



Horse Council Courier

www.HorsemensCouncil.org

The Horsemen's Council of Illinois newsletter dedicated to promoting a healthy horse industry statewide through information and education.

Everything Equestrian is at Horse Fair

VANDORP, KIMURA, POLITZ, CRUMPLER, WOLIN JOIN CHRIS COX TO HEADLINE ILLINOIS HORSE FAIR MARCH 3-5

The 18th annual Illinois Horse Fair, March 3-5, produced by Horsemen's Council of Illinois and presented by Purina Mills, Midway Trailer Sales, John Deere and Morton Buildings at the state fairgrounds in Springfield, has an outstanding group of clinicians, expert trainers and full schedule of educational seminars and workshops.

The three-day all-breed expo and industry tradeshow offers breed and sport demonstrations, Stallion Row and Parade, more than 120 horses in the HorsesForSale aisles, nearly 140 equestrian vendors, and more than 100 horse trailers on display for sale.

A complete schedule of events with times and locations is available on the web at www.HorsemensCouncil.org.

Chris Cox teaches authentic, natural, practical methods

One of the country's leading horsemen and clinicians with regular programming on RFD TV says he's not a trainer. "A horse trainer trains horses, a horseman trains himself," program star Chris Cox says. Raised on a cattle ranch in the wilds of Australia, Cox's skills were developed out of necessity and honed in love and respect of horses. He is the consummate student of the horse with a rare talent for communicating with the horse and passing along his knowledge to fellow horsemen.

From the Latin world of Paso Fino to Tennessee Walking Horses, from Western cutting and barrel racing to Olympic dressage, Cox's teaching is effective for disciplines at all levels. His straightforward approach allows the average horseman, as well as the advanced rider, an insight into horse behavior and leads them towards the ultimate goal of a versatile, useful partnership between human and horse.



Chris Cox

Cox has been conducting clinics and demonstrations for nearly 20 years, teaching principles of his common sense horsemanship that made him a successful trainer and competitor in the cutting

horse world.

One of the unique aspects of Cox's methods demonstrated on camera is that he tackles problem horses – even dangerous ones – with only a halter and soft lead rope, never a whip or stick. His goal and the owner's happiest realization is that through patient understanding, horse and rider become willing partners.

For two hours each morning at Horse Fair, Cox will work in the round pen, demonstrating "Increasing Rider Control by Building Rhythm and Balance" on

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President's Corner

IT'S ALL ABOUT HORSES

Responsible horse ownership, animal rights, health and welfare issues, finding and keeping quality areas to ride all occupy more of our daily lives now than they did even a very few years ago. We are bombarded with ethical and political questions flung by well-meaning but often uneducated urban dwellers far removed from their agrarian roots. We find ourselves, more often than not, defending our lifestyle choice as the numbers of urbanites swell and legislators seeking election from the most populace districts forgo commonsense solutions in lieu of voter approval. While a good defense is important, no team has ever won the title without a strong offense, too.

To that end, the Horsemen's Council of Illinois is working harder than ever to advocate for you and represent the interests of all horse owners in Illinois. This year, HCI committees will be at work on many issues facing the equine community, including revisions to the Recreational Use of Private Lands Act, the National Animal ID program, unwanted horses and securing funding for trails and equine research projects. By defending the rights of horse owners and fervently preaching the joys of horse ownership on all equine related issues that may come before the General Assembly we hope to be the strong offensive line that the rest can follow to reach your goals.

We all know that sometimes promises to protect animals have the opposite result. With rescue and retirement facilities springing up across

the state, HCI recognizes the need for regulating this burgeoning equine industry. Minimum standards for care and the ability to demonstrate financial responsibility are needed now. Until such regulations can be adopted, if you are considering a retirement facility for your horse, please do your homework. Did you know it's also possible to love your horse to death? Please be sure to read the article on Equine Metabolic Syndrome in this issue of the Courier. Education, education, education is the key.

Your support and membership in HCI makes everything possible. Grassroots activism works! Become a resource for legislators who may be further removed from the farm than you are. Please tell your friends to join and lend their support, too! Join HCI and become part of this important grassroots lobbying effort. Contact the association's office or visit the HCI website for additional information.

HCI continues to ask some tough and unpopular questions because we are committed to finding the best answers for the entire horse herd in Illinois. While those questions may not be ones you want to hear, HCI is not satisfied to blindly follow the will of animal rights and welfare organizations which do not necessarily have your best interests at heart.

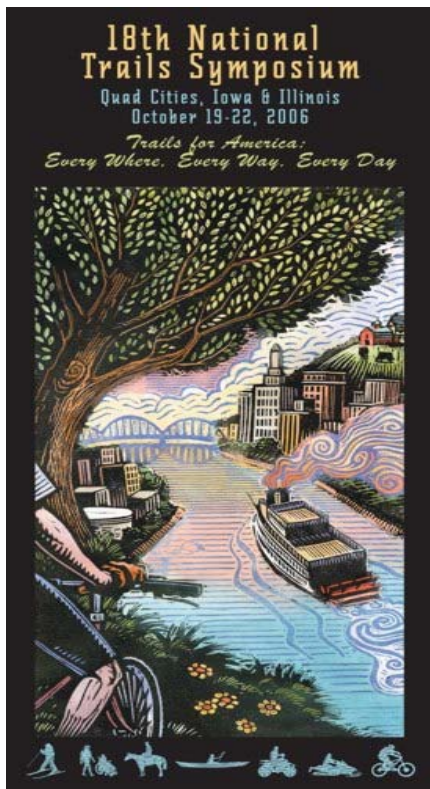
See you at the 18th Annual Illinois Horse Fair March 3 - 5 at the Illinois State Fairgrounds in Springfield.

Frank Bowman

18th National Trails Symposium, October 19-22, 2006

Trails for America: Every Where, Every Way, Every Day!

American Trails is pleased to announce that the 18th National Trails Symposium will be held October 19-22, 2006 in the Quad Cities of Iowa and Illinois. The National Trails Symposium is held every other year and is sponsored by American Trails with state and local sponsors.



The Symposium provides an opportunity for greenways and trails advocates, managers, planners, and users, outdoor product providers, as well as conservationists, private landowners, and tourism and business interests to come together for an inspirational and educational conference. The Symposium addresses both non-motorized and motorized trails issues.

The Quad Cities has a highly developed riverfront trail system that connects the region. These connections have resulted from partnering to cross the physical barrier of one of the world's greatest rivers and to cross the

political boundaries of scores of governmental units.

The Quad Cities is at the crossroads of the American Discovery Trail, the Mississippi River Trail, Great River Trail, Grand Illinois Trail, and Hennepin Canal Trail.

Symposium features and programs

The Symposium program will feature cutting-edge sessions delivered by respected national and local experts, an array of terrific workshops, events and field trips, outstanding recreational opportunities, an impressive exhibition hall, and much more.

The outings will showcase many of the best trails and natural lands in the region. The centerpiece is the RiverWay, a scenic corridor stretching 65 miles along both sides of the Mississippi River. It features riverside parks, trails, natural areas and overlooks, art and historical sites, unifying themes and attractive and consistent wayfinding entrances. In addition, the river front trails are a part of the coast-to-coast American Discovery Trail and the Headwaters-to-Gulf Mississippi River Trail. This is a wonderful example of trails and greenways contributing to economic development.

"The Quad Cities is pleased to host the 2006 National Trails Symposium as it demonstrates our destination's growing importance in trail development," said Joe Taylor, President/CEO, Quad Cities CVB. "The Quad Cities is already a major trail hub with our location on the American Discovery Trail, but we will soon become a national trail hub with the Mississippi River Trail. In addition, we anticipate an economic benefit to the area of \$1.5 million."

For additional information about attending the 2006 Symposium, holding an affiliated meeting, serving as a spon-

sor or providing an exhibit, please contact American Trails at symposium@americantrails.org or (530) 547-2060 or the [Quad Cities Convention and Visitors Center](http://www.AmericanTrails.org) at (800) 747-7800. Visit the American Trails website at www.AmericanTrails.org for up to date information.

Details of the [2004 Symposium](http://www.AmericanTrails.org) held in Austin, Texas, and the [2002 Symposium](http://www.AmericanTrails.org) held in Orlando, Florida, are also available on the website to give you an idea of the kinds of programs, mobile workshops, and events that are part of every National Trails Symposium.

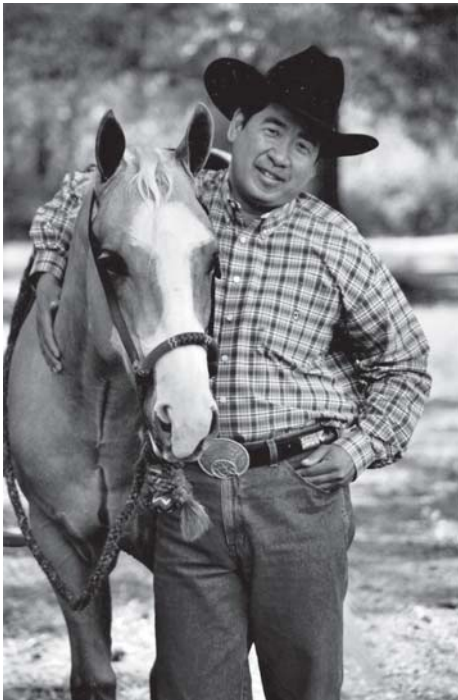
Pam Gluck, American Trails' Executive Director, enthusiastically recommended to the American Trails Board that the Quad Cities be selected to host the 2006 Symposium. "Our attendees will really benefit from learning about the great partnerships in the region," she said. "The States of Iowa and Illinois, the Cities of Davenport, Bettendorf, Moline, and Rock Island, six counties, and numerous nonprofits like River Action work so well and seamlessly together to make these trails happen cross-jurisdictionally. It is obvious there is a unified vision for the area. And, the local hospitality is exceptional!"



Everything Equestrian is at Horse Fair (cont'd)

Saturday and “Starting the Young Horse,” his renowned specialty, on Sunday. Cox will do “Problem Solving” Saturday afternoon and “Advanced Maneuvers” Sunday afternoon.

New Western Trail Class clinic with Tim Kimura



Tim Kimura

“Trail Guru” Tim Kimura of Reedley, CA, is the professional trail course designer, clinician and instructor who will share his expertise in two-hour clinic sessions both Saturday and Sunday in the Coliseum, followed by 45-minute Q&A sessions for clinic riders and interested observers.

Because making it as a top Trail exhibitor is “15% athletic ability and 85% mental,” according to Kimura, he will help competitors with the most important part of competition – the mental part: planning approaches and angles, avoiding distractions, staying in control.

“Trail classes have become specialty events,” Kimura says, and he has been at the forefront of tweaking courses for all the majors, “Quarter Horse World, Paint Worlds, Appy Worlds, Palomino

Worlds, Arab Nationals – nearly all of the Western breeds.”

Popular Dressage, Reining, Saddle Seat Equitation clinics return



Gerhard Politz

International dressage competitor, coach and examiner, Gerhard Politz of Pasadena, CA (formerly Stuttgart, Germany) is dressage clinician; reining competitor/trainer Ruben Vandorp of Pilot Point, TX hosts Horse Fair’s sixth annual reining clinic; Fran Crumpler, Simpsonville, KY, rider, trainer and equitation instructor extraordinaire heads the Saddle Seat Equitation clinic.

In more than 35 years of studying, competing, training and teaching according to the classical principles, Gerhard Politz has acquired the depth of knowledge and experience which enables him to bring out the best in both horse and rider.

Currently dressage instructor for Flintridge Riding Club, near Los Angeles, Politz’s enviable credentials and accomplishments include professional certification (Reitlehrer FN exams in his native Germany and the British Horse Society Instructor’s exams) as well as examiner for the USDF instructor certification program. An avid supporter and coach of Young Riders, Politz’s Young Riders have won many Gold Medals (one student being a three-time

Gold medalist).

Following clinic sessions on Saturday and Sunday, each day Politz will present a 30-minute arena demonstration and also host a Q&A session in a meeting room. Dressage clinic is Friday–Sunday, consisting of 45-minute



Ruben Vandorp

private lessons each day.

To those of us in the United States familiar with traditions of our West, reiner Ruben Vandorp may seem an oddity, albeit a very successful one. He was born in the Netherlands. There, Vandorp was nine-time European Champion before coming to the U.S. 10 years ago. In 2005 alone he became an NRHA Derby Finalist, APHA World Show Futurity Champion, Congress Senior Reining Champion, World Show Qualifier and trained two NRHA Open Futurity Finalists.

Vandorp specializes in training futurity and aged event horses, as well as coaching a “team” of non pros at Legacy Ranch in Pilot Point.

(continued next page)

There may be no better perspective from which to learn what a judge seeks in a saddle seat equitation rider than from a highly popular judge herself. Fran Crumpler, who will conduct Horse Fair's Saddle Seat Equitation clinic, has judged nearly all of the major equitation finals at least once, and many of them multiple times. These include the National Horse Show in Madison Square Garden, the UPHA/American Royal National Championship, the World Championship Show at the Kentucky State Fair, the Morgan Grand National in Oklahoma City, the St. Louis National and Midwest Charity in Springfield, IL.

Fran, along with her husband, Kim,



Fran Crumpler
(Photo by Avis O. Girdler)

own and operate Crumpler Stables Ltd. in Simpsonville, KY, where in addition to teaching equitation, Fran trains and shows American Saddlebred performance horses. She has been a registered judge in Saddle Seat Equitation, Saddle Horses, Hackney/Harness Ponies and Roadsters for more than 20 years. Fran has been a judging clinician for USEF since 1986. She serves on the USEF Equitation Committee and is a past chairman of the UPHA Equitation Committee in addition to being co-chair of the USEF Saddlebred Committee and a member of the ASHA Pleasure Horse Committee.

Sports psychologist offers heads-up on the competition



Dr. Margaret Wolin
(Photo by Brendan Heintz)

Chicago sports psychologist Dr. Morgan Wolin, a showring veteran herself, will help competitors in all disciplines develop a mental approach that leads to winning. Wolin not only "teaches," she "does," having won the National Pleasure Equitation Olympics this past October. Dr. Wolin's daily presentation, "Winning Requires Mental Preparation: Get Yourself Ready," is a must-see for competitors in all breeds and disciplines.

Attendees in the Seminar Hall of the Livestock Center lower level will learn the mental aspects of competition – the role of psychology in improving their performance – and how to prepare themselves mentally as thoroughly as they and their horses prepare physically. They learn how to deal with issues ranging from enhancing levels of performance, performance anxiety, competitive pressures, media and coaching. Consider the experience as getting a heads-up on the competition for the 2006 season.

All-Youth Horse Judging Trials may want your horse

The Horsemen's Council of Illinois, in cooperation with U of I Extension, is inaugurating its sponsorship of the All-Youth Horse Judging Trials Saturday (March 4) at Horse Fair. More than 200 participants are expected to come from the ranks of 4-H, FFA and breed asso-

ciations. Organizers plan to ask horsemen on the grounds to support the Trials by entering a horse in one of six to eight classes presented to these junior judges. Half the classes will be judged on conformation, half on performance. *For information about providing a horse for the Trials (or about having a team participate in the Trials), contact Debra Hagstrom, (217) 333-1785 or email hagstrom@uiuc.edu.*

Preferred seating available for Chris Cox's round-pen sessions

For those interested in securing a seat in advance for Chris Cox's Saturday and Sunday morning two-hour round-pen sessions at 9:30 a.m. in the Coliseum, a preferred seat ticket is offered for an additional \$20 per session. Preferred seats are on the arena floor right outside the round-pen, affording an excellent view and permitting viewers to ask questions.

Adult general admission tickets are \$6 for Friday and \$12 for Saturday or Sunday; children/senior tickets are \$4 and \$6. Weekend passes are \$20 for adults and \$10 for children. The Horse Fair general admission pass gives access to all sessions on a first-come basis as space permits without additional charge.

To volunteer at Horse Fair

Volunteering at Horse Fair is fun, educational and a great opportunity to help put on the largest non-racing horse event in Illinois. Volunteers are needed for a variety of responsibilities, ranging from ticket sales to hospitality. You can volunteer for a few hours a day or for a whole weekend. To volunteer, contact Cheryl DeMent at (217) 944-2093 or email paintfilly71@yahoo.com.

For information on exhibiting or riding in a clinic at Horse Fair, contact Joy Meierhans, Horse Fair Manager, at (630) 557-2575, or email JM@TheMeierhans.com.

Equine Health

Equine Metabolic Syndrome – “Cushing’s” Syndrome

By R. Dean Meyer, DVM, Madison Equine Clinic, Middleton, WI

In the past, the fat, cresty necked horse, with or without long hair coat, that foundered was often treated with thyroid medication regardless of being tested to diagnose thyroid problems. More recently research has termed this condition as Equine Metabolic Syndrome, previously known as peripheral “Cushing’s” syndrome.

Equine Metabolic Syndrome

Equine Metabolic Syndrome, a/k/a peripheral “Cushing’s” syndrome, is a disease caused by excess dietary intake especially of high starch rations such as sweet feeds and high starch roughages. Insufficient exercise (often due to stall confinement) will further complicate this condition, resulting in obesity with an increased risk of laminitis.

It occurs in horses at any age but most commonly from 5-15 years of age and is caused by insulin insensitivity similar to Type II diabetes in humans. The following signs of this condition are brought on by excess blood glucose levels:

1. Poor hair-coat
2. Cresty neck
3. Abnormal fat deposits
4. Laminitis (often recurring far no apparent reason)
5. Increased blood insulin levels

To summarize: due to high starch rations and lack of exercise, a horse becomes obese. Not only do they have excess glucocorticoids in the blood, but the fat also acts as an endocrine gland by producing excess cortisol.

Diagnosis is made from clinical symptoms, response to treatment and by drawing a blood sample, followed by a second blood sample after 12 hours of fasting. An increase in the insulin level is a positive response to this condition. This test should not be done while the horse is in pain or on Phenylbutone as

this could artificially increase the insulin levels.

Treatment of this condition includes:

1. Grass hay with a protein supplement if needed
2. Decreased carbohydrate diet. After the desired weight is reached fat may be supplemented to maintain it
3. Balanced vitamin and mineral supplement
4. No access to spring grass
5. Proper foot care
6. This a simple diet formula
A 1300-lb. horse should weigh 1500 lbs. This horse should receive 2% of his body weight per day in feed. This horse should be fed 70% of the recommended rate or 2% of 1000 lbs. = 20 lbs. Take 70% of this which = 14 lbs. of feed per day. This horse should receive 14 lbs. of grass hay in addition to a balanced vitamin and mineral supplement.
7. Exercise — this is so important to the treatment of Equine Metabolic Syndrome (provided the horse is not sore from laminitis). Use your imagination (i.e. ground work, trail riding, ponying, lease to neighbor kid).

Cushing’s Syndrome

Cushing’s syndrome, also known as pituitary pars intermedialis dysfunction, is caused by the presence of a tumor (adenoma) located in the intermediate lobe of the pituitary gland at the base of the brain.

The common signs and clinical symptoms include:

1. An unnaturally long hair coat that may not shed out or will shed out later than normally and grow back earlier than normal in the fall. Due to this hair-coat these horses often sweat more than normal.
2. It affects their immune system possibly leading to respiratory and skin infections.
3. Loss of muscle tone.
4. Decrease in energy level.
5. A definite increase in risk of laminitis.
6. An increase in water consumption and

urination.

Diagnosis is made with a Dexamethasone Suppression Test or DST. This requires the horse to give a small sample of blood then be administered Dexamethasone, a follow up blood sample is taken the next day. The blood samples are then compared to determine the horse’s response to excessive cortisol.

Treatment consists of:

1. Pergolyde given orally on a daily basis for the rest of the horse’s life.
2. Proper nutrition including:
 - a. Decreased carbohydrate intake
 - b. Grass hay
 - c. Fat supplementation if needed
 - d. A balanced vitamin and mineral supplement
 - e. No access to spring pastures
3. Proper foot care, especially if laminitis has already occurred.

There has been an increase in this condition because this is a common disease in older horses. As many horses have become part of the family, there has been an increase in the numbers of geriatric horses in the population. It is also felt that the consumption of high starch feeds (sweet feeds) has contributed to the increased incidence of the symptoms.

HCI Membership Renewals Due

A reminder that the HCI insurance program is now on a calendar year basis. Renewals forms were mailed to members in November and December, with reminders in January. If you have not yet renewed your individual membership, please do so today.

Has the time come for all parties to cool some of the rhetoric, and to start a COMMON SENSE INITIATIVE?

By Peter Veit, HCI Board Member

Trail useage conflict involving the equestrian community has increased over the last 10 to 15 years. Items of contention include:

- “Right To Ride Laws”
- specific trail closings
- potential closings of entire areas
- environmental impact studies
- legal positions on implementation and interpretation of those studies
- cutbacks in the funding for forestry personnel (federal, state, and local), resulting in a lesser capability for trail development or maintenance
- selection of types of trails including graveled multi-use trails, mowed grass or dirt trails, and even striped pathways at the edge of roads,
- designation of certain trails for specific users, ie. bikers, etc., etc. etc.

These are complex and frequently emotional issues. Nevertheless, **they can and must be resolved.** To do so, both emotions and personality conflicts need to be controlled so that everyone can once again begin to “SEE THE FOREST FOR THE TREES”.

To better understand each other, we should first address the nature of the people involved. The vast majority of the people on each side of these issues are basically well intentioned, but often not cognizant of the other side’s needs or the full impact of decisions:

People on one side work to build, preserve, and maintain the forests (broadly classified as the forestry management personnel). In almost all cases these are dedicated professionals. They would not have chosen this endeavor as their life’s work, if they did not have a deep respect and love for the greater environment – the land, the forests, the streams, and its wild life.

The other group is the equestrians who are most definitely not ruthless exploiters of nature, ones who would devastate our public parks, preserves, and forests. By their very activity they are shown to be dedicated to animals (domestic and wild) and therefore to their habitat.

Thus the overall goal of both sides is very similar – maintain a great public

asset for all to enjoy.

There is no need for conflict among trail users, such as hikers, campers, bird or other fauna enthusiasts, equestrians, etc. Most preach and practice a similar dogma regarding fire safety, sensitivity for fragile areas and garbage, and generally do not despoil what nature has created.

The very nature of the trails is in large measure dictated by their **potential use density** in their respective area. DuPage and Cook County Forest Preserves, for example, need to create multi-use gravel trails. Many would be somewhat wider than single track DNR trails. On the other hand, areas such as Panther Creek, Little Fork and the Shawnee allow for more use of dirt or single track trails. This is due to their much lower user population density. Despite the type of trail, all users can and must respect each other and each others’ needs (a little courtesy, please).

Developing an overall **Common Sense Initiative**, one which is devoid of lesser specific issues, will allow the development for the best use of our natural heritage. A first step is to recognize three basic facts:

1. The establishment of a good, functional and scenic trail system does not entail the use of a large percentage of forest area, and the recognition that these trails need not damage the forest. An average single track, dirt, horse or hiking trail has an average width of 4 feet (wider in some areas and slightly less in others). Simple calculations show that at 5,280 linear feet per mile and 43,560 square feet per acre, **each mile of 4-foot-wide trail uses only 0.485 acres.** This is an equivalent of only 5.0 acres for every 10 miles, or only 50 acres for every 100 miles of trails.
2. No matter the user, a functional and scenic trail system requires good trail design to minimize erosion or the impact

continued on back page

Join Us Today!

Individual Membership Application

Name _____
Street _____
City _____
County _____
State _____ Zip _____
Home Phone () _____
Work Phone () _____
Fax () _____
Email _____
How many horses do you own? _____
_____ at home _____ boarding stable

Individual Membership Dues (includes \$1,000,000 insurance coverage) **\$39/yr**

Organization Membership Application

Organization _____
Contact Name _____
Street _____
City _____
County _____
State _____ Zip _____
Phone () _____
Fax () _____
Email _____
Website _____
of Illinois Members in Organization _____

Check appropriate category
____ Business/Professional ____ Association ____ Charity

Organization Membership Dues: \$50/yr.

Make check payable and mail to:



Horsemen’s Council of Illinois
P. O. Box 1605
Springfield, IL 62705
Phone: 217.585.1600
www.horsemenscouncil.org

Total amount enclosed: \$ _____

Common Sense Initiative

(continued from page 7)

of the trail on certain environmentally sensitive areas. Similarly, a well-designed trail system should spread out the equestrian trail users, rather than concentrating them. This is especially true in areas such as at stream crossings. Over-concentration of users will concentrate any erosion effects.

3. In keeping with point # 1, all parties must recognize that many miles of trails use only a very small percentage of the forest surface. Nevertheless, these very limited trail areas can provide public access to a large portion of a forest for study, viewing, and general enjoyment. Remote trails can maintain that solitude which only nature can provide, and which the human spirit craves.

This is a table of some typical Illinois Forest Areas, with trail usage.

Forests	Approx. Total Area	Miles of Trails	Acres used @ 4' width	% of Area used as Trail Surface
Shawnee	300,000+	250 (estim.)	121	0.04
Midewin	19,000+	45 planned 6 current	22 planned 3 current	0.120 0.016
Sand Ridge	7,500	50	24	0.3
Mathiessen	1,500	15	7	0.5
Jubilee	3,200	25	12	0.38
Panther Creek	16,500	26	12	0.07
Waterfall Glenn	2,474	35	17	0.7
Big River	3,000	30	15	0.5
Morrison/Rockwood	1,150	14	7	0.6
Middle Fork	2,800	35	17	0.7

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