



December 2008

Calendar of Events - 2009

At the December meeting the following calendar was approved. Note that the events in **bold** are club fundraisers open to the public. The events in *italics* are NOT club functions, but of importance to equestrians. All other events are for members and personal guests only. Also, if know, the name of the chairman for the event is listed.

- Jan 14 – Annual Meeting, chili contest & elections
- Feb 7 – Installation Dinner
- Feb 21 - Hoof Care Clinic (Mike Lutz)
- March 7 – Trail Horse Trial Clinic (Karen Matheny)
- March 20-22 – Albany Horse Expo*
- April 4 - Equine Stretching & Massage Clinic (Kim Samitore)
- April 11 – Pear Blossom Parade
- April 17-19 – Red Bluff Roundup*
- April 25 – Gymkhana** (Debbie Davenport & Betty Moore)
- May 2-3 – Klamath Falls Packing Clinic*
- May 9-10 – Mother’s Day Willow Prairie Cleanup
- May 23-25 – Memorial Day Campout (place not determined)
- May 28-30 – Central Point Rodeo*
- May 30-31 – Clinton Anderson Clinic in Klamath Falls*
- June 14 – Horse Show** (Kim Samitore)
- June 20-21 – Chiloquin Campout / Ride** (Dawn Rucker & Betty Moore)
- July 3-5 – Lily Glen Campout and Events**
- July 21-26 – Jackson County Fair*
- Aug 1-3 – Crazy Cowgirls Campout, Willow Prairie (Karen Matheny)*
- Aug 14-16 – Quinn Meadows Campout (Colleen Low)
- Sept 4-7 – Crescent City Campout (Karen Matheny)
- Sept 11-13 – Four Mile Lake Campout (Colleen Low)
- October 4 – Gymkhana** (Debbie D. & Betty M.)
- December 6 – Christmas Tree Gathering
- Dec 12 – Christmas Party

**It is shaping up to be a terrific year!!!
Plan to join the fun!!**

JACKSON COUNTY HORSEMAN'S ASSOCIATION

Fence Talk

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Upcoming JCHA Events

- *January 14.....Annual Meeting, Elections & Chili Cook Off*

What's Happening ~

Annual Meeting Notice

Date: January 14, 2009

Time: Food 6:15pm !!

Meeting Time: 7:00pm

Place: I.O.O.F. Hall

1129 Hazel Street, Central Point

Refreshments provided by:

EVERYONE!!

Door Prize provided by:

The Club

Annual Meeting, Chili Cook-off and Elections

At the annual meeting on January 14th will be the traditional Chili Cook Off. If you have a good chili recipe make up a pot and bring it to the meeting. Have your chili at the meeting no later than 6:00pm. The chili entries will be judged by the members. The winner will be awarded \$50!

If you don't want to bring chili, then just bring a dish to share (hot dish, salad, bread or dessert). The club will furnish the table service and beverages. The meal will begin at 6:15pm with the meeting following at 7:00pm.

At this meeting we will be voting for the 2008 Board of Directors, so be sure to attend!

Nominations for the 2009 Board of Directors ~

This year we did not have a nominations committee. Instead we asked members to call or e-mail, then we opened up the nominations at the December meeting. The following nominees have agreed to accept the nomination:

President – Betty Moore

Vice-President – Scott Doubleday

Secretary – Debbie Davenport

Treasurer – Gina Ryan

Hospitality – Sharon Andersen

Sunshine – Karen Matheny

At Large – Carol Dombrowsky

The nominations will be open again before the election at the January meeting.

Sunshine – Shall send out greeting cards to members when deemed necessary.

Hospitality – Shall be at the regularly scheduled meetings to open the building, start the refreshments and be responsible for closing up after the meetings.

At Large – Shall be available to perform any duties of the other Board Members or Officers when requested by the President.

Rodeo Fans!!!

Consider going to the Red Bluff Roundup on April 17-19. If enough are interested in January we will order a block of tickets so we can all sit together. So think about heading south, just past Redding, CA to this great rodeo. Last year tickets were \$17 each day. There is RV camping nearby or motels if you reserve RIGHT NOW!

On the home front, the Central Point Rodeo is scheduled for May 28-30. Last year it was the best in years thanks to moving the date up earlier in the year.



Save a Mile on the Local Pacific Crest Trail (Excerpt from PCTA letter)

One mile of the Pacific Crest National Scenic Trail (PCT) runs through a parcel of threatened property near Ashland - and we have a once-in-a-lifetime opportunity to save it. The Keene Creek property is approximately 15 miles outside of Ashland in Jackson County. It is near Green Springs Summit, just south of Highway 66. The property lies within the Greater Cascade-Siskiyou National Monument boundary.

For financial reasons, the private landowner must either sell her property, or raise cash by selling a conservation easement no later than February 2009. She cherishes her home and the 153 surrounding acres of her Keene Creek property, and wants to restore the land's natural beauty and forest ecosystem. No government agency can move fast enough to purchase the conservation easement, even though she is willing to sell it for one-third of the property price. She trusts the staff at the Pacific Crest Trail Association (PCTA) and admires our mission. The PCTA is determined to purchase the conservation easement on the Keene Creek property to protect the threatened trail corridor. To succeed, we must raise \$300,000 by February 2009. \$198,000 has already been donated!!

At the December meeting JCHA agreed to donate \$100. If you would like to make a donation as well you can go online to <http://www.pcta.org/help/first-mile.asp> and print out the form or you can also make a donation online.

Installation Dinner ~

The annual Installation Dinner will be held on Saturday, February 7, 2009 with doors opening at 5:00pm at the Elk's Club (same place as the Christmas Party). We will be honoring the new and outgoing Board of Directors. All club members and guests are welcome to attend.

Dinner, to be served at 6:00pm, will be choice of New York steak (cooked the way you want it) or chicken breasts, plus side dishes for \$15 per person. The no-host bar will also be open.

We must have payment prior to the dinner and do have to pay for the number we reserve. Please send a check and the form below to make your reservation no later than **January 28, 2009**. Call Debbie at 664-1635 if you have any questions.

Installation Dinner Reservations

February 7, 2009

_____ # of steak dinners @ \$15

_____ # of chicken breast dinners @\$15

_____ Total amount enclosed

Name _____

Phone _____

Make check payable to JCHA and mail by

January 28, 2009 to:

JCHA, PO Box 765

Medford, OR 97501

JCHA Membership ~

Membership dues for 2009 are due and payable until February 11th. Our club dues have not increased in years. Even with high inflation our dues have remained the same—\$15 for a single membership and \$30 for a family.

Please look at the mailing label on this newsletter. The year to the right of your name is when your membership expires. If it is 2008, then you need to renew. If it is 2009, then you are valid until the end of 2009. If it says Life or Honorary, then you are good forever!

If you only receive the newsletter via the website, then I have included a list of names and expiration in the body of the e-mail.

JACKSON COUNTY HORSEMAN'S ASSOCIATION

Membership Renewal for 2009

Family Membership \$30 ~ Single membership \$15

Name _____

Address _____

City, State, Zip _____

Telephone _____

Email Address _____

YES!! I am willing to receive the newsletter via e-mail or website only saving the club printing and postage

Mail your check by **February 11th** to:

JCHA, PO Box 765, Medford, OR 97501

\$\$\$ CLASSIFIED ADS \$\$\$

FOR SALE: 7 week old Border Collie puppies. \$125
Call Kristy at 541-890-8299

FOR SALE: Western brown suede shotgun style chaps with fringe. Measure 44" long, thigh 18", waist 29" to 36". These are in excellent shape even though they are several years old. My daughter used them for showing and they have been carefully stored ever since. Asking \$100 OBO Call Debbie at 541-890-6091.

JCHA Christmas Party Recap

On December 13th we held the annual Christmas Party at the Elk's Lodge. There were 52 members and guests present.

The evening began with entertainment by Lance Zimmerman and great hors d'oeuvres provided by attendees. The tri-tip dinner was excellent and the desserts superb.

We drew names for about 12 door prizes with the grand prize of a free membership renewal going to Gary & Linda Anderson.

Then the ever-famous gift exchange took place. There were so many wonderful gifts this year all of which exchanged hands twice!

The evening ended with more music to dance to by Lance and his accompanist.



 **Merry Christmas!** 
To All!!

The Equine Aerobic Exercise Plan

I caught part of a Dr. Phil episode in which the prominent self-help guru was evaluating the situation of one overweight guest. The woman commented that she'd like to buy a horse so she could get exercise via riding. "That's great for the horse," responded Dr. Phil drolly, "but what good is it for you?" Obviously, Dr. Phil has missed out on the cardiovascular workout we women get attempting to get into a sports bra and riding pants.... Clearly, the good doctor doesn't own a horse. At least, not the right horse. A quiet, well-broke, agreeable mount may indeed not offer much in the way of fitness training. But, the right horse (and most of us have owned 1 or 2, haven't we?) will provide a body-building, cardiovascular-enhancing workout that would make Richard Simmons envious.

Allow me to explain.... With the right horse, you begin your fitness program by walking out to the pasture. As you stride briskly, you carry the halter and lead rope behind you, pushed up high on your back so the lead doesn't drag. The purpose of this is to tone your chest and upper-arm muscles (because you're not fooling your horse, for he knows what you carry). As you approach to within a few feet of him, he'll walk slowly away from you, but at a pace just so you can't reach him, then stop. This will be repeated several times in succession, until you're ready to jog. At that point, because you own just the right horse, he will trot, then gallop around the pasture. For those of you that have experience with this exercise, you may choose to throw the halter and lead, walk briskly, bend, pick up, repeat. When the horse determines you've had enough of this warm-up session, he'll allow you to catch him.

Now comes the total upper-body workout of grooming. The right horse, of course, will be caked in dried mud. The cement-like consistency of it will require work-to-exhaustion effort of your biceps and triceps. Next comes the bending, stretching, and toning of hoof-picking. Bend over, pick up the horse's left front foot, then be prepared to jump back as he stomps it back down to the ground, narrowly missing your foot. (Keep your knees bent as you jump, to protect your lower back.) Reach down and pick up the foot again, hopping about with the horse to maintain your grip as you attempt to pick what seems to be dirt mixed with Super Glue from the hoof. Eventually the horse may stand still; you may be chanting by this time. Repeat the entire circuit 3 more times with the remaining feet.

With the right horse, saddling up provides both aerobic and strength building benefits. The trick is to keep your feet moving as you heft the saddle blanket over and over (and over), trying to keep it in place on a moving target. The blanket exercise warms you up for the saddle exercise, for which the routine is the same, only the weight is much greater -- perfect for buffing those hard-to-tone shoulder muscles.

Now comes the mounting exercise. With the right horse, it's left leg up, hop-hop-hop, left leg down, heavy breathing. Left leg up, hop-hop-hop, left leg down, heavy breathing. For balance, go around to the other side and continue the exercise (right leg up, hop-hop-hop, heavy breathing, right leg down, heavy breathing, etc.). When your heart rate begins to exceed your target range, look for a bucket. Bend over, pick it up, place it upside-down next to the horse, wait for the horse to move away, then bend over, pick it up again, place it next to the horse, and so on. NOTE: This is a cooling down routine, not to be confused with the warm up pasture routine. When the horse deems you've had enough of these repetitions, he'll stand still and allow you to actually mount.

At this point, of course, you'll be too exhausted to ride and your facial mask will be dropping off in chunks. It's best not to overdo it, so dismount, grab a glass of wine, and head in to recover in a bubble bath.

~Author unknown

Meeting Minutes ~ December 10, 2008

Submitted By Debbie Davenport

Meeting called to order at 7:00pm by President Karen Matheny. Roll call showed all board members present except Amanda Moore who is leading a 4-H meeting. She thanked the refreshment people and welcomed the new members and guests.

Minutes from November were approved. Gina gave the treasurers report and it was approved. We have \$5101.66 in checking, \$4488.23 in savings, \$42.56 in petty cash and \$1757.00 in the JP Trail Enhancement Fund.

Carol Lutz Said she didn't send out any cards this past month. Scott said we needed to send one to Donna Adams because she had surgery and then broke her foot.

Scott Doubleday is working with people that finished the Upton bridge and see if they will put crushed granite under the bridge on the horse trail. Right now it is very gravelly. The group is moving forward with the plans at the expo ponds and paving the bike path near the BC Equestrian trail. He is keeping tabs on the progress. Mike said Carmelita is on the Gold Ray Road Solutions Team committee and will be sure that equestrians get a fair shake in the outcome. She said the next Greenway meeting is Monday at 6:00 at Applebee's.

Karen lead a ride to Medco Ponds But she was the only one on the ride! It was a beautiful day too. She also took a ride out to Denman and there were very nice blue flags marking the trail.

The Christmas Tree gathering was on Sunday Dec 7. About 20 people attended and it was a perfect day. No snow and sunshine! Good food, good fire and lots of trees!

The Christmas party is all set for Dec 13th. Reservations are in for 49 people.

We went though the draft 2009 calendar and made a change in the Horse Show date and the Chiloquin date, added a date for the February clinic and added another clinic for April. The new calendar was approved. On the heels of this a motion was approved to pay the fairgrounds \$200 deposit for the two gymkhanas. We discussed the Lily Glen Campout and it was approved to only rent Area A for two night for a total of \$300 plus \$100 cleaning deposit. Debbie made a motion to not hold club meeting in February and August if we do not have to pay the IOOF Hall for those months. Motion was approved. Gina will check with the IOOF Hall.

The draft 2009 budget was handed out and reviewed. There were a few questions but no changes so it was approved.

Karen opened nominations for the directors. Betty Moore was nominated for President, Scott Doubleday for VP, Debbie D. for Secretary, Gina Ryan for treasurer, Sharon Andersen for Hospitality, Karen Matheny for Sunshine and Carol Dombrowsky for At Large. Nominations will be opened again before the voting in January.

We discussed where to hold the Installation Dinner set for Feb 7th. It was agreed to do it at the Elks if Bud was willing to cater like last year. Motion was approved to pay for the past board members dinners.

Debbie read a letter from the Pacific Crest Trail Assn about a section of the trail in Ashland that they are trying to purchase a conservation easement on. It is just off Hwy 66 at the summit. We voted to give them \$100 towards the purchase.

Reminder that the Annual meeting with elections and the chili cook-off is January 14th.

Scott Doubleday and Mike Chastain won the door prizes. Carmelita Hussey won the 50/50 drawing. The Buckaroo Drawing was for \$40 and the first name drawn was Penny Reed, but not present so the next name drawn was Lester and Audrey Carter and they were present so won the \$40!! Next month it will be back to \$20.

Meeting adjourned at 8:15pm.

Jackson County Horseman's Association
Fence Talk
PO Box 765
Medford, OR 97501



**JACKSON COUNTY
HORSEMAN'S ASSOCIATION
2008 BOARD OF DIRECTORS**

Karen Matheny	President	245-8511
Betty Moore	V. President	826-2190
Debbie Davenport	Secretary	664-1635
Gina Ryan	Treasurer	826-8171
Carol Lutz	Sunshine	826-8196
Kim Samitore & Sharon Andersen	Hospitality	951-9026 821-6066
Carol Dombrowsky	At Large	821-2914
Amanda Moore	Junior	826-2190

**We're on the web
www.rideJCHA.com**

Community Equestrian Event Calendar

March 20-22, 2009 *Northwest Horse Fair and Expo, Albany*
<http://equinepromotions.net/NWHorseFair/NWHFHome.html>

May 2-3, 2009 *Klamath Falls Packing Clinic*
<http://www.hdtrbch.org/>

May 30-31 *Clinton Anderson Clinic, Klamath Falls Fairgrounds*
<http://downunderhorsemanship.com/>

***GET YOUR TICKETS AND / OR RESERVATIONS FOR MOTELS
NOW FOR THESE EXCITING EVENTS RIGHT HERE IN OREGON!!***