



# HOOFBEATS

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

## BOGUS BASIN RIDE August 27

With the fires and smoke all-around, we went up to Bogus Basin for an overnight ride instead of to Crouch/Garden Valley this past weekend. Here is a group picture taken on Sunday morning. Note the compressed smoke in the background. On Saturday, we also had Nya



Bates, Andriette Goudreau and Nya's friend Karen Phillips. After our ride on Saturday, we enjoyed Andie's luscious lemon cake.

We rode among some cyclists and runners on Saturday and had to share the dusty single track trails with them. But we went on wider and less traveled trails on Sunday and split into 2 groups.

Our potluck Saturday night, we had fried chicken courtesy of Anne, Susan Baughman's awesome green salad, a veggie tray Jan brought, and then Susan and Will's freaking grocery store of potato salad, deviled eggs and some 'chili' where they looked at a can of beans while they cooked up sausage, some other meat and some more sausage - it was awesome. Anne's daughter even made Will a fantastic cake for dessert.



Although we had some rambunctious frisbee golfing campers across the parking lot; (they refused to turn their music down after several requests), we all had a great time. Even if we didn't get to shoot them...



**From Heidi Young:** Double layer fleece saddle cushion (for the rider, not the horse). Endurance riders, kids and husbands love these cushions; or use to ride in shorts. Tie strings are everywhere to hold it onto the saddle and stirrups well. Lightly used, originally \$90. \$50 for club members, will list on FB and Ebay next month. 208-781-0297



**From Nya Bates:** Zoey is a 16 year-old registered Missouri Foxtrotting mare. She is small: 14.2 hands and has been used by beginner riders (wife and children) on trails, along with some arena work. She is a quiet, laid back and just an incredibly safe mount for any level rider. She has a nice foxtrot gait and is in northern Utah. Priced to sell at \$1600, video available. Call Nya at 208-559-2755.



**From Jennifer Eld:** Antique Doctor's Buggy, with bag. Stored in barn, seat needs recovered, but otherwise in good condition. Would like to sell \$1,500 or trade for well running ATV or 3 wheeler with small cart. Located in Nampa, more pictures available. Call Jennifer Eld at 208-315-1080.



**From Nick Webber:**

New, never used Dakota Trail saddle, 17" seat. 10 year warranted Ralide Gaited Flex Tree. **\$950** (but less to a local buyer)

Stirrups, rear flank set, and leather Latigos (each side) are all part of the saddle set, but are not attached in case you want to use different stirrups or nylon Latigos (not included), or use Enduro rigging instead of the rear flank cinch. Still have the box it came in from the manufacturer.

From website: the Dakota Gaited Flex Trail Saddle 211 is Made In The USA. This beautiful saddle is perfect for your gaited horse. With its flex tree it will allow your horse the movement it needs to keep its gait. The model has a barrel style skirt, making it ideal for all horses, including those with shorter backs. The seat is black perforated grainout and the leather is the popular brown with hourglass border tooling.

**SPECIFICATIONS**

Cantle: 4"

Horn: 3 1/4" high 2 1/2" cap

Skirts: 25" Long

Rigging: Stainless steel in-skirt

Stirrup Leathers: 2 1/2", easy twist fenders

Weight: Approximately 30 lbs

Need to sell to pay for other horse expenses, *like that's news to anyone who owns horses...*  
Please contact me by phone or text at (208) 631-2290.

**Drill Team Expense**

We'd like to thank Clayne and Irene Beck for their contribution of \$30 toward the \$60 shavings bill we received from the Idaho Horse Park when the team was the entertainment for the Idaho Drill Team Competition. Irene sent a lovely note "*We tell all our horse friends to watch your events. We want you to know we appreciate all you hard work and time you invest to improve OUR drill team.*" Thank you !!

Our next performance is over in Tooele, Utah at the Paso Fino Horse show. We will be debuting our newest member: Heather Garner, as well as our new costumes.



Membership forms and previous newsletters and articles and an expanded calendar are all on our website at: [www.gaitedhorseclub.com](http://www.gaitedhorseclub.com)

Facebook: Search for "Southern Comfort Gaited Horse Club" or click: [www.facebook.com/groups/636027703108388/](http://www.facebook.com/groups/636027703108388/) and request to be added. Club members can post pictures or share information **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 mid July. [www.lifelight.org](http://www.lifelight.org)

## 2016 Calendar of Events

- |              |   |
|--------------|---|
| Mon, Sept 12 | Club meeting at Anne Martin's house   |
| Sept 21-26   | City of Rocks, south of Burley, campout   |
| Sept 24 & 25 | Lawrance Valdez clinic: Classic Western Riding, the Natural Way at Birt arena<br><i>LAST ONE OF THE SEASON</i>  |
| Sun, Oct 2   | UNPoker Ride <b>CANCELLED</b><br>In lieu of the Un-Poker ride, and since we can't get a refund for the pavilion rental at Eagle Island state park: we will have a <b>club ride</b> and <b>family BBQ. RIDE at 10:30; BBQ at 12:30. BYO meat to grill, a beverage and A DISH TO SHARE.</b> We need a few folks to bring gas grills. Frisbee golf, volleyball net (bring ball); plus zip-line rides can be reserved through Boise zip-lines. We have permission to <u>park trailers</u> in the same field near the shelter that we usually use for the poker rides. Cars: use regular car lot. Bring your entire family! (Park entrance fee is \$5/car) |
| Mon, Oct 10  | Club meeting  |
| Sat, Oct 29  | Fun Day Show  |
| Mon, Nov 14  | Club meeting  |
| Mon, Dec 12  | Christmas party (maybe on a weekend instead?)   |

### OCTOBER FUN SHOW:

We have lots of preparation going on to get this show organized and marketed. The Fun Show Committee (Sandy, Nya, Heidi, Anne, Andie) are working HARD at getting it figured out to be bigger and better than before.

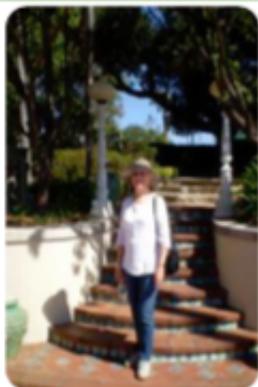
#### *WHAT CAN YOU DO?*

Once we have a flyer: SHARE on Facebook from the public groups/pages you see (ie: our club group is private so not from there). VOLUNTEER! You can still show your horse or compete in the games; but we need help with various tasks that day. Once we get a sheet with times and jobs; please step up and pick a slot at our club's new and only fund-raising event. Each position can "job share" so you can easily participate in the day's events. **THANK YOU!**

Reprinted from the May/June issue of FOSH. I tried to track down the author to get permission but was not able to get her contact information. **By Dr. Renee Boblette:**

May/June 2016

Sound Advocate



## *A Foot on the Ground* By Dr. Renee B. Boblette

*Thoughts for thinking riders: Show Me Your Horse; I'll Know Who You Are*

Watching first graders' faces and bodies is like having a direct conduit to their thoughts and emotions. To paraphrase Martha Graham, bodies don't lie.

As a life-long dancer and as an educator I've lived each day with mirrors and as a result, even without a readily accessible looking glass, I watch myself all the time. Standing during recess duty I catch a glimpse of my shadow. What do my slumped shoulders portray to my students? Seeing puckered brow and pursed lips on the mirroring face of a student makes me realize without a word being spoken that I have not explained something clearly. Driving to work I notice that I am not sitting evenly balanced in my seat. This leads me to ask, what other types of unbalance am I carrying with me?

I have a love/hate relationship with mirrors. Their mute neutrality and crystal clarity makes it difficult to argue with an honestly reflected image. I can laugh off an image reflected in those carnival mirrors that are designed to make you look grossly heavy or impossibly tall and thin, but a well-crafted mirror offers an accurate representation of reflected reality.

For a dancer, the mirror is a crucial learning tool. At first you watch to learn, but it soon becomes apparent that you are also learning to watch. You check your steps and positions. Then you check for nuances of movement and expression. Then comes a realization! What you see in the mirror is what an audience is going to see, too. The mirror becomes a preview tool. An audience is a mirror for the performer.

After I retired from teaching full time, I found it hard to sit at home. Like a horse used to working, I got back into harness and returned to work, this time, as a first grade assistant. With only limited prior exposure to first graders it soon became apparent the 32 sets of eyes that I encountered every day were brutally honest mirrors.

This type of self and body awareness is not a version of narcissism. It is the realization that as an athlete, performer, teacher, or rider you are your own mirror and that the time you spend in self-reflection is critical to improvement. Consider this: in the riding arena, your horse is not just your mount, he's also your audience— always watching, receiving and sending back messages, reflecting every move you make.

In the wonderful world of Disney, animals are capable of indulging in all of the human emotions; in reality, your horse does not judge you nor does he desire to thwart you. Your horse lives in the moment. He only knows what feels good or bad or balanced or unbalanced. He also senses if the rider is relaxed or tense, content or angry, confident or timid, not because he recognizes those emotions per se but because those emotions "feel" a certain way to a horse.

The thinking rider must accept the responsibility for clearly defining the task that is set before the horse and also accept the responsibility for the results that are achieved. In riding, as in teaching, an instructor asks the pupil a question and receives a response from the student. If the response is not the desired one, a good teacher finds another way to ask the same question until the correct answer is discovered and then made part of the student's vocabulary of skills.

Because the purpose of a mirror is not to teach but to inform, a mirror of crystal or glass only reflects transitory images. A mirror of flesh and bones, however, reflects, responds, learns, repeats, edits, and creates. Its images are stored in memory and are a permanent record of lessons learned. Actual mirrors have been around since ancient history, but photographs, movies, videotaping, any kind of captured visual representations are in reality modern conveniences. We have become so accustomed to 'watching' ourselves that perhaps our ability to actually see ourselves has become blurry and, too often, we trick ourselves into seeing only what we want to see—the ultimate selfie.

*The horse doesn't lie. He always becomes a true reflection of his rider. Observe him closely; he will tell you what his rider is and is not. It is the human element that brings to the horse and rider partnership, judgment, criticism or excuses; the horse has no interest in any of those issues that we humans use to make life harder for ourselves. Learn to watch and watch to learn. See what your horse shows to you and use that to improve. Your horse is your mirror. He'll show you who you are.*