



June/July 2011

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## HIGH DESERT RIDERS, EDGEWOOD, NEW MEXICO

### Training Tips from Clinton Anderson, Down Under Horsemanship

#### Be Aware of Your Actions

Horses are experts at reading body language. When you work with your horse, you must be aware of what you say to him non-verbally because he is always aware of it, even if you're not. This means that you need to be very consistent with your body language. When you want the horse to relax and stay calm, your body language must be very relaxed. If you want the horse to move, your body language should be more assertive and direct.

#### It's not a race!

If your horse wants to turn a trail ride into a race with the other horses, instead of pulling back on both reins in an effort to slow him down, find a way to redirect his excess energy and get control of his feet. Pick up on one rein and bend him in a circle around your leg. Then change directions and bend him the other way. When the horse is working well and has his attention on you, put him back on a loose rein and continue on your ride. If he starts to pick up speed and head after the horses in front of him, bend him down again. Be thorough and consistent

in your training. Bait the horse. Dare him to make a mistake. When he does, let him commit to the mistake - and then take steps to fix the problem. Pretty soon, he won't speed up because he knows that if he does, it just means more work.

*Learn more at*  
[www.downunderhorsemanship.com](http://www.downunderhorsemanship.com)

The next High Desert Riders General Meeting is Tuesday, July 26, 2011 at 7:00 p.m. at the Edgewood Community Center. Our speaker will be HDR Member/Director Jeff Averhoff who will be talking about his recent experience at a week-long retreat at Horseman Haven Ranch in Pie Town, New Mexico. Invite your friends and neighbors!

[www.HighDesertRiders.com](http://www.HighDesertRiders.com)



Thanks to our HDR Officers, Directors and Committee Leaders and Members who give their time to make HDR a success for all of us:

- Ta-Willow Romero, President & Director
- Jim Stundon, Vice President & Director
- Susan Hill, Secretary & Director
- Diane Lindsey, Treasurer & Director
- Martha Eden, Director
- Jeff Averhoff, Director
- Ray Seagers, Sergeant at Arms, Director, Government Liaison
- Trail Ride Committee Leader: Sheryl LaRue
- Membership Committee Leader: John Lindsey
- Public Relations, Newsletter and website: Martha Eden, Dana Scott



## MEMBERS REPORT

### No Rain, No Ride

Now that the EHV-1 quarantines are over and we made it through 4th of July without burning down the rest of New Mexico that isn't already on fire, we still find ourselves unable to schedule trail rides because of closures due to severe fire danger. In addition to all national forests in the state, following is a list of Open Space closures:

- Alameda / Rio Grande Open Space
- Alamo Farm
- Aldo Leopold Interpretive Trail & Forest
- Bear Canyon Arroyo
- Boca Negra Canyon
- Boca Negra Horseman's Complex
- Brent Baca Memorial Disc Golf Course
- Calabacillas Arroyo
- Candelaria Farm Preserve
- Carolino Canyon
- Copper Trailhead
- East Mountains Open Space
- Elena Gallegos / Albert G. Simms Park
- Embudo Canyon Trailhead
- Embudito Trailhead
- George J. Maloof Memorial Air Park
- Golden Open Space
- Grasslands Preserve
- Gutierrez Canyon Open Space
- Horseman's Complex
- Hubbell Oxbow Farm
- John A. Milne/Gutierrez Canyon Open Space

- Juan Thomas
- Los Metates
- Los Poblanos Fields
- Manzano Open Space / Four Hills
- Montessa Off-Road Vehicle Area
- Montessa Off-Leash Dog Park
- Open Space Farmlands
- Paseo de la Mesa paved trail
- Paseo del Bosque Paved Multi-use Trail
- Piedra Lisa Trailhead
- Piedras Marcadas Canyon
- Placitas
- Pueblo Montano Picnic Area & Trailhead
- Rio Grande Valley State Park
- Rio Bravo Fishing Pier & Nature Trail
- Route 66 Open Space
- San Antonito
- Sandoval County Open Space areas
- Shining River Parking Area
- Shooting Range Park
- Tres Pistolas (Three Gun Springs)

Entering open space illegally could result in up to a \$500 fine and up to 90 days in jail. The penalties for entering forest land illegally are higher.

### For Those that Missed the June General Meeting

We had to change the location at the last minute to the Chili Hills covered patio due to a scheduling conflict in the community center, but it was very nice and we

sure appreciated Carl's hospitality.

Dr. Harold Bobbitt from East Mountain Equine spoke about equine insulin resistance, which is similar to but not exactly the same as type 2 diabetes in humans, and also a little bit about Cushings disease. We discussed symptoms, tests for, different types of treatments and feeds that are often recommended to help horses with these issues. Dr. Bobbitt stressed how important it is to maintain good body condition. When we think of body condition problems, we often think of starving horses with ribs sticking out, but it is just as important if not more so to make sure that your horses are NOT TOO FAT! An overweight horse is predisposed to insulin resistance, laminitis, founder, and Cushings (which is a result of a problem with the pituitary gland), but the two diseases share some symptoms and horses can have both. Some of the reasons that we see more insulin resistance in horses these days is that we have removed them from the environment they were designed to live in. We keep them in pens or stalls which restricts their exercise and feed them prepared feeds, some of which contain significant amounts of sugars.

## MEMBERS REPORT (cont.) AND RIDES AND EVENTS

It was a very interesting and informative meeting. If anyone has questions, they can call Dr. Bobbitt at his office, 505-281-2368. Dr. Bobbitt now has a clinic location open (by appointment only) on Old 66 just a couple miles west of Edgewood.

### Rides and Events

Because of fire danger, all national forest land in the State is closed, as well as Open Space areas. Hopefully it will start raining soon, but in the meantime it may be difficult to find places to ride and we appreciate any suggestions or offers to host or lead rides or events on private land or otherwise open areas.

Please feel free to contact our Trail Committee Leader, Sheryl (505.730.9899), about rides.

July 1st through 4th – Ray Seagers has invited us to join him in Colorado at his “Cyclone Mountain Ranch” property near South Fork. 6 hr drive from Edgewood. You’ll need Coggins, Hauling Papers at least – check with your Vet to see what else is required (may need health certificate to enter Colorado)! Out of town, Overnight ride.

July 9th/10th – Sheryl L. to offer local ride. Not sure where, but Sheryl has a few ideas. Contact her if you are interested in a ride this weekend and she will fill you

in on details as they become available.

July 17th, Sheryl L. to offer local ride.

July 23rd, Willow to host another “Fun Show” most probably at the Moriarty Arena. Like the “Shaggy Show”, hopefully without the wind!

July 29th, 30th, 31st – Overnight trip to Sergeants near Chama. Great Elk watching opportunity. Beautiful country. Ray Seagers, Martha Eden facilitating.

August – Make plans to do the Run, Rally, and Rock Parade in Edgewood – bring all your horse riding friends! More info to come – contact Clark, Marcia McDuell.

August 6th – Looking to hold “Rekop” ride (Poker ride) at Martha’s place in Chinchonte including BBQ, etc.

August 13th, 14th – Tentative plans to travel to Bonito Lake trail system. Willow facilitating....

August 21st - Sheryl L. may offer HDR ride on Sunday.

August 27th – Sheryl L. to offer local trail ride, again maybe the Pecos, maybe Ojito, Placitas... taking requests.

### FOR SALE:


ABETTA Barrel Saddle 16 inch (used 6 times) \$450.00. Call Ralph at 379-8957




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