

# AROUND THE BARN

## Equestrians of Fine Vintage - Chapter of OPRC Quarterly Newsletter

### **BREED SHOWCASE-THE THOROUGHBRED:**

Approximate Size: 16-16.2 Hands

Color Variations: Any Solid Color

Place of Origin: Britain

Temperament: Highly Strung

Disposition: Hot.

Uses: Racing among other applications.

- The Thoroughbred was developed in Britain in the 17<sup>th</sup> and 18<sup>th</sup> centuries.
- The breed is renowned worldwide and every stud in the book can trace its ancestry back to one of three sires.
- The breed has what is considered perfect proportions and is the fastest horse in the world.
- It is able to reach 45 mph and jump up to 30 ft.
- Although primarily used for racing in the USA, many TBs can be seen on the Eventing circuit as well as a wide variety of other applications.

Info from the A Pocket Guide to Horses and Ponies by Corrine Clark



### **Bombproof Your Horse**

With the long days of summer here, it's a great time to expose your horses to items and situations that we don't have a chance to during the long winter months.

One item from the above titled book is the Mattress Obstacle. Take an old mattress and lay it out in an open area. From the ground, ask your horse to approach and reward for even the smallest forward movement. The goal is to get him to cross so do not punish if he avoids or even jumps it. Let him sniff it and eventually this exposure should allow him to cross it. Repeat once he does cross. Once he's comfortable, which could take a while, then mount and repeat the process from the saddle. At first, having someone on the ground beside the mount and rider to guide them over is advisable. Soon enough, your horse should trust you enough to go over this obstacle and on his way to crossing others too.

For more information, please see the above titled book by Sgt. Rick Pelicano.

### CAMP THOUGHTS

- Gina liked that Holly had her stand for two beats instead of sit for two beats at the trot to change her post.
- Karen says it was the best camp ever and she didn't even come off once! She says she's going to miss it next year- as we'll miss her.
- Karen also says the ban on alcohol wasn't a problem but a creativity challenge.
- Sandy says, "And Again!"
- Rick said he liked it and will dress for the photo opportunities next year.
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**The Equestrians of Fine Vintage Mission Statement:** *"To enrich the equine experience of our members through equine education, networking, and social opportunities. Our focus is on the well being and betterment of the horse and encouragement of the rider at every level and discipline."*

Jochen Schleese, Master Saddle Fitter from Canada and founder of Schleese Saddlery Service, LTD, came out for a visit on July 5<sup>th</sup> to Sandy Rybacki's farm. He gave a great one-hour presentation on how your saddle should fit and what to look for with your current tack. This presentation was free- as his goal is to educate horse owners so that they don't injure themselves or their horses with long-term damage. He also does saddle evaluations and fittings as well for a pre-paid fee. He will be coming through our area again in October so Sabrina and Jessica will keep the club informed via email on his next visit. Even if you have what you think is a great saddle and a great fitter, it's good to come out and hear his presentation so that you can better talk to your fitter- and your horse too!

## CLASSIFIED

This section hosts items for sale by club members to club members.

**Heidi Barker has a Tucker Western Saddle for sale. Please contact her for more info.**

**Sabrina Spirito has two Thorowgood Saddles for sale. Email her for more information.**

If you have anything you'd like to sell, please email [sabrinaspirito@comcast.net](mailto:sabrinaspirito@comcast.net) with all the details and it will be added to the next Newsletter. Thank you.

### Choosing the Right Trail Partner:

1. What is your horse like on the trail? What is your potential partner's horse like on the trail? The best combo is two quiet horses, but it should be fine with one quiet and one spooky. Two spooky horses might not be the best.
2. How fast do you want to go? If you only want to stroll, then taking a friend who wants to run the whole time might not work. Find out in advance what each wants out of the ride.
3. How long do you like to ride? Some people like to go out for hours while others are done after 45 minutes. Communicate your intentions in advance.
4. Where do you want to ride? As we've seen at Gettysburg, there are varying degrees of trails. Some won't take their horses through rocks or have water crossing issues. Other horses are barefoot and can't handle rough terrain while others are ready for anything. The best bet is to plan it out before you commit.

- Paraphrased from *Horse Illustrated* August 2011

#### EOFV OFFICERS FOR 2011 AND 2012

<b>President:</b>	<b>Sandy Rybacki</b>
<b>Vice President:</b>	<b>Carol Muirhead</b>
<b>Secretary:</b>	<b>Pat Banzhoff</b>
<b>Treasurer:</b>	<b>Ken Waidelich</b>
<b>Membership Coordinator:</b>	<b>Sabrina Spirito</b>
<b>Newsletter Editor:</b>	<b>Sabrina Spirito</b>
<b>Insurance Coordinator:</b>	<b>Julia Foley</b>

### Talking Horses from the book, "What your Horse wants you to Know"

*A horse must clamp its tail to his buttocks to kick with both hind legs. The old horse traders used to demonstrate how gentle a horse was by taking his tail and draping it over their shoulders, then sitting on the hocks. Of course, with his tail held away from his buttocks, the horse couldn't kick anyway.*

- *Ginnv Self Bucklin*

*"True riding mastery can only be reached by the person who, for years, has kept his mind open to new ideas, and even he should always be prepared to admit that there is still much to be learned."*

- *Wilhelm Museler- Riding Logic*

## 2011 CALENDAR

*Upcoming events hosted by EOFV*

**July 11- Mounted Meeting at Harvest Hunt Farm on Long Lining with Lori.**

6pm. Organized by Kathi Rickert and Julia Foley.

**August 1(or TBD) - Meeting at Ken and Sabrina's.**

**August TBD-Mounted Meeting at Harvest Hunt Farm**

12 Steps to Resistant Free Training.

**September 12- Meeting at Susan Beall's house.**

Dressage Demo

**September TBD- Roadtrip to Devon.**

**October 3- Meeting at Pat Banzhoff's house.**

Human Body Conditioning to Ride.

**October TBD. Mounted Meeting. Gettysburg Ride.**

**November 7- Meeting – Stirrup Cup Farm- the McLean's house.**

**November TBD. Mounted Meeting- Ratings.**

**December 5- Meeting at Ken and Sabrina's house.**

Annual Holiday Party and gift auction fundraiser  
And Annual Renewal.

*Go to the [www.oldpeoplesridingclub.org](http://www.oldpeoplesridingclub.org) site and check out our EOFV Photo Album.*

*Submit new pictures of you and your horse to Sabrina to upload any time!*

Looking for a new Farrier? Wondering if your horse could go barefoot or needs a new type shoe? You should consider contacting Travis Smith. Although he handles all types, he specializes and is experienced in, the challenges of the draft horse or cross. He also specializes in barefoot care through proper trimming, joint and hoof angles. He handles both hot and cold shoeing. He can be reached at 717-226-1374 and is located in the Carlisle/Newville area.

### RECIPE IDEAS:

#### PEACH BAKE

- **SABRINA SPIRITO**

**2OR MORE LBS OF FRESH SUMMER PEACHES, PEELED AND SLICED**

**1 CUP SUGAR**

**1 STICK SOFTENED BUTTER**

**1 CUP WHOLE WHEAT FLOUR**

**1 TEASPOON VANILLA**

**1 EGG**

**PREPARE AND LAY OUT PEACHES IN A CASSEROLE DISH SPRAYED WITH NON-STICK SPRAY. MIX ALL OTHER INGREDIENTS IN A BOWL UNTIL THE CONSISTENCY OF COOKIE DOUGH. SPREAD OUT, THE BEST YOU CAN, THE MIX ON TOP OF THE PEACHES. COOK IN A PRE-HEATED OVEN AT 350 DEGREES UNTIL GOLDEN ON TOP. SO EASY- SO YUMMY!**

### Rider Workout

*Yoga is a great way to better your communication with your horse through proper movement, expression and posture.*

Why yoga?

- *Classical horsemanship and traditional yoga are very ancient practices that run in parallel in most cases.*
- *Within both practices, the more you learn, the more you realize how much there is to know: self-awareness.*
- *Both yoga and riding integrate breathing which moving in rhythm which enables a 'dancing' ability.*
- *Riding and yoga are activities that engage both mind and body- stimulating to explore physically and mentally.*
- *By creating a foundation for balance, suppleness, flexion and mental focus- you improve your communication with the horse.*
- *Yoga enhances awareness of your body's symmetry or imbalances.*
- *Yoga and riding share the universal goal of establishing Union.*

Taken from the book, Yoga for Equestrians by Linda Benedik & Veronica Wirth

*If you would like to contribute to the Quarterly Newsletter, please contact Sabrina Spirito at [sabrinaspirito@comcast.net](mailto:sabrinaspirito@comcast.net) or call 717-609-3931. All articles, recipes, event info, or other ideas are more than welcome.*

**Around the Barn**  
*Equestrians of Fine Vintage*

JULY 2011

VOL 2011 ISSUE 3

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SHIPPING ADDRESS

