



Newsletter

NASSAU-SUFFOLK HORSEMEN'S ASSOCIATION, INC.

Horse Nutrition Made Simple

By Roberta Gleicher

Do you want your horse to be healthy and have strong muscles, bones and hooves? How about a shiny coat and good attitude? Developing the best nutritional program, along with proper training and management, can help you achieve

this. Unfortunately, choosing the appropriate horse feed can be pretty confusing. Selecting the proper diet depends on so many factors: your horses' age, weight, temperament, health, intensity and duration of activities and the quality of the pasture or hay. To select the appropriate food for your horses, you must evaluate them individually and objectively, but it's worth the effort.

Some horses are naturally easy keepers (put on weight easily) and some are

hard keepers (difficult to put on weight). This will affect which feed you select and the amount that you will feed.

But let's be honest. Sometimes we just love to spoil our horses. It may not be that our horses are easy keepers—it may be that we just love to stuff them with food! Often it makes us feel good to give them "a bit extra" because they seem so happy to eat it. Of course, they are happy—they love to eat and would eat continuously if we let them. In fact their bodies are designed to eat (graze) continuously. Their stomach actually empties every 15-20 minutes so it's no wonder they are always hungry.

In the wild, they are able to walk around all day. They are kept physically active and mentally occupied because they spend their days seeking out the best grazing sites that Mother Nature offers. Sometimes the food supply is plentiful; at other times there isn't much to eat. Their very survival depended upon their being able and willing to continuously eat, and be efficient at digesting it. That's why the

Continued on Page 2

Swap Night 2007

On Saturday, March 31st, NSHA's Annual Swap Night returned to Huntington, at Huntington High School. Parking was unlimited though some of us had to walk some extra steps in order to bring in our goods. Things appeared to go a bit more smoothly this year. There is nothing like past experience to improve performance. The signs to the event helped those who might be directionally challenged.

All in all the event was a resounding success in part because of the more convenient and central location and its larger setting. A second room was utilized to accommodate the overflow crowd. The aisles were jammed with buyers looking for and finding great bargains, while the six foot tables were loaded with new and previously owned tack, barn equipment, jewelry, clothing, works of art and crafts, along with educational displays. The major highlight of the evening was the giant chinese raffle, with the usual suspense and excitement. Some of the more outstanding gifts included a half ton of hay, and a weekend for two at a dude ranch. There was something for everyone.

It was certainly a fun filled evening, with folks renewing old friendships after a long winter hiatus and making new ones. Though tired and with some of us exhausted, we all left after a satisfying and enjoyable evening.

None of this of course could have taken place without the outstanding teamwork of the NSHA board and its volunteers. They included Valentina Coviello, Chuck, an outstanding volunteer, Suzanne Coopersmith, Ryan and Frank Bradford, Jill Frank, Terry Gallogy, Karen and Zach Halpern, Harvey and Jean Silverman, Buddy Koerner, and Sam Uliano, who went above and beyond the call of duty as usual.

Finally I strongly urge you to acknowledge and patronize those generous donors, whose names appear elsewhere, who helped to make the raffle such a fun filled event.

—Louise and Marvin

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Nassau-Suffolk Horsemen's Association
 2022 Grove Street, Baldwin, NY 11510-2631
 Tel (516) 868-9600 • Fax (516) 623-8404
 Email: nshainfo@aol.com • www.nshaonline.org

2007 Vineyard Ride June 2nd! See inside for details...

breeds of horses that developed in the wild or under harsh conditions tend to be relatively small and easy keepers. Think about how hard it is to prevent Mustangs, Islandics and most ponies from getting too fat when they're kept in confinement.

In fact, horses kept in confinement are a different story from horses wandering around on acres of land. They may become bored and can't graze normally when they are confined to a stall or small paddock for most of the day. Some horses may start to "graze", a/k/a wood chewing, on their stall or fences instead. Others may develop vices like wind-sucking (cribbing), stall-walking or weaving. (Weaving may become contagious, so if one horse weaves don't let the others see it.) However, if we keep hay in front of them all the time but don't provide them with enough exercise, they may become obese. Obesity is not healthy. If they become too fat, they will become more prone to getting laminitis, founder, metabolic syndrome and joint problems. Besides, how many athletes can perform at their best when they're fat?

On the other hand, we have bred other breeds of horses for performance, not survival. Many of these horses are naturally hard keepers. Thoroughbreds and horses mixed with thoroughbred fall into this category. Thoroughbreds are bred for speed—they tend to be nervous and have a high metabolism. Horses of any breed may eventually develop certain medical conditions like Cushings that make it difficult to keep them in good weight. If we don't provide enough nutrition, they may develop other problems: they may suffer from a compromised immune system, not have enough stamina, develop saddle sores, have inadequate muscle development and get injuries that might have otherwise been avoided.

Roughage is the foundation of every equine nutrition program. A good rule of thumb is to make sure your horse gets 1%-2% of his body weight per day in good quality roughage. This means

a 1000 pound horse should get 10-20 pounds (on a dry matter basis) of hay or pasture per day. That will provide the right amount of fiber, along with some protein, calories, vitamins and minerals.

The additional feed concentrate with which you supplement the pasture or hay should then be selected based on the additional protein, calories, vitamins and minerals he needs. The simplest way to do this is to select a commercially made feed that meets or exceeds the National Research Council nutritional requirements based on age and activity level. Purina Mills' diets are designed to help horses reach their

A good rule of thumb is to make sure your horse gets 1%-2% of his body weight per day in good quality roughage.

optimal performance, not just their minimum daily requirements. This means Purina feeds will not only meet, but often exceed NRC requirements.

What if your horse can't or won't eat enough hay or pasture to meet his daily fiber requirement? This can potentially become a serious health threat. He could become underweight, develop chronic diarrhea, or suffer from a potentially life threatening problem such as colic or laminitis. To prevent this, you can use a high quality complete-with-roughage feed to achieve his daily requirement. 1 pound of Purina Horse Chow can replace 2 pounds of hay by providing additional fiber and other nutrients that may be missing. It achieves this without adding a significant amount of additional calories, so it works well for easy keepers. Since it can be fed with your regular concentrate as well as hay, 1-2 pounds per day can serve as "nutritional insurance" for those times when hay or pasture quality is poor.

Equine Senior and Equine Junior are also complete-with-roughage feeds

that can be used for this purpose, but will also be a significant source of calories. That is helpful for those hard keepers. In most cases, if you feed enough pounds of any of these complete feeds, you will not have to feed a concentrate along with them. So if your horse has a condition where he can't eat any hay, you can safely feed these as the sole ration.

Sometimes there are special circumstances that keep horses from being able to consume hay or pasture. For instance, your vet may tell you not to feed grass or alfalfa if your horse is highly allergic to them, or to eliminate hay if it aggravates a respiratory condition. Complete Advantage provides complete nutrition and contains beet pulp instead of grass or alfalfa as roughage. Therefore, it can provide all the nutrients your horse needs while they are eating little or no hay.

Many geriatric horses begin to lose weight because they have trouble getting nutrition from conventional feeds and hays. This can be because they develop teeth problems, or their digestive tract doesn't absorb and utilize nutrients as well as it did when they were younger. As a horse ages, his entire digestive system begins to wear out. If he can't chew and swallow properly, you may notice him quidding (balling up and dropping wads of hay or grass out of his mouth); or you may notice oats in his manure (if he can't chew or properly digest coarse grains). Purina Equine Senior would be appropriate for these horses. What if a horse has no teeth and can't chew? Just add warm water and Purina Equine Senior turns into a soup or mash he can drink. You can be sure he will get 100% of all the nutrients he needs.

Hay quality varies and often contributes to developmental problems in growing horses. Once foals are weaned, you may want to get total control over their nutrition by using Equine Junior to replace hay until they reach 2 years of age.

It's important to honestly determine how hard the horse is actually work-

ing. Feed manufacturers commonly classify horses as either Active Pleasure or Performance horses. Does he break into a sweat every day? If you overestimate your horse's activity level you may feed too much and your horse will get too fat and/or too excitable. If your horse has too much energy, you may be feeding the wrong feed, over-feeding it, or your horse is not getting enough exercise.

How do you know where your horse fits? Here is a rough guide to help you if you are feeding Purina Mills feeds. Other manufacturers may use slightly different criteria.

Active pleasure horses spend their work hours mainly walking, doing some trotting and brief cantering 2 to 3 days per week or less, for 1 to 2 hours a day. They may be ridden easily in the ring or on trails; trail rides or pleasure-type classes at weekend show once a month or less. These horses don't burn a lot of calories and can do great on concentrates like Omolene 100, Pure Pride 100 or Equine Adult. However, if they are such easy keepers that you can only feed them a couple of pounds of concentrate a day, they will be better off eating Nature's Essentials with their hay. It provides all the protein, vitamins and minerals they need, but hardly any calories. It's also suitable for horses needing a low starch diet.

Performance horses are usually categorized by the intensity of their workload—light, medium or heavy work. Their nutritional needs will vary with the amount of work they do. Horses are more likely to colic or founder if they are fed high levels of grain. Therefore, it's safer to select concentrates designed for performance horses. Performance feeds usually have higher levels of protein, calories, vitamins and minerals to support this greater work load and should provide a greater amount of nutrients per pound of feed. That will enable you to feed the fewest pounds of feed possible and still get all the nutrition the horse needs.

Performance horses doing light work are ridden for 3 to 4 days per week for 3/4 to 2 hours a day; mainly light

effort trotting, cantering and/or jumping for at least half of the time they're worked. They work moderately 2 to 3 times per week. They may be ridden on difficult trails, for show conditioning, harder ring riding, or hauled for competition 1 to 2 weekends a month.

Performance horses doing medium work put out more effort. They're ridden 4 to 5 days per week, at a minimum of 1 to 2 hours a day. At least half the time they're worked they are doing medium trotting, cantering and/or jumping. They work hard 2 to 3 times per week. They may be ridden for long distances/duration, strenuous ring riding, working cattle or riding lessons for several hours a day, or hauled for competition 3 to 4 weekends a month. These horses will need more protein, calories and vitamins and minerals to support their efforts.

Performance horses doing light or medium performance work will do well with performance feeds like Omolene 200 or Strategy which are nutritionally highly concentrated. They also contain added fat to increase stamina.

Performance horses doing heavy work are ridden 6 to 7 days per week for 1-2 hours a day at a minimum. They are doing medium to hard cantering, galloping and/or jumping for over half of the time worked. They work hard for at least 4 to 5 times during the week. Endurance, 3-day event, race or polo horses that train hard nearly everyday and are hauled long distances, or on the road for competition circuit for the majority of the month, several months at a time fall into this category. They do best by eating the most highly concentrated high fat performance feeds like Ultium, Race Ready or Omolene 200.

Growing horses also have very special needs. To achieve optimum development, growing horses that haven't yet been weaned need high quality amino acids and the proper amount and balance of vitamins and minerals in addition to the mare's milk. Since hay can make up only a small portion of their diet at this young age, concentrates like Omolene 300, Pure Pride

300 or Strategy are needed to provide these nutrients.

Even after they are weaned, horses are still growing, although much more slowly. They still need a diet that will support their growth. Strategy, Omolene 200, Race Ready or Pure Pride 200 plus good quality hay will support their growth and can continue to be fed into adulthood. After weaning, if hay is a problem, or complete control over their diet is needed, Equine Junior can be fed instead of hay and a conventional grain concentrate.

Lactating (producing milk) Brood Mares have extremely high energy needs and may consume twice the amount of concentrate they did before they began to lactate. They can benefit from eating roughage plus Omolene 200, Strategy or the same nutrient-dense concentrates their foals are eating.

All horses need plenty of clean, fresh water and a salt block. Most commercial feeds contain some salt, but salt requirements will vary. Since salt intake is something most horses will naturally regulate well themselves, you can usually let them have access to as much as they want. There are exceptions to everything of course, so if you have any horses that consume it like candy, you may want to ration it out to them.

It's important to make feed and hay changes gradually in order to avoid digestive upsets. Do not change at a faster rate than 1 pound per day. If the horse is experiencing a lot of stress from campaigning, illness or age, I recommend limiting changes to 1/2 pound per day. That's pretty conservative, but what's the hurry? It may take several weeks for changes in weight and attitude to occur, but when you successfully provide your horse with the best nutrition, the results will be worth the wait.

What works best for one horse may or may not be the best for another. Check with an expert. Contact Purina Mills at www.purinamills.com or 1 (800) 227-8941, or your local Purina dealer, to help you put the right nutrition program together. 🐾

2007 VINEYARD RIDE

SATURDAY JUNE 2, 2007

RAIN DATE SUNDAY JUNE 3

SUBSCRIBER FEE \$95 PER RIDER OR HILL TOPPER



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North Fork of Long Island



2007 Vineyard Ride Registration Form

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Checks payable to: Old Field Farm, Ltd

Phone reservations taken at 631-246-8983

Rental horses available by prior private arrangement with Sweet Hills Stable 631-351-9168

Please remember donations are tax deductible as allowed by law and are non-refundable.

Participation is limited to 75 riders. Entries received after the ride is filled-

-will be held for standby and substitution registration.

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RIDER _____ PREFERRED PACE: FAST GROUP _____ SLOW _____ HILL TOPPER _____

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The Fourth Annual Vineyard Ride

A wine tasting tour on horseback to benefit the restoration of historic Old Field Farm, Ltd and the Nassau Suffolk Horseman's Association, Inc.

Participants must pre-register and prepay to ride and participate in the wine tasting at the 3 vineyards. We will visit: Martha Clara, Paumanok, and Jamesport Vineyards. The trail ride and tasting will start at 10 A.M. and last for approximately 3 hours. The luncheon will follow on the lovely grounds of Martha Clara Vineyards.

This opportunity will be limited to 100 equestrians. Family and friends may "hilltop" (registering without a horse) will have an opportunity to participate by car. A pre-registration period will be open March 31st at NSHA's Swap Night to NSHA and Old Field Farm Members Only. Registratic the general public will open after April 15th depending on availability. Please make sure you are available for both June 2nd and 3th as we have endr using the rain date the past two years. There will be no refund for attendees who cannot attend.

In the interest of safety for all participants it is strongly recommend that horses be familiar with trail riding and riders with trail etiquette. Unruly horses and or riders may be excused from the field without refund. Mounting blocks will be available at each vineyard for those who wish to dismount. We will taste several wines at each vineyard and you may remain on horseback to do so. Water will be available for horses and riders at each tasting stop.

Hilltoppers (those on foot) may follow the horses on foot and/or arrangements to use vehicles.

Riders often look for exotic trips to Europe to book trips to ride and explore the European Countryside. Many of these vacation packages involve traveling through wine country and riding from vineyard to vineyard. Why not explore from home?

Shutterbugs are welcome to photograph this event. The beauty of Long Island's North Shore landscape, the vineyards, horses and people should serve as interesting subject material!

The tickets are \$95 per person, **are non refundable** and include wine tasting at each Vineyard followed by a sumptuous gourmet luncheon. Once payment is received you will receive a confirmation letter with additional details. Checks may be payable to Old Field Farm, Ltd.

Wine will be available for purchase at each vineyard. A vineyard ride steward can take your order and payment at the vineyard and will send your purchases back to Martha Clara Vineyards to be picked up during the luncheon.

For additional information or rain date information contact: Old Field Farm 631-246-8983

Swap Night Donors

*Please mention to these generous souls
that you saw their name in our newsletter when you patronize them.*

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Whinnywhat?
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www.winnywhat.com
Terry Gallogy

Spring 2007 4-H Camp Horse Show

By Denise Ottavio

Sunday April 29, 2007 was a day to remember for many young equestrians. The Dorothy P. Flint Nassau County 4-H Camp, operated by Cornell Cooperative Extension of Nassau County hosted a 4-H Horse Show for the youth that participate in the Suffolk County 4-H Horse clubs.



The horses used at the 4-H camp have either been donated or placed on loan by generous benefactors that believe in giving all young people a chance to experience the wonders of working with horses. The staff of Cornell Cooperative Extension of both Nassau and Suffolk Counties is committed

Despite the threat of rain the Smithtown Hunt Club came and gave an over view of the history of the hunt with a Horse and Hound demon-

to providing meaningful educational experiences through many different 4-H programs that are offered not only at the camp but the Suffolk County Farm.

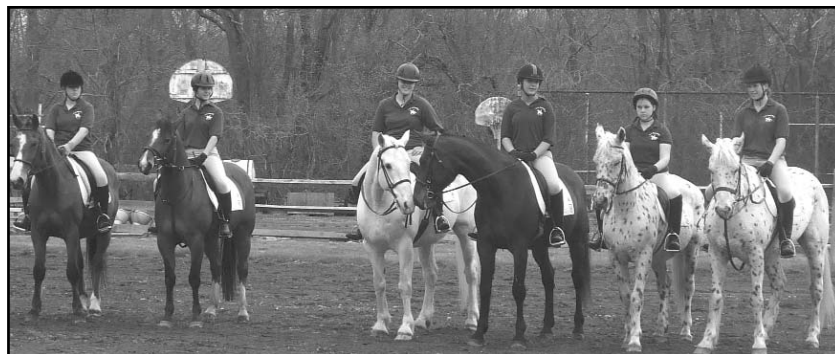


If it were not for the support of all the wonderful volunteers that help make these programs possible we would not be able to share these experiences with many of our youth. A huge thank you goes to Frank Bradford, president of the Nassau Suffolk Horseman's Association and Jenny Blaha of East Riding Inc. for donating their time and patience to work as judges for the day

stration, the 4-H drill team, Katie Feerick, Catrina Tedesco, Hanna Baglivi, Colleen Klopfer, Jessica Tondi, Megan Schaal, Courtney Rivera, along with Chris Baglivi did a spectacular performance to open the days ceremony .

and giving the young riders a positive experience. The Suffolk County 4-H leaders that assisted in preparing the horses and the grounds were a tremendous help keeping all the riders safe and on time for their class-

All the young riders worked hard preparing for this event to show off their riding skills to friends and family. The 4-H horse program teaches young people not only how to ride but includes all aspects of Horse Care and Horse Science.



es. The Smithtown for coming out on a Sunday morning to share the excitement of the club's new puppies, horses and hounds.

The staff of the equestrian program at the 4-H Camp is also grateful to all of the local businesses that sponsored Classes and Divisions to help us continue to provide equine programming at the 4-H Camp. Thank you to:

- NORTH FILLIES
- SOUTHOLD FISH MARKET
- ELI CONSTRUCTION
- GRANNY AND THE FAMILY
- FOSTER REEVE AND ASSOCIATE
- VILLAGE LIQUORS OF MATTITUCK
- PERSONAL TOUCH PICTURE FRAMING
- MARY JANE PURCELL
- ANNA'S FANS
- JAMESPORT SADDLERY
- LOBSTER ROLL NORTH-SIDE
- THE MANY WHO CONTRIBUTED GIFT BASKETS FOR THE CLUB AUCTIONS

A special thank you to East Coast Mine for the kind donation of 50 tons of clean sand for the footing in the riding ring which was necessary to correct the damage done by some serious flooding during the winter. It is heart warming to know that communities can still work together to accomplish great things for our future generation. Keep up the good work your support is appreciated.

Any one interested in learning more about the programs offered at the 4-H Camp please contact Denise Ottavio @ (631) 727-0166, if your interested in learning more about becoming a 4-H member or leader contact Nancy Benardello @ (631) 852-4959

Photos by John Neely

CLASSIFIEDS

Members Only! Newsletter Ads

Please email your ad to frankdbradford@aol.com

or mail to:

NSHA, 2022 Grove St., Baldwin, NY 11510

All members are entitled to three free classified ads of 15 words or less per membership year.

All ads must be received no later than the 15th of the preceding month to be included in the next months Newsletter. Sorry no telephone ads can be accepted.

For sale Billy Cook roping saddle. 16" seat with matching breastplate and stretch girth. Only use one time. \$1000. Questions call Julia Dombrowski 347-623 6665. check out our websites: www.TripleDFarmNY.com and www.EmpirePaintHorse.com

Equine Retirement Facility in the beautiful Appalachians on the Greenbrier River Trail. Overnight stays welcome. 24 hour turnout w/run-in sheds. Stalls available. \$150 per month. See www.wannabe-farm.com.

DOG TRAINER: basic training and/or behavior modification. Specializing in problems of dominance, aggression, separation anxiety, barking and other unwanted habits. References available. Call Mindy Meiselman-Mylett at 516-489-4555.

Horse Property Beautiful Smithtown Pines renovated col. next to Blydenburgh Park, all amenities. Owner 631-366-4929.

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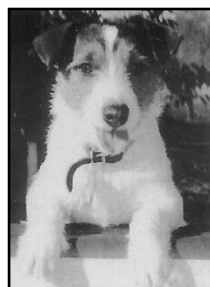
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Three Rock Stables 631-727-0809 Box Stalls Available, All Day Turn-Outs, Fed three times a day, Plenty TLC. Phone for an appointment Marlene or Dave DeVinney Manorville Area.

"The Spirit of Long Drill Team" is a group of dedicated riders who enjoy their horses and also enjoy showing that a little hard work and lots of fun can result in a performance that not only entertains but is also an excellent example of good horsemanship. The Drill Team performs synchronized patterns to music, Incorporating such difficult maneuvers as the Cloverleaf, Echelon and the ever-impressive Pinwheel. The Drill Team, now in its 28th year, has held the

title of Grand Champions for the past three years. Practices are held alternating Tuesdays and Wednesdays, April-October, at the Bohemia Equestrian Center, Sycamore Ave, Bohemia. Information contact Joanne Gould 631 581-0410 or IHASPIRITOFLLI@aol.com

NSHA Board of Directors usually meets on the first Wednesday of every month at 7:30pm. Call (516) 868-9600 to confirm.



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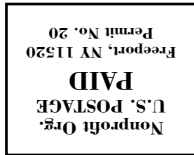
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Nassau-Suffolk Horsemen's Association, Inc.
2022 Grove Street
Baldwin, NY 11510
Address Service Requested



Membership Application & Renewal Form

Membership is tax deductible as allowed by law

(Please Print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (Home) _____ (Work) _____

Fax: _____ Email: _____

Family Membership Only

List Family Members & Junior Rider's Ages

Name: _____

Name: _____

Name: _____

What other horse organizations do you belong to?

- | | | | |
|--|------|---------------------------------------|-------|
| <input type="checkbox"/> New Member | | <input type="checkbox"/> Contributing | \$100 |
| <input type="checkbox"/> Individual | \$30 | <input type="checkbox"/> Supporting | \$150 |
| <input type="checkbox"/> Family | \$40 | <input type="checkbox"/> Patron | \$200 |
| <input type="checkbox"/> Junior (16 yrs & under) | \$15 | <input type="checkbox"/> Donation | \$ |
| <input type="checkbox"/> Associate/Business | \$55 | | |

Please send Business Membership Application and/or information about advertising in the newsletter

1. If this is a business membership: _____

Name of Business _____

Occupation _____

2. Do you:

Own How many horses? Rent/Lease Share Board

3. Please volunteer for one of these NSHA events or committees?

Advertising Education Horse Show Membership

Swap Night Open House Trail Rides Rough Riders

Parades (both riding and/or assisting Rough Riders)

Other

4. What would you like to see NSHA do for you in the coming year?

(your comments may be printed in newsletter)

In an effort to grow our membership we will be offering a new incentive, a free annual membership to any member who signs up five members who are not renewing members or have not been members for at least one year.

Please complete and mail together with your check or money order made payable to: (membership forms only)

Nassau-Suffolk Horsemen's Association • 639 Bond Court, N. Merrick, NY 11566

Phone (516) 868-9600 • Fax (516) 623-8404