

The Rocky Beat

MONTHLY NEWSPAPER OF THE ROCKY MOUNTAIN HORSE ASSOCIATION

THAT TRUSTED VOICE OF THE OFFICE

SPECIAL POINTS OF INTEREST:

- Basket Benefit
- Banquet Menu
- Sponsors
- Trail Miles
- High Points
- Versatile Horse
- Regional Liaisons

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If you have needed papers for your horse or needed help with a form or made a reservation at the international show. If you have wanted to know how to get a DNA test or whether or not you can put an apostrophe in that name on those papers or just had a general Rocky Mountain Horse question you needed to call the office for, you have likely talked to her. Her official title is Registrar, but if you have been around a while, you know that Cyndee Davis is so much more than her job title. She has been the go-to gal in the RMHA office since October of 2014. Her introduction to the RMHA started as a member early 2000s, but her addi-ti...ahem...experience started by chance. She had always wanted a horse and got her first one the day her son graduated high school. It was a Tennessee Walking Horse. Her husband at the time decided he wanted to breed gaited horses and Cyndee said, "everyone has Tennessee Walking Horse, isn't there another one out there"? So she looked for something unique, and she found it. She bought her first Rocky from Steve and Marybeth Autrey, well...plural that. She bought two mares. One of which had a foal on her side, and then the inevitable happened. She was hooked! You know that process, right? So then she was involved, and in 2014 there was a need for someone to get sponsorships for the international show, and Cyndee volunteered

to raise them. While she was doing that, she was learning more about the association. There came the point when the Registrar resigned. Cyndee had already been working in the office, so she decided to apply for the job. The position evolved into a combination of Registrar and ad-



ministrative duties, and here she is. She has seen two office moves, three General Managers, an overhaul of the technology and phone system, numerous advancements of the association, the growing pains and the results of the hard work of many members. Through it all, she is there to help with many of the moving parts. She passionately provides assistance to the committees, the board, the members and her teammates.

Who is Cyndee personally? She is a single mom of 2 adult children and grandmother to two grandsons she calls the M & Ms. She lives in Bourbon County. She enjoys showing and trail riding equally, almost as much as she loves Hallmark movies! Cyndee's very best friend in the world was Cole, an Australian Shepard she got as a puppy. Cole would have been 17 on December 24th, 2019, and was a fixture at the office, greeting all who entered. Sadly Cyndee (and all visitors to the RMHA office) lost Cole November 26th of 2019. Going back a bit farther, Cyndee was born in Kentucky but left at age six months. Her dad was a pastor, so they moved around a lot. At

CLASSIFIEDS

CLASSIFIED AD (MAX 50 WORDS) -\$10

FRIENDS OF THE RMHA

Please thank them for their support of the RMHA with your patronage if you have a need.

Click on each name to visit the corresponding website.

[Stoner Ridge Farm](#)

[West Coast RMH Club](#)

[Mike Walker](#)

[Lee Boyd](#)

[Bluegrass Equine Vet](#)

[Michael & Judy Brummer](#)

ANNOUNCEMENTS

DEADLINES TO NOTE:

Rocky Beat: Deadline for submitting content or classifieds is always the 1st of each month.

Spring Issue Printed Magazine:

Articles-November 17th
Ads-November 7th
Approx release-Feb 7th

Next RMHA Board Meeting:

Jan 18th, 12 p.m., Winchester, KY

For all **2020 show and event** information go to the [RMHA Show page](#).

American Horse Council Benefits

For RMHA members. If you would like to see the benefits we get just for being members of the RMHA
Go [HERE](#)

B.E.S.T.S. DIRECTORY LINK

(Breeders, Equine Services, Trainers and Sales Directory)
Click [HERE](#)

Advertise with the RMHA

-Help to support all of the programs of the RMHA by advertising in the BESTS Directory or becoming a website home page sponsor. Live links to your own website are available from the BESTS Directory and the website home page. Contact the RMHA office (859-644-5244) for more information. Ads must be prepaid.

RMHA Trail Program

If you ride those trails and you aren't a part of this program yet, you should be! What are you waiting for? And if you are, you need to know that the trail year has changed! To find out all you need to know, click [here](#)!

Friends of Sound Horses (FOSH)-

Read [HERE](#) about their news and activities

Link to KHBIF Information.
[KHBIF Information](#)

Horse expo participation forms-If you plan to participate in expos in 2020, please find your form [HERE](#) . Forms are now being accepted year-round.

RMHA Versatility Program

What do you do with your horse? Perform? Ride Trails? Show? Extreme Cowboy? Obstacles? Mounted shooting? Drill team? More? Then you should really check out our versatility program! Get all the details right [here](#) and start adding up those points!

High points are calculated for the year. Check them out [HERE](#). If you find any discrepancies regarding your points, please call Cyndee at the office: 859-644-5244 and she will help you look

FROM THE HOME OFFICE

Please Please Please Please Please Please Please Please Please Please Please Please Please Please Please Please

FROM THE REGISTRAR:

LABEL ALL PHOTOGRAPHS, PLEASE!!! This is very important!!

Whether you send in one horse or multiple horses for registration, every photo **MUST** be labeled.

Thank you in advance for your help in keeping your records accurate.

ALSO Regarding Emails: All email photos must be labeled! Preferably also in the subject line.

*****A Horse of a Different Name*****

When naming horses or foals, no punctuation is allowed with the exception of apostrophes.

REGIONAL LIAISONS

Do you know what a regional board liaison is? Here is your explanation according to the rules:

From the Rules, Section 3:

5. Board Communication with Affiliated Clubs (Amended January 24, 2015) Annually the president shall appoint a Member at Large of the Board to act as a direct liaison with each Affiliated Club. An officer may act in this capacity if specifically requested. Duties will require biannual reports from regional club liaisons with the second report to include financial status and a list of members.

Here are the currently appointed liaisons:

- | | |
|--------------------|------------------|
| 1. Central States | Brittany Hopkins |
| 2. Michigan | Kathy House |
| 3. Mid-Atlantic | Tess Smith |
| 4. Pacific Crest | Janet Peters |
| 5. Southern States | Jason Slone |
| 6. Tristate | Jane Gean |
| 7. West Coast | Mindy Smith |

VERSATILITY PROGRAM

If you do a number of different things with your Rocky, this is the program for you.

The versatility program runs from November 1 to October 31 each year. Completed forms must be turned in (postmarked) by November 15th to be tabulated for the year. Youth and Adults may participate and are tallied accordingly. There are forms for the program on the RMHA web site. There are two forms. One is for [Horse of the Year](#). The [Accumulating form](#) is for subsequent years. The program runs year after year. A very detailed description of the program is on the RMHA website at [Versatility Program](#).

Examples of some of the versatile things one might do with their horse are trail riding, trail competitions, showing, 4H programs, team penning, dressage, jumping, carriage driving, drill team or demos and any other activities that are popular in your area of the world. You will need to keep good records as you must turn in documentation with your forms. Documentation can be scores, photos, receipts or any other form depending on the activity.

Good luck, and we look forward to seeing many folks participating in the Versatile Horse Program.

D I D Y O U K N O W ?

Fat is Fat, Right? Check Your Omegas!

By Juliet M. Getty, Ph.D.

Fat is an excellent source of calories – more than twice the calories offered by carbohydrates or protein, making it a great way to help your horse meet his energy needs while in training, working, or performing. Unlike sugary and starchy feeds like oats, sweet feeds, or grain-based products, fat doesn't create insulin highs and lows, it doesn't produce negative behavior, it doesn't increase laminitis risk, and it doesn't destroy the microbial population in the hind gut. But are all fat sources created equally? Read on...

Omegas – 3, 6, 9

First, what does "omega" mean anyway? It's basically a numbering classification based on how fats are chemically configured. This has an influence on how the fat is metabolized, consequently affecting cells and tissues differently. The fat that you add to your horse's diet (such as soybean oil, corn oil, flaxseed oil, etc.) provides a combination of these three omega types. The key is to know which types are in the highest concentration. Here's why...

There are two fatty substances, one omega 3 and one omega 6, that are considered "essential," meaning the horse's body cannot produce them. Therefore, they must be in the diet. Chemically, they are considered "polyunsaturated." Omega 6s, while important, should not exceed omega 3s, because too many omega 6s increase inflammation. If your horse suffered an injury, has aging joints, exercises regularly, or has an ulceration in his digestive tract, his inflammation level is already elevated. Feeding too much omega 6s will exacerbate this situation and result in more pain.

Omega 3s, on the other hand, do the reverse... they decrease inflammation. They do a lot of other beneficial things too, such as:

- balancing the immune system
- protecting joints and ligaments
- decreasing nervousness
- improving heart and blood vessel health
- reducing skin allergies
- diminishing airway inflammation
- supporting normal gastrointestinal function
- maintaining hair and hoof health
- improving sperm motility and speed

Omegas 9s are chemically "monounsaturated." Though there is not much research on their effect in horses, human-based studies reveal that they have a protective effect on the heart, brain, and blood vessels.

Know your fat sources

Balancing omegas is easy to do once you know the proportion of each type of fat in common sources. For example, fresh, healthy pasture contains approximately 4 times more omega 3s than omega 6s, making it a perfect food. Commercially fortified feeds, however, often add "vegetable oil" which is usually soybean oil or corn oil. The omega 6 content of each of these two oils is more than 50%, making them poor choices when trying to reduce inflammation. To balance these oils, you can add sources that are very high in omega 3s, such as flaxseed meal, flaxseed oil, or Chia seeds. Fish oils are also predominantly omega 3s, but their use should be limited since horses are not fish eaters.

Balance your oils

To feed ground flaxseeds, it is best to limit the amount fed to no more than 1/2 cup per 400 lbs of body weight (120 ml per 180 kg of body weight). Chia seeds are also excellent and can be fed at 1/4 cup per 400 lbs of body weight (60 ml per 180 kg bw). The dosage for flaxseed oil should be 1.5 table-spoons per 400 lbs of body weight (22.5 ml per 180 kg body weight).

When feeding oils that are high in omega 6s, such as soybean, corn, and wheat germ oils, they should not exceed the amount of omega 3 sources. Even though soybean oil has about 7% omega 3s, the vast majority of its content is from omega 6s. And, if your horse requires more fat than these can offer, you can safely add rice bran oil (high in omega 9s). Finally, it's best to avoid overfeeding coconut oil; some may be beneficial but we don't have long term studies to promote its consumption over the long term.

Not all equines are the same

Depending on the health status, exercise level, and condition of your horse, supplementation of fat may be beneficial. But other equines such as ponies, minis, donkeys, and mules cannot tolerate the high levels horses can. They require some fat, but generally 1/3 to 1/2 the amount given to horses.

Remember, fat needs to be in your horse's diet, but not all fats are the same. Though they all provide the same number of calories, each fat source has its own individual omega profile, impacting your horse's overall health.

TRAIL MILEAGE PROGRAM

Last Name	First Name	Miles	Last Name	First Name	Miles
Northcote	Gloria	29,185	Sheglia	Michelle	851
Moon	Dean	19,523	Hopkins	Leslie	801
Untiedt	Susan	13,639	Dunn	Jan	766
Pravda	Cindy	13,579	West	Barbara	730
Plumley	Laura	10,456	Swope	Valerie	627
Wisneski	Patty	9,358	Bullock	Jan	542
Balan	Christina	9,126	Collins	Kelley	469
Monaco	Linda	8,868	Enyart	Janet	455
Peters	Janet	8,285	Tucker	Julia	437
Burke	JD	5,280	Altizer	Diane	432
Kaper	Tara	5,089	Emmert	Angie	353
MacDonald	Heiderose	4,142	Branham	Sandra	338
Ewert	David	4,049	Abram	Karen	292
Crampton	Daniel	4,031	Grimes	Melissa	271
Quatsoe	Carrie	3,486	Bunting	Kathleen	225
Zynda	Alyce	2,925	DeHaan	Pamela	217
Meadows	Sandi	2,895	Enderle	Patricia	207
Nichols	Jennifer	2,852	Holland	Karen	146
Fleming	Angela	2,759	Wickham	Stewart	40
Meadows	Dallas	2,656			
Cade	Jackie	2,547			
Miller	D'Anna	2,081			
Styers	Ellen	2,037			
Garman	Sherry	2,010			
Humphreys	Kerri	1,968			
Tremper	Lee	1,827			
Smith	Tess	1,713			
Smith	Ken	1,618			
Daby	Leahe	1,544			
Pierson	Dolly	1,484			
Killip	Tammy	1,430			
Bynum	Kayla	1,318			
Jolley	Marianne	1,228			
O'Dell	Ashley	1,197			
Pearce	Rhonda	1,141			
Depew	Claudia	1,105			
Lewandowski	Darlene	1,095			
Lutz	Sandra	1,061			
Reeder	Deborah	1,026			
Morgan	Rosemary	1,021			
Griffin	Terri	943			

Trail Miles as of 6-30-19

H I G H P O I N T R E S U L T S

High points are calculated for the year. Check them out [HERE](#). If you find any discrepancies regarding your points, please call Cyndee at the office: 859-644-5244 and she will help you look into it. Great year everyone!

S U P P O R T I N G T H E R M H A

I have enjoyed owning Rocky Mountain Horses for 17 years. Over that time, I have met many Rocky Mountain Horse enthusiasts, eager to learn as much as they can about the breed. Like dozens of them, the first information I learned about this breed came from the Internet. We are, indeed, lucky to live in a time where we can search dozens of resources from the comfort of our own home, but, as we all know, searching on the Internet for information about any topic can be very confusing.

Thankfully, members of the RMHA recognized many years ago how important providing factual and up-to-date information on the Internet was in promoting this endangered heritage breed to others around the world. Through their efforts, the breed grew rapidly, from its Kentucky roots, across the US and into other countries around the world. Dedicated Rocky Mountain owners have been the driving force behind the promotion of the breed, on the Internet, in printed publications, at breed fairs and expositions, and in many other venues over the past 33 years. Their enthusiasm moved our breed from the endangered list to the watch list of the Livestock Conservancy. The Rocky Mountain Horse breed has continued to expand, despite the economic stresses that have caused a lack of growth in some other endangered equine breeds over the past five years.

The financial wellbeing and future success of the association and its programs depends on the support and participation of RMH owners and RMHA members. Wherever we enjoy our Rockies, we reap the rewards of being an RMH owner, but through our support of the programs (with fees paid for memberships, registry services and programs), we can influence the future of the breed and the organization.

“Support” for the breed isn’t just possible through participation in an RMHA event or program. Attending events as a spectator, cheering on your favorite competitor, purchasing from sponsors of events and vendors at events, placing ads in our BESTS directory or our publications (The Rocky Beat and the Rocky Mountain Horse magazine) to promote your farm or your business, buying RMHA logo wear or promotional items, donating to an event with Rocky Mountain classes or horses included, encouraging others to join the association and participate... these are all ways to support the breed and the association.

Back a hundred years ago, breed registries were established only to maintain a record of the pedigrees of the animals in the breed. While that is still the primary purpose of the RMHA, it is apparent that the responsibilities of a registry, established to protect and promote an endangered breed, mean so much more today. The registry must strive to bring together individuals with varied and common interests, provide benefits and programs that encourage RMH owners to become members and provide for the ongoing management of a breed that we love.

Serving members around the world is an awe-inspiring task. Thank you to all those many volunteers and members who have supported the RMHA and its programs over the years. It is only through your continued support that the RMHA has been able to develop new resources for the ongoing promotion and protection of this breed and this organization. Whether you dedicated skills, talents, time or money, thank you. I am sure most of us have heard the phrase, “Actions speak louder than words.” While social media has given new strength to mere words, actions still make a stronger impression. Your actions on behalf of the horse are appreciated more than words can express.

RMHA President, Judy Brummer

Rocky Mountain Awards General Membership & Awards Banquet

Historic Boone Tavern
100 Main St., Berea, KY

Membership Meeting - 6:00 p.m.
Dinner - 6:30 p.m. to be followed by the Awards Presentations

Menu

Cost: \$26 Adult and \$17 Kids Meal

Choose one Entrée

Fried or Roasted Chicken Breast
With Herb Cream Sauce

OR

Roasted Pork Loin (Min. of 20 orders)
With Fried Apples

OR

Seasonal: Vegetable Risotto
Vegan/Gluten Free

SIDES

Green Beans ~ Roasted Red Potatoes
Spoonbread & Butter

DESSERT

Derby Pie

Drinks

Ice Water
Iced Tea

Coffee Service included with dessert

Kids Meal – Youth 12 and Under

Fried Chicken Strips, Green Beans, Fruit Cup

Cash Bar available 5:30 p.m. - 8:00 p.m.



RMHA Awards Banquet Basket Benefit



Dear RMHA Committee Chairs and RMHA Clubs:

Once again we are planning an activity that will add excitement to the RMHA Banquet and Awards Ceremony which will be held on February 8, 2020 at 6:00 p.m. at Boone Tavern in Berea, KY.

Everybody, or so it seems, loves a good auction! It adds excitement and expectation for participants whether they are the prize winner or not. We are looking to mix it up at the banquet again with our Basket Benefit Auction.



Here's how it works. We are asking our committee chairs and Clubs to spear-head this effort but anyone is welcome to contribute a basket or box. It is quite simple. Just contact your committee members (via email, phone, private message etc.) and ask them to donate an item for the RMHA Basket Benefit. Items can be donated from folks with whom they do business, they may be created, or purchased. If distance and shipping are a concern, gift cards work beautifully as do services such as lessons or training. You or your committee members can decide on a theme. If you, as chair, will get a volunteer to gather the items and place them in a basket (or box), we'll be ready for the auction! Your committee or club can also decide if you could use a little extra funds for 2020 or you may choose to donate any funds you raise to and RMHA program expenses. The proceeds can go to your very own committee Club, or RMHA program you choose! Oh, one other thing - it is most helpful if a list of items is provided on the front of the basket (or box) so bidders will know what is included. Finally, bring or send your basket to the banquet.

- Suggested Themes**

 - Movie Night
 - Horse Care
 - Let's Eat Out
 - Game Day
 - Chocolate
 - Spirits
 - Breyer Horses
 - Spring is in the Air
 - On the Trail
 - Horse Show Ready
 - Emergency Horse Care
 - Young at Heart
 - Texas Hospitality

We hope to have some beautiful baskets for the auction. I'm sure there will be many surprises! Spread the word.

Thanks for your support! Hope to see you at the banquet!



Lyngle Lawson
For additional
Information, email
sales@stonerridgefarm.com
or call 859.749.1586



It's that time of year again! We hope you can come join us for the 2019 Annual RMHA Awards Banquet on Feb. 8th at Historic Boone Tavern in Berea, KY!

CALLING ALL RIDERS

So, you asked, and we added. As part of the 2018 Membership Survey, numerous requests were made to allow Registered Rocky Mountain Horses who were not certified into the Trail Mileage Program. Starting with the 2020 Trail Year (November 1, 2019 to October 31, 2020), the program has changed and riders who have Registered RMHs who are not Certified will be allowed to track and submit their miles.

This new program consists of two subprograms:

- Rider Mileage Program where yearly and lifetime trail miles are tracked by **Riders**, and
- RMHA Trail **Horse** Program where yearly and lifetime trail miles are tracked by **Certified Rocky Mountain Horse(s)**

RIDER MILEAGE PROGRAM

The new rider mileage program is open to all RMHA members with a current rider card and current trail card and there are now 2 divisions – Registered and Certified.

REGISTERED DIVISION

This division is for riders riding one or more RMHA Registered but Un-Certified horses. Yearly and lifetime miles will be tracked by the rider and submitted each year. At the end of the year, the RMHA Trail Committee will verify miles, and yearly awards are given for the Top Five high mileage riders in this Division.

Lifetime miles by single rider on a registered but uncertified horse or horses are tracked and awarded at key milestones - that is, 100, 250, 500, 750, 1000, 2500, 7500, 10,000, 15,000 and 20,000 miles.

Yearly and Lifetime awards will be given at the annual awards banquet.

CERTIFIED DIVISION

The Certified Division is for riders riding a RMHA Certified horse(s). Again, yearly and lifetime miles by rider (riding a certified horse(s)) are tracked by the rider and submitted each year and verified by the RMHA Trail Committee.

As with the Registered Division, yearly awards will be given yearly for the Top Five high mileage riders in this Division.

Lifetime rider awards miles by single rider on a Certified horse or horses are tracked and awarded at key milestone - that is, 100, 250, 500, 750, 1000, 2500, 7500, 10,000, 15,000 and 20,000 miles.

All awards will be given at annual awards banquet.

HORSE MILEAGE PROGRAM

Yearly and lifetime miles by ridden RMHA members on their **Certified** Horse(s) will be tracked for each Certified horse. The current rider will track the miles and submit them each year for verification by the Trail Committee. The rider must be enrolled in the Rider Mileage Program for that year for the miles to be counted. Yearly and lifetime horse awards are described below.

Yearly Certified Horse Awards - Yearly miles per Certified Horse will be tracked and an award given at the annual awards banquet to the Top High Mileage Certified Gelding, Top Mileage Certified Stallion, and the Top Mileage Certified Mare.

Lifetime Certified Horse Awards – Lifetime mileage for Certified horses will be awarded as follows:

2,500 miles	Junior Trail Horse Certificate – (one horse/one or more riders – Certificate goes to current owner and in horse file)
5,000 miles	Tobe Award (one horse/one rider) – Plaque/Story for Magazine Senior Trail Horse Certificate (one horse/one or more riders – Certificate goes to current owner and in horse file)
7,5000 miles	Master Trail Horse Certificate (one horse/one or more rider – Certificate goes to current owner and in horse file) – Plaque/Story for Magazine
10,000	Trophy – (one horse/one of more rider - Trophy goes to current owner)

CALLING ALL RIDERS

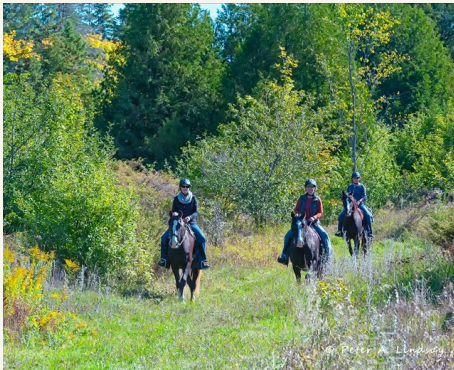
HOW DO YOU PARTICIPATE

All RMHA members in good standing are eligible to participate in this program. This program requires an annual Rider's Card, and enrollment in the Trail Program. The Rider Card and Trail Program forms are available via the website or the RMHA Office. No mileage awards will be awarded without completion of these forms and associated fees. All horses participating in the RMHA Trail Certified Horse Awards Program MUST be Certified upon date of the yearly enrollment in the program.

The trail year for both programs runs from November 1 to October 31. The rider must be enrolled in the Rider Mileage Program for that year for the miles to be counted. Late submissions will still get credit for miles ridden but will not be eligible for any **end-of-year** awards.

The Trail Committee is currently working on the associated awards and a developing a sponsorship program to help fund and promote our programs. The program fees cover the costs of the awards only. If you are interested in being a sponsor – let us know!

So, fill out the forms and jump in the saddle. Looking forward to seeing all of you and your beautiful Rockies out on the trail.



As a first time participant with a young green horse self starting under saddle, this was a great incentive program to keep me on track. Working full time makes it difficult to get out on the trails. At the end of August, following a 3 month horsemanship challenge done with NATRC Region 4 members. I was able to get my 4 year old out on trail by ourselves successfully without issues or explosions. Fancy I Am, aka Callie, has been a stellar horse for me as a first time RMH owner. Thank you for having this program and I'm excited for the owners of non-certified RMHs that they'll be able to participate in the program going forward!

Chrissy Knight



Chrissy Knight and Callie
September 2019
NATRC R4 ride at Six O Ranch
Cleburne, TX

WE'RE ON THE WEB
WWW.RMHORSE.COM



The Rocky Mountain Horse Association is a non-profit corporation organized under the laws of the Commonwealth of Kentucky.

One horse for all occasions

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E-mail for submitting items to Publications:
rmha.magazine@gmail.com
Website: www.rmhorse.com
Facebook: [Rocky Mountain Horse Assn](https://www.facebook.com/RockyMountainHorseAssn)

Mission:

The purpose of the Rocky Mountain Horse Association is to aid and encourage the preservation, promotion, breeding and development of the Rocky Mountain Horse throughout the United States and Internationally.

T H A T T R U S T E D V O I C E O F T H E O F F I C E

age 7, she moved to Zambia Africa, where she stayed until she graduated high school. She then went back to TN to attend Johnson Bible College. She eventually got her RN from East Tennessee Baptist School of Nursing and practiced for 25 yrs in critical care management and transplant. During those years of nursing is when she got really interested in horses. She always wanted to have one but didn't have a place suitable to keep one. She was 42 when she finally got that first one and to her thrill, finally got to ride together with her dad, Dean Davis. She now lives in Paris, Kentucky, and commutes to the office M-F, 8-5 Her passion is travel, whether it is by horseback or otherwise. She is adventurous, and her kids always say, "don't dare my mom to do anything because if you do, she will do it." She is a big Tennessee Volunteer fan, and if she is watching a game, you can almost be sure she has a glass of her favorite Cheetos vodka; just ask member, Mark Gordon if you don't know what that is. He can help you find the right bottle.



In asking Cyndee what she enjoyed most about working for the RMHA office, she tells me it's being involved with the horses for sure, but it's mostly the members and getting to know and help them. She particularly likes that she can help and get to know the international members. She recently went to Europe and met

several members there while touring and helping Tara Stone with an examiner clinic. She was also able to do some transfers, certifications and bring back a few registrations, making a much easier task for those members.

I asked Cyndee what she hopes to contribute to the RMHA with her skills. Her answer was: continuity and fairness in service, transparency, and open-door policy. She hopes that members feel free to ask or come to her with anything they need. Whatever it is that you may need or if you just have a general question, feel free to give our gem, Cyndee, a call at the office. She is delighted to help.

