Regiment of the second of the

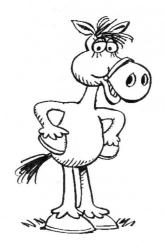
INSIDE THIS

Finalized ride schedule on page 2.

Lois Arbour "retires." Go to page 3.

Neal McKinstry honored with lifetime award. See page 5 for details.

CoHoCo seeks survey funds on page 6.



The first ride is almost here! Are you ready to hit the trail?

Region 3'ers gather in the Springs for seminar

by Judi Tobias

n spite of record-breaking cold combined with snow and wind, over 60 Region III members met at the Radisson Inn North in Colorado Springs, Colo., on Jan. 11, 1997 to attend the annual seminar and awards banquet. Co-chairs Judi Tobias and Karen Laden had worked long and hard to make the event a success.

discussed. The next item of business was a panel discussion titled "How to Transition to Riding Open." Panelists were Dee Overholt, Larry Keckler and Sherry Eckel. Judi Tobias moderated the session. The panelists shared conditioning and nutrition tips, war stories and campaign strategies with a responsive



The seminar was held in the same hotel where the very first Region III awards banquet took place in 1979. Both the city and the hotel have grown and changed, but the friendships and camaraderie haven't. Old and new members of the competitive trail riding sport greeted each other and renewed friendships. They caught up on what has been happening since the last rides in October.

President Bill Smith called the general membership meeting to order. Important topics such as shoeing and regional membership policies were audience. Sherry Eckel offered special advice for those with junior riders on keeping them focused. After a lively question and answer period, the afternoon wound up with videos on safety and courtesy on multi-use trails, and the well-received video on helmet wear, "Every Time, Every Ride."

The banquet was held in the beautiful Academy Room, with an atrium providing a backdrop for the head table. Before awards, Bill Smith made a lovely presentation of

To page 4

Regin 3

The *Region 3 Newsletter* is published bimonthly. It is available by subscription to non-Region 3 members for \$8 per year. Requests/payment for subscriptions should be sent to Iris Mosgrove, 10590 Egerton Road, Colorado Springs, CO 80908.

1997 deadline/distribution: Jan./Feb. deadline Jan. 15, dist. by Jan. 30; Mar./Apr. deadline Mar. 15, dist. by Mar. 30; May/Jun. deadline May. 15, dist. by May 30; Jul./Aug. deadline Jul. 15, dist. by Jul. 30; Sep./Oct. deadline Sep. 15, dist. by Sep. 30; and Nov./Dec. deadline Nov. 15, dist. by Nov. 30.

Display advertising rates: Full page $(7^{1/2}" \times 9^{7/8}")$, \$50; half-page $(7^{1/2}" \times 4^{15/16}")$, \$30; quarter-page $(3^{3/4}" \times 4^{15/16}")$, \$15; eighth-page or business card $(2^{1/2}" \times 3^{1/4}" \text{ or } 3^{3/4}" \times 2^{7/16}")$, \$10. Ad rates are per issue and must be camera-ready. Ads placed for five consecutive issues run a sixth time free. Preprinted full-page flyers that are ready for insertion, are \$35 per issue. Barn Sale unclassified rates: Members: \$5 per ad, non-members: \$6 per ad.

Send all letters, articles, photos, etc. to: Lisa Sowell, 8150 West 111th Ave., Broomfield, CO 80021, (303) 465-3621.

1997 Board of Directors

Bill Smith (505) 334-6275	President & At Large
Lonnie Smith (505) 334-2001	Vice Pres. & At Large
Betty Wolgram (970) 824-8359	Secretary & D-3
Ike Mosgrove (719) 495-2906	Treasurer & D-2
Susan Benjamin (970) 242-1548	D-3
Carol Beumer (970) 824-9204	At Large
Dan Fredal (719) 481-3071	At Large (rep. D-1)
Larry Keckler (719) 687-2558	At Large (rep. D-1)
Bonnie Olson (719) 495-9623	D-2
Karen Laden (719) 495-3892	Past President
Judi Tobias (719) 593-7310	Nat'l. Board
Joe Quintana, DVM (505) 325-8829	Nat'l. Board

Attention open riders!

Region 3 needs safety riders for the Championship Challenge Ride to be held on Aug. 23-24, 1997. Riders must be accustomed to the faster pace and longer distance. If you are an open rider who does not intend to compete in this ride and have or are willing to get First Aid training – and would like to participate – notify the safety chair. The Challenge Ride is 40 miles per day and will return to camp for lunch each day, so a safety rider can ride in shifts of 20 miles each, if necessary. Please call Joan Feldman at (303) 776-2077 at home on weekends or (303) 438-4469 at work on weeknights. **THANKS!** – *Joan*

1997 rides, clinics announced

Date	Ride/Clinic Name	Approx.Location	Contact/Phone		
4/12	Cavaller Clinic	Colo. Springs, CO	Erv Perelstein/719-495-2906		
4/12	Navajo Lake Clinic	Farmington, NM	Bill Cumberworth/505-327-2286		
4/19	Anasazi "B"	Farmington, NM	Bill Cumberworth/505-327-2286		
4/26-27	Rabbit Valley	Grand Junction, CO	Edith Graybill/970-256-7443		
5/10-11	Navajo Lake	Farmington, NM	Calvin Reed/505-334-3015		
5/24-25	Turkey Track	Albuquerque, NM	Carol Knauss/505-281-7593		
6/7-8	Cavalier	Colo. Springs, CO	Judy Mason/719-495-4437		
7/5-6	Outlaw Trail	Craig, CO	Betty Wolgram/970-824-8359		
7/26-27	El Jinete/Reg. 3 Benefit	Durango, CO	Kathryn Hayes/970-884-9422		
8/8-9	Cedro Peak (A&B rides)	Albuquerque, NM	Bonnie Jackson/505-897-4453		
8/16-17	Signal Butte	Woodland Park, CO	Sandie Wilson/719-687-3815		
8/23-24	Championship Challenge	USAF Academy, CO	Judi Tobias/719-593-7310		
8/30-31	Top of the World	Foxton, CO	Thom Harris/303-838-5894		
8/13-14	Golden Gate	Blackhawk, CO	Judd Adams/303-494-4241		
9/27-28	Chokecherry Canyon	Farmington, NM	Chris Candelaria/505-325-1288		
10/11	David B. Thomas "B"	Farmington, NM	Chris Barns/505-325-1171		

Attention ride managers ... please note any discrepancies and notify me at (303) 465-3621 <u>before</u> the next newsletter deadline (May 15).

Thank you. Lisa

Home recipes for horses

Electrolytes 1 lb. table salt 22 oz. Morton Lite salt 1/3 part Listerine mouth wash 1/3 part water 1 oz. epsom salts 1/3 part rubbing alcohol 1 oz. powdered milk 1 oz. baking soda Feed two teaspoons daily Leg Brace 1/3 part Listerine mouth wash 1/3 part water 1/3 part rubbing alcohol Feels great on the horse's legs after a ride, but wait until after awards.

Fly Spray

1 cup Avon Skin So Soft2 cups white vinegar1 tablespoon eucalyptus of

1 tablespoon eucalyptus oil or oil of citronella Mix together and use in a hand sprayer

Safety chair turns over the reins

Dear Region 3 members,



Being the Safety Ride Chair for Region 3 has been a very rewarding and enjoyable experience for me. But, due to other numerous commitments, I am finding that I am unable to continue in this capacity. However, I will be able to help out from time to time as a safety rider.

I want to express my best wishes to Joan Feldman who is taking over my position. Because of her experience, Joan will certainly be an asset to Region 3.

Thanks again for your support. Rosie and I are looking forward to seeing you all on the trails.

> Happy trails, Lois Arbour

Lois Arbour of Conifer, Colo., pictured above left at the recent Region 3 seminar and again at right with Rosie at the Golden Gate Competitive Ride near Blackhawk, Colo., last fall. Lois and the gaited mules she has ridden have capably followed the open competitors for years.



Uniting Along the Divide

n July 12, 1997, 31 teams will set out to explore the Continental Divide Trail (CDT) in an effort to develop a State of the Trail Report. Hundreds of people will unite along the CDT to identify the challenges and opportunities facing the trail and our Western public lands.

With approximately 30% (about 1,000 miles) of the trail left to comlete, the Alliance needs your help to raise awareness and attract funding to get the job done.

You will have direct contact with an assigned Forest Service, Nat'l. Park Service or BLM staff person to plan your 100-mile segment. This will be experience you will remember for the rest of your life.

To find out more write the Continental Divide Trail Alliance at P.O. Box 628, Pine, CO 80470; or phone (303) 838-3760.

Casserole recipe back by popular demand

I have received several requests to run Donna Schriefer's popular breakfast casserole recipe again:

Donna's Breakfast Casserole

- 6 beaten eggs
- •2 cups milk
- •1 tsp. salt
- •1 tsp. dry mustard
- •1 cup grated cheddar cheese
- 6 slices white bread, remove crust and break into small pieces
- •1 lb. breakfast sausage, browned, drained and cut into bite-sized pieces

Mix all ingredients together and pour into 9" x 12" pan. Bake at 350° for at least 30 minutes.

For trail rides, use a foil pan, bake as directed, then freeze for later use. Thaw and reheat. Serve with fresh fruit for a healthy breakfast to give your ride workers!

Region 3's Committees

Committee

Membership

R3 Newsletter

Lists/Labels

1997 Seminar

Colorado Trail Maintenance

Clinics

Publicity

Historian

Judge's Committee

Supply

Awards

1997 Benefit Ride

Nominations

Fundraising

Youth Sponsorship Fund

By-Laws

Ride Book

Safety

Membership Directory

Chair

Ike Mosgrove

Lisa Sowell

Ike Mosgrove

Bob Santistevan

Neal McKinstry

Bobbi Chenoweth

Karen Laden

Larry Keckler (vacant)

Judi Tobias

Patt Jubb and Judy Miller

Kathryn Hayes

Lonnie Smith

Terri Daugherty and Betty Wolgram

(vacant)

Karen Laden

Lisa Sowell

Joan Feldman

Joyce Calhoun

Region 3 seminar

special windchimes to several longtime supporters of the region. Then a drawing was held for the winner of the raffle – an exquisite stained glass Arabian horse head, created by Terri Daugherty. She donated the proceeds from the raffle to the Region III Junior Sponsorship Fund. However, they managed to get down to business and elected Bill Smith by acclamation for a second term as president. Other 1997 officers are Lonnie Smith, vice president; Betty Wolgram, secretary, and; Ike Mosgrove, treasurer.



The panelists featured in "How to Transition to Riding Open" lead a lively discussion at the Region 3 seminar. From left are: Sherry Eckel, moderator Judi Tobias. Larry Keckler and Dee Overholt. (All photos from Dee Overholt.)



Two of Region 3's excited winners include Mary Ellen Keckler (left), and Terri Roberts Smith.

So, the board is looking forward to 1997 with the Region III Benefit Ride at the El Jinete Ride (chaired by Kathe Hayes) near Durango, Colo. There's also the possibility of the Championship Challenge at the Air Force Academy in August, chaired by Judi Tobias.

Finally, it was time for the announcements of the year-end awards.

On Sunday morning the old and new regional boards met. Some of the attendees seemed a bit fuzzy, having partied and danced the night away.



Proudly displaying their blue ribbons are **Dee Overholt** and **Lonnie Smith**.



Long-time contributors and supporters of Region 3 include (from left) **Neal** and **Marj McKinstry**, **Ike Mosgrove**, **Barb** and **Tom Butterfield**, **Ariel** and **Dean Schrader**, **Lois Arbour**, **Bob Santistevan** and **Pat Jubb**. They're pictured waiting to receive specially-made windchime gifts as tokens of appreciation from the region from board president, Bill Smith.

Region 3's Neal McKinstry of Fruita, Colo., receives the NATRC Lifetime Membership Award at the national convention.

See story on page 5.

McKinstry receives membership award

Written and presented by Judi Tobias at the national convention

GEAL McKINSTRY loves to ride the trails and he loves good horses. He and his wife Marj are long-time breeders of Arabian horses. In fact, a photo of Marj and their stallion Zeus graces the front of a book about the Arabian horse.

"Neal joined NATRC in 1981. He has always been a great competitor, but also a great person to ride the trail with. I first remember Neal on a ride at the Brown Ranch in Chugwater, Wyo., in the '80's. The riders had just been told to trot to a P&R when one competitor's horse went over backward, throwing its rider to the ground. She needed immediate medical attention, so Neal galloped to the P&R stop to get help. His horse *still* didn't lose any points at the P&R!

"Neal, wanting to give back to the sport he loves, has served several terms on Region 3's board, representing Colorado's Western Slope. A major reason the that area has continued to be such a vital part of Region 3 is due to Neal's support. He also has helped put on the Rabbit Valley Ride near Grand Junction, Colo., serving as co-chair and trailmaster. In 1995 he helped put together a great regional seminar in Grand Junction. And, in spite of surgery in 1996 that made him dependent on a walker, he was the rule interpreter and mentor for the new Hole in the Wall Ride near Craig, Colo.

"A great believer in the trail ability of the Arabian horse, Neal has served as liaison between NATRC and the International Arabian Horse Assoc. (IAHA) since 1988. Neal has been instrumental in helping to write up the current criteria for IAHA distance competitions, putting many of NATRC's philosophies into the IAHA rules. He has ridden several IAHA championship rides, most recently at the age of 73 - while sporting two artificial hips. When Judd Adams of Boulder, Colo., decided to make the 1996 Golden Gate Ride the IAHA Region VIII championship ride, Neal was on the phone immediately with help and support. He always goes the extra mile to support the relationship between the IAHA and NATRC, and to promote NATRC on a personal level as well. Moreover, he is the epitome of what a trail rider should be. He is always a pleasure to ride with and his softspoken good manners are a delight to all who know him. It is an honor to present Neal with this award."

Help Wanted:

Colorado Trail maintenance volunteers

Ten years ago Region III volunteered to maintain Section 12 -Copper Mountain to Kokomo Pass - of the Colorado Trail and we have been doing that job ever since. At the Region 3 seminar last January, the board asked me to coordinate this job. When I pointed out my physical limitations, they assured me other members could do the difficult labor. Now, I'm looking for a good crew to help on the task this summer, probably about mid-July, but maybe as late as August. A reliable chain saw and some trail maintenance tools (shovels, etc.) would be needed. It is suggested that the helpers walk rather than ride, as horses can complicate things on this narrow-in-places trail. Admittedly, I have to ride to get there, but I will be providing a pack horse to help carry the heavier equipment.

As early as receding snow pack permits – about mid-June – some of us will survey the trail to determine what repairs are needed. Then I will contact volunteers and finalize the arrangements.

I am looking forward to your help on this interesting adventure.

Contact me at: 1816 K4/10 Road Fruita, CO 81521 (970) 858-9042

Thanks! Neal McKinstry

BARN SALE

LOVELL OF MACK Custom **No Bounce** products for distance riders.
Cantle and wither bags, etc. For free catalog call (970) 858-7323 or write 647 "R" Road, Mack, CO 81525-9724.

Colorado Horsemen's Council seeks funds for survey

a S Colorado grows and more development occurs, there is a need for more promotion and education to insure the future of the horse in the state. Every other agri-

cultural commodity group has a fee associated with its cost of being a part of that industry in order to promote their commodity. This is the

horse industry's chance to put some money into a survey fund to help promote and educate the public about our own agricultural industry.

It is important that the horse owner, horse-related business and horse organizations show their support for the Colorado Horsemen's Council and the Colorado Horse Development Board (CHDB). The survey information will be kept permanently confidential. The more horse owners on the survey list, the more

It is important that the horse owner, horse-related business and horse organizations show their support

accurate the information.

Donations for the CoHoCo Survey can be mailed to Jennifer Johnson Seltzer at 301 N. 49th Ave., Greeley, Colo. 80634. Checks should be made out to CoHoCo Survey.

Any questions or suggestions are welcomed by the CHDB board mem-

bers. They are: Eloise Joder, president, Boulder County (303) 449-6040; Dr. Ann Swinker, vice president, Ft. Collins/Ft. Lupton (970) 491-6271; Laura Miller, secretary,

Westcliffe (719) 429-2684; Tim Lara, treasurer, Elizabeth (1-800) 877- 6290; Norm Brown, CoHoCo survey chair, Wellington (970) 568-3318; Helen Fusscas, Parker (303) 841-5550; Jerry

Martinez, Longmont/Weld County (303) 651-7863; Dave McManus, Olathe (970) 249-3935; Cathleen Neelan, Steamboat Springs (970) 879-5666; Chuck Sylvester, LaSalle/Denver (303) 297-1166; and Josie Traub-Dargatz, Ft. Collins (970) 491-0302. – CoHoCo

Region 3 Net Worth Report

Assets

Chacking

Checking	Ψ	3,023.40
Ken Burkdoll		827.61
Ruth Tyree Svgs.		744.08
Sue Bretag Svgs.		4,609.68
Total cash/accts.	\$	12,004.83
Total Assets	\$	12,004.83
Liabilities		0
Overall Total	\$	12,004.83

JET Arabian Ranch, Inc.
For Sale, Purebred Arabians
for Show and Long-Distance Sports

Home of "Fyre Kracher" - Polish Stallion

Jill Talbot Hicks

858 Marshall Road Boulder, CO 80303

5 823 46

Are you on-line? If so, trot on over to NATRC's web site. You'll find the latest ride schedules, national rule changes and other tidbits at:

http://natrc.trailriding.com/



Note shoeing rule change

National approves change

t the February 1997 board meeting, the national board voted on this change: SECTION IV - THE RIDE

E. Shoeing

2. If shod, any variation in the thickness of the shoe that may alter the angle of the hoof is prohibited. Shoes affording protection to the frog or sole including but not limited to bar shoes are prohibited.

WELCOME NEW AND RETURNING **REGION 3 MEMBERS!**

Kim Bennett: Elizabeth CO Terri and Nicoli Bracha; Sedalia, CO Cynthia Cantele; Steamboat Spgs., CO Pat Hansford; Sho Low, AZ Lee and Lois Hoth; Craig, CO Sheri Hull; Colorado Spgs., CO Maggie MacRae; Colorado Spgs., CO Sonny and Tracy Scarlett; Conifer, CO Dominique & Elaine Chavanon;

Colorado Spgs., CO Milne Parish; Walsenburg, CO Mary Wyman; Gallup, NM Carol Knauss; Tijeras, NM Linda Fisher; Aurora, CO

Howard Hazel; Critchell, CO Jason White; Pinehill, NM Abbie Hazelwood; Bloomfield, NM Betty Jones; Flora Vista, NM Marie Weaver; Las Cruces, NM Lou Ann Washington; Fairplay, CO Roxann Lane; Elbert, CO Vikki Berens/Dean Sandvik;

Steamboat Spgs., CO Patti Embree; Ignacio, CO Phoebe Chambers; Grand Junction, CO Linda Reuland: Berthoud, CO Apologies for any mispellings – Lisa

f AROUND THE f REGION ...

NOTE TO NOVICE RIDERS!

When you compete in novice-class horsemanship and achieve five first place finishings, you cannot continue to compete for placings in the novice division. If your horse receives five first place finishes in novice, he/she may not compete for placings in novice either. This is useful to remember (particularly in horsemanship) when you might want to start a young or inexperienced horse in the future and still be able to compete as well.

DON'T FORGET about the change in scoring for P&Rs. Respirations under nine (9) will not be scored against. Also, there will be no more half-points deducted. Refer to the back of the new vet cards for more details.

ON JUNIOR SPONSORSHIPS: Juniors can apply to Region 3 for forms - getting the Region 3 membership and one-half of two ride fees paid when applying. Region 3 appreciates anyone (business, individual, ride or club) contributing to the sponsorship fund, and those contributors will be acknowledged in the newsletter. Monetary gifts over \$25 receive a certificate. Make applications to to Terri Daugherty, 3083 Maverick Dr., Colorado Springs, Colo. 80918; (719) 593-7310.

MANY, MANY THANKS TO KAREN LADEN for her invaluable help with the national flyers and to Davis Creative for donating the artwork used for the flyers and for the Championship Challenge Ride.

THE TETHER STUDY GUIDE-LINES ARE LISTED BELOW.

Lines attached to borse trailers

1. The line must not be attached to the trailer any lower than 5 feet from the ground, tied tightly with minimum sag. 2. The distance the horse can slide along the tether is up to 10 feet, with a 2-foot leeway.

3. The line must be 2,500-lb. test.

4. It is recommended that eye-bolts for line attachment be at least 2,500-lb. test.

Lines between trailers, trees, poles, etc.

1. The line must be at least 6 feet from the ground, but 7 feet with minimum sag is suggested for safety reasons.

2. The line length can be longer, but the distance a horse can move along the line can be 10 feet with a 2-foot leeway.

3. A knot or other means to readily untie the horse from the line should be provided should the need arise.

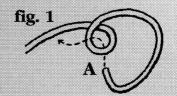
Guidelines for stallions

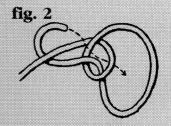
1. All of the above apply to stallions too, except that stallions must have 2 lines with 2 separate end connections. 2. The halter rope will be attached to

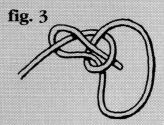
1 tether line.

3. The bowline or second attachment around the stallion's neck will be attached by its own separate connection to the second tether line, for safety reasons.

How to tie a bowline knot







Start with an overband loop, which serves as the "eye." Put end "A" (fig. 1) up through the loop, then under the standing part to form a turn (fig. 2). this brings the end over the standing part. Thrust the end down through the "eye" to form a bight (fig. 3). Grip both portions of the bight with one hand and pull on the standing part with the other hand. The "eye" becomes a tight know below which you will have a large loop.

NATRC Membership Application

NATRC offers six membership plans (check plan desired):

 1. FAMILY membership 2. SENIOR membership 3. JUNIOR membership 4. ASSOCIATE membership 5. SINGLE lifetime membership 6. FAMILY lifetime membership Membership is for t All NATRC memberships include: rule book, membershi NATRC annual high score awards and championships, 	(\$35 per year) Household of one (\$30 per year) Single adult me (\$20 per year) Single junior me (\$45 per year) Equine-related (\$250) Any person of any age (\$350) Household of one or tw twelve months from date of rec ip card, club patch, ride schedule, in rider and horse mileage awards an	mber (one ember und groups or (one vote or adults a reipt newsletter	e vote) der age 18 (no vote) businesses (no vote)) and children (two votes) r, eligibility to compete for
PLEASE LIST ALL FAMILY MEMBERS			
Name(s)			
(-)			(F. + 4-1) , 1; 2 (2) [1]
Street	City, State, Zip		
Phone (Birthdate of jui			\$ enclosed
NATRC Specialties*	NATRC Manuals* Rule Book (incl. w/ membership) Judge's Manual Rider's Manual Management Manual (plus P&H, 1-3 manuals) NATRC Videos* Vet Judge Video Horsemanship Video Both Videos vailable to anyone, regardless of memand mail to	\$2.00 \$5.00 \$4.00 \$4.00 \$20.00 \$35.00	Contributions to NATRC are tax deductible. If you wish to show your added support by contribution to our Foundation, Awards, Student Loan or General Funds, please increase the amount of your payment and direct how you wish it to be used. \$10 \$25 \$\$ \$Other How did you learn about NATRC?

REGION 3 NEWSLETTER

North American Trail Ride Conference

Lisa Sowell 8150 West 111th Avenue Broomfield, CO 80021

ADDRESS CORRECTION REQUESTED