

Hello Members and Friends,

I'm re-sending this message as a quick reminder about our **Annual Meeting this coming Sat., Jan. 5,** (NEW location; full details below). Please review the attached DRAFT minutes from last year's meeting for approval on Sat.

Thank you to those of you who have already renewed for 2019. Our membership year is now on a calendar year and consistent with the PFHA membership schedule. The **MAPFHA membership application** is attached here if still needed; please fill out and bring with you if you haven't already renewed.

For those who may not know, my father passed away last Wed., and I will be traveling to Montana for his service next week. Fortunately, I will still be able to attend the MAPFHA meeting and look forward to seeing you there!

Happy New Year's Eve!

*Lynda Zimmerman, President
Mid America Paso Fino Horse Assn.*

From: Lynda Zimmerman [mailto:blz@usfamily.net]

Sent: Friday, December 21, 2018 6:22 PM

To: blz@usfamily.net

Subject: MAPFHA message and Annual Meeting

Importance: High

December 21, 2018

Hello Members and Friends,

The holidays are here, and our Annual Meeting is just a few short weeks away. Please see the note below for details. Milder temps the past week or so allowed me to get out on the park trails, which is a welcome opportunity after the unusually cold November. I hope you were able to take advantage of the bonus days once or twice, too, and enjoy an hour or so with your favorite steed in the quiet woods or calm prairie before the snow and wind return! With today's Solstice, the daylight hours will begin to lengthen again, giving us hope of another Spring and Ride Season!

At the end of this message, is a brief article about physical and mental benefits to humans from being around horses, shared by a Facebook friend. You and I know and have felt those benefits, but this article lends credence to those sensations. The author, Northwood Farms, www.northwoodfarms.com, supports horselovers and is located in Oregon. The Hearth/Math Institute they reference is a research organization promoting physical and emotional health in relation to the heart, www.heartmath.org. The specific source article they refer to is not cited, but there are several more recent articles on the topic. Very interesting!

Annual Meeting

Chatters Restaurant and Bar in Monticello will be the new location for our Annual Meeting, **January 5,** 2019 (see website below for details). That's a week earlier than usual due to availability of their banquet room. **Free lunch for current members**, and we'll order off the menu (alcoholic beverages available at your expense). Jan and Marv Meyer toured Ireland with Dan Casey's group this fall and will give a

short presentation about their trip over lunch. Join us at 11 a.m. for socializing, lunch at noon, and business meeting 1-3 p.m. (approx. times). <https://www.chattersrestaurantandbar.com/>

Elections

The Treasurer and Director at Large positions are up for re-election. Chuck and Sharon have both indicated a willingness to continue, but we will hold an open election at the meeting in case anyone else would like to step into one of those positions.

Membership Renewals

MAPFHA membership switches to the calendar year cycle starting in January, so renewals will be due before then or at the meeting (see Chuck at the meeting or the attached form).

PFHA also now follows the calendar year, and they are offering a new **Recreational Rider membership** level for a reduced cost from full membership. Although the PFHA website or renewal form don't yet indicate the new level and fee, an 11/12/18 email from the Rec. Rider Committee Chair states:

*The PFHA Board of Directors have finally approved a price for the Recreational Rider membership. It was unanimously approved to be **\$35 RR Membership fee**.*

This membership allows you access to the PFHA website Members section. It allows you to participate in all the Recreational Rider programs. It DOES NOT include the magazine subscription, any breeding rights or the ability to show in a sanctioned PFHA show.

Please share this with your members and Paso owners.

Thank you

Judi Bradbury

Update: per the RRC committee: Until the PFHA membership forms are revised and published, you can print out the current form and hand-enter your selection of the RR membership level. Send the form with your \$35 payment to PFHA as directed on the form. My renewal was accepted this way. The online enterable form may take some time to revise due to website issues.

You may, of course, still choose to be a **full** PFHA member. PFHA membership is separate from MAPFHA membership but required for MAPFHA Board Member positions. PFHA recently emailed renewal notices or you can renew through the website.

<https://www.pfha.org/index.php/member-login/join-pfha/>

Crow-Hassan Season Kick-off

The MAPFHA will again host the Trail Season Kick-off at Crow-Hassan Regional Park, Rogers, MN, on **Mother's Day weekend, May 10-11**, and pay for camping Friday and Saturday nights (FREE camping). Daily trail passes can be purchased at the trailhead kiosk or seasonal passes purchased in advance through the website. Guests will be welcome for a nominal fee; potluck Sat. night. Trails are usually in great shape there, and it's often early enough to beat the bugs. There is a shelter available for our potluck if it rains, but we've been able to hold the potluck outdoors by the campfire the past 3-4 years.

That's always a busy weekend with family activities and MN fishing opener, but camping attendance has primarily been Board members the past few years. This event is open to all members, and we do not want to give the appearance that it is a Board member perk. So for 2019, we will poll members at the Annual Meeting to determine how many members actually plan to camp. If there's not enough sufficient participation beyond Board members, we feel it is in the association's best financial interests to cancel

the camping opportunity (~\$300 for the group camp site). We may still be able to hold a day ride and picnic potluck out of the main trailhead parking lot. There is a small campsite with picnic tables and a fire ring (no shelter), available on a first-come, first-served basis. Please consider your plans for that May weekend and come prepared to commit or abstain so we can make the appropriate decision.

Please contact me or one of the other Directors if you have any questions, comments or suggestions. Happy Holidays and hope to see you at the Annual Meeting in January!

Your Mid America PFHA Board of Directors:

Lynda Zimmerman, President

Chuck Hauser, Treasurer and Membership Coordinator

Janice Meyer, Secretary

Sharon Gallagher, Director at Large

To ride, to ride; oh, what heaven to ride!

Northwood Farms

January 17, 2014

Recent studies conducted by the Institute of HeartMath provide a clue to explain the bidirectional "healing" that happens when we are near horses. According to researchers, the heart has a larger electromagnetic field and higher level of intelligence than the brain: A magnetometer can measure the heart's energy field radiating up to 8 to 10 feet around the human body. While this is certainly significant it is perhaps more impressive that the electromagnetic field projected by the horse's heart is five times larger than the human one (imagine a sphere-shaped field that completely surrounds you). The horse's electromagnetic field is also stronger than ours and can actually directly influence our own heart rhythm!

Horses are also likely to have what science has identified as a "coherent" heart rhythm (heart rate pattern) which explains why we may "feel better" when we are around them. . . studies have found that a coherent heart pattern or HRV is a robust measure of well-being and consistent with emotional states of calm and joy--that is, we exhibit such patterns when we feel positive emotions.

A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently. Often times, we only need to be in a horse's presence to feel a sense of wellness and peace. In fact, research shows that people experience many physiological benefits while interacting with horses, including lowered blood pressure and heart rate, increased levels of beta-endorphins (neurotransmitters that serve as pain suppressors), decreased stress levels, reduced feelings of anger, hostility, tension and anxiety, improved social functioning; and increased feelings of empowerment, trust, patience and self-efficacy."