

SNHSA's Vision: *To bring the joy of horse sports to as many people as possible.*



2018 Issue #6

Aug. 3, 2018



Message from the President

"I love this so much and made sure all of my students and their parents saw it." - Sarah Mullins

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<http://www.chronofhorse.com/article/let-your-daughters-grow-up-to-be-horse-girls>

Let Your Daughters Grow Up To Be Horse Girls

By: Blogger Lauren Sprieser
May 17, 2018 - 2:50 PM

Parents, let your daughters grow up to be horse girls.

Let them learn early the joy of dirt under their fingernails and the responsibility of cleaning tack or sweeping aisles. Let them learn that if they don't do the chores, or if they don't keep their grades up, they can't go ride. Let them struggle it out with lesson horses that aren't very skilled, only to then earn their way to either a horse that is kind and fun to ride, or a horse that is just a big enough monster to keep them humble, and to maim them just a little, but not permanently damage them. Whichever one they start with, make sure it's followed by the other.

Parents, let your daughters go to horse shows.

Let them learn to deal with nerves, with crowds, with going from hearing their coach in their ear every step to being totally alone. Let them learn to plan ahead, or let them forget their breeches or hairnet or test, and don't save them, so they learn to take some ownership and not do it again.

Let them set goals and reach them. Let them set goals and fail miserably. Let them learn that, if they work incredibly hard, practice like hell, ride the best quality horse they can and take impeccable care of him, they're sometimes going to get beat by someone with 10 times the money and one tenth the drive.

Let your daughters grow up in the barn. Let them learn that horses don't care about your schedule or your plans. Let them learn that buckets need filling and stalls need cleaning, even when it's raining, even when it's frozen, even when they have a different idea for how the day should go. Teach them to drive trucks and trailers and ATVs. Teach them to change tires and wrap legs and give shots. And let them leave a spur mark, or a bit rub, or a bandage bow, and let them deal with the shame of causing pain to an animal they love.

Parents, let your daughters make mistakes. Let them enter the show one level too high and get their butts kicked. Let them ride the horse that's beyond them and hit the dirt. Let them be rude to the pony once, because the pony will make it clear that that will only happen once. Ditto talking back to the clinician, or getting angry at the show and lashing out in front of others.

Let your daughters be working students. Let them learn that no one is ever so good a rider that they can't clean stalls. Let them learn that well pumps break exclusively at 3 a.m. on hot days. Let them learn that even when clients are literally THE WORST, they still have to be nice to them. Let them be a working student for someone who's a jerk to learn how to deal with a crappy boss, and then let them be inspired by a great boss, and then let them remember both when they're the boss. Let them learn their own unimportance. And then let them learn that if they make themselves invaluable, if they prove their worth, they will be given opportunities, just never when they expect it.

Parents, let your daughters own horses. Let them spend a little money on something underwhelming and have it blow everyone's expectations out of the water. Let them spend a lot of money on something extravagant and learn that big dreams require big risks. Let them learn that colic surgery and lameness and founder don't care how much the horse cost or whether it has potential or not. Let them learn the joy of handwalking and icing. Let them watch other riders succeed when they're stuck with a young horse temper tantrum or an infected abscess.

And let them learn that the greatest kindness we can do for our horses is to know when to let it end, whether it's declaring victory after a tough ride, or letting a horse go on to the great beyond.

Parents, let your daughters grow up to be horse girls, because they will learn quickly and repeatedly that life isn't fair, that hard work is often trumped by Lady Luck, and that every defeat, no matter how terrible, is temporary. Let them dream big and kick on. Let them learn confidence, grace and grit. Let them build big muscles and strong backs, and learn that a little blood and a little sweat are good things, because they show you you're living.

Let them grow up with horses and with good horse people, because it will teach them to be humble, and to be resilient, and to be brave.

SprieserSporthorse.com
Lauren Sprieser on Facebook



SNHSA has a new logo and we will soon have a new website to introduce in the near future!

In the not so distant future, we plan to have a mobile friendly website. Eventually, we will offer the ability to pay for membership and horse registrations online, logo wear for purchase and SNHSA benefit horse show registration.

~ Meadow View Farms Charity Horse Show, benefitting NNCCF ~

The accounting team is working diligently and we will announce the fundraising total as soon as possible! This year's Meadow View Farms Charity Horse Show was amazing! We have to start off by thanking all of you, the exhibitors, for all of your contributions throughout the years to make this event so successful. A record 110 horses and their riders came out to raise money for the Northern Nevada Children's Cancer Foundation - the largest number to date! We also saw the debut of our Team Jumper Derby Relay, with 5 teams competing in some fantastic costumes! We loved all the fun this class brought to both riders and spectators, and we can't wait to do it again next year.



On Saturday night, Calcutta history was made with the highest team bid of \$5,000! We are always amazed to see the generosity of our equestrian community and are grateful to be a part of it. Sunday's Hunter Derby and brunch was the perfect way to wrap up the weekend, with the horses and riders turned out and showing off their best style.

The weekend of the charity show is always special and we have to say a huge thank you to all of our spectacular volunteers and staff for working tirelessly throughout the weekend to make sure this year's event was a fun and unique showing experience for everyone, working from sunup to long after sun down with smiles and laughter, knowing this horse show isn't just for us, but for our whole community to benefit from and enjoy.

Joe, Lynn and Sarah Mullins

Check out photos from the July 6-8 **Meadow View Farms Charity Horse Show**, benefiting **NNCCF**. We were fortunate to have not one, but two, professional photographers at the event!



Create Memories by Anett

<https://creatememoriesbyanett.pixieset.com/mvfcharityhorseshow/>

Genesis ELL Photography

Genesis ELL Photography

<http://genesisphotos.net/f275267153>

Congratulations to the three Derby winners at the Charity Show!
(photos courtesy of Create Memories by Anett and Genesis ELL Photography)

Friday, July 6

\$1,500 Jaguar Land Rover Reno Jumper Derby Relay

Congratulations to the Nerd Alert team

Liz Reader & CFF Jigsaw

Chanlee Harvey & Anything But Ordinary

Jenna Rowan & Boomtown

1st place for the Relay and 1st for Costume!



Saturday, July 7

\$1,500 Tahoe Luxury Properties Jumper Derby

Congratulations to Sammy Rothman and Cora Z



Sunday, July 8
\$1,500 McCormack Plastic Surgery Hunter Derby
Congratulations to Andrew Jayne and Sumiko



~ SNHSA Junior Ambassadors & Member Education Committee News ~

Sportsmanship and Patience "In the Words of Our Junior Ambassadors"

We recently received essay applications from our Junior Ambassadors for the SNHSA Equestrian Sportsmanship Program. There are two young riders whose words inspired us and we believe that they will inspire you too!



Emily Rye and Midnight Dancer

"Patience is a major virtue an equestrian must obtain when working with the animals in the sport. Everything is not always going to go as planned; dealing with another animal much larger than oneself is always going to bring unexpected difficulties."

- Emily Rye

"Some horses will test you, some will teach you, and some will bring out the best in you" said Equestrian Co. If you are patient with your horse on their bad day, then they will be patient on yours."

- Julianna Osmetti



Julianna Osmetti and Edesa's Iggy Pop

For further information on any of the Junior Ambassadors programs, please contact Tiffany Coury at (941) 807-1426.

Four educational clinics will be offered through the SNHSA Junior Ambassadors and Member Education Committees with three occurring in September. SNHSA Advocate and Competing Members receive a discounted clinic price. See Quick Links below for informational flyers, registration forms and waiver & release forms for each.

Inaugural Year of the Collegiate Preparatory Program!

Many of you are aware that UNR has reestablished its equestrian program and in honor of that, SNHSA is launching a new Collegiate Preparatory Program to help riders develop the skills necessary to move to a college show circuit. Upcoming shows that will hold the classes are:

- Meadow View Farms Horse Show Aug. 4
- Red Rock Hounds Horse Show Aug. 11
- Meadow View Farms Horse Show Sept. 8
- SNHSA Benefit Show Sept. 22

Please follow this link for details: <http://www.snhsa.org/junior-ambassadors-program.html>.

For further information on any of the education clinics, Junior Ambassadors or the College Preparatory Program, please contact Tiffany Coury at (941) 807-1426.

Calendar & Quick Links

(Links also available on www.SNHSA.org)

SNHSA Upcoming Events!

2018 SNHSA Horse Shows

Aug. 4.....Meadow View Farms Horse Show

[Prize List & Registration Form](#)

Aug. 11-12.....Red Rock Hounds Horse Show

PLEASE NOTE: Classes 13 & 14 have been moved to take place after Class #18

[Revised Prize List & Registration Form](#)

2018 SNHSA Educational Series

Sept. 2.....Saddle Fit Clinic with Emily Eyles, at Maplewood Stables

[Sept. 2 Saddle Fit Clinic flyer](#)

[Sept. 2 Saddle Fit Clinic Registration form](#)

[Sept. 2 Saddle Fit Clinic Waiver and Release form](#)

Sept. 7-8.....Mental Coaching Skills with Tonya Johnston at Meadow View Farms

[Sept. 7-8 Mental Coaching Skills flyer](#)

[Sept. 7-8 Mental Coaching Skills Registration form](#)

[Sept. 7-8 Mental Coaching Skills Waiver and Release form](#)

Sept. 16.....Equine Bodywork, Biomechanics and Riding Clinic with Melissa Kalember, at Ironwood Events Center

[Sept. 16 Equine Bodywork clinic flyer](#)

[Sept. 16 Equine Bodywork clinic Registration form](#)

[Sept. 16 Equine Bodywork clinic Waiver and Release form](#)

Dec. 8-9.....5th Annual Educational Clinic Series with Bernie Traurig at Meadow View Farms

[Dec. 8-9 Traurig Clinic flyer](#)

[Dec. 8-9 Traurig Clinic Registration form](#)

[Dec. 8-9 Traurig Clinic Waiver and Release form](#)

Quick Links

****2018 SNHSA Points as of 7/31/18****

Note; Riders who placed 1st-6th at Meadow View Farms Charity Horse Show in regular classes or Stakes, or were Division or Reserve Champions, and did not receive ribbons, please contact Susan Howe at susanhowe@gmail.com to arrange for pickup. Susan will also have the ribbons at the MVF 8/4 show.

[2018 SNHSA Show Calendar \(updated 7-27-18\)](#)

[2018 SNHSA Rule Book and By Laws](#)

[2018 SNHSA Rule Book Changes and Amendments](#)

[2018 SNHSA Membership Form](#)

[State veterinarian encourages biosecurity \(7/19/18 News Release\)](#)

[Biosecurity - The Key to Keeping Your Horses Healthy brochure](#)

[Strangles - fact sheet](#)



Sagebrush Rider is a monthly magazine focused on Nevada's equestrian communities. Each issue includes news, destinations, interviews, shows and events, directories of professionals, and much more.

Something new for you...

Check out Sagebrush Rider magazine: www.sagebrushrider.com

About: We are a small team of passionate equestrians who live in Nevada. We saw a need for a concise resource for information about what is happening in our area and beyond. Our mission is to raise awareness of equestrian opportunities and services in the state, to highlight and celebrate Nevada equestrians and to get more people out riding!

SNHSA has contributed event listings to several issues. Their first issue was March 2018. This is their latest issue, August 2018:

<https://view.ioomag.com/sagebrush-rider-magazine-issue-6-august-2018/0709213001532956451?short>

~ SNHSA Barn News ~

Meadow View Farms

Sarah and Lynn Mullins

2600 Rhodes Road, Reno

775-745-2753 or 775-830-8979

www.meadowviewfarms.biz

Thank you so much to all of the volunteers, staff, owners, riders, trainers, family and friends that contributed to this year's Charity Horse Show. The MVF family contributed an incredible amount of time and talents to the show and we are so grateful to every one of you for being such a vital part of this event- we could not do it without you!

The weekend was a success both in and out of the ring and when our riders were not volunteering, they were rocking it in the show ring! **McKenna Owen and Espoir d'Usance** were champions in the 14-17 Equitation, and **McKenna and Tilburg** were champions in the Low

Child/Adult Jumpers. **Tiffany Coury and Unique Fortuna** continued their comeback, and were champions in the Crossrail Hunters, and Tiffany was 3rd in the Hunter Derby on **Moonlight Sonata**. **Hayley Haas and Cavalier's Flight** had some great rounds in the Mini Hunters, and Hayley was 4th in the Hunter Derby and won the Almaden Medal on **Beckham**. **Olivia Collins and Kazan** were champions in the Puddle Jumpers. **Sarah Osborne** came home from the Naval Academy just in time to show **Vienna** in the Low Child/Adult Jumpers with top finishes and excellent times throughout the weekend. **Leslie Biederman** got a new horse, **Udo**, and they went right to work bringing home wins in multiple classes, as well as being 2nd in the Hunter Derby. **Laura-Ann Moore and Poldi 41** won their rounds in the Mod. Child/Adult Hunters and **Reese Gunnarson** rode **Love and 'Appiness** in her horse show debut, with ribbons in the Crossrail Hunters!



Leslie Biederman and Udo - Almaden Eq. Special Champions



MVF MVPs - McKenna Owen & Tilburg, Hayley Haas & Beckham, Olivia Collins & Kazan

The Team Jumper Relay was a highlight for MVF riders. We had two teams, **The Purple Unicorns**, with **Sarah, Leslie, and Laura-Ann** coming in 2nd, and the **MVF MVPs**, with **Hayley, Olivia, and McKenna** coming in 3rd.

Then we shipped out to Almaden! **Sarah Osborne and Vienna** were blazing fast and Reserve Champions in the Low Child/Adult Jumpers. **McKenna Owen and Espoir d'Usance** were 3rd in the Almaden



Sarah Osborne and Vienna

Eq. Special and had amazing rounds throughout the weekend. **Leslie Biederman** and her new gem of a horse **Udo** were the winners of the Almaden Eq. Special and they scored a 90 in Round 2 of the Almaden Medal Finals! We had an incredible July and are looking forward to the rest of the show year!

~ SPONSOR SPOTLIGHT ~

~ Ready 2 Heal ~

Kerstin Tracy



2018 Sponsor for Long Stirrup

How long has your company been in existence?

Since 1999, originally in Florida and since 2011 in Reno.

Where is your company located?

My physical location is in South Reno near Bartley Ranch, where I work with babies, children and adults. My office space is shared with an acupuncturist and massage therapist.

The address is: 6121 Lakeside Drive, Suite 110 at PathToWellness, Reno, NV 89511



Sponsor Spotlight is a feature in our newsletters where we ask SNHSA Sponsors questions to help us know who they are and what products/services they offer to know them better!



What is your contact information should someone want to call you or email you for questions or even orders/service?

You can reach me via phone at 775.400.0058 or via email at kerstin@kerstintracy.com

Do you have a website?

Yes, my website address is www.kerstintracy.com

What service/product(s) do you offer?

I offer CranioSacral Therapy for Humans and Horses.

What prompted you to start this business?

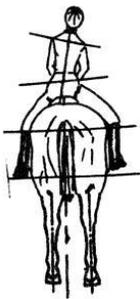
I have been an athlete all my life and went on to earn a Master's Degree in Sports Science. At the same time, my world was filled with horses. I spent a lot of time observing other riders' lessons, reading just about every book about horses I could get my hands on, and implementing what intuitively made sense to me, i.e., riding

my horse twice a day whenever I could - one hour of walking on trails followed by dressage, conditioning, cross country or even some jumping in the afternoon. That made a big difference in my connection with my horse and his stamina and strength.

At some point during college I developed a great curiosity about holistic health, and after graduating from The German Sport University I studied holistic health and started to apply the holistic thinking to my work with horses.

Fast forward a few years, moving across the pond, a husband and three kids later, I found myself talking to a friend who was considering buying a beautiful German Warmblood, who presented well when he was visited at the owner's place. Sadly, he turned out to have severe neurological issues with no known cause.

When I touched his forehead, I realized that there was an indentation - like another horse had kicked him really hard or he hit his head really hard. That got my attention because I had become a licensed massage therapist and bodyworker specializing in CranioSacral Therapy. Because of this amazing horse, I started taking equine classes, and now I am passionate about working with these beautiful creatures, helping them feel balanced from the inside out -- with a gentle touch that focuses on the nervous system.



Can you tell us something interesting about your business?

I'm in a unique position to help both horses and their riders find balance and alignment, both inside and out of the show arena. I love being able to assist horses in achieving long lasting health and vitality. I specialize in helping horses through rehab or show season who have performance issues, lameness, or behavioral problems so that they can reach their peak potential.

Anything else you would like to share?

Along with horses, my main loves are my family, dogs, and hiking in nature. When I have an unexpected free moment to myself, you can find me practicing feng shui or practicing Pilates.

~ 2018 SNHSA DIVISION & PROGRAM SPONSORS ~

The Sierra Nevada Horse Show Association (SNHSA) is an organization that promotes quality schooling and related equestrian competitions in Northern Nevada. In order to continue with this mission, the organization seeks sponsors for 25 sanctioned divisions, Medals and Junior Ambassador-sponsored programs. By becoming a sponsor, you and/or your business

will receive numerous marketing benefits throughout the show season in the form of public announcements, banner placement opportunities at sanctioned events, and logo placement in the monthly newsletter depending upon the Sponsorship level chosen.

Champion Sponsor



Shadowood Farm Saddle Club - Special Hunters

Blue Ribbon Sponsors



[McCormack Plastic Surgery](#) - Puddle Jumpers



[Tahoe Real Estate Group](#) - Equitation 13 & Under

Classic Sponsors



[Carson Tahoe Health](#) - Crossrail Hunters



[Ready2Heal](#) - Long Stirrup



[High Desert Veterinary Service](#) - Low Child/Adult Jumpers



[Balance Point Training](#) - Level 1 Jumpers



[Meadow View Farms](#) - Pony Hunters

To become a Sponsor:
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[Sponsorship Levels](#)

Membership Communications and Outreach Committee

Susan Howe | susanhowe@gmail.com
Alexandra Hoeger | alh287@cornell.edu
Felise Canterini | snhsa.treasurer@gmail.com

www.SNHSA.org



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