

Contact Us

LCRVHC: e-mail: lcrvhc.org@gmail.com
 web site: lcrvhc.org
facebook.com/lcrvhc

BPC: e-mail: contactus@BPConservancy.com
 web site: BPConservancy.org
facebook.com/BridlePathConservancy

President's Letter

Dear Friends,

Almost Thanksgiving already! Sorry I am so late with this newsletter—time got away from me. The incessant rain has dragged me down. I was so discouraged about having to cancel the hunter pace after doing so much work to get the trails ready. And the trails are in terrible shape—muddy and eroded—I wish we could send some rain to California.

Some Recent Programs and Activities

The September member-only ride scheduled for Bluff Point was moved to Machimoodus when we learned that another group was holding a ride at Bluff Point the same day. The footing at Machimoodus was very good. As usual, I didn't think to take pictures, being a photographer is not in my blood. Liz took a few pictures at the end (below).

The September 20 general meeting was held at the fire museum. We had a lovely meet and greet with veterinarian Erin Trawick-Smith. She talked about her background and interests and we shared stories about our equines.



(President's Letter continued next page)

* * * * *

UPCOMING EVENTS

CORORAN PLUNGE FOR ALZHEIMERS
Friday, November 23, noon-2 pm, Hamonassett State Park. Gina McManus invites us all to this Polar Plunge for Alzheimers Awareness. Horses encouraged—they help get attention. Plunge is at 1:00. Donations welcome.

CHRISTMAS MEMBER-ONLY RIDE
December 8. 9:30 am ride out from Melissa's Rough Draft Farm, 24 River Road, Clinton. Brunch after the ride. Non-riding members are welcome for brunch about 11:30ish. I will need a head count. RSVP to lcrvhc.org@gmail.com.

FREEZE YOUR BUTT RIDE
Annual New Years Ride Hamonassett Beach.
December 29 or 30? Or January 1?

LCRVHC WINTER HOLIDAY PARTY
 Do you have space for a crowd? Would you consider hosting our winter holiday gathering? We usually do it in mid January, after the busy holiday. Potluck, club supplies spiral ham and punch, BYO beer or wine and papergoods. Or what would everyone think about maybe doing it at a restaurant this year? I need feedback folks!

WINTER AND SPRING ACTIVITIES
 We really need insight from you, our members, as to what you are looking for from *your* club. Please, please, share your thoughts and ideas. Email lcrvhc.org@gmail.com or come to any meeting or event. We want to have activities that you will be interested in and attend, on days that work for your schedule.

See calendar on last page for more!

* * * * *

* * * * *

Please remember when riding at Bluff Point, Hammonasset, Chatfield Hollow, and other State Parks: These parks are busy and get a lot of non-horse-friendly use. Be considerate. Pass walkers and other trail users slowly and respectfully. Do not ride where you see NO ANIMALS or NO HORSES signs posted. The boardwalks on the Shoreline Greenway Trail in Hammonasset, for example, are not horse safe. No horses are allowed on the beach at Hammonasset from April 1 to September 30. Horses are never allowed on the beach or in the picnic area at Chatfield Pond. PLEASE remove any manure from roads, trails, and beaches in State Parks. We want to keep these areas open to equestrians!

On high-use trails in the state forest, please dismount and kick/scatter manure off the trail so the kids don't walk in it and track it into Mom's SUV!

Remove all manure from parking areas and trail heads!

* * * * *

(President's Letter continued)

October felt like it rained every weekend. We were forced to cancel our Hunter Pace for the second year in a row due to the wet conditions. Dave's field where we park the trailers was just saturated. So bummed. Thankfully we have savings to pay for insurance and stuff like that. Hoping for better weather next year. If anyone has any ideas for a fundraising ride or something, please let us know.

The Annual Chili Ride on November 11 was relocated from Chatfield Hollow to Pattaconk due to large piles of stone in the cul de sac at North Chestnut Hill. Five of us enjoyed a 2+ hour ride followed by hot chili, cornbread, and delicious desserts. See pictures by Lisa Reneson, Liz Kennedy, and me[!] on page 3.

In lieu of a Christmas Progressive Ride this year I will be hosting a ride from my farm on Saturday, December 8. We will be doing a loop in Kenilworth Forest followed by brunch at my house. Non-riders are welcome to join us for the brunch. I will need a head count for shopping and if anyone wants to bring food, if you can let me know I can plan the menu.

For many years LCRVHC has held a ride on New Years Day at Hamonasset Beach, but when CTRA started doing their ride the same day I was concerned that other park users might be overwhelmed by the large groups of horses and complain. What would you think about possibly doing our ride on December 29 or 30 instead? Let me know what works for you!

We are looking for a host for the Winter Holiday Party. If you have room for a small crowd and would be willing to host this potluck party the club will provide punch and a spiral ham as well as papergoods. OR—how do you folks feel about maybe having it at a restaurant instead? If you think this is the way to go, we are open to suggestions for restaurants that could accomodate us.

Please see the Upcoming Events box on the first page and the Calendar on the last page for more activities. We still really need ideas for the calendar!

I hope to see you soon.

Melissa

PS In 2018 membership was down a bit. It's really a bargain. Only \$15 annually for individual, \$25 for family. If you have friends you ride with or know people who are interested in trail riding with small groups or working on local trails, spread the word. And please, tell us what you want to do as a club!

LCRVHC Board

President: Melissa Evarts
Vice-president: Mary Wozniak
Treasurer: Lynda Perry
Membership secretary: Alyce Mallek
At-large: Emma Saunders
At-large: Lynette Burns

BPC Board

President: Beverly Torell
Vice-president: Kristin Elliott Leas
Treasurer: Dave Beaudette
Secretary: Marlisa Simonson
At-large: Tom Elliott
At-large: Nancy Palermo-Lee

Chili Ride at Pataconk



Can Horses Get Enough Protein From Hay Alone?

An owner's horse maintains his body condition well on forage alone, but she's worried he doesn't have enough protein in his diet. Dr. Clair Thunes explains whether horses can get enough protein from eating hay alone. (article shared by Lynda Perry)

There is a common misconception that grass hays (which are the type of hays most commonly fed to horses) don't provide horses with adequate protein. However, most mature horses only need about 10% crude protein in their diet. If fed an adequate amount, grass hays can often fill this need.

Mature Horses' Protein Requirements

According to the [Equi-Analytical feed database](#), on average, grass hay provides 10% crude protein on an as-fed basis. A 500-kilogram (roughly 1,100-pound) horse at maintenance has a crude protein requirement of 630 grams. If fed 2% of his body weight (10 kilograms or 22 pounds) of this grass hay, the horse will receive 1,000 grams of protein—plenty to fill his needs. The same horse in very intense work requires about 1,004 grams of crude protein each day, so this hay at this intake can meet a broad range of requirements.

Of course, protein content varies by hay type, and legumes provide significantly more than grass hay while grain hays provide less. If we do the same calculation feeding the same horse the same amount of an oat hay with 7.5% crude protein, the protein intake is only 750 grams. This is still enough for the nonworking horse but not enough to support a hard-working horse's needs.

If the amount of hay is restricted to 1.5 percent of body weight (as it might be if a horse needs to lose weight) in the previous scenarios, the grass hay will provide 750 grams of crude protein (still okay for the horse at maintenance) while the oat hay will only provide 563 grams—below even maintenance requirements. In these cases, it's not that the hay cannot provide enough protein, but, rather, how the hay is being fed that dictates whether it is enough.

More Protein, Please

Protein content becomes more of a concern when feeding lactating broodmares and growing young horses, especially those less than a year old. If our 500-kilogram horse was a broodmare in the second month of lactation, her crude protein requirement would be 1,530 grams each day. A 6-month-old weanling with an expected mature weight of 500 kilograms would require 676 grams of protein each day. The latter amount seems easy to meet until we remember that this weanling likely only weighs about 215 kilograms (about 475 pounds)—even if he's eating 2% of his current body weight, he would only be consuming about 430 grams of protein from the grass hay and 322 grams from the oat hay. This is why most lactating broodmares and young horses need additional supplemental protein and nutrient sources in their diets.

Other Considerations: Protein Availability and Quality

Another consideration is the hay's maturity of the hay. As plants mature, their structural carbohydrate levels increase and protein levels tend to drop. So, more mature hay will typically have lower protein levels than that same hay harvested earlier. That structural carbohydrate might also make it hard for the horse's body to access the protein.

The structural carbohydrate requires microbial fermentation in the hindgut, which is located behind the small intestine. However, protein is digested and absorbed in the small intestine. Therefore, if the protein is bound up within complex carbohydrate it might not be fully available to the horse, even though on paper the amount of crude protein appears adequate.

The Bottom Line

At the end of the day, horses do not actually have a requirement for crude protein. What they [require are the amino acids](#) that make up protein. Some amino acids are essential and must be provided in the diet as the horse's body can't produce them. The horse can make other amino acids, which is why they're considered nonessential in the diet. And, the greater the proportion of essential amino acids there are in a protein, the better the protein quality. Therefore, it is possible that a hay could provide enough protein but it might not be the best quality.

That said, because we typically feed significantly more total crude protein in the diet than required, most of the mature horse's essential amino acid needs will be met. If your horse is having problems with issues such as poor hoof, skin, or coat quality; poor topline development; or slow wound healing, he might require a source of better-quality protein than your hay is providing. In such a situation a [high-protein ration balancer](#) might be a good option. An equine nutritionist or your veterinarian can help you determine the best solution for your individual horse.

Gooseneck Trailer Safety

Liz Kennedy shared this article by Dwayne Russell

Today, I would like to cover two of the most important safety features on your horse trailer that are almost always overlooked. Your Emergency Breakaway Cable and your Safety Chains!

When hooking up your living quarters gooseneck you probably don't think twice about the safety chains and the emergency breakaway cable. But these two features are a lifesaver for both you and your horses when they work correctly.

I am sharing this with you because there is so much bad information floating around the towing community about how these parts are supposed to work. I can't tell you how many times someone has said to me "The breakaway cable is only for when the safety chains break and the trailer completely separates away from the tow vehicle". Absolutely nothing could be farther from the truth!

When a gooseneck trailer is connected to the tow vehicle with the correct length safety chains and breakaway cable, the two work in tandem to ensure the trailer comes to a safe and controlled stop. This is done by performing two essential tasks. Signaling the braking system on the trailer and keeping the trailers gooseneck coupler in the bed of the tow vehicle.

Let's look at the anatomy of a gooseneck hitch failure.

There are three components that make up the hitch assembly that can fail. The under-bed hitch, the ball and the coupler on the trailer. Any failure of these components could result in the trailer de-coupling from the tow vehicle. A loose trailer could easily be deadly for those it might crash into and the equine passengers aboard.

To ensure this doesn't happen the trailer manufactures have built in two additional levels of safety. The first and foremost was the creation of the emergency breakaway cable and brake switch. This simple device actuates the trailer brakes and helps bring the trailer to a stop along with the help of the safety chains. The safety chains have ONE and only one purpose and that is to keep the gooseneck coupler from leaving the bed of the tow vehicle.

For this reason, the emergency breakaway cable needs to pull the pin out of the breakaway switch BEFORE the safety chains are fully engaged. This keeps tension on the safety chains and allows the trailer brakes to begin the process of slowing down the tow vehicle in a controlled manner.

Let's go back to the earlier myth of the "emergency breakaway system should engage only if the trailer should separate from the tow vehicle completely" statement.

Here is what would happen. If the safety chains were to snap and the emergency breakaway cable wasn't actuated until leaving the tow vehicle. Once clear of the tow vehicle the trailers jack stands would immediately hit the pavement and the violent deceleration would likely cause the trailer to roll to one side or the other. It's absolutely critical the trailer's coupler remain in the back of the tow vehicle and keep the front of the trailer from hitting the highway!

A few years ago, a good friend of mine had a trailer full of horses de-couple with no safety chains or breakaway cable in place. The trailer rolled down the freeway embankment into someone's backyard, killing three of their four horses. It was a life altering event for them and the tears continued on for years afterward.

Having said that, horses have a much better chance of surviving an accident if the trailer stays in the upright position during an accident. Should a standard or reverse slant load trailer roll to the right, the horses inside roll over their backs. If they are able to scramble to their feet, they will likely be standing on what was the butt side wall of the

trailer and the low side of the dividers. If the trailer rolls to the left the horses roll face first into the feed manger and get tangled in the high side of the dividers.

Either way they risk having their necks or legs broken. Always use a breakaway tie if you tie your horses in. Keep in mind if you have a fixed rear tack / saddle compartment, its now horizontal and blocking the exit out. You can't climb under or over it. Your horses are trapped!

Stay with me for just a bit longer!

I have interviewed a number of people who have been in accidents with big living quarters trailers, including those that have rolled over. Consider the following, if you roll your trailer it doesn't matter if you have an escape door on the side of your trailer, it will either be trapped under the trailer or its now on the ceiling of the trailer. Either way you can't get horses out.

When first responders (Fire, Police) arrive the first thing they are going to do is to remove the propane tanks and foam any gas (Fuel) that may have spilled from your generator tank. The first rule in rescue is not to have to be rescued! So, they will make sure the situation is safe before attempting any kind of rescue.

Don't be surprised if emergency personnel refuse to go inside your horse trailer to rescue your horses. A scared or injured horse can easily kill someone during their flight / fight / panic ordeal. In cases such as these first responders will call in a veterinarian to sedate the horses so that they can begin rescue operations. Strangers in bright yellow suits, loud metal saws, sirens, flashing lights and metal tearing apart are all good reasons for a horse to panic and injure not only the rescuers but themselves.

The point is this . . . **DON'T PUT THE TRAILER IN A POSITION OF LEAVING THE TOW VEHICLE!**

Here is how to ensure your setup is working correctly.

- 1) Hook up the truck and trailer and place it on level ground
- 2) Block the trailers wheels
- 3) Unlock the coupler
- 4) Put the jack stands down until the trailer clears the ball
- 5) Pull the truck a few inches forward to clear the ball
- 6) Lower the trailer down to approx. 2" above the truck bed
- 7) Ensure the safety chains are attached to the mounts
- 8) Ensure the breakaway cable is attached to a separate mount / location. One that is NOT used for the safety chains
- 9) Make sure your tailgate is DOWN!
- 10) Now pull forward slowly until you feel tension from the safety chains. Stop as they become taught. (Don't slam the trailer and damage the jacks) Get a friend to help!
- 11) If the emergency breakaway cable did not pull from the breakaway switch you will need to look at shortening the cable until it does.
- 12) Once you have the emergency breakaway cable pulling out just before the safety chains engage you should pull the trailer, make tight turns and back the trailer to ensure the cable is not too short and pulling out or applying the brake inadvertently.
- 13) If it does you may have to relocate the breakaway mount until it functions correctly in both cases.
- 14) If you have more than one tow vehicle test them both!

I hope this clears up what these systems are for and I pray that you will take the time to check this on your truck and trailer for your sake and your horses. I hope to see you all on the road this summer!

Bridle Path Conservancy News

The BPC is always recruiting board members and trailworkers. If you are able and willing to serve the riding community in this way please contact president Beverly Torell (bdtct@sbcglobal.net). Thank You

A Friendly Reminder

The BPC is a non-member organization dependent on LCRVHC for manpower and inspiration! It is basically still LCRVHC's trails committee! We maintain the trails in Weber Woods and the Quinimay Trail. The hunter pace which LCRVHC holds in Weber Woods each year pays the club's annual operating expenses. If you can't make it to an official work party maybe you can take a walk and toss some branches and rocks off the trail. Hours spent in Weber Woods or on the Quinimay trail can and should be logged as Adopt-a-Park time. Wear your badges. Please report your time to Beverly Torell, bdtct@sbcglobal.net. We would all rather be out riding but please bear in mind that it takes a lot of hours of political action with the state and towns to prioritize open space and the work to maintain the trails is never ending. Please join us in our efforts. Thank you!

Hi Folks,

The past couple of months have provided me with few days to get out and enjoy some trails here in CT. After returning from a wonderful trip to Jackson Hole Wyoming where Hikin Mike and I spent much time exploring the Grand Tetons and Yellowstone, we were hit hard by the "Flash Flood" of September 25.

On page 7 are some photos I took while out in WY and here in CT this fall. Enjoy the views. (I was not able to download all the images—see the Bridle Path Conservancy's facebook page for more. Melissa)

Happy trails and I look forward to mother nature being a little more kind to our trails. This past year was quite the time for clean up from various storms. Best wishes and a Happy Thanksgiving to all.

Yours truly,

Bev Torell, President BPC

GOOD NEWS

I'm not sure if everyone knows this but they changed the dates that horses are allowed on the beach. Instead of November 1 we are now allowed on October 1! Enjoy, be respectful.



A selection of photos from Bev's hikes this fall.



Grand Canyon of
Yellowstone



Beautiful CT River view
from trail at Gillett's Castle



Top of
Castle Craig

Meriden CT



You might find this peace sign
rock if you hike to the top of
Devils Oven



Good Hike up to Devils Oven
@ The Hopyard

WEBER WOOD'S NOTE

The "Alligator Crossing" bridge at the back corner of the lower gun club field was washed away by the September 25 flood. There is no viable ford in this area. Therefore the trail is closed until we can figure out how to fix/replace it. Be safe!

What are you doing the Friday after Thanksgiving?

The Plunge is coming!



Friday Nov 23rd 1PM Meigs Point Hammonasset

Come jump in or just watch. Bring a friend, bring a pet

Let's battle Alzheimer's together and have some fun!

Donations to the Alzheimer's Association accepted.



Please fill in all information and sign and date the Release and Waiver of Liability.
 Mail completed page along with your payment to:
 LCRVHC, P.O. Box 657, Killingworth, CT 06419

2019 Membership Categories

Family \$25 Individual \$15

office use: Check amt. \$ #

- Enclosed is an additional amount of \$ _____ for our ongoing work to maintain and preserve trails.
- Enclosed is a separate check to the Bridle Path Conservancy in the amount of \$ _____ (tax deductible).
- Please contact me for volunteer help! (This is a working club and all members are encouraged to volunteer for committee chairs, trail maintenance, events organizing help and/or food donations.)

Suggest a program, ride or activity you would attend if the club offered _____

Name(s) _____

 (For family memberships please include all names; use a separate sheet if necessary)

Mailing Address _____

City _____ State _____ Zip code _____

Telephone (home) (____) _____ (cell) (____) _____ (work) (____) _____

E-mail _____ New Member Renewal

Release and Waiver of Liability

By signing this release and waiver, I understand that I am giving up (waiving or releasing) any right I have to sue or make any claim which I might have or which might subsequently arise or occur against the Lower Connecticut River Valley Horsemen's Club, Inc. (hereafter referred to as LCRVHC), including but not limited to, the officers, members, participants, and landowners; for any injuries which I might sustain while horseback riding, driving, or attending/participating in any LCRVHC event or activity. I understand that I am indemnifying (holding harmless) any horse ridden, driven, loose, or handled by another and the owner or handler while so engaged in the event of an injury to myself, my property and/or others. It is my intent to give up all the rights provided by law and release the club, landowners, etc. (the releasees) from all claims for bodily injury, death, or property damage, including without limitation, claims arising in whole or in part from the releasees' own negligence. I do so knowingly and voluntarily. I further agree to pay all legal fees pertaining to this event, if any are incurred.

LCRVHC is committed to safety. It is a membership requirement that all participants wear a riding helmet meeting ASTM/SEI standards when attending mounted meetings and events.

For Club Membership:

Signature of primary member _____ date ____/____/____
 (If a minor, a parent or legal guardian must sign)

Signature of Spouse _____ date ____/____/____
 (for family membership, parent of minor child of divorced member, etc.)

For Taking Part in an Event:

Signature of primary member _____ date ____/____/____
 (If a minor, a parent or legal guardian must sign)

Everyone must complete:

Emergency contact information

Name(s) _____ Telephone(s) (____) _____ (____) _____
 _____ (____) _____ (____) _____

LCRVHC/BPC 2018–2019 Calendar

Please think about the 2019 calendar. If you are interested in hosting a MO ride please email Lynda Perry, cymaronfarm@snet.net. If you have an idea for a program or activity, a topic you would like to learn about, a skill to share, or would like to host the winter party or summer picnic, please email lcrvhc.org@gmail.com. Meetings are at the Fire Museum behind 21 Copse Road, Madison, unless otherwise specified. It is always fun to go other places. Consider hosting a meeting or social event at your home or farm. LCRVHC has a Facebook page for member-only rides: <https://www.facebook.com/lcrvhc>. Check it out! Sometimes we include some local events from other organizations in our calendar so we can work around them.

November

8-11: Equine Affaire

11: Annual Chili ride, Chatfield Hollow, contact lcrvhc.org@gmail.com

23: Cocoran Plunge at Hammonasset Beach, contact Gina McManus, email: ginamcmanus22@gmail.com

December

8: Christmas Member-Only Ride, CLCT Kenilworth Forest and brunch at Rough Draft Farm, unless someone has a better idea

January

Winter Holiday Party-date and location TBD

February

Pizza and Planning at Alyce Mallek's house, 41 Janas Lane, Madison. Friday night seemed to work well for most last year, email me with dates/availability. I would really like to have as many board members as possible. Bring your calendars. Come with ideas! Be prepared to brainstorm.

Other ideas:

Would anyone be interesting in trying to make one of those horse head wreaths with me? Or decorate a round wreath?

Sleigh ride with Seashore Belgians-snow permitting Games Day

Horse camping

Touch-a-Tractor Event-Liz Kennedy, June 2019

Goddard Park Ride-Jane Samuels

Cares and Concerns

If you have cares and concerns for LCRVHC members and friends, please email lcrvhc.org@gmail.com

Classifieds

If you have something to sell, give away, share or barter or are looking for something another member might have to exchange, place your ad here!

Deer Hunting Season

Bow Hunting Private Lands: 9/15 to 1/31

Shot Gun/Rifle: 11/14 to 12/31

Muzzleloader: 12/5 to 12/31

Be safe.

Wear bright colors on yourself and/or your horse while in the woods.

Hunting is allowed on state and private land every day except Sunday during the hunt.

Content Always Wanted for Newsletter

Let us know what you are doing with your horse. Write a Meet the Member Bio of yourself or a friend. Send pictures of your horse, your adventures or show results, links to articles, tack picks, barn tips, whatever you want to share. E-mail lcrvhc.org@gmail.com.