



Illinois Fox Trotter Horse Association

www.illinoisfoxtrotters.com

Volume 1 Issue 7

Merry Christmas!!

December 1, 2014

Upcoming Events 2015

- * Membership meeting in February 2015 TBA (Weather Permitting)
- * Illinois Horse Fair March 6-8, 2015
- * April 25, 2015 Trail Ride at Wolf Creek, Shelbyville - Hosted by Cheryl Crowdson with Kimberly Hancock ESMT demo

PLEASE CHECK THE WEBSITE FOR THE LATEST INFORMATION
www.illinoisfoxtrotters.com

Officers

President:

Betty Ann Horn

bettyanhorn@hotmail.com

Vice President:

Tami Drake

tddldb@frontiernet.net

Secretary/Treasurer:

Cheryl Crowdson

ccrowdson@gmail.com

Board of Directors:

Janet Bergener

Brian Malott

Larissa Seward-Malott

Lula Robertson

Nora Washburn

Jennifer West

Richard Black, Pres. Ex-Officio

From The President

Betty Ann Horn

Fellow Officers and Members of the Illinois Fox Trotter Horse Association,

We are starting to wind down this year and are already starting to look forward to the coming year. We are thinking of things to do for next year. First on our list is the Illinois Horse Fair the first weekend in March with a May fun show and lots of trail rides. We would like your help in trying to find a place to trail ride. If you are going somewhere, please let some of us know so that we could join you.

We also need articles for your website so send them to Cheryl Crowdson, our secretary as Cheryl does our website for us. If you have a new foal, pictures of your horses, places you have trail rode and just anything to share we would love to have it. Please check out what has been posted so far and you will be amazed at the pictures and articles at www.illinoisfoxtrotters.com

I would like to thank everyone that has helped to make our club what it is today we could not do it without your help. It takes people working together to make everything click and come together.

Your President, Betty Ann Horn

Member News:

Member Directory coming soon!

Please let Cheryl Crowdson know if there is anything listed on your membership form you do NOT want published in the Directory

Place an ad in the Directory - Deadline February 1, 2015:

Full Page \$20.00

Half Page \$10.00

Business Card \$ 5.00

It will be distributed at the 2015 Illinois Horse Fair

Please Fill Out the Membership Dues Form by December 31, 2014 and mail it to Cheryl Crowdson

Located as the last page of this newsletter for your convenience

The Land of Lincoln Purebred Livestock Breeder's Association Lifetime Membership Is only \$25

Go here to download the form

<http://www.lolpurebredlivestock.com/why.php.html>

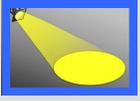
or to our website

Winter boring? Have you heard of www.giddyupflix.com?

It is like Netflix, but with horse videos!

Over a 1,000 DVDs to choose from

A Subscription would make a nice Christmas gift!



Brian & Larissa Malott

Larissa Seward-Malott and **Brian Malott** are our featured Board of Director spotlights!

Larissa Seward-Malott has owned Missouri Fox Trotters since she was 14 years old and still has the same Fox Trotter that started her on this wonderful breed. That horse is Queen's Diamond Rosalie and is now 28 years old and still gives young children rides. Both kids and adults alike have taken their first ride on Rose and she has been responsible for converting many folks to the MFT.

Larissa has worked at the Mason County Housing Authority as the Deputy Director for six years. She also is the owner of Seward Stables located in Havana, IL since 1997. It offers training of all breeds, riding lessons, boarding, and stallion services. Seward Stables also has a wonderful summer youth program where the Missouri Fox Trotters are teaching children from all walks of life the beauty of a horse. Larissa's passion is working with children and horses. Working with any type of animal, but especially horses can give a child confidence in life and teach them the value of patience, work and love. Larissa has one child, JD Otey, who currently works as a farrier and trainer at Seward Stables as well as working full time at KIFCO, INC. JD was adopted in 2002 and has a true kindness and passion for horses and with his quiet demeanor he works well with young or nervous horses. Danielle Sill lives with Larissa and Brian and has been riding horses for two years. She enjoys showing and trail riding.



Danielle Sill

In 2012 Larissa and Brian were married. Brian has since become passionate about the Missouri Fox Trotter and enjoys trail riding and helping the kids from the stables get ready for their shows. Brian owns his own business, Malott Contracting and Excavating and he also works full time as a product support specialist at KIFCO, INC in Havana, IL. Brian is fairly new to horses and the Missouri Fox Trotter, but loves the kind, gentle nature of the horse. He loves to talk about the breed to anyone that will listen.

Contact Info: sewardstables2002@yahoo.com

The Illinois Fox Trotter Horse Association Christmas party on November 23rd was held down in Springfield. It was planned by Jennifer West and Larissa Seward-Malott. What a great time we all had at the party. It was good to see old friends and make new ones. We had a white elephant gift exchange and everyone was being especially nice because not one gift was stolen. We had lunch at the Hickory River Smokehouse in Springfield and the food was amazing. Larissa Seward-Malott, Brian Malott, Danielle Sill and JD Otey even took the time to decorate for Christmas including a small tree. Fun was had by all. There were many things discussed for future events which I am looking forward to. Mary Sartori



Fall Trail Riding with Boo Crowdson



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WOLF CREEK - Located at beautiful Lake Shelbyville



Can you see the abandoned bridge?

The "Who, What, When and Why?" of Equine Sports Massage Therapy

By Kimberly Hancock, Certified ESMT

You may have a lot of questions regarding ESMT (Equine Sports Massage Therapy), and hopefully this article will answer some of them for you.

Your first question might be "Who on earth would pay for a massage for their horse?" At one time, I would have agreed with you as it seems like an extravagant perk for your four legged friend. ESMT is appropriate for any horse, whether an eventer, jumper, cowpony, reiner, trail, show or work horse. A horse that is an athlete will benefit from the deep and soft tissue massage just like a human athlete. But does your horse have to be a daily eventer or athlete? The answer is no! Any horse that is ridden one day a week, 7 days a week or is stall bound due to an injury is a candidate for massage therapy.

"Just **what** is Equine Sports Massage Therapy anyhow?" ESMT is a type of massage that focuses on the whole horse, from head to tail and poll to hoof. The massage therapist is attentive to both soft and deep tissue during the one hour massage. Your massage therapist should be using hands only; magnetic gimmicks or tools should not be used. The therapist must be able to feel the tension in the muscles and the knots or tightness where extra work is required. During the massage the therapist starts at the poll and works down through the neck, to the chest, front legs, back, stomach, back legs, hip and butt area. One side is completed after at least a half an hour. The body as a whole should always be completed, not just one sore section. As you know, when a horse is sore, it will compensate by using the other side of their body. Therefore, the whole body should receive a massage.

"**When** should my horse get a massage?" Well, your horse might say 'every day please!' but that isn't necessary. Massage therapy can be used to prevent injury by keeping muscles loose and pliable, to rehabilitate injuries, and/or to help narrow down problem areas to assist in a diagnosis of injury. While most ESMT Therapists are not veterinarians, they can provide a written report to your vet in regards to sore muscles, knots, and points of concern according to the massage feedback. If your horse is displaying any of the following behaviors it may be time to call your local therapist for an evaluation and massage:

- * Showing signs of resistance or refusal
- * Bucking, kicking or head throwing
- * Stiffness, limited range of motion
- * Stride issues, girthing problems
- * Lateral bending
- * Touchy or sore spots
- * Poor saddle fit around withers

"**Why** would the massage help my horse heal?" ESMT has numerous benefits for your horse. The main reason is to help any injured muscles heal and by keeping the healthy muscles continuing to do what they do best... move your horse forward. Massage breaks down scar tissue and allows blood and oxygen to enter the damaged area to speed up healing. Other benefits of massage therapy include:

- * Release toxins that are built up in the muscles
- * Reduce stress for the horse
- * Help to create balance in the body
- * Enhance muscle tone
- * Increase synovial fluid needed for joint health
- * Rids knots and tightness in muscles
- * Increase flexibility in the horse

[continued next page](#)

The "Who, What, When and Why?" of Equine Sports Massage Therapy continued ...

By Kimberly Hancock, Certified ESMT

When I give a horse a massage, and by the time I reach the tail end, the horse has either started passing gas or has had a bowel movement. This is because the massage, especially in the gut area, relaxes the horse to the point where the gut starts churning and gurgling. Because of this reason, massage has an additional benefit to a horse that may be suffering from colic. Whenever a horse is suspected of colic, the vet should always be called **first and foremost**. While you are waiting for the vet to arrive; however, there is something you can do besides worrying and stressing out, which in turns transfers to your horse. A massage therapist would do the specific part of the massage that focuses on the gut, barrel, and spine area, but any individual can help out by doing the following:

- * Whether the horse is standing or lying down, start at the spine and fist rub in small circles from their spine to their under belly, vertically, from withers to butt. Do this on both sides if the horse is standing.
- * Take the flat of your hand and pat the underbelly and continue to do small circles with your fist under the horse's belly.
- * Continue to rub on the horses sides, under belly, and top of the spine until the vet arrives. Stop and listen for gut sounds, as this type of hands on often gets the gut to churn.

While I am **not** stating that massage will stop colic or cure it, providing your horse with soothing, hands on massage will not make the colic worse and will provide both you and your horse with a calming effect until the vet arrives.

So, if you decide you want to treat your horse to a massage, how do you find one in your area? Sites like "Horseclicks" and other horse related sites often have massage therapists listed. You can also Google "horse massage" and/or contact your local vet. **You should ask the following questions of the therapist:**

- * Are you certified and how long have you been a therapist?
- * Do you have any references?
- * Do you have good horse handling skills? Some people massage dogs and cats and then assume they can handle horses, too.
- * What results are expected from their massage? They should be able to tell you what they are doing and what benefits your horse should receive.
- * Have them chart the parts on the body where your horse needed extra work or they found sore spots. This will aid you in working with your horse in the future.

Generally, massage therapy should last an hour and not done just on certain parts of the body. The massage should include the entire body, every time they come to visit.

Cost ranges between \$60 to \$100 or more, depending on the area you live. This is comparable to a human massage and can be a lot more taxing on the therapist!

If you have any specific questions, please feel free to email me at douglasb4@hotmail.com and I will try to answer your question. Good luck and your horse will thank you!

Kimberly Hancock, Certified ESMT

Missouri Fox Trotter Horse Breed Association Membership Benefits

This is a sample listing. Please go to the website below for the complete list.

http://www.mfthba.com/index.php?option=com_content&view=article&id=47&Itemid=55

Apparel & Accessories

McLaughlin's Western Wear

(660) 327-4869

www.mclaughlinwesternstore.com

10% discount on Western Collection and McLaughlin Designer Line show clothes.

Riding Lessons, Clinics &/or Training

Erin Patterson Performance Horses

(217) 259-3288

e_stevens00@yahoo.com

20% off lesson packages (3 or more lessons), 10% off single lessons, & special group lesson rates.

Vaught Family Natural Horsemanship

(417) 399-4146

www.forthethehorse.org

10% off in clinics and lessons and horse training

Trail Rides and Resorts

Midwest Trail Ride & Outpost

Norman, Indiana

www.midwesttrailride.com

10% off camping.

Services

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(417) 785-4350

www.L-bobend.com

10% discount for MFTHBA members.

Tack & Supplies

SpecTACKular

(913) 299-4494

www.spectackular.com

Members will receive free shipping; this does not include international shipping.

C&L Saddles and Tack

(870) 847-5201

www.candsaddles.com

10% discount on purchases, excluding trade-ins.

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Seward (S) Stables

Owner: Larissa Seward-Malott

Breeder & Promoter of Missouri Fox Trotters

Boarding ♦ Training ♦ Riding Lessons ♦ Clinics ♦ Youth Camps

Havana, IL
309-370-6023

SewardStables2002@yahoo.com



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217/871-3909
bettyannhorn@hotmail.com

www.bettysbarn.net

**STALLS FOR SALE in Ava, Missouri
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10 Stalls in Barn 13 at \$1,250.00 each
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For the *Fall Show and Celebration*
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**OR \$200.00 each if you
rent them both Shows**

Camelot's Royal Lady "Babe"

PRICE: \$3,500.00
SEX: Mare
COLOR: Black
FOAL DATE: April 2000
PEDIGREE:
Sire: Cast Iron Camelot H
Dam: Special's Grand Finale G
REGISTRATION: 00-66011



Check her out for yourself - <http://youtu.be/RD4Fw2jtsOU>

Show Record: 2010 World Grand Champion, 2009 English
Saddleseat World Champion, 2nd in ladies two-gait and IL State Fair
Champion in Model and 3-gait open performance.

Classifieds Continued

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Bath and shower, heat and air
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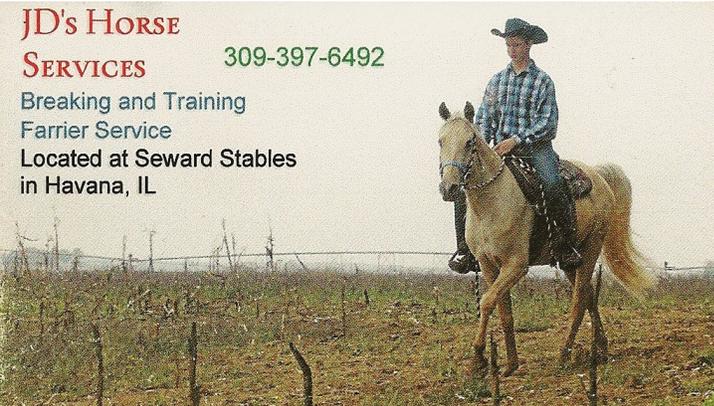
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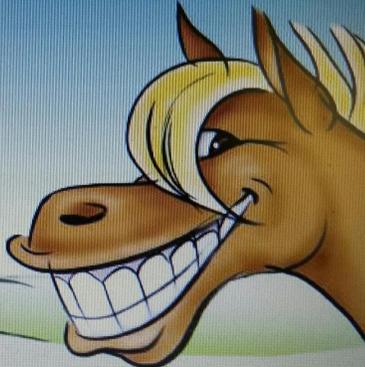
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Kimberly Hancock
Licensed Therapist

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douglasb4@hotmail.com
Your horse will thank you!



ILLINOIS FOX TROTTER HORSE ASSOCIATION



Membership includes a newsletter and website (www.illinoisfoxtrotters.com) keeping you up to date on MFT educational activities, trail rides, shows and IFTHA club information. To receive full benefit from your annual dues, please mail your payment by January 1st.

Make checks payable to "IFTHA" and send to the Secretary/Treasurer:
Cheryl Crowdsen, 1243 County Road 1800 N. Sullivan, Illinois 61951

- Class A membership** \$15/yr. 2 adults + junior members, must own or lease a MFT, 1 vote each adult
 Class B membership \$15/yr. 2 adults + junior members, does not own or lease a MFT, NO votes
 Renewal **New Membership**

For Class A membership, you must specify a registration number of a MFT owned or leased. MFTHBA Membership not required but please provide MFTHBA member number if applicable.

MFTHBA Member # MFT Registration #

Name: _____

Name: _____

Junior Members: _____

Address: _____

City: _____ State: _____ Zip: _____ - _____

Phone Number _____ E-mail address _____

How many MFTs do you own? _____

**Would you like your IFTHA newsletter sent via email? YES NO (please circle one)

Please circle yes or no regarding permission for pictures taken at IFTHA Events for use on our Website. YES NO

Do you want your contact information listed in the IFTHA member directory? YES NO (please circle one)

If YES, please check what you would like included in the listing in addition to your name, address and contact information:

Farrier Service Horses for sale Horse Training MFT Breeder Riding Lessons MFT Stud Service

Website URL - _____

Other - _____

INTERESTS: (check all that apply)

Youth Programs Newsletter Promotions Shows Clinics Trail Riding Endurance/NATRC

Other - _____

COMMENTS and/or SUGGESTIONS:

** To reduce mailing costs, we will send newsletters and occasional notices via email. If you do not have an email address or have indicated that you do not want to receive the newsletter via email, you will receive the newsletter via U.S. Mail 7-10 days following the email delivery to membership. Occasional notices will be emailed to members and posted on the website but will not be mailed via U.S. mail.