Winter Horse Care

Horse owners have additional tasks to think about in order to prepare for the winter months.

This includes issues that arise due to the cold weather, thinking about veterinary care, and even planning ahead for winter storms and other emergencies.

The first thing to do, and often the easiest to remember, is to maintain your horse’s routine as much as possible.

Horses are creatures of habit, and maintaining proper exercise and access to pasture will allow the horse to maintain its fitness and overall health.

“While the winter months can be difficult with respect to unpredictable weather conditions, it remains paramount that horses attempt to remain in a relatively routine schedule,” says Dr. Michael Fugaro, President of the New Jersey Association of Equine Practitioners.

“If a performance horse goes from working 5-6 days a week and abruptly changes to stall confinement, the horse’s risks for colic and specifically
The Center’s “Spirit of the Horse” award was received by Lynn Mathews, Equine Specialist with the New Jersey Department of Agriculture and Secretary of the New Jersey Equine Advisory Board. This award recognizes a person whose life has been significantly changed by horses and the horse industry and who continues to give back to equine-related efforts. Congratulations Lynn!

The second award was the Gold Medal Horse Farm Award given by the Center and the New Jersey Department of Agriculture to a farm which practices environmental stewardship. The 2021 recipient is Centenary University’s equine farm. Congratulations to Kelly Munz and her staff for being a leader in best management practices for horse farms. To hear the entire program please go to: https://youtu.be/lpK64IqYE3w.

Thanks to a challenge match of $2500 from Dr. Dan Keenan and Foundation Equine Wellness and Performance we were able to raise almost $6,000 during a crowdfunding campaign that occurred over the holiday season. Stay tuned for upcoming details regarding our big fundraiser of the year, that being Rutgers Giving Day which will be held in March.

Once again the fundraising initiative will be the Equine Research Fund in support of the graduate work of Ellen Rankins who is studying the effects of Equine Assisted Activities on horses used in this setting along with its impact on veterans who have been diagnosed with Post-traumatic Stress Disorder. For the full story take a look at Page 6.

Center faculty, students and staff will also be participating in two upcoming events this winter and early spring. The first is the Horse Management Seminar which will be held as a webinar series on three consecutive Monday evenings beginning on February 1st. For more information, and to register, check out the “From The Lab” on Page 8.

We also will be participating in the horse section of the Junior Breeders Livestock Symposium, which will be held virtually on March 27. For information and to register go to: https://go.rutgers.edu/2021JBLS.

Hope you all stay well and I look forward to “seeing” you at one of our events soon! Stay safe and be well!

All the Best,

karyn
New Jersey Farm Bureau's primary purpose is to represent the overall interests and improve the financial well-being of farmers and our $800 million industry. NJFB activities are supported through voluntary membership and annual dues. Members have access to:

- Staff assistance on farming issues and regulatory problems.
- Educational workshops on topical issues such as farm labor, wildlife damage, and zoning.
- Weekly updates on legislation news and regulations affecting all aspects of farming.

It pays to be a NJ Farm Bureau member! For a full list of membership levels and benefits, or to sign up, visit: www.njfb.org.

UMH Properties, Inc., is a real estate investment trust that owns and operates manufactured home communities in seven states throughout the northeast.

UMH has been in business since 1968, operating as a public company since 1985. Owning a portfolio of over 90 manufactured home communities, housing approximately 15,700 home sites.

In addition, owning over 810 acres of land for the development of new sites. It is our mission as a company to provide the best quality affordable home for the hard working residents of Pennsylvania.

UMH communities are perfect for residents of all ages, let us help you find your dream home today.

For more information about UMH Properties, Inc., please visit: www.umh.com

The New Jersey Department of Agriculture (NJDA) is an agency which oversees programs that serve virtually all New Jersey citizens. One of the Department's major priorities is to promote, protect and serve the Garden State's diverse agriculture and agribusiness industries.

In addition to the programs we offer to support production agriculture, NJDA also manages programs that feed school children, distribute surplus federal foods to soup kitchens and pantries that serve our needy citizens, conserve precious soil and water resources, protect farmland from development and preserve it for future agricultural use, expand export markets for fresh and processed agricultural products, and promote our commercial fishing industry, and administer the complete program of agriculture, food and natural resource education, which includes the State FFA Association.

For more information about NJDA, please visit: www.nj.gov/agriculture

UPCOMING 2021 EVENTS

Horse Management Seminar
Equine Health
Monday, February 1, 2021
This year we have gone VIRTUAL! Join us for 3 fun filled nights of learning from 6:30pm - 8:30pm.
https://go.rutgers.edu/td5xpd

Horse Management Seminar
Equine Behavior & Training
Monday, February 8, 2021
This year we have gone VIRTUAL! Join us for 3 fun filled nights of learning from 6:30pm - 8:30pm.
https://go.rutgers.edu/td5xpd

Horse Management Seminar
Equine Nutrition
Monday, February 15, 2021
This year we have gone VIRTUAL! Join us for 3 fun filled nights of learning from 6:30pm - 8:30pm.
https://go.rutgers.edu/td5xpd

Junior Breeders Livestock Symposium
Saturday, March 27, 2021
This year's event will be held online from 8:45 a.m. to 12:00 p.m. via Zoom. The best part... IT'S FREE!
https://go.rutgers.edu/2021JBLS

For more events, visit our website @ esc.rutgers.edu
impaction colic, can dramatically increase.”

Hydration also plays a large role in the prevention of colic, as well as benefiting overall horse health. Things to remember here include making sure that your horse has access to water, and preventing the water from getting too cold (which will sometimes prevent the horse from drinking) and preventing the water from freezing.

When horses don’t have enough water this will typically affect their overall food consumption, which can lead to intestinal issues, and a decrease in energy (which can also cause a decrease in heat retention).

Solutions for this include heated waterers, frost free waterers, and portable water buckets that you can refill as the temperature of the water goes down.

Keeping warm during the winter is also a huge concern, and is accomplished through a few options. Adequate shelter, adequate feed, and adequate insulation are three of the main things to remember here.

Adequate shelter will help the horses get out of the wind when they can no longer tolerate the harsher conditions. Because it is recommended that in most cases horses are turned out onto pasture to prevent respiratory issues that can sometimes occur from being stabled for long periods of time, options such as run-in sheds are preferable.

Run-in sheds should be placed with the opening facing away from prevailing winds, which will allow the horse to help regulate its own temperature throughout the winter.

Adequate feed will also help the horse maintain its body temperature. Energy requirements might increase as much as 25% during the winter months, and in order to meet this energy need a larger calorie intake is needed. By increasing the amount of hay, a heat increase will occur in the hindgut with digestion and fermentation of the forage.

Finally adequate insulation will allow the horse to both stay warm, and cool down. What is meant by this is using strategic clipping and blanketing can be helpful depending on your situation.

When a horse’s coat is overly thick, this can sometimes lead to overheating due to moisture and heat getting trapped in the undercoat. To prevent this a “strip clip” can be used on the neck and belly in order to give a heat release, but also maintain a longer coat on the horses sides and back to provide some insulation against rain, snow, and wind.

Blanketing can also be useful, but is situationally dependent. For instance, if a horse is being shipped from a southern state to a northern state, a blanket can be used to help acclimate the horse to the new weather. But if your horse has been through a few northeastern winters, it is unlikely to need a blanket if otherwise healthy. Horses’ undercoats serve as a “natural” blanket, and by putting a second blanket on top of this can actually cause more harm than good.

While these are just some of the many considerations for winter horse care, visit the Equine Science Center’s website for further reading.
Natural disasters can take many forms, including extreme cold, ice storms and blizzards during the winter season. Horse owners should create an emergency plan for themselves and their animals.

Such planning should consider both evacuation with their animals and sheltering in place. Horse owners are encouraged to become familiar with local evacuation routes, have a means of transportation to move their horses, and to have a 2-3-day supply of feed if evacuation is necessary.

They may wish to consider coordinating evacuation plans with neighbors, friends, or other individuals familiar with handling livestock.

Horse owners should prepare important health records, such as vaccination records and Coggins tests, and contact information together in a sealed plastic bag or document holder. Use of permanent identification, such as a microchip or permanent halter tag, is helpful should the horses need to be evacuated.

If sheltering in place as a result of a winter storm, it is recommended that horse owners have enough feed, hay, and water to last for 7-10 days.

The winter season can produce hazardous weather, including ice and snowstorms that can result in power failures and/or flooding. Obtaining an alternative electrical source, such as a generator, is important to maintain a horse farm’s function and water source in the event of an electrical power outage.

Frozen water as a result of cold temperatures will impede a horse’s ability to drink and may result in dehydration.

Flooding can occur as a result of heavy precipitation and snow melts. It is important to keep in mind that flood waters could be contaminated with infectious or hazardous material.

Any horses standing in flood water may be at higher risk for infectious disease and a veterinarian should be consulted about any concerns. Horse farm owners may also wish to consult with their local fire department about barn fire safety measures, as barn doors closed to conserve energy during the winter months present an increased fire risk.

There are multiple emergency events that can occur in the winter season that horse owners should prepare for. Horse owners are responsible for the safety and care of their horses before, during, and after a disaster event.

Planning before a disaster is the best approach to ensure all horses are safe when a winter weather emergency strikes.
The Equine Science Center’s fundraising initiative last fall continued to raise money for the research project focusing on Equine Assisted Activities & Therapies (EAAT) for veterans with Post-Traumatic Stress Disorder (PTSD).

Launched on Veterans Day, Wednesday November 11th, 2020, this was the second time that the Equine Science Center utilized the University’s crowdfunding platform.

The research project, conducted by the Equine Science Center at Rutgers University, will focus on the horse human bond, and how EAAT affects both humans and horses during these types of therapy sessions.

“The study will look at how the interactions between the horses and humans, sometimes referred to as a “horse/human bond” affect one another,” said Ellen Rankins, Ph.D. Candidate and project lead. “Not only will data be collected during the trial period, we will also follow up with
the participants to observe how long these changes are sustained over time.”

While the Center has continued to raise money for the project, there is still awhile to go before full funding has been secured.

The Center’s goal is for all of the costs associated with the study to be paid for by the research fund, making the therapy sessions completely free to the veterans.

After hearing about the project, Foundation Equine Wellness and Performance (a mobile veterinary practice based out of Bordentown, New Jersey) decided to make a donation to the research fund. Instead of making a general donation, they decided to issue a challenge match to anyone willing to donate.

For every dollar that the Equine Science Center raised, Foundation Equine agreed to match dollar for dollar up to $2,500.

“We were so happy to take part in the Equine Science Center’s crowdfunding campaign,” said Dr. Daniel P. Keenan, Owner of Foundation Equine Wellness and Performance. “We wanted to contribute to this project not only because it will better our understanding of how Equine Assisted Activities & Therapies (EAAT) affects the health and wellness of the horse, but because it will also examine how these types of therapies can improve the lives of veterans with PTSD, and others who would benefit by these types of therapies.”

While the Center didn’t quite meet its overall goal, it was able to meet the challenge set by Foundation Equine Wellness and Performance and therefore received the $2,500 pledge.

We are so thankful for partners like Dr. Keenan and everyone over at Foundation Equine,” says Dr. Karyn Malinowski, Founding Director of the Equine Science Center. “It is through donors like them, the ones who recognize and support the cutting-edge research that happens at the Equine Science Center, that we are able to continue our work of “Better Hose Care though Research & Education.”

As the Center continues to work towards fully funding this research project, Public Relations Specialist Kyle Hartmann has already moved onto the next funding initiative.

“For the last few years we have put a lot of our energy into fundraising on ‘Rutgers Giving Day,’” says Hartmann, “and this year won’t be any different. Just as we did this summer (when the 2020 ‘Rutgers Giving Day’ was pushed back due to the pandemic) we will again use ‘Rutgers Giving Day’ as a way to not only raise money for the EAAT/PTSD research project, but to also highlight and publicize this phenomenal work looking into the horse/human bond.”

This year “Rutgers Giving Day” will be held in March, and the Center will provide more information about getting involved, and donating, on the Center’s website and social media once the date is finalized.

The project is a partnership with statewide stakeholders including: the New Jersey Department of Military and Veterans Affairs; Special Strides located in Monroe, New Jersey (where the therapy sessions will be conducted); the Graduate School of Applied and Professional Psychology at Rutgers University; the Office of Veterans and Military Programs and Services at Rutgers; and the Rutgers Business School - Military and Veteran Engagement Programs.

For additional information about the research project, contact Public Relations Specialist Kyle Hartmann at kylehart@njaes.rutgers.edu

For information about donating to the project, contact Leadership Gifts Officer Roz Beberman at roz.beberman@rutgers.edu
From The Lab:

Join Dr. Williams as she hosts the first ever Virtual Horse Management Seminar, taking place throughout the month of February.

Dr. Malone
Welfare and Behavior:

What is animal welfare and how does it apply to our performance horses?

Re-evaluating common horse management techniques to maximize equine welfare.

Current topics that may impact the social license of holding horse events.
As with everything in the past ten plus months, we have decided to also move the seminar to a virtual format. However, we have changed the format to not just be a typical one-hour webinar. We have spruced it up a bit and are trying something different!

The seminar will consist of three Monday evenings in Feb. (1st, 8th, and 15th). Each virtual seminar evening will feature two speakers that we have considered our “Best of the Best” over the years of having our face-to-face Horse Management Seminars and/or are topics we get the most requests for in previous post-program evaluations.

Each evening will focus on one topic area and will end with an ‘Ask the Expert Live’ panel with Dr. Carey Williams and the evening’s speakers. They will have time to answer your questions on their presentations or anything else in the subject area you might have a burning desire to ask!

The weekly webinars will run from 6:30 to 8:30 PM, and you can register for one or for all three!

The webinars are free to attend, however in order to facilitate a more engaged live audience with the speakers they will not be posted to the archived webinar section of the Center’s website until mid-March. So make sure to put the live webinars on your calendar so you don’t miss out!

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**Dr. Fugaro**

**Veterinary Economics:**

Similar to other components of the equine industry, expenses continue to increase, particularly post-COVID, and equine veterinary practices are no exception.

Horse owners are encouraged to discuss economics directly with their veterinary practice(s) to assist in the development of their annual budget including unexpected emergencies.

Equine Medical/Mortality Insurance has significantly evolved over the years. Horse owners should thoroughly review insurance policies to determine an appropriate policy.
Training Theory:
Timing of the reward is the most important factor. A small delay can make the horse understand something different from what we ask, making us think the horse is disobeying our request.

There is not a natural response to an aid that the horse needs to be taught, and horses learn really fast! If a task is not learned in 5 minutes, trainers need to change sequence. Doing the same thing over and over expecting a different result is the definition of insanity!

Trainers need to be accurate. To be free of stress horses need predictability (aids before spur or whip) and controllability (removal of the aids at onset of behavior).

Sound Horse:
Importance of establishing a solid relationship with your equine professionals (Vet/farrier/trainer) as they will be your best resource for keeping your horse sound.

No foot.....No horse. Importance of understanding basic trimming/shoeing principles and utilizing resources to get it right!

Importance of principles in equine saddle fit, fitness, and footing.

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Dr. Makkreel
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Dr. Staniar
Importance of Fiber:
Evidence indicates that horses require dietary fiber; however, the term fiber is a broad and somewhat nebulous term, making the meeting of such a requirement challenging.

Two definitions of dietary fiber are valuable to understand; chemical and physical.

Optimal inclusion of dietary fiber will vary considerably based on the physiologic status of the individual horse.

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The Virtual Horse Management Seminar Program:

February 1st - Horse Health:
“Economical Veterinary Care” by Michael Fugaro, DVM, owner of Mountain Pointe Equine
“Keeping your Horse Sound” by Lynsey Makkreel, DVM, with Foundation Equine
Horse Health “Ask The Experts” Panel

February 8th - Behavior and Training:
“Evaluating Horse Welfare as it relates to Behavior and Training” by Sara Malone, Ph.D. and PhD candidate Ellen Rankins, Rutgers University
“Using Learning Theory to Train Horses” by the ever-popular Angelo Telatin, Delaware Valley University
Behavior & Training “Ask The Experts” Panel

February 15th - Evening of Equine Nutrition:
“Fiber and its Importance to Horses” by Burt Staniar, Ph.D., Penn State University
“Forage/Pasture Practical Research you can Use!” by Krishona Martinson, Ph.D., University of Minnesota
Evening of Equine Nutrition “Ask The Experts” Panel

To register and learn more, please go to: https://go.rutgers.edu/td5xpzd
The 2020 Fall Webinar Series took place over the course of the fall semester, ending in a special “Ask The Experts Live!” event. During these 4 months, Ph.D Candidate Jennifer Weinert hosted a total of 7 webinars, with a total of 8 guests, and numerous attendees.

Dr. Karyn Malinowski presented on her many years of research into the physiology of aging in horses, focusing on the proper management and care of the older horse. Attendees then asked questions ranging from feeding the older horse, to questions about exercising and keeping your horse in shape.

During his webinar, Dr. Kenneth McKeever explored the history of equine exercise physiology and horses in biomedical research. He looked at how the horse has been a key player in basic biomedical research for centuries, and how the research done at Rutgers follows in the footsteps of the great physiologists of the past.
Dr. Leslie Seraphin, a District Epidemiology Officer with USDA APHIS Veterinary Services, shared her expertise on biosecurity for the horse owner. She dove into the actions you can take to prevent disease entry to and spread on your farm, including actions to take when attending off farm equine events.

During her Q&A attendees asked questions about proper quarantining after international travel, how to stay safe during horse shows, and what to do if your horse comes down with something.

Dr. Carey Williams’ webinar covered her many years of research on oxidative stress in exercising horses and how we can use antioxidant supplementation to help alleviate that stress, as well as recommendations for using antioxidants for the athletic horse, no matter what the exercise or the cause of the stress.

This was very popular among attendees who show or compete with their horses, and gave them a look into how nutrition can directly affect some of these issues.

Ed Wengryn, Field Representative/Research Associate at the New Jersey Farm Bureau, joined attendees to speak about Right to Farm, Farmland Preservation, and Land and Environmental Issues in New Jersey.

His years of experience with these programs and regulations impacting equine agriculture in New Jersey provided attendees with both a basic knowledge of these topics, as well as allowed them to ask specific questions about how these topics affect them directly.

The last singular-topic presentation was given by Dr. Brian Colquhoun, who explored the world of acupuncture in horses. The talk focused on research into its modes of action, its benefits, and its limitations.

Attendees were given a brief history of how acupuncture was first brought into the spotlight as a medical alternative for pain management, and how it can successfully be used for treating the various muscle and physiological issues that can affect horses either after normal day to day activity, as well as after injury.

Attendees were interested in Dr. Colquhoun’s experience with the sport horse and how these patients showed drastic differences, sometimes even after only one acupuncture treatment.

To close out the webinar series, a special “Ask The Experts Live” webinar was hosted with a panel of experts from Rutgers, as well as Dr. Michael Fugaro, the President of the New Jersey Association of Equine Practitioners, who joined the Rutgers team as a designated expert to answer any veterinarian related questions.

Dr. Karyn Malinowski covered topics such as the aging horse and horseracing, specifically speaking to her many years looking at the economic effect of horseracing and how the horseracing industry plays into the overall economy of New Jersey.

Dr. Kenneth McKeever answered questions regarding equine physiology, horse racing, and performance enhancing drugs. His expertise has come from years of research looking at how specific drugs, supplements, etc. effect the horse during and post exercise. This led to improvements in health (looking at the use of green tea extract and orange peel for muscle recovery, as well as helping to catch cheaters in horse racing (looking at new tests and ways to test horses for performance enhancing drugs.

Dr. Michael Westendorf joined the panel to speak about the years of research he has done into manure management, storage, and removal. His work has focused on the proper way to accomplish these initiatives, as well as how to do so in an environmentally friendly way. He has looked at how manure storage effects the surrounding areas (including water and leeching issues), and covered how equine manure can easily be composted and used for beneficial purposes.

Dr. Carey Williams served as the equine nutrition expert, and spoke to her many years researching feed composition, rationing, pasture management, supplements, and making nutrition decisions based upon your specific horses needs.
A week or so before the webinar date, attendees were asked to submit questions so that the panel could prepare for the various topics that would need to be covered, and told that time permitting they would also be also allowed to ask questions that came up over the course of the night.

Thanks to the phenomenal panel, all questions that were submitted were covered, and all attendees had the time to ask additional questions.

All of these presentations have been archived on the Center’s website, and can also be found on its YouTube channel at: www.youtube.com/c/RutgersEquineScienceCenter/

Attendees were also reminded that they always have the option to ask questions throughout the year via the “Ask The Expert” portal on the Equine Science Center’s website.

On the website, questions are broken down into three main categories (Equine Health Care & Management, Farm & Pasture Management, and Nutrition), with sub-categories further narrowing down the questions into specialized topic areas.

To date the Center has answered questions from multiple states, countries, and 6 of the 7 continents world wide!

The Center looks forward its next webinar series, but instead of hosting a series this spring encourages everyone to attend the 2021 Horse Management Seminar webinar series.

For more details and to register for the Horse Management Seminar, please see the “From The Lab” section, or the flyer on the next page.

To submit a question to our panel of experts at any time throughout the year please visit: https://esc.rutgers.edu/ask-the-expert/
Rutgers Annual Horse Management Seminar

IS Going VIRTUAL!

Feb. 1
Health

Feb. 8
Behavior & Training

Mondays @ 6:30 - 8:30 PM

Topics Include:
- Importance of Fiber
- Keeping Horses Sound
- Economical Vet Care
- Equine Welfare and Behavior
- Behavior Modification
- Practical Forage Research

Speakers From:
- Mountain Pointe Equine
- Foundation Equine Wellness and Performance
- Penn State University
- Delaware Valley University
- Rutgers University
- Univ. of Minnesota

A full program and registration details, see:
https://go.rutgers.edu/td5xpzd

Or use the QR Code!
Contact Us:

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