

“4-H Horse Talk...”

December 2019



Greetings 4-H Horse Club Members, Leaders & Parents,

The holidays have arrived!

Don't forget your horse when buying holiday gifts. It's a great time for a tube of de-wormer, some sand clear or some treats. A stall ball or lick are great too as they help cure winter boredom when horses are confined due to weather. Be sure to keep water buckets full and fresh to encourage lots of drinking to avoid problems with colic from impaction.

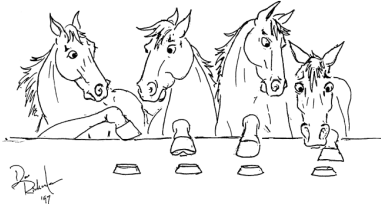
“IMPORTANT”

Enrollment in 4hOnline as of January 1st is required for all State Equine events. If you have not received an email accepting your registration, or re-enrolled for the 2019-2020 4-H year, please call the 4-H office and we will verify your enrollment status. If you are not enrolled in 4hOnline by January 1st, **you will not be allowed to compete in State Equine Events.**

Don't let that happen re-enroll now!

Horse Bowl Practice

*The next horse bowl practice will be held
Wednesday, December 19th at
7:00 P.M. The next meeting will be
January 9th. Hope to see everyone there!*



Thanks...

To all who came out and helped with fairgrounds equipment cleanup and loading shavings.

To everyone who came and helped clean-up the environment. As a result we made \$500.00 for the horse clubs! Those attending got pizza compliments of Maurice River Township.

To all of you who supported Fun Night Out! We made close to \$1600 and had lots of fun! Thanks for the baskets, food, vendors and laughs. It was a great night.

Thank you all again, we could not do it without you, you are the best!

Find us on Facebook at
www.facebook.com/Cumberland4H

*Horse Talk written by
Cyndy Hetzell, 4-H Program Assistant*

REMINDERS

Horse Leader's Meeting

Horse Leaders' Meeting at the Extension Center
on
January 8th at 7:00pm

Scrip

Help support 4-H. Stop by the Extension Office.
We have lots in stock.

4-H Ambassador Contest

4-H Ambassador Contest, **Saturday, January 18th**. Please start thinking about entering the 2020 4-H Ambassador Contest, held at the Extension Center. An application is enclosed with this mailing or can be downloaded from the website cumberland4h.org.

Please return your completed application to the 4-H Center by **January 3rd** to enter.

Pet Pictures With Santa

December 18, 6:00-8:00 PM at Bridgeton
Tractor Supply
Accepting donations



4-H Leaders' Association Texas Roadhouse Peanuts & Dinner Night

Texas Roadhouse Peanuts are being sold by the 4-H Leaders' Association. You can purchase the peanuts at the 4-H Center ~ 2 bags for \$5 or \$3 each

Mark your Calendars for Texas Roadhouse Dinner Night ~ **Wednesday, March 27th!**

Collecting Pillows for Homeless Shelter

Pony Pals & Dream Riders are collecting new pillows for the homeless shelter. Also we need socks and gloves. If you would like to help out bring a new pillow to the 4-H Center by December 11th. Thanks for your help.

Pancake Breakfast & TACK SWAP

The Pancake Breakfast/Tack Swap will be held **Sunday, February 2nd**. This is an all-you-can-eat breakfast and we need lots of HELP! All 4-H horse club members are expected to work serving, clearing tables, cracking eggs and taking tickets.

Tickets are ready now to use as holiday gifts. They are a great idea for the mailman, hairdresser, etc.

Start planning now to help out. Also, get your unwanted tack and show clothes ready for the tack swap held the same day.

Tables are \$10.00.

ALL horse club members are expected to sell at least 5 tickets to help make this a success. Your leaders will have tickets or you can get them in the 4-H Office.

SKI TRIP

The Annual 4-H Horse Club
Ski Trip is scheduled for
Sunday, February 23rd..

Start making plans now to come along. It's a great time and a chance to play in the snow!



2020 New Jersey State 4-H Model Horse Show

- WHEN:** Saturday, Jan. 18, 2020 (Snow Date: Sunday, Jan. 19, 2020, Call (908) 892-3255 for recorded message if weather is questionable in any part of the state).
- OPEN TO:** 4-H members in good standing. Juniors are in 4th to 7th grade. Seniors are in 8th to 13th grade as of September, 2019. *This is different than other State 4-H Equine Events.
- WHERE:** Somerset County 4-H Center, 310 Milltown Road Bridgewater, N.J.
- START TIME:** Registration begins at 8:30 a.m. Judging Begins at 9:30 a.m.
- QUESTIONS** Contact Lillian Shupe by e-mail lrshupe@frontiernet.net or call (908) 892-3255 or Carol Ward by e-mail ward@aesop.rutgers.edu or call (908)-526-6644.
- ENTRIES:** **Due Jan. 10, 2020**, Entry forms **MUST** be signed by your county 4-H Agent or Program Associate. Day of show entries will **ONLY** be accepted if there is still room **and you have a signed form!** Call first.
- ENTRY FEES:** Pre-Registered: \$1.50 per model up to 19 horses; \$30 flat fee for 20 to 30 horses; \$40 for 31 or more models
Entries postmarked after Jan 10: \$1.75 per horse, \$35 for 20 to 30 horses; \$45 for 31 or more models
- CHECKS:** Make checks payable to **Hunterdon 4-H Leaders Association**
- MAIL ENTRIES:** Carol Ward, Rutgers Cooperative Extension of Somerset County
310 Milltown Road Bridgewater NJ 08807
- SPONSORSHIPS:** Each County should provide at least one sponsorship for \$20. This should be sent as a separate check from the entry fees and made payable to Hunterdon 4-H Leaders Association. Sponsorship information must be received by Jan. 17 to be included in the program. Limited vendor space is available
- CLASS LIMITS:** Performance Classes: 2 entries per exhibitor
Halter Classes: 3 entries per exhibitor unless noted on class list
- AWARDS:** Flat ribbons to 10th place in each class, Rosettes to Champions and Reserves, Special Awards for High Point Exhibitors and Division, Championships
- FOOD:** Food will be available for purchase on site

Concussion Checklist: Spot the Signs **By US Equestrian Communications Department**

It can happen to any equestrian: a sudden spook, a miscalculation at a jump, or any bump on the head might cause a concussion. Wearing an appropriate helmet can help prevent such an injury, but it's important for everyone—parents, coaches, barn mates, and equestrians themselves—to be aware of concussion's warning signs. Here's a handy print-and-save reference list that can help you identify a possible concussion—and take the appropriate actions.

What you Might Notice

- Can't recall events prior to or after a fall
- Appears dazed or stunned
- Forgets an instruction or is confused by an assignment
- Moves clumsily
- Answers questions slowly
- Loses consciousness, even briefly
- Shows mood, behavior, or personality changes

What you Might Experience

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurred vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion or concentration/memory problems
- "Feeling down" or not "feeling right"



What You Should Do

If you suspect someone has a concussion, take the following steps:

- Remove the rider from the horse, and do not allow him/her to remount
- Ensure the person is evaluated by an appropriate health care professional. Do not attempt to judge the injury's seriousness yourself.
- Allow the athlete to return to practice or competition only with permission from the appropriate health care professional.

Concussion Resources

- Concussion Safety in Sport at USEquestrian.org
- CDC's "Heads Up" Concussion Resources
- Video "Concussions: Signs, Symptoms, and Helmet Safety"
- Top Tips for Helmet Care

Shavings & Pellets

Shavings and Pellets are available, call for yours.
\$4.75/bag

Community Service Opportunities

Any 4-H Clubs looking for Community Service Opportunities can contact Pam Carman at Spirit & Truth Ministries (856-265-4849. She runs a Soup Kitchen!

Do Community Service and Help the Less Fortunate!

We also have access to a Giving Tree. If you can

Show Dates - 2019

Open Shows

April 18
May 16
June 20
Aug 15
Sept 5

Dressage Shows

July 6

Qualifying

May 30 Western
May 31 English
June 13 Western
June 14 English

Novice Shows -10 AM

May 17
June 28
Sept 13

State Horse Show

August 21, 22, & 23

Game Show

May 1 7:00 PM
June 5
Sept. 25

Ranch Horse Shows - 10 AM

May 3
Aug 9
Oct 4

Happy Holidays!

To all of our 4-H members, volunteers and families. Have a Merry Christmas and a Happy and Healthy New Year.

Cyndy Hetzell Cheryl McCormick Donna Griebau
4-H Program Assistants

De'Ann James Burger & Mary Ann Maslanik
4-H Secretaries



Sal Mangiafico
County Department Head





SKI! SKI! SKI!

No seats will be reserved until payment is received in the 4-H office.

Join Us For
CUMBERLAND CO. 4-H HORSE CLUBS SKI TRIP
Sunday, February 23, 2020
Jack Frost Ski Resort

BUS LEAVES 6 AM AND RETURNS 7 PM

We will be traveling by coach bus and leaving from and returning to the Extension Center (291 Morton Avenue). The price includes bus transportation and lift ticket. Ski rental and beginner lessons are available for an additional fee. Snow-tubing is available also. Registration form and money is due no later than February 10th. ****If we do not have at least 35 participants registered by February 9th the trip will be cancelled.*** All children under 18 must be accompanied by an adult. Cumberland County 4-H Horse Leaders are not responsible for any loss or injury to any skier or equipment. **Discount if paid by February 14th!!**

Return to: 4-H Center, 291 Morton Avenue, Millville, NJ 08332

NAME _____

ADDRESS _____

PHONE _____

_____ # **Bus Only** x **\$35.00** = _____

_____ Bus & Ski Lift Ticket x \$80.00 by 2/09/18, \$90.00 after 2/09/18 = _____

_____ # Bus, Snow-Tubing (full day) x \$65.00 = _____

_____ # Beginner Ski Lessons Package x \$90.00

(includes bus, lessons, equipment rental, beginners' lift) = _____

_____ # Snow-Board Rentals x \$25.00 (additional) = _____

_____ # Ski-Rentals x \$25.00 (additional) = _____

_____ # Snow-Blade Rentals x \$15.00 (additional) = _____