



Natural Horsemanship Association Of Northern Nevada

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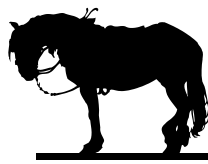
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Mail membership dues to NHANN c/o
Nancy Horvath, 10220 Pathfinder Way,
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Annual dues: \$25.00 individual;



March 2011 Meeting Highlights:

The general meeting was called to order at 6:19 p.m. with a welcome from the Club's President, Samantha DiMuzio. Samantha requested that everyone present introduce themselves and the name of their horses.

- Rebekka Rhodes made a motion to approve last month's meeting minutes. Dar Meredith seconded the motion which passed without opposition.
- Samantha DiMuzio introduced our newest member, Mr. Bill Heckt.

TREASURER'S REPORT: The current balance is \$1,752.91.

- Dar Meredith explained the library procedures.
- Debbie Taylor reviewed the "for sale" items.

OLD BUSINESS:

- A trail ride and potluck is planned for Saturday, April 16th at Washoe Lake State Park. We will plan to ride out as a group at 10:30AM from the south east parking lot and that additional information will be distributed prior to the trail ride.
- Samantha DiMuzio explained that all library items must be returned for inventory purposes by the club prior to the Christmas/December party so that all library materials can be accounted for.

NEW BUSINESS:

- An announcement was made by Jerry Williams of the Back Country Horseman of America, Nevada's High Sierra Chapter regarding a Pack Clinic scheduled for April 16th at the Lemmon Valley Arena from 8AM to 5PM. The cost is \$35.00 for nonmembers and & \$25.00 for members.

Horsin' Around with the President

By Sam DiMuzio



Cabin Fever

Ahh, Sprinter (or is it Winspring??), that lovely time of year when Mother Nature waffles between staying in the snowy, cold days of Winter and giving us the warmer, sunny days of Spring. Case in point, right now there is a blizzard outside and next week we have a chance of hitting the 60's. Although we've been given an extra hour of daylight, the windy, cold, wet, messy weather makes being outside miserable. So playing with our equine friends is usually not an enjoyable option.

By now, cabin fever sets in for both two and four-legged creatures. Cabin fever is being stuck inside too long when you really want to be outside. Outside doing something you enjoy anyway. For most of us, it's playing with our ponies and NOT shoveling snow.

I don't know about your horses, but lately mine are telling me that they need get out and do something. For instance, Rhy recently cornered Pach in the paddock, forcing him to jump over the 5' fence, breaking one of the wooden support posts. This of course happens on my husband's day off and he has to retrieve the newly "free" mustang. (I think they know when he's home alone). Or when I turn them loose into the pasture, they'll tear past me squealing, all out chasing each other playing tag. They'll both stop long enough to ask me "why aren't you playing?" That's when I wish I could run well in 4" of snow.

Feeding time has become a reminder of manners as they try to press their luck and creep in for a bite before they are allowed. Their rubber mats and feeding buckets have become their favorite overnight toys. You try finding a black rubber bucket at 5am while only wearing a small headlamp for light. It's great when you locate it in the now frozen water trough.

So what's the best way to break our cabin fever? A trail ride! Our first group outing will be here in a few short weeks with a ride at Washoe Lake. For those of us who have had very little playing time with our horses this Sprinter, we'll need to keep in mind their condition level. If we are lucky enough to get some sun in the next few weeks, I'd recommend some hand walking to stretch out their (and our) muscles. You can start with 15 minute walks and work up to an hour for a couple of days before attempting to ride. This way we can all work out and through any stiffness after a long Winter.

When you feel you and your horse are ready for a ride, keep it short for the first few rides, 20-30 minutes max. Remember, they've been "rider-free" for a couple of months and so have we. If your horse seems up to a longer ride, go for it! But keep in mind to only do what your horse is capable of at this stage.

As we get ready for the weather warm up with some warm-ups, I look forward to seeing you at Washoe Lake on April 16th!

Happy Trails ~Sam

April 14th NHANN Meeting with Leslie Kornstein



Come join us as *Leslie Kornstein*, an *Equine Reflective Coach*, facilitates a discussion on what alternatives are available to assist in the healing of our horse's distress/ ailments. This is an open forum for all to share what has worked and not worked when faced with horses' physical problems. She will be sharing her resources including a sarcoid salve and an oil that has healed scratches and her attitude that healing comes from many sources both external and internal.

From Leslie: I see the April meeting as an opportunity to stimulate a dialog with the members on dealing with our equines' physical challenges with an openness to listen and be curious as to what complementary ways there are to treat these loving and caring sentient beings. I come to the treatment of my horses' physical challenges with a blend of western medicine, eastern medicine and the information I sense from my horse, my gut and the wisdom and leanings of others. I intend to share what has worked for my horses and what issues we are still confronting and invite others to do the same. I am hoping that sharing what we have learned to work and not work is supportive and helpful to us all in this equine community. It would be great if the members come with any physical challenge they are facing with an equine friend so they feel the support and encouragement to keep seeking answers and maybe even hear a solution that resolves the issue for them.

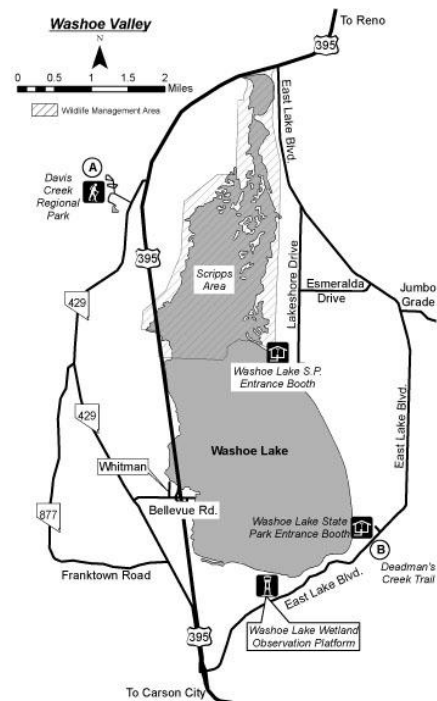
April 16th Washoe Lake NHANN Trail Ride & Potluck Lunch



Come join us for our first outing of 2011 with a trail ride and potluck lunch at Washoe Lake on Saturday, April 16th. Please arrive by 10am to the south main entrance to the park (Washoe Lake S.P. Entrance Booth ('B' on map to right). We plan to hit the trail at 10:30am. Parking fees are \$5 if you have NV registration or driver's license, \$7 for everyone else. Bring exact change to put in envelopes when you drive in the entry. Wear your NHANN gear so we can find you ☺.

There will be a Potluck lunch afterward. Please send President Sam DiMuzio an email (sadimuzio@unr.edu) with what you'd like to bring. On Friday, April 15th she'll send an email with how many people are coming so we can ensure enough food for everyone. Please provide your own drinks. If you would like to show up for the Potluck only, please be at the picnic area no later than 12:30-1pm.

If there is inclement weather, President Sam DiMuzio will send out an email by 8:30am Saturday morning to let everyone know if we are still heading out.



Again the early-morning sun was generous with its warmth. All the sounds dear to a horseman were around me - the snort of the horses as they cleared their throats, the gentle swish of their tails, the tinkle of irons as we flung the saddles over their backs - little sounds of no importance, but they stay in the unconscious library of memory.

Wynford Vaughan-Thomas

Washoe Lake State Park

TRAIL USE

- Hiking*
- Bicycles**
- Equestrians***
- Dogs on Leash
- No Motor Vehicles

- * No public access beyond viewing tower on Wetlands Loop February 1 - July 15 to protect nesting habitat
- ** No bicycles allowed on Wetlands Loop
- *** No equestrians allowed on Wetlands Loop and Deadman's Creek Trail

LEGEND

- Bridge
- Parking
- Restroom
- Picnic Area
- Boat Launch
- Campground
- Drinking Water
- Maximum Grade
- Stair Viewing Tower
- Entrance Fee Station
- Horse Trailer Parking

Trail Access Information

Trail Name	Length	Typical Grade	Maximum Grade Standard Ramp is 8.3%	Typical Cross Slope	Maximum Cross Slope	Typical Tread Width	Minimum Clearance Width	Surface Type	Surface Firmness Typical Worst Typical Worst	Surface Stability Typical Worst Typical Worst
Beach Stroll	2.7 mi	1.8%	220 ft is 8 - 9%	2.8%	473 ft is 8 - 11%	42 ft	20 ft	Sand	0.98 1.00 2.01 2.03	
Dune Trek	2.5 mi	1.6%	316 ft is 5 - 6%	2.1%	738 ft is 5 - 7%	32 in	18 in	Sand	0.77 0.80 1.93 2.00	
South Loop	2.5 mi	1.6%	316 ft is 5 - 6%	2.1%	738 ft is 5 - 7%	60 in	24 in	Asphalt	0.35 0.43 0.71 0.96	
Day Use Pathway	0.4 mi	2.2%	9 ft is 9 - 15%	2.0%	333 ft is 5 - 7%	6 ft	48 in	Asphalt	0.16 0.16 0.18 0.18	
East Loop	3.8 mi	2.0%	106 ft is 8 - 15%	1.8%	35 ft is 8 - 13%	43 in	16 in	Sand	0.41 0.53 1.06 1.59	
Deadman's Creek Trail	0.6 mi	7.5%	309 ft is 16 - 28%	7.8%	298 ft is 16 - 26%	60 in	24 in	Sand	0.47 0.66 1.14 1.82	
North Loop	3.4 mi	1.8%	173 ft is 10 - 27%	2.4%	200 ft is 7 - 9%	26 in	16 in	Soil	0.17 0.18 0.46 0.57	
Wetlands Loop	1.1 mi	1.3%	335 ft is 5 - 11%	1.6%	28 ft is 5 - 11%	60 in	24 in	Sand	0.47 0.66 1.14 1.82	
Paved Bike Path	2.7 mi	2.0%	125 ft is 5 - 8%	2.0%	65 ft is 4 - 5%	8 ft	36 in	Asphalt	0.23 0.27 0.61 0.67	0.16 0.16 0.18 0.18

DISCLAIMER: Trail conditions may have changed since January 2009 when these trails were assessed. Secondary trails are shown in dark gray. Not all trails are mapped. Ratings created by Baranek Design Inc. using trail data collected by a certified trail assessment coordinator.



Washoe Lake State Park Trail Map

Trail ride April 16th Meet at the Visitor Center Equestrian Picnic & Parking Area
 Arrive by 10am, ride out at 10:30, potluck lunch to follow. See page 3.



March "New Member" Highlight

Nancy Horvath's interview with *new member William (Bill) L. Heckt*:

Q: How many/what kind of horses do you have? What do you like to do with them?

A: *Her name is Lady. She is a Mexican Hat Paint with a thoroughbred mom. It has been 6 years this month since we helped my daughter trailer Lady home shortly after weaning. Lady has been raised on Parelli methodology but very sparingly. My daughter made the purchase and worked with her as a filly but later lost the personal time necessary to continue training. About 3 years ago I decided to try my hand at training. Lady had not been ridden. We had the Level I package so I watched and replayed many times while trying to remember what to do at the corral. One day I just decided to put the blanket on and that went ok; then the saddle and that was ok. Well why not get on? She just stood there and looked around such as to ask "Where did you go?" Darn, nobody was there to take a picture!*

Q: What area of Reno do you live/ride in? Do you keep your horses at home?

A: *We live in Spanish Springs. Lady is boarded nearby where there is a round pen and arena as well as dirt roads and open sageland.*

Q: How long have you been doing horsey stuff, and what got you interested in NHANN?

A: *As a youngster in Denver, I lived within 2 blocks of a riding stable where my weekly allowance was most often spent renting horses and riding the trails by Cherry Creek. My young daughter became interested in horses early on and collected toy ones, etc. At about 8 years old she started riding lessons and I would drive her there and watch. When we moved to Reno there was an opportunity to have a horse of her own. We obtained a rescued 17 year old Quarter Horse mare and enrolled the now 12 yr. old daughter in the Pony Club at UNR. I drove the truck/trailer and watched. This was a wonderful experience for my daughter and she later wanted to continue learning with a baby horse purchased while she was attending UNR. I trained with Lady a lot last summer but I'm still a novice. We are probably past Level I and ought to make a new commitment. After visiting a couple of NHANN meetings, I thought, what an exciting group; so much help, encouragement, knowledge, company and fun.*

Q: Are you planning anything special with your horses in the coming months? (Cal Horse Expo overnight trail ride, special training clinic, etc.)?

A: *Lady has not traveled much more than a mile walk from her home. My hope is that we can enjoy our first trailering and group ride next month at Washoe Lake.*

Member's Corner

What's In a Name?

by Marianne Merriam

Of course I wait until after hours, early evening, after all the horses are back in their stalls, after all the supplements have been doled out to appreciative whinnies, to give Blessing, our 11 year old, Irish Thoroughbred mare, her Adoquan shot.

This particular evening was the first time I had ever tried to give her the intra-muscular joint supplement shot by myself. I knew how to find the triangular area on her neck, how to pinch the skin to distract her and how to insert the needle. After all, I had done it *once* before!



Marianne and Blessing

But let me back up. With several to choose from, I was so darned proud of myself for choosing the needle with the syringe already attached (I thought that was an excellent choice - less to go wrong!).

Continued on Page 6

UPCOMING EVENTS

- Every Saturday after the NHANN Monthly Meeting
NHANN Monthly Activity
Stay tuned for *trail rides, clinics and other fun things* to participate in with your horses! Activities announced monthly.
- April 10, 2011-Sunday
Rebekka Rhodes Workshop! 11200 Cimarron, Reno, NV
Time: 10:00 to 2:30; 6 Horse & Riders (\$75 ea.); unlimited Auditors (\$15.00 ea.) 775-972-9025; centaurgenic@mindspring.com;
Prepare your horse for the upcoming season, work out the winter bugs, or deepen your bond and develop your feel. Groundwork, on line or liberty, and under saddle work, unique to you and your horse.
- April 14, 2011-Thursday
April NHANN Meeting! Time: 5:15 Board Meeting; 6:00 PM General Meeting. April's speaker is club member Leslie Kornstein, with an interactive topic of alternative treatment approaches.
- April 14, 2011-Thursday
Parelli Clinic w/ Tara & Trevor Carter Rhodes Rd. area – room to audit.contact: Marie Chance at horsenut48@yahoo.com
- April 16, 2011 Saturday
NHANN Monthly Activity! (details Page 3 Mar. Newsletter) Washoe Lake Trail Ride and Potluck.
Time: Arrive by 10:00am, Ride out at 10:30am
- April 16, 2011 Saturday
Pack Clinic by BCHA
Back Country Horseman of America, Nevada's High Sierra Chapter at Lemmon Valley Arena from 8AM to 5PM. The cost is \$35.00 for nonmembers and & \$25.00 for members.
- April 26, 2011 Tuesday
Free Equine Backcountry First Aid Seminar
Time: 6pm – 8pm at Cabela's, Reno, NV; 775-298-0012
Dr. Balaam-Morgan of Large Animal Veterinary Services
http://www.tahoerimtrail.org/index.php?option=com_content&view=article&id=343&Itemid=305
- June 3-6, 2011 Friday – Monday Workshop Style Clinic
Parelli Clinic w/ David Lichman; Palomino Valley.
Contact Josie Martin JoeynRuben@yahoo.com
- June 16, 2011 - June 25, 2011
Reno Rodeo <http://www.renorodeo.com/>
Reno-Sparks Livestock Events Center
- July 29-31, 2011 Friday-Sunday
Wild Horse Taming Naturally with Pat Parelli
Reno-Sparks Livestock Event Center, main arena 1350 N. Wells Avenue, Reno, Nevada. 775-688-5751; \$39.00 Kids 16 and under free w/ paid adult. See President DiMuzio for tickets.
- August, 2011
Parelli Clinic w/ Tara & Trevor Carter. Details to come.

Member's Corner

What's in a Name? –cont'd from page 5

Then I was able to coax every tiny drop of liquid gold out of the little bottle and into the syringe – that in itself was quite an accomplishment I thought - for a novice.

So feeling like a junior vet tech, out to her stall I went, fully confident in my new-found medical abilities. Blessing was done eating her supplements, and had gone inside the barn to happily eat her hay. I stood beside her, pinched her neck, inserted the needle, went to draw it back out ~ and that's when I heard a funny noise from the syringe and realized I was looking at a plastic vial *with no needle attached!* Talk about a feeling of disbelief! All I could say (over and over about a hundred million times) was "Oh My God!." I peered closely at her neck, hoping to see at least the end of the needle that must have just broken off (that must have made the strange sound I heard) sticking out of her neck - so I could pull it back out with my fingernails. But no - it was nowhere to be found!

I realized that the only time in the last six months I did not have my cell phone in my hip pocket was right then. I ran and got another handful of alfalfa to entice Blessing to stay in the same head-down position and not move until I returned. Repeating my OMG mantra (over and over and over), I ran to the house to get my phone to call Comstock Large Animal Hospital. *Continued on Page 8*

March Presentation-

Jerry Williams and Don Daniel of the Back Country Horsemen of America, Nevada's High Sierra Chapter, spoke on the principles of "Leave No Trace Outdoor Ethics" back country camping practices.

The club is involved in trail preservation. There are seven principles of "Leave no trace" which are as follows:

1) Plan and prepare;

No matter how long or short your trip will be there should always be pre-trip planning and checklists to insure adequate preparedness. Practice at home with hobbles, high-lines and/or temporary corrals for your horses and pack animals. Planning starts with vehicle and trailer maintenance to be sure everything is functioning properly, as well as safe for you and your horses. It is important to know the particulars about the area where you are going such as possible permits and weed-free hay requirements, if campfires are allowed, what facilities are available, and rules of the area, etc. Always let someone know where you're going and when you plan to return. Use check lists to insure you are properly prepared and have what you need.

2) Travel and camp on durable surfaces;

Durable surfaces are trails, paths or campsites that already exist.

3) Dispose of waste properly;

Follow the rules that govern where you are. Pack it in, pack it out. The exception would be manure which cannot be packed out of remote areas. Jerry suggests that you spread manure out, and teach your horse to defecate while walking so it is dispersed immediately. For human waste, a six inch deep hole, 200' from water, camp and trails is recommended, which will promote rapid composting. He also suggests putting your paper in a plastic bag to carry out with you.

4) Leave what you find;

Don't touch or remove natural objects or artifacts. It is better to take a picture and leave it for the next visitors to enjoy.

5) Minimize campfire impacts;

Don't build a new fire ring if one already exists where you are camping. If no ring you build one and then tear it down putting your rocks back where you found them. Build your fire on top of a fire blanket so soil is not sterilized under the fire.

6) Respect the wildlife;

Don't feed wildlife. Keep your food in secure places; up in trees or in bear-proof lockers if available.

7) Be considerate of other visitors;

Be aware of how your stay might impact others as they come upon the sites you have used.

There was a question and answer period where members also provided information that they were aware of, as well as ideas to promote safety.

The Backcountry Horsemen can be found at www.bchnv.com

Thank you Jerry and Don for this wonderful presentation!

CLASSIFIED ADS

HORSE FRIENDLY PRODUCTS:

Timberline Saddle Company Custom Saddles: Western, Dressage, English, Trail and Endurance models. Custom saddle pads, girths and cinches, bridles and accessories available. Tacky-Tack™ Saddle Pads – extreme comfort and non-slip security; washable and breathable. Skidmore's Leather Care products. Contact: Mark Rhodes 775-972-9025 or email centaurgenic@mindspring.com.

NATURAL HOOF CARE

by Debbie Tayler:

Correct trimming for balance and performance with an emphasis on treating the whole horse. Contact Debbie at (775) 846-8918 kirk.debbie.taylor@gmail.com to schedule an appointment.

SAFE START HORSEMANSHIP:

Beginning horsemanship: riding instruction, with emphasis on safety, communication, and learning all aspects of horse care; ages five thru adult. Please call or email for more information. South Reno. Contact: Jann Hehn 775-852-7261 or Email safestarthorse@sbcglobal.net

REGISTERED MORGAN HORSES

FOR SALE:

We are offering a two year old filly and one year old colt for sale. Visit our website for more information <http://sites.google.com/site/thirstycrekranch>

HORSES 4 LEASE OR LESSONS:

MFT gelding. Cruise is an incredibly smooth trail horse, rides English or western; Lessons are \$30, leasing is \$150 per month. For more information contact Donna Artz at 775-232-2427. swsranch@charter.net

Member's Corner

What's in a Name?

-Cont'd from Page 6

Did I mention it was “after hours” (of course), and the Vets were not in their office? Did I mention something always happens to my husband Roger’s horse when he’s out of town? Did I mention I felt totally inept thinking I had obviously done something wrong to not have attached the needle to the plastic syringe correctly (the one that was supposed to have been pre-attached!).

When I talked to the Vet’s answering service I was told that Dr. Joe Coli was on call and he’d get right back to me on the phone. While waiting for him to call back I saw a little spot of blood on Blessing’s neck, so I used a big black Sharpie marker to circle the spot where I had given Blessing (a grey horse, thank goodness) the injection. That way we’d know where to look for the needle. Dr. Coli called back, saying he was about an hour away and would be there as quickly as he could.

That said, there was nothing to do but wait. The story that kept going through my head was when I was a kid I heard about someone stubbing their big toe on a sewing needle and a year later it came out their hand. All I could think of was how much longer a journey it was going to be for that big needle to go through our 17.2hh mare’s big body!

I finally calmed down as I waited for Dr. Coli to arrive. Blessing thankfully just kept eating, head down, making no sudden moves. Finally Dr. Coli drove in the pasture and down to the barn. I showed him the syringe and asked him how many times this had happened to his patients/clients over the years. I found I was *the* lucky one – no one else had been this stupid to have this happen before – ever! I can’t tell you how that bit of information did not help my visit to the self-esteem camp that evening!

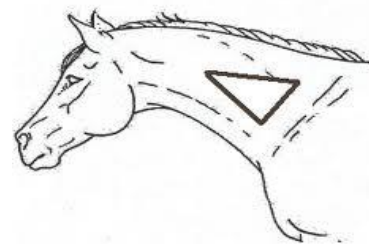
After Dr. Coli arrived, we got Blessing out of her stall, into the well-lit barn aisle. He gave her sedatives and soon her big head was getting heavier and heavier. He shaved the hair off her neck in the area I had identified with the marker and gave her several local anesthetic injections to numb the area around where he was going to make the incision to find the needle.

As I held Blessing’s head, Dr. Coli donned his head lamp, ready to make the incision. It was then that I made an offhand remark about how *ironic* it was that they named that syringe “*Vanish Point*”. At that, Dr. Coli got a quizzical look, (that cocked head, RCA dog look - you have to be old to remember that!) and he replied “Can I see that syringe again?” So I got it for him. He took a pair of cutters and severed the plastic tube in half - and you guessed it - out fell the needle!

It had done exactly what it was designed to do – automatically retract after the shot was delivered. The noise I had heard when I pulled the needle out was the spring loaded retraction device zipping the needle back into the plastic syringe body. It was a human-grade needle we had received from the Vet Clinic with the Adoquan. Unfortunately, no special instructions had come with the needle to know what to expect!

After a huge sigh of relief from both Dr. Coli and myself, he apologized for shaving the spot on Blessing’s neck and for not getting better instructions out with the Adoquan and brand new needles they had just gotten in the office. I said “no harm no foul”. We hugged, and he drove home.

Thank goodness for that off-hand remark or I imagine the next step would have been to transport Blessing to the hospital to x-ray her neck to look for a needle the incision had failed to disclose. That night, it really was “*all in the name*”!



Equine neck intramuscular injection location

Members are **enthusiastically encouraged** to submit “Member’s Corner” articles for publication to the NHASNN Secretary via e-mail (MarianneMerriam@gmail.com) regarding real-life learning experiences, interesting or unusual stories that concern them and their horses.