



Paddock Paper

Northern New Mexico Horsemen's Association Newsletter

July 2024



See You at Our Summer
Social, Saturday, July 13!

Our annual Summer Social, 1 – 4 pm, is at the SF County Sheriff's Posse building, 3213 Rodeo Road. It's always a great afternoon of catching up with others over yummy food and learning from interesting speakers. **It's a partial potluck, so please bring a side dish, appetizer or salad (with serving utensil, if needed).** NNMHA will provide the entrée, beverages, dessert and individual silverware.

Our speaker is Joyletta Vicente of the Great Jicarilla people, and she will talk about Native American traditions that relate to equines. Joyletta is half Apache and half Navajo, and she will guide us through the two people's stories of how the horse came into being and how the horse-human bond formed. She will also tell us about customs surrounding riding and thanking the horse.



We sponsored the Jicarilla Apache Nation's 4th Annual Open Junior Rodeo, Dulce, last month, as part of an annual youth conference. Joyletta has been instrumental in fostering a relationship between Jicarilla youth and NNMHA.

And, there's something new this year...a Silent Auction! As part of the social, we are holding our first-ever silent auction to raise funds for our Sponsorship, Grant and Scholarship (SGS) program. If you have items that you think would create a bidding frenzy among NNMHA members, please consider donating them.

Here are details about the Silent Auction. It's a fun, great way to support NNMHA sponsorships, grants and scholarships, as well as others in our community.

- Consider donating equine-related items that you already have, collect or purchase
- Feel free to collaborate with friends or family who may have fun items or services
- Items in new or excellent condition are welcome, as well as sought-after services
- Be creative - mix experiences with items or bundle appropriate items
- Keep auction values of \$100 or less – tack, equine toys, artwork, books, jewelry, décor accessories, gift certificates for professional services, culinary products and gift baskets will be irresistible



This picture, "Picket Line," is signed by artist Anne Sawyer, and is an example of a very nice, donated item. With its equine theme, it's an item many of us would enjoy in our home or as a gift to a horsey friend or family member. The donation has info about the artist and is likely to entice attractive bids.

We will also have an empty gift basket for kids that will be given to the Food Depot. For this basket, please bring equine-related items in new or excellent condition, such as books, games and toys.

In advance, thank you for making this silent auction a meaningful event for all of us, as well as your thoughtfulness in supporting our programs and the needs of others in our area.

It's easy to donate! Just let us know what you are bringing to donate, so we can prepare. Call Karla Lauritsen on 970 286-3732 or John Pearson on 650 863-2491.

Ridge Riders Headed to Cerrillos State Park on Saturday, August 3

Plan to be in the saddle at 10 am for this two-hour ride. Trails are narrow and this is hilly terrain with great scenery and a rich history of 1,000 years of mining. Look for Trail Boss Ed Srsic in the parking area by 9:30 am. There is a user fee of \$5 per vehicle, payable in the parking lot. Be sure to bring exact cash.

Directions: From Highway 14 turn into the Village of Cerrillos. At the first stop sign turn right onto First Street, cross the railroad tracks and follow the signs to the park. The main parking area is on the left-hand side, about ¼ mile up the road.

Reminder: On Saturday, July 6, we'll be riding in Nambe Badlands. This is a popular and relatively moderate ride with easy access from the SF area.

Go to our website for all ride details and be sure to read and electronically sign the Liability Release Agreement: nnmha.org/calendar-rides.

Congrats to the eleven Ridge Riders who took to the Caja del Rio last month and enjoyed much better weather, compared to when this ride was originally scheduled!

Youth to Join NNMHA at County Fair, Sat., August 3



“We’re excited about teens from the Boys & Girls Club of Santa Fe/Del Norte joining NNMHA at our County Fair Meet-and-Greet event. It’s Saturday, August 3, at the Santa Fe County Fair, 10 am – 5 pm,” says Board member Leanne DeVane, who is leading this effort. “Thanks to Briana Martinez, Teen Center Director at Boys & Girls, who has been organizing this effort, on behalf of two groups of enthusiastic teen members.”

The fair is at the county fairgrounds, 3229 Rodeo Road. We’ll be there with a horse, a donkey and information about equine resources in our area for anyone (kids and adults!) interested in learning more about horses, donkeys and mules.

We’re all about promoting equines to the general public at the County Fair, so please stop by and say hello! And, thanks to all volunteers who will be staffing shifts throughout the day.

If you have questions about this event, contact Leanne, 505 469-1165, leannedevane@gmail.com.

Donkey & Mule at Spring Festival – See Us at Next Festival, July 20-21

Volunteers from the Rio Grande Mule and Donkey Association, Kim and Joe Fay, and Daisy, their mammoth donkey, premiered at the El Rancho de las Golondrinas Spring Festival recently. Board member Karla Lauritsen was there to observe their demonstration of plowing and harrowing.

The plow was made from a recent windfall of cottonwood by Golondrinas draftsmen. Living history in action! Thanks, Kim and Joe, for demonstrating the role of equines in earlier times.



Karla will be at Golondrinas for a similar meet-and-greet there at the 21st Annual Santa Fe Fiesta de los Ninos, July 20-21. We're glad to be promoting equines to the general public during this annual family weekend, so come visit or send your friends!

Karen Denison and her mule, Lulu, were also on hand to meet and greet visitors at the Spring Festival. Karen reports that the folks at Golondrinas are always thrilled when there are working animals on site.

Saddle Fitting Rescheduled to Aug. 21

Unfortunately, we had to cancel our program meeting last month with saddle-fitter John McKenna. The weather that evening (for an outdoor event) was simply awful – windy, swirling clouds of dust and more.

Fortunately, the meeting has been rescheduled to Wednesday, August 21, 6 pm, at the Sheriff's Posse Club, 3213 Rodeo Road. Look for a reminder in the next edition of this newsletter.



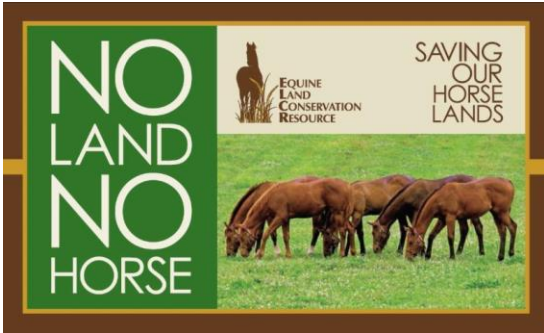
Safe Trail Passing & E-bikes

As we all take to the trails this summer, it's worth repeating how to be safe around other users, especially with the increased use of e-bikes. The standard response by others is to always yield to equines, then: Stop! Speak and Stand Back.

As equestrians, we typically initiate contact with a friendly greeting like "hello." That helps them be aware of us, hear a friendly voice and reassure our critters that others are not equine-seeking monsters!

Given that initial contact, we can advise others what is safest for them and us. We also have to take into consideration the trail itself and whether there is room to move aside, number of other users at the moment and...the willingness of others to heed our advice. Sometimes, that's easier said than done.

The good news is that the American Horse Council (AHC), Equine Land Conservation Resource (ELCR), Back Country Horsemen of America and other organizations are working with land managers throughout the country to address the increased potential for trail conflict, especially as trail usage, in general, increases. That includes e-bikes and their use in federal, state, city and county trails. Each jurisdiction usually has its own set of regulations, so knowing the prevailing rules can be complicated. Look for signage or check out area rules before you go.



According to the March 2024 edition of the ELCR online newsletter, "The AHC Recreation, Trails & Land Use Committee is essential and pivotal to the work of AHC and the 2M horse owners in the US (50% of which are recreational riders)!"

"AHC advocates for outdoor recreation legislation and regulations that will help sustain horse owner's abilities to ride trails, and enjoy the peace, scenery and serenity of the great outdoors. We know from our partnerships with (others) that millions of horseback riders are out on the trails each year..."

These organizations welcome equestrians to join and participate in member areas of interest, so please look for opportunities to speak out on behalf of safe equestrian use of trails whenever you can. We all benefit from the work of each other. Happy trails!

Trail, Endurance or Competition - Dressage Work is Good for All



"Ballet," "dancing" and "strength" were what people suggested to our speaker Katrin Silva when she asked for words that described dressage. She agreed, and added, "Unhappy horses are not dressage horses!"

That proved to be a rousing start to a lively discussion that continued with her description of dressage. "It's a system of riding that helps your horse carry you more comfortably. Dressage also helps horses become stronger and more balanced. And, that extends the health and life of both horse and rider as horses become better athletes." Now, who doesn't want that?

Many trail riders are already good dressage riders, and they are better riders than they know. That's a great start to being good dressage riders. "It's all about rhythm and

that's the foundation for successful riding. Then comes suppleness, followed by connection, impulsion and collection, in that order.

Katrin noted that dressage builds a better partnership between horse and rider, in several ways:

- Physical attributes such as improved endurance and better balance
- Mental benefits that include building trust and confidence
- Better communication with less frustration
- Elimination of getting stuck in nagging
- Other aids for riders, such better self-carriage and symmetry, improved suppleness and being a better load to carry.



It all adds up to all-round fitness that benefits the endurance, trail or competitive horse, whether in flexibility, strength, cardio, confidence and focus. While these attributes may become more subtle in time, they will help horse and rider, whatever they do together.

Any training schedule depends on the horse, but generally it can take two or a few more years to become proficient at dressage. Katrin smiled and said, "It's never boring, because you always know what you're working on. Plus, you can do all this with the horse, tack and saddle you already have."



Western dressage, compared to classical dressage, is what the traditional working

horse is all about, whether reining, cutting, roping, trails and more, on a loose rein. It's just that the higher-level dressage is with tighter reins and larger movements. "Everything starts with basic horsemanship, and I really try to start with where the rider is and go from there," Katrin concluded. Sounds like a good plan.

Katrin, thanks for demystifying dressage for us. Her presentation is on our website, www.nnmha.org/resources. For more info about Katrin, www.katrinsilvadressage.com.

Note: NNMHA is hoping to sponsor a basic dressage clinic with Katrin this year. Details to come.

4-H Horse School Was a “Success”

Kylie Butterfield, former 4-H Agriculture Agent, SF County, reports that the 4-H

Horse School, a four-day event recently held in Farmington was a success. NNMHA helped fund the event. Two youth attended the school from SF County and Kylie was a school instructor. Both participants increased their abilities “in great strides” (according to Kylie) and attended workshops on equine dentistry, saddle fitting and nutrition, to name a few. Kylie has since accepted a position in Texas. Good luck, Kylie!



We’re Putting the Finishing Touches on County Fair, Golondrinas, NM State Fair Events; with Clinics to Come

Business Updates

John Pearson shared the Treasurer’s Report and explained we should expect strong dividends this quarter with our investment account doing well. This is due to a currently healthy stock market.

John outlined a proposal for offering various sponsorship giving levels to reflect various levels of donations. These levels would receive opportunities for promotional considerations and invitations to exclusive events. There was a discussion regarding business vs corporate vs individual donors, because other nonprofit charitable organizations often distinguish donors accordingly. He and others will continue to fine tune this new approach to fundraising for later Board review.

Karen Denison reported we have 132 memberships to date, and that represents 160-170 adults. Forms on the website can now be completed online, and this is especially handy for riders needing to complete liability forms for Ridge Riders.

Ed Srsic will have examples of branded merchandise at our July social. He has been working on creating branded clothing apparel for sale to benefit our philanthropic programs.

An updated brochure for NNMHA is in the works and will be available for use, beginning with community outreach efforts next month.

The next Board meeting is Tuesday, July 16, 7 pm. Join us – it's online. Contact any Board member for more info!

Clinics, Meet-and-Greets and More

Carol Marthens asked for comments regarding a proposed basic dressage clinic hosted by Katrin Silva. Others enthusiastically endorsed a one-day clinic, to be held in the SF area, based on the positive feedback at a recent program meeting that featured Katrin as the speaker.

Joyce Davis and Carol are working on a mounted archery clinic and circulated a budget for this event. There was some discussion regarding costs and participant fees, to be finalized.

We're busy this summer! Leanne DeVane continues to organize a meet and greet event during the SF County Fair and is working with members of the Boys & Girls Club of Santa Fe/Del Norte who are planning to join us there. And, Karla is organizing a meet and greet at Golondrinas. (See separate articles for details on both events.)

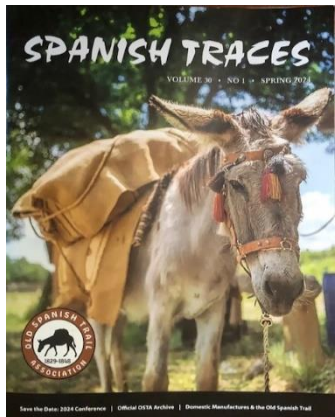
Lynn Allen advised that hosting a paramedic who could demonstrate first aid (for people) is still being finessed. Ed is seeking legal advice regarding our questions about liability for such a clinic.

Lynn also reported she was contacted by the Santa Fe Fat Tire (Bike) Society to talk with members about equestrian safety and host a joint demonstration. Others were glad to lend support to this effort. The Society actively supports safe outdoor recreation and learning about other trail and open space users. Howard Gershon offered to work with Lynn regarding this effort.

Karla said that Kelly Wendorf, Equus Inspired, will host a clinic on Saturday, November 9, 10 am – 12:30 pm, at her location, Buffalo Spirit Ranch, Tesuque. Kelly is the author of "Flying Lead Changes" and works with youth and adults around and with horses to further develop personal and professional life skills. Details to come.

Note: After the meeting, John reported that our collaboration in the NM State Fair equine events (this year, under the direction of Horse Show Manager Mariah Wilson) will earn us a donation against the hours we serve as volunteers. We are planning to meet and greet, answer questions about equines and distribute NNMHA materials near the Parade the Breeds area. Date(s), times and exact location TBD!

Local Burro Appears on Magazine Cover



Pat and Ron Rundstrom and their burro, Freighter Burro, were featured in the spring 2024 edition of *Spanish Traces*. Premier aparejo packers, they “fell in love with him...(and) decided to name him Freighter to remind us he was supposed to be a working burro, not just a pet.” Seems he was both, for many years.

They traveled together, with another burro, demonstrating the tree-less packing system at national parks, historical societies, living history museums and elsewhere. Freighter recently passed away at the age of 33.

Overheard Recently in a CVS Store

CASHIER (young woman at checkout counter): You must like horses.

CUSTOMER (wearing t-shirt with horse photo): I do.

CASHIER: How many do you have?

CUSTOMER: Two. You must like horses, too.

CASHIER: When I was little, my grandpa lived out in the country and he would take me to a nearby farm. If no one was around, we would climb over a fence and he would put me on a horse there. He made sure we weren't seen, while I rode.

CUSTOMER: You must have a wonderful grandpa. I hope you have lots of good memories.

CASHIER: I do.

Do You Know...

Of course, you know that interacting with horses can decrease anxiety. But, now we have research to prove it, at least as it relates to exam testing. According to the University of Minnesota Horse Extension e-Newsletter, June 2024, a study at Pennsylvania State University evaluated short-term interactions with horses to help develop coping skills for managing test anxiety.

Undergraduate and graduate students freely attended a one-day event prior to final exam week, where they were individually paired with a horse. Each interacted with a horse for an hour to include grooming,



leading and hand grazing. Slightly less than half of the students had no experience with horses, while a slight majority had five to ten years of experience.

The students reported lower anxiety levels, and that correlated with lower-end cortisol levels (which suggests a decrease in stress). So, if you haven't lately, go interact with a horse soon. Especially if an exam is on your calendar!

Bulletin Board

Bulletin Board is a "one-stop shop" for all equine-related products, services and events. Members in good standing may submit listings of no more than 80 words. Be sure to include a name, brief description and website, phone or email for contact purposes. We can't edit fliers or other materials provided to us and be assured of describing your news accurately. Send your listing to: Sandra, smithcom@goldengate.net, or Karen, redmule@kdtt.net. At any time, let us know if you need your current listing removed or changed. We rely on members to keep their info correct and up to date.

Classifieds

STUART H. GARBER, DC, PhD, AVCA

Equine chiropractor. Equines and canines, but also happy to treat any critter with a spine. By appointment. Call: 505 913-7493.

THE TRINITY RANCH BOARDING

Santa Fe's premier horse facility. Boarding, training, lessons, indoor arena, 150x300 jump course, 20x60 dressage court. Absolutely beautiful facility, exceptional staff, positive atmosphere. Contact: www.santafehorse.com.

NORTHSIDE BOARDING

Ride out on miles of trails, five minutes from NM599/La Tierra Rd. Reasonable rates, relaxed atmosphere. Prices from \$300-\$375 for pens 12x60 and larger. Arena, round pen, three tack rooms, wash rack, trailer parking. Horses fed grass mix or alfalfa twice daily. Boarders provide extras, we feed. Owner lives on premises. Contact: Carolyn, Centaurus Ranch, 505 474-0821.

NEED USED TWO-HORSE TRAILER

Looking for a used two-horse bumper pull stock trailer or light weight trailer. Call: Susan Kaz, 505 685-4745.

EQUINE PORTRAITS

Helen K. Garber is available to create a unique photographic portrait of your horse or you riding your horse. In sizes up to 10 feet wide. Can be printed on paper or fabric. Her work has been acquired by museum collections such as the Getty Museum, Los Angeles County Museum of Art, the Brooklyn Museum archives of the Venice Biennale and the Academy of Motion Pictures Arts & Sciences. Contact: Helen, 310 344-7883, www.helenkgarber.com (Helen K Garber Studio), mail@helenkgarber.com.

EQUINE BODY WORK

Susan Smith | Equine and human Ortho-Bionomy® powerful and effective therapeutic bodywork. Registered Instructor and Advanced Practitioner. Equine acupressure massage, certified. Both in-person and online courses are offered. By appointment. Contact: Susan, 505 501-2478, info@susansmithsantafe.com.

THREE-HORSE, SLANT LOAD 4STAR GOOSENECK TRAILER FOR SALE

Lovely 2009 trailer for sale. Bought from a cowboy who won it as the grade prize in a PRCA rodeo. Lots of bells and whistles, lightly used, clean, in great shape. Plenty of rubber on the tires. Extra insulation and soundproofing. No living quarters. 4Star trailers are works of art – excellent fabrication and overall engineering. Need to pass it along to someone for whom it will also bring a lot of pleasure. \$18,000. In Lamy. Contact: Jarratt Applewhite, jaratt@speakeasy.net, 505 577-5335.



TIMOTHY HAY BALES FOR SALE

My hay supplier is in ABQ South Valley and has a lot of two-string clean bales of Timothy for sale. It is grown in northern NM. If there is enough interest to sell 75+ bales (total), they will haul a flatbed to Rio Rancho, so people can pick it up there. They will lower the price to \$13/bale. We can use my place to meet & unload hay. Contact: Pam Rangel, 214 226-0685, rangeltx@sbcglobal.net.

BODYWORK AND MASSAGE

Sandy Benson offers Integrated Equine Bodywork and Massage, working with the whole horse to build trust, restore balance and release tension. Certified in Masterson Method since 2018, CST since 2005. Consider it an investment in wellness. Contact: sandybenenson@earthlink.net, 505 920-2497.

EXPERIENCED TRAIL HORSE WANTED

We live in Sandia Park and are looking for a safe, experienced and sound horse to ride the trails as both of our horses are having physical issues. 15 hands and under, would be in a large, wooded pasture with barn. Thanks! Contact Sharon Bice, 505-459-8698.

MULE FOR SALE

She is six years old and halter broke. About 14.2 hands and in SF. For pictures, video and more info, contact: Jacqueline Fernandez-Quezada, 505 231-4105, jaramillojacqueline@gmail.com.



Training/Clinics/Workshops/Events

TERRY BERG TRAINING

Trainer offers lessons, training and show coaching, among others. Specialties include ranch riding, reining and ranch trail. Contact: sfcolores@sprynet.com, 505 473-4147.

LEGACY HORSE TRAINING

Training and a variety of scheduled events are offered year-round. They include round pen skills, obstacle and working equitation clinic and private horsemanship intensives, a horse camp, and more. Some events are provided in collaboration with Erin Calhoun, PAS DE CHEVAL. Contact: www.legacyhorsetrainingnm.com, Ginger, 505 690-1230, or Leela, 541 944-5216.

NNMHA SPONSORED EVENTS

Through our SGS Giving Program, NNMHA supports a limited number of clinics, shows and other activities produced by partner organizations that share our mission to benefit the local equestrian community. We're proud to be a part of these events. For more details, see www.nnmha.org/events-sponsored.

Scott Scheyli Trail and Horsemanship Clinic

- August 17-18, Platinum Performance Horses, Albuquerque, NM
- \$200/rider, lunch is provided
- Platinum Horses may be leased, contact Mariah at (505) 480-6000 for details
- Horses may haul in for the day, no stall rentals
- More information: <https://www.nmarabs.org/clinics>

2024 New Mexico State Fair Horse Shows

- September 5 - 15, Expo NM, Albuquerque, NM
- In addition to the PRCA Rodeo, the Horse Show series should be terrific this year! It kicks off with a return of a Draft Pull-on September 6, finishing with Barrel Racing on September 15
- NNMHA is proud to help sponsor the Exceptional Rodeo for disabled children and adults on September 9
- For general information about the State Fair: www.statefair.exponm.com, 505 803-3228.
- Event schedule:
 - Sept. 5 Arabian Show (and Sept. 6)
 - Sept. 6 Western Dressage, Draft Pull
 - Sept. 7 State 4-H Show, Dressage
 - Sept. 8 Hunter Jumper Show, Pas de Cheval Rescue Demo
 - Sept. 9 Exceptional Rodeo for Disabled Children and Adults
 - Sept. 10 Working Equitation Clinic
 - Sept. 11 Mules, Donkeys, Minis, Coon Jumping

- Sept. 12 AQHA, All Breed, Color Breeds (and Sept. 13), Working Equitation
- Sept. 13 Ranch Rail Pleasure Stakes
- Sept. 14 Versatility Ranch Horse (and Sept. 15), Freestyle Reining Stakes
- Sept. 15 Vaulting Show, Youth Gymkhana

Note: The New Mexico Horse Council does a great job of posting fliers for shows, clinics and demos throughout the state at www.nmhorsecouncil.org. Go to News and then click on NMHC Newsletter. See a list of previous issues to view there.

Board and Committees

Officers of the Board

President	Howard Gershon	howard@reach-newheights.com	505 690-8433
VP	Ed Srsic	esrsic@gmail.com	415 305-3238
Treasurer	John Pearson	johnz.pearson@comcast.net	650 863-2491
Secretary	Ralph Larranaga	ralph@alphalangroup.com	505 470-2277
At-large	Lynn Allen	mlallendvm@gmail.com	505 595-4457
	Leanne DeVane	leannedevane@gmail.com	505 469-1165
	Karla Lauritsen	karlauritsen@hotmail.com	505 286-3732

Partnerships	Howard Gershon	howard@reach-newheights.com	505 690-8433
Giving Program	Lynn Allen	mlallendvm@gmail.com	505 595-4457
Ridge Riders	Ed Srsic	esrsic@gmail.com	415 305-3238
Programs	Vacant		
Clinics	Carol Marthens	luminaryllamas@msn.com	214 662-9616
Communications/ membership	Karen Denison	redmule@kdt.net	505 469-2698
Newsletter	Sandra Smith	smithcom@goldengate.net	505 983-0144
Advisor At-large	Joyce Davis	bjmrkitty@gmail.com	505 490-5390

Website <http://www.NNMHA.org>
NNMHA Email contact@nnmha.org

NNMHA encourages and educates our members and the broader northern New Mexico community with regard to equine wellness and equestrian activities.

You are welcome to contact any Board member with questions or comments about NNMHA plans or activities. Board meetings are usually held each month, and members are invited to participate in Board meetings. Meetings may be online or in person. Please see phone numbers and emails for Board members.



*Show me your horse and I will tell you who you are.
 English proverb*