



# HON Newsletter February, 2010

## HON Annual Meeting

On Saturday, January 23<sup>rd</sup>, over 50 ladies met at the Johnstown Community Center! Once again, HON members showed up in full force for the one and only formal meeting we have all year. We were reminded of the wonderful events of the previous year through a video. We discussed some important issues and hammered out a full calendar of events for 2010. A new Filly Forum was selected and our finances were reviewed. And we ate well!



**2010 Filly Forum:** Lynn P, Cindy A, Natalie Z, Sherri T, Deana Z  
Alternate: Sandy O



## Pink Ribbon Ride for the Cure: Update

The HON Pink Ribbon Ride will be back again in 2010! This year we welcome **Amy Janecek** as the "chairmare." Amy has already spent countless hours researching various organizations related to breast cancer and she presented her findings at our annual meeting. The group strongly agreed that money should stay locally and that administrative costs of the charity had to be kept at less than 25%. Of the 12 major organizations that Amy researched and presented, the group voted to give our support this year to Breast Cancer Recovery. You can learn more about this organization by visiting their website <http://www.bcrecovery.org/>. The mission of Breast Cancer Recovery is to help breast cancer survivors heal mind, body and spirit and it will be our mission to help them make this happen!

\*\*\*Mark your calendar for **Sunday, February 21!!** We will meet at the WDNR Southern Unit Kettle Moraine State Forest Headquarters S91 W39091 Highway 59, Eagle, Wisconsin 53119 at 1:00 p.m. They have a nice meeting place that has been reserved for us. It is REALLY important that all of you come out to help support this wonderful cause. (You can even pick up your DNR Vehicle sticker and Trail pass at the same time!) We have Pink Ribbon Ride business to take care of, and afterwards can make a stop at Suhmer's Saloon in Eagle if there is interest. Mark your calendar now and plan to attend.

### Exercising for Riding

On January 21<sup>st</sup>, about a dozen HONs met with Physical Therapist Blase Strobl of the Janesville/Evansville area to learn more about the importance of strong core muscles as related to horseback riding. There aren't many therapists around that know as much about horseback riding as Blase, who has been around horses all his life and currently shows reining horses. We all agreed that we can do more to stay in shape. After all, riding season will be here before we know it! Thanks to **DeAnn H** for making the arrangements for this fun and informative get together! And thank you, Blase!



## Jefferson Co. Tack Sale

Thanks to **Pauline** and **Joanne** for organizing another successful HON sale table! The tack sale was held on January 24<sup>th</sup> in Jefferson, WI and the aisles were packed with shoppers looking for deals. There were plenty of vendors, too, including several HON members. This year there was also an auction at the fairgrounds, featuring about a dozen horses rescued from a local farm. HON **Kris E.** had done her homework and bid successfully on a sweet little buckskin filly. Congratulations on that new baby!

## Looking Ahead.....

### Horse Emergencies: Being Prepared During Disaster Situations

The 21<sup>st</sup> Annual Seminar for the Serious Horse Owner this year features Eric Thompson with a program that will provide a basic awareness of large animal rescue techniques. Know what to do if a horse becomes stuck in mud, stranded on the ice, trapped in a burning building and more. Discount tickets are available for groups of 5 or more for \$39 each if purchased by February 5<sup>th</sup>. Contact **Rhonda C.** [luckyduck116@yahoo.com](mailto:luckyduck116@yahoo.com) for more information or visit [www.vetmed.edu/ce/horse\\_owner](http://www.vetmed.edu/ce/horse_owner).

### Coggins Clinic: Milton

By getting together with other horse owners, we can get digital Coggins tests done at a reduced cost and without a farm call. Vaccinations are also available that day at a reduced cost. Dr. Dean Peterson will be doing a Milton clinic for us at **Cindy A's farm** on **March 20<sup>th</sup>** at **10:00 a.m.** The reduced cost services are provided on a cash only basis. Since a minimum of 12 horses is needed to qualify for the reduced prices, it is important to contact Cindy soon if you are interested. This year the JAMC is offering online access to your horse's Coggins test and health certificates. Simply supply your email address at the time your horse's Coggins is done, and you can set up your account on MyVetLink.com. From there you can download, print and save your horse's Coggins and health certificates. Sounds handy! The digital Coggins test is \$25 on clinic day. Check our website calendar information for a link to vaccination prices.

## Spring Break in Missouri



Many of you know **Mary Ann B** and have ridden with her during the summer months. Now is your chance to visit her at her Missouri home and enjoy some great riding opportunities!

**When:** The week of March 28

**Where:** MaryAnn Bellmore's at Golden Hills - Raymondville, MO

**Who:** email [Jasper4804@gmail](mailto:Jasper4804@gmail.com) if you are interested

**Why:** Why not?

Sue is hoping to organize a convoy for this one. If you are interested in the trip, Sue will contact you about some dates for a "meeting."

Or, if schedules vary, just meet up in Missouri.

Sue has ridden about an hour south of Raymondville...and says it is perfectly gorgeous. The grass is green, the red buds are in bloom as are some of the dogwoods but the rest of the flora still thinks it's winter. Golden Hills is a privately owned 5,000 acre parcel with their own trails ranging from "Easy" to "Challenging" - not too rough for the critters, like mine, who have gotten soft over the winter. They have a website (and a booth at Midwest) if you want more information. The best thing? The trails are open in March!!! (And the camping is virtually "free" so you can afford the gas!!) Contact **Sue N.** if you have questions or are interested in going!



With the new year came two more new members. Please welcome Linda R and Kacy S. **Linda R.** lives in Rockford, IL and has been retired for about a year. She has owned horses for 14 years, wanting one ever since she was two years old. Besides her geldings, **Linda** does Greyhound Rescue and has three of these beautiful dogs. She likes to knit, crochet and bake. Welcome, Linda! **Kacy S.** lives in Darien, WI and enjoys all kinds of riding; barrel racing, western, English, bareback. Kacy currently has a Standardbred. She is looking forward to meeting new people and helping out local communities. Welcome to our group, Kacy! Many of you may remember meeting Amy's mom at some of our events. Now she is an official HON member. Please welcome **Liz J.!** Liz lives in Ashippun, WI and, in addition to working as a medical billing specialist, she runs a boarding stable. Liz has four horses of her own, a Rocky Mountain mare, a QH/Welch mare, a retired AngloArab and a 3 year old Rocky Mountain gelding that is in training this year. We look forward to seeing Liz at more events in 2010. Welcome ladies!!

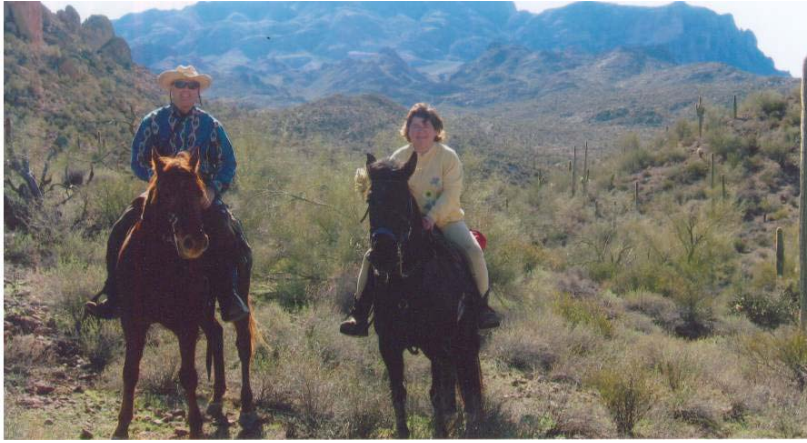


## News From Our Members

\*\*\*\*\* **from Kelly:** Willow Creek Riding Therapy here in Waterford is looking for volunteers to help during the day, at night, on the weekends, and with other things in the barn, or even doing something at home too many to mention here. They are doing wonderful things for individuals who have autism, brain injury, paraplegics, spasticity, etc. I see how this helps first hand with the clients and brings a smile to their faces. In May they will start Horses for Heroes, which will be running during the day, this program will be for the soldiers who come home from war with disabilities. Denise [themurphs2001@yahoo.com](mailto:themurphs2001@yahoo.com), is the contact for volunteers and the website is <http://www.willowcreekranch.org> also here is a phone number 262.806.4080. Anything is always appreciated and tax deductible.

\*\*\*\*\* **from Linda P...**Yes, we are back from Arizona. Had a very nice trip and weather was delightful highs in the low 70s, a few cooler days in the 60s. New Year's Eve we spent on a ranch in Medicine Lodge, KS 800 miles from home. This ranch hosts the Gypsum Hills Ride in the summer. We had electric plug in and a small corral for the horses. The next evening we made it to the State Fairgrounds in Albuquerque, NM where the horses had their own box stall after they exercised in a large sand arena. There was a one mile horse race track there (not in use this time of year) and a casino. Day 3 we drove past Flagstaff where people were pulling off the interstate to sled and have snowball fights. We arrived that afternoon at our destination of Kings Stables (an equine campground) 4 miles north of Apache Junction which would be our home for 2-1/2 weeks. They have around 30 campsites with full hookups for living quarters and several large horse barns with a roof for shade, open sides for air flow and 12 by 16 foot pipe stalls. They also had a large arena and smaller round pens and wash racks. We were surrounded by the Goldfield Mountains, Superstition Wilderness, and Tonto National Forest which all have many miles of trails accessible right from camp and additional miles of riding a short drive to trailheads. Some of the trails were suitable for horses or mules pulling wagons -- nearly level and wide. And then there were also the narrow, steep, rocky challenging trails thru hills and canyons with awesome scenery, but I did choose to dismount a few times as there were areas beyond my confidence and skill level.

We met many nice people that were there to ride and/or drive their horses and mules. Our campground neighbors were from Washington, Idaho, Michigan, Iowa, Missouri, Kansas and Tennessee. Many were retired and staying for up to five months and a few were shopping for property to relocate in the area. There were areas right in the City of Apache Junction that if you had over an acre of land you could keep two horses. Property owners then would actually pay a fee for a pick-up service to deal with the disposal of the horse manure.



We would do the Wednesday rides where trucks and trailers meet along Highway 60 and then you continue to drive to the destination of choice of the trail boss for the day. This usually ended up with a group of 25 riders and we would do about a 5 hour ride with a half hour lunch

break. Destinations in January included part of the Arizona trail by Pickett Post, The Elephant Butte Ride and Apache Tears. We also rode in smaller groups and some days just Dan and I would venture out.

We ended up leaving a day early to stay ahead of the predicted flash flooding in the area we were staying and the several feet of snow predicted for the higher elevations. We ended up taking a more southern route on the way home as I-17 near Flagstaff was closed because of snowfall the morning we left. We spent our first night on the way home in Amarillo, Texas staying at their Fairgrounds. The following morning our horses basked in the sun in the sand arena as we toured the American Quarter Horse Headquarters and Museum. Our second night we stayed overnight at a ranch in northeast Oklahoma and then headed home through Missouri and Illinois. We really enjoyed our trip. I only wish I was there to see the area in about a month, because with all the rain they just received, they should have a colorful landscape with the wildflowers and cactuses blooming.

\*\*\*\*\* **Karen M** invites you to join her and her guests at a Spirit Gathering Circle on Sunday February 21, 2010. Take a little "me" time out of your busy schedule for an enlightening and interesting afternoon. Enjoy refreshments afterward while sharing your experiences with the group. Reservations are \$35 per person. Contact Karen at [kmahan@transitionsequine.net](mailto:kmahan@transitionsequine.net)

\*\*\*\*\* **Kris E** has a new filly. This buckskin filly is named Promise and came home with Kris on January 24<sup>th</sup>. As you can tell from the photo, Kris's grandson is pretty happy about the new arrival too! Good luck with this youngster, Kris! It'll be fun to watch your progress.

<http://www.youtube.com/watch?v=otWVvFRfp4Y>



\*\*\*\*\* **Deb S** shared the news that her great nephew, Tyler Slak, is fighting stomach cancer. A special graduation ceremony was recently held at UW-Whitewater so Tyler could receive his college diploma. Please keep Deb and family in your hearts and prayers.

\*\*\*\*\* **from Sandy R (me!)** Here is the 2010 mantra from our annual meeting. I've had a couple of people ask about it since then. Please remember that we are only as strong as a group as we make it. We're an active group because people step up to face the challenge. It's not always easy...please remember that.



\*\*\*\*\* **from Ronda S** This is a PBS show on Cloud, the mustang stallion. About 50 minutes but, worth it.....<http://www.pbs.org/wnet/nature/episodes/cloud-challenge-of-the-stallions/video-full-episode/5297/> Check it out!



**REMINDER:** If you have not sent in your 2010 membership dues, please do so before the end of the month. We will be removing names from the mailing list at that time. If you would like to be removed from the mailing list at any time, please let me know. We have lots of great things planned for 2010 and welcome everyone's involvement....at what ever level of activity you can do. Dues (\$10) can be sent to **Sherri Torrison** at 8235 County Road KK Milton, WI 53563

## February Birthdays

- Feb 2 Marise
- Feb 8 Patti M
- Feb 9 Lynn L
- Feb 12 Ellen P
- Feb 13 Shirley H
- Feb 14 Vicki S
- Feb 16 Kathy E
- Feb 18 Cindy A and Dee S
- Feb 20 Jessie W
- Feb 22 Julie F and Linda W



Remember, birthdays are good for you. The more you have, the longer you live!!! Happy Birthday to you all!

Happy Trails, Sandy

