

Flying Lead Changes

the CENTAURS 4-H CLUB newsletter

www centaurs4hclub.org "RIDE WITH PRIDE" COUNTRY CARE CODE: Centaurs



"A bad day of riding is better than a good day of fishing."- Unknown

April 2011

Our next Club meeting: Thursday, April 21st at 6:30 p.m. at the Mini Horse Farm.

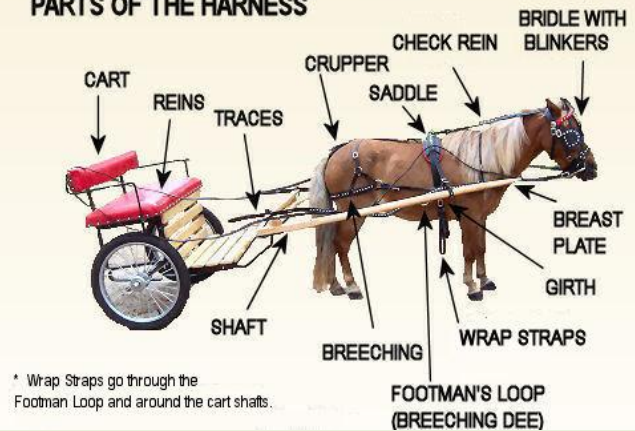
Don't forget to bring:

- ✓ Your assigned snack item.

This Month's Highlights:

- Mini Driving
- 4-H Camp Sign Up
- Horse Judging Clinic
- T-Shirt Logo Contest

PARTS OF THE HARNESS



THE MANE EVENT



Our April Club Meeting: Mini

Driving- Our next Club meeting will be held on Thursday, April 21st at 6:30 at the Mini Horse Farm. Details concerning the farm location will be provided in the near future. At this Club meeting, we will be learning about mini driving, including the equipment used and how to train your horse to drive.

The following families are responsible for bringing snack items at the April Club meeting:

Sweet snack: **Darrow Family**

Salty snack: **Farling Family**

Drinks (including paper napkins and cups): **Hart Family**

Schooley Mill Horse Show – The April

Schooley Mill Horse Show is set for Sunday April 3rd with a rain date on Saturday April 16th. We hope that many of the Centaurs are able to attend.

The Schooley Mill Horse Show Series website is:

http://centaurs4hclub.org/Schooley_Mill/Schooley_Mill.html

All important horse show information can be found at this site.

Page 1

Centaurs 4-H Club Leaders: Marcie Barnard 410-461-3985 Barb Dashiell 301-262-4549

Sue Hart 301-776-8134 Beckie Peregoy 410-635-3281

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Horsemanship Standards 4-H Member Prep Clinic

– A Horsemanship Standards 4-H Member Prep Clinic for Levels 4-6 will be held on Saturday, April 2, 2011. This clinic will be held at Playland Equestrian Center in Union Bridge, MD. This clinic will help prepare 4-Hers for the Knowledge Standards and/or any of the Riding Standards testing for Levels 4-6. Participants will go through a mock testing and learn the information/skills they need to test for a particular level at a future testing.

Fees:

Registration for the one-day clinic is \$15.00. Registrations are due by Monday, March 25, 2011. Pre-registration is required. Mail registration materials along with a check payable to “Maryland 4-H Foundation” to Lauren Mundy, MD 4-H Center, 8029 Greenmead Drive, College Park, MD 20740. Registration fees will be refundable if notification is given at least one week in advance of the event.

Program Details:

Registration will begin at 9:00 am; the program will start promptly at 9:30 am and will be over at approximately 4:00 pm. More details about the MD 4-H Horsemanship Standards can be found on the MD 4-H Horse Program website www.4horse.umd.edu/activities/Horsemanship%20Standards.html

Inquiries: Please contact Lauren Mundy, MD 4-H Horsemanship Standards intern at 301-314-7821 or lmundy@umd.edu if you have any questions.

2011 4-H Camp - Howard County 4-H Camp is a one-week residential camp, located in beautiful Garrett County Maryland at the 1,100 acre Western Maryland 4-H Education Center. This ACA accredited camp will now be held from Sunday, June 26th - Saturday, July 2nd. (Please note the date change to accommodate the inclement weather school make-up days for Howard County.) All youth, ages 8 (as of January 1, 2011) through 13, are welcome to apply. Applications will be available online by early March at www.howard4-h.org

The \$375 fee, due with the application, includes transportation to and from camp and room and board for six nights. Camper activities include: crafts, canoeing, swimming, hiking, archery, sports, nature class, candle-making, riflery, campfires, talent show, a one-night rustic camping opportunity, all in a natural outdoor setting. Parents and campers are required to attend the upcoming orientation being held in May 19th at the Howard County Fairgrounds. Registration forms are accepted on a first come, first serve basis. Please keep in mind, 4-H members will receive preferred status prior to Monday, April 4th. After that date, it will be open to all youth (ages 8-13) and placement will continue until spaces are filled. TRY NOT TO WAIT UNTIL THE DEADLINE - SPACE GOES FAST!!

After the camp registration deadline passes, additional information will be mailed to all applicants regarding their acceptance to camp. Need-based scholarships are available for those who qualify. For more information, please

contact Chris Rein at 410-313-1915 or by email at crein@umd.edu.

Cowboy Law – “In the old West, when strangers passed each other on the trail, they never turned around to look at one another after passing. To do so was considered cowardly and an insult if either stranger turned out to be a good man. The same rule applies today.” From Cowboy: The ultimate guide to living like a great American icon.” by Rocco Wachman and Mat Pelligrini

Club Books - This year there will be changes to ALL club books entered in the Fair and at the beginning of each year. Starting this year, we will no longer be accepting books twice a year. **Program Planning Books** will still be turned in by February 1st of each year with attentive plans for the year in progress as well as an updated/completed program planning book for the previous year. **Treasurer’s Books** will now be turned in with the annual club audits by February 15th of each year.

BOOKS ENTERED AT FAIR:

- Treasurer’s Book for the entire previous year.
- Program Planning Book for the previous year. (Updated from the one turned in at the beginning of the previous year in February)
- Corresponding Secretary Book for the entire previous year.
- Recording Secretary Book for the entire previous year.
- Historian Book for the entire previous year.

Maryland State 4-H Horse Bowl

Competition Results - The Maryland State 4-H Horse Bowl Competition was held in College Park at the University of Maryland on Saturday, March 19th.

Danielle Wheelbarger and **Maddie Farling** from the Centaurs participated. Congratulations to all of the Howard County Teams that participated. Special recognition goes to **Maddie Farling** for receiving 4th Place High Junior!

4-H Horse Judging Clinic Date Set –

The Maryland State 4-H Horse Judging Clinic will be held at the Carroll County Agricultural Center, 700 Agricultural Center Dr., Westminster, Maryland 21157 on Saturday, April 9, 2011. The objective of the Maryland 4-H Horse Judging Clinic is to provide an opportunity for Maryland 4-H youth, Maryland 4-H volunteers, and UME Educators to acquire skills and knowledge about conformation and judging of horses. Participants will hear talks from industry professionals with special breakout sessions for beginner, advanced, and volunteer/coach tracks. All attendees will judge live horses after attending the morning workshops. Participants will learn valuable information that they can use when showing their own horses.

Adults interested in coaching judging teams are encouraged to enroll in the volunteer/coach track. Enrollment will be limited to 100 individuals.

Featured Topics:

- Quick tips for horse judging
- Judging performance horses
- Evaluating halter horses

- Building a winning set of reasons
- Fundamental skills to becoming a successful judging coach
- Reinforcing positive coaching.

Fees:

Registration for the one-day clinic is \$25.00, which includes lunch.

Go to:

<http://www.4horse.umd.edu/activities/judgingclinic.html> for registration information and forms.

Announcing . . . The 2011 4-H Horse Jamboree T-Shirt Logo Contest

Five Southern Maryland Counties will be hosting the 2011 MD State 4-H Horse Jamboree July 8-10, 2011 at the Patuxent River 4-H Center in Upper Marlboro, Maryland. Horse Jamboree is a two-night event held each year that provides the opportunity for 4-H members interested in horses to gather and learn about them, while having lots of fun. Participants do NOT bring horses, but have the opportunity for hands-on activities during the entire Jamboree. The planning committee is asking 4-Hers to help design the t-shirt logo for the event. Let your creative juices flow. Express yourself in art and submit an entry for this contest. All submissions must be original works. Each 4-H member may submit only one entry. The logo must be reproducible in black and white; no color images can be used. The logo will become the property of University of Maryland Extension. Maximum size of entries is 6" x 8."

Who? Maryland 4-H members, 8 to 18 years old

What? Maryland State 4-H Horse Jamboree T-Shirt Logo Design Contest

When? Deadline to submit an entry is April 18, 2011

Why? To showcase the creativity of one of our 4-H members in a lasting way.

Send entries to:

Elaine Long Bailey
University of Maryland Extension,
Calvert County
P. O. Box 486
Prince Frederick, MD 20678

elbailey@umd.edu
301-855-1150
410-535-3662

Applying Acupuncture to Lameness in Horses by Allen Schoen for *AAEP*



Lameness can be difficult to diagnose and treat; acupuncture may be a helpful alternative.

Veterinary acupuncture and acu-therapy are considered valid modalities, but the potential for abuse exists. These techniques should be regarded as surgical and/or medical procedures under state veterinary practice acts. It is recommended that extensive continuing education programs be undertaken before a veterinarian is considered competent to practice acupuncture.

Page 4

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From the AAEP Guidelines on Therapeutic Options:

Introduction

With an increased in interest in equine veterinary acupuncture, both by the public and the veterinary medical community, there has also been an increase in research and thus a better understanding of the physiologic basis and practical applications of acupuncture. One of the main applications in equine practice is the treatment and diagnosis of **lameness**. Acupuncture may be used as both an addition to traditional lameness **examinations** as well as an addition to treatments of certain lamenesses.

Scientific Basis

Acupuncture may be defined as the stimulation of specific points on the body to achieve a therapeutic or homeostatic (returning the body to its normal state) effect. Acupuncture points are areas on the skin of decreased electrical resistance or increased electrical conductivity.

Acupuncture points correspond to four known neural structures:

- Type I acupoints, or motor points, are located where the nerve enters the muscle.
- Type II acupoints are located on the superficial nerves.
- Type III acupoints are found where there is a high density of superficial nerves.
- Type IV acupoints are located at the muscle-tendon junction.

Acupuncture has many physiologic effects on all systems throughout the body. No one mechanism can explain all

the physiologic effects observed. Essentially, acupuncture stimulates various sensory receptors (pain, temperature, pressure and touch), which stimulate sensory nerves, transmitting the signal through the central nervous system to the brain. Various transmitters and hormones are then released from the brain to have their effects throughout the body.

Techniques

There are numerous techniques to stimulate acupuncture points, such as dry needle stimulation, electroacupuncture, aquapuncture, acupressure and others. Each method has its strengths and weaknesses. Deciding which acupuncture point to stimulate is based on locating points on the body where stimulation will produce a beneficial change in the central nervous system, altering ongoing physiologic activity in the horse's body. The number of treatments required depends upon the condition treated and how long the problem has existed. The length of individual treatments usually ranges from five to 30 minutes.

Applications to Lameness Treatment

Acupuncture is also used successfully in the treatment of various equine lamenesses either as the primary treatment or in addition to conventional veterinary treatment. For instance, a primary hock problem may be treated with an injection of medication directly into the joint. However, it may not completely resolve the entire complaint the owner has. The horse may still be "off."

Often there are secondary compensations, resulting in patterns of trigger points in the back or neck that remain unresolved. Acupuncture therapy may then be used

Page 5

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successfully to treat the secondary problems of the primary hock problem.

Acupuncture has been used successfully in the treatment of numerous equine lamenesses including chronic back problems, hock or stifle problems, laminitis, navicular disease and various soft-tissue injuries. Acupuncture may also be beneficial in the treatment of non-lameness problems in the horse such as colic and diarrhea as well as reproductive, neurologic and respiratory conditions.

Although ancient in eastern cultures, acupuncture in the west is an exciting new diagnostic and therapeutic technique. It offers an alternative approach to diagnostic and therapeutic dilemmas that conventional western medicine to which may not give adequate answers. Further research will continue to explain the physiologic basis of acupuncture.

Mark Your Calendars!

April 2nd – 4-H Volunteer Dinner
April 3rd – Schooley Mill Horse Show
April 9th – 4-H Horse Judging Clinic
April 11th – Centaurs 4-H Club Meeting
April 17th – MWA Horse Show
May 15th – Schooley Mill Horse Show
May 15th – MWA Horse Show
May 22nd – MWA Horse Show

WE ARE PARTICIPATING IN THE COUNTRY CARE PROGRAM

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www.horse.com

and they will donate a percentage of your purchases! Simply enter our Care Code when you complete your order.

Our Care Code: Centaurs

Page 6

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