

# ST. CROIX TRAIL BLAZERS

## NEWSLETTER

ISSUE 27 | MAY 2023

### Volunteer Appreciation

April 16-22, 2023, was National Volunteer Week. Did you know our volunteers average 360 hours each month?

We currently have 30 volunteers.

The time they donate to us is precious.

They do various jobs such as bringing the horses in to help get them groomed and tacked for lessons, untacking and taking horses back to the pasture, filling and cleaning water buckets and troughs, cleaning stalls, basic maintenance, cleaning, additional eyes in the arena,

helping with the newsletter, being board advisors, lawn/pasture mowing, weed removal, shoveling snow, just to name a few "chores".



Volunteering brings us together. If you know someone who is interested in volunteering, please have them contact us. Thanks to all of you for helping us manage an important place

and program for others.

Karen Harjes

### Sesame Street Adds to Its Autism Initiative

I am sure many of you, like me, grew up watching Sesame Street. To this day, I still adore Grover. I have no doubt you know someone who watches Sesame Street. They recently added to their focus on autism with new resources and



additional efforts at their theme parks.

The television show added videos, a storybook, and printable activity guides the week of April 4 featuring Julia, a 4-year-old

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### MISSION

St. Croix Trail Blazers' missions are to provide horseback riding, training, and competitive sports opportunities to individuals with special needs in a safe, learning environment through the adaptive equine experience and provide therapeutic riding and activities for active duty or veteran military personnel to enhance their physical, emotional, and social well-being.

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Muppet with autism. Julia made her debut in October 2015 as part of a "Sesame Street and Autism: See Amazing in All Children".

The effort is to increase people's awareness and understanding of autism and to help those on the spectrum learn life skills. The website has tips for parents and siblings as well as guides to help people on the spectrum



learn everyday basics like brushing teeth or going to the grocery store.

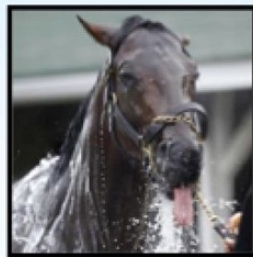
Through Julia and her Sesame Street friends, they want to demonstrate belonging is more than simply being accepted. It is also being part of the community where each person feels safe and is valued. The website can be viewed at [www.sesameworkshop.org](http://www.sesameworkshop.org).

By Karen Harjes

If the humidity and temperature added together equals 140, for safety of our riders, staff, and horses, sessions can be cancelled. In the event sessions are cancelled, we will make every effort to call, text, or email, and place a message on the Facebook page.

## When Is it too Hot to Ride?

*If you are hot, Your horse is hotter: Horses overheat 10x faster than Humans!*



- It only takes about 17 minutes of moderate intensity exercise in hot & humid weather for your horse to overheat.
- Beware of Humidity! Moist air mixed with high temperatures, can be dangerous since it will slow the rate at which sweat evaporates. This will make it much more difficult for your horse to cool itself.
- **Temperature + Humidity:** Add the temperature with humidity and that number will tell you if it's too hot for your horse. If the total is 130 or more, there is serious risk of overheating your horse.  
For Example: 80°F + 50% Humidity = 130  
Below 130- Good to go! Your horse can cool themselves properly assuming adequate hydration.  
130-170- Caution! Your horse's ability to cool themselves is only partially functioning.  
170 or above- Stop! Your horse's ability to cool themselves is seriously hindered. Extra cooling procedures should be used.
- It can be very serious if a horse's body temperature raises from the normal 100° to 105°
- Horses suffering from excessive heat stress can experience Hypotension, Colic and Renal Failure.

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## Rider in the Spot Light: Leo

SCTB: How long have you been riding with St. Croix Trail Blazers?

Leo: Five years.

SCTB: What horse(s) do you ride?

Leo: Many but don't remember names.

SCTB: Do you have a favorite horse?

Leo: Diezel but he's not with St. Croix Trail Blazers anymore.

SCTB: What is your favorite thing about riding?



Leo: Riding makes me happy and calms me when I am having a bad day.

SCTB: Do you have any hobbies?

Leo: I like woodworking, building stuff, and I like to build boats with Urban Boat Builders.

SCTB: Do you play other sports?

Leo: No.

SCTB: Anything you want to add?

Leo: I like all the barn cats.

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## Meet New Instructor Laura

By now most of you have met Laura. She is a wonderful addition to our instructor team.

Laura started riding lessons at age eight riding and competing in a variety of disciplines including hunter/jumpers, dressage, and eventing. Throughout high school and college, she continued showing and began teaching lessons and training young horses as a working student and exercise rider for several top stables and trainers.

A few years later, Laura's focus pivoted to the Western disciplines especially Appaloosa breed shows where she successfully trained several futurity show

horses including her own. At that time, she moved to her own farm, Star E Ranch where she still resides with her husband Josh, three Appaloosas (Sassy, Tango, and

Ollie), two llamas (Salvador and Woodford), and three dogs (Joan, Yula, and Mazy).

A graduate from UW-River Falls with a degree in fine arts, Laura also made custom Western show clothing for riders all over the country. She still enjoys sewing clothes as a hobby and her other

hobbies include gardening, hiking with her husband and dogs, as well as wakeboarding and snowboarding.

Welcome, Laura!



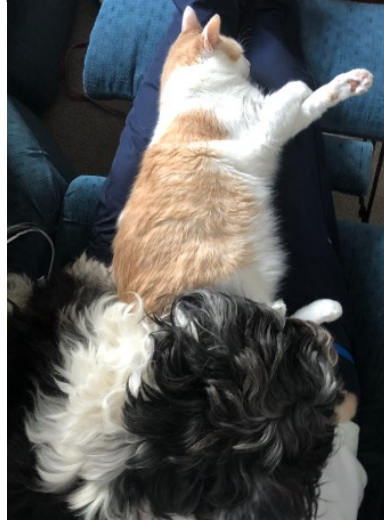
## A Note from Tigger

Hello, St. Croix Trail Blazers friends!

I've heard from Karen that some of you have asked about me. I wanted to let you know, I'm doing great! I'm loved a lot and get spoiled which is pretty great.



Karen and Austin have a few other pets - Flynn and Dudley are Tibetan Terriers and Leo is a Shih-Tzu mix. Luna is another cat who really doesn't like me but my charm is wearing her down, and sometimes she tries to play with me. Honestly, she's kind of crazy so it's o.k. that she doesn't pay much attention to me. Flynn is my best friend.



Dudley and Leo are o.k. too but they don't snuggle with me like Flynn does. He even lets me share Karen's lap.

I don't get to go outside here but that's



o.k. I like to sit by the window or sliding door and wait for everyone to come back inside. I like to lay in the sunshine too. Karen is able to do her full-time job from home so I do my best to

keep her company and on task but I must never step on the computer keyboard.

I hope you have a great summer. Take care of yourselves and be good to one another.



Tigger

*Continued from When is it Too Hot to Ride? on page 2*

- Working muscles can reach temperatures of nearly 110°F which is the temperature at which Muscle proteins begin to cook.
- Horses can sweat up to 15-20 liters per hour in cool/dry conditions and up to 30 in hot/humid conditions.
- Only 25-30% of the sweat your horse produces is effective in cooling them, as opposed to 50% in humans
- The salt in a horse's sweat is 4x more concentrated than in humans. So they lose more salt when they sweat. That will need to be replaced.
- The best way to cool your horse is to rinse them in cool water, scrape off excess water and repeat. You can lower your horse's temperature by 2° every 10 minutes by using this method.

*Stay Cool this Summer! Happy Trails!*

[www.CampCorrals.com](http://www.CampCorrals.com)

Thanks to Ali Evans for providing us with these tips to help us get back on track and stay healthy!

## Smart Ways to Make Physical Activity Part of Your Day

While exercise may sound intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving.

In order to “move more and sit less”, as the new physical activity guidelines recommend, it's important to find activities that you enjoy!

If you like group activities, you can look into virtual classes or those that can be done at a safe distance inside or outdoors. If you prefer being active alone, consider rollerblading, lifting weights, or yoga.

Finding time may also be a struggle but being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store, and cleaning the house or working in the yard.

It's important to choose activities that match your abilities\*. If you've never run a mile, it would be better to work up to that goal before training for a marathon. Set realistic goals to avoid risking an injury or becoming discouraged and less active.

**For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week.** This could be as simple as brisk walking for 25 minutes six days per week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days.

To realize the most health benefits, physical activity should be done regularly – meaning most days of the week.

How often, how long, and the intensity of the activity can make a difference, too.

Research has shown that regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure, and diabetes.

**Aerobic activities**, such as brisk walking or bicycling, are important for cardiovascular health, because they work out your heart.

**Muscle-strengthening activities** include some type of resistance, such as weights, elastic bands, or your own body weight. Activities that help you increase the strength of different muscles is recommended two times or more per week.

Both aerobic and muscle-strengthening activities may also offer **bone-strengthening benefits**. Activities that involve stretching can help to increase

flexibility or the range of motion for joints.

In order to stay active, find activities that you enjoy. Try these tips to get started:

- Plan ways to gradually increase your physical activity. This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- Think about the best time for physical activity. Some people prefer to be active in the morning, whereas others dedicate time midday or after school or work.



Continued from Smart Ways to Make Physical Activity Part of Your Day on page 5

- Decide how you want to be active. Walking is convenient for many people. However, others may choose to participate in organized sports or specific exercise programs.

For more information, check out the **Move Your Way** website at [health.gov/moveyourway](https://health.gov/moveyourway).

*\*For people who are sedentary or have chronic diseases or disabilities, check with your health care provider before increasing physical activity.*



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To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit [eatright.org](https://eatright.org).

**eat right.** Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education, and advocacy.

This tip sheet is provided by:

Alisha Evans, RDN

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**Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.**

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## Our Email Addresses

You can reach these people at their email addresses:

Karen H.: [karen@stcroixtrailblazers.org](mailto:karen@stcroixtrailblazers.org)

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Karen M.: [treasurer@stcroixtrailblazers.org](mailto:treasurer@stcroixtrailblazers.org)



Please remember to check your spam or junk folder for any updates from St. Croix Trail Blazers.



If you bring a new rider who joins the team, we'll give you \$50 off your next month's fee!

\*\*\*Rider must pass evaluation with instructor.\*\*\*



*Special People Needing Special Horses*

### Contact Us



Email: [karen@stcroixtrailblazers.org](mailto:karen@stcroixtrailblazers.org)

Website: [www.stcroixtrailblazers.org](http://www.stcroixtrailblazers.org)

Facebook: [St. Croix Trail Blazers](https://www.facebook.com/St.CroixTrailBlazers)

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St. Croix Trail Blazers is tax-exempt under Section 501(c)3 of the Internal Revenue Service.

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