



Connections

ENHANCING LIFE'S RELATIONSHIPS THROUGH CONNECTION.

JANUARY 2006

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Hello Barn Buddies!

Happy New Year everyone! I hope your holidays were filled with joy and happiness. I know mine were. Aren't we so amazingly blessed? Now that we have given thanks and spent some quality time with family and friends, it's now on to one of my favorite times of the year. It's the time where I pause to reflect on the previous year and get very excited about planning for my new year! This year at MM Training and Consulting, you will see some of the same programs that you enjoyed in the past but also a few new ideas we think you will love.

In 2006, we will again offer our 3-D Mini Clinics - ground, equitation and training under saddle. These clinics have been very successful for us, and they have also helped participants progress with their horsemanship skills. We really saw the horse/human connection last year like we have never seen it before. It was awesome! We highly encourage you to sign up for these clinics. It is the only time during the year that we lay out our whole program for the general public. Besides, they are a great way to tune you and your horse up for the summer riding season!

Last summer, we reignited our Youth Camp. We were so pleased to have a full camp, since we skipped a year in holding it. I'm proud to tell all you youngsters that we will hold another Youth Camp in 2006. As always, this camp will be packed full of riding, learning and fun! It does the heart good to watch these young people grow in their riding skills and more importantly, in their character development.

For the second year in a row now, Da-

valee and I have had the privilege of taking our 3-D Rider™ Program on the road. Suzy Epler invites us to her beautiful ranch in St. Maries, Idaho. She houses us, feeds us and boards our horses. The clinician/participant communication is so good that riders progress quickly, and we all learn from each other. In addition to learning, I really can't ever remember laughing as much as I did last year! Something about a chicken up someone's shirt????? In all seriousness, this clinic is so very special to us. Davalee and I just want to thank Suzy, her crew and all

the participants that make this clinic happen.

So what is new for 2006? Well, we are going to have a Performance Coaching Clinic for show enthusiasts. We will address conditioning, grooming, show attire, being an athlete, show ring strategies and much more. If you are planning on showing this summer, you won't want to miss learning about all the small details that go into becoming a tough competitor.

Many of you have asked if you could have my notes on the "What Color is Your Horse Really?™" Well, you will be pleased! We are offering all the descriptions of the colors in a small card system and booklet. Understanding the Colors has become such an important part to understanding how to uniquely communicate with your horse's personality. The Color Tool™ will always be a foundational piece of each program we offer. Plus, it reinforces the essential part of the language we use in our clinics and lessons at MM Training and Consulting.

by Marcia Moore

We really saw the horse/human connection last year like we have never seen it before. It was awesome!

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Horse Shopping Guide

What's the first thing that runs through your mind when you think of buying a horse? I talk to many people whose first thought is, "Oh no!" Although you may have a more positive mind set in regards to horse shopping, buying a horse will definitely put you through a gamut of emotions ranging from joy to bitter disappointment.

MM Training and Consulting will be offering a shopping guide complete with a buyer's checklist to help you make the right decision when you buy a horse. This article is a brief overview of the shopping guide.

Although we encourage you to ask for the help of a respected horse person if you lack confidence in your horse shopping skill, everyone has the ability to buy a horse that is well-suited for them. The trick is to be disciplined, take the emotion out of the process and know your own strengths and weaknesses as a horse person.

BE DISCIPLINED Create two separate lists. On one, list the things that you need in a horse. On the other, list things that you want in a horse. Include breed, sex, age, type, size, disposition, experience, confirmation, soundness, movement, training and color in your lists.

Next, distinguish between what you need to have and what you want to have. Once you've established the "need to have" criteria, do not look at, read about, or talk to anyone about a horse that does not match your "need to have" list. Only consider your "want to have" list after all of the criteria on your "need to have" list has been met.

TAKE THE EMOTION OUT OF THE PROCESS Once you've found a horse you want to look at, establish some rules for your behavior while you're there. Do not approach the horse until the owner has handled and ridden the horse for you, no matter how "cute" or

by Davalee Minden

"sweet" the horse may seem. Stay objective and critical when it comes to the horse's confirmation and movement. Don't be swayed by a pretty color or flashy stocking feet. An unsound or poorly put together horse will not be fun to own, no matter what color it is. And, those flashy white feet won't look so pretty if the horse moves like a freight train.

KNOW YOUR OWN STRENGTHS AND WEAKNESSES AS A HORSE PERSON Those of you who read our newsletter article, "What Color is Your Horse.....Really?™"

or have been exposed to the horse colors through one of our clinics or presentations, have a pretty good idea of what we're talking about here. Your personality color is going to naturally mesh better with certain horse colors. (Remember we're talking about inside colors here, the horse's personality type.) If you're a

blue roan, don't buy a blue roan horse unless you're prepared to step outside of your own color on a regular basis. If you're a beginning rider, go with a gray horse, one that will be tolerant and steady while you're learning.

Ask yourself if you want or need a challenge or if you want or need to build confidence, and buy a horse that can help you. Remember, palomino and blue roan horses take patience and consistency, and red sorrels will require you to be a strong leader all of the time. If you want a training challenge, buy whichever color would be the most challenging for you, but be aware that you need to have the desire, time, resources and character to follow through.

If you're a weekend rider, buy a horse that has "been there and done that," a gray horse that will not require a lot of time and consistency to be enjoyable. Buy a horse that compliments the color of your personality,



"In attempts to improve your character, know what is in your power and what is beyond it."

Francis Thompson



Kori Smith and Rhythm.

Buying a horse will definitely put you through a gamut of emotions, ranging from joy to bitter disappointment.

"Personality can open doors, but only character can keep them open. "

Elmer G. Letterman



◀ and you'll find riding more fun.

If you make a mistake and buy the wrong horse, it's not the end of the world. Cut your losses as quickly as possible and try again. We've all made the mistake of buying the wrong horse, but learn from your mistakes and don't repeat them.

Buying a horse can be a fun and rewarding experience. You can avoid buyer's remorse by being disciplined, taking the emotion out of the process and knowing your own strengths and weaknesses. Remember our advice, use our shopping guide and checklist and have fun shopping! DM ▲



Marcia during a 2005 clinic.

(Continued from page 1)

Also new in 2006 is our 3-D Rider™ Training Manual. It is finished and for sale! Yay!!! This manual breaks down each dimension of what we believe makes a good horseman competent - ground training, equitation and training under saddle. Each step is broken down into progressive baby steps. Once you have mastered the steps, we challenge you a bit further. We believe that the mastery of horsemanship includes knowing it, doing it, training it and coaching it to others. If riders go through all of these stages with a number of different horses and individuals, they might consider themselves experts. We are very proud of this program. It was quite an undertaking for the whole crew.

Together, let's make this year the best year of our lives. Let's learn, laugh and love more than we ever have before!

Speaking of our crew, aren't they awesome? I believe we have the best team - Davalee, Barbie and Sue. They all are very talented women. They are smart, horse savvy and wise. If you

know the colors, we all balance each other very well. I get a vision (Sorrel). The ideas get sifted through Davalee. She simplifies, clarifies and basically takes a weed whacker to it (Grey). When she's finished, Barbie and Sue add the creativity and the details (Roan). Then it's back to me (Palomino) to promote the vision. Without the team, the vision would never come to life!

In closing, I just want to thank each of our clients. We had an amazing 2005. We saw a level from you and your horses that we have never seen before. I can't even imagine what's in store for us in 2006. Together, let's make this year the best year of our lives. Let's learn, laugh and love more than we ever have before!

~ Marcia

P.S. If you don't know the colors, please join us at one of our clinics in 2006. MM ▲

"Alone we can do so little; together we can do so much."

Helen Keller

What color is your horse

This leadership development system is ideally suited to help you further develop all of your relationships, horse or human. The program is available through presentations, demonstrations, or clinics for personal, professional and horsemanship development. Read the article on our website at www.mm-horsetraining.com or attend one of our clinics or presentations to find out more.



"Almost everything in leadership comes back to relationship."

Coach K., Duke University

Are You a Nelly or a Sally? Scenarios to Strengthen Your Leadership Ability

by Marcia Moore

"When a man (woman) bases their life on principle, 99% of their decisions are already made."

Unknown

At MM Training and Consulting, we always strive to learn and grow. We also continually strive to create new ways to explain our concepts to you, our clients. In the following article, I explain some of our new terminology. Plus, I will give you some fun scenarios that will hopefully help you grasp and remember these concepts.

Before we go any further, I would like to introduce to you Nelly and Sally. Nelly and Sally are fictitious horse owners who will be performing in our scenarios. Nelly and Sally love to ride and work with their horses. But, Nelly and Sally are very, very different.

Nelly tries very hard to be a good horsewoman, but she hasn't quite grasped how to be the leader she needs to be for her horse. She is very emotional and doesn't adjust well. Many times, life is all about Nelly's feelings, not about what her horse needs from her in any given moment or situation.

On the other hand, Sally is an accomplished horsewoman. She is a strong leader and knows it's not about her - it's about what her horse needs from her. She does what she has to do, when she has to do it, to get the response she wants from her horse - PERIOD! She gets her emotional satisfaction later when she feels the power of her self

control and the progress her horse has made in his training. Sally is always offering FREE advice to her friend Nelly.

**** Underground Training ****

Nelly: My horse is such a pig. I can get him to do anything if I have food. He comes to me when I go into his pen if I have food. But when I don't, he is long gone. So I always try to remember to bring the grain when I want to ride. A few times when I haven't remembered the grain, I've spent hours running him around trying to catch him. By then, I was so exhausted that I didn't even want to ride!

Sally: Nelly, your horse certainly has you trained. I would like to see you learn about underground training. He obviously is not connected to you but to the food you have for him. In the round pen, you can learn how to connect a lead rope to his mind and his heart. Your horse will see you as a leader, and he will learn to come to you on command - food or not!

**** Cowboy Time ****

Nelly's day dream: I am so excited; I have time in my schedule to ride to-night! I will get off work at 5:00. I will be to the barn by 5:15. I will ride until 6:30 and be home by 6:45 to cook supper for my family. I have goals all writ-



Steven Moore leads Skamper through the obstacle course.

UNDERGROUND TRAINING - In the MM training program, Underground Training is the first step. It takes place in the round pen, and it comes before ground training. The goal of Underground Training is to establish who the leader is in the horse/human relationship. It builds a solid foundation of trust and respect. And, it is the place where we teach the horse to accept punishment and reward. This is all done with no halter or lead, therefore forcing the handler to only speak "horse language" to connect to the horse's mind and heart.

Ground Training, on the other hand, is a step further. It introduces our human language to our horses. It's about teaching them manners, cues and

maneuvers for future training success like forehand/haunch turns, circles, etc.

COWBOY TIME - Have you ever noticed that your horse doesn't wear a watch or pack a day planner? The term "Cowboy Time" comes from what real cowboys know for sure. Cowboys know that when they are working with horses, it's not about them and their time schedule or calendar, but about the horse's time schedule.

CAUGHT YA PRINCIPLE - Keep your focus on finding things your horse does right, not on what he does wrong. Remember, don't wait to just reward the end goal; we need to reward the "try" and the extra effort.



◀
ten down that I want to accomplish with my horse tonight. It will be so fun and relaxing! I can't wait!

Nelly's reality: Nelly's horse didn't read her day planner. When she got him out of the stall, he was a brat. He wouldn't stand still when groomed. He acted like an idiot during warm-up and when she got on him, he spooked at everything, and that scared her to death! Nelly thought her horse ruined her whole evening! She called Sally on her way home to ask her what was wrong with her stupid horse.

Sally's advice to Nelly: Nelly, Nelly, you are so organized, and I really admire that about you. But, when we are working with our horses, we have to remember to turn our attitude to "Cowboy Time." It's not about us and our time schedule; it's about what the horse needs from us. Your horse needed you to adjust your routine. Maybe you needed to warm him up before you groomed him. Then, if you offered to let him stand during grooming, and he didn't, warm-up was your goal for that day. Because if your horse can't mind his manners from the ground, we should never get in the saddle!

Keep your focus on finding things your horse does right, not on what he does wrong. Remember, don't wait to just reward the goal; we need to reward the "try" and the extra effort.

*** *Caught Ya! Principle and Reward Ritual* ***

Nelly thinking to herself: I am so mad at my horse. She is being sooooo stupid. I know she is not scared of that wet spot in the arena, but she keeps shying and won't get over it. I have worked her for the past half hour, and she won't quit being stupid! "Sally, will you please watch my horse and tell me what HER problem is?"

Sally: After watching Nelly and her horse for a moment, Sally realized that when Nelly stopped her horse, and her horse would stand quietly next to the wet spot, Nelly would not reward her horse. Sally mentioned to Nelly that she might want to use the Reward Ritual because her horse was beginning to cooperate. Nelly said, "I don't want to reward her yet! I'm still mad at her!!!" Sally proceeded to explain: "It's not about you Nelly, it's about what your horse needs from you." You don't have to feel like giving a reward, you just have to do it. It's the leadership your horse needs to create the behavior that you want.

*** *Get In and Get Out* ***

Nelly: I've been told that my horse is such an emotional liar (grey inside
(Continued on page 9)



Barbie Miller practicing the "reward ritual" with Kody.

"While there are many things you can fake in life, pretending that you know horses when you don't isn't one of them."

Cookie McClung

REWARD RITUAL - We found that our students were not experiencing the depth of connection with their horses that we knew was possible. So, we coined the term "Reward Ritual." It was our hope that by using the reward ritual, our clients would experience connection at a deeper level. Reward Ritual is a reward that we give our horses, and it has very specific steps. These steps look exactly the same every time. Because the reward looks the same every time, the horse begins to recognize the reward sooner. The important thing for the handler is to recognize when the horse needs a reward (Caught Ya! principle) and to continue giving the reward until the horse recognizes it.

GET IN AND GET OUT - This term was developed to describe the discipline process we use on our horses. Our horses need to have a healthy fear level, and sometimes they need to be reminded who the leader is in the horse/human relationship. This process has five points for us to consider when we are disciplining.

- ▶ When to get in to our horse?
- ▶ How to get in?
- ▶ How intensely to get in?
- ▶ How long to stay in?
- ▶ When to get out?

Finding Success Through Frustration

by Davalee Minden

"We are continually faced with a series of great opportunities brilliantly disguised as insoluble problems."

John W. Gardner



Learning to communicate effectively to reduce frustration was one of the lessons at the Youth Camp. Pictured are Laura Matzick and Anne Veseth.

"Obstacles are those frightful things you see when you take your eyes off your goals."

Unknown

Our clinics may be different from other clinics that you have experienced. Because our focus is on developing your horsemanship on three different levels (3-D Rider™) – ground training, equitation, and training under saddle – you probably experience more stress at our clinics than you do at others. We believe that you need to stress yourself on all levels – physical, mental and emotional – in order to experience the deepest growth as a person or as a horseman. We hope the stress you experience at a clinic transfers to your growth in all realms.

All horse trainers feel frustration at one time or another. When you are working with another mind, as we are when we're working with a horse, we have to be aware that frustration will happen. The horse has its own agenda and also feels its own sense of frustration when it can't understand us. We don't want to prevent frustration because frustration handled properly promotes growth. So how do we positively handle our frustration and our horse's frustration?

The first thing is to recognize when you're frustrated and be honest about acknowledging it. You can actually be happy about experiencing frustration because it is the first step toward growth and improvement. Recognize that frustration is a symptom of feeling out of control. Don't dwell on the frustration, but acknowledge the feeling and move directly to a plan for solving the problem. Remember to ask the four "core" questions: Does the horse know? Is the horse afraid? Does the horse have too much energy? Is the horse being disrespectful?

Go back in your training to where you feel successful and in control with your horse. Find something your horse will do and go overboard with recovery and praise. Remember the "Caught Ya!"

principle, and go out of your way to "catch" your horse doing something well.

Praising and giving our horse recovery time will help us as well as the horse, as it puts us in a positive frame of mind and also gives us recovery. When we become frustrated, we are caught up in the emotions of the moment, such as feelings of failure or embarrassment. At this moment, we need to realize that it's not about us, it's about the horse. We need to separate ourselves from those emotions and respond oppositely of the way we feel. We need to discipline ourselves to feel empathy for the horse and respond in the way that the horse needs us to at that

moment.

As trainers, we also have to be able to separate ourselves from our horse and realize that the horse is not always a reflection of us, or vice versa. Every horse makes mistakes, and we will not be judged so much by the mistakes made as by the way that we handle those mistakes and the way we handle ourselves in adversity.

The second thing is to realize that preparation combats frustration. Set yourself and your horse up for success by spending the time it takes to get your horse trained at home before taking it to a clinic or somewhere new. Taking our horse to a clinic can be an eye-opener and show us where we really are in our training. No matter how solid our horse is at home, taking it somewhere new will show the holes we have in our training. Be honest with yourself in terms of how much work you've put into you and your horse's success. It takes a ton of time and consistency to get a horse really broke, so be honest about where you are, and don't expect to reap more than you have sown.

Every horse makes mistakes, and we will not be judged so much by the mistakes made as by the way that we handle those mistakes and the way we handle ourselves in adversity.





◀ Finally, we must realize that knowledge is the key to working through frustration. Knowing what color our horse is, what color we are, and how we can best work with our horse's personality will help reduce frustration. We also must have an understanding and acceptance of the amount of time it takes to train a horse and how long it takes to gain the skills necessary to become a good horseperson. Frustration can cause us to skip steps in our learning, or in our horse's learning, and we'll eventually pay for those holes in our knowledge base.

Physical ability must also be taken into consideration. It can be very frustrating to run into road blocks in our training and development caused by lack of physical ability in either ourselves or our horses. We must know

that the horse has the physical agility, strength, stamina, and confirmation to perform a task before we ask for it. And, we must be willing to develop our own physical abilities.

Going to a clinic takes a lot of courage. You're putting yourself out there and exposing yourself to new things. You will experience a gamut of emotions - frustration, success, embarrassment, exhilaration, exhaustion, and pride - just to name a few. But, you will also experience a kind of growth and fulfillment that you can never reach without having the courage to do something new. Before a clinic, make the commitment to arm yourself with knowledge, skills and the physical ability to accomplish your goals. The rewards you gain in return will be huge.

DM ▲

"Adversity is the trial of principle. Without it a man hardly knows whether he is honest or not."

Henry Fielding

Ah Ha! Moments

We are very impressed with the growth in horsemanship skills that we have seen in our clinic attendees. We learn as much from our clients' Ah Ha! moments as they do, and we love to see that light bulb go on. The desire to learn and improve was strong in the air at each clinic, and that attitude makes it a real joy to instruct. We appreciate each participant's willingness to connect with each other and with us as instructors to make the clinics such a rewarding experience. Here are a few examples of the Ah Ha! moments in last year's clinics:

- ▶ "I realized I had to focus on the positive: What she did give me, not what she didn't." - Carolyn
- ▶ "Curly is blue roan, I'm yellow palomino - we have a problem with consistency." - Suzanne Lamon
- ▶ "I'm learning to be with my horse, not at my horse." - Terry Maple
- ▶ "Lena has gone from an ugly duckling to a beautiful swan." - Marcie King
- ▶ "Poor Rosie. I took her to marriage counseling; she didn't even know we had a problem!" - Carolyn
- ▶ "Just because the horse seems reliable and easy to ride does not mean that he will easily 'connect' with you in the round pen." - Charlotte VandeKamp
- ▶ "When 'sorrel' and 'roan' just aren't 'getting it,' it's OK to go be 'palomino' for a while!" - Terry Maple
- ▶ "In the eight years that Hunter and I have been together, we had never connected. The two clinics we have been to here did more for us as a team than the eight years before." - Sue Wyatt

"I tell you and you forget. I show you and you remember. I involve you and you understand."

Eric Butterworth



Donna Pottenger on Cowboy. Being lunged bareback is a great way to improve your balance.

Getting an Education

At our last 3-D mini series, I observed people who believe that learning to ride well is an educational process. We had participants ranging from beginners to accomplished show riders. Some folks were more athletic than others or had horses that were further along in their training. Yet, the playing field was leveled by everybody's desire to improve their skills and take home new knowledge.

It's pretty clear that people who have a passion to become good horsemen continually seek educational opportunities to improve their riding skills. While it may be time consuming and expensive, they repeatedly invest in lessons, gear and the vehicles necessary to get them around. While some of these people may not have the best build for riding or a well trained horse, they are persistent in their efforts to advance beyond the basic skill of staying on. Even if it's a gamble for them to take their horses somewhere new and receive training from an unfamiliar instructor, they do it anyway because their drive to learn outweighs their fear.

I personally place a very high value on education, whether academic or on-the-job training. While I've been committed to pursuing advanced training in my professional education and my career, until last year, I had not pledged the same commitment to my extra curricular activity of choice - riding. I considered my riding as mostly recreational and felt that I had no time to pursue any additional training. It was not a high priority. But after spending some time at the barn during my daughter's lessons, something in me awakened that had been dormant for many years. While I was watching her ride, I suddenly thought, "Why isn't that me out there? I'm dedicating my time to this, yet I had to talk her into coming here

to ride tonight. What's wrong with this picture?"

It was at that point I decided to fan the flames of the love and passion for horses that began when I was a tiny girl - not much more a baby, really, according to my family's accounts. It was like a switch had been flipped, and I realized I had been neglecting my own happiness for a long time. I made the decision right then to step out of the confinements of being too busy, too tired or too unimportant to pursue something that meant so much to me.

I decided to take a chance and approach Marcia's team about trading some of my professional skills for some of theirs. After joining the team, helping to put on and ride in last year's 3-D clinics and coordinating the motivational speaker for the youth clinic, I learned and improved more than I have in the last 15 years. Even though my horse Shad and I have been together for nearly 17 years and have been fairly successful in the show ring, I was able to build on our already strong connection on several levels. I began

to realize the importance of building a solid foundation through education and application as my old horse and I improved and could perform new skills.

But the real Ah Ha! moment for me was realizing the importance and cross over of the integrated system we are fortunate enough to enjoy at MM Training and Consulting. After making the decision to step up and pursue my desire to grow my horsemanship skills, I revisited the barn's tagline "enhancing life's relationships through connection" and thought about how it rings true in my own life. Since making that commitment, these are some of the relationship doors that have opened for me in the last year:

"Learning is not attained by chance; it must be sought for with ardor and attended to with diligence."

Abigail Adams



Davalee instructs Tom O'Brien during a 2005 clinic.

The real Ah Ha! Moment for me was realizing the importance and cross over of the integrated system we are fortunate enough to enjoy at MM Training and Consulting.

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."

Scott Adams





- ▶ I found a new church with youth programs that fit both of my girls, ages 3 and 11, and relevant classes for me
- ▶ I wrote and presented a proposal for an upgrade in my work position and attained a substantial promotion
- ▶ I received praise and commendation from my boss on my job performance, leadership skills and self confidence
- ▶ I made an effort to compete at two shows and attend four clinics (I didn't show at all the year before)
- ▶ I bought a new horse, a three-year old AQHA gelding that I wouldn't have considered purchasing previ-

I feel I am living proof that this principle can improve many aspects of your life, whether you apply it to training horses or training yourself to let go of restrictions like fear, stress, lack of resources or whatever it is that holds you back from what makes you happy.

ously without the knowledge and confidence I gained at the clinics

- ▶ I was able to afford to register my new horse for a Lynn Palm clinic in April 2006

The thing I find most rewarding about participating in MM Training and Consulting programs is that there is something for everyone, no matter the ability level of you and your horse. The foundational approach remains the same - you teach where you release. I feel I am living proof that this principle in particular can improve many aspects of your life, whether you apply it to training horses or training yourself to let go of restrictions like fear, stress, lack of resources or whatever it is that holds you back from what makes you happy. SM ▲

"Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life."

Dr. David M. Burns

(Continued from page 5)

color). Sometimes when he is being emotional, I want to pet him to settle him down because he is scaring me. But Sally tells me to get after him! It really seems to be the opposite of what I feel like I should do.

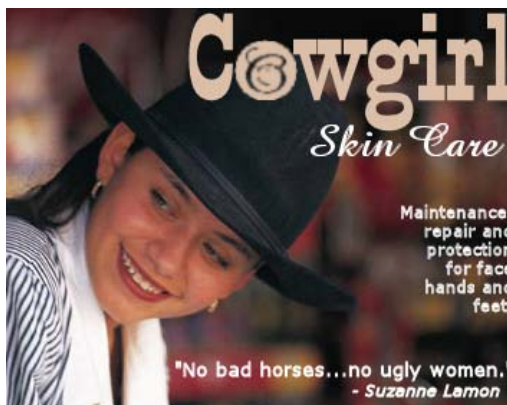
Sally: Remember Nelly, it's not about you and your feelings. You want to pet your horse because you are scared. I recommend you get into your horse because he is lying to you. He is not scared! But when you get into your horse, you have to get in with enough intensity and stay in long enough for your discipline to raise a healthy fear level in your horse. You have to see that healthy fear in his body language before you quit. If you don't, you are just being an irritating nag to your horse. And you are not being the leader you need to be to create the behavior that you want!

I hope that you enjoyed Nelly and Sally and they have helped you understand some of our new terminology and concepts. If you have a Nelly and Sally scenario, please e-mail us. We would love to hear from you. You can look forward to hearing more from fictitious cowgirls in our 2006 clinics! MM ▲

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Youth Connections

by KT McMurray



KT McMurray and Blaze.

Ken Duft was the motivational speaker for Youth Camp 2005. He gave a poignant account of his difficult childhood and how he overcame many challenges to get to the successful and rewarding life he has today. Ken is a Washington State University professor and extension economist and also an accomplished rider and horse show judge. He and his horse "Bob" are well known to the Palouse show community, where Ken makes an effort to mentor youth riders whenever he has opportunity.

Following is a motivational letter written by camper K.T. McMurray (11), persuading her school principal to invite Ken to speak at Lincoln Middle School.

Dear Mr. Motsenbocker,

As you already know, the sixth grade students are choosing a guest speaker for the upcoming assembly. I think that Mr. Ken Duft would be an ideal candidate. Ken Duft tells you his life story - in a way you won't forget. I have heard Mr. Duft speak, and he is exceedingly good. I am sure that he will make a wonderful guest speaker.

Mr. Ken Duft has had a very exciting life. When he tells you his life story, I promise you won't forget. Ken starts his story from when he was about five and ends at his age today. Mr. Duft's story is very descriptive - how he was born into a family with an illiterate father and a brother with cancer. Ken's story

describes how he would skip school and play hooky almost every day. From hitchhiking almost across the United States to where he is today, Ken has come a long way.

Here is a brief description of the story - I won't give it away. Ken was a farmboy - he would work all day to help with the medical costs of his brother who had cancer. Ken's dad was illiterate, and the family was very poor. Ken would skip school because he found it too hard. Eventually, he left and hitchhiked to Florida. Working as a fisherman, Ken earned enough

to keep him alive, and eventually he bought a pink Cadillac. Eventually, Ken was old enough to go to college, but because he had only been through ninth grade, he couldn't get in one. Determined not to give up, he went to a prep school and worked his way to and through college. Earning a Master's degree, Ken went back to his childhood house, where only his father still lived.

Ken now works at WSU and his wife, Sandy, is the secretary of Sunnyside Elementary School.

My riding group got a lot out of this experience, and we learned a valuable lesson. Ken is a very nice man and can help you see your goals. Hearing Ken's story has really helped me understand some important things, and I hope you will consider him for the guest speaker.

From,

K.T. McMurray

My riding group got a lot out of this experience, and we learned a valuable lesson.



On the last day of Youth Camp, the youth were able to apply what they learned and compete in some fun games. Pictured are Julia Anderson and Brianna VandeKamp.

Dear Marcia,

I would like to go to your clinic. I have been riding Jeff's horse Mystery. I can walk and trot. I know that I have to know how to Canter. I am planning to know how to Canter by going to my other riding lessons that my Grandma and Grandpa gave me for Christmas. I know how to use the Emergency Brake. I am wondering if I can ride Jesie? How could I apply to ride Jesie? How much would it cost to ride Jesie? I would like to ride Jesie because...

She is more experienced.

I think it would be safer and I think I would learn faster.

Thank you,

Sincerely,

Alexia VandeKamp, Age 7



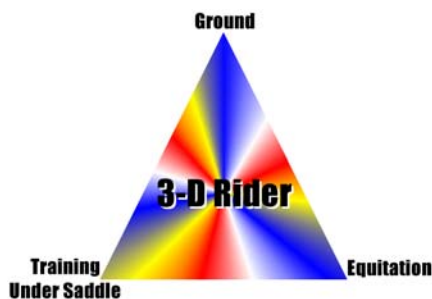
MM Training and Consulting offers a variety of programs to meet your personal and horsemanship development needs. Our first concern is always the safety of the horse and rider. It is our objective to develop horse and rider skills in an environment that encourages personal growth and fun.

Horsemanship 101

Horsemanship 101 is a program for first-time horse owners, beginning riders, or for people who have never ridden with us before. It covers basic horsemanship skills and terminology with a heavy emphasis on safety.

Youth Camp

The Youth Camp focuses on developing youth horsemanship and character. This clinic is a wonderful combination of fun and learning. For safety's sake, Horsemanship 101 is a pre-requisite for this clinic. Riders in this clinic must be able to lope their horse in a large outdoor arena comfortably and safely.



The 3-D Rider™ program focuses on three foundational cornerstones. Clinics are offered with a focus in one of the three areas. All three clinics combine to develop skills that lead to outstanding horsemanship... being a 3-D Rider™.



Ground training - focuses on developing rider's ground training skills and techniques. Includes hands-on round penning, lunging and leading exercises.

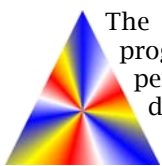


Equitation - focuses on the rider's position in the saddle and developing the rider's ability to use their natural aids to work with their horse.



Training under saddle - focuses on developing rider's ability to train the horse and offers immediately applicable horse training techniques

PYRAMID OF CONNECTION™



The Pyramid of Connection is a progressive program customized for personal, team, and organizational development. This in-depth coaching program will help you reach your leadership potential and experience greater fulfillment in all of your relationships. Walk up the "connected path" with us and begin to live your best life today.

What color is your horse



This leadership development system is ideally suited to help you further develop all of your relationships, horse or human. The program is available through presentations, demonstrations, or clinics for personal, professional and horsemanship development. *Booklet available for \$20*



MM Training and Consulting
5985 Hwy 95
Potlatch, ID 83855
(208) 875-1309
www.mm-horsetraining.com

Calendar of Events

12

2006

March 1	Deadline for Early Bird registration for all clinics
March 10 - 12	3-D Clinic 1 - On the Ground
April 1 - 2	3-D Clinic 2 - Equitation
May 13 - 14	3-D Clinic 3 - Training Under Saddle
June 3	Performance Coaching
June 23 - 25	Private Clinic at Suzy Epler's
July 11 - 13	Youth Camp

PRICES

Early Bird registration discount - register by March 1, 2006	\$25
3-D Clinic (per clinic)	\$150
3-D Clinic series (all 3)	\$375
3-D Clinic audit fee	\$25
Performance Coaching	\$35
Youth Camp	\$125

MM Training and Boarding Stables would like to acknowledge the people behind the scenes who help keep the barn running and the horses well cared for. Without the help of our barn crew, the facility wouldn't look or function the same. Our sincere appreciation goes to:

Don Nagle
Betty Nagle
Brandon Moore
Riley Moore
Rick Minden
Dale Erickson
Sue McMurray
Barbie Miller

Thank You!

Consider training with our dynamic, creative team at MM Training and Boarding Stables. To enroll your horse in training, call Marcia to arrange a schedule, and then submit a \$100 deposit to secure your dates.



MM Training and Consulting operate primarily out of MM Training and Boarding stables, located on Hwy 95 approximately 6.4 miles north of Potlatch.

If you would like to schedule an event at your location, call Marcia for rates and availability.



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Clinic Registration

You may use this registration form for all family members.
 Fill in the rider's name and select the clinic(s) the rider will be attending.
 Pay by March 1, 2006 to get early bird prices.
 Mail to the address above.

2006

1. Name: _____ Age if under 18: _____

<input type="checkbox"/> 3-D Clinic 1	Mar 10-12	\$150
<input type="checkbox"/> 3-D Clinic 2	April 1-2	\$150
<input type="checkbox"/> 3-D Clinic 3	May 13-14	\$150
<input type="checkbox"/> Youth Camp	July 11-13	\$125
<input type="checkbox"/> Performance Coaching	June 3	\$35

Subtotal _____

Discount for attending all 3-D Clinics _____ **-\$75**

Early bird coupon for 3-D Clinics or Youth Camp _____ **-\$25**

Total

2. Name: _____ Age if under 18: _____

<input type="checkbox"/> 3-D Clinic 1	Mar 10-12	\$150
<input type="checkbox"/> 3-D Clinic 2	April 1-2	\$150
<input type="checkbox"/> 3-D Clinic 3	May 13-14	\$150
<input type="checkbox"/> Youth Camp	July 11-13	\$125
<input type="checkbox"/> Performance Coaching	June 3	\$35

Subtotal _____

Discount for attending all 3-D Clinics _____ **-\$75**

Early bird coupon for 3-D Clinics or Youth Camp _____ **-\$25**

Total

3. Name: _____ Age if under 18: _____

<input type="checkbox"/> 3-D Clinic 1	Mar 10-12	\$150
<input type="checkbox"/> 3-D Clinic 2	April 1-2	\$150
<input type="checkbox"/> 3-D Clinic 3	May 13-14	\$150
<input type="checkbox"/> Youth Camp	July 11-13	\$125
<input type="checkbox"/> Performance Coaching	June 3	\$35

Subtotal _____

Discount for attending all 3-D Clinics _____ **-\$75**

Early bird coupon for 3-D Clinics or Youth Camp _____ **-\$25**

Total

4. Name: _____ Age if under 18: _____

<input type="checkbox"/> 3-D Clinic 1	Mar 10-12	\$150
<input type="checkbox"/> 3-D Clinic 2	April 1-2	\$150
<input type="checkbox"/> 3-D Clinic 3	May 13-14	\$150
<input type="checkbox"/> Youth Camp	July 11-13	\$125
<input type="checkbox"/> Performance Coaching	June 3	\$35

Subtotal _____

Discount for attending all 3-D Clinics _____ **-\$75**

Early bird coupon for 3-D Clinics or Youth Camp _____ **-\$25**

Total

Name: _____

Address: _____

Phone: _____

Email: _____

Total from #1 _____

Total from #2 _____

Total from #3 _____

Total from #4 _____

Total Due

Note:

Space is limited. Sign up and pay early in order to guarantee your spot. For the 3-D Clinics, preference will be given to riders that sign up for all 3 clinics. Spaces will then be filled with the riders that sign up for individual clinics.

We offer a limited number of stalls on a first pay, first choice basis. To reserve a stall, please contact Marcia for stalling options and submit the appropriate amount with your clinic deposit(s). Other options include tying up to your trailer or bringing your own portable corral if you are camping overnight and will be in close proximity to your horse. Sorry, no rv hookups are available.

\$25 off *early bird*

Coupon good for \$25 off registrations for 3-D Clinics or Youth Camp.
 Payment must be received in full by March 1, 2006 in order to qualify.
 One coupon per person.



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