

Loomis Basin Horsemen's Association

P.O. Box 2326 Loomis CA 95650

Volume 37 Issue 11

NOVEMBER 2019

Newsletter

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PRESIDENTS MESSAGE by Liz Daffner

Howdy!

Welcome November and the official start of the holidays. I'd like to begin by thanking everyone who helped volunteer to make the 2019 LBHA Horse Shows a success! It takes a lot of man power, organizing, planning, and physical labor to put on 2 days of showing. Based on the feedback from participants and our judges, we nailed it!

One big change we may implement next year is lower jumps and pole classes for the English Show. If you have any recommendations please send it our way.

With a couple more months left in the year, we'll be turning our attention to 2020 nominations and updating members with new developments regarding our local trails.

As I write this there's no rain in the forecast, so keep on riding!

Liz Daffner



SUPPORTING LBHA HELPS SAVE AND MAINTAIN OUR TRAILS, THE ARENA AT THE PARK , TRAYLOR

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PRESIDENT: Liz Daffner 916-708-1244
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TREASURER: Janis Rau 916-652-0894
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 Kathy Dombrowski 916-652-5204
 Kate Johnson

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PLACER COUNTY AG COMMISSIONER

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 Paul Perez (trails maint super) 916 240-7198
 State Parks Dispatch 916 358-1300
 (Call above number for incidents in State Parks)



TRAYLOR RANCH NATURE RESERVE

Hello Traylor Ranch Nature Preserve Fans. July 27 marked our last standard workday this year.

You can thank the small group of dedicated people who come out pretty much every month to help, Jennifer, Mary, Maureen, Nicola. They come even though there are other projects they could be doing on their property but believe in helping to keep Traylor Ranch the special place that it is.

Note, that I have a couple of Special Projects I'd like to pursue in the Fall so stay tuned. But for now, we are signing off until then.

A big thank you to everyone who has volunteered this year.

Stay tuned to the Traylor Ranch Facebook page for any park updates.

[https://
www.facebook.com/
TraylorRanchNatur-](https://www.facebook.com/TraylorRanchNatur-)



Subscribe to our Newsletter!

<https://lbha.us7.list-manage.com/subscribe?u=2c073f7622cea751d4c0e48c6&id=a1fd54b279>

Hector Road Trail Now Open

**MINUTES
LBHA Membership Meeting
October 16, 2019**

The general membership meeting was held at Round Table Pizza in Loomis. The following Board members were present: Liz Daffner, Bruce Renfrew, Kate Johnson, Kathy Dombrowski. Maureen Henderson, Janis Rau, Greg King and Joe Warlow. Denise Howell was not present. Laurene Davis, our publicity chair, was also in attendance.

Liz called the meeting to order at 6:30 p.m.

Maureen gave a brief report on the Hidden Falls Expansion.

The next agenda item was discussion about the horse shows. Liz thanked everyone for their volunteer work at the shows. Discussion was held about how classes with minimal entries were combined; whether or not we should continue offering jumping classes, considering the work output and the minimal entries; the possibility of adding pole classes and perhaps some other fun classes to encourage more entries. We will consult with Debbie Murphy about potential pole classes. Further discussion was held to see how we can improve attendance on English day.

Janis brought up food vendors for the shows. We will ask the hotdog vendor to return next year, however, will look for a different vendor than Hot Mama's, as we felt she was a bit on the expensive side.

Discussion was held about contacting our judges to obtain feedback for future improvement.

The next general membership meeting will be held on Wednesday, November 20, 2019 at 6:30 p.m. at Loomis Round Table.

The meeting adjourned at 7:20 p.m.

Submitted by Maureen Henderson, Secretary



English and Western Horse Show Shenanigans



Success!



Show Results are posted on our website lbha.us

https://0c856104-d2f5-48b3-822e-162720073de0.filesusr.com/ugd/d467db_7eff1c1127cd4fd49b6170527e543058.pdf

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MEMBERSHIP

Please renew your membership.

If you are not getting e-mails from LBHA, we may not have the correct e-mail or you are blocking LBHA. The Newsletter goes on line the first week of each month, so if you do not get a notice, just check the webpage and then get the correct e-mail to LBHA.

All Memberships NOW renew every January 1 so those of you that have memberships that expire in June have an extension to December 31st. Pay on line the easy way!

Being an LBHA Member is a great way to give back to our community.

We thank you in advance.

AD FEES For LBHA Members

(Non-Members add \$10 to below fees)

NEWSLETTER ADS Deadline is the 25th of the month

½ page: 1year \$60 Includes Business card on Website.

½ page: 6mos \$30 one time \$5 Full page one time \$10

Business Card Ad per issue: \$10 / issue

Business Card Ad/year: \$40/year includes card on Website

DIRECTORY ADS Deadline for Directory ads is March 1

Full Page Ad: \$25

½ Page Ad: \$15

Business Card Ad: \$10 - Free for **LBHA Business Members**

WEB ADS

Business Card Ad – one year Members \$40

Free to Business Members

Classified Ads- Free to Members

NOTE add \$10 to fee for Non-LBHA members



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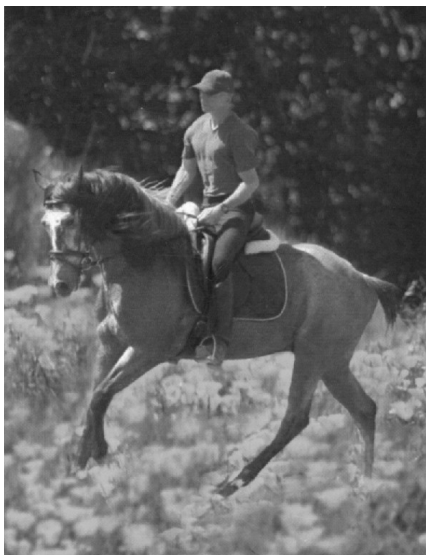
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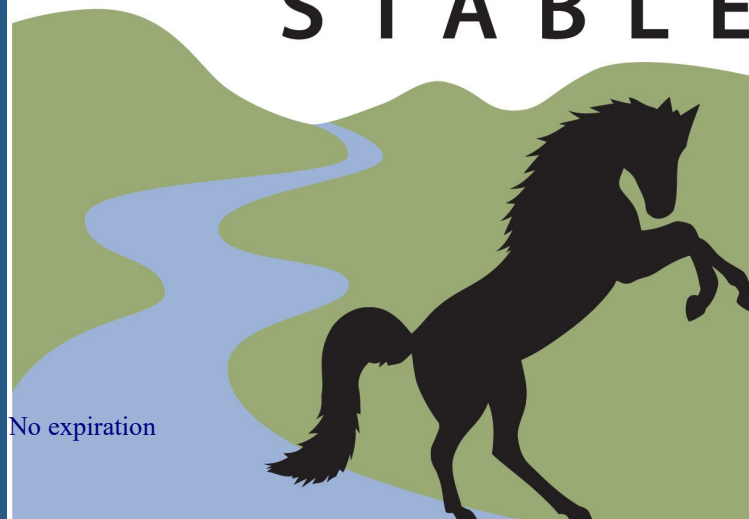
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Groundwork exercises: The 5 basics

Groundwork with horses consists of exercises that you do with your horse while you stay on the ground and lead the horse on a (rope) halter, cavesson or neckrope and a long lead rope.

Groundwork is a very important part of the **training of horses**. Many groundwork exercises exist and they can be divided into five main groups.

1. Lead exercises

The name says it all: these exercises covers leading. You lead the horse from point A to point B on a halter and a rope. There are several basic lead exercises

Leading from the lead position: You walk in front of the horse and you clearly define your space. This way, the horse learns to respect your intimate and personal space. You also work on your leadership skills, because in all lead exercises, you determine your path and speed. However, in certain situations/cases, you can (deliberately!) choose to define your space less clearly or to go along with your horse in terms of direction or speed.

Leading from the partner position: You walk near the shoulder of the horse. The horse learns to stay next to you, both while walking and trotting, while walking backwards, halting and waiting, the turns to the left and right. In this position, you lead and drive the horse at the same time, which you practice both on the left side of the horse and on the right. In most cases, you only do this exercise if you have established leading in the first position well. Indeed, you should be able to put your horse back from your intimate space from the partner position at all times.

More advanced lead exercises include lead exercises from the third position and leading with the neck ring.

2. Touch exercises

We touch the horse in these exercises. We do this so that the horse learns to accept, trust and ultimately enjoy our touches.

There are two basic touch exercises.

Stroking: Here, you stroke the horse over the entire body with both hands. Attention is also given to the sensitive parts of the body such as the groin, stomach, sheath, nipples, ears, mouth, eyes, and tail as well as under the tail. You can also stroke the horse with a whip, a stick, a bag or a cloth.

Grooming: Here, you scratch and rub the places that the horse clearly enjoys. This is often around the withers and mane. Many horses also enjoy the places around the tail, on the shoulders and on the loins. Grooming aims to show you friendship for the horse.

3. Yielding to physical aids (direct pressure)

We teach the horse to go along with soft physical pressure. By doing this we give direction to the horse. Again, you can distinguish several basic exercises.

- Head down: the horse yields to slight downward pressure behind the ears by lowering the head
- Nose to flank: the horse yields to slight pressure on the side of the head by moving the nose to the flank
- **Backwards on the nose**: the horse yields to slight pressure on the nose by giving and taking a step backwards
- **Forwards**: the horse yields to slight forward pressure behind the ears by taking a step forward
- **Backwards on the chest**: the horse yields to slight pressure on the chest by taking a step back
- **Forequarters yield**: the horse yields to slight pressure on the shoulder by taking a step to the side with the forehand
- **Hindquarters yield**: the horse yields to slight pressure on the side of the hindquarters by taking a step to the side with the hind leg
- **Bending**: the horse yields to the slight pressure on the girth area by bending his/her body (the muscles tighten on the side where you apply pressure)
- **Follow the rope**: the horse yields to the slight pressure on the halter by bringing the nose to the flank and then following the rope that surrounds his body.

In addition to these 9 basic yielding exercises there are also other exercises you can practice:

- lifting the back in response to upward pressure under the belly of the horse
- stepping forward when applying slight pressure to or next to the tail
- lifting leg when applying slight pressure to the leg
- mouth open when you apply slight pressure to the corners of the mouth.

In the beginning, you just ask for one step. You gradually increase this to several steps (such as a whole turn around the forehand when yielding to pressure at the thigh). In other exercises, you start with 1 second and gradually increase this to half a minute or longer (such as head down).

4. Yielding to driving aids (indirect pressure)

Here, we ask the horse to yield, but we do not touch the horse. We use our energy and driving aids in such a way that the horse understands which direction we ask the horse to go. These exercises are often intertwined in the other basic exercises such as Leading and Circle Work.

You can ask a horse to yield for driving aids

forward, backward, left and right

with the forequarters, with the hindquarters or both simultaneously

Basic exercises in which your horse yields to driving aids include when you invite the horse to

- **get out of your personal space**
- **take a step backwards**
- **go forward from the partnerposition**
- **halt**
- **turn to the left and to the right from the second position** (from a halt or in movement)
- **to leave on a circle** (you ask the forehand to leave to the right or to the left when you stand in front of the horse)
- **to disengage the hindquarters** (yielding the hindquarters to the left or right, whether or not from movement)

A more advanced exercise is to ask the horse to do a shoulder-out or sideways.

5. Circle Work

You ask the horse to move around you in a circle. Through body language, you teach the horse to start the circle, slow down, speed up, halt, change direction... you are becoming attuned to one another more and more.

You can use Circle Work to prepare your horse for lunging (getting attuned to each other's body language while circling), to have your horse overcome obstacles without you walking in front of him/her (for instance, you circle the horse on a canvas, beams, water ...) , to calm the nervous horse (by not forcing the horse to stand still, it will be calmer more quickly), to show the horse exhibiting dominant behavior that you position yourself higher in rank *in that moment*, to move sideways (which is gymnasticising the horse)

The goal of Groundwork

You do Groundwork with horses for various reasons.

To strengthen and keep stable the bond with your horse acquired through Liberty Training.

To learn how to give good guidance and show leadership, in situations that are more difficult.

To work on dominance issues

To let your horse cope with the human world such as the daily contact and care, hoof trimming, vet treatments, trailer loading...

By doing groundwork you help your horse overcome certain fears.

To prepare your horse for Gymnastic Groundwork (work in hand and lunging) and riding. A horse that has done a lot of Groundwork will learn much quicker during riding, and he/she will cooperate better as well.

To give him physical and mental challenges. So to keep your horse fit and balanced on the physical, mental, emotional level & spiritual level.

For variety and fun!

Therefore, basic Groundwork is the foundation for many other things. It makes life in a human world so much easier for the horse. Moreover, Groundwork also ensures that dealing with horses can happen safely.



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Next Meeting

November 20th
Board Nominations

Round Table Pizza 6111 Horseshoe Bar Rd, Loomis, CA 95650
Eat 6:00 pm, Meeting 6:30-7:30 pm
Members and non-members are welcome to attend.

Reminder!

LBHA has an electronic Membership form available on our website that let's you pay your renewals through paypal if you choose. Find it under the JOIN tab.

Arena

Please NO TRAILERS or HORSES on the asphalt parking lot. No barrels, poles or other equipment may be used in the arena. Small Orange cones allowed. Trainers must have an Arena Use form submitted annually as well as the proper insurance naming LBHA and Placer County as "Also Insureds." If Insurance is cancelled 2 times or more, the permit is no longer valid. Trainers MUST contact LBHA with the time and number of students that will be in class, 24 hrs before the lesson. (All Forms are on LBHA Website at LBHA.us)



From the Loomis Basin Horsemen's Association



ABOUT LBHA

The Loomis Basin Horsemen's Association founded in 1984 is a non-profit 501 (C) 3 information and awareness organization dedicated to the South Placer County Trails, Traylor Ranch, the Arena at the Loomis Basin Community Park and the Preservation of the Rural Lifestyle.

Loomis Basin Horsemen's Association

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