



Remaining Meeting
Dates for 2009

CHC monthly meetings are held the first Tuesday of every month at the Northeast Utilities building, 107 Selden Street Berlin, CT. Start time is 7:30pm

- May 5 at UCONN
- June 2nd
- October 6
- November 3
- December 1

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****IMPORTANT: Our NEXT CHC meeting will be held at the UCONN campus in Storrs, CT. We will meet in the George White Building—the Dairy Bar—3636 Horse Barn Hill Extension. Ice Cream will be served!****

DIRECTIONS: From Hartford: Take I-84 East/ to Exit 68 in Tolland.

Travel south on Connecticut Route 195 about 6 miles to the University. (You will come to the intersection of Rt. 195 and Rt. 32 after approximately 4 miles; then the intersection of Rt. 195 and Rt. 44 -- known as Mansfield Four Corners -- after another 2 miles.)

Proceed through the 195/44 intersection and travel approximately 1 mile to the Storrs Campus.

After going down the big hill where it says campus area ahead, turn left at 2nd red light onto Horsebarn Hill Rd. Road will split right away, take left split on Horsebarn Hill Rd. and turn left into the parking lot. Park anywhere toward the far end away from the entrance. Once out of your car, look up the small hill at the opposite end of the parking lot from the entrance, you want the building on the left at the top of the hill, that is the George White Building. Go in the main front door and turn left down the hall, go to the end of the hall and that is the Conference Room where the meeting will be. See you there!

Dr Cowan was the advisor to the Connecticut Horse Council since it's inception, over 35 years ago. He was instrumental in creating the Council and encouraging fellowship among all the trail users. We will all miss his enthusiastic energy.

WILLIAM "AL" ALLEN COWAN

October 4, 1920- April 4, 2009

Dr. William Allen Cowan, of Storrs, Connecticut, passed away on Saturday at the Avalon Health Care Center in Mystic, CT. Beloved husband of the late Ila Fae Hutson Cowan, he is survived by son Robert Hutson Cowan of Temple, TX, daughter Carol Allen Cowan and son-in-law Edward Goldberg of Norwich, CT. Al was an Emeritus Professor and former Head of the Department of Animal Sciences at the University of Connecticut.

Dr. Cowan was born in Pittsfield, MA. He obtained a B.S. in Animal Husbandry from the University of Massachusetts in 1942. Following naval service, he married Ila Fae Hutson of Trinity, Texas and joined the faculty of UMass in 1946. From 1946 to 1952, he developed a reputation as an excellent teacher and coach of winning livestock and meats judging teams. He obtained his M.S. from the University of Minnesota in 1948 and his PhD in 1952. At that time he became Professor and Head of the Department of Animal Sciences at the University of Connecticut.

Dr. Cowan worked with livestock production and breeding for over 50 years. Although he retired in 1985, Al continued in an advisory capacity up until his passing. His teaching and advising of over 4,000 students during his career has had a tremendous impact on their lives and on their contributions to agriculture. He was the author or co-author of more than 164 publications and reports in scientific journals, popular journals and briefs. A member of the American Society of Animal Science since 1946, Dr. Cowan was awarded its most prestigious Honorary Fellow Award in 1984. He was appointed by the Secretary of Agriculture as Director of the National Cattleman's Beef Promotion and Research Board, and he also served on the Governor's Council for the Development of Agricultural Industry. He was a strong supporter of the Working Lands Alliance and served as Director of the Connecticut Agricultural Education Foundation. In addition to serving on countless other committees Al received many awards including the Department of Agriculture's Lifetime Service Award, the American Society of Animal Science's Distinguished Service Award, awards from the Future Farmers of America, Connecticut State Grange, American Morgan Horse Association and the New England Angus Association.

Cremation will be handled by the Potter Funeral Home in Willimantic. There will be no calling hours. A memorial gathering will be held on April 18 at 1:00 p.m. at the Storrs Congregational Church, 2 North Eagleville Road, Storrs, CT. In lieu of flowers, donations may be made in Al's memory to the William Allen Cowan Agriculture Education Fund c/o New Alliance Bank 596 Middle Turnpike Storrs, CT.

For more information contact : Cynthia Bastek ph: 860-486-2918

TRAIL NEWS Volunteer Horse Patrol SPRING 2009**Volunteer Horse Patrol Statistics for 2008**

We had over **1,400** patrols statewide - **3,459** Patrol Hours with **824** hours of Trail Maintenance saving the state (that's you and me!) **\$67,450** for **2008** alone!

There were 33 areas of DEP land and 5 others, making a total of 38 areas patrolled statewide.

The total savings of our 6 years in volunteer service hours is **\$236,500!** The 6 years include **4,504*** Patrols, **12,124** Patrol Hours with **2,249** Trail Maintenance hours.

Patrol Hours - Over 100	
Meg Sautter	321
Diane Ciano	184.
Phyllis Alexander	149
Cathie Mestermaker-Harris	133.
Lynda Perry	119
James Griffin	162
Vevette Greenberg	157

Most Maintenance Hours	
Meg Sautter	80
Diane Ciano	53.5
Vevette Greenberg	41
Phyllis Alexander	39
Gina McManus	32.5
Diane Morton	27.5
Barbara White	21.5

* (individual patrols were not counted in 2003 & 2004)

Most Areas Patrolled	
Meg Sautter	26
Diane Ciano	22
Vevette Greenberg	21
Judy Beliveau	16

Patrol Hours - Over 50	
Diane Morton	96
Alesia DiFederico	87
Deborah McConnell	82
Jane Samuels	79
Gina McManus	76.5
Debbie Sommers	67.5
Rose Mary Biegger	66.5
Debbie O'Donnell	61
Judy Beliveau	61
Melanie Langan	60.5
Barbara White	60
Bob LaRosa	59
Lucy Prybylski	59
Anne Albee	57
Marcia Sigman	52.5

Sunday, June 7 - Pachaug State Forest - 10 Mile - Forging Partnerships Ride

Sponsored by The Tennessee Walking Horse Breeding and Exhibition Association (TWHBEA) & The Connecticut Horse Council.

TWHBEA launched a trails initiative program that includes forging partnerships with the National Park Service, the Back Country Horsemen of America, Leave No Trace, Equestrian Land Conservation Resource and Best of America by Horseback. As part of their initiative to expand the trails program, local representatives Ariel Kent and Deborah Finco the Connecticut/ Rhode Island representatives for the (TWHBEA) Trails Initiative and the Connecticut Horse Council are sponsoring a 10 mile ride to promote the use of local,

13 new members join in on the CHC Volunteer Horse Patrol for 2009

We have 11 new VHP members from the Pomfret Horse & Trail Association, a newly formed group that will patrol the private land trails of Pomfret and surrounding areas to help protect and keep the trails open to equestrian use. They will also patrol some of the lands of the Wyndham Land Trust along with the state DEP land of the Mashamoquet Area.

Lisette Rimer, President and Penny Foisey are the VHP Coordinators. Other members include, Antoinette McNeill, Bruce McNeill, Gina Labbe, Kristen Jezerski, Meg Dinger

Susan Boone, Susan Jackson, Susan Parrow, and Vikki Fortier.

Other new members are Deborah Finco-Kent and Ariel Kent from Mystic who will be patrolling Bluff Point, Haley Farm and other surrounding areas.

NATIONAL TRAIL DAY

Contact:

Diane Ciano at trails@cthorsecouncil.org

Saturday, June 6 - Airline Greenway - Event sponsored by the Town of Colchester

Saturday, June 6 - Larkin State Bridle Trail - Walk-Bike-Ride
Sponsored by the CT Horse Council Volunteer Horse Patrol

Volunteer Horse Patrol Events

February 7 - The Great Park Pursuit - No Child Left Inside

Winter Festival



Cool Hand Luke



Balladeer

over 700 people came out to enjoy Black Rock State Park in Watertown on a spectacular winter day full of educational and fun activities, that included ice fishing, cross country skiing, snow shoeing, compass and animal track walks, ice rescue demonstrations, search and rescue dogs and meet & Greet the CHC-Volunteer Horse Patrol members & their mounts. Meg Sautter / Dancer, Diane Ciano / Aladdin, Alesia DiFederico / Balladeer & Judy Beliveau & Cool Hand Luke participated in the event.

St. Patrick's Day Parade



10 VHP Members participated in Hartford's parade: Meg Sautter, Diane Ciano, Vevette Greenberg, Judy Beliveau, Ken Forcier, Bev Torell, Diane Morton, Cheryl Mastele, Fred Mastele and Edna Liberty. They were joined by members of the CT Ranch Horse Association.

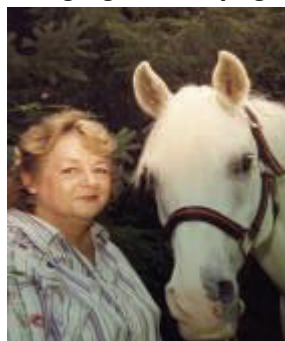
Trail Warrior Award

Another prestigious award bestowed upon one of our very own! Diane Ciano, Trails Committee Chair and CHC Volunteer Horse Patrol Supervisor, with her trusty mount Aladdin, has received this award, through **Trail-Blazer Magazine**, nominated by CHC President Amy Stegall.

Of course, those of us who ride with her have added 'Princess' to the title: Trail Princess Warrior. Diane will soon have a headdress to go with her title...or at least a feather to put on her helmet.

Diane is a tireless advocate, of well over 20 years, for trail preservation and we're all VERY proud of her!

You go girl! See page 5.



Diane Ciano and her trusty steed, Aladdin

VHP Blessing of the Mounts

Saturday April 18th Machimoodus State

Upcoming Events

Saturday, April 18th 10:00 am Volunteer Horse Patrol "Blessing of the Mounts"

Machimoodus State Park, East Haddam

Contact Diane Ciano at Spirit76@snet.net

Saturday, May 30th 6:00pm - Volunteer Horse Patrol Parade Participation

[New Britain Memorial Day Parade](#)

To register: Meg Sautter mmsautter@att.net

Saturday, May 30th DEP- The Great Park Pursuit - No Child Left Inside

This year DEP is focusing on various recreational activities that are available in our state parks. The event will be on the **Air Line Trail** (between Colchester and East Hampton) and the theme of the day is biking and horse-back riding. **Members of the CHC-VHP are asked to participate.** Contact Diane Ciano at trails@cthorsecouncil.org

Groton - The CT Horse Council was notified of a recent decision by the Groton Open Space Association (GOSA). GOSA has severely limited the land use of the Merritt Property which they purchased with public funds through DEP's Land Acquisition Program. The property was purchased as public open space for the Town of Groton. Horseback riding, bicycling and dog walking has been banned.

GOSA's reluctance to allow public input by equestrians has contributed to the unfortunate situation. Local equestrians have attempted to offer their knowledge and be supportive of the land use decisions and have received little or no response.

As a requirement of the grant from DEP, GOSA had agreed to allow the continued usage of the existing trails on the Merritt parcel. The multiple-use trail system falls within the purview of the DEP easement with GOSA allowing passive recreation.

The Merritt Property is of great importance to the equestrian community as well as other trail users because of its connectivity to public lands that allow multiple-use. The property has the potential to continue the safe long distance travel corridor between adjacent/nearby Town of Groton lands. This open space parcel provided connection to the following Town of Groton owned lands: Beebe Pond to Merritt, which connects to Groton owned Mortimer Wright, which connects to trails on DEP's Haley Farm and Bluff Point. All of which allow horses, dogs and bikes.

CHC Trails is investigating this matter further. As we gather information, we will keep the equestrian community informed.

Where will you ride tomorrow?

National Parks Service Awards Grant to Equestrian Land Conservation Resource To Develop a National Equestrian Trails Organization

The National Parks Service Rivers, Trails and Conservation Assistance Program (NPS RTCA) has awarded the Equestrian Land Conservation Resource (ELCR) a technical assistance grant to develop a national equestrian trails organization. The terms of the grant include assigning an NPS RTCA staff person to facilitate of process, identify issues and needs of trail riders nationwide, determine an effective organizational structure to represent horse trail users; and provide a contact point for land managers to communicate with trail riders. The determination of the needs and appropriate organizational structure will be developed by conducting a series of meetings with stakeholders in 2009.

An organizing meeting was held in 2008 at the National Trails Conference. In 2009, a series of in-person and conference call meetings are planned. The plans also call for an on-line bulletin board to post the meeting agendas and notes. The on-line forum will also provide an opportunity for trail users and trail organization representatives to share their comments. In addition to ELCR and NPS RTCA representatives, representatives from the following organizations participated in the process: American Horse Council, Back Country Horsemen of America, Southeast Equestrian Trails Conference, Ohio Valley Equestrian Trails Symposium, Pennsylvania Equine Council, US Forest Service, and the US Department of Transportation Recreational Trails Program.

The project goals are to increase to the number of trails open to horses, promote good stewardship of the trails, enhance communication with land managers, develop positive relationships with other trail users groups, and serve in an advocacy role on the above issues and other issues identified during the grant process.

ELCR booklet "Horses Make Good Neighbors"

This full-color 11 page booklet is designed to help horse lovers educate people who are not familiar with horses about the important ways in which horses contribute to their local communities. It will be a

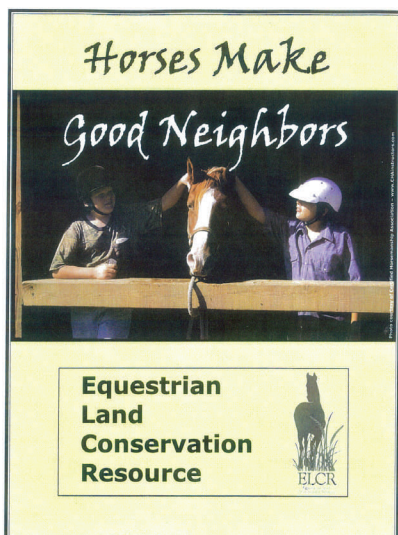
particularly valuable tool for advocates of equine-friendly zoning to share with elected and appointed government officials, neighborhood associations, and community zoning and planning professionals and volunteers.

The publication is available for purchase on their website: www.elcr.org

About Equestrian Land Conservation Resource (ELCR):

ELCR, the only national not-for-profit organization assisting in the conservation of land for horses and horse-related activity, serves as a clearinghouse and educational resource for land and horse owners on issues related to conserving land, preserving horse access on public and private lands, equine economic development, community land use planning and zoning and good land stewardship.

If your organization would like to join our national efforts to save land and trails for horses, visit www.elcr.org, or call (859) 455-8383 for more information.



A quiet crush of snow underfoot
resonates in the silence.
Our path reflects only where we've been;
But, we don't look back much.
Memories are such a fragile reality,
Random sketches on a constantly shifting terrain
Oblivious, we traverse together in the moment.

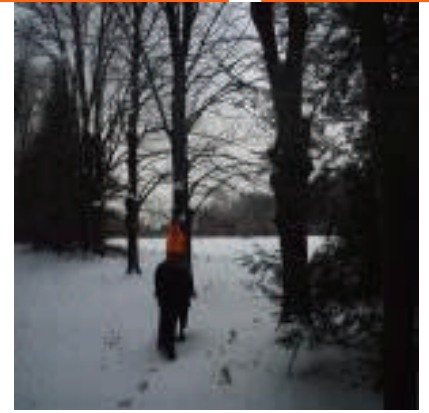
Tiny flakes push through the pines
They tingle my skin for an instant, then melt.
Warm breath, braced against the frigid cold
Is a visible measure of our struggle.
Exposed words need not be spoken.
My thoughts collect, disperse and collect again.
I watch you watching me.

Wind slivers up forest trees,
And like the bow of a sad violin,
it draws across pine needles.

We have no agenda, no direction
Time does not claim or restrain us.
The occasional echo of iron clipping stone
is a fleeting record our passing.

A nod, a slight tilt, somehow we know to loop back.
Your movements are comfortable and easy.
I relax into your warm muscular body,
Familiar to me as my own.
A pinkish orange horizon explodes behind us,
It colors the paths yet to be taken
We step into the lot aglow, and prepare to leave

Standing together,
I rest my forehead against your neck
And stroke the incredible softness
With my fingertips.
You whinny contentedly,
Lean forward and nuzzle my ear.
We'll stand together like that, a long long time.



TRAIL WARRIOR *Award*

Devoting countless hours and hard work to trail preservation in Connecticut, Diane Ciano is very worthy of the title – Trail Warrior. Serving on the Connecticut Horse Council as trails chair, she has been vital to the ability of horse owners to continue to ride on the Connecticut state trails system. In 2003, she created the Volunteer Horse Patrol, a subcommittee of the CHC. The patrol acts in partnership with the Department of Environmental Protection and serves as their eyes and ears in Connecticut state forests and parks. VHP members report issues, log number of users on specific trails, helps with trail maintenance and provide park goers with directions and information. VHP members have logged thousands of hours since its creation.

During 2007, trail riders faced a state regulation change which would have severely restricted access of horses to public trails on state lands. Diane voiced strong opposition to this proposed regulation, joined by the CHC, and ultimately it was withdrawn by the state.

She is also currently mapping existing horse trails on state land, an important step in ensur-

ing protection of these trails for the future. In her "spare" time, Diane is leading the way to update and restore a former national forest equestrian camp. She has applied for matching grants from the state and leads work parties and fund raisers in order to get the Lost Silvermine Horse Camp upgraded.

A tireless champion of the trails, Diane is most definitely a Trail Warrior! Nominated by Amy Stegall.

Send your
Trail Warrior
nominations to
editor@trailblazermagazine.us



Diane
Ciano

Welcome back to those of you who have renewed your membership! Welcome to our new members! Your support is what keeps the Connecticut Horse Council able to fight for the rights of horse owners in the State of Connecticut with trails issues, zoning, and legislative issues.

New Family Members:

Peter Haddad -West Haven

Jess & Sandy Kuwaye-Oxford

New Members:

Dave Basconi-Durham

Lois Brainard-Cheshire



**DUES ARE DUE
JANUARY OF
EVERY
YEAR!**

Candace Benyei-Redding

Amanda Bogue-Stonington

Lynn Boyan-Cromwell

David Browning-Kingston RI

Cheryl Capoccitti-Shelton

Diane Ciano-Plymouth

Catriona Cleveland-Middletown

Cathy & John Close-Cheshire

John Colflesh-Barkhamsted

Karen deFriesse-Brookfield

Karen Demont-Newtown

Jessica Dempsey-Tolland

Dayna Chinsky-South Windsor

Margo Clark-Tolland

Patti Crowther-Naugatuck

Robert Hathaway-Ivoryton

Kristen Jezerski-Pomfret Center

Richard Meydag-Wallingford

Debra Narus-Colchester

Susan Rovinski-Coventry

Dorothy Zeitelhack-Killingworth

Renewing Members that joined as

The Wenner-Hubbell Family-Hampton

Patricia Bandzes-Middlefield

Bob Beaverstock-Ellington

Judy Beliveau-Oxford

Kim Abate-Prospect

Ken Ackell-Brookfield

Phyllis Alexander-Moosup

Kristen Elliot Leas-Westbrook

Nancy Fischbach-Deep River

Kathy Gallaer-Sherman

Julie Gasiorek-Dayville

Cynthia Giancaspro-Shelton

Daisy Gmitter-Beacon Falls

Ed GogliaVDM-Cheahire

Susan Hamilton-Derby

Heather Hicks-Southwick MA

Diane Kane-West Granby

Susan Kasmin-Ansonia

Anna Kruse-Wallingford

Gina Labbe-Pomfret Center

Diane Leduc-Sterling

Michael Marcus-Danbury

Robert Mark-Hamden

Pat Martin-Killingworth

Ray Martino-Bethany

Cheryl& Fred Mastele-Durham

Debbie McDonald-Vanoni-North Windham

Renewing Members that joined as

Business members:

The Law Offive of Donna Sims-West Hartford

Zenco Farm-Monroe

Clubs:

Oxford Horse & Livestock Assoc-Oxford

Family Members:

Louis Casabona-Cheshire

Roger Ferraro-Salem

Deborah Finco-Mystic

The Otzel-Chiaraluce Family-Bethany

Jeanna & John Pellino-East Hampton

Kitt Tierney-West Hartford

The Wenner-Hubbell Family-Hampton

Cathie Mestermaker-Harris-Plainfield

Marylou Millett-Durham

Jean Morrison-Chaplin

Dr. Jenifer Nadeau -Andover

Debbie O'Donnell-N.Branford

Dr. Lynda Perry-Killingworth

Lisa Plucinski-Stratford

James Salvato-Wethersfield

Meg Sautter-Newington

Marcia Sigman-Portland

Dr. Carolyn Simmelink-Redding

Hilery Slattery-Colchester

Make checks payable to:

The Connecticut Horse Council

PO Box 57

Durham, CT 06422-0057

Membership applications can be found online :

www.cthorsecouncil.org

Brad Turley-Killingworth

Karen von Bachele-S. Windsor

Donna Wasserman-Meriden

Barbara White-Killingworth

Welcome back to those of you who have renewed your membership! Welcome to our new members! Your support is what keeps the Connecticut Horse Council able to fight for the rights of horse owners in the State of Connecticut with trails issues, zoning, and legislative issues.

Those renewing are:

Barbara Alexander, Tolland

Lorraine Amalavage, Seymour

Josephine Barker, Norfolk

Jane Bartosik, Sandy Hook

Judy Beliveau, Oxford

John Bennett, Putnam

Carol Birdsey, Middletown

Sally Carter Wallingford

Jan Collins, Somers

Deanna Davis, Newtown

Alesia DiFederico, Southbury

Penny Foisey, Pomfret Center

Ken Forcier, Oxford

Laurianne Goulet, Cromwell

Vevette Greenberg, Oxford

Judith Hunter, Branford

Heidi & Steven Jeffries, East Hampton

Christel Maturo, North Haven

Sylvie Napoli, Orange

Leslie Neikrie, East Haddam

Sue Santiso, Southbury

Amy Stegall, Stafford Springs

Heidi Susla, Cromwell

New Members are:

Marilyn Allatin, East Hampton

Jennifer Anderson, North Grosvenordale

Roger Bergesen, East Berlin

Andrea Brosnan, Newtown

Susan Brown, Glastonbury

Bruce Card, Coventry

Jennifer Davis, Milford

Jena Greaser, Barkhamsted

Donna & John Grott, Ledyard

Diane Horton, Woodbury

Robert Kantor, Winsted

Joann Luginbull, Ellington

Lorraine Marshall, Newtown

Jill Martin, Litchfield

Karen Muller, West Haven

Deborah Murphy, Glastonbury

Susan Rovinski, Coventry

Heidi Soja, Eastford

Ann Vinkler, Preston

Aileen Wlasuk, Newtown

Family Memberships

Ron & Gail Bunovsky Family, Monroe

Karen Manus Family, Canton

Dr. Alice Marrinan Family, Oakdale

Donald & Leslie Oswald Family, Clinton

Karen Williams Family, Redding

Business Membership

The Kids Barn at Pleasant View Stables, Southington

A reminder to those of you who have not renewed that renewals are now due and your membership is needed to keep our programs going. Please send in your membership renewal as soon as possible

Thanks to you all,

Carol Birdsey

Membership Secretary



Volunteer Horse Patrol News

Hoof beats In Heaven

Farewell to the Patrol Horses that have gone to the great pastures. Our condolences go out to the members who lost their beloved friends. May the memories and blessings bestowed upon them to ride upon their backs and know the spirit of the horse that has enriched their lives, comfort them. If we listen closely, we can hear their thunder as they run across the heavens.

Ginger Tullai's Gazett and Express

Elise Wood's On a Whim

Cathy Clouse's Shadow

Bunny Joseph's Flashie Rebel -"Bill"

Bill was the horse that was pictured on the CT Greenways Brochure



Candle Lighting Tributes to these horses can be viewed on the Hoofbeats-in Heaven website:

<http://www.hoofbeats-in-heaven.com/candlelighting/>

*As my candle, burning bright
Sends shadows off on this dark
night*

*It offers peace, and hope and
love*

To the horses dancing up above.

*My prayers and thoughts will help
them find*

Beloved friends they left behind.

*So they may comfort us in turn,
And thus it is my candle burns.*

*With quiet tears, lovingly shed
I hear the horses, overhead.*

*Their pounding hooves are thun-
der stirred,*

*For another other friend has
joined the herd.*

Paige Cerullo

**DOUG DUBITSKY NAMED PARTNER AND CHAIR OF
NEW EQUINE AND AGRIBUSINESS PRACTICE AT
PULLMAN & COMLEY**

HARTFORD, CT, March 10, 2009: Pullman & Comley, LLC has announced that Doug Dubitsky has been named as a partner in the Litigation Department in the firm's Hartford office. He will also chair the firm's new Equine & Agribusiness Practice.

"Doug's reputation as a trusted counselor and his experience handling a range of transactions is a tremendous asset to our firm," says James T. ("Tim") Shearin, Chairman of the Litigation Department at Pullman & Comley. "His representation of clients in everything from sophisticated litigation and arbitration matters to counseling on the unique issues in equine and agricultural law adds breadth and depth to our firm."

A horse owner himself, Doug Dubitsky has built a significant practice in the tri-state area and New England focusing on legal issues relating to horses and agriculture. As chair of the Equine & Agribusiness practice, he serves horse owners, farms, horse industry professionals, equine businesses, and agricultural producers and processors, among others. Other attorneys in the new practice area include Christine Collyer and Andrew Glassman.

Prior to joining Pullman & Comley, Mr. Dubitsky practiced with two other law firms in Connecticut. He is admitted to practice in Connecticut, New York, the U.S. District Court for the District of Connecticut and the U.S. Court of Appeals for the Sixth Circuit.

He received his B.F.A. from the State University of New York at Purchase, and his J.D. from the University of Utah College of Law. Mr. Dubitsky is a member of the American Agricultural Law Association; the American Farm Bureau; the Connecticut Farm Bureau; the Connecticut Horse Council and the Connecticut Meat & Poultry Producers Association. He is vice chair of the Connecticut Bar Association's Sports & Entertainment Law Section and a member of the Connecticut Bar Association's Animal Law Committee; Lawyers for Children America's Regional Council; the New York State Bar Association and the Oliver Ellsworth Inns of Court.

Pullman & Comley, LLC provides a wide range of legal services to clients in the New England region, as well as throughout the United States and internationally. In addition to litigation, the firm's major practice areas include business enterprises, health care, public and commercial finance, property valuation, real estate and environmental, and trusts and estates. The firm has offices in Bridgeport, Hartford, Stamford, Westport and White Plains.

For more information, please visit www.pullcom.com.

Connecticut 4-H Communications Contest Results
By Dr. Jenifer Nadeau, University of Connecticut Equine Extension Specialist

On Saturday, January 31, 2009, the Connecticut 4-H Horse Program held its public speaking, individual, and team presentation contests. Elida DeLuca was the chair of the contest. The judges were Ellen Einkauf, Karen Ansaldi, Dr. Jenifer Nadeau, Michelle Brozowsky, Jess Dempsey-Barker, Eileen Ricci, Nancy Vauhn, Hillary Wiles-Laffayette, and Margaret Wilhelms. The timekeepers were Jessica Marciniak, Berkeley Olkes, Ashley Villonesi, Caitlin Naughton, Kate Hornbecker, and Ashley Mooney. Dr. Jenifer Nadeau, Equine Extension Specialist, was the mistress of ceremonies.

In the Novice Public Speaking Contest, 1st place went to Samantha Grela for her presentation on "Preparing for Your First Horse Show." 2nd place went to Chelsea Rimbach for "My Pony's Needs."

In the Junior Public Speaking Contest, Giota Togridis placed first with her presentation on "Confessions of a Teenage Horse Owner." 2nd place went to Mikaila Adams for "It's Not Just a Ride, It's a Relationship." 3rd place went to Lauren Marshall for "The Horses at the Bottom of the World." 4th place went to Eva Christensen for "Premarin Foals," and 5th place went to Emily Guay for "Rehabilitating Ex-Racehorses."

The winners of the Senior Team Demonstration contest were Carly Puzacke and Amber Nogiec for their presentation, "What's For Dinner?" 2nd place went to James Christensen and Devine Pellerin for their presentation entitled "Cribbing and Choke."

In the Senior Individual Demonstration contest, Morgan Fields placed first for her "To Shoe or Not to Shoe" demonstration.

The Senior Public Speaking contest was won by Jennifer Molnar for her presentation entitled, "Donkeys Can Do."

At the end of these excellent demonstrations and speeches, everyone went home a winner having learned new and interesting knowledge and having mastered America's biggest fear, public speaking. Congratulations, Connecticut 4-Hers, on another job well done!

2009 Connecticut Horse Symposium A Success Even in Troubled Times!
By Dr. Jenifer Nadeau

Equine Extension Specialist, University of Connecticut

The Connecticut Horse Symposium was better than ever and was held on Saturday, March 21 and Sunday, March 22 with the horse the subject of research based, informative talks and exciting demonstrations held the University of Connecticut's Ratcliffe Hicks Arena and Horsebarn Hill Arena. In attendance were over 500 people. The event was sponsored by the Department of Animal Science and College of Agriculture and Natural Resources at the University of Connecticut. It featured a vendor fair, silent auction, coloring contest, draft horse shuttle and speakers and demonstrations. Our speaker sponsor was Mr. Ronald Hocutt of Farm Family Insurance.

There were many vendors present including feed companies, alternative therapies, horse product vendors, and horse clubs and nonprofit organizations. The silent auction included items ranging from unique gift items to equine massage, horse feed, and a blanket wash. Silent auction donors included Carol Birdsey, Central Connecticut Cooperative Farmer's Association, Connecticut Equine Massage, Dr. Jenifer Nadeau, Ellen Einkauf, Evelyn Winter Fine Art, EZ Ice, High Hopes Therapeutic Riding Inc., Jessica Dempsey, Exclusive Equestrian Services, Horseman's Yankee Pedlar, Northern Equine Training Center, Kristina Simmons, Smartpak, Smith-Worthington, Source Inc., The Spoiled Horse, Steed Read, Top Cat Farm, Tyrone Farm, Whispering Way, Windham Tolland 4-H Camp, and many others. We would like to take this opportunity to thank the sponsors and vendors and silent auction donors for their generous support of this event. We hope to work with you again next year and would love to add new sponsors and vendors!

The coloring contest had many young participants 13 and under who colored one or two pictures of the CT Helmet Safety Program's coloring book. The coloring contest was sponsored by the Beckett and Associates Veterinary Services, LLC, Rolling M Ranch, and Karen Von Bachel. All coloring contest participants received a ribbon for participating.

The draft horse shuttle sponsored and run by Breezy Acres Percherons LLC took people between the two arenas. We would like to thank the shuttle driver and donor, Al Cyr for his great donation of this service. Coffee breaks were sponsored by New England Green and the Stonefield Equine Clinic. The regular sponsors were Blue Seal Feeds, Inc. and Central Connecticut Cooperative Farmer's Association.

There were excellent speakers on both days on informative topics who provided research based information. Speakers on Saturday included Elaine Larsen who gave us a riveting introduction to competitive trail riding. Mr. Ronald Hocutt of Farm Family Insurance gave a talk on lowering your equine risk and exposure, and Linda Doran spoke about the mind body connection: mental strategies for the adult rider in overcoming fear, nerves and anxiety which brought in a large crowd.

In the speaker demonstration area on Saturday, Denise Bean Raymond gave an acupressure demonstration. Dr. Michael Reilly shared with us the importance of the prepurchase exam. The Happy Hee Haws 4-H Club gave a donkey and mule demonstration.

The First Company Governor's Horse Guard kicked off the day with a color guard. Next the UConn Dressage Team gave an exciting pas de deux. The Hill Family provided us with an exciting and action-packed introduction to team penning. Paula Josa Jones and her dancers gave a moving and interesting equestrian dance. We ended the day with a bang with a Cowboy Mounted Shooting Jackpot by the Connecticut Renegades!

On Sunday, the UConn Morgan Drill Team rode an exciting pattern. There was an upper level dressage demonstration by Rochelle McPherson and Regalia. Melissa Carney, a rider completely blind since 18 months old gave an inspiring demonstration with her instructor Jonnie Edwards of High Hopes Therapeutic Riding Inc., walking, trotting, cantering and jumping a pas de deux and riding only to bells. Alena Meacham and the UConn Equestrian Team gave an exciting jumping demonstration. Then the UConn Polo Team gave us an exciting ending with their polo match.

A great time was had by all!! Thanks to all participants and attendees. The money generated from this event goes to support future symposiums, equine research, and equine extension programs. Fifteen University of Connecticut independent study students, two work/study students, three volunteers, three graduate students, Elida DeLuca, and Karin Marquis were involved in the planning, organizing and running of this event along with Dr. Nadeau. This event would not have been possible without their hard work and dedication. The students and volunteers included: Krista Bigiarelli, Nicole Borrelli, Brittany Cushman, Erin Czeczotka, Ellen Einkauf, Brittany Fantarella, Kate Hornbacker, Emily Manriquez, Jessica Marciniak, Jeanne Ahern Mogayzel, Ashley Mooney, Amanda Morris, Caitlin Naughton, Berkeley Olkes, Melissa Philbrick, Lauren Reiss, Mica Rivers, Kristina Simmons, Dorothy Taffet, Satyender Valipe, Ashley Villaresi, Linda Wong, and La-Shawna Young.

If you would like to be on the mailing list for next year's symposium, are interested in becoming a sponsor, vendor, speaker or wish to give a demonstration, please call, fax or email: **Dr. Jenifer Nadeau, (860) 486-4471, (860) 486-4375 (fax) or email jenifer.nadeau@uconn.edu. Also, don't forget to check out our website at www.canr.uconn.edu/ansci/equine/extension for more upcoming events and information!** We look forward to seeing you at next year's symposium to be held **March 27 and 28, 2010!** Don't miss out on this great educational opportunity!

Horse Owner's Corner: Timely Tips Transitioning Your Horses from Winter to Spring

Dr. Jenifer Nadeau, Equine Extension Specialist, UConn

The days are growing longer, the snow has melted and it's time to pick up the reins again. Not so fast! Here are some ideas for getting your horse ready for spring.

TO BLANKET OR NOT TO BLANKET

Some days it's below 30, other days it gets up to 50 degrees F. One thing to keep in mind when determining what, if any blanket, a horse needs as spring approaches, is that horses prefer temperatures lower than humans. Research has shown that a horse's preferred ambient temperature, that which it is most comfortable, is 50 degrees Fahrenheit.

To take the guesswork out of blanketing, particularly if several people will be involved with blanketing decisions, consider using a chart as to which types of blankets to use at which temperatures.

It is a good idea not to procrastinate, but to clean and properly store blankets now. Blankets should be cleaned once a year to kill bacteria and be kind to your horse. Washing and handling your blanket will give you the chance to

inspect it and see what repairs, if any, have to be done to make it last another season.

To help out your cleaning service, brush or vacuum as much of the caked dirt and hair off the blankets as possible. If you have many blankets to clean and repair, don't send them all at once. Send the heavy blankets first, once you've switched the horses to lighter sheets. It may be a good idea to put your blanket in a normal sized trash bag with your name and contact information included.

Charges vary, but expect to pay around \$55 for heavy turnouts and less for stable blankets. Sheets will be even less. Repairs costs vary, but you should ask for a quote and ask if the blanket is worth repairing. If you are washing a blanket yourself, you should use a machine without a center agitator. The new front loading machines are designed to save water and probably won't get the blanket clean even if you wash it two to three times. Once the blankets are clean, keep them in an air tight container stored in a cool place. You need to keep animals and moisture out. Some days it's below 30, other days it gets up to 50 degrees F. One thing to keep in mind when determining what, if any blanket, a horse needs as spring approaches, is that horses prefer temperatures lower than humans. Research has shown that a horse's preferred ambient temperature, that which it is most comfortable, is 50 degrees Fahrenheit.

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GRAZING

Horses fed hay through the winter not suddenly be turned out to pasture all day. The diet change must be done gradually. Fructans (types of sugars) are present in both grass and hay and they have been linked to triggering laminitis episodes in horses, particularly those that are insulin resistant. These are horses with cresty necks, high amounts of fat, who are commonly referred to as 'easy keepers.' Research has shown that the fructan content goes up very high when the grass grows rapidly. In the spring, if you get heavy rain, be careful because that's when the grass will start growing fast and the fructan count will increase. The fructan content is highest when the plant undergoes photosynthesis and the most active time for this is early in the morning. Therefore, you'd want to keep the horses off the green grass in the morning. Late afternoon, and even early evening, would be a much better time to introduce horses to pasture.

Grass can actually be tested to check the levels of sugars and starches. You simply cut off the parts that the horses would eat, never lower than they'd graze. Take random samples from around the pasture and send it off to a forage analysis lab. The tests will tell you how much sugar, starch, protein, and energy are in your grass. A good reason to have this test is so you can take that analysis to your feed company and get a grain that complements your grass. If you do this, be sure to analyze the grass at different

times of the year, starting in April or May, as the levels can be quite variable depending on the weather.

Another consideration when introducing horses to pasture is whether your grass has had sufficient time to establish itself prior to being subjected to grazing and hooves. You really want the grass to have 6" to 8" of initial growth. The reason is that the grass will then have good root formation. When horses graze, they crop the grass close to the soil and when they do, it will pull the grass out by the root if the plant hasn't been able to establish itself. Never allow horses on pasture when the grass is below 3" to 4" as that is the absolute minimum length grass needs to withstand grazing horses.

Deworm your horses 10 to 14 days prior to turning them out so horses don't carry a heavy worm burden onto the new pasture. It usually takes three to four days to kill the parasites but some can take a bit longer and you certainly don't want horses to be shedding eggs when they are turned out. How long it takes to build a horse up to staying out on pasture varies greatly depending on the individual horse. Easy keepers need more time to adjust than those that are hard to keep weight on. Other variables include how many horses will be competing for the grass and whether the pasture is full of lush, green grass or is more of a dirt turnout. General guidelines suggested are thirty minutes the first day, and then increasing that time by thirty minutes per day. Adjust those times for the types of horses and pasture.

Finally, one thing people often neglect is when their horses are turned out in a dirt turnout. Many people simply turn their horses out in a ring or other dirt area and keep them out all day, from the first day they're turned out. But research has shown that there are certain weeds that are very high in fructans and can trigger laminitis. So if you have a lot of weeds, say along a fence line, then your horses are still in danger from getting too much sugar.

CONDITIONING

You are ready to get right back into the show season and have an ambitious show schedule planned. But first, you need to get your horse back into shape. It takes about a month for a horse to show aerobic and cardiovascular improvements once a workout plan is underway. Start with lower speed and longer distance three to five days a week. You should take one day off every three or four days so the horse doesn't get fatigued. If a horse's muscles get fatigued, it will cause pain and the horse won't want to work. Exercise your horse at about 135 to 155 beats per minute for optimum conditioning, that's about 60 to 80% of its maximum heart rate. You'll see fitness improving as the recovery rate improves. Once the recovery rate is good, then you can increase the level of the exercise either by increasing the duration, intensity, speed, or distance, but only increase one at a time.

Another type of conditioning, interval training, where you do short, intense workouts, is a good method to alternate with the above. Interval training is anaerobic work where the horse can't rely solely on oxygen to fuel the muscles. In interval training, periods of intense training are interspersed with periods of rest in which the horse is allowed to recover back to its resting heart rate in order to gradually increase the strength of the horse, especially its muscular and respiratory system. For interval training, you want to increase the heart rate to 180 to 200 beats per minute but be careful not to exceed two minutes in duration for this. Then go back to a trot until the heart rate is 100 beats per minute. To do this, you'd gallop the horse on the flat or make it do a long trot up a hill. It should be exercise specific.

If your horse is blowing after a workout then he or she needs more aerobic work. Before getting back to work, check the horse's resting heart rate; it should be less than 42 beats per minute. Under moderate work, the heart rate should be 75 to 100 beats per minute, while it can jump to more than 200 beats per minute for heavy work. After a workout, the horse should recover to less than 60 beats per minute within 10 to 15 minutes. If it takes the horse 30 to 45 minutes for its heart rate to drop, then that's a poor recovery. If after 10 to 15 minutes they've recovered to 44 to 52 beats per minute, then their work level can be increased. If the rate is more than 72 beats per minute, then it means they've been worked too hard.

When conditioning horses, too many people overlook both the warm-up and cool down. It's particularly important with horses that are out of shape. They should walk for five minutes, then trot for five minutes before moving on to something more demanding. It will raise the body temperature and increase the blood flow to the working muscles while also loosening up the muscles and

tendons and improving the range of motion and help avoid pulling and tearing. It also helps them to dissipate heat better so they don't get so sweaty. The cool down should be five minutes of trotting followed by five minutes of walking. This helps remove the lactic acid from the muscles and will minimize stiffness and soreness.

It may take a little extra time and effort, but by taking the steps mentioned in this article, you will help minimize problems and make your horse's transition time to spring a happy event. Feel free to call or email with any questions you have: (860) 486-4471 or jenifer.nadeau@uconn.edu. Also, check out my web site <http://www.canr.uconn.edu/ansci/equine/extension> for more information on upcoming horse specialist events and information. What topics would you like to see in the horse owner's corner next month? Send ideas to jenifer.nadeau@uconn.edu. Thanks, and have fun with your horses!

Contact: Deb Balliet, CEO
Equestrian Land Conservation Resource
(859) 455-8383 dballiet@elcr.org

National Parks Service Awards Grant to Equestrian Land Conservation Resource To Develop a National Equestrian Trails Organization

The National Parks Service Rivers, Trails and Conservation Assistance Program (NPS RTCA) has awarded the Equestrian Land Conservation Resource (ELCR) a technical assistance grant to develop a national equestrian trails organization. The terms of the grant include assigning an NPS RTCA staff person to facilitate of process, identify issues and needs of trail riders nationwide, determine an effective organizational structure to represent horse trail users; and provide a contact point for land managers to communicate with trail riders. The determination of the needs and appropriate organizational structure will be developed by conducting a series of meetings with stakeholders in 2009.

An organizing meeting was held in 2008 at the National Trails Conference. In 2009, a series of in-person and conference call meetings are planned. The plans also call for an on-line bulletin board to post the meeting agendas and notes. The on-line forum will also provide an opportunity for trail users and trail organization representatives to share their comments. In addition to ELCR and NPS RTCA representatives, representatives from the following organizations participated in the process: American Horse Council, Back Country Horsemen of America, Southeast Equestrian Trails Conference, Ohio Valley Equestrian Trails Symposium, Pennsylvania Equine Council, US Forest Service, and the US Department of Transportation Recreational Trails Program.

The project goals are to increase to the number of trails open to horses, promote good stewardship of the trails, enhance communication with land managers, develop positive relationships with other trail users groups, and serve in an advocacy role on the above issues and other issues identified during the grant process.

If your organization would like to join our national efforts to save land and trails for horses, visit www.elcr.org, or call (859) 455-8383 for more information.

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About Equestrian Land Conservation Resource (ELCR):

ELCR, the only national not-for-profit organization assisting in the conservation of land for horses and horse-related activity, serves as a clearinghouse and educational resource for land and horse owners on issues related to conserving land, preserving horse access on public and private lands, equine economic development, community land use planning and zoning and good land stewardship.

The Connecticut Horse Council

**PO Box 57
Durham, CT
06422-0057**

**Phone: 860.482.9500
Fax: 860-666.4219
www.cthorsecouncil.org**

President

Amy Stegall
860-684-6583
president@cthorsecouncil.org

1st Vice President

Frederick Mastele
860-349-1200

2nd Vice President

Karen Hartwell
860-489-1027
khartwell2@aol.com

Treasurer

Cheryl Mastele
860-349-1200
greymist@comcast.net

Corresponding Secretary

Shelly Fetterhoff
860-442-7300
Shelly@HorseCountryRealEstate.net

Recording Secretary

Stephen Vicchitto
203-723-1839
ladyozion@adelphia.net

Membership Secretary

Carol Birdsey
860-344-1804
membership@cthorsecouncil.org

Diane Marie Ciano

203-757-1904
trails@cthorsecouncil.org

Road Safe

Karen Hartwell
Diane Ciano

Zoning

Shelly Fetterhoff

Legislative

Amy Stegall

Newsletter

Meg Sautter

newsletter@cthorsecouncil.org

Web Site

John Pellino

webmaster@cthorsecouncil.org

Chairman of the Board

Stewart Beckett III DVM
860-659-0848
chip@beckettvet.com

Board of Directors

Josephine Barker
860-542-5475
corina53@msn.com

Diane Marie Ciano
203-757-1904

trails@cthorsecouncil.org

Halide Caine
203-676-9826

halide@ctequinemassage.com

Kathy Kane
860--739-3322

kkane@smithins.com

Jennifer Mandel
860-349-9194

jdmequine@sbcglobal.net

Donna L Sims, Esq.
860-233-7500

DonnaLSims@msn.com

Advisor

Dr. Jennifer Nadeau

www.cthorsecouncil.org

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Notes from the Editor Meg Sautter

Here's the 2nd quarter Newsletter. It's **MUCH** harder to do than I thought, but I'm enjoying the challenge. **PLEASE** remember to update your email address with us to save the cost of printing and postage.

Please remember to pay your dues, they're due January every year.

Make checks payable to:

The Connecticut Horse Council

PO Box 57

Durham, CT 06422-0057

Membership applications can be found online :

www.cthorsecouncil.org

gain you'll find. Attached in this newsletter you will find a membership application. (email has no attachment, you find it online) There have been some changes in both pricing and information, so be sure to take a look. PLEASE, PLEASE include a valid email address!

If you finish reading this newsletter and think you can make it as a horse owner in the State of Connecticut without the CT Horse Council, reread the articles again. Everyone one who owns a horse in Connecticut should be a member of CHC. The dues are still the best bar-