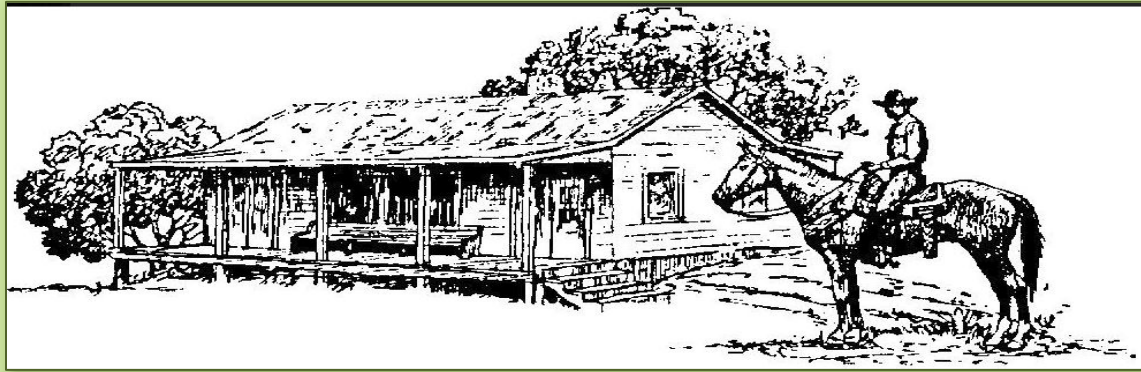


Novato Horsemen, Inc. Newsletter – March 2021



2021 Board of Directors:

President	AJ Gigliotti	415-898-4480	agtis88@gmail.com
Vice President	Shawn Mulholland	415-279-2502	shawnmulholland@gmail.com
Treasurer	Henry Choi	415-730-5539	hhc1968@yahoo.com
Recording Secretary	Joan Murphy	415-519-8423	immurphy49@comcast.net
Corresponding Secretary	Sarah Bulgatz	415-827-5137	sbulgatz@comcast.net
Past President	Alyssa Aubrey	707-878-2440	alyssa@horsesdream.us

2021 Board Members at Large:

Kimberly Fishman	415-310-1862	carriagerental@yahoo.com
Kim O'Brien	415-895-1111	kimobrienbangkok@yahoo.com
Marty McCowen	415-309-6710	Mmccowen@comcast.net
Beth Roens	415-613-9955	b_roens@hotmail.com
Mike Willin	415-519-1193	raceyralph@gmail.com

2021 Junior Advisors:

Rosella Arnold	415-516-8158	rosellaarnold@yahoo.com
Rebecca Cowlin	415-497-0681	rebecca@afterhoursmktg.com
Toni Shroyer	415-640-2754	tonishroyer@hotmail.com

Snack Shack Coordinator:

Henry Choi	415-730-5539	hhc1968@yahoo.com
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NHI Calendar

March 2021 Meeting Dates:

General Meeting – Cancelled
Junior Meeting – Tuesday, 3/09
Senior Board Meeting – Tuesday, 3/16

Upcoming Events:

Mike Bridges Project Clinic – March 26-28

Want to host a clinic or schedule an event/program at NHI? If you'd like to reserve any 2021 or 2022 dates, contact the NHI Caretaker and calendar-keeper, Karen Kilian, since we are currently not holding calendar meetings in person. She will let you know the procedures for approval. Karen Kilian: 415-897-0794 or 1EeyoreNut@gmail.com.

President's Message, March 2021

Dear Members:

It appears as more people are getting vaccinated and positive instances of Covid 19, ICU occupants and deaths are dropping, we may begin to see a less restrictive environment in the coming weeks. In the interim, the pandemic is preventing Novato Horsemen from having any in-person meetings or in-person events. That being said, the membership needs to know the club grounds are open subject to weather conditions.

Please remember to follow all Covid 19 guidelines, including safe social distancing and wearing a face mask when on the club grounds.

I would like to remind those who may not have renewed their club membership this year that membership dues need to be paid for 2021. If you have not yet paid, please do so! Any member experiencing financial challenges in paying NHI dues this year should contact the membership committee for assistance. A small fund has been created through the generosity of a number of members to assist other members with the payment of their dues. You can contact the membership committee by sending an email to NovatoHorsemen@Gmail.com.

The Board is currently evaluating web developers to update our website in order to make it more useful, user-friendly, and bring it more into the 21st century. We hope to reach a decision in the coming weeks. We will bring to the membership a request for approval, via email, if the selected vendor's proposal exceeds \$1,500. As we discussed during our February Board meeting, the current website is a dinosaur. It's high time for change!! This is one of the many projects that needs to be addressed, and it is an important one.

Concerning the February Board meeting that was held on February 16 via Zoom, the minutes from that meeting will be included in the April newsletter to allow the minutes that are approved presented to the membership.

Since the pandemic is limiting our activities, I will keep my message very brief.

Stay safe and see you soon in the saddle. Happy trails!!

AJ



* * *



Henry with his wife, Nicole, twins Gabe & Claire, and Willow.

Getting to Know the 2021 Board of Directors

Q & A with Treasurer Henry Choi

What are your responsibilities as Treasurer on the Board?

I oversee management of the financial affairs of NHI, including reconciling bank statements and managing cash flow.

Where do you currently work, or what do you do professionally?

I work for Morgan Stanley in its Wealth Management organization as a Financial Planner and Financial Advisor. I'm currently studying for my Certified Financial Planner (CFP) designation and expect to have completed that by the summer.

How do horses fit in your life?

My wife, Nicole, has been riding horses since she was a young girl. My involvement with Novato Horsemen and the Novato Juniors has been from her introduction to these groups. I don't personally have a horse, but Nicole does – a beautiful little Morab named Lacey.

How long have you been a member of NHI and how long have you lived in Novato?

I think 5 years now. I have been involved with the Novato Juniors for longer. I've lived in Novato since 2003. I grew up in and outside of Chicago.

In your opinion, what's the greatest opportunity that NHI has in the coming months/years?

Once the threat of Covid lifts, we just need to make more horse riders aware of our club and facilities. It is a rarity for a club like ours to actually own the property. We don't want to lose this advantage. Holding events like the Crab Feed and the Haunted House have also been wonderful outreach opportunities to the community that should be continued and even expanded if possible.

What are your hobbies/interests?

Movies. Hiking. Motorcycles. Serving in my Church.

I have been told that I am pretty calm under pressure and don't get stressed easily. I am also up for just about anything. I will try anything once!



On the Trail

Tips for handling a spooky horse; put those feet to work!

Everyone spooks at one time or another, whether in the arena or out on the trail. It's just inevitable for a prey animal. However, the more you can redirect your horse's thoughts during a potentially spooky moment and get those thoughts refocused on you, the better off you'll be. The trick is to redirect his feet, and, by doing so, you'll be redirecting his mind in a productive way – getting him to think about you, rather than the spook.

The first step is to do what's often (somewhat mistakenly) referred to as a one-rein stop. Why mistakenly? Because you would not want to try to *stop* your horse this way if he was galloping down the trail. It's more aptly referred to as disengaging the hindquarters, and is something best done before your horse bolts off. But keep his feet working. Continued movement is critical.

Don't ask your horse to stop and face up to whatever is troubling him. Disengage the hindquarters and begin making small circles both left and right until you feel your horse begin to unwind and relax a bit. You can also do small, tight serpentine. The more changes of direction you can make, the better, until you can re-engage the thinking side of your partner's brain (switching off the reactive side of his brain). This could take two minutes or ten minutes or much longer. Don't rush it; do whatever it takes! But however long it takes, only then should you resume going back down the trail – which, after all the small circles and serpentine – should then seem like a peaceful and more relaxing place to be for your horse.

[Here's a great little Clinton Anderson video](#) that provides a visual illustration of this useful technique when your horse gets troubled. For members who receive hard copy of this newsletter, this is the link to the video:
https://www.youtube.com/watch?v=s3FtjvAXp_I

Got Kids? Grandkids? Think about Novato Junior Horsemen!

Novato Junior Horsemen offers a fun way for kids to enjoy horse-related events. Even if your kids/grandkids don't own a horse, there are plenty of great activities and learning to be had. The Juniors are the future of our club, and we need our membership to grow!

Check out the Juniors on [Facebook](#). Annual membership is only \$25; what a deal! A new scholarship program is available. You don't have to live in Novato or even Marin County to join! All children under the age of 18 are welcome. Find the membership form [here](#).



Membership Update

If you haven't yet renewed your NHI membership for 2021, please do so! A membership application appears on page 7 of this newsletter. If you are having a financial hardship, send us an email at NovatoHorsemen@Gmail.com as you may be able to take advantage of our new Membership Fund. This fund is specifically designed to assist members who may need help in keeping their NHI membership current. By the way, donations to this fund are always welcome! Donations can be sent to Novato Horsemen, Inc., P.O. Box 456, Novato, CA 94948. Please note that if we don't receive your membership renewal by March 10, your NHI membership will be suspended.

New Member Protocol

Until we can resume our monthly in-person general meetings, new membership applications will continue to be handled via this newsletter. Applicants for NHI membership should submit with their application a brief introduction (i.e., a brief bio) and a photo, which we will publish in the next newsletter. This process will be in lieu of in-person introductions and voting in at a general meeting. If any 2021 senior NHI members have reservations about any new applicants, they should contact a Board member. The Board will accept each new member as voted in at the following Board meeting, if no objections have been received.

New Member Applicant: Debi Cournale

"Hello -- My name is Debi Cournale. I live in San Francisco, am married and have two daughters: Caitlyn, 23; and Nicole, 20. I moved to California in 1979 from Marblehead, a small town 25 miles north of Boston, Massachusetts.



I have been a clothing pattern maker since 1984. I owned and operated a wedding dress business for many years creating and constructing dresses.

I have always had a love of horses but have never been fortunate to own one of my own. I have ridden for years whenever possible at home and during my travels. In January 2019 I became a volunteer and part of a team at Halleck Creek Ranch. Halleck Creek's therapeutic program "Life without barriers" provides a unique connection between horses and their disabled clients. Volunteering was a wonderful experience working with their amazing horses and also being able to provide their clients with a feeling of freedom only riding a horse can give. Unfortunately, due to the pandemic, my volunteering has been on hold.

Recently, I was sponsored by Jane Ratto to become a member of Novato Horsemen Organization. Jane needed an assistant while she is teaching her horse Milo how to cart; I have been happy to help and learn from her.

I am glad to be a member of this organization and able to work with horses. I look forward to meeting you."

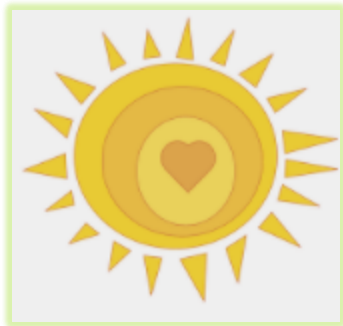
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Arena and Club Grounds

Please remember that the Novato Horsemen arenas are for member use only. Check our [website](#) for the status of the main arena, which is closed when the footing is too wet or deep for safety and for maintaining the integrity of the base layers. Note that the round pen and warm-up arenas are always open for use.

NHI Club Use Guidelines

- The club is open to members only, and for the purpose of riding and/or exercising your horses.
- No other form of socializing on club grounds is allowed at this time.
- Main Arena: No more than 6 riders at a time, maintaining social distance.
- Turnouts now allowed if no riders waiting to ride.
- Warm Up Arena: No more than 2 riders at a time, maintaining social distance.
- Turn outs allowed but must end if there is a rider waiting for the arena.
- Round Pen: No more than 1 rider at a time. Turnouts allowed.
- Riders are allowed to ride for one hour in the arenas.
- Please keep track of your time and be respectful if others are waiting to ride.
- Riders may use the club for up to 2 hours (split between arenas) but must exit the club grounds after 2 hours. This will reduce the possibility of “gatherings”.
- TRAILS: Are now open! You may haul to the club grounds to park and then ride out from NHI via along the road. Do not use the old access trails behind the clubhouse.

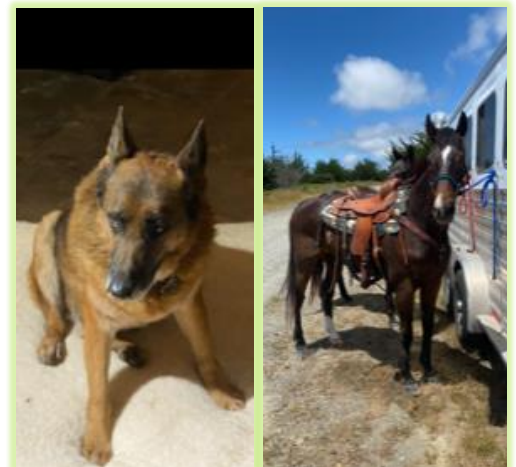


Know someone who could use a little “sunshine” in their life? From time to time, we all experience milestones or tough, challenging times. If you know someone like this, please reach out to [Kimberly Fishman](#) who heads up our Sunshine Committee.



NHI member Annette Cooper Luiz offers these poignant words of advice: “Love your horses and dogs like you won't see them tomorrow! February has shocked me twice! On Feb. 3, I lost my 10-year-old dog, Spencer, with no warning - organ failure, blood not clotting, yellow eyes and mouth, low sugar. On Feb. 13, I rode my 23-year-old, Thumper, in the pasture at home, got off in the pasture and he swerved three times, flipped over and died (aortic aneurysm and broken neck). I had NO warning!”

Cherish your four-legged friends like there's no tomorrow.



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NOVATO HORSEMEN, INC. P.O. BOX 456, NOVATO, CA 94948 SENIOR MEMBERSHIP APPLICATION –2021

To Be Completed By NHI

Ck# _____ \$ _____

Date Voted In _____

Date Card Mailed _____

Name of Member _____ Spouse _____
 New Member(s) Renewal(s) Lifetime Member(s)
 Mailing Address:

_____ Street _____ City _____ State _____ Zip _____

Member Phone: _____ **Spouse** Phone: _____
 Email: _____ Email: _____

Annual Dues

Individual Membership \$100.00 Associate Membership \$25 Couples Membership \$150.00
 Individual Initiation/Late Fee \$30.00 Couples Initiation/Late Fee \$60.00

New members (and existing members renewing after the March General Meeting) are subject to the initiation/late fee.

Sponsor's Name: _____ (required for new members)

Areas of Interest (check all that apply!)

Equestrian: Horse Shows Trail Tests Cattle Events Dressage Gymkana Jumping Clinics

Other _____

Social Events: Trail Rides Meetings Crab Feed Haunted House Dinner Dance July 4th Parade

Other _____

Miscellaneous: Work Parties Bartending Cooking BBQ Computer Tech Contractor Skills

Other _____

MEMBERSHIP AGREEMENT

As a member, I hereby agree to abide by the Rules and Bylaws of Novato Horsemen, Inc. I understand that if I am a new member, I must attend a General Membership Meeting within 60 days of submitting this application to complete the requirements for membership. If I do not attend a meeting, the dues and initiation fee are retained by Novato Horsemen, Inc., and membership is canceled.

✓ Member Signature _____ ✓ Member Signature _____

WAIVER & RELEASE OF LIABILITY FORM

I (We) have read the contract on the back (or attached hereto) of this Senior Membership Application and I (we) am (are) aware that the contract is legally binding and that I (we) am (are) giving up legal rights and/or remedies to assert a claim for negligence.

Signature – Contracting party _____ Date _____ Signature – Contracting party _____ Date _____

Printed Name _____ Printed Name _____

✂ _____ cut here



Name(s) _____

Must attend a general membership meeting within 60 days to complete the requirements for membership

Received by _____

Check # _____ Cash _____

Amount Redeved \$ _____

Today's Date _____

Novato Horsemen, Inc. Newsletter – March 2021

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

I (we) am (are) voluntarily entering into the following agreement with NOVATO HORSEMEN, INC. and/or NOVATO JUNIOR HORSEMEN ("NHI") together with their sponsors, property owners, officials, and affiliates and their respective directors, officers, employees, agents, volunteers, representatives, and affiliated persons or entities (all of these persons and entities will collectively be referred to in this agreement as "NHI").

In addition to myself (ourselves), I (we) also make this agreement on behalf of the following persons who are my (our) children or legal wards (under 18 years of age). These persons may attend or participate in open events sponsored or organized by NHI or closed events of members of NHI, and I (we) agree to bind them to this agreement. :

Child's Name. _____ Age: _____ Child's Name. _____ Age: _____

All parts of this agreement shall apply to me (us) and the children/legal wards listed above. [We will collectively call ourselves "I", "me", "my", "we", "us" or "our" throughout this agreement.] This agreement shall be binding at all times, now and in the future, when NHI permits me (us) (directly or indirectly) to attend or participate in events sponsored or organized by NHI at any location.

In consideration of NHI allowing me (us) and/or my (our) minor children or legal wards to attend or participate in events sponsored or organized, in whole or in part, by NHI, I (we) agree as follows:

1. EXPRESS ASSUMPTION OF RISKS. When preparing for, entering, attending, participating in, or leaving events sponsored or organized in whole or in part by NHI. Horses, mules and ponies are unpredictable by nature. For example, when frightened, angry, or under stress, the natural instincts of a horse, mule or pony are to jump forward or sideways, or run away from danger by trotting or galloping. Horses, mules and ponies are also known to kick, buck, rear up, spin around, strike, or bite. I (we) know that horses, mules or ponies can do these things without warning. I (we) also understand that all horses, mules and ponies are powerful and could have the potential to be dangerous to people who ride, handle, or are around them.

Further, I (we) understand that riding, handling, or being near a horse, mule or pony can expose me (us) to numerous hazards, which could include, for example: the propensity of a horse, mule or pony to behave in ways that may result in injury, harm, or death to persons around them; the unpredictability of a horse, mule or pony's reaction to sounds, sudden movements, and unfamiliar objects, persons, or other animals; certain hazards such as surface or subsurface conditions on the land; and/or collisions with other horses, mules, cattle, ponies, or objects. I (we) understand that these risks and dangers can occur with or without negligence on part of NHI, and I (we) expressly agree to assume all of these risks. I (we) also understand that these are just some risks, and I (we) agree to assume others; I (we) am (are) not relying on NHI to list all possible risks for me (us).

2. WAIVER AND LIABILITY RELEASE. As lawful consideration for being permitted to attend or participate in events sponsored or organized, in whole or in part, by NHI at any location, now and in the future, I (we) agree to assume full responsibility for any and all bodily injuries or damages which I (we) may sustain when engaging in these and other activities caused by the ordinary negligence of NHI. The term "damages" means, for example, medical expenses; losses incurred because of bodily injuries or property damages, and/or personal property damages. I (we), for my (our) heirs, administrators, personal representatives, agents, and assigns, waive, release, discharge, and covenant not to sue Novato Horsemen, Inc. and/or Novato Junior Horsemen, together with their sponsors, property owners, officials, and affiliates and their respective directors, officers, employees, agents, volunteers, representatives, affiliated persons or entities, and others acting on their behalf of and from any and all claims, damages, actions, omissions, suits, or causes of action (present and future), whether or not the claims are known or unknown, arising out of the ordinary negligence of any of these parties.

3. INDEMNITY AGREEMENT. I (we) also agree to indemnify and hold harmless Novato Horsemen, Inc. and/or Novato Junior Horsemen, together with their sponsors, property owners, officials, and affiliates and their respective directors, officers, employees, agents, volunteers, representatives, affiliated persons or entities, and other acting on their behalf against all damages which are sustained or suffered by any third person(s) [people who are not parties to this Agreement, including, but not limited to, participants, spectators, visitors, guests, or others], including any and all injuries or damages whatsoever that I (we) [or my(our) horse(s), mule(s) or pony(ies)] may cause, directly or indirectly, while attending or participating in events sponsored or organized in whole or in part by NHI. The indemnity shall include reimbursement of NHI's attorney fees and court costs.

4. PROTECTIVE HEADGEAR. For my protection, NHI advises me (us) to consider purchasing and wearing properly fitted and secured ASTM-standard/SEI-certified protective equestrian headgear when riding or when near horses or ponies I (we) am (are) not relying on NHI to monitor my (our) compliance with this suggestion, and I (we) understand that NHI will not check my (our) helmet (if I (we) wear one) or provide one for me (us) (if I (we) do not).

5. MISCELLANEOUS. This agreement is governed by California law and is intended to be as broad and inclusive as is permitted under the law. Should any clause conflict with California law, only that clause will be null and void and the remainder shall stay in effect. This agreement can only be modified or terminated by a written agreement that is signed by the President of NHI and me. If I (we) breach this agreement, I (we) agree to pay attorney's fees and court costs incurred by NHI related to such breach.

6. HEALTH AND DISABILITIES. Many disabilities have conditions that pose special physical risks to participants during exercise. Horseback riding is exercise. I (we) understand that NHI recommends that I (we) seek the advice of a physician before participating in activities that involve riding or being near horses, mules or ponies.

7. ALSO, I (WE) REPRESENT THAT:

- AT THE TIME I (WE) AM (ARE) SIGNING THIS, I (WE) AM (ARE) OF SOUND MIND AND NOT SUFFERING FROM SHOCK OR UNDER THE INFLUENCE OF ALCOHOL, DRUGS, OR INTOXICANTS;
- I (WE) HAVE CAREFULLY READ THIS WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (BOTH PAGES), AND I (WE) FULLY UNDERSTAND IT; AND
- I (WE) AM (ARE) AWARE THAT THIS CONTRACT IS LEGALLY BINDING AND THAT I (WE) AM (ARE) GIVING UP LEGAL RIGHTS AND/OR REMEDIES TO ASSERT A CLAIM FOR NEGLIGENCE.

Signature -Contracting Party _____ Date _____
Printed Name _____

Signature -Contracting Party _____ Date _____
Printed Name _____

Classified Ads

Carriage Horse Helper Needed

[Hackney Horse & Carriage](#) is in search of assistance at various events in 2021 within 100 miles of Novato, one or two days a month, generally weekends. Job mostly consists of support in case harness adjustments or photos are needed on site, but also largely for manure clean-up. Great pay, great fun, learn about carriage driving! Horse experience is not necessary but is a plus. Please leave a message with your name and phone number: (408) 536-0277

Beautiful Indian Valley Property for Sale

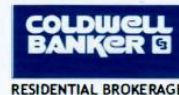
Don't miss this once-in-a-lifetime opportunity to own an amazing property in the sought-after Indian Valley neighborhood in Novato! Zoned for horses and livestock! It is the total package with an incredible home, a charming cottage, a park-like garden, swimming pool and sport court, abundant fruit trees, wonderful views across the valley, pastures for horses and plenty of space on over three flat acres. Inside the house you'll be met with a bright kitchen bathed in natural light and decorated with shining subway tile and a gleaming gas stove. There is also a darling, separate breakfast nook (an ideal place to start each day) and a pass-through to the kitchen plus two pantries. Relax after work in the elegant formal dining room or the cozy, comfortable family room. The three bedrooms on the bottom floor each have walk-in closets; one features a beautiful sitting room, and the other bedrooms share a bathroom. Upstairs, the grand master bedroom awaits, complete with an adjoining office with built-in shelves and a stain glass window---the ideal work-from-home spot. Work beneath the lovely skylight but don't forget to pause and gaze out at the beautiful mountain vistas and sprawling pastures adorned with heritage oak trees. There are numerous closets, two of which are walk-ins. The master bathroom is a sight to behold with a claw foot tub, a separate dual-head shower and sinks -- all with brass finishes. The bathroom floor and walk-in shower are adorned with an extensive display of jaw-dropping gold leaf tile. To top it all off, there is a magnificent wine cellar downstairs. The rest of the property is just as gorgeous as the interior. The garden is awash with color practically all year round. Because of the



tranquil natural setting of the Indian Valley area, wildlife abounds, and it's common to see a graceful family of deer or elegant birds put on a show. At this home, you get the best of both worlds: the peace and privacy of the country, but the luxury of being close to the city. It doesn't get better than this. \$3,995,000. By appointment only. Toni Shroyer 415-640-2754, Top Agent, Coldwell Banker, CalRE #01876201



Toni Shroyer
REALTOR®, SRES, TOP AGENT
CalRE #01876201



415.640.2754 Mobile
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511 Sir Francis Drake Blvd.
Greenbrae, CA 94904



NHI Member News & Photos

Photo on the right: Grace Beckmann with one of her furry friends, Quilly, one of three alpacas who live at the ranch.

Grace currently lives in Littleton, Colorado, where she works as a horse trainer and riding instructor. The image below is of Grace and her horse, Ryot, who just turned four.

Grace continues to be an NHI member. She looks forward to the monthly newsletter to catch up.

Any other NHI members live out of state or far from northern Marin County? Write to us, send photos, and let us know what you're up to!

NovatoHorsemen@Gmail.com.



Carolyn Conner turned this photo into a painting via the Artisto app, showing friends enjoying a sunny winter day: Carolyn's horse, Kittil, in the foreground; and Joan Murphy's horse, Moon Tunes.

