



Flying Changes

JULY 2011

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President's Letter

Hi All!

Well we entered a "A" no problem but then we entered "HXK" - weather and a virus caused us to lose our flexibility. Here comes "A," half halt (plan), ask for canter and we are off. The schooling shows are ON! We sent to everyone the USDA final report on the herpes virus in June; please refer to the preventive guidelines provided in the report and are simply universal precautions. We are still hoping to have the July schooling show at Luna Rosa on July 17 or 24—we know time is running out and will get the word out to everyone as soon as we can confirm venue, judge, and manager. There are still plenty of opportunities to get scores for year end awards. Calendar updates will include the July show and the Sept. 18 ride/re-

ride show will be converted to a full schooling show. The first post virus rated show is July 2-3, Horses Unlimited Fiesta de Dressage at the Expo and I hope everyone is excited about getting back to competing. Finally, as mentioned in the May letter and E-mail to vote for PM Delegate for Region 5.

Everyone get back on coarse training, body, mind and horse. I'm wishing everyone to reach their goals have fun and be safe!

John C.



The New Mexico Dressage Association is a United States Dressage Federation Group Member Organization (GMO) and all members are automatically USDF Group Members (GMs). For USDF Participation Membership, members must apply directly to USDF.

USDF & Region 5 News



Show season is in full swing in Colorado and other Region 5 areas finally after the EHV-1 outbreak cancelled several shows. It was a hard decision for a lot of show management to make regarding the cancellation of shows, but I know I

appreciate their diligence with regards to the welfare of our horses and I hope that you do also! Hopefully the outbreak has settled for foreseeable future.

Several important DEAD-

LINES are coming up: USDF National and Regional GMO volunteer nominations, as well as GMO award nominations, are due to the USDF office by August 31. GMO Newsletter and Website Award nominations must be

submitted by the GMO Presidents. Regional GMO Volunteer of the Year nominations can be submitted by any participating member, group member or the Region Director. Volun-

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Calendar

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 USEF/USDF Horses Unlimited Fiesta de Dressage at Expo,
3 USEF/USDF Horses Unlimited Fiesta de Dressage at Expo	4	5	6	7	8	9 Cancelled Heidi Potter
10 Cancelled Heidi Potter;	11	12 Board of Directors meeting—Location TBD	13	14	15	16
17	18	19	20	21	22	23
24 NMDA schooling show at Luna Rosa,	25	26	27	28	29 Jean Moyer Clinic at Simply 3-Day	30 Jean Moyer Clinic at Simply 3-Day
31 Jean Moyer Clinic at Simply 3-Day						

Schooling Show Updates
will be posted on the Web

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 NMDA schooling show at Taos Eque- strian Center	8	9 Board of Directors meeting—Location TBD	10	11	12	13
14	15	16	17	18	19	20
21 Fun dressage show by Juan Tomas Corrales	22	23	24	25	26	27
28	29	30	31			

The Vet's Office

Erma Bombeck, the late, famous American humorist, once said, "The only reason I would take up jogging is so that I could hear heavy breathing again."

Well, Erma, you'd love horses! The respiratory tract of the horse, which moves extremely large volumes of air in and out of the lungs, is a highly specialized organ system that serves one primary function: to exchange oxygen for carbon dioxide. Compared to humans (whose respiratory tract is highly specialized for speech) and other mammals, a horse inspires and expires a staggering amount of air.

"At maximal exercise, a horse's upper airway is subjected to marked fluctuations in flow and pressure during inspiration and expiration," explains Jon Cheetham, VetMB,

PhD, Dipl. ACVS, from the Department of Clinical Sciences at Cornell University's College of Veterinary Medicine.

According to Cheetham, tracheal pressures ranging from -4905 Pa (pascals, which are a measurement of force per unit area; one pascal is a Newton per square meter) to 2746.8 Pa have been reported, as well as airflow velocities of up to 80 liters per second in horses exercising on a treadmill. To compare, the airflow of an average hair dryer is 40 L/s.

"A horse's maximal oxygen uptake at maximal exertion is approximately 160 mL/kg/minute, which is about 40 times greater than their oxygen uptake at rest," says Cheetham. "This is far higher than an elite human athlete's maximal oxygen

uptake, which is only about six to eight times higher at exercising compared to resting values."

With the exception of the lungs, the remainder of the equine respiratory tract is essentially a glorified tube—the other components of the respiratory system are, in some ways, considered ancillary and serve primarily as a conduit for the air to move between the environment and lungs. That is not to say that the other parts of the respiratory system are unimportant. In fact, respiratory system dysfunction is the second-leading cause of exercise intolerance and poor performance in athletic horses, following musculoskeletal disorders. Structural, functional, and infectious conditions can occur at any point along the respiratory tract.

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Around the Barn

Catnip Oil Tested as Stable Fly Repellent

Anyone who's ever set foot on a farm has most likely encountered the plaguelike presence of *Stomoxys calcitrans*—otherwise known as stable flies. These pests are both an annoyance and a health risk for horses, but the results of a recent study indicate that a common treat for cats might be the answer barn managers are looking for.

"Horses are very, very sensi-

tive to stable flies," said David Taylor, PhD, a research entomologist with the USDA. "Cattle will acclimate (to the flies) but one or two flies on a horse and that horse is much more difficult to handle." Additionally, stable flies are known to transmit diseases such as equine infectious anemia.

Junwei J. Zhu, PhD, a research entomologist with the USDA-Agricultural Research Service (ARS), and Christopher Dunlap, PhD, a research chemist with the

USDA-ARS, recently conducted a study to see if catnip oil might help repel stable flies from barns. According to Zhu, catnip has been shown to repel more than 13 families of insects, including mosquitoes, since scientists began investigating the material in the 1970s.

In order to test the efficacy of catnip as a fly repellent, Zhu and his team (in collaboration with specialists from the University of Nebraska's Entomology Department) crafted both oil- and water-

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A Cowgal is a better looking cowboy with brains. Unknown

Around the Web

The **CHRONICLE** *of the* **HORSE**

www.chronofhorse.com

Show News

As everyone is aware the show schedule was postponed pending the outcome of the EHV-1

outbreak. Check the website for updates on schooling shows and see you at Fiesta de

Dressage 2-3 July!

Around the Barn—*cont. from page 2*

based repellents from the plant's active ingredient compounds (nepetalactones) and spread the repellents in areas frequented by cattle to assess the reactions of the stable flies.

"When they smell (the catnip), they will fly away abruptly and not return until the smell is completely gone," Zhu said.

Currently the only methods for controlling stable fly populations include the removal of waste (the flies' reproduction site) and rigorous insecticide applications. Zhu added that an effectual insecticide targeting this particular species is not available on the market.

Zhu's recent study indicates that catnip oil offers livestock handlers a safe, direct way to combat these pests. Not only does the oil repel stable flies, it also poses no risk to horses or other livestock and has the additional benefit of being a "green technology." Since the repellent would be derived from the catnip plant, it could be used by organic farmers who don't want to contaminate their products with unnatural chemicals. In addition, the oil has been shown to destroy stable fly larvae, effectively addressing this problem at its source.

One downside, according to Dunlap, is that catnip oil is highly volatile, meaning it

disperses quickly, losing its efficacy within six hours. In order to produce a viable repellent, a controlled-release formulation must be developed, he added.

Along with repellents, Zhu's team is also investigating attractants, employing a "push and pull" strategy to push the flies out of livestock quarters and into traps where they can be eliminated.

The study, "Repellency of a wax-based catnip oil formulation against stable flies," was published in the *Journal of Agriculture Food and Chemistry* in late 2010. The abstract is available online. ☞

The Inside Story—The Dressage Foundation Seeks Scholarship Applicants

The Dressage Foundation is seeking applications for scholarships totaling \$94,000.

"Our hope is that the grant recipients will be able to increase their knowledge and abilities and then be able to share the information with others around them," said Jenny Johnson, administrative director of TDF.

The Gifted Fund Scholarship for Adult Amateurs is a \$1,000 grant for non-professional riders.

The Major Anders Lindgren Scholarship for Dressage Instructors is a \$2,000 grant to trainers. Two are available. There is also a \$6,000 grant that can be awarded to an instructor, preferably certified by the USDF, to train away from home.

The Anne L. Barlow Ramsay Annual Grant of \$25,000 aims to showcase American-bred horses ridden by U.S. riders to train and compete in Europe.

The Carol Lavell \$25,000

Advanced Dressage Prize provides training and coaching funds to a qualified rider who plans to compete and excel at the international level of dressage.

Johnson offered the following advice for interested athletes: "When completing a grant application, the most important rule is also the most simple one: Follow directions!"

For additional information, call The Dressage Foundation office at 402-434-8585. ☞

Clinic Corner

The CENTERED RIDING CLINIC with Heidi Potter scheduled for July 9-10, 2011 at Twin Willows Ranch has been canceled.

Jean Moyer Clinic at Simply 3-Day, 29-31 July, contact Gilly Slayter for details, 505-670-2325

The Vets Office—*cont. from page 2*

.Erma Bombeck, the late, famous American humorist, once said, "The only reason I would take up jogging is so that I could hear heavy breathing again."

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lungs. That is not to say that the other parts of the respiratory system are unimportant. In fact, respiratory system dysfunction is the second-leading cause of exercise intolerance and poor performance in athletic horses, following musculoskeletal disorders. Structural, functional, and infectious conditions can occur at any point along the respiratory tract.

Respiratory System Structure

The respiratory tract commences at the nares (nostrils) and includes the nasal passages separated by the nasal septum, the paired paranasal sinuses and guttural pouches, and the nasopharynx. The nasopharynx is the cavity located dorsal to (above) the soft palate and extends from the nasal passages to the larynx and start of the trachea. The soft palate is the anatomic extension of the hard palate, also referred to as the roof of the mouth. In the horse, the soft palate is very long: it extends from the termination of the hard palate all the way to the base of the epiglottis. The epiglottis, therefore, lies on top of the soft palate, making the horse an obligate nasal breather. That is, air cannot enter the mouth to reach the trachea because the soft palate blocks the airflow. Thus, the horse is the epitome of the proverb, "The nose is for breathing, the mouth is for eating." The larynx is located at the back of the throat, at the top of the trachea. The larynx can be considered the "middle" of the respiratory tract, as it essentially serves as the dividing mark between the upper and lower respiratory tracts.

The trachea begins at the larynx and travels down the neck and into the thorax (chest). Within the thorax, the trachea divides into two tubes, the chief bronchi, each bronchus leading to one of the two lungs. Within each lung, the chief bronchi further divide and subdivide within the lungs. These tubes become narrower and narrower and are referred to first as bronchi, then

bronchioles. Ultimately, the airways lead to the alveoli—microscopic air sacs located at the end of the bronchioles where gas exchange occurs. A classic example of the structure of the lungs is a bunch of grapes. If one were to hold a bunch of grapes by the largest stem, the stem would represent one of the chief bronchi, and it divides and subdivides to ultimate end at a grape, which represents the alveoli.

Respiratory System Function

As described above, the upper and lower airways can be considered a specialized passageway for the air to travel to and from the lungs—the functional unit of the respiratory tract where respiration occurs. Air enters the nares and flows through the nasal passages, where it is warmed and debris is filtered. The air then courses through the nasopharynx, passes over the epiglottis and through the larynx via the glottic cleft, before moving down the trachea, bronchi, and bronchioles to the alveoli.

There, the oxygen in the inspired air diffuses across the extremely thin walls of the alveoli into the bloodstream. There are millions of alveoli in the equine lung, and each is wrapped within a bed of tiny, thin-walled blood vessels called capillaries. The oxygen in the inhaled air delivered to the alveoli is, therefore, in very close proximity to the blood in the capillaries and simply diffuses across the alveolar and capillary walls into the blood, then into the red blood cells. Similarly, carbon dioxide diffuses out of the blood, into the alveoli, and is subsequently expired through the airways.

The driving factor for the diffusion of both oxygen and carbon dioxide is the existence of a concentration gradient. Since the blood that is pumped into the lungs is low in oxygen and a high amount of oxygen is present in the alveoli, the oxygen simply "flows" from an area of high oxygen concentration to an area of low oxygen concentration.

The opposite is true for carbon dioxide. There are high concentrations of carbon dioxide in the blood pumped to the lungs (from systemic circulation), but there are only low concentrations in the alveoli. Thus, carbon dioxide flows down its concentration gradient, out of the blood, and into the air sacs of the lungs.

The oxygenated blood in the lungs is then pumped back to the left atrium and ventricle of the heart and is subsequently circulated throughout the body to oxygen-dependent tissues, such as exercising skeletal muscles.

While the process of respiration appears outwardly simple, the integrated function of many nerves, muscles, cartilages, and other anatomic structures is essential to ensure the unobstructed flow of air to and from the alveoli. This is particularly important in horses exercising at high speeds.

When Things Go Wrong

"Considering the complex anatomy of the upper respiratory tract and the high demands placed upon it by tremendous fluctuations in pressure within the upper respiratory tract, it is not surprising that respiratory tract dysfunction is so common," comments Cheetham.

In fact, as mentioned previously, respiratory-related health conditions are the second-leading cause of poor performance in athletic horses. Something can "go wrong" at virtually any point in the respiratory tract. Some of the more common problems affecting the respiratory tracts of horses include:

- Respiratory tract infections (such as equine herpes virus and strangles);
- Laryngeal lymphoid hyperplasia (also called pimples);
- Dorsal displacement of the soft palate;
- Nasopharyngeal collapse;
- Laryngeal hemiplegia (roaring);
- Epiglottic entrapment;
- Exercise-induced pulmonary hem-

USDF & Region 5 News—*continued from page 1*

teer of the Year and Youth Volunteer of the Year nominations can also be submitted by any participating member, group member or the Regional Director.

GMOs must return their GMO Delegate/Proxy Authorization form to the USDF office to appoint representation to the Board of Governors meeting at the USDF Annual Convention November 30-December 2, 2011 in San Diego, California.

The end of the qualifying period is coming for the 2011 NAJYRC Championships as is the period for the USEF Championships Programs for Young Horses, Developing Horses and Brentina Cup. We wish all our intended competitors good luck in their endeavors.

ors.

Please mark your calendars for our Region 5 sponsored events and plan to join us:

USDF Region 5 Jr/YR Clinic with George Williams - October 22-23, 2011. Parker, Colorado.

USDF/Great American Region 5 Championships - November 4-6, 2011. West World, Arizona.

USDF Region 5 Adult Clinic with Lilo Fore - April 21-22, 2012. Salt Lake City, Utah.

USDF/Great American Region 5 Championships - October 5-7, 2012. Salt Lake City, Utah.

Another reminder - The 2011 USDF Convention will be held November 30-December 2, 2011 in San Diego, California.

nia. Hotel rooms prices and convention registration prices will be the lowest they have been in years, so please consider attending for the education programs and to learn more about the governance of this great organization. The USDF Symposium will be December 3-4, 2011 also in San Diego and will feature our US National Coaches - Anne Gribbons, Debbie McDonald, Jeremy Steinberg and Scott Hassler. You won't want to miss this one - the young horse through the Grand Prix including the FEI Juniors and Young Riders.

Till next month!

Heather Petersen
Region 5 Director

The Vets Office—*cont from pg 5*

orrhage (EIPH);

- Pneumonia;
- Pleuritis; and
- Inflammatory airway disease (IAD).

Of the above-listed disorders, dorsal displacement of the soft palate (DDSP) and laryngeal hemiplegia are thought to be the two most important causes of poor performance associated with the respiratory tract. It is currently estimated that 10-20% of athletic horses suffer intermittent or persistent DDSP, which describes the soft palate displacing upward above the epiglottis during exercise, creating an expiratory obstruction.

"This movement of the soft palate into the airway often results in vibration of the soft palate and an expiratory noise is audible. The decrease in performance associated with DDSP is due to this expiratory airway obstruction, a reduction in minute volume, tidal volume, and oxygen consumption," says Cheetham. Minute volume is the amount of gas exhaled per minute, while tidal volume is the amount of gas inhaled and exhaled during one

DDSP."

Left laryngeal hemiplegia is caused by a weakness or paralysis of the left arytenoid cartilage and vocal fold, resulting in the horse's failure to achieve full abduction of these structures during respiration. Left laryngeal hemiplegia is also called "roaring," due to the classic sound emanating from the upper respiratory tracts of affected horses. The underlying cause of roaring is a degeneration of or damage to the nerve (the left recurrent laryngeal nerve) that innervates the dorsal cricoarytenoid muscle on the left side of the larynx. A veterinarian diagnoses this condition via endoscopic examination of the larynx, and he or she scores the condition according to a standardized grading scheme (Grade I to IV). For example, Grade I describes horses in which both arytenoid cartilages abduct completely and synchronously during respiration, whereas Grade IV describes horses with a left arytenoid cartilage that does not abduct during respiration, but instead remains hanging at or near the midline of the larynx.

Take-Home Message

"The equine upper airway is highly complex and adapted for exercise. Airflows in the horse's airways are very high, which means that even a small abnormality can lead to a large decrease in performance," concludes Cheetham.

Establishing an accurate diagnosis using an endoscope with either a treadmill or an overground system is crucial to determining the most appropriate management for horses with airway dysfunction. ☞
www.thehorse.com, Stacey Oke, DVM, MS

Classifieds

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Lynn Clifford, MA, EAGALA II, LPCC pending

www.lynnclifford.com or call (505) 231.5353 for more information:

- ~ The Ride of Your Life: Coaching for Equestrians NOW ACCEPTING NEW CLIENTS
- ~ Holistic Horsemanship/Classical Dressage for All
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"Out beyond ideas of right doing and wrong doing there is a field. I'll meet you there." Rumi



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NEW MEXICO
DRESSAGE ASSOCIATION

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NMDA Mission Statement:

The New Mexico Dressage Association (NMDA) is a nonprofit organization incorporated under the laws of New Mexico. NMDA is also a Group Member Organization of the United States Dressage Federation (USDF). The organization's purpose is to promote the understanding of dressage and to develop skill and excellence in its use, as well as encourage, promote and conduct exhibitions, shows, clinics and other events by which interested people may develop their potential as riders and train their horses to the extent of their capabilities. Privileges of membership include but are not limited to participation in the organization's activities and receiving the Handbook/Test Book, and monthly newsletter. Members also become Group Members (GM) of USDF, with all its benefits.

The Back Page

My apologies for no newsletter last month—my other job (you know—the one that keeps the horses in hay and grain) was demanding my attention...tho the EHV-1 outbreak brought everything to a screeching halt and horsey activities into hiatus. Not mention Mother Nature seems to be having PMS this year with all the wind, drought, wild fires and pestilence.

We've got the calendar back on track and are



pressing forward on what will be a great season.

I cannot get to every schooling show so if someone takes pix please send along to me

so I can publish and if anyone has any news or an article they wished published please send that along as well.

Happy Trails!

