



# Paddock Paper

Northern New Mexico Horsemen's Association Newsletter

July 2020

## *Little* Equines Doing BIG Things

Kudos to Liz Delfs who shared her My Little Horse Listener success stories of partnering children and young adults with her mini equines. At our July monthly meeting (our first webinar!), Liz explained how interactions with horses can be very meaningful during young people's formative years. Grooming, walking, reading to and just "hanging around" together helps with whatever issues kids are facing.



### **Fell in Love**

To begin, Liz admitted that she simply "fell in absolute love" with minis. Now, she has a team made up of mini horses, a mini mule and a donkey. *(See screenshot above from her presentation.)*

“We serve kids and families who are trying to rebuild their lives by giving them and the equines the opportunity to learn something,” she said. “Everyone needs to know how to be a better, happier person and the equines can be better, happier horses.”

## **Variety of Programs**

One of her programs focuses on working directly with therapists. Another program calls for setting participant goals and then deciding what equine activities help meet the goals. Activities may include grooming, walking, reading or even braiding manes. In fact, a third program is simply called “Just Stand There” therapy.

Liz also works with domestic violence organizations and a recovery center, although all programs are on hold due to the pandemic. She looks forward to starting to work with hospices and respite residential homes, as well as court appointed special advocates.

## **Little Horses Like Little Kids**

While My Little Horse Listener success is largely measured qualitatively, she can count many instances where participants clearly benefited from equine interactions. As one example, she mentioned a young girl who wasn’t afraid of the horses – but she was terrified to read aloud. Working with the horses, she overcame her fear.

“Little horses like little kids and little kids like little horses, so I’m happy with that, as a measure of our success,” Liz concludes.

Thanks, Liz, for a fabulous presentation! Liz is Executive Director of My Little Horse Listener and NNMHA member. If you would like more about Liz’s programs, visit [www.mylittlehorselistener.com](http://www.mylittlehorselistener.com). It is a 501(c)(3) organization. See *the July Extra edition of this newsletter for a bio of Liz*.

A shout-out to member Karolyn Gazella for serving as our technical consultant and Board member Helen Newton who worked out related meeting details. Everything worked perfectly, and Liz answered questions after her presentation.



# Property Sale Moving Forward; Fund-raising with Sale of Items on Grounds

The sale of the property is progressing on track. The buyer recently visited the property, although he has no plans to develop it soon. He has until July 28 to withdraw without penalty. Closing of the sale is planned for August.

***In the meantime, the dispersal sale of items on the property continues.*** The sale is now open to the public, so if you know someone who may be interested, share this information.

This is a fund-raiser and all proceeds go directly to the association. The list is on our website. See the directions in the email accompanying this newsletter to easily access the list. Thanks to members who have already purchased a variety of items!

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## We Need Your Program Ideas

Especially now, it's great to hear from others about topics that interest you and other members. Thanks to technology like webinars, we can bring meetings directly to you. But, we need your program ideas. What interests you these days – an update from a veterinarian, tips from a local farrier or a hot topic at your barn or boarding facility? Do you know other members who have done interesting things in the equine world?

**Perhaps you find the technology a challenge...** If so, let us know and we can provide easy-to-follow directions! Until the pandemic subsides, we simply can't host in-person meetings, so we hope to use this technology for now to stay in touch. However, we need good member participation to make the extra effort worthwhile for both presenters and planners.

Please pass along any program ideas or technology questions to [Joyce Davis](#), programs/speakers committee chair, [carlotta\\_burra101@icloud.com](mailto:carlotta_burra101@icloud.com) or 505 490-5390.

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# Elections are Coming

This past couple of years have been challenging for the Club to say the least. Change can be both unsettling and a chance for opportunity. The current Board has attempted to navigate an evolving set of circumstances in order to best benefit the Club for the future. But what that future shall be is something which the next Board will shape.

Please consider serving on next year's Board, if you can. As per bylaws, nominations take place in September, elections in October. Hopefully before then, the sale of the grounds will be completed and our obligations with the County settled by the current Board. We hope to become a 501(c)(3) organization as soon as the appropriate steps are completed; that will give the Board and members an opportunity to develop a mission that will serve all us in to the future.

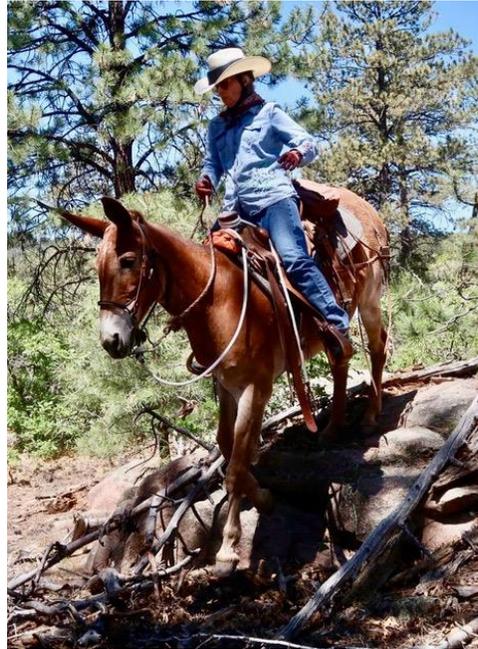
Several current Board members are planning to rotate off, so we need members to step up. Anyone who has been a member for six months is eligible to serve. Please contact any Board member to discuss the possibility or get more information. Board member names, emails and phone numbers appear elsewhere in this newsletter.

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## Member News – Kathy O.

I had the privilege of attending a Ty Evans Trail Clinic in June, near Tres Piedras. He allows all types equines in his clinics. Horses, mules and donkeys. Ty feels that any exercise practiced in an arena can and should be applied out on trail.

So, after a period of time running through some ground-working exercises in the morning to make sure that all riders and their equines were on the same page, we hit the trail. The first day we were assigned to do 50, 360-degree turns, disengaging the hind end in each direction as we motored down the trail.



The next day, it was 50 turns disengaging the hind end immediately followed by sweeping the front end around to finish our 360-degree turn in both directions. The last day, the group was assigned the task of achieving a soft feel with the mules mouth, then asking the mule to back up maintaining the soft feel.

That last day on trail, we also went rock hopping on some of the massive rock outcroppings that are common in the Tres Piedras area. We started out with small step downs and walk overs, then worked our way up to some steep jumps up and down boulders.

It was great to go on a clinic in a beautiful area and have the opportunity to reinforce groundwork and riding skills, plus get clarification on some exercises that I was having trouble with.

***Kathy Olshefsky***  
***(with her wonderful mule Jolene)***

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## **Member News – *Your Name Here!***

*Have you won an award, attended a clinic or volunteered for a wonderful cause or have other news that you want to share in this newsletter? If so, send an email to Karen or Sandra with your news!*

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# 2020 Horse Shelter Fundraising Auction is Cancelled

The annual Fundraising Auction & Luncheon for this year has been cancelled, due to pandemic restrictions. This event is an important source of funding for The Horse Shelter, so your support is even more important now.

You can donate by debit or credit card, cash or via checking account. You may also adopt a horse or help the Shelter in other ways. For more info, visit the Shelter's website at [www.thehorseshelter.org](http://www.thehorseshelter.org).

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## It's That Time of Year

In these already difficult times, it's hard to even consider another danger - fires. The good news is that the Santa Fe County Fire Department website has an excellent publication on fire safety. It includes helpful tips, check lists and action plans that you can personalize. One section is specifically for ranchers and rural residents. You do not have to be a resident of the county to access this information.

Simply search for or google [Santa Fe County Fire Department](#). Under that heading, click on [Forms & Information](#) and then open the publication, "[Santa Fe Ready, Set, Go Guide – Personal Wildfire Action Plan.](#)" It takes a very practical approach that works for any property.

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## Team Roping Tips

Saddlemaker and team roper Clint Mortenson knows how saddle fit, stirrup length and even the shape of a saddle horn can help a roper perform better. He is interviewed in the July edition of "Western Horsemen," so see it for all the details! Thanks, Board member Howard Gershon for passing this along.

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# Do You Know...

what an **enterolith** is? It's an internal stone that forms as an abnormal concentration of usually mineral salts. Enteroliths form in the intestines of horses and resemble rounded stones of various sizes, including that of a small orange. They tend to grow over time and may remain in the gut for quite a while.

If a stone is large and moves through the intestinal tract, it can cause serious blockage. Small stones usually pass without much notice.

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## Classifieds

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

### STUART H. GARBER, DC, PhD, AVCA

Animal chiropractor with 39 years of experience. Certified in animal chiropractic by the American Veterinary Chiropractic Association. Equines and canines, but also happy to treat any critter with a spine. By appointment: 505 913-7493.

### TERRY BERG

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

### LYNN CLIFFORD

The Ride of Your Life Horsemanship instruction and The Inner Equestrian Life coaching/counseling, Santa Fe. By arrangement: [www.lynnclifford.com](http://www.lynnclifford.com), 505 231-5353.

### LUCILLE BUMP

Centered Riding Clinic, Nov. 7-8, private lessons, Nov. 6, Nizhoni Ranch, Cerrillos. She is one of the first generation of Centered Riding founder Sally Swift's mentees. More info: [www.lynnclifford.com](http://www.lynnclifford.com).

### THE TRINITY RANCH

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

## NORTHSIDE BOARDING

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

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# Board and Committees

### **2020 Officers of the Board**

President	David Marks	<a href="mailto:david.marks.sf@gmail.com">david.marks.sf@gmail.com</a>	505 466-0306
VP	Howard Gershom	<a href="mailto:howard@reach-newheights.com">howard@reach-newheights.com</a>	505 690-8433
Treasurer	Helen Newton	<a href="mailto:sfcolores@sprynet.com">sfcolores@sprynet.com</a>	505 470-1396
Secretary	Joyce Davis	<a href="mailto:carlotta_burra101@icloud.com">carlotta_burra101@icloud.com</a>	505 490-5390
At-large	John Pearson	<a href="mailto:johnz.pearson@comcast.net">johnz.pearson@comcast.net</a>	650 863-2491

### **Adjunct/committees**

Grounds Manager	Open		
Ridge Riders	Open		
Programs/speakers	Joyce Davis	<a href="mailto:carlotta_burra101@icloud.com">carlotta_burra101@icloud.com</a>	505 490-5390
Facebook Manager	Open		
Website Manager	Betsy Walker	<a href="mailto:betwalk@cybermesa.com">betwalk@cybermesa.com</a>	505 466-1643
Newsletter/ membership	Karen Denison	<a href="mailto:redmule@kdt.net">redmule@kdt.net</a>	505 469-2698
	Sandra Smith	<a href="mailto:smithcom@goldengate.net">smithcom@goldengate.net</a>	505 983-0144

**Website**      <http://www.NNMHA.net>

*You are welcome to contact any board member with questions or comments about association plans or activities. Board meetings are held each month, usually at the NNMHA office. Members are also invited to attend board meetings. Please contact a Board member to confirm meeting times and locations.*

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***In doing, we learn.***  
*George Herbert*