

## Me and My Horse: Choosing My 4- Legged Friend

~By Betty B.

It was a beautiful spring day in 1998 and my husband Bob had just come home from picking up hay for our three bunnies at a local farm in Monroe. Bob was so excited and bursting with news about a horse he had just seen. He told me the farmer he bought the hay from had just come back from a horse auction in Oklahoma with some very nice horses for sale.

Bob and I would soon be moving from Monroe to a farm in Millstone and I was looking for a good, gentle riding horse and Bob thought he had found the perfect horse for me.

Years before I had owned a crazy, uncontrollable paint mare named Shawnee and told Bob I was interested in looking at this horse as long as it wasn't a paint! Unfortunately, Bob said that's exactly the type of horse it was. It was a paint, only this one was a four year old gelding. I nearly made up my mind not to see this horse but I didn't want to hurt Bob's feelings so I decided to take a look.

Well, the rest is history. It was love at first site. "Hazy Abe" (as was his papered name, yuk!) had injured his leg on the ride home from Oklahoma to New Jersey. He was all alone in the barn in a dark stall. His leg was all bandaged up. When he walked out of the stall, he looked so sad but seemed gentle enough and boy was he beautiful (at least to me). He immediately walked up to me and buried his head in my arms as if to say "please pet me, I'm lonely." I melted on the spot! I decided

then and there to talk with the farmer who owned him.

You know the old story --- the farmer tells me several people had seen him and they too were interested in purchasing him and if I didn't buy him today, he could very well be sold tomorrow. As foolish as it seems, I decided to purchase him without ever riding him.



Betty and her 4-legged friend Cowboy

I told the farmer I didn't quite know what to do. It was impossible to ride this horse for a couple of weeks. I was definitely interested but wanted a calm and gentle riding horse and not a horse with a V-8 motor under him.

It took weeks before his bandages came off, but I went to visit him every day. I would walk him around the farm and tell him how beautiful he was and how much I loved him.

I even would sing songs for him. Funny, but it almost seems as if he knew that I was his new owner and he already had me wrapped around his little hoof.

The big day finally arrived for the bandages to come off. I was a little nervous but quite sure that he was going to be a gentle, quiet type of riding horse.

He had been so mellow with that darn bandage on his leg; of course, he must be a quiet, calm horse. YIKES, was I ever wrong. Once those bandages came off he took off like a bat out of

well..... He was so much more horse than I ever expected or wanted. He flew around the corral like a 747 racehorse and I was his jockey. We probably would have won the Kentucky Derby had we been entered in it. Oh my gosh, what do I do now?

I was a decent rider but this horse was definitely more than a challenge for me, yet, I just couldn't give up on him. Somehow I knew that in time everything would work out and we would eventually be inseparable partners on the trails. And so it was, and the rest is history. He is the love of my life and I wouldn't trade him for the world.

By the way I renamed him Cowboy and I plan on riding many happy trails with him for the rest of his life.

Thank you Bob. ❖



## Me and My Horse

HAMT members may contribute stories about themselves and their favorite equine companions to [hamtnews@aol.com](mailto:hamtnews@aol.com) which will appear in our newest newsletter column. Enjoy our first "Me and My Horse" story!



## 2007 Preakness Parade

*By Debby O.*

On Saturday, May 12, 2007, Richard and I were invited to participate in the Preakness Parade, held in Baltimore, Maryland, in the Inner Harbor. Initially we had thought we would bring our horses and ride in the parade, but as the parade grew near, and Richard's daughter Samantha gave birth to our first grandchild, we decided to leave our horses home and ride in a carriage driven by Kevin McMinn, that way after the parade, we could drive south to Richmond, and see our grandson.

For those of you who don't know Kevin McMinn, he and his wife Elaine live in Cream Ridge, and own Greyhorse Carriage Company. When Richard and I organized the horseback riding part of the Allentown Horse Parade, Kevin and Elaine organized the carriage part of it. Our organization of the Allentown Parade is what led to our being invited to participate in the Preakness Parade.

We sure had a gorgeous day for the parade. Sunny skies and comfortable temperatures. We arrived at the Camden Yard, which is the parking lot for Baltimore's baseball team where we were staged and lined up for the parade by 11:00 am. What a commotion! In addition to being located under an interstate overpass, with sirens and truck horns blaring overhead, there were marching bands, a local radio station float complete with loud speakers and dancing costumed critters, but the most exciting part was the large helium balloons being blown up in the parking lot right next to all the horses.

I know you are going to doubt this, and I could hardly believe it myself, but I didn't see ANY of the horses that were there freaking out. I couldn't believe how well they were all handling it. (I'm sure our horses would have bolted off the trailer and not stopped running until they hit the Jersey turnpike had they seen a flying pig, Woody Woodpecker and a huge spotted rocking horse floating around their horse trailer.)

There was a nice turnout of horses that participated. There was a military unit from Arlington National Cemetery, in full military attire. They were beautiful! There was a jousting group from

Maryland of about 12 women, all dressed up in Renaissance costumes, complete with capes and skirts on their horses. There was a group of Buffalo riders, four black gentlemen on horseback, who were directly behind our carriage, and behind them was the flying PIG! I repeat myself, I know, but I still cannot believe how well behaved their horses were. There was a group of hunters, complete with hounds, (leashed and handled by one of their members) all in their red habits looking beautiful. Wells Fargo had a four-in-hand stage coach there, being pulled by four bay Quarter Horse/Belgian crosses, and then there was the McMinn's carriage pulled by Rusty and Frank one of their teams of huge Belgians.

As we proceeded down the parade route, it brought us through the Inner Harbor area, over a high speed line train track, which actually passed us about 30 feet away at one point. The sounds of the drums from the marching bands was almost deafening as they bounced off the high-rise buildings of downtown Baltimore. Quite a contrast to the quiet little streets of Allentown and our parade last fall. There were a lot of spectators, but Richard said he thought that there would have been more. And, I think he is secretly gloating that the Allentown parade definitely had more horses in it!! (Don't tell him I mentioned anything about that!)

So, we reach the end of the parade route. When we originally registered to participate in the parade we had been told that we would need to unload the horses and wagons at the staging area and then move the trailer to the end of the parade route to load them up at the end of the parade. However, when we arrived on Saturday morning they told us that they were going to keep the streets closed down until 2:00 in the afternoon, giving us plenty of time to drive the carriage back to where the horse trailer was left. Unfortunately, they LIED! The minute the last participants crossed the finish line of the parade the Baltimore police opened the streets back up to downtown traffic. Here were all these people on horseback now having to get back to where they had left their horse trailers, having to deal with downtown traffic that had just let out after a parade.

I don't mind telling you, I was a little nervous. But, Kevin's horses are really

solid, and even as tractor trailers, UPS trucks, and absolute morons who have NO CLUE how dangerous a situation horses in traffic can be, who tried to crowd us onto the curb (to the point where in one instance I wanted to jump off the carriage onto the hood of this idiot's car, punch my fist through his windshield and choke his ridiculous neck....calm down Debby...sorry about that, I don't usually get that upset). Long story, not so short, all the horses behaved well, and made it back safely. Thank God!

So, I'm sure you are thinking that's the end of the story. Well, almost. When we got back to the parking area and the horse trailers, the City of Baltimore had dispatched street sweepers to clean up the parking lot. We saw them zooming through as we were approaching the trailer, but Kevin's horses just kept doing their job. Finally, it appeared as if the driver was deliberately strafing our carriage, circling around and around our area, and this was starting to make the horses dance a little, and was starting to make Richard mad...a lot. He, in his usual take charge way, waved the driver off, and we were back, safe and sound.

I can't say enough about how impressed I was with not only the McMinn's horses, but all the horses that participated in the parade. I've thought about it numerous times since then, how much I enjoy seeing parades with horses in them, and participating in parades with horses in them; yet what a risk it is to ourselves, our horses, and the public. I guess the conclusion I've come to is that despite the litigious nature of our society these days, I still want to see and participate in parades with horses. Wouldn't it be a shame if future generations weren't able to enjoy the beauty of horses on parade because we've become so afraid of being sued? We are fortunate to have horses in our lives every day, but so many people aren't so lucky, and seeing them in a parade is their only opportunity.

All-in-all it was a great day. We all survived without a scratch, and we got to meet some really great people, who have wonderful riding skills and who are so proud of their horses, and enjoy showing them off to the world!

## ❖ *Drug Approval Process*

~By Sue K.

Dr. Ron Harning, Executive Director, Clinical Affairs at Palatin Technologies (and our HAMT Secretary), gave a fact-filled presentation about the drug approval process for horses and humans.

The drug approval process is detailed and lengthy, and the process for human or veterinary drugs is actually very similar, particularly in the pre-clinical phase. However, testing in humans is more extensive.

The steps in the drug development process include:

- Discovery/Invention (file for patent)
- Submission of IND (Investigational New Drug) application
- Preclinical and clinical testing (3-5 years)
  - Phase I Trial: 20-80 healthy volunteers, usually college students, very low dose
  - Phase II Trial: 100-300 volunteer patients with the targeted disease. Many drugs die here – may help mouse asthma, but not human asthma
  - Phase III Trial: 3000-4000 patients; huge studies in controlled settings
- Submission of NDA (New Drug Application) (\$600-900M may be invested before application!)
- Approval
- Post-Marketing Monitoring
- End of Patent Life (it takes company 10 years to get the drug to market; patent expires in 17 years and so company has only 7 years to be the sole supplier)

The “funnel” of the drug approval process is the reason why drugs are so expensive. Although tens of thousands may be tested in the preclinical phase, only hundreds are tested in Phase I, with the numbers decreasing in each of

the following phases. On the human side, approximately 30 drugs per year reach the NDA stage, and only 3-5 new drugs are approved each year.

Dr. Harning also discussed food supplements, which are not reviewed by the FDA and do not receive FDA approval. In the case of food supplements, safety is assumed, and proof of effectiveness is not required. However, if an additive in the food supplement is new, the manufacturer must demonstrate its safety to the FDA prior to selling the supplement. Caution must be used when using food supplements, whether human or horse.

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## *Trail Riding & Trail Etiquette for Safely Enjoying our Trails*

~By Kim M.

HAMT member Rich Osborn recently gave a very informative slide show presentation and talk on the many ways we can enjoy the beautiful trails both locally and across our nation, and do so safely and courteously (with a little etiquette lesson from “Emily ‘Hitching’ Post”). He shared some wonderful photos and stories of his many trail riding adventures, as well.

A few of the many things Rich touched on during his presentation were:

- Trail Courtesy: Hikers yield to horses; bicycles yield to both hikers and horses.
- Common Courtesy: Know the rules and regulations of the area you’re riding in; be friendly to others you’re sharing the trail with; keep right and in single file; control your horse; keep a safe following distance.
- Respect the Trails: Help maintain trails in your area; don’t trespass – stay off lawns, crops, wet trails, steep slopes, endangered habitats, eroded areas; clean up after yourself (take only pictures, leave only hoofprints); use care in tying horses to trees so as not to damage bark.
- Common Sense: Wear a helmet and safe footwear; use I.D. tags on your belongings; check your tack for wear and tear; dress properly for the weather (beware of hot and humid weather for both you and your horse!); bring your own water & first aid kit; make sure someone knows where you are; be aware of your surroundings; don’t hold

branches for others – keep a safe enough following distance so you don’t hit someone with a flinging branch.

-Horse Sense Thoughts: Ride a “trail-wise” horse; make other riders aware of trail hazards as you see them; give other horses lots of room; uphill horses have the right of way; walk when going around bends, at trail junctions, in camping areas and parking areas; don’t go fast if you can’t see where you are going; last rider keeps an eye on everyone; be kind to your horse – use a mounting block, use proper tying techniques when tying to a trailer or other things, know proper trailering and loading techniques, provide hay and water, don’t ride for longer than your horse is conditioned to ride.

Among other things, Rich also shared a list of handy items to carry on the trail such as a halter and lead, hoof pick, cell phone, water, EZ boot, vetwrap, wire cutters, and a small first aid kit (for humans and horses!).

Here’s to a happy and safe trail riding season! Happy trails!

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## *Winter Hoof-Care Tips*

**Think ahead.** Meet with farrier to discuss any adjustments to the shoeing/trimming schedule.

**Eliminate hazards.** Remove anything that can be an under-snow hazard to a loose horse. Fence off areas where water collects and inspect fences.

**Create safe paths.** Decide in advance which barn and pasture areas you’ll plow and where snow piles will go. Chart safest paths between stalls and turnout area.

**Stock up on traction aids.** Keep supply of shavings, old carpets and sand on hand to spread on icy areas.

**Increase turnout time.** Allow horses maximum time out to get used to footing changes.

**Check blanket fit.** Make sure horse’s blanket fits properly and straps are snug. Remove excess strap length.

**Plow turnout.** Plow a small turnout area for your horses if area is accessible and snow is deep.

**Limit sand and salt use.** Use loose sand and salt for traction only on pathways NOT in your horse’s turnout area. If horse ingests sand and salt grains, the horse could suffer *colic*.

**Let pastern hair grow.** Pastern hair protects the hoof head in winter.



## *Manure Management Presentation by Michael Westendorf, PhD*

*~By Sue K.*

Dr. Michael Westendorf, an Extension Specialist in Animal Sciences at Rutgers University, gave a useful and informative presentation about manure management to members and guests of The Horsemen's Association of Millstone Township. Dr. Westendorf's areas of research are focused on the recycling and processing of food waste into animal feed, and the development of on-farm plans for the use and disposal of manure.

The New Jersey Department of Environmental Protection (NJDEP) requires that any horse farm, regardless of size, be regulated as a Concentrated Animal Feeding Operation (CAFO) if the farm pollutes or discharges waste into NJ waters. The CAFO must develop a process to manage its manure without polluting. Dr. Westendorf and his colleagues at Rutgers Cooperative Extension can help horse owners develop their plans.

A one-thousand pound horse generates about 35-50 pounds of feces and urine daily, which translates into 9.1 tons of manure per year! If the manure is improperly managed, ground or surface water pollution results from the nutrients (nitrogen, phosphorous, and carbon) in the manure. When these nutrients reach waterways, the enrichment can cause excessive algae growth, which often causes other organisms to die off. Excessive nutrients in the ground can also contaminate water supplies through leaching.

On the other hand, proper management of manure provides nutrient recycling for the farm. The key is to find the balance so that the nutrients remain in the soil and are not lost as pollution to surface water or groundwater. According to the 1996 Equine Survey, in NJ 49,000 horses reside on over 81,000 acres in 7,600 operations. This averages 1.65 acres per horse, which is an acceptable stocking density. Smaller farms may have less land available for

spreading, and need to find alternative methods of disposing of manure from the farm, or of composting it on the farm.

Be careful to store manure away from areas where flooding or wetlands are near, and ensure that the facility is on level ground and adequate space. Composting has the advantage of destroying internal parasites, reducing odor, and reducing volume. The compost can then be used to enrich the soil by spreading.

The photos below show an old manure storage structure on the Ryders Lane farm on the Cook College campus, and the newer structure which replaced it in September 2006.



The new manure storage structure was completed near the Ryders Lane Equine Facility at the end of September 2006. The old structure was too small to hold the amount of waste generated, which led to runoff leaching from the manure pile into a waterway.

The new structure is much larger than the old one. Also, the new structure is located farther away from the Ryders Lane Barn, so that vegetative buffers can be planted around the structure. The buffers reduce contamination into the waterway.



# Introducing...



## Mission Statement :

**"Helping Hearts Equine Rescue Inc."** is a NJ non-profit animal welfare organization dedicated to the rescue, rehabilitation and placement of equines in need; assisting equines in situations of neglect, abuse or threat of slaughter located in, but not necessarily limited to Monmouth, Middlesex and Ocean counties - in our home state of New Jersey. To educate the public regarding the standards of care required to maintain an equine as a riding partner and/or companion animal in a humane manner.

*Help us to help them—one horse at a time. We rescue from neglect and abuse; we pull them to keep them from going to slaughter.*

View our webpage to see more of our rescues and learn more about us

[Chestnutridgedressage.com/helping\\_hearts\\_equine\\_rescue.htm](http://Chestnutridgedressage.com/helping_hearts_equine_rescue.htm)

## Who we help:

### Oliver:

Found in an Ocean County backyard



Oct. 7, day after pickup



Jan. 12, over 100 pounds later with more to go

## Be a "Helping Heart"

~ Contribute toward the rescue and rehabilitation of equines in our own backyard ~

Contributions can be mailed to  
Helping Hearts Equine Rescue  
260 Millstone Road  
Perrineville, NJ 08535

Go to our website to donate via Paypal  
Donate your old cell phones to our Cell Phone Drive

~ All funds will directly help the horses. ~

**Thank you, Helping Hearts Equine Rescue**

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