



the Stirrup

Newsletter of NATRC Region 3

Kerry Bingham - Editor

630 CR 3000

Aztec, NM 87410

the Stirrup

Region III Newsletter March-April 2009



The Region III Newsletter is a bi-monthly publication in January, March, May, July, September, and November. It is available by subscription to non-Region III members for \$10 per year.

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A Message from the President....



Welcome to a new year with Region 3! The convention in Grand Junction was a great success, interesting speakers and an entertaining awards banquet. The silent auction and Specialized Saddle raffle earned the region quite a bit of money. We are in solid financial shape at this time. (I'll bet the U.S. government wishes it could say the same.) My personal highlight of the evening was the awarding of the Bill Smith Buddy Award to Jerry and Beth Sims. To me, they both typify the values that Bill Smith stood for.

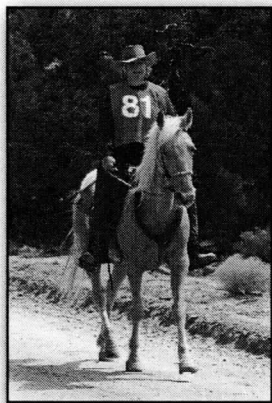
Jerry and Beth are also piloting a new program, the "Host Rider," (no, not "Ghost Rider" but "Host Rider") at the Pinon Mesa ride. An experienced NATRC rider will ride along with any novice competitors who wish to participate in order to help them with the trail, p&r's, ride time, etc., and hopefully assure them of a more stress-free, fun ride. More on how this turned out in the next newsletter.

We are so grateful that our Region 3 members are renewing at a higher rate than other areas. We appreciate and need your continued support! Our ride managers are already hard at work to offer quality rides for the 2009 season.

The Region 3 board has approved two new projects, both of which are designed to offer more efficient communication and allow all our members to stay in touch with the directors and each other. The first, scheduled to appear as a link on our website (www.natrc3.org) around April 1, is a Region 3MembersOnlyForum, a discussion/chat list, offered to all current members. This will be a fun and informative, so we hope you all will check it out and join. The second is a compilation of all members' e-mails into districts which will facilitate communication between the board and our members. Those who did not list an e-mail with their NATRC membership application or whose e-mail addresses are outdated will be contacted so that we can obtain an up-to-date e-mail. If you know that you do not have an e-mail or up-to-date e-mail address listed with NATRC, you could also feel free to contact me by phone (970-824-8359) or e-mail (bkwranch@hughes.net) and save me a lot of long distance phone charges. (I would be extremely grateful!) We encourage you to get involved in these new activities and enjoy!!

Sorry to go on and on, but a LOT of good stuff is happening. A wonderful ride season lies ahead despite the cancellation of the Spring Training Ride in Utah due to what I considered some ridiculous permitting demands by the local BLM manager in Vernal. I am going to be investigating what we might be able to do to establish more reasonable connections there so that we can possibly hold that ride in 2010.

Come ride with us, and often! Please support our ride managers; without them we'd be nowhere. See you on the trails and remember to hug your horse today,
Betty Wolgram, President



Letter from the Editor...

As I write this I am on my way home from the Region III Annual Convention that was held in Grand Junction. Thank you to Judy Mason and her team for hosting a great convention. The speakers were relevant and worthwhile, the meetings productive, the accommodations and food were first rate. The award ceremony was awesome and you will find the results in this issue. Standing out however, were Gary Inman who won the Ken Burkdoll and Bev Tibbetts awards, Brandy Feganchick who took blue in everything as well as winning the Specialized Saddle that was auctioned off, and the recipients of the first annual Bill Smith Good Buddy award, Jerry and Beth Sims. I was extremely honored to accept the Sue Bretag award for my work on the Stirrup and I must tell you that I consider it an honor to publish the Stirrup for such a wonderful group of people. It is very rewarding and I enjoy doing it.

I have good news.....we are going to revert back to the bi-monthly issues of the Stirrup. Quarterly just wasn't cutting it! Betty Wolgram, our new president, is going to contact folks who are not on our email list to see if we can get 90% of our members to receive the newsletter via email. It will save our district a lot of money and it makes the publication of the newsletter a much easier job!

Ride season is just about here! Region III will have ALL of our rides posted on the Ride Management System (RMS) on the national website (www.natrc.org) Please use it to register! It will make our ride secretary's jobs so much easier! Ride books have been mailed and you can always check out ride info on our region's website: www.natrc3.org We sure hope to see everyone out on the trail soon! Sincerely, Kerry

Barn Sales & News Bits

Honorary lifetime NATRC member, Bessie Scott, passed away September 28th, 2008. Her daughter, Zoe Lemaster wanted to thank NATRC for being such a wonderful organization that her family loved and enjoyed tremendously.

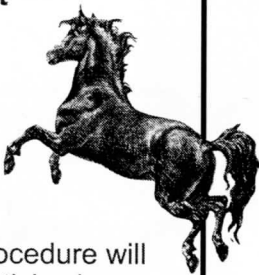
If you wish to contact her:

Zoe Lemaster
2106 Teton Rd.
Grand Junction, CO 81507

**SPRING TRAINING CTR
(APRIL 25TH AND 26TH)
HAS BEEN CANCELLED
DUE TO CONFLICTS WITH
THE BLM**

Stallion to Gelding Support

SGS pays your veterinarian directly for 100% of the standard gelding fees. SGS will not pay for any additional procedures or after care, hospital care, IV fluids or anything beyond the normal gelding procedure. No procedure will be paid for where one or both testicles have not descended. The owner is responsible for all care after the gelding procedure has taken place. This service is offered to those who could not otherwise afford the cost of the gelding procedure, while funds are available.



<http://stalliontogeldingsupport.org/index.html>

Ortho-Flex Express Lite Endurance Saddle

17" Complete with fleece booties, girth and crupper. Needs some work, but worth it at \$600. Contact Kerry Blingham 505-327-1579



Region 3 has a Tax Deductible Donation Number!

The number can be used for tax deductible donations. Anytime R3 is soliciting for money, awards, silent auction stuff, etc. this can be a big selling point. Through NBOD discussions this # or status cannot be used by individual rides UNLESS it is a R3 benefit ride, R3 convention, etc. The number is 501 c3

Need JEANS? Need a Cool COWBOY HAT? Or WESTERN BOOTS?



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HOST RIDER PROGRAM

We are trying something new at the Pinon Mesa ride and see how it works! In order to help and encourage our first time competitors, I plan to have a NATRC experienced rider (not competing) ride with the first timers and guide them through the weekend - helping them to be courteous to other riders, not bunch, stay on trail, help the P&Rs go smoother, stay on time, and just kind of help them through their first CTR.

Perhaps with a good and fun experience at their first ride, they will come back and ride again! The competition is very stiff and if you are mentoring, I think it takes away from your competitive edge, so to speak. I believe that the first timers would receive undivided attention from a non-competing rider. It might even be safer for all involved.

Sometimes, first timers don't want help, and that is fine too. But at least we can offer to share some of our knowledge and time to help them along. ~submitted by Beth Sims

HORSE MILEAGE POINT FOR PRERIDERS, SAFETY RIDERS, AND HOST RIDERS

We are reviving the Pre Rider/Safety Rider mileage program. The riders will have a form to fill out when they pre ride or safety ride with the ride managers signature, as well as the name of the horse to receive the mileage miles. I would like the host riders to receive worker points and the horse to receive mileage as well.

~submitted by Beth Sims, Worker Point Committee

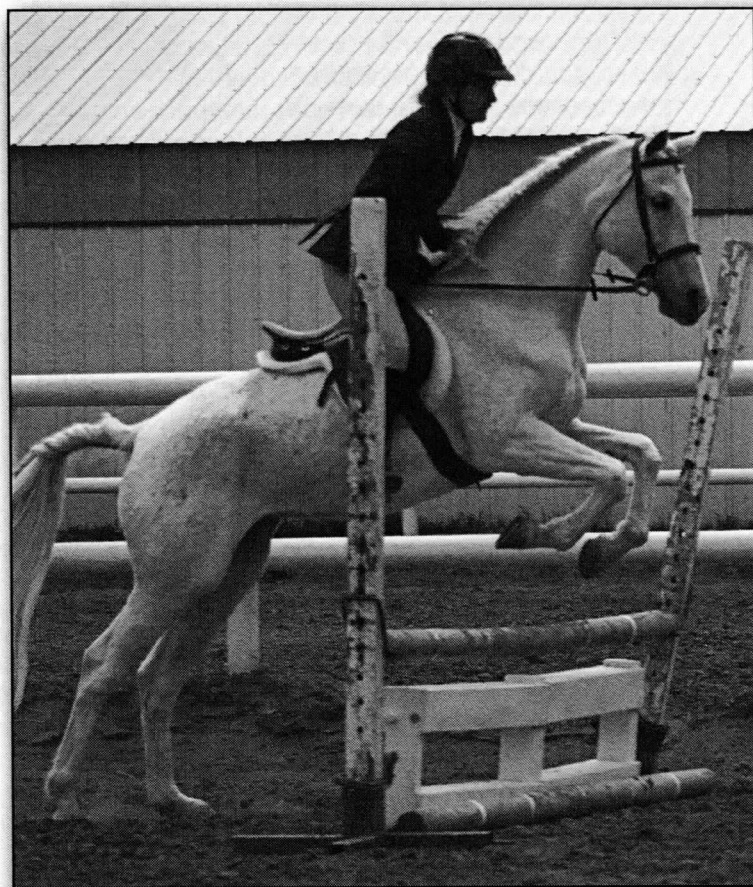
Region III Goes Digital! Join our Forum!!!

The new natrc3membersforum (a discussion/chat list) is up and running. Description: A discussion forum exclusive to NATRC Region 3 members to post information about rides, clinics, trails, volunteer work, training and conditioning the horse, equipment, nutrition, horse and rider health and welfare, etc., and to ask and respond to questions, share ride stories, and other related topics. Its primary purpose is to promote communication and camaraderie among the Region 3 members. Any member who is current with dues will be approved for initial membership in the forum upon submitting a request to join.

To join you may e-mail

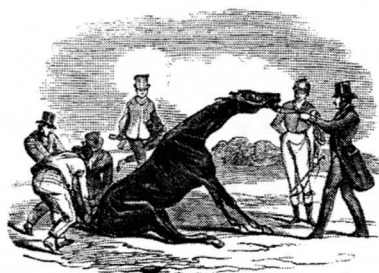
natrc3membersforum-subscribe@yahoo.com

with subject line "subscribe" and message to subscribe. You may also go on our Region 3 website at www.natrc3.org and click on the Yahoo Groups button to join. Once approved for membership, we recommend that you write a brief introduction about yourself to the group. Enjoy!! Questions? Contact Betty Wolgram



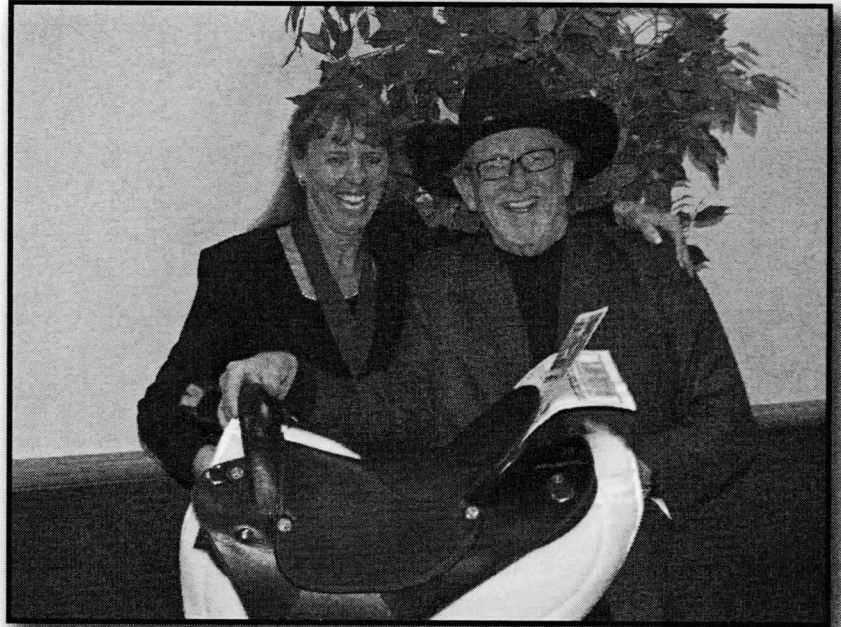
We always enjoy hearing about other things our members are doing with their horse.

Here is Donna Johnson and her horse Sky doing a schooling Hunter-Jumper show



Brandy Ferganchick Wins Big!!!

The saddle raffle at the Region 3 convention netted \$1,296.80 for the region. The saddle was won by Brandy Ferganchick (pronounced ferGANchick), who was so excited that she burst into tears. Brandy had a GREAT night, winning 1st place horsemanship, 1st place horse (Fawn Creek Thor), and high-combined CP Horse & Rider for 2008 season with an unbelievable percentage score of 100%. Our thanks go to David Kaden of Specialized Saddles for selling the saddle at his cost and a special thanks to Jim and Lin Ward for working so hard all year to sell the raffle tickets. ~submitted by Betty Wolgram



National Parks Service Awards Grant to Equestrian Land Conservation Resource To Develop a National Equestrian Trails Organization

The National Parks Service Riders, Trails and Conservation Assistance Program (NPSRTCA) has awarded the Equestrian Land Conservation Resource (ELCR) a technical assistance grant to develop a national equestrian trails organization. The terms of the grant include assigning an NPS RTCA staff person to facilitate of process, identify issues and needs of trail riders nationwide, determine an effective organizational structure to represent horse trail users; and provide a contact point for land managers to communicate with trail riders. The determination of the needs and appropriate organizational structure will be developed by conducting a series of meetings with stakeholders in 2009.

An organizing meeting was held in 2008 at the National Trails Conference. In 2009, a series of in-person and conference call meetings are planned. The plans also call for an on-line bulletin board to post the meeting agendas and notes. The on-line forum will also provide an opportunity for trail users and trail organization representatives to share their comments. In addition to ELCR and NPS RTCA representatives, representatives from the following organizations participated in the process: American Horse Council, Back Country Horsemen of America, Southeast Equestrian Trails Conference, Ohio Valley Equestrian Trails Symposium, Pennsylvania Equine Council, US Forest Service, and the US Department of Transportation Recreational Trail Program.

The project goals are to increase the number of trails open to horses, promote good stewardship of the trails, enhance communication with land managers, develop positive relationship with other trail users groups, and serve in an advocacy role on the above issues and other issues identified during the grant process.

If your organization would like to join our national efforts to save land and trails for horses, visit www.elcr.org or call Deb Balliet, CEO Equestrian Land Conservation Resource at 859-455-8383, or dballiet@elcr.org for more information.

Region 3 Annual Convention

OPEN HEAVYWEIGHT HORSE MANSHIP

- 1 GARY INMAN
- 2 CHERYL WESTMORELAND
- 3 OLGA SPANHOFF
- 4 LINELL MILLER INMAN
- 5 MATT BAKER
- 6 JERRY SIMS

OPEN JR HORSEMANSHIP- NONE

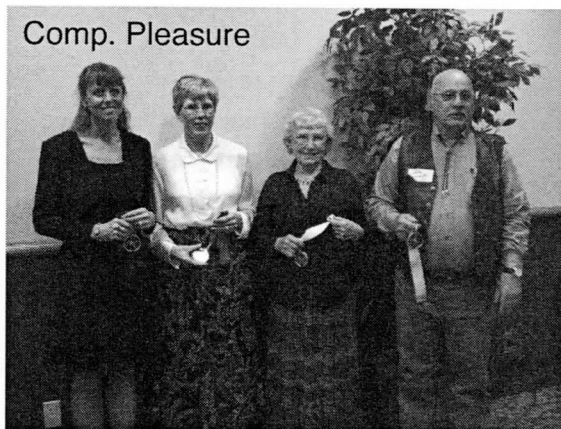
OPEN LIGHTWEIGHT HORSEMANSHIP

1. ROXANNE LANE
2. TERRI SMITH
3. JUDY WISE MASON
4. LINDA ADAMS

Open Hvy.wt.



Comp. Pleasure



COMPETITIVE PLEASURE HORSEMANSHIP

- 1 BRANDY FERGANCHICK
- 2 BETH SIMS
- 3 CAROLYN ANDERSON
- 4 KATHY BUDD
- 5 JAMES SINNETT
- 6 VICKI HENISER

NOVICE JR. HORSEMANSHIP

1. ASHLEY GUNCKEL
2. MCKENZIE PARRIS
3. Brandy Lopez
4. Diandra Campbell

Novice Hvy.Wt.



Novice Lt.Wt.



NOVICE HEAVYWEIGHT HORSEMANSHIP

- 1 EDWARD WESTMORELAND
- 2 KERRY BINGHAM
- 3 TRUDY GAGAS
- 4 BILL WINGLE
- 5 LEONA ARNETT
- 5 JAN GUTHRIE

NOVICE LIGHTWEIGHT HORSEMANSHIP

1. DIANE WINGLE
2. GWEN BROWN
3. JODY CARMEN
3. . SHARON ROPER
3. JILL ANDREWS
4. ALYCE WICH
4. MARY HORTON
5. Lori Bordman
5. TORI TODD
5. Todd Blevins
5. Kirt Vanpoolen
5. Syndi Scott
6. DONNA DUNKELBERGER



OPEN JUNIOR HORSE

NONE

NOVICE HORSE LIGHTWEIGHT

- EDUARDO EL NIGRITO KNIGHT/ DIANE WINGLE
- EMILY TE/GWEN BROWN
- KEYNOTE/KIRSTEN VANPOOLLEN
- CENTALLA/TORI TODD
- NELL 3/MARY HORTON
- 5 MOOSE 4/DONNA DUNKELBERGER
- BRYANNA/JILL ANDREWS

NOVICE HORSE JUNIOR

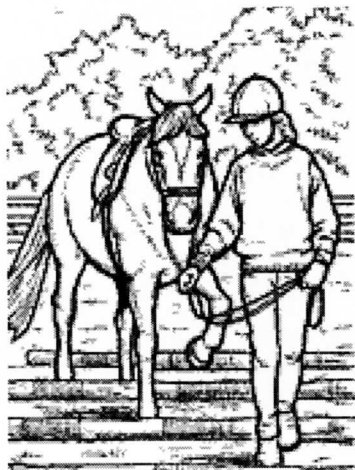
1. ESPORT/ASHLEY GUNCKEL
2. NOTAH/MICKENZIE PARRIS
3. CAYENNE 5/ BRANDY LOPES
4. CHANCE 6/EMILY AUER

NOVICE HORSE HEAVYWEIGHT

- REX'S MONTANA HANNAH/EDWARD WESTMORELAND
- GOLDEN AMBITION/KERRY BINGHAM
- MARIAH3/BILL WINGLE
- ANIMO DE VEGA/TRUDYGAGAS
- MAIZE/JULIE STEPHENSON
- LITE FOOT SLOW POKE/LEONA/ARNETT

COMPETITIVE PLEASURE HORSE

- Fawn Creek Thor/Brandy Ferganchick
- Bonanza's Rebel G/Beth Sims
- RMR Nahr Amir/Carolynn Andersen
- Emma/Kay Gunckel
- Hungarian Caliber/Don Budd
- Pride's Lawyer/James Sinnett
- 6 Cedar Mesa Rushon/Kathy Budd

**2008 TEAM AWARDS****REGION 3- OPEN HEAVYWEIGHT**

- TOUCH'S YELLER GOLD.....GARY INMAN
- DEE BAR.....CHERI WESTMORELAND
- OBIE WON.....OLGA SPANHOFF
- ACE OF HEARTS WDG.....LINELL MILLER-INMAN
- ROCK'N E.Z. REY.....JERRY SIMS
- PEANUT.....MATT BAKER

REGION3-OPEN LIGHTWEIGHT

- CEDAR MESA RUSHAL.....JUDY WISE MASON
- PHANTOM'S MASQUERADE.....ROXANNE LANE
- FRAIDY CAT.....TERRI SMITH
- HALIFAX.....LINDA ADAMS

REGION -3 OPEN JUNIOR- NONE QUALIFIED**REGION 3-NOVICE HEAVYWEIGHT**

- REX'S MONTANA HANNAH.....EDWARD WESTMORELAND
- GOLDEN AMBITION.....KERRY BINGHAM
- ANIMO DE VEGA.....TRUDY GAGAS
- MARIAH.....BILL WINGLE

REGION 3- NOVICE LIGHTWEIGHT

- EDUARDO EL NIGRITO KNIGHT.....DIANE WINGLE
- EMILY TE.....GWEN BROWN
- BB KEYNOTE.....KIRT VANPOOLLEN
- SERENE.....JODY CARMEN
- GLENORMISTON ROSSLEAGUE.....ALYCE WICH
- INCANDESCENT.....TODD BLEVINS

REGION 3- NOVICE JUNIOR

- ESPORT.....ASHLEY GUNCKEL
- NOTAH.....MICKENZIE PARRIS

REGION 3- COMPETITIVE PLEASURE

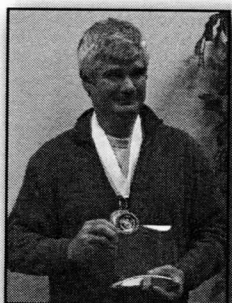
- FAWN CREEK THOR.....BRANDY FERGANCHICK
- BONANZA'S REBEL G.....BETH SIMS
- RMR NAHR AMIR.....CAROLYNN ANDERSEN
- CEDAR MESA RUCHON.....KATHY BUDD
- PRIDE'S LAWYER.....JAMES SINNETT
- BHR HOSAN CHINA MOON.....VICKI HENISER

Special Awards

Region III has some very special awards that it bestows upon worthy recipients every year. Below are the results!

Bill Smith Buddy Award

This is the first year for this award. It is a beautiful Remington sculpture that goes to the person(s) who has been an all around good friend and helper to everyone. The recipients of this very special award were Jerry & Beth Sims.



High Point Novice Horse 1st year competition

This award goes to the highest scoring first year horse. The recipient was Bill Wingle and his horse, Mariah

Sue Bretag Sue Bretag was a Region 3 member who overcame adversity to accomplish many great things in life before succumbing to cancer. This award goes to the person who has contributed greatly to Region 3 and the recipient was Kerry Bingham.



High Average CP Horse & Rider -Brandi Ferganchick
Ruth Tyree AND Ken Burkdoll- Gary Inman



Voted Best Trail Ride for year
Colorado Trail- Gary & Linell
Inman

National Appreciation Awards-
Gary & Linell Inman
Judy & Mike Mason
Susie Witter

Worker Points
20500!!!

Bill Cumberworth

Land of Enchantment Awards

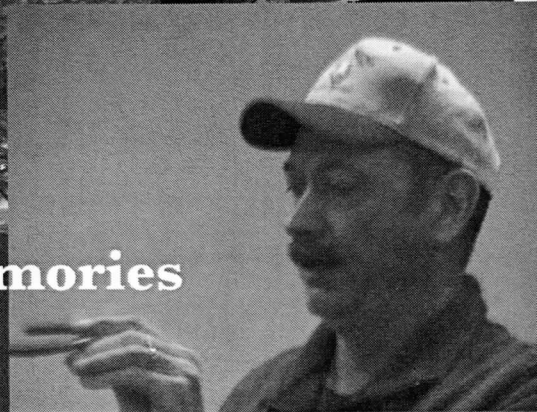
This award is for the high scoring horse in the New Mexico area, presented by the San Juan Valley Trail Riders

Novice- Rex's Montana Hannah - Ed Westmoreland

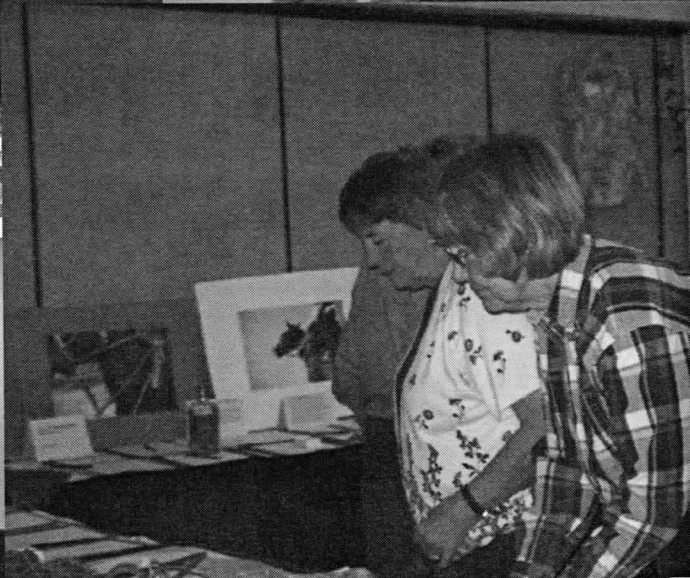
CP- Fawn Creek Thor- Brandi Ferganchick

Open Dee Bar- Cheri Westmoreland





Convention Memories



Don't Miss These Rides for April and May!

April 4th and 5th

Pinon Mesa
Farmington, NM

May 9th and 10th

Navajo Lake "Bill Smith Memorial"
Farmington, NM

May 23rd and 24th

Region III Benefit Ride at the Air Force Academy
Colorado Springs, CO

Want to register online? It's easy, its fast!

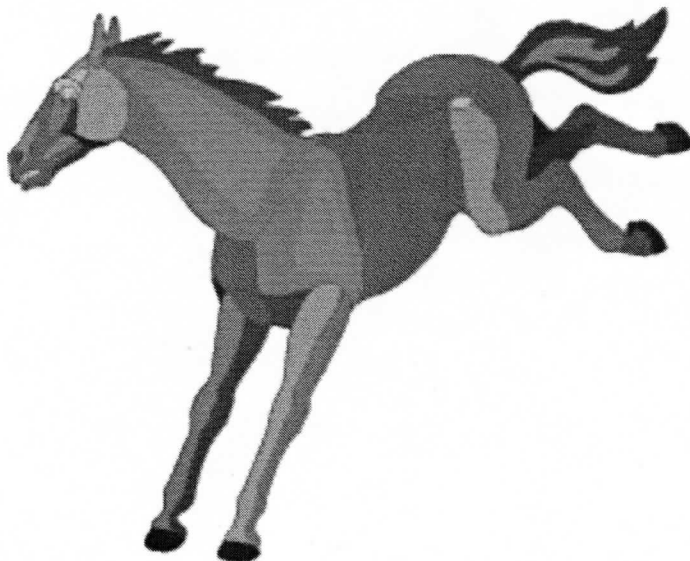
Go to www.natrc.org

Click on Rides

Click on RMS (Ride Management System)

Set up your account and register!

Once you have set up your account you don't have to do it again and registration is easy!



Yesterday we took advantage of the unusual January thaw and warm weather to cover and time a portion of our new trail for the Colorado Trail CTR. It was a sparkling day of sunshine, bright snow and dark evergreens. We had stupendous views of Mt. Evans and lead-up foothills, rocks stacked on rocks and creeks rimed with ice.

Come June, it will be even warmer and grasses and wildflowers will grace the riders' trail. Most of the trail is new! So please invite all Region 3 and other NATRC riders to sign up early and come enjoy this great riding experience. You don't want to miss this one!

Sue McKelvy, Chair

BOD Meeting March 6, 2009 Grand Junction, CO

Members Present:

***Beth & Jerry Sims
Susie Witter
Betty Wolgram
Linell Miller
Carla Richardson
Sherri Halligan
Doreen Portner
Lin Ward
Chuck Smith
Judy Mason
Ginger Snip***

***Jim Sinnet
Cheri Westmoreland
Olga Spanhoff
Sharon Roper (guest)
Trudy Gagas (guest)
Kathy Budd (guest)
Jenny Smith (guest)
Kerry Bingham (guest)***

Meeting called to Order by Jerry Sims

Minutes from last meeting held at Island in the Sky CTR, August 1, 2008 were read and approved.

Treasurer Report

Chuck Smith, our new treasurer, passed out current report, (attached to minutes). We are ahead of last years balance by about \$500.00. Chuck needs more time on his system to have an accurate comparison. He asked the board about moving CD's to New Mexico if he can find better rates in CD or money market accounts.

Betty Wolgram made motion to look into these markets to find better rates and to move accts to NM.

Cheri Westmoreland seconded motion. AIF (All in Favor)

Mention was made of having an independent audit annually. This is already in the by-laws so motion is not needed. President should appoint someone for that. Question: Are two signatures needed on checks? Answer: NO

Do we need another person in case Jenny & Chuck are out of town? We also need to look at the CD accts to see if they are being used properly—how can they be used to help our region? EX: Sue Bretag acct was to be used for publicity.

Need to send out P&L statement more often.

Linell Miller made motion to set up a finance committee.

Susie Witter volunteered to research these accts and make report to group.

Since she volunteered, don't need a motion or vote.

Cheri W. volunteered to be a signer on checking acct if needed.

Jerry S. Made motion for Cheri to be added as signer on acct.

Betty W. seconded motion, AIF

Motion was made and seconded to accept Treasurer Report. AIF

NEWSLETTER

Kerry Bingham reported on our newsletter, The Stirrup. She is still trying to get this to an all electronic (e-mail) format. Mailing and processing of newsletters that have to be mailed is time consuming and expensive. We can send a newsletter to anyone, even non-members by e-mail since there is no cost involved. She would also like to send it out more often if it can be done by email since the Hoof Print has reduced publication; people need to be kept up with happenings more often. Jenny Smith volunteered to help with the mail process. Betty Wolgram is working on getting more of our members e-mail addresses.

AWARDS

Jenny Smith report: Cost of awards this year was \$1878.62. Cost is higher because of lower # of riders at rides, members that are riding less than 3 rides a season. Cost of awards for the Burkdoll/Tyree awards should come out of those accts, so some expense should return to treasury. The Bill Smith Memorial fund still has money in it. The traveling awards that are being given each year from this fund also have a plaque that is kept by the winner. Should the funds for the engraving of these plaques come from the Bill Smith fund or should Region 3 pay for them?

Lin Ward made the motion that Reg 3 pays for engraving of all traveling trophies & the plaques that winners keep.

Olga seconded motion, AIF

The ride that wins the "Best Ride of the Year" award should have a notation in the ride book.

Our web site address should be visible in the Stirrup and our ride book. Need to make sure info is up to date on web site.

Does BOD want personal info on the web site? Should be email addresses only, not phone and address.

WORKER POINTS

Beth Sims had to order more worker chevrons, shouldn't need to order any more for 2010. She has developed a new form for ride managers to use to fill out for workers at a ride. These people need to be recognized! The mileage award for pre-riders and safety riders hasn't been done and needs to be re-started. This is a regional award only for horse mileage—rider gets worker points.

Beth is also going to have a non-competing person mentor first time riders at the Pinon Mesa ride. A person riding DO would be good and could ride with no fee and get worker points. Put offer in newsletter, call it apprentice program, pilot program? Mentor doesn't have responsibility for rider—that is taken care of on waivers.

There are new ride waivers for 2009.

RIDE BOOK

Carla Richardson had 500 books printed at a cost of \$637.41. Over \$650.00 was brought in by sale of ads by Jerry Sims and Cheri Westmoreland. Beth Sims will send out Thank you cards to people that bought ads in book. If you take a book to deliver so mailing won't have to be done, a sheet will be kept so there will be a record of who took what books.

NATIONAL BOARD

Doreen Portner report: The National Board treasury and revenue was down for 2008. (Report will be in Hoof Print) Rules on Stabling to be brought to Regions for opinion-- Should sliding tethers be allowed? Consensus is NO. Stationary ties only.

Any CTR will have to have a minimum of 15 miles in one day to count as B or part of A ride.

National has given up to 3 clinics in any one region \$100 to help with insurance costs—they want to reevaluate this in Nov

. NBOD had a lawyer re-write the ride responsibility waivers for a three year membership to cover his costs.

Ride manager reports need to be gotten in to Nat. in a timelier manner.

Rides that give liquor to riders could be sued if rider is hurt.

New drug policy form for horses is going to be published.

Suggestion: The riders manual needs to be updated, make available on web site, also cheaper to do a CD than booklet, it could be a money maker.

Doreen also reported on Trail Symposium held in Little Rock, AK

A grant has been given to organization to further equine trail accessibility nationally. Another group that works on trail development and access is the Congressional Calvary. We need to continue to participate/communicate with these organizations.

Carla Richardson is going to bring up to NBOD to go back to bi-monthly publication of Hoof Print. The information is to out dated by the time the magazine comes out. They also need to update the National web site.

MEMBERSHIP-- Carla also reported our membership renewal #'s are slightly up from last year. We have, according to Laurie, 93 members; however, some are family memberships. We have 52 family memberships with 26 renewed, 109 single with 41 renewed, 14 Family Lifetime, 4 Honorary Single Lifetime, and 1 Associate Lifetime. We are at 50% non-renewal for family memberships, and 62% for single memberships. Laurie DiNatale will "look" at numbers again around July. We all need to work on renewals.

OLD BUSINESS

All '09 rides donated an entry to Region. We also have premier parking spaces to auction as fund raiser.

Lin Ward will re-stock the premier parking box of goodies. Someone at each ride needs to help management to set up spot with rug, signs, etc..

NEW BUSINESS

Betty Wolgram has two proposals for e-mail contact groups. (Both are attached with minutes) She will try to contact members and get more e-mail addresses. She will also be the moderator for these chat groups.

Motion was made to form Members only forum chat group

Olga seconded motion, AIF

Motion was made to form e-mail contact group

Cheri W. seconded motion, AIF

Cheri Westmoreland wants a standardization of trail marking. She will present this at the ride managers meeting as suggestions and will e-mail to ride managers.

SUPPLIES: Judy Mason is having missing # vests made by Jan at no cost. She also has plenty of P&R cards available for rides at no charge. Lin Ward is going to make different color vests to use in "B" rides to eliminate confusion.

ELECTION OF OFFICES

SECRETARY: Ginger Snip was nominated.

Lin Ward made motion to accept, Betty Wolgram seconded, AIF

TREASURY: Chuck Smith had been previously nominated and approved via e-mail.

VICE-PRESIDENT: Linell Miller was nominated by Betty Wolgram, Olga Spanhoff seconded, AIF

PRESIDENT: Cheri Westmoreland nominated Doreen Portner, seconded by Sherri Halligan

Carla Richardson nominated Betty Wolgram, seconded by Olga Spanhoff.

Nominees left the room for discussion and sealed vote. Betty Wolgram was elected President.

General Membership meeting will be held tomorrow, March 7, 2009 at 4:30

Motion to Dismiss, seconded, and AIF ~submitted by Sherri Halligan

Witnessing an endurance ride in the Middle East, PLUS.

In January I was invited to deliver a painting to Abu Dhabi, the capital of the United Arab Emirates, and the richest city in the world. My English friend who is living there had commissioned one of my large canvases of horses. I cashed in all of my dividend air miles but only after I looked in the atlas to find out where in the world was the U.A.E.? It is on the Persian Gulf, sandwiched between Saudi Arabia and Oman, with the peninsula country of Qatar just to the north.

Thus I ventured half way around the world to witness an endurance ride in Arabia. It would/could be an American's dream come true, or, not? My hosts had a new car and were curious about going to the camel races. We found that the "endurance village", a permanent structure an hour's drive from the bustling city into the silent desert, was next to the camel races. Off we went for the weekend.

Driving into the area were a number of quarantine areas and barns, then an oasis of green grass, tents, and gateways, like toll booths, where the horses left and entered for their vet checks. There were 5 permanent trails, which were loops flagged in different colors set up in the desert. When the horses entered through a gate, they were greeted by their stable's 10-12 member "pit crew", all in matching shirts, who were ready and waiting to pour buckets of water over the horses, or hold a bucket of water for the horse to drink while taking off the tack. Next step was going through another set of toll booth like gates to the vet checks, 10 of them with vets waiting, holding heart monitors which results showed up at the end of the paneled rows on digital monitors. If the horse's heart rate was 64 or less, a groom then trotted him back and forth within rows of fenced runs.

We visited the ride 2 days in a row, because we learned that the first day was "women only". I thought, "How great!, a ride for only women. How much fun would that be? ...only to learn that if any Emirate woman wanted to compete, she must be segregated from the men. Thus, women only! The second day was 2 distances, approximately 55 and 75 miles, while the women did a 50 on their private and segregated day. Day two was much more action as many riders came and left. Women were competing on the second day but they were international riders, one of the winners being a well known rider from Australia.

As we drove up to the permanent village on the second day, some of the riders were cantering up the road, followed by many cars driving alongside them. Periodically, grooms would jump out of the cars and hand the riders liter sized plastic bottles of water which the riders would immediately pour over the horses heads, then throw the bottle aside, one after the other. The horses seemed perfectly used to this. Later, we saw Pakistani men picking up the plastic bottles (although there is no recycling in Abu Dhabi).

We watched some very pretty Egyptian type Arabs being trotted 'round for consideration for Best Condition. One horse who caught the eye turned out to be owned by the King of Saudi Arabia.

An American endurance rider's dream? All those guys as pit crew? Yes!

Yes! in that the course was flat and fast. I think the average pace was easily 12 mph if not more with lots of cantering. It would be fun to be on an Arab and be able to let him roll. We met a young Tasmanian woman who had jumped onto a friend of a friend's Arab. She reported there were no brakes! And was ultimately pulled. Her horse kept going faster and faster because of the sound of hooves coming up from behind. Finally our rider looked behind her to see two horses galloping towards her sans riders!

An Emirates dream? Might be to come to America to ride tough and variable terrain, single track and mountainous. Although the desert was fast and consistently good footing, I would think it would become boring. Go faster?

Off to the camel races! But, where were they? We traveled to two abandoned tracks. Finally, we saw a futuristic structure off in the desert so we literally drove off road across the flat desert to the new track which had recently been built. Why? Because using little boy slave jockeys to ride the jockeys had been outlawed, wisely, to be replaced by robots which looked like little monkeys astride the million dollar smaller, greyhound like camels.

To start, the camels were lead to a lowered net. The grooms wore helmets and body armor. When the net was lifted, each groom dived out of the way of the camels. Then all the men in their starched pure white dish dashis would jump into their big brand new white SUVs and drive along with the racing camels, adjacent to the track, on both sides, hanging out the windows with their remote controls which turned on the rotating whip mechanism to urge their camels on. That's why they needed to build a new track! Boys and their toys. Talk about the ultimate in video games.

At one point one of the camels, who was in second place, became distracted and ultimately turned around and headed in the opposite direction, back towards the start. That camel's white SUV turned around, braked, just in front of the camel, where the men jumped out of the car and threw dirt at the camel's face to get him to turn around.

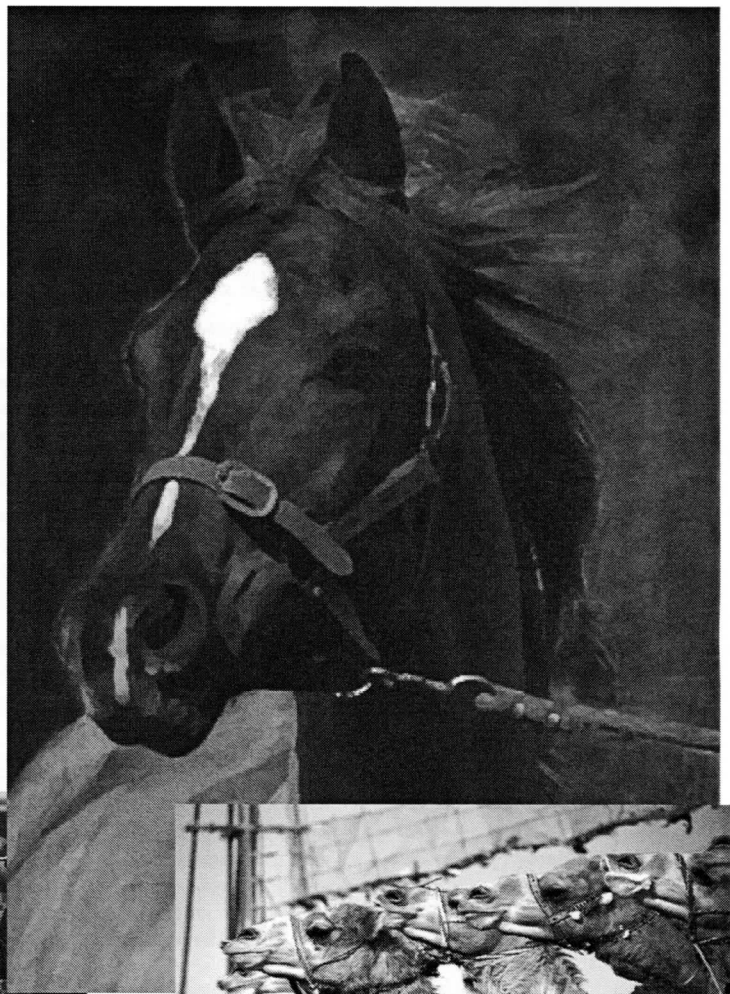
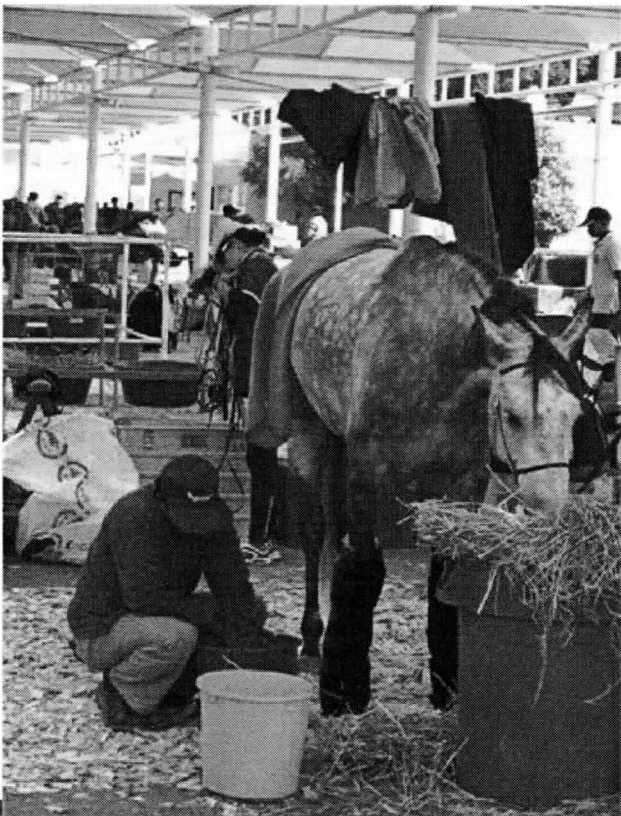
The U.A.E. was a place full of hypocrisy. When the old Sheikh (pronounced "shake") died in 2004, one of his sons took power. That was when the rampant growth began to take place. Abu Dhabi had seen what it's neighboring city Dubai had begun, only Abu Dhabi was the wealthier, oil rich city. They realized that their oil money was not infinite, so essentially they have bought western culture. Frank Gehry has designed a Guggenheim Museum which will be built in Abu Dhabi along with a performing arts center and other museums, in order to attract tourism. We visited a 3 billion dollar 7 star hotel, made of gold. (I thought a 5 star hotel was the tops, but in Abu Dhabi, they just skipped 6 and went to 7). Generally, the U.A.E. is a more liberal Muslim country, so couples were out in public, holding hands and some were without chaperones. The men wore white while the women were in black diaphanous gowns made of rayon and almost see-through. Underneath were sneak previews of designer jeans, high heels, beautiful, expensive jewelry while carrying designer bags. Some of the women were completely covered with veils, some had their eyes showing, and some showed their faces. It is very mysterious, and quite sexy. There were many expensive lingerie stores in the many malls there, which seems to be the social thing to do, particularly during the hot summer days.

When I arrived home, unfortunately, my hostess wrote me about going to an Emirate Festival, or, I traveled half way around the world and missed this photo opportunity by a day: "We saw everything, horses tent pegging, camel races with Emirate jockeys, girls playing, boys playing ancient games, girls dancing with hair flowing, falconry displays, men doing the camel dance, Arab horses sitting down like a dog with a tap with camel stick on the knees. Lying down at the barest signal, the trust lovely to behold, display of riding with each horseman having a big banner, similar to posters but wonderful to see, Royal Family presenting prizes, sabers which flashed in the sunshine...had to be seen to be believed! Camels and all were dressed to the nines, lovely smell of desert camp fires, drums, cooking displays, if only you had been there to experience this festival that happens only every 2 years."

Next time?

More about Abu Dhabi on next page...

Thanks Nancy, for sharing!



This story was from Nancy's friend and hostess in Abu Dhabi; "The Arab horse show / beauty pageant is amazing - I've just got to say it again I wish you were here. Its so good I'm insisting Ken and I go this evening. Its the stallions and colts today - big boys always last - the climax! It will be a spectacle tonight as there will be lots of dish-dashes and locals and atmosphere, under the floodlights will give it specialness and I expect many of the Royal Family will be there from all over. Some of the head collars for the ladies (mares and fillies) had dripping decorations but not too over the top, it will be interesting to see if the head collars differ tonight when its the big boys' turn.

The judges are an international collection.

Arabian and stirring music is played quite loudly when the horses are prancing round which they are made to do by the showers who have coloured things on long whips and swat them about in the air to make the horses springy and peppy - like we saw at the endurance only on a grander scale. In the collecting ring the grooms have coloured plastic bags which they wave about so there is a mass skittishness going on.

The horses are used to it and know when to spring on tiptoe and go frisky to order - its fabulous. The fillys yesterday knew just what to do and the winner of the class I saw was a wonderful looking girl called Sweet Caroline who is owned by the Omani Cavalry - say no more! At the end of their display the horses stand square to order and arch their necks and prick their ears - you can just see it I know.

The temporary stables have thick red velvet curtains at each end and the grooms' beds are stacked up in the same tents. The horses wear make up which I personally don't think enhances them, it looks like an oil they put round the eyes and muzzle. In the middle of the tents (inside and close to the horses) a group of locally dressed men were seated in a circle on the ground eating their 'lunch'. Its held at the racing stand where we were, it is totally transformed, a temporary VIP stand to one side looks like a wedding bower its all white, tables, covered chairs, rouchd hangings.... There are laden platters of food and beverage ferried to the VIPs constantly, it has a medieval air. "



Region III Members Rock at Nationals!

OVERALL OPEN HEAVYWEIGHT HORSE

BILL SMITH MEMORIAL

Sponsor: 1st Place - Rump Rug by Easycare, Inc.

3. TOUCH'S YELLER GOLD/mft.....Gary Inman (CO-3)..... 106
4. DEE BAR/mule.....Cheri Westmoreland (NM-3)..... 94

OVERALL OPEN HEAVYWEIGHT HORSEMANSHIP

BRUCE BECKER MEMORIAL

Sponsor: 1st Place - Rump Rug by Easycare, Inc.

Additional Award Sponsor for each rider - EZ UP Stirrups

Sponsor Ribbon: Gloria and Richard Becker

4. GARY INMAN (CO-3).....106
6. CHERI WESTMORELAND (NM-3).....87

WITH THANKS AND APPRECIATION FROM THE ENTIRE ORGANIZATION

2008 OUTGOING DIRECTORS

SUSIE WITTER - Region 3

REGIONAL APPRECIATION AWARDS

REGION 3

GARY INMAN & LINELL MILLER-INMAN

MIKE and JUDY MASON

SUSIE WITTER

HORSE HIGH MILEAGE & MEDALLION AWARDS

1000-MILE HORSE AWARD

- 1000 SA BOOMER ar Cristy Cumberworth
1040 RMR NAHR AMIR ar Carolynn Andersen
1070 BONANZA'S REBEL G mft Beth Sims
1040 PRIDE'S LAWYER rkg James Sinnett
1110 DEE BAR mule Cheri Westmoreland
1130 ACE OF HEARTS WDG mft Linell Miller-Inman

2000-MILE HORSE AWARD

- 2290 SA BOOMER ar Cristy Cumberworth
2320 OBIE WON+ ar Olga Spanhoff

3000-MILE HORSE AWARD

- 3030 PHANTOM'S MASQUERADE gr Matt Baker
3390 TOUCH'S YELLER GOLD mft Gary Inman

RIDER HIGH-MILEAGE MEDALLION AWARDS

4000 MILES - BRONZE MEDALLION

- 4000 JIM WARD - CO Region 3
4210 ROXANN LANE - CO Region 3

7000 MILES - SILVER MEDALLION

- 7290 MATT BAKER - CO Region 3

BREED AWARDS WINNERS and SPONSORS

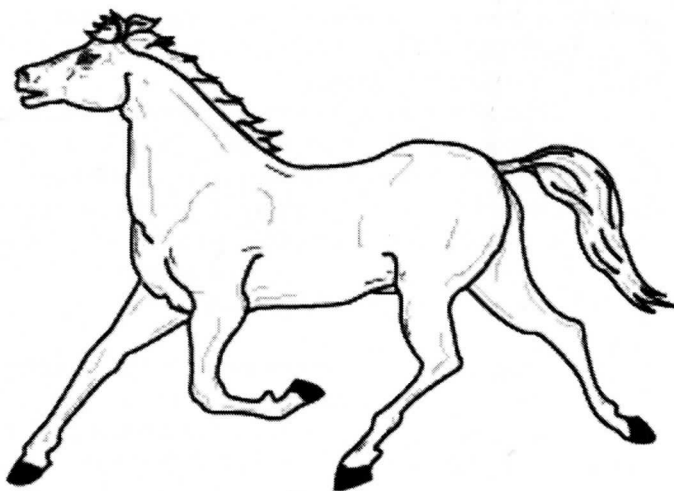
- H.P. KENTUCKY MTN SADDLE HORSEGOLDEN AMBITION - Kerry Bingham KENTUCKY MTN SADDLE HORSE ASSN.
?H.P. MFT - Region 3..... TOUCH'S YELLER GOLD - Gary Inman
HIGH POINT MULE DEE BAR - Cheri Westmoreland AMERICAN DONKEY & MULE SOCIETY
HIGH POINT PASO FINO EDUARDO EL NEGRITO KNIGHT - Diane Wingle PASO FINO HORSE ASSN

2008 NATIONAL CHAMPIONS

Ribbons by Nancy & Bill Sluys

REGION 3

- TOUCH'S YELLER GOLD.....Missouri Fox Trotter..... Gary Inman
DEE BAR.....Mule..... Cheryl Westmoreland
FRAIDY CAT..... Tennessee Walking Horse Terri Smith & Kathy Shanor
OBIE WON+ Arabian Olga Spanhoff



FEEDING HORSES FOR SPRING BALANCE

As spring creeps up, the body systems go from the slumber and store mode to a more active spring-cleaning phase. We can help our horses this time of year by recognizing that the body has specific needs at each new season. The transitional time between seasons is the most stressful time of year for horses. This is the time that we see a large percentage of colics, lamenesses involving ligaments/tendons, arthritis flare-ups, and metabolic stress symptoms.

According to Traditional Chinese Medicine, within the Five-Element theory, each season is affiliated with a natural element: Earth, Fire, Wind, Wood, Metal. Each element governs a different organ or system. Because the Wood element governs the liver, and spring is the time of Wood, this organ often becomes taxed during this time. Given the modern life-style our horses lead and the processed diets and synthetic nutrients they eat, the body already has significant taxes on the digestive system, not to mention dealing with the spring-stressed liver in addition to this.

Imagine if the horse who has liver stress is also eating processed grains, commercial supplements, and processed fats. This creates a situation where the gut is always stressed and therefore the body cannot take care of the liver stress simultaneously. The body is "focusing" on healing the gut above all else because the gut receives constant dietary stress and is supposed to absorb nutrition that would help every other system. However, the gut is not functioning at full-capacity so the other organs suffer. At this point, because the liver stress remains unaddressed, we begin to see symptoms that are seemingly unrelated in western medicine; yet are intimately associated with an imbalanced liver in eastern medicine.

There are many variations of liver imbalances. The majority of them begin with a stagnant liver where Qi is not flowing. This can lead to a variety of generalized symptoms, which include tendon/ligament stress and injury, "popping" in joints, muscle problems, indigestion, nervous system disorders, allergies, eye issues, and even cycling problems in mares. All of these symptoms correlate with very specific liver issues that cannot be addressed in the scope of this article. However, you can still help your horse to re-balance this time of year without knowing exactly which liver pattern he fits into.

The diet is the easiest variable to manipulate and is extremely effective in this situation. When feeding commercial processed grains and synthetic supplements (anything not in a whole food form), keep in mind the following: the body can only absorb about 10% of synthetic nutrients, the heat processing transforms foods into food products that need to be stabilized with many other artificial ingredients, and fats often become de-natured and rancid when processed at high temperatures. In keeping up with the demand to constantly filter out un-absorbable nutrients and digesting de-natured proteins, fats, and carbohydrates, the gut is working hard 24/7 and the liver is backed up with unfinished work. The body cannot keep up with any other system needs. It can only do the minimum in order to survive.

When the gut rests, the entire body can do other "housekeeping," (including re-balancing the liver,) in order to heal other cells, tissues, and organs. Dealing with inflammation, injuries, and insults, is a constant stress for even a healthy body to appease, never mind a weakened one. When this happens, we see the horse exhibiting symptoms of sub-optimal health, commonly manifested as: hard-keeping, chronic lameness, slow wound healing, poor performance, weakened immune system, and fatigue.

To de-stress the gut, and to help the liver to return to normal function and Qi flow in the spring, the body needs different types of foods depending on the time of year for the best function. A few basic ideas to follow to help the liver are: bitter greens, whole grains, sprouts, antioxidant fruits, and raw honey. These are basic foods that can dramatically help a horse to come into spring while maintaining top health and peak performance. In any case, things to avoid are: any processed feeds, synthetic supplements, and sweeteners.

For example, in Chinese Medicine, a healthy liver in the spring strengthens, nourishes, and moistens tendons and ligaments. Therefore, if we feed the liver nourishing and cleansing foods, chronic connective tissue stress can be minimized. It is always best to feed foods appropriate for the season, as many of our common horse problems rise out of an imbalance within one of the Five Elements. If we can support the horse's body especially during these times, he will be much better able to cope with the coming season.

What would your horse's body do with this newfound source of energy? He could heal his chronic hoof inflammation, deal with his allergies, resolve a metabolic imbalance, mend a chronic gastric ulcer. There are so many things the body is capable of healing by itself, if given the right foods.

Creating a diet for your horse this spring is one of the most positive things you can do for your horse's long-term health, soundness, and performance. A diet utilizing whole foods with the goal of balancing the organ systems is simple to formulate and easy to feed by anyone. Lizzy Meyer is available at 970-556-4691 or horse_shrink@yahoo.com for complimentary nutritional consultations this spring.