



# Paddock Paper

Northern New Mexico Horsemen's Association Newsletter

August 2022

## September 24 Program Features Equine Chiropractic Demo with Dr. Stuart Garber

Everything is connected, right? Especially when it comes to equine health and performance. Our speaker in September is a knowledgeable expert on how different parts of our equines work together – or don't – so come learn how equine chiropractic

procedures relate to and can help with various horse issues. Dr. Garber's presentation, "Equine Chiropractic Demo and Beyond," will include a demonstration of various methods and techniques on his four horses.



For this meeting, Dr. Garber is hosting us on Saturday, September 24, 2 – 4 pm, at his location, 28 Likely Road, Arroyo Hondo. Please be on site by 1:45 pm, so the program can start on time. Light snacks and sodas will be provided.

### *About Our Speaker*

Dr. Garber, D.C., Ph.D., AVCA, has been practicing holistic medicine since 1981. He has lectured to medical, dental, chiropractic, acupuncture and veterinary groups worldwide. He is the first person in the US to receive a Ph.D. degree in homeopathy and is past president of the California Homeopathic Medical Society.

He is an animal chiropractor with 40 years of experience and certified in animal chiropractic by the American Veterinary Chiropractic Association. We're lucky to count him as a NNMHA member, too!

# Our Annual Summer Social – Well Attended Luncheon, Great Speakers

It was a full house and a great get-together at our annual summer social last month. Thanks to Joyce Davis for a wonderful meal, festive decorations and three expert speakers on the topic of “Horses Helping Humans.”



After a chat-and-mingle and a delicious BBQ meal with all the trimmings,

Board President Howard Gershon (*in photo*) introduced our speakers. Each speaker talked about their organizations, programs and success stories. It was a terrific opportunity hear how others are helping our community with their equines and heart-felt to learn of the positive impacts their clients are experiencing.



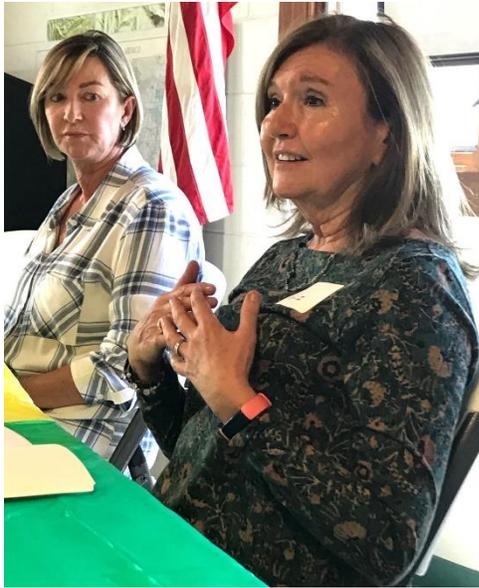
Presenters included Shelley Phelan of NM Center for Therapeutic Riding, Liz Delfs of My Little Horse Listener and Lyn Carpenter of Blissful Heart Coaching. (*In photo,*

*left to right.)* All three organizations share a great deal in common, working with clients who have a variety of issues or conditions that benefit from interaction with equines.

## **NM Center for Therapeutic Riding**

Shelley's organization's mission is to enrich and expand lives where special needs are present. Over the past eleven years, the organization has worked with hundreds of clients, from 5-90 years of age.

There are eight-week sessions with certified instructors. "We work with clients who may be dealing with strokes, multiple sclerosis, impaired hearing, to name a few," Shelly said. The therapy program also works with at-risk youth. Developing physical motor skills such as reaching, social skills (teamwork, for example) and cognitive skills – problem solving and staying on task, and more, are at the core of their work.



## **My Little Horse Listener**

Liz explained that many of her 501(c)3 nonprofit organization's clients, mostly women and children, have never seen or touched a horse. She is certified and her program is certified, and she, her husband, Gary Clendenen, and volunteers work with their two mini horses, a mini mule and a donkey. "Horses can show us so many things about being listened to and not being afraid of something or someone close," Liz added.

While much of her organization's work is typically on site, her minis often visit places such as public libraries as a community outreach effort, as well as to encourage especially children to read.

## **Blissful Heart Coaching**

Lyn's organization is grounded in equine gestalt training. This method helps clients deal with events that affect their lives in various ways. "Horses live in the present where survival lets them be sensitive to what we may be dealing with," Lyn explained. "They read our vibrations and in their own ways encourage us to be more congruent with our emotions. They want us to be okay." She talked about one client who was

diagnosed with cancer and facing chemotherapy treatment. Her client was convinced she didn't need help or support, but in the behavior of Lyn's horse, she became convinced that she needed and wanted help during her treatment.

### Interested in Learning More or Helping?

Thanks to our presenters for bringing their remarkable stories – and those of their equines – to share with us. All three speakers welcome volunteer help, so if you are interested or know someone who may be, contact any speaker directly through her organization.

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# Next Ridge Riders Group Ride is Saturday, August 6

Ridge Riders had a great ride last month starting at Dead Dog Well Trailhead, enjoying Diablo Canyon and petroglyphs. (See *photos – thanks, Sue Murphy.*) These rides are always picturesque, fun and safe, so join us this month. As always, thanks to Trail Boss Ed Srsic for planning and leading these rides.



The August 6 ride is at Aspen Vista Trail. It is located up Hyde Park Road on the way to the ski area.



Parking for trailers is on the left side of the road. In the saddle at

10 am, for this two-hour ride. The trail is wide, but an uphill climb. Weather will be cooler than Santa Fe, so pack a light jacket and rain gear. Ed will be there at 9:30, so look for him and his trailer.

Rides are limited to members, but nonmembers can simply go to our website, [nmma.org](http://nmma.org), to join or do so at the ride. See the Ridge Riders page on our website to sign up for this ride. (Also look at "Rules for Ridge Rider Outings.") If you have specific questions, contact Ed, [esrsic@gmail.com](mailto:esrsic@gmail.com) or 415 305-3238. Happy trails!

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# Are You Interested in Riding the Fiesta Parade Next Month?



My wife, Janet, and I recently rode in the Madrid Fourth of July parade and had a blast.

*(See photos – thanks to Lisa Lopez and Ariana Rose.)*

We would love to support NNMHA by rounding up a team of riders for the Fiesta



Parade in Santa Fe on Sunday, September 11. We've ridden parades for years in the Dallas Fort Worth area, and I'm here to tell you it can be about as much fun as y'all can have with your boots on.

With a little bit of desensitization training and some minor horsemanship skills (as a horsey husband, I am living proof), it can be a real trust and confidence builder for both horse and rider - not to mention the smiles you will bring to all the kiddos along the parade route. Undoubtedly, not all horses (or riders for that matter) are comfortable in parades, but we can try a few desensitization exercises to see if this will work for you and your horse.

**I would love to hear from anyone who has questions about riding in parades and/or is interested in riding in the Fiesta Parade.** Please contact me (David Lyles) by phone or text, 214 587-4776, or email, [lylesphoto@gmail.com](mailto:lylesphoto@gmail.com). I will do my best to coordinate a NNMHA presence for Fiesta and other upcoming parade events.

For now, we need a head count of those who are interested, so we can coordinate outfits, arrange for horsey decorations and organize a few practice runs under parade-like conditions. Just want to see what riding in a parade is like? You are welcome to join us and walk the parade route, because we sure could use some banner or flag bearers, too.

Hope to hear from you soon. Let's get a parade group going!

*David Lyles*

# Jeremy Steinberg Dressage Clinics Continue – Upcoming Dates

Just a reminder: Three clinics continue in this series, September 3-4, October 29-30 and December 10-11. NNMHA is helping sponsor this series through our Giving Program, so members receive a discount on auditor fees. For more information about rider fees, locations and other details, contact Maureen Mestas, 505 310-1050, [pferdfrau@gmail.com](mailto:pferdfrau@gmail.com).

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## Board Meeting Highlights – Events, Giving, Other Timely Topics

The Board authorized payment to The Horse Shelter for \$1,128.00, representing the net proceeds from our recent Film Festival. Importantly, we hope the film and discussion afterward helped raise the awareness of the plight of wild horse in this country. NNMHA is dedicated to developing equine events and programs that help inform and educate the equine and general community to important equine issues and opportunities.

We also foster advocacy and appropriate “calls to action” in response to such issues. If you are aware of similar issues, films or educational programs that may be appropriate or want to report on progress made regarding these issues, please contact any Board member. Contact information always appears in each edition of this newsletter.

The Board issued payment on two applications presented to our Giving Program. One is a grant to the Santa Fe County Sheriff’s Posse for badly needed maintenance and physical improvement to its facilities on Rodeo Road. The other is in support of Pas de Cheval Horse Rescue, a 501(c)3 nonprofit in Cerrillos. It rehabilitates, retrains and rehomes retiring racehorses in NM. Founded in 2015, it has rescued over 40 horses. Specifically, the organization needs funds for ongoing care of 10-15 horses, as well as veterinary procedures for three new intake horses with extensive injuries.

In addition to programs and special events, Ridge Rider rides are attracting new members. Welcome, if you are a new member! Our insurance policy requires

membership to participate in rides, and it's easy to become a member either online at our website, [nmmha.org](http://nmmha.org), or at the trailhead before each ride.

Some general discussion revolved around driving clinics or events, but Board members weren't sure what level of interest may exist among members or in the general community. If you are interested in driving or know someone who is, please contact any Board member.

The Board also discussed how to help make clinics even more valuable to participants. A great deal can be learned by observing or participating in a group clinic, although neither role may offer the degree of learning and practicing that one-on-one training can provide. Certainly, the success of any clinic depends on the goals of attendees, and different people have different clinic expectations or outcomes.

NNMHA remains committed to offering clinics and will continue to look for ways to not only offer great learning opportunities via clinics, but also explore providing information prior to or following a clinic designed to further enhance the overall clinic experience. We really want to know what you like about clinics, as well as any suggestions you may have for improvement.

The next Board meeting is Tuesday, August 16, 7 pm, via zoom. Contact any Board member if you have questions or comments or would like to join a Board meeting. This is your organization!

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## Smarter Than You Think – Maybe!

According to “Horses with sustained attention follow the pointing of a human who knows where food is hidden,” an article in the August 2021 edition of *Scientific Reports*, horses perceive the pointing gesture as a communication cue. It is the transfer of some information, and not simply a command, according to a study completed at Kyoto University.

Two people participated in separate trials that included a total of 38 horses. Each pair was in plain sight of each horse. One person faced two buckets and could see when someone else placed a carrot in one of the buckets. Both buckets were behind a screen and could not be seen by the horse. The other person faced the opposite direction, unable to see the buckets or the carrot being placed.

The screen was then removed, and the horse could approach and choose a bucket. Both people then delivered the pointing cues,



restricting their other movements. The data showed that horses who paid close attention throughout the experiment were significantly more likely to choose the bucket with the carrot, trusting the person who had seen where the carrot was placed.

Until now, only dogs had been shown to have this socio-cognitive skill. This is a sophisticated ability, likely developed over centuries of domestication. The historical and daily interaction of horses with humans might be the reason they have this skill. Truth be told, however, seems we already know horses are quite sensitive to our attentive state and gestures.

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## Do You Know...



About the genetics of hair whorls? According to an article in the summer 2022 edition of *Equus* magazine, areas where a horse's coat grows in a spiral-like formation, called whorls, can occur anywhere on a horse's body. Those on the head and neck, however, tend to draw the most interest.

Anecdotally, whorls have been linked to certain behavioral tendencies for a long time. Recently, a group of genetic researchers in Brazil may have provided the first step in scientifically linking whorls to specific personality traits.

The data linked whorls to specific regions on the genome, including some where genes govern hair follicle growth. These genes also have known neurological and behavioral functions. The researchers note this is the first indication that long-standing observations about whorls may be validated by genetics. Stay tuned for more research!

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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](mailto:smithcom@goldengate.net), or Karen, [redmule@kdt.net](mailto:redmule@kdt.net).*

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

Equine chiropractor. Equines and canines, but also happy to treat any critter with a spine. By appointment, call 505 913-7493.

**TERRY BERG TRAINING**

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

## LYNN CLIFFORD HORSEMANSHIP

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

## THE TRINITY RANCH BOARDING

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

## TRAINER TO WORK WITH NON-PROFIT

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

## LIKE NEW CHINKS FOR SALE

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



## NEED USED TWO-HORSE TRAILER

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

## SUBSTITUTE BARN MANAGER NEEDED

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

## LOVE TO RIDE BUT NO HORSE?

Come ride a 19-year-old healthy, happy gelding with owner on another of her horses. He's very personable! Takes an interest in what's going on around him, so needs a confident, pretty experienced rider. Ride La Tierra trails and nearby open space areas. He is ridden regularly – but would benefit from getting out even more. If interested, email Sandee at [smithcom@goldengate.net](mailto:smithcom@goldengate.net).

## TRAINER, EDUCATOR, FARM-SITTER AVAILABLE

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

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# Board and Committees

### **Officers of the Board**

President	Howard Gershon	<a href="mailto:howard@reach-newheights.com">howard@reach-newheights.com</a>	505 690-8433
VP	John Pearson	<a href="mailto:johnz.pearson@comcast.net">johnz.pearson@comcast.net</a>	650 863-2491
Treasurer	Helen Newton	<a href="mailto:sfcolores@sprynet.com">sfcolores@sprynet.com</a>	505 470-1396
Secretary	John Pearson	<a href="mailto:johnz.pearson@comcast.net">johnz.pearson@comcast.net</a>	650 863-2491
At-large	Evalyn Bemis	<a href="mailto:evalyn@newmexico.com">evalyn@newmexico.com</a>	NA
	Gary Clendenen	<a href="mailto:gclendenen@yahoo.com">gclendenen@yahoo.com</a>	518 225-9935
	Carol Marthens	<a href="mailto:luminaryllamas@msn.com">luminaryllamas@msn.com</a>	214 662-9616
	Paula Zima	<a href="mailto:paula@paulazima.com">paula@paulazima.com</a>	505 629-2838

### **Committees**

Partnerships	Howard Gershon	<a href="mailto:howard@reach-newheights.com">howard@reach-newheights.com</a>	505 690-8433
Giving Program*	Gary Clendenen	<a href="mailto:gclendenen@yahoo.com">gclendenen@yahoo.com</a>	518 225-9935
Ridge Riders	Ed Srsic	<a href="mailto:esrsic@gmail.com">esrsic@gmail.com</a>	415 305-3238
Programs	Joyce Davis	<a href="mailto:bjmrkitty@gmail.com">bjmrkitty@gmail.com</a>	505 490-5390
Clinics	Carol Marthens	<a href="mailto:luminaryllamas@msn.com">luminaryllamas@msn.com</a>	214 662-9616
Website Manager	Betsy Walker	<a href="mailto:betwalk@cybermesa.com">betwalk@cybermesa.com</a>	505 466-1943
Communications/ membership	Karen Denison	<a href="mailto:redmule@kdtt.net">redmule@kdtt.net</a>	505 469-2698
Newsletter	Sandra Smith	<a href="mailto:smithcom@goldengate.net">smithcom@goldengate.net</a>	505 983-0144

\*Scholarships, grants and sponsorships

**Website** <http://www.NNMHA.org>  
**NNMHA Email** [contact@nnmha.org](mailto:contact@nnmha.org)

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

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

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*T-shirt in a catalog*