



# Squaw Butte Back Country Horsemen

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## PRESIDENT'S CORNER JULY 2, 2015

### HOW HOT IS HOT?

100, 103, 106? Hot is hot differently to each of us. Some tolerate heat better than others. Me I don't like the nineties and don't even talk about the hundreds.

Whenever outdoor temperatures get too extreme I limit my outdoor activities to early morning in the cool. At two or three, sometimes sooner, my outdoor activities are done. Time for Siesta in the air conditioning.

What did we do before "Air Conditioning?" Did we sit in the shade, dip in a pond or creek, maybe just poured cold water on ourselves? Perhaps we just sweat and stink. One thing I know. I like "Air Conditioning."

When going outside always protect yourself from the heat and sun. I wear a broad brimmed hat to protect my ears, a wet bandana around my neck, and long sleeved shirts that are designed to block the UVs from the sun. There are some good sunblock ointments out there, but my body does not seem to like them.

Also take in lots and lots of water. Notice I didn't say (and I can't believe I'm saying this) alcohol. This will just dehydrate you quicker. Save the libations till Siesta time in the "Air Conditioning."

Remember, what is good for you in the heat is also good, and important, for your four legged family as well. Horses need lots cool clean water. You can put a couple blocks of ice in the water. This will help keep it cool, and they'll like licking the ice as much as a salt block. Here is another item of importance. The salt block helps put back into your horse what the heat takes out. Rob puts a sprinkler out for his horses. Another great idea.

Remember your smaller four legged family as well. For my dogs I keep their water changed cool and full daily, sometimes more often as needed. They also have a kid's wading pool about ten inches deep. Every little bit helps. You can also put a block of ice in this, sit back, and watch the fun as they try to figure out what to do with it.

All in all, keep yourself and your animals protected from the effects of the heat and sun. If you think you may have a problem the CDC gives us these warning signs.

#### Heat Exhaustion

- \*Heavy sweating
- \*Weakness
- \*Cold, pale, and clammy skin
- \*Fast, weak pulse
- \*Nausea or vomiting
- \*Fainting

#### What You Should Do

- \*Move to a cooler location
- \*Lie down and loosen your clothing
- \*Apply cool, wet cloths to as much of body as possible
- \*Sip water
- \*If you have vomited and it continues, seek medical Attention immediately

#### Heat Stroke

- \*High body temperature (above 103 F)
- \*Hot, red, dry or moist skin
- \*Rapid and strong pulse
- \*Possible unconsciousness

#### What You Should Do

- \*Call 911 immediately-this is a medical emergency
- \*Move the person to a cooler environment
- \*Reduce the person's body temperature with cool cloths or even a bath
- \*Do NOT give fluids

Be safe and have fun AND KEEP COOL  
Bill Holt-President-SBBCH