



Natural Horsemanship Association Of Northern Nevada

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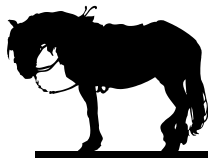
Web Master:

Cynthia Brown and Samantha DiMuzio

Mail membership dues to NHANN c/o
Nancy Horvath, 10220 Pathfinder Way,
Reno, NV 89508

Annual dues:

\$25.00 individual; \$35.00 family



June 2011

Meeting Highlights:

The general meeting was called to order at 6:11 p.m. with a welcome from the Club's President, Samantha DiMuzio. Samantha requested that everyone present introduce themselves and briefly state how long they have owned horses.

- Meredith Mayoroff made a motion to approve last month's meeting minutes. Debbie Young seconded the motion which passed without opposition.

TREASURER'S REPORT: The current balance is \$1,028.92 and reflects income of \$25.00 from membership dues, and expenses of \$286.82 for the purchase of club decals and website fees.

- Nancy reported that there are thirty nine members to date, and membership forms are available at all club activities.
- Cynthia explained the library rules and reminded members to look online prior to each meeting to identify materials that they would like to check out. Email or call Cynthia prior to the monthly meetings and she will bring in your desired library materials.
- Samantha discussed the for sale items.

OLD BUSINESS:

- The Lemmon Valley trail ride scheduled for June 11th was cancelled due to the concern of potential exposures with EHV1. Samantha announced that this trail ride will be moved to July 23rd. Details TBA.
- Marianne requested that member's submit their stories for the "Member's Corner".

NEW BUSINESS:

- Member Leslie Kornstein gave a description of her Equine Reflective Workshop that she will be facilitating on Saturday July 16th. Registration forms are available on the club's website www.naturalhorsenevadaa.com or for more information on this topic go to www.upleveling.com or contact Leslie (775)853-5376.

Horsin' Around with the President

By Sam DiMuzio



PRESIDENT'S MESSAGE

Isn't it nice to have warmer weather? And the winds have even been calm...what a great way to get back to playing with our horses. I hope you, too, have been enjoying the melting of winter. Now that the weather is warming up, anyone else noticing some "friends" we haven't seen for a while? For instance, I went out the other day to feed the boys dinner and went downstairs into the garage to put on my muck boots, as I was barefoot (that's been nice too-no socks needed!). The boots were where I always leave them, right at the corner of the wall next to the door. I slipped one foot into the boot, went to slip in the other foot, and jumped back onto the hood of the car....snuggled up between my boot and the wall was a foot and a half long snake! Thankfully, it was just a young gopher snake. But I made double sure it wasn't a rattler before I scooped it up and put it outside, at which time my dog wanted to see what the new "toy" was in the weeds. Although I didn't quite think it was warm enough outside for them to begin seeking cooler, inside shelter, I got an early wake up call. My horse-sitter also let me know that we now have a new "pet" that seems to be hanging around our water hose. As I have yet to see her pictures of it, she claims it's quite a LARGE gopher snake. I'll take her word for it until it freaks me out when I see it. Until then, watch where you put your hands and feet and definitely listen for that distinctive rattle!

July 14th NHANN Meeting - Horsenality™



Are you interested in understanding your horse's individual behavior and temperament characteristics? The Parelli's have developed a program to help you better understand your horse's individual behavior and temperament characteristics. Come join us at our July 14th meeting to learn about Horsenality™. We will be filling out the charts and watching the video. So bring a pen and something to write on!

General Meeting starts at 6:00 p.m. at Round Table Pizza, 4007 South Virginia Street, Reno.

June 11th Lemmon Valley NHANN Trail Ride - Rescheduled



Our NHANN June trail ride in Lemmon Valley was cancelled due to the recent outbreak of the EVH-1 virus, but our members can look forward to its re-scheduled date of July 23rd.
Time and exact location to be announced.

NHANN LOGO-WEAR LONG SLEEVED T-SHIRTS ARE IN!!

ONLY \$15 EACH, QUANTITIES ARE LIMITED!

S-10/ M-13/ L-12/ XL-10/ XXL-5

(Sam is wearing a Small)



Place your orders in time to wear on your next trail ride!

Orders can be picked up at the July 14th Meeting. E-mail Sam DiMuzio to reserve yours now!
NHANN Decals for your car, truck & trailer are now available – buy several while supplies last!



June "Member Share" Meeting Highlights

The June meeting was a member forum for members to share and seek information of each other.

Leslie Kornstein requested help in building a herd of horses that could be used for her Equine reflective therapy practice. Leslie explained that she feels that horses that do not normally live together can provide a huge source of information to us regarding herd dynamics. The idea is to introduce new horses into a herd for a portion of a day for our observation and learning purposes. Leslie said there would not be a charge to the owner, that she has all organic pastures, a covered round pen, and ten acres of dry lots and trails. Nancy said that she had tried to introduce a similar situation, and with her particular horses, she did not find this to be beneficial. It was discussed further and decided that in order for this to be beneficial for all involved, that the individual personalities of the horses must be considered before a horse joins a herd, even temporarily.

A member asked how to address stiffness in the rider, before and after riding. Marianne said that she is aware that her stiffness is transferred to her horse. Debbie Young said that she has experienced good results with a Pilate's reformer exercise machine that she has purchased, plus Tylenol and ice to control the inflammation. Chiropractic and massage every two weeks was found to be beneficial for one member.

One member reports that an herbal remedy called "Happy Camper" is reported to be a muscle relaxer that is available at most health food stores. Another member reports that she has utilized stretches from Linda Tellington-Jones. These exercises can be found online. The member said that these exercises are reported to be most beneficial if held no more than three seconds at a time for a good result. One member said that it is normal for all riders and trainers to become stiff. It was suggested to breath in through the nose and out through the mouth. This was termed as a necessary half halt for riders, which is reported to prevent stiffness in riders.

One member reported that a product known as "Linament Gel" that is available in a number of different generic formulations. The following is a list of these: "Absorbine"; "Biglo"; "Sore No More", "Equispot", "Bio-Freeze". Daily stretching while deep breathing, tai chi, and self-hypnosis were suggested as well as using both sides of the body while mucking.

A few members were concerned and curious about using galvanized water troughs that seem to cause the water to become milky in appearance. It was thought that perhaps it might be a reaction between the well water minerals and the metal. No one was sure if this could be harmful or just unattractive. One member told of switching from a Rubbermaid to galvanized tank and their horses then drank much more..

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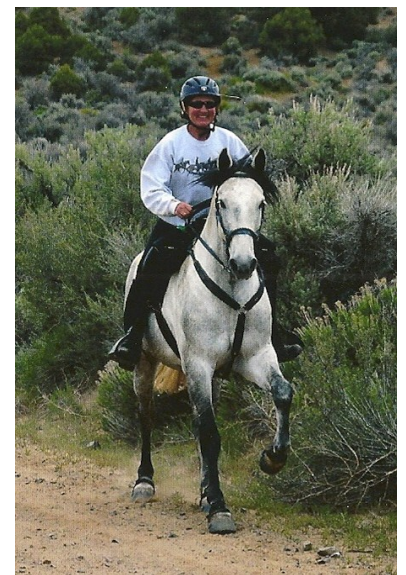
Member's Corner

INFO'S FIRST 50

By Merideth Mayeroff

First let me set the stage: the date is June 3, 2011, the place is Dayton Rodeo Grounds and the weather is cool and breezy. There are approximately 50 horse trailers with at least that many horses in various types of containment arrangements from portable corrals to hi-ties.

Horses are being vetted to begin the Nevada All-State Trail Riders (aka NASTR) Endurance Ride in the morning. There are three different rides being run simultaneously, a 30 miler (the limited distance or LD), a 50 miler and a 75 miler that horses must complete in order to qualify for the Triple Crown.



*Meredith & Info,
NASTR 50 6/14/11*

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June "Member Share" Meeting Highlights

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The Euer Valley camp trip was discussed regarding specific information about the area, dates, and travel requirements for the horse.

Nancy Horvath requested tips to pony a horse. The following answers were given: Wear gloves, use a saddle with a horn, a ten foot rope, keep the horse's head up by your knee, be careful not to allow the rope to wrap under the horse's tail that is being ponied, ride the more dominant horse, use a rope halter, pop the ponied horse with the lead rope if charging ahead, when things are going bad - let go of the lead rope!

The question arose of how others deal with algae that forms in the horse trough. The following suggestions were cited: put rocks or a board in the bottom, as the algae will form on these rather than the sides and bottom of the trough; add diatomaceous earth on the bottom of the trough, purchase gold fish, Green's Feed sells a bio-degradable "Bio Ball" ball that consumes the algae. Also a product known as "Tank Blast" is available, although it is more suitable for ponds.

NHANN FOR SALE ITEMS:

Long Sleeved T-shirts: \$15

Short Sleeved T-shirts: \$12

Trail Kits (bandana, hoof pick, lip balm, strip of leather): \$10

Equine First Aid Kit: \$25

Really great hoof pick!: \$15

9x12 Decals: \$7.50 each; 5x7 Decals: \$5 each

~ I will not change my horse with any that treads on four pasterns. Ca ha! He bounds from the earth, as if his entrails were hairs, le cheval volant, the Pegasus, chez les narines de feu! When I bestride him, I soar, I am a hawk: he trots the air; the earth sings when he touches it; the basest horn of his hoof is more musical than the pipe of Hermes... he is pure air and fire...the prince of palfreys; his neigh is like the bidding of a monarch and his countenance enforces homage.

~ Well could he ride, and often men would say, "That horse his mettle from his rider takes: Proud of subjection, noble by the sway, What rounds, what bounds, what course, what stop he makes!" And controversy hence a question takes, Whether the horse by him became his deed, Or he his manage by the well-doing steed?

~ William Shakespeare

Member's Corner ~

Cont'd from page 4

Before horses can start the ride tomorrow, a veterinarian examines the horse for soundness, hydration, pulse and respiration as well as gut sounds to ensure that only healthy horses are competing. Due to the recent EHV-1 outbreak, the horses' temperatures were also checked to make sure they weren't running a fever, one of the early signs of the virus.

I decided to enter Info in the 50 miler after having completed two LD's in May as a preliminary trial run. He had finished those rides with no problem, but I didn't want him to get the idea that 25 miles was his maximum distance. Anything fewer than 50 miles does not count for endurance miles on a horse's record.

As most of you already know, the majority of horses who compete in endurance events are Arabians. There are representatives from other breeds, and some Arabian crosses, but by and large the horses who are naturally gifted in long distance riding are Arabians. My horse, Information (aka "Info") is a seven year old Mustang. He no more resembles an Arabian than a Husky resembles a Whippet.

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UP-COMING 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.
- July 14, 2011-Thursday
July NHANN Meeting!
Time: 5:15 Board Meeting; 6:00 PM General Meeting.
May's speaker is the Washoe County Parks Department to discuss the equine trail system available for our region.
- July 16th, 2011 Saturday
Equine Reflective Coaching Clinic with Leslie and Eric Kornstein. See the May NHANN Newsletter for details and page 1 of the NHANN June Newsletter.
- July 23rd, 2011 Saturday
NHNN Lemmon Valley Trail. Exact time and location to be announced.
- July 10-16th, 2011
Region III Championship Arabian Horse Show*
- July 29-31st, 2011
Camarillo Classic Barrel Racing*
- 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.
- Sept. 19th-Oct. 2nd, 2011
NRCHA Snaffle Bit Futurity and Trade Show*
- August 19th – 21st, 2011
Western States Wild Horse and Burro Expo*

*At the Reno-Sparks Livestock Events Center
<http://www.visitrenotahoe.com/meetings-conventions/facilities/reno-livestock-events-center/calendar>



Member's Corner

—cont'd from page 5

He has a thick, arched neck, broad back and chest, low set tail, legs like tree-trunks and feet like rocks. One more important item to note is that this particular part of the world is his former home turf. He was born in 2004 on this very range in the Pine Nut Mountains, was captured by the BLM in 2008 and taken to the Nevada State Prison horse gentling program. I adopted him in August 2008 with no specific plans other than to give a wild horse a home. His name is Information because his prison number was 411.

We tried riding in the arena; he hated it. We poked around some local trails at a walk; he was bored stiff. I taught him some Parelli games such as jumping the barrels at liberty, and he liked that but I realized he needed more of a challenge so I started hauling him out to various places for aerobic conditioning. He seemed to enjoy traveling down the trail to see new sights and he was comfortable for me to ride, so I decided that endurance riding just might be his job. Plus I needed a way to help him burn some calories. One of the distinguishing characteristics of most Mustangs is that they are easy keepers. I swear he could gain weight by looking at his hay, but of course he never spent much time looking at it. He doesn't lift up his head until his hay is GONE.

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Member's Corner

Info's First 50 by Meredith Mayeroff



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So we vetted in, put light blankets on the horses to guard against the late spring chill and went to bed early since the 50 miler started at 6 a.m. We were up by 4:30 a.m. and the 75 milers were already warming up for their 5 a.m. start. After giving the horses some wet beet pulp, filling their water buckets and hay bags, we ate some instant oatmeal and washed it down with a cup of instant coffee. I had checked our saddle packs for energy bars and filled our water bottles the night before. John was riding his eight year old Arabian gelding, Thunder, who already has completed four 50 milers. I was determined to take this ride as slowly as possible and use all of the allotted 12 hours if necessary because I do not want Info to think he has to compete with every horse he meets. John agreed to take Thunder out at a walk, so we started a few minutes after the "hot shoes" had left and walked the horses for about half a mile before we picked up a slow trot.

The 50 mile ride consists of three loops, #1 is 26 miles, #2 is 10 miles and #3 is 14 miles. The horses stuck to the game plan fairly well, walked through the rocky stream beds and trotted when the trail smoothed out. We worked our way through Illinois Canyon with its spectacular rock formations, aspen groves and water crossings. Funny thing is, Info has no problem with water crossings, but Thunder says, "It's dry in Arabia. You expect me to put my feet in that?!" We got caught up in a fast moving crowd at El Dorado Canyon, so it was almost a blessing when one of Thunder's Easy Boots came off and we had to pull off the trail to replace it. We arrived at the 26 mile vet check in Brunswick Canyon about 11 a.m. After the vets checked the horses we settled down for our one hour lunch break. Thunder and Info dove into the mash mixed with carrots and electrolytes that I prepared for them, while John and I had hamburgers, lemonade and watermelon.

Truly, I don't see how they were able to hold any more food, because the plentiful grass on the trail made for a 26 mile buffet that was too good to pass up. Thunder developed the skill of grazing on the fly.

The next loop was easy footing so we picked up the pace a bit and completed the 10 miles in an hour and a half. I discovered, however, that Info needs to keep a more conservative pace and when we got in for our next vet check, it took him a while to recover to a 60 BPM heart rate.

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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.tayler@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

TRUCK FOR SALE:

2005 Ford F-150 pickup with reversible ball hitch for goose-neck trailer. Strong engine in excellent condition, easily pulls three-horse trailer. Contact Nancy Horvath or Bruce Nething @ 775- 972-7702

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

Info's First 50 by Meredith Mayeroff

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His heart rate finally dropped after five minutes, but if he had not recovered within the required 30 minutes, we would have been pulled from the ride.

After our 20 minute hold and the horses had more to eat and drink, we left for the final loop back to the Rodeo Grounds. We slowed down considerably at this point because we knew we would make the cut-off time and we just wanted to come in with sound horses. A number of horses had already been pulled from the ride for being foot sore and other problems, so we were grateful that our Easy Boot Gloves were protecting Info and Thunder's hooves from the rocks. The weather was perfect in the 60's, the horses were easy to rate by this time, and we finally reached the finish line at 4:47 p.m.

They sailed through their final vet check and John and I could not have been happier to have met our goals. There were many other stories being played out that day; some of victory and some of tears and defeat. The motto of endurance is "To Finish Is To Win," so Info and Thunder were winners that day without a doubt.

Now for true confession: my greatest concern on doing this ride was that Info would discover his roots, drop me on the trail, and run off to rejoin his original herd. It's been said that there are still wild horses in those canyons but we didn't see any. To be more accurate, John and I didn't see any. A couple of times Info stopped to sniff an old stud pile and stare off into the distance, looking like he was at least a hundred miles away, his eyes glued on some point in the canyon. As we approached camp at the end of the ride, he



veered off and it took a lot of strength and convincing to get him back on course. In my mind he was saying, "Wait, there's more I want to show you." And he will show me more. He already does, every single day.

CALLING ALL MEMBERS!

Members are *enthusiastically encouraged* to submit "Member's Corner" articles for publication to the NHANN Secretary via e-mail (MarianneMerriam@gmail.com) regarding real-life learning experiences, interesting or unusual stories that concern you and your horses.

NHANN 2011 Tentative Meeting & Activity Schedule

Month	Scheduled Speaker	Topic	Activity
July	Sam DiMuzio*	Horsenality	Leslie Kornstein Clinic July 16 th * and Lemmon Valley Trail Ride July 23rd #
August	TBD	TBD- Revisit Horsecamping 101(?)	Horsecamping Euer Valley August 12-13-14 th #
September	Member Share Meeting	To be decided by the Members in attendance	Bird Springs Trail Ride* Sept. 11 th #
October	Dr. Kirk+	Lameness Diagnosis	Chilcoot Ride + 15 th #
November	Dr. Meeghan Gray*	Wild Horse Research	
December	Club Christmas Party*	(No meeting at Round Table)	All library books, cd's, dvd's due back to Librarian for annual audit Party Dec. 10 th * #

*confirmed +tentative-waiting on confirmation #details to come

Says the horse:

I am your equal. I am a wild creature that can never be like you. I have heart, courage, and the game spirit that is my heritage, and I will be respected. I will be taught, and I will please, and maybe in time I will be your intimate. But I will never be your possession. Mine is a fierce love, which knows no mercy for failure. No sympathy for weakness. I have come from the desert with its closeness to the spirit of nature which you do not understand. I was born of the Wind, mine is a warrior spirit. I cannot be humiliated in punishment or defeated even in death. For my spirit lives on in my children's children.

~Author Unknown

~ The typical cowboy was wolf wild and free as the wind.

~I took to the life of a cowboy like a horse takes to oats.

~Clinton McCoy

On horseback you could ride through the cattle and they would pay no attention. But the minute you dismount, you become a threat.

~David J Myers

If your horse doesn't care, you shouldn't either.

~Linsy Lee

To err is human. To forgive, Equine.

~Author Unknown