

November/December 2012

Hoofbeats is the official newsletter of Care For The Horses (CFH) a 501 (c) 3 Non Profit organization formed to prevent abuse and neglect to horses in Southeast Arizona. This program offers feed and/or medical assistance to owners of horses in times of need.

Inside this Issue

- 1 - Darcie Litwicki Open House
- 2 - Horses Available for Adoption
- 3- Sponsors
- 4 - Donations Received
- 4 - Yard Sale Update
- 5 -6 - Ulcers in Horses
- 7 - Darcie Litwicki Training Benefit
- 8 - Western Quilt Raffle

BOARD OF DIRECTORS

OFFICERS

Ann Jost, President
Vicky Rae, Secretary

DIRECTORS

Cyndi McLemore
Gina Foxworth
Diane Murello
Elaine Bruce

Website:

www.careforthehorses.com

Email: careforthehorses@msn.com

Mailing Address:

PO Box 884
Sierra Vista, AZ 85636

Advertise in Hoofbeats for as little as \$35 per issue. Print readership 600. Website readership 1400 hits per month. For more information, call 520-378-0896 or 520-559-2224.

REMEMBER TO ORDER YOUR 2013 CFH CALENDAR FROM OUR WEBSITE FEATURING OUR RESCUE HORSES FOR 2012 AND THEIR AMAZING STORIES OF REHABILITATION.



Darcie Litwicki Open House Benefit for CFH

It was a cool, brisk day to have the Open House but many folks still braved the weather and came out to a day of fun and learning. Presentations were made by Marilyn Herb gave a presentation on Tennessee Walkers, Heidi Vanderbilt gave her presentation on Arabian horses, Lori Waldron on equine dentistry and bodywork and of course Darcie who worked with Second Chance our little colt that is available for adoption. Darcie has also offered to give a reduced training rate to anyone who adopts him.

Tomas Litwicki also cooked hamburgers and garden burgers for lunch and folks enjoyed sitting around the fire eating and listening to some great music sung by Janice Deardorf.

A big thank you to all of you who gave of your time to support CFH, a total of \$450 was raised.

Another event is being planned for January 19th which will again feature one of our horses that are available for adoption. Watch for upcoming details.



Horses Waiting For Adoption



Second Chance –14 month old colt. He will mature at about 14-14.1HH. This little guy has a great disposition and attitude. Willing to please, leads, picks up feet, trailers and has been worked in the round pen with desensitizing. Chance has a super build on him and although he will not be tall, he is built for work and will be very athletic.

Adoption Fee: \$150



Izzy - 11 yr. old Thoroughbred mare. She has a very sweet personality and loves attention, stands perfectly for grooming, baths, saddling and bridling. Due to an old injury in her hip she will only be able to carry about 150 lbs. Light trail riding would be just perfect for her when she is completely recovered. Her weight is now up to normal but her feet have a way to go before they are healthy again. She will require supplements to make her feet healthy and strong.

Adoption Fee: \$150



Zane - 23 yrs. old, Arabian. He had a body score of 1 weighing only 617 lbs. when he came into our program in July. He is slowly gaining his weight back but due to his condition, swayed back and lack of muscle tone and will not be a horse that will be rideable. Zane has a lot of charisma and charm and loves attention and loves to run and show off how beautiful he can be.

Please consider giving this guy a home by letting him be a companion horse.

Adoption Fee: \$100



Dusty Rose – 25+ yr. old mare needs a retirement home. She is food aggressive and will need to be kept separate from other horses during feeding time. Even though she is older she still has a lot of energy. She does like to be groomed and played with and loves to do groundwork for her exercise.

Adoption Fee: \$100

Garden Canyon Alma Sanger, Manager
U-STORE-IT
 MINI-STORAGE RENTAL
 LOW COST TRUCK & TRAILER RENTAL
 300 S. Carmichael Ave. (at Wilcox) **520-458-0888**
 Sierra Vista, AZ 85635 Emergency Pager 458-2682
 ustoreit@theriver.com Toll Free 1-888-458-0888

 **Garden Canyon TOWING**
 24 HOUR SERVICE
458-0888 office • **559-1679** mobile
 300 S. Carmichael Ave. • Sierra Vista, AZ 85635

Ginger's
 Auto Title Service
 Authorized Service Provider for the MVD
 999 E. Fry Blvd., Suite 202
 Sierra Vista, AZ 85635
 Fax 520-459-7735
 www.gingerstus.com
 Ginger Scruggs
 (520) 459-2434

Sierra Flooring & Design
 Charmaine Boyle
 (5TH & WILCOX)
 LICENSED BONDED
 INSURED
 LIC. # ROC 158495 K-08
 601 East Wilcox Drive
 Sierra Vista, AZ 85635
 Phone: 520-458-7437
 Fax: 520-458-3548

 **SOUTHERN ARIZONA EQUINE**
Dusti Prentice, DVM
 (520) 678-5566
 sazequine.com • dr.prentice@sazequine.com
 PO Box 2855 • Sierra Vista, AZ 85635

JEM'S FEED CO.
 Alfalfa - Bermuda - Vet Supplies
 Livestock & Pet Foods
 L.P. Ops
520-378-0057
 Jarrod Mayne
 Richard & Debra Mayne
 Family Owned & Operated 20 Years
 8973 Moonen Rd.
 Sierra Vista, AZ

Terrell Riding Academy
 Riding
 Lessons, Natural
 Horsemanship and
 Problem Horse
 Training
520-227-2943
 Mail@terrell@yahoo.com
 Farrier Service Available
 WWW.TerrellRidingAcademy.com



Love Your Pet Natural Therapies
 Holistic Animal Care
Alisa Cook
 Owner
520-366-1646
 info@loveyourpet.biz
 www.loveyourpet.biz
 Mobile Pet Services in Cochise County



SPERLING SADDLERY
 OLD WEST CRAFTSMANSHIP
 CUSTOM LEATHER WORK
 SADDLE & TACK REPAIR HOLSTERS & GUNBELTS
(520) 266-5146
 www.sperlingsaddlery.com

Discount for Military Retirees! Credit For Empty Cartridges!
 Sierra Vista's Most Comprehensive Stock of All Types of Printer &
 Fax Cartridges, Supplies, Accessories and Information!!
TonerWest.com
 The Ink & Toner Experts
 2279 E. Fry Boulevard
 Suite 6-1
 Sierra Vista, AZ 85638-2737
 www.tonerwest.com
 Konica-Minolta ASP
 HP Development Partner
 Phone: 520 459 7829
 Fax: 520 459 7477
 Email: info@tonerwest.com


WINDOWS OF GREATER TUCSON, INC.
 Patrick Doherty ROC 277608
The Best For Less!
 39045 S. Cracked Corn Dr. **520-488-9469**
 Tucson, AZ 85739 windowsofgreaterucson.com
 Atrium windows and doors

SMITH PERFORMANCE HORSES
 &
FARRIER SERVICES
 John Smith
 P.O. Box 192 • Benson, AZ 85602
 520.265.2714
 johnsmith1@gmail.com




Discount Furniture Warehouse
 More For Less - Always
 696 E. Wilcox
 Sierra Vista, AZ 85635 **520-515-0158**

 **Journey To Healing**
Linda Johns
(520) 825-4645
 Animal Communication
 Energy Healing
 Reiki Master / Teacher
 Nutritional Support
 Emotional Freedom Technique
 PSYCH-K™
For people and animals.

 **Prestige Tile**
 Sales of all types of
 ceramic & porcelain tiles
Bill Welsh
 Licensed & Bonded
 1939 S. Frontage Rd.
 Sierra Vista, AZ 85635
 (520) 458-6454

By the Box	By the Piece
1/2" x 1/2" x 1/2"	1/2" x 1/2" x 1/2"
1" x 1" x 1/2"	1" x 1" x 1/2"
1" x 1" x 1"	1" x 1" x 1"
1" x 2" x 1/2"	1" x 2" x 1/2"
1" x 2" x 1"	1" x 2" x 1"
1" x 3" x 1/2"	1" x 3" x 1/2"
1" x 3" x 1"	1" x 3" x 1"
1" x 4" x 1/2"	1" x 4" x 1/2"
1" x 4" x 1"	1" x 4" x 1"
1" x 6" x 1/2"	1" x 6" x 1/2"
1" x 6" x 1"	1" x 6" x 1"
1" x 8" x 1/2"	1" x 8" x 1/2"
1" x 8" x 1"	1" x 8" x 1"
1" x 12" x 1/2"	1" x 12" x 1/2"
1" x 12" x 1"	1" x 12" x 1"

Please show your support by using the services provided by our generous sponsors.

Donations Received

Rick Feldman
Jonetta Trued
Vicki Roberts
Jeannie Shields – In Honor of Chet Allen and
Nancy Ballou's wedding
Mr. & Mrs. John Ziegler
Mr. & Mrs. Hal Decker
Chris Johnson
Christine Livengood – Ginger Assistance
Glenn McCoy – Ginger Assistance
Tina West – Ginger Assistance
Jenny Clause – Medical items for horses
Windows of Greater Tucson, Inc.
Yvonne Stephen
Meg Massaro – In Memory of Jim and
Anne Lynch's mare named Tag
Elizabeth Slater
Corneila and Maria Hernandez
Wee Wooly burro
Frances Landwehr
Chauncey Foundation
Penelope Roberts
Zia Bischoff
Eileen Swiers
Peter and Susan Finch
George and Karen Nicodemus
Teri Renwick
Suda Prohaska
Helen Weber
Ruth Graber
Kathleen Zeno
Herbert Villanueva
Dan Andersib
Lorraine Decker
Donations Made In Memory of our friend and
supporter Janette Van Gordon
Dale and Pamela Bilyeu
Todd Shepard
Deborah Godwin
Andrew and Angela Low
Robert Spalding
C. Leroy and Lucinda Sensenbaugh
Jacqueline Tregre
Donna and Glenn Kuehn
Amy and Deweitt Fristoe
SEC Family at Ft. Belvoir; Pete P., Steve H., Andrew
L., Mitch T., Adler, and Clark C.
Sharon Sellers

October Yard Sale – Another Great Fundraiser

CFH was again fortunate this year to have another successful yard sale. The weather was warm and sunny, the volunteers were many and the donations were awesome.

A big thank you to Jem's Feed for again hosting our event. This year we added vendors that introduced their products to shoppers, Whisper's Sanctuary from Elgin and Forever Home Donkey Rescue also came to represent their programs.

A total of \$4,300 was raised and donations are already coming in for the May sale. Rose Burke, Cyndi McLemore, Desiree and Elaine Bruce and Maike Terrell did a marvelous job of keeping up with pricing all the donations prior to the sale.

We had a added surprise this year which was the petting zoo brought in by Kristine Lohse Barney and her family. Everyone enjoyed seeing and petting the animals they brought with them.

Donations for the spring sale in May can be made throughout the year by calling Rose Burke at 520-458-7193 or Ann Jost at 520-559-2224 for pickup or you can also make arrangements to drop off the items at our storage units which are donated to us by Garden Canyon-U-Store It. Having the storage units available allows us to gather donations all year long and price the items ahead of time.

The funds raised from the yard sale are used for purchasing feed and providing veterinary care to the horses in the program that are waiting for adoption. Currently 7 horses are waiting for a new home. CFH also has 2 horses in other sanctuaries that homes could not be found for and pays a monthly fee for their maintenance.

Shoppers take time to pet and feed the many animals brought in for the petting zoo by Kristine Lohse Barney her husband Flint.



This was setup day and you can see all the items donated being put out and displayed for the sale by some of our volunteers.

We are always looking for new board members who want to help with the growth and direction of this organization. For more information please contact Ann Jost at 520-559-2224 or careforthehorses@msn.com. You do not have to be a horse owner to be a board member of the program or to volunteer for our fundraising events.

Equine Stomach Ulcers by Cynthia Collins

Sometimes people think their horse is having training difficulties, when in fact, the horse is in pain. I have found time and time again, if your horse cannot or will not do something that you think they should be able to do, **PUT DOWN THE WHIP, GET OFF, AND START LOOKING FOR A PAIN ISSUE.** It may not be easy to find and you need a good vet to help, but I assure you, once you find it, the horse will work willingly. It could be sore hocks, stifles, hooves, backs, ovulation in mares, TMJ, or stomach or hind gut ulcers. There are very few horses that are bad tempered. They usually want to please. Most of the time, the horse is as frustrated as the rider.

Does your horse spook, bolt, rear, buck, or kick while riding? Is your horse "girthy"? Is your horse nervous or does it worry? Do you ride a mare, stallion, or sensitive gelding? Do you believe your horse is not happy? Does your horse always seem to be crooked to the right? Does it not want to pick up the right canter lead or do flying changes in that direction? Does your horse have a hard time holding weight? Is it a picky eater? Does it have a dull coat? Has your horse just experienced a recent trauma in their life? Have they been recently imported, moved to a new barn, or their buddy has left? Has your horse's behavior gotten worse as your training proceeds where as it should be getting better? Does your horse colic when the weather changes, either hot, cold, or both? (FYI Ulcer horses seem to have more trouble in the winter as the low pressure changes of the storms bother them more than other horses.) If you answered "yes" to even one of these questions, your horse could have ulcers. Even if you answered "no", your horse still could have stomach and/or hind gut ulcers. The only sure thing about ulcer symptoms is that all horses react differently to stomach ulcers.

Please note, if your horse is experiencing pain in another part of its body, this can also cause ulcers. If you treat the ulcers, and they don't get better in 2 -3 weeks, look for another source of pain. You'll need to treat the pain and the ulcers.

If you want to see if your horse has stomach problems, you can give it 1/2 cup of Mylanta (Calcium Carbonate) or 20 Tums 3 - 5 times per day for several days. If you see any type of changes, you need to treat your horse. It may or may not have ulcers, but a change means there are stomach problems.

- 1. Reduce the amount of acid in the stomach**
- 2. Absorb excess acid in the stomach**
- 3. Keep the stomach as full of hay as possible**
- 4. Feed foods that can help heal your horses stomach**

YOUR HORSE PROBABLY DOES NOT HAVE A HEALTHY HIND GUT and may even have ulcers there.

Horses are "Hind Gut" digesters. They are nonruminant herbivores. The hind gut is designed to process plant materials by micro organisms (good bacteria) in the fore gut and then digest the food in the hind gut. That means, if the hind gut is not healthy, they are not getting all the nutrients from the food you are feeding them. By healing the hind gut, your horse will get more from its feed, be healthier, perform better, and have less chances of colic.

There are things you can feed to help the hind gut and they are not expensive. The first is by adding oat flour, not oats, to your horses daily feed. You can go to a local health food store and purchase Oat flour. Or you can order 50 lbs. of oat flour from www.Honeyvillegrain.com or ANY place that grinds grains for bakers. I recommend feeding 1/2 cup a day for 30 days, then 1/4 cup a day after that. It does take 30 - 90 days to see the results since the hind gut is about 24 feet long. You can use oat fiber (contains the hulls of the oats). I have tried both and they seem to work equally. The fiber is about twice as much in cost.

You should also add a Probiotic to your daily feed. There are several products out there that contain the good bacteria which your horse must have in order to digest the nutrients out of its feed. Lactobacillus Acidophilus is one of the most common used. These good bacteria are destroyed by wormers, the use of Bute and/or Banamine, treatment of antibiotics, and stress. I highly recommend Fast Track. I feed 2 oz. per day. You can purchase that at [FASTRACK Microbials for Horses and Dogs](#)

Worming the Ulcer Horse

Worming the ulcer horse can be a bit tricky, but they must be wormed regularly. There are many different types of wormers and you should rotate them throughout the year. Although the Ivermectin is very effective, I have found that it does seem to cause ulcer horse's some discomfort. I have had good success with Pyrantel pamoate and Fenbendazole. I have also used the Panacur Power Pack. Just try to plan to worm during a time when there is less stress and know that you horse will need some time to get everything in it's system back in balance.

Pain Medication

If you have to use medication to control pain, know that Bute and Banamine are COX-1 and COX-2 inhibitors. While the COX-2 inhibits pain, the COX-1 interferes and damages the digestive system. Being on these medications for even 3 days can cause ulcers in a healthy horse. If you can, you should use a COX-2 only inhibitor such as Equinox or Previcox (for dogs).

Controlling Tension

Horses, as all animals, think in either Alpha brain waves (calm), or Beta waves (afraid/tense). The trick is to try and keep your horses thinking in the Alpha waves. This is accomplished by controlling the head level. A high headed horse is using in Beta waves. It is tense and wants to get away from whatever it feels is a danger. (With ulcers horses, this makes them want to get away from the pain in their own stomach.) By keeping the head at a lower level, the horse goes into Alpha waves and it can relax. If you can understand how they are thinking, you can help to try and keep them in Alpha waves. Eventually, this will help in reducing the cause of ulcers, the production of stomach acid.

In Conclusion

Sometimes people think their horse is having training difficulties, when in fact, the horse is in pain. I have found time and time again, if your horse cannot or will not do something that you think they should be able to do, **PUT DOWN THE WHIP, GET OFF, AND START LOOKING FOR A PAIN ISSUE.** It may not be easy to find and you need a good vet to help, but I assure you, once you find it, the horse will work willingly. It could be sore hocks, stifles, hooves, backs, ovulation in mares, TMJ, or ulcers. There are very few horses that are bad tempered. They usually want to please. Some horses have been in pain for so many years, they have lost all the joy that was once in their souls. Most of the time, the horse is as frustrated as the rider.

I have worked with many different breeds and in many different disciplines for over 30 years, and the more I ride the more I believe that horses will work through a tremendous amount of pain. They are kind animals who seek the approval of the head of the herd, the rider. But we, as horsemen and women, have a tremendous responsibility to our horses. We must really listen to our horses. They cannot talk to us with language, so they must speak with actions. If you were in pain, and someone was forcing you to do something that hurt, wouldn't you act out? Once you have looked for a pain issue first and are secure in the knowledge that there is no pain, then continue with the training.

Remember, a qualified Veterinarian is the best help for your horse. If you have any questions or would like to chat (see Luna Tunes page for contact information), I will be happy to help in anyway that I can, even if it's just sharing experiences. I have lived with my ulcer horse for over 10 years. It's a way of life, but one that has taught me true horsemanship.

If you contact me via e-mail, please put "Ulcers" in the regards box. With all the viruses going around, I don't open e-mail that is not familiar or is about ulcers. Cynthia@lunatunesfreestyles.com

Calming Cues and Spook in Place Horse Training Demonstration Presented by Care for the Horses



Join Care for the Horses and clinician, Darcie Litwicki for this special fundraiser demonstration to benefit horses in need.

Care For The Horses, located in Sierra Vista, Arizona, is a non-profit 501 (c) 3 organization dedicated to rescuing horses who have been abused or neglected and finding them an adoptive owner who is eager to give them a good home.

Darcie Litwicki is a horse trainer and Certified Horsemanship Association Riding Instructor who runs her training and riding instruction business, Darcie Litwicki Equine Services, out of her home facility located in Vail, Arizona.

When? Saturday, January 19th from 10:00 a.m. - 2:00 p.m.

Where? Home of Flint and Kristina Barney
at 844 E Old Pomerene Road, Benson, AZ

Cost? \$25.00 per person to attend – 100% donated to Care for the Horses

Lunch: \$5.00 Menu: Chili, Crackers, and a drink

Other Details: We will feature, Second Chance, a one year old horse available for adoption plus another horse for Darcie to work with. We will also have Care for the Horses merchandise for sale.



Putting a raincoat on Second Chance who will be featured at this demo and is available for adoption!

To register contact:

Ann Jost, Care for the Horses Founder
careforthehorses@msn.com or purchase tickets online at
www.careforthehorses.com or phone 520-559-2224

Address Correction Requested



501 (c) 3 Non Profit

PO Box 884

Sierra Vista, AZ 85635

TO:



Win This Quilt!

Buy a raffle ticket between October 15, 2012, and December 20, 2012, and this homemade, Western-themed quilt could be yours! Beautifully done, it measures 72" x 84"—the perfect size for cuddling up on the couch or in your favorite easy chair. This special piece features denim-type black and maroon borders, black appliqués, and a neutral background that complements any décor. Thank you, Sally Engle, for generously donating the quilt to benefit the Care For The Horses program!

Tickets cost \$5 each or five for \$20 and can be purchased at Care For The Horses fundraising events in November and December, via PayPal through our website, or by mailing a check to P.O. Box 884, Sierra Vista, AZ 85635. Your raffle stub will be mailed to you. The winner's name will be drawn during our regular meeting on December 20, 2012.