

Upcoming Events

-November 11-12 – Ray Hunt Clinic

Upper RBR / All day

-November 17-20 – Pat Mitchell Parelli Clinic

Main Arena / All day

December 1-4 - Pat Mitchell Parelli Clinic

Main Arena / All day

-December 5 – Board Meeting

Clubhouse / 7:00 pm

-December 10 – ETI Christmas Breakfast Ride

Oak Grove Staging Area (rain: Clubhouse) / 9:00 am

-December 13 – RBR Christmas Party

Clubhouse / 6:30 pm



New Board Members Elected

Several new and a handful of returning RBR Board members were elected to the 2007 RBR Board of Directors at the Annual General Membership Meeting and Election on Nov. 1st. Thanks to all of the members who attended the meeting and thanks to those who brought delicious goodies to feast upon! The 2007 Board of Directors is listed below. Congratulations!



Emily Stork – President

Susie Brown - 1st Vice President

Sally Horner - 2nd Vice President

Betsy Coles - Recording Secretary

Rebecca Roberson - Corresponding Secretary

Bonnie Hedrick – Treasurer

John Hedrick - Dir. of Grounds

Sally Sandor - Dir. of Arenas and Tractors

Connie Flanders - Dir. of Events

Ariel Wisch - Barn Manager

Katie Ginzton - Dir. of Youth Activities

Work Day

Thank you to the following people for their attendance and hard work at the Fall Work Day!

Fly Manglicmot, Betsy Coles, Susie Brown, Patty Sue Jones, Mark Hatch, Clare Hatch, Sue Lafferty, Jeff Powell, Stephanie Bathke, Tess Stenzel, Eva Stenzel, Cathy McNassor, John Harris, Anisa Hamdan-Dillihay, Alana Bonilla,

Darcy Williams, Jenny O'Neil, Connie & John Flanders, Elizabeth Toms, Julie Unamuno and Lambert Gilbert.

Two new storage sheds were put up, many native plants planted, a trellis over the sink started, a patio under the sink built, dressage poles measured twice and cut once, weeding and pruning throughout the property and a lot of perimeter brush cleared!

Thank you to those who made work day donations:

Nikki Wales, Doug and Carolyn Lerner, Debbie Hemela, Priscilla Benson, Jenny O'Neil, Roberta Davis, Emily Stork, Liz Blackwelder and Mary Barrie.

- o If you were unable to attend the work day, please contact Susie Brown for a job or you may make a donation in any amount to RBR. Please note "Work Day Donation" in the memo portion of your check.

Vaccination Clinic

Dr. Peralez vaccinated 21 horses at the Fall Vaccination Clinic including 19 boarders and 2 non-boarding horses! He returned on the 8th to float teeth, clean sheaths and give shots to several horses and will finish up a few more horses later in the month. Please call his office if you would like to add on to the clinic. If your horse is on a different vacc. schedule, please let me know.

Altadena Old Fashioned Days Parade

On Saturday, October 28th RBR members Greg and John Hedrick, Doug Lerner, Charlie Rasmussen, Ashley Roberson and Tamara Thomas represented RBR in the annual Altadena Old Fashioned Days Parade. Great job!

Joint Supplements: What's Hip and What's Hype? Lydia Gray, DVM

Horses can experience improved joint health with appropriate supplementation whether they are old or young, in heavy training or used recreationally, recovering from a joint injury, or just experiencing normal wear and tear. The three main ingredients in joint supplements--glucosamine, chondroitin sulfate, and hyaluronic acid--must be selected with care to ensure they are safe and effective.

Glucosamine is the building block of chondroitin sulfate, a specific type of polysulfated glycosaminoglycan (GAG). Not only does glucosamine increase production of new GAGs and therefore new cartilage, it also inhibits enzymes that break down cartilage.

Chondroitin sulfate is made by chondrocytes, living cells inside cartilage. A building block of the much larger proteoglycan molecule, chondroitin sulfate also stimulates production of new cartilage while inhibiting enzymes that break down cartilage. A synergistic effect has been seen with the combination of chondroitin sulfate and glucosamine.

Hyaluronic acid is a nonsulfated glycosaminoglycan made in two places: chondrocyte cells in cartilage and synoviocyte cells in joint lining. It is an integral part of both joint cartilage and joint fluid, providing lubrication between surfaces. Hyaluronic acid is a long, chain-like molecule to which proteoglycan attaches. When selecting a joint supplement, first evaluate the manufacturer then examine the product label. Choose companies that:

- o Provide a guaranteed analysis, listing minimum amounts of active ingredients
- o List their product's complete ingredients on the label
- o Have performed independent research on their product and are willing to share it
- o Have a reputation to protect and aren't willing to risk everything for a quick buck
- o Don't make bold claims on the label about curing or treating disease

Keep your equine partner active as long as possible whether he's a grade horse giving trail rides, a Thoroughbred showing hunter/jumper, a Quarter Horse in western performance training, or a Warmblood recovering from OCD surgery. Talk to your veterinarian about adding a joint supplement to your horse's wellness program.

Thank you!!

Thank you to the following people for their work around the barn!

- o Grete Gryzwana – planting new flowers in the hanging baskets, poop scooping arenas.
- o Darcy Williams - sweeping feed room.
- o Rebecca Roberson - cleaning the sink, towels, watering plants.
- o Emily Stork - cleaning the clubhouse.
- o Sally Sandor - dragging and watering arenas, VVV event liaison.
- o Jeff Powell - parking help for VVV event.
- o Guy Hutton - parking help for VVV event.
- o Clare Lombardo - cleaning picnic area, watering arenas.
- o Jim Nigra - repairing and varnishing benches, vacuuming tack room, cleaning out old green trailer.
- o Patty Sue Jones – cleaning horse exhibit in clubhouse, trail maintenance under JPL bridge, brush clearance, watering plants, poop scooping arenas.
- o Betsy Coles – sweeping hay room, cleaning clubhouse.

Reminders

The sand has arrived! Please pay Vitalio promptly so he can put the sand in your stall. He charges **\$35** for a half stall (4 tons) and **\$70** for a full stall (8 tons).

In Memoriam

On Tuesday, October 24th, Debbie Hemela's horse Windy passed away. Windy was a longtime RBR resident. Our thoughts and prayers are with Debbie during this difficult time.

New Boarder

Member Greg Hedrick's new horse, a chestnut gelding named Passepartout, aka "Potato", aka "Willie" will be living in the Dodson's stall. "Willie" is a 5 year old Draft/Thoroughbred cross who passed his vet check on Monday with flying colors! Please help them to feel welcome.

Guests

We will have a very large group of guest boarders for the Ray Hunt Clinic from November 10-13 staying in the guest pipe corrals, the sun pen and down at the Tom Sawyer Camp corrals. There will also be about 8 horses boarded for the Pat Mitchell clinics. See above for dates.

Arenas

Thanks to Sally Sandor for arranging to have all 3 arenas leveled on October 13th. RBR purchased some new sand for the jumping arena. It will be spread around to soften the footing this week.

