



Region 6 Rally



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Issue 1

March 2015

President's Message

Greetings to my fellow Region 6 Riders!

We just wrapped up national convention not long ago--a shout out to our great members, with a huge and special big thanks to Sarah Rinne, Shari Parys, Ruth Mesimer, Margaret Reynolds, Vickie White, Katy Vernon and the rest of our Board of Directors--what a great job and turnout, Region 6ers! Please remember to send thank you cards to our vendors and sponsors if you have not done so already! They were also a big part in us having such a great convention.

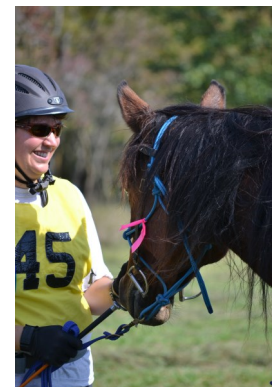
I hope that as you read this you have been getting some great early conditioning rides in and have started to try to plan your competitive year--I have certainly been dreaming for myself and the year ahead! It's finally starting to get warmish outside and so inviting for a good ride!

I am also very excited that our first ride of the season is coming up at Sand Hills State Park in Kansas--we are going to have a full ride here, and that is really exciting--I hope it's an example for the year to come! Liz has done some great advertising and we have quite a few new riders going to join us. What a great job!

We also have a new ride cooking near Sedalia, MO that we are shooting for in July, and are looking to possibly hold a ride in August at Big Hill Lake, KS --this will be a banner year for rides in Region 6--How many rides can YOU make it to? Let's get some more 100 percent club members this year!

I look forward to hearing the stories of the year (success, bloopers, lessons well/hard learned), and seeing your smiling faces out on the trails! Have a great competitive year!

Sincerely,
Erin Glassman
NATRC Region 6 President



*Indian Cave
(Photo Courtesy of Andy Klamm)*

Challenge - Sportsmanship - Education 2014 Region 6 NATRC Awards

Region 6 Worker Awards

Volunteers who turned in ride positions worked during the 2014 ride season and mile stones reached.

	2014	Prior	Total	Earned bar
Andy Klamm	40	0	40	
Ryan Klamm.....	40	0	40	
Robin Nore	75	1,065	1,140	5th Gold bar
Jason Klamm	80	0	80	
Dave Nore.....	115	735	850	4th Gold bar
Gary McCoy.....	120	475	595	1st,2nd,3rd,4th,5th Gold bar
Ruth Mesimer.....	140	4,495	4,635	
J.R. Kendall.....	200	24,485	24,685	
Vickie White.....	250	1,100	1,350	1st,2nd,3rd,4th,5th,6th Gold bar
Mary McCoy	345	700	1,045	1st,2nd,3rd,4th,5th Gold bar
Liz Klamm.....	400	0	400	1st, 2nd Gold bar
Chuck Edwards.....	470	20,925	21,395	16th Blue bar
Shari Parys.....	575	1,245	1,820	7th Gold bar
Erin Glassman	615	925	1,540	3rd, 4th, 5th, 6th, 7th Gold bar
Fred Altwegg.....	720	950	1,670	5th, 6th, 7th Gold bar
Sarah Rinne	750	1,015	1,765	6th, 7th Gold bar
Hope White.....	800	1,795	2,595	Cap + 1st, 2nd Red bar
Priscilla Lindsey	815	12,130	12,945	
Steve Lindsey	1,965	6,585	8,550	2nd, 3rd Blue bar

Region 6 Ride Secretaries

Nickers N' Neighs – Hope White
EKAHA Hill & Dale – Kaaren Jones
Branching Out – Diane Beckham
Flying R Ranch – Melissa Hoover
Eagle Ranch – Noreen Altwegg

Heartland Challenge – Erin Glassman
Dave Smith Fall Fiesta – Martha Kunkle
Indian Cave – Shari Parys
Sand Hills – Noreen Altwegg
Region 6 Benefit – Melissa Hoover

100% Club

Jacket

Marla Stucky

Fifth Year Patch

Trish Cleveland

Region 6 Horsemanship Awards – 2014

Novice Junior Horsemanship

1. Ryan Klamm.....24
2. Jason Klamm21
- Participation..... Tovah Plumer

Novice Lightweight Horsemanship

1. Kerri Ross.....68
2. Sharon West52
3. Katy Vernon34
4. Jennifer Fischer31

Novice Heavyweight Horsemanship

1. Sharon Ankersen62
2. Tammy Vasa.....56
3. Mary Hanson42
4. John Vasa36

Competitive Pleasure Horsemanship

1. Marla Stucky..... 85
2. Noreen Altwegg 68
3. Alan Bouska..... 65
4. Mary Anna Wood 54
5. Mary Colby 44
6. Margaret Reynolds..... 42

Open Lightweight Horsemanship

1. Trish Cleveland..... 79
2. Robin Nore..... 48
3. Patti Dollarhide 26

Open Heavyweight Horsemanship

1. Marilyn Marston 83
2. Vickie White 74
3. William Hinkebein..... 63
4. Shari Parys 60

Region 6 Horse Awards – 2014

Novice Junior Horse

1. Risky Snickers / Jason Klamm 36
2. Angel's Ricochet Shot / Ryan & Jason Klamm..... 21

Novice Lightweight Horse

1. T-Bone B Blacky / Kerri Ross..... 81
2. Little Jet Fuel / Sharon West 42
3. Auli Sabah / Jennifer Fischer..... 38

Novice Heavyweight Horse

1. Lethal Status / Sharron Ankersen 75
2. Windy V / Tammy Vasa 47
3. KS Bluestem Lady Liberty / Mary Hanson 36
4. Bartending For Money / John Vasa 27

Competitive Pleasure Horse

1. DM's Eye of the Tiger / Noreen Altwegg 94
2. EZ Rocket WH / Marla Stucky..... 89
3. Fives Bert Harlan /Alan Bouska 72
4. Razonn Trail Dancer / Mary Colby 50
5. Dun Come Unzipped / Margaret Reynolds..... 47
6. Winchester Charm /Mary Anna Wood 38

Open Lightweight Horse

1. Cito Mocha Raton / Trish Cleveland 110
2. Shadow's Dancer C. / Robin Nore 42
3. Pistol Annie / Patti Dollarhide 40

Open Heavyweight Horse

1. L.L. Remington / Marilyn Marston 83
2. My Knightmare / Vickie White 71
3. Mika / Shari Parys 70
4. Country's Magic Fox WH / William Hinkebein 49
5. Shady Sunset WH / William Hinkebein / Todd Powell..... 32

Region 6 Novice Team Awards - 2014***JUNIOR***

1. Risky Snickers.....	Jason Klamm.....	54
2. Angel's Ricochet Shot.....	Ryan Klamm.....	42

LIGHTWEIGHT

1. T-Bone B Blacky	Kerri Ross.....	149
2. Little Jet Fuel	Sharon West.....	94
3. Auli Sabah.....	Jennifer Fischer.....	69

HEAVYWEIGHT

1. Lethal Status	Sharron Ankersen	137
2. Windy V.....	Tammy Vasa.....	103
3. KS Bluestem Lady Liberty	Mary Hanson	78
4. Bartending For Money.....	John Vasa.....	63

Region 6 Competitive Pleasure Team Awards - 2014

1. EZ Rocket WH	Marla Stucky	174
2. D.M.'S Eye of the Tiger.....	Noreen Altwegg.....	162
3. Fives Bert Harlan.....	Alan Bouska	137
4. Razonn Trail Dancer	Mary Colby.....	94
5. Dun Come Unzipped	Margaret Reynolds	89
6. Winchester Charm	Mary Anna Wood.....	86

Region 6 Open Team Awards - 2014***LIGHTWEIGHT***

1. Cito Mocha Raton.....	Trish Cleveland	189
2. Shadow's Dancer C	Robin Nore	90
3. Pistol Annie	Patti Dollarhide.....	68

HEAVYWEIGHT

1. L.L.Remington.....	Marilyn Marston.....	166
2. My Nightmare.....	Vickie White.....	145
3. Mika.....	Shari Parys.....	130
4. Country's Magic Fox WH	William Hinkebein	96

Region 6 Traveling Trophies – 2014

Nebraska High Point Rider – Any division

Kerri Ross / Novice Lightweight	68
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Nebraska Novice High Point Horse and Rider Combo

T-Bone B Blacky / Kerri Ross	149
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Missouri Novice High Point Horse and Rider Combo

Superlady Teton / Katy Vernon	44
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Iowa Novice High Point Horse and Rider Combo

None qualified

Kansas Novice High Point Horse and Rider Combo

Little Jet Fuel / Sharon West	94
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Challenge - Sportsmanship - Education **2014 National NATRC Awards**

NATIONAL STANDINGS

Overall Open Heavyweight Horse

4. L.L. Remington/har (Marilyn Marston)
6. My Nightmare/ar (Vickie White)

Overall Open Heavyweight Horsemanship

2. Marilyn Marston
6. Vickie White

Overall Open Lightweight Horse

4. Cito Mocha Raton/HOA (Trish Cleveland)

Overall Open Lightweight Horsemanship

4. Trish Cleveland

Overall CP High Average Horse

1. EZ Rocket WH (Marla Stucky) 97.808%
2. D.M.'s Eye of the Tiger (Noreen Altwegg) 97.787%

NATIONAL CHAMPIONS

Cito Mocha Raton (Trish Cleveland)
L.L. Remington (Marilyn Marston)

My Nightmare (Vickie White)
Mika (Shari Parys)

HORSE MILEAGE AWARDS

4,000 Miles—Bronze Medallion

Cito Mocha Raton (Trish Cleveland)

1,000 Miles

Mr. Chico Lindo (Yvonne Smith)
Shady Sunset WH (William Hinkebein)
Mika (Shari Parys)
Smoke-N-Jaz's Big Man (Kay Stich)

3,000 Miles

My Nightmare (Vickie White)

2,000 Miles

D.M.'s Eye of the Tiger (Noreen Altwegg)
L.L. Remington (Marilyn Marston)

RIDER MILEAGE AWARDS

11,000 Miles

Lucy Hirsch

9,000 Miles

Trish Cleveland

HIGH POINT BREED AWARDS

American Donkey and Mule Society—Pistol Annie (Patti Dollarhide)

American Paint Horse Association (Reserve High Point)—Risky Snickers (Jason Klamm)

Horse of the Americas Association—Cito Mocha Raton (Trish Cleveland)

Missouri Fox Trotting Horse Breed Association—EZ Rocket WH (Marla Stucky)

Diamond of the Year—2014 Winner



Indian Cave (Photo Courtesy of Andy Klamm)

The person I am nominating for Diamond of the Year was one of the first NATRC people I ever met. Initially, I "met" her on the Internet. I had joined the listserv for competitive trail riding, and this person was very knowledgeable and helpful. She and a couple of other people encouraged me to try a NATRC ride that was not too far from my house. When I arrived at the campsite, she was the first person to greet us, and she helped me park near her, and get set up. She told me where to go for check in, and generally just walked me through what I was supposed to be doing.

I was lost almost constantly the first day of the ride, and the experience was really pretty miserable. Ride management didn't honk for the ride meeting later that night, so I missed it. The morning of the second day, I got up absolutely convinced I was going to be lost and miserable all day. I checked my horse, and she had not eaten all of her hay, which was really weird for her, so I decided I was just going to pull. "My" Diamond came over and asked me why I wasn't getting ready to go out. I told her my horse hadn't eaten, blah blah blah. She told me she is a vet and she would check my horse. She pulled out her stethoscope, told me my horse was fine, and the horse had been too big of a jerk the day before for me to NOT go out. "Saddle up and get going," were her instructions. Muttering and crying a little, I followed her instructions.

My NATRC career improved from that point, although rough patches continued periodically. I have ridden under this Diamond as a vet judge, and have learned so much each time. She has helped me on numerous occasions with information and encouragement. This person was there for another one of my rough patch-

es last summer. I was riding a green horse, who got into stinging nettles. When the horse leaped sideways, my saddle slipped and I came off and hurt my arm. Initially, I thought it was broken, but as I walked across the field, trying to follow the horse, I started convincing myself I am just a giant wussy and it was not broken and I should just suck it up and not whine. Luckily for me, this absolute Diamond of a woman was the safety rider and showed up on the scene within minutes after I came off. She met me and my riding buddy in the field and checked on both of us immediately. My friend said she was hurting, but could still ride. I told her about my arm, and that initially I thought it was broken, but now thought it was not. She insisted she go ahead and splint my arm just in case.

When I eventually got to the hospital, my arm was in fact broken (in a big, bad way). The doctor was absolutely amazed at the fact that break was not displaced. He said in all his years of practice, he had never seen this particular break as a non-displaced fracture, and told me that my Diamond had saved me from having surgery and certainly saved me months of additional recovery time.

I think Lucy Hirsch certainly deserves the Diamond of the Year award, not just for her help this year with my injury, but also for her help across the years. She has been a judge, a mentor, and an advocate for NATRC with the riding community at large. When she had a disagreement with NATRC regarding a policy or a rule, she did not just take her ball and go home, or go to a different organization. She advocated for her position and worked within the organization to encourage a rule change. I think that says a lot about her dedication to the sport.

On a personal level, I am grateful to Lucy Hirsch for her help in NATRC throughout the years. She has been consistently helpful and encouraging and kind to me. She helped me get started in this sport and was truly one of the main reasons I even went to a NATRC ride in the first place. She has consistently given me good advice on how best to help my horse during the rides. She has always helped me to make the best of whatever situation I was in, and helped me to bring out the best in each horse I have ridden. She has been encouraging when I was thinking I had chosen the wrong horse or the wrong sport, and pointed out ways in which my horse was improving, as was I as a rider. This year, she certainly saved me from myself when I would have just dismissed what turned out to be a serious injury, and kept me from causing myself additional harm.

I admire Lucy's intelligence, determination and her willingness to put herself out there to help others. I think she truly deserves recognition for all she does for the sport and for individuals within the organization. She truly deserves this award and is a true Diamond.

-Rhonda Levinson

Diamond of the Year—2014 Additional Submissions

I feel my father Fred Altwegg should receive the diamond of the year award for the following reasons

- Being a faithful dependable volunteer & worker for many years
- Being a P&R Chair for numerous rides
- Being able to train and supervise new P&R volunteers at rides at any given moment
- Being at almost all of the region rides for last several years available to help riders and other workers with numerous tasks (including auto/trailer)
- Being committed to make sure there is always a mounting block at the P&Rs for riders and to ease the mounting strain on them and their horse's backs
- Being a wonderful resource for anything you might want to know or did not know to ask about in regards to antiques, farming or the weather
- Being a being a wonderful carpenter & making ride awards

People like my Dad bring a friendly face and a welcome atmosphere that makes NATRC such a GREAT Sport!

-Liz Klamm

I first met Alan Bouska in 2006 at a rainy Indian Caves ride; his first NATRC ride. When he showed up to another ride we knew he was tough. Since that time I have gotten to know Alan for the good guy that he is.

On Sunday morning of the 2014 Dave Smith Fall Fiesta ride as we sat on our horse waiting to be timed out, I said if I was ever in trouble I would want Alan around and he asked why. By the end of that day he had made the reasons clear.

Riding down the trail we heard someone yelling about a loose horse. I was riding a young horse and as not real sure how he would react so my instinct told me to bail off. Big mistake! I didn't have a hold of the reins very well and my horse took off along with the loose horse. Now there were two loose horses. Alan just took off after the two like a cowboy or a knight in a movie. We were right at a turn on the trail and the loose horses, who didn't follow the map, went along side of a bean field. I started walking in the direction the horses and Alan had headed; I walked about 3/8 of a mile when I heard Alan coming back my way. When we met Alan was leading his horse and the other horse and mine were in tow. I got a hold of my horse and Alan put a halter on the other one and we both mounted up. As we walked along the rider of the loose horse came up. Alan helped the rider get on her horse and back in the ride.

We had wasted a lot of time by now and our ride partners were way ahead of us. We went back to the turn on the trail where the horse had taken off. Alan and Burt led with Rocky and me following. We were passing and meeting other riders but making up time. We caught back up with Noreen and Margaret and finished the ride on time.

Alan did not have to take a chance on hurting his ride by helping out other riders, but he did. Alan is a great guy who puts the needs of others before his own. Alan's selfless personality make him a great asset to the NATRC community. For that reason, and more, I nominate Alan Bouska to be this year's *Diamond of the Year*.

-Marla Stucky

Diamond of the Year—2014 Additional Submissions

I have been interested in CTR for about a decade, riding my first ride back in 2004 at Indian Cave. That was the first time that I met Chuck Edwards. I learned a lot about CTR at that first ride but it had nothing to do with what it takes to make a ride happen. I just took that for granted. However, as I became more and more familiar with the sport, I also learned what it takes behind the scenes to prepare for the ride; not just for me, a novice rider. But what it takes to map a ride for 3 divisions over two days. These things don't happen overnight.

It would be another few years before I rode Indian Cave again and when I pulled in, Chuck Edwards was there to show me where to park. He lead us through the trail at the ride briefings, he stood with the P & R crews and was still at the park long after the ride was over.

Each year that I rode Indian Cave, I could count on seeing Chuck Edwards wearing one of many volunteer hats over the weekend.

Before the Indian Cave ride, I have learned that Chuck takes a week of vacation and pulls his camper out to the park along with his horse. And over the course of the next week, with or without help, he rides and marks the trails and prepares the map for the event. And he has done this for the past 41 years. Long before we carried cell phones with GPS apps, Chuck was using a wheel to measure the distance over the hills of Indian Cave.

This year, I had an opportunity to compete out of state and once again, saw Chuck's familiar face at the P & R lines. I had the good fortune of camping next to him and he shared with me the early days of NECTRA and the Indian Cave ride.

I would like to recognize Chuck Edwards for his 41 years of commitment to the Indian Cave CTR - as trail master, volunteer and an ambassador to this ride and sport. It is truly one of the most beautiful rides in Nebraska. It takes a club and great management to pull off this ride, but the trail is Chuck's vision and as a competitor, we get to enjoy what Chuck has created for us each year for 41 years.

-Tammy Vasa

The diamond of the year award was originally inspired by John Register because of the great example he showed representing the true spirit of NATRC. When the judge presented him with a very difficult challenge, at a time in the ride when others were tired grumpy and complaining, he gave a big grin and completed the obstacle on his hands and knees since he was physically unable to walk up that steep and rocky hill leading his horse. (I wasn't there he may have slid down the hill on his rump, one or the other).

Any way, in the same spirit, my nominee for this award in 2014 gave above and beyond what most of us would do, putting out a huge effort always with a smile, climbed many a rocky hill, braved ticks and poison ivy, heat, wind and rain to do something that benefited us all, and the results were of excellent quality, even championship caliber. But this person received no awards for the work they did, no miles, no worker points (they did get lots of smiles and thank yous from the riders).

I would like to nominate Andy Klamm for the fantastic effort and spirit he displayed taking pictures at the rides this year, hiking out to the best scenery, choosing the background and sun angles so carefully, his excellent way of presenting his photographs back at camp with all that equipment that he had to pack and haul and set up and take down, and then give us prices designed to be affordable for all. He was a blessing, giving us great pictures of our horses, something we all treasure. He is a true Diamond of the year!

-Lucy Hirsch

Diamond of the Year—2014 Additional Submission

For this year's Diamond of the Year award, I would like to submit a story about Marla Stucky. I have now known Marla for over 8 years--she and her sister Marilyn and I all started NATRC the same year, the same ride. The two of them remind me of my sister and I, always joking around, but willing to jump in and help whenever needed. Marla and I joke around a lot about having the same brain and hearing--we can be somewhat leaning towards the curve of attention deficit and sometimes don't hear quite what the speaker put forth.

All that aside, Marla and I this year are competing on newer horses, and had made arrangements to ride together when I was able to come back to competition. Marla is now riding Rocky, her new Missouri Fox Trotter, and I am on my mare Rio. Usually Marla and Marilyn travel together to all of the rides, but someone in Marilyn's circle scheduled a "ride weekend wedding" (taboo to all of us riders, as we all know), and Marla had asked if we could travel together to the benefit ride at Cedar Creek near Columbia, MO. Of course, I said YES!

Our adventures began as we blew a tire on my trailer in Kansas City, and as always, Marla was right there ready to help me out--we did end up calling US Rider due to the lugs being too tight for either of us to break, but she was great company to wait for the service vehicle and despite the hiccups, we made good time. Due to our delay, we ended up checking in the morning of the ride, which was not too big of a deal.

Rocky and Marla were getting along great, he is a really good match for her! Rio and I were having a great ride until....after the last p and r, we had a judged mount and an obstacle involving a gate. At this point, Rio's brain imploded and she just completely blew the obstacle. I think some of her issues were due to buddying, but mostly to a lack of time in training (my year prior to this has been insane!). At this point in time we were told that the ride manager had made a mistake in mileage and we were not to get any additional time for making up for that mileage. We had been riding on mid time, but would have had to canter in to make it in within our window.

Given Rio's state of mind, I knew that would not be a good option for me; in addition I wasn't sure I had conditioned for that rate well enough and did not want to risk my horse. I did tell Marla if she wanted to boogie in, I would probably be ok, but she refused to leave me. We did try to make up as much time as possible and then I lost a boot--so there went that. I again told Marla that if she wanted to make it in, I would be ok--once again, she refused, knowing that if she left me, my horse would probably not be very cooperative at all, as in potentially dumping me. At one point, some newer safety riders came flying up behind us and Rio did try to bolt on me, and as Marla explained later, her protective side came out and she chastised those riders quite loudly. Thanks Marla! (Safety riders, thank you too!)

We finished late and ended up getting penalty points taken--I won't go into detail, but Marla sacrificed her ride for my safety, and because she wouldn't leave a friend behind. Marla went above and beyond what I would have expected her to do, and she never made me feel bad about it at all, even though she could have easily taken off and finished the ride in time. This is why I think she should be voted as the Diamond of the Year. I feel blessed by being her friend and I hope she knows that in a heartbeat I would do the same for her!

-Erin Glassman

2014 Jim Menefee Lifetime Achievement—Priscilla Lindsey

It is amazing how much one person can influence both new and existing members, adding a personal touch and going the extra mile to make a difference in our experience. After 33 years of involvement in NATRC, Priscilla Lindsey continues to give back to our organization in major ways while setting a fine example of good horsemanship and understanding the foundation of our sport.

As a Horsemanship Judge since 1997, Priscilla has a keen eye, giving valuable feedback on our scorecards and excellent explanations during ride briefings of how we can improve our efficiency and form. Many light bulbs go off as she illustrates how to properly ride a downhill or execute a smoother side pass. She not only tells us how to achieve these improvements but explains why it will help our horses! Her background in Centered Riding has given her the training to recognize good equitation as well as the imagery she shares to allow our bodies to cue properly. Priscilla always has a smile and encouraging attitude, putting us at ease during obstacles and remaining approachable to discuss ways to improve. She is an example to all of us on how to interact with our newer riders.

As a mentor, Priscilla gives countless hours and will drive hundreds of miles to assist in the success of a ride, helping to manage, check trails, lend a hand with P&R's, assist her husband in preparing ride meals, or aid in secretary work. Often she will help a first-time ride be successful by donating her judging fees. Priscilla is a valuable asset when hosting clinics as she is motivational while sharing her thorough knowledge of our sport, helping all classes of riders improve their scores. It is a common sight at events to see her assisting with saddle fit. Her articles in Hoof Print are another excellent example of helping us become better competitors and horsemen in general. Mentoring Apprentice Horsemanship Judges helps a new generation maintain the same consistency in scoring and comments.

As a leader in our organization, Priscilla has served as Chair of the National Judges Committee for Horsemanship, was a National Board of Directors Alternate in 2010-2011 and continues to serve as a Member through 2014. She is currently Co-Chair of the Breed Organization Liaison. She has been even more involved on a Regional basis, serving as a Board Member in Region 6 as well as Vice President and President.

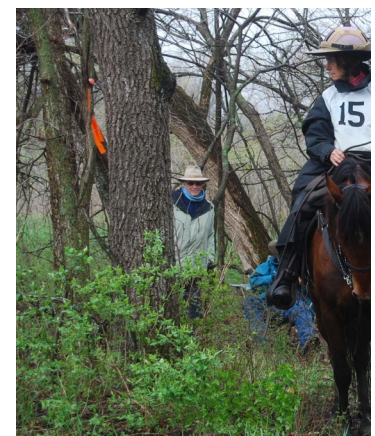
Thank you, Priscilla, for your years of dedication and giving us the knowledge to become better partners for our horses on the NATRC trail.



Mentoring Sarah Rinne through her Horsemanship Judge approval (Pictured with NATRC President, Kim Cowart)



Riding to the Rescue CTR at Perry Lake



Nickers N' Neighs (Perry Lake) (Photo Courtesy of Sue Maiwald)

2014 National Appreciation — Erin Glassman

Erin Glassman does not hesitate to jump in where needed, lending her experience and enthusiasm to make rides successful and grow our sport. Even with a full plate of young children at home, a demanding job, building a new house, and competing on her horse, she volunteers in many important capacities including as our National Trail Advocacy Chair, National Board of Directors Alternate, Co-Chair of the 2015 National Convention, Region 6 President, Ride Manager, Trail Master and so much more.

It was not surprising to see Erin at one recent ride explain the trails at the ride briefings, help out as Vet Judge Secretary, assist timing in riders, announce awards, and pop up wherever she was needed throughout the weekend. A few years ago, she managed a ride while nine months pregnant and later continued to volunteer as much as she could even with a broken back.

There is no stopping Erin's dedication! Her energy and constant can-do attitude are contagious and we appreciate all that she does for NATRC.



Exploring Sand Hills



Indian Cave

(Photos Courtesy of Andy Klamm)

2014 Region Appreciation—Fred Altwegg

Despite being a very capable rider, Fred Altwegg prefers to volunteer at NATRC rides, much to our appreciation! While supporting his wife Noreen as she competes, he faithfully works at every ride in our Region year after year, as much as harvest allows!

Fred is a constant on our Pulse & Respiration team, often serving as Chair. He does an excellent job training new volunteers and keeping things running smoothly and consistently. Fred always has a smile on his face, a friendly bearing and a story if you have time. He brings a mounting block along for those who need a boost, and has an encouraging word and laid back demeanor to help put riders and volunteers at ease. We are always relieved to see Fred at a ride, knowing we will have an efficient P&R team with his dedicated help. We certainly appreciate seeing him at a great deal of our rides!



Indian Cave (Photo Courtesy of Andy Klamm)

2014 Region Appreciation—Trish Cleveland

Always a fierce competitor who has done all her homework, Trish Cleveland sets a high bar for the rest to strive toward. After beginning this sport in 1991 with a sweet Quarter Horse mare, Deacons Dolly, and earning four National Championships between 1999 and 2004, she showed us what can be done with proper conditioning and management. Starting over again with Cito Mocha Raton, quite the spitfire compared to Dolly, Trish taught us about perseverance and dedication, earning Mocha's sixth National Championship this year. Attending 100% of our Region's rides, new and old, is appreciated but not as much as her thoughtful, handwritten thank you notes sent to ride management after each ride!

While it is hard to volunteer as much as she would like with home commitments, Trish still manages to do vital jobs within our Region. She handles our Rider Vest program, allowing us to purchase a number each year, keeping track of the extra set of vests and informing ride secretaries of assigned numbers. She also records all our Worker points and awards our valuable volunteers at year-end as milestones are reached. The extra recognition she gives to Trail Masters or Ride Managers or Ride Secretaries at convention time is greatly appreciated.



*Exploring Sand Hills
(Photo Courtesy of Andy Klamm)*

2014 Region Appreciation—Marilyn Marston & Marla Stucky

It's hard to imagine Region 6 without Marilyn Marston and Marla Stucky! Their friendly attitudes and contagious fun in camp and along the trail always brighten every ride.

Since the days of "Frick" and "Frack", these two sisters have added a lot to our events. Not only do they often attend every ride in the region, but they also manage the 100% Club for the rest of us to set the same goal.

Ever striving to better their own horsemanship and scores, they still take the time to mentor new competitors, especially Marla while riding Competitive Pleasure as she started a new horse. They further reach out to spread the NATRC word by chairing our booth at the Kansas Equifest. We appreciate their welcoming and light-hearted attitudes and are grateful to have them be such excellent advocates of our sport.



*Nickers N' Neighs
(Photo Courtesy of Sue Maiwald)*

CTR Quick Tips

In-Hand Presentation – Grooming

No parasites (bot eggs)
Clean nostrils
No residual sweat marks
Clean hooves

In-Hand Presentation – Hands On

Avoid holding on to halter or snap
Don't loop lead around hand
Fold excess lead and keep off the ground
Stand to side of horse
Stand on same side as vet
Keep two hands on lead
Maintain attention and control of horse

In Hand Presentation – Trot Out

Run beside horse
Look forward, not back at horse
Hold lead 12"-18" from horse
Two hands on lead
Turn horse away from you
Large circles
Maintain consistent gait

Tack & Equipment

Whip – OK to use at check-in and/or check-out
Proper saddle fit
Proper bit fit
Proper curb chain fit
Proper halter/bridle fit
Halter buckle end fastened through keeper
Cinch clean; not too tight or too loose
Snug rear cinch + connector strap
Saddle pad clean and in position
Breast collar not too tight or too loose

Stabling

Blanket straps snug
Quick release knot; locked
Stallions double-tied
Rider # visible on trailer, halter, bridle
Ground free of hazards
Hay net so not too low when empty
Buckets secured
Evidence of food
Access to water
Adjust rope snap so horse's nose reaches ground
Don't tie two horses too close together
Keep equipment away from horse
Cover/ protect sharp corners

Trail Equitation

Light in saddle
Soft rein contact
Heels down
Balanced side to side
Light/ quiet/ low hands
Subtle leg cues

Mount

Don't lead with reins around neck
Settle horse
Adjust tack
Rein contact/ control
Square up horse
Use terrain/ natural mounting block
Try to not pull horse off balance
Don't dwell in stirrup
Don't drag leg over rump
Land lightly in saddle
Settle before cueing horse to walk off

Uphills

Bring torso forward by folding at hip joint
Light in saddle, not out of saddle
Don't stand in stirrups
Maintain soft rein contact
Allow horse to use head for balance
OK to hang onto mane

Downhills

Don't lean back
Avoid swaying side-to-side
Maintain soft rein contact

Backup

Settle horse
Think Stop, Settle, Slow
Check behind
Soft, subtle hands
Give and take with reins
Leg aids for direction control

Obstacles

Stop, settle, slow
Look ahead, not down

P&R Check

Line up parallel to next horse
Maintain contact/ control of horse
Remain quiet with low energy
Encourage horse to relax
Sponge/ cool horse as appropriate
Loosen cinch slightly
Stirrups out of way
Lead away with permission of next rider
Follow directions to proceed

Trail Safety & Courtesy

Rider # visible
Don't crowd
Don't approach other groups too quickly
At least one horse length between horses
Pass with permission, at a walk
After passing, move on to create a quiet pocket
Wait for next horse at obstacle/ water stop/ etc.
Careful not to spook others with your actions

Region 6 Members—November 2014 through February 2015

Welcome New and Returning Region 6 Members!

Juanita Serafini, Glenwood, IA
 Mary Stanford, New Bloomfield, MO
 Gina Laughlin & Victor Logan, Council Bluffs, IA

Lori McCutchen & family, Overland Park, KS
 Erica Blue, Chillicothe, MO
 Pat Hanes, Yankton, SD

Welcome Back Region 6 Members!

Noreen & Fred Altwegg, Junction City, KS
 Tamara Andre, Hays, KS
 Sharron Ankersen, Colon, NE
 Beth Aswegan, Elkhart, IA
 Diane Beckham, Roca, NE
 Alan Bouska, Junction City, KS
 Maggie Childs, Lawrence, KS
 Kayli Cleveland, Hartford, KS
 Trish Cleveland, Wamego, KS
 Mary & Mike Colby, Spring Hill, KS
 Dana Esbensen, Troy, MO
 Karen Everhart, Sedan, KS
 Erin & Scott Glassman, Great Bend, KS
 Christi Grow, Winfield, KS
 Mary & Dwight Hanson, Ithaca, NE
 Jackie Hathhorn, Independence, MO
 Lucie Hess, Columbia, MO
 William Hinkebein, Chillicothe, MO
 Kate Jacob, DVM, Valley Center, KS
 Marilyn Johnson, Topeka, KS
 Shawn Kern, Louisburg, KS
 Liz Klamm and family, Hutchinson, KS
 Karri Koelling, West Plains, MO
 Rhonda Levinson & family, Tonganoxie, KS

Mary Licata, Olathe, KS
 Patricia Lysinger, Oakley, KS
 Mary & Gary McCoy, Hoskins, NE
 Mary & Ed McDevitt, Olathe, KS
 Marilyn Marston, Abilene, KS
 Brenda Messick, Ceresco, NE
 David & Robin Nore, Hickman, NE
 Shari Parys, Gretna, NE
 Debbie Payne, Ingalls, KS
 Joni Plumer & family, Brookville, KS
 Virginia & Ken Prey, Waverly, NE
 Margaret Reynolds, Lee's Summit, MO
 Sarah Rinne and family, Steinauer, NE
 Joyce Shively, Burlington, KS
 Helen Smith, Ashland, NE
 Marla Stucky, Salina, KS
 Jimmy Sylvara, Kirksville, MO
 Arlyce Thompson-Krug, Lincoln, NE
 Tammy & John Vasa, Weston, NE
 Katy Vernon, West Plains, MO
 West, Sharon, Douglass, KS
 Hope White, Bonner Springs, KS
 Vickie White, Bonner Springs, KS
 John Zelif, Skidmore, MO



(Exploring Sand Hills CTR—Photo Courtesy of Andy Klamm)

2015 REGION 6 RIDE & CLINIC SCHEDULE

Ride Date	Ride Type	Ride Type and Ride Name
April 11-12	A & B rides	EXPLORING SAND HILLS, Hutchinson, KS
May 2-3	A & B rides	NICKERS N' NEIGHS, Perry Lake, KS
May 16-17	A ride	EKAHA HILL & DALE, Hillsdale Lake, Hillsdale, KS
June 13-14	A ride	FLYING R RANCH, West Plains, MO
June 13	B ride	FLYING R RANCH, West Plains, MO
Aug 29-30	A ride	THE PONYXPRESS AT ROCK CREEK STATION, Fairbury, NE
Sept 12-13	A ride	DAVE SMITH FALL FIESTA, Brushy Creek, near Lehigh, IA
Sept 13	B ride - Novice Only	DAVE SMITH FALL FIESTA, Brushy Creek, near Lehigh, IA
Sept 26-27	A ride	INDIAN CAVE, Indian Cave State Park, Shubert, NE
Oct 24-25	A & B rides	KANOPOLIS, R6 Benefit, Kanopolis State Park, Marquette, KS

Clinic Date	Name
April 10	Sand Hills Clinic, Hutchinson, KS
May 30-31	Better Riders for Better Horses, Lexington & Alma, NE



Trish Cleveland, on the death of your husband, Gary Cleveland, passed away January 2, 2015. Family suggests memorial contributions to Community Health Ministries, 407 Ash St. Wamego, KS 66547

Alan Bouska, on the death of your wife, Sun Im Bouska, passed away January 16, 2015. Family suggests memorial contributions to Korean Grace Baptist Church, 629 Grant Ave., Junction City, KS, 66441 or Cancer Research Fund, Kansas State University Foundation, P.O. Box 9200, Shawnee Mission, KS, 66201.

Jackie Hathhorn, on the death of her mother, Joyce Ann Copple, passed away November 13, 2014. Family suggests memorial contributions to American Cancer Society, PO Box 22718, Oklahoma City, OK 73123-1718.

Pat Seymour, on the death of her incredible mule, Spring Fever, passed away December 30, 2014. Spring Fever was a 13.1 hand mule that lived 31 1/2 years. She won the NATRC President's Cup in 1991 and the two combined were awarded the Jim Menefee Memorial that same year.

Region Six Board Members

Vice-President Tamara Andre 2015 785-650-8318 howertoncpa@media-net.net	President Erin Glassman 2015 620-617-7221 Ejacob716@gmail.com	IA Director Beth Aswegan 15-16 515-367-2331 mbea@juno.com	At Large Director Chris Wallis 15-16 573-387-4859 mwallis@ktis.net
MO Director Katy Vernon 15-16 573-289-0793 sebekakt@hotmail.com	NE Director Mary McCoy 14-15 402-565-4205 aryarabians@gmail.com	At Large Director Kate Jacob 15-16 316-772-5194 KJacobDVM@gmail.com	At Large Director Gary McCoy 14-15 402-565-4205 aryarabians@gmail.com
At Large Director Kerri Ross 15-16 308/660-0671 furryfriendshelter@yahoo.com	Alternate Rhonda Levinson 14-15 913-724-3052 Rhndlev@msn.com	At Large Director Vickie White 14-15 816-804-7093 vwhite5364@aol.com	Alternate Bill Hinkebein 15-16 660-646-6227 bhinkebein@ghsat.net
KS Director Tamara Andre 14-15	Secretary/Treasurer Ruth Mesimer 816-781-9496 R_mesi@att.net	Recording Secretary Shari Parys	

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Committee Chairs

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Membership Vickie White	100% Club Marla Stucky 785-825-1276 mjbstucky@yahoo.com	Vests & Numbers Trish Cleveland 785-456-1935 tman@wamego.net	Web Site & Google Groups Shari Parys
Region Awards Vickie White	Worker Awards Trish Cleveland	Ride Coordinator Sarah Rinne	Ride Book Editor Shari Parys
	Mentoring Erin Glassman	Radios Scott Glassman	

3 Surprising Facts: Horseback Riding & Helmets

Did you know helmets are 80% effective in preventing injury and death? While you may have known that helmets help prevent injury, chances are you hadn't heard quite how effective they were at doing so (*Yes, I said 80% effective!*).

Earlier this year, I had the pleasure of giving a presentation on Helmet Safety at the Maryland Horse Expo. Speaking at the Expo was a great experience that allowed me to meet fellow equine enthusiasts and share with them the importance of helmets. As I researched helmet safety in preparation for the Expo, I came across some interesting facts and amazing statistics that genuinely surprised me! Check these out:

1. The walk is the most common gait at which injuries occur.

Rather than a gallop, lope, or even jog, the walk is the most common gait at which injuries occur. Through my research I learned that while speed does impact the severity of a fall, height also plays a crucial role in determining the injuries sustained.

2. Head injuries are cumulative.

This means that a minor concussion can turn into permanent brain damage if not rehabilitated properly. Brains are able to heal, but time off is essential in order to keep you safe and healthy.

3. There is no statistical correlation between rider skill and accident likelihood.

Every person who rides a horse is equally as likely to fall off as one another. No matter how much riding experience you have or how little for that matter, accidents are unpredictable and can happen to anyone.

I hope by sharing these few facts, you have gained some new knowledge about the importance of wearing a helmet. Neither science nor people can predict the effects of riding horses. While I can say that riding horses has positively impacted my life, I can also say that I have positively impacted my own life by choosing to always ride with a helmet.

Troxel Ambassador, [Rachel Gagliardi](#), is a member of the Central Pennsylvania Youth Rodeo Association competing in Barrel Racing, Pole Bending and Breakaway Roping. She is the current Reserve Champion in Breakaway Away Roping and loves everything about competition. Here, Rachel talks about some surprising facts she learned while preparing to present at the Maryland Horse Expo earlier this year.

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Shari Parys
Region 6 Newsletter Editor
11422 S. 237th St.
Gretna, NE 68028