

SOUNDS OF STIRRUPS 'N STRIDES

Quarterly Newsletter December 2009

Volume 1 Issue 8

A Chat with Betty Gray

We began our Fall Riding Season with eight new students and many great new volunteers. We have all been working hard looking for grants and doing various fund raising activities to raise money in this not so good economy. I realize that things are tight for everyone and therefore there is less money available to donate to our program. We will survive with your help until the economy turns around. I'd like to suggest that as you think of Christmas Gifts you consider giving a sponsorship of one of our horses. A sponsorship is \$175 a month, or \$1000 for 6 months or \$2000 for 12 months. You will also see our Christmas "Angel" tree in the volunteer lounge. Grab a tag or two and give a gift to a horse or the barn. You can also make a gift in honor of someone you just don't know what to get.

We have added two new horses to the program. Bucky is a 16 hand quarter horse. He has been a pony horse on the race track and also was shown as a hunter participating at HITS. Laser is a cross between an Arab and Connemara pony. She also has had a career as a carriage driving horse and as a hunter pony. She is only 8 years old. Both horses are working in to the program beautifully. Ace is home & well on his way to recovery. Thanks to the Kesmarc Rehab Center, Doctors Julia Simonson and Ocala Equine Hospital and farrier Jody Schaible, Ace is going to be able to start riding students again hopefully in February.

In September we took some donated tack that we don't use to the Tack Shack sale and made a profit of \$1135, Wow! In October we did well with our yard sale making over \$2100. Thank you volunteers bringing so many nice items to sell at the sale. Also in October, Maddy and her team worked their wonders and put together a wonderful haunted house for "The Pumpkin Patch Celebration" at the Florida Equine Museum and Carriage Resort in Weirsdale. We had the headless horseman make an appearance which was a big hit. A big thank you to Maddy for her weeks of work as well as all the folks that contributed to the bake sale that enabled us to make \$170. Gloria Austin generously has donated us \$1000 for our participation in this event.

We took our horses and a group of volunteers to the Sportsability event in Ocala put on by the Parks & Recreation. It was a huge success. We gave rides to 51 attendees. Hundreds attended and I hope we will be able to participate again next year.

The Horse Sense Club held an "Equine Affair" at Spruce Creek in November. It was cold but we had a nice turn out. Maryanne Hughes rode Barney in a demonstration and Kathy Gray rode Tanner. Jody Schaible demonstrated farrier work, Bryony Anderson equine massage, and Jim Olson the 7 steps to working with a horse. A quilt sale was held and we received \$167 for our program.

January is almost here but there is still time to sign up for our fund raising cruise. We currently have 30 people joining us and would love to have you as well. The Grandeur of the Seas leaves Tampa January 23rd and cruises to Key West and Cozumel, Mexico and returns January 28th. You can go for as little as \$440. Make your reservation by calling Ridgemont Travel 757-345-3335.

December 19th will be our last day of riding. We will not ride Christmas Week. I'll let you know later about New Year's week. Hope to see all of you at the Christmas Party December 7th so I may personally wish you a wonderful Christmas and successful New Year.

Betty Gray

OUR ANGEL TREE

Help the S'N S horses by filling one of their Christmas wishes. In the volunteer lounge you will find a Christmas tree with an "Angel Card" for each of our horses. Pick your favorite horse and fulfill one of the wishes on the "Angel Card". If you like, two or three people could go together to get a Christmas present for one of the horses.

HELP, HELP, HELP

One of our most successful fund raisers in 2009 was "From Seats to Saddles". We plan to repeat this success in November of 2010. Theresa Grimes will chair the event again but she needs lots of help. If you can make some phone calls to the artists, pick up and deliver chairs and other paraphernalia, store some of the chairs, or work on publicity please call Theresa. Her number is: 352-209-9073.

YARD SALE GREAT SUCCESS

Our first yard sale was a smashing success. Thanks to everyone that donated goods, help set up and sell the merchandise. We made over \$2000. We wish to repeat the success so keep an eye out for items to put in the sale next October. Decorative items sold well, as did horse tack. Actually anything to do with horses be it jewelry, plates, lamps or chests brought in good money.

CHRISTMAS PARTY DECEMBER 7TH

Bring a dish and join your friends, students and volunteers at our annual Christmas Party. The date is December 7th. The party will be held at the Ag Center on Old Jacksonville Hwy. The fun begins at 6 p.m. Ham, Turkey, and drinks will be furnished. All you have to do is bring your holiday spirit and a side dish to share. There is a sign up sheet in the barn. Please let us know what you plan to bring. Santa Claus already has the date on his calendar. As an extra special treat this year, famed circus magician Brian LaPalme will be on hand to entertain us. Be prepared for lots of surprises. See you all on December 7th at 6 p.m. at the Ag Center next door to the Livestock Pavilion.

REGION 5 CHALLENGE SHOW

The 17th annual Region 5 Challenge Show held at the Florida Carriage Museum & Resort will be hosted again by Stirrups 'n Strides & Bakas Equestrian Center. The show will be held on Saturday February 7, 2010. We need a lot of volunteers in order to put this show on. Please sign up at the barn or give me a call if you can help that day. Any riders, who wish to participate in the show, please let me know so I can put your name on the list. It is a wonderful time held at a beautiful facility. We also need a lot of sponsors in order to put the show on, if you know anyone who would like to sponsor a division, please let me know. We have many levels of sponsorships available. It will be here before you know it, so please get back with me as soon as possible. A special "thank you" to Gloria Austin for donating her beautiful facility for us to use for the Challenge Show.

A QUESTION FOR JIM OLSON

Q: Explain the basic concepts of horse whispering.

A: There are three, language, instinct and culture. In our last newsletter we took a look at language and culture. This newsletter will take on the third of the three principles—instinct. Horses are prey-or in other words food. They are well aware of this and try to always be in a position where they can flee from predators. They naturally do not want to have anything above them, as this puts them in a vulnerable position. They do not want to be in a position where they cannot see everything that is going on around them. Horses do not like to have any other being get to close to them as they feel exposed to danger. If horses do not feel that they can flee, they will fight. This is a survival instinct. They are very similar to deer in their instinctive desire to be always in a position where they can flee from danger.

Understanding the language, culture and instinctive attitudes of a horse enables the trainer to progress in the natural training of the horse.

A CHAT WITH JODY SCHAIBLE

Q: Why do some horses need shoes and other horses don't?

A: Shoes are put on a horse for three basic reasons: traction, action, or correction. If you are riding a horse in hilly or wet conditions shoes help the horse to avoid slipping. Some gaited or show horses need shoes to produce a specific action. Finally there are therapeutic shoes. These shoes are especially designed to correct a defect of the horse's hoof. At S'N S we have seen the benefit of correction shoes. Ivy and Ace both had hoof problems that are being corrected with specially made shoes. Horses can go barefoot but it does not work too well in Florida. Horses are not indigenous to Florida. In the western part of the country a horse will wear its hooves down on rocky or hard ground. If there are any rocks in Florida pastures they are removed making it difficult for a horse to keep its hooves fit. Putting shoes on a horse is not new. During the days of the Roman Empire hippo sandals were used. These were made out of grass and tied onto the hoof of the horse. This was done for protection and to provide traction.

FINAL THOUGHT

Minds are like parachutes---they only function when open. Thomas Dewar

GREAT RESULTS IN KANSAS CITY

Our students “shined” once again at the UPHA Exceptional Challenge Cup Finals. This was the toughest and largest challenge cup in the history of the show. We took 3 riders to Kansas City: Megan Cyr, Ali Wimbish and Krista Koch. The first class on Thursday morning, all riders compete against each other to qualify for the Championship finals on Thursday evening. This year that meant you had to be in the top ten out of twenty riders. All three of our riders made it into the top ten which is an outstanding achievement. Megan Cyr also took Champion in the physically challenged section and Ali Wimbish took Champion in the non-physically challenged section. When you see Megan, Krista & Ali around the barn make sure you congratulate them. Wow! What an accomplishment.

“BRYONY ANDERSON” THIS QUARTER’S EXTRODINARY VOLUNTEER

Bryony Anderson is a masseuse and yoga teacher. She began her career working with people and helping them to feel better. People are able to tell her where they hurt, where they are stiff enabling Bryony to immediately work on the source of the problem. When she decided to turn her attentions, as well, to horses it was a very different matter. Bryony has been doing horse massage since 2005 and has had great success. She is one of the fundamental reasons that our horses at S’N S are flexible, relaxed and ready to give you a good ride. Bryony grew up around horses and has always had a special relationship with them. She says that tension causes problems in humans and horses. If that tension can be treated there is a better attitude from the horse and hence a better relationship between horse and rider. It is very important for a body, be it a horse or a human, to be properly aligned. She is a fascinating person and if you see her around the barn feel free to ask her about the horse you ride. Better yet book her for a massage and have an hour of relaxation and education. Bryony does massages at her place or she will come to you. You may reach her at 352-443-9570 or her website is: www.movingintobalance.com. We are most grateful for the work Bryony does for S’N S but not nearly as thankful as our horses.

DATES OF INTEREST

- Christmas Party – December 7th
- ^{Last} day or riding for Christmas – December 19th.
- No Riding Christmas Week Dec. 22nd-26th
- Cruise Fund Raiser – Jan 23rd – 28th
- Challenge Show – Feb 6th

IMPORTANT PHONE NUMBERS

- Betty Gray 352-427-3569
- Anita Gossett 352-817-6446
- Theresa Grimes 352-209-9073
- S’N S 352-591-1042

