



ARABIAN HORSE ASSOCIATION

REGION I

August 2019

August 2019!!

It is hard to believe that we are half through 2019! I guess the old saying that the older you get, the faster the time goes by is really true! It seems like it was just yesterday that we were in January and complaining about the cold and the rain. Summer is now in full swing and I am sure some of you are taking well deserved vacations and your horses are getting a rest as well. Others of you are still on the show circuit and I hope you are doing well.

It is hard me to realize that this will be the last Director's letter that I will be writing. Where has the last four gone! I have had a great group of delegates to work with and they have all made my time as director fun and much easier than I thought it would be. I think that I leave Region One in better financial shape than it was eight years ago. My predecessor, Mary Ann Hughes, inherited a Region that was in really bad shape and it was her guidance that brought us out of the cellar. The last two years our Region One show has made some good money, and although we are not as wealthy as we once were, we are well on the road to getting there.

This is going to press before our next board meeting in August, so you will get all the latest news at the Delegates meeting on August 10, 2019.

I want to thank all of Region One for letting me be your director for the last four years, and although I step down I am not going away and you have a very capable director in Kathy Callahan-Smith coming in in November. It has been an honor and a pleasure to work with all of you.

THANK YOU!

Mimi Gaffey

IN THIS ISSUE:

- Directors' Message
- Region I Directory Info
- Minutes
- Club News
- Advertising

Future Meeting
Dates:

August 10, 2019

REGION I OFFICERS & COMMITTEES

DIRECTOR:

Mimi Gaffey (760)518-6745

VICE DIRECTOR:

Kathy Callahan-Smith
(909)229-5459

SECRETARY:

Debbie Price (951)897-5701

TREASURER:

Ann Whitley

Past Director

Mary Ann Hughes

AMATEUR– JoAnn Harlan

ANNUAL CONVENTION PLANNING– Mary Ann Hughes

BUDGET AND FINANCE–Bob Henry

CONVENTION PLANNING–Mary Ann Hughes

COMMUNICATIONS–Carol Spangler

DISTANCE RIDING– Bob Insko

DRESSAGE– Carol Spangler

EQUINE STRESS– Debbie Price

EQUITATION– Debbie Price

EVENTING & DRIVING– Ted Lange

HUNTER/JUMPER– Ted Lange

JUDGES SELECTION– Kathy Callahan-Smith

MEMBERSHIP– Mary Ann Hughes

NEWSLETTER– Malissa Tarman

PACIFIC SLOPE– Phil Bourgeois

PROF. HORSEMEN– Debbie Price

RACING– Leslie Smith

SCHOLARSHIP– Laurie Henkel

SPORT HORSE– Carol Spangler

USEF– Nancy Harvey

WORKING WESTERN– Bill Hughes

YOUTH ACTIVITIES– Debbie Price

YOUTH DIRECTOR–Open

Arabian Horse Association - (303) 696-4500
10805 E. Bethany Drive Aurora, Colorado 80014
Website: www.arabianhorses.org

Region One Website: www.aharegionone.org

Dinner Meeting

August 10, 2019

Pat & Oscar's

29375 Rancho California Rd

Temecula, CA 92590

951-695-2422

Social Time 5:30

Dinner 6:00

Cost: \$25/person

Please RSVP to Kathy Callahan-Smith at
909-229-5459



August 2019

**Region I Arabian Horse Association
March 23, 2019
Meeting Minutes**

Call to order: At 6:46 P.M.

Roll Call: Debbie Price passed around the sign in sheet.

Executive Board: (5) Mimi Gaffey, Director, Kathy Callahan Smith, Vice Director, Ann Whitley, Treasurer, Debbie Orr- Price, Secretary, and Mary Anne Hughes, Past Director.

Absent:

8 Delegate(s) - This does not include the Executive Board. Joanne Harlan, Diana Bien, Phil Bourgeois, Bill Hughes, Laurie Henkle, Carol Spangler, Ted Lange, Bob Insko.

2 Alternate(s) – Gale Reveron, Margie Insko

Guest(s) –

Minutes: Corrections: Mary Ann Hughes made a motion to approve the minutes, Bill Hughes 2nd – Unanimously Approved.

Correspondence: No Report.

Treasurer's Report: Report Given by Ann Whitley—Report filed for Audit. Continuing to work with the State Franchise board for the amount due to Region I.

Directors Report: Report Given by Mimi Gaffey: She was at the Board Meeting. Majority feeling are the breed disciplines are discontent with USEF. There is a meeting with the breeds council, the USEF BOD and Presidents regarding what the breeds need from USEF that they are not currently receiving. AERC is no longer affiliated with USEF. Discussed Sweepstakes program. Convention will be in Tulsa, with no FIRE. The Hotel is Brand new! 2020 will be in Reno and 2021 will be in Niagra Falls. There was discussion to go back to 50% given for Top 5's and Top 10's. AdHoc committee working on the AHA Handbook to make it more user friendly. We are at the end the legal structure with PAT.

Horse Show Report: Report Given by Phil Bourgeois. [Everything is moving along. We need gate people and volunteers.](#)

Committee Reports:

Amateur- Joann Harlan- No Report

Annual Convention- MaryAnn Hughes- 2019 in Tulsa, 2020 in Reno and 2021 in Niagra Falls on the Canada Side.

Budget & Finance- Bob Henry – No Report

By Laws – Diana Bien – No Report

Communications- Carol Spangler- Facebook posts for Website, need to update the website link.

Distance Riding- Bob Insko – [March 8-9 NATRC convention was held. Discussed leisure rides coming up. Bob handed out literature regarding Leisure Rides](#)

Dressage – Carol Spangler – Discussed the minimum qualifications for Regionals and Nationals. The Board approved the increase of the qualifications. There was discussion changing how many classes a horse can show in dressage in one day. USDF has a limit of how many classes a horse can show in a day. Do we stay with our unlimited classes rule? This may be brought forth as a resolution.

August 2019

Minutes continued...

Equine Stress –Debbie Price- No Report

Equitation-Debbie Price – There is a big push for Adult Seat Eq.

Eventing/Driving –Ted Lange- Upcoming Combined Driving. Murrietta May 10-12, Hanson Dam June 1-2 and June 14-16 Play Station

Hunter/Jumper-Ted Lange- discussion some housekeeping needs to be done. Kathy Callahan Smith has it done.

Insurance – Debbie Price- Policy being renewed, will add the Norco Affair to the policy.

Judges Selection –Kathy Callahan Smith- Need names for the 2020 Region I Judges.

Membership- Mary Ann Hughes- June 30th is the date to determine the number of delegates that can go to Convention.

Newsletter-Malissa Tarman- Newsletter did not make it out this month.

Pacific Slopes-Phil Bourgeois- No Report

Professional Horseman- Debbie Price – No Report

Racing- Leslie Smith – No Report

Scholarship-Laurie Henkle- Scholarship information is on the Facebook page. The Website has not been updated.

Sport Horse-Carol Spangler– No Report

USEF – Nancy Harvey – No Report

Working Western-Bill Hughes – No Report

Youth Activities-Debbie Price- Region I Team Tournament acquired 3 more teams. We have a total of 5 teams

Youth Director-Muskan Sandhu- No Report.

OLD Business

Gayle Reveron – Representing Region I. Looking for 2 farms to be in a pilot program with the American Horse Council. We went over the criteria.

New Business-

Norco Horse Affair - Will bring a horse on exhibit and a vendor booth at the Norco Affair. October 4-6, 2019. Handed out the Envision Magazine

Sponsorship Forms for Distance Riding. Discussion on sponsoring one of the rides. Bob Insko made a motion to sponsor \$250, Joann 2nd. It was approved unanimously to sponsor the the National Champion Distance Ride.

Youth Nationals New Classes – This is for horses not entered at Nationals to be shown by a youth not entered at Nationals. Rules will be posted on the Website. This was not favorably received by the delegates. There was confusion on how this is going to work.

August 2019

Minutes continued...

Club Reports

Arab Horse Assoc So Cal – Fall Santa Barbara show will be Labor Day weekend. They may be doing Seminars at Chino Hills EC in

Arabian Performance Horse Club- April 14 Dressage- at Pepper Glen

Ramona Arabian Horse Assoc – Spring Fling May 31- June 2

Rancho Cal Arab Horse Assoc- Show March 27-31, 2019

So Cal Half Arab Horse Assoc – No Report

San Diego Arab Horse Assoc – May 5, Value Show at Deer Springs

Next Meeting August 10th

Motion to Adjourn: 8:03 PM, motion to adjourn made by Joanne Harlan and seconded by Ann Whitley, it passed Unanimously.

Submitted Respectfully by

Debbie Price

Club News:

RCAHA Fall Show Sunday, Sept. 29, 2019, Galway Downs, Temecula
Main ring, Sport Horse and Dressage Classes. For more information
check our website: www.rcaha.org in August.

Stepping into Spring Dressage AVS Show April 19, 2020. In Norco, Ca at Pepper-
glen Farms Contact. Carol Spangler for Information 909-573-4983
wrks4good@aol.com





Wrks4Good *Equine Sports Massage and* *CranioSacral Therapy*

Why use ESMT and CranioSacral Therapy?

Using both techniques together to help release not only those tight deeper muscles but the Fascia layer just under the skin that covers the entire connected tissue of the body.

- 🐾 Relieves pain, reduces inflammation and swelling
- 🐾 Reduces muscle strain or spasms that can cause current and/or future motion restrictions
- 🐾 Increases range of motion
- 🐾 Increases effectiveness of chiropractic adjustments
- 🐾 Improves circulation which promotes more rapid healing of injuries
- 🐾 Prevents and relieves adhesions
- 🐾 Aids in mental relaxation and releases tension
- 🐾 Releases endorphins to help your horse feel better
- 🐾 Helps maintain and restore muscles during and after layups
- 🐾 Helps relieve stress in opposing muscles when a horse has an injury.
- 🐾 Pre Competition – loosens, warms and readies muscles for the event.
- 🐾 Post Competition – aids in returning muscles to their normal state much faster than without a massage to help prevent future muscle problems

Carol Spangler

ESMT Certified By Equissage 2009

CranioSacral Practitioner, Certified by Angels Animals 2018

Email: Wrks4good@aol.com

Cell: (909) 573-4983

Equine sports massage therapy is not a substitute for veterinary care. It should be used in conjunction with veterinary care to help keep your animal in optimum shape.

Ranch Dispersal Sale

Sold ranch and have 20 years of equipment for sale. In Temecula. Call for an appointment. Saddles of every kind, etc.

Kathy Callahan-Smith

(909)229-5459



For Sale: 10 year old 1/2 Arab gelding. Big bodied and talented. Proven Cow Horse and great potential for Ranch Horse. In Temecula. \$8500 Call Kathy



For Sale: 2016 1/2 Arab bay gelding. 15.2 hands. Sweepstakes Nominated. 90 days under saddle. By PA Marco x Big Checks to Cash daughter. Very smart, in Temecula. \$7500. Call Kathy



Bramlage: 'Price To Pay' For Bisphosphonate Use Is Delayed Healing

by Natalie Voss | 03.01.2018 | 5:13pm

"I wish we'd never seen these drugs," said renowned orthopedic surgeon Dr. Larry Bramlage at the conclusion of a recent presentation about bisphosphonates.

Four years after the Food and Drug Administration approved the use of Tildren and Osphas (both trade names for bisphosphonates) for use in adult horses suffering from navicular syndrome, Bramlage said he's seeing unintended side effects from people using the drug off label.

As Bramlage explained at a recent client education seminar held by Rood and Riddle Equine Hospital, there are three main types of cells associated with bone repair and growth: osteoblasts, which make new bone; osteoclasts, which break down damaged or inferior bone, and osteocytes, which direct the repair.

When a horse has a fracture, the crack is initially filled by the osteoblasts with a temporary boney substance called woven bone, which can be made very quickly but is not very strong. Over time, osteoclasts clear away woven bone, which is poorly organized and weak, allowing osteoblasts to lay down the better organized and stronger lamellar bone. The lamellar bone fills in the crack and makes the bone whole again, both practically and on radiograph.

Bones are constantly breaking down and building back up in response to normal wear and tear and training.

Bisphosphonates work by poisoning osteoclasts and for this reason are used to slow osteoporosis in people. They also have an analgesic effect, which is why they are used in human bone tumor patients. This is also why they are presented as an option for horses dealing with painful and hard-to-pinpoint inflammation due to navicular syndrome.

Bramlage is finding bisphosphonates' mechanism of action also disrupts the natural healing process in young horses during training.

"I thought initially it might create a lot of acute fractures," he said. "I don't think it increases their incidence very much. Where it causes a problem is whenever you're trying to heal something that's happened as a result of training and needs to repair. Part of the horse's natural coping mechanism is disabled."

Bramlage is seeing stunted healing on radiographs of horses who have had surgery or rest to repair fractures which normally would have improved in a couple of months. Sometimes as much as 14 months after injury, the x-rays still show the injuries that have been "patched up" with woven bone still present with original fractures visible.

"I've spent 40 years looking at horses' bones trying to understand the process of damage and repair that we consistently deal with in the racehorse. In the last two years we've had horses' injuries that don't behave anything like they did in my first 40 years," he said. "We can no longer depend on the repair process that we have come to expect as normal for the horse. Bisphosphonates also 'mute' the normal bone turnover we depend on in bone scans."



Dr. Larry Bramlage of Hunt & Riddle

Bisphosphonates don't stop horses from making new bone, which Bramlage says is the reason the drugs don't seem to be causing fractures. They do stop osteoclasts from clearing the weak woven bone out of the way of osteoblasts putting in the strong stuff. The radiographs show new layers of bone being added over cracks but not remodeling of the fractures themselves. As a result, a horse's bone gets denser on the radiographs because of the added woven bone but it doesn't get stronger or repair, Bramlage said the drug does nothing to prompt osteoblasts to work harder as some have theorized, so it doesn't speed this layering process, either.

This mechanism doesn't raise the same problems in pleasure horses because their bones aren't subjected to the volume of stress and rapid need for repair.

Bisphosphonates can cause problems healing bones in humans, too. Bramlage recently spoke to several human surgeons about patients who are unlucky enough to break a bone after they've been on bisphosphonates to prevent osteoporosis.

"If you break your femur, which is a common injury of patients on bisphosphonates, in a normal case they make you non-weight bearing for six weeks. They'd give you crutches and a walker for six weeks. At about three months, you can be weight bearing again," he said. "If you've had bisphosphonates they'll make you non-weight bearing for up to eight months because that's how much it slows healing in people."

All of this seems to Bramlage like a poor trade-off for a pain-relieving effect that probably wears off in about 30 days. (Bisphosphonates are shown to attach to the bone's surface after administration and persist for years even after just one dose. Repeated doses cause cumulative levels on the interior surfaces of the bones.) Bramlage said it's important to note that because of the drug's long life on bone surfaces, a trainer currently in possession of a horse may not be the one who originally gave the horse bisphosphonates and may not even know the horse has been exposed to the drug.

"Unfortunately a lot of people who are giving it and are having it given, don't understand the price. They see a temporary improvement in the horse's lameness and they don't understand that what happens months later may be related," he said. "The people who are in charge when the horse gets the drug don't have to be in charge when you're trying to rehab the horse and get it back to racing. So the lay-up facilities, the owners, and the horses pay the price for the remodeling debt precipitated by the use of the bisphosphonates. I am convinced some horses that we would have rehabilitated effectively in the past never make it back to form because of their history of bisphosphonate use."

The issues Bramlage is seeing are in horses that have been given bisphosphonates outside manufacturer guidelines. The guidelines state the drugs should not be administered to horses under the age of five. A quick look at the drug literature will make the intended use clear.

"If you're interested in using them, you should go to the manufacturer's website because more than 50 percent of the package insert is telling you why you shouldn't use them in young horses," he said. "However, they're perfectly willing to sell them to you for use in young horses. All of those disclaimers are meant to put the blame for anything bad that happens to your young training horse on you and not the company."

Bisphosphonates became a concern for racing regulators in 2015 when the Kentucky Equine Drug Research Council announced its intent to study the drugs after receiving information some managers and trainers could be using it for its analgesic effect.

In England, the British Horseracing Authority issued a mandatory 30-day stand-down period for horses receiving bisphosphonates and prohibits their use in horses less than 3 1/2 years of age. Unfortunately, the drug is difficult to test for and Bramlage worries the temptation of general analgesia can prove too much for some horsemen.

"Routine use of it I think is accelerating on the racetrack based on the number of horses we see that don't follow the normal healing pattern," he said. "That's a temporary fix, and there's a price to pay."

New to the Paulick Report? Click here to sign up for our daily email newsletter to keep up on this and other stories happening in the Thoroughbred industry.
Copyright © 2019 Paulick Report.

This entry was posted in [Horse Care](#), [NL List](#) and tagged [bisphosphonates](#), [Dr. Larry Bramlage](#), [fracture repair in horses](#), [Kentucky Equine Drug Research Council](#), [Road and Riddle Equine Hospital](#) by [Natalie Vom](#). Bookmark the [permalink](#).

Instagram



@paulickreport

