



# The Grayson Grazette

**Volume 2, 2017**

*A newsletter for Junior members of*



**Grayson-Jockey Club  
Research Foundation.**

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Admiral loves to hear from his fans.  
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The Grayson Grazette is the digital  
newsletter for Junior Members of the



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501(c)(3) organization

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## Fall Horse Health Care Checklist



As fall arrives you should take stock of  
your horse's health and environment and  
make some adjustments.

*Here's your fall checklist.*

### Parasite Control

Once the intense heat of late summer subsides, the number of  
infective parasite larvae on pastures rises sharply. Check with your  
vet about using a daily dewormer during September and October.

### Changing Pasture Conditions

Pasture quality may be falling off, so your horse may be munching  
on grass in areas he/she would normally avoid. As grass supplies  
dwindle, horses will often sample greenery they would normally leave  
alone. This can lead to plant poisonings. Begin to offer supplemental  
hay well in advance of the pasture going bare.

### Adjusting Feed/Exercise Ratios

If you are riding less then it's time to make some changes to your  
horse's diet, so cut back on calories. If you continue to feed the same  
way, your horse will get overweight.

### Routine Physical Maintenance

Be sure to keep up routine health maintenance chores like teeth  
floating or sheath cleaning. This is also a good time to consider  
giving a shod horse a break from shoes. Going barefoot improves  
the health of the feet, and if you pull the shoes now, you will give  
the hooves time to toughen up before ground conditions get too hard.

*continued on page 2*

# Fall Horse Health Care Checklist

*continued from page 1*

## Fall Laminitis

Insulin-resistant horses, or older horses that may have early Cushing's disease, are at high risk for laminitis in the fall. Recent research has found that there is a seasonal elevation of the hormone ACTH in all horses during the fall. This begins mid- to late August and continues into November. For normal horses, it's not a problem, but with insulin-resistant horses, or those with early Cushing's, the rise in ACTH can be substantially greater and the increases in cortisol this produces puts them at high risk for laminitis. In fact, for many older horses a bout of fall laminitis is often what leads to the initial diagnosis of Cushing's disease.

## Preventing Acorn Over-Indulgence

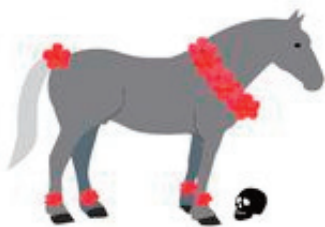
Although many horses relish acorns, and may eat them with impunity for years, for reasons that are poorly understood, acorns can sometimes cause problems. It may be that affected horses simply eat more than the others, or there may be some chemical changes in the nuts related to the weather that season. In any event, it's wise not to let your horse gorge himself on acorns. Symptoms of toxicity may include loss of appetite, abdominal pain/colic, diarrhea or laminitis.

## Miscellaneous Chores

Now is the time to inspect your property and buildings with winter conditions in mind. Take care of repairs you might have let go when summer riding was in full swing. Fix anything that looks like it could become a problem in the next few months. Better to do it now than be faced with a problem you can't avoid any longer in freezing weather. Also think back to problems you may have encountered last winter. You may have had a lot of good ideas on how to improve things back then, but put them off when the weather got nicer. Do you need shovels or heated water buckets?



# Horse Halloween Costumes



**Hula Dancer**



**Ghastly Ghost**



**Dragon**

**A fun fall picture is on page 3 that you can color and frame.**

# Autumn





# Crafting with Admiral



## Pumpkin Painting Hints, Tips and Tricks

*Horse stencil is on page 5 or you may go online and find MORE ideas for your pumpkin.*

- 1** Make sure to select a pumpkin that is ripe. The rind should be firm and hard and should not puncture when you push your thumbnail into it. The pumpkin should sound hollow when you tap it.
- 2** Check that the pumpkin does not have any rotting areas, blemishes, or soft spots which would indicate that the pumpkin tissues have been damaged.
- 3** Make sure the pumpkin has a strong stem and is not leaking sap. Pumpkins without a stem can collect water in the depression left behind and lead to rotting. (This is also why you shouldn't carry a pumpkin by its stem.)
- 4** Make sure the pumpkin sits flat the way you want it and doesn't roll.
- 5** Choose a pumpkin that is the right size, shape and color for your project. While you can paint over the whole pumpkin, a white pumpkin works best if you're using light color paint and aren't planning to paint the whole pumpkin.
- 6** Wash the pumpkin with a solution consisting of one tablespoon of bleach in a gallon of water. This helps to remove bacteria and delay rotting, or use Clorox Cleanup with bleach. You can also wipe off the pumpkin with a clorox wipe or baby wipe, or wash gently with soap and water and a wash cloth. Then dry thoroughly.
- 7** Cure the pumpkin in a greenhouse or sunny window if you pick it from a field and have the time. It takes about two weeks to cure it so that it fully matures and hardens.
- 8** It's best to keep the pumpkin in relatively cool temperatures (50-60 degrees) and out of direct sunlight, since sunlight will hasten the rotting process. Pumpkins also don't like being colder than 50 degrees and can become mushy in a deep freeze.
- 9** Keep your pumpkin dry. If you have it outside, bring it in if it rains.

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# Admiral's Paddock



Hi Friend!

I am so excited to have you on board as a Junior Member and am asking you a big favor. I need your help. Please let all of your friends know about our little club. We want to spread the word about keeping horses healthy and safe.

I enjoy sharing my tips with you on how you can keep your horse in top shape. Sharing with your horse loving friends will help them keep their horses in great condition, too.

Speaking of sharing, I have another recipe for you to try. With fall approaching I am looking forward to enjoying Pumpkin Cinnamon Cookies and I know your four-footed friend will like them too!



## Fall Pumpkin Cinnamon Horse Cookies

The weather is getting cooler, and blanketing season is upon us. With the time change there is less riding time. What are you going to do with all that free time, you ask? Why not bake some cookies for your horses!

*What You'll Need:*

1/2 can of pumpkin  
1 tbsp cinnamon  
2 1/4 cups of oats

1/4 cup of molasses  
1/2 cup of brown sugar

Preheat oven to 400 degrees, and grease a cookie sheet or two, if you need to. Most of them these days are nonstick.

In a large mixing bowl, combine oats, brown sugar, molasses, and pumpkin. Mix until blended.

Roll into small balls with your hands, about 1" in diameter, placing them on the cookie sheets - you can place them about 1 1/2 inches or apart.

*If they seem to be falling apart a bit, you can always add more molasses to thicken the 'batter'.*

Place into the oven, and let bake for 12-15 minutes, depending on your oven.

Pull them out of the oven. They should be a bit dried out, but still a teeny bit squishy when you poke them a bit. They will not be crunchy.

Before they cool and before you remove them from the cookie sheet, sprinkle the tops of them evenly with the cinnamon.

Make about 36-38 horse treats at this size.

**Happy Baking!**