



Paddock Paper

Northern New Mexico Horsemen's Association Newsletter

November 2022

Holiday Party is Sunday, Dec. 11; Y'All Come



Mark your calendar now – our annual get-together is Sunday, December 11, 1 – 4 pm, at Terra Nova Equestrian Center, 47 Ranch Road, Santa Fe. The main gate will be open. This party is a wonderful opportunity to meet and greet new members, so introduce yourself to others!

We will be meeting in the lounge, a roomy, multi-purpose “party” place equipped with a full kitchen. NNMHA is providing meat and veggie enchiladas as a main entrée. Our hosts are providing beverages. Bring a complimentary appetizer, side dish or dessert. We are also collecting canned and/or non-perishable food items for a food depot, so bring a contribution. **RSVP to Joyce Davis, bjmrkitty@gmail.com, by December 4.**

During our meeting, there will be a brief presentation about Via Nova Training and its approach to positive training and reinforcement. Terra Nova is the home base for Via Nova Training. A tour of the facilities is planned, as well.

Note: There is no November program meeting, due to the Thanksgiving holiday.

News on Board Member Elections, Parade, Clinic, Other Business

It's official - **Howard Gershon, Gary Clendenen, Ed Srsic and Georgia Fischel** have been reelected/elected to our Board, each for two-year terms. (This was announced at the October 26 program meeting, at which time voting ended.) Congratulations to all!

Thanks for voting, members. Your participation in OUR organization continues to affirm we are a lively, engaged group in support of our mission and goals. At the November 16 board meeting, it will be decided by board members who will fill specific positions.

NNMHA members are planning to participate in the **Madrid Christmas Parade**, Saturday, December 3. The parade starts around 4 pm; there are designated staging areas. Participants are encouraged to dress for the holidays, and to dress warmly, as well. For parade details, contact David Lyles by phone/text, 214 587-4776 or lylesphoto@gmail.com. You are welcome to join as a non-rider, if you like.

Carol Marthens reported that NNMHA is underwriting a portion of the **“Introduction to Working Cattle” clinic**. It was put on by trainer/clinician Loal Tucker in late October. (Photos from this clinic will be on the website soon, as well as in the newsletter next month.)

Gary Clendenen said the new **insurance coverage** provider is offering good service at a significant savings, so that's good news. John Pearson recently attended a workshop for nonprofit board members, and he will circulate information from the workshop to other board members.

Membership continues to grow, according to Karen Denison, largely due to clinics and other NNMHA sponsored events, as well as an increased Internet presence.

She also said that a few members are not receiving our newsletter, due to computer security issues. Members are encouraged to **check security filters** for spam and junk mail. You can reset security filters to allow for receipt. Step-by-step instructions are on nnmha.org.

The Board also discussed producing an **annual report** of our Giving Program activities to include sponsored events, clinics, program meetings and other community activities. Let's tell others what a wonderful organization and activities we support!

Of note: At the October 26 program meeting, Howard thanked Carol Marthens for her service on the Board. Even though Carol did not run for reelection, she has agreed to serve as committee chair for clinics. Thanks, Carol.

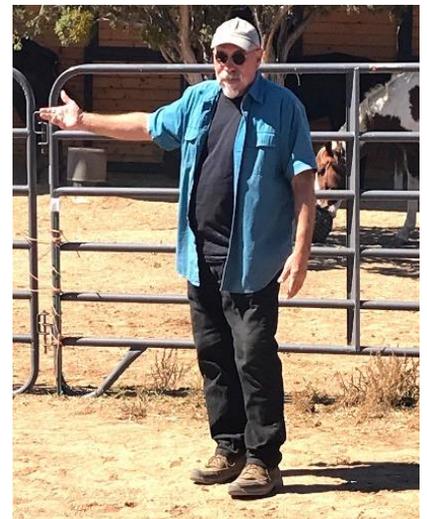
Three-day Clinic with Four Trainers

Postponed to May 2023

The “Refuge: A Horsemanship Workshop” clinic, scheduled for November 4-6, has been postponed to May next year, due to concerns about incoming weather. NNMHA is helping sponsor this event. For more information, contact Ginger Gaffney, 505 690-1230, ggaffney@newmexico.com.

Equine Chiropractic Demo Shows How Everything is Connected

Dr. Stuart Garber, D.C., Ph.D., (in photo) demonstrated for a large crowd last month the value of understanding the relationship between the equine, nerves, spine and all parts of the body. “I usually begin by looking a horse over and walking around it, as I look for symmetrical movement,” he explained. “I use motion palpitation to push on every vertebrae to check if it’s in alignment.” He showed various techniques on two of his horses.



Horses have 18 vertebrae (humans have 12). Each vertebra relates to a part of the equine body. For example, C1, the foremost, affects the pituitary gland, bones of the face, brain and eyes. Dr. Garber noted that where the problem is, may not necessarily be where the pain is located.

Sometimes, chiropractic treatment focuses on a single issue, but other horses may require regular adjustment, due to the nature of their work. A regular barrel racing equine may need more attention than a casual, easy-going trail horse. When asked, Dr. Garber replied that there are no specific breeds that need more or less chiropractic care. “It depends on their use,” he added.

He showed how he checks each vertebra by starting at the front and working back. He later demonstrated how if you push on a horse's hip, it should step away. If it steps toward you, there may be a problem.



He also showed how to flex a hoof by picking it up and gently rotating it, as well as stretching a front leg by holding it out in front of the horse. "The best thing an owner can do is be observant. That's key to helping the vet and chiropractor diagnose what's going on."

Another tip he shared is how pulling on a saddle when tightening and mounting can cause problems by frequently redistributing

the horse's weight in a lop-sided manner. Using a mounting block is helpful in avoiding this problem, noted a participant.



Dr. Garber demonstrated on one of his horses the use of "bands" (like exercise bands people may use) that help the horse deal with EPM (Equine Protozoal Myeloencephalitis). EPM is a degenerative disease that affects the central nervous system and spinal cord.



Dr. Garber's horse had been used competitively by a previous owner, but in the horse's late teens he was diagnosed with this neurological condition that causes wobbliness and instability. While it isn't ridden any longer, the horse is much more comfortable wearing this device, typically two days out of three. (See photo.)

Thank you, Dr. Garber for an excellent presentation of how the spinal cord, nerves and the rest of the equine body are so intricately connected, and how that relates to our equine's overall well-being.

Dr. Garber has been practicing holistic medicine since 1981 and was the first person in the US to receive a Ph.D. degree in Homeopathy. He is certified in animal chiropractic by the American Veterinary Chiropractic Association. He serves on the boards of other organizations that also benefit from his expertise and has lectured to medical and public groups around the world. He maintains a private practice, teaches and writes.

Ridge Riders Capped Off Season in Rowe Mesa



Another beautiful, fun ride! (*Photo is at Rowe Mesa.*) You can see

more photos from rides this year on our website, nmha.org. Ridge Riders hosted seven rides this season, and rides ranged from three to 13 riders.

In 2023, we will be sticking with rides on the first Saturday of the month, from March through October. As usual, rides will be subject to weather and other on-the-ground conditions. We're lucky – Ed Srsic has agreed to serve as trail boss next year!

Happy trails 'til spring.

Endurance/Riding Clinic Offered Trail

Tips to Riders

A two-day “Endurance/Trail Riding Clinic” last month at the Caja Headquarters Well was a great success, according to organizer Deidre Monroe. The clinic is sanctioned by the American Endurance Ride



Conference (AERC) and designed for anyone interested in trail or endurance riding. Seventeen attendees participated on the first day, and six riders got some in-the-

saddle training riding tips and techniques. A couple of riders, according to Deidre, were helped specifically in managing their mounts leaving base camp.



The clinic featured horsemanship, managing horse health on the trail, safe trail etiquette and behavior, and more. Dr. Bob Rogers (in photo), a Houston, TX, veterinarian, rider and AERC member, hosted the clinic.

The clinic was free of charge and partially supported by a grant from NNMHA. Thanks to local equine chiropractor Dr. Stuart Garber and area farrier Robert Holt for being a part of the clinic. The more expertise, the better!

Here's the "Inside Scoop" about What It Takes to Be an Equine Writer

When you open your favorite equine magazine or website, do you ever wonder what it's like to be an equine writer? Lucky us, because we have a first-hand look at the answer to that question, thanks to Anna Sochocky (in photo). She has been writing full-time for four years and has a lot to share about her behind-the-scenes profession.

"Equine writers around the country have witnessed a seismic change in publishing. Long-established magazines scaled back from monthly issues to quarterly printing. Others abandoned print for digital in many cases, due to the cost of paper and labor. New magazines sprout from the imaginations of horse owners, only to shutter within a few months," Anna says.

In a world of all this uncertainty, how does an equine writer manage the tides of change and stay afloat?

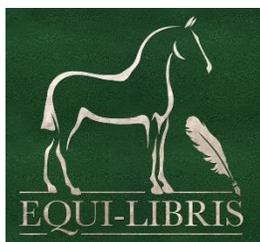
"A brand identity or image factors into creating a competitive niche for equine journalists and writers. The market is flooded with professionals covering local and national equestrian events and personalities, travel aficionados and how-to riding coaching.

“When I began writing, I understood that developing a pithy, recognizable brand focus was necessary for me to succeed in a competitive field. My brand identity - Horses, Health and History - provides me with both the flexibility to follow my own curiosities, while selecting subjects relevant to the average horse owner,” she explains.

Following news-making events like the unprecedented wildfires in the Southwest offered Anna the opportunity to research and write an article about air quality for horses both inside and outside the barn. Her curiosity led her to take on the challenges of safely feeding a horse that bolts its feed, surely of particular interest to owners of senior horses.

“The inspiration that stories about equestrians from history sparks today is an untold story worth telling,” she adds. “The British farrier and blacksmith, Nigel Fennell turned the tools of his trade to building a life-size sculpture of racing legend, Secretariat and his jockey, Ron Turcotte. When I met Nigel and his wife, Susie, at the national American Horse Publications conference in May, I resolved to tell a story worth telling.

Tying an event in history like the side-saddle jumping record to a new record set in Ireland a few years ago shines a light on our connections between history and the present,” she says. “And the story makes for entertaining reading, too!”



Anna’s writing has been widely published in notable equine magazines, including *The Horse Magazine*, *Horse Illustrated*, *Equus Magazine*, *Sidelines*, and *Chronicle of the Horse Untacked*. A selection of her work can also be found on her website, Equi-Libris, LLC and on her blog, “Nicker Notes.”

If you have a story idea for a publication pitch or one to be highlighted on Anna’s blog, email her at asochocky@equi-libris.com.

Thanks, Anna, for sharing these valuable insights with NNMHA members. No doubt, you will be hearing from some of us with story ideas!

Do You Know...about **EPM**

As noted in an earlier article, Equine protozoal myeloencephalitis (EPM) is a degenerative disease that affects the central nervous system and spinal cord. It is an inflammatory disease of nerve tissues of the brain and spinal cord caused by unicellular protozoa *sarcocystis neurona*.

Horses contract this disease when they ingest this single-cell organism in contaminated feed or water. The onset may be sudden or occur over time. Usually, it causes incoordination, muscle atrophy, abnormal gait and difficulty getting up and down. EPM can result in severe or even fatal situations. It is not contagious and nearly two-thirds of cases occur in horses four years of age or younger.

Prompt diagnosis and treatment will increase the chance of recovery, and currently there are antibiotic and/or anti-inflammatory protocols.

Classifieds

Do you have something equine-related to sell or services to provide? Short, classified ads may be placed by any member in good standing. Please send an email with exact wording for your ad to: Sandra, smithcom@goldengate.net, or Karen, redmule@kdt.net.

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.

TERRY BERG TRAINING

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

LYNN CLIFFORD HORSEMANSHIP

The Ride of Your Life Horsemanship instruction and The Inner Equestrian Life coaching/counseling, Santa Fe. By arrangement: www.lynnclifford.com, 505 231-5353. Check this website for upcoming events and clinics hosted by Lynn and colleagues.

THE TRINITY RANCH BOARDING

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

NORTHSIDE BOARDING

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

TRAINER TO WORK WITH NON-PROFIT

ISO-English or Western trainer willing to work in tandem with local, insured non-profit to bring together horses and humans, who might not otherwise have the opportunity for riding experiences. Seeking two, one-hour time slots per week, preferably on the weekend or between 3:30 - 4:30 pm weekdays. If interested, please e-mail Learning Through Horses at thunderhorse40@hotmail.com with questions or for more info.

LIKE NEW CHINKS FOR SALE

These are like new! Chocolate chinks with turquoise buck-stitching and copper conchos. Fits 37-42" waist, with some room for additional buckle holes. They are 32" long, including 7" fine fringe. \$85. Contact Carol Marthens, 214 662-9616 or luminaryllamas@msn.com.



NEED USED TWO-HORSE TRAILER

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

SUBSTITUTE BARN MANAGER NEEDED

Substitute barn manager needed for small Santa Fe horse rescue. 5-10 days per month. Horse handling experience and basic horse training ability are needed. This may evolve into a full-time, live-in position. For more information, call 505 570-7377.

TRAINER, EDUCATOR, FARM-SITTER AVAILABLE

Horse trainer and educator, successfully starting and gentling young horses, as well as renegotiating behaviors in troubled horses for 15 years. Studied under Buck Brannaman and rode for Dressage Olympian Courtney King-Dye. She works with the horse as opposed to on the horse, and the results bring a lot of contentment and connection to both horse and human. She is also available to farm-sit. Contact Courtney Colella with questions or inquiries, 336 757-2791, courtneymcolella@gmail.com.

TRAILER FOR SALE

EquiSpirit two-horse gooseneck straight-load trailer. Very well-maintained, built for safe and smooth hauling with very good visibility for the horses through large bus windows. Well-ventilated, good tires and many features. Gooseneck area is pristine as a sleeping compartment. One owner. Asking \$10,000/obo. Call Evalyn Bemis, 505 577-4141.



TRAILER FOR SALE

2001 Sundowner 3H GN Valuelite slant-load horse trailer for sale. Great shape. \$13,000. Call Cheryl, 949 521-4205.



Board and Committees

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*Scholarships, grants and sponsorships

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

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

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



**Be it ever so humble,
there's no place like home.**

“Home, Sweet Home” is a song adapted from American actor and dramatist John Howard Payne’s 1823 opera “Clari” or “The Maid of Milan.” The song’s melody was composed by Englishman Sir Henry Bishop.