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Happy New Year

"Cheers to a new year and another chance for us to get it right."
~Oprah Winfrey

A Day in the Life at Coventry... it is cold outside, do I need to tell anyone that? We are lucky when we get a day above thirty degrees. Farm life is fine, horses getting out, holidays are over and time to start gearing up for show season. It will be here before we know it.

Coventry started a Facebook page, hey why not? Got to stay with the times. Visit it to see a video of Mandy and Beau in a lesson on Sunday. The bigger news is we are starting a horse equipment and equestrian clothing consignment shop. The best part, other than getting some horse items for less, it is going to be called "My We're Tacky! Stay tuned, and start collecting your equine items for consignment.



I know you think this is Matty, but it is not. It is one Coventry's new boarders on her horse Nate. Nate lives in the main barn and goes out with Smokey! Nice jumper. I am sure Nate can give Matty some pointers.

Easy Horse Biscuits (Recipe from www.petsit.com)

1. To ½ cup of grain (corn, barley, wheat, oats) add small amount of any dry ingredients (flour, bran, oatmeal, sweet feed, wheat bran, chaff).
2. Mix in ¼ cup of water, then add small amounts of liquid ingredients (water, corn oil and applesauce)
3. Add molasses, fruit and/or vegetable chunks

4. Add spices and/or herbs (garlic, ginger, rosehip, nettle or barley grass powder, parsley chamomile, flax seed and sugar).
5. If the mix is too dry, add more liquid ingredients (and vice versa). The ideal consistency will contain nearly equal amounts of dry and liquid ingredients.
6. Drop spoonfuls onto a baking sheet and flatten the biscuits
7. Sprinkle with grain, sugar or molasses
8. Bake at 200 degrees for 15 to 20 minutes or until golden brown.
9. Treat your horse!

Riding is biomechanics ~ that means your aids (legs, seat and hands) communicate to the horse muscles. The rider's hands connect to the horse's tongue, (elbow to bit connection), the leg connects to the horse's abdominal muscles (rider's calf on horse's abdomen muscles), and the seat on horse's back muscles. The rider's position harnesses the horse's forward motion and is not to interfere with its natural way of going. A good rider then learns how to influence a horse's way of going and then that rider is called a trainer! We ride through a feel of a "Silent Dialogue" between our aids and the horse's body. Yes complicated! So, once a developing rider feels what it is they are doing, it is like an "aha" moment. "Oh, I felt it." "I felt the horse turn his shoulder and not fall into the circle, I felt the horse flex at the poll, I can feel the horse's inside hind leg step under my seat!..." The more "aha" moments the better. Riding is feeling the horse's body, listening to the rhythm of the gaits, following the motion, then eventually influencing the horse with the correct timing of the aids. As Alois Podhasky, author of the *The Complete Training of Horse and Rider*, is quoted a saying "you cannot have a horse until you have a rider."

Denny shows off her bright pink blanket! Deb and Denny came from Michigan and are enjoying the warmer weather here - ha ha...



