

Rio Verde

December 2009

tis the season



Handy

The Rio Verde Horsemen's Association serves the unincorporated county lands north and south of Rio Verde Drive. The Association's purpose is to protect all horse properties and privileges and to preserve the equine and rural lifestyle. Membership is open to all, horse owners and non-horse owners alike, who support this purpose. Voting is only open to property owners in this area.

RVHA ANNUAL CHILI – COOK-OFF



It's that time again! So mark your calendars and get out those wonderful chili recipes. The Annual RVHA Chili Cook Off will be held on Sunday, January 17, 2010. Noon – 4 pm. Any RVHA member wanting to enter their chili can contact:

Mary Kay @ mkdv@desertinet.com 480-206-2937 or
Margaret @ margaretscott@desertinet.com 480-473-3777

Look for more information to follow

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President's Comments

It’s hard to believe 2009 is coming to an end. Now is a good time to take a few minutes and look back on everything that has taken place in your life over this last year. For many of us 2009 has been a long hard trail to ride; I hope that ride is better for everyone in the coming New Year.

In 2009 we lost two very dear friends and long time RVHA members, Don Oglesby and Doc Cavalliere. They are both sadly missed but will never be forgotten. “Happy Trails” my friends ...till we meet again.

The annual RVHA General Membership Meeting was held on Wednesday, September 16th at Reata Pass. Thank you to our guest speakers Rural Metro Fire Chief, John Kraetz, and Sue Livingston, McDowell Sonoran Conservancy Coordinator, and all the RVHA members who attended.

A big “thank you” also to everyone who donated an item to be auctioned at the fall Dinner Dance. Your generosity is greatly appreciated. Community support is what made this event so successful in helping to raise money for Four Peaks Animal Rescue.

The RVHA Election Candidacy Applications will be included this year with your RVHA 2010 membership renewals. Any RVHA voting member (you need to own property in our area) can run for a position on the RVHA Board of Directors. The Annual Election Luncheon will be held in March.

Remember to check the RVHA website for info on upcoming 2010 events.
www.rvha-az.com

Get those recipes ready; the tentative date for the Annual Chili Cook-Off is Sunday, January 17th noon - 4pm

Please take the time to read the articles written by our members. Remember, if you’d like to submit an article for publication in “Roundup”, its due on the 10th of the month prior to publication.

Thank you to all our advertisers who support the RVHA throughout the year. Everyone, please remember to patronize them.

I wish everyone a Healthy and Happy New Year!
“Happy Holidays”



MEMBERSHIP

-by Mo Wachman

At the date of this writing we have 445 members. Among those are 68 members new to our organization. It's surprising how many new members are joining. It's also surprising that we have 53 members who are "Associates", which means that do not own property in the Rio Verde Foothills area.

We'd like to welcome the following people who have become members since our last newsletter:

Donny Benson & Carol Shuler

Robert and Eileen Bropson

Ron Chandler

Patricia Johnson

Vicki & Dean Johnson

Heather & Jake Johnson

Kim & Chris Lucas

Jodie & Jayne Marsh

K J Schaffer

Don & Terry Stecyk

Edward Wilkinson

And "Welcome Back" to

David Davies & Gail ImObersteg

Amy Kadori

We will be sending out the annual renewal forms within the next month. Enclosed will also be Candidacy Forms for the upcoming 2010 RVHA Board elections. These are forms to be filled out if you would like to be considered as a Board Member candidate.



As members everyone is entitled to RVHA vehicle license plates for your car or truck. If you haven't received yours yet (we gave them away at our recent Membership Meeting), please contact me and we'll see to it you get yours.

SRP SUB-STATION 148TH - 150TH & RIO VERDE DR. NORTH SIDE OF RIO VERDE DR.

Below is an update issued September 23, 2009 from Debbie Vaske at SRP who works with Stephanie Winn at SRP's Public Involvement Department: [Debbie.Vaske@srpnet.com]

At this point in time, this future substation is not on our current 6-year Plan. The 6-year Plan is evaluated every year and adjusted to growth/need to meet our customers' demands. As of this year's Plan, the area does not warrant an additional substation to meet customer demand.

DOC CAVALLIERE

Longtime RVHA member and dear friend Doc Cavalliere passed away on Saturday, September 19, 2009. Just



days shy of his 93rd Birthday.

Doc will be missed but never forgotten... The RVHA Board would like to extend deepest sympathy to Joyce Eller and the Cavalliere family. Doc's spirit will always be with us whenever we're at Greasewood or Reata.

"Happy Trails" till we meet again.

MCDOWELL MOUNTAIN PARK ASSOCIATION

-by Pam Griffin

The McDowell Mountain Park has a new ranger. Jenny Work graduated from the University of Miami with a major in marine affairs. She worked as a ranger at the Statue of Liberty, but fell in love with the desert visiting her mother here in Arizona. Prior to her assignment at MP, she worked at Utery Mountain Park and Lake Pleasant.

Her job here includes, among others, taking folks on a variety of hikes. I recently participated in a full moon hike, and found Jenny to be knowledgeable and personable, and the hike was very enjoyable.

Hiking in the park gives another perspective than from atop my 16 hand horse!

During the fall, winter and spring, numerous hikes and other activities take place in this beautiful setting. You can find a listing at: <http://www.maricopa.gov/parks/mcdowell/>

RVHA FALL DINNER DANCE

-by Mary Kay Della Vella

Whoever was in charge of weather this year did a super job! It was a beautiful evening in the desert plus we had a full moon! Turnout was great for this annual event.

In keeping with today's financial situation, we opted for burgers and it worked out well. The crew at Reata Pass did a fine job for us and we kept them hopping! A big "Thank you" to Tim and all his people! The music was good (even if I am an old Rocker!). I always love getting together with old and new friends.

We are sad that "Doc" left us just before our get-together. I'm sure he was there in spirit and always will be.

Cecile was in charge of the 50/50 raffle again. Ray Wallage won it and he took home \$140.00.

Our silent auction was a success as well. We had some wonderful donations. The proceeds all went to Four Peaks Animal Rescue, our local charity. Nan does a great job helping to find homes for the animals in need out here! Another big "Thank you" to all who donated:

DesertInet	12 months of internet service
Jeff George	½ off a painted room or \$500 off exterior paint job
Mary Mullen	Three framed Remington prints
Tonto Verde	Round of golf for 2 w/range balls
Mary Kay Della Vella	Stetson hat
Barbara Elliot	Three unique pieces of art
Cave Creek Outfitters	Two hour trail ride for 2
Deena Dunham	Handmade necklace and earrings
Sheri Novkov	Equine massage
Anonymous	Hamilton Beach convection oven
Rocco Wachman	Custom leather 2010 binder
Theresa Thraen	Watercolor painting and lampshade
Al Dunning	Reins and headstall
Mo Wachman	Necklace and a gel seat cushion
Joyce Eller	Cavalliere Family 100 Years book
Margaret Scott	Western beverage cooler
Gail Garrett	Certificate for one hour massage
Kathie's Cheesecakes	Original Cheesecake
Ron Paradis	2 soy candles in wine bottles
Jenny Powers	Steve Powers original framed photo and notecards
Lori Bridwell	3 riding lessons
Wells Fargo Bank	Wells Fargo Cookie Jar
Nan Borkowicz	Pet Basket and two Horse Sense fly sheets
Senna Wallage	4 expandable file boxes
Affiliated Pediatric Dentistry	Gift basket of products and services
Carefree at Troon Salon	\$50 Gift Certificate
Rio Verde Potable Water	2 loads of water
Karsten's Ace Hardware	Full sized patio heater

If I have forgotten anyone, please forgive me. Let me know if I left you out and we will make it up to you. Thank you everyone again for your continued support. This is a community effort and event; we all made it happen!

Coming up next will be our annual Chili Cook-off. Everyone get your recipes out and start working on them. It is always a good time. Hope to see you all there!



SCOTTSDALE MAN GOES VEGAN FOR 'DR. OZ SHOW'

-by Sonja Haller

Nov. 4, 2009 12:58 PM The Arizona Republic

Rocco Wachman is game for challenges.

He left his job as a grocery executive to move west to become chief instructor at the Arizona Cowboy College in Scottsdale. Then, he turned city slickers into cowboys on Country Music Television, or CMT, for a few seasons.

But give up his beloved steak for a soy burger?

"I was afraid I'd starve," the Scottsdale resident said.

The 265-pound bear of a man nonetheless accepted the 28-day all-vegan diet from the producers of the "Dr. Oz Show."

Doctors say Wachman, 54, had the heart of an 85-year-old man. But producer Jennifer Rogers says his warmth touched people, inspiring people all over the country.

Wachman says - in his open, what-you-see-is-what-you-get way - that he now believes he was addicted to food.

He will probably always struggle on some level.

"The difficult part is: If I were an alcoholic or addicted to a drug, I would stay away totally from that type of behavior, but everyone must continue eating," Wachman said.

THE DIET

Dr. Michael F. Roizen, who partners with the show's star, Dr. Mehmet Oz, said that eating vegan - no meat or animal products, only fruits, vegetables, nuts and legumes - helps break the body's addiction to saturated fats and sugars. It takes about 28 days, he said.

"At that point your body doesn't want it anymore," he said.

The first seven days were the hardest, Wachman said.

"I had to retrain myself to wait for my stomach to tell my brain I was hungry," he said. "Previously, I let my brain tell my stomach when to eat."

Once having eaten meat at every meal, Wachman now eats five to seven times a day, choosing from nuts,

seeds, soy protein, vegetables and fruits.

Getting Healthy

Part of the 28-day challenge also was to exercise. Wachman works with horses on a ranch, but whenever he could, he took an ATV across the 10-acre property.

Roizen insisted Wachman walk at least 10,000 steps a day. At times, Wachman would e-mail Roizen and say his pedometer showed 8,000 steps.

Roizen's response: Get back outside.

"So what happened was, instead of leaving the house at 9 a.m. and going back in at 4:30 (p.m.), I was up and out at 5:30 a.m. and in after dark purposely. Or walking an hour at night before it got dark. And I quit using the ATV or truck to get around," Wachman said.

The pounds began to come off, and Wachman noticed something.

"I was never hungry," he said. He eats his last meal of the day at 5:30 p.m.

Lasting Changes

Now six weeks after the challenge, he walks 12,000 steps.

Wachman was on three different medications but was able to come off two of those, one for his cholesterol and one for his diabetes. His blood-sugar level now is within the normal range.

He also doesn't suffer from acid reflux.

He has continued eating up to seven times a day, never more "than the size of the palm of my hand at one time," Wachman said.

He has reintroduced meat back into his diet, having eaten some meatloaf, but it didn't satisfy.

"It was probably mostly mental," he said.

"I figure I will stay away from anything with a face or legs for a few more weeks at least."

When reintroducing meat after a vegan diet, Roizen recommends doing it slowly, only two to three ounces a couple of times a week.

Favorite Vegan Meal

His favorite vegan meal is a soy burger, pan-fried and served with green onion and garlic with a spread of hummus on top and between two pieces of tomato.



AND THE WINNERS ARE...

-by Jenny Powers

Although our fall has not been especially cool, the weather is at least an improvement over the scorching heat of summer and our local riders have been out enjoying the desert.

RVHA endurance riding members traveled to Bryce National Park, Utah over Labor Day weekend for the Bryce Canyon XP Pioneer Ride. This ride is a 5-day event totaling 250 miles. RVHA members participating in this ride enjoyed spectacular scenery and great trails and had a very enjoyable time despite some rain in the first days of the ride, which required last minute course changes due to muddy, slippery conditions.

Completions for Day 1 included Rick Poteste riding Echos Lad (Lad), Clydea Hastie riding Ashquars Dream (Ash) and Jim Hastie riding My Prints (Dakota). On Day 2 Rick and Lad completed and they were joined by Barb Debi and JC Makay (Junior Mint). This was Junior's first 50 mile ride! Congratulations! On Day 3 Clydea and Ash and Barb and Big Mac (Mac) completed. On Day 4 Barb again rode Mac and finished Top Ten,

obviously Mac was not at all tired after the previous day's 50 mile ride!

Closer to home, RVHA endurance riders traveled to Prescott for the unique Man Against Horse Race in early October. This race offers both 25 and 50 mile distances and is open to both horseback riders and elite long distance runners. It is an amazing experience to have the race begin across the open plains at the base of Mingus Mountain with many runners and riders taking off on the same trail. The 50 mile course at this ride is very difficult and challenging with miles of rocky trails and long, steep climbs to the top of Mingus Mountain. Meeting the 50 mile challenge were Barb and Junior and Clydea and Ash.

Next up during what has been our coldest week since February, was the Moab Ride in Utah the first weekend in November. This ride is noted for outstanding scenery, good footing, technical slick rock outcroppings and excellent ride management. Barb and Junior completed the first day – Junior's first 55 mile ride!

Clydea completed Day 1 on Ash. Barb rode Mac on Day 2 in the Limited Distance (25) event with her husband Scott, who completed his first LD on Junior! Congratulations Scott – his favorite part of the ride was the slick rock! Barb rode Day 3 on Mac. Clydea rode Pepe on Day 2 and finished Top Ten on Day 3 on Ash. Horses and riders endured below freezing temperatures and snow but reported a very enjoyable experience.

When RVHA miniature horse breeder Lynn Bateman, of Arabian Echo Miniatures, packed the trailer and headed out to the AMHR National competition in Tulsa, Oklahoma this September, she had no idea it was going to be such a "good show." Of the four horses Arabian Echo showed at the Nationals,

three of them won National Champion titles! D&S The Die is Cast (Guy) went on to win the National Grand



Champion Stallion. The Grand Champion Award is a “Best of the Best” award that is only awarded to the Top Halter Horse in each division. The divisions are determined by gender and size. Out of the over 1,500 horses at the AMHR Nationals, only six received National Grand titles in halter.

Breeding miniature horses has been a passion of Lynn’s since 2004, when she was injured in a car accident resulting in discomfort when riding. A family friend had miniatures, and invited Lynn to go pleasure driving and she was hooked. The next several years were spent researching miniature horse bloodlines, and then collecting top breeding stock from across the United States.



The second National Champion is Millennium (Max). Max’s win was his third National title. Max’s first foal crop will be arriving next spring, and Lynn is very excited to see his foals.

The “big winner” at the National Show this year was Guy. Guy has been in training to fine-tune his driving skills. While Lynn loves the looks of the halter horses, she believes that miniature horses should excel in performance as well. After his big halter wins, Guy went on to compete in Country Pleasure Driving, and was a National Top Five in harness.

“One of the things I love about showing miniatures is that you don’t have to have ridiculous sums of money to win a National Championship,” said Lynn. At the AMHR Nationals, horses compete in a variety of classes including: showmanship, hunter, jumper, color-based halter, costume, obstacle class in hand and cart, chariot



racing, roadster, lead line, halter, draft style hitches, and pleasure driving. There are classes for youth, amateurs, the physical or mentally challenged and seniors over 55. In addition, there is a lot you can do with minis outside of the show ring. Some of those activities are pleasure driving, exhibiting in parades, being ridden by small children, physical and emotion pet therapy, and competing in combined driving.

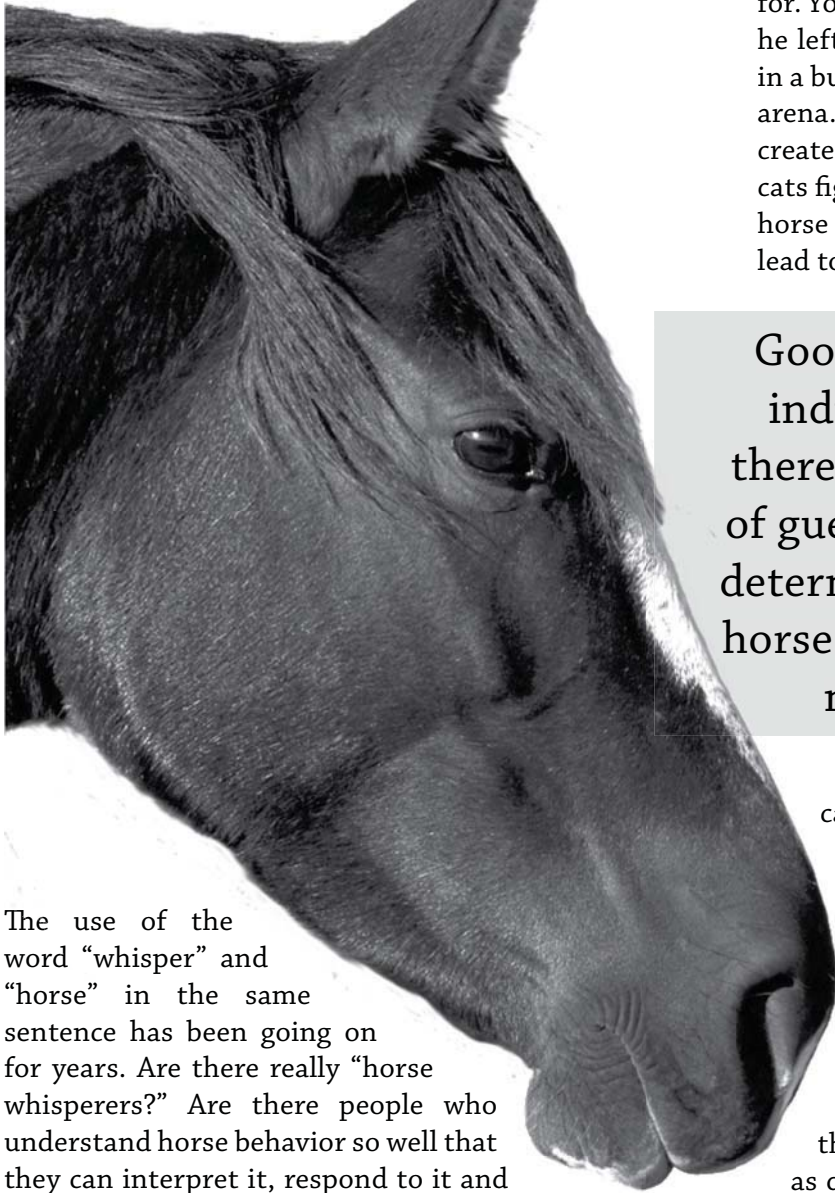
Congratulations to Bob Elmore who has qualified in the 2009 National Reining Horse Association Finals in Oklahoma City. Bob will ride in the Limited Non-Pro Division on his American Quarter Horse Red Sky Sailor, “Red”. Good luck, Bob.



The column would enjoy reporting the activities of other disciplines. We are so fortunate to have a wide variety of horse breeds and riding activities in our community. Please let me know what you have been doing with your horse either individually or as part of a training barn. To share your success stories in reining, mounted shooting, dressage, cutting, team penning, team sorting, jumping, trail trials and other equine activities, please call 480-861-8392 or email jpowers@pbmi.com. I look forward to hearing from you!

A HORSE'S FEELINGS

-by Lee Bolles



for. Your horse can hear or feel that the pasture buddies he left behind are suddenly running toward the barn in a burst of energy while he works away in the indoor arena. That sense of the other horses having fun might create a playful reaction in your horse. Also, the two cats fighting in the next alleyway might sound to your horse like bobcats fighting in the wild, which could lead to a frightened response.

Good, bad or indifferent, there isn't a lot of guesswork in determining the horse's frame of mind.

The importance of knowing what your horse is feeling at any given moment will better enable you to adjust your riding. I ride a frightened horse a lot differently than I ride a playful or lonesome horse, and I'll certainly handle an angry horse differently than one that is curious.

Here are some signs you can look for to help you identify what the horse might be "whispering" to you about the way he's feeling.

The use of the word "whisper" and "horse" in the same sentence has been going on for years. Are there really "horse whisperers?" Are there people who understand horse behavior so well that they can interpret it, respond to it and direct it? That may be so. What I do know is that our horses do try to communicate with us, and they usually aren't whispering. In fact, they are speaking quite loudly and clearly. You, too, can develop some of the skills of the so-called "horse whisperers" merely by learning to read your horse's very obvious behaviors.

Our horses use their senses of sight, hearing, touch, smell and taste to guide their behaviors, and they are typically very honest about what they are feeling. Good, bad or indifferent, there isn't a lot of guesswork in determining the horse's frame of mind. While a human may not be able to discern a slight noise or movement, the horse can, and that sometimes leads to far greater reactions than we might like or be prepared

Fear--When a horse is startled or perceives danger, his only concern is flight. He isn't even concerned about his own well-being, much less that of his rider or handler. His only concern is to preserve himself, and, in his mind, that can only be achieved by leaving, and leaving as quickly as possible. Be very careful with a horse that is frightened as he has so little regard for himself and those around him that it is easy to get hurt. If you are able, remove the horse from the environment and return him to what he considers safe. For example, if a horse in a pasture is afraid of the new tractor being used in the field next door, bring him back to his stall, which is typically a "safe zone" for a horse. If you are riding, you might want to dismount at the earliest and safest opportunity. Your options depend on your ability, confidence and how well you know your horse. However, it is important to remember that even the best of the best have been injured trying to handle a horse that is in the flight zone.

Curiosity--When a horse's ears and head are up and he appears to be on alert, it's a good indicator he



has found something fascinating on which to focus. I've seen a lot of nose and face injuries as a result of a horse's curiosity. When I was at Al-Marah, we had three horses all get snakebites to the nose. You can bet they leaned down one by one to look at the curious object that had found its way into their pasture. Be cautious with all things within a horse's reach. For example, you might have a horse decide to explore the fan's cord if it is draped in front of or above his stall. Be

particularly wary at shows where new objects are especially appealing and not always out of the range of a curious horse.

Playfulness--If your horse's head is way up, his tail over his back, and he is blowing and snorting and prancing around in the cross ties, chances are you're going to have a more satisfying riding session if you get out the lunge line and allow him to blow off some steam first. Punishing playfulness in a horse is like punishing a child for wanting to have fun. The horse simply feels good that day, so allow him the opportunity to feel good for a few minutes first before you ask him to do what you want to do.

Boredom--Caused by a lack of something to do or from being isolated in a small area, boredom can lead to general lethargy and an unwillingness to work energetically. Think of a human being that is depressed or bored stiff and how difficult it is for that person to accomplish even the simplest of tasks. The horse works in much the same manner. If he is bored, getting him engaged in any activity is going to be difficult. Make sure you change up the work program, give ample turnout time, and allow your horse to be in the company of other horses. He'll be much happier.

Pain/Sickness--Also characterized by general lethargy, pain/sickness are always a cause of great concern for horse owners. The horse might also try to communicate that something is wrong by reaching around and touching a spot that might be sore or uncomfortable. In the case of colic, he will possibly

try to roll. An uncomfortable horse will probably be restless, off his feed and just not acting like himself. Responding immediately to those symptoms can mean life or death in the case of a horse.

Anger--I have truly seen angry horses in my day. Their eyes, I kid you not, actually can turn red and they flatten their ears against their heads, bare their teeth, tuck their tails and sometimes throw themselves to the ground in a full-blown temper tantrum. There is a fine line between anger and fear. If you don't feel confident in handling the horse or a particular situation, always go with your gut feeling. If you feel able, an angry horse can sometimes be distracted with an alternate job.

Lonesomeness--Again, lethargy is going to be the key indicator that a horse is lonesome. The horse might also be very vocal, off feed, showing stress, fretting a lot and running the gate or pacing in his stall.

Understanding horse behavior isn't that complicated. By spending some time observing and looking for signals, you can pick up on the horse's message and "whisper back" an appropriate response.



RVHA COOKBOOK 2009 / 2010

Attention all members – chefs, cooks and people that like to eat. We are "reviving" the RVHA Cookbook. It's been on the back burner for the last few years due to an insufficient number of recipes collected to create a book.

We have decided that the RVHA will publish a cookbook; even it is a small one!

So, what we need from you are recipes! Recipes that you love and are willing to share ... your mother's, your grandmother's, your best friend's. You will have honorable mention in each recipe you send.

Send those cherished recipes to:
Cecile Rudis at crudisrltr@msn.com
Fax: 480-471-7867
Or Lynda Adams at rose@e-lend.net



FOUR PEAKS ANIMAL RESCUE CORNER

Lily is a 1 year old, chocolate point Siamese with medium length hair and Daisy is her 9 week old (as of 10/26/09), lilac point kitten. Lily is a low key cat who purrs loudly while enjoying a snuggle and a pet.



Daisy is a typically bouncy and fun kitten who will likely grow up to be a medium to long haired cat. Both have beautiful blue eyes. They would likely be fine with other cats but have not been seen with dogs or children. Both have tested negative for feline leukemia and feline aids and have been

spayed and vaccinated. They may be adopted together or separately, although Daisy would probably enjoy a playful young feline companion.



Cricket is an approx 1 1/2 yr old female Cavalier King Charles X. She weighs about 12.5 lbs. Cricket came to us from a kind Veterinarian who took her in after her being hit by a

car. She had a fractured pelvis and dislocated hip. She is currently recovering from her surgery and will need to be spayed soon. Cricket loves to be held, cuddled, kissed and fussed over... she is good with all the other dogs and horses. Cricket is fascinated with the cats and wants to play and kiss them all over... some of our cats like it; others are not so crazy for her continued affection. Cricket needs a secure yard since she will try to wander to find you when you are not home. She is not a runner but doesn't like to be without her people... She is quiet small/easy going dog and not a barker... We would like to see her in a home without

small children. She is incredibly smart; don't have to tell twice... Hoping she goes into a home with someone around most of the time or someone that can take her with.



Rudy is a 7 month old (as of November 7), neutered male, grey and white kitten. He is shorthaired except for a lovely poofy tail. He is friendly and sociable and has a significant mischievous streak. He likes to be petted, picked up and snuggled, and enjoys a variety of toys and games. Rudy will be fine with other cats and probably

gentle dogs as well. He would also be a good pet for a home with children, as long as they are old enough and gentle enough to treat him nicely. An indoor home without access to a doggie door is a must. He has had his shots and has tested negative for feline leukemia and FIV. He is a littermate of Rodi and Duffy and would enjoy being adopted with one of his buddies.



Buddy is an approx. 7 yr old yellow male Labrador. Buddy still needs to be altered but we need to wait for him to gain weight. Buddy was found in Rio Verde very under nourished. He is a very kind easy going boy... he gets along with the cats, dogs and horses in his foster home. The Veterinarian said everything looked good with

his exam!!! Just needs some good groceries. Buddy is dog door trained and well natured.

Four Peaks Animal Rescue
All donations are tax-deductible
28150 N Alma School Pkwy
Ste 103/470
Scottsdale, AZ 85262

480-471-3520

Fax: 480-471-2201

www.fourpeaksanimalrescue.org

*Funding for FPAR is derived from fundraisers, public & private donations, & adoption fees. Donations & Auction items are tax deductible. IRS 501(c)(3) ID No. 36-4262371

DOGTOR T --- THE PET VET

-by Melissa Thompson, DVM

The holidays are fast approaching. Already there are ads on TV for choosing that right gift to go under the tree; the hottest new toy, a beautiful diamond necklace, the perfect flat screen and hey, why not a puppy? While you probably wouldn't get more "Aw! Factor" from any other gift, there are a few things you should think of before giving a pet for a gift.

First, does the person in question really want a pet? Taking on a four legged member of the family is a large responsibility and a decision not to be taken lightly. Pets need care, not just as puppies or kittens, but through their whole life which can be 10-15+ years. This includes the fun stuff like playing fetch, going for walks, teaching cool tricks, but it also means feeding, bathing, cleaning up after them and the all so important and sometimes ever so burdensome vet care.

Second, it's the holidays. Is this really the right time to bring a pet into the house? We all know how stressed we get at the holidays; the shopping, company, crazy schedules. Between dealing with the in-laws, cooking, traveling, is there going to be time to take care of the pet? Sure little Sally was very excited when she got the new puppy Christmas morning, but what about later that afternoon when it chewed her new American Girl Doll's hand off? And now you need to pack up the car and go to Casa Grande for dinner, what are we going to do with the dog?

So if you've decided that a pet would still be a good gift for the person in question, but maybe Christmas day would not be the best time to give them Fido or Fluffy, consider a gift certificate. A few shelters in other large cities have sold gift certificates for adoptions. If local shelters don't have that program available, make your own gift certificate. You may not get that perfect photo op on Christmas morning, but together as a family you can go and pick out your next

companion after the holidays are over. It is important that everyone in the family is involved in this process and agrees not only what type of pet to get, but what size, temperament and activity level will be the best fit. There are numerous shelters and rescues in the

Phoenix area including our very own Four Peaks Animal Rescue. Take a look at this web page which lists numerous shelters and pure bred rescues and contact them individually for more information. <http://muttcats.com/shelters/arizona.htm>



HOLIDAY HAZARDS FOR OUR FOUR-LEGGED FRIENDS

- **Toxic plants** - please keep poinsettias, holly and mistletoe out of reach

- **Food**

- o *Chocolate* - if giving or receiving a box of chocolates as a gift, do not leave under the tree or anywhere else a pet can have access to. A chemical component to chocolate can actually cause liver failure in dogs and cats.

- o *Macadamia nuts* are a big no-no, too

- o *Table scraps/bones* - a sudden change in your pet's diet can cause diarrhea and can definitely put a damper on holiday plans. Foods high in fat can lead to pancreatitis

which can be a life threatening condition requiring emergency care. *Bones- especially poultry- are prone to splintering and can lodge anywhere in the gastrointestinal tract and may require surgical removal*

- **Tree decorations**

- o *Electrical cords and lights on the tree- many pets are hurt from chewing on the wires*

- o *Tinsel* - cats think this is a great toy, it's shiny and fun to pull off the tree- but can cause intestinal blockage if swallowed

- o *Ornament hooks* - again dangerous if swallowed

- **Getting lost** - with so many visitors coming and going during the holidays, it is not uncommon for pets to get out the front door or an open gate. Make sure your pet has on a collar with current contact info. A microchip is an added form of identification. Contact your local vet or shelter for more information

THE ARIZONA HORSE COUNCIL

-by Jean Anderson



The First Annual Arizona Youth and Career Fair was a success. The fair was sponsored by Equine Foundation of America and the Festival of Horses, the Arizona Horse Council (Formerly, ASHA), and the AAEC

High School. Other sponsors were: AQHA, Bingham Equipment, SRP, Farm Bureau Financial Group and Hancock Resources, LLC. Thanks to all of these sponsors.



We had all sorts of breeds of horses attend the fair: the Arizona Arabian Horse Association Youth, and Past President of AAHA and Arabian Trainer, Bill Flood, along with his wife and son, brought a lot of youth to the fair, and what a job they did. We had 4H, Paso Fino, Peruvian Paso, Tennessee Walkers, Welsh Cob, Missouri Fox Trotter, Morgans, Friesians, and more. Also in attendance were: the Golden West Cowgirls, Arizona High School Rodeo Assn, Red Mountain Team, Arizona Mini Mystiques, and Rancho De Ladama Soccer Team. Have you ever seen horses play soccer? What a thrill seeing all of those kids on their horses, and playing soccer with a huge soccer ball. Many thanks to all that showed their horses.



The career people were housed in the barn, down one full aisle, with each career person given a stall, and the actual horse for the breed presentations that attended were in several other aisles. Each career group had a stall where kids and their

parents could wander in and out, ask questions, and receive brochures from each career person.

The Career Fair was well attended. We had 13 different agribusinesses and equine professions in attendance, for both days

AzHC (Arizona Horse Council) is busy gathering up our lobbyist and adding better language into our Equine Rescue Bill that was passed in the last session of the legislation.

I wish each and every one of you a Merry Christmas and a very Happy and Safe New Year.

