

Paddock Paper

Northern New Mexico Horsemen's Association Newsletter

September 20

What You've Always Wanted to Know about Endurance Riding, from an Expert

Drawing on her lifetime of experience in the sport, our program speaker on Wednesday, September 29, Joanna Zattiero, will cover "The Sport of Endurance Riding." Come learn what it involves, how it works, and what kinds of horses and riders take part. Spoiler alert: pretty much every kind of horse and rider are represented!

Some of the key elements of the sport, such as training and conditioning, basic rules and regulations, competition distances and how and where to attend local/regional competitions will also be discussed. She'll have lots of pictures and probably a few

stories from the trails! Plus, she's bringing several different sets of tack to show us

what is commonly seen on the trail.

Articles & Pages Horsemanship Clinic p 2 Ridge Riders p 2 p 3 County Fair p 4 Golondrinas p 7 LANL Power Line p 7 **Burro Packing Clinic** Mora County Show p 8 **Board Notes** p 9 **Bulletin Board** p 11

Aside from horses, Joanna has dedicated a large part of her life to music. She has over a decade of experience teaching at the university level and has taught private music lessons for over 25 years. Joanna's unique background as a successful horsewoman, musician and trainer/educator allows her to connect with broad audiences in a variety of engaging ways.

She graduated from the University of Idaho with both a bachelor and a master degree. She received a PhD in

musicology from the University of Texas, Austin. Her dissertation involved studying cowboy music of the American West.

Our meeting is at Pecos Trail Café, 2239 Old Pecos Trail, SF. Join others for dinner at 6 pm in the main restaurant area. (The program will be in the meeting room.) See you there.

Save the Date for Horsemanship Clinic

We're excited to host a Katrina Silva Horsemanship clinic on Sunday, November 9. Location and other details, including participant cost, how to sign up, and more, are in the works!

Katrin is a local favorite and one of the most prolific trainers in this area, and she teaches in multiple disciplines. Any equine and rider team can benefit from brushing up on or learning the tenets of good riding. With a focus on overall horsemanship, riders will learn how to help their horses be more responsive to cues, become lighter in executing their movements and focus on the subtleties of

working together as a team.

The cornerstones of good horsemanship involve understanding the horse's behavior, using proper techniques, and building trust and respect for a safe and effective riding experience. It's also fun, practical, hands-on learning, whether you trail ride, compete or do ranch work.

"Good horsemanship develops a harmonious relationship between rider and horse with a minimum of rider interference with the horse," said Katrin. "I enjoy helping horses and riders find their way to a better partnership, and it doesn't matter at what level they ride, their type of saddle, where they ride or how long they've ridden."

Katrin grew up in Germany and began taking dressage lessons as a child. As a teenager, she became enamored with western style riding and started Quarter horses to slide, spin and do flying lead changes. She has successfully competed at regional and national levels, including Level 4 Western Dressage. She is also the author of "Ride with Feel" and "Dressage for All of Us."

Ridge Riders Headed to Caja Cliffs, Wild Horses & Vistas

Attention, Ridge Riders! Our last ride of the year is Saturday, October 4. We will be headed out to explore one of our favorite areas. The South Plateau of the Caja del Rio takes us to



a sweeping vista and the end of the Santa Fe River canyon. The area is full of wildlife and a band of wild horses. (Photo from ride in Rowe Mesa last month.)

The ride is fairly flat and easy. There are several rocky areas, so a shoed horse is recommended. The out-and-back ride is about 2 - 2 1/2 hours.

For ride details and to register, go to our website: **https://nnmha.org/events-rides**. You can also read and electronically sign the Liability Waiver form there. After you register, you'll receive a link in your email. Our insurance requires all riders are current members of NNMHA; you can join on the website. Happy Trails!

Directions

From route 599 going south turn right on CR56 (Airport Road), northbound turn left and proceed approximately three miles to C56, right turn. This is past the Hipico entrance. The C56 turn off will be our meet up spot to caravan to our saddle up and step off area. Our planned departure from there is 9:30 sharp. Please be on time. If you cannot make it after signing up, please call or text Trail Boss Ed Srsic, 415 305-3238.

County Fair Meet & Greet – # 2 for Us

It was a close tie whether there were more adults or more kids who flocked to our booth at the SF County Fair last month to meet Blossom, the mustang horse, and Carlotta, the donkey. Folks of all ages also loved hearing from presenters

Joyce Davis and Mike Hug about all things equine, such as the joy of owning a donkey and how to communicate with horses, respectively.

The big bowl of carrot bites went quickly and the NNMHA booth and tables were full of t-shirts, stickers, resource lists, and more for fair goers





to peruse. Volunteers answered questions throughout the day, such as "How old is Blossom?" and "What's the difference between a horse and a donkey?"

Organizer Leanne DeVane reports, "People of all ages, from infant to seniors, visited with the Carlotta and Blossom. They also talked directly with Mike and Joyce and other volunteers, including Howard Gershon, Trisha Hug, Ruth and L.T. Umfleet, Jean Weiner, Sandee Smith, and others.



"Volunteers with the Boys and Girls Club Teen Center helped us set up and stayed until the final minutes. Kudos to Dex Whittaker, Jude Romero, Yuri Martinez and Sofia Khalsa. Teen Center Director Guillermo Garcia was with us from start to finish. They also strolled the fair and informed attendees about our exhibit and presentations. Thanks to all for being such good friends of both Blossom and Carlotta, keeping them engaged with fair goers, watered, safe and fed.

"We can't thank the NMSU County Cooperative Extension Service and County Extension Agriculture Agent Tom Dominguez enough for supporting our presence, Leanne said. "The support of County Fair Board President Tim Newsted and Vice President Eric Sanchez was invaluable. Thanks to all the folks at the County Extension Office for their cross-promotion as well, especially for including us in the SF County Extension upcoming events.



"What a great event! Besides our presence there, it was a wonderful occasion for fair goers to enjoy the great weather and plenty of other farm animals, including goats, cows, sheep, chickens, bunnies, and mini-donkeys all day long. Fair goers also enjoy great food and family-fun activities."

Finally, thanks to Leanne DeVane for making our meet & greet happen at the fair for the second year in a row. NNMHA hopes to continue to participate in Family Day at the County Fair every year. It's a great occasion to share our passion of equines with people of all ages.

Harvest Fun at Golondrinas, Oct. 4 - 5

It's almost time to celebrate the fall season, so come and enjoy the annual Harvest Festival at El Rancho de las Golondrinas, Saturday & Sunday, October 4 – 5. Volunteer to spend some time as a member of NNMHA and enjoy the event for free. You're welcome to bring your equine. It will get lots of attention, and so will you! Contact Karla Lauritsen: 505 369-1143, karlalauritsen@hotmail.com.

Hey, are you handy with general roping techniques and working with a lariat? We'd like you to demonstrate roping at this event. We just need 1 – 2 hours of your time to demonstrate your skills for visitors. If you are interested or know someone who is a roper, please contact Karla.

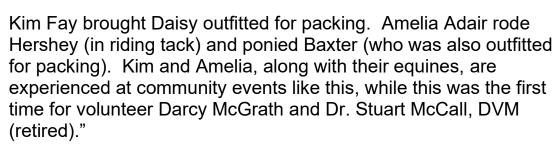
Kids & Adults at Fiesta de Los Ninos

Fiesta de Los Ninos ("fiesta of the children") is always a summertime favorite at Golondrinas. In July, NNMHA hosted its second of three meet & greets there. It was another wonderful event introducing our equines to adults and kids alike.

Organizer Karla Lauritsen said, "Our volunteers were superb in greeting and guiding visitors during the one-day event. We maximized the equines' comfort, while playing to the interests (and safety) of everyone who stopped by to pet a nose or ask a question.

"In fact, our volunteers showed up early and stayed late, beyond when they were scheduled. Everyone worked

hard to make the best possible experiences for visitors and themselves.



Karla added that Dr. Stuart was amazed at how well behaved our equines were, not just tolerating, but thriving on meeting so many people. He mentioned, "In all the decades of my equine veterinary practice, I would be hard pressed to recommend any of those equines to participate in this kind of activity. Invaluable."

He led a discussion and demonstration on hoof care that provided visitors an opportunity to learn how to use a hoof rasp, on a soft wood tree cross-section that had edges like a hoof. Many kids, with adult guidance, quickly became engaged. They delighted in the kind of marks they made with a rasp, as well as shavings. They even created unique shapes, using the various sides and teeth of a rasp.

Dr. Stuart brought hoof capsule specimens, and older kids and adults were intrigued with comparing the singular outside and inside of the hoof capsules, as well as discovering the coffin bone (all cleaned and prepared, safe to handle as anatomy specimens).

They compared it to their finger and toenails that protect their last/distal boney tips. Showing the



differences among the hooves, which had been barefoot or shod, wild or domestic, became an intriguing clue game. Visitors focused on identifying and explaining the beveled walls of barefoot hooves versus the flat trimmed walls of hooves that had been shod, with tell-tale nail holes.



He also had a cross-section of a hoof, fetlock, and cannon of a horse, with soft tissues intact, thoroughly dried and preserved. With this, Dr. Stuart fielded anatomy and veterinary questions about bones, tendons and joint capsules. One of his conversations, with an equestrian, was about navicular disease and seeing the tendon and ligaments associated with the navicular bone.

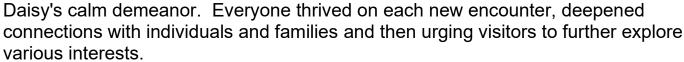
Dr. Stuart commented during a lull, that meeting Golondrinas visitors was such a different kind of activity than working with equestrians that sometimes he didn't know where to begin. He and visitors found ways by asking questions and sharing their mutual enjoyment of equines.

After meeting our equines and their humans and trying their hand at rasping and talking with him, people wanted to know more about our SGS Giving Program, where

to take riding lessons, how to better share trails with equines, and where to find a calendar of equestrian events. Several NNMHA organizational handouts were requested or QR codes scanned.

Thanks to Darcy for greeting and staging the visitors, so everyone could establish and enjoy personal connections," Karla said. "She also helped Kim and Daisy during the meet & greet.

They all greeted every visitor freshly, matching



"For future meet & greets, we'd like to have a few more equines and their humans participate for even just a few hours to help ease the intensity of meeting and greeting visitors. We may also develop the hoof care component or provide an alternative historic hands-on activity that invites visitors to participate. We're also looking at offering more coloring book images that include donkeys and mules."

Greetings, New Members!

Welcome to **Kristin Gallegos**, **Consuelo Sanudo**, **Ray Brewer** and **Brianna Gooch**. We're glad you joined NNMHA. Please share your ideas and any comments with us anytime.

LANL Power Line Gets Key Approval

"The National Nuclear Security
Administration has issued a finding that
there would be 'no significant impact' for
a proposed 14-mile, 115-kilowatt
transmission line...that would cut through
Bureau of Land Management and Santa
Fe National Forest lands, including the



Caja del Rio," according to an article in the Wednesday, August 13, Santa Fe New Mexican newspaper.

Numerous organizations, including several pueblo tribal councils, conservation and wildlife groups, the Caja del Rio Coalition, and others have registered their concerns or disagreement with the project, as proposed. Regarding this latest finding, the northern conservation director for NM Wild is quoted as describing "the project as a 'poisonous artery into that magical place. It was decided that that place was special and to be protected....and then for them to reverse it...is a finger in the eye..."

(The last quote is a reference to a 2022 SF National Forest land management program, in which the Caja was recognized for its cultural and ecological value.)

Burro Packing Clinic Was Great Success



Fifteen students from all over northern NM participated in the first Backcountry Burro clinic in Cerrillos State Park last month. Fifty people applied, so organizer Shane Weigand is already planning more clinics.

NNMHA helped sponsor the event, that included a history of burros in the Southwest, avenues for adoption, burro care and feeding, hands-on loading and weighing panniers, and more.

Shane said, "Learning the basket hitch was fun and great to see everyone progress through the steps. Finally, our sweaty hike...was a great way to give each of us time leading a burro through rocky and rough terrain."

San Miguel-Mora County Horse Show

Last month, NNMHA helped sponsor this show, and you can see it was fun! Can't miss these kids standing on the backs of their horses. Plus, the participation for this 4-H show increased in participation over last year. Congrats.

Organizer Chantelle Lewis said, "We had a record 24 4-H kids this year. The new kids were so fun to watch, and I especially enjoyed seeing the returning riders and seeing their growth. I learned a lot working the insider



part of the horse show and am taking away a lot of notes on how to improve the efficiency of the paperwork, announcing and overall running of the classes.

"I plan to make these changes next year, if they will have me. It was so fun to see the fair overall. The stick horse workshop had 32 horses made and the concerts brought in more folks to see all the kids' hard work. Thank you again for your amazing support!"

Robert Holt, Well-Respected Farrier & a Good Man Extraordinaire



Robert Holt, a noted and much-appreciated farrier in the Santa Fe area for many years passed away on August 18 from an aggressive brain tumor. Our deepest condolences to his wife, Mary.

He was a good friend of NNMHA and spoke at program meetings and hosted clinics for us.

Robert was well known for his sharp sense of humor, knowledge about all-things equine and dedication to good hoof care. He was

a very valued resource to the equestrian community.

Civil War, you knew Robert.

Board Notes: Upcoming Elections, Horsemanship Clinic, Harvest Festival

Organization News

Rose Farley was introduced at the Board meeting last month. She is assuming David Lyles' role in planning and organizing monthly program meetings and our two social events throughout the year. Welcome, Rose! Members, be sure to say "thanks" to Rose when you see her.

Ralph Larranaga provided a list of expenses and noted our investments appear acceptable, given the current fluctuations in the marketplace.

In anticipation of upcoming elections this fall and our annual meeting, a discussion regarding bylaws ensued. Any changes to bylaws require written proposals must be mailed to members, so the process has a long lead time. The Board approved the addition of two new member categories, youth and business partners. Details are to be developed over the next few weeks. The youth membership may stipulate liability requirements and parental involvement, for example, and the business partner membership may identify types of business memberships and benefits for them.

Ed Srsic is working with vendors to provide new items for fall apparel purchases. He is also working on the last Ridge Riders ride of the year in October. (See separate article.)

Karla Lauritsen is developing a kid-oriented activity for the Harvest Festival at Golondrinas next month. (See separate article.)

David Lyles is continuing to work with SF County staff regarding initial installation of new "yield to horses" signs. The first location slated for signs is the Rail Trail. Plans are to have them in place there later this year.

Rose has handily taken on the assignment to organize our holiday social in December. She discussed numerous options with Board members, and a final choice will be made soon. Tentatively, the date and time is December 21, 1 - 4 pm.

Speaking of meetings, we need someone to provide back up to Rose, just in case she can't attend a program meeting. That will be unlikely, but if so, we need someone else to set up the audio and visual equipment for our speaker. It's easy, comes with instructions and should only take 10 - 15 minutes. If you are willing to help, contact Rose, 214 726-6013, rfarley@comcast.net.

Howard and Leanne are developing a planning meeting for Board members and advisors to develop longer-term strategies and action plans for the next several years.

Karen Denison noted in a written report that membership is comparable to that of last year. The website has been updated approximately weekly recently to include this newsletter and update meeting information and event news. She also noted that the change or removal of previously "bounce back" addresses has reduced to the point that it meets our online host company policies. Karen also handled follow-up emails to visitors at our exhibit at the SF County Fair.

The next Board meeting is Tuesday, September 16, 7 pm, via zoom. Members are welcome to join Board meetings anytime!

Events, Rides & Clinics

Carol Marthens is finalizing the details of a Horsemanship clinic with Katrin Silva in November. (See separate article.)

Leanne reported she is working to bring on-board two students from the Boys and Girls Club/Teen Center and two from the City of Santa Fe Teen Center. Sophia Hoekstra at Trinity Ranch has agreed to serve as trainer for this next twelve-week/lesson session.

Do You Know...

These days, horses typically live between 25 to 30 years, with some reaching their 40s. Their ages can be determined typically through dental examinations. The oldest living recorded horse was Old Billy, who lived to be 62 years old. Of course, horses (like other animals) age differently when compared to people.

As you can see, another difference is equines have a relatively shorter youth than us. Horses are generally considered adults when they reach four years of age, depending on the breed.

By the time a horse is around 15 to 18 years of age, it is often considered a senior horse. At this age, they may (or may not!) begin to slow down in performance. We all know that many remain active and competitive well beyond this point!

HORSE'S AGE	HUMAN EQUIVALENT
2	13
3	17
4	20
5	21
6	23.5
7	26
8	28.5
9	31
10	33.5
11	36
12	38.5
13	41

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 /and 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.

NORTHSIDE BOARDING

Ride out on miles of trails, five minutes from NM599/La Tierra Rd. Reasonable rates, relaxed atmosphere. Prices from \$500 to \$400/mo. 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.

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.

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: sandybenson@earthlink.net, 505 920-2497.

TIMOTHY HAY FOR SALE

Pam Rangel wants others to know that there is a hay supplier, Joe Martinez, who has Timothy for \$15/bale. If enough people in the SF area are interested, he could make arrangements to meet somewhere. Contact Joe directly, 505 270-7292.

HORSE AND BARN CARE SERVICES

Do you need an occasional hand with horse care and/or barn chores? Whether you are out of town, entertaining guests or recovering from an illness or injury, I am a responsible and reliable horse woman available to help you. I can also help with house sitting, pet sitting (including overnights), dog walking and even hiking with your dog(s). Call, text or email for more info: meghans@tidewater.net, 207 356-7872. References available upon request.

BOARDING AT RANCHO MARIPOSA

15 minutes from Old Pecos Trail in the Eldorado area. Indoor arena, outdoor dressage and jumping arenas, access to trails. Training and instruction available. We welcome equestrians of all disciplines! Call or text Anna: 505 490-0990, info@mariposasantafe.com.

SANTA FE PONY CLUB

The Santa Fe Pony Club is looking for new members, volunteers and sponsors as the new year begins. The Club welcomes 5+ ages (adults too!). For more info: lindsaylechner@gmail.com, www.ponyclub.org.

HORSE SITTER

Professional care of your equines and other pets while you are away. Extensive experience caring for horses, dogs, cats and other precious creatures. Experience as Animal husbandry Instructor, beginner riding instructor, wilderness guide, wrangler and Ranch Manager. Contact: Laurie, 970 390-5597, thepoetlaurie@hotmail.com.

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.

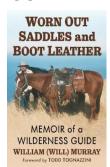
HORSE BOARDING

Everything WESTERN Learn, grow, succeed and have fun boarding at Loal Tucker Horsemanship, Lamy. Professional trainer, cattle, mechanical flag, heel-o-matic, roping dummy on site. Group, semi- and private lessons. Indoor and outdoor arenas, round pen, six-panel Priefert horse walker, 12x12 stalls with runs, heated auto waterers, individual tack lockers, hot/cold wash rack, trailer parking, 40 acres of trails. Colt starting issues, refinement, showing. Contact: www.loaltucker.com, 505 466-3961.

EQUINE VETERINARY SERVICES

Offering an integrative equine practice, combining western preventive and emergency care, as well as Traditional Chinese Veterinary Medicine, including chiropractic, acupuncture and herbal options. Contact: Dr. Shannon Subasi, Los Alamos Equine Veterinary Services, 240 681-1125.

GUEST SPEAKER'S BOOK IS AVAILABLE



William Murray, February program meeting speaker's book "Worn Out Saddles and Boot Leather," is available for sale, including autographed copies. It is a non-fiction book describing the years he spent guiding people into the wilderness by horseback. All true but tall tales, with stories of how no one came back the same. Published by McFarland Publishing, this book is available online and in bookstores. Signed copies are available by contacting William directly: www.williamwillmurray.com, 505 231-1908.

SEEKING PRIVATE BOARDING FOR ONE HORSE

Due to sale of the property where we board, we're looking for a private barn in the Eldorado/Lamy area with room for one horse. Request daily group turnout and some room to ride on property. Can be self- or partial-care and I'm happy to serve as backup for your horses. I'm respectful, tidy and low drama; my horse is respectful, herd experienced, low in pecking order and blind in one eye. Contact: Sylvie Anacker, 415 309-0162, asorges@gmail.com.

Training/Trainers

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.

LINDSAY LECHNER EQUESTRIAN SERVICES

Currently accepting new lesson students ages 5 + on your horse or one of the lesson horses and horses in training, focused on Dressage basics, introduction to jumping, trail riding essentials in and out of the arena and fox hunting. We travel to local shows and other recognized competitions in NM and surrounding states. Rancho Mariposa and other locations in the Eldorado/Lamy area. For more info, contact Lindsay: 513 850-5839, lindsaylechner@gmail.com.

MIKEL CARMON, M.A., EAL, TRAINING

Natural horsemanship lessons starting on the ground. Horse Wellness for Wisdom helps you learn how to "read" your horse, build trust and connection that makes you the leader in your horse's mind. With over 35 years of experience, my work promotes mental, physical and emotional wellness with individuals, couples, families, corporations, small business. (Not therapeutic riding.) Equine Assisted Learning certified. Also teach harnessing and driving lessons, using my good team of mules, Bo and Jessee. Contact: Mikel: 307-277-1235, fc4126@gmail.com.

Clinics/Workshops/Events

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 editions to view there. For events in the Southwest, see www.southwestequestrianevents.com.

Board and Committees

Officers of the Board

President VP Treasurer Secretary At-large	Howard Gershon Lynn Allen Ralph Larranaga Karla Lauritsen Leanne DeVane David Lyles Ed Srsic	howard@reach-newheights.com mlallendvm@gmail.com ralph@ralphalangroup.com karlalauritsen@hotmail.com leannedevane@gmail.com lylesphoto@gmail.com esrsic@gmail.com	505 690-8433 505 595-4457 505 470-2277 505 286-3732 505 469-1165 214 587-4776 415 305-3238	
Partnerships Giving Program Ridge Riders	Howard Gershon Lynn Allen Ed Srsic	howard@reach-newheights.com mlallendvm@gmail.com esrsic@gmail.com	505 690-8433 505 595-4457 415 305-3238	
Community Outreach Programs	Karla Lauritsen	leannedevane@gmail.com karlalauritsen@hotmail.com lylesphoto@gmail.com	505 469-1165 505 286-3732 214 587-4789	
	David Lyles Rose Farley	rfarley@comcast.net	214 726-6013	
Advisors to the Board				
Clinics Communications/ membership Newsletter At-large	Carol Marthens Karen Denison	luminaryllamas@msn.com redmule@kdtt.net	214 662-9616 505 469-2698	
	Sandra Smith Joyce Davis	smithcom@goldengate.net bjmrkitty@gmail.com	505 983-0144 505 490-5390	

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

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



People see me as cute, but I'm so much more than that.

Ashley Tisdale

© 2025 NNMHA