



Horse Tales

Issue 15

Spring 2007

IS IT SPRING YET?

It seems like the seasons are confused this year. We had Spring in January – and Winter finally took hold in March and April. I hope by the time this is published we will have hung up our winter coats.

Saturdays are Jumping...

Saturday is a busy lesson day. And now that many of our students have become good riders, and are growing up fast, we welcome them to come to the barn on Saturdays. They have been helping care for our horses & clean the stalls – and get to ride in exchange – a real win/win for all – a great way to form friendships, lots of fun having them around, and beats going to the mall.

SADDLE VALLEY HORSES FOR SALE

Saddle Valley Farm specializes in quiet horses for beginner and intermediate children and adults. Our horses are known for their mild temperaments. We use them all in our lesson program. Most of them are trail safe as well.

Prices range from \$3500 to \$7500.

A Big Welcome to the Barn:

New Borders – Stacy & Ben, Tracy & TJ, Amy & Foster, and welcome & Congrats to Marcie on her new steed, and Luella – our great new Stall Tech & so much more.

NEW RING IS ROCKING

Everyone is chomping at the bit to ride outdoors. So whenever weather is at least OK – we see the new riding ring being put to great use. It is a perfect size for lessons and was constructed with

that in mind. *Lessons take priority.* We still have our show ring for general riding and lessons.

SADDLE VALLEY FARM SUMMER RIDING DAY CAMP

5 DAYS OF FUN WITH HORSES*
Beginner and Intermediate
Ages 8 – 13

**Sessions - July 10 – 14, July 17 – 21
July 24 – 28 Aug 7 – 11, Aug 14 – 18
9:30 AM - 3:30 PM**

Early drop-off and late pick-up available

- **Riding lessons 1X-2X each day**
- **Horse Anatomy, Breeds, Confirmation and Markings**
- **Daily life, Care, Safety, and good "Horse Sense"**
- **Equine Diet: Feed, Hay, Water**
- **Grooming, Bathing, Coat Care**
- **Hoof Care, Shoeing (Farrier Demonstration)**
- **Tack Preparation, Care and Use**
- **Understanding Horse Behavior and Body Language**
- **Leading, Walking, and Handling**
- **Crafts, Games, and**

Tons of Fun with new Riding Buddies

Saddle Valley 2007 Horse Shows

Sunday, May 20th
Penn Jersey Horse Show Assn.
English Show

Sunday, August 19th
Penn Jersey Horse Show Assn.
English Show

Come enjoy the show!
Spectators Welcome (no charge)

All day BBQ –

Breakfast and Lunch can be purchased

Go to www.Saddlevalleyfarm - events to download prize lists and find other SVF events

Show Time for our Students

Our Penn/Jersey English Shows are a great chance for our student riders to try showing. So if you think you are ready for our May 20th show - or want to work on getting ready by August 19th - talk to your instructor about your goals and what classes will be right for you. Show flyers are in the clubroom.

The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire.
Sharon Ralls Lemon

Why Horseback Ride?

Woman/Girls and Horses:

If you are of the generation who read Black Beauty over and over again as a kid or dreamed you were Elizabeth Taylor in "National Velvet" -- or you now can't wait for the next issue of Saddle Club to come out -- and dream of owning a horse of your own -- you are not alone. Horses and girls have a special bond, and for good reason.

Few sports can match the exhilaration and beauty of horseback riding, which combines the grace of dance with the athleticism of skiing. And this is one sport in which women have taken the lead, representing over 80 percent of today's horse enthusiasts and riders. Horseback riding levels the field of competition for girls, giving them equal chance to excel.

Riding as Great Exercise:

Horses are not the only one getting a workout. The average hour workout with a horse will eat up between 300-350 calories. You'll burn up another 150-200 calories in the half hour it takes to groom, saddle and clean the beast. Even carrying hay burns calories. An hour of horseback riding is comparable to

walking/running 4-5 miles or bicycling 10 miles.

Riding has other conditioning benefits. Posture improves because proper technique requires riders to develop strong upper back, abdominal and low back muscles. Legs become stronger as hamstring, quadriceps and adductor (inner thigh) muscles adapt to the work of posting and jumping. Coordination and balance improve as the rider learns to adjust and control the movements of the horse. Reflexes are heightened as riders respond without thinking to changes in gait, jumping movements and unpredictable horse behavior. Muscle flexibility is required and enhanced in the Achilles tendons and calves as you press your heels down in the stirrups.

Riding and Self Esteem:

What else can riding give you? The psychological pluses of a sense of achievement; building self-confidence; conquering fears; mastering self-discipline; practicing stress management; problem solving (thinking on your "seat"); caring for and learning about magnificent animal.

Do your homework:

Before you throw yourself into a saddle, you need to get educated. Check out the riding opportunities in your area. Find out what style they teach, Decide if you want Western or English lessons and find out what is taught (Western is less technique intensive). What kind of gear you need to start? What condition are their horses in? And understand the costs.

And one more thing, have fun -- and Happy trails!

From an article by Sheila King
IMSN's WomenCentral

Check Us Out:

Whether you are a beginner or intermediate rider, want to ride Western or English, are an adult or child - female or male - Saddle Valley has the right instructor and horses to meet your individual goals. With two indoor arenas and two outdoor rings riding is fun all year long.

We pride ourselves in the selection and training of great horses -- for our program and for sale.

Shhh! Keep it between us -- Macy may be in foal -- we'll find out soon -- we're hoping the new addition will be here next February.