

Member Spotlight: Jess & Nancy Lamphere

For Jess and Nancy Lamphere of Honey Ridge Farm in Dike, the horse business is all about sharing their love of horses with others.

"Instead of starting colts, we start kids," said Nancy, a Certified Horsemen's Association instructor. "We board a few horses, teach beginning to intermediate riding using our horses or the client's horse."

The couple moved to the Sulphur Springs area in 2000 and to the farm in Dike in 2004. Since then the Lampheres have taught students aged from 8 to 80.

The farm's riding curriculum is developed by CHA and has its focus on good riding and horsemanship skills and safety, Nancy said.



The Lampheres also work with juvenile probationer groups in workshops they call Horse Sense. "It's amazing the transformation that can occur...when a tough, street-hardened teenager is put next to a 1,000 lb. horse," Nancy said. "By the last session the kids are hugging the horses, talking to them, caring about them — maybe the first living thing they've connected with."

One of Honey Ridge Farm's other claims to fame is its popular Versatility Challenge Course, which started as an offshoot of the lesson program.

Now the course has grown to over 40 obstacles, which all test the rider's ability to communicate and control his or her horse.

Honey Ridge Farm hosts monthly "Training Days" for the obstacle course where the public is welcome to come with its own horses and train.

Through all of the learning programs the Lampheres have a core principle. "We hope to pass on a deep respect and love of the horse while at the same time taking advantage of the many life lessons that horsemanship offers such as empathy, personal responsibility, communication and patience."

The next "Training Day" on the Versatility Course is June 28. Reservations required. See <http://honeyridgefarm.com>

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NETHA Dates to Remember

*June NETHA meeting June 3 6:30 PM at Sulphur Springs Civic Center, Equine Pavilion; July NETHA meeting July 1 at 6:30 PM

*Red River Riding Club Open Show, June 7 at Sulphur Springs Civic Center, call 903-989-5569

*AQHA Show, June 13-15, Civic Center

From the board

Are you passionate about your riding discipline? Then you'll love NETHA's new subcommittees which will allow devotees to ride with other members who share their same interest.

"I'm excited about the evolution of the various groups," said NETHA President John Allen. He said members have taken the initiative to start their own activities under the NETHA umbrella and will utilize the facilities at the Civic Center.

One of the first groups, the Arena Rail Practice group, headed by members Kim McCool and Pansy Bell, will allow interested members to practice their rail skills.

The Arena Rail Practice group will meet on the third Tuesday starting in June from 6-9 PM at the Equine Pavilion as weather permits. The cost is \$15 per horse for members, \$25 for non-members.

Another group, the Barrel Racing Group is forming under the guidance of member Martha Hayward.

Member Volunteers Needed for AQHA Show

The AQHA show is in Sulphur Springs, June 13-15. If you can help, call Will Woods at (903)348-1232.

4H News

Juli Hutchins, extension agent for Hopkins County, says anyone (not just 4H-ers) are welcome to the following events:

*June 9—Grooming Your 4H Project Horse, by Deborah Balkam

*June 17—Weekly riding lessons with Martha Hayward. For more info, 903-885-3443.

Northeast Texas
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Association

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Got something to put in the
newsletter?

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Mackensie Nellis, shows her
miniature horse Princess at the
Red River Horse Club, May 6.

Barrels 101

Martha Hayward presented a barrel racing clinic at the May meeting. Here are the highlights:

- * A solid foundation is critical. The horse should be able to open circles in the correct lead and stay relaxed, stop, backup, side pass both directions.
- * When the horse can perform the above requirements you can begin walking and trotting around the barrel pattern.
- * Use repetition to position the horse at a spot where in the future they will be expected to "rate" the barrel or slow down for their turn. To teach this, stop, and backup when approaching each barrel.
- * By positioning the horse correctly, the rider can help it maintain a fluid turn without having to jerk on the mouth.
- * The more you do with the horse the better. Practice reining maneuvers, trail ride, rope, do rail work.
- * Keep asking for more speed but give the same commands.
- * If your horse begins having a problem, slow back down to find out what is causing the problem.
- * Go to local practice sessions and do exhibition runs. These can be slow, or faster, as long as you do it perfectly correct.

Want more? See Martha at the June 3 meeting to discuss plans for a barrel racing committee.