



the Stirrup

Newsletter of NATRC Region 3

Kerry Bingham - Editor

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Aztec, NM 87410

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The Region III Newsletter is quarterly in March, June, September, and December. It is available by subscription to non-Region III members for \$10 per year.

Advertising Rates:

Free for current members
Non-members - Full page \$50, half page \$30,
quarter page \$18, business card size \$10

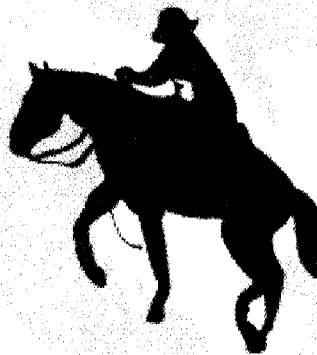
Classified Rates:

members \$5 per ad
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Send all letters, articles, payments, advertisements, photos, etc., to:

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Deadline for articles, ads, etc. is the 1st of March, June, September and December



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Region III Newsletter
June 2008

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A Message From the President...

As of this writing, three competitive rides in Region III have come and gone and some in June are almost on us. Entries are down and it has been difficult for the rides to break even. Also, please send in your entries ASAP so management has some kind of forecast about the numbers. I understand the not just fuel costs are going up, but the cost everything we purchase seems to be increasing. But we need to keep our sport going, so I encourage everyone to find a way to stay involved and keep attending the CTR's. You might consider traveling together to share costs... It always a good idea to talk with your friends about NATRC, you never know who might be open to trying a new challenge.

Our first budget is coming together, thanks to our budget committee chairman, Linda Adams and her committee. Linda will also be taking over as treasurer, since Kathy Shanor will be moving from Region III. Again, thank you Kathy for your hard work and dedication. Region III will miss you.

We need to elect to the Board of Directors, 3 new members and 1 new National Director to represent Region III and 1 new at large member. Those members whose term limits expire are Jerry Sims, Lin Ward, Tracie Korthis, and Susie Whitter (National Board Member).

New members must be nominated and sent to Vice President Olga Spanoff before November 10, 2008. She will send these ballots out to the general membership no later than December 10, 2008.

The President- Jerry appointed the following as the nominating committee:

District 1, North of I-70 - Sherri Halligan

District 2, South of I-70 and east of the Divide and north of New Mexico - Linell Miller

District 3, South of I-70 and west of the Divide and south including all of New Mexico - Virginia Snip.

Any member in good standing in Region III can run for a position of director in their district. Anyone in Region III can run for the National Board of Directors.

Hope to See All My Friends Soon,

Jerry Sims



Again, thank you Kathy for

Letter from the Editor

Hi everyone....I bet you're wondering where in the heck your Stirrup has been. I haven't been slacking....honest! At the last BOD meeting it was decided to change the Stirrup to a quarterly publication for reasons mentioned in the last newsletter. Just thought I ought to remind you of that....

Hope you enjoy the various stories in this issue....I love all of the stories and pictures you sent in. You will enjoy the wide variety. There is a story about a tortoise....which was discovered on the way to a

trail marking day...so since it happened on the way to a NATRC related event it just had to be in there! Plus, it is always interesting to find out what NATRC horses are doing in their spare time. Keep the stories and pictures coming in! You guys are the best!

Also, just a friendly reminder, if you are receiving this via snail mail the region would love it if you could receive it via email. The newsletter arrives a lot faster and there are great full color pics! It will save the region money and help us Go Green at the same time.

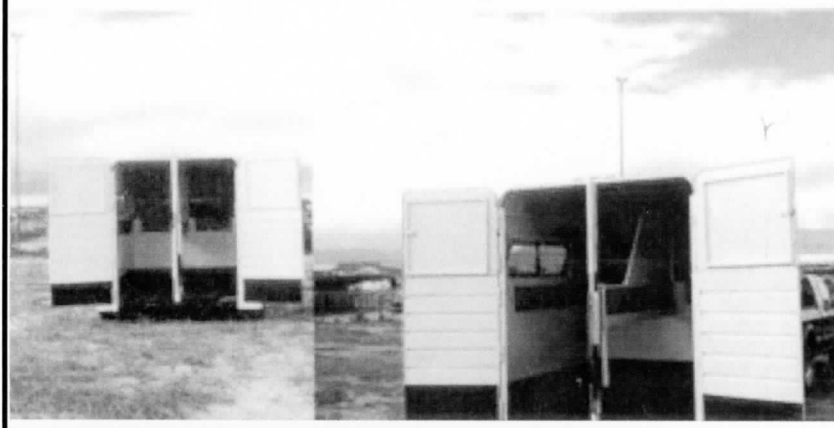
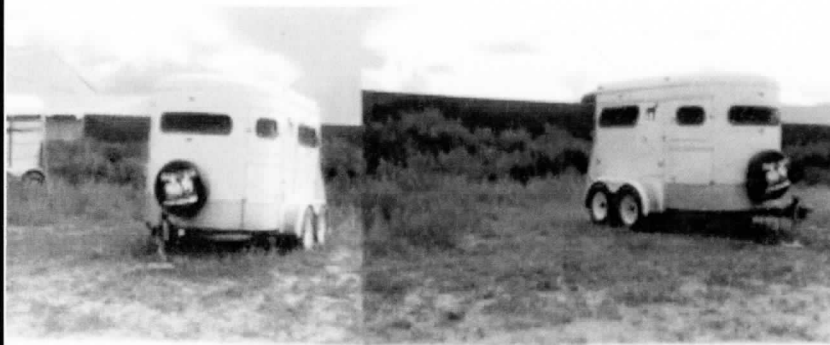
Well, I'm packing up for Willow Springs, so I better get going. Have some horse cookies in the oven!

Happy Trails,
Kerry Bingham



Barn Sales & News Bits

1992, 2-horse, straight load bumper pull trailer, tall and wide, spacious tack area, roll-out saddle racks on each side, very good condition. \$2500 Call Barb at 719-285-5073 in Canon City, CO



Cleaning out the tack room!

We have several saddles for sale. A very nice English saddle with a 15" seat, \$75. A brand new dressage type saddle, \$40; a Saddle King western saddle \$500, another older western saddle \$150, and a used Ortho Flex Express Lite, needs some work \$500. Call or email for more information or pictures. Kerry or Kenny 505-327-1579 or kbingham630@msn.com

For Sale

Registered Racking Horse
16 hands, 9 yrs. old; Pride's Lawyer, 2nd in region and national 2007; 6th in 2006 as CP horse; 1st Novice horse 2005. Regrettably must be sold; asking \$5500. Call Jim Sinnett 719-489-2504. His health A+; Personality A+; Looks A+; Disposition A+; all else A+

Sharon Saare Endurance Saddle, DD, 15 1/2" seat, nice tooling, excellent condition. It no longer fits my horse. Asking \$1200. Call Barb at 719-285-5073 in Canon City, CO

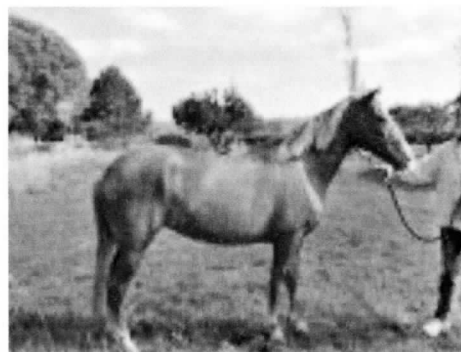


For Sale - 10 y.o. **Foxtrotter mare** \$3500,
Shadow's Bold Princess W is gentle, bright sorrel, 15 H, loads, shoes, lovely! Has competed and won in NATRC. Call Sue McKelvy 303-838-2890

...More Barn Sales & News Bits

TCR Bint Ssianna, yearling chestnut filly. Registered as a Half- Arabian and also as a Quarab. Sire was a black and white paint and dam was a Russian purebred Arabian reining mare, a *Muscat granddaughter. Ssianna is sweet, smart and playful. She loves people and wants to please. She leads, stands tied, lifts feet with a patient farrier and trailers. Should mature at about 15 hands. Asking \$750 OBO or might trade for tack or a flatbed trailer. Anyone buying the gelding, Faaseyn Al Ah-mar, can obtain this filly in a package deal. Contact Jene Moseley, Silver City, NM, 575-535-4374, raffizan@aznexus.net.

Paso Fino mare for sale . Reg. ,14 yrs, Chestnut. Does NATRC, parades, search/rescue, loves people. Must sell \$3500 OBO. Mary Vaughan , 505-793-6471. Exp. rider.



Get Well Soon!

Get well wishes to Ann Foutz, who accidentally suffered from some pretty severe burns after spilling hot grease

Also, get well wishes to Linda Trcka after her knee surgery

HORSEMAN'S PROTOCOL

- Make sure you are present, in the moment, and breathing.
- Think and picture what you are about to ask the horse to accomplish. Remember to acknowledge that his fears and reluctance are very real, but the reality is that you are about to offer him a better way.
- Focus, which prepares your posture.
- Allow it to happen: set it up, wait, and patiently discourage the wrong answers; time is NOT a factor!
- Reward the slightest effort toward the right answer.

Published in THE NORTHWEST HORSE SOURCE, Riding Outside the Box Part 2 by Alice Trindle, T&T Horsemanship

Four Corner's Classic

excerpt from ctr Yahoo group as written by Cristy Cumberworth

Well, it went well! A new B ride added to the Region 3 roster this year one week after a NATRC clinic.... mostly for the clinic attendees to practice their newly honed skills. the weather held... March can be like russian roulette but we won this weekend with sunny skies and only a light wind. It was a cold morning to get up early, however, at 18 degrees. fortunately it warmed up quick.

The ride was small with only 21 starters and finishers. We had 8 First Time riders..... 7 had attended the clinic. Novice Sweepstakes was won by one of those First Time Riders! (Guess that clinic had some great teachers! Dr. Joe Quintana, Horsemanship Judge Judy Cumberworth, Long time competitors Russ & Linda Jones and Jerry Sims too, along with outriders Cheri Westmorland, Abby Hazelwood and Ann Foutz (they rode with the 3 different groups of attendees on the trail part of the clinic)

The small number of riders allowed the judges, Quintana and Cumberworth to see them many times really put those FTR (first time riders) and all the competitors through the complete wringer, as they have to on a one day ride! They started with a Sat am mount way before timing out and moved directly into a gully 300 feet outta camp! They saw them again before the 1st P&R and got em again over a classic DJQ log obstacle in the bottom of a gully. Cumberworth hid on a hill to find bodysway while DJQ was up to something on top of the hill before lunch. (I wasn't there, I was up the trail further aiming at a favorite hill climb for pics). During lunch, Quintana did a metabolics check and immediately after lunch a trot by was in effect.

After lunch I left to get my images processed, I had already seen the riders 5 times and most riders had 7 images already to choose from. The judges went back to catch the open riders and saw everyone again at least once more before camp. They got back to camp within 15 minutes of the last novice to arrive and just before Open arrived to begin checkout.

We will likely see at least half of those FTR again! Maybe more.WooHoo! (another benefit to a small ride..... lots of personal attention for the newbies.)

NATRC/AERC CLINIC A HIT!

submitted by Jill Talbot

ON MARCH 29TH, 2008....BOULDER HORSE & RIDER, LOCATED IN BOULDER, CO AND OWNED BY REG. 3 MEMBER, JILL TALBOT...HOSTED THE 4TH ANNUAL NATRC/AERC CLINIC. OVER 15 NEW FOLKS ATTENDED AND ENJOYED VIDEOS/HANDOUTS/ DISCUSSIONS IN A CLASSROOM SETTING. JILL EXPLAINED ALL THE FUN FACTS ABOUT COMPETITIVE TRAIL RIDING, WHILE CHERYL & RANDY WINTER DISCUSSED THE DIFFERENCES BETWEEN NATRC & AERC. CHERYL ALSO DID A WONDERFUL TALK ON CONDITIONING THE LONG-DISTANCE HORSE. AT THIS TIME, AT LEAST 9 OF THESE CLINIC PARTICIPANTS WILL BE ATTENDING THIS SEASON'S RIDES! IT WILL BE GREAT TO HAVE NEW FOLKS TRYING OUR SPORT! SAY hi! AND EXTEND A HELPING HAND TO THEM IF YOU SEE THEM AT OUR RIDES!

Win a Specialized Saddle!

Win a Specialized Saddle and support Region 3! Region 3, is sponsoring a year long chance to win a custom fit Specialized Saddle. Tickets can be purchased for \$5 a piece or 5 of \$20.

Specialized Saddle's have a interchangeable system that can be adjusted to fit any size or shape of horse. They are lightweight with either Western stirrup leathers or English stirrup leathers. the "Euro light" has quick change leather or fleece seat and lots of D ring for attaching. It is the perfect lightweight and sturdy distance and trail saddle.

Tickets are available for Jim and Lin Ward, 200 CR 326, Westcliffe, CO. 81252, jward@ris.net, 719-783-9645 or from any Regional or National Board Member

The drawing will be held at the 2009 Regional Convention,
you do not need to be present to win.



Help Support Region 3 and WIN-WIN-WIN

Saddle will be available to see at ride where Jim and Lin Ward are in attendance.

(Saddle may be exchanged for a different size or style with a credit of \$1195, not returnable for cash.)

Our New Euro light weighs only 12 lbs and has detachable, interchangeable seats. You can select from real wool fleece, or top grain leather in five colors, or buy an extra and change colors or styles.

Equine Vocabulary Lesson

Grooming:(verb) the process by which the dirt on the horse is transferred to the groom.

Navajo Lake Bill Smith Memorial Trail Ride

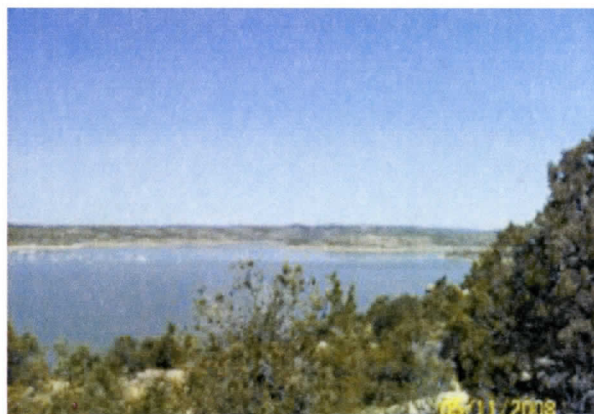
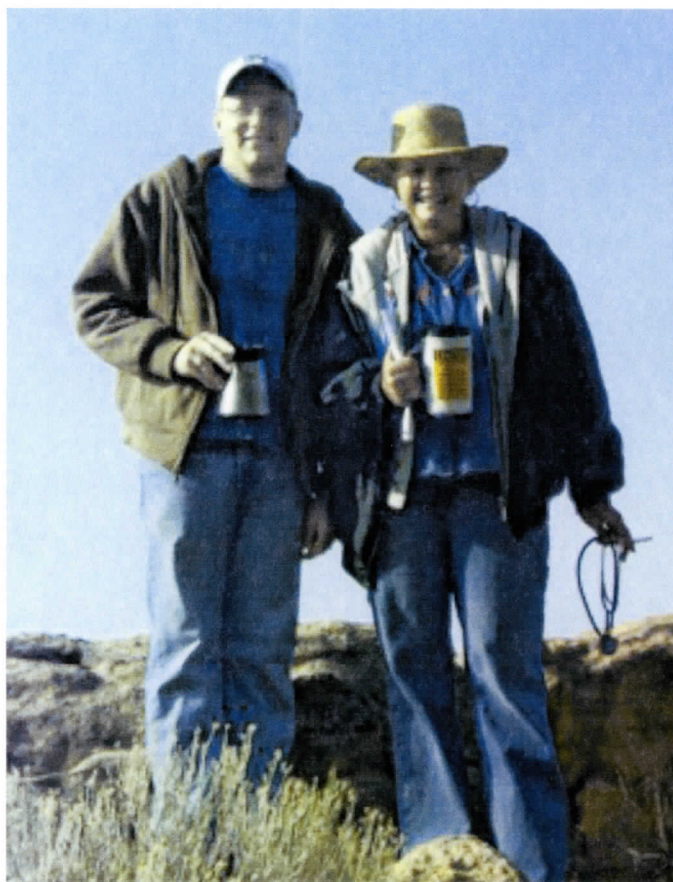
Wonderful weather was welcomed at Navajo Lake at the Bill Smith Memorial Trail Ride on May 17th and 18th. The weekend was promising to be a great one, with the excellent weather forecast, the anticipated Mothers Day gifts along the trail and the return of the Region 3 Hot Tub complete with Piano Bar. The camp was situated on a mesa above beautiful Navajo Lake. Dr. Jerry Weil was our vet judge and we were fortunate enough to have two horsemanship judges in the form of Judy Cumberworth and her mounted side kick Janine Ancell.

Janine and her husband Steve had one of the most unusual obstacles ever. We called it the "horsewreck" obstacle which included a saddle, saddle pad and assorted equipment strewn along the trail and then a rider (Steve) all dilapidated on the side of the trail with a lariat all tangled around him and a horse standing dejectedly further down the trail (secretly tied off).....then there was Janine watching you go through an in and out with a hump and log in the bottom. That saddle pad boogered a lot of horses from what I hear, although the site of Steve laying there did not seem to bother anyone! They get an A+ for creativity in my book.

All of the riders picked a Mother's Day Gift out of the trees before hitting camp on Sunday and then redeemed for "BIG" prizes which included helpful items such as screwdriver sets, nail files, movies and even a pregnancy test. The beloved Navajo Lake Vase went to a first time rider, who also won the good sportsmanship award. Now she HAS to ride next year!

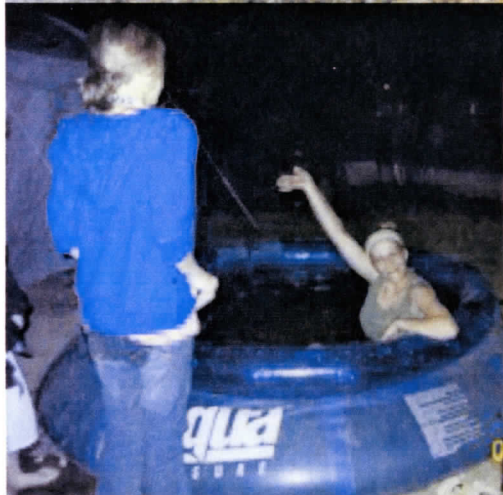
The trail was steep, windy and rugged....very challenging. The second day we went down the "Goat Trail". I had ridden it a few weeks earlier with a friend from Tennessee and when she saw the goat trail she said, with her Tennessee accent, "We're goin' down THAT? Do you think I'm the girl from Snowy River?!" But in the end, she was and so was everyone else who rode the second day. It was a fun, fun weekend. Special thanks to Bill and Judy Cumberworth for managing and Tammy Cumberworth for secretarying (she also assumed secretarial duties at the Pinon Mesa ride here in Farmington 3 weeks earlier.) Also special thanks to all of the San Juan Valley Trail Riders who helped in various and numerous duties to make this ride happen. ~submitted by Kerry Bingham photos courtesy of Tammie LaRue-Jones

(Below: Chuck and Jenny Smith, volunteers extraordinaire; Scenic view of Navajo Lake; potluck dinner





top left, clockwise:
Chuck and Roxeanne wowed us
tickling the ivories; a happy vol-
unteer and chief bottle washer,
Tammie from Tennessee; Brandi
and her Norwegian Fjord; The
Westmorelands and the Bing-
hams enjoying some shade;
Our secretary enjoying some
well deserved time off; Jenny
getting a little help up a hill from
a p&r point



Through out the years we have been riding NATRC rides, one thing we have noticed about management is the fact that many people get "Burned Out" putting on a ride year after year. It is a stressful job but one that can also be fun and fulfilling. Gary and I are looking for someone or a 'group of people' to manage the ride every other year. I believe this will stop the "Burn Out". If no one is interested, I think the best thing for the Colorado Trail CTR, would be to have it every other year? I hate to see a nice ride like Colorado Trail only happen every other year, but for us, every year is too much. We are willing to work and help someone from start to finish, or just to let you do your own thing. The trail has been GPS several times and retimed and should not require an additional work. Also, once this ride goes to every other year there is a good change the Forest Service will not allow it to go back to every year. Now don't get me wrong, this really can be a way to give back to the organization and let your ideas come alive of what you think would be a good NATRC ride. If interested please contact Gary and Linell Inman 303-644-5895

millerinman@esrta.com



FYI: Worker Points

Let's be sure to recognize our volunteers!

Ride Managers and Secretaries:

PLEASE SEND LIST OF WORKERS AND
THIER JOB TO ME SO THAT WE CAN RECOGNIZE OUR VOLUNTEERS!

Volunteers:

It is actually your ultimate responsibility to get your worker hours submitted to Beth. It would help her greatly if you could contact her with your hours.

Submitting is easy - email or snail mail:

BETH SIMS jsims@acrnet.com
or mail to

#11 Rd 1948, Farmington, NM 87401.

We need to be sure and thank our workers.
Without them, it would be impossible to put on
the rides.

THANK YOU!

RIDING RULES for Women Older Than Dirt

1. We DO NOT need to show up with our hair combed, make up on and wearing a clean shirt.
2. Moaning, groaning and complaining about aching muscles is perfectly acceptable, as is taking Motrin (or something stronger) prior to a ride.
3. Helping someone on or off the horse does not mean the rider is an invalid. It only means the horse got taller overnight.
4. No one will comment about how big someone's butt looks in a saddle.
5. Everyone will wait, patiently, while someone dismounts and adjusts equipment. Everyone will also wait, patiently, until that person remounts and is ready to move on...no matter how long that takes.
6. When a horse is acting up we will accept that the horse is just having a bad hair day and it is not the rider's fault.
7. Mentioning it is too hot, too dry, too humid, too wet, too buggy, etc., is considered self expression, not whining.
8. Wanting to be first, last, walk, or just stop does not mean the rider is a wimp. Sometimes it is necessary to teach a horse who is in charge.
9. We will acknowledge that horses are very strange animals and sometimes for no reason at all we fall off of them. If this happens to any rider the other riders will ascertain that the person is okay and then not mention the incident to another living soul, especially husbands and significant others.
10. We will acknowledge, without apology, that riding more than 6 hours increases our grumpy level far more than any ego benefits we may get from riding longer.
11. I need to keep this riding thing mysterious and strange sounding. If everyone else finds out how much fun it is the price of the horses will go up and I won't be able to afford a dozen of them.

Notes on Dr. Frazier's Lecture

(submitted by Judi Tobias who took some notes during Dr. Dane Frazier's talk at national convention in Denver earlier this year. Dr. Frazier is an internationally known endurance vet plus is a very funny guy! She thought we might find a few things of interest in her notes.)

Calcium is necessary for a conversation between the nerve and the muscle. Calcium instigates a muscle contraction. Potassium allows it to relax. The clinical sign of energy depletion is tension of the muscles. If muscles are stiff and twitchy, the horse requires sodium, if muscles are weak, they need potassium. If the animal has thumps (synchronous diaphragmatic flutter) they need both. Clinical manifestation of this is that the flank moves with each heart beat. Sodium is carried in the blood, potassium in cells.

Quiet bowel colic—mild to no pain. Horse appears depressed and not interested in eating or drinking. Banamine can cause kidney failure NEVER GIVE NSAIDS TO A DEHYDRATED HORSE.

CO = CARDIAC OUTPUT (amount of blood put out in one minute)

Tying up – mares more prone to this. Horses should have check of CPK and AST and be checked for this after 3 days following episode.

Thumps commonly caused by legumes in diet (alfalfa) and loss of calcium.

Exhausted horse syndrome—clinical signs multi-system problems in any order in rapid succession. High temp including core body temp. Horse will wag head at trot in attempt to keep balance. Needs IV dextrose with electrolytes and water-DO NOT GIVE BANAMINE.

Horses lose one ounce of electrolytes per hour of exertion under normal circumstances. This can increase in high heat and humidity or if the horse is not conditioned for the level of exercise. Horses will experience significant dehydration in the first 20 miles of work. Will not feel thirsty and so will not drink unless given electrolytes.

Electrolyte replacement: Lite salt – 2 units, calcium carbonate – 1 unit, magnesium oxide – 1 unit. Can put in 1 ounce container (film container works well) and mix with grape presweetened Koolaid. Put in 60 mg syringe, fill syringe with water and squirt into mouth of horse. Give 2 ounces orally every 10–15 miles of exercise.

Normal ratio of Ca:P is 1.2:1. Grass hay ratio is 1.2:1.

Can Paso Finos jump? They sure can!

Every May there's a wonderful Eventing clinic at Abbe Ranch in Larkspur, CO. A group of horse ladies from the mountains go to it together. This year there were six of us in one hotel room for a fun ladies slumber party. I'm way too old to ever be good at Eventing but for two days and very small classes of about 5 in each one, you have the attention of excellent instructors. I've attended the clinic for three years and come away with valuable ideas of how to be a better rider every year. At this clinic I'm lucky because my Paso Fino mare Gala will trot as well as gait. They don't like gaiting horses much in Eventing. We were entered in the Pre-school class. Gala can jump much higher but I'm not very brave when it comes to jumping even though I love to jump, again I'm too old! We were jumping the little jumps only 18" but we still had a blast. Now if I can just remember to keep.... heels down! It's a good early season warm up for NATRC which we compete in during the summer. A different way for you to enjoy with your Paso Fino!

Diana Marquardt and Regala de la Estrellas



Charlie Horse Tales

Recently, one warm sunny afternoon I went out to catch my horse Charlie. He and his "brother" Rey were enjoying the freedom of the spacious sagebrush filled pasture. As I held his halter and leadrope in one hand, I called his name and "clucked" to bring him in. Charlie's ears perked up and he headed in my direction, stopping about half way to me from a large sagebrush where he and Rey had been standing. The wheels were turning in his mind and I could read the look on his face; "What does she want?" "I DON'T THINK SO...." He calmly turned in his tracks and proceeded to walk back and behind the grayish green bush next to Rey. The sagebrush completely hid him from my view, but every few minutes he would peer around the bush to see what I was doing. Rey just stood there blinking at me. Who Said That Horses Don't Have a Sense of Humor!?

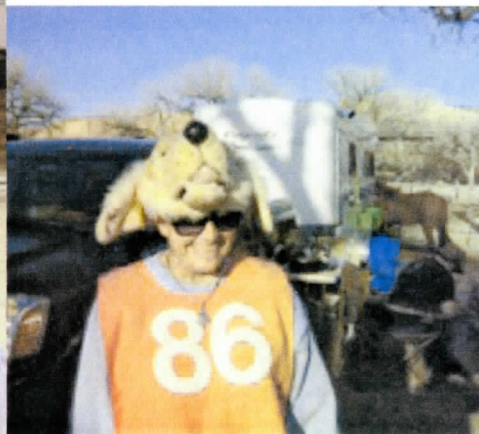
Beth Sims



Strange and Unusual Sights, Or The Kenosha Tortoise

As most of my friends and family know, I volunteered to manage the Willow Springs Competitive Trail Ride this year. I've been waiting for the snow and weather conditions to be favorable to head up there and start scouting out the trails. The first part of this week, the weather was great and a couple of my friends were available to go and ride with me, so Monday afternoon I headed out. I met and picked up my friend Susan Murphy to go with me, which was nice to have company along and she and I had a lot of catching up to do. The drive to the area that we have named Willow Springs is off of Hwy. 285 and from Denver you have to cross Kenosha Pass. As you can imagine the conversation never lagged as we drove. As we were going past one of the "pull-off" sites on the pass, I happened to glimpse to the right and in that very quick time, I saw two ladies and a very large turtle. Well, I shrieked that there was a huge turtle back there. Susan is going "What would a large turtle be doing out here?" I'm going, "I don't know but I saw a huge turtle!" Now, when I travel, I'm not one of these people that doesn't like to stop for ANYTHING but the absolute necessities. On this occasion had I not been pulling two horses I'd have come to a very quick stop to check out this incongruous sighting. As it was, there was another pull-off a short distance on up the way. I told Susan that I was going back to see that turtle. I pulled in and circled and we headed back down the road. Susan is telling me that if there is no turtle I'm never going to live this one down. We got back to the lot and sure enough, there are two ladies with a 71lb tortoise out taking a little stroll. The older lady had a walking cane and she's using it to shepherd that tortoise who was quite full of energy and wanted to GO! The daughter does tortoise rescue and this guy was one of her menagerie of over 20. He wasn't very old and far from being full grown. The story got better when she told us that her boyfriend had built a ramp so the tortoise could climb up it every night into her bed and she sleeps with it. She also said that she and her mother would get a hotel that night with a king size bed so he could sleep between them. I'm talking tortoise here, not the boyfriend!! She said he put himself to bed every night and didn't move again until the next morning. This is an image I can't quite get out of my head. What is she going to do when it gets full grown and weighs several hundred pounds? We took several pictures for proof of my story and had lots of laughs over this very interesting sighting. submitted by Sherri Halligan





Images from Four Corner's Classic

"Hats Off to First Time Competitors!"

