



MAY 2024

NEWSLETTER

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May 12

2024 Officers & Board

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CHSA liaison: Jamie Zoller
Trail Team: Jessica Swager, Jeanne Casner,
Jaime Zoller and fellow MMR members

President's Letter

Mother nature tried her best to give us the full spectrum of weather. One day rain, next snow, then the temperature goes up and we are looking for summer shorts. I know I am trying like mad to keep up with all the mowing. The mares are certainly enjoying all the feed. As they say, spring rains bring out a lovely array of flowers and the trees are certainly leafed out. We should be out enjoying this weather riding the hills. It is also time to keep your eyes open for rattlers. They are just starting to come out of their dens and shed their skins. You can expect with the ups and downs of the weather to make them slow and sunning at this stage of the month.

We have good news about our Non-Profit status! We have been approved as of April 17th and we will receive our certification letter around the 3rd of May. This has been a long time in the making. This will also open the door for a simpler yearly tax report. I am very happy to have finally gotten this taken care of.

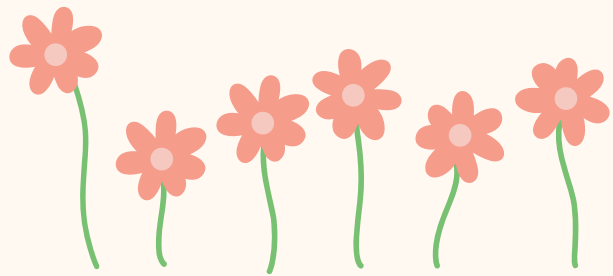
I look forward to seeing you at Cathy & Joe Orth's, 56 Ranch ride on May 11th. Don't forget to bring a dish for the pot luck!

Carla



May 27

Report from April Rides



Unfortunately Mother Nature had plans to make the ground very soggy with her snow and rain episodes which meant the April 7th ride at The 56 in Catheys Valley had to be cancelled. But this ride has been rescheduled to May 11th! See ride info in this newsletter.

The ride on April 20th at Hunters Valley, was to be led by Jackie Baxton but unfortunately had to be cancelled due to a medical emergency. As soon as we have information about a rescheduled date we will let you know.

April Meeting Recap



April 17th meeting found the board discussing the D & O insurance payment; additional information letter sent regarding the nonprofit application; taxes filed for a prior year and waiting to hear back on nonprofit status before filing the rest; no new members to vote in; no treasurers report but Kathy got the buckle sponsor money from Mariposa Feed which Carol will deposit and get info to Suzette; Jess has some cool water bottle holders that are at Pathos getting our logo on them; volunteers need for upcoming Obstacle Challenge Race in June chaired by Carol; trying to reschedule the Catheys Valley ride, possibly moving Long Ranch Ride to October for a pre Halloween Ride event chaired by Jamie; Day of the Dead themed Ride and Trailer obstacle Haunt for November chaired by Jess; fun plans are underway for Holiday party; Kathy to order tickets for the Vacation Rental and Equine Teeth floating drawing, Carol to create flyer.



DID SOMEONE SAY RAFFLE?!

Look for information in this newsletter on two raffles that will be offered this year. Raffle One: Equine Dental Float from Dr. J and Mariposa Equine Services & Raffle two: 1-2 night stay at Yosemite Foothill Ranch vacation rental at The 56 in Catheys Valley!



Rescheduled Ride!
NEW DATE: May 11th Saturday
The 56 Ranch, Cathy Orth
2801 Old Highway, Catheys Valley
9:30 am check in 10:00 am ride out

We are so excited that this ride is now going to happen in May! It's a potluck so bring something to share and a chair. We will eat when we get back, approximately noon and Chris Phillips will do a presentation on equine insurance. Terrain is moderately hilly, using quad trails, you will encounter mini horses, cattle and goats. Directions: From Mariposa use Highway 140 going towards Merced, turn left onto School House Road. Take School House to Old Highway, turn left on Old Highway. Go exactly 1 mile until you see a white fenced entrance with a green gate on your left. Look for the address, leaning against an old piece of farm equipment & sign that says "The Orths", The first (green) gate will be open. Look for signage that says "MMR" with an arrow. Travel on the dirt road about 3/4 of a mile from Old Highway, (don't go up on the right or left and follow the fence line on the left) you'll get to a gate at the end of the main road with a metal flower piece on it; the gate code is 1619 (we may have it open). Depending on weather, signage will direct you to the correct location for parking.

SUNSHINE

Best thoughts for a speedy recovery to Jackie Baxton's partner, Terry.



**HAPPY
BIRTHDAY**

April: Kevin Barry, Wendy Brown, George Naas, Debby Laughlin, Jessica Varney

May: Adrian Wolfe, Ed Harner

June: Sharon Bechler, Lille Charman

July: Erin Andrews, Cindy Love, Kathy Maxwell, Sandy Steele, Luke Prost



Between The Ears

contributed by Carol Suggs

Riding goals 2024 and trying a time management technique.



Not riding for nearly a year due to an arm break that had delayed healing has got me behind the eight ball in trying to get back in the saddle. I've got a lot of lofty riding goals, not sure how I'm gonna accomplish them, but I need to make some serious commitments about what's really important to me. Time management is always challenging, but often we focus on putting our time towards work/job tasks instead of on our passions. Not only do I work a full time job, I am managing a rental property and helping my husband with the ranch, when I can. I'm a habitual volunteer and if I'm not sitting on a board for a non-profit I'm volunteering to chair something.

I saw something the other day about the 8x8x8 rule and I wanted to share it with you. This is not a new time management strategy. The idea behind this rule is that by allocating your time wisely, you can optimize your productivity, health, and well-being.

This below is an excerpt from a LinkedIn.com article. I'm giving it a try and would love to hear from you as to what works for you. Email me at mariposarodeo@gmail.com Send me a pic of you and your horse!

8x8x8

- 8 hours of honest hard work: This means dedicating yourself to your professional or academic goals, as well as any other tasks that require your attention and effort. By working hard for 8 hours a day, you can achieve more results and satisfaction in your career or studies. However, this also means avoiding distractions, procrastination, and unnecessary stress. You should focus on the quality, not the quantity, of your work.
- 8 hours of good sleep: This means getting enough rest and recovery for your body and mind. By sleeping well for 8 hours a night, you can improve your physical and mental health, as well as your mood and energy levels. However, this also means following a regular sleep schedule, avoiding caffeine, alcohol, and screens before bed, and creating a comfortable and relaxing environment for your sleep.
- 8 hours of leisure activities: This means spending time on the things that make you happy and fulfilled. By enjoying yourself for 8 hours a day, you can enrich your life with more joy and meaning. However, this also means choosing activities that are beneficial for your growth and well-being. You should divide your leisure time into three categories: 3Fs, 3Hs, and 3Ss.

The 3Fs, 3Hs, and 3Ss are the components of your leisure time that can help you balance your life. They are:

- 3Fs: Family, Friends, and Faith: These are the people and beliefs that support you and inspire you. By spending time with your family and friends, you can strengthen your relationships and social skills. By practicing your faith or spirituality, you can connect with your higher purpose and values.
- 3Hs: Health, Hygiene, and Hobby: These are the activities that enhance your physical and mental wellness. By taking care of your health, you can prevent diseases and boost your immunity. By maintaining your hygiene, you can improve your appearance and self-esteem. By pursuing your hobby, you can express your creativity and passion.
- 3Ss: Soul, Service, and Smile: These are the actions that nourish your inner peace and happiness. By feeding your soul, you can explore your interests and talents. By serving others, you can make a positive difference in the world. By smiling more often, you can spread joy and optimism.



Raffle!

**Spectators
welcome!
(bring chair)**

**Lunch
\$15**

OBSTACLE PRACTICE & CHALLENGE RACE FUN DAY

**SUNDAY 6/30/24
CAMP CREEK RANCH
3097 TRIANGLE ROAD
MARIPOSA, CA**

**730-10 am arena open for practice- 1045 am walk through, 11 am start
Low key fun event, come practice with your horse and then compete**

**Practice only \$35 Practice & competition \$65
\$10 DISCOUNT FOR YOUTH!**

**(Youth and Legends Riders can add Open class for an additional \$25)
American Horsemen's Challenge Assoc. regs used as general guidelines
Divisions: YOUTH ~ LEGENDS (55 and over) ~ OPEN**

Buckles to each division winner with additional prizes to 3rd place

Pre registration (by 6/24) encouraged & will earn you 1 free raffle ticket

**Entries available at: www.mariposamountainriders.com or email
mariposarodeo@gmail.com**



**Fundraiser to benefit both of
these local organizations!**



**SPECIAL SHOUT OUT TO OUR SPONSORS:
CAMP CREEK RANCH, CASNER RANCH (Larry Casner), YAMSHON
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VALLEY RANCH (Bill & Carol Suggs) & MIRANDA CATTLE
COMPANY (Stan & Corrina Miranda)**





MMR HAS PROUDLY BEEN A SPONSOR SINCE 2011



Cowgirls Wanted

Mariposa County Fair Rodeo Royalty

Invites cowgirls ages 6-25 to apply for the titles of Queen, Princess or Jr. Princess representing Mariposa County Fair Rodeo!

Applicants must have good horsemanship skills & possess knowledge of Mariposa, Rodeo and the Rural Western Lifestyle

Applications can be obtained online at:
www.mariposamountainriders.com | www.mariposafair.com
www.mariposafof.com

Also available at the Mariposa Fairgrounds Office

Applicants must reside within 150 miles of Mariposa



Designed by Tickers Threads

**Contact Jeanne Casner (209) 769-4285 or rodeoroyaltymariposa@gmail.com for more information
Orientation, Horsemanship Qualifier & Application Deadline : June 2, 2024**



CALENDAR 2024

Check the website or current newsletter for updates. We also will be adding in CSHA events for our region. Parades are also being listed whether or not we will participate depends on member participation. Dates subject to change. with each months newsletter we will drop the prior month events.

May

- 5/3 Butterfly Festival Parade, Saturday, Mariposa
- 5/11 Motherlode Round Up Parade, Saturday, Sonora
- 5/11 Catheys Valley Ride At The "56" Ranch, Saturday (Cathy Orth)
- 5/16 Business Meeting 630pm Thursday, Happy Burger
- 5/18 & 5/19 CSHA Region 4 Trail Trials, Saturday & Sunday, Groveland
- 5/25 CSHA Region 4 Obstacle Challenge, Saturday, Bridlewood Equestrian Center, Copperopolis

June

- 6/8 Long Ranch Ride, Saturday (Jaime Zoller)
- 6/15 & 6/16 CSHA Trail Trials, Saturday & Sunday, Groveland
- 6/20 Business Meeting 630pm Thursday, Happy Burger
- 6/30 Obstacle Practice & Challenge Race 730am Sunday, Camp Creek Ranch (Carol Suggs)

July

- 7/13 & 7/14 CSHA SCE Benefit Trail Trials Saturday & Sunday, Goat Meadow
- 7/18 Business Meeting 630pm Thursday, Happy Burger
- 7/20 & 7/21 CSHA Region 4 Obstacle Challenge, Sat & Sun, Bridlewood Equestrian Center, Copperopolis
- 7/28 General Meeting, Lunch & Learn: Livestock Evac Prep & What to Expect, Sunday, 10:30am Kelly Ranch

August

- 8/10 Mariposa Rodeo Royalty Dinner and Crowning, Mariposa Fairgrounds
- 8/15 Business Meeting 630pm Thursday, Happy Burger
- 8/17 & 8/18 CSHA Region 4 Trail Trials Saturday & Sunday, Eagle Meadows, Pinecrest
- 8/31 Labor Day Parade, Saturday, Mariposa

September

- 9/19 Business Meeting 630pm Thursday, Happy Burger
- 9/20 Teleki Ranch Ride, Saturday (Sandy & Roy Steele)

October

- 10/13 Long Ranch Ride, Halloween themed ride (Jamie Zoller)
- 10/17 Business Meeting 630pm Thursday, Happy Burger

November

- 11/8- 11/10 CSHA State Convention
- 11/21 Business Meeting 630pm Thursday, Happy Burger
- 11/30 Bass Lake Tree Lighting and Parade, Saturday, Bass Lake

December

- 12/1 Holiday Party Sunday location TBA
- 12/14 Merry Mountain Christmas Parade, Saturday, Mariposa

TRAIL EXERCISES

Excerpt reposted from April 10, 2018 AQHA article written by Jim McDonald, AQHA Professional Horseman and Certified Horsemastership Association and Centered Riding instructor.

A trail ride is a great opportunity to tune up my communication skills with my horse and spend the time improving my relationship with her. With all of the changes in direction and obstacles, it is a perfect time to work on our communication skills. The following are some things I recommend, depending on the terrain and the level of training your horse has.

- Practice having soft eyes. Pick a focal point way down the trail and see how many things you can be aware of besides that object.
- Practice your breathing. Deep abdominal breath results in deep relaxation and loose joints.
- Practice asking your horse to relax. Lower his head so that his chin is at the level of his knees. Allow him to stretch out his back and get loose.
- Check your skeletal alignment. See if you can stand in the stirrups without first having to move forward. Can you walk down the trail in a standing position with perfect balance without having to hold on to your saddle?
- See how soft you can get your horse in the bridle. When you think you are soft, cut it in half.
- If your trail is wide enough (you only need about three feet) see how softly you can leg yield from one side of the trail to the other. Leg yield around and past trees, rocks and any other objects that you are approaching.
- If you come to a turn on the trail, do a turn on the forehand to change directions.
- Practice transitions within the gait. Get a walk so slow that if it were any slower it would be a stop, then softly bring it up to a working walk.
- Do walk-to-trot-to-walk transitions. See how softly you can apply the aids to get your transition. See if you can get a change with just a change in your breathing.
- Practice getting your left and right diagonals by feel. Only look down to see if you got it right.

Of course, safety always comes first. So make sure you can do these exercises in a safe environment before you practice out on the trail. Doing these exercises out on the trail will go a long way to get your horse really tuned in to you. It will reduce the times he spooks at the squirrel, the rattling leaves or the horse-eating chipmunk scooting along.

Enjoy the trails and your improved relationship with your horse.

RAFFLE TIME!

RAFFLE ONE:

Winning ticket gets 1 free equine dental float from Mariposa Equine.
\$10 per ticket.



RAFFLE TWO:

Winning ticket gets 1-2 nites at the Yosemite Foothills Ranch at The "56" in beautiful Catheys Valley, just south of Mariposa. This nicely appointed guest home sleeps 6 with 2 bedrooms, 2 baths. Enjoy this vacation rental with beautiful views complete with mini horses! Facility is pet friendly and can make accommodations for your horse. if you want a quiet getaway this is it! \$20 per ticket.



Contact Carla Kelly at:(209) 819-9773
Or any MMR Board Member for tickets

Tickets will be drawn December 1, 2024 at the Mariposa Mountain Riders Holiday Party. Need not be present to win. Must redeem winnings within 2 years of drawing. Equine Dental Float does not include ranch call. Dates of vacation rental are subject to availability.



PO Box 1329
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www.mariposa mountain riders.com



Trail Restoration Day...a Success! April 28th

Submitted by Beth Kellner
photos by Jessica Swager

A Big THANK YOU to members of Mariposa Mountain Riders and the Sierra Freepackers, for coming out to our first all equestrian trail tending day, hosted by Mariposa Trails in the Jerseydale/Owl creek trail system. Gorgeous day for some work – cutting and pulling blackberries and invasives from the trail corridor. We were treated to wild flowers and also shared identification of edible and medicinal plants along the way. We were working along the level section of the “Short Manzanita” loop (FS 5S63C). It is open to riders – one may find a bit of a trail horse “maze” at each end but be assured there is a way through! Concluding a very productive day, we left with ideas for future work and riding opportunities. Anyone interested in participating in a trail tending day for equestrian trails give a call or text 206-793-2091 or email 2mbk39@gmail.com Beth Kellner Mariposa Trails.



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Please support these sponsors/advertisers as they help to support MMR, whether it's in providing sponsorships at our events or perhaps by purchasing space here in our newsletter. We appreciate the support! Electronic newsletter rates: business card ad 13 months \$100. 1/4 page ad 13 months \$150. Any other sized ad, contact newsletter chair for pricing. Must provide photo ready ad in jpeg format. Classified ads: text only. 30 word limit \$5.00 per ad (members get 2 classified ads for free per calendar year). Other horse clubs or organizations may submit items for consideration.. Please note that our club newsletter is intended to provide informational items to our members about our upcoming events, reporting on past events and pertinent club information. Photographs, articles of interest, stories, poems etc may be published, space permitting and must be approved by the President.



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Mariposa, CA 95338
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Fax - 209-966-6538
Email - drjmero@gmail.com
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Mariposa, CA (209) 966-3095

Newsletter Submissions



Got something for the newsletter? Contact Carol at mariposarodeo@gmail.com by the 20th of the month to get something in the next months' newsletter. Submissions must be approved by the President.