

Have You Heard

the Latest News at Highview Farm & Equestrian Centre!

Highview- Issue nr. 1

January-February 2010

Upcoming Events

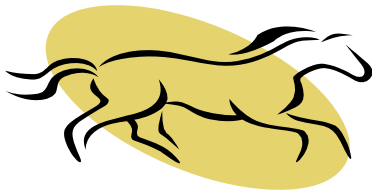
A few more weeks and our first 2010 Horse Show is here; make sure you check our web-site for more details.

March Break is soon here! **Highview** will be offering a March Break Riding Camp:

- Riding lessons at appropriate skill levels.
- Upgrade our horsemanship skills.
- Dressage Test
- Games, contests, prizes & FUN!

During the camp we will improve our riding skills as well as our overall fitness so we can take full advantage of our riding experiences.

For further information contact Treena at:
treena.mcclelland@gmail.com



Worming



We are worming the horses/ponies during the 3rd week of January. For more info - read the board outside the office!

January - Horse Treats

Delicious Munchies

Preheat oven to 350 degrees.

1 cup dry oats

1 cup shredded carrots/apples

1 cup flour

1 tsp salt

1 ½ tsp sugar

½ cup molasses

Little less than ¼ cup water

Mix all the dry ingredients - add molasses and water. Bake for 10-15 min - until golden brown. Keep refrigerated.

Only feed your own horse or ask the owner if you can give their horse a treat.

Get Started - "Showing"

It is that time of the year - Show Season. It is important to be prepared and organized, it does not hurt to start planning ahead.

The most important thing to do when preparing to show is to try to fine-tune your horsemanship skills. It is often the finer detail that proves to be the most important in the end.

1. Focus on you and your horse - make sure both of you are healthy, ready and fit to show.
2. Try to work on perfecting your position to the smallest detail. CHIN UP, THUMPS UP AND TOWARD THE HORSES MOUNTH, SHOLDERS BACK, HEELS DOWN AND the SMILE!



Do your homework!

What to Bring to a Show

Write a list of tack and attire required for the show (lamine the list - it will last longer) Make sure all your tack and show clothes are clean 1-2 days prior to the show, not 2 minutes before you are suppose to enter the ring!

Don't forget to pack your grooming supplies. It is a good idea to organize a separate grooming kit that you use for shows only. - Braiding, banding and grooming supplies. - Think of the type of supplies you need to groom your horse, after you arrive and unload your horse, and for those last minute touch-ups. Baby powder and baby wipes are at the top of my list.

Do not forget yourself and your tack. A hair brush, pins and a hairnet are a must, as well as leather cleaner/wipes and a face cloth with tack polish for a last minute buffing of your saddle and boots before you enter the ring.

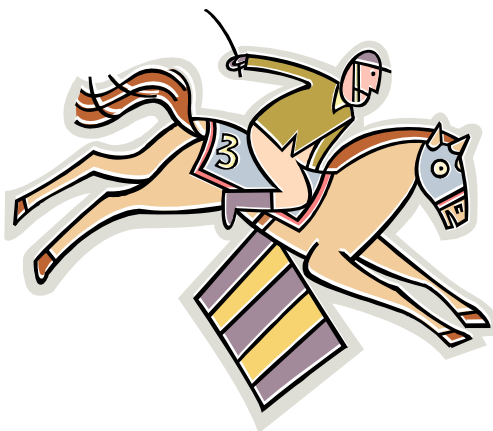
Finally, but equally important, do not

forget the most important component - "YOU"- as a rider - try to relax a few minutes before you enter the show-ring - (learn how to meditate or a slow breathing technique) - and try to stay relaxed. A calm focus will help **you** to ride **your** best.

"Your horse can only be as brave as you are"

&

"A horse doesn't care how much you know, until he knows how much you care".



Exercise of the Month

Your core strength is very important for correct posture in the saddle. If you build your core - your hunt and jump seat will improve as well as your overall fitness and ability to enjoy long trail rides.

1. Lie down on your stomach.
2. Stretch your arms forward.
3. Raise your arms - 1/2 ft. Straight up off the floor and count slowly to 10.
4. Repeat 15- 20 times/every day!

Important - remember to try to stretch before and after every ride!



If you have any comments, short stories, and or questions please email them to lattedewaard@yhaoo.ca
If you want your contribution to appear in the next issue make sure you have sent your reply prior to the 29th of each month.

If you are looking for advice regarding riding, horse care, etc. We will have an advice column starting next month. If you want to get rid of horse tack and or riding attire we might start a classified section.