



MARK YOUR CALENDAR

- 10-25** Art of the Horse
10am-12pm
- 10-29** A Day at the Barn
11am-1pm
- 11-1, 8** Art of the Horse
10am-12pm
- 11-9** Fall Work Day
8am-1pm
- 11-20** Annual Membership Meeting & Elections
7-8pm
- 11-26** RBRCO Board Meeting
7-8pm



www.rosebowlriders.org/events/

MEET OUR NOMINEES

THE FOLLOWING DIRECTOR CANDIDATES HAVE BEEN NOMINATED BY THE RBR NOMINATING COMMITTEE:



Nancy Norris, President: Nancy began riding 5 years ago to do something new, challenging and different! A Western Pleasure rider, Nancy says that, “Being at the RBR barn, with the smells, sound and quiet is good for the body, mind and spirit and I am rarely ‘on the clock’. It is a wonderful place for anyone who is curious about horsemanship or has been riding their whole life”. Nancy joined the RBR board in 2017, chairing the Membership Committee where she has shown many new members the ropes at our regular new

member orientations. Nancy brings extensive nonprofit board experience to RBR; she is a board member and the current president of Elizabeth House and was part of the founding Board of Club 21, a Learning and Resource Center for families who have children with Down syndrome. She served on the board for eight years, 5 of which she was the chair. Nancy grew up in Canada and has a Bachelor of Religious Education from a small college just outside of Toronto. Her ministry work led her to Southern California and she met her husband Steve at First Presbyterian Church of Hollywood, where Nancy is an elder and member of both the Worship and Finance teams. Steve and Nancy have two grown daughters and live in South Pasadena.

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Meet the RBR Board Nominees, *continued from page 1*



Kristyn Gonnerman,

Secretary: I am honored to be nominated to another term as RBR Board Secretary. I was asked to join the board in 2015, and started out as the chair of the Communications Committee. I learned the new Wild Apricot membership database so I could send out

email “blasts” and also published a monthly newsletter in addition to attending the meetings. In 2017 I was asked to serve as Secretary and will complete that term this November. I hope to continue to serve the Club as Secretary for one more term. While I had some previous board experience with professional groups and HOAs, I have learned so much more about managing a small non-profit and an equestrian facility, and what it means to serve on a board through this work than anything else I have done, in large part due to the expertise our other board members have brought into the Club. I’ve seen the Club grow in so many ways in the 4 years I’ve served on the board: utilizing technology to communicate with and facilitate accessibility and easy interactions with our members, putting into place other systems and controls to ensure responsible and compliant use of the Club’s assets and of course increasing our boarding capacity and other changes to the physical facility to enable more people to enjoy horses on this lovely property. In this new term, I hope to support the Club as we continue to work with the City on securing a lease agreement with them, and help our members stay informed about the Club’s activities. I am so grateful we now have a creative team of volunteers who put out a professional caliber newsletter and web presence, and I hope to continue that, too. On a personal note, I have been a member of RBR since 2009, getting back to riding and horses after a 25+ year hiatus(!). I enjoyed being back with

horses so much I kept riding beyond the weekly lessons, and then after leasing beautiful chestnut mare Sierra for a couple of years I was able to become her owner (and personal assistant!) in 2017. I look forward to continuing to be an RBR volunteer.



Henry Shapiro,

Treasurer: We “stumbled” upon Rose Bowl Riders and the Myrtle Hill Farm program when Maisie was five, in part because her mom, Christy, had grown up in La Cañada, and had good

memories of riding at a local stable when she herself was a young girl. We found out quickly that that stable is gone, but recommendations from family and friends brought us to RBR. Fast forward. Twelve years. We have made the trek from Santa Monica literally hundreds of times: for lessons and camp, work days and play days, clinics, schooling shows, and hand-walking in the rain; and, if I’m being completely honest, just to visit the horses with carrots and apples. Maisie’s now a senior at The Archer School for Girls, and has become a competitive equitation rider and jumper with her big, beautiful mare, Candy. Christy rides when she can, at RBR, on vacations, and at Sullivan Canyon. For my part, after nearly a decade of feeling like useless furniture around the barn, I made the step (at age fifty-something) of joining a beginner lesson one damp March morning in 2016 (aboard Willy, for those interested...I know...the irony). I was instantly hooked. I love the challenge of being an adult beginner, and soaking up as much knowledge as I can. I love how welcoming the RBR community is, and how the lesson program fosters citizenship as

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Meet the RBR Board Nominees,
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much as horsemanship and technical skill. Most of all, I have loved sharing this passion with Maisie, who welcomed me into her world.

I am excited to see where this later-in-life experiment goes, and looking forward to the opportunity to serve on the RBR Board of Directors. I am optimistic that my professional and life experiences can be helpful to the Board and the Club. I am currently the chairman of MarketCast Group, a research and data analytics company focused on entertainment, sports, and lifestyle brands, having served as its chief executive for nearly two decades. Elsewhere, in the non-profit world, I currently serve on the Corporate Advisory Board of the Tuberous Sclerosis Alliance, and was previously Chairman and Vice Chairman of that organization's board of directors.



Heidi Babcock,
Director: Heidi Babcock joined Rose Bowl Riders when her daughter Lily, now 16, began taking western pleasure lessons with former RBR

trainer, Julie Unamuno; Lily is now a Myrtle Hill Farm student beloved by the school horses for her generous carrot distributions. Heidi joined the

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SIGN YOUR SMARTWAIVER!

As part of our progress on working toward the new lease with the City, RBR has had to upgrade our insurance coverage, so we have a new carrier. The new policy requires the Club to have a signed waiver on file and accessible for every member and guest which means we must move to an online environment. If you are a member who brings guests to RBR, your guests must also sign the online waiver. RBR rules and policies state: "Any person who is riding or working with horses must sign an RBR liability waiver."

The good news is that the Club now subscribes to the Smartwaiver app, so everyone can easily sign their waivers online!

If you have not signed the online waiver yet (most of you have, so thank you!), you can access the Smartwaiver app from the Rose Bowl Riders website from your phone or other device. Just go to www.rosebowlriders.org and scroll to the footer at the bottom of your screen. You will see the Smartwaiver logo:

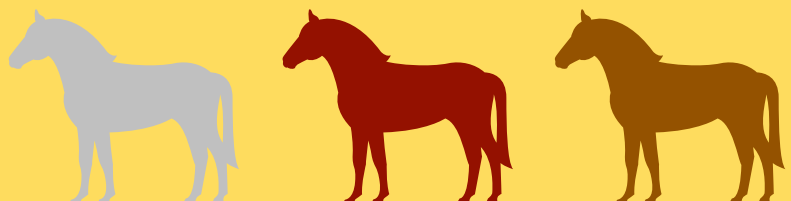


Click on it, and you will go directly to RBR's waiver. Read and sign it; (you will be able to sign electronically), and Agree, and you're done!

FALL WORK DAY - November 9

We will have several projects, big and small, for all ages and abilities to work on. It's a good idea to bring gloves and tools if you can. Remember to label anything you bring to ensure that you'll get it back.

[Please click here to view the job list and to sign-up!](#)



THANKS & KUDOS

- **Nancy Rose, Ann Regan, Samantha Schmitt** for their work at Play Day; also **Tracy Jeandron, Katrina and Dave Fernandez** and **Kimberly Strouse** for the expert BBQ work.
- Generous BBQ Lunch Sponsors: **Bergman, Fernandez, Gibbins/Bivins, Ginzton, Good, Hobart-Shapiro, Joshi, Kodama, Maleki, Meriwether, Norris, Owen (x2), Rose, Sarti, Schmitt, Thornburgh, Werden** and all who bought extra lunches to share.
- **Gari Merendino and Firefighter Eric from Fire Camp 2** - improbably getting the new water trailer off of the delivery truck.
- **Kate Vincent, Michelle & Josh Ravich** for setting up the arena divider.
- **Fire Camp 2** for removing the fallen tree that was blocking the road to RBR.
- **Grace Andres & Cody Lyles**, the chairs of our young riders committee who are helping to teach good barn etiquette to the younger members.
- **All our new & returning board members** who will be dedicating themselves to serving our club over the next year (and beyond)!
- **The many RBR members** who volunteered to put on the ETI Corral 2 Horse Show on October 20th.

Meet the RBR Board Nominees, *continued from page 3*

RBR board in 2017 and has chaired the member programs committee, where in particular she's overseen lots of events including our annual holiday party and gift steal, several successful tack sales, and the inaugural "Coffee with Katie" and member breakfast. Heidi is one of the few board members who doesn't ride (yet!) and brings the perspective of a "lesson parent" to the board, representing a large portion of our membership. When she's not taking Lily to the barn or working on RBR events, Heidi is a realtor with EXP Realty, has an extensive retail and marketing background, and spends lots of time in the summer in Oregon.



Gari Merendino, Director: I am thrilled to be considered for membership to the RBR Board of Directors. As a longtime horse owner, born and raised in Pasadena, I've had a connection with the horse community and industry for over 45 years. My work experience ranges from

senior level operations and logistics management at Levi Strauss & Co. (SF based) to small business management and for the past 14 years as the Executive Director of the National Center for Equine Facilitated Therapy (NCEFT) in Woodside, Ca. NCEFT is a 501 (c) 3 non-profit that provides physical, occupational, speech and mental health therapies to children and adults using horses as the platform for delivering the therapy. At NCEFT I was tasked with overseeing the strategic planning and delivery of a dynamic operational plan that has ensured sustainability and fiscal soundness. After my retirement, I remain as an active member on the NCEFT Board. My desire is to use my experience to help guide RBR and our members to ensure that we are meeting or exceeding the city requirements and exceeding the deliverables set forth in the agreements we have with both Pasadena and our RBR membership.

Thank You Ingrid!

Ingrid McConnell fell in love with horses when she was ten years old, at a summer camp in Maryland that taught English riding and had a cross country course. When her family moved to rural Vermont that summer, Ingrid joined the local pony club and soon had a \$275 chestnut pony, Missy, in her backyard.



way of Ingrid’s vague dream of picking up the horse hobby again. However, a diagnosis and subsequent treatment for breast cancer reminded Ingrid that life is unpredictable and we should not indefinitely postpone doing things we really want to do.

From there, horses shaped Ingrid’s childhood until high school graduation, when her beloved horse was sold (not having parents that could afford to sustain the hobby as well as pay for college).

Eight years ago, Ingrid discovered Rose Bowl Riders and Katie Ginzton.

College, grad school, a (somewhat short) career in finance, marriage, and raising four kids got in the

Ingrid, as well as then seven year old Anna, loved the emphasis on horsemanship skills, and the fun and instructive lessons with Katie. The volunteering ethos added to the sense of community. Before long, a horse was added to the

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TRAIL IMPROVEMENTS: BERKSHIRE CREEK BRIDGE

Pasadena Vice Mayor Tyron Hampton poses with Bijou at the Berkshire Creek Bridge groundbreaking ceremony on September 26th. We are looking forward to the new bridge, improved road and trail which is to be completed in 3-4 months time!



[CLICK HERE for full info on the bridge construction](#)

Thank You Ingrid, *continued from Page 5*

McConnell family and Anna was competing in schooling shows, IEL, the Flintridge shows and more. We were hooked!

Ingrid joined the RBR board in 2013 and became the president in 2015. During her tenure she has learned a great deal and also has been able to put her finance skills to work. Some initiatives she's worked on include the implementation of an annual budgeting process, an internal controls policy, implementation of online membership software, a five year comprehensive strategic plan, and a revision of the club's bylaws.

Ingrid will step down in 2019 upon reaching her 6th year, a limit under our bylaws. She looks forward to serving as a board advisor and helping finalize the lease and operating agreements with the City of Pasadena if they aren't finished by November. On or off the board, Ingrid plans to continue to volunteer her time to help keep Rose Bowl Riders strong and healthy, connecting people to horses and nature for generations to come.

IN LOVING MEMORY: PIE & IRV



Pie was one of Myrtle Hill Farm's most trusted lesson ponies. He was as steady, kind & patient as they come and so many are lucky to have been able to spend time in the saddle with him. Our thoughts are with KT and all the students who rode him.



Irresistible Irv, one of our longtime residents was curious and friendly. He always had his nose out wanting to know what you were doing & trying his best to be of help. Our thoughts are with Hilary and Gary and their family who loved him.

Hilary and Gary would like to thank their RBR family for the outpouring of love and support they received after Irv's passing.



WELCOME NEW HORSES!

Sherry Ginzton
& her 4yo bay
mare **Kia**



Ashton Dilley
& her 10yo
bay mare
Polo



Michelle & Josh Ravich &
their 14yo bay mare **Mel**



Lauren Sarti
& her 15yo
bay gelding
Elite



Hilary Gibbins and Gary Bivens &
their 10yo bay mare **Journey**



Mia and Oscar Hernandez & their two mares -
Dazy a 20yo paint & **Mizelle** a 15yo Buckskin

ALTERNATIVE THERAPIES FOR HORSES: Veterinary Acupuncture, Equine Spinal Manipulation & PEMF, **Oh My!**

PEMF (Pulsed Electromagnetic Field Therapy)

PEMF stands for “Pulsed Electromagnetic Field” Therapy. A PEMF device creates a gently pulsing electromagnetic field which restores health of horses at a cellular level by stimulating cell metabolism, optimizing cell function and enhancing the body’s natural ability to heal itself. PEMF might seem like a new technology in North America, but it has been used throughout Europe and other countries for more than 50 years! The PEMF machine creates a series of pulsing electromagnetic fields that travel from the main unit through the loop. As the loop is placed on or over the body, the electromagnetic field pulses ON and OFF and makes a soft clicking sound. As the electromagnetic field is pulsed ON, electrons are excited and the cells are expanded and “exercised”. The electrically charged cell membrane is gently pulled by the pulsating electromagnetic field and the cell is “recharged”. When the pulse is OFF, the cells relax. As cells recharge themselves, they heal and return to optimal health.

Craig Rajoy - (818) 661-0211 www.game7pemf.com

Veterinary Acupuncture

Veterinary acupuncture treatments offer relief and healing and have been used on both humans and animals in China for thousands of years. Acupuncture needling causes micro trauma that in turn causes a local inflammatory effect. This inflammatory effect results in an increased local tissue immune response, improved local tissue blood flow, and muscle and tissue relaxation. The success will vary according to the condition being treated and the number and frequency of veterinary acupuncture treatments. A simple acute problem, such as a sprain may require only one treatment, whereas more severe or chronic ailments may need several.



Equine Spinal Manipulation

The alignment of the spine is tied to numerous health issues and horses can benefit greatly from spinal manipulation which reduces pain or discomfort associated with certain medical conditions. Chiropractic uses controlled forces applied to specific joints or anatomic regions to cause a therapeutic response due to induced changes in joint structures, muscle function and neurological reflexes. These adjustments can correct disruption and restore normal joint motion.

Dr. Lori Johnstone DVM - (909) 222-9960 www.drlorianimalacupuncture.com

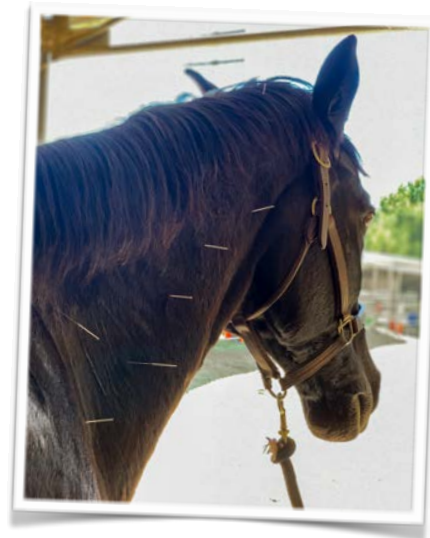
ALTERNATIVE THERAPIES FOR HORSES: Veterinary Acupuncture, Equine Spinal Manipulation & PEMF....OH MY!



“Zoe didn’t mind acupuncture at all, even the initial insertion of the needles. In fact, she seemed to enjoy it judging from the way she hung her head and licked her lips.” - Diane & Zoe



“I appreciated Dr. Johnstone’s calm gentle approach, and I think Sierra did, too. I don’t think Sierra had ever had this type of therapy; it was so interesting to watch the sensations she was experiencing play across her face! I do think she felt better afterward, and I will schedule her for another visit.” - Kristyn & Sierra



“Tango really enjoyed the PEMF treatment and I think it’s a very beneficial therapy for the orthopedic issues he has. I will definitely be adding it to the routine!” - Ashley & Tango



What's Going On @ RBR?



FALL VACCINATION CLINIC WITH DR. PERALEZ

The fall vaccination clinic with Dr. Michael Peralez of Foothill Equine was held on October 22 and 22 of our boarded horses were vaccinated and had their teeth checked. We are glad to report that *most* horses took their shots without protest! A follow up care clinic will be held in November for the horses that are due to have their teeth floated and receive further attention. These clinics throughout the year provide owners with the opportunity to give their horses essential preventative care, keeping them happy and healthy. **Thanks Dr. Peralez!**

SCENES FROM THE ETI CORRAL 2 SHOW OCTOBER 20, 2019

