

RIDE & TIE

www.rideandtie.org

EQUATHON NEWSLETTER

FEBRUARY 2017



Coollest Ride & Tie and Equathon donated \$1300.00 to the
Western States Trail foundation.

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President of WSTF : Tony Benedetti and Cool's ride manager: Susan Smyth

Coollest Ride & Tie and Equathon

by Susan Smyth

I can only say that Coolest Ride and Tie and Equathon is the Coolest because of all the great support of participants, volunteers and supporters of the event. Coolest Ride and Tie and Equathon donated \$1300.00 to the Western States Trail foundation this year.

The event featured both the Ride and tie and a Equathon with participants coming from as far away as San Diego. Thirty three teams participated in the event zig zagging throughout the Olmstead Loop Auburn Recreation Area in Cool Ca. Thank you to Chris Gray and Cool Hills Ranch for hosting the event and Bill Gore for great photography along with all the great donated raffle prizes. I would be really jazzed to see even greater numbers on October 7th, 2017.



Cool California

Photos by Bill Gore Photography



*Western Ride
& Tie Championships*

**TWO PEOPLE, A HORSE, &
A CHALLENGING, EXCITING RACE**

Are you or do you know someone with a horse?
Are you or do you know someone that is a trail runner?

This will be the most fun they will ever have!

Outback Station LLC 25 miles east of La Pine Oregon is hosting a 37 mile Championship along with a 16 mile short course.
— Saturday July 1, 2017 —
Stay over and take part in the AERC sanctioned endurance rides on July 2 & 3.

FOR RACE INFORMATION
Chris Amaral 707-834-2343 or
trots4long@yahoo.com

ENTRY INFORMATION AT
WWW.RIDEANDTIE.ORG

VISIT US ON FACEBOOK



Dear Ride & Tie Supporter,

Other than dropping my legendary hat to start races, I haven't had any official connection with Ride & Tie since I directed the 14th annual Levi's R&T at Park City, UT, in 1984. That doesn't mean my interest in — or obsession with — the sport I invented in 1971, is any less.

I'd like to see the association's finances sound so the sport's future is assured. I've been communicating with others, notably board member and past President Ben Volk, about this and Ben has asked me to write this letter. The association is fortunate that it has a growing endowment that needs to continue to grow to be sustainable. Everything we can do to encourage tax-free contributions of any size to the fund is urged.

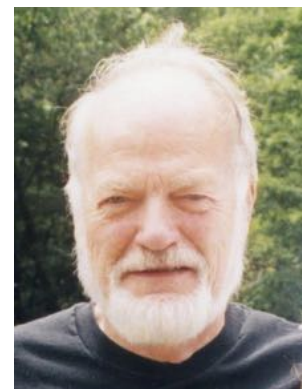
This letter is to introduce the association's Legacy Circle Program so that R&T supporters can include the association in their estate planning. Every adult should have a will, and if you don't, I hope you'll make one promptly. I'm not an attorney so am not here to give legal advice, but it really is not difficult if you don't have a large and complicated estate. And when you make your will, please consider including R&T. If you already have a will, and I hope you do, it's not difficult to add the association. The bequest, even if small, will help the sport.

I have experience on non-profit boards, and fundraising has always been difficult for me. This "Ask" is easier because I helped start endowments and legacy programs for two organizations, and I know how instrumental those programs have become for their financial stability. Ride & Tie's future is so important to me that it has been in my estate plan since soon after the association was started, and I have been making regular contributions to its Endowment Fund. I hope you will join me by joining the Legacy Circle Program and letting the association list you as a member to encourage others to participate. Please contact Ben Volk at bvolk@rideandtie.org for more information or to donate.

Happy Trails...

Bud Johns

The Ride and Tie Association is a 501 (C) (3) non profit organization.
Tax identification number 95-4121183



Ride and Tie and Equathon operate through your donations. We take money donations as well as any items or products that you would like to donate for our World Championships and Regional Championships raffles and prizes.

We also accept Pay Pal on our website. www.rideandtie.org

Marshmallow Weed- sounds delicious and harmless right?

“WRONG”

Marshmallow weed also known as *Malva parviflora*, is a weed that is poisonous to horses and livestock. They can be found in moist areas such as pasture land, along rivers, roads, marshland, grassy banks, gardens, chicken pens and stock yards.

Department of Agriculture District Veterinary Officer Roy Butler said marshmallow poisoning, or marshmallow staggers occurs in sheep, cattle and horses that eat too much of the marshmallow or small flowered mallow plant.

Poisoning usually happens in late winter or early spring. Horses generally are not attracted to this weed unless they are hungry.

Horses begin to show signs of poisoning only after they have consumed a large amount of this plant.

Signs of Marshmallow poisoning include the following: when horses take short steps and move stiffly with their back arched, they have a very high heart rate and sweats. They don't want to walk and prefer to lie down. Horses generally don't convulse but this can happen in severe cases.

There is no cure for a sick horse other than just rest. Don't try to make the horse walk and if they are lying down, don't make them get up. Give them plenty of fresh water and hay. Make sure your pasture does not have Marshmallow weed growing in it.

It is very rare that a horse will die from Marshmallow poisoning. Although, Jennifer Bauquier, BVMS, ACVIM of the University of Melbourne, Australia, recently investigated the deaths of 4 horses living in a pasture that was loaded with Marshmallow weed. These horses showed signs of poisoning, one died and eventually the other 3 had to be put down.

More research needs to be done on the Marshmallow Weed to further understand the toxicity of this plant.



RIDE & TIE AND EQUATHON RACE SCHEDULE 2017

Mar 4, 2017, Take No Prisoners

location: Kings Mountain, SC - 50, 25 & 15 miles - race manager: Barbara Mathews 919-545-0034 Contacts: bjdmathews@gmail.com

Mar 4-5, 2017, Blackwater Swamp Stomp Ride&Tie

location: Tidewater Horse Trail, Ivor, VA - 26, 13 & 6 miles - race manager: Alison Zeytoonian 757-947-6244 Contacts: azeytoon@gmail.com

Mar 17-18, 2017, Yellowhammer R&T

location: Talladega National Forest, Fruithurst, AL - 25 & 12 miles - race manager: Courtney Krueger 864-933-4912 Contacts: ck@firstcumberland.com

Apr 1-2, 2017, Giddyup and Run

location: Catoosa Ridge Stables near Crossville, TN - distances: 6, 10, 15 & 25 miles - race manager: Joanne Mitchell 865-250-1645 Contacts: jfgmhorse@gmail.com

Apr 21-22, 2017, The Old Dominion NO FRILLS Ride & Tie

location: Star Tannery, VA - 55, 30 & 12 miles - race manager: Susan Trader 540-882-9721 Contacts: SusnTrader@loudounwireless.com

Apr 29, 2017, April Daze

location: Spokane, WA - 12 & 25 miles - race manager: Gail Williams (509) 952-1256 Contacts: hadablondemoment@gmail.com

May 20, 2017, Mt. Adams R&T

location: Trout Lake, WA - 12 & 25 miles - race manager: Steph Irving 509.395.2065 Contacts: stephirving@gmail.com

Jun 4, 2017, Klickitat Trek R&T

location: Glenwood, WA - distances: 12 & 25 miles - race manager: Marilyn Milestone Contacts: mmilestone@aol.com

Jun 9, 2017, Old Dominion Ride & Tie

location: Orkney Springs, VA - 25 miles - race director: Susan Trader 540-882-9721 Contacts: SusnTrader@loudounwireless.com

Jul 1, 2017, WESTCOAST CHAMPIONSHIP

location: La Pine, OR - distances: 20 & 35 miles - race manager: Chris Amaral 707-834-2343 Contacts: trots4long@yahoo.com

Jul 8-9, 2017, Bandit Springs R&T

location: Ochoco National Forrest, OR - 12 & 25 miles - race manager: Janelle Wilde 541-849-2460 Contacts: jwilde@wildevents.info

Jul 22-23, 2017, 47TH ANNUAL WORLD CHAMPIONSHIP RIDE&TIE

location: Orkney Springs, VA - 20 & 38 miles - race manager: Janice Heltibridge, 540-459-8357 Contacts: jheltibr@shentel.net

Jul 28-30, 2017, Boncrusher R&T

location: South Kettle Moraine Horseman's Park, Palmyra, WI - 30 & 12 miles - race manager: Amber Erickson 262-623-4714 Contacts: endurochiro3@gmail.com

Aug 12, 2017, Santiam R&T

location: Sister, OR - 12 & 25 miles - race manager: Anna Sampson (503) 829-6002 Contacts: sampson@molalla.net

Aug 25-26, 2017, Iron Mountain Jubilee

location: Ivanhoe VA - distances: 15 & 30 miles - Race Director: Barbara Mathews 919-545-0034 Contacts: bjdmathews@gmail.com

Sep 2-3, 2017, Crazy Daze R&T

location: Spokane, WA - 12 & 25 miles - race manager: Gail Williams (509) 952-1256 Contacts: hadablondemoment@gmail.com

Sep 8-10, 2017, Big South Fork R&T

location: Big South Fork National River and Recreation Area near Jamestown/Onieda, TN - distances: 4, 10, 15, 20, 30 and 50 miles - race manager: Joanne Mitchell 865-250-1645 Contacts: jfgmhorse@gmail.com

Sep 16, 2017, Swiftwater R&T

location: Cle Elum, WA - 12 & 25 miles - race manager: Shelby Edwards Contacts: eshelby06@gmail.com

Oct 7, 2017, Coolest Ride&Tie and Equathon

location: Cool Hills Ranch. 3320 state Hwy, 49, Cool, CA distances: 6, 12 & 22 miles manager: Susan Smyth 916-316-2096 Contacts: susansmythjackson@gmail.com

Oct 14, 2017, Foothills of the Cascades R&T

location: Molalla, OR - 12 & 25 miles - race manager: Anna Sampson (503) 829-6002 Contacts: sampson@molalla.net

Oct 20-21, 2017, Fort Valley Ride & Tie

location: Fort Valley, VA - 50, 30 & 18 miles - race manager: Susan Trader 540-882-9721 Contacts: SusnTrader@loudounwireless.com

**YELLOWHAMMER
RIDE and TIE
March 17-18, 2017
Warden Station Horse Camp
Talladega National Forest
Fruithurst, Alabama**

The Yellowhammer is Alabama's state bird (if you say it with enough Southern accent, it rhymes with Alabama!). The Yellowhammer endurance race is an annual event held in the Talladega National Forest.

In 2017 we are holding Ride and Tie races in conjunction with the endurance race.

Ride and Tie schedule:

Friday, March 17, 2017 25 mile race.
Saturday, March 18, 2017 25 mile race and 12 mile introductory race.

Costs:

Races: \$100 per team for the 25 mile races. \$50 per team for the 12 mile race.

Adult teams racing both days (any race) receive a \$20 discount.

Teams with a Junior Rider (15 and under) receive a \$45 discount on the 25 mile races

Teams with a Junior Rider (15 and under) receive a \$20 discount on the 12 mile race.

Parking/Camping: Pay for your camping at the USFS kiosk upon arrival, after parking. It is \$6/day per rig/car. Display your stub so that the USFS Rangers will not fine you.

Contact:

Courtney Krueger 864-933-4912 or ck@firstcumberland.com

6 Mile Race – Saturday, March 4

26/13/6 Mile Races – Sunday, March 5 - Tidewater Horse Trail

Ivor, Virginia

Saturday, March 4. Race starts at 3:00 pm. Vet in at 2:00 pm.

Sunday, March 5. Race starts at 8:00 am. Vet in on Saturday from 3:00 – 5:00 pm.

This event is being held in conjunction with the Blackwater Swamp Stomp AERC Northeast Benefit Ride.

\$50 for 26 and 13-mile races, \$40 for 6-mile race

Entry fee includes fees for Ride and Tie insurance and use of Tidewater Horse Trail.

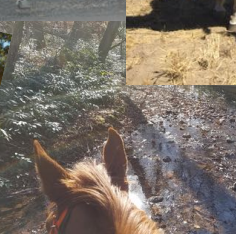
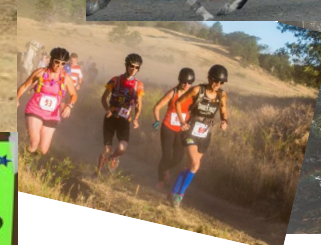
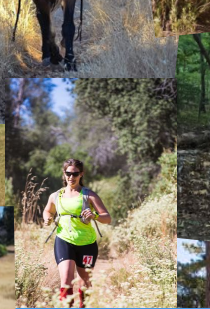
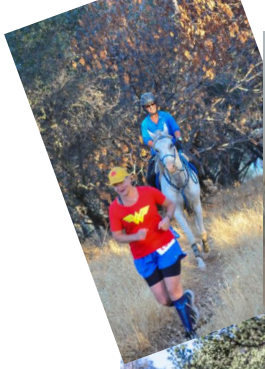
Contacts: Alison Zeytoonian (757-947-6244, azeytoon@gmail.com) or Rhonda Venable

www.rideandtie.org

LOOKING BACK AT 2016

A GREAT YEAR FOR R&T and EQUATHON

THANKS TO ALL OF OUR
PARTICIPANTS, VOLUNTEERS, SUPPORTERS AND DONORS



2017 Old Dominion NO FRILLS Ride & Tie.

FRIDAY, APRIL 21 and SATURDAY APRIL 22, 2017

Star Tannery, VA.

55/30/17 Mile Courses.

Entries: All competitors MUST be members of the Ride and Tie Association. Individual membership: \$25, Family Membership: \$40. Checks payable to The Ride and Tie Association. Membership forms available on website www.rideandtie.org or at the ride. A \$25.00 non-refundable deposit will be accepted to hold your place until the day before the event. For pre-paid entries, a full refund less \$25.00 will be given until the horse is presented for the pre-ride vet-in. To receive a refund, you must advise ride management that you will not be riding, before the vet-in. Include a copy of current (within 12 months) Coggins with entry. Only bring horses that are entered in the ride.

Vet-in: Vet-in will be from 3 p.m. until dark on Thursday and Friday nights. There will be no morning vet-ins.

Ride & Tie Briefing: A meeting will be held at approximately 6:30 p.m. each night for all riders/runners to review up-to-date trail conditions, markings and the locations and logistics of the check points and holds. Questions from participants will be answered at this time.

For further information and entries go to www.rideandtie.org. Race manager: Susan Trader 540-882-9721
Contacts: SusanTrader@loudounwireless.com, Lani Newcomb at 540-554-2004 or give2bute@aol.com

Sixth Annual Giddyup and Run RIDE AND TIE

Catoosa Ridge Stables, Near Crossville, TN

Saturday & Sunday, April 1 & 2, 2017

6, 10, 15 and 25 mile distances

RAT Membership: All competitors must be members of the Ride and Tie Association. Membership costs \$25/person or \$40/family and is good for the calendar year which ends in December. Membership forms will be available at the race. For more information about Ride and Tie go to www.rideandtie.org.

Pre-Vet Inspection: Vetting of horses, ponies or mules will start about 4:00pm Central Daylight Savings Time on Friday for the Saturday race. Please send a current (within one year) copy of the horse's Coggins Test along with your registration form. If you are not arriving until race day, PLEASE LET MANAGEMENT KNOW in advance, so arrangements can be made for vetting in. All vet checks will be near the gazebo.

Start Times: The start times will be determined by the vet and announced at the ride briefing the evening before the race. Ride will run on Central Daylight Savings Time. Change your wind-up watch accordingly.

Ride and Tie Briefing will be at approximately 6:00 pm CDST on Friday March 31.

For more information go to www.rideandtie.org

Ride and Tie Manager: Joanne Mitchell • 570 Sunnyside Road • Sweetwater, TN 37874 jfgmhorse@gmail.com •
home/fax 423-337-6194 • cell 865-250-1645

47TH ANNUAL WORLD CHAMPIONSHIP RIDE & TIE

two people, a horse and one tough race...

**July 22 - 23, 2017
Orkney Springs, VA**



**Long Course Saturday
Short Course & Equathon Sunday**

Questions: Janice Heltibridle, 540-233-0710, jheltibridle@shentel.net.

Send Entries to: Susan Trader, 16813 Clarkes Gap Road, Paeonian Springs, VA 20129 or SusnTrader@loudounwireless.com.

Sanctioned by the Ride & Tie Association. Additional information and Ride & Tie rules available on request or at www.rideandtie.org.

BOARD OF DIRECTORS

President: Gunilla Pratt gunillapratt@gmail.com 858-735-1373
Vice President: Janice Heltibridle jheltibr@shentel.net
Secretary: Liz Perkin lizperkin@gmail.com
Treasurer: Steve Anderson Steve.Anderson1@juno.com
Board Member: Chris Amaral trots4long@yahoo.com 707-834-2343
Board Member: Lani Newcomb give2bute@aol.com
Board Member: Kirsten Seyferth kirstenseyferth@gmail.com
Board Member: Susan Smyth susansmythjackson@gmail.com 916-663-9410
Board Member: Ben Volk bvolk@jub.com 509-521-6249
Board Member Emeritus: Steve Shaw sshaw@pacbell.net
Board Member Emeritus: Mary Tiscornia MLT580@aol.com
Head Veterinarian: Greg Fellers gfellers@rideandtie.org
Endowment Chair: John Osterweis

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916-663-9410
Seeking or Becoming a Mentor: Susan Smyth susansmythjackson@gmail.com
916-663-9410
Scheduling a Ride & Tie event: Dr. Lani Newcomb give2bute@aol.com
540-554-2004
History Questions/Facts: Annette Parsons history@rideandtie.org
Ride & Tie Newsletter: Gunilla Pratt gunillapratt@gmail.com
Head Vet: Greg Fellers, DVM gfellers@rideandtie.org
Scholarships: scholarship@rideandtie.org
Website content: Kirsten Seyferth kirstenseyferth@gmail.com

The Ride and Tie Association is seeking candidates for the Board of Directors. The Board of Directors is comprised of nine members serving three-year terms. Each year, three of the Board members come up for re-election. The Board meets five times each year by telephone conference and once in person at the Championship. If you would like to become a member of the Ride and Tie Board of Directors, please send a candidate statement and picture to the Nominating Committee at bod@rideandtie.org. Current R&T members in good standing (membership dues are current) are eligible to run for the board.

Please consider self-nominating or recommending a qualified colleague and contact a Board member today. The results of the Board elections shall be announced at the Annual meeting, which unless designated otherwise shall be at the campground for the annual World Ride & Tie competition on the Thursday

2016 POINTS

MAN/MAN	POINTS
1). C. Krueger/M. Landers	170
2). G. Bradner/A. Bradner	90
3). C. Hill/J. Loewen	75
4). R. Noer/C. McDougall	33
5). R. Koup/O. Nilsson	30
6). M. Cooley/W. Wallace	30

MAN/WOMAN.	POINTS
1) C.Krueger/C.Baris.	595
2) R. Bellafato/J. Bellafato	435
3). R. Venable/D. Venable	384
4). M. Whelan/G. Pratt	361
5). G. Morgan/S. Rushing	182
6). M. Tiscornia/P. OLeary	135
7). J. Heltibridle/C. Krueger	130
8) B. Volk/H. Huggins	130
9). T. Gey/S. Howard	125
10). G. Bradner/R. Brachfeld	116
11). G. Hall/S. Smyth	115
12). R. Noer/R. McNair	105
13). D. Wisniewski/K. Smette	100
14). C. Kucera/G. Schaaf	90
15). D. Wisniewski/M. Stoneburner	89
16) J. Heltibridle/S. Sadowski	85
17) K. Isaacs/R. Noer	85
18) T. Gey/C. Ruprecht	85

WOMEN/WOMEN cont.	POINTS
19) R. Venable/C. Krueger	85
20) B. Volk/T. Rathbone	85
21) C. Amaral/S. Howard	80
22) G. Hall/J. Seaton	79
23). C. Krueger/S. Krueger	75
24). A. Henschel/C. McMenomy	75
25). B. Volk/G. Walla	75
26). B. Volk/K. Beirne	75
27). S. Turner/L. King	75
28). B. Volk/K. Converse	75
29). R. Noer/J. Monioz	75
30). R. Toor/B. Volk	75
31). H. Sage/M. French	74
32) R. Ward/K. Brooks	69
33). B. Davis/J. VanAssche	63
34). T. Wyatt/A. Brown	39
35). M. Cooley/G. Cooley	36
36). J. Hall/M. Buckner	35
37). B. Johns/T. Weiler	33
38). N. Meuten/D. Meuten	33
39). T. Eckard/J. Clinger	33
40). R. Noer/S. Bassett	33
41). A. Gerhard/M. Conger	32
42). G. Bradner/K. Pults	31
43). R. Alderson/L. Alderson	31
44) S. Boelt/M. Sullivan.	30
45) R. Leporatti/K. Kenney	25
46). T. Isaacs/M. Isaacs	25

For points on Equathon go to www.rideandtie.org



Woman/Woman Teams.

POINTS

1) B. Mathews/L. Gonzalez	734
2). A. Zeytoonian/C. Portwood	308
3) B. Mathews/N. Meuten	288
4) K. Isaacs/B. Brinkley	270
5) J. Heltibridle/C. Baris	265
6) R. Toor/R. Schneider	212
7) N. Meuten/K. Oden	190
8). L. Baris/C. Baris	155
9). J. Ballou/M. Montgomery	135
10) T. Eckard/R. Roush	130
11) E. Ruprecht/C. Ruprecht	125
12) S. Saunders/A. Rebol	120
13) B. Rainney/H. Sage	115
14) D. Burk/C. Baris	110
15) L. Newcomb, D.V.M./K. Broaddus, D.V.M.	110
16) K. Camilli/J. Monioz	105
17 S. Boelt/S. Holt Gerringe	102
18) R. Schneider/B. Love	100
19) S. Bassett/E. Davis	99
20) J. Heltibridle/S. Thigpen	95
21) S. Saunders/J. Ballou	95
22) L. Lyttle/L. Spoon	91
23) T. Bagwell/S. Borkosky	90
24) M. Buckner/L. Begovich	90
25) J. Heltibridle/M. Hoose	85
26) J. Heltibridle/A. Zeytoonian	85
27) X. Pang/E. Heberger	85
28) J. Heltibridle/K. Pults	85

WOMEN/WOMEN cont.

POINTS

29) M. Montgomery/A. Dubois	84
30) E. Storm/C. Eckert	80
31) L. Bohannon/L. Bacco	79
32) P. Highlander/S. Berg	75
33) L. Begovich/L. Wayne Miller	74
34) C. Eckert/E. Storm	69
35) K. Isaacs/M. Isaacs	69
36) S. Rodecker/H. George	69
37) J. Monioz/A. Amini	67
38). M. Elliot/A. DeJohn	65
39) V. Trevisan/C. Leporatti	50
40) K. Messenger/S. Thigpen	42
41) R. Wells/K. Wells	39
42) D. Schmiedicke/C. Muller	39
43) S. Boelt/C. Baris	39
44) K. Rathmanner/J. Cannon.	39
45) S. Vale/J. Sesky	36
46) C. Federighi/K. Lore	36
47) C. Baris/N. Meuten	36
48) R. Farinholt/S. Bassett	36
49) K. Seyferth/M. Gratz-Weiser	35
50) K. Di Rosato/L. Turaski	33
51) T. Koltun/B. Rainney	33
52) A. O'Neal/C. Joura	33
53) M. George/S. Willis	33
54) K. Sullivan/B. Sullivan	32
55) S. Irving/B. Ozkan	32
56) R. Farinholt/S. Ridgeway	31
57) B. Gates/C. Murray-Weston.	31
58) G. Cooley/S. Wallace	30
59) E. Hanna/M. Bakewell	30
60) L. Delp/J. Stevenson	30
61) C. Charlton-McCallister/R. Pelkey	30
62) E. Davis/S. Holt Gerringe	30
63) J. Weaver/K. Weaver	25
64) V. Ordway/K. Allen	25
65) C. Kelly/S. Connelly	25
66) E. Carnes/E. Lakatosh	25
67) M. Long/R. Wells	25
68) L. Lyttle/M. Long	25
69) L. Truett/E. Lakatosh	25
70) E. Clark/J. Nuti	25
71) L. Barlow/H. Barlow	25



*Rufus Schneider and
Rachel Toor*

*At the 2016 World
Championship*

*Rhonda Venable,
Laney Baris,
Carrie Baris,
Renee Brachfeld,
Chelsea Portwood*



*Jennifer Munios
and Afsaneh Amini
on Jerry*

Challenges of the Home-Hospitalized Horse

Author Byline: Melinda Faubel Newton is a veterinarian, rider, and runner in Northern California and can be found at, www.MelNewton.com

I thought I was well prepared to take care of a critically-ill horse at home. After all, I was an experienced equestrian 6 months away from being a licensed veterinarian in the midst of year dedicated to managing complicated referral-hospital hospitalized patients.

It was not nearly as easy as I thought it would be. Here's most surprising and difficult aspects of choosing a home-care option for my critically-ill horse, rather than hospitalization.

Catheters and Fluids

If you aren't accustomed to running IV fluids at a hospital you probably won't assume it's going to be easy at home. But, because I was armed with the medical knowledge and technical know-how I thought it would easily translate to home.

Here's why it was different.

If the catheter had clotted kinked, got rubbed out or otherwise damaged at home, I WAS SCREWED. At the hospital I would have sighed, perhaps cursed, and then get another one off the shelf. At home, that catheter was my life-line and it was the only one I had. Similarly, I had to flush my catheter often and I was constantly worried I was going to run out of flush - at the hospital I just make more in unlimited quantities. At home I had a finite number of very precious syringes.

Running fluids became very time intensive as I sat by the stall making sure everything was running well. At home there isn't a fancy machine that will beep when air gets in the line, or if it kinks and stops flowing, or if the horse puts its head in a funny position and it stops flowing. As a result, even with my near ideal set-up that very closely mimicked a hospital stall, I didn't dare take your eye off the horse for even a moment when bolusing fluids.

Spend the money where it counts

When you are putting yourself through the sleepless night and round-the-clock care to save money, it can be hard to not apply the same logic to supplies. Here's a secret. Because you are doing this at home, you can't get away with less than optimal supplies and equipment. In fact you need to do it better than if you were in a hospital. You don't have the ability to replace stuff (like catheters), the environment is also much dirtier and harder on the equipment, and you are likely more tired or less experienced than paid staff at a hospital and more likely to make mistakes.

This means that when the vet says "use elasticon to wrap the catheter site", you spend the \$16 or \$20 bucks on elasticon to do the job, and not the much cheaper vet wrap. Elasticon will do a better job protecting the site, even though in most cases in a hospital setting perhaps you can get away with vet wrap. If the vet says "change needles out after drawing up drugs" or "use a new syringe every time", then do it regardless of cost. Don't try and save money in a way that will sabotage your efforts to manage your case cheap(er) in the field.

My impact on the clinic

I tried to be mindful of how much "work" I was creating for my local clinic. The veterinarian would usually check in every 24 hours and I tried to save questions and concerns that were not emergencies for those phone calls. Yes, the vet is there to help, but there is a balance between calling them every hour with concerns and being a little bit self sufficient. When I took up the task of doing home-care against the recommendation to hospitalize, I also took on more responsibility for my horse's care. Continued..



Fatigue

You are going to be really really tired. Like, getting-up-every-3-hours type tired if you have to do frequent catheter flushes. Combine sheer not-enough-hours-of-sleep with worry and decision- making fatigue, and it's a recipe for not being able to emotionally process information or make good decisions. As both the primary caregiving AND the person ultimately responsible for treatment decisions (together with your vet) this becomes a very delicate balance.

I cried a LOT. I would barely hold it together for mature phone calls with the vet and then dissolve into sheer sobbing as I had to process yet another piece of bad news, or decide yet again whether I was going to spend another thousand dollars to do XYZ, or just wait it out.

I won't lie. This isn't ideal. It's best if you can give some of the responsibility to someone else. Or at least have someone you trust tell you when it's not the right time to make big decisions.

Tips

Here's my top three tips if you find yourself managing a case at home.

Organize. Have a container for each procedure that needs to be done. I had a separate container for abscess flushing, catheter care, medications, icing, and physical exam.

Get away from the barn. Especially with catheter care you won't have many opportunities. Find a half hour to run an errand, or go for a walk or run, or visit with a friend. It will help.

*Let go. It's easy to fall into the trap that you have control and if you just do it *better* you will have a better outcome. In reality, setbacks aren't necessarily your fault. If you've followed your vet's instructions, did what you were capable of at the time, and not tried to cut corners - then be at peace.*

Good luck!

PRESIDENTS MESSAGE



As the president of R&T I'm so happy to see the enthusiasm we have had this past year with R&T and Equathon. I am so pleased with all of our new members.

I would like to thank all of our volunteers and donors for making this happen.

I ask that every participant please acknowledge our our volunteers because without them these rides would not take place. Thank them every chance you get and when you are frustrated with something during the race, please don't take it out on our volunteers. Remember the word "volunteer" means they don't get paid for their time.

I would also ask that we support the business's that donate to us. Please do business with them every chance you get. In every issue of the R&T newsletter are their logos.

Thank you and have a great 2017!.

SLEEP AND PERFORMANCE

BY STEVEN G. PRATT M.D

One of the important effects of night time sleep loss is daytime sleepiness, which results in increased incidence of errors, motor vehicle and other forms of transportation accidents, immune system dysfunction, and impairment in cognitive function. As our average sleep per night falls below 7 hours per night, our risk for cardiovascular disease, diabetes, and obesity increases. When sleep recovery is unable to correct the physiological processes accompanying the aforementioned problems, epidemiological data indicate that short sleep durations (< 7 hours/night) are associated with a gradual, but steady, increase in cancer and cardiovascular risk.

A 2007 study of 23,681 healthy working men reported that midday napping was inversely associated with coronary mortality. Napping has been shown to be an effective strategy to combat fatigue and sleepiness during working hours. This is especially true in young workers who are more sensitive to sleep loss. A short nap (about 20 minutes), especially during the "post-noon nap period", has been shown to help promote performance and help restore alertness and memory processing.

This has also been found to be true in athletes. The quality and amount of sleep athletes get is often the key to winning. REM sleep in particular provides energy to both the brain and body. If sleep is cut short, the body doesn't have time to repair memory, consolidate memory, and release hormones. Sleep deprivation has also been seen to decrease production of glycogen and carbohydrates that are stored for energy use during physical activity. In short, less sleep increases the possibility of fatigue low energy, and poor focus. It may also slow recovery time.

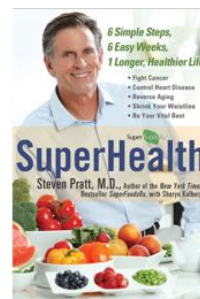
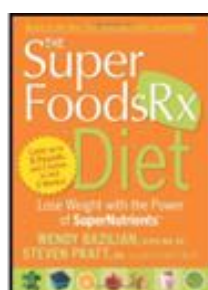
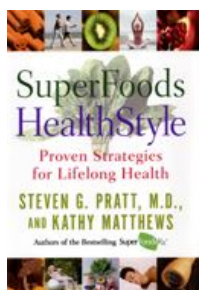
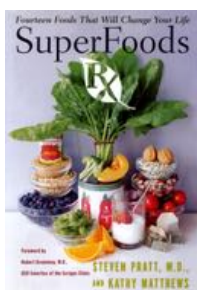
Steven G Pratt M.D., FACS, ABIHM

Steven G. Pratt, M.D., is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimization of health. As author of several books including *SuperFoods Rx: Fourteen Foods that Will Change Your Life*, *SuperFoods HealthStyle: Simple changes to get the most out of life for the rest of your life*, *SuperFoods Rx Diet: Lose Weight with the Power of SuperNutrients*, and *SuperHealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life*. *SuperFoods for Pregnancy*, *The Right Choices for Healthy, Smart Superbaby*. Dr. Pratt teaches that if your "tank" is filled with the right foods, you will increase your chances of living a longer, healthier life.



For more information on Superfoods, Healthy Choices and great vitamin recommendations, go to www.superhealthyliving.com

Start a healthy 2017 and check out these books by Dr. Pratt.



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Yesterday is gone. Tomorrow has not yet come. We have only today.

Let us begin.

– Mother Teresa



