

Saddlelite Riders Saddle Club

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SRSC & Other Upcoming Events

Got an event you want us to post – call Peggy at 651-450-7959 or send it to peggy@pasillas.net and I'll get it in the newsletter.

JUNE

2, 3 - Endurance Ride - Maplewood West, Maplewood State Park

4 – SRSC Meeting – 7pm UMore Park Offices

9 - SRSC All Game Show, Rainbow Arena, WSCA Judge Craig Gunderson

10 - SRSC All Pleasure Show, Rainbow Arena, WSCA Judge Mary Leonhart

15, 16,17 - Endurance Ride, SE MN, Forestville State Park

17 - Pine Island GCSCA Horse Show

23, 24 - Haycreek GCSCA Horse Show

JULY

2 – SRSC Meeting – 7pm UMore Park Offices

8 - Cannon Falls GCSCA Show (?)

14 - Rainbow WSCA/GCSCA Show - Rainbow Arena, WSCA Judge Dick Ochs

AUGUST

6 – SRSC Meeting – 7pm UMore Park Offices

18 - Annual GCSCA Horse Show (location?)

18, 19 - Endurance Ride ThistleDown Run,

25 - SRSC All Youth Show - Rainbow Arena, WSCA

Judge Robin Fauchald

25 - SRSC Junior Royalty Contest at Youth Show

26 - SRSC Over-The Hill Show, Rainbow Arena,

WSCA Judge Lita Hottel

26 - SRSC Senior Royalty Contest at OTH Show

SEPTEMBER

8 - Rainbow Defeat of Jesse James Days WSCA Show, WSCA Judge Craig Gunderson

8,9 - Endurance Ride, Charity Cup, Pillager State Forest

10 – SRSC Meeting – 7pm UMore Park Offices – Note this is the week AFTER Labor Day!

20-24 WSCA Champ Show - State Fair Grounds

22, 23 - Endurance Ride, Run for the Ridge, Ft. Ridgely State Park

OCTOBER

1 – SRSC Meeting – 7pm UMore Park Offices

19,20,21 - Endurance Point Chaser, Crow Hassen County Park

27 - Endurance Frostbite Fiasco, Wild River State Park

Go to the club website for more information on other activities! www.saddleliteriders.com

Bridgeview!!...

Special thanks to all the SRSC members who participated in our annual Bridgeview School event! It was another great year with an exceptionally good turnout for horses and help!

There were plenty of well mannered, pleasant horses to give rides and still allow a break now and then.

We gave lots of rides and made many kids very happy! If you had a chance to see the smiles on these kids, you understand why we keep going back!

Happy trails, ride safe!

Peggy Pasillas

Penny Wise!

Need a way to hang that bucket or hay bag on your trailer during a show or on a high tie line when camping with your horses? Here are a couple of ideas for you to try...

Got an old dog leash hanging around (preferably the nylon or cotton leashes)? These are strong enough to hold a bucket or hay bag and the extra length gives you plenty of options for how you want to hang them.

Another easy way to hang your buckets or hay bags is good old baling twine (something almost all of us have hanging around) and a double snap clip or a carabiner. It's amazing how strong that twine really is as it seems there is an unending supply of it!

Got an idea you want to share with the club members on how you save money on your horse hobby? Call or email me with your idea and I'll get it in the newsletter! We all know how to spend money on our horses – let's share how we can save some for a change!

Call Peggy at 651-450-7959 or email peggy@pasillas.net

Check Out SRSC Members!

Congratulations to the following SRSC members and their equine partners who have done amazing things recently!

Lynda Dent and Abbie - April 13,14 & 15 Lynda and Abbie went to the Nutrena Barrel Bash in Lincoln, Nebraska. They placed 5th in the 3D out of over 300 riders!

Rich Elbert and Louie – 1st and High Score on 5/19 for a 30 mile Competitive Trail Ride

Joan Elbert and Lucky – 1st place on 5/19 on a 30 mile Competitive Trail Ride

Sue Schedin and Reba – 2nd place on 5/19 on a 30 mile Competitive Trail Ride

Way to go Team Saddlelite!!!

American Horse Council Study Finds Equestrian Recreation

Industry Has Significant Economic Impact

WASHINGTON, DC - The term "backyard horse" does not necessarily spark images of high spending and thousands of jobs. But a closer look reveals that the recreational segment of the horse industry, including the average pleasure rider on their "backyard horse," generates quite a bit of economic impact and employment opportunities.

The American Horse Council's Economic Impact of the Horse Industry on the United States study includes some impressive statistics that confirm the size and significant impact of the recreational horse industry.

The number of horses used primarily for recreational purposes is by far the largest segment of the horse population by more than one million. According to the Economic Impact Study, there are more than 1.4 million Quarter Horses being used specifically for recreational activities. Another 228,290 Thoroughbreds and an astounding 2.3 million horses listed under "other breeds" are involved in equestrian recreation.

The resulting effect on the Gross Domestic Product (GDP) for the recreation industry is equally impressive at \$32 million - \$11.9 million in direct effects and \$20 million are indirect and induced effects.

We can break this information on the recreation industry down even further by specifying the effect by horse breed. Thoroughbreds have a \$1.3 million direct effect and a \$3.4 million total effect (including indirect and induced effects) on the GDP. Quarter Horses have an even larger impact with a \$4 million direct effect and \$10.6 million total effect. The rest of the breeds – classified in the "other" category – have a \$6.6 million direct effect and \$18 million total effect.

While recreational events and activities may not always be as flashy as their racing and competition counterparts, recreation events require thousands of employees to keep all of the money flowing and these events running. The Economic Impact Study converts part-time and seasonal employees into a full-time equivalent basis to accurately determine the number of jobs generated by the horse industry. The recreational horse industry generates 128,324 full-time equivalent positions. Jobs associated with recreational Thoroughbreds equal 10,121, Quarter Horses 37,437 and "other" breeds 80,766.

When you add the number of jobs generated directly by the industry and add indirect and induced employment, those numbers go even higher. Indirect employment represents jobs provided as a result of spending by industry providers and induced employment represents jobs provided as a result of spending by industry employees. The recreation industry has a total effect on full-time equivalent employment of 435,082 jobs – the largest of any segment of the horse industry.

The American Horse Council's Economic Impact of the Horse Industry on the United States study contains all of these statistics and more. The comprehensive study also analyzes the racing and showing industries, as well as breaking down all of these numbers by state for the 15 states that participated in breakout studies.

The national and each individual state study are available for purchase from the American Horse Council at www.horsecouncil.org or by phone at 202-296-4031.

As the national association representing all segments of the horse industry in Washington, D.C., the American Horse Council works daily to represent equine interests and investments. Organized in 1969, the AHC promotes and protects the industry by communicating with Congress, federal agencies, the media and the industry on behalf of all horse related interests each and every day.

The AHC is member supported by individuals and organizations representing virtually every facet of the horse world from owners, breeders, veterinarians, farriers, breed registries and horsemen's associations to horse shows, race tracks, rodeos, commercial suppliers and state horse councils.

Submitted by Stephanie Huss

Check Out Our Website!

There is lots of good information on the club website and it's easy to use! Go to <http://www.saddleliteriders.com>

You'll find lots of information about what's happening in the club as well as just plain interesting stuff!!!

May SRSC Meeting Minutes

The meeting was called to order at 7:16pm by President Stephanie Huss.

Secretary's Report was approved as submitted.

Treasurer's Report was approved as submitted.

Trails Committee – St. Jude trail ride is on Memorial Day. Ready to ride at 11:30 & potluck at about 3:00pm.

Most trails are open but remember to get you're trail passes.

Show Committee – Would like to work with Rainbow SC to provide some trees.

Finance Committee – none

Newsletter & Publicity – Saddlelite will have a table for club information at the new Tractor Supply Store opening in Prior Lake.

Website Update – none

Parades – Cottage Grove Strawberry Festival – Saturday June 16th at 10:00am sharp.

South Saint Paul Kaposia Days – Friday June 22nd at 6:30pm sharp.

Royalty – A reminder from the SRSC Queen to please turn in you're royalty write up for the WSCA Spotlight.

GCSCA – Still have books & numbers to purchase please contact Trina Oster 651-451-6536 or tntdisposal@usfamily.net

WSCA – none

Meeting adjourned at 9:10pm

Trina Oster

SRSC Secretary

Ask the Trainer! With Cassie Law!

Question: "How do you keep your horses frame of mind set on the task at hand at a show and keep them calm - not nervous and anxious?"

Cassie's response:

Going into prime horse show season this is an absolute superb question. Thank you for asking!

I have to admit that we have all been there. We've had that horse that wants to pay attention to everything but you, or over reacts to every little thing but doesn't do that at home, or turns into this beast you've never seen before, or seems too timid, too threatened, too insecure, or, or, or, or....There are millions of scenarios that have and will keep happening at shows.

First, I want to assure you that you are not alone. You are not the only one that this is happening too, your not the only one who doesn't know the appropriate steps to do, your not the only one who can change the situation for the better. When this happens don't fault yourself, don't get down on yourself, don't get mad at your horse, don't hit your horse, don't let this moment turn you into the beast. What you can do is DO something about it. Preparation is key! I mean full preparation. You can't help what you don't know but you can help what you do know. If you plan on getting a horse then your preparation must begin. So, if you plan on buying a horse or you have a horse you need to understand that you are getting or have gotten into a commitment, a relationship and an investment. If you do not plan on taking the time it takes to have a safe horse, to have a horse that is suited for your riding style, a horse equipped to handle your level of riding then truly you are not ready to have a horse.

After you have put the proper amount of thought into the initial having a horse then you can move onto the training process. I highly recommend that everyone(even trainers, instructors, judges, coaches....) take riding lessons, training lessons or attend clinics. No one in this world knows everything there is to know about horses. We keep learning. Knowledge is power. Once you found someone you trust with you and your horse take the time it takes to form a trusting bond with your horse. The time it takes to form a bond is different for each individual horse and owner. But you need to take the weeks, months, years that it takes if this is what you really want. You truly don't know someone till you live with them. Consider that when you're spending time with your horse. How much time in a week, a month, or year do you spend together? Get to know your horse. Find his itchy spots, his feel good spot, his tiny quarter size spot hiding underneath his belly, find his confirmation with your hands with your eyes closed, find his favorite treat, find him(or her). Understanding your horse and horse behavior in general will help you in many given situations. While learning about him and while taking your lessons or just taking the time to ride a few times a week will start a positive building base. Even if you've had your horse for awhile take the time and go back in time and meet your horse.

Understanding horse behavior is a major step in horse ownership. You need to understand that horses crave regularity. They expect it, they learn it, and they work really well with it. It is important to keep this in mind

when taking your horse to a show, a trail ride, an event, anything. You need to bring the same grooming tools(Don't use other horses grooming tools in case their horse has a skin or hair disease.), use the same tack(Don't come to an event and throw something you got yesterday at your horse. Try it on at your barn in a safe environment first.), feed the same hay and grain(Not feeding your horse during trailering and at an event will stress them out which can lead to ulcers or colic. Over feeding them is not healthy too. Feeding the same type of food is nice for them because you know they already like it and eat it if they are eating it at home.), you need to have consistency. You don't need to go over board and bring water from your faucet, bring a backdrop of your property, and so on. Going overboard will actually backfire on you and end you and your horse on a backward roller coaster till you smash into the end. I'm just saying that having some main essentials the same will keep your horse confident, calmer, and a bit saner.

You have to remember that when we get up in the morning or before we go to bed we have a bit of a routine. The same is important for your horse. Even more important on an event day. If you decide to go to a Walk A Thon, will you prepare? Will you eat right? Will you stretch? Please take considering for what your horse is doing for you during your event and prepare him. Think about your warm up routine when your riding. Apply the same routine at any event you go to. I personally watched, Clinton Anderson's Lunging For Respect, and apply that into my warm up. I will first establish respect on the ground with a 5-10 minute lunging session. Then, I stretch my horses legs, back, and neck. I finish it up by taking a little walk around the grounds where we are. It's much easier to do this after they are a little calmer and after you've demanded some ground manners. This really sets your horse up for a better overall day. It will help you too :) Then after you tack up and begin riding start with your same at home riding warm up. I usually will first: flex their neck, second: do some backing, third: walk, trot, and canter circles, fourth: do some serpentines, fifth: a little more backing, sixth: a little more neck flexing, and then just walk around a bit.

During the day of your event be sure to take the time to let your horse eat, drink, rest and graze a little. Grazing is natural and relaxing for them. Please be aware of where you are though. If the grass is not sufficient in any way stick with your hay. It is also important to take some time and take the saddle off, the bridle off, groom them, stretch them again, and let them be a horse. If you take care of them and make the event as comfortable as possible the overall experience will be much easier and fun. Before each class be sure to get on and warm your horse up a little so they don't over stress their mussels and are mentally ready.

Your event is not all about your horse. Your horse is a key ingredient but you are just as important, if not more. You need to take the time to learn about your horse, learn how to assist your horse, learn how to ride, learn what to do and when and learn learn learn. This will take time and I assure you it gets easier as you go. It is rough at first. But take the time that it takes and it is all worth it.

If you take all this time for your horse you need to take time for yourself too. I know many people that rush into the grounds at the last minute, people that are stressed out, people that get so nervous they cry, puke, scratch from classes, people that have excuses for everything, people who get so worked up that their horse refuses to go into the gate, the trailer or down the trail. Be sure to leave yourself plenty of time before your event to arrive on time or even a little early. Expect the unexpected. If the unexpected happens take a breath and deal with it. There will be more shows, more trail rides, many more horse events. Some things just happen. Some other things you can do for yourself are: bring your favorite music, favorite beverage, favorite snacks. Indulge the day and enjoy what it has to offer. Take moments throughout the day to be alone. Go to your trailer, go to a private place and enjoy your surroundings. Take it all in. The color of the sky, the smell of the season, the sound of the announcer. There are many more things you can do for yourself. Be creative or talk to me. Now you get home at the end of the day. What do you do with your horse? Throw him out to pasture or into his stall? Do you pamper him? It is important to show your horse that he worked hard for you or tried. I always take them to a spot and do a quick massage, a quick groom, and rub their muscles down with diluted lineament. I know sometimes you get back to the barn late. But trust me your horse will be more willing to go somewhere with you again if you show him that you care and that he can trust you to take proper care of him. To sum it all up going to a horse event is exactly that an EVENT. Do the proper steps to get there, do the proper steps while you are there, and do the proper steps when you get home. You have to remember that you are responsible for what your horse does or doesn't do. You can take the time to change his bad habits. You can take the time to get your horse respectful. You can get your horse to win. YOU CAN!!! Every step you take is another step forward to a completeness between your horse and you.

I have very helpful websites and book recommendations regarding this subject. Feel free to e-mail me or call me if you have any questions.

Remember to enjoy the day because today is what you make of it.

Thanks and keep the great questions coming. ~Cassie Law

Member Update: New Horses!

Hey SRSC Members – keep an eye out for the following members who have new horses this year!

- Trina Oster – new game horse
- Ken Schramm – new trail horse
- Greg Pasillas – new trail/endurance horse

Did I miss anyone? Drop me an email or give me a call with your horse update!

Call Peggy at 651-450-7959 or email at peggy@pasillas.net

Request from the Editor:

Got some news you want to share or idea you think will benefit other SRSC members? Please email, snail mail or call your newsletter editor – that's me! Contact me using any of the contact possibilities below:

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New Nutrition News

The Devil in Six - Wellpride releases first article in a series on omega fatty acids

By Anne-Marie Chalmers, MD

Would you like to make your aches and pains go away? Improve or protect your horse's movement? Reduce the incidence of serious ailments and issues such as ulcers, colic, pulmonary bleeding and low fertility? Enjoy better focus for both you and your horse?

As a doctor, I will be the first to tell you that there is no supplement that can promise you all these benefits without fail. However, as an American who practiced medicine for 20 years in Norway, I will tell you that, globally, doctors consider a proper balance of omega fatty acids to be utterly foundational in the creation of these systemic and enduring improvements to your health.

Omegas, simplified

There are many omegas, but the two families you need to be concerned with are omega-3 and omega-6. Both contain Essential Fatty Acids (EFAs), meaning they're critical for good health, and must be ingested in the diet. The quantity consumed of these two EFAs is not nearly so important as the balance between the two.

Take a look at many of the modern supplements and foods you give your family, both four-legged and two-. How many promise "a healthy balance of omega 3, 6 and 9"? These manufacturers are counting on the fact that consumers are too busy to research what this really means.

Fact is, our basic diets are unhealthily weighted toward omega-6. When you add an "omega-balanced" supplement, you've done nothing to correct the imbalance. Much like a teeter-totter, an imbalance to one side must be corrected with a weight on the other. This is why we tell people to remember "the devil in six" ... it's an easy way to remind yourself that supplementing omega-6 is not a good idea.

All cereal grains, including corn, oats, wheat, and bran are rich in omega-6s. Canola and soy products are somewhat more balanced, but still heavy on the -6. Grass and hay contain omega-3, but not much of it. Flax and walnuts are two plant-based sources rich in omega-3 (ALA only) and fatty fish and breast milk are very rich in omega-3 (full-spectrum, including EPA and DHA).

Modern diet, historical omegas

Pre-domestication, horses ate a wide variety of grasses and herbs, with only seasonally sporadic consumption of grains. We can't know what their exact omega-6:omega-3 ratio was but it likely ranged from 1:1 to 4:1.

Once domesticated, we know that hard-working horses were fed bulk grains to increase caloric intake. Sometime later, horsemen noticed that feeding corn oil put a pretty shine on the coat, and was a great source of energy that didn't make horses hyper. These horsemen unknowingly upset the omega balance even more, and began a tradition that persists today... feeding corn and vegetable oils as a low-cost way to increase calories and sheen.

We humans also had a much different diet before the 20th century, again with an omega ratio of 1:1 to perhaps 4:1. We developed our civilizations on or near water, and fresh fish was a constant presence in our diet. There were no prepared foods laden with partially hydrogenated vegetable oils (a particularly damaging omega-6) and corn by-products. Instead, we ate what is now known as organic foods – simply-raised and simply-prepared vegetables, fish and meats, with home-baked breads and whole grains providing a healthy amount and type of omega-6.

Today, it is estimated that 85% of Americans are significantly deficient in omega-3, with -6 to -3 ratios of

17:1 to 30:1. Conservatively speaking, that means we're 4x or more off the figure we should be; metaphorically, we're going 80 mph in a 20 mph zone, weighing 500 pounds when we should weigh 125, or putting four horses on an acre that can support one. When things are this far out of whack, bad things start to happen.

Add omega-3 to restore natural function

To understand why so many malfunctions happen without sufficient omega-3, you first must understand the variety of roles it plays in the body. First, scientific studies strongly indicate omega-3 to improve human brain function, whether for helping an autistic child, increasing the IQ of a baby in utero by four to six points, or focusing the energy and memory of a harried adult. Anecdotally, we're seeing similar benefits for race and sport horses, with trainer reports coming back as "much easier to handle," "more focused on work," and "cribbing was remarkably reduced."

Next, omega-3 operates in a yin-yang fashion with omega-6 to control inflammation response in the body. When an injury is sustained, omega-6 causes inflammation to heal the offended tissues. When the healing is nearing completion, omega-3 mediates the anti-inflammatory response to deflate and soothe the area. With too much omega-6 and not enough omega-3, the body's natural healing process is sent into overdrive, entering a state of chronic inflammation, usually a non-specific low-grade type that many of us don't notice, or mistake for normal wear and tear.

Further, with enough omega-3 in the body, it will begin to function much like Bute for our horses or Aleve® for us. Known globally in medicine as "nature's best anti-inflammatory," omega-3 operates on the same chemical pathways as NSAIDs, calming inflammation and soothing pain. In proper doses, omega-3 from fish oil has even been shown to prevent the degradation of joint cartilage. These are aspects to think about even if your performance horse doesn't get grain: adding omega-3 might still make the easy-keeper sport horse more fluid and protected.

Finally, omega-3 is also used to maintain and repair cellular walls. When omega-6 is used instead, the walls become less permeable and less flexible, which in turn reduces the flow of nutrients and waste. Each cell is then thrown into a state of "starvation-constipation." We all know how bad digestive problems feel. Imagine each of your cells feeling that way, and you begin to see how elemental the omega balance is for good health.

About Wellpride

Wellpride is a physician-owned company based in metro Sarasota, Florida. Founded by Bo Martinsen, MD, a native Norwegian, and Anne-Marie Chalmers, MD, an American who has studied and lived in Norway, Wellpride and its sister company Ambo Health imports purified top-quality Norwegian fish oil for the equine and human markets, respectively.

Both Omega Cure, the human product, and Wellpride, the equine product, offer pure, natural, liquid EPA/DHA omega-3 support, carefully purified to remove all heavy metals and toxins, with a light fruity taste added. To ensure freshness, Omega Cure and Wellpride are sold directly to consumers by monthly home delivery, either by phone sales or through www.omega-cure.com or www.wellpride.com.

The Gaited Horse says, "Compact and precise, this little book demystifies a subject that has, in recent years, become very technical and complicated...If this is the only book you ever buy on horse nutrition, you won't go wrong."

"Beyond the Hay Days 2nd Edition: Refreshingly Simple Horse Nutrition" by Rex A. Ewing (\$18.95 softcover, ISBN 0-9658098-4-6; PixyJack Press) is available at feed and tack shops, and online at www.PixyJackPress.com.

Book Review: Fascinating and Folksy Book Demystifies Horse Nutrition

LOVELAND, COLORADO - April 2007 -- "Short of beating your horse's legs with a shovel, there is really no better way to ruin a good, young horse, than to feed it a diet with a skewed calcium-to-phosphorus ratio." This is just one of the many quotable quotes from Rex A. Ewing's book, "Beyond the Hay Days: Refreshingly Simple Horse Nutrition," where common sense is dispensed with the wisdom of an old hand and the wit and insight of a true storyteller.

As enjoyable to read as it is informative, "Beyond the Hay Days" covers everything from simple hay-and-grain basics to vitamins, minerals and supplements, including nutraceuticals (such as glucosamine and MSM), Omega fatty acids, bromelain, and more. In 160 easy-to-read pages, Ewing addresses the nutritional demands of horses at various ages and levels of activity, from mares, foals and yearlings to older horses; pleasure horses to stallions and performance horses. Handy charts and tables and helpful formulas for calculating feed rations make this the one equine nutrition book that will be read and referred to again and again.

Former CEO of an equine nutrition company, author Rex Ewing says, "Most people who sought my advice did not need supplements for their horses; they needed good, sound, basic nutrition; they needed to know what was inherently wrong with their feeding program, and how to correct it. I originally wrote 'Beyond the Hay Days' because I owed it to the thousands of horse owners I've talked to over the years. The updated and expanded 2nd edition will further help them to sort through the hype and glitter in the marketplace and set them squarely on the path to solid horse nutrition."

Cherry Hill, author of over 25 books on horse training and care, writes in the foreword, "Ahhhh...that was a good read. Now when was the last time you said that as you finished a technical book? One of the reasons I enjoy 'Beyond the Hay Days' is because Rex Ewing is a cowboy poet trapped inside the pages of an equine nutrition book. Lucky us. What better combination for bringing a tough subject to life?"

Member Roster

Please review and let me know if changes are needed. Newsletter Editor: Peggy Pasillas (call 651-450-7959 or email peggy@pasillas.net)

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