



Making New Friends, Having Fun, Promoting and Preserving Canada's National Horse

Visit us on the web [www.canadianhorseontario.com](http://www.canadianhorseontario.com)

## President's Message

This is our final newsletter for 2019, and I must say I could not be more excited or proud to be part of such an amazing association. We have had just a fantastic year with membership continuing to grow, and the success of the CCHAO is all because of you.

I cannot thank you all enough for supporting the CCHAO and making this your association.

Just a reminder, if you haven't yet done so, to please send in your membership fees for 2020. The board has made the decision to not make any changes to the membership options or costs for 2020. Please encourage family members, friends, and all interested people you may know to support the CCHAO. And as we continue to grow, we will, in turn, continue to find ways to help support our members.

Don't forget to visit our website (<https://canadianhorseontario.com>) from time to time and encourage others to do so as well. We keep up-to-date information on events and meetings there, as well as showcase our members and their horses. Just recently we've been able to upload our previous newsletters so members and the public alike can go back and review the activity of the association. And don't forget, if you'd like to have a picture of you and/or your horse in our photo library, just send us a pic.

From myself and the rest of the board of directors, I want to wish you and your families a very Merry Christmas and a Happy New Year. We look forward to seeing you all at our Annual General Meeting in 2020.

All the best!!!  
Ron Marino  
President, Cheval Canadien Horse Association Ontario

## CCHAO Board of Directors

Ron Marino, President  
Email: [marinoathome@hotmail.com](mailto:marinoathome@hotmail.com)

Rhonda Turley, Vice President  
Email: [rhonda.turley@clorox.com](mailto:rhonda.turley@clorox.com)

Gail Brandt, Secretary  
Email: [gbrandt@sympatico.ca](mailto:gbrandt@sympatico.ca)

Candace Gomes, Treasurer  
Email: [Candace.gomes82@gmail.com](mailto:Candace.gomes82@gmail.com)

Tina Morrison, Western Ontario Representative  
Email: [canadian@rogers.com](mailto:canadian@rogers.com)

Andrew Boone, Eastern Ontario Representative  
Email: [bdstables@hotmail.com](mailto:bdstables@hotmail.com)

Kelly Ferguson, Director at Large  
Email: [fergy244@hotmail.com](mailto:fergy244@hotmail.com)

## What's Inside This Issue

Page 2 – Director's Profile

Page 2 – Members' Profile

Page 4 – The Headless Horsemen

Page 5 – Horse Health

Page 6 – For The Horse...Healthy Treats

Page 7 – Membership Form - Renew or become a member today!



## Director's Profile – Tina Morrison



*Pineview Velour Magic*

I bought my first Canadian Horse in 2002. Actually, I bought two five-month old fillies, Pineview Velour Magic (#11060) and Pineview Surprise Mouse (#11061). They were delivered to my farm in November of that year, straight from the paddock with limited handling and no ground manners. What was I thinking?!

To back up, I had been attempting to breed a Thoroughbred broodmare that we had recently acquired. After a few unsuccessful attempts I decided to take a step back and rethink this breeding plan. I reflected on the fact that there were already a lot of horses in the world, so if I was going to add to this population perhaps I should breed a breed of horse that needs help. So my research started, and naturally I ended up deciding on the Canadian Horse.

Enter Magic and Mouse. What a wild mess they were, but smart and funny and social and inquisitive and actually pretty easy to train. They grew to be wonderful horses that both ended up giving me a few foals. Mouse moved on to her forever home, with a family that is strongly educated in Canadian history. I decided to keep Mouse's filly Sydney (#11714), who will be 14 next year. Magic is my forever horse and will be 18 next year.

I have owned 16 Canadians over the past 17 years and have put seven on the ground. I bred slowly and systematically. I



*Y-Ette and her foal Exel*

love researching bloodlines. My interest is in breeding the mares and training the foals. All my horses are kept in training until they are sold.

I have been the Ontario director for the Canadian Horse Breeders Association and will be finishing my third term in 2020. I am also very pleased and honoured to be a director with the CCHAO. With the start-up of this new Ontario group, I feel renewed.

I look forward to my new chapter of the Canadian Horse with excitement and hope for the future.

## Members' Profile – The Churchills & Their Horses

### Blackstock, Ontario

John and I own two Canadian mares, Glennview Brandy Mocha (#9833) and Canadream Navajo Zaida (#13589), which we ride and drive. I fell in love with the Canadian breed at the Royal in the mid 80s. We were showing sheep there, and the Canadian breed had a demonstration with young girls riding them while holding eggs in spoons! We became interested in the breed and its history. Raising a family put off the purchasing of one until my youngest daughter found Mocha on Kijiji.





*Mocha with Bentley Churchill up*



*Mocha and Zaida*

Mocha was born 22 June 2002, the year the breed officially became the National Horse of Canada. She was broke to ride and drive. Despite several setbacks in training (even though I have ridden and driven horses since I was 15), we stuck with her due to her gentle nature when handled.

Our future plans are to attend clinics and trailer to driving events so we can promote the breed's willingness to work and try new things. We did take them to the UCD Futurity show in Port Hope in September of 2018, where Zaida was Top performance horse and Grand Champion Horse on halter! Both horses are willing and a pleasure to work with, though Mocha does have anxieties from time to time. Thankfully Zaida is the steady mate. Zaida is our versatile, graceful, and loaded-with-personality example of the Canadian breed.



*Zaida driven solo*

We purchased a weanling several years later, Canadream Navajo Zaida, born 16 May 2012. Four years ago, we got help from experienced trainers Randy Bird and Don Tribbling, and now we have a team to drive locally and at clinics. A local farm has a driving course set up and we enjoy the challenges of cones, bridge, water hazards, and standing still waiting your turn! We are the only team at these events so far. We are also fortunate to have access to many trail riding areas.





## The Headless Horsemen



*Yazhi with Charlotte Elliott Up*

Black Canadians and Headless Horsemen seem to go together! This past Halloween, at least two of our members lost their heads. Hidden Meadow Neirin Yazhi (#13350) is owned by Sandy and Jack Addison of Vittoria and shown here ridden by Charlotte Elliott. Yazhi is perfect for the job as he is so calm and well-mannered around so many people. Charlotte has very limited vision in her costume but has never worried about Yazhi getting out of hand. Yazhi's skeleton is painted on him by Lorain Fletcher, a local artist and horse owner.

The second photo features Beckett's Creek Kamouraska Pax (#10436), ridden by owner Ron Marino and stabled at Winsong Farm near King City. Pax, who is trained by Ron, is an old hand at all sorts of games, props, and public appearances, and nothing much fazes him, including costumes.



*Pax with owner Ron Marino up*

Editor's Note: Many members enjoy looking up bloodlines. To facilitate this it is a great idea to include your horse's registered name and number (as well as stable name if you like) when sending in photos or articles. Thanks so much!

## Horse Health – Equine Metabolic Syndrome (EMS)

By Kelly Ferguson DVM

**E**quine metabolic syndrome (EMS) is a metabolic/endocrine condition that places horses and



*(Cartoon gratefully used by permission of Jared Lee)*

ponies at a higher risk for developing laminitis. Insulin dysregulation is the key feature of this condition. Affected animals are generally obese, with increased regional fat deposition in the neck, tailhead, sheath, or mammary gland area. Laminitis can be acute or chronic. Hyperinsulinemia (increased blood insulin) with normal blood glucose is the main pathological finding. Other clinical findings include infertility, altered ovarian activity, increased appetite, and arterial hypertension. Over the years EMS was often misdiagnosed as hypothyroidism, as the clinical features are similar.

EMS most often develops between 5 and 16 years of age, and no sex predilection has been noted. There does appear to be a genetic predisposition. These horses possibly possess a “thrifty” gene that enabled their ancestors to survive in harsh environments. This adaptive efficient metabolism became detrimental in modern times with the availability of nutrient-rich foods. In the literature, ponies, the Morgan, Tennessee Walker, Paso Fino and mustang were the breeds most susceptible to EMS. Interesting that in none of the

literature was the Canadian horse mentioned! However, the list does contain some close relatives.

Affected animals respond to high carbohydrate meals with an exaggerated increase in insulin, higher than expected glucose levels, and a very slow return of blood sugar concentration to baseline values. This indicates a resistance to the peripheral effect of insulin and/or an inability to metabolize oral carbohydrates normally.

Diagnosis of EMS is not based solely on the presence of obesity, including the classic cresty neck, and a history of laminitis; blood tests are needed. The first test is the insulin tolerance test, which measures blood sugar levels after insulin has been administered. The second test involves measuring insulin levels after oral ingestion of sugar or glucose.

Treatment of EMS involves first and foremost dietary management and exercise leading to weight loss. If that is not sufficient, then medical management is required. Obese horses should be placed on a weight reduction diet composed of hay and a vitamin/mineral supplement without access to pasture, at least during the initial weight-loss period. Grain should be eliminated. Any hay or supplement fed should have an NSC (nonstructural carbohydrate) value of 10 % or less.

Initially hay is fed at 2 % of body weight, and after 30 days it can be reduced to 1.5 % of ideal body weight. Either a vitamin/mineral supplement or a low-starch concentrate that is balanced when fed with hay should also be used. Dietary supplements such as cinnamon, magnesium, chromium, and vitamin E have also been suggested as they are thought to increase insulin sensitivity.

In those horses that are severely affected with laminitis or are losing weight too slowly, medical management is necessary. Levothyroxine, a drug used to treat hypothyroidism, can be given for three to six months to help accelerate weight loss and increase insulin sensitivity. Metformin is another drug that has been used to lower insulin levels.



As with any disease, prevention is the best medicine in regards to EMS. Therefore, maintaining a healthy weight and adequate exercise levels (which in itself improves insulin sensitivity), especially in predisposed breeds, is essential. Particular care should also be taken when pasturing horses in the spring and fall, when soluble carbohydrates are at their highest levels.



### **For The Horse – Tasty Treats**

Submitted by Gail Brandt

#### **HEALTHY HOMEMADE HOLIDAY HORSE TREATS**

I have discovered an array of recipes online and in magazines for homemade horse treats, but many of them are not very healthy—especially for “easy keepers” such as our Canadian horses. As a result, I have developed my own recipe that does not contain sweet meal, flour, molasses, or sugar. The result is a wholesome treat that both our Heronwood horses and our dog, Cooper, find very tasty.

#### **Ingredients**

2 cups large flake oatmeal

4 cups ground flax seed

1 cup unsweetened applesauce

2 cups shredded carrots

2 teaspoons cinnamon

#### **Method**

Preheat oven to 350°F and cover a large cookie sheet with parchment paper.

Mix ingredients together and work with hands until you form a soft ball. If the dough is dry and crumbly, add some more applesauce (or water) until you get a consistency that will allow you to press the dough into the cookie sheet.

Spread dough evenly over the cookie sheet surface and score it into appropriately sized squares before baking.

Bake for 30–35 minutes if you wish to have chewy squares. If you prefer crunchy ones, reduce the oven heat to 175°F and bake for an additional 30 minutes.

When baking is completed, remove cookie sheet from the oven and cut along the score lines before the product is completely cooled. Once cool, store squares in a closed container such as a cookie tin or in a plastic container.

P.S. Don't eat all the squares before your horse gets a chance to sample them over the holidays!

A big shout out to Tina Morrison, the Churchills, Sandy and Jack Addison and Ron Marino for sharing the stories and photos of their lovely horses. Thank you Kelly Ferguson for an excellent article on Equine Metabolic Syndrome (EMS).

Newsletter article assembly/proofreading by Gail Brandt, editing/proofreading by Marie-Lynn Hammond, layout by Susan McLenaghan. Whew! It takes a village!

Finally, please print out the following membership form and send in your renewal.

Happy Trails everyone!



**PLEASE SHARE THIS FORM WITH OTHER CANADIAN HORSE ENTHUSIASTS**

**CHEVAL CANADIEN HORSE ASSOCIATION ONTARIO (CCHAO) 2019**

**2020 Membership Form (1 January—31 December)**

**Please print in block letters.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Membership Type:**

- |   |      |                          |
|---|------|--------------------------|
| Adult - 18 yrs and over, 1 CCHAO vote                 | \$40 | <input type="checkbox"/> |
| Youth - 17 yrs and under, 1 CCHAO vote                | \$20 | <input type="checkbox"/> |
| Couple - 2 adults, 2 CCHAO votes                      | \$60 | <input type="checkbox"/> |
| Family - 2 adults & related youth, 2 CCHAO votes      | \$80 | <input type="checkbox"/> |
| Associate - Does not own a Canadian Horse –Non Voting | \$20 | <input type="checkbox"/> |

**Please make cheques payable to Cheval Canadien Horse Association Ontario and mail to:** Candace Gomes, CCHAO Treasurer, 5933 Battersea Road, Battersea, ON KoH 1H0. If you would **NOT** like to have your name and e-mail address shared with other members, please check the following box:

I do not wish to have my name and contact information published in CCHAO's membership directory.

**Photo/Video Release Authorization**

I, the undersigned, give permission to CCHAO and to its designated agents, to photograph/video me at CCHAO activities and to use such photographs/videos in all forms of media, for any and all promotional purposes.

I further consent to the use of my name in connection with the photographs/videos. I understand that I will not receive any payment for my time or expenses or any royalty for the use of the photo/video, and I hereby release CCHAO from any such claims.

Member's Signature: \_\_\_\_\_

For Couple or Family Memberships, please provide additional names and signatures:

\_\_\_\_\_

\_\_\_\_\_

Parent's Signature for members under 18 years: \_\_\_\_\_

Date: \_\_\_\_\_

