

Pony Up Express

An Update from the Circle P Sanctuary



Horse Days of Summer

It's even better than the dog days of summer!

It is always fun to come volunteer at the Sanctuary during the summer! With tons of events, special projects, and plenty of muddy horses to groom (like our resident Mustang, Sally, pictured above), there is always something going on! Our Bargain Barn and garage sale is still going on every 3rd Sunday of each month and don't forget about Hoedown for Horses coming up this October!!

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Sanctuary News

Events, Horses, Adoptions

Circle P Sanctuary would like to congratulate Katie McIntire and her horse, Bud, on their fifth place win in pole bending at the Madison County Fairgrounds!! Katie and her mom adopted Bud from the Sanctuary in 2006 – our first ever horse adoption! Bud looked awesome and it was wonderful to see how great of a team Katie and Bud are together!

Events

OPEN BARN

PLACE: CIRCLE P SANCTUARY

TIME: 1 – 4 PM

WHEN: EVERY 3RD SUNDAY OF THE MONTH

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

VOLUNTEER ORIENTATION

PLACE: CIRCLE P SANCTUARY

TIME: 1 – 3PM

WHEN: EVERY 2ND SUNDAY OF THE MONTH

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

Save the Date! 4th Annual Hoedown for Horses

October 12, 2013
6:30 – 10:30pm

Clarion Hotel & Suites
900 E. Dublin-Granville Rd.
Columbus, OH 43229





Meet Peanut

Our Featured Adoptable Horse

Peanut was surrendered to us in December of 2011. He was seen by The Ohio State equine veterinary team and has been doing great. He was gelded in February 2012 and was in a foster home until June 2012 before he was moved over to the Sanctuary. Peanut loves being out and playing with the herd and shows great promise. His foster parents have done a lot of groundwork with him so that he can stand to be groomed and have the farrier work on him. He is a very smart pony that will need continued training for under saddle or cart work. As Peanut is still young, he may potentially be a good carthorse or children's pony. Currently, Peanut would make a great pasture pal. We continue working with Peanut on groundwork, manners, and preparation for work under saddle. For him to be safe as a riding pony or pulling a cart, he would need an experienced adopter who is confident in starting and training young ponies.

Circle P is Going to the Dogs!

The second annual Dog Days Open Barn event was a tail-wagging success! For our second year, we opened up our barn doors to dog rescues and organizations as a way to help give back to our other four legged friends. Champion Feed and Pet Supply grilled up some great food on their Holland Grill while dogs and their humans enjoyed a wonderful day out at the Sanctuary. Organizations and vendors that came out for a day of fun included PAWS (Paws Hooves Fins and Feathers), Snapped! By Nicole Photography, ThirtyOne, LiaSophia, Morrow County Dog Shelter, Morrow County Humane Society, Almost Home Dog Rescue of Ohio, and the Humane Society of Delaware County. Special thanks also goes to Columbus All-Breed for bringing dogs and equipment for dog agility demos, tips, and classes!!



Keeping Your Horse Safe/ Emergency Preparedness

From: The Humane Society of the United States

Disaster can strike anywhere. Whether it is a barn fire, trailer accident, tornado, or flood, disaster preparedness for horses takes some extra consideration due to their size, nature, and transport requirements.

Here are some basic guidelines to help you prepare:

- Familiarize your horses with things they may encounter during a disaster – such as flashing lights
- Consider hosting a session to teach local firemen how to handle horses. (Need help? visit www.tlaer.org)
- Keep halters ready for each of your horses
- Keep information handy with all of your horses information and medical history
- Post emergency phone numbers clearly
- Make your address and entrance to your property clearly visible from the road

Keep an Equine First Aid Kit. This kit should be easily portable and easily accessible. Whether it is colic or a broken leg, the first aid kit should have enough materials to stabilize the horse in case of an emergency until the veterinarian can arrive. Make sure to keep your first aid kit properly stocked at all times. You may even want to consider having a kit in your barn and another in your trailer if you plan on moving or showing your horses.

The Equine First Aid Kit should include:

- Veterinarians contact numbers
- Multi-purpose fencing tool (can use to cut wire or pull nails or shoes)
- Pocket knife
- Duct tape
- Vet Wrap or Co-flex
- Epsom Salts
- Gauze pads

- Towels/Cotton quilts/leg wraps
- Broom Stick (or something similar) to use to stabilize a horses leg if broken
- Digital thermometer
- Stethoscope
- Antibiotic ointment
- Antiseptic (Betadine, Chlorhexidine, Nolvasan)
- Phenylbutazone (bute paste)
- Mineral Oil and 20cc syringe (can orally dose horse for colic until vet arrives)
- Epinephrine
- 12cc syringes (for administering medications or cleaning wounds)
- Watch that can measure seconds
- Banamine (check with your veterinarian)
- Sedative (check with your veterinarian)

Follow these basic guidelines and you and your horse will be well prepared for any disaster or emergency you may encounter!

You've got a better horse than you think!



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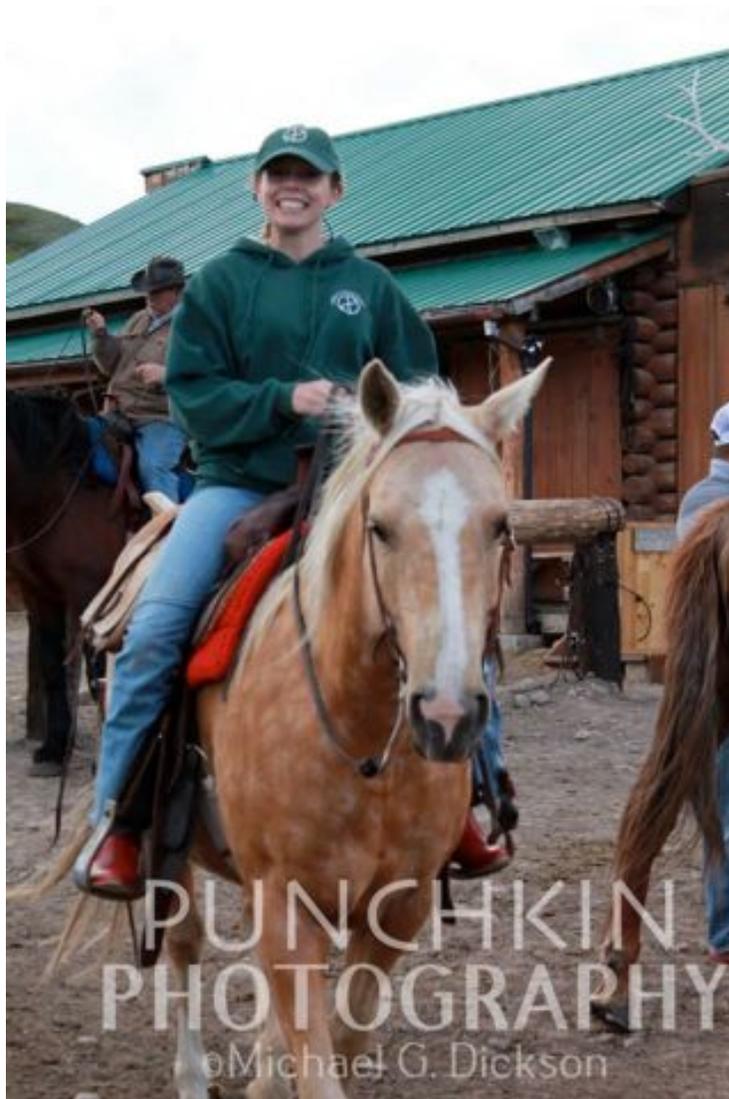
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Circle P Around the World....

Volunteers at Circle P Sanctuary are entitled to our rewards program known as Feed Bag Apparel. For every hour a volunteer works, they receive one Feed Bag Apparel point – the equivalent of one dollar. Volunteers can spend their points on riding lessons or on a wide variety of items from our Feed Bag Apparel line. Our apparel is comfortable and stylish, and best of all, by wearing our apparel you are spreading the word about Circle P Sanctuary and horse rescue!

For this issue, we caught our Barn Manager, Jenna Letzter, wearing her Circle P gear while on vacation at a dude ranch in Moose, Wyoming! She is pictured here heading out on a trail ride with her horse for the week, Thunder. Where will we Circle P next??



Circle P Sanctuary hosts First Annual Fun Show!

The horses want to have some fun – and they want you to join in too!! If you have a horse or pony and want to test your egg balancing skills in Egg and Spoon or see how fast you can jump, weave through poles, and run through barrels in Scudda Ho, then Circle P Sanctuary's Fun Show is perfect for you!

Don't have a horse? There are still plenty of ways to have fun! Local artist Paul Hansen will be selling a wide variety of crafts made from real horseshoes! His saddle and bridle conchos, keychains, and necklaces are beautiful and you may even win one if you enter one of our raffles at the show! For a sneak peak, find him on FaceBook or at hansenhorseshoenailcreations.com!

With speakers and PA system provided by LIVE! Technologies (www.reallivepros.com) you will have no problem following the status of each classe's winners as you sit out and enjoy the beautiful horse arena at Infirmery Mound Park. If you get hungry, Dan's Deli #53 will be on location for lunch and will be sure to serve up something good!

Check out our show bill on the next page for all the details.
Can't wait to see you there!!



Circle P Sanctuary, Inc.

Fun and Action Show

Sunday August 4, 2013
First class begins at 10am
Rain or Shine!

Infirmery Mound Park
4309 Lancaster Road (SR 37)
Granville, OH 43023

Class Fees: \$5/class

Questions Call 614-774-6502

- | | |
|---------------------|----------------------------|
| 1. Costume Class | 10. Plug Race |
| 2. Bribe Your Horse | 11. Speed N' Action |
| 3. Bareback Dollar | 12. Scudda - Ho |
| 4. Tandem Bareback | 13. Flag Race |
| 5. Musical Sacks | 14. Cloverleaf Barrel Race |
| 6. Water Race | 15. Pole Bending |
| 7. Boot Race | 16. Relay Race |
| 8. Egg and Spoon | |
| 9. Dizzy Cowboy | |

See class descriptions on reverse side.
Formal attire not required, however, boots and helmets required.
Negative coggins required.

Free General Admission

All proceeds go to Circle P Sanctuary – a non-profit 501(c)3 horse rescue
and animal sanctuary!

*Circle P Sanctuary, Inc., Circle P Ranch, LLC, Licking Park District and all other affiliates are not responsible or liable
for any injury, damages, or loss sustained in any way to exhibitors, volunteers, or property.*

Understanding and Managing Equine Obesity

By Erica Larson, News Editor, The Horse

www.thehorse.com

June 1, 2013



Cubitt said recent studies in horses have found obesity in 32% to 62% of animals.

Photo: Photos.com

In theory, weight management—for both people and horses—is simple, said Tania Cubitt, PhD: Eat less, exercise more, and lose weight.

Nonetheless, obesity remains a problem for not only horses but the people who care for them as well. Approximately 70% of American adults are either overweight or obese, she reported, noting that recent studies in horses have found obesity in 32% to 62% of animals. So if the weight management concept is that simple, she asked, why isn't it working?

Cubitt, an equine nutritionist for Performance Horse Nutrition in Weiser, Idaho, presented a lecture on ways to manage equine obesity at the 2013 Alltech Symposium, held May 19-22 in Lexington, Ky.

Obesity has a number of causes, Cubitt said, ranging from genetics to improved forage quality (horses didn't evolve eating bright green grass, she noted; rather, they consumed sparse, high fiber forage) to a lack of exercise. And it's at the root of a number of serious health problems, including insulin resistance, chronic inflammation, oxidative stress, and possibly even a decreased life span.

In fact, she noted, obese horses often face more health challenges than very skinny ones. Considering that, managing and preventing obesity should be at the top of every horse owner's to do list, she said.

But one of the major problems contributing to equine obesity, Cubitt said, is the owners themselves.

"Owners significantly underestimate the weight, body condition score (BCS), and cresty neck score of the horse," she said. They also tend to have misconceptions on a number of important weight-related factors, including:

The horse's activity level. "People really overestimate how much work horses do," she said. If owners feed horses based upon how much work they think they're doing, compared to how much work horses actually carry out, chances are the animal is being overfed. Racehorses and upper level three-day eventers often have very high energy requirements due to their high activity level, Cubitt said, while trail and pleasure horses generally have much lower energy requirements.

"Nutritionists do not distinguish between disciplines when estimating a horse's workload," Cubitt explained. "We group all exercise together. So while a top level dressage horse may work very hard within its discipline compared to a polo pony or race horse in training, its workload may actually be considered moderate. Horse owners need to understand this concept when determining their horses' activity level." Not sure where your horse fits? Consider consulting with a veterinarian or equine nutritionist to find out.



A horse with a BCS of 5

Photo Courtesy Dr. Tania Cubitt

What a "5" on a 9-point body condition scale actually looks like. Cubitt showed attendees an image of a horse at a healthy weight with a BCS of 5 (at left). She then said if she showed the same image to many of her clients they'd respond that the horse needed to put on more weight. Cubitt said that a horse with a BCS of 5 (or "moderate"), as described by the current body condition scoring system, has a flat back with no crease or ridge, ribs that aren't visually distinguishable but easily felt, some fat around tail head that's beginning to feel spongy, withers that appear rounded over spinous processes; and shoulders and neck that blend smoothly into body.

How much is actually being fed. From scoops to coffee cans to ice cream cups, owners have a wide range of "measurements" for how much their horses consume, Cuibtt said. But the only way to actually know how much you're providing to the horse is to weigh the feed.

Feed types. For instance, Cubitt said, low carbohydrate feeds—while potentially beneficial for some overweight horses—don't equate to low calorie feeds. "Most low carb feeds need to be fed at three to four pounds (per day) to provide the appropriate minerals," she said, meaning an overweight horse might need to consume more calories than they need to obtain the vitamins and minerals they need. In most cases, overweight horses might benefit more from a ration balancer pellet, which can provide the amino acids, vitamins, and minerals a horse needs without the excess calories. If specific questions arise, a veterinarian or equine nutritionist can help guide you in the right direction for what might work best for your horse.

What "just a handful" really means. In reality, "just a handful" probably amounts to a lot more than what many owners think it does. Cubitt gave an example: Say an owner feeds their horse "just a handful" of senior feed in the morning and another handful at night. Each handful probably weighs about a half of a pound, meaning the horse is consuming about a pound of feed per day, she said. Each pound of senior feed contains about 1.3 megacalories (each megacalorie contains 1,000 calories), so that horse would be consuming about 474 megacalories each year; that means that horse could gain about 47 pounds—and one body condition score—per year, from "just a handful" of feed, morning and night, Cubitt said.

Cubitt stressed the importance of owner education to correct these misconceptions, and offered some suggestions about what's needed to combat obesity.

Ideal feeds are those that contain low energy, low starch, and sugar concentrations to reduce calorie intake; adequate protein levels to prevent unwanted muscle loss; appropriate vitamin and mineral concentrations for required daily intake; and high fiber to maintain gut fill to help obese horses lose weight, Cubitt said.

She also provided the following management tips for owners of obese horses:

- *Maximize chewing time for the food overweight horses consume to mimic their natural feeding behavior. Consider using slow feeders for both forage and concentrate, she said.

- *Aim to feed about 1.2 to 1.5% of the horse's body weight daily in forage. Never feed less than 1%, she cautions, as this can lead to problems including hindgut dysfunction, gastric ulcer formation, and stereotypic behavior development.

*Also in the forage department, Cubitt recommended obtaining forage with a low nutritional value for obese horses to reduce the amount of calories they consume; however, avoid feeding straw. Cubitt said it can be hard to tell which forages have a low nutritional value without getting them tested, but typically these hays are more "stemmy" and fibrous rather than a rich green color,. "It's important that horse owners make the distinction between nutritional value and quality," she stressed. "Bad quality is always the same: weeds, dust, mold, etc. Good quality is what is appropriate for your horse. Low nutrient hay may be excellent quality for your horse if he is overweight and laminitic but poor quality if you have a thin lactating broodmare."

*Don't forget exercise. "There has to be a partnership between diet restriction and exercise," she said. If overweight horses are out of shape, start exercise slowly and gradually build it up.

Never try to reduce a horse's body weight by more than 1% per week, Cubitt said. Rather, aim to reduce it by 0.5% per week.

In closing, Cubitt suggested that we need a different perspective when it comes to viewing obesity. When most people hear the phrase "nutritionally mistreated," they think about the thin, starved, or emaciated horse, she said.

"But this can also be applied to obese horses," she said. "It's all about perception."

Are you a Kroger Shopper??

Go To:

http://www.kroger.com/community/Pages/community_rewards.aspx. Once there it takes 2 minutes to set up an account. Follow the prompts to link your favorite charity to your Kroger Plus Card. Select Circle P Sanctuary from your search and you are done. Shop like normal and every time you scan your Kroger Plus Card when checking out a portion of your purchase will be donated back to the Circle P!



VOLUNTEER OF THE MONTH

Kristen Dunfield

Kristen has volunteered with the Sanctuary for several years and has logged hundreds and hundreds of hours working with our horses and helping with special events. Her skills in dressage and training horses under saddle has helped us adopt out favorite horses like Jack, Frisky, and Ash. She is pictured above riding one of our horses that sold for a donation back to the Sanctuary, Shelby. Other horses she has helped to train under saddle include Comet, Mosey, Regal, and one of her favorites – Sky. Kristen is always willing to help out with whatever needs done and makes a commitment to all of the horses at the Sanctuary. Her passion for horses is clear and everybody at the Sanctuary cannot thank you enough for all of your hard work and time! We wish Kristen the best of luck with her new job in Canada and expect her to visit soon!!

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!

Dressage as defined by the United States Dressage Federation (USDF) is a “French term meaning ‘training’ and its purpose is to develop the horse’s natural athletic ability and willingness to work. Making him calm, supple, and attentive to his rider.” Dressage has often been described as the horse ‘dancing’ and is a beautiful display of horse and rider in harmony. Dating back from Xenophon in Greece, Dressage today is a very popular horse competition sport. Dressage, however, has a dirty word. That word is Rollkur.



Rollkur is a very controversial practice in the dressage world today – many practice it and many want it banned forever. Although not as well known, rollkur is also often used in show jumping and western pleasure warm up rings. Also known as overbending or hyperflexion, it is a flexion of the horse’s neck downwards or sideways achieved through aggressive force. Dressage horses are encouraged to round their neck and topline through proper training. What is usually achieved over time and through communication between horse and rider is instead forced upon the horse with excessive force on their mouth from the rider and the bit. Many top dressage riders and trainers are promoters of rollkur and still host clinics on the technique. However, with more and more boycotts and petitions circling around the equestrian community, the practice of rollkur in the show rings may be a thing of the past. The FEI (International Equestrian Federation) has banned rollkur from show rings following an incident with Swedish dressage rider Patrik Kittel using rollkur during warm up, in which his horse’s tongue turned blue due to excessive force on his mouth, neck, and windpipe. Although steps have been taken to make this practice a thing of the past, many still are believers in this cruel method and continue their training practices at home.

Community Speaks Out

Want more information about Rollkur?

<http://cs.thehorse.com/blogs/2012-london-olympics-equestrian-coverage/archive/2012/08/11/the-quot-rollkur-quot-controversy.aspx>

<http://www.sustainabledressage.net/rollkur/>

<https://www.ratemyhorsepro.com/news/patrik-kittel-reignites-rollkur-controversy-at-olympics.aspx>

http://www.equitationsscience.com/documents/Conferences/Consensus%20workshop/UtaVonBorstel_Rollkur2009.pdf

Write in and tell us your opinion!

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www.circlepsanctuary.org

www.thecirclepranch.com

Send comments, responses, or questions to:

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