



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

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President's Message

Hello Everyone,

I hope you are doing well.

I've been reminiscing about the past year and I don't think any of us will ever forget 2020. Even though many of us want to forget it, 2020 will go down in history as the year when everything changed. I think 2020 tested all of us both personally and professionally. And I'm sure even our wonderful horses may have been tested through this as well—with many facilities having to lock down, having to schedule times for owners to be able to see their horses, and many of us not being able to spend as much time with our four-legged family members as we would have liked to.

It's times like these when I'm so grateful to be part of such an amazing group, which is always there to support one another and share stories of adventures with our horses, and share great ideas to keep our horses and ourselves engaged through these challenging times.

Your directors met earlier this year to talk about plans for 2021. It was a fantastic meeting, and we are going to do our very best to organize some virtual clinics and engage our members as best as we can through 2021. I'm still very hopeful that later this year the restrictions will ease and we can all finally get together.

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I have exciting news about a recent development. We've been contacted by some of the other provincial associations to work together and host a worldwide virtual relay. Some of our members have experience with hosting this type of event, so we are excited to work with the other associations to guide them on putting this on. Stay tuned for all the details.

I know I've said this on multiple occasions: I can't be more proud to be part of such a great group. This is your association, and you have all done an incredible job of continuing to promote and educate the public about the most amazing breed in the world.

You have all represented the CCHAO with professionalism and dignity. I have heard so many stories of our members helping each other and other people. If we do nothing else but continue to be proud, humble, and supportive of each other and everyone around us, and we continue to hear nothing but great things about the CCHAO, I would say that is the greatest measure of success.

As always, if you have any suggestions or ideas that you'd like to talk about, don't hesitate to contact any of your board. We are here for you.

Stay safe and thank you all, on behalf of the entire board, for your continued support.

Ron Marino, President

The 100 Hours in 100 Days Canadian Horse Challenge by Gail Brandt

The Canadian Horse Heritage and Preservation Society (CHHAPS) has proposed to other regional Canadian Horse organizations such as CCHAO that we collectively sponsor a virtual event this summer called "100 Hours in 100 Days Canadian Horse Challenge."

The event will run from July 1 (Canada Day) to Oct 11 (Canadian Thanksgiving), during which time registered participants will aim to perform 100 hours of activity with their horses. Activities can include one-on-one time such as grooming, lunging, ground driving, ground work, riding, and driving.

CHHAPS is hoping to foster and reward registrants for spending time interacting with their horses, as well as to encourage connections with other like-minded horse owners.

There will be a small participant registration fee to help cover the costs of running this on-line program, including the provision of prizes for participants who successfully complete the challenge. Any profits will be donated to the [Canadian Horse Rescue and Rehoming Society](#).

CCHAO has been invited to help administer this event in Ontario, and the Board has agreed that we should participate in this fun project. We will keep you informed as we learn more details about when and how the challenge will be rolled out.

Member Profile by Susan McLenaghan

As a youngster I grew up hearing that horses were "in our blood." I wasn't sure what that meant, but certainly my childhood was replete with a host of equine friends. A family saga has it that my affinity for horses expressed itself at a very early age when, as an infant, I crawled from the safe spot I had been placed, under the fence, and sat by the front feet of my father's favourite driving horse, White Lane Babe. Fortunately she was an excellent babysitter, and I lived to tell the tale.

It would not be an overstatement to say that my father, (and by association, everyone else in our family) was besotted by everything horse. His interests were wide ranging and included the study of vintage vehicles and hitches. He



acquired vehicles, some of which he had restored. It was only natural to him that we would travel to my wedding in his beloved victoria carriage.



Ernie Karss driving Dad and me to the church with his matched team, and Glenn Wright, groomer

My first pony was a lovely Shetland by the name of Twinkle Toes. She had a friend, Jo Jo. If I wasn't riding Twinkle Toes, I was driving Twinkle Toes and Jo Jo as a team.



Twinkle Toes, my brother, and me

Then, in 1957 my father imported three Welsh Mountain ponies from Wales. The timing was auspicious. My brother and I were of an age where they suited us perfectly. Riding, driving, fall fairs, the Royal Winter Fair...so many fantastic experiences. Many Welsh babies were born at our home and

found a place in our hearts. Welsh Mountain ponies were undoubtedly responsible for instilling in my brother and me a lifetime love and respect for horses.



Coed Coch Collwyn, one of our Welsh stallions, at a Perth Heritage Celebration

There were many other ponies and horses that graced our home, all memorable in their own way—a New Forest pony, a Quarter horse, Hackney horses, draft horses, and last but not least, Standardbreds. Different breeds, with different abilities: from them I learned that each horse/pony is its own individual with likes, dislikes, temperament, motivations—just like humans! Looking back I wonder how it was that with all the horses that graced our property, we knew nothing of the Canadian Horse despite living in eastern Ontario, relatively close to Quebec and Upper Canada Village.

I couldn't have known when I left home for university that it would be forty some years before horses would become part of my life again. It began innocently enough. A friend and I decided it would be fun to take riding lessons, both of us having had exposure in our youth, so we booked some lessons. I knew the minute I sat on the back of the school horse called Cricket that lessons were the beginning of something bigger. Thus began horse shopping, which in many ways reminds me a bit of shopping for a used car!



I considered several breeds. Because of my fondness for Welsh, I considered Welsh Cobs. Then the Canadian horse breed entered my consciousness and that was where I set my sights. My intention was to acquire two Canadian horses. That plan went wildly off the rails early on when I purchased a 22-year-old Thoroughbred, a former racehorse named Bye Bye Mexico (aka “Jock”) who badly needed a home. Still, I maintained my search for my ideal Canadian horse, and one day I found her, standing in a dark, windowless stall in an old converted cattle barn. Our eyes met...and that was it!

Berthiaume Xerox Molly-Shady (#9768), six years old, with some much-appreciated natural horsemanship training, passed our riding check and the vet check. In short order she joined Jock at the riding stable where I was taking lessons. Of course, in almost every respect they were complete opposites, but that simply enriched the learning experience!

We fenced our property, built a stable (my happy place) and brought our “beautifuls” home. I kept taking lessons for quite a while and am forever grateful to my teacher for keeping me safe and setting me on a good path to responsible horse ownership. After forty years, I had a lot of catching up to do!

Sadly, Jock died in the fall of 2018 at the age of 32. Every time I walk in the stable I think of him. All heart and brimming with wisdom, he delighted in teaching me aspects of horsemanship I didn’t even suspect I needed to know. His hoof print is firmly stamped on my heart.

Before Jock died, we had acquired a small donkey with the idea that Leonard would provide companionship to the horse that was left behind when I was away riding. Leonard has been a horse “companion” all his life. I’m not sure if he is aware that he is a donkey and not a horse. At any rate, he takes his duties very seriously and helped us through a time when all of us, including Molly, were missing Jock in a really big way.



Winter walking with Leonard and Molly

Of course I am biased, but to me Molly represents the very best of the Canadian breed. She stands just over 15 hands (a perfect size for me) and reminds me of the photos of “classic” Canadians. Intelligent, gentle, forgiving, and kind, she’s a joy to work with. She is not, however, the go-anywhere, do-anything kind of Canadian that I so often read about. Outwardly stoic but inwardly tense, she can be opinionated, possessing a well-developed sense of self-preservation. Like many humans, she is learning to appreciate uncertainty and the unexpected! Thorough preparation for novel situations remains key so that her trust and confidence (and mine) continues to grow.



Ground work



During the early years with Molly, my daughter and her family moved to Europe. Fortuitously, this presented an opportunity while visiting them to also visit the Spanish Riding School in Vienna, the French Riding Academy in Saumur, and the National Equestrian Academy of the Estate of Versailles. It is an understatement to say that the Palace of Versailles is overwhelmingly magnificent. Some 50,000 people a day experience its beauty and grandeur. Few of those people, however, discover that the real treasures are not found in the palace, but across the square in the stables of the Sun King. There, in the French tradition, a dedicated troupe of riders recreate the spirit of the Renaissance and Baroque period of equestrianism, giving public performances several times a week. Experiencing one of these performances was personally transformative, leading me to the rich cultural tradition of European equestrianism from the time of Xenophon, through the ages, to present-day practitioners who marry the insights of the grand masters with current knowledge of equine biomechanics and equine learning theory. It is a thoroughly engrossing, fascinating educational process, keeping Molly and me fully occupied. As in parenting, there are many theories, approaches, and controversies to learn about and choose from; from my perspective, the more tools in my toolbox the better. Our progress is modest, but satisfying. It seems fitting that a “little horse of iron” from Canada should follow in the hoof steps of her European ancestors in this way.



School work in Our Winter Arena

The Coggins Test by Dr. John Churchill

Canadian Food Inspection Agency; District Veterinarian, Port Perry, ON

A negative test for equine infectious anemia (EIA, aka swamp fever) is required for all horses travelling internationally, to move between states within the US, to enter a racetrack, and for most shows, sales, and exhibitions. In Canada you do not need a Coggins test to move interprovincially, but it will be a condition of the shows, sales, exhibitions, and racetracks of each province that you do have to have a valid negative Coggins test.

EIA is a contagious vector-borne disease (biting insects) or iatrogenic disease (dirty previously used needles and surgical instruments) of horses, caused by a virus in the HIV family. It cannot be transmitted directly from horse to horse. EIA is characterized by an initial acute attack, followed by a long chronic illness. An infected horse may not show symptoms for an extended period and can infect other horses by way of a vector if not isolated. There is no cure, and the horse is infected and carries the virus in its blood for life.



Clinical signs are variable and vary from severe to mild. As a rule there is initial depression; profound weakness; hemorrhages in the gums; jaundice; swelling in the lower abdomen, prepuce, and legs; and a high temperature (up to 41C). Animals showing temporary recovery may appear normal for two to three weeks and then relapse with similar but usually less severe signs. This is repeated cyclically. The disease is more common in western Canada, where there is less testing than in the east. The incidence in eastern Canada is very low.

Leroy Coggins was born 29 July 1932, in Thomasville, North Carolina, and died 30 December 2013 at the age of 81. Dr. Coggins, DVM, PhD, developed the now ubiquitous Coggins test for equine infectious anemia in 1970. Coggins earned a bachelor of science in dairy sciences from North Carolina State University in 1955, a DVM from Oklahoma State University in 1957, and a PhD in virology from Cornell University, New York, in 1962. A member of the American Veterinary Medical Association, American Association of Equine Practitioners, Conference of Research Workers in Animal Diseases, United States Livestock Association, and Sigma Xi, Dr. Coggins was a pioneer whose research significantly improved the practice of veterinary medicine and most likely saved the horse industry.

Dr. Coggins was in Kenya in the mid-1960s for a five-year USDA project when he helped develop a new diagnostic test for African swine fever. He returned to Cornell in 1968 to study equine infectious anemia, a viral disease of horses for which there is no vaccine and no cure. Dr. Coggins applied the insight he gained in developing the diagnostic test for African swine fever and created a method that quickly and effectively checks for EIA antibodies in the horse's blood.

Agriculture Canada adopted the use of this test in the mid-1970s and provided the laboratories to test for it in blood samples submitted by accredited veterinarians.

In 2015 the Canadian Food Inspection Agency (CFIA) and private labs switched from the Coggins test (an agar gel immunodiffusion test, or AGID) to the ELISA test (enzyme linked immunosorbent assay) for reasons of speed and cost.

An accredited veterinarian will take the blood sample from a horse and it will go to one of the private accredited labs. The Coggins test is still used by the CFIA to test horse serum that is non-negative on the ELISA test. A positive test would result in euthanasia or a permanent quarantine for that animal. The CFIA maintains EIA test records for 10 years



Decoding Equine Supplements

By Rhonda Turley

The next time you think of purchasing a supplement for your horse, take a minute to do your research beforehand. Slick marketing is used to get you to buy a product that has not much science behind it. Fillers are added, as are sugars, to increase palatability and volume/weight of product. Ingredients are listed in order of most to least somewhere on the label, but usually printed on the container in small font. Amounts of ingredients are listed in milligrams (mg), which appear to be huge amounts, but when converted to grams are tiny. Suppliers determine their own doses of products and may or may not match the equine dietary need for the listed ingredient.

For example:

My horse Hidden Meadow Neirin Scooter weighs 1150 lbs/500 kg. If he were to be put on **Purica Equine Recovery Extra Strength** (26 gram scoop x 2 = 52g/day), this table shows the breakdown of ingredients and the amounts he would receive:

<https://purica.com/product/recovery-eq/>

	Amount mg	Grams	Scooter Dose in Grams	Daily Recommended Amount	
antioxidant bioflavonoid mix (grape, green tea)	1000	1	2	unknown	
methyl sulfonyl methane (MSM)	10,000	10	20	20	good
glucosamine hydrochloride (plant source)	10,000	10	20	6 to 10 grams	needs more for daily dose
betaine	1000	1	2	40 gr	overdose
vitamin C (magnesium ascorbate)	1400	1.4	2.8	15 gr	needs more for daily dose
natural vitamin E	750 IU	.5	1.00	1000 to 2000 IU	close
elemental magnesium	525	0.525	1.05	1.0 gr	good
TOTAL		24.43	48.85		



NB: Magnesium comes from vitamin C (magnesium ascorbate) in this formula and as such is added to the elemental magnesium amount.

You can probably find MSM and elemental magnesium at a cheaper price than what the retail price is for this product. This supplement is common in my barn and others. It contains 6% filler as well. Nothing listed is “extra strength.”

Let’s look at another division of equine supplements: calming supplements.

This is a big division and very popular. If you want to make a lot of money in equine supplements, then make sure the words “Calm” and “Relax” are on the container in some form and/or large font and/or BOLD.

For example:

Hidden Meadow Neirin Scooter weighs 1150 lbs/500 kg.

At-Ease (15 gram scoop x 2 = 30 g/day for Scooter)

<http://selectthebest.com/at-ease/>

	Amount mg	Grams	Scooter Dose in Grams	Daily Recommended Amount	
magnesium	2000	2	4	1.0 gr	good
tryptophan	500	.5	1	10 gr	poor
thiamin (B-1)	150	.15	.3	1.0 gr	*
pyridoxine (B-6)	75	.075	.15	1.25 gr	*
TOTAL		2.725	5.45		

**Horses can synthesize all B vitamins in their hindgut so do not need supplementation normally.*

This product is an amazing 82% filler.



Quiessence (28 gram scoop = 129 g per day for Scooter)

<https://www.foxdenequine.com/products/quiessence>

	Amount mg	Grams	Scooter Dose in Grams	Daily Recommended Amount	
magnesium oxide	910	.91	.91	8.8 gr*	poor
magnesium proteinate	130	.13	.13		
chromium propionate	162.5	.16	.16	.005	overdose
Total		1.2	1.2		

**includes both proteinate and oxide forms*

This product is 92.3% filler. Money wasted.

Finding a quality supplement can be difficult. Look on the company's website and the product label for quality ingredients. Human grade ingredients are the best. A statement that the product is free of all fillers should be clear. A statement that there is a manufacturer research program with staff qualifications listed adds even more information. If the product is produced using GMP (Good Manufacturing Practice), that's another plus. It is always buyer beware in the equine supplement market.



PLEASE SHARE THIS FORM WITH OTHER CANADIAN HORSE ENTHUSIASTS

**CHEVAL CANADIEN HORSE ASSOCIATION ONTARIO (CCHAO)
2021 Membership Form (1 January—31 December)**

Please print in block letters.

Name: _____

Address: _____

Telephone: _____ E-Mail: _____

MembershipType: (Please check appropriate type.)

Adult - 18 yrs and over, 1 CCHAO vote \$40 _____

Youth - 17 yrs and under, 1 CCHAO vote \$20 _____

Couple - 2 adults, 2 CCHAO votes \$60 _____

Family - 2 adults & related youth, 2 CCHAO votes \$80 _____

Associate - Does not own a Canadian Horse –Non-Voting \$20 _____

Voluntary Donation: _____

Please make cheques payable to Cheval Canadien Horse Association Ontario and mail to: Candace Gomes, CCHAO Treasurer, 5933 Battersea Road, Battersea, ON K0H 1H0.

If you would **NOT** like to have your name and e-mail address shared with other members, please check the following statement:

_____ 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 of age: _____

Date: _____

