

Flying Changes

DECEMBER 2010

INSIDE THIS ISSUE:

President's Message

The year is drawing to an end. It has been a great year for the club with many opportunities for our members to participate in events and expand our knowledge of Dressage. I look back over the year and realize how much we have accomplished. It has all been possible because of the hard work and dedication of many volunteers. In particular, we should thank the Board members who have spent a lot of time and energy to take care of the necessary business of the club. I have provided in this newsletter a summary of all the accomplishments for 2010 and when you read this list, you will be amazed, too.

Our final business for 2010 has been the election for the new Board of Directors and voting on important Amendments to our Articles of Incorporation and By-Laws. These Amendments have all passed and they will position us for the application of the 501(c)(3) tax exempt status. A special thanks to Rena Haynes for all her hard work on this. If we achieve this, it will bring great benefit to NMDA.

Congratulations to our 2011 newly elected Board members:

John Collins, President, Denai Meyer, Vice President, Rena Haynes, Treasurer and Rusty Cook, Secretary. We thank them for stepping up to serve on our Board. As Past President, I will remain on the Board as others have done before me. We hope that some of you will consider Board positions and if you are interested, please contact John at skipanddctf@aol.com

The new Board will begin their office on January 1, 2011. To encourage a smooth transition, we are holding our transition and 2011 planning Board meeting on Dec 7. If you are interested in giving input to next year's plans, please feel free to attend and let me or one of the Board Members know so we can plan the agenda and available space at the meeting.

SAVE THE DATES!

Saturday, January 22--NMDA will have our annual Awards Ceremony and Banquet and it will be

President's Message	1
Calendar	2
USDF News	3
Minute w/the Board	3
Around the Barn	4
The Vet's Office	5
Clinic Corner	8
Show News	9
Region 5 News	10
The Web Wire	11
2010 Recap	12
Classifieds	13
Back Page	15



Continued on Page 3

The New Mexico Dressage Association is a United States Dressage Federation Group Member Organization (GMO) and all members are automatically USDF Group Members (GMs). For USDF Participation Membership, members must apply directly to USDF.

Calendar

	SUNDAY	MONDAY	TUESDAY	WEDNES- DAY	THURS- DAY	FRIDAY	SATUR- DAY
D E C E M B E R				1 Election Anounce ment	2	3 SARAH HALL CLINIC	4 SARAH HALL CLINIC
	5 SARAH HALL CLINIC	6	7 BOD Mtg?	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

January 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 NMDA 2010 Year End Awards Ceremony
23	24	25	26	27	28	29
30	31					

USDF Community News



FOR IMMEDIATE RELEASE

Contact: Melissa Schoedlbauer (859) 971-7040

USDF Launches New e-Membership

Lexington, KY (November 5, 2010) - The United States Dressage Federation (USDF) has just launched its new USDF e-Membership. This membership is an online educational membership (non-competing) featuring e-TRAK, an online center that provides unlimited access to a searchable database of articles and videos on equine healthcare, training, and more. In addition to e-TRAK, e-Members will be able to access the online USDF Connection, USDF's member-only magazine, and enjoy discounted memberships with USDF's many educational partners. USDF e-Membership also includes the member discount rate at USDF live educational events and eligibility to earn USDF University Program credit through on line and live participation.

The cost of an adult e-Membership is \$35/year and the cost of a youth e-Membership is \$10/year. In addition to the wealth of education provided through this membership, e-Members will also receive a discount when shopping in the USDF online store, which offers a large collection of books

and videos.

Cindy Vimont, Senior Director, stated, "In order to further our primary mission of education, we felt it was imperative that we offer an affordable membership that can provide anyone, even non-riders, with a link to our community and the educational resources we and our partners can provide. In this way we can expand our reach to include all horse enthusiasts who are interested in enhancing their learning experience through dressage education."

To learn more about USDF e-Membership or to join as a USDF e-Member, visit the USDF Web site at www.usdf.org, or contact the USDF office at usdressage@usdf.org.

For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

President's Message *(cont from pg 1)*

held at the Tanoan Country Club in Albuquerque. There are more awards this year than ever before, including Volunteer Awards. Be looking for emails and web posting on the final 2010 Award Standings and details of the event. **Saturday and Sunday February 26 and 27**, we are kicking off the event year with a special educational Performance Enhancement seminar and clinic with Seana Adamson, a sports psychologist and Dressage trainer. She will help us get ready for the year with assistance in dealing with performance anxiety and how to maximize our focus and concentration while performing. See the full page ad in this Newsletter on this event and look for updates as we have more details on fees and the sign up process to attend.

Thank you to everyone for making my two years as President rewarding and fun. I have gotten to know so many interesting and colorful people and learned a lot along the way. I hope I can contribute to the future success of NMDA and wish the best for the new Board.

Susan



Around the Barn

The Top Ten 'Green' Tasks Horse Owners Should Do Before Winter

by: TheHorse.com

September 29 2010, Article # 17030

Winterizing barns, harrowing pastures, draining hoses, and water tanks, and cleaning and properly storing show tack and other summer horse equipment are among the top things horse owners can do to prepare for winter.

"Taking care of what you have a a horse owners goes a long way toward being green," says Laurie Cerny, editor and publisher of *Green Horsekeeping Guide*. "Anytime you have to replace something, either from damage done by a horse or because of negligent maintenance, it not only costs you money, it also costs the environment."

Cerny also recommends posting a list of these tasks in the barn. "It's easy to get sidetracked on a nice fall day doing other things. Then before you know it, it's Thanksgiving and you're scrambling to get things done. There's nothing fun about trying to roll up frozen water hoses, or discovering a mouse has made a cozy winter nest using one of your show blankets."

Here are The Top Ten "Green" Tasks Horse Owners Should Do Before Winter:

1. Winterize the barn: This means repairing or replacing broken windows and doors, and making sure that they can close completely to keep out cold winter air and drafts. If you have a bathroom and/or heated wash rack, wrap the water heater with an insulated blanket. Hot water pipes can also be wrapped to help save energy. Refill under stall mats where needed, or haul in fill in stalls without mats. Remove anything that's not used during the winter like fans (blow off fan and motor with an air compressor), and any liquids that might freeze in an unheated barn like fly spray, hoof black, fence paint, etc.
2. Harrow pastures. If you don't have a harrow, use a pitchfork and break up manure piles.
3. Spread manure and compost on hay fields and on pastures that are resting for the winter.
4. Drain hoses and water tanks: Drain hoses of all water, roll them up, and store indoors. Unused water tanks should be drained and cleaned with dish soap or a bleach mixture--then turn them upside down if left outside. A run-in shed or a horse trailer that isn't going to be used during the winter is another good place to store water tanks.

The Vet's Office

Poisonous Plant Risk Increases as Pasture Grass Goes Dormant

by: Jodi DeLong

October 10 2008, Article # 12869 , *TheHorse.com*

As autumn rolls around, pastures become depleted as grass and plant growth slows prior to going dormant for winter. So, it's not surprising that this time of year can also bring an increase in reports of horses becoming ill from eating something they shouldn't have.

Karyn Bischoff, DVM, MS, Dipl. ABVT, a diagnostic toxicologist at Cornell University's New York State Animal Health Diagnostic Center, said it does appear there are more suspected cases of poison plant ingestion in late summer and autumn, but also says these are difficult to diagnose.

"Plant ingestions over time can cause chronic disease, so by the time the horse is noticeably sick, the plant is gone because it was all eaten, it's out of season, or the horses were moved to another stable or pasture after exposure," Bischoff explained.

She added that plant toxins can be difficult to find in the body as the particular toxin are sometimes not known, there are no good tests for it, or the toxin has metabolized and gone before the horse presents clinical signs of serious illness.

Happily, most toxic plants are not very palatable, and horses tend to avoid them.

Jack van Roestel, MSc, a longtime horse owner and forage consultant with AgraPoint in Kentville, Nova Scotia, stressed that prevention of poisoning begins with good pasture management.

"When it comes to grazing, it's good to have several paddocks that are rotationally grazed, with proper entrance and exit heights, rest periods, stocking numbers, and applied fertility," van Roestel said. "By having a fairly competitive grass stand, weed problems will be reduced."

Bischoff agreed that good pasture management goes a long way in preventing poisoning, but also stressed that horse owners should contact their veterinarian whenever they have concerns about health issues. "If they can't answer your questions right away, they are usually going to know the best places to find trustworthy information for you," she said.



Around the Barn--The Top Ten 'Green' Tasks Horse Owners Should Do Before Winter *(continued from page 4)*

5. Clean and store show tack: Give your show tack a good cleaning and bring it indoors for the winter. This will protect it from the damaging effects of extreme temperatures, as well as prevent potential damage from mice and other critters and insects that might over winter in your barn.

6. Wash fly sheets, fly masks, stable sheets, and unused halters. Repair any tears in blankets, masks, and leg wraps. Store these items in a sealed container like a tote.

7. Clean out horse trailers after their last use: If you don't plan on using the trailer over the winter, either store it inside, or tarp it--making sure to cover the tires. Empty perishable items from tack compartment, dressing room, and living quarters. Remove anything that could get damaged if the roof or windows leak. Put a couple handfuls of mothballs inside to help repel mice and other pests.

8. Fix fences: Make sure that fences are in good repair including working electric. Replace rotted boards and posts. You definitely don't want to be digging postholes in the frozen ground.

9. Paint gates: Gates seem to rust quickly in seam areas, as well as areas damaged by use and by horses. Use either sandpaper or a wire

brush to remove rust, and then follow up with a coat of primer and a then with a rust deterring paint.

10. Stock up on staples: Filling the barn with hay for winter goes without saying, however, stocking up on other things like bedding, stall freshener products, salt blocks, de-wormers, etc., helps to eliminate unnecessary trips to the feed or farm store. 

*A HORSE'S TANGLED
MANE REVEALS THAT
PIXIES AND FAIRIES
HAVE BEEN RIDING OR
PLAYING WITH THE
HORSE*



The Vet's Office--Poisonous Plant Risk Increases as Pasture Grass Goes Dormant *(continued from page 5)*

Here are some common plants to look out for in NM:

Alkaloids: These are the most powerful poisons and produce strong physiological reactions, generally affecting the nervous system. The alkaloid is usually distributed throughout the plant and is active whether it is fresh or dry.

- locoweeds (*Astragalus* spp.)
- larkspur (*Delphinium* spp.)
- groundsel (*Senecio* spp.)
- lupine (*Lupinus* spp.).

Glycosides. Glycosides are compounds composed of a toxic agent combined with a sugar. The toxic agent is harmful when released from the glycosides. Cyanide (HCN, prussic acid) is the most common toxin in the glycosides.

- Catclaw (*Acacia greggii*)
- chokecherry (*Prunus virginiana*)
- johnsongrass (*Sorghum halepense*)

Minerals. Excessive absorption of certain minerals may be dangerous to livestock. Selenium is possibly the most important poisonous mineral in New Mexico. And can be found in

- fourwing saltbush (*Atriplex canescens*)
- snakeweed (*Gutierrezia sarothrae*)
- asters (*Aster* spp.)
- Prince's plume (*Stanleya pinnata*)

Nitrogenous compounds. Both range and crop plants may contain potentially toxic levels of nitrogenous compounds. Care must be taken during drought or after fertilizer or herbicide application. Nitrates are also toxic in dry material and silage. Nitrogenous compounds are often found in many species of the

- amaranth (Amaranthaceae)

- sunflower (Asteraceae),
- mustard (Brassicaceae), and
- goose-foot (Chenopodiaceae) families.

Oxalates and organic acids. Many plants contain oxalates, but few species in New Mexico contain enough to be considered dangerous.

- Halogeton (*Halogeton glomeratus*)
- dock (*Rumex* spp.) possess soluble oxalates that are corrosive to animal tissue. Non-ruminants are more susceptible to oxalate poisoning than ruminants because the large rumen capacity enables the animal to detoxify small amounts of soluble oxalates. Most cases of ruminant poisoning occur on poor condition range-lands.

Resins or resinoids. These are highly complex organic compounds that are present in a number of plants. Resins are found in

- milkweeds (*Asclepias* spp.)
- marijuana (*Cannabis sativa*)
- water hemlock (*Cicuta maculata*)
- and chinaberry tree (*Melia azedarach*).

For more information go to : **New Mexico State University Cooperative Extension Service at** http://aces.nmsu.edu/pubs/_circulars/CR-636.pdf, ***An Annotated Checklist of Poisonous or Injurious Range Plants of New Mexico.*** ☞

Clinic Corner

New Mexico Dressage Association

Presents:

SPORT PSYCHOLOGY STRATEGIES FOR DRESSAGE

With
Dr. Seana Adamson



February 26-27, 2011

Feb 26—Seminar at NM Continuing Education
Center

Feb 27—Riding Clinic at Cherry Tree Farm

Day 1: A Full day classroom seminar covering the following topics*:

How the mind works-The Brain Waves of Peak Performance
Performance Anxiety and Fear. How to conquer!
Concentration, Focus and Memorization.
Polishing your performance with Visualization and Mental Rehearsal
Keep yourself on track with Self Talk and Affirmations
Maximize your potential with Hypnosis and Self-hypnosis

*The classroom curriculum is flexible, so bring any personal concerns and we will do our best to address them.

Day 2: Private Sport Psychology counseling sessions (one hour) or private dressage lessons (45 minutes in duration).

**Information on fees and sign-up dates to be published at a later date.
Check on www.nmdressage.net for news and announcements.**



Dr. Seana Adamson is a psychologist, dressage trainer, author, and a USDF Gold Medalist. She has competed extensively in both dressage and eventing, and works with students from training level to Grand Prix, Seana and her students have won multiple regional and national awards. She is based at Franktown Meadows Equestrian Center in Carson City, Nevada.

Show News

The costume competition during the NMDA Schooling Show at Cherry Tree Farm, 31 Oct., was a big hit. Thank you Maria Davis for those special awards.



Region 5 Community News

Region 5 News

Looking for a USDF Certified Instructor in your area?

Click here.

Top Stories

New Membership Benefits!

Renew now for 2011 and enjoy the new benefits USDF has to offer, featuring e-TRAK, an online learning center with unlimited access to articles and videos on equine health care, training, and much more! In 2011, you will also enjoy discounted and FREE memberships with many of USDF's educational partners. For more details on these benefits click here.

New USDF Introductory Test C

Effective 12/1/2010 there will be a new USDF Introductory Test. The new Introductory Test will be 'USDF Introductory Test C'. This test introduces the canter at the Introductory Level. The scoresheet for this new test and all other new USDF tests can be found on the USDF Web site (note you must first log into the Web site to view these scoresheets).

Did you win at WEG?

Find out who won all the great drawings at the Alltech/FEI World Equestrian Games Hospitality Lounge at the USDF National Education Center. Click here.

Adequan®/USDF Year-End Awards Standings are Final. Check Them Out!

The Adequan®/USDF Year-End Awards are now final. Congratulations to all competitors ranked in the standings! To view the final rankings, log onto the USDF Web site and click here.

USDF Judges Committee Needs Your Test Sheets!

The USDF Judges Committee needs competitors' actual score sheets to use as learning tools, and we're asking for your assistance. We are looking for copies of score sheets that demonstrate these issues: few or no comments, comments not relevant to the test, and so on. Any copies of score sheets submitted will be made anonymous, with show, judge, horse, and rider names and any other identifying specifics removed. Without the help of the dressage community, we cannot move forward in the continued effort to improve the quality and integrity of our judges. If you have a score sheet that you're willing to share, please scan or photocopy it and send to Kim Sodt, USDF Judges Committee liaison, or via postal mail to Kim's attention at the USDF office.

Please note: The USDF Judges Committee is using score sheets for educational purposes only. If you have concerns related to a specific judge and wish to file an official complaint, please contact the US Equestrian Federation for the

appropriate form.

New apps for the FEI dressage tests now available!

Convention Updates

Discount Convention Rates Still Available

Join us in Jacksonville, FL, for the Adequan/USDF National Convention & Symposium, December 1 - 5. You can register online until November 26 and still get discount rates.

USDF Hotel Rates Still Available

To assure availability and the USDF discount rate, remember to book by November 8.

Plenty of Education

USDF is hosting several education sessions throughout the week. Topics include Basics of Equine Nutrition; The Art and Science of Feeding Horses, What's New in Dressage Research, Riding with Confidence; A Mental Approach and Pain Free Riding; For you and your horse. Everyone is invited to attend. Click here for complete details.

Competition Open Forum

Do you have questions about the world of competition? USDF welcomes competition related topics for discussion at the annual convention during the Competition Open Forum. Submit a question or topic you would like to see discussed here. Or better yet, attend the forum and interact with other members about competition related topics. This is your opportunity to ask a question from an expert panel representing USDF Competition Management, Judges, Membership and Technical Delegates Committees.

Fun In Jacksonville

On Wednesday, December 1, from 5 pm until 9 pm, an equestrian-themed ArtWalk in downtown Jacksonville will be held. 'Top Hat and Tails' featuring both visual and live art and events, with 30 to 40 galleries, museums, cultural venues, restaurants, bars and businesses participating along with dozens of artists in the open air Hemming Plaza. For more information, visit www.downtownjacksonville.org.

Deadlines

Important 2011 Membership Information

Don't forget to renew your USDF membership by December 31 to receive the 2010 yearbook issue of USDF Connection.

Renew online by December 31, 2010 and receive 50% off one pair of SSG Digital Riding Gloves through Dover Saddlery!

Special USDF Offer: Apply for USDF Life PM online by

December 2010 Region 5 Message

I would like to thank everyone in Region 5, as I depart as your Regional Director after nine years. What an experience and an exciting time for USDF! The move to Lexington and Capital Campaign to pay for our National Educational Center resulted in a rent/mortgage free home in the center of United States horse country and the site of 2010 World Equestrian Games.

While I was Regional Director I had to opportunity to visit and meet members in all of our states, extending from the Canadian and Mexican borders. Since our region is so large, I made it a priority to balance our regional championships and educational opportunities between our northern and southern tier. Historically, we have had the championships in these states: 1996-NM, 1997-WY, 1998-AZ, 1999-CO, 2000-CO, 2001-NM, 2002-AZ, 2003-CO, 2004-AZ, 2005-CO, 2006-NM, 2007-CO, 2008-AZ, 2009-NM, 2010-CO, 2011-AZ. With a sixteen or more hour drive from the population centers of Denver, CO and Phoenix, AZ, this is the only fair solution. Again, with the Adult Clinics, we had Walter Zettl in AZ, Jane Savoie in CO, Betsy Steiner in NM and Charlotte Bredahl in AZ. Region 5 hosted the USDF Convention in Denver with the Kyra Kyrkland Symposium in 2008.

What is it like to be a Regional Director? Day long meetings at the convention and Spring Executive Board meeting, discussing the move to Lexington, balancing the budget, restructuring to improve and streamline governance, along with conference calls and countless emails and phone calls. Our governance is all-volunteer: the President, Vice President, Secretary, Treasurer and Regional Directors, as well as the Participating Member and GMO delegates. We have a unique, grassroots organization and I am glad that I had the opportunity to participate. It is amazing and exciting, along with tension and compromise in the Board of Governance meetings. Love those roll call votes!

The most rewarding benefit has been meeting all people along the way, both in our region and getting to know those outside of our region.

Happy Holidays! I would like to thank everyone in the region for the time and energy you have donated to our sport on top of the demands of your own busy personal life.

Hug your horse! Our horses are such fragile, forgiving, and generous animals. They put up with our efforts and when we do it right, they give us their best!

Hug your horse! Our horses are such fragile, forgiving, and generous animals. They put up with our efforts and when we do it right, they give us their best!

Happy Riding! Theresa Hunt, Region 5 Director

Around the World Wide Web

Check out: NM Nicker
(www.nmnicker.com)--Your comprehensive resource for all things equine in the land of enchantment. Here you can find information about shows, clinics, fun-rides, services, facilities, clubs, and horses/tack/etc for sale.

You can contact New Mexico Nicker anytime by sending an e-mail to thea@nmnicker.com.

For all the latest news and information on everything from schooling shows to clinics, classifieds to community go to the website --
www.nmdressage.net



2010 Accomplishments for NMDA

Shows:

- NMDA Schooling Shows - 13 total events that count to Awards (9 NMDA shows, 2 Arab shows and Juan Tomas and Watermelon Pony Club)
- Bill Woods Clinic and Schooling Show judging in Taos
- Quarter Horse recognition for dressage (recognized shows)
- Western Dressage classes
- Arab club relationship strengthened
- One entry form for all schooling shows

Member Benefits, Communication and Information:

Web Site regular updates –

Newsletter and past publications,
 Calendar updates,
 Schooling show information - results, show schedules, directions, photos
 Forms on line -membership, show forms,
 Membership list updated monthly,
 Business members have advertising links
 Minutes of the Board Meetings posted
 Email reminders – shows, Board Meeting Agendas, events, etc.
 New Membership Category for Business Members
 Reduced fee for Family Members
 General Membership Meeting in November

Financial:

Did not increase our GMO fees for 2011 despite increase fee we have to pay USDF
 Exploring 501c3 tax exempt status – updating all documents to prepare for application
 Got up to date and caught up on all tax filings
 Year to date net income as of October Statements \$2,660, better than estimated Budget for 2010 (\$2,340)
 Applying for the Dressage Foundation “Violet F. Hopkins Grant” to support education in 2011, is awarded, will keep fees lower

The Board:

New Members of the Board – Virginia Gredell, Membership, Linda Ettling, Newsletter
 Tuesday Goers, filled in for Secretary
 Barbara Burkhardt filled in for Schooling Show Chair
 New Board Members for 2011 – John Collins, Denai Myers, Rusty Cook
 Rena will be Treasurer again - yeah!
 The best Webmaster *ever* – Harold Baskin

Awards:

New “Combined” Awards Category –to encourage participation in both schooling and recognized shows
 Planning Annual Awards Ceremony and Banquet for January 2011 at Tonoan Country Club
 New Award prizes – embroidered sheets, gift certificates
 Volunteer Awards for the first time

Education:

Underwrote Ride Re-Ride Clinic to keep fees lower
 Developing new Education events – Seana Anderson clinic Feb 26 and 27, 2011



Classifieds

Private & Secluded Horse Property –

Stunning 4.85 Acres!!

Bennett A. Hammer

REAL ESTATE BROKER /857-2285 /828-1000

bahammer@swcp.com

2410 Venetian Way SW – \$695,500

- All the Trimmings for the Horse Lover! • 36' x 40' Barn with Power & Water,
- 5 Stalls & Tack Room • Pipe Fencing • Irrigated Pasture & Orchard
- Approx 2411 sf Home • 2 Car Garage • 3 Bedrooms • 2 Full Baths
- Brazilian Cherry Flooring in Living Room • Granite Kitchen Counters
- Pella Triple Pane Windows • Large Covered Patio • Hot Tub
- MLS# 682628

From Norment and Coors SW, go east to Arenal Canal, then south.



Classifieds

FOR SALE - 5yr old Friesian gelding. Trained, ridden, and shown in Training Level Dressage; schooling Level I Dressage. Good mind and good gaits--a sweetie but needs intermediate rider/knowledgeable trainer. Call daytime (505) 846-5428.

HORSE BOARDING

Two stalls for rent in a small private horse facility on the south end of Corrales. Box stalls with mats, pipe runs, auto-heated waters, lighted tractor groomed pipe arena and all-weather lighted round pen. Easy access to Bosque and ditch trails. Monthly rent ranges from \$250.00(self-service) to \$475.00(full service) per horse. We care for your horse just the way we care for ours with lots of TLC. Call 505-898-7298; 505-977-7064; 505-280-4680.

Looking for a sweet-tempered horse to board at my place in Corrales. Prefer a smaller mare who could get along with my Haflinger mare for all day turn-out in a large ring plus 1.5 hrs on pasture. Stalls are rubber-matted with runs. Barn has a central aisle, ceiling fans, and a large tack room. Horse are fed 3X daily. Farm has large riding ring and is only a 0.4 mile from ditch bank riding. Person must be clean and conscientious and attentive to his/her horse. Board: owner of the horse will pay for feed and shavings plus \$50 monthly to go towards labor and maintenance. Please call Leslie Carpenter at 242-0701 or email buckwheat96@q.com.

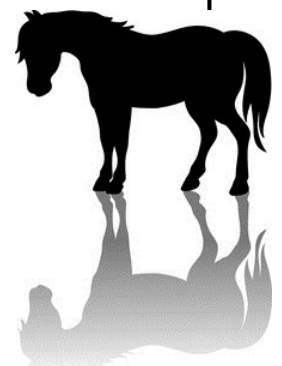
got suppleness???

Suppleness is what separates the average Dressage horse from the fabulous one. Ravel is the perfect example of this! This simple method assists your horse in reaching his MSP -- Maximum Suppleness Potential.

In order to be supple, muscles must be free of all tension. All horses accumulate tension in their muscles to one extent or another, mostly to a very large extent. Learn this simple technique to release tension from your horse's muscles. Cost is extremely reasonable. Sivia Gold 470-8404 siviagold@yahoo.com

Clean and repair all manner of horse clothing—horse blankets, pads, etc. Also available: custom pads and quarter sheets. Serving the Greater Albuquerque area—other areas pls call. Contact (505) 459-3298 or email: sehoirchic@gmail.com

See More classifieds on line at www.nmdressage.net



NMDA Board Members

President - Susan Dezavelle

Vice-President - Beth Frilling

Secretary - Vacant

Treasurer - Rena Haynes

Publicity Chair - Marybeth Perez-Soto

Junior/Young Riders Chair - Barbara Burkhardt

Recognized Shows Chair - Donald Simpson

Schooling Shows Chair - Barbara Burkhardt

Awards Chair - Randi Phillips

Clinics/Education Chair - Ulla Hudson

Membership Chair - Virginia Gredell

Newsletter Editor - Linda Ettlmg

We're on the Web!
www.nmdressage.net

Webmaster - Harold Baskin

NMDA Mission Statement:

The New Mexico Dressage Association (NMDA) is a nonprofit organization incorporated under the laws of New Mexico. NMDA is also a Group Member Organization of the United States Dressage Federation (USDF). The organization's purpose is to promote the understanding of dressage and to develop skill and excellence in its use, as well as encourage, promote and conduct exhibitions, shows, clinics and other events by which interested people may develop their potential as riders and train their horses to the extent of their capabilities. Privileges of membership include but are not limited to participation in the organization's activities and receiving the Handbook/Test Book, and monthly newsletter. Members also become Group Members (GM) of USDF, with all its benefits.

The Back Page

I want to thank everyone for the kind words of encouragement and praise for the new newsletter format. I've wanted to do the newsletter for a few years now and I am reminded of the old adage "be careful what you wish for"—the endeavor has been both a joy and a challenge but I hope that the newsletter is both useful and informative.

As I stated in the September issue, I really would like this to be collaborative effort and supportive of the community. Please let

me know if you have an idea for an article or something you would like to see included, or is interested in doing a series of articles or a regular feature (this would be great! Particularly with a focus on education.).

As I will not publish another newsletter until January, I wish each of you and your family (two and four footed) a wonderful and joyful holiday season.

Linda