



Horse Tales

Issue 9

January/February 2005

And It All Begins Again!

Through the long cold winter we have been busy planning for our 2005 Season. We are excited with our Calendar of Events:

- 4 Penn/Jersey shows – two English and two Western should give all our boarders the chance for some challenging fun (see box on this page).
- 8 Horsemanship Clinics - 3 given by our resident cowboy, Charlie Transue, 4 Parelli Clinics and one given by Kenny Harlow. Our boarders will have first crack at enrolling. This wide range of horsemanship clinics are detailed on page 2.
- 4 one week Summer Camp sessions will be held – 2 in July and 2 in August (see page 2).

At Saddle Valley, One Size Does Not Fit All

Some Saddle Valley Boarders ride Western Saddle and some ride English. Some are breaking in young horses, some are preparing for Shows, and some simply enjoying a great ride around our trails or in our indoor arenas – every chance they get.

It's fun to see boarders trying out each other's horses for a new challenge and cheering each other on to be the best they can be.

Our riding instructors talents fit right in with the diverse goals of our boarders.

Charlie Transue focuses on Western instruction, training, showmanship – and coaching his students toward prize-winning performances on Show days.

Our English riding students have been thriving under the guidance of Diane Keweshan. And those with ribbons in mind should be ready to show this season.

Saddle Valley Farm 2005 Horse Show Season

**Sunday, May 22nd
Penn Jersey Horse Show Assn.
English Show**

**Sunday, June 26th
Penn Jersey Horse Show Assn.
Western Show**

**Sunday, August 21st
Penn Jersey Horse Show Assn.
English Show**

**Sunday, September 18th
Penn Jersey Horse Show Assn.
Western Show**

**Come enjoy the show!
Spectators Welcome (no charge)
All Day BBQ
Breakfast and Lunch can be purchased**

Welcome to the Barn

<i>Horse</i>	<i>Owner</i>
Blondie	Sarah
Shady	Jamie
ShowDown & Tatonka	Dannie, Kim, & Gary

**Another Special Welcome to our
New Riding Instructor - Kara Mitchell
And our great new Stall Technicians:
Richard and Jason**



♥ *Valentine'd Day Comes Late To SVF* ♥

♥ First comes lust – then come mating ♥

♥ Then comes Nikki with a Baby ! ♥

♥ Limited -- just 13 months to go, ♥

♥ better order those cigars. ♥



2005 Clinic Schedule

Charlie Transue's

Natural horsemanship Clinics

Will focus on Showmanship, Equitation and Western Pleasure skills. For intermediate and advanced, Western and English riders

March 4th 5PM – 7PM

Age 21 and under

March 5th 10 AM- 12PM

Age 21 and under

March 12th 10 AM-12 PM

Over age 21

\$65 Rain or Shine (Indoor Arena)

For reservations or questions call

Marie at (908) 892-3876

April 15-16

Parelli Natural Horsemanship*

Two-day Clinic Level 1 – Ground Skills

Learn the Basics & foundation of Parelli Techniques

April 17-18

Parelli Natural Horsemanship*

Two-day Clinic Advancing Course –

7 Games from the Saddle

June 10-17

Parelli Natural Horsemanship*

Amie Brimhall returns to Saddle Valley

With her 7-day Level-Three Clinic

September 23 – 28

Kenny Harlow Clinic*

Renowned certified John Lyons Trainer

Friday Eve. Demo, Two Day Problem Horse/ Unbroke Clinic

& Three-Day Conditioning Response Riding and Training Clinic

September 30 – October 3

Parelli Natural Horsemanship*

David Lichman, 5-Star Premier Parelli Natural

Horsemanship Instructor, brings his

Four-day Clinic to Saddle Valley

* Auditors Welcome – Auditing Fees Apply

Announcing Saddle Valley Summer Riding Day Camp

9:30 AM – 4PM

For beginner and intermediate riders

Ages 7 – 15

Session I	July 11 – 15
Session II	July 25 – 29
Session III	August 8 - 12
Session IV	August 15-19

In addition to Daily Riding Lessons, Campers will Learn:

- 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 Your Horse
- Photos with Your Horse, Crafts, Games, and
- Tons of Fun with new Riding Buddies

Go to www.saddlevalleyfarm for more details

It Ain't Just Fun!

Do You Know the Conditioning Benefits of Riding?

- Posture improves because proper technique requires riders to develop strong upper back, abdominal and lower back muscles.
- Legs become stronger as hamstring, quadricep 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 in the adductors (especially if you are riding a large horse!).
- Flexibility is also enhanced in the Achilles tendons and calves as you press your heels down in the stirrups.
- Your horse isn't the only one getting cardiovascular conditioning during a workout. Research indicates that riders experience moderate increases in heart rate and respiratory rate while the horse is trotting and cantering. It takes muscles to control that horse and stay in the saddle!

Movies for Horse Lovers... And the Oscar Goes To?

Citizen Mane - Withering Heights - The Bride of
Frankenstein - Gentlemen Prefer Palominos - Prances
with Hooves - For Whom the Belgian Toils - Rein Ma-n -
Lawrence the Arabian - Stall Wars - The Man with the
Gelding Farm - The Day the Girth Stood Still -
The Fall of the Horse of the Usher - Horse Blanket Bingo
Saturday Night Feeder - Gone with the Whinny - Cool
Hoof Luke - Bonnie and Clydesdale (OUCH!)