



The Grayson Grazette

Volume 7, winter 2018
A newsletter for Junior members of
 Grayson-Jockey Club
Research Foundation.

In this issue!

- Blankets
- Activity Page
- Craft Corner
- Treat Time

Admiral loves to hear from his fans.
You can tell him about you
and your horse at
admiral@grayson-jockeyclub.org

The Grayson Grazette is the digital
newsletter for Junior Members of the



**Grayson-Jockey Club
Research Foundation**
501(c)(3) organization

Offices:

821 Corporate Dr, Lexington, KY 40503
859-224-2850

40 East 52nd St, New York, NY 10022
212-371-5970

grayson-jockeyclub.org



Blanketing Your Horse

SHOULD YOU BLANKET YOUR HORSE?

The Pros of Wearing a Blanket

- If your horse wears a waterproof turnout blanket, he will be protected from the elements when he is outside.
- Your horse will stay clean, dry and ready for you to ride even if he lives outside.

The Pros for NOT Wearing a Blanket

- With his natural hair coat, he will be able to self-regulate his body temperature.
- You don't need to change your horse's blanket every time the temperature fluctuates.



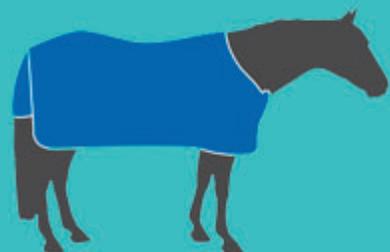
continued on page 2

Blanketing Your Horse

continued from page 1

If you decide that blanketing is the right choice for you and your horse, these guidelines will help you in:

- Selecting the best type of blanket
- Getting the right fit
- Using the right blanket for your area's climate

	Not Waterproof (Worn Inside)	Waterproof (Worn Outside)
No Fill (No Warmth)	 <p>Stable Sheet</p>	 <p>Turnout Sheet</p>
Fill (Provides Warmth)	 <p>Stable Blanket</p>	 <p>Turnout Blanket</p>

TEMPERATURE GUIDELINES



LIGHT TURNOUTS

- A lightweight turnout blanket provides protection in mildly cold weather
- Typically have no fill, so they don't provide much warmth



MEDIUM TURNOUTS

- Provides both waterproof protection and an added layer of warmth
- Perfect for temps that are starting to feel cold



HEAVY TURNOUTS

- Packed with 300-400 g of fill (or more)
- Good for temps in the 20s (for clipped horses) and teens (for unclipped)

FIND THE PERFECT FIT



A SHOULDERS

The top of the front closure should line up with the point of your horse's shoulder, and the neckline should lie smoothly above his shoulder without pulling.

B WITHERS

A blanket that's pulled tight across your horse's withers is a recipe for rubs. You should be able to slide one hand between the blanket and your horse's withers.

C LENGTH

A blanket shouldn't look like a mini-skirt or a bed skirt. Ideally your horse's blankets should cover your horse's barrel entirely, ending just below his elbow and stifle.



Crafting with Cork Horses



Create a majestic cork horse! With a few pieces of cork, beads or google eyes, yarn for hair, felt for ears and decorative fabric for added flair, you can make this all on your own. You will also need glue and 5 corks for a single horse.

There are two styles of horses. We recommend checking with an adult for help on this project depending on your age and which horse you choose to create.

The horses above have sliced 2 corks in half long ways to create four legs, then sliced a cork in half the other way to create a shorter neck for horse and head.

The horses to the right have kept all corks intact.

- 1 Once you have decided which style you prefer, simply take glue to connect the legs to the underside of the body.
- 2 While that is drying, connect the head and neck corks together.
- 3 After those two sections are dry, connect the body and neck and let those dry completely.
- 4 You will want to put the beads or google eyes on your horse with glue.
- 5 Select yarn, ribbons or trims to create a mane and tail and use felt to cut ears and glue them up, allowing the glue to dry before continuing.
- 6 Final step is to cut out fabric to make a saddle cloth or a bandana, using your own imagination. You can add an optional loop to create a hanging ornament.

You can make a whole stable of horses!



Admiral's Corner



Horse Treats for Cushing's Patients and Metabolic Syndrome

Giving treats is a common way we form a bond with our horses. Treats are also useful in many training situations. Unfortunately most commercially made horse treats, as well as apples and carrots, can be high in sugar. This presents a problem with horses that have Cushing's disease, or Insulin Resistance/ Metabolic Syndrome, as those horses' sugar and starch intake must be limited.

The following recipe is a great alternative to commercial horse treats. It was even tested at Equi-Analytical lab and is extremely low in starch and simple sugars, with an NSC of 2.4.

LOW STARCH APPLE CINNAMON HORSE TREATS

1 lb. bag of Bob's Red Mill organic ground flaxseed (from Wal-Mart or grocery store)
½ cup Unsweetened applesauce
2 tbs. Cinnamon
2 cups hot water
Cookie sheet, and parchment or wax paper

Preheat oven to 350 degrees. Dump flaxseed into mixing bowl. Add Cinnamon; mix. Add applesauce, then HOT water. Initially mix with rubber spatula, then use your hands until the dough is smooth.

Cover cookie sheet with parchment or wax paper. (Do NOT use cooking spray.) Place dough on paper covered cookie sheet to evenly cover it. The thinner you spread the dough, the crunchier your horse cookies will be. Cut the dough into squares BEFORE baking; this allows them to come apart easily after baking. They are difficult to cut apart once baked.

Place in preheated oven and bake at 350 degrees for 60 minutes for chewy cookies, and 75 minutes for crunchy cookies. After that, turn off the oven and let them sit in the warm oven for another 30 minutes.

The cookies shrink during baking. Once cool, they break apart easily. Store in a baggie or plastic container in the refrigerator so they will not mold if not eaten quickly. (Thinner, crunchier cookies are less apt to mold.)

I hope your horses enjoy these! by Dr. Teresa Martinoli

For more Information about Equine Cushings Disease and Equine Metabolic Syndrome go to the AAEP website and look in the Owners section.

