

EQUINE *News*

MURIETA EQUESTRIAN CENTER & WEST COAST EQUINE FOUNDATION

SPRING/SUMMER 2014



West Coast Equine Foundation

Supporting equine education and the equestrian community

by Jennifer von Geldern



The West Coast Equine Foundation (WCEF) supports community programs and services with the philosophy that better education benefits horses, riders and the community. The WCEF is a partner with the Murieta Equestrian Center (MEC), California's premier equestrian facility, founded by Carol Anderson Ward and her father Fred Anderson more than 30 years ago.

Carol established the foundation as a vehicle to give back to the equestrian community on multiple levels. "Horses are Carol's passion," says Maryann Subbotin, WCEF director. "This is her way of supporting the horse/human bond and to ensure the equestrian center goes on in perpetuity."



Since
2007, the WCEF
has gifted more than
\$150,000 in scholarships
to students pursuing
equine-related careers.

WCEF supports local youth organizations that promote responsible horsemanship, including 4-H Clubs, therapeutic riding programs and scholarships for students pursuing equine-related education, such as animal science, horse husbandry or veterinary medicine. WCEF conducts a Youth Horsemanship Challenge, a series that includes riding competitions and an interview to show horsemanship knowledge and skills. Youth can compete in both riding and interview or just the interview to earn scholarships.

The WCEF's financial support comes from horse shows held at MEC (48 horse shows this year), MEC's own El Rancho cutting-horse shows, proceeds from the MEC-based Cares and Whoas Glamour Ranch boutique, and an annual golf tournament. Donations are gratefully accepted and may be dedicated to scholarships or a specific equine cause.



murietaequestriancenter.com



westcoastequinefoundation.org

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BEAT THE HEAT... COMMON SENSE HELPS BEAT THE SUMMERTIME BLUES

CHRISTIAN RAMMERSTORFER, PH.D., PAS

EQUINE EXERCISE PHYSIOLOGIST/NUTRITIONIST, NRHA PROFESSIONAL

With the California summer just around the corner, we need to start thinking about how to properly prepare our horses to be at their best in hot conditions and, more importantly, to protect them from heat exhaustion.

It's 98 degrees in the shade on a summer afternoon, and you need to show your horse twice that day in order to qualify for the affiliate finals or to improve your year-end standings. Maybe you just tied to win the Open Derby and need to do a run off. Will that be too hard on your horse?

It all depends on the physical fitness of the horse and his state of acclimatization to hot and sometimes humid conditions. If your horse is acclimatized to hot weather, his body is better at moving blood to the skin, making it easier to thermoregulate. Blood flow to the skin facilitates heat loss as heat is transferred from the body core to the surface.

Your horse's system is extremely well designed to maintain body heat within acceptable limits even during hard exercise and hot conditions. However, all systems that are in place to deal with this have to have time to adjust themselves. This includes heart rate, respiration, peripheral circulation and much more. When a horse is taken from moderate temperatures - between 60 and 72 degrees - it takes him about seven days to adjust to a temperature that is 10 degrees hotter. Then, it takes roughly another seven days for each additional 10 degree increase. So, if you've

taken a horse from 65 degrees to 95 degrees, it will take him roughly three weeks to adjust and reach full acclimatization.

Acclimatization is something exhibitors should understand if they plan on hauling to a show and riding on the same day. If the horse does not have the adjustment time, he's not going to perform as well. And, if temperatures are high, he risks developing heat exhaustion or worse - heat stroke. Since it is not realistic for all exhibitors to arrive at a regional or local show seven days in advance, extra attention should be paid to the physiological responses of the partially acclimatized horse.

Just like people, some horses handle heat easier than others. Some will sweat more or pant more to cool themselves. Generally, sweating is desirable, however, a panting horse is reaching exhaustion. A rule of thumb is, if you allow your horse to rest between maneuvers, be sure you pay attention to whether his respiration rate is increasing. If it is, wait until it comes back down a bit before you continue. Some horses sweat immediately, but others don't sweat nearly as quickly. Horses in good physical shape will generally sweat more and pant less than horses that aren't in as good of shape. This is because as a horse becomes more fit, in addition to training his muscles he also trains his sweat glands.

Riders should closely monitor their horse's respiration rate during exercise at a walk or trot. A horse's respiration rate at the gallop is

stride linked and not an accurate reflection of metabolic demand. Let the horse air up in a shady spot if he is panting (above 80 breaths per minute). Do not continue exercise as long as the horse is panting. Oxygen exchange actually drops when respiration rates exceed 100 breaths per minute as the majority of the air is only moved in and out of the trachea to cool the horse.

If a horse from the northern or western (arid) part of the country is received into training in your barn, give it at least five to seven days to acclimatize. Even within the state of California we have large temperature swings between coastal areas and Rancho Murieta for example, which horses have to get acclimatized to. This time period should be extended if the horse is not fit or is coming from a far northern region (e.g. Central Canada). During the acclimatization period, treat your horse as if he is unfit (light exercise becoming progressively more intense).

Overall, our conditions here on the West Coast are not nearly as challenging as they are in southern and southeastern parts of the United States. Nevertheless, most injuries to horses will occur while the animal is working in an exhausted state. Be aware and avoid exhaustion exacerbated by heat stress by following some or all of the guidelines provided here and this summer will be a season both you and your horse will enjoy.

Scholarship Program 2014/2015

Applications due: June 30, 2014

www.westcoastequinefoundation.org/scholapplication.html



- Scholarships are awarded to assist individuals with their educational goals. Applicant's field of study must be equine related.
- Applicants must be a resident of California, Nevada, Arizona, Oregon or Washington.
- The West Coast Equine Foundation will select the scholarship recipients and administer the program.
- For application and more info: www.westcoastequinefoundation.org or maryann@murietaequestriancenter.com
Phone: 916/354-2119

**THE WEST COAST
EQUINE FOUNDATION
CELEBRATES
AND SUPPORTS
OUR YOUTH!**



With support from the West Coast Equine Foundation, 4-H riders are on their way to the California State 4-H Horse Show.

The West Coast Equine Foundation is pleased to support a variety of equine youth organizations through grants and scholarships.

Recent awards include: Ride to Walk therapeutic riding with a gift of \$5,000, the Fresno State Equestrian Team awarded \$1,000, and 4-H riders pictured above, with a check for \$1,000 in support of their upcoming California State 4-H Classic Horse Show.



**MEET THE WEST COAST
EQUINE FOUNDATION
BOARD OF DIRECTORS**

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PLEASE JOIN US!

MURIETA EQUESTRIAN CENTER

2014 CALENDAR

TENTATIVE SCHEDULE

Dates may change. Please check our website for an updated schedule of events:
www.murietaequestriancenter.com

| Date | Event | Date | Event |
|----------------|---|-----------------|---|
| January 3-5 | Redwood Empire Cutting Horse Association Cutting | June 12-15 | Golden State Dressage |
| January 18-19 | Cowboy Dressage Circuit Show #1 | June 20-22 | Cowboy Dressage Circuit Show #2 |
| January 24-26 | West Coast Reining Horse Association Schooling Reining | July 3-6 | P.C.Q.H.A. Summer Celebration |
| Jan 31- Feb 2 | Premier Dressage Show | August 1-3 | Gold N Grand Summer |
| February 6-9 | West Coast Reining Horse Association Affiliate Show #1 | August 1-3 | Cowboy Dressage Circuit Show #3 |
| February 6-9 | Downunder Horsemanship Clinic, Dale Cunningham | August 9-10 | Karen Grimm Memorial All Appaloosa Show |
| February 8 | Sacramento County 4-H Silver Show #1 | August 22-24 | Murieta Mule Classic |
| February 12-16 | Back to Basics Quarter Horse Show | August 28-31 | Sacramento Morgan Horse Show |
| February 19-23 | Northern Winter Classic III Hunter/Jumper | August 28-31 | Cowboy Dressage Circuit Show #4 |
| Feb 26-Mar 2 | Northern Winter Classic IV Hunter/Jumper <i>NorCal Spruce Meadows Qualifier</i> | September 6-7 | SJPHC Farnam Fall Color Challenge & All Breed Horse Show |
| March 6-9 | QHEAC Quarter Horse Show | September 6-14 | El Rancho Futurity & Foothill Fiesta Cutting |
| March 14-16 | Golden State Dressage | September 23-28 | Sacramento International Welcome Horse Show |
| March 20-23 | Murieta Spring Hunter/Jumper Classic | Sep 30-Oct 5 | Sacramento International Jumper Horse Show |
| March 28-30 | Gold N Grand Spring | October 7-12 | WCRHA Year End Show & Affiliate Finals |
| April 3-6 | Golden State Dressage | October 16-19 | QHEAC Wine and Roses Quarter Horse Show |
| April 9-13 | Capital City Spring Classic | October 22-26 | Let's Show Halloween Championship |
| April 10-13 | Arabian Horse Association of Northern California | Oct 29-Nov 2 | Murieta Autumn Classic Hunter/Jumper |
| April 16-20 | The Spectacular Hunter/Jumper Show | November 6-9 | Sacramento International Horse Show Finale |
| April 24-27 | El Rancho Spring Classic | November 13-16 | Cowboy Dressage Circuit Show Finals Hosted by Cowboy Dressage World |
| May 1-4 | California Paint Horse Association | November 21-23 | Portuguese Water Dog Club of Northern CA |
| May 3-4 | Points West Appaloosa Horse Show | November 28-30 | Sacramento Dog Training Club Agility Trial |
| May 10 | Rugged Maniac 5K Race | November 29 | AHANC Thanksgiving Weekend One Day Show |
| May 10-11 | Miniature Horse Show | December 6-7 | Redwood Empire Cutting Horse Association |
| May 16 | Northern California Paint Horse Club | December 26-28 | Two Rivers Agility Club of Sacramento |
| May 17 | Casino Corral | | |
| May 17-18 | San Joaquin Paint Horse Club | | |
| May 22-25 | WCRHA/NRHA Affiliate 3 & 4 Shoot Out | | |
| May 28-June 1 | Murieta Summer Classic Hunter/Jumper | | |



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WE ARE

Gold-N-Grand



By Hailey Nelson

The instant you drive into the Murieta Equestrian Center, you can't help but notice some of the showgrounds' new additions and improvements. Enter through the back gate for example, drive past the barns and you'll see the brand new restroom building conveniently located in the heart of the facility near the large covered arena.

MEC welcomes more than 100,000 horse enthusiasts and visitors year-round to its park-like setting featuring 16 arenas that can accommodate more than 1,000 horses at any given time. During the Spring Gold-N-Grand held in March, competitors filled nearly 500 stalls along with all of the facility's RV spaces. The spring show had a record high attendance with an astounding 1,062 entries per day!

Shady Schneider, Gold-N-Grand's show manager, noted that "This show gives kids and adults alike a great chance to win their first belt buckle. We always have a great

time here at the Gold-N-Grand. On Saturday evening, Lise Von Uhlit brought everyone to her annual barn party for food and fun!"

At the end of the three-day event, points from all of the class results are added up and riders coming in first through fifth take home shiny Gist buckles. In all, 360 buckles were awarded, along with nine championship saddles made by Dale Tingle, and a range of other prizes including ribbons and Finish Line Horse Products.

If you didn't get a chance to come out to the Spring Gold-N-Grand, mark your calendars for the summer show taking place August 1-3, 2014. You won't want to miss out on our giant water slide, complimentary snow cones, or the annual barn party extravaganza. Our upcoming Summer G-N-G will again feature the Youth Horsemanship Challenge, a popular, fun and interactive competition designed to promote responsible horsemanship and horse husbandry through education. Look for more information in your G-N-G email updates and on our website. To see a full MEC event schedule, please visit www.murietaequestriancenter.com.

Thank you to everyone who joined us for the Spring Gold-N-Grand! And congratulations to those who took home a high point western saddle:

Youth 10 & Under Saddle: Kyla Jackson

Youth 13 & Under Saddle: Elise Guerra

Limit Youth 18 & Under Saddle:
Hailey Powers

Youth 14-18 Saddle: Nicole Taylor Kendric

High Point Rookie Reining: Linda Hardy

Limit Amateur 19 & Over Saddle:
Mary Wilson

Amateur 19 & Over Saddle: Victoria West

Amateur Select 45 & Over Saddle:
Annette Pellens

Open Saddle: Roger Deromedi



To: West Coast Equine Foundation
 Thank you so much for Running the YOUTH CHALLENGE AT Gold-N-Grand I won the iPad in the Junior division and I had NO IDEA what kind of help it would be. I use it for school, I have books on it, and I love taking pictures of my pony with it. Thank you so much for supporting youth members!!
 Thanks Rebecca Paxson

EXCITEMENT IS BUILDING AT THE MURIETA EQUESTRIAN CENTER!

We hope you've noticed there's lots of new construction taking place at the Murieta Equestrian Center (MEC). During the past year, new grandstand seating with handicap ramp access was installed on the south side of the main indoor arena. Now in progress is a new restroom with 18 accommodations, and very soon to follow is a new concession area, an indoor and outdoor eating/food and beverage facility, and a new office complex to house both our horse show offices and the West Coast Equine Foundation's offices.

In addition to these improvements, over the past three years our beautification projects have included the planting of several hundred trees; the development of new, large grassy areas; the covering of two arenas; and the completion of several major painting projects in addition to ongoing repairs and refurbishing. This is all a part of our goal to build our reputation as the western region's premier equestrian facility.

"Build it and they will come!" This was Carol Anderson Ward's dream and mantra 30 years ago and fortunately for the equestrian community it still holds true today. Not only is Carol expanding MEC to accommodate the largest of horse shows, she is also interested in the comfort of our competitors and spectators.

Very soon we will announce the ground-breaking of the new Murieta Inn. Plans are moving forward, however, there are some time-consuming hoops we still need to jump through in preparation of the ground-breaking ceremonies.

We are pleased to share our dreams with you as they become a reality. You are important to us, because without you the Murieta Equestrian Center wouldn't have a purpose or reason. Come and enjoy! We are here for you and to give horses a place to show off their talents and to bring pleasure into our lives.



FUN FACTS ABOUT THE DEDICATED MEC STAFF. DID YOU KNOW?

Tim: An accomplished English rider, Tim has competed at the Madison Square Garden and comes from a second generation family of horse show producers. His daughter Amanda, 22, recently graduated from college and is now pursuing a Master's degree; son Jonathan, 18, is a soccer player gearing up for college; and daughter Abbey, 10, loves horses and also rides English.

Shady: A vital member of the MEC staff for more than 15 years, Shady started her horse career with the Pacific Coast Cutting Horse Association (PCCHA). She is married and has two children: Rowdy, 8, and Denim, 4. In her spare time, Shady manages Rowdy's baseball team, Denim's t-ball team, and enjoys hobbies that include roping, snowboarding, and riding horses and an ATV with the family.

Van: In charge of MEC's grounds and facilities, Van also runs a professional horse hauling business. In addition, he and his wife Kelly own Van Vleck Sport Horses, located at MEC overlooking the cross-country field. Two of his three children, Garrett and Vanessa, have careers in the Sacramento area, and son Kyle is currently serving in the military.

Jackie: An integral part of MEC for more than 27 years, Jackie grew up in nearby Lone, served in the military, and is an avid fisherman. When it comes to knowing every nook and cranny of MEC, Jackie is your man!

Lalo: Known for his friendly, cheery personality, Lalo has worked at MEC for more than 10 years. Lalo, his wife and their three kids even live on the facility!

Julio: Another 10-year-plus veteran of MEC, Julio also lives on the MEC grounds. Originally from Mexico, where his wife and children still reside, Julio is well-known for his ability to move from one project to another without missing a beat.

Luis: A talented soccer player, Luis joined the MEC team four years ago. Luis is originally from Mexico, where his wife and children still live.

Albert: After just a year with MEC, Albert has already proven himself to be a jack-of-all-trades and a valuable asset to the equestrian center. In addition to working at MEC, he also raises horses and cattle.

Kathleen's Cook Shack

Kathleen: Owner of the aptly named Kathleen's Cook Shack, Kathleen has been a part of MEC for more than 16 years. Kathleen's Cook Shack, noted for providing food that is both fresh and fast, is one of the most popular concessions in the horse show industry – and it began as a popcorn cart! When not feeding hungry riders and spectators, Kathleen can be found showing her reining horse – and counting the days for the construction of her new kitchen!

Meet our new West Coast Equine Foundation/MEC Special Projects and Promotions Coordinator

Hailey: A graduate of California State University, Chico, Hailey has an enthusiastic interest in marketing and promotions, and is a great fit for this new equestrian center position. Hailey and her husband Ryan have a 2-year-old son, Jhett, and the family currently lives in nearby Herald. In her spare time, Hailey is a jewelry designer and recently had a piece of jewelry featured in the well-known *Cowboys & Indians* western magazine. Hailey and her husband raise horses as well as registered Angus and commercial cattle.

Kathleen's Cook Shack
is the sole concessionaire for the
Murieta Equestrian Center

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Please contact her for any and all food related needs
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RANCHO MURIETA COUNTRY CLUB – NORTH COURSE

FRIDAY, JUNE 27, 2014
RANCHO MURIETA COUNTRY CLUB

Group Sponsorship Opportunities and Player Sign Up
This year's event benefits the West Coast Equine Foundation's Educational Scholarships Fund and Community outreach programs. Thank you for your support!

Sponsorship Opportunities Available

WCEF Tee Sponsor: (includes hole sponsorship) \$1,000

As a sponsor you'll enjoy:

- Tee signage for your company or firm on a select hole of the championship North Course
- Patron mention on the West Coast Equine Foundation, Murieta Equestrian Center and El Rancho Futurity web sites through December 31, 2014
- Patron mention in the West Coast Equine Foundation and Murieta Equestrian Center Newsletter (circulation 6,000)
- One Tournament foursome, including tee prizes and up to 8 dinners at the Golf Tournament Sponsor Dinner

WCEF Patron: \$250

As a sponsor you'll enjoy:

- Patron mention on the West Coast Equine Foundation, Murieta Equestrian Center and El Rancho Futurity web sites through December 31, 2014
- Patron mention in the West Coast Equine Foundation and Murieta Equestrian Center Newsletter (circulation 6,000)
- One Tournament playing spot and two dinners at the Golf Tournament Sponsor Dinner

Sign up now through May 31, 2014

If you have any questions about the golf tournament and dinner or to sign up for a sponsorship, please contact West Coast Equine Foundation: hailey@murietaequestriancenter.com or 916.354.2119



Murieta Equestrian Center

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We appreciate their support of the Murieta Equestrian Center and West Coast Equine Foundation

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*All proceeds benefit the
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donated by: Andrea Johnston)

Join Today!

Become a West Coast Equine Foundation Member

As a WCEF Member you'll receive:

- The Murieta Equestrian Center (MEC) Newsletter.
- 5% off a Cares & Whoas purchase.
- Your name listed on the WCEF Website and in the MEC newsletter as a supporter of MEC/WCEF.
- The satisfaction of knowing that 100% of your membership dollars goes directly to our grant and scholarship programs.

*Yes, I'd like to join the
West Coast Equine Foundation*

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Address: _____

Phone Number: Day: _____

Evening: _____

E-mail Address: _____

Membership Level (please denote level):

- \$20.00 Youth (18 and under)
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 \$100.00 Association

My check is enclosed **(please make check payable to:
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Credit Card: Visa Master Card

Credit Card # _____

Expiration Date: _____

Authorization signature: _____

Questions? Contact Maryann@murietaequestriancenter.com
or call 916.354.2119.

Please mail or fax your membership application to:
West Coast Equine Foundation Fax: 916.354.2127
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EQUINE *News*

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