



Special Edition Newsletter

Volume 1 – Issue 1
September 2010

A note from our President ..

Welcome to our first edition of a Special Edition newsletter. We hope this will keep everyone up-to-date on the progress of our horse adoption efforts and Circle F events and will serve to provide ongoing communication and feedback. Please let us know if you would like to see *specific* information included and we will do our best to accommodate your request. Thanks to all of you for your dedication to our horses and for your remarkable team work.

Walter Paetkau

Our Mascot & King - Kala's Shamrock Beau "**Brock**"



We have a web page dedicated to our oldest and dearest equine friend who is a 34 this year. He is a Liver Chestnut American Saddlebred Gelding, 16hh, who has been with Circle F since April 29, 2001. He is now retired and will enjoy the rest of his years living the sweet life at our Circle F haven. The picture above was taken in March of this year. It clearly tells [from left to right] Fletcher, Katy and Jimmy that he is **still** "**The Leader - The King**".

And this video shows that he is **still** "**A Ladies Man**".
http://www.youtube.com/watch?v=s6R_vcWPguY

We also have special photo albums dedicated to our Brock, so please send in your pictures.

Horse Happenings

- **May – BCIT shot a video at the ranch**
http://www.youtube.com/watch?v=Y9P_xkQGvkk
- **Susanne Marks & Fletcher in May Day Parade**
<http://www.youtube.com/watch?v=Ea0r7AG1P2w&feature=email>
- **June - Horsemanship Skills & Equine Therapy Clinics - see article on page 5 & video**
<http://www.youtube.com/watch?v=Olmwm6BSV3Q>
- **June – Photographer Jay Black took photos for cards**
http://www.flickr.com/photos/blackbird_hollow/sets/72157624359877234/show/

circle F-friends

Isabella is a girl that has been following Circle F for about 3 years. Isabella and her family are from a little Island named Tlell located in the Queen Charlotte Islands in Northern BC. She has been visiting on her summer holidays to see all the horses. Her Aunt, Andrea Barker, donates money on behalf of Isabella and her cousins. Isabella also sends those beautiful hand drawn pictures of horses and letters to us which are on the bulletin board. Isabella last visited in July but it was too hot for the horses to be ridden so she gave Brock and Jimmy a nice gentle brushing and hose down. She also gave Brock his afternoon snack & he ate all of it! And, she also put in the log book what she did today (just like one of us). So it's official, she is one of the volunteers.



Keyanna, is Isabella's cousin and she also follows us and would like to be a special sponsor to Nigel.

Circle F Volunteers

Kate and Zina Adams were with us for 8 months and wanted to share their experience. Their last shift was this month.



Dancer is my favorite horse, and Lily is second although I haven't gotten to know her that well yet. I like the stuff I do here, although it's tiring sometimes, especially when the horses are acting up. I like the cats, their cute! (^-^)

I'm still not doing hoof cleaning because it is too heavy, and makes my back sore. I like it there, and that's it.

Kate

I like it that I got to enjoy an experience of childhood dreams come true for Kate. I can see that she is still cautious around them, but not as freaked, and that she is adjusting to the chores needed to be done. You've also taught her how to slow herself down and not be so skittish like, Dancer and she are two peas in a pod. Her room has one wall decorated with horses all over it, and now she can add experience to that wall. She had at one point memorized many different types of horses. And outside of Circle F, she has been taught that no matter what never give up a dream, just try a different way of accomplishing the goals to get to that dream. We are appreciative that Gail is willing to hoof clean, and that she has the experience that we were lacking. It's an easy atmosphere to work in, for the most part, unless the horses act up. And the chores are good to educate teens to better themselves, love creation, and enjoy what God has blessed us with. Thanks for all the experiences!

Zina

Who's Your Favourite horse and why?



Tell us & we'll put your pic and story in our next newsletter.



Our 100th Adoption!

One of our volunteers, Melissa Rideout, formed a very special bond with our Katy – here is her story.



When I first started at Circle F [June-09], Katy was already at the rescue and I didn't start working with her right away, I didn't fall in love with her the moment I saw her, she didn't strike me right away as a beautiful horse that stole my heart. It wasn't till a few weeks later that I did my riding assessment on Katy. She was the first horse I had ridden in 2 years and the first horse I rode at Circle F. I started riding Katy almost every shift & started to really like her and

after working with her more and more, I realized she had some issues that I wanted to start working on. Katy had an attitude, and not a lot of people felt comfortable working with her, but she never made me feel uncomfortable or unsafe, I started working with Katy slowly and gaining her trust. I started simple with just grooming activities which lead to lifting her back hoof [at times close to impossible]. After that I moved to bridling and then for Katy to become calm and have a safe feeling while riding in the ring. Katy was considered a high maintenance horse [not by me]. I loved everything about her - health problems and stubbornness. I fell in love with Katy very quickly after riding her that first day, and through working with her for several months she taught me so much. She taught me to be calm while riding in the ring, to be patient while bridling, to be determined to lift her hoof and if I want her to do something, I have to give it my all because, she isn't going to give in easily and work for me. A lot of volunteers come down to the rescue and work, but it seemed Katy always knew when it was me, she treated me differently, she reacted differently to me and she seemed to always trust me, I never gave her a reason not to. I helped Katy work through some of her issues and Katy helped me work through some of my issues. Katy made me become a more confident, calmer and experienced rider. Katy and I rode the trails for a few weeks before she left and I got to see and ride a very happy horse that stole my heart and still has it to this day.

Melissa Rideout

HEALTH TEAM REPORT

What's Normal? What's Not? Checking your Horses Vital Signs By: Sarah Ward

Emergencies happen all the time, but when is an emergency really an emergency? Sometimes emergencies are obvious and sometimes they are not. Knowing how to check your horses vital signs, temperature, pulse, and respiration, can sometimes help determine if and when you should call the vet. To get the most accurate readings, a horse's vital signs should be checked while the horse is at rest.

TEMPERATURE

A horse's normal body temp. is between 37-39C (99-102F), but can vary by approximately 3° depending on environmental factors such as warmer weather, stress/excitement or immediately after exercise. A temperature over 39C may indicate infection is present.

The most common way to check a horse's temperature is rectally. Using either a digital or mercury thermometer, stand to the left side of the horse and gently lift the tail and insert a lubricated thermometer into the rectum. Go slowly and observe the horse's behavior. NB: Some horses won't like this but most don't even notice. If you're using a regular mercury thermometer, make sure you shake it down before inserting it into the rectum or you will get a false reading. Leave the mercury thermometer in for 3 minutes, digital thermometers will usually beep when it is time to take it out. A string can be tied to the thermometer and secured to the horse tail to prevent the thermometer from disappearing too far into the rectum. You can lubricate the thermometer with vaseline, petroleum jelly, or good old saliva.

PULSE

A normal pulse rate (or heart rate) in a horse is between 28-44 beats per minute. Exercise, excitement, stress, or nervousness can cause the heart to beat faster leading to a higher pulse rate. A pulse rate over 50 beats per minute in a horse **at rest** may indicate he is in distress or pain. The higher the pulse rate the more severe the condition.

A stethoscope can be used to monitor a horse's heart rate by placing the bell of the stethoscope behind the horse's left elbow and listening for the heart beat. Using a stop watch or a watch with a second hand, count the number of heart beats in 15 second period and multiple that number by 4. If no stethoscope is available, you can check the horse's pulse rate by feeling under the horse's left jaw bone for a major artery. Again, count the number of pulses in a 15 second time period and multiply by 4.

RESPIRATION

The average adult horse takes approximately 10-20 breaths per minute. As with temperature and pulse rate, a horse's respiration rate will increase with heat/humidity, stress/excitement, and or exercise. The respiration rate should never be higher than the pulse rate and a veterinarian should be called immediately if the horse is breathing rapidly while at rest, as this could be a sign that the horse is in pain.

The respiration rate can be determined by counting the number of breaths a horse takes in a 15 second time period and multiplying by 4. Each time the horse inhales and exhales should be counted as one breath not two. The easiest way is to simply watch the horse's ribcage, it will expand and contract with every breath the horse takes. You can also hold your hand in front of the horse's nostril and feel his breath when he exhales. This way is not always as accurate as sometimes the horse will inhale and exhale quite rapidly to sniff your hand or protest and toss his head around.

Temperature, pulse rate, and respiration rate are the three main vital signs to check, but there are other areas of the horse that can be checked to help determine if there is a problem. The more we know about the horse's physical condition, the easier it will be to determine if there is a problem. Each horse's vitals can vary depending on a number of factors, what is normal for one horse is not normal for another horse. It is a good idea to check your horse's vital signs when he is healthy and relaxed so you have a baseline to compare your readings to when you suspect something is wrong.

In our next issue we will be covering ***Gut Sounds, Mucous Membranes and Hydration.***



If there is anything you would like to see covered in our articles, please let us know. E-mail joysoffice@shaw.ca.



What's the Cat Vet Fund?

We have set up a fund to take care of our cat's medical needs since adopting our new feral cats from <http://www.orphankittenrescue.com>. Their names are Bobbi, Skittles, and Charlie/Tosser [shown in pic above] Sparky and Smokey [when around]. Lisa Parry is in charge of the fund and you can go to our website www.circlef.ca and click on the how you can help page to designate your gift to "Cat vet fund". You will receive a charitable donation receipt.

Volunteer Cat Adoptions



Pascale Best adopted Matou in Sept. '08 & he is now coming on 2 ½. His name is French and means "little Tom Cat" in English.



Pascale has another older cat of 13 yrs. Bijou who was adopted from the Vancouver SPCA. With the addition of Matou they have given her non-stop moments of amusement & cuddles. Matou gives Bijou much needed energy. They are the best of buddies and spend every waking/non-waking hour together. During the day in summer they want to be outside all day and they are often seen wrestling each other on the lawn. They are great "molders" and sometimes "birders" (bad boys). Frankly, it's really challenging to bring them in the house on summer nights says Pascale. "I couldn't have asked for a better fit for my old guy Bijou as the little rascalion from CF barn named Matou."

Our "Moxie" has been adopted by Ellen Buckle.

Volunteer Horse Adoptions

We have had several volunteers adopting our horses lately, with Susanne and Fletcher, Elle and Carson, and now Melody and Lily. Melody Pearson, a Sunday morning volunteer adopted Lily in July. Melody is a very caring and experienced horse owner, and will continue working with Lily to bring her along in her training. Lily and Melody had a good bond already, and are very comfortable in each other's presence. I talked to Melody about her adoption and here's what she had to say.

I first met Lily a few days after she arrived at Circle F. I spent some time just hanging out with her, gave her a good grooming, and cleaned out all of her feet, all without even haltering her. I was immediately drawn to her quiet gentle nature, and found myself wondering how she would fit in with my little herd at home. I spoke with Sandy, and everything fell into place very quickly. When she arrived, I realized she had definitely never seen sheep before! It didn't take long before curiosity overtook her fear, and within the first week, she was happily grazing in the pasture with them, as if she'd known them all her life. She has discovered the 2 friendly mares next door, and I can't wait until my paint filly and her pony buddy come back home from training in October, and they can all be together. In the meantime, I get her all to myself, and we are both enjoying our time together.

Melody



Upcoming Events

First Annual Poker Ride

[Fundraiser]

<http://www.circlef.ca/poker.htm>

Clinics [if requested]

Christmas Barn Decorating & Christmas Newsletter

Horsemanship Skills & Equine Therapy Clinics

Circle F was very pleased to be able to offer two back-to-back clinics this summer. The first one, Horsemanship Skills, was put on by our own Hiro Kinugasa who has been a member of our team since 2002. Hiro gave demonstrations on catching, haltering, leading and backing up a horse.

I talked to Hiro who gave me this explanation of his horsemanship skills. "This is how I think about the horse. They are not meant to be in the "human world". They are supposed to be running and grazing in the mother land's acres. So we have to give them a lot of respect. Sometimes people try to get something done with horses by acting superior; we are equal - both nothing more and nothing less. When we ask horses to do things, they try to give us their best. Often their self-preservation is too strong so humans think the horse is having some issue or problem but what we have to do is present things in the manner that they can understand. We start by getting their attention when we work around them. If you can't get their attention, you can't communicate with them. It's like a student ignoring the teacher in the classroom. So when we catch a horse, we want to have their full attention - they should be facing you. Ray Hunt [<http://www.rayhunt.com/>] who is one of my mentors said "There is no halter fit on the horse's tail". When we halter the horse, make sure they lower their head for you. If you ask and wait they will give you their head, even muzzle into the halter themselves." Leading the horse is as the word says 'Lead'. We have to be a leader. We want them to figure out where the "border line" of the leader's space is. This shows you how to respect the horse and vice versa. If we can get their respect, we can prevent situations like pushing by the muzzle, biting, stepping on your feet, and possibly running over you. Leading meaning not only forward and backward; we should ask them to move right and left too. They need the direction to go so we have to show them first. *(Do not pull their head!)* We want for them to **feel** if they can't understand, then we can support them with our other hand using the end of lead rope. If they can understand what we ask, then we have to respect them and release. Pretty soon they are looking for zero pressure (only "feel").

Prior to the next clinic starting, Sandy and Celina gave a demonstration on Paris' Hoof Treatment [<http://www.youtube.com/watch?v=OImwm6BSV3Q>] and Sandy then gave a lunging demo as requested by a couple of volunteers.

After a pot-luck lunch, we had the second clinic, Equine Therapy by Amy Shiel who is an Equine Massage Therapist [<http://www.gentle-hands.ca/home.html>]. She has been volunteering her special talent to help our horses that require special work. Amy demonstrated some special stretches and

massages, to make horses relax. She talked through what she does when she gives a horse a treatment and at each stage, she encouraged volunteers to come and feel what she feels before and after an adjustment [showing some simple yet effective techniques to help keep them in tip top shape].

Procedure:

- starts with assessing the horse's movement at a trot
- checks the top line, the feet, the fore and hind & watches for any slight misalignments
- starts at the head and works towards the tail, adjusting, massaging and treating along the way

What Amy does is called Myofascial Adjustment [MA] and Manipulation

The word 'myo' means muscle and 'fascia' is the connective tissue that holds the body together. Direct myofascial release, or deep tissue work, releases and stretches the restricted fascia by applying firm yet gentle constant pressure, moving slowly through the layers of fascia until the deep tissue is reached. The indirect method involves gentle stretches, and even less pressure allowing the fascia to 'unwind' itself. The gentle traction applied to the restricted fascia will result in heat and increased blood flow in the area. This allows the body's inherent ability for self correction to return, eliminating pain and restoring the optimum performance of the body. As the fascia is so extensive, key pressure points are used, similar to acupressure, to release tension and perform adjustments with the maximum of effect and the minimum of impact on the horse. One of the benefits of myofascial adjustment is that because the fascia is all connected, you can work away from the sight of pain to the benefit of the horse and with the same effective result. MA also includes gently manipulating the joints to aid and maintain proper alignment. When the shoulders or hips, for example, are out of alignment your horse will experience pain and discomfort causing irritable behaviour. When aligned properly, improvement in the animal's motion as well as their attitude will be observed almost immediately.

All in all it was a fabulous clinic! We are very fortunate at Circle F not only to be allowed the privilege of caring for these majestic creatures but to have a staff of volunteers that go above and beyond to say the least. Thank you to the presenters and the volunteers who came. If you wish to have more of these types of clinics, please let Walter know.

Submitted by Joy Smith

