

Flying Changes

FEBRUARY 2011

President's Message

Well, it's official—2010 is over and congratulations to all our champions and reserve champions! The year end awards dinner at Tanoan Country Club was wonderful! All our winners got great year end awards; our wonderful volunteers were recognized, and the great contributions of our past presidents were also recognized. The entire evening was uplifting. Thank you Randi and Susan for a very inspiring evening.

The clock continues to turn and now we are in the warm up to start 2011. Please review the calendar on the NMDA web site and note it's full. We have several rated shows this year: March 12-13, May 28-29, July 2-3, Oct 15-16. Please contact Donald Simpson at flashmail@netzero.com for details.

Quickly approaching is the Seana Adamson Seminar and Clinic, Feb 26-27, and if you wish to attend get your application to Randi Phillips quickly. (randiphills@msn.com) We also have 13 schooling show opportunities this season. Thank you, Denai Meyer, our Schooling Show Chair for confirming venues, dates, judges.

One month to go and we will be entering "A— working trot." I hope

everyone's training of self and horse are going well. I'm looking forward to an exciting competition year with still more work to be done. Volunteers are always welcome! And speaking of volunteering—Please contact DJ at SkipandDCTF@aol.com, to volunteer for the March 20th schooling show.

Also, Please share any thoughts you have with the board and club members are welcome to the board meetings. I will add to the agenda any of your concerns. We always have issues and I encourage discussion of those issues as they are the life blood that makes the club healthy.

Finally, be aware of the new rule in regards to the mandatory use of approved helmets—see the NMDA website for details. And this fits my main objective to BE SAFE AND HAVE FUN!

Sincerely,

John C.

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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

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Clinics: Seana Adamson Dolly Hannon
27 Clinics: Seana Adamson Dolly Hannon	28					

March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 NMDA Show-Cherry Tree Farm	21	22	23	24	25	26 USEF/USDF Dances with Horses 1 & 2
27 USEF/USDF Dances with Horses 1 & 2	28	29	30	31		

NMDA Community News

Protective Headgear Rules for Dressage

Effective March 1, 2011, the following rules apply to Dressage Competitions and Regular Competitions holding Dressage classes:

Riders under age 18 must wear protective headgear, as defined by DR120.5 and in compliance with GR801, at all times while mounted on the competition grounds. This includes non-competing riders as well as those competing at any level.

While on horses competing in national level tests (Fourth Level and below), riders must wear protective headgear as defined by DR120.5 and in compliance with GR801, at all times while mounted on the competition grounds. This includes non-competing riders on horses competing in national level tests.

While on horses competing in USEF or FEI Young Horse Tests, and FEI Junior Tests, riders must wear protective headgear as defined by DR120.5 and in compliance with GR801, at all times while mounted on the competition grounds.

All riders competing in Para-Equestrian tests must wear protective headgear at all times while mounted on the competition grounds. Riders who compete in PE tests must wear protective headgear on every horse they ride, no matter the level or test.

All riders of any age while on non-competing horses must wear protective headgear at all times while mounted on the competition grounds.

All riders under age 18 and all riders while on horses competing in national level tests, who choose to wear Armed Services or police uniform, must wear protective headgear as defined in DR120.5 and in compliance with GR801 at all times while mounted on the competition grounds. Riders age 18 and over who wear Armed Services or police uniform on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above must wear either protective headgear or the appropriate military/police cap or hat for their branch of service.

When a horse is competing in both national and FEI levels or tests (e.g. Fourth Level and PSG), the rider must wear protective headgear at all times when mounted on that horse on the competition grounds and during all tests.

While on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test), riders age 18 and over are not required to wear protective headgear in warm up or during competition. However, these riders may wear protective headgear without penalty from the judge.

In FEI-recognized (CDI, CDI-Y, CDI-J, CDI-P, etc.) classes, FEI rules take precedence and protective headgear is permitted but not required.

Around the Barn—

The American Barn Dog Registry Says... REGISTER YOUR BARN DOG NOW

Why be the only stable, farm, ranch, home with a paddock, or city apartment and lots of hope without a registered American Barn Dog. These dogs, which come in all shapes and sizes and are sometimes cross-registered, are the stable staple. Every barn has at least one.

From the head of ranch security to simple marker of the property line and all visiting trailer tires, the barn dog is a fixture wherever there are horses.

Several categories are available to accommodate the great variety within the "breed."

Categories include but are not limited to: Senior Barn Dog, 10 years and up; Ranch Dog, Cow type; Ranch Dog, Sheep type; Ranch Dog, Miscellaneous type; Camp Dog; Riding Stable Dog; Lesson Barn Dog; One-horse-barn Dog; Urban Barn Dog; Fox Hound (not employed by a hunt); Chow Hound; Apartment Dwelling Wannabees; Porch Sleepers; Driveway Sleep and Never-movers; and Honorable Cat Chasers.

Each registered Barn Dog will receive an official Barn Dog Registry registration certificate suitable for framing.

To register your barn dog send \$10 and a photo to "Barn Dog Registry" P.O. Box 39, Fentress, TX 78622.

The American Barn Dog Registry is sponsored by AAHS. Hooligans of San Antonio will sponsor the competitions. Future plans include regional and national Barn Dog Shows with judging to be on the qualities important to Barn Dogs.

All proceeds will go to finance AAHS's many services, not the least of which is this newsletter.

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Horse Stable Fire Prevention and Preparation Tips

In the back of the mind of every horse, stable, or ranch owner lies the fear of a barn fire, and this is of particular concern during the Winter when there is dryer air and more prevalent use of heaters. The following are a few tips for fire safety in and around the barn (and home):

Plan Ahead For an Emergency

At the first sign of a fire, call 911. You should also know the number of the closest department to your farm as a backup contact. Have these numbers posted next to each phone in the barn and programmed in your cell phone.

Be specific when you provide your address so emergency services can dispatch the closest emergency responders.

If your farm is gated, record your gate code with the fire department so they can get in without having to stop and force open the gate. Every fire department makes a "Knox Key" available at a cost of around \$200.00.

Evaluate the driveway that responding trucks will have to navigate and be sure there is enough width and height for the trucks to maneuver.

Electrical power will be shut off by the fire department when they arrive for safety reasons, so all farms should have several strategically located flashlights available with batteries that are periodically checked and replaced as needed.

Have a system for knowing which, if any, patrons are at the barn. Secure their safety, as well as your own, before attempting to rescue any animals.

When loss of human life is not compromised, begin to remove the horses. Know ahead of time where the horses will be turned out once they're safely out of the barn, and be sure to secure all gates to the turn-outs to prevent the horses from escaping during an already chaotic time.

Around the Barn

Never allow smoking in or near the barn. Display "No Smoking" signs throughout the barn to ensure patrons are aware of the rule. Provide a safe container--located a safe distance from the barn--in which patrons who smoke can place cigarette butts to reduce the risk that they will be deposited on the ground.

Keep the barn aisles clean and clear of carts, tack, and other items that would accelerate a fire or hinder a rescue attempt. Lightly moisten dirt aisle ways and arena footing on a regular basis to keep dust down and reduce fire risk; use caution if wetting concrete aisle ways, as this can result in a slippery surface.

Remove cobwebs from the barn and surrounding buildings regularly. Cobwebs are flammable and allow fire to spread very rapidly.

Keep grass mowed short around the barn. A fire in a closely mowed area can be all but extinguished by using a common broom dipped in a bucket of water and "swept" across the fire

The Vet's Office

Feeding Horses When Temperatures Drop

by: University of Maryland College of Agriculture and Natural Resources
November 30 2008, Article # 13169

Winter presents a challenge to horse owners when it comes to feeding their horses. Low temperatures, harsh winds and rain, snow, and ice all contribute to the increasing nutrient requirements a horse has to keep themselves warm and maintain their body weight.

Here are a few feeding tips to help horse owners keep their horses happy and healthy this winter: Winter tends to be a time when horses lose weight, and a heavy winter coat can hide a thin horse. Make sure to check your horse's body condition every 30 days. If your horse loses weight during the winter, try increasing his body weight prior to the winter months so that he can lose some weight during the winter without becoming thin.

Horses require additional energy from the diet to maintain body weight when temperatures drop below 45½°F. Remember that pasture grasses do not grow during the colder months. Providing good quality hay at 2% of the horse's body weight should meet his nutrient requirements for maintenance. Feeding hay also generates heat during digestion by gut microbes, and that helps horses stay warm.

If hay availability is limited, beet pulp can also be a beneficial source of fiber. Also, investigate "complete feeds" that have the fiber already in the bag.

Use hay feeders during the winter. Up to 20% of hay is wasted by horses when fed on the ground. Horses in work or pregnant mares might require grain along with hay to maintain body weight. Avoid feeding more than 4-5 lbs of grain in one meal feeding in order to reduce the horse's risk of colic.

Consider adding fat to the diet in the form of oil or bran in order to increase the amount of energy in the diet. Fat packs more energy in each pound than carbohydrates.

Improve how your horse utilizes the feed you give him during winter by having their teeth checked and floated if necessary and by deworming the horse prior to the winter months.

Horses might decrease their consumption of cold or freezing water during the winter leading to an increased risk of colic. Make sure your horse is consuming at least 10 gallons of fresh clean water each day. Use tub and/or bucket heaters to help reduce ice formation and to keep the water lukewarm. Check all water sources and remove ice daily.

Provide salt blocks in fields and stalls. Although salt intake is more important during the hot summer months to replace sodium and chloride lost in sweat, horses do not meet their daily salt requirements by consuming forage alone.

Keep in mind that older horses have additional needs during the winter. Feeding a diet based on beet pulp prior to and during winter can help them maintain their weight during the winter.☞



Clinic Corner

New Mexico Dressage Association

Presents:

SPORT PSYCHOLOGY STRATEGIES FOR DRESSAGE

With
Dr. Seana Adamson



February 26-27, 2011

Feb 26—Seminar at NMSU Albuquerque Center on Indian School

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.

Clinic Corner



Carol Lavell on Much Ado...warming up for the Palm Beach Derby, 2007

Dressage clinic, Cherry Tree Farm, Apr 16 & 17, 2011
2315 Cherry Tree Lane SW Albuquerque NM 87105

Limited rides available; reserve your spot now. Auditors welcome!

Carol is a: Judge, clinician, trainer, and instructor
1992 Olympic Games, Barcelona, USA team bronze, 6th overall, on Gifted

“Carol is one of the best riders in the country; an incredible teacher...”. *Hilda Gurney*

Rides begin at 8:00 am.
Mundo Bravo Video on site

Lunch available on the grounds by Bill's Bar-B-Que
No dogs, please

April 15th, Dinner and Discussion at the Tanoan Country Club
10801 Academy Rd Albuquerque NM 87111

Social hour 6:00 to 7:00 pm in the Acoma/Zia room followed by plated dinner. Ms. Lavell will show film of rides on Gifted and address your questions about the affairs of dressage.

Registration Form

- [] Dinner @ \$25 Early Bird Special
- [] Dinner @ \$30 after March 15, 2011
- [] Clinic ride @ \$200 (includes 1 dinner ticket and 1 lunch voucher)
- [] 2d ride @ \$150
- [] Auditor @ \$35 Early Bird Special
- [] Auditor @ \$45 after March 15, 2011

Dinner Selections: Marinated and Grilled Flank Steak _____ Rosemary-Lemon Roast Chicken Breast _____ Fire-roasted Vegetable Ravioli _____

I have enclosed a check for \$ _____

(Payable to Kathleen Martin (Reference: Kari Bovee 505 220-4120))

Return to: Kathleen Martin 8410 Yeager Dr NE Albuquerque NM 87109

Name _____

Address _____

E-mail _____ Phone _____

Contact: Kathleen Martin 505 944-5929 or E-mail kmartin05@msn.com

Read more about the clinic at carollavelldressagenm.com

Clinic Corner-Attending “Dressage University”

By Terry Flanagan

You have just sent off your application, curriculum vitae and a video demonstrating your best work, and now you will spend several anxious months waiting to hear if you’ve been accepted into the university of your choosing. During these unsettling months when you try to imagine life at the university and life without it, you busy yourself with your normal routine until one day, the telephone rings, and, in a state of shock, you attempt to register the words you are hearing.

At first, you don’t believe your ears – is it possible that you have just been accepted to attend university with an elite group of eight others with similar pursuits, talent and orientation? If so, you’re one of the fortunate ones, because many more than you did not receive this phone call and instead only got letters thanking them for applying but ultimately turning them away.

As a new student at this university, you will attend, with your cohort, an exceptionally demanding three-year program with encompassing curriculum that includes theoretical discussions and seminars, practical demonstrations, private and collective study and practice, independent assignments and exhaustive analysis and examination. At the onset of your fourth year, you will be required to demonstrate your knowledge and mastery before a panel of experts to determine not whether you have satisfied the expectations of the program, but whether you have exceeded them. Only the most proficient will be given the honor of graduation; the merely average will be asked to reinvest in at least another year of study in order to retake the exam at a future date.

Those who have passed will be invited into a choice league of professionals who will contribute to a new paradigm in their field, a new vision, and a new future for those they represent. They will have earned a specialized license to teach their new learning and expertise, under the banner of this university – a degree of achievement that is at once internationally recognized and revered.

Have you been accepted to Yale, Harvard or Stanford? Are you striving for an MBA? An advanced medical degree? Will you attain an influential Ph.D?

None of the above.

I’ve just described the grueling process of applying for a riding slot in Master Philippe Karl’s Ecole de Legere, an internationally respected school of French Classical Equitation. Mr. Karl, arguably one of the world’s most talented dressage masters of our time, has developed a new approach to developing an exceptional cadre of professional horsemen and women dedicated to his principles of lightness and ease. Rather than have one school location, Mr. Karl has over ten “university” locations around the world, including locations in Switzerland, France, Italy, Germany, Austria, Sweden, Australia, Great Britain, and now, Canada.

Attending one of his “universities” is not like going to a typical dressage clinic. Not at all. Mr. Karl doesn’t generally do dressage clinics in the traditional sense of the word. Instead, he requires committed students to attend his program for the duration, and in turn, he commits himself to their successful development as riders and ultimately as professionals with license to teach in his Ecole de Legere. Once accredit-

Clinic Corner-Attending “Dressage University”

ed, these select few professionals will no doubt (and some have already begun to) revolutionize the current accepted modern and competitive dressage paradigm; they will and do represent the horses they ride and the students who come to them who want to learn a new, inspired and completely humane way in which to communicate with their equines companions.



The application process and the duration of his school is not the only distinguishing feature of Mr. Karl’s program. As an amateur dressage enthusiast, I have attended, and truly learned, from many a dressage clinic. Many professionals have come through my locale and I have received tremendous feedback and support in this way. However, the randomness of some clinics (never really knowing which trainer was coming when, if I would be invited to ride, or if my horse would be deemed acceptable enough to be included in the clinic) has left me quite unsatisfied with the general culture of touring trainers and clinics. The sporadic nature of clinics has left me at times with a lack of continuity; I might have enjoyed tremendous educational benefit from a clinician, but may not see that individual for six months or more.

In contrast, Ecole de Legerete is more like a university experience in every sense of the word. Mr. Karl develops an intimate understanding of each student’s strengths and weaknesses as he guides him or her through a structured curriculum that lasts for three years. Each year, the cohort meets three times for four days. All sessions are taped for the private use of cohort members, and students are given specific assignments on how to improve their work. Mr. Karl is able to pick up with the student where they left off the next time he sees him or her – because, in addition to the videos that he himself reviews extensively, he takes copious notes on each student’s current status and learning objectives. There is a solidity to the experience that Mr. Karl brings; he is not just in and out in a weekend, so there is time for everyone (horse, rider, and master) to savor the process, learn deeply, and experience demonstrable gains.

Another distinction to a typical dressage clinic is the theory and pedagogical lessons Mr. Karl provides students in each “university” and at every opportunity. Prior to meeting him this past summer in Switzerland at one of his clinics, I had never experienced a dressage professional standing in front of his students with a flipchart and markers passionately describing the locomotion of a horse and demonstrating why his theory makes anatomical sense. Indeed, not only is Mr. Karl completely versed in the structural anatomy of the horse; he also provides significant historical context as to the relevance of his particular approach. He competently and fluidly discusses the many different approaches of a long line of masters who have come before him, and he offers sophisticated analyses so that his students may draw their own conclusions.

In fact, most dressage clinicians I’ve ridden with have not satisfied my curious mind: I’m left wondering afterwards what theories has informed the clinician, in which line of dressage mastery he has studied, or

Clinic Corner-Attending “Dressage University”

(Cont. from page 9)

how his approach is distinguished from other trainers. In a typical clinic, I have spent 45 minutes with a professional telling me what to do without a lot of explanation as to the why. Naturally, there were and are exceptions, and I was and am always grateful for the trainers who consider my questions, challenge my notions, and encourage me to think. I have been fortunate to receive the practical advice and specific instructions of many clinicians, but, frankly, I was almost miffed when I experienced Mr. Karl’s prowess in front of his students in Switzerland; I felt somehow cheated that I had never been to “school” with such a professional before and found myself seriously hungry for intellectual explanations and conversations. Here was a riding master in my presence, so comfortable in his theories, that all his pedagogical sessions consist not just of lecture but of expansive Q and As; he invites inquiry and actually thrives on it.

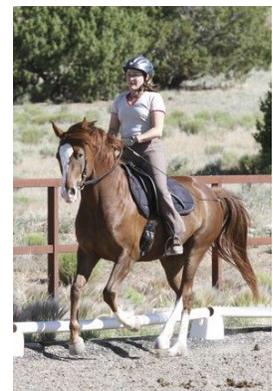
Lastly, in my experience, dressage clinics focus on dressage riding from the saddle. Whether a rider is working on training level basics or how to execute a perfect half-pass, riders are on their horses generally riding 20-meter circles, riding down the long side, or riding across diagonals. The horse and riders typically get a thorough workout, as if, in a way, to maximize the brief time they have with the traveling clinician. Naturally, many dressage enthusiasts have goals and practicing certain specific dressage maneuvers over and over again in the presence of a trainer has become a steadfast, accepted, and normal way in which to reach their goals.

Alternatively, Mr. Karl’s Ecole de Legerete does not stop at dressage and rather offers many creative ways in which dressage riders can meet their goals. His program represents an entire, all-encompassing approach that includes dressage training from the saddle, work in hand, jumping, quadrille, and, as previously mentioned, theory and pedagogical training. It is a demanding and expansive curriculum that develops rider and horse along solid French Classical principles. A student in his school is expanding in many different directions at once – and employs many different strategies – so that horses and riders never seem to practice the same rote exercise over and over. The emphasis is on diversity and complementary development in a variety of practices that ultimately produce an exceptionally well-rounded horse and rider.

So, if you are interested in expanding your learning horizons and want to compare for yourself the difference between attending dressage university and attending a dressage clinic, consider attending one of Mr. Karl’s satellite Ecole de Legerete locations as an auditor (advance permission required) so that you may experience first-hand the difference. Each of us learns in unique ways; perhaps his program may well suit your learning needs as it has mine. ☺

Terry Flanagan is an amateur dressage rider who studies Master Philippe Karl’s approach to French Classical Equitation. She resides in New Mexico and is fervently looking forward to auditing Mr. Karl’s 2011- 2014 Ecole de Legerete at ForTheHorse in Chase, British Columbia.

For more information, please visit www.philippe-karl.com or www.ForTheHorse.com



Makala and Terry at a canter

USDF Community News

United States Dressage Federation and Premier Equestrian Produce On The Levels DVD for New Tests

January 14, 2010 (Lexington, KY) - The United States Dressage Federation (USDF) and Premier Equestrian, LLC once again have partnered together to produce the "On The Levels" DVD set that details the new versions of the 2011 USDF and United States Equestrian Federation dressage tests which became effective December 1, 2010. Dressage riders, instructors, trainers and judges will all benefit from the new DVD, which features elements of both training and judging the new tests and allows the viewer to see and hear how each of the newly designed dressage tests should be ridden. The tests include USDF Introductory through USEF Fourth Level-Test 3. Viewers can watch over three hours of test video from the comfort of their living rooms or in a clinic setting where the DVD set could be used as a visual aid. The DVD features FEI judges Lilo Fore and Gary Rockwell. Lilo Fore, a well-known dressage trainer and FEI "I" judge from California, comments on each ride giving a trainer's perspective on how to successfully ride each test. Gary Rockwell, who lives in Florida and one of only three US FEI "O" judges, gives the judge's perspective, scoring each movement of each test and giving a final score. The combination of expertise from these two judges creates a comprehensive training tool for students and trainers alike. "Gary and Lilo make a great team and the information they share will make this one of the best editions we have produced," states Kathie Robertson, USDF Education Program Senior Coordinator.

Premier Equestrian, LLC of Sandy, Utah agreed earlier this year to produce and sponsor "On The Levels," 5th Edition. Production began in July at Starr Vaughn Equestrian Center in Elk Grove, California, where riders from around the area converged for two days of filming.

Premier Equestrian is the leading provider of dressage rings and equestrian jumps in the US and was the official supplier of dressage and driving rings for the 2010 Alltech FEI World Equestrian Games in Lexington, KY. Premier has an in-house production studio capable of producing full feature video and audio programs. Premier Equestrian was also the producer of the 4th edition "On The Levels" DVD set currently being retired after its four year run. Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, the recognition of achievement, and the promotion of dressage. To order "On The Levels", visit the USDF online store at www.usdf.org or call 859-971-7828. ☺

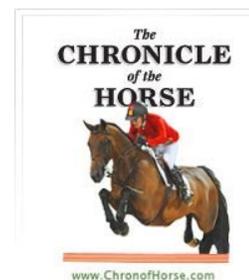
World Wide Web Wire

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.

Chronicle of the Horse.com has a new look! CotH has been called the Wall Street Journal of horse sports by its fans. CotH is a comprehensive horse sport publication that has been publishing weekly since 1937. CotH is not only printed weekly but is found on-line at www.chronofhorse.com. They are also found on Facebook and Twitter. The newest

addition is a new site called hronofmyhorse.com that provides a community just for equestrians to share their blogs, photos, videos



Around the Barn —

(cont. from page 4)

line, while long, dry, and unkempt areas can foster an out-of-control firestorm very quickly.

Smoke detectors don't always work in a barn environment due to dust that can be interpreted as smoke by the device. Instead, you can install a heat detector in the barn and a remote receiver in your house that will trigger an alarm in the event a significant increase in temperature is detected in the barn.

Learn how to properly dispose of/store combustible materials. Heat can build up to the point of a spontaneous combustion fire in piles of mulch, clippings, and manure. If not taken off site, manure should be spread across a wide area to keep the naturally occurring heat and gases given off by decay from increasing to the point of combustion.

Be sure to pick up, clean, and carefully store dirty, greasy, and oily rags or other chemicals that are common around the barn.

Have enough large fire extinguishers and be sure everyone knows how to operate them. It is recommended that barns have one fire extinguisher every 20-30 feet, generally easily accessible in the barn aisles. Keep one in each horse trailer as well. Using a sweeping motion, move the fire extinguisher back and forth until the fire is completely out. Operate the extinguisher from a safe distance, several feet away, and then move towards the fire once it starts to diminish. Be sure to read the instructions on your fire extinguisher - different fire extinguishers recommend operating them at different distances from the fire. Remember, aim at the base of the fire, not at the flames. In order to extinguish a fire, you must extinguish the fuel!

It is important to have your fire extinguisher inspected annually and perform any necessary maintenance. It is recommended that the extinguisher be taken to a fire equipment professional for this, as they have the skills and equipment to keep your fire extinguisher in good working order. For more information on fire extinguishers and fire extinguisher safety, visit FireExtinguisher.com.

Conduct a practice fire drill with all stable employees and/or volunteers, grooms, owners and students so they know what to do in the case of any emergency.

Hay, particularly oat hay, can generate heat if it's not properly dried after cutting. Spontaneous combustion fires in oat hay can be a common source of fire. Monitor bales of hay frequently to be sure they are cool and dry between and in the middle of the stacked bales. Combustion will start deeper in the stack where heat accumulates, not on the outer layers. Store all hay in a well-ventilated area, preferably away from the barn and the horses.

Be sure all the electrical wiring in and around the barn is safe. It's a good idea to have it inspected regularly and, if necessary, have it repaired or updated by a professional. Horses and Fire

Many barns will keep stall doors closed even if they aren't occupied by a horse. Develop an easy-to-understand sign/code for each stall so a fireman or other person rendering aid won't waste valuable time opening and searching empty stalls. Remember, there won't be any electricity and smoke from the fire could severely limit visibility.

Ensure that every stall has a halter and a lead line nearby.

Even 15-30 seconds spent in a stall may mean the difference between life and death. If a horse refuses to come out of the stall or is panicked, one of the most effective ways to coax him out of the stall is by covering his eyes. Use anything handy to fashion a blindfold, such as a saddle pad, shirt, or jacket. If he still refuses to move, move on to the next one.

Be sure to properly secure the gates when animals have been removed from the barn and placed in a paddock. A loosely tethered gate can allow a panicked horse to get loose and injure emergency workers, get hit by responders' vehicles, or run back into the barn (especially if his barn mates are still inside). ☹

Edited Press Release from TheHorse.com, November 18, 2010

The Phantom Horsewoman

By Thomas Hardy

Queer are the ways of a man I know:
He comes and stands
In a careworn craze,
And looks at the sands
And in the seaward haze
With moveless hands
And face and gaze,
Then turns to go...
And what does he see when he gazes so?

They say he sees as an instant thing
More clear than today,
A sweet soft scene
That once was in play
By that briny green;
Yes, notes away
Warm, real, and keen,
What his back years bring-
A phantom of his own figuring.

Of this vision of his they might say more:
Not only there
Does he see this sight,
But everywhere
In his brain-day, night,
As if on the air
It were drawn rose bright-
Yea, far from that shore
Does he carry this vision of heretofore:

A ghost-girl-rider. And though, toil-tried,
He withers daily,
Time touches her not,
But she still rides gaily
In his rapt thought
On that shagged and shaly
Atlantic spot,
And as when first eyed
Draws rein and sings to the swing of the tide.

Classifieds

Lynn Clifford, LPCC pending, EAGALA

S.A.G.E. Consulting • Self-Awareness, Growth & Education

www.lynnclifford.com or call (505) 231.5353 for more information regarding The Ride of Your Life.

Insight Coaching for Equestrians

Holistic Horsemanship/Classical Dressage

Experiential, Expressive Arts & Horse Assisted Personal Growth

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

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 buck-

got suppleness???

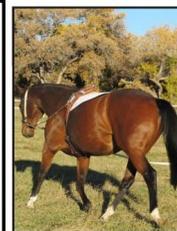
Suppleness is what separates the average Dressage horse from the fabulous one. Ravel is the perfect example of this! This simple method assists your horse in reaching his MSP -- Maximum Suppleness Potential.

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

ClothesHorse—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

Classifieds—cont.

FOR SALE: 12yr old , 16.2 h., registered Thoroughbred Gelding. Great Dressage or hunter/jumper prospect—beautiful mover, gentle disposition. Wonderful extended and collected gaits; working on flying changes; easy over jumps. Great attitude and eager to please. By Vague Phrase, out of Pepi Princess; damn sire is Illustrious. Please contact Fran at (646) 831-5307 or fsearer@gmail.com. Currently at Winny Fitch's barn in Albuquerque.



FOR SALE—Equestrian Property on 4.85 Acres in beautiful, serene South Valley Location...Call 857-2285

2410 Venetian Way SW

- 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
 - 3Bedrooms • 2 Full Baths
- Brazilian Cherry Flooring in Living Room
 - Granite Kitchen Counters
 - Pella Triple Pane Windows
- Large Covered Patio • Hot Tub

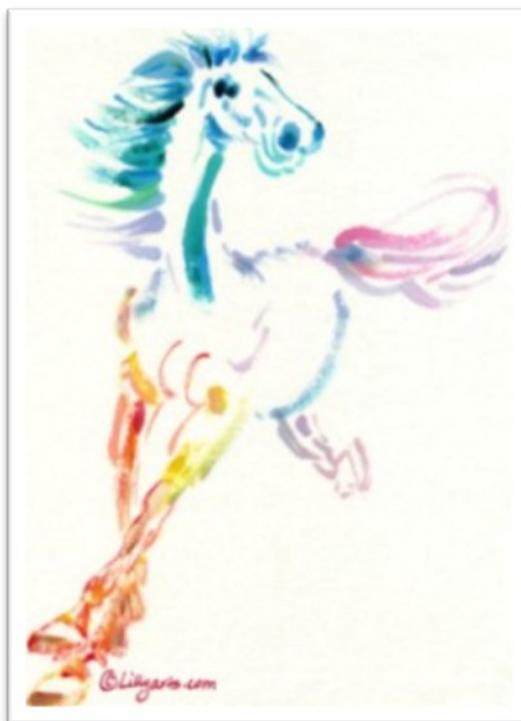
MLS# 698055 \$645,000 **Ft**

See More classifieds on line at www.nmdressage.net

Owning a horse—the healthy alternative.....

Calories burned while:

- ◆ Grooming, saddling and riding for one hour—238
- ◆ A leisurely ditch-bank walk for one hour—175
- ◆ A brisk trot along the ditch-bank for one hour (and a painful posterior)—450
- ◆ A gallop for one hour (and a lame and exhausted horse)—550
- ◆ Mucking stalls—priceless



NMDA Board Members

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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

(Cont. from page 3)

All riders while on horses competing in national level classes such as Equitation, Materiale and DSHB Under Saddle are required to wear protective headgear at all times when mounted on the competition grounds.

Protective headgear is defined as a riding helmet which meets or exceeds ASTM (American Society for Testing and Materials)/SEI (Safety Equipment Institute) standards for equestrian use and carries the SEI tag. The headgear and harness must be secured and properly fitted. Any rider violating this rule at any time must immediately be prohibited from further riding until such headgear is properly in place.

Recommendation to competitions:

In order to distinguish riders who are required to wear protective headgear from those who aren't, it is suggested that entry numbers in a different sequence be assigned to the entries in each group (e.g. use numbers from 1-700 for entries where riders must wear protective headgear and use numbers from 800 and above for entries where riders are not required to use protective headgear).

Short summary statement for use in prize lists:

Effective March 1, 2011, for dressage: Anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test). ☞