

Hoofbeats

November 2023

P.O. Box 1326, Twain Harte, CA 95383



The Prez Sez



Happy November! It's almost Thanksgiving—how did that happen? Hope y'all have your wood stacked and ready to go and the leaves raked because winter will be upon us before we know it!

We've got a few great events coming up that should be fun for everybody.

The Columbia All Equestrian Parade is December 10. It's a fun, low stress parade—it's all

mules, horses and ponies. No marching bands! No fire trucks and police sirens! Hope you can join us.

Our Christmas and Installation Dinner is Friday, December 15th at the Posse Clubhouse. We will be serving homemade lasagna, salad and bread, and we ask that you bring an appetizer or dessert to share. Many thanks to the committee that's putting this together—Kris Jordan, Nancy Broce, Nancy Sheldon and Terry Lewallen. If you want to be part of the gift exchange, bring a wrapped gift (\$20 or less), organized by Judy Kavanaugh.

Backcountry roads are still open, get on out while you can! Hope to see you on the trail.

Linda Post
THH President

Visit our Twain Harte
Horsemen website at:
twainhartehorsemen.org

Next Monthly Meeting
Tuesday, December 7 @ 6:30 pm.

Location change:
Mounted Posse Grounds
19130 Rawhide Road, Jamestown

Officers

President:

Linda Post
209.206.8375

Vice President:

Lance LaMons
209.770.1407

Secretary:

Kris Jordan
209.768.9419

Treasurer:

Helga Zuber
209.581.1798

Past President:

Janine Smith
209.591.3054

Directors

Nancy Sheldon

209.206.0296

Myron McCoy

209.206.4043

Chris Mason

209.768.4090

Committee Chairs

Hoofbeats Newsletter:

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Membership:

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Scholarship:

Patty McEwen

THH Website:

Diana Moreci
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diana@SFRCsonora.com

Past Events

Peoria Fall Ride

Saturday, October 28, it was a beautiful crisp fall morning ride. We staged at the Table Mountain hiking trail off of Shell Rd. Seven people showed up for this members ride. Many have not ridden the backside of Peoria Flat before, so this was a fun ride. We made it down to the actual lake, then back up into the pond for lunch and a quick loop around the backside and back to the trailers. *Diana Moreci*



Fahey Cabin Ride

November 11

Linda P. Colleen C., Judie K. and Cyndie C., rode out on a perfect fall morning from a parking area near Fahey Cabin. Forest roads took us through the woods full of fragrant pines, cedars, and firs, along with oaks, maples, dogwoods and willows that were in full fall colors ranging from bright yellow to pale salmon. We stopped at Hull Creek and listened to the sounds of burbling water as we ate our lunch, then returned to the parking area along mostly flat roads, crossing scenic Wrights Creek and its water falls along the way.



Upcoming Events

Columbia Equestrian Christmas Parade

We are gearing up for the Columbia annual Christmas parade on **December 10**.

Contact our president, Linda, if you want to join our Twain Harte Horsemen contingent. It is a great training parade for horses. It is short, easy and fun. Meet up time and place will be announced. And participants will be instructed what to wear. No-one should have to buy anything, unless you don't have a white shirt or turtle neck. Text or call Linda 209.206.8375 asap so we can get a participant count.



November Birthdays!

David Broce
Jody Rumsey
Dennis Davis
Nancy Rinell

Twain Harte Horsemen Christmas Party

Our **THH Christmas Party** will be held **Friday, December 15** at the Tuolumne County Posse Grounds, 19130 Rawhide Road, Jamestown.

5:30 pm — Appetizers
6:30 pm — Dinner
7:30 pm — Installation of Officers
8:30 pm — Christmas Gift Exchange

Members, family and friends are welcome. It is FREE. Club members will make lasagna. Dinner will also include garlic french bread, green salad, and coffee, tea and water. **Please bring an appetizer or dessert.** The Posse bar is open for spirits, but remember to bring your own wine.

Many thanks to the committee that's putting this together – Kris Jordan, Nancy Broce, Nancy Sheldon and Terry Lewallen. If you want to be part of the gift exchange, bring a wrapped gift (\$20 or less), organized by Judy Kavanaugh.

Beef raffle



Please help us sell beef raffle tickets.

There are still some left, but not many, so dig in and help us sell them all so a winner can be chosen.

Helga is donating 20 lbs of beef to the winner of the raffle.

Contact Kris Jordan at 209.768.9419 if you want to purchase raffle tickets.



Vet Corner

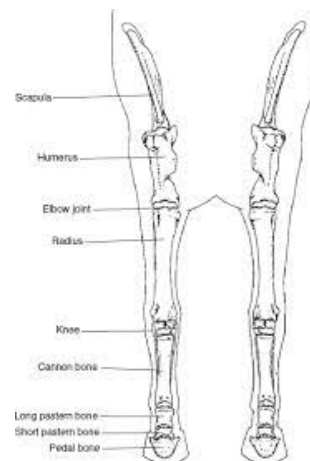
Understanding Joint Disease in Horses

Courtesy of Kentucky Equine Research Staff

The term osteoarthritis (OA) gets thrown about often in barn aisles, racetrack backsides, and veterinary clinics. Joint disease remains a leading cause of pain, lost training and competition days, and even attrition in various sectors of the industry. Without a cure, preventing the onset and progression of disease remain the only way to help horses fight this debilitating condition.

The best way to prevent OA is to arm yourself with a clear understanding of the normal structure of joints and factors contributing to joint disease. These seven facts will help develop an improved understanding of the leading health problem affecting horses.

- Articular cartilage lines the ends of bones where two or more bones meet in a joint. This includes not only the joints located in a horse's limbs but also those in the head (e.g., temporomandibular joint) and along the entire length of the spinal column.
- Cartilage, a highly specialized and unique tissue, allows smooth, frictionless movement and helps distribute the forces incurred during locomotion.
- Cartilage is home to cartilage cells, or chondrocytes, that produce a special matrix comprised of collagen (mostly type II) and proteoglycans. Collagen is the primary structural protein, whereas proteoglycans—a combination of proteins and sugars—hold water, giving cartilage its shock-absorbing properties.
- Cartilage goes under a continual cycle of turnover. This means that chondrocytes constantly break down old matrix and create new matrix. Such turnover is mandatory for pain-free movement.
- Inflammation causes problems. Any type of trauma to the cartilage or the joint triggers inflammation. Inflammatory mediators, such as interleukins, produced by the body interfere with cartilage turnover. Specifically, inflammation causes accelerated cartilage breakdown and decreased cartilage production.
- Once joint inflammation begins, the cartilage slowly begins to degrade.
- A bad step causing trauma or a fracture involving the joint, inflammation of soft tissues such as tendons and ligaments located close to a joint, or even just general wear and tear and normal age-related degeneration can instigate cartilage degeneration.



A multimodal treatment approach to OA has been advocated for years in lieu of a cure. [Joint supplements](#) play an integral role in delaying progression of disease.

“Glucosamine and chondroitin sulfate not only provide cartilage precursors to help the chondrocytes build new, healthy cartilage but also exert anti-inflammatory effects. Avocado-soybean unsaponifiables (ASU) and omega-3 fatty acids such as marine-derived [EO-3](#) both possess inherent anti-inflammatory properties,” shared Kathleen Crandell, Ph.D., a nutritionist for [Kentucky Equine Research](#).

Not to be left out, hyaluronic acid provides lubrication to the joint, and supplementation with an HA product such as [Synovate HA](#) (available in the U.S. and some international markets) reportedly also helps horses with OA. In Australia, look for the broad-spectrum joint supplement [Glucos-A-Flex](#).

Regardless of what supplements you choose to support joint health, [select supplements wisely](#) and make all dietary changes slowly. Always consult your veterinarian to confirm a diagnosis of joint disease prior to instituting any changes in management.

Raising the Barn


The foundation for the Twain Harte Horsemen barn at Center Camp is done and one of our two containers has been moved onto the barn floor. Work will continue to build walls and roof when all our materials are ready.

Many thanks to the club members who did some heavy lifting to this point: John Watts, Myron. Roy and Janine, and Helga who pitched in all three work days. Other heavy lifters were, Kris J., Lance and Joy, Nancy and Israel, Linda, Kim P. Nancy B., Colleen, and Mike. Among the tasks were covering trailers, prepping the barn foundation, building the forms, pouring the concrete footings, floating the concrete, pulling foundation forms, washing the form wood, adding gravel flooring, moving the container to the barn.



Twain Harte Horsemen 2023 Events*

Date	Event	Event Chair	Participation
December 10	BCHC Columbia Parade	TBD	Public
December 15	Christmas Dinner	TBD	Members Only



RIDING LESSONS

*Emphasizing safety, communication,
and progression of skills.*

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Nancy Broce 831-818-5558



BEEF FOR SALE

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Hamburger, 1 lb packages – \$7 each.
Other cuts range from \$6 to \$18 (approx. 1 lb each)

Contact Helga
209.581.1798
helga2853@gmail.com



SARA

DIANA MORECI

Twain Harte Horsemen's member Diana Moreci invites you to read her book. It is a fictional narrative about a self-sufficient farm woman with a dark secret.

The book is available on Amazon.