

## Weekly Pile for Week of June 24 2012

### **Hello Everyone,**

Included is the **Weekly Pile** of Information for the Week of June 24, 2012, Extension's Equine related educational information & announcements for Rockingham & Guilford Counties. To have something included in the **Weekly Pile**, please follow these simple guidelines.

- Information included needs to be educational in nature &/or directly related to Rockingham or Guilford Counties.
  - provided information is a resource to the citizens of Rockingham/Guilford Counties.
  - provided information does not require extra time or effort to be listed.
  - Listings for Swap Shop will not list pricing details.
  - Please E-mail information to me by Wednesday each Week.
  - Please keep ads or events as short as possible – with **NO FORMATTING**, **NO unnecessary Capitalization's** and **NO ATTACHED DOCUMENTS**. (If sent in that way, it may not be included)
  - Please include contact information - Phone, Email and alike.
  - **PLEASE PUT WEEKLY PILE IN SUBJECT LINE** when you send into me.
  - The Weekly Pile is not for listings for Commercial type properties or products.
- If I forgot to include anything in this email it was probably an oversight on my part, but please let me know!

If you have a question or ideas that you would like covered in the Weekly Pile, please let me know and I will try to include. As Always – I would like to hear your comments about the Weekly Pile or the Extension Horse Program in Rockingham or Guilford Counties! **I NEED YOUR FEEDBACK!**

### **Included in This Weeks Pile:**

- 1. No Pile Next Week - Happy July 4th**
- 2. Fly Control**
- 3. Basic Conditioning of the Equine Athlete**
- 4. You Asked**

**5. USDA Publishes Final Rule to Provide Greater Protection for Horses**

**6. Piedmont Horseman's Association**

**7. Bridge Building at Bryan Park - Sunday**

**8. Cooler Natural Horsemanship Schedule**

**9. Open Fun/Game Show" July 21st**

**10. Food Drive**

**11. HAY DIRECTORY**

**12. SWAP SHOP**

**13. Take A Load Off**

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**1. No Pile Next Week**

**It is so hard to believe that July 4<sup>th</sup> is upon us. The heat of summer is in full swing and it is time to take a little much needed family time. So, with that said, there will not be a Weekly Pile next week.**

**I hope that each of you will take some of this family time to give those that are closest to you some attention that they deserve. Times go by fast, kids grow up and things and situations change. Don't have the regrets later in life of things you wished you would have done. I have never heard anyone say that they wished they had worked more! I hope that you will make some good memories this July 4!**

**Don't forget to send in anything you would like to have included in the next Weekly Pile, send in to me by July 11.**

**So, give Thanks for our Nations Freedom and for those who gave it all to give it to us. I hope that you all have a Great & Safe July 4<sup>th</sup> Holiday!**

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## 2. Fly Control

This year has proven to be a bad year for flies all over. Please make sure that you are taking steps to control this problem. This can be very difficult to do and it will probably take a combination of fly control measures to give animals relief. I have had calls from people complaining about seeing livestock with flies all over them as well as complaints from neighbors that don't have animals, with high number of flies around their homes that may or may not be due to the animals. I want to make two points, 1 – If you have animals, you are obligated to take care of them. Not only is it unethical, it may even be criminal if you do not. If you cannot take care of them...it's a good time to SELL! 2 – Make sure you have a good neighbor policy, let your neighbors know who you are and let them know that they can come to you if they have a problem with your animals. If you don't, you may find out about a problem by regulatory folks coming to your door.

Blood sucking type flies such as stable flies, horn flies, horse flies and deer flies have piercing-sucking mouth parts and feed on blood and tissue fluids of animals. They cause irritation and weakness in animals and account for much blood loss in severe cases. These flies can spread many diseases and the bite wounds can also serve as sites for secondary infection. The feeding habits of these type flies can interfere with feeding and grazing activities of the animals in heavily infested areas. These animals may not be able to be pastured during the day, but pastured at night.

The adult stable & horn fly look similar to the house fly except they have the piercing mouth parts. The stable fly is about the same size as a house fly and the horn fly is about one half the size of a house fly. They feed 20 to 40 times a day and can be a continuous annoyance. Stable flies breed in soggy hay, grain or feed, piles of moist fermenting weed or grass cuttings or manure and straw/hay well mixed together. Each female stable fly can lay a total of 500-600 eggs in 4 separate layings. Eggs hatch in 2-5 days and the newly hatched larvae bury themselves, begin to feed and mature in 14-26 days. The average life cycle is 28 days but this can vary from 22-58 days depending on weather conditions. These adults can fly up to 80 miles.

Stable flies are often produced in staggering numbers in wet organic matter, so the key to control is good sanitation (elimination of breeding sites) and water management. After the breeding sites are controlled, other suppression tactics may be used to decrease animal annoyance.

Horn flies primary host is cattle but become pest of horses when horn flies are in the quest of a bovine blood meal and come across horses instead. They are normally found on the backs of cattle, but may migrate to the sides and the belly as the temperatures increase. The females leave the animal to lay eggs only in fresh manure, where they hatch into larvae. The life cycle is completed in 8 to 45 days depending on temperature and humidity. With the short life cycle they may complete a dozen or more generations during the warm months. A cattle horn fly program on cattle in the vicinity of horses is the best method of control, but since you may not have control over that, several commercially available spray on or wipe on products are available.

Two of the most difficult flies to control are Horse Flies and Deer Flies. The females feed on blood of warm-blooded animals while their male counterparts feed on vegetable sap, etc. The females lay eggs on foliage or other objects that project over water or moist ground. That is why they are so difficult to control because these species of flies lay eggs in any type of organic matter other than manure. (woods, around ponds, creek beds and a like)

Horse and deer flies are strong fliers, notorious pest and vicious biters that can remove large quantities of blood and possibly resulting in anemia if not controlled. These flies are also thought to be important transmitters of diseases of horses. Stabling horses during the day and providing run-in sheds in pastures will help reduce horses exposure to horseflies. Physical barriers such as fly sheets, masks and leg wraps will help protect horses when outside. Control of immature stages of these flies is not practical and one of the best methods to control is individual animal treatments with pyrethrin-synergist mixtures to effectively protect horses for 1-2 days.

The face fly is about the size of a house fly. They are non biting and feed on secretions from the eyes and muzzle. They avoid entering dark places, such as a barn, while on the animal. The female lays eggs on freshly deposited manure like the horn fly; however, unlike the horn fly they are present on livestock only about 10 percent of the time and may be found resting on fence posts, trees, bushes and other objects the other 90 percent of the time. Because they spend so little time on the animal and do not feed on blood they are harder to control. When feeding around the eyes, they cause irritation creating an environment suited to bacterial growth. As the eye becomes irritated and begins to weep, it attracts more and more flies, adding to the

irritation and opportunity for spread of infection. Blindness as a result of secondary invasion by various organisms can result. In addition to being an annoyance horses attacked by face flies become nervous, may spend their time in deep shade and may lose body condition from constant irritation. The other fly similar to the face fly is the house fly which feeds on organic matter. The females of both lay eggs in freshly deposited manure and other types of decaying organic matter.

Good sanitation is the foundation of any successful fly control program. In most cases, removing breeding material is the most feasible means of breaking the fly life cycle. However, this may be hard to do under some circumstances and you may have to go to chemical control. Insecticides can be applied to walls, ceilings, and rafters of barns and sheds where flies are resting to help decrease the number of flies. In barns space sprayers, foggers and misters can be very helpful. Fly control should be an integral part of the horse owner's daily husbandry practices. Insecticides that seem to work better are those that contain pyrethrins. Other methods of fly control which have been developed and may be used more in the future are fly traps, sex attractants, sterile male flies and predator wasps. Monitor the effectiveness of your fly control program and supplement with another method, combination of methods or insecticide during the season as necessary. The best method of fly control is the integrated approach, using several different methods and insecticides for a longer lasting, more effective fly control program.

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### 3. Basic Conditioning of the Equine Athlete - Ashley Griffin, University of Kentucky

Basic conditioning of the equine athlete involves consideration of the event in which the horse will be competing, the level of competition that you expect the horse to achieve, the time you have in which to condition the horse, and the horse's previous conditioning for the event.

The goal of any basic conditioning program is to enhance the psychological and the physical responses to exercise. Psychological responses with conditioning include greater confidence and desire to perform and minimized boredom and resentment. Physical responses include greater strength and endurance, enhanced skills (such as jumping and reining), and minimized soreness or injury due to exercise. Some of the most important physical adaptations achieved by conditioning involve:

Respiratory System — increased oxygen uptake, decreased ventilation during exercise

Cardiovascular System — lower heart rate during exercise, increased heart size/strength, increased vascularity (decreased resistance), increased total red cell volume (increased oxygen-carrying capacity of the blood)

Muscular Anatomy — increased aerobic capacity (increased fast twitch high oxidative fibers = more time before lactic acid accumulation and fatigue during endurance events), increase in muscle size/strength, change in fiber type

Tendons and Ligaments — strength and quality may be affected

Bone — decreased bone turnover, increased quantity, quality, and geometry of bone in response to training

Thermoregulation — involves cardiovascular system.

A conditioning program should be specific to the event in order to train appropriately for the type of exercise in the event. For example, Thoroughbred trainers would not want to strictly use an aerobic conditioning program for their 3-year-old Thoroughbreds because

racing is mostly an anaerobic event. There are two general classes of conditioning programs: slow speed and high speed.

### Slow-speed long distance conditioning or endurance training

Slow-speed long distance conditioning, or endurance training, is used in the first weeks of all conditioning programs and may include breaking. This method usually precedes fast exercise in some conditioning programs, such as racehorse training. It includes sessions of trotting and cantering at slow speeds for long distances to promote aerobic production of ATP (adenosine triphosphate) for energy. Trainers usually start the horses off slowly and gradually increase the distance at two-to-three week intervals. The total length of time a horse remains on this conditioning program varies with the type of event and can be anywhere from four to five weeks (racehorses) to nine months (endurance horses). Improvements in aerobic capacity, limb strength, and adaptation of skeletal muscle have been seen with slow-speed conditioning.

### High-speed conditioning

High-speed conditioning is used to improve the anaerobic capacity of a horse and is generally interspersed with slow-speed, long distance days. This conditioning method varies with the horse and the event. Some trainers increase the speed for very short distances until near maximum speed is reached, then increase the distance. Others establish a set distance and gradually increase the speed. The frequency of the high-speed days varies with the conditioning method used. For example, in North America, trainers will commonly use "breeze" (fast galloping for short distances) work at 75 percent of the maximum speed of the event one time every seven to 10 days. Other trainers will gallop their horses at near maximum event speed one time every five days. The common goal of high-speed conditioning is to increase the amount of training that stimulates anaerobic production of ATP without causing fatigue or overtraining. It is thought that conditioning at maximum event speed may overwork a horse; therefore, most trainers condition their horses at 70 to 85 percent maximum event speed. In England, horses work on a rotational conditioning schedule of hills and flat ground. Using a treadmill with a 5 to 10 percent incline will also increase the anaerobic capacity of a horse without galloping at maximum speed. The physiological adaptations to high-speed conditioning include an increase in Type II muscle fibers.

### Horse Training

Interval training is the use of multiple workouts on the same day separated by short rest periods. Some trainers will use this conditioning method as the

horse's high-speed program. Limited research has shown that interval training may alter muscle fiber type, something that has not been shown to occur with strictly high-speed conditioning. Interval conditioning of the equine athlete should not be performed at 95 to 100 percent maximum speed, as it may lead to overtraining and possibly the reversal of physiological training adaptations.

#### Skill Horse Training

When conditioning a horse for events such as pole bending or fox hunting, skill training can be alternated with high-speed and slow-speed days.

#### Overtraining of Horses

In order to maintain peak fitness of an athletic horse, the conditioning program must always be evaluated and adjusted. Constant exercise at suboptimal intensities will limit the rate of adaptation, and constant exercise at maximum intensities may contribute to overtraining. Overtraining is a loss of performance ability despite the maintenance of or an increase in training effort. When overtraining occurs, the horse's conditioning program must stop or be reduced for a variable period of time in order for the horse to recover.

#### Detraining Horses

Detraining is the sudden cessation of a conditioning program for reasons such as sickness or injury. During this time, the horse experiences a rapid loss of physiological training adaptations. Changes in muscle occur in two to four weeks, followed by cardiovascular and bone changes. Decrease in muscle size and strength occur in the shortest amount of time. Oxygen uptake and ventilation capacity decreases within three weeks of detraining.

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## **4. You Asked: My Horse eats really fast, how can I slow him down??**

### **Slowing Down the Fast Eating Horse -**

Ashley Griffin, University of Kentucky

**Encourage aggressive horses to eat slowly. Horses that eat fast and**

aggressively should be encouraged to eat more slowly. Horses that bolt their food have a tendency not to chew it before swallowing. There are several management tactics to use to slow aggressive eaters:

Feed in large shallow troughs.

Put bricks or softball-size rocks in the feed trough.

Feed extruded feeds.

Mix in chopped hay.

Mount a wire ring inside the feed trough.

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## **5. USDA Publishes Final Rule to Provide Greater Protection for Horses**

**Tuesday, June 05, 2012**

**WASHINGTON — The U.S. Department of Agriculture has amended regulations to require horse industry organizations that license certain people to assess minimum penalties for violations of the Horse Protection Act. The move by USDA's Animal and Plant Health Inspection Service (APHIS), which administers the Animal Welfare Act, is meant to help eliminate the inhumane practice of horse soring—a practice primarily used in the training of Tennessee Walking Horses, racking horses and related breeds to accentuate the horse's gait. Horse soring may be accomplished by**

**irritating or blistering a horse's forelegs through the application of chemicals or the use of mechanical devices.**

**"Requiring minimum penalty protocols will ensure that these organizations and their designees remain consistent in their inspection efforts," said Deputy Under Secretary for Marketing and Regulatory Programs Rebecca Blue. "USDA inspectors cannot be present at every horse show and sale, so we work with industry organizations and their designees to ensure the wellbeing of these animals. Our goal, together, is to make horse soring a thing of the past."**

**The regulations currently provide that such penalties will be set either by the horse industry organizations or by APHIS. This final rule does not change the penalties set forth in the Horse Protection Act, or HPA. Rather, it requires all APHIS-certified horse industry organizations, which have already been administering penalties as part of their role in enforcing the HPA, to make their penalties equal or exceed minimum levels. The penalties in this final rule increase in severity for repeat offenders to provide an additional deterrent effect for people who have already shown a willingness to violate the HPA.**

**The final rule will also help ensure a level playing field for competitors at all horse shows. Previously, as some horse industry organizations have declined to issue sufficiently serious penalties to deter soring, those shows have attracted more competitors than shows where horse organizations have used APHIS' minimum penalty protocols. With this final rule, competitors now know that inspections and enforcement will take place consistently at all shows they and their horses attend.**

**Designated qualified persons are trained and licensed by their horse industry organizations to inspect horses for evidence of soring or other noncompliance with the HPA at horse shows, exhibitions and sales. USDA certifies and monitors these inspection programs. For over 30 years, USDA has encouraged self-regulation in the industry by allowing individual organizations**

**to assess penalties for soring violations. But a September 2010 Office of Inspector General audit found that APHIS' program for allowing the industry's self-regulation has not been adequate to ensure that these animals are not being abused. One of the recommendations in the audit report was for APHIS to develop and implement protocols to more consistently issue penalties with individuals who are found to be in violation of the HPA.**

**This final rule requires that suspensions for violating the HPA be issued to any individuals who are responsible for: showing a sore horse; exhibiting a sore horse; entering or allowing the entry of that horse in a show or exhibition; selling, auctioning or offering the horse for sale or auction; shipping, moving, delivering or receiving a sore horse with reason to believe that such horse was to be shown, exhibited, sold, auctioned or offered for sale. This includes the manager, trainer, rider, custodian, seller or owner of the horse, as applicable.**

**An individual who is suspended will not be permitted to show or exhibit any horse or judge or manage any horse show, horse exhibition or horse sale/auction for the duration of the suspension.**

**Walking horses are known for possessing a naturally high gait, but in order to be successful in competition their natural gait is often exaggerated. The exaggerated gait can be achieved with proper training and considerable time; however, some horse exhibitors, owners, and trainers have chosen to use improper training methods to achieve their desired ends.**

**In September 2010, USDA's Office of Inspector General (OIG) found deficiencies in APHIS' horse protection program. One of OIG's recommendations was that APHIS develop and implement protocols to more consistently penalize individuals who have violated the Horse Protection Act. APHIS developed a minimum penalty protocol and, in a proposed rule published in the Federal Register on May 27, 2011, proposed requirements to ensure all horse industry organizations follow it.**

**With Agriculture Secretary Vilsack's leadership, APHIS works tirelessly to create and sustain opportunities for America's farmers, ranchers and producers. Each day, APHIS promotes U.S. agricultural health, regulates genetically engineered organisms, administers the Animal Welfare Act, and carries out wildlife damage management activities, all to safeguard the nation's agriculture, fishing and forestry industries. In the event that a pest or disease of concern is detected, APHIS implements emergency protocols and partners with affected states and other countries to quickly manage or eradicate the outbreak. To promote the health of U.S. agriculture in the international trade arena, APHIS develops and advances science-based standards with trading partners to ensure America's agricultural exports, valued at more than \$137 billion annually, are protected from unjustified restrictions.**

**U.S. Department of Agriculture, <http://www.usda.gov/wps/portal/usda/usdahome?contentid=2012/06/0181.xml&...>**

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**6. Piedmont Horseman's Association**

Are you looking for a local open horse show association that is friendly and offers a variety of classes for all ages? Look no further...Piedmont Horseman's Association has been around for 41 years and still going strong! Whether you show halter, showmanship, English, Western Pleasure or Working Western; PHA has classes for you! Piedmont Horseman's Association (PHA) helps create a wholesome, family atmosphere in the great sport of Horse Showing; and for each member to exhibit his or her horse or pony in a sportsmanlike manner. There are many benefits of being a member of PHA; reduced entry fee at sanctioned shows, accumulate points for year end awards, recently APHA PAC approved and much more! Horse Show season is upon us and currently PHA has eight shows scheduled. Our next show is August 4 at Jerome Davis's Ranch in Archadale, NC. This is a night show that starts at 4pm. Great high point awards will be handed out!! You can find all the details such as membership forms, class lists, calendar, etc on the PHA website at: <http://www.phasince1971.com/> PHA is also looking for class/show sponsors to make this the best year ever! Feel free to contact one of the officers from the website if you have any questions. We hope to see some new people at the Piedmont Horseman's Association shows!

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**7. Bridge Building at Bryan Park - Sunday**

July 1@ 2 pm (sunday) bridge building at bryan park, please bring a hammer, 7790 doggett road Brown Summit NC

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**8. Cooler Natural Horsemanship Schedule**

**Group Sessions - 6:30pm - 8:30pm**  
\$40/person, \$5 to audit  
Tuesday July 3rd  
Wednesday July 11th  
Thursday July 19th

**Saturday, June 30th - Clinic Day**  
Morning Session, 9:00am - 12:00pm  
Afternoon session, 5:00pm - 8:00pm  
\$100/person/per session.  
Auditors welcome: \$10

**Sunday, July 1st - Trail Session**  
9:00am - 12:00pm  
\$100/person

**Saturday, July 28th - Clinic Day**  
Morning Session, 9:00am - 12:00pm  
Afternoon session, 5:00pm - 8:00pm  
\$100/person/per session.  
Auditors welcome: \$10

**Sunday, July 29th - Trail Session**  
9:00am - 12:00pm  
\$100/person  
[www.CoolerHorsemanship.com](http://www.CoolerHorsemanship.com)  
[kate@coolerhorsemanship.com](mailto:kate@coolerhorsemanship.com)  
[843-304-3407](tel:843-304-3407)  
Fiore Farms  
7600 Millbrook Road  
Summerfield, NC 27358

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**9. "Open Fun / Game Show" @ Piedmont Saddle Club in Colfax, July 21st @ 5:00pm. \$2 per class or \$10 per horse & rider combo for all classes all day. No admission fee onto grounds. Concessions and overnight camping available. See [www.piedmontsaddleclub.org](http://www.piedmontsaddleclub.org) for class list and more information. Coggins required.**

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*10. Food Drive*  
*All Food Collected Is Used To Feed The Hungry Here In Rockingham County! -*  
*Canned - Frozen - Refrigerated - Dry - Fresh*  
*Cold Donations:*  
*American Red Cross,*  
*3692 Highway 14, Reidsville, NC 27320 [\(336\)349-3434](tel:3363493434)*

*Dry Donations:*

*Farm Service Agency,*

*525 NC 65 Suite 120, Reidsville, NC 27320 [/336/342-0460](tel:3363420460)*

*Summer Food Drive ends on September 1, 2012*

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**11. HAY DIRECTORY - A Hay Directory is maintained by the North Carolina Cooperative Extension Service for the Rockingham County and Guilford County area. This directory is intended as a service to both hay producers and buyers in the area. If you are in need of hay or would like to be added (or removed) from this list please call me at [1-800-666-3625](tel:18006663625) or [342-8235](tel:3428235) and let me know your name, address & phone #, type of hay, number of bales, (square or round bales) and weight per bale.**

## **MANAGE YOUR PASTURES!**

**Please let me know if you have hay to sell!**

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### **12. SWAP SHOP**

- For Sale: 2004 Kiefer Built 4 horse trailer with tack area, stud stall, full living quarters. Includes new large awning, TV with DVD player, queen bed, pull out sofa, toilet, shower, frig, sink, cook top, etc. Very good condition. \$23,500. Call David [336-362-1242](tel:3363621242).

- Pasture Board - NE Guilford \$150/mo. Good pasture, cross-fenced, run-in sheds, dressage arena. Brought into 8-stall barn once daily to feed your grain. Tack room, hot & cold wash, trails in area. Call Sandy [336-584-5617](tel:3365845617) or [larknspursandy@bellsouth.net](mailto:larknspursandy@bellsouth.net).

- Guard Llama Wanted

Llama needed as guardian for Nigerian dwarf goats in Stokes County. Prefer halter trained, gelded male or female, 2-5 years old; will consider others including rescue situations. Please call Jeff at [\(619\) 339-3346](tel:6193393346).

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### 13. Take A Load Off –

I need your Clean Jokes, so please send em to me! -

I am ready for College Football!!

A guy took his girlfriend to a football game for the first time. After the game he asked his girlfriend how she liked the game. "Oh, I really liked it," she said, "but I just couldn't understand why they were killing each other for 25 cents."

"What on earth do you mean???"

"Well I saw them flip a coin and one team got it and then for the rest of the game all they kept screaming was: *Get the quarter back! Get the quarter back!*"

(Alright already...I need you to send me some clean jokes)

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**I always want to know what you think of the Weekly Pile, good or bad, Especially if it has had ANY IMPACT on you. Let me hear from you! \*\*\*\*\*I NEED YOUR IDEAS FOR ARTICLES In FUTURE Newsletters!\*\*\*\*\* I WANT TO HEAR FROM YOU!!!!!!!!!!!!!!!!!!!!!!**

**\*Please remember our Troops who are serving our Country (and there families) those who have come home with wounds and the families that paid the ultimate sacrifice. We owe everything to those who are and have served!**

## Have a Great SAFE Weekend!

Thank You!

Ben

North Carolina State University and North Carolina A&T State University  
Is committed to equality of educational opportunity and does not discriminate against applicants, students, or employees based on race, color, creed, national origin, religion, gender, age, or disability. Moreover, North Carolina State University and North Carolina A&T State University is open to people of all races and actively seeks to promote racial integration by recruiting and enrolling a larger number of black students. North Carolina State University and North Carolina A&T State

University regards discrimination on the basis of sexual orientation to be inconsistent with its goal of providing a welcoming environment in which all its students, faculty, and staff may learn and work up to their full potential. The Universities values the benefits of cultural diversity and pluralism in the academic community and welcomes all men and women of good will without regard to sexual orientation.

The use of brand names or any listing or mention of products or services does not imply endorsement by the NC Cooperative Extension Service nor discrimination against similar products or services not mentioned.

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<http://rockingham.ces.ncsu.edu/index.php?page=animalagriculture>