was made and votes cast in favor of holding 3 NBHA barrel races on the same day as the gymkhana's again this year. The dates will be posted as soon as they are set.

Horse Show

Committee Members: Sandy & Ray Hatin, Jim & Sue Sullivan, Lorraine & George Rand, and Stacy Bennett. The committee is beginning to look for judges at this time.

We encourage you to contact committee members directly with your feedback.

DATES FOR 2010 EVENTS:

- June 6
- June 27
- July 18
- Aug. 15
- Sept 12

Kids Corner

Breed Scramble.

Unscramble the letters for some of the best known breeds:

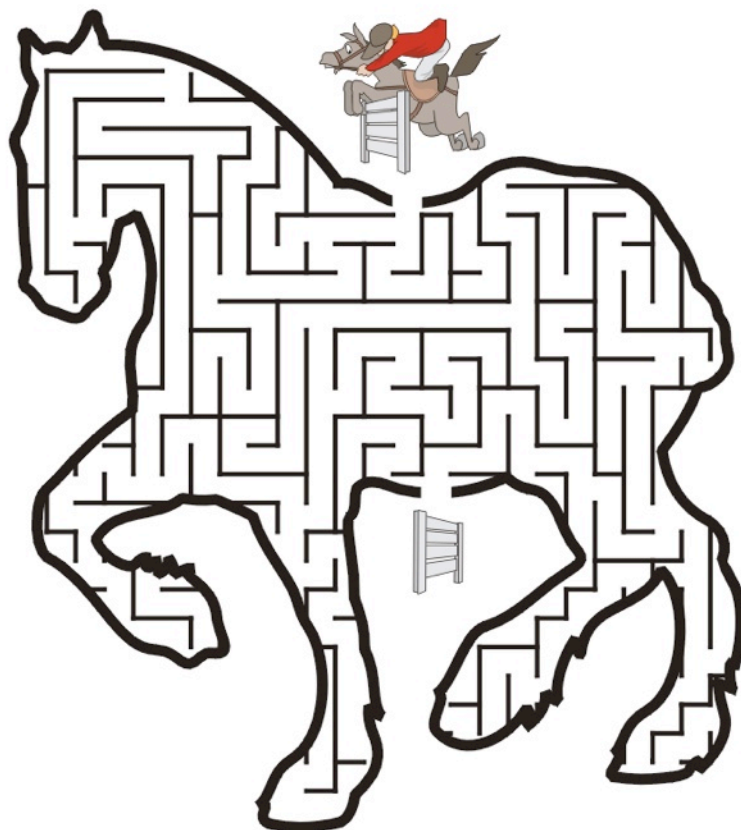
OOLSAAAPP

GMRONA

NFEIISRA

HREHOUBDROTG

check the website for solutions to last month's puzzle





Please Print;

Name: _____

Address: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Email*: _____

Date of Birth: _____ Please send me the newsletter via postal mail

**By providing this information, you are granting NWRDC permission to send you the newsletter and other updates via email*

Membership Application

Early Bird Membership Dues:

Family: \$15.00 Single: \$10.00

For family membership, please list all the children to be included and their ages. Children 18 years and older must have own individual membership.

Child: _____ Age: _____ DOB: _____ Child: _____ Age: _____ DOB: _____

Child: _____ Age: _____ DOB: _____ Child: _____ Age: _____ DOB: _____

Child: _____ Age: _____ DOB: _____ Child: _____ Age: _____ DOB: _____

Please check all interests that apply:

____ Trail Rides ____ Gymkhana ____ Pee Wee Gymkhana ____ Horse Shows ____ Administration

I understand that the activity of horseback riding involves risk of harm and I knowingly assume that risk in consideration of participating in and using the property of Northwestern Riding & Driving Club, Inc.

Recognizing that wherever animals are in use, there is the potential for accidents which can cause injuries to other horses, cattle, riders, participants, and guests and spectators, I do hereby release, hold harmless, and indemnify the Northwestern Riding & Driving Club, Inc., its members, directors, officers, affiliates, agents, employees, family, and volunteers from any damages or claims that may arise out of or due to the use by me, my animals, my spouse, my children and any minors, for whom I act as a de-facto or legal guardian, of the grounds, arenas, stables, jumps, cross country course and other property owned, leased or used by the Northwestern Riding & Driving Club, Inc. owners, members, managers, directors, employees, affiliates, associates, agents, and volunteers. I further bind myself, my heirs, administrators, and executors to indemnify said entities and individuals from any judgments, costs of defense or suit, including attorneys' fees, and to reimburse said entities and individuals for any such losses. This agreement shall also apply to any claims or damages arising out of the negligence of The Northwestern Riding & Driving Club, Inc., its owners, members, managers, directors, employees, affiliates, associates, agents, and volunteers.

I have carefully read and do understand the above and hereby fully release the above entities from any responsibility as stated or implied. I also agree to no alcohol use, no abusive language and no abusive treatment of horses while engaged in any riding activities or any activities on the premises. To do so may result in being asked to leave the premises.

THIS IS A LEGALLY BINDING AGREEMENT.

Rider's Name (Print): _____ Rider's Signature: _____

Emergency Contact: _____ Emergency Phone #: _____

Parent / Legal Guardian: _____ Signature: _____

Date: _____

--We will need a signed release form for every rider.--

Mail completed form and check to:

Northwestern Riding & Driving Club, Inc.

PO Box 1314

St. Albans, VT 05478

For official use only:

Year: _____

Date Paid: _____

Cards Issued: _____

Featured Photos

These photos have been selected from the many photos posted on our Facebook page. To follow us on www.Facebook.com, log on and search for "Northwestern Riding and Driving Club".

