

# Pony Up Express

An Update from the Circle P Sanctuary



## Galloping Into Spring

Exciting New Events to Come

With the worst of winter weather (hopefully) behind us, the horses at Circle P are already starting to shed their winter coats in preparation for spring! Thanks to our volunteers and hay donations, Circle P is coming out of this winter ready to take on some exciting new changes. Make sure to read on to find out more about springtime fundraisers and fun events! The horses can't wait to see you there!

### Sanctuary News

News and updates about horses and happenings around the Sanctuary!

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### Featured Article

Did you know?? Read up on some fun horse facts!

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## Sanctuary News

Events, Horses, Adoptions

Circle P Sanctuary is pleased to announce the adoption of two of our wonderful and deserving horses: Ash and Jack! Our draft pony, Jack, and Appaloosa gelding, Ash, have always been favorites here at the Sanctuary, and now they have found a loving home at the YMCA Camp Willson in Bellefontaine, OH.

## Events

### OPEN BARN

**PLACE:** CIRCLE P SANCTUARY

**TIME:** 1 – 4 PM

**WHEN:** EVERY 3<sup>RD</sup> SUNDAY OF THE MONTH

*COME EXPLORE THE PROPERTY; MEET THE HORSES, GOATS, PICS, AND LLAMAS.*

### VOLUNTEER ORIENTATION

**PLACE:** CIRCLE P SANCTUARY

**TIME:** 1 – 3PM

**WHEN:** EVERY 2<sup>ND</sup> SUNDAY OF THE MONTH

*FILL OUT A VOLUNTEER APPLICATION FORM FROM OUR WEBSITE AND GET AN INTRODUCTION TO WORKING AT THE SANCTUARY!*



At camp, Ash and Jack are guaranteed to have plenty of love and attention as they help instruct children about all the aspects of horse care and riding. Ash and Jack are sure to enjoy the endless grooming hours and miles of beautiful trails that YMCA Camp Willson has to offer! We wish Ash and Jack and everyone at Camp Willson the best wishes!





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FOR SOCIAL RESPONSIBILITY

# Your Time To Shine At...

## Bar W Ranch 2013 Open Horse Shows YMCA CAMP WILLSON



### Dates:

April 20  
July 20  
Aug 17  
Sept 21

**English/Western Judge:** Eric Solberg  
**Entry Fees:** \$5/class  
**Show All Day:** \$50  
**Ribbons:** Places 1-5  
**Gaited Horses Welcome**

### WESTERN CLASSES/SHOWMANSHIP START AT 10 AM

- 1 Youth/Amat. Showmanship
- 2 Open Showmanship
- 3 Open Trail (W/J)
- 4 Open Trail
- 5 Open Western Pleasure (W/J)
- 6 Arab Western Pleasure (W/J)
- 7 Western Lead Line (Children under 8 yrs)
- 8 Open Western Pleasure (W/J/L)
- 9 Open Arab Western (W/J/L)
- 10 Youth Western Pleasure (W/J)
- 11 Amat./Youth Western Pleasure (W/J/L)
- 12 Easy Gaited Equitation
- 13 Youth/Amat. Horsemanship (W/J)
- 14 Open Horsemanship(W/J/L)
- 15 Easy Gaited Pleasure
- 16 Open Reining

### 30 Minute Break

### ENGLISH CLASSES START APPROX. 12:30

- 17 Youth Beginner Rider English (W/T)
- 18 Amat./Youth Arab Pleasure (W/T)
- 19 Hunter Under Saddle (W/T)
- 20 Youth Hunter Under Saddle (W/T/C)
- 21 Youth Equitation (W/T)
- 22 Hunter Under Saddle (W/T/C)
- 23 Open Equitation(W/T/C)
- 24 Open Arab Pleasure (W/T/C)
- 25 Amat/Youth Equitation Over Fences (18 inches)
- 26 Open Equitation Over Fences (2 feet)

### **\*\*Volunteers\*\* Always needed and welcomed. Please have your call directed to Jenna Rash.**

Show all day MUST be the same horse and rider combo. Please no stallions. Training aids permitted while showing. Judges decisions are FINAL. Tack required. Bar W Ranch reserves the right to cancel, split, or combine classes at discretion. Bar W Ranch will ask all unruly competitors to leave the show premises. Please bring your own lunch. Only small snacks will be available.

All Youth Riders are 18yrs. and under. Amateur classes are ONLY for beginner riders/horses or Youth.

**Bar W Ranch, YMCA Camp Willson** 2732 County Rd. 11 Bellefontaine, OH 43311  
1-800-423-0427 ymcacampwillson.org



## Meet Honey

Our Featured Adoptable Horse

Honey came to us, along with another horse named Koty, from a case through the local humane society. She was given the body score of 2 by The Ohio State University's equine team (9 being extremely obese and 1 being emaciated). She was thoroughly covered in a skin fungus and consequently lost most of her hair.

Honey is still learning to trust humans and often her fear displays itself as aggression while working with her. Currently, we are taking it slowly with Honey to allow her to regain her trust in humans again. She stands well for grooming and the farrier. She can also be caught out in the pasture. She likes human attention, but can get nervous when confronted with new things. She has done well with desensitizing and trust exercises as long as you allow her to accept it at her own speed, rather than force the issue. She has been making progress and is a horse that seems to love human attention, she just needs someone willing to take their time with her and create a true bond of trust.

## 30 Fun Facts About Horses

- Horses cannot vomit
- Arabian horses have one less rib and one less vertebrae in their back
- Horses lock their legs when they sleep so they don't fall over
- Horses have close to 360 degrees all around vision (they cannot see directly in front and directly behind them)
- A horse's brain is the size of a potato
- A horse can poop up to 15 times a day
- In the wild, the lead mare decides where the herd goes
- Horses see better at night than people
- Horses can interpret tones rather than words
- Horses cannot breathe through their mouths
- Their heart weighs 9 -10 pounds
- The oldest recorded horse was 62 years old. He was a barge horse named Billy that lived from 1760 to 1822
- Horses only sleep 3-4 hours in a 24-hour period
- A horse in Chile jumped 8 feet!
- A healthy adult horse should have a pulse between 36 and 40 beats per minute while at rest
- The healthy adult horse should have a respiratory rate of 8-16 breaths per minute
- Horses younger than four years old can concentrate for a maximum of 10 – 15 minutes
- Horses lie down only about 44 minutes per day
- Horses sleep longer in the summer than they do in the winter
- Horses began to evolve on the American continent over 60 million years ago and traveled over the land bridge to Europe. The original horses in America died out and were later re-introduced by the Spanish settlers
- Horses teeth can be used to estimate its age
- Horses are measured in "hands," which was originally the width of a man's hand and has been set at four inches

- Horses usually live to be 20 – 25 years old.
- A horse's gestation period is about 11 months, but can range from 10 -12 months
- The scientific name for the horse is *Equus caballus*
- A horse's leg joints are not fully fused until around the age of 3 ½
- A newborn foal's legs are already 90% of the length they will be when full grown
- A foal is able to stand just one hour after birth
- The first milk the mare makes is called colostrum. This is very important for the foal because it helps to protect it against disease.
- The world's largest horse was a Shire horse named Sampson. He was foaled in England, 1846 and measured 21.2 ½ hands high and weighed 3,360 pounds.

#### Sources

[www.ultimatehorsesite.com/info/facts.html](http://www.ultimatehorsesite.com/info/facts.html)

[www.tahoemeadows.com/horse\\_facts.htm](http://www.tahoemeadows.com/horse_facts.htm)

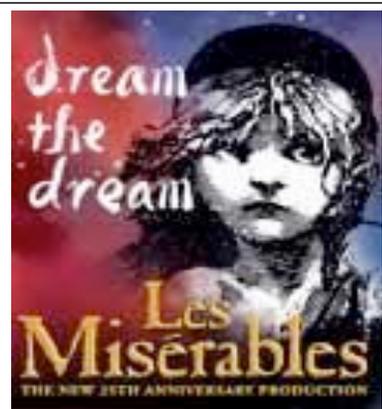
### **Recipe for a Good Rider**

Take 1 firm will and 2 keen eyes;  
Stir in good judgment, this supplies  
The necessary seasoning,  
In riding an essential thing.  
Next add horse-sense-*you* need it too-  
Good hands, mix these well with true  
Affection for your mount. The dish  
Should now be all that you could wish-  
But wait, add this important part,  
A kind and understanding heart!

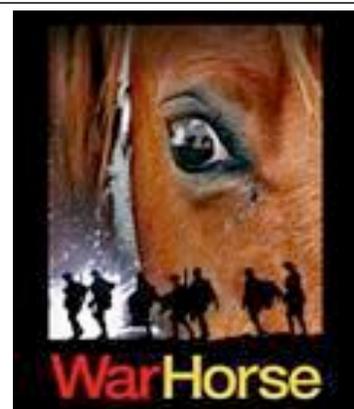
**-Leslie M. Oyler**

The Circle P Sanctuary and Event Usher Presents:  
**Les Miserable AND War Horse**

Go to [www.eventusher.com](http://www.eventusher.com) and use the password "CircleP" to find discount or priority ticket offers available exclusively to you. Please note: We will provide you with the best available seating for the performance you requested. This purchase also includes a \$10.00 donation to Circle P Sanctuary. Please indicate any seating preferences in the field indicated on the "order form." You have a limited time to order, so act quickly! Thank you for using Event Usher to support the theater as well as the Circle P Sanctuary!



May 14<sup>th</sup>-19<sup>th</sup>, 2013  
 Ohio Theater  
 39 E. State Street  
 Columbus, OH 43215



April 23<sup>rd</sup> -28<sup>th</sup>, 2013  
 Ohio Theater  
 39 E. State Street  
 Columbus, OH 43215

Circle P Sanctuary, located in Marengo, Ohio, has been actively involved in the rehabilitation, rescue and re-homing of abused and neglected animals in the central Ohio area since August 2006. Although we have helped a variety of animals since our existence, our main focus is helping horses. Circle P Sanctuary concentrates its efforts on abused and neglected animals and has created educational programs for the community with the goal of preventing abuse and neglect situations. Because we are an entirely volunteer organization, all contributions directly benefit the animals at the Sanctuary as well as the surrounding communities. To learn more please visit our website at [www.circlepsanctuary.org](http://www.circlepsanctuary.org).

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 1909 County Road 24  
 Marengo, Ohio 43334  
 Phone: 419.864.3872  
[circleprescue@yahoo.com](mailto:circleprescue@yahoo.com)

Event Usher  
[www.eventusher.com](http://www.eventusher.com)  
 Password "CircleP"



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# Nurture Your Inner Nature

Come enjoy beautiful lake side trails at  
**BAR W RANCH AT YMCA CAMP WILLSON**  
Bring your own horse.

- April 14, 1pm
- June 1, 10am
- \$10 admission



**YMCA CAMP WILLSON**  
2732 County Road 11  
Bellefontaine, Ohio 43311  
1-800-423-0427 [jrash@ymcacolumbus.org](mailto:jrash@ymcacolumbus.org)

Please no stallions. Bar W Ranch will ask all unruly visitors to leave premises.  
Helmets required and available on site if rider does not own one.

## Study: Barefoot Trimming Can Impact Hoof Conformation

By [Natalie DeFee Mendik, MA](#) · Jan 03, 2013 · Article #31149

[www.thehorse.com](http://www.thehorse.com)



A team of researchers at Michigan State University's (MSU) McPhail Equine Performance Center offers hope to horse owners facing underrun heel and flat-footed woes with a 16-month study examining the short-term and long-term effects of a specific barefoot trimming technique on hoof conformation. In the study, seven previously barefoot horses were trimmed every six weeks with a technique that leveled the hoof to the live sole, lowered the heels, beveled the toe, and rounded the peripheral wall. The sole, frog, and bars were left intact.

"This study has shown that a group of school horses performed well and remained sound when trimmed so that the frog, bars, and sole of the foot were engaged in the weight-bearing function," explained Hilary Clayton, BVMS, PhD, Dipl. ACVSMR, MRCVS, the Mary Anne McPhail Dressage Chair in Equine Sports Medicine at MSU. "We believe it is important for these parts of the foot to contact the ground, not only to distribute the weight-bearing forces and to support the coffin bone from below, but also to provide the horse with proprioceptive input from receptor cells in the heels."

The first four months of the study established the hoof shape representative of the barefoot trim. From this baseline, morphological (shape and structure) changes in the hoof's response to the trim technique were monitored from months 4 through 16. At 0, 4, and 16 months, the researchers measured hoof morphology from lateral (from the side), dorsal (from the rear), and solar photographs, as well as lateromedial (side to side) radiographs.

As the study progressed, subjects showed palmar/plantar migration of the heels, meaning the heels shifted further back underneath the limb, with increased support length, heel angle, and solar angle of the coffin bone. "This research has shown that the feet do indeed adapt and become healthier," Clayton noted. "One of the interesting findings was that in response to weight-bearing on the frog and bars, the entire heel region migrated back underneath the limb, leading to an increased weight-bearing area and an increase in heel angle. These findings offer hope for treating underrun heels."

Horse owners interested in giving barefoot trimming a try shouldn't expect immediate results, Clayton cautioned. "It is important to realize that it takes a long time--months or sometimes even years--for a horse's hooves to adapt to being barefoot if the horse has been accustomed to wearing shoes for a long time," she remarked. "Owners who contemplate changing to a barefoot trim need to find a farrier who is trained and experienced in this manner of trimming, and they need to be prepared for a period of adaptation."

"There is great research potential in this area. One area where I would like to see more research is in comparing different types of barefoot trim in horses that live in different environmental conditions (desert vs. wet) and on different types of ground (hard, stony, sandy, soft)," Clayton added. "We know quite a lot about wild horses' feet and how they differ according to habitat, but less is known about managing the feet of domestic horses under different conditions."

This study, "Effects of barefoot trimming on hoof morphology," was published in the *Australian Veterinary Journal*.

- See more at:

[http://www.thehorse.com/articles/31149/study-barefoot-trimming-can-impact-hoof-conformation?utm\\_source=Newsletter&utm\\_medium=lamenes&utm\\_campaign=01-09-2013#sthash.jixp6Hwe.dpuf](http://www.thehorse.com/articles/31149/study-barefoot-trimming-can-impact-hoof-conformation?utm_source=Newsletter&utm_medium=lamenes&utm_campaign=01-09-2013#sthash.jixp6Hwe.dpuf)

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## **VOLUNTEER OF THE MONTH**

### **Lee Albertson**

Winter is hard work and long hours at the Circle P Sanctuary, but with the generous volunteer hours that Lee has given to the Sanctuary, our horses are able to stay warm and well fed! Not only does Lee help with daily chores, she and her husband have also supplied the Sanctuary with numerous round bales of hay, that without, would have left us in dire trouble due to the hay shortage we experienced this winter. Lee is pictured above with her three horses, Gracie, Jabez, and Brady. She also is very experienced in horse handling and training and has helped the Sanctuary as we work with our horses – even creating a lifelike doll and hand that helps us desensitize new horses to potentially scary things while the handlers can remain safe. Lee loves to volunteer: “One of the best things about volunteering at Circle P Sanctuary has been working with such incredibly nice people (I have never seen Jenna when she is not smiling). Every staff member is so appreciative of any help they are given. It is such a reward to know all that everyone is working together to give horses another chance. I come away from volunteering exhausted, but feeling very refreshed. I am grateful that Circle P Sanctuary cares so deeply for all of their animals and am proud to be a small part of their efforts.” Everyone at the Sanctuary thanks you!!

# **GOLF SCRAMBLE**

Thursday May 23rd, 2013

1:00 P.M. Start

York Golf Club

7459 N High St  
Columbus, Ohio 43235

**All  
Proceeds  
benefit**



Circle P Sanctuary, Inc.

*You can register as a team or individually (we will pair you up)*

**Registration is \$100.00 per person,  
\$400.00 for a foursome, which includes:**

**Green Fees      Riding Cart**

**Door Prizes      Contests**

**Soft Drinks/Beer      Lunch/ Dinner**

To register call Philip Petitti 419 864-3872  
614 747-0202

visit our website at [www.cirelepsanctuary.org](http://www.cirelepsanctuary.org)

**email: philippetitti@yahoo.com**

**All  
Proceeds  
Benefit**



Circle P Sanctuary, Inc.

**Donations  
Gladly  
Accepted**

**WE ARE ALSO LOOKING FOR HOLE SPONSORS FOR THIS EVENT!** 13

## Circle P Welcomes...

Along with our current board members, Lynne Petitti, Philip Petitti, and Mary Jane Hutchins, Circle P Sanctuary would like to introduce our two newest board members: Dr. Teresa Burns and Pat Reynolds!



Dr. Burns graduated from Iowa State University with a B.S in Zoology and is a 2004 graduate of Iowa State University College of Veterinary Medicine where she graduated at the top of her class. She then completed two years of an internship here at the Ohio State University College of Veterinary Medicine in the Equine Field Service program and continued on to a three-year combined residency and graduate program in Equine Internal Medicine. Her graduate research involves the investigation of inflammatory mediators in various adipose tissues and how this might relate to the pathophysiology of laminitis in horses with equine metabolic syndrome. Dr. Burns has earned many honors during the time she has spent at Ohio State. She won the Outstanding Intern Award, the Clinical Teaching Excellence Award, Hospital Service Award, and the Resident Research Abstract Award given at the ACVIM Forum in Montreal Quebec in June of 2008. She is a member of the American Veterinary Medical Association, the American Association of Equine Practitioners, and the Ohio Veterinary Medical Association. Dr. Burns will be converting her MS into a PhD program, and will work with Dr. Jim Belknap who will serve as her doctoral research advisor. She will work approximately 50% of the time doing clinical work in Equine Field Services and the remaining time and effort will be devoted to her doctoral studies. (vet.osu.edu)



Patricia (Pat) Reynolds was born and raised in Columbus, OH and has been an active member of the community. She was active in the advertising community from 1972 until 1986. A partner and vice president of media for Triad, inc. General Manager of Trends & Associates, and owner and founder of her own agency, Pat Reynolds & Associates. From 1986 to 1993, she was employed by Evergreen Quality Concessions, serving as President from 1988 -1993. The Memorial Tournament was the major client of Evergreen. In 1994 along with her daughter, she started Catering on the Green, a company specializing in Professional PGA Golf Events, with an exclusive contract for all events managed by PGA Tour Championship Management.

During the following 10 years, the company provided the opportunity for volunteer organizations across the country to earn over \$3 Million dollars for their respective charities. The company was sold in 2004, giving Pat more time to volunteer and give back to the community. Along with the Capital Area Humane Society, Press Club of Ohio, American Advertising Federation, Columbus Alzheimers Association, Ohio Lottery Commission, she is a member of St. Michael's Church in Worthington, and is active on the Helping Hands committee. She is a member of Children's Hospital Twig #25, and is currently serving as President. Pat has been a member of the Christ Child Society of Columbus since 2006. She has been actively involved in the Layette service project, worked on the Red Wagon Fare, chaired the Celebrate Fundraiser two times, chaired the Baby Shower fundraiser, worked on the Tom Fennessy/Mike Harden Back to School project, and the Hot Meals for the Run the Race Club. She has been a member of the Project Starfish Team at St. Stephen's Community Center for the past two years. She served as Treasurer of CCS for two years, President for 1 and ½ years and is currently serving on the board as Past President. She is on the board of the Tom Fennessy/Mike Harden Back to School Project, currently serving as Treasurer of the organization. And recently she has joined the dedicated group of people who are helping Rachel Muha's Run the Race Club, to fulfill a much needed service for the at-risk children on the West Side of Columbus.



Circle P Sanctuary and Ranch would also like to introduce to everyone our new Assistant Barn Manager, Abigail Santorine! Abigail graduated from Otterbein University in 2012 with a Bachelor's in both Psychology and Women, Gender and Sexuality Studies. Her minor in Equine Studies has given her a well-rounded education to equine care and management. She is an assistant riding instructor and hopes to start a therapeutic riding program and equine assisted psychotherapy program at Circle P. Her riding goals include eventing with a focus on dressage.

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[http://www.marcomzone.com/output/B0453879/B0453879\\_00001.pdf](http://www.marcomzone.com/output/B0453879/B0453879_00001.pdf)

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<http://www.flowerpowerfundraising.com/i/t/323044/e5iVPHo4PXZ5>,**



**Flower Power Fundraising will give 50% back to animals of Circle P Sanctuary, Inc. This funding is critical in supporting our many programs and animals in need! THANKS in advance!**

## Talking Points

The opinions in this article are not the view of the Circle P Sanctuary or Ranch. This is just a way to promote awareness of current horse issues! We want to hear what you think – write in and your opinion may be published in the next issue!

### Alternative Medicine

Basically, modern medicine versus alternative therapies are a west verse east mindset - I do not think that many practitioners of modern medicine will see eye to eye with those of alternative therapies and vice versa. Not saying that it does not happen, but in general, I feel that modern medicines focus on treating a specific symptom or problem while alternative therapies focus on the whole horse in order for a problem to resolve itself. Additionally, the western mindset about medicine wants scientific proof and data that something is working; something that many alternative therapies do not have (whether this is because they do not work or because of the lack of funding for proper research into the effectiveness). I view modern medicine as something scientific and empirical, while alternative therapies tend to be more holistic and spiritual. I am still a bit skeptical about the effectiveness of alternative therapies, and modern medicine has made some really important discoveries and cures. However, the problem I have with most modern medicines is that they are always changing based on our level of knowledge. Bleeding used to be a form of treatment until we learned this often actually weakened the patients, I feel that some popular drugs we take today may later be found to cause cancer or something. Modern medicine always comes with side affects because it interferes with the body in some way, alternative therapies have almost no harmful side affects because it is less invasive and works with the body as a whole.

I like the idea of complementary medicine because it combines both modern and alternative medicines. I do not think that neither modern nor alternative medicines have the cures for everything and by using them together they may be more helpful than just one or the other. Saying that, however, I feel that practitioners of modern medicine do not fully believe in the use and theory behind alternative therapies and I feel that true alternative therapy practitioners would be against modern medicine. For example, if a horse's joints are injected, I feel that, in the eyes of a traditional alternative therapist, this would be something that does not belong in the body and is the reason the horse cannot be rebalanced to its natural state. However, this is the modern world, we have evolved a long way from ancient China and I think that it can be beneficial to explore ways for these two medicinal practices to complement one another. I think veterinarians and other licensed practitioners of alternative therapies need to look at certain horses and certain cases and decide what is the most effective treatment for that horse. The practices should not be divided into modern and alternative, but rather, what is effective and what is not effective for that particular horse.

## Community Speaks Out

Want more information about Alternative Medicine?

Read these articles (copy and paste them into your browser):

<http://altmedangel.com/am.html>

<http://altmedangel.com/am.html>

<http://www.spiritofmaat.com/archive/mar1/editor.htm>

[http://altmedicine.about.com/od/treatmentsremedies/Types\\_of\\_Healing\\_Therapies\\_from\\_Acupuncture\\_to\\_Yoga.htm](http://altmedicine.about.com/od/treatmentsremedies/Types_of_Healing_Therapies_from_Acupuncture_to_Yoga.htm)

<http://www.sciencedirect.com/science/journal/09652299>

**Write in and tell us your opinion!**

Circle P Sanctuary

1909 County Road 24

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[www.circlepsanctuary.org](http://www.circlepsanctuary.org)

[www.thecirclepranch.com](http://www.thecirclepranch.com)

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[ponyupexpress@yahoo.com](mailto:ponyupexpress@yahoo.com)