



Flying Changes

NOVEMBER 2011

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President's Letter

The test nearly over 4 more transitions and done. We completed the second trot phase well the Bosque Farm Show went well and everyone had fun. Thanks again to Rena and DJ for managing, and all the volunteers Barbara at gate, Randi runner in AM and DJ runner in PM, and DJ also did the microphone. One more show to go October 30 at Cherry Tree Farm will be the conclusion of our schooling shows.

I hope everyone have met their goals in training and had a great competition year. Those that have qualified still have Regional competition in Novem-

ber. Also remember Saturday, November 12, 2011, 6-10 PM at the NM State University Center in Albuquerque. Flyers have be sent out please attend to discuss multi issues on how YOU would like the Club to move forward.

We will also start wrapping up the nominations for President, Vice President, Secretary, and Treasurer so get in to Randi , randiphillips@msn.com, all the nominations ASAP!!! We have a lot to get done this next month with membership updates to USDF, also request History for NMDA to record with USDF, and tabulations for all the year

end awards. I'm looking forward to see everyone at the general membership meeting, reviewing the nominations for NMDA board, and completing and the USDF requirements. Special thanks to Susan D. for the work on the General Membership Meeting Flyer, and developing the 2012 membership application.

Everyone be SAFE, and HAVE FUN!!

John C.

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USDF & Region 5 News



The cooler temperatures are upon us and those of us in Colorado have already had our first snow October 8th! I know Utah and Wyoming have already also had some nice snow too... The horses are getting shaggy, the blankets are out and the Holiday season is fast approaching.

USDF has started a new competition season already and this time of year is often a time where a lot of us are "getting our education on"!

The USDF education portal, E-TRAK, has received a facelift and has added several new features! Besides a cosmetic overhaul, the following

improvements were implemented:

- After log-in: "Learning Center button now houses guided and interactive educational activities
- The In-Depth Study TRAKs are tracked by USDF and are eligible for USDF

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.

University accreditation.

The Quick Study TRAKs are learning tools that provide selected educational items for each topic.

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Calendar

November 2011

Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	7	8 Board of Directors meeting. Location TBD	9	10	11	12 Ann Gen Mbr Mtg-NMSU Center
13	14	15	16	17	18	19
20 "Transitions" Clinic with Lynn Clifford	21	22	23	24	25	26
27	28	29	30			

Schooling Show Updates
and Rated show premiums
will be posted on the
Web—www.nmda.net

December 2011

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7	8	9	10
11 Clinic on Collection, with Lynn Clifford	12	13 Board of Directors meeting. Location TBD	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NMDA News—President's Letter

Members of NMDA! You are cordially invited to the Annual NMDA General Membership Meeting on Saturday, November 12, 2011.

There will be a presentation of an educational DVD called "*Balance in Movement (The Seat of the Rider)*" and you can have a ride on the "*iGallop*" a riding simulator .

Please *RSVP* by Nov 5th to Randi Phillips, randiphillips@msn.com or

(505) 803-4151.

Suggested topics for the meeting are:

How many shows should we have next year?

How can we encourage more members to become show manager?

Can we get more members involved as volunteers?

Should we have Saturday shoes?

Should we have northern and southern show committees?

Consider having a youth

show for the introduction of Dressage?

Should we expand the scholarship fund to other types of requests, and if so, what types?

Suggested input on the "*Flying Changes*" newsletter content, format and frequency?

Any other ideas or concerns...please let us know!

Training Tip from Lynn Clifford

Lead the Dance

Around the Barn—Prevent Horse Barn Fires

Practical Horseman, http://www.equisearch.com/horses_care/prevent-horse-barn-fires/3/

Horse barn fire—it's every horse owner's worst nightmare, and it comes true too often. Fire happens in top-of-the-line new barns as well as creaky old ones. And once a horse barn fire starts, experts say, you have at best eight minutes to get horses out. After that, even if they escape, smoke inhalation may end their useful careers.

For all those reasons, prevention of horse barn fires is paramount. Yes, you need to make and practice an emergency plan in case a horse barn fire ever does happen. But even more, you need to scour your barn for fire risks, correct them, and keep them corrected.

To help you, we've consulted four experts, all experienced

horsemen. Californian Tim Collins is a technical equine-rescue specialist with the Santa Barbara Humane Society and an adviser to Santa Barbara-based Equine Evac, which responds to fires, floods, and earthquakes. Ken Glatthar's Lake Tahoe Security Services, Inc., based in Reno, Nevada, does fire investigations and is developing a special unit to work with large equine operations on preparedness. Besides his regular veterinary practice at North Carolina's Southern Pines Equine Associates, Dr. Jim Hamilton serves on the Moore County Emergency Response Unit. And Lieutenant Chuck Younger of the nearby Southern Pines Fire and Rescue Department not only teaches horsemen about fire safety but teaches firefighters to work with horses. All four experts present emergency and fire-response talks and/or workshops to

special-interest groups and the public.

Prevention

First, get rid of those fire hazards. Store hay away from the barn. All our experts stress this point—because hay that's been baled damp can build up internal heat and ignite all by itself.

If you must store hay in your barn, at least be sure to . . .

Store hay carefully. "Store the minimum you can," says Chuck, "maybe five to ten bales, preferably at ground level, away from electrical lights." (His own brother lost a new barn after a hay supplier carelessly stacked bales up to the ceiling—where one made contact with a fluorescent light.) Leave a gap between bales, advises Tim, to let moisture dissipate. And install a smoke detector or heat detector above the hay.

Check hay frequently. About

Don't back up from your horse unless you are specifically inviting them to come toward you! Backing away can be interpreted as a sign of submission - like getting moved off of the hay pile - especially if you have a more dominant horse. It's also an easy way to trip! Think of pointing your toes where you want to go, and "Lead the Dance" for your horse.

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The Vet's Office—Warming Up to the Task

by: Ray Geor, BVSc, PhD, Dipl. ACVIM
April 01 2001, Article # 19 (excerpt),
www.thehorse.com

A number of studies have examined the effects of high-intensity warm-up in horses, such as racehorses. No studies have examined the effects of warm-up on lower intensity exercise, such as endurance racing, dressage, reining, or show jumping. Nonetheless, the results of this research do give us some insight into the value of a warm-up in horses.

Two different studies examined the effect of warm-up on oxygen consumption (VO₂) in horses during intense treadmill running (see Tyler et al. 1996; Geor et al. 2000).

As indicated earlier, one of the important effects of warm-up in humans is an increase in the delivery of oxygen to active muscles. If this is also true in horses, we would

expect to see a more rapid increase in VO₂ (rate of oxygen consumption) at the start of intense exercise and a reduction in the requirement for anaerobic energy.

The study by Tyler and colleagues compared horses which performed either no warm-up or five minutes of trotting before completing a bout of all-out galloping on a treadmill. In the second study (see Geor et al.), horses performed either no warm-up, 10 minutes of a low-intensity warm-up (trotting), or 10 minutes of a higher intensity warm-up (a combination of trotting and galloping) five minutes before intense exercise. In that way, the researchers were able to determine whether the intensity of the warm-up influenced subsequent exercise responses.

Both studies showed that a warm-up does result in a more rapid increase

in VO₂ during the early part of subsequent intense exercise. However, as there was no difference between low- and high-intensity warm-up, it appears that a light and relatively short (five to 10 minutes) preliminary exercise regimen is sufficient to enhance aerobic metabolism in horses during sprint exercise.

This advantage was well demonstrated in another study that compared the effects of identical low- and high-intensity warm-up protocols on subsequent treadmill running performance (McCutcheon et al. 1999). In that study, the time taken until development of fatigue (an inability to keep pace with the treadmill) was used to assess exercise performance.

Both the low- and high-intensity warm-up resulted in improved

Cont on next page

Around the Barn—Prevent Horse Barn Fires

a month after hay's been delivered, Ken says, "break open a bale. If it's very warm to your hand inside, it's probably been put up too moist and is getting ready to combust. Check every bale; any that's hot, move out of the barn."

Make "No Smoking" the rule. Post signs outside and inside, and enforce them, with friends, family, and everyone else. "I've seen it too many times," says Chuck. "The farrier comes to shoe your horses; he takes a break and lights up. You have to insist on no smoking—be-

cause one stupid mistake and that's it."

Protect wiring. Rodents love to gnaw on the coating around wire, so encase all wiring in metal conduit; secure the conduit to the structure so horses can't pull it out. "Give your horses play toys," says Ken, "so they leave the wiring alone." And regularly check that the conduit's in good shape, especially at junctions or turns.

Protect lights. Cover every bulb with a metal or plastic cage so a rearing horse can't hit and break it.

Break up bedding. When you muck, urges Tim, move the bedding around to break up the compaction caused by your horse's normal walking in his stall. Fire won't spread as fast through loose bedding.

Get flammables out of the barn. Check every jar and bottle and spray in your tack room, wash stall, grooming tote, and tack trunk. If the label says "flammable" (and it will on lots of things, from liniment to linseed oil), store that item away from the barn if you possibly can; at least

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Around the Web

Read all the news from USDF Region 5 at
<http://www.usdfregion5.org/>

Interesting news and articles on the Pan Am games at
chronofhorse.com

Show News

You Know You Have A Dressage Rider's Tack Room when...

1. *You own dozens of snaffle bits and they're all exactly alike.*
2. *You have so many snaffle bridles that students look disgusted when you say, "Go get the snaffle bridle."*
3. *You own every style of bootjack but still need help getting your boots off.*
4. *You own every size, shape, and color spurs come in.*
5. *You own the gallon size container of horse treats.*
6. *Your last jumping saddle is getting dusty.*
7. *You own lots of dressage and lunging whips.*
8. *You let everyone borrow anything except your favorite dressage saddle.*
9. *You own every size, shape, and color dressage saddle pads come in.*
10. *Your favorite girth is the one from the saddleseat catalog.*
11. *You own every style of gel pad available.*
12. *Your favorite gloves are falling apart but you can't bear the thought of throwing them out.*
13. *You found a mouse nest at the bottom of the pile of unrolled polo wraps.*
14. *Your favorite trophy is the plaster cast of your seat from the custom saddle maker.*
15. *Your favorite blue ribbon is from that show that no longer exists.*

The last schooling show of the season was held at Cherry Tree Farm on 30 October. Congratulations to all who have participated this year and a big thank you to all the volunteers that stepped up to make the showing year a success.

Check out the website for all scores and for the announce-

ment for the year-end awards.

The Vet's Office—Warming Up to the Task

exercise performance compared to the no warm-up treatment. This improvement in performance might be explained by the more rapid increase in VO₂ during the early part of exercise. As with the previous studies, the amount of energy from aerobic metabolism was higher when sprint exercise was preceded by a warm-up. Conversely, there was a lower proportion of energy derived from anaerobic metabolism and less lactate accumulated in muscle and blood when the horses were warmed up.

Research at the University of Kentucky (Lawrence 1999) also demonstrated that a moderate- to high-intensity warm-up decreases blood lactate accumulation during intense exercise.

The take-home message from this body of research is clear—a warm-up is a very important part of the preparation for high-intensity exercise, such as racing. The resultant enhancement of aerobic metabolism and decrease in lactate accumulation is beneficial to exercise performance.

Other research in horses has shown that a warm-up can be beneficial for body temperature regulation during and after high-intensity exercise (Lund et al. 1996). When horses were warmed up before a four- to five-minute bout of treadmill galloping, the increase in body temperature during exercise was lower compared to the no warm-up protocol, and the horses recovered faster from exercise when given warm-up be-

forehand. These researchers speculated that the warm-up hastened the onset of sweating, thus enabling the horses to lose a larger amount of heat during intense exercise.

Warm-Up Basics

More research is required to determine how warm-up affects the metabolism and performance of horses during lower-intensity exercise. However, common sense and evidence from studies in humans and horses suggests that a warm-up is an important part of every exercise session. Here are a few things to keep in mind when designing a warm-up for your horse.

- For most training sessions, 15 to 20 minutes of preliminary exercise (including an initial period of walking-up) should provide adequate warm-up. However, you must consider the environmental conditions when planning a warm-up on any given day.
- In warm conditions (e.g., greater than 27°C or 80°F), the horse will warm up relatively quickly. To avoid an excessive increase in body temperature, shorten the length of the warm-up and/or reduce the intensity. The onset of sweating (wetting of the skin and haircoat on the neck and other areas) provides a useful guide as to the adequacy of warm-up.
- In cold weather, a longer warm-up will be required. In very cold weather, you might consider using an exercise blanket on the horse's back and loins. The insulation from the blanket will hasten warm-up by

decreasing heat loss through the skin.

- During training, there should be a seamless transition between the warm-up and the conditioning session. For competition, the warm-up should be timed so that it is completed within five to 10 minutes of the start of the event. Depending on weather conditions, a blanket can be placed on the horse during the interval between the end of the warm-up and the start of competition to keep the horse warm.
- Each warm-up session should include general and activity-specific exercise. Start at the walk, then progressively increase the work intensity. The duration of walking exercise will depend on the individual horse and its housing circumstance. Horses kept indoors most of the day should receive a longer walking period compared to a horse maintained at pasture.
- After five to 10 minutes of trotting/slow canter, the warm-up should proceed to activity-specific exercise. For example, jumpers should be schooled over small fences. When the workout or event will include high-speed galloping, there should be a gradual increase in running speed ending with a very brief period at 60-80% of maximum effort. However, don't overdo this part of the warm-up. Studies in human athletes have shown that excessive warm-up (too long or too intense) can impair subsequent performance.
- Horses prone to the muscle disorder "tying-up" need special consideration when designing a warm-up regimen. In Thoroughbreds prone

Clinic Corner

"Transitions" Clinic with Lynn Clifford

Sunday November 20th 10am -4pm at the Santa Fe Equestrian Center
All disciplines and breeds welcome; Auditors welcome.
Limit 8 participants, \$95 includes clinic and facility fee (byo lunch)

Discount for members of NMDA

RSVP by Sunday, November 13th to lynn@lynnclifford.com or 505-231-5353

(Stay and trail ride or practice after the clinic; corrals or stall available for fee.)

Special Offer: \$10 DISCOUNT OFF A PRIVATE LESSON SCHEDULED WHEN SIGNING UP FOR CLINIC

Let me help you solidify your new skills with a personalized lesson on your horse or mine!

Clinic on Collection, with Lynn Clifford

Sunday December 11th 10am -4pm at the Santa Fe Equestrian Center
All disciplines and breeds welcome; Auditors welcome.
Limit 8 participants, \$95 includes clinic and facility fee (byo lunch)

Discount for members of NMDA

RSVP by Sunday, December 4th to lynn@lynnclifford.com or 505-231-5353

(Stay and trail ride or practice after the clinic; corrals or stall available for fee.)

Special Offer: \$10 DISCOUNT OFF A PRIVATE LESSON SCHEDULED WHEN SIGNING UP FOR CLINIC

Let me help you solidify your new skills with a personalized lesson on your horse or mine!

The Vet's Office—Warming Up to the Task

to repeated episodes of tying-up (recurrent exertional rhabdomyolysis), excitement is a common precipitating factor. Keeping a tight hold during warm-up or the early stages of canter/gallop work can be counter-productive by increasing the level of excitement. Allowing the horse plenty of rein during warm-up might reduce the risk of a tying-up episode.

Warm-Down And Cool Out
Every training session (and following competition exercise) should be

followed by a warm-down that includes five to 10 minutes of trotting and a similar period of walking. After hard galloping exercise, the warm-down helps enhance lactate removal from muscle, as well as other adjustments back to the resting state.

It is important for the horse to be "cooled out" properly before completion of the day's activities. In cool weather, the period of walking during the warm-down might be all that is necessary to ensure that the

horse is cool. However, during the summer months, it usually is necessary to actively cool the horse (e.g., bathing with cool water).

USDF & Region 5 News—*continued from page 1*

- The Advanced Search feature has been completed and is now active
- Provided an "FAQ" button and corresponding web page to explain what e-TRAK is and answers to additional questions.
- Improved the visibility of the navigational buttons on the top of the page.
- Slowed down the slide show which showcases tips for the viewer. These tips are linked to educational items within e-TRAK.

USDF & Region 5 News—*continued from page 6*

- After log-in: Provided Last Viewed section, in the upper left hand side, which shows your viewing history in e-TRAK

USDF has established a new Peer-to-Peer Commission comprised of volunteers who have been charged with trying to make riding in dressage competitions more appealing and rewarding for riders by creating a system whereby riders can compete against others of similar ability and experience.

I'm very happy to be heading up this commission and working with several talented members of the USDF organization. Many USDF members have a passion for the sport, but a reluctance to compete. The Commission needs your input on what would entice more competitors to the dressage competition arena as every rider should be able to enjoy showing and have a chance to win!

Other sports have handicaps or rating systems that enable a level playing field such as golf, tennis or even other equestrian sports like team roping or the hunter arenas. The Commission has discussed adding classes/divisions based on prior show history, taking into account scores accumulated, ribbons won and/or Championship qualifications earned. But they need to hear from you, the members! Please send your input to peerto-peer@usdf.org by November

Around the Barn—Prevent Horse Barn Fires

store it in a fire-resistant container (a metal box, for instance). For the same reason, park your gas-powered mower and gas can elsewhere. And remove half-empty cans of paint; gas can build up in them and ignite.

Clear out clutter—the odds and ends that accumulate in feed- and tack-room corners can provide fodder for a spreading fire. Clear your barn aisle, too; if you must store tack trunks and electric fans and your grooming vacuum there, at least put them all on one side of the aisle, providing a wider passage for getting horses out.

Sweep clean. Regularly sweep the aisle clear of loose hay and stray bedding and manure that could land on something hot—such as the muffler of a truck you've backed in to unload—and start smoldering.

Knock down cobwebs—they're highly flammable.

Bust dust. Get rid of the dust that builds up in space heaters, on heat lamps, and around your water heater.

Use an air compressor or leaf

sion cords. Use the heavy-duty industrial-rated kind—and as soon as you finish, unplug the cord and put it away." Don't hang extension cords on nails, he adds; abrasion eventually breaks down the rubber coating.

Ken warns, "Don't lay an extension-cord connection right in front of your hay pile, where hay can land on it and dust can get in between the plug and receptacle." If current arcs between the cords, the resulting fire "can smolder for hours, then break out in the middle of the night." He adds, "What we call 'electrical' fires are not as prevalent as people think. Usually there's another causal agent involved: something flammable in contact with the electricity."

If you're building a barn, all our experts agree, install enough outlets that you'll never need an extension cord. The cost is relatively low; the safety return is high. Handle heat with care. Your tractor, your truck, your clipper, your tack-room heater—anything with a motor or a heating element that warms

up with use—needs to be kept away from hay, bedding, and flammables at all times, checked on carefully until it's cooled, then put away safely.

Clear brush. Keep the ground around your barn clear of ornamental plantings and weeds; either could spread a fire. Trim back brush everywhere—including, says Tim, under low bushes; undergrowth can die back to become instant kindling. Clear fallen trees and branches.

Put your manure pile at a distance. Manure is flammable; in hot, dry conditions, says Ken, it can spontaneously combust—and burn for a very long time.

Think you've made your barn hazard-free? Good. Now, says Tim, ask somebody unfamiliar with the place to walk through and help you spot the safety risks you're too used to seeing. Even better, says Chuck Younger, have a member of your fire department do the walk with you.

Classifieds

The Ride of Your Life: Coaching for Equestrians

Coaching provides an opportunity to address the "inner issues" of mental or emotional challenges, such as fear or anger when working with your horse, recovery from an accident, balancing home and horses, show jitters, student/trainer relationships, and more. See you your training will progress when these issue are not taking a hold of the bit and running you! Completely confidential coaching sessions, are available by phone or in person, with or without horse. Unsure? Experience a free 30 minute introduction. 505-231-5353 or lynn@lynnclifford.com

BRAND NEW - The Santa Fe In Synch Drill Team

Safety, fun and learning for everyone! Learn great training patterns and safely expose your horse to riding in a group in a progressive way. Focus on quality walk work initially, tempo, individual control, group cohesion, spacing (farther apart in beginning until riders and horses acquainted), communication, then the movements become more complex and trot and canter are introduced as appropriate. At the Santa Fe Equestrian Center (formerly The Horse Park) on Sunday afternoons every other week. Also by arrangement at your barn with a 4 rider minimum. \$30 - \$20 based on what you can pay w/ SFEC \$20 facility fee. Call or email for more information. 505-231-5353 or lynn@lynnclifford.com.



Lynn Clifford, MA, EAGALA II, LPCC pending
www.lynnclifford.com or call (505) 231.5353 for more information:

- ~ The Ride of Your Life: Coaching for Equestrians NOW ACCEPTING NEW CLIENTS
- ~ Holistic Horsemanship/Classical Dressage for All
- ~ Expressive Arts & Horse Assisted Personal Growth
- ~ Dynamite Nutritional Products

"Out beyond ideas of right doing and wrong doing there is a field. I'll meet you there." Rumi



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. Call Sivia Gold-470-8404; siviagold@yahoo.com



HORSES FOR SALE

"D'Arcie" Lovely 2nd level school master. 13 yo. 16.2h+ registered Hanoverian mare. First level Regional champion. Qualified two years in a row for 2nd level Regionals championships. 2010 NMDA 2nd level champion. Very sweet temperament, she is an excellent confidence building horse. Good dressage home only. \$8,500.

"Fiama" elegant 9yo 16h+ branded Swedish WB mare. Also in Westphalian mare book. Former NMDA champion training level. Many high point awards at first level. Spent last year winning at A level hunter shows. Currently schooling second level. Very supple and comfortable gaits. Good energy. She is ready to win for you! \$8,500 firm.



FOR SALE:

18" Kieffer dressage saddle, excellent condition, adjustable tree.

Three pads, stirrup leathers, irons included, 22" girth.

\$2,000.00 (new is \$2,900.00)

Call Janice for more information

Albuquerque 505 822-7946



Great deal on TROPICAL RIDERS - All brand new with tags. Two pairs White "Jane Savoie" style front zip, deerskin dressage patch, Schoeller Microfiber - size 32R & size 26R - \$140 each. One pair Black "Jane Savoie" style front zip, deerskin fullseat, Schoeller Microfiber - size 28R - \$165. One pair Black deerskin knee patch, Schoeller Microfiber - size 42R - \$100. One pair Black pull on style, deerskin dressage patch, cotton/lycra blend(enduro cool fabric) - size Large - \$100. Also have perfect condition used HARRY HALL black dressage coat, size 14L, 4 button, single pleat back, 100% Wool - \$50. Call (505) 501 3633



NEW MEXICO
DRESSAGE ASSOCIATION

NMDA BOARD

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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.

USDF & Region 5 News—continued from page 7

23 so that the Commission can discuss these ideas at the Adequan/USDF Annual Convention in San Diego.

The USDF convention is just around the corner and it's time to book your hotel rooms, airfare and register for the convention and symposium if you haven't done so already! We are in lovely San Diego this year November 30th-December 4th. Information and registration forms for the Convention and Sym-

posium are available at www.usdf.org/Convention/.

Till next month!
Heather Petersen

Region 5 Director

The Back Page

WANTED

Newsletter Editor

It is with regret and sadness that I must step down as newsletter editor starting with the new year. My last issue will be December. I have enjoyed the challenge of trying to provide an informative aid to our community. If anyone is interested please contact John or myself.

