



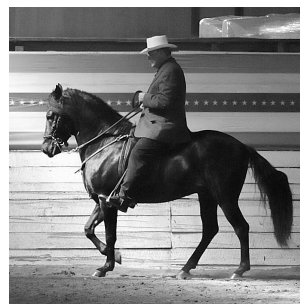
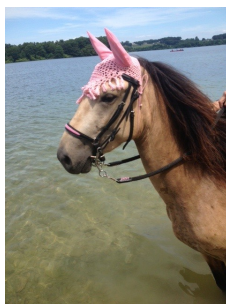
The Power Glide

Mason Dixon PFHA

Show Year 2013 5th Edition

June/July 2013

Table of Content	Page
The President's Message	2
Editor's Corner / Current membership Roster	3
Member Geographic Distribution Maps	4
Regional News	5
MDFHA Sponsorship Opportunities	6
Trailblazer Roster / Gettysburg Trailride	7
Gaited Get-Away at Fair Hill	8-9
May Day Gaited Classic	10
Mason-Dixon Spectacular	11-12
Recreational Fun and Games	13
Paso Fino Urgent Rescue	14
The Recipe Box	15
Foal Tracker	16
Disease and Medical Updates of Interest: West Nile Virus / Eastern Equine Encephalitis / Hyperthermia	17-21
The Adventures of Diane and Enrique / Classified Advertising	22
Classified Advertising	23
Mason-Dixon Contact Information	24
Show Registration and Membership Forms www.masondixonpfha.org/forms.applications.php	



Follow us on Twitter: [#MasonDixonPFHA](https://twitter.com/MasonDixonPFHA)

Our Website: <http://www.masondixonpfha.org/>

Our Facebook Page: <https://www.facebook.com/masondixonpfha>

President's Message

Dear Mason Dixon Members:

We have kicked off a show season with our Mayday show in Dillsburg with Tennessee Walking, Kentucky Mountain, and Rocky Mountain Horse people.

Thanks to Lisa Gorsuch, Ann Bastian, Lori Wieszowskiak, BJ Schuler, and all the other volunteers that made our Mayday show a success. As time flew by so quickly our Mason Dixon Spectacular show was upon us. With this our first year at the Dream Park in Logan Township, New Jersey we had a lot challenges that we had to face such as new location, date and all the little things that normally fell into place with a familiar location. BJ, our show chair, along with Andy Vera and me worked diligently to make this show a success. We were overwhelmed with positive feedback from spectators, their families, and the open public that came to watch. It was so refreshing to see people other than ourselves coming to watch our spectacular breed! What I found was the camaraderie and energy from our New Jersey new members put life back in to us again. If I didn't know better I would say this show seemed very much like a Florida show with the Latin food vendor and the Latin music. Even the President from the Florida region, who was in attendance, came to me to share his thoughts about our show and was impressed by the outstanding effort of our show committee. Our two shows were a success due to the show committee and all the people who volunteered their time. A special THANK YOU TO ALL!

A big thank you goes out to all in the Paso Fino Drill Team "*Paso Fino Bailadores de EquiZense.*"

Now that Mason Dixon's show season is over I hope everyone will go out on the trails and enjoy their Paso Fino Horses.

Happy Trails to all,

Nicholas Burgos

THE EDITOR'S CORNER:

My Goals for Improving Service to Our Membership: I have set several goals for myself to improve the PowerGlide. I'm sharing these with you because "it takes a village" to provide meaningful and entertaining content to our diverse membership. Hopefully, you will consider working with me by providing suggestions and occasional assistance. Over the next few months, I'd like to have a bi-lingual (Spanish / English) Trainer's Tips column. I would also like to have a "Meet Our Members" submission. In the works is the Mason-Dixon Baby Tracker. You will see it buried somewhere in this issue. Please send me an image of your 2013 foal(s), along with Name, Owner, DoB and breeding. We'll update the spreadsheet every year for 4 years and watch "our" kids grow up. I'd also like to have a recipe column for the goodies we share during the Dillsburg Show. If you have a recipe for, say, a SPINACH SALAD, I will post it in the PG. If there's something you'd like to see in the PG, I welcome your suggestions.—*Diane*

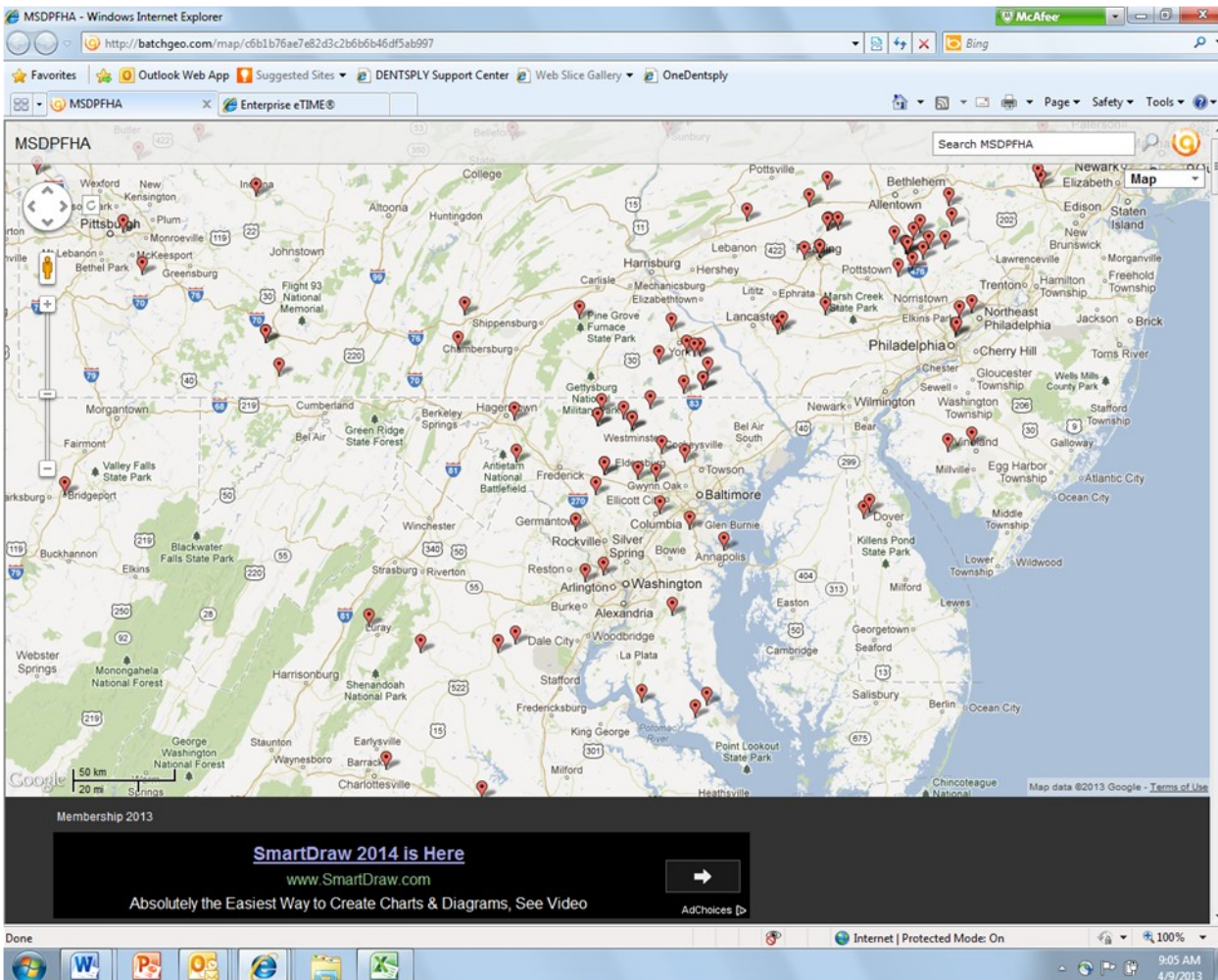
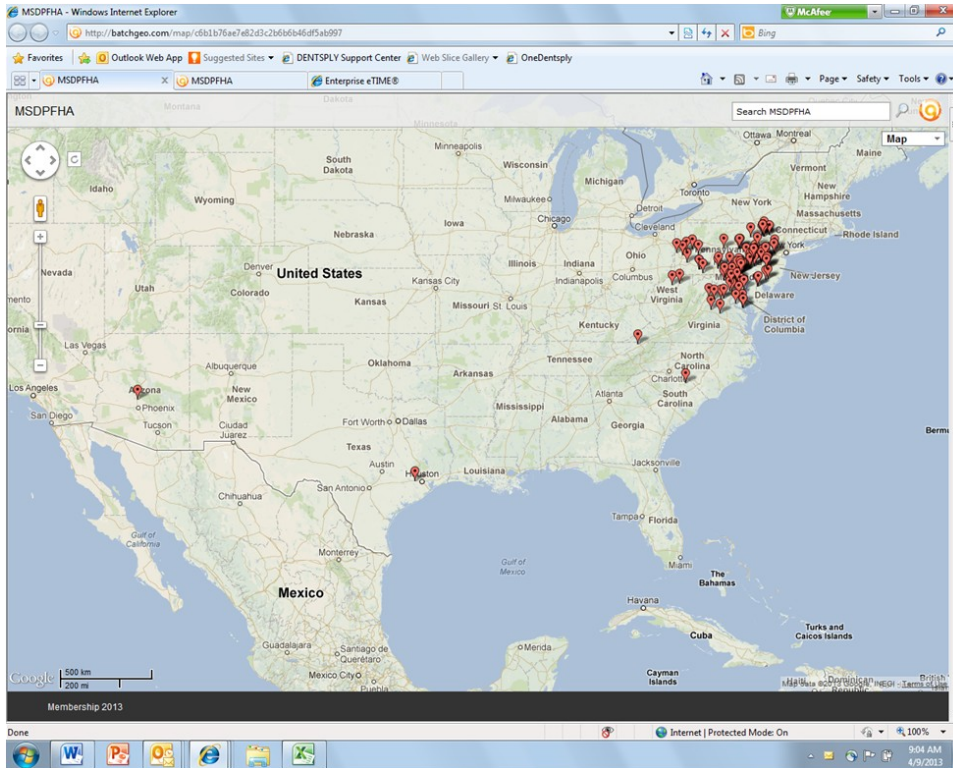
Members Current for the 2013 Show Year (Oct 1, 2012–Sept. 30, 2013)

Barbara Adrian	Kathrine Gamble	Amy Romanofsky
Rosanne Ashley	Keith and Lisa Gorsuch	Beaverlea & Gary Roye-Manderbach
Karen Basehore	Forest and Judy Gray	Maryan and George Schlesman
Ann Bastian	Amanda Hamilton	B.J. and Gary Schuler
Janice Brennan	Jane Hamilton	Melody & Adrian Scioli
Jessica Brosko	Nola Hauptert-Keill and Robbie Keill	Dick and Lynn Shaffer
Ben & Tammy Boyer	Kathy Holloway	Rick & Suzette Shaffer
Earl & Dawn Burg	Ann Howell	Jena Shaffer
Nicholas Burgos and Darnell Williams	Jaime Jaramillo-Vallejo	Beth & Bob Sheldon
Charles Butler	S. Jean Jehu	Christina Shelter & Elvin Gonzales
Joanna Convry	Mary Ellen Jepson	Dorothy Snedden
Denise Corcoran	Elizabeth Kleiber	Stephanie Snyder
Susan Crawford-Charters	James and Patricia Laird	Maranell and Toby Sonn
Rosemary D'Agostino and Raymond Williams	Jim & Shannon Lengner	Fransisco Soto
Celeste Dashell & Glenn Shade	Maribelle MacAlpin and Allison Brosko	Ann Stever
Susan Data-Samtak and John Samtak	Carolyn Marinko	Pamela Stever
Jackie & Craig Davies	Susan Marshall	Richard Teachout
Kathy Dell	Teresa Moebuis	Nancy Thomas
Jerry & Angela Dotson	Joseph Motsay	Hector & Sally Torres
Julia Druga	Maryellen Niemeyer	Andy & Lydia Vera
Diane Dutt	Cory Paczkoskie	Darla Wagner
Kathy Felix	Mary Palm	Ron and Joy Weyer
Joseph Fisher	Gale Peluso	Lori & Tom Wieszowskiak
Angel Flores, Karen, Laurel, Margaux and Valerie Spiegelthal	Melanie & Jeff Petri	Connie & Debbie Wolkowicz
Raymond Gallagher	Antonio & Linda Quinoa, Michael Zachary and Arianna Quinoa	Carol Wood
		Don and Mary Wright

Do you know where your fellow MDPFHA Members are???????

Geographic Distribution of Mason-Dixon Members.

These Distribution Maps were prepared by Susan Crawford-Charters. And should be considered current as of 1 April 2013.



Regional News

Northeast PFHA

- ♦ Our second is the Show at Cobleskill, NY. This show is at the geographic center of our region and is the easiest total commute for the membership. This show will be on July 6 & 7, 2013. We have Carmen Cepero and Nicanor Miranda judging on Saturday and Dr. Miguel Pastrana on Sunday. We are hoping to have a wonderful BBQ again and we will be having our award ceremony on Saturday night. Lou has reserved rooms and the Super 8 and I have reserved 10 rooms at the Best Western. We hope everyone will join us for fun Paso Fino Horse time.
- Our third show , The Fandango, will be held on August 10th, with Mike Cumming, Alice Page and Jose Perez Novo all judging the same day. They are all staying on for the fun show on Sunday August 11th. and we are really looking to this show at Paso Fino del Fuego Farm. Bobby and Michael donate their facility to our club at no charge for us to have fun. They are going to work with everyone on Sunday at the fun show is at Paso Fino del Fuego Farm, Middleboro, MA on August 10 & 11, 2013.

Virginia Presidential PFHA

- ♦ The Virginia Presidential New World Show PFHA Event IX will be held from August 23rd - 25th, 2013 at the Virginia Horse Center/East Complex

Great Lakes PFHA

- ♦ **HERITAGE SHOW** Springfield, Ohio August 2-3, 2013

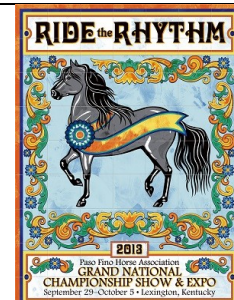
Location: Champions Center Expo
4122 Laybourne Rd.

PFHA Grand National Show

29 September—5 October 2013

Lexington, KY

<http://www.pfha.org/2013-grand-national-show>





Maribelle MacAlpin ON THE TRAIL!!!

Mason Dixon Paso Fino Horse Association Sponsorships

Gold Farm Sponsor – Cost \$200 per year

Entitled to – Banner on home page of website

Banner on front page of Power Glide

Physical banner at Mason Dixon sponsored shows
(provided by sponsor) & periodic announcements
during the shows

Wall Sign at MD & PA Expos

Banner on front of hand-outs made for the Expos

Gold sponsor – Cost \$100 per year

Silver sponsor – Cost \$75 per year

Bronze sponsor – Cost \$50 per year

Mason Dixon Stallions at Stud List – cost \$35 per year

Entitled to – Having stallion listed in a separate section in Power Glide and Website

Listed in hand-outs made for the Expos

Business Card Advertising – cost \$35 per year (begins Show Year 2014)

Entitled to – Business Card Ad in Power Glide and Website

Business Card in hand-outs at Expos



Current TrailBlazer Roster:

Karen Basehore
 Maureen Boskin
 Jessica Brosko
 Allison Brosko
 Susan Crawford-Charters
 Diane Dutt
 Virginia Foster
 Kathrine Gamble
 Diane Gates
 Jacquelin Grubb
 Maribelle MacAlpin
 Carolyn Marinko

Terri Moebius
 Toni Roland
 Susan Data-Samtak
 John Samtak
 Maryan Schlesman
 George Schlesman
 Dorothy Snedden
 Michael Srock
 Ann Stever
 Connie Wolkowicz
 Please contact [Susan Data-Samtak](#) and [Mel Petri](#)
 if you feel there is a discrepancy regarding this
 list.

Historic Gettysburg Battlefield Trail Rides

Sept. 7, 2013

Sponsored by The Gettysburg Equestrian Historical Society

For information: www.thegehs.org or contact:

Wayne Belt: webelt@earthlink.net 717- 337-0748

For overnight camping info. contact Artillery Ridge Campground:
 717-334-1288 www.artilleryridge.com

You KNOW it's HOT when.....





Riding To a Different Beat

1218 Sunrise Beach Rd * Crownsville, Md 21032 * 410-923-6157
 email: opwhclub@yahoo.com * www.opwhclub.wordpress.com/about

CHESAPEAKE GAITED GET-AWAY

RIDE and CAMP at FAIR HILL OCTOBER 10 - 13, 2013

6000 acres dedicated to equestrian use are waiting for you!

Fair Hill is Maryland's best trail riding across open fields, wooded trails along the river, thru a covered bridge. This was once the Dupont Family's hunting and breeding preserve. Bridges and tunnels take you safely over and under surrounding roads. We are there the weekend before the Internationals, so you can ride through the cross-country course as it is being built — watch them install the giant geese in the water jump and erect the jump through the barn. Ride with informal groups or on your own.

for more info on this Maryland NRMA at the top of the Chesapeake Bay check out
www.dnr.state.md.us/publiclands/central/fairhill —

Safe stabling, real showers and bathrooms,

stalls are 10'x10', matted and secure — field camp surrounding barns —

Limited electric and water hookups are by lottery first to volunteers committing to helping — then to all others requests motels and restaurants nearby for the non-camper — trail maps can be provided —

and more fun than you can imagine back at camp...

Pre-Halloween Costume Contest and Parade

Pumpkin Carving Contest

Games on and off horseback

Community Supper Saturday evening around a Community Bonfire, music, dancing

And good old fashion party time!

Come for 1, 2, or 3 nights or just for the day —

much to do without a horse too, so bring the family —

Fishing, hiking, biking, Nature Center, Zoo, shopping at near by tack shops, or just hang out at camp with friends.

RESERVE YOUR FUN now and don't be left out!

with the form on the reverse side ...for more information contact

Jacque Cowan, Ride Coordinator 410-923-6157 / jacquecowan@comcast.net

*The Chesapeake Plantation Walking Horse Club invites enthusiasts of all breeds and riding disciplines to join in our fun. Membership benefits include Newsletters with Classifieds * Free Monthly Trail Rides * Friendly Help * Parties * Camping * Clinics * Parades * Demonstrations * Good Friends * and lots of fun.*

Membership is required for most Club events, and runs for a full year from the time you join.

Proud supporting member of Maryland Horse Council * National Walking Horse Association * Friends of the Sound Horse (FOSH)

MAKE YOUR RESERVATION NOW-FAIR HILL GAITED GET-AWAY-OCT. 10-13, 2013

Complete and mail with your check to: CPWH-FH * 1218 Sunrise Beach Rd * Crownsville, Md 21032 * 410-828-8167 * jaquiesowen@comcast.net

Name _____ Phone _____ Email _____

Address _____

Names of others paid for in this reservation _____

Arriving: Thurs _____ Fri _____ Sat _____ Leaving: Fri _____ Sat _____ Sun _____ ~~number of nights~~ _____ number of nights

Enclose your check made out to CPWH-FH for the following:

_____ horse stalls for _____ nights at \$15 each per night \$ _____

_____ tack stall for _____ nights at \$15 each per night \$ _____

_____ horse stalls to be cleaned by 4-H kids on Sunday at \$10 per stall \$ _____

_____ nights field camping at \$20 per night per unit (ie trailer, camper, tent) \$ _____

_____ not camping - staying at _____

\$5.00 per horse Administration fee X _____ horses (non-refundable) \$ _____

_____ not staying over and coming just for the day(s)...

____Thurs ____Fri ____Sat ____Sun at \$5 per horse per day \$ _____

_____ Official full-size color DNR Park Maps at \$7 per map \$ _____

_____ bales of straw delivered to stables at \$7.00 per bale \$ _____

Chesapeake Club Membership ***** (non-refundable) \$ _____

(New _____ Renewal _____ Single \$10 _____ Family \$15 _____ Sponsor \$80)

TOTAL AMOUNT DUE **\$** _____

**** *Everyone must be a current member of a participating club- CPWH _____ or MDPFHA _____*

Limited electric camp spots are available at \$36 per night and will be assigned by lottery first to confirmed volunteers helping to organize activities and/or providing services, then to first come/first serve as space allows -- check if you would like one and what service you need -- you will be billed for additional camp fee after the lottery Plugging into the barns is not allowed by DNR Regulations. Quiet, considerate generators are welcome. Lottery will be conducted by September 10, 2012.

_____ water hookup _____ large hook-up plug for trailer OR _____ extension cord from your trailer

_____ I am volunteering to help with the following activities, services, or other means to help:

_____ Saturday night community supper (planning, set-up, and/or clean up)

_____ Community Fire Manager

_____ Pumpkin Carving Contest

Other idea _____

_____ Costume Contest and Parade

_____ Music

_____ Games to play at camp

I understand that riding and being around horses can be dangerous, and I do so at my own choice and risk. I agree to abide by all rules and regulations set for Club events. I further agree to hold harmless the volunteers and associates of the Chesapeake Plantation Walking Horse Club for any damage, loss, injury, or death to persons or property. All participants must sign for themselves and parent or guardian for those under 18 years of age.

All adults must sign _____ Date _____

Date _____

Parental signature for under 18 yr riders _____ Date _____

Refunds will not be paid for cancellations if notice is given after September 10, 2013. Final detail packets will be e-mailed October 1, 2013.

Mason-Dixon May Day Show

May

Mason-Dixon PFHA the Plantation Walking Horses of Maryland and the Northeastern Mountain Horse Club came together to revive the "Gaited Classic" Horse Show. You long timers might remember the Gaited Classic, held in the Fall. Well, even though we couldn't get the Icelandic Horse Club to join us, a great time was had by all attendees. A Pot luck dinner fed all riders and their friends and families on May 4th. We thank Ann Bastian for her entertaining and thoroughly professional announcing. Volunteers pitched in to present ribbons and run the gate.

Mason-Dixon members enjoyed reuniting with their friends and exhibiting their horses.

Reports indicate that the Walking Horse and Mountain Horse people had a great time and are interested in getting together again to keep the Gaited Classic alive.



For more images visit our [Facebook Page!](#)



MASON DIXON SPECTACULAR

JUNE 2013

The Mason Dixon Spectacular Show was held June 14 and 15 at its new location, the Gloucester County Dream Park in Logan Township, NJ. The Dream Park turned out to be a very nice facility with an excellent staff of people to help with the show. The turnout of horses was decent for the first year with about 70 horses on the show grounds. The turnout of people was amazing. During the afternoon pleasure classes on Saturday, we had almost 100 spectators watching and cheering us on. That is a first for this show! Fox News almost came on Friday morning but I guess they got a better story at the last minute. That they didn't come first thing on Friday might have been a blessing in disguise, as we had to work out a few glitches with the sound system and other first time problems. Hopefully next year we'll make the Morning Show!

I would like to thank all the people that helped with the show. Nick Burgos did a lot of work for this show. He was responsible for the decorations and they looked fantastic. With the decorations comes the sounding board and he installed that as well. He was able to obtain our judges at some great rates to keep our judging costs down. He worked with the printer on the program and donated those great little class schedules which we could keep in our pockets. Thanks for all your hard work, Nick. Due to a family emergency, Lori Wieszkowiak, who was charged with the ribbons and ribbon presenters, was unable to attend the show. However, Gale Peluso and Denise Corcoran brought the ribbons and assumed responsibility seamlessly. Thanks to the two of you and also for your help with the decorations and hauling the sounding board. Thanks goes to Ann Bastian for once again handling the silent auction. We had some very nice items available and made some money for the association. Jackie Davies and Ann Stever were invaluable at the gate. This was their first time as gate keepers but they were pros within minutes. Thanks to both of you. Maryan Schlesman has become an expert at keeping the officials fed and watered. Thank you, Maryan. Melanie Petri worked very hard at trying to find vendors but having a new venue and no idea of how many exhibitors or spectators, it was a difficult task. We had two very nice tack vendors - I know I spent some money. Melanie negotiated our hotel contract and was able to get us great room rates and some free rooms for the judges. Thanks to Mel for all that work. Diane Kennedy and her drill team "Paso Fino Bailadores de EquiZense" were fantastic to watch. Thanks to all of them for making the trip to entertain us. Thanks to Nola Hauptert-Keill for entertaining us with her Mounted Shooting Demonstration. Everyone was quite impressed with Nola's skill and finesse as she performed her pattern around the arena. Thanks to Susan Crawford-Charters for the Saturday night fun and games. It is a lot of work to organize that part of the show and she did a great job as the organizer and announcer. All who participated had a great time and it was fun to watch. Thanks to Andy Vera and Frank Soto for giving us a feast on Saturday night. That helped to cement the paso fino camaraderie and a great ending to our new show. Behind the scenes, we had Gary and Beverlea Manderbach providing the transportation

to and from the airport for the judges. Thanks to them and their driver Lou. That was a big relief for me and a great cost savings for Mason Dixon. Last but not least, thanks to Forest Gray for being our ring master extraordinaire. He has been a long time member of Mason Dixon and we are glad he is moving back into our region. Thank you, Forest, and welcome back.

It's always tough to change venues for a long standing show. I had no idea how this show would go, if the class schedule would work or how many horses and people would attend. For the first year, I think we did o.k. I have some ideas to make next year's show better but I would like to know your ideas. Please take a minute to answer a few questions which I have listed below. If we all work together, this show can only get better!

BJ Schuler

Show Chair

Do you like the show on Friday and Saturday or would you prefer Saturday and Sunday?

_____ Friday/Saturday _____ Saturday/Sunday

Did you like the class schedule or would you change the order?

Order the divisions 1 – 3 as they would appear during the day

_____ Fino _____ Pleasure _____ Performance

I have had a request for more Amateur to Ride classes. How could these classes be broken down more exhibitors into the show? For example – Mares, Geldings, Stallions?

What other types of activities would you like to see?

Recreational Rider Fun...and Games

And on the Recreational Rider front...

We added fun classes to both the May Day Gaited Classic and the Mason Dixon Spectacular show. At both shows we had good participation and we even had an audience at the NJ show – at least until the pig roast was announced! The egg and spoon race, the potato race, and the ribbon ride all had their fans. The Simon Sez class was controversial in Dillsburg over the word “and”. As in Simon says “stop and walk on”. The judge determined that if you walked on you were out. Diane fought the decision vigorously and we promised not to use the “and” word again. Thankfully Diane came back to try Simon Sez again at the NJ show. The obstacle course was a big draw and once again, many horses ran afoul of that cowboy curtain! All in all, a good time was had by all.

We have the Gettysburg ride coming up on July 20th and we already have several participants signed up for that one and it is sure to be a good ride.

I have spoken with many of you individually about the Gaited Getaway at Fair Hills in October. If you have not signed up, please do it will be a lot of fun. Diane is attaching the entry form to the newsletter.

On a personal “having fun with Paso’s note”, here are my “kids” getting their first swim lesson from friend Becky at Codorus reservoir near Hanover Pa. Let me know if you want to join us!



Paso Fino Urgent Rescue

Recently I joined the Facebook page for Paso Fino Urgent Rescue (PFUR). To quote the website; "Paso Fino Urgent Rescue (PFUR), created May 4, 2011, a 501(c)3 charitable organization, an affiliate of New Beginnings Paso Fino Horse Rescue as of July, 2012, whose mission is to aid in the rescue of Paso Fino horses in distress and help them find a second chance for love. We find Paso Finos in broker lots, auctions, craigslist, heading to slaughter or abandoned by their owners and give them a new lease on life by helping them find loving homes. We are ONLY a social media outlet set up to get the word out about Paso Finos that are in urgent need of rescue, meaning they are about to head to slaughter or some other form of urgency."



I have watched the passion and care that this group, under the leadership of C Michele Klawitter and Jenn La Mana, take to save Paso's in need of rescuing.

I was particularly touched by the recent rescue of a registered 18 year old broodmare. As you can see from the first photo below she is not in very good



shape. Well it turns out that she was Reserve National Champion AO Performance Filly as a four year old and also 3rd National and Grand National Performance Mare. The second picture shows her in the show ring. She won over 551 show points in her career before becoming a brood mare. She has the Legion of Merit and Title of Proficiency as well. For me, the photo of her early days when she was obviously well looked after compared to how she looks today was very touching. Thankfully, our good friends at Hacienda Radiante stepped up and have offered her a home along with another filly from the same place. The final photo is of her and the filly after they arrived at Hacienda Radiante and received a "spa day" and plenty of hay. This old broodmare, ex-show horse extraordinaire, will be a companion horse to a friend of neighbor of Hacienda Radiante.

I am sure that Michele, Jenn and PFUR would appreciate any help we can give to help find new homes for Paso's in need. Please check out their Facebook page and see the good work that they are doing.

—Susan Crawford-Charters



The Recipe Box

Quinoa Salad with Arugula and Gouda

- | | |
|---|---|
| 1-1/2 cups quinoa, preferably red | 3 medium celery stalks, thinly sliced |
| Sea salt | 1 large, crisp apple, such as Fuji or Pink Lady, cut into 1/2-inch dice |
| 5 Tbs. extra-virgin olive oil; more as needed | 1 cup walnuts, coarsely chopped |
| 1 large red onion, quartered lengthwise and thinly sliced crosswise | 1 cup finely diced fennel |
| 2 Tbs. balsamic vinegar | 3/4 cup dried cranberries |
| 4 oz. arugula, trimmed and thinly sliced (about 3 cups) | 3 Tbs. sherry vinegar |
| 4 oz. aged Gouda, finely diced (about 1 cup) | Freshly ground black pepper |

In a bowl, rinse the quinoa with water, rubbing it between your fingers for about 10 seconds. Drain and transfer it to a 3-quart pot. Add 2-1/2 cups water and 1/2 tsp. sea salt and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, covered, until the quinoa is tender but still delicately crunchy, about 15 minutes. Drain the quinoa and return it to the pot. Cover and let the quinoa rest for 5 minutes; then fluff it with a fork.

Let cool to room temperature. While the quinoa cooks, heat 2 Tbs. of the olive oil in a 12-inch nonstick skillet over medium-high heat. Add the onion and a pinch of salt; cook, stirring frequently, until tender and brown around the edges, 6 to 8 minutes. Add the balsamic vinegar and toss with the onions until the vinegar cooks away, about 1 minute. Remove from the heat and let cool to room temperature. In a large bowl, mix the quinoa, onions, arugula, cheese, celery, apple, walnuts, fennel, and cranberries. In a small bowl, whisk the remaining 3 Tbs. olive oil with the sherry vinegar, 1/2 tsp. sea salt, and a few grinds of pepper. Add the dressing to the salad and gently mix it in. Let rest a moment; then season to taste with salt and pepper. Add more olive oil if the salad seems dry.

<http://www.finecooking.com/recipes/quinoa-salad-apples-walnuts-dried-cranberries-gouda.aspx>

CALL FOR BABY PICTURES!!!

Having an Equine Baby this Spring? Share the Joy with your friends in Mason-Dixon! Please email your images along with the foal's gender, breeding and date of birth to **Diane Dutt** for publication in the PowerGlide!

If we get enough baby pics, we can track the growth and successes of your babies annually in a continuous MDPFHA e-photo album!

Owner / Breeder "Baby's Barn Name"	Date of Birth Gender	Breeding	Year 0 Portrait	Year 1 Por- trait
Nancy Gallegher "Scooter"	4/8/2013 Colt			
Nicholas Burgos / Denise Cor- coran "Alegria de Emerald Valley"	5/18/2013 Filly	Intocable de Victoria X Esmerelda EV		

Disease and Medical Updates of Interest

WEST NILE VIRUS

One horse in Grimes County, Texas, has tested positive for West Nile virus (WNV), according to the Texas Department of State Health Services WNV surveillance program. As indicated on the US Geological Survey WNV disease map, last updated [18 Jun 2013] at 3 a.m., the Grimes County case is the 1st equine WNV case reported in the United States this year [2013].

The USDA Animal and Plant Health Inspection Service (APHIS) reported 627 equine WNV cases nationwide in 2012, the highest total since 2006, when veterinarians reported 1086 equine cases. Texas reported the most cases last year (120), followed by Louisiana (62), Pennsylvania (47), and Oklahoma (42). Indiana, Mississippi, and Iowa each confirmed 30 or more equine WNV cases in 2012, according to APHIS. Only 9 states -- Alaska, Delaware, Hawaii, Kansas, Maine, New Hampshire, Rhode Island, Vermont, and West Virginia-remained equine WNV-free in 2012.

Clinical signs for WNV include flu-like signs, where the horse seems mildly anorexic and depressed; fine and coarse muscle and skin fasciculation (twitching); hyperesthesia (hypersensitivity to touch and sound); changes in mentation (mentality), when horses look like they are daydreaming or "just not with it"; occasional somnolence (drowsiness); propulsive walking (driving or pushing forward, often without control); and "spinal" signs, including asymmetrical weakness. Some horses show asymmetrical or symmetrical ataxia (incoordination). Equine mortality rate can be as high as 30-40 percent.

Study results have shown that the WNV vaccine has a substantial effect on preventing disease. The American Association of Equine Practitioners (AAEP) recommends vaccinating all foals and horses against WNV. For horses residing in the northern United States veterinarians recommend vaccinating in the spring prior to peak mosquito levels. In the south, where mosquito populations are present year-round, horses might be vaccinated more frequently. In addition to geography, age and exposure play an important role in deciding how often to vaccinate horses. The AAEP's complete vaccination guidelines are available at <http://www.aaep.org/vaccination_guidelines.htm>.

EASTERN EQUINE ENCEPHALITIS

A state official has confirmed the 1st case of eastern equine encephalitis (EEE) in South Carolina in 2013.

Dr. Boyd Parr, South Carolina State Veterinarian and director of Clemson University Livestock Poultry Health, said a foal from Sumter County that recently died tested positive for the disease. Two adult horses that died at the same farm around the same time are suspected of also having EEE, a mosquito-borne illness in horses that can also affect humans.

Clinical signs in horses include stumbling, partial paralysis and the inability to stand. The symptoms usually develop from 2 to 5 days after exposure. Nine out of every 10 horses infected with EEE virus die.

Parr is urging horse owners to consult their veterinarians to ensure that vaccinations against both EEE and West Nile virus are up-to-date.

[

EASTERN EQUINE ENCEPHALITIS, CONT'D.

This is a staggering statistic of the number of horses who become infected and die. It should make every horse owner want to immediately vaccinate. By the time a horse is reported to have died of this disease, the virus is circulating in the area, and horse owners are already late. Save your horses and have them vaccinated. It should be remembered that this virus may affect humans; however, it cannot transfer from the horse to the human being. It is transmitted to humans and to horses through the bite of a mosquito.

Mosquito control for humans and for horses is important. Use mosquito repellent spray appropriately labeled for horses.

Protect yourself with mosquito repellent containing DEET. Remove any standing water, such as in old tires, to eliminate breeding locations for mosquitoes. Don't be out at dusk and dawn. Do wear long sleeves even when it is hot, as this is a measure for protecting yourself from this disease.

EQUINE HYPERTHERMIA (Heatstroke)

Introduction

Summer is the primary season for many equine competitions, and intense exercise coupled with a high ambient temperature can quickly put horses in the danger zone for heat-related illness. In this guide, we will discuss heat-related illness, physiological mechanisms of heat loss, and techniques for relieving heat stress in equines.

Overview of Hyperthermia

Before going into greater detail, it is necessary to define some basic terms related to thermoregulation—or the regulation of body temperature. The normal rectal temperature of the horse ranges from 99 to 100.5°F. The horse's natural thermoregulatory mechanisms are capable of maintaining this normal body temperature except when overwhelmed by severe circumstances, such as disease or intense exercise in hot climates.



Hyperthermia (heatstroke) occurs when the core body temperature starts to rise because these regulatory systems can no longer effectively cool the horse. Heatstroke is a serious condition that can be fatal if not dealt with quickly. The most common clinical signs include an elevated respiratory rate of 40 to 50 breaths per minute (normal at rest is 8 to 16) that does

not slow when at rest, a heart rate of 80 or more beats per minute (normal at rest is 36 to 44) that does not slow down after a few minutes of rest, a rectal temperature of over 103°F, lethargy, and/or profuse sweating or an absence of sweating altogether. Some horses may suffer from a condition called anhidrosis, a disorder where the horse does not sweat normally. These horses are especially prone to hyperthermia if not managed appropriately. The specific cause of anhidrosis is unknown; however, it is thought that there is a physiological defect at the level of the sweat gland that inhibits sweating. Your veterinarian can perform diagnostic tests that can confirm this condition if you suspect that your horse might be afflicted.

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Hyperthermia most often occurs as a result of inadequate physical conditioning (poor fitness), extreme hot and humid conditions, a weakened thermoregulatory system, or a combination of the three. The heat index (HI), which is the temperature (in °F) plus humidity (%), gives a means of assessing the danger that extreme environmental conditions pose to horses performing intense exercise in such an environment. If the HI is less than 130 (e.g., 90°F and 20% relative humidity), then the horse's built-in cooling mechanisms are usually capable of dissipating the excess body heat generated during exercise. However, when the HI is greater than 150 (e.g., 100°F and 60% or higher relative humidity), the horse will probably need assistance in order to prevent heatstroke. Owners should proceed cautiously when, or seek alternatives to, exercising horses in situations where the HI is greater than 170 or the relative humidity is above 75% since these conditions severely diminish the effectiveness of the horse's thermoregulatory systems.

Mechanisms of Heat Regulation or Heat Loss

In order to maintain a normal body temperature, the horse must dissipate heat that is produced as a result of normal body processes (e.g., digestion and muscular exercise). There are four main mechanisms that allow for this: evaporation, conduction, convection, and radiation. Evaporation (sweating) is the most important cooling mechanism for the horse because it removes heat as water (sweat) changes from a liquid to a gas (water vapor). Conduction occurs when heat is transferred from a hotter object to a cooler object by direct contact, such as using an ice pack on a sprain. Convection is heat exchange that occurs when an air current moves over the skin to pick up heat and/or moisture from the skin and carry it away. Radiation occurs when infrared rays carry heat from a hotter object to a cooler object. The heat that we feel from the sun is an example of radiation. We will describe the practical significance of these mechanisms later in this guide when we discuss means of relieving heat stress.

How to Prepare Your Horse for a Heat Stress Environment

Prevention is the best medicine also goes for heat stress in horses. If at all possible, avoid strenuous exercise of horses when the heat index is near the danger zone. This may require adjusting your training/exercise schedule to do intense work early in the morning or late at night when ambient temperatures are lower.

If a horse must be worked in a high heat index situation, take extra precautions to prepare the horse for the challenge. First, make sure that the horse is physically fit and accustomed to the exercise program. Also, make sure that the horse does not suffer from anhidrosis before putting it in a potentially dangerous situation. Second, take frequent breaks that allow the horse to return to a resting heart and respiratory rate. Third, make sure that the horse has adequate access to clean, fresh water and salt through its normal diet in order to prevent dehydration during intense exercise. If you expect that your horse will be worked enough to sweat profusely and "lather up," you may wish to provide an equine electrolyte supplement according to the manufacturer's directions. If electrolytes are added to the water, make sure that the horse also has access to plain water with no electrolytes. Be sure to accustom the horse to the electrolyte solution before relying on it in a heat stress situation. Accustom your horse to the active cooling methods described later (such as a cold water bath with a sponge and garden hose) so that it is not frightened by the procedure. Finally, make sure that you are able to consistently monitor your horse's vital signs (rectal temperature, heart rate, respiratory rate, and hydration status) so you can determine if they are entering a "danger zone" for heat stress.

Means of Relieving Heat Stress

During intense exercise in a high heat index, the horse's rectal temperature may exceed 103°F. Therefore, it is crucial to monitor your horse's vital signs. If the horse recovers normally after exercise, then the heart and

respiratory rates should be near normal after 30 minutes of rest following exercise. While rectal temperature may actually rise in the first 5 to 10 minutes after exercise as the horse dissipates the heat generated during exercise, the horse's rectal temperature should begin to decline within the 30 minutes of rest following exercise. If the temperature doesn't decline or if the rectal temperature is over 105°F, this is a cause for concern and the following methods should be used and you should seek veterinary guidance if available.

The primary goal is to lower the horse's body temperature as rapidly as possible, and this is best done by employing "active cooling" methods that make the most efficient use of the heat loss mechanisms described previously. Once the horse's rectal temperature has dropped below 101°F, active cooling can be reduced and the horse can be walked leisurely until all vital signs are normal.

Cool water bathing. The primary purpose of cool water bathing is to maximize conductive heat loss. The most efficient method is a cool water bath with a garden hose (Figure 2) or a sponge and bucket. The goal is to cool the blood in the major vessels along the neck, on the belly, and inside the legs. The cool water will take up body heat as it is warmed, so the water will need to be scraped off with a sweat scraper in order to remove the heat. This situation might require a team of three people, one to hold the horse, one to hose or sponge water onto the horse, and one to scrape the warmed water off of the horse. If water is not limited, it can be applied to the horse's entire body, taking care not to get it in the horse's nostrils or ears. If water is scarce, then towels wetted with a 50/50 mixture of water and rubbing alcohol might be helpful. Be sure to remove the towels, wring out the warmed water, and rewet them frequently to continue the cooling process.



Photo courtesy of Amy Smith Muise.

Increasing air flow. You can increase air flow over the skin by standing the horse in front of a fan or in a natural breeze if available. Convection pulls heat and moisture away from the skin, allowing it to cool.

Shading. Keeping the horse out of the sun can minimize heat gain from the sun's radiation and help maximize the heat loss gained by convection and conduction.

Drinking cool water. Giving your horse cool drinking water can help with conductive heat loss while restoring the body fluids lost in sweat. Sweating results in a significant loss of body fluid, so it is important to monitor the

horse and ensure that normal body fluid levels are maintained. Horses with mild dehydration (a loss of less than 4% body fluid) typically show no visual signs. Horses that are moderately dehydrated (4 to 9% loss) will show decreased skin elasticity (skin pinch test), poor capillary refill time of the gums, reduced saliva production, sunken eye sockets, muscle weakness, and fatigue. To perform the skin pinch test, take a fold of the horse's skin on the side of the neck between your thumb and index finger and gently pull it away from the horse's neck to create a "tent." Then count the number of seconds that it takes for the "tent" to return to normal. In a properly hydrated horse, the "tent" should immediately go back into place. The more dehydrated the horse becomes, the longer it takes for the skin "tent" to return to normal.

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We have all heard "you can lead a horse to water, but you can't make him drink." This is all too true, but research has shown that providing horses with a normal saline solution (0.9% saline or 2 tablespoons of normal table salt per gallon of water) to drink may encourage them to drink more and further aid in replenishing their body fluids. However, this is definitely a case where "more is not better"; be sure to provide the proper amount of salt in the saline solution, and also provide a bucket of plain water without any salt. Another study compared voluntary water intake of exercised horses that were offered water at three different temperatures (50°F, 68°F, and 86°F). Results showed that the greatest intake of water occurred when the temperature was 68°F. Offering a cool normal saline solution (68°F) can help restore body fluids while also cooling the horse via conduction (cool water inside hot horse). While it is not a good idea to allow a hot horse to consume an unlimited amount of water (as this may lead to colic), it is important to note that an 1,100-pound horse that has a 5% loss in body fluid would require approximately 5 gallons of water to restore this loss. So, it is advisable to allow the horse to voluntarily drink 2 to 3 gallons of water at a time separated by 10- to 15-minute intervals until the horse is no longer thirsty.

Conclusion

The key steps in helping horses handle heat and humidity are to

1. determine the potential for heat stress using the heat index criteria,
2. make efforts to minimize strenuous work in high heat index conditions,
3. be able to recognize the signs of hyperthermia in horses,
4. understand how the horse's body cools itself, and
5. be able to employ active cooling methods in a critical heat stress situation.

Knowledge of these guidelines and methods will help you look out for the well-being of your horse during the hot, humid days of summer.

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The Adventures of Diane & Enrique!



For those of you who enjoyed reading Diane Gates' adventure column, it is my sad duty to tell you that this is the last entry in Diane's travel log.

Diane was a quiet proponent of the Paso Fino, riding in parades, trail riding (always) and making friends and Paso advocates along the way. In many ways, she was typical of our trail riding membership: fiercely loyal to the breed, dedicated to riding daily (as her health permitted) and always anxious to share her adventures with all those who would listen. We are fortunate to have had the opportunity to live vicariously through Diane's column in the PowerGlide. Her photo album will remain on the Mason-Dixon Facebook page indefinitely.



While still a resident of West Virginia, Diane was diagnosed with cancer. After moving to Arizona, she sought treatment with Cancer Centers of America, where she learned that the type of

cancer she was dealing with had been misdiagnosed. She underwent surgery and extensive chemotherapy and enjoyed the years when the incurable bone cancer was in remission. Last fall, the cancer began to spread and subsequent intensive chemotherapy proved ineffective. In December, Diane complained to me that she was frustrated that she was unable to ride for the past month as her fragility and extreme pain were steadily taking their toll. Diane passed away in February, 2013. While I did not know Diane as well as I should have, she serves as an inspiration regarding a life well lived.



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