

Flying Changes

March 2010

President's Message

March is already upon us and everyone is preparing for the new competition year—we have entered at "A" and are at "X" halt, salute. The last weekend of February was very busy with multi-learning events. NMDA ran the 2 day lecture/clinic with Seana Adamson and was very well attended. Everyone got new insight on how to RELAX, and prepare self and horse. The clinic phase on Sunday, in spite of the WORST weather of the year, riders endured and the event turned out to be a great learning experience. Thank you to Susanne, Randi, and Susan for making this clinic possible. Congratulations to Rena, Randi, Gwendolyn, Marybeth, Susanne and Joost for wonderful rides from which all benefited.

The rated show season starts March 12-13; contact Donald Simpson at flashmail@netzero.com or go to

NMDA at www.nmdressage.net to download show information and premiums. The first NMDA schooling show is on March 20 at Cherry Tree Farm, with Barbara Burkhardt as judge, and the show manager is DJ Collins. Send your entry to Cherry Tree Farm—entry forms are also located on the NMDA web site.

Remember we have new guidelines for awards 2011 and USDF rules for approved ASTI helmet use—All riders must wear helmets at schooling shows! **BE SAFE AND HAVE FUN.**

John

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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

March 2011

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

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 NMDA Schooling show, Vista Sandia	11	12	13	14	15	16 Carol Lavelle Clinic, Cherry Tree Farm
17 Carol Lavelle Clinic, Cherry Tree Farm	18	19	20	21	22	23 Saddle Fitting Clinic, Rancho Manana
24 Saddle Fitting Clinic, Rancho Manana	25	26	27	28	29	30

USDF Community News

For those of you up North, I hope you are staying warm, and for those of you down South, do you have room for me and my ponies to move in for a couple of months? We have had those very warm and wonderful days, but we've had more than enough of those sub zero temperatures also and I'm ready for Spring!

Fundraising efforts are under way for the USDF Region 5 Juniors and Young Riders as they try to qualify and travel to the 2011 FEI North American Junior and Young Rider Championships. The Championships will be held July 28-31 at the Kentucky Horse Park. It is a large undertaking to take our group of 8 riders to Kentucky with their horses, grooms and Chef d'Equipe and they need all the support we can give them. If you would like to contribute or help with their fundraising efforts, please contact Kathleen Donnelly, our new Region 5 Jr/YR FEI coordinator at kathleendonnelly20@hotmail.com or 970-310-8729. If you are still interested in participating in the FEI Junior and Young Rider program for 2011, the last intention deadline is April 1st, so be sure to get in your intentions.

The USDF website has been updated with the minutes from the 2010 Board of Governors meeting, the updated USDF By-Laws, the BOG approved 2011-2012 budget and several other very important documents. The link to these important documents is <http://www.usdf.org/about/about-usdf/governance/index.asp>. If you have any questions about these items, please feel free to contact me or

any of the USDF staff members for more information. If you are interested in being a delegate to the Board of Governors meeting, there is still time to contact our Nominating Council representative and have your name added to the ballot for Participating Delegate. Please contact Kay Lorenzen at kay-lorenzen@cox.net and let her know your interest and she can provide you with more details on the potential responsibilities.

As the competition season hits its bigger stride, please be sure to read up on the new helmet rules and several other rule changes that have taken place over the winter. There have been some clarifications to the USEF Levels chart also that will be very pertinent to the Young Horse and NAJYRC qualifying competitions. Please be educated competitors, volunteers, spectators, trainers and coaches. It makes the show experience so much more pleasant for all involved! One final note, we're always looking for unique educational seminars, presentations or opportunities. I'd like to put together a list of different ideas that we can share between our GMOs and our members. If you have an idea or an event that worked really well, please send me some information and we'll include it in our next Regional update. Please feel free to contact by email or phone – slush@drwgw.net or 719-683-8435.

Till next month!
Heather Petersen
Region 5 Director

A Minute With the Board.....

Changes to NMDA 2011 Year End Awards

Effective 2011 Show Year: NMDA still offers two types/sets of Year End Awards for NMDA members, one for Schooling Shows and one for Combined USEF rated and NMDA schooling shows.

What is New:

- To be eligible for either type of award, the horse/rider combination must have a minimum of three scores from a minimum of three separate shows

- Only the single highest score from each judge at a level at each show is used

- All the eligible scores will be averaged for Year End Awards

- At least one score must be from the highest Test of the Level: e.g. Intro-C; Tr-3; 1st-3; 2nd-3; etc.

- The final average must be 55 % or higher

- There will be awards to six places

See the change to the Standing Rules for more information at www.nmdressage.net

The Vet's Office

Nationwide Scopings Indicate All Horses At Risk for Stomach Ulcers

Press Release—thehorse.com, February 20 2011

From 2008 through 2010, Merial hosted gastroscopy events across the country as part of a study on gastric ulcers and the recently released results indicate that stomach ulcers are a threat to horses of all breeds and disciplines. Veterinarians scoped 3,354 horses, and more than 58% of them identified with some grade of stomach ulcer. In 2010 alone, 644 horses of varying disciplines from 30 states had some ulceration as identified by gastroscopy.

The results of the study revealed that:

328 horses (28%) had Grade 1 ulcers (mild ulcers with small lesions or damaged tissue);

232 horses (20%) had Grade 2 ulcers (moderate ulcers with large lesions); and

84 horses (7%) had Grade 3 ulcers (extensive lesions with deep ulceration and bleeding).

The results also indicate that:

74% of participating racehorses were affected;

60% of participating hunter/jumper horses were affected; and

55% of participating dressage horses were affected.

"Equine stomach ulcers, also called equine gastric ulcer syndrome (EGUS), create a painful condition that can reduce your horse's performance and can lead to colic, weight loss, or loss of condition," says April Knudson, DVM, equine specialist for Merial's Large Animal Veterinary Services. "And wherever there is stress, there can be stomach ulcers. Transporting a horse, increased stall

time, limited turnout, training, and competition can all contribute to EGUS. More surprising, a horse can develop stomach ulcers in as few as five days."

The only definitive way to diagnose a horse with stomach ulcers is for a veterinarian to look at the stomach with an endoscope. Knudson notes that the scoping results from Merial's study confirm what studies have found previously: that horses of all competitive disciplines are at risk for stomach ulcers.

Despite all of the data that supports the prevalence of equine stomach ulcers, approximately 75% of veterinarians that participated in a 2008 study "agreed or strongly agreed" that EGUS is under-diagnosed." Results from 2010 market research show that while 74% of horse owners have some concern about equine stomach ulcers, most have not used an EGUS therapy in the past 12 months.

"There is still a significant need for continued education about EGUS, as well as the importance of prevention," says Knudson. "(Merial) participates in numerous equine events throughout the country each year where we have the opportunity to talk one on one with horse owners, trainers, and veterinarians. For competitive horse owners, it's critically important to discuss stomach ulcer prevention, because ulcers can diminish the hard work, training, and commitment both horse and rider have worked so hard to achieve."

Preventing stomach ulcers is not only better for the health of the horse, but it is also more cost effective. But for those horses diagnosed with stomach ulcers, Knudson recommends a course of GastroGard (omeprazole) to treat them. She reminds owners, though, that if horses are exposed to stressful situations again, stomach ulcers can return—even after completion of a successful treatment program. ☺

Around the Barn

Or in this case the human barn (or house if you prefer)...there is much written on the maintenance and keeping of a farm but not much is mentioned about the farm house. If your house is like mine, it is very much lived in, and not always be as clean as it should be, or is expected to be. After all it is the horses that count, right? Here are a few tips taken from a farmer's blog that should help to make the cleaning a little easier and faster so that most of my time can be spent doing what matters most—the critters.

- slit a tennis ball, place on a handle and use to remove scuff marks on tile floors before cleaning
- do a quick wipe down in the bathrooms daily to keep them fresh
- always have dishes clean before going to bed
- prepare coffee pot before bed
- do a quick sweep of kitchen floor after last meal of day

The Inside Story — Haciendas and Horses

By Dorothy Noe

Travel to Ecuador and cruise the Galapagos – a given. Travel to Ecuador and trail ride – not so much. Who would suspect that this South American country offers a unique horseback riding experience mixing dirt road trots through deep valleys to cantering amid bands of wild horses in the glacier-cooled air of Cotopaxi, the world’s highest active volcano. And, at day’s end, an elegant, historic hacienda awaits.

In one week, the “Hacienda-to-Hacienda” tour offered by Ride Andes explores territory north of Quito for four nights and south of the capital for three nights. The areas have two things in common: vistas of snow-capped volcanoes and altitude - 8,000 to 13,000 feet above sea level. Fortunately, the well-conditioned horses do most of the work! In our group of nine riders (three Americans, four Brits and two Canadians) that ranged in age from 30ish to 78, no one lost a day to altitude sickness.

The week evolved as follows:

Day One:

A van picked us up in Quito and deposited us at the Otavalo market to pick up last minute supplies and forgotten items. Next stop – Hacienda Pinsaqui (built in 1790 and host to General Simon Bolivar - the South American George Washington with a penchant for sleeping in commodious homes and massive fireplaces). Our rooms were spread among hidden patios laced to the main house by cobblestone paths and abuzz with hummingbirds zipping from over-sized honeysuckle to geraniums, nasturtiums and im-

patiens. Above the ubiquitous eucalyptus trees, distant volcanoes loomed. At lunch, while we gobbled passion fruit, Sally Vergette, Ride Andes’ owner and guide, dutifully warned us about eating seafood, unwashed fruits and vegetables and street food. After lunch we changed into riding gear (“kit” to the Brits in the group) and gathered in a corral to be assigned horses.

The short, shakedown ride allowed Sally time to evaluate our abilities. My horse, an Arab-thoroughbred cross, lived up to his breeding. Antsy, forward and competitive, he preferred a gentle lope to a trot. We finally came to an understanding of sorts regarding the pace as we crossed the Pan American highway, two lanes connecting Alaska to Chili, and headed to the hills. Sally led the climb above a village and steered us past tethered livestock – pigs, chickens, and cows. Short, wizened women burdened with bulging bundles of wood or corn stalks strapped to their backs appeared like moving haystacks in the mist as they wound their way downhill; shy children offered “holas” and a wave as we passed. When we returned to the hacienda, grooms took our horses to a deep-grass paddock and we changed into casual dinner attire.

Dinner introduced us to some local dishes. Locra, con queso, a potato and cheese soup topped with avocado, quickly became a favorite with the vegetarians. Everyone retired early in preparation for a long day of riding.

Day Two:

A perfect riding day: cool morning breezes, a sunny afternoon. However, within the first hour,

Haciendas and Horses Continued from page 5

my horse threw a shoe. Although I tried to favor that foot over the rocky ground, even with a boot, he continued to stumble a bit during canters; Sally thought he might have pulled something and we exchanged horses after lunch. Her horse, a compact Paso Fino cross, had the only English saddle; the other horses sported comfy McClellan saddles padded with two sheep skins. Tied behind each saddle was a heavy wool poncho should the weather change abruptly. Little did we realize their protective value at the time.

After more than two hours, we dismounted to stretch and watch a traditional back-strap weaving demonstration. Next, we proceeded uphill to picnic on garlic salami, cheese, olives, peanuts roasted corn kernels, oranges, tomatoes, coffee, juice or wine while overlooking Lago San Pablo. Breathing was a tad difficult. By four o'clock, we were clip clapping our way through the heavy wooden gates into the cobbled courtyard of Hacienda Cusin (1602). Describing another outstanding horticultural delight would be redundant but the leather ceiling in the candle-lit dining room off the library where cocktails were served in front of a crackling fire, is worth the stay.

By this time, many of us were suffering from severely swollen and sunburned lips. The equatorial sun at high altitudes is a serious adversary. We shared stronger and stronger sun blocks and discovered that the area between riding gloves and shirt cuffs was particularly vulnerable.

Day Three:

Another long day of riding began around 10 in the morning because the horses need two hours

to digest their grain due to the altitude. My horse was a delight during the morning but, as we descended into the Zuleta valley, he sensed the end and began throwing his head during the long canters causing me to lose a stirrup numerous times. As I was tiring after six hours in the saddle, I decided to deal with the problem the next day.

The verdant Zuleta valley was different: larger, well-tended farms, more mechanized farm machinery, and even denser grass. We ended the day at La Merced Baja, with its eclectic mix of Chagra (Ecuadorian cowboy) gear - carved wooden-shoe stirrups, goatskin chaps and mounted bulls' heads - lit by crystal chandeliers. Oswaldo, Diana, their children and dogs welcomed us warmly. Under strange bumps in the land rest caches of pre-Incan pottery; La Merced Baja displayed its collection in the living room. In addition to maintaining a hand-milked dairy herd of 130, Oswaldo raises champion Andulusians and fighting bulls.

After a jolly cocktail hour, the three-course dinner including steamed corn and cheese tamales, was served by Diana and an Indian woman in traditional dress: a dark blue scarf head, a necklace of multiple strands of golden beads, a white blouse with embroidered, flounced sleeves (Zuleta women are renowned for their embroidery) and a dark, long skirt. Throughout Ecuador, many women continue to dress in traditional attire; indigenous men do so to a lesser extent sporting felt bowlers and colorful ponchos

Haciendas and Horses

Oswaldo lit a fire in the corner fireplace in my room and I fell soundly asleep grateful for the hot water bottle tucked between my sheets.

Day Four:

Awakened by the soft mooing of cows outside my room, we lingered over coffee before bouncing along rutted roads to view – from a safe distance – Oswaldo’s herd of fierce black bulls double-fenced into a canyon. While waiting for our horses to be tacked up, we watched the equine dentist who was riding with us for three days work on Kilimanyaro, the farm’s prized Andalusian stud.

The climb out of the Zuleta valley was steep and long. As we crested the peak overlooking the ranch, we allowed the horses a much-deserved rest.

After another hour, we left the horses in order to take a van to La Compania, a hacienda that overflowed with magnificent bouquets of roses placed amid antique furniture. Again, because of the high equatorial sun straight overhead, the gardens outdid themselves and thousands of rose petals floated in the front fountain pool. We were graciously greeted by the owners, served a sumptuous buffet lunch followed by a tour of the family’s 1690 chapel. The day ended with a visit to their rose plantation where hundreds of people worked 24/7 cutting, sorting and wrapping millions of roses to be exported around the world.

Reluctantly, we bundled into the van and headed south through the Avenue of the Volcanoes and Quito’s traffic to Hacienda La Carriona (1800s) in the Valley of the Chilllos where we were greet-

ed by the resident alpaca. After dinner, several of us indulged in a massage in our oversized rooms – again with fireplaces. But, for some reason, my legs felt weak.

Day Five:

Today’s ride would take us further away from a rescuing van than at any other point on the tour. I awoke feeling lifeless and told Sally of my decision to not ride. With none of the classic symptoms of altitude sickness, the best we could determine was that my low blood pressure had collided with the high altitude. The suggested solution was a muddy solution of raw sugar and bottled water, which I dutifully sipped.

Waving good-bye to my buddies, I chatted in halting Spanish with the van driver as we headed to Hosteria La Cienega where we would spend two nights. This was no hardship. Hosteria La Cienega (1600s), its classic, white washed Moorish style facade framed by towering, dark eucalyptus trees lining the quarter mile entrance, epitomizes Ecuadorian haciendas. Built on marshlands, it has survived earthquakes and volcanic eruptions while hosting foreign scientific expeditions studying these phenomena. Alexander von Humboldt slept here. Its private chapel with twin bells and an elaborate wooden door flanks one side of the interior garden. Not a bad place to spend a day of R & R with a good book even if my fantasy of riding down the tree shaded entrance never materialized. The warm sugar cane liqueur and rum drink served before dinner plus the energetic music of Grupo de Musica Latinoamericana Cotopaxi wasn’t a bad pick-me-up either.

Haciendas and Horses *Continued from page 7*

Day Six:

To market we go. Unlike Otavalo, there was nary a turista in sight between the squealing pigs and meandering cows and llamas. We spent two hours bargaining for everything from knitted finger puppets to picnic cloths to paintings and hay for the horses.

At Cienega, I was given General to ride for the next two days. A dream horse. He had followed our group untethered for two days and his canter felt like I was sitting on a porch swing. That morning, we kicked up the dust on many long canters as we headed for Cotopaxi National Park where we left the horses for the last day's ride.

The buffet lunch at Hacienda Avelina included an outstanding quinoa soup. We returned to Cienega for dinner, collect our laundry and pack for our last night before heading back to Quito.

Day Seven:

On our drive to retrieve our horses at the gate of Cotopaxi Park, we stopped for tea at Hacienda San Augustin de Callo, a five star establishment erected over exquisitely fitted Incan stonewalls. Once in the park, we climbed to 13,000 feet above sea level. Between the jagged remains of volcanic walls, we reached the vast, grey, lichen-covered altiplanos dotted with small bands of wild horses. Adele, our official photographer, at a canter, turned to photograph us as we cantered toward a shallow lake. At the lake, Adele's horse waded into it as she wanted a photo of us watering the horses in the shadow of Cotopaxi's glacier. Her horse, however, decided it was time to bathe and slowly began to roll. Stepping out of her stirrups, Adele went over with him. A true

photographer, however, she managed to hold her camera aloft in one hand as her boots filled with water and she was doused. At this moment, a wickedly cold wind scoured the open expanses. We grabbed for jackets or those thick ponchos behind the saddles and threw Adele any dry clothing we happened to have stuffed into our saddlebags.

Once reorganized, we headed at a brisk pace to the lodge where lunch and a wood-burning stove awaited us. Brian, 78, gave a charming farewell toast: "I want to thank Sally for another wonderful ride. She is outstanding and I will be doing the Over the Andes ride with her in two years with my grand daughters. And, I want to thank you ladies for including me as a token male. If I was forty years younger and between marriages, I think this would have been a very different ride. However, I will leave that to your imaginations and my fantasies."

Lunch was followed by a sad, short ride to the rustic Hacienda El Porvenir where we gave our horses a final pat and headed back to Quito. With so much friendship, sharing and exposure to Ecuador, it hardly seemed possible that a week had passed.

Show News

The show season kicks off on March 12-13 with the USEF/USDF Dances With Horses I & II followed by the first NMDA Schooling Show on the 20th of March at Cherry Tree Farms. Closing dates for the shows are March 5th and

13th, respectively. Go to the website (www.nmdressage.net) for premiums and details. ♪



The Classics

The following poem was published in the USDF *Connection* Yearbook and was winner of the Adult Poetry Contest. The poem was originally published as “What is this Dressage?”

What is Dressage?

Been neck reinin’ and perchin’
all my life, now they say
it’s got to change!

This thing called Dressage
seems to be the way
or so they say.

Hear tell, it’s just
basic training
of horse and rider.

If it’s so darn basic
how come my mind
won’t “go there”?

Once I just sat and rode
now I work and sweat
but I’m dedicated!!!

The instructor tells me
my horse is working harder
and better than ever.

And what about me. . .
I’m sore in places
I didn’t know I had!

Natural aids, artificial aids,
aids for turns,
aids for circles,

Aids for balance,
aids for impulsion,
aids for everything, but me!

Soft eyes, classical seat,
straight reins,
active legs.

Proper figures,
smile,
make it look easy.

One day perhaps,
it will be easy,
or at least look as if it is.

when that day finally comes,
that far off day,
then, do I get to trot?

Dianne Fay
2010

Clinic Corner



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

APR 15, 16 & 17)

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

Around the World Wide Web

There is a link on USDF home page that takes you to FEI TV. The direct site is www.feitv.org—the site carries video news and highlights as well as on demand and live feed events for the current year FEI World Cup and has archives on past World Cup events and the recent World Equestrian Games events. Registration is free but the VOD and live feed events will cost you \$9.99 for a day pass up to \$79.99 for a year subscription.



Also on the USDF home page is a link to e-Trak, the new on-line learning site. Log in for access to articles from past *Connections* to news to videos on all things horse and rider.



And don't forget the app for dressage tests



Check out www.dressagedaily.com for sport specific news, show news, breeding information, clinics and events.



And if that's not enough horsey news go to the sister site horsedaily.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

"If you have it, it is for life. It is a disease for which there is no cure. You will go on riding even after they have to haul you onto a comfortable wise old cob, with feet like inverted buckets and a back like a fireside chair." ~Monica Dickens

Classifieds

Lynn Clifford, LPCC pending, EAGALA

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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.

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.



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

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New Mexico Dressage
Association

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

A REMINDER THAT INPUT FOR THE NEWSLETTER IS DUE TO ME BY THE 15TH OF THE PRECEDING MONTH.



EVERYONE WHO NEEDS TO ADD OR DELETE A CLASSIFIED PLEASE LET ME KNOW



I AM STILL LOOKING FOR VOLUNTEERS TO TAKE PIX AND WRITE AN ARTICLE ON THE VARIOUS UPCOMING ACTIVITIES!



HAVE A BLUSTERY MARCH!