

“The Hay Burner”

The Hay Burner
Nevada County Horsemen, Inc.
www.nevadacountyhorsemen.org
Volume 20 Issue 2
February/March 1, 2020

2020 NCHI Officers

President: Tom Stevenson	530-268-8785
1st Vice President: Jane de’Zell	530-268-8785
2nd Vice President: Martha Kubitschek	530-273-5786
Secretary: Candie Young	916-542-3292
Treasurer: Anita Daniels	530-272-6036

E-Board

Chair:	
Don Daniels	530-272-6036
Martha Kubitschek	530-273-5786
Jane de’Zell	530-268-8785
Chris Foote	530-559-4525
Brenda Phelan	530-559-0699

The next executive board meeting will be the Monday before the General meeting. **Mar 9th 2020 7:00 PM**

The next General Meeting will be Friday, Feb. 13th, 2020 7:00 PM Potluck 6:00 PM

	<u>Caretaker</u>	
Char Antuzzi		530-210-0245
	<u>Wrangler</u>	
Chris Foote		530-559-4525

Nevada County Horsemen, Inc.
 Address: 10600 Bubbling Wells Rd
 Grass Valley, CA 95945
Message Phone at NCHI: 530-273-1507



President’s Corner ~

A new year is once again upon us, and as expected with any new year we are excited about the Arena events, and other functions already scheduled for 2020. This year we will bring back Barrel Racing, and quine health clinics to NCHI. Our miniature horse, and donkey committee has several events planned that should provide fun and entertainment for the whole family. Gymkhana will continue again this year with Jeannie Kennedy at the helm for the first time. Our Horse Show committee is planning on presenting two “schooling” shows during the Summer, and NCHI is very optimistic about the possibility of sponsoring a few “Cow” events in our arena this year. Add to this an increase in facility rentals, and one can easily predict the need for our memberships’ support, and greater assistance throughout the year.

This brings to the fore my plea to our members for their commitment to volunteer just a few hours this year to help NCHI continue with this kind of agenda for our equine community. This is your

organization, and [we] really need your effort and commitment.

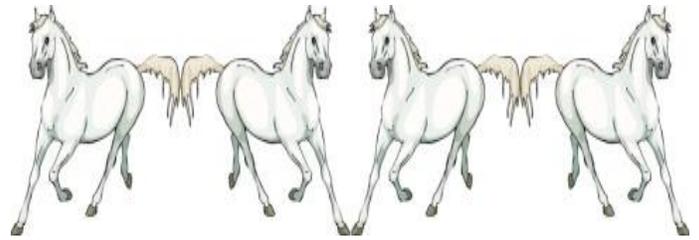
Tom Stevenson, President NCHI



Committees and Chairs:

1. Buildings & Grounds -Chair: Martha Kubitschek (530-273-5786)
2. Bar – Chair: Tom Stevenson (530-268-8785)
3. Gymkhana – Jeannie Kennedy (530-362-0990)
4. Horse Shows – Chairs: Char Antuzzi (530-210-0245)
5. Juniors – Chairs: Brenda Pelton (530-798-8488)
6. Mini Horse – Chair: Mel North (530-559-8653)
7. Play Days – Chair: **No Chair yet!!!**
8. Rentals – Chair: Don Daniels (530-272-6036)
9. Snack Shack– Chair: **No Chair yet!!!**
10. Sunshine- Chair: Jane de’Zell (530-268-8785)
11. Publicity – Chair: **No Chair Yet!!!**
12. Membership – Chair: Tom Stevenson
13. Historian – Chair: **No Chair Yet!!!**
14. Nominations – Chair: **No Chair Yet!!!**
15. Ag & Scholarships – Chair: Jane de’Zell (530-268-8785)
16. Newsletter – Chair: Candie Young (916-542-3292)
17. Website – Face Book – Logan Berrian (530-270-0716)

Next Month the 2020 Calendar and it is Exciting.



Fun Facts about Horses ~

Did you know that horses can sleep both lying down and standing up.

Horses can run shortly after birth.

Domestic horses have a lifespan of around 25 years.

A 19th century horse named “Old Billy” is said to have lived 62 years!

Horses have been domesticated for over 5000 years.

Horses are herbivores (plant eaters)

MARK YOUR CALENDARS!

Mar 5th – 7 PM Miniature Horse Mtg

Mar 9th – 7 PM Executive Board Mtg

**Mar 13th - 6 PM Potluck Dinner
- 7PM General Mtg**



Ag/Scholarship Raffle

Yes! We are back! We have lots of wonderful raffle prize donations! We want to continue the raffles at all of the meetings. The money goes to the ag fund for the kids. So, please help NCHI to continue to have fun and exciting raffles during the meetings... Bring a raffle item / buy tickets at the next

General Meeting.

Thank you! Jane de'Zell -Ag Committee

Things to Note

* It is time to renew your membership for 2020! Remember to look at the rates, there have been some positive changes. Also, you may get a credit of \$20 off of the regular membership rate - if you worked at two or more events, workdays, etc. or were a member of two or more committees.

* We will continue to need the support of our members in 2020 to help us update and improve our clubhouse and grounds! **Please come out and support our workdays.** Without you, we cannot get the work done. Without your help, we will not have a wonderful arena, updated facilities and clubhouse.

* **Life Members** – Please remember that we do need to have you fill out a membership form so that we can maintain current contact information for each of you.

* We need your assistance in filling many of our Committee Chair positions! Please consider helping us by volunteering! Remember – **“Many hands make light work.”**

* SPECIAL NOTICE*

Dues were due on Jan 1, 2020. When processed you will get your new gate code for the arena.

******MEMBERSHIP TIME!!!******

It is time to fill out your membership applications! This also includes our “LIFE MEMBERS”!

If we do not have a current NCHI Application and Liability Release form on file, it is difficult to be sure that you will get the newsletter and other important information! Don't forget to send them in to us! You don't want to be left out...

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Apologizes for the late Feb. Early Mar. news letter. I have been a little under the weather. April will be on time.

Below see Articles of interest.

Equine Bodywork is My Passion!

NCHI Mini Horse & Mini Donkey Committee

Equine Bodywork is My Passion!

My twin sister and I first saw horses in a magazine at age 5 and we both became obsessed. The first horse I rode was a working farm horse in Vermont. She was an enormous cream-coated Clydesdale with beautiful white feathers called Saydee. In my collection of family photos is a cherished one of me in muddy clothes, scraggly pony tail and legs spread wide over Saydee's big barrel.

My other passion has always been natural healing.



At an early age I began making wild-crafted herbal remedies for my family. By 18 I had already gone through a full herbal apprenticeship and become a certified massage therapist. It took another 13 years for me to realize I could combine my two great passions as an equine bodyworker.

There is nothing more fulfilling to me than helping horses release their tension and pain. I love this work because I get to see miracles happen everyday.

In a short time I've seen a horse's body transform from tight, rigid and constricted to supple and flexible allowing them free and graceful movement. It is a magical moment when those long standing restrictions are released and a horse realizes they are free from their discomfort. Their eyes roll, ears flop and tongue dangle as they yawn repeatedly with relief. To me that is a standing ovation of gratitude. It always puts a big smile on my face.

While the process of these transformations are sometimes purely physical other times the key is helping a horse release the old emotional traumas that are troubling them. Here are two inspiring stories that will show you what I mean.

When I first met Woody, a 13 year old Quarter horse, he was limping, had a roach back and was on anti-inflammatories. It took a lot of urging even to get him into a trot. His movements looked really painful, stiff and uncoordinated. He took very short choppy steps with his hind legs and you could see all the muscles along his back pulling tightly with each step. Over a series of sessions I combined multiple disciplines of bodywork and gave Regan, his owner, regular homework to do between the times I worked with him. Woody's roach back disappeared He began to willingly trot and gallop smoothly. Today he and Regan are having fun jumping and doing tricks.

Annie is a beautiful paint mare who used to be a barrel racing champion until an injury to her left shoulder ended her career. I met her several years later when Leticia her new owner had me work with her. Whenever Leticia got near her left shoulder Annie would stomp, kick and aggressively pin her ears, reaching around teeth bare to bite. Over a series of sessions I used the gentle touch of acupressure and CranioSacral therapy to unwind the tightness she had in her chest and neck. Even more importantly I showed her owner Leticia how to help Annie release her old memories of pain and trauma through a daily practice of mindful touch and lateral flexion. In just a few short weeks Annie's whole demeanor changed. Her face softened, her eyes

brightened, and Leticia was able to touch her shoulder without any reaction.

I love empowering horse owners with the tools and knowledge they need to help their own horses thrive. Endurance rider Darlene LeVan of Simple Essentials and I are partnering to bring you two workshops on Horse and Rider wellness. Darlene will be sharing her considerable expertise of essential oils while I offer my knowledge of equine bodywork and acupressure. Our goal is to empower you with simple, easy to use yet highly effective techniques that you can apply daily to help your horses. Save these dates in your calendar:

Thursday evening July 23 from 6 to 8 pm
Saturday November 7 from 10 am to 2 pm

Dawa Fitzmaurice
Blissful Equine ~ Holistic Bodywork for Horses
www.blissfulequine.com
530-470-3378

**"NEED YOUR HELP!
The NCHI Mini Horse & Mini Donkey
Committee need your help with a
fundraiser that will be held on May
30th. This fundraiser will help us
purchase panels to complete the lower
arena (warm up area). This fundraiser
will benefit all the members of NCHI.
Will be a fun day - including BBQ lunch,
raffles, demos and more... Can we
count on your support? If interested
please contact Rose Massara @ (530)
263-5558. More details on this event to
follow".**

Rose Massara

**"Nature is best from the back of my
horse"**