

# AROUND THE BARN

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

### **BREED SHOWCASE—THE QUARTER HORSE:**

Approximate Size: 14.3-16 Hands

Color Variations: Any Solid Color

Place of Origin: United States

Temperament: Easy going, sociable breed

Disposition: Warm-blooded.

Uses: Hacking among other uses.

- The QH is one of America's oldest and most popular breeds.
- It was developed in the 17<sup>th</sup> century from the Spanish conquistador horses which were then crossed with TB types that were being imported starting around 1611.
- From 1620 to 1690 these horses competed in Quarter Mile races in Virginia where the winnings were significant.
- They are very calm and have a well-balanced temperament, highly intelligent with good conformation. They are compact and muscular with a wide chest and strong hind quarters. The legs are well formed with short cannon bones and very hard feet.

Info from the Encyclopedia of Horses and Ponies by Tamsin Pickeral



### **TOXIC PLANTS in your PASTURES**

We all are waiting for the days of sun and frolic in those green pastures while playing with our horses. But this is also a time to brush up on when to recognize toxic plants that could be growing right around our babies. Some to look out for are:

1. Red Clover: Causes excessive salivation within 30 minutes. Bloating, stiffness, diarrhea, blindness, and abortion may occur as well as Founder. If severe, an antihistamine might help with symptoms.
2. Onions: Large quantities may cause GI tract distress, anemia, depression of red blood cell count and possibly death with too much liver and kidney damage. Never feed onions to your horse and check pastures.

From Horse Owner's Field Guide to Toxic Plants, by Sandra M. Burger.

### CAMP UPDATE

Camp is gearing up to be another great event in 2011. The dates for Camp this year are June 9, 10, 11, 12, 2011 at Wilson College in Chambersburg, PA. A deposit to secure a spot is needed immediately as it will be opened up to other OPRC Clubs.

Instructors for Camp are Steve Tibbles, Lori Hickernell, and Holly Sands. The cost for all four days is \$265, for three days it's \$235. Trailer-ins are \$70 per day for Thurs/Sun only.

The majority of the food will be catered as it was last year. Karen is organizing the banquet and the musical freestyle on Friday night. Michealle is handling the barn and dorm check in and check out. We will have a lecture on Thursday night instead of loose jumping this year.

**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."*

Spring has sprung! Now is the time to clean out your barn and tack rooms and get it ready for the long summer days ahead. Make sure you clean and mend all blankets before storing them for the year. The Tack Shack can help with this, if needed. Remove all the cobwebs, dust and debris from your barn to reduce the threat of respiratory or fire issues. Check all fire extinguishers to make sure they're not expired or rusted. Now that the temps are getting above 40 degrees, open your barn for ventilation whenever possible. Check over your tack to ensure it's not in need of repair. Now's also a great time to change out those light bulbs to CFLs which will save you time and money in the long run too!

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>

**Ever wonder why you have so much trouble finding a saddle to fit you and your horse? Come find out!**

***Jochen Schleese is planning on giving a free seminar on April 3<sup>rd</sup> at Buck N Horse Hollow Farm (6 Buck Drive in Carlisle) at 10am. This seminar will focus on Saddle fit through education. No cost. No sales pitches. Just lots of good information to make us all more aware. No need to pre-register- just bring a lawn chair and an open mind.***

## CLASSIFIED

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

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.

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As all of us know the textbook definition of various aspects of riding- here's some more realistic views from various unnamed sources. This month, it's the **Backyard Rider.**

*" Usually found wearing shorts and sports bra in summer and flannel nightgown, muck boots and down jacket in winter. Drives a Ford Tempo filled with saddle blankets and dog hair. Most have deformed toes on one foot or the other from being stepped on in thin Keds Sneakers or flip flops. Pulls a two-horse bumper pull trailer stored behind the barn, mostly used for hay storage. Her horse, Snookums, sports a hand-cut (with scissors) bridle path; duct tape holds a shoe on until the farrier gets by next month. Overheard frequently saying, " It's too hot/cold/wet/dry to ride."*

***"A canter is a cure for every evil."***

**- Benjamin Disraeli**

## CALENDAR

*Upcoming events hosted by EOFV*

- March 13- Jumping Clinic with Susan McLean  
At Gail McMillan's Farm.
- April 4- Meeting at Carol Muirhead's house.
- April - Mounted Meeting. TBD.
- May 2- Meeting at Karen Wronski's house.  
Bon Voyage for Karen
- May TBD- Stonewood Farm
- June 9-12- EOFV Camp at Wilson College!
- July 11- Mounted Meeting with Kathi Rickert  
On Long Lining. Location TBD.
- August 1- 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 – Susan and Hoot's Farm.
- 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 good leather for a great price? Check out [Bartville Harness Shop](#) located at 1243 Noble Road in Christiana, PA 17509 (717-529-6992). This Amish-owned shop sells top-quality bridles, reins, halters, etc.; handles any leather repair, and can custom make anything you need out of leather. They are extremely affordable, fast and honest.

### RECIPE IDEAS:

#### HOMEMADE CRAB SOUP

- BY PAT BANZHOFF

1 LB CRAB MEAT, PICKED THROUGH FOR SHELLS  
8 CUPS WATER  
2 CUPS DICED CARROTS  
2 COARSELY CHOPPED ONIONS  
1.5 COARSELY CHOPPED CELERY WITH GREENS  
1/4 CUP BUTTER  
2 TSPS. OLD BAY SEASONING  
1 TSP. WORCESTERSHIRE  
3 CUPS DICED POTATOES  
1 LB CRUSHED TOMATOES

PUT IT ALL TOGETHER IN A SOUP POT AND BOIL SOFTLY UNTIL VEGGIES HAVE SOFTENED. SERVE HOT. THIS SOUP WAS FANTASTIC AT PAT'S MEETING IN JANUARY. A BIT OF SPICE BUT NOT TOO MUCH. PERFECT!

### Rider Workout

*Each Newsletter will list out a great Exercise Routine, or program, which more details can be found in [The Rider's Fitness Program](#), by Dianne Robin Dennis, John McCully and Paul Juris.*

#### Routine One:

Squats	Lower Body
Hip Abduction	Lower Body
Seated heel raise at horse width	Lower Body
Reverse-grip bench press	Upper Body
Close-grip bench press	Upper Body
Upright row	Upper Body
Trunk Extension	Posture

*These routines can significantly help a rider become stronger in areas specifically designated for the equine enthusiast. For more information, talk to a trainer, acquire the book, or hit the internet.*

*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*

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SHIPPING ADDRESS

