

High Desert Backcountry Horsemen Minutes

July 13, 2023

Approved at August 10 2023 Meeting

1. **Members Present:** Mary Poe, Noel Poe, Linda Alvey, Diane Fralish, Dr Erica Reinman, Barbara Maxwell, Cindy Beem, Leigh Beem, Maria Spragia-Vanhart, Cindy McCormack, Dr Julia Sbragia, Georgia Bentley, Gina Tullie, Rocky Tullie, Dr Cathy (?), Don Clark.

Noel called the meeting to order at 6:39 PM.

2. **Approval of June 8 2023 Minutes:** Motion to approve by Linda, and 2nd by Maria. Approved unanimously as printed.
3. **Treasurer's Report:** Gina reported the checking account balance is \$1,949.65. 14 Family memberships and 7 individual memberships (haven't received check from Sandrella Aguirre, so Gina removed her from the list). Savings balance is \$25.00; cash is \$108.90. Total for accounts is \$2,083.55. Dr Erica thanked the Chapter for the donation to her Africa campaign.
4. **Old Business:**
 - A. **Monthly Chapter Rides:** Linda Alvey expressed concern that few people are signing up for monthly rides. We discussed the proposed July ride to Losee Canyon, led by Maria, coming up on Saturday 7/22. Because of the heat the ride will start early, meet at the trailhead parking at 7:30, ride commencing at 8 AM. Maria will post details on the HDBCH web page.
 - B. **Gina mentioned the upcoming Kane County Horse Show,** first Saturday in August at the Kane County Fairgrounds in Orderville.
5. **New Business:**
 - A. **Presentation by Dr. Tara Timpson:** Dr. Tara gave a great presentation on PEMF Therapy and Body Work. She first passed around several books that make good reading on the topics, referring to The Northwest School of Animal Massage and Lola Michelin, and several books including Spurgeon's Color Atlas of Large Animal Anatomy; Activate Your Horse's Core by Hilary Clayton & Narelle Stubbs; 55 Corrective Exercises for Horses; and several others. She talked about fascia, what it is and what can be done to make your horse more comfortable, and she gave an actual demonstration of using a Black & Decker Random Orbital Waxer and Polisher for massaging! She also demonstrated using Pulsed Electromagnetic Field Therapy (PEMF), which is similar to a TENS unit on steroids. It causes the body to release nitric oxide and release of endogenous opioids (think endorphins).
6. **Adjourn:** Motion was made by Diane to adjourn, and Dr Erica seconded. Noel adjourned the meeting at 7:50