

# Pony Up Express

An Update from the Circle P Sanctuary



## Happy Holidays!

Celebrate the winter season with Circle P

The picture above is a common winter scene at Circle P Sanctuary: our herd of rescue horses munching happily on piles of hay as night falls. It is thanks to your support that we can continue to make a difference in the lives of suffering animals. Special thanks goes to our volunteers, who have donated over 1,000 hours of their time this year! Winter may be a little chilly out at the barn, but we will always have plenty of horses to give you a warm welcome! There are still a lot of horses that need our help – so let us make the holidays great!

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News and updates about horses and happenings around the Sanctuary!

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## Events

### **KARAOKE NIGHT**

**PLACE:** OLD BAG OF NAILS  
24 NORTH STATE STREET  
WESTERVILLE, OH 43081

**TIME:** 8PM - MIDNIGHT

**WHEN:** EVERY 3RD THURSDAY OF  
THE MONTH

*SING YOUR HEART OUT TO RAISE  
MONEY FOR HORSES IN NEED!*

### **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, PIGS,  
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!*

## Sanctuary News

### Events, Horses, Adoptions

The Bargain Barn and garage sale has always been popular at Circle P Sanctuary during open barn. Not only is it a great way to raise money for the animals, but visitors seemed to enjoy the chance to do some shopping as well! The final Bargain Barn of the year will be held during Open Barn on December the 16<sup>th</sup> from 1–4pm. Don't miss out on this one! We have great gifts available for the holidays – including toys, stuffed animals, ornaments, decorations, and even stuff for your pets!



After every Bargain Barn, we pack up everything that did not sell and donate it to organizations that help people in need. This year, we chose to donate items to CRIS or Community Refugee and Immigration Services. CRIS is the largest agency in Ohio that provides services such as legal, interpretation, and translation for immigrants. CRIS also helps refugees integrate into Ohio communities smoothly. People involved with CRIS benefitted from kitchenware, clothes, blankets, books, and electronics that were donated from the Bargain Barn. CRIS is in desperate need of winter hats, coats, and gloves this winter! For more information, visit [cris-ohio.com](http://cris-ohio.com).

**Didn't get to donate to the Bargain Barn and garage sale this year? We gladly start accepting donations in Spring 2013!**

## Foster Homes....

Circle P Sanctuary is currently running at FULL capacity and with a tough winter ahead of us, we are expecting that a lot of horses are going to be in need of help. As we are now, we will be unable to take in any new rescue cases – the only way we can get help for these horses is if we can send them to a foster home. To foster a horse, you must complete a short application. Foster homes are responsible for all care and feed/bedding. Feed and bedding expenses will receive a tax deductible receipt, while all medical/farrier/dental costs will be reimbursed by Circle P Sanctuary. If you are interested in becoming a foster home for a horse in need, please contact us at [circlepadoptions@yahoo.com](mailto:circlepadoptions@yahoo.com) or through our website [www.circlepsanctuary.org](http://www.circlepsanctuary.org). We are doing all we can to be prepared for this winter so that no horse will have to suffer.

When life gets bumpy...  
**Start posting**





## Meet Comet

Our Featured Adoptable Horse

Comet was surrendered to the Sanctuary after having lived most of his life in an uncleaned stall. He was very skinny, dirty, and cribbed almost constantly out of extreme boredom. He was very nervous when he first came to the Sanctuary and did not trust humans all the way, but since then he has improved dramatically. Comet is currently living out with the herd and gets along well with the other horses, although we have had to separate him from the mares. Since arriving at the Sanctuary, he has been gelded and healed wonderfully. We have been doing a lot of groundwork with Comet and he has been responding well. Comet is not a pushy horse and listens well while working with him. He loves hanging out with people and ground ties and ground drives. Comet has also had a rider on his back at the walk. Comet is a lovable, extremely sweet horse. Unfortunately, a history of sporadic seizures has led us to determine that Comet would be unsuitable for work under saddle. Comet would make a great pasture pal and has a wonderful personality. Currently, we have been teaching him tricks and he has picked them up very quickly! We are managing his seizures with Phenobarbital in his AM feed and he has been responding well so far. Everyone that has worked with Comet here at the Sanctuary has fallen in love with him!

## Need Help this Winter? Think About Hay Alternatives

With harsh winter weather and a poor hay season, many horse owners are wondering if they will have enough hay to last the winter. And if they do not have enough hay, will they be able to afford to buy more? If you do not think you are prepared for the winter months ahead, consider stretching your hay supply by feeding some hay alternatives.

Horses should eat about 1.5-2% of their body weight in roughage, and only about 0.5% of their body weight in grains. Roughages, like hay and pasture, are the most important part of a horse's diet and provide necessary vitamins, minerals, protein, and dietary fiber that are required for the normal function of a horse's digestive system. Roughage is defined as feeds that are a minimum of 18% crude fiber. If you find that hay or pastures are running short, try to supplement with these other alternatives:

- **Alfalfa/Timothy Hay Cubes or Pellets:** These hay cubes can be a 100% replacement on hay if needed. This chopped, cubed hay needs to be soaked in water before being fed so horses do not choke. As an added bonus, this is a great option for older horses with poor teeth. Try to space out meals so horses do not eat everything at once and are left standing with nothing to eat for prolonged periods of time.
- **Complete Feeds:** These contain a mixture of grains, roughage, vitamins and minerals and are designed to be fed without hay. They should contain at least 15% fiber and feeding instructions on the bag should be followed carefully.
- **Beet Pulp:** Providing a good source of fiber, this product should also be soaked in water before feeding. Beware – check the bag before feeding, as some beet pulps have added molasses and can be very high in sugar. This is best fed as a supplement to hay or pasture.

- **Haylage:** This is a type of hay preserved by ensiling rather than the traditional drying and baling. Hay must be fed within 2 or 3 days of purchase because it has a higher moisture content and can spoil/mold quickly.
- **Rice or Wheat Bran:** Both of these brans have higher fiber than most grains, but less fiber than hay. These can be a good supplement to be fed along with hay or pasture.
- **Soy Hulls:** Soy hulls are high in fiber and more easily digestible than other hulls. This can be a 100% replacement on hay.
- **Straw:** Straw has a lower nutritional value than other hays and should not be fed to horses in hard work. Straw is harder for horses to digest and should only be fed to horses that have good teeth (dental checkups are recommended once a year). Straw also has low levels of necessary vitamins, minerals, and protein, so it must be supplemented with other feeds.

Always remember that changes to a horse's diet should be made gradually over a period of one to two weeks. If a horse's diet is changed quickly, they could develop colic or other serious issues such as laminitis or gastric ulcers. Also keep in mind that some of these hay replacers do not always satisfy your horses need to chew, which may lead the horse to crib, eat bedding, or gnaw on wood.

If possible, horses would graze 18 hours a day. In addition to these hay alternatives, consider stretching your hay with a slow feeder. These products come in many shapes and sizes – from single flake bags to round bale nets. The key is to find a product that allows the horse to get small bites of hay through smaller holes in the bag, which mimics the act of grazing throughout the day. These slow feeders not only keep your horses busy and satisfied, but they also prevent hay from getting wasted since horses can no longer spread it on the ground and soil it. Circle P Sanctuary likes to use the Nibblenet brand hay net because, although a little more expensive, they are very durable and last for years. When buying slow feeders, make sure to consider how safe the brand is for your horse and how durable it is going to be.

Slow feeders will benefit both overweight and underweight horses alike. It allows their digestive system to work in a more consistent manner and they are able to absorb more nutrients from the hay itself. Not only will the horse achieve better nutrition, they will be less bored and remain warmer longer. Horses warm themselves from the inside out through the process of digesting hay in the hindgut. In the severe temperatures of winter, a horse can lose up to 50 pounds in one day trying to stay warm. It is imperative that they have a steady flow of forage to alleviate the effects of the cold temperatures.

As always, if you have questions about which hay extender or hay replacer is best for your horse, talk to your veterinarian.



*Photo: Round bales should always be kept dry to prevent horses from ingesting moldy hay. Eating bad or moldy hay can lead to life threatening health problems for your horse, such as botulism.*

Sources:

Colorado State University Extension horse specialist; P.D. Siciliano, Colorado State University associate professor, equine nutrition. 12/2010.

<http://www.manage-my-horse.com/NewsManager/templates/mmhnews.aspx?articleid=273&zoneid=1>

*Kevin H. Kline, PhD, Professor of Animal Sciences, University of Illinois*

11/09/2007



## Third Thursday Karaoke Night!!!

**WHERE:** Old Bag of Nails

**WHEN:** December 20<sup>th</sup>, 2012

**TIME:** 8pm-Midnight

**COST:** \$5.00 Cover\*

**WHAT:** A fun, holiday themed evening of singing and dancing while supporting the animals of the Circle P Sanctuary.

We will be serving up Egnog Shooters and holiday cheer!

\*All proceeds go directly to benefit the horses and animals at Circle P Sanctuary, Inc. A non-profit, 501c3 rescue facility and animal sanctuary. Visit [www.circlepsanctuary.org](http://www.circlepsanctuary.org)



**Old Bag of Nails**  
**24 North State St.**  
**Westerville, OH**  
**43081**  
**614-794-6900**

**We love to hear from you! This is an interesting article sent in by longtime friend and volunteer Laura Henderson. Enjoy!**

## **Researchers Evaluate Horses as Model of Human Depression**

by: Erica Larson, News Editor

September 03 2012, Article # 20579

"Horses' and humans' basic body systems and physiology are quite similar, so in many cases research conducted in one species could be translated to the other," wrote Stacey Oke, DVM, MSc, in a recent article published in *The Horse*.

Some of the ailments horses and humans have in common include uveitis, cancer, and respiratory disease, among others. And according to recent study results from a team of French scientists, depression could be the next disorder studied in horses and translated to humans.

"Ethological approaches focused on animals' spontaneous behavior in their home environments might prove useful, especially if the environmental conditions offered to animals share features with environmental conditions known to induce depression in humans," explained lead researcher Carole Fureix, PhD, an equine behavior scientist at the University of Rennes 1 in France.

Stress at work and interpersonal stressors, for example, has been shown to cause a variety of problems for humans, including depression, Fureix said.

"Domestic horses may encounter social and spatial restriction, but also share with humans the characteristic of working on a daily basis and have 'interpersonal' interactions with other working horses or working with a 'boss' who is the human who manages or rides it," she added.

Keeping that in mind, Fureix and colleagues evaluated 59 lesson horses at three riding schools between January and June 2007. Fifteen mares and 44 geldings aged 5 to 20 years worked four to 12 hours each week in riding lessons and were stalled the remainder of the time. French Saddlebreds were the most prevalent breed represented in the study, making up 68% of the population.

The research team put the horses through several tests, including:

- Observing the horses in their stalls and noting if/when the animal displayed a "withdrawn" posture (which Fureix described as "bouts of immobility when horses displayed an unusual posture, characterized by horses standing with eyes open, stretched neck, and similar height between neck and back"; "withdrawn" horses also exhibited no ear and/or head movement and a fixed gaze with no eye movement for spans of time; see image below);
- Studying the animals' response to tactile stimulation (by applying force to areas on the horse's body with a filament to induce a muscle twitching response, which is typically used to remove flies from the body);
- Evaluating the horses' response to a person suddenly appearing at their stall doors and assigning scores ranging from "very friendly" to "indifferent" (where the horse showed no evidence of directed attention towards the person and no change in behavior or gaze) to "very aggressive";
- Examining horses' response to a novel object (a metallic cage decorated with long red fluorescent ribbons) in a familiar environment (the arena where the horses work); and measuring the animals' cortisol levels after a day's work and after a day's rest.

They team then compared the data collected with information obtained by evaluating four nonworking horses living in natural conditions (essentially living in a herd situation and not receiving regularly exercise).

Fureix et al. found that 24% of the 59 horses evaluated adopted a withdrawn stance at least once during the observation in the stalls. **Interestingly, all the horses that displayed the withdrawn stance were French Saddlebreds, and 33% of the mares included in the study appeared withdrawn.**

Withdrawn horses were less responsive to tactile stimulation than nonwithdrawn animals, the team found, and were less reactive to humans approaching their stall suddenly. The researchers also found withdrawn horses more reactive to the novel object as compared to their nonwithdrawn counterparts, and the former group of horses had lower blood plasma cortisol concentrations than the latter group.

### **So what does it all mean?**

Fureix explained, "(Withdrawn) animals, displaying an atypical posture and characterized by their unusual gaze, head, and ears fixity, were more indifferent than the others to environmental stimuli in their home environment. However, they reacted more emotionally in other, more challenging situations. Finally, these 'depressed' horses exhibit lower plasma cortisol levels.

"All of these characteristics present strong similarities with some aspect of the depressive states of other nonhuman species and human ... models," she said.

Not only could the information obtained in this pilot study provide researchers with a new model with which to study depression in humans, it could also help equine veterinarians, behaviorists, and horse owners better assess equine welfare based on ethologic responses indicative of depression. The study, "Towards and Ethological Animal Model of Depression? A Study in Horses," appeared in June in the open access journal *PLoS One*. The entire study can be viewed [online](#).



The horse on the left exhibits the "withdrawn" or depressed posture as described in the study. The horse in the middle is in a standing, observing posture while the horse on the right is resting, as evidenced by the closed eyes and resting hoof.

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## **VOLUNTEER OF THE MONTH**

### **Laura and Aspen Conley**

Laura and Aspen came to Circle P Sanctuary looking for some horse time and have since then been volunteering regularly twice a week. Laura now knows the PM barn chores by heart and is always a great help getting the barn closed up for the night. Aspen is loves the horses and is always enthusiastic! Both Aspen and Laura are also now officially guinea wranglers, as they have helped numerous times to herd our flock of guineas home for the night. Laura and Aspen bring so much to the Circle P Sanctuary. Not only do they donate their time with the horses and in the barn, they also help to advertise for our events and create more awareness about Circle P Sanctuary and what we do. Above is a snapshot of Laura and Aspen along with some other great volunteers and our miniature ponies, Barney and Roper, just before walking the Delaware All Horse Parade.

## Hoedown for Horses

Thank you to everyone who came out for our 3<sup>rd</sup> Annual Hoedown for Horses at the Clarion Hotel and Suites! This year we had record attendance and raised around \$5,000 for horses in need! Guests enjoyed an array of delicious food from our bountiful chuck wagon and had a fun time browsing through our silent auction items. Whether mingling at the open bar or sitting with friends around a table, fun times were had by all! We look forward to seeing you next year!



*Music was provided by the Mighty Troubadores, who play Tuesday nights at Dick's Den.*

## Special Thanks to:

*Jennifer Petitti*  
*Jenny Knipp*  
*Kristin Dunfield*  
*Lazy Dog Lodge*  
*Lori Pisching*  
*Loralie's Baking Company*  
*Lynne & Philip Petitti*  
*Mary Jane Hutchins*  
*Melinda Swan*  
*Pat Reynolds*  
*Rendezvous Hair Salon*  
*Shenan Wentworth*  
*Table Rock Golf Club*  
*The Circle P Ranch, LLC*  
*The Ohio State Golf Club*  
*Washington Redskins*  
*York Golf Club*

*Allie Pisching*  
*Blackhawk Golf Club*  
*Carol Churchman*  
*Caroline Petitti*  
*Carolyn Hinman*  
*Chris Toth*  
*Clarion Suites & Hotel*  
*Columbus Blue Jacket*  
*Foundation*  
*Delaware Golf Club*  
*Designs on You*  
*Epic Carpet Cleaning*  
*Equus Magazine*  
*Evolved Body Art*  
*Garth Baker*  
*Glenross Golf Club*  
*HorseTech*  
*Jenna Letzter*  
*Jennifer Johnston*

## **CIRCLE P SLEIGH SALE**

December 16<sup>th</sup>, 2012  
1 P.M. - 4 P.M.

Circle P Sanctuary, Inc.  
1909 County Road 24, Marengo, Ohio, 43334

The Circle P will be getting into the holiday spirit by holding our first annual sleigh sale! Parents bring your kiddos out to get all of their holiday shopping done! All of our "presents" will be available for a donation making it affordable for a kid sized budget. All donations benefit the animals of the Circle P Sanctuary. We will be serving up hot chocolate and some sweet treats. As always, we will have festive craft table and the animals are looking forward to meeting you!

The Circle P Sanctuary Inc. is a non-profit organization doing our best to reduce the number of unwanted horses through rescue, rehabilitation and education.



## 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!

Ken Niner from Centerburg, Ohio wrote in to respond to our last issue's Talking Points piece about PMU/Premarin. With personal experience with two PMU foals, he shares what he thinks about the issue:

My wife and I read an article in your paper about PMU foals that had been adopted by a local couple. We discovered that there was a staggering amount of foals produced by PMU ranchers, and wanted to do something to help. We started researching agencies to help us and found United Animal Nation and United Pegasus Foundation, an organization that rescued the foals when they became available. They had sponsorships for qualified candidates. We applied and were accepted for a 2002 foal.

When the foals were transported to Pittsburgh, we went to pick up our new baby. Being a sponsored foal, we were assigned one matching our preferences. Although not our first choice, we were presented with a scraggly (yet beautiful) buckskin filly. She received the name Angel, because she was perfect on the 4-hour ride home. She had some very bad skin issues and worms, but has grown into a wonderful, (yet large) draft cross/Mustang (guessing). She is an all around riding horse that is very energetic and athletic.

After bringing her home, we made a decision to adopt another foal. Through 'For the Love of Horses' we found (or rather she found us), Mystie Dawn, a small chestnut filly with a blanket, and black, white and brown legs. She was growing into a beautiful little horse, but unfortunately succumbed to immunity issues. We, however, spent a wonderful year and a half with her.

We still oppose the PMU ranches, although a lot has changed since then. I know they have better bloodline stallions to make more adoptable foals, and the number of ranches has been drastically reduced due to issues with premarin. Still, I believe there are natural alternatives that are better and healthier. I speak out and inform people of the PMU business whenever I get the chance. There are just so many foals produced by the PMU and racehorse industries, and indiscriminant breeding, that there aren't enough willing homes to take them.

I still love my girl and she still surprises me at times with what she can do, but we will always be a team.

### **Community Speaks Out**

Want more information about PMU/Premarin?

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

<http://www.naeric.org/about.asp?strNav=4>

<http://www.applesnoats.com/pmu.pdf>

<http://www.thehorse.com/ViewArticle.aspx?ID=738>

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

Circle P Sanctuary

1909 County Road 24

Marengo, OH 43334

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

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

Send comments, responses, or questions to:

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