

# LEGACY FARMS

## ~ The Reins of Communication ~ **Congratulations, Allie!!**

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### LEGACY FARMS

The Reins of Communication  
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*Any news, comments, or pictures that boarders would like to see added to the newsletter may be given to Legacy Farms Proprietors, Paul and/or Paula Lafferty for inclusion in the following newsletters.*

INTRODUCING ...REBA!!!  
"I am Reba and I live in the pasture by Paul and Paula's house with my buddies Koda and Moon. I am 14 years old and I originally came from Nebraska. "



Reba

"The man in Nebraska who took care of me since I was a baby couldn't keep up with me anymore, so I came to California. I have famous Quarter horse grandpas on both my horse mom's and horse dad's sides, but I do not have papers... whatever that means. When I lived in Nebraska, I got to chase cows and work on the ranch sometimes. A young man took care of me for a while and I learned how to sort cattle and put them in pens... California life is much more relaxing."

"My new mom, Cheryle, has had me for about a year and a half. We get along very well and I'm pretty sure it's because I am so sweet and calm. I think she had another of my kind when she was young, but I don't think she knew what she was doing then. Mom

has been learning a lot of new things to do with me lately and I am trying very hard to figure out what she wants. She takes me out to different places sometimes and I wish she would take me out more often... I didn't want to tell my mom or Paula, but sometimes I get bored standing around. "

"Most everyone I meet tells me that I am cute and pretty, but my mom says I am chubby. What can I say? I love food! My mom calls me an "air fern". I don't know what that means or what a fern is, but I'm pretty sure it's not nice. If you happen to see me in my pasture, please say hello to me ... I would like a treat if you have one, but I'm not supposed to have them because I'm on a diet... whatever that is."

Cheryle and Reba



~Watch for info on Rocky next month~

*"Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Just walk beside me and be my friend."*

-- Author Unknown.

#### 10 THINGS YOUR VET WISHES YOU KNEW...

1. Never be afraid to ask questions. You should have a relationship with a vet, so that you can call him or her and ask questions comfortably. Yes, time is money, but like a family doctor, some amount of veterinary phone triage is important. Some horse owners feel that calling the vet should be the last resort. This is usually based on the idea that calling a vet means money spent. In fact, my vet would rather I call when I have a question, rather than assume or guess.

2. Keep an emergency phone list of "back-up" vets, in case your veterinarian is unavailable in an emergency. Many vet lists other vet contact numbers on their answering machine, so that owners have choices, in the event that they are unable to respond quickly. Most are a one-person operation. The vet cares about my horses almost as much as I do, and they would prefer that we have good back-ups available for an emergency when they are not available. Ask your vet who they recommend you call when they are unavailable, and keep those numbers by the phone where they can be easily found.

3. You should know how much water your horse normally drinks in a day, and how much manure you should expect to see since the last stall or paddock cleaning. Water intake and manure production are good indicators of how well your horse's digestive system is working.

4. Stock vital health and first aid supplies for your horses. Many horse owners have first aid kits for humans, but few have them for their horses. Do you have the right equine first aid medications and materials and know how to use them? A list of suggested equine first aid kit supplies is listed on the last page. Bute (Phenylbutazone) and Banamine are the two most important prescription drugs to have in your equine first aid kit. But as important as it is to have these

medications, is knowing the correct dosage, how to administer them, and when to use them. And if you don't know, don't be afraid to ask your vet. The fact that they are not sold without a prescription suggests that these medications do require some basic understanding of their usage. Acquiring them and knowing when and how to use them is another reason for developing a good relationship with your vet.

5. Owners knowing how to take their horse's temperature is very important to my vet. Many people know that a horse's normal temperature is between 99.5°F and 101°F. But do you know how to take that temperature? You may want to ask your vet to show you the first time. Start with a thermometer well-lubricated with petroleum or KY jelly, and shake it hard to reset the mercury. Digital thermometers are great as shaking is not an issue. Insert the thermometer (bulb first) into the horse's rectum, holding it tightly. Sliding your free arm under the horse's tail first will test your horse's initial reaction and will move the tail out of the way. After one minute remove and read the temperature. Fevers (over 101°F) should always be immediately reported to the vet.

6. Learn to read your horse's pulse and respiratory rate. The normal resting pulse rate of a horse is 30-40 beats per minute. It may take some practice to find the pulse. Reaching under the jaw and pressing lightly back towards the closest edge of the jaw you will find a large artery. You can also use a stethoscope, if you have one. It may help to have a vet show you the first time. Count the beats for 15 seconds and multiply times four for the pulse rate. Respiration is best observed from a safe distance behind the horse, watching for the rise and fall of the ribs. A complete out and in movement is one breath. Count for one minute. Horses normally take 8 to 20 breaths per minute.

7. Two other important equine vital sign tests to learn are the hydration skin-pinch and the capillary-refill test. The skin-pinch is just that. It is easily performed by taking a pinch of skin just over the point of the horse's shoulder and counting how long it takes for the

skin to return to a normal flattened state. If it takes 2-3 seconds for it to flatten, your horse is probably dehydrated. The capillary-refill test is just as easy to perform. Press your thumb against the horse's gum for a moment and then release it, counting the number of seconds it takes for the whitened gum to return to a normal pink color. One or two seconds is normal. Any longer suggests dehydration or a stressed horse. Before taking this test take a good look at the color of the horse's gums. A chalky white color or yellowish color, dark red or purplish color is something to be concerned about. Normal, healthy gums are good and pink. Being able to communicate this info to your vet can be very valuable.

8. "Eye issues" are always worthy of a vet call. Swelling, drainage (especially thick white to thick green or yellow drainage), rapid blinking, squinting, cloudiness in the eye, or redness are all worthy of concern. I will usually thoroughly flush out the eye with sterile water and apply Terramycin (an antibiotic ointment sold over the counter at most horse supply stores) for most symptoms, but I call the vet if I don't see immediate improvement. The eyes are very fragile and these symptoms usually mean serious problems or results if left untreated.

9. If it's cut, clean it. The most important treatment for lacerations is washing of the wound. Do not cover a dirty wound: covering or bandaging the wound to keep dirt out is futile with dirt already present. Bandaging is for the stoppage of bleeding and is important if blood is flowing. If blood is not flowing, spend more time cleaning the wound than bandaging. If the wound is clean then cover it. Keeping the wound moist with ointments is helpful. Powders should not be applied to fresh wounds. Your vet will only have to clean these powders out, since they are designed to stop proud flesh, not to heal a fresh wound. In fact, powders hinder the immediate healing process.

10. Be mindful of all potential warning signs to colic. Most important, be aware if your horse is not eating. This warrants an immediate call to your vet. Don't wait, hoping your horse will change its mind and begin eating. Your

vet will be far happier to arrive and find a healthy horse in your stable than to find they have a serious problem that could have been drastically reduced by early intervention. Major agitation, sweating (when they have not been worked), pacing, groaning, kicking or looking at their sides, constantly getting up and down, or repeated rolling are also signs of colic. It is good to know how to check for decreased gut sounds (ask your vet where you should listen). Watch for any major mood change in your horse, either more active or more docile. You KNOW YOUR HORSE BEST!!! Any of these symptoms or signs is worthy of a vet call.

Most importantly, do not delay in calling the vet for any problem that has the potential of escalating, such as lameness, coughing, discharge in the eyes, a laceration, a changing mood or dietary habits. While these symptoms don't independently constitute an emergency, they certainly warrant a call to your vet. Keeping your horse's vaccinations and worming up to date will also make your vet's job easier and your horse healthier and happier.

Your vet may have different ideas of what is important for you to know. All the more the reason to have a conversation and learn the things he or she would like you to know and agree upon a good tactical plan for emergencies that may arise. Here's to a long and healthy partnership between you and your horse!

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*"The air of Heaven is that which blows between a horse's ears." – Arabian proverb*

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#### HEAT STROKE IN HORSES

- ❖ Provide ample water. Try to keep the water cool. Horses may not want to drink warm water. Ponies and foals may have trouble reaching to the bottom of a shallowly filled trough. Make sure everyone in your paddocks can reach the water.
- ❖ Sponge or hose down the large blood vessels along the inside of the legs, belly, and neck. Don't spray the horse's face or get water

in its ears—sponge them down gently.

- ❖ If you must work your horses hard try to schedule your session for early morning or late evening when it is cooler.
- ❖ After riding or driving in hot weather, cool your horse down slowly. Loosen girths or belly bands immediately after a work out.
- ❖ Offer sips of cool—not cold—water and walk the horse slowly. Muscles are more apt to stiffen if the horse is allowed to stand, and moving muscles lose heat better than stationary ones. A hot horse drinking large amounts of water can cause colic in horses, so frequent sips of water and walking will help cool the horse.
- ❖ Consider using [electrolytes](#) if your horse is sweating hard, such as when the combined humidity and air temperature exceeds 104°F or your horse will be working hard (a long trail ride or competition). Electrolytes replace salts lost in sweating. They are similar to human sport drinks. You can put electrolytes in the horse's feed, or use a large-ended syringe to squirt into the mouth. Use electrolytes made for horses. Electrolytes made for other livestock may be unsuitable.
- ❖ Make sure there is a place for your horse to avoid the sun, either a building or a shade tree.
- ❖ Clip horses with heavy coats. Be careful not to clip too close however, since exposed skin can sunburn.
- ❖ Apply zinc oxide cream to horses with pink noses to prevent and treat sunburn.
- ❖ Mid to late summer weather often means that grass growth slows down and pasture quality declines. Make sure your horse is getting enough to eat without over feeding. Horses need energy to stay warm and cool. Adjust your feed mixture if your horse begins to lose condition in hot weather.
- ❖ During very hot weather, consider keeping your horses stabled during the day, and let them out at night.

- ❖ If your barn becomes hot and stuffy, consider setting up a fan. Make sure the horse cannot reach the cord or fan itself, it can't be tipped, and that it is plugged into a ground fault interrupt electrical receptacle if there is any chance of electrical wiring coming into contact with moisture, such as a spilled water bucket or a curious horse's mouth.
- ❖ If hot weather brings clouds of biting insects that keep your horse pacing and stomping, try using fly sprays, masks, and sheets. Water-based fly sprays may be less harsh on the coat hairs, as oil-based ones can cause bleaching.
- ❖ Whether you are at home riding or competing, a bucket full of ice water and old towels can help refresh you and your horse. Place them over your horse's neck and your own. A drop of lemon, mint, or citronella essential oil on the people towels is an energizing touch.
- ❖ Take care of yourself. If you get overheated and tired, you may not be able to take care of your horse effectively. And you could miss warnings that your horse itself is showing signs of heat stress.
- ❖ Heat stroke can happen to horses whether they are working hard, standing in stuffy stables, or traveling in trailers. Call a vet and take immediate action if your horse exhibits any of these symptoms:
  - ❖ Elevated respiration in an inactive horse (normal range is 4 to 16 breaths per minute).
  - ❖ Elevated pulse in an inactive horse, pulse that does not drop after several minutes, or climbs once exercise has stopped.
  - ❖ Profuse sweating or no sweating at all.
  - ❖ Elevated body temperature above 103°F.
  - ❖ Irregular heart beat known as 'thumps.'
  - ❖ A depressed attitude.
  - ❖ Dehydration. Test for this by observing your horse's flanks. If they look caved in, he is probably dehydrated. Pick up a pinch of skin along your horse's neck. If the skin snaps

back quickly, the horse is sufficiently hydrated. If the pinched area collapses slowly, the horse is dehydrated.

**What to Do Until the Vet Arrives** Use shade, cool water, breezes, or fans as best you can. Stand your horse in a pond or stream. Sponge or spray the large blood vessels along the inside of the legs and belly. Offer frequent **sips** of water.

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*"Show me your horse and I'll show you what you are" –traditional British saying*

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#### TRAIL ETIQUETTES

Have you seen the commercial "Don't be that guy?" It's a clever marketing campaign with a guy doing things so goofy he stands out like a clown in an executive board meeting.

We've all seen him on trail rides. You know, ...he guy who shows up for a trail ride wearing tennis shoes, saying he doesn't wear a helmet because he has ridden all his life and he used to ride bulls. He ties his horse's reins to a barbed wire fence and yells, "Hey y'all! I brought beer for the trail!"

His back cinch is hanging a foot under his horse's belly. "That Guy" throws his raincoat over the saddle so wildly his horse jumps and almost rips the bit out of his mouth. When "That Guy" climbs into the saddle, it slips halfway around the side of his horse. He laughs loudly as he tumbles to the ground. With a big grin he shouts, "Hey y'all! I forgot to tighten my cinch!"

So you hit the trail faster than a teenager hearing the word "chores," hoping to get as far ahead of that guy as possible. Just as your horse has settled into a comfortable pace, you hear what sounds like a tornado coming up behind you. It's "That Guy" yelling at the top of his lungs, making more noise and stirring up more dust than a buffalo stampede. As he passes, he yells "YEEHaw!" You can't help but notice his toes pointing straight down with those tennis shoes jammed tightly into the stirrups. Somehow he hangs on when his horse surprises him and jumps the creek. But when he bends backwards at the low-

hanging branch and his worn-out latigo can't take the pressure, his eight-second ride finally comes to an end. You try not to grin as you approach him sitting in the dust, his horse running off into the sunset. And he wonders aloud, "How'd that happen?" I want to remind you: "Don't be that guy."

Here are some simple tips for group ride etiquette and basic trail safety.

1. Check your tack regularly for possible problems or weakness (especially latigos – latigo is the leather used to tighten the cinches to the saddle, cinches, stirrup leathers, bridles and anywhere leather meets metal).

2. Wear proper footwear (a boot with a heel) and place the ball of your foot on the stirrup. Never wear flat shoes without a heel (such as tennis shoes) when riding.

3. When approaching creeks, logs or other obstacles in your path, be prepared for your horse to jump. Many riders are caught off-guard while crossing such trail hazards. Coming to a complete stop before starting to cross, keeping a tight rein on your horse and holding onto the saddle will help you stay in the saddle, should your horse jump. A big jump is less likely to frighten you or other horses, if you are prepared and ready for it.

4. When riding in groups, never change to a faster gait without asking permission from all riders. Though you may feel safe, those around you may not be as experienced or comfortable at holding their horses back, should they decide to join in the run.

5. Don't smoke or drink alcohol on trail rides. Save these activities for a proper location.

6. While others are opening or closing gates, keep your horse standing still and do not ride off until they have mounted again. If anyone in your group dismounts for any reason, ask if everyone is ready before riding on.

7. When riding in groups, do not allow your horse to run up hills or run up behind other horses. Surprised horses may kick or buck when others suddenly run up behind them.

8. Always greet hikers and bikers with pleasantries and represent equestrians well.

9. If a straggling rider drops out of sight, pass the news up to the ride leader to stop until the group gathers again (unless this situation has been discussed before the ride).

10. Never ride more difficult trails or at a faster pace than the greenest rider or horse in the group is comfortable with. This will provide safer and happier trail rides for everyone.

11. If you see broken glass, barbed wire, large holes or anything dangerous on the trail, pass the news down the line to the other riders. It is also a good idea to alert other riders of oncoming cars, cyclists, hikers, animals, or anything that might frighten a horse.

Remembering these tips will help you to not be "That Guy" when trail riding with friends. And, more people will be happy to see you ride with them. See you on the trail!

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*"The seat on a horse makes gentlemen of some and grooms of others." – Miguel de Cervantes, Don Quixote*

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#### YOUR HORSE YOUR LIFE?

True or False: When your horse is hot, hose or sponge him with tepid water – never cold water, because the latter could cause his muscles to cramp?

**False.** When your horse is hot, rapid cooling is the most important goal. The best way to achieve that is with the coldest water you can find – an ice bath is best. Research shows that there is no danger of muscle cramping associated with cold water.

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*"I will not change my horse with any that treads but on four pasterns. When I bestride him, I soar, I am a hawk. He trots the air. The earth sings when he touches it." -- William Shakespeare, Henry V*

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**TIS THE SEASON...**

Tis the season for sweet itch, an allergy to the saliva of flying, biting insects. Does your horse have it? Follow this diagnostic chart to determine the root of the problem:

Are there distinct, smooth bumps that resemble hives or welts with unbroken skin? Is your horse acting anxious, breathing rapidly, or wheezing?

**YES** Call your veterinarian **NOW** if you answered yes to either question. It could be a severe, body-wide allergic reaction called anaphylaxis.



Is the season too cool for biting insects? Do you see "moving dandruff" when you examine your horse's skin with a magnifying glass?

**YES** Call your veterinarian **TODAY**. It could be lice.



Does he have only a few isolated, red/oozing sores?

**YES** Call your veterinarian **TODAY**. It could be an infectious condition called pythiosis.



Is your horse rubbing primarily at his lower legs?

**YES** It could be leg mange. Continue this chart, because your horse

could also be suffering from sweet itch. To treat the mange, apply on equine insecticide (like a commercial equine fly spray) to the affected area daily for three days, then twice weekly for three weeks to kill juvenile mite parasites.



Is your horse rubbing primarily at the base of his tail?

**YES** It could be pinworms. Continue this chart; it could also be sweet itch.



Is the involved skin primarily on his underbelly and/or chest?

**YES** It could be a condition called Onchocera. Continue this chart, as it could overlap with sweet itch. Administer ivermectin or moxidectin (Quest) dewormer to eliminate external parasites that feed on blood.



Is it insect season? Is the itchy skin crusty, scaly or flaky?

**YES** If you answered yes to both questions, it sounds like insect hypersensitivity, or sweet itch. Try applying a repellent, like Gold Nugget

Gnat-Away; and insecticide, like a commercial fly spray; and a skin soother like Absorbine liniment or capsaicin cream to relieve itching.



Call your veterinarian for an appointment for diagnosis.

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*"Horse sense is the thing a horse has which keeps it from betting on people" - W.C. Fields*

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**HORSE JOKE**

An out-of-towner accidentally drives his car into a deep ditch on the side of a country road. Luckily a farmer happened by with his big old horse named Benny. The man asked for help. The farmer said Benny could pull his car out. So he backed Benny up and hitched Benny to the man's car bumper. Then he yelled, "Pull, Nellie, pull." Benny didn't move. Then he yelled, "Come on, pull Ranger." Still, Benny didn't move. Then he yelled really loud, "Now pull, Fred, pull hard." Benny just stood. Then the farmer nonchalantly said, "Okay, Benny, pull." Benny pulled the car out of the ditch. The man was very appreciative but curious. He asked the farmer why he called his horse by the wrong name three times. The farmer said, "Oh, Benny is blind, and if he thought he was the only one pulling he wouldn't even try."

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*"Let us ride together, blowing mane and hair, careless of the weather, miles ahead of care, ring of hoof and snaffle, swing of waist and hip, trotting down the twisted road with the world let slip" - Anonymous, Riding Song*

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**CONGRATULATIONS ALLIE!!**

Congratulations to Allie Kimes on her award of 1<sup>st</sup> Runner-up for San Benito County Rodeo Queen. Allie borrowed a registered Quarter Horse gelding, Buddy, from Natalie La Courte two weeks prior to the event. She represented herself extremely well and rode a horse she'd only had for two weeks superbly! The competition was very tough and she only missed the title by a few points. Congrats, Allie!!!! Good Job!

**INTRODUCING TIA ALEXANDER**

Tia has been riding for 30 plus years. She has studied most disciplines of riding with a major emphasis on dressage. Tia applies dressage principles to all disciplines of riding. She is available for lessons and training. Tia's contact information Cell (831) 801-4783. She can also be reached by leaving a message at (831)636-9300. The picture is of Tia riding Flyte at a spring show at Woodmyste.



Tia riding Flyte at a spring show at Woodmyste.

**EQUINE PRODUCTS**

Coldflex Self Cooling Equine Products are water-based, cooling at room temperature with no need to freeze. Tissue temperatures are reduced as much as 30°F as the product slowly evaporates, removing heat from an injury. The non-toxic products never sting or irritate, even when applied over abrasions.

The self-conforming Coldflex compression wraps are used to help in the treatment of bowed tendons, bucked shins, arthritis, sprains, tendon injuries, stocking up, laminitis and founder. Coldflex equine blankets and pads aid in recovery and reduction of symptoms from sore muscles, arthritis, heat exhaustion and swelling without the mess and fuss of ice and water or the problem of trying to find a place to store the wraps.

**BECOMING A CONFIDENT RIDER**

*"I go to the barn, groom, lunge or turn-out my horse 3-4 times each week. But I never get on and ride."*

*"Every time my horse canters, I freak out."*

*"I'm afraid of getting hurt and not being able to work or care for my family."*

*"I want riding to be FUN - the way I remember it as a kid. Instead, all I do now is worry about everything."*

*"I make excuses for not going to the barn."*

*"Every time I go to a show I throw up."*

*"I usually ride in the arena, where I am comfortable. But the whole time I am criticizing myself for being too afraid to ride out on a trail, which is where I really want to be."*

*"I'm afraid the horse will get out of control and I won't be able to stop it."*

*"I usually make excuses to avoid trail rides with friends. Occasionally I will grit my teeth and go. But my heart is pounding every step of the way and I am miserable. Last trail ride I got off and walked back to the barn in tears."*

*"Somehow, riding has lost its fun. I'm thinking about selling my horse because I dread going to the barn."*

Does any of this sound familiar? Have you ever thought or said any of these things? If you have, come on in and join the club - you are not alone!

Overcoming fear is something almost every equestrian faces from time to time. Horses are large, potentially unpredictable and dangerous animals. But some riders, for a variety of reasons, struggle with fear and anxiety a lot more than others. Few sports have as many dedicated participants who struggle with being afraid of their beloved, chosen sport as equestrian sports. Fearful riders come in every age, gender, size and ability level. They include riders from every equestrian discipline and level of training.

Equestrian fears usually originate from two distinct sources: post-traumatic fear and generalized anxiety. Post-traumatic fear develops after experiencing or witnessing a traumatic incident or accident. Not every rider who is involved in or witnesses an equestrian accident will develop posttraumatic fear. Some riders seem to "bounce back" from devastating accidents with few long-term effects. Other riders will struggle with crippling fears after a seemingly minor incident. Generalized anxiety develops in the "what if" section of the brain. No actual incident has occurred, but the fear is always of what might occur. What if my horse bolts and I cannot stop him? What if my horse spooks at a cow? What if a barking dog chases us on the trail? What if my horse bucks me off and I get hurt and cannot care for my children? The "what if" possibilities are endless and can be paralyzing.

In general, adult riders struggle more than child riders with fears and anxieties. Adults have experienced more of life, have lost their child-like innocence and sense of invulnerability, and have heard many more horror stories of riding accidents and dramatic falls. Adult riders have competing demands on their time, energy,

finances, and bodies. No matter how much they love riding, adults also have to think about family responsibilities and relationships, the demands of a job, and how the bills would be paid, in the event of a serious accident.

In addition to their worries and an increased awareness of their own mortality, adult riders often have to deal with stiffer, less flexible joints; bones that break more easily; increased body weight; decreased muscular strength; slower reflexes; a lower general level of fitness; and old or prior injuries. These physical realities may increase an already anxious rider's fear level.

So, you know you are an anxious rider. If you aren't an anxious rider yourself, you probably know several other riders who are (even if they have never admitted this out loud to you). Many adult riders are deeply ashamed of and embarrassed by their fears. They are reluctant to talk about them or to get help, and so they suffer in silence, while making excuses to avoid riding. So, what is an anxious or fearful rider to do?

First of all, be patient with yourself or your anxious friend. Learn to recognize and reward your progress. There are no easy or simple answers to overcoming fear. But there is hope and success for those who are determined to conquer their fears. Listed below are a number of tasks that may help you to overcome your fears and become a confident rider.

1.) Determine your Equestrian Goals. What are your goals? Why do you ride? What do you want to do with your horse this year? What are your long-term goals? Ultimately, your personal goals and motivations should determine everything that you will or will not do with horses. There is no good reason to be involved with horses unless you genuinely love and enjoy them.

2.) Define your Equestrian Comfort Zone. What things are you comfortable doing around horses? Where does your comfort zone end? Many adults set unrealistic goals for themselves and try to accomplish too much, too soon. Successfully overcoming fear always

begins well inside a rider's comfort zone. Start by determining the horse-related activities you are very comfortable with (such as catching, haltering, grooming, tacking up your horse, ground work, etc.). In the beginning, it is strongly suggested that a fearful rider work only within her Comfort Zone. Repeatedly challenging yourself to work outside your Comfort Zone usually results only in reinforcing fearful reactions and unpleasant emotions, and will not move you in the direction of your goals (to enjoy riding and not feel afraid). Later on, when you are ready, you will work to increase and enlarge your Comfort Zone with activities that meet your goals (cantering on the trail, team penning, jumping, etc.).

3.) Enlist your Equestrian Support Team. Fearful and anxious riders will rarely overcome their fears alone. The more support a fearful rider gathers, the more likely she is to successfully overcome her fears. Possible members of an Equestrian Support Team include: a supportive riding instructor or trainer; a sports psychologist or psychotherapist; a physician or other medical professional; experienced, confident horsey friends and riding partners; a supportive spouse, partner or good friend; and friendly horse/riding clubs and organizations. Some well-meaning riding instructors add to the problem by refusing to allow their students to voice or talk about their fears. This is not the style of riding instructor I would recommend for a fearful rider, who needs to be able to talk about and verbally process her fears. A little empathy and understanding can go a long, long way.

4.) Learn to determine a Good Risk from a Bad Risk. The difference between a good risk and a bad risk varies considerably from rider to rider. Good risks may increase your fear level, but they can also be tremendous opportunities for personal growth and development. Good risks usually have a relatively low possibility of serious injury and they move you in the direction of your goals. Bad risks may also increase your fear level, but they may be dangerous and have a much higher possibility of physical injury or

danger. Bad risks are also not related to what you want to do with your horse. Your goals, dreams, and personal motivations for riding will ultimately determine the kinds of risks you will or will not choose to take. There are no "objective" right or wrong answers when it comes to evaluating risky activities, because the decision-making criteria are very subjective and personal.

5.) Get to know your body's fear response. When you are afraid, what happens in your body? One of the first steps to controlling fear is identifying and becoming aware of your physical response. Some common bodily responses to fear include: dry mouth, sweating, "butterflies" in the stomach, nausea, "rubbery" legs, shaking or trembling, chest pressure or pain, tingling sensations, dizziness, tearfulness, eyes looking down or losing focus, shortness of breath, "racing" thoughts, inability to focus or concentrate, and the fear of losing control or the fear of dying. When you are afraid, pay attention to where and how you experience fear in your body.

6.) Wear a helmet. Every time, every ride. You never "forget" the girth, do you? Then there is no excuse for "forgetting" a helmet. No matter which equestrian discipline or activity you are participating in, a properly fitted, ASTM/SEI-approved equestrian helmet is the single most important piece of personal safety equipment available today. A helmet may save your life and your future, in the case of a fall or serious accident. Knowing your wonderful, unique brain is well-protected will give you one less thing to worry about when you ride.

7.) Learn visualization and imaging techniques. Two wonderful sources of information for visualization techniques specific to equestrians are Jane Savoie and Barbra Schulte. Both of these women are internationally-known competitors (Jane Savoie in dressage and Barbra Schulte in cutting), instructors, coaches, authors, and speakers. Jane Savoie's newest book "It's Not Just About the Ribbons" and Barbra Schulte's audiobook series "Mentally Tough Riding: A Training Course" contain extensive descriptions

and information about mental imagery and visualization for equestrians. Their websites are listed in the resources at the end of this article. Visualization and imaging skills require time, practice and disciplined thinking, in order to be effective.

8.) Learn to think rationally. Rational, realistic thinking will take you far. Irrational, unrealistic thinking will devour your fun and make you miserable. "Irrational thoughts are absolutist. They demand that you must, should, or have to do or be something, or else you are an absolute failure." Learn to identify and stop negative, unrealistic self-talk when it starts. Irrational thoughts take one bad ride, day or incident and expand it into you are a bad rider in general, your horse is a bad or dangerous horse, or you are a failure as an equestrian and as a human being. This kind of negative expansion is not based in reality and will not help you to achieve your goals in riding.

9.) Learn to identify your Fear Arousal Level on a scale of 1 to 10 (1 being relaxed and almost asleep; 10 being blind panic or fear of dying). On this scale, 2-4 are the Comfort Zone. This is a very calm and comfortable place to be, and no challenge or growth is taking place. This is the place to retreat back to, when you are feeling stressed. 5-7 on the Fear Arousal Scale are the Learning Zone. Things are interesting and challenging enough to keep you awake and on your toes and reaching outside your Comfort Zone, but you are not frightened. At 8-9 the stress level is too high for effective learning to take place, and fear or panic are beginning to set in. At 10 the rider is frightened for her life, is in a blind panic, and may be out of control with fear. The Fear Arousal Scale is a very useful tool to use individually and with your riding instructor. Learn to talk about where you are feeling on the Fear Arousal Scale, and plan to decrease the arousal level (lower the stress) if you get above a 7.

10.) Improve your riding skills. Most fearful riders benefit tremendously from taking additional riding lessons on the basics of riding a horse. These lessons should be with a patient, caring

instructor who enjoys working with timid adults. Lessons on the basic mechanics of riding and controlling a horse, balance, and understanding a horse's movement will help a fearful rider to relax and feel more in control in the saddle. Ideally, these lessons should take place on a calm "schoolmaster" type horse.

11.) Improve your fitness level. Start with abdominal strength. Work up to 100 curls every day. The abdominal and oblique muscles control your position in the saddle and help you to stay with your horse when he turns quickly. Strong abs make you a stronger rider. Increasing over-all fitness, strength and flexibility will usually increase a rider's self-confidence in the saddle.

12.) Look and act like a confident rider, even if you do not feel like one. "It is easier to act your way into a new way of feeling than to feel your way into a new way of acting." The physical positions of keeping your eyes up, chin up, and smiling send signals to your brain that you are in control and confident, even if you do not feel that way emotionally. Look and act like you are confident and eventually you will feel that way.

13.) Evaluate the horse you own or usually ride. Are you a good match for each other? Many fearful riders are riding horses they should not be riding. They are over-horsed and intuitively know that, but do not know how to change the situation. If you are not sure whether you and your horse are a good match, enlist the aid of a knowledgeable horse professional to help you. A professional opinion may give you the courage to overcome your fears and work successfully with your current mount, or the courage to say good-bye and find a more suitable mount to help you achieve your equestrian goals and find the fun again.

14.) Make a plan. Start within your Comfort Zone and plan baby steps to move you in the direction of your dreams and goals. The most effective plans will usually involve regular riding lessons or instruction, sessions with a sports psychologist or psychotherapist who is experienced with equestrian

issues, and mobilizing your entire Equestrian Support Team.

In summary, there is hope and help available for anxious riders who want to overcome their fears. Successfully overcoming the fear of riding and becoming a confident rider most often occurs when a strong Equestrian Support Team is enlisted and utilized, and a thoughtful, realistic plan is in place. Here's to your future as a Confident Rider!

Recommended Resources:

Books:

- "It's Not Just About the Ribbons" by Jane Savoie (Trafalgar Square Publishing, 2003)
- "Riding for the Rest of Us" by Jessica Jahiel (Howell Book House, 1996)
- "Overcoming the Fear of Riding" by Theresa J. Jordan and Peter De Michele (Breakthrough Publications, 1996)
- "Cutting: One Run At A Time" by Barbra Schulte (Center for Equestrian Performance, 1998)

Websites:

- <http://www.janesavoie.com>
- <http://www.barbraschulte.com>
- <http://www.horse-sense.org>

NEED A TRAINER?

Legacy Farms recently had a visiting trainer ... Cheryle and Reba invited Ivonne Gutierrez to come and spend the day with them. Ivonne is a certified John Lyons trainer. You can chat with Cheryle about her day with Ivonne. Or email Ivonne at [ivonneis@juno.com](mailto:ivonneis@juno.com) or give Ivonne a call at (925) 922-0238. Check her website for a quick look at: <http://www.johnlyonscertified.com/2901.html>

COMING SOON!!

Ivonne Gutierrez will be returning to Legacy Farms for a Desensitizing Clinic in August. Be sure to watch for dates and times.

- Obstacle course-type training
- desensitize your spooky horse
- having safe fun



**COWBOY QUOTES**

Here are some cowboy quotes & tips for life:

- Don't squat with yer spurs on.
- Don't let your yearnings get ahead of your earnings.
- Never miss a good chance to shut up.
- Don't dig for water under the outhouse.
- Never take down another man's fence.
- Never drive black cattle in the dark.
- Make apologies not excuses.

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*"Ending up with a good horse always takes some thought and a little understanding on the part of the person doing the training." – The Old Man (from the book "A Good Horse Is Never A Bad Color" by Mark Rashid)*

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**NEED YOUR HELP**

With the Reins of Communication newsletter being published into Adobe Acrobat, it makes it much easier to send out by email to our boarders and place copies online on the Legacy Farms website.

If you have an email address that you would like us to use to deliver the monthly Reins of Communication to you in your home, please feel free to drop a quick note on a sheet of paper with your name and email address into the payment box on the tackroom door.

Any suggestions, comments or articles that you'd like to see published into the newsletter, feel free to holler. Most articles can be reprinted into the newsletter after a quick note to the publishing magazine for copyright purposes and we'll get it incorporated into the next newsletter.

Please don't forget to pop your email address into the box... don't miss the next Reins of Communication newsletter.

**NOTE FROM THE EDITOR:**

Our first subject for July was to be Speedy, since she's just had her special 30<sup>th</sup> birthday. But, Speedy has

been too busy to comment... stay tuned for learning about Speedy ☺

## COMING EVENTS

Wow, I can really tell we're getting into the summer season. I've got almost 3 full pages of scheduled events. Please check the listed numbers and website for verification of the dates and times.

If you have a coming attraction, event, clinic, show, etc that you'd like to let everyone know about, please feel free to drop the dates and information for inclusion into the following newsletters in the payment drop box in the barn. Also, with the price of gas nowadays....mention you're gonna go to some of the events and I bet you could find someone else here at the barn that would be willing to ride along and share the price...

7/2-7/6	Pacific Coast Quarter Horse Association "Cool" Quarter series, Western, Reining, Working Cow Horse, English, Halter, Trail, Barrels – Santa Cruz County Fairgrounds
7/1-7/3	<a href="#">Nick Karazissis @ Spring Down Equestrian Center</a> , 650.851.1114x0, Portola Valley, CA, <a href="#">Send E-mail</a> , <a href="http://www.springdown.com">www.springdown.com</a> , Event Type: Clinic, Breed: Open, Discipline: Hunter
7/4-7/6	<a href="#">Reno Ride for the 4th weekend</a> , 408-431-2273, Reno, NV, <a href="#">Send E-mail</a> , <a href="http://www.roostershaven.com">www.roostershaven.com</a> , Event Type: Trail Ride, Breed: Open, Discipline: Open
7/4	<a href="#">Woodside Junior Rodeo, presented by Mounted Patrol of San Mateo</a> , 650-851-8300, Woodside, CA, <a href="#">Send E-mail</a> , <a href="http://www.mpsmc.org">www.mpsmc.org</a> , Event Type: Rodeo, Breed: Open, Discipline: Western
7/6	<a href="#">Barrel Race Sanctioned NBHA, ACBRA and BRN4D Benefit for Jack Barbieri at Quail Creek Ranch</a> , 831-278-2565, SALINAS, CA, <a href="#">Send E-mail</a> , <a href="http://WWW.QUAILCREEKRANCH.COM">WWW.QUAILCREEKRANCH.COM</a> , Event Type: Horse Show, Breed: Open, Discipline: Barrel Racing
7/10-7/13	<a href="#">Almaden Farms Summer Show</a> , 408-847-7493, 916-485-7918, Watsonville, CA, <a href="#">Send E-mail</a> , Event Type: Horse Show, Breed: Open, Discipline: Hunter
7/10	<a href="#">San Mateo County Horsemen's Association Western Riding Clinic!</a> , 510-432-0368, 650-670-0521, Woodside, CA, <a href="#">Send E-mail</a> , <a href="http://smcha.org">smcha.org</a> , Event Type: Clinic, Breed: Open, Discipline: Western
7/11-7/13	<a href="#">Introduction to Equine Accupressure and Massage</a> , Santa Rosa, ca, <a href="http://www.santarosa.edu">www.santarosa.edu</a> , Event Type: None, Breed: None, Discipline: None
7/11-7/13	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> Introduction to Advanced Working Cowhorse, 510-886-9000, Castro Valley, CA, <a href="#">Send E-mail</a> , <a href="http://www.charleswilhelm.com">http://www.charleswilhelm.com</a> , <a href="http://www.cwtraining.com">http://www.cwtraining.com</a> , Event Type: Clinic, Breed: Open, Discipline: Western
7/11-7/13	<a href="#">Las Trampas Weekend Horse Camping</a> , 925-862-0232, 925-254-8943, San Ramon, CA, <a href="#">Send E-mail</a> , <a href="http://www.twha.org/events/files/cac49dd2f0f6a09fec2207c254a6a86d-5.html">www.twha.org/events/files/cac49dd2f0f6a09fec2207c254a6a86d-5.html</a> , <a href="http://www.twha.org/events/assets/2008%20Las%20Trampas%20Camp%20Out%20.pdf">www.twha.org/events/assets/2008%20Las%20Trampas%20Camp%20Out%20.pdf</a> , Event Type: Trail Ride, Breed: All Others/General, Discipline: Trail
7/11-7/13	<a href="#">Jerry Tindell Special Event Clinic</a> , 530-528-8412, Red Bluff, CA, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
7/11	<a href="#">3rd Annual Silver Buckle Series Gymkhana Schooling Show</a> , 916-870-8618, Orangevale, CA, <a href="#">Send E-mail</a> , <a href="http://www.twinklakesridingclub.org">www.twinklakesridingclub.org</a> , Event Type: Gymkhana, Breed: Open, Discipline: Barrel Racing
7/12	<a href="#">NCRCHA MacArthur Show</a> , 707-318-5933, MacArthur, CA, <a href="#">Send E-mail</a> , <a href="http://www.ncrcha.org">www.ncrcha.org</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Stock Horse
7/12-7/13	<a href="#">Terry Church Natural Horsemanship/Dressage Clinics</a> , 408-391-3787, Cupertino, CA, <a href="#">Send E-mail</a> , <a href="http://home.earthlink.net/~joycescott/terry_clinic/">home.earthlink.net/~joycescott/terry_clinic/</a> , Event Type: Clinic, Breed: None, Discipline: Natural Horsemanship
7/12	<b>*** Dressage Show at PEC</b> , 916-804-2334, Wilton, CA, <a href="#">Send E-mail</a> , <a href="http://www.pecsporthorses.com">www.pecsporthorses.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Dressage
7/12	<a href="#">Open Horse Show</a> , 707 255-4209, 707 651-3352, Napa, CA, <a href="#">Send E-mail</a> , Event Type: Horse Show, Breed: None, Discipline: Open
7/12-7/13	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> Les Vogt Clinic, 530-391-2946, 530-622-5664, Placerville, CA, <a href="#">Send E-mail</a> , Event Type: Clinic, Breed: Open, Discipline: Reining
7/12	<a href="#">Rafter D Gymkhana BUCKLE SERIES</a> , 6252656, Brentwood, CA, <a href="#">Send E-mail</a> , <a href="http://rafterdranch.homestead.com">rafterdranch.homestead.com</a> , Event Type: Gymkhana, Breed: None, Discipline: None
7/12	<a href="#">Gymkhana - Emmet Hallet Memorial</a> , Martinez, CA, <a href="#">Send E-mail</a> , <a href="http://www.tri-citieshorsemen.org">www.tri-citieshorsemen.org</a> , Event Type: Gymkhana, Breed: Open, Discipline: Barrel Racing

7/12	<a href="#">CSHA Region10 2008 Circuit Series Open Show</a> , 831-320--0354, Salinas, CA, <a href="#">Send E-mail</a> , <a href="http://www.californiastatehorsemen.com/Region_10/region10.htm">www.californiastatehorsemen.com/Region_10/region10.htm</a> , Event Type: Horse Show, Breed: Open, Discipline: Open
7/12	<a href="#">Merrylegs in July Play Day</a> , 530-477-0400, Grass Valley, CA, <a href="#">Send E-mail</a> , Event Type: Play Day, Breed: Open, Discipline: Open
7/12	<a href="#">San Mateo County Horsemen's Association Western Riding Clinic Dinner &amp; Awards Ceremony!</a> , 510-432-0368, 650-670-0521, Woodside, CA, <a href="#">Send E-mail</a> , <a href="http://smcha.org">smcha.org</a> , Event Type: Other, Breed: Open, Discipline: Western
7/12	<a href="#">CSHA Sanctioned Trail Trial</a> , 707 326-2467, Healdsburg, CA, <a href="#">Send E-mail</a> , Event Type: Trail Trial, Breed: Open, Discipline: Trail
7/13-7/17	<a href="#">Andreas Hausberger Chief Rider of Spanish Riding School</a> , 831 6242848, Carmel, Ca, <a href="#">Send E-mail</a> , <a href="http://fp.redshift.com/jroth">fp.redshift.com/jroth</a> , <a href="http://www.lipizzansanddressage.com">www.lipizzansanddressage.com</a> , Event Type: None, Breed: None, Discipline: Dressage
7/13	<a href="#">NCRCHA MacArthur Show</a> , 707-318-5933, MacArthur, CA, <a href="#">Send E-mail</a> , <a href="http://www.ncrcha.org">www.ncrcha.org</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Stock Horse
7/13	<a href="#">Comstock Quarter Horse Dispersal Sale</a> , 355-2275, Middletown, CA, <a href="#">Send E-mail</a> , Event Type: Other, Breed: Quarter Horses, Discipline: None
7/13	<a href="#">25th Annual Silver Gymkhana</a> , 663 4595, Salinas, CA, <a href="#">Send E-mail</a> , <a href="http://www.watsonvillesaddlites.com">www.watsonvillesaddlites.com</a> , Event Type: Gymkhana, Breed: Open, Discipline: Open
7/13	<a href="#">Summer Fun Show</a> , 831-335-1182, Los Gatos, CA, <a href="#">Send E-mail</a> , Event Type: Horse Show, Schooling, Breed: Open, Discipline: Open
7/17-7/20	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Dressage Clinic with ROGER SEEGERT</a> , 707-454-0565, Vacaville, CA, <a href="#">Send E-mail</a> , <a href="http://www.christianoelting.com">www.christianoelting.com</a> , Event Type: Clinic, Breed: Open, Discipline: Dressage
7/18-7/20	<a href="#">Morgan, ASB, and Open Breed Horse Show</a> , 408-847-3503, Watsonville, CA, <a href="http://www.sfpmhaMorganClub.com">www.sfpmhaMorganClub.com</a> , <a href="http://www.artisans-stables.com">www.artisans-stables.com</a> , Event Type: Horse Show, Breed: Morgans, Discipline: Open
7/19	<a href="#">Dressage Schooling Show at American Sporthorse</a> , 831-247-5584, 831-336-2801, Watsonville, CA, <a href="#">Send E-mail</a> , <a href="http://www.in-balance.com">www.in-balance.com</a> , Event Type: Horse Show, Schooling, Breed: Open, Discipline: Dressage
7/19-7/20	<a href="#">DENNIS REIS present No Dust Conference 2008</a> , 707 766-6269, Penngrove, CA, <a href="#">Send E-mail</a> , <a href="http://www.reisranch.com">www.reisranch.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
7/19-7/20	<a href="#">Sandy Collier Advanced Rider Clinic</a> , 707-318-5933, Lodi, CA, <a href="#">Send E-mail</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , <a href="http://www.snafflebitranch.net">www.snafflebitranch.net</a> , Event Type: Clinic, Breed: Open, Discipline: Stock Horse
7/19-7/20	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Parelli Levels 1 &amp; 2 Assessment Days!</a> , Shingle Springs, CA, <a href="#">Send E-mail</a> , Event Type: Workshop, Breed: Open, Discipline: Natural Horsemanship
7/19	<a href="#">Tack Swap</a> , 510-538-5555, Castro Valley, CA, <a href="http://www.gracelandequestriancenter.com">www.gracelandequestriancenter.com</a> , Event Type: Sale, Breed: Open, Discipline: Open
7/20	<a href="#">Midsummer Night's Dressage II (CDS recognized)</a> , 831-247-5584, 831-336-2801, Watsonville, CA, <a href="#">Send E-mail</a> , <a href="http://www.in-balance.com">www.in-balance.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Dressage
7/20-7/21	<a href="#">Jerry Tindell Horsemanship Clinic</a> , 530-626-3585, Placerville, CA, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
7/20	<a href="#">WCHA SHOW</a> , 707-318-5933, Novato, CA, <a href="#">Send E-mail</a> , <a href="http://www.westerncowhorse.org">www.westerncowhorse.org</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Stock Horse
7/21-7/25	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Ultimate Womens Horse Camp for Begining and Returning Riders</a> , 510-886-9000, 877-886-9001, Castro Valley, CA, <a href="#">Send E-mail</a> , <a href="http://www.charleswilhelm.com">http://www.charleswilhelm.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
7/2-7/6	Santa Clara County Quarter Horse Association "Cool" Quarter series, Western, Reining, Working Cow Horse, English, Halter, Trail, Barrels – Santa Cruz County Fairgrounds
7/24-7/27	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Rudolf Rostek of the Spanish Riding School of Vienna</a> , 916-806-0050, Lincoln, CA, <a href="#">Send E-mail</a> , <a href="http://www.SRLipizzan.com">www.SRLipizzan.com</a> , Event Type: Clinic, Breed: Open, Discipline: Dressage

7/25-7/27	<a href="#">TnT Weekend Horse Campout - Bort Meadow</a> , 510-304-1025, Oakland, CA, <a href="#">Send E-mail</a> , <a href="http://www.geocities.com/cshatrap/tnt/tntinfo.html">www.geocities.com/cshatrap/tnt/tntinfo.html</a> , <a href="http://www.geocities.com/cshatrap/tnt/tntreg.pdf">www.geocities.com/cshatrap/tnt/tntreg.pdf</a> , Event Type: Trail Ride, Breed: Open, Discipline: Open
7/25-7/26	<a href="#">Jerry Tindell Basic Horsemanship Clinic</a> , 530-626-3585, Wilton, CA, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
7/25	<a href="#">Shea Stewart Horsemanship Clinic</a> , 530-672-2010, Shingle Springs, CA, <a href="#">Send E-mail</a> , <a href="http://www.stewartranch.net">www.stewartranch.net</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
7/25-7/27	<a href="#">Horsemanship &amp; Jumping Clinic with Trudy Exton at Woodmyst Farms</a> , Gilroy, CA, <a href="#">Send E-mail</a> , <a href="http://results.bayequest.info/pdf/events/WOODMYST_FARMS2.pdf">results.bayequest.info/pdf/events/WOODMYST_FARMS2.pdf</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
7/26-7/27	<a href="#">Cross Country Clinic</a> , 209-985-3354, waterford, CA, <a href="#">Send E-mail</a> , <a href="http://lonetreefarm.net">lonetreefarm.net</a> , Event Type: Clinic, Breed: Open, Discipline: Open
7/26	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">American Hanoverian Society Stallion Licensing, Mare and Foal Inspection, and Mare Performance Test</a> , 689-5121, Elk Grove, CA, <a href="#">Send E-mail</a> , <a href="http://www.hanoverian.org">www.hanoverian.org</a> , <a href="http://www.svequestrian.com">www.svequestrian.com</a> , Event Type: Other, Breed: Hanoverians, Discipline: Open
7/27	<a href="#">Golden State Appalossa Horse Association Open Horse Show</a> , 408-293-6860, 408-201-4319, Gilroy, CA, <a href="#">Send E-mail</a> , <a href="http://www.freewebs.com/gsaaha/index.htm">www.freewebs.com/gsaaha/index.htm</a> , Event Type: Horse Show, Breed: Open, Discipline: Western
7/27-7/28	<a href="#">Jerry Tindell Driving Clinic</a> , 916-687-6108, Wilton, CA, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Driving
7/27	<a href="#">David Genadek's "About The Horse" Saddle Fitting Clinic</a> , 831-336-3252, ben lomond, ca, CA, <a href="#">Send E-mail</a> , <a href="http://www.stewartranch.net">www.stewartranch.net</a> , <a href="http://www.aboutthehorse.com">www.aboutthehorse.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
7/29	<a href="#">Jerry Tindell Cow Working Clinic</a> , 530-626-3585, Wilton, CA, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
7/31-8/2	<a href="#">Rudi Rostek of Spanish Riding School of Vienna Dressage Clinic</a> , 707-544-2276, Santa Rosa, CA, <a href="#">Send E-mail</a> , <a href="http://www.GreenVistaStables.com">www.GreenVistaStables.com</a> , Event Type: Clinic, Breed: Open, Discipline: Dressage
<b>August '08</b>	
8/1-8/3	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Golden State Dressage Warm Up and Warm Up/Cool Down shows</a> , 530-265-0650, Elk Grove, CA, <a href="http://www.goldenstatedressage.com">www.goldenstatedressage.com</a> , <a href="http://www.svequestrian.com">www.svequestrian.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Dressage
8/2	<a href="#">SCCHA Fireworks 25/50 Endurance Ride</a> , Santa Cruz, CA, <a href="http://www.SantaCruzHorsemen.org">www.SantaCruzHorsemen.org</a> , Event Type: Trail Ride, Breed: Open, Discipline: Endurance
8/2-8/3	<a href="#">Trick train your horse</a> , Salinas, CA, <a href="#">Send E-mail</a> , <a href="http://www.stunhorse.com">www.stunhorse.com</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
8/3	<a href="#">English Schooling Show (sponsored by San Mateo County Horsemen's Association)</a> , 408-406-1331, Menlo Park, CA, <a href="#">Send E-mail</a> , <a href="http://www.smcha.org/index.html">www.smcha.org/index.html</a> , Event Type: Horse Show, Schooling, Breed: Open, Discipline: English
8/9-8/11	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Introduction to Ranch Horse Versatility Clinic w/ Charles Wilhelm</a> , 510-886-9000, 877-886-9001, Castro, CA, <a href="#">Send E-mail</a> , <a href="http://www.charleswilhelm.com">www.charleswilhelm.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
8/9	<a href="#">Open Gymkhana - CSHA Region IV Point Approved Show</a> , Waterford, CA, <a href="#">Send E-mail</a> , <a href="http://www.waterfordhorse.com">www.waterfordhorse.com</a> , Event Type: Gymkhana, Breed: Open, Discipline: Open
8/9	<a href="#">GSS Beat The Heat Reining Show</a> , 707-318-5933, La Honda, CA, <a href="#">Send E-mail</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , <a href="http://www.driscollranches.net">www.driscollranches.net</a> , Event Type: Horse Show, Breed: Open, Discipline: Reining
8/10	<a href="#">Vintage Arabian Horse Association</a> , 707-434-3600, 707-451-1971, Vacaville, CA, <a href="#">Send E-mail</a> , Event Type: Horse Show, Schooling, Breed: Arabians, Discipline: Open
8/10	<a href="#">Dressage Schooling Show at PEC</a> , 916-804-2334, Wilton, CA, <a href="#">Send E-mail</a> , <a href="http://www.pecsportshorses.com">www.pecsportshorses.com</a> , Event Type: Horse Show, Schooling, Breed: Open, Discipline: Dressage

8/10	<a href="#">WCHA Beat the Heat Show</a> , 707-318-5933, La Honda, CA, <a href="#">Send E-mail</a> , <a href="http://www.westerncowhorse.org">www.westerncowhorse.org</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Stock Horse
8/15-8/17	<a href="#">DRAFTFEST 2008 Clinic and Draft Horse Show</a> , 408-482-4594, 650-851-7464, Santa Cruz, CA, <a href="#">Send E-mail</a> , <a href="http://www.draffhorsefest.com">www.draffhorsefest.com</a> , <a href="http://www.williamsranch.biz">www.williamsranch.biz</a> , Event Type: Clinic, Breed: Drafts, Discipline: Driving
8/15-8/16	<a href="#">Tommie Turvey - Equine Extremist</a> , 775 853 4182, Reno, NV, <a href="#">Send E-mail</a> , <a href="http://www.wswhbe.com">www.wswhbe.com</a> , Event Type: Other, Breed: Mustangs, Discipline: Eventing
8/16	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Hossmoor Dressage Schooling Show</a> , 925-719-1615, 925-228-5790, Briones, CA, <a href="#">Send E-mail</a> , <a href="http://cowgirlinc.com">cowgirlinc.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Dressage
8/17	<a href="#">Midsummer Night's Dressage III (USEF/USDF/CDS)</a> , 831-247-5584, 831-336-2801, Watsonville, CA, <a href="#">Send E-mail</a> , <a href="http://www.in-balance.com">www.in-balance.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Dressage
8/17	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Hossmoor *** Dressage Show</a> , 925-719-1615, 925-228-5790, Briones, CA, <a href="#">Send E-mail</a> , <a href="http://cowgirlinc.com">cowgirlinc.com</a> , Event Type: Horse Show, Breed: Open, Discipline: Dressage
8/17	<a href="#">Garrod Farms Summer Schooling Show</a> , 408-438-3983, Saratoga, CA, <a href="#">Send E-mail</a> , Event Type: Horse Show, Schooling, Breed: Open, Discipline: Performance
8/19-8/20	<a href="#">Wendy Murdoch</a> , 510-825-2399, Sunol, CA, <a href="#">Send E-mail</a> , <a href="http://www.whisperwoodfarm.com">www.whisperwoodfarm.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
8/22-8/25	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Intensive Dressage Clinic</a> , 707-454-0565, Vacaville, CA, <a href="#">Send E-mail</a> , <a href="http://www.christianoelting.com">www.christianoelting.com</a> , Event Type: None, Breed: None, Discipline: None
8/22-8/24	<a href="#">Jerry Tindell Horsemanship Clinic</a> , 775-721-2495, Reno, NV, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship
8/22-8/25	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">INTENSIVE DRESSAGE CLINIC</a> , Vacaville, CA, <a href="#">Send E-mail</a> , <a href="http://www.christianoelting.com">www.christianoelting.com</a> , Event Type: Clinic, Breed: None, Discipline: Dressage
8/23-8/24	<a href="#">Terry Church Natural Horsemanship/Dressage Clinics</a> , 408-391-3787, Cupertino, CA, <a href="#">Send E-mail</a> , <a href="http://home.earthlink.net/~joycescott/terry_clinic/">home.earthlink.net/~joycescott/terry_clinic/</a> , Event Type: Clinic, Breed: None, Discipline: Natural Horsemanship
8/23-8/24	<a href="#">Equine Massage for Performance Horses: The Masterson Method</a> , Stanford Univ. Red Barn, Palo Alto , CA, <a href="#">Send E-mail</a> , <a href="http://www.MastersonMethod.com">www.MastersonMethod.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
8/23	<a href="#">Rafter D Gymkhana BUCKLE SERIES</a> , 6252656, Brentwood, CA, <a href="#">Send E-mail</a> , <a href="http://rafterdranch.homestead.com">rafterdranch.homestead.com</a> , Event Type: None, Breed: None, Discipline: None
8/23	<a href="#">CSHA Region10 2008 Circuit Series Open Show</a> , 831-320--0354, Watsonville, CA, <a href="#">Send E-mail</a> , <a href="http://www.californiastatehorsemen.com/Region_10/region10.htm">www.californiastatehorsemen.com/Region_10/region10.htm</a> , Event Type: Horse Show, Breed: Open, Discipline: Open
8/23	<a href="http://bayequest.com/web_pr.htm">http://bayequest.com/web_pr.htm</a> <a href="#">Gymkhana- CSHA Region 1</a> , 1-415-264-7768 Marci, Ukiah FairGrounds, CA, <a href="#">Send E-mail</a> , <a href="http://www.cshareg1.com">www.cshareg1.com</a> , Event Type: Gymkhana, Breed: Open, Discipline: Open
8/23-8/26	<a href="#">Equine Bodywork Training</a> , 707 987 1092, Petaluma, CA, <a href="#">Send E-mail</a> , <a href="http://www.drafrider.com/flyer.pdf">www.drafrider.com/flyer.pdf</a> , <a href="http://smartbowen.com">smartbowen.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
8/24	<a href="#">Spring Down Equestrian Center H/J Horse Show</a> , 650.851.1114, Portola Valley, CA, <a href="#">Send E-mail</a> , <a href="http://www.springdown.com">www.springdown.com</a> , Event Type: None, Breed: Open, Discipline: Jumper
8/25-8/29	<a href="#">Masterson Method Equine Massage Certification Phase I</a> , Stanford Univ. Red Barn, Palo Alto, CA, <a href="#">Send E-mail</a> , <a href="http://www.MastersonMethod.com">www.MastersonMethod.com</a> , Event Type: Clinic, Breed: Open, Discipline: Open
8/25-8/26	<a href="#">Cal Expo Versatility Ranch Horse Clinic</a> , 707-318-5933, Sacramento, CA, <a href="#">Send E-mail</a> , <a href="http://www.goldenstateshows.com">www.goldenstateshows.com</a> , <a href="http://www.calexpo.com">www.calexpo.com</a> , Event Type: Clinic, Breed: Open, Discipline: Stock Horse
8/29	<a href="http://bayequest.com/web_pr.html">http://bayequest.com/web_pr.html</a> <a href="#">ISR Registry and NA Oldenburg Society Stallion Licensing, Mare/Foal Inspections</a> , 689-5121, Elk Grove, CA, <a href="#">Send E-mail</a> , <a href="http://www.isroldenburg.org">www.isroldenburg.org</a> , <a href="http://www.svequestrian.com">www.svequestrian.com</a> , Event Type: None, Breed: None, Discipline: None
8/29-8/31	<a href="#">Jerry Tindell Horsemanship Clinic</a> , 530-582-1970, Truckee, CA, <a href="#">Send E-mail</a> , <a href="http://www.jerrytindell.com">www.jerrytindell.com</a> , Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship

8/29

[Shea Stewart Horsemanship Clinic](#), 530-672-2010, Shingle Springs, CA, [Send E-mail](#), [www.stewartranch.net](http://www.stewartranch.net),  
Event Type: Clinic, Breed: Open, Discipline: Natural Horsemanship

8/30-8/31

[Shea Stewart Horsemanship Clinic](#), 209-296-6936, Volcano, CA, [Send E-mail](#), [www.stewartranch.net](http://www.stewartranch.net), Event  
Type: Clinic, Breed: Open, Discipline: Natural Horsemanship

## FIRST AID ITEMS



The following is a suggested menu of first aid/emergency items for your barn or trailer. You'll probably want to customize this list to your own situation. We recommend that you consult your own vet for help in stocking your first aid kit, learn when to call the vet, and [learn how to apply first aid](#) correctly both to your horse and to humans.

Many of these items can be found at grocery stores, drugstores, tack and feed stores. You can buy pre-packaged first aid kits, but you may want to add a few items from this list just in case.

Veterinary or human rectal thermometer	Hydrogen Peroxide
Lubricant (K-Y Jelly or other water-based product)	Vetwrap
Antibacterial cleanser (Betadine, Chlorhexidin scrub, Hibiclens, etc.)	Padded standing wraps
Antibiotic ointment (Silvadene, Neosporin, Nolvasan, etc.)	Roll of absorbent cotton
Disposable diapers or wrapped sanitary napkins (to stop bleeding)	Sterile gauze pads
Needleless syringes for flushing wounds	Bandage scissors
2½ - inch gauze bandage roll	Liniment
Ice bag or chemical ice pack	Tweezers
Wound salve or cream	Saline solution
Epsom salts	Cotton swabs
Pocket knife	Plastic or Latex gloves
Bute	Alcohol
Poultice	Duct tape
Flashlight	Electrolytes
Wire cutters	Twitch
Old shipping boots to hold on compresses/bandages and stop bleeding	
<a href="#">Normal Rates Statistics chart</a>	

*....and don't forget First Aid items for yourself:*

Band-aids	Antibiotic cream	Pain reliever
Sunscreen	Insect repellent / sting kit	Ace bandage
Ice bag or chemical ice pack	Hand sanitizer	Water