

HOOFBEATS

EDITED BY HEIDI YOUNG, ENTRIES FROM CLUB MEMBERS ...

Membership forms and previous newsletters and articles and an expanded calendar are all on our website at: www.gaitedhorseclub.com

Facebook: Search for "Southern Comfort Gaited Horse Club" or click <https://www.facebook.com/groups/636027703108388/>

and request to be added. Here, club members can post pictures or share quickly and easily. This is a private group for members only.

Lifelight Insurance: Club members get a discounted rate of \$15 off the \$60/year rate for a family. We all renew together in the early summer for a policy date of July 1.

Note from President, ANNE MARTIN

Our March meeting will be on Saturday, March 12th and at Nya Bate's place from 9:30 to mid-afternoon. Nya will be giving a tack fitting seminar. Dr. Pat Pence will be conducting the horse health screening for free. If you want to bring your own spring shots, someone can help you inoculate your horse.

Coffee and breakfast snacks will be available. Bring your own lunch. **If you are coming please RSVP to me so that we can get a number:** amm5357.rosie@gmail.com

Nya's directions to her house: cell: (208) 559-2755
If coming down Rt 45: Cross the Snake river and turn RIGHT onto Hwy 78. Go 11 miles and pass Givens Hot Springs. Then in another mile is Sommer Camp that goes only LEFT. Then it stops at T, go LEFT (still Sommer), turn RIGHT at Yield (still Sommer). Get to T again, onto Hard Trigger Road and her driveway is on the left: 9444 Hardtrigger road, Murphy, ID 83641. There is a big covered arena, a shop building and house; all out there in middle of a million acres.

If coming down Rt 55: Cross the Snake rive and turn LEFT onto Hwy 78. Pass MM 5, the next street is Clark and only goes RIGHT. Go to stop sign and turn LEFT on Hard Trigger. Go thru 10-mph curve toward right, pass the first street (Sommer Camp) and her house and driveway is on the left.

**Are you considering doing the Expo?
You MUST contact Nya and she MUST see your horse
before March 20th.
Mandatory practice is April 9th for all participants.
We might have an earlier practice on April 2nd as well.**

2016 Calendar of Events

March 12 Club meeting at Nya Bate's place. Tack fitting seminar
Saturday! and then an equine dental discussion with Dr. Pense.

Prep for Horse Expo in April:

March 24 & 25 Drill team practice in Rupert
April 2 or 3 Drill team practice in Boise somewhere, possible Expo practice
Sat, April 9 **MANDATORY EXPO** practice (drill team too) **noon** at Nya's

Mon, April 11 Club meeting

April 14-16 Horse Expo weekend (please go to last page for schedule)

Sun, May 8 Educational day: Preparing to Show (Note: Mom's day)
Mon, May 9 Club meeting

June 11, 12 Lawrance Valdez: Classic Western Riding, the Natural Way: Birt arena
June 13 Club meeting
June 24 & 25 Mann's Creek, Weiser club campout (if snow: Bogus Basin)

Mon, July 4 Star, ID parade; any club member invited to participate
July 11 Club meeting
July 16 Stampede Rodeo Drill Team competition: drill performance?
July 21-25 Eagle Cap, Joseph OR club campout

August 8 Club meeting
August 13 & 14 Lawrance Valdez: Classic Western Riding, the Natural Way: Birt arena

September 12 Club meeting
September 21-16 City of Rocks, ID club campout
September 24 & 25 Lawrance Valdez: Classic Western Riding, the Natural Way: Birt arena

October 2 Club UNPoker Ride fundraiser
October 7-9 Utah State Paso Fino show: drill performance?
October 10 Club meeting
October 29 Fun Day Show, open to all but discounted to members

November 14 Club meeting
November ?? Club Fun Show day

December 12 ? Christmas party (maybe do on a weekend?)



12 Most Common Bad Riding Habits

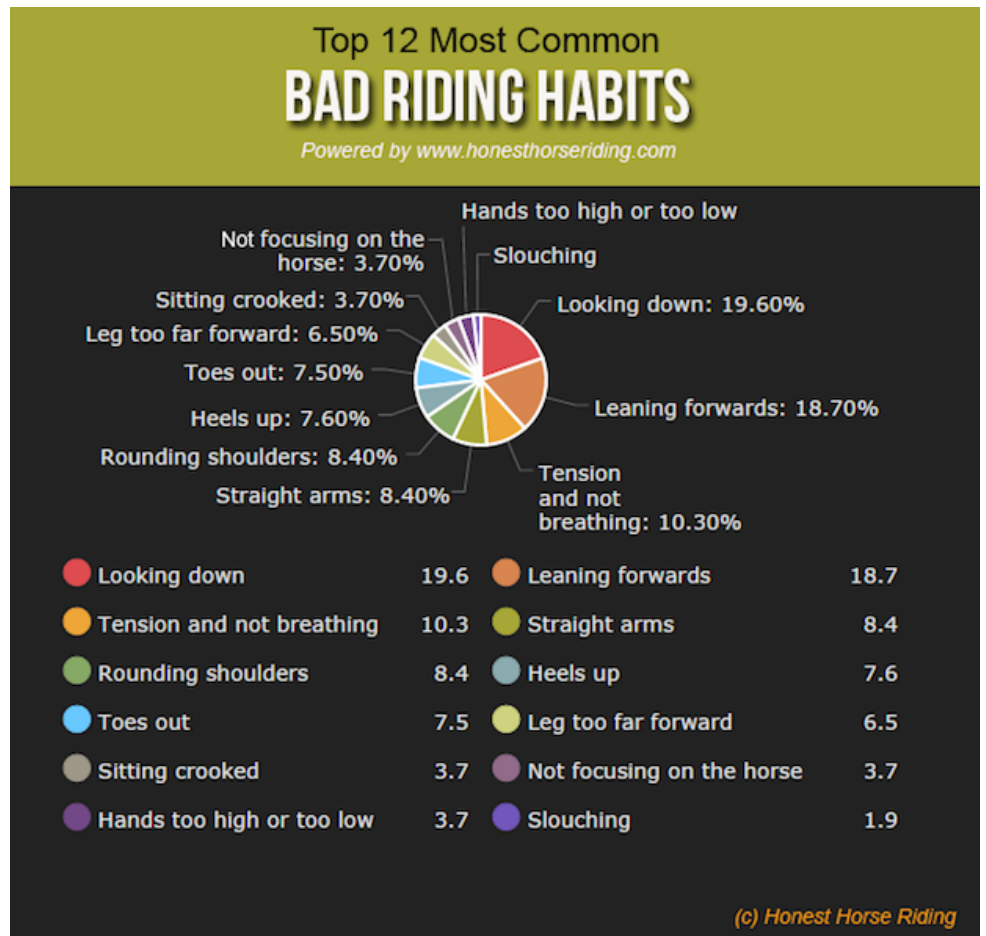
By ELAINE HENEY Published on www.honesthorseriding.com on 1/6/15

Modern life can be a challenge. We all deal with stress on a daily basis. Years of bad posture in school and work hunched over computers and desks has led to many bad posture habits like slouching, carrying tension and shallow breathing, that we are often unaware of. Modern life can easily turn into an emergency. Many people routinely juggle multiple tasks at once in order to get it all done. Life can be a constant rush, and it can seem like it's passing us by much too quickly.

As horse riders we bring our habits with us when we ride. Often we are unaware that these issues can directly affect our horses. Habits like holding tension in our bodies, slouching at our desks, not breathing properly, work stress, a lack of fitness, unhappiness, worry and constant rushing are issues that are highlighted when we ride our horses.

As riders, we put a lot of time and energy into our horses. Perhaps you get regular lessons, go to clinics & events, compete, train at home and learn through lots of books & DVDs. That's in addition to the daily tasks to make sure our horses are happy and healthy.

Horse riding is a 50-50 partnership. We invest time into our horses to improve our performance together. But equally we should not forget how much our minds & bodies influence our horses way of going.



Ray Hunt said, *“You’re not working on the horse, you’re working on yourself.”* Investing some time and energy into ourselves can lead to huge positive improvements in our riding. Our bad habits in our daily lives are amplified when we ride our horses, becoming issues we want to fix.

Here are 4 ways you can improve your riding by adapting your daily routine:

1. POSTURE

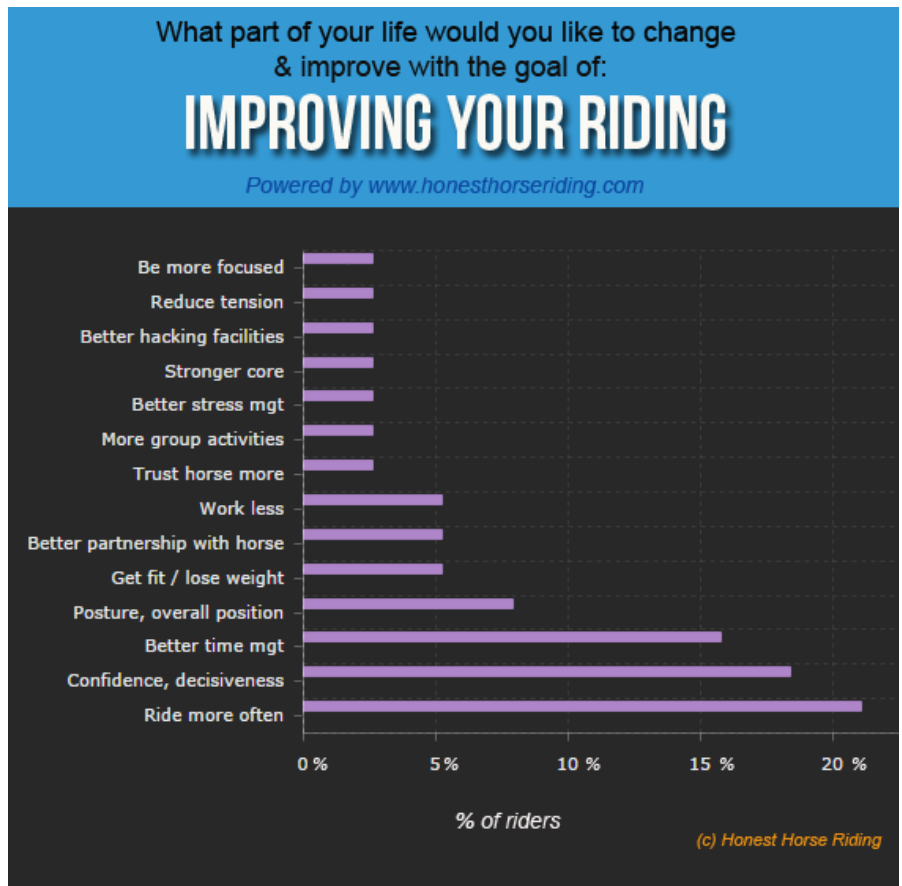
Become more aware of your posture each day. Do you slouch at your computer? Do you hold tension in your arms and shoulders? Do you look down at your feet when you walk? It’s been proven that 1 hour in the gym in the evening will not counterbalance the damage done by 8 hours of bad posture at a computer during the day.

“I became more aware of my own posture/self-carriage out of the saddle.”
“Engaging my core, putting my shoulders back and correcting my posture while driving and working encouraged muscle memory for correct posture when I ride.”

2. LIFESTYLE

Experiment and see if you can change how you react to events. If we can change how we think, we can often change our world. Evaluate your routine to see if you can swap times or batch events to allow you to spend more quality time with your horse.

“Having more patience and embrace change, go with the flow to accept things rather than try to change something I can’t; and learning to breathe properly.”
“Rearranging my schedule so that I can ride during the week and work when it is dark.”
“I’d like to improve my decisiveness and boundaries.”



3. FITNESS

Create a plan to get fit, supple and healthy. Start walking in the evenings or join a local fitness class. Yoga & Pilates can also be wonderful to help you with suppleness, awareness, breathing and balance.

“I lost weight, and this helped my balance and confidence.”

“Start walking long distances and think about your body while you walk, i.e. shoulders back, breathing in deep rhythm, etc.. It really helps with posture when riding.”

“Keep fit. You can’t just train the horse athletically – you need to be strong and healthy too. Yoga, regular exercise, and build your core and overall strength.”

4. STRESS & RELAXATION

Slow down, realize that life is not an emergency and work on living more in the moment. Focus less on worries about the past and future. Instead enjoy and put love & passion into what you are doing right now, whether it’s enjoying time with friends or spending time with your horse.

“Learn to switch off and be in the moment – it sounds corny but it’s too easy to focus on all of life’s stresses and become tense and overwhelmed. Focus on one thing at a time and be in the moment so when I get on my horse, I’m not bringing tension with me.”

“Always working to reduce physical and mental tension. I’ll never be perfect but if I can’t be soft and relaxed, then I can’t expect my horse to!”

Deworming Adult Horses

"All adult horses need at least two dewormings per year, primarily targeting the small strongyle and Habronema in the spring, and encysted small strongyles, tapeworms and bots in the fall," says Nathan Voris, DVM, MBA, a senior veterinarian who works in Equine Technical Services at Zoetis, a global company that develops and manufactures animal health medicines and vaccines.

"The reason for the minimum two treatments per year is to protect against re-establishment of the large strongyle, which has a minimum six-month life cycle.

Historically, this parasite was the cause of many fatal colics prior to ivermectin and moxidectin. If ivermectin or moxidectin are used twice per year, they will effectively eliminate the risk of this parasite from the herd." In some regions, horses may only need a minimum of one deworming annually, but Voris finds it's best to recommend twice a year treatments.

Keep in mind that some horses will need more than two dewormings each year, and these should be based on fecal testing, as well as risk factors. For example, a horse that is pasture boarded at a stable with lots of horses coming and going can have significant exposure to parasites.

[From the Horse channel.com](http://FromtheHorsechannel.com)



From your editor

If you haven't been on our club's Facebook page, it is there for club members to enjoy. This is a private page, so only club members see the posts. Posts can not even be shared outside of this page.

Here are some interesting things I've collected from the web. Some are ON Facebook while others are just out on the web.

Foal and big ball: <https://www.facebook.com/m.horse.addicted/videos/492773987562746/>

Bank robbers knot: <https://www.facebook.com/ryan.rose.33/videos/1034209526630870/>

Rookie mistakes: <http://www.sassinboots.com/4-rookie-riding-mistakes-to-avoid/>

Coachable rider: <http://www.horsecollaborative.com/5-qualities-coachable-rider/>

Beautiful liberty performance: <https://youtu.be/w1YO3j-Zh3g>

Funny biker chick: <https://www.facebook.com/712021032179356/videos/980656071982516/>

Instructional horse anatomy: <https://www.facebook.com/UltraThoroughbreds/videos/923311891119117/>

**The town of Star has invited our club to be in their
July 4th parade on MONDAY at 10 am.**

Dress you and your horse in whatever patriotic stuff you have; there's no required or matching uniforms or drill pattern to learn. We'll just GLIDE along and SMILE. We have a large flag that Nick Webber has consented to carry for us.



I'd like at least 6 riders, 8 would be better; as many as possible. Please reply to me if you can COMMIT to participating. hampyoung@gmail.com Reply ASAP, I need to let them know.

Preparing to Show Birt Arena, Nampa Sunday, May 8th 9 am to 4 or 5 pm



This clinic is designed to introduce people to showing and get them started.

Pre-registration: \$100 per person

Day of clinic: \$110

Audit: \$ 25 to audit

Bring your Mom with you and get a \$5 discount each.

1. The clinic will address 5 divisions:

Western

English

Gaited

Halter

Trail

2. We will cover all the fundamentals:

- Preparing your horse and yourself
- Rules (review of do's and don'ts)
- How to
- Tack (samples to see and how rules pertain)
- Clothing You do not need to have show equipment or clothing to attend. Samples will be shown.

3. Instruction about each division

- Run 1 or 2 mock classes for each division
- Judge the class
- Give feedback to each individual

4. You can participate in any or all divisions !

- If you have a "Western horse" and an "English horse" and a gaited horse, bring all of them.
(But you can only ride one in each division.)

Contact Sandy Young for information or to sign up.

svyenterprises@aol.com

208-8674084

Schedule for Horse Expo on April 15, 16, 17
subject to change, but as of March 19th

When	Who	Where
Fri 2:00 4:30 7 pm show	Lawrance Lawrance Lawrance	main arena round pen main arena: Breed challenge
Sat 12:30 3:15-4:00 6:45 show	Lawrance CLUB DEMO DRILL TEAM	main arena main arena main arena: Grand Entry (likely around 7:15)
Sun 9:00 12:30 4:00 pm	Lawrance Lawrance Lawrance	round pen main arena Breed challenge finals