



In Stride w/ Coventry Report#161
www.CoventryEquestrianCenter.com

Horses stuck in over the weekend, rain melted our 6 inches of snow and now we have a muddy mess. I finally got my car to the top of the driveway (real wheel drive) and the stuck trailer has been moved. Adventures on the farm...newsletters are not going out as often because I am cleaning up my computer. I have stored about ten years of information in it, and I am refileing and organizing....also learning new programs as my computer was updated with the latest Macintosh software...sounds impressive



Christmas has passed and we all gear up for 2010! Have you made goals? Here let Oprah help you: ... read below

"I've come to believe that each of us has a personal calling that's as unique as a fingerprint--and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing " -- Oprah Winfrey

Next class for horse safety is Jan 9th...visit the web site for more information www.nstfd.org

Jane Savioe has many great videos on YOUTUBE ~ free videos. Here is a video on the importance of the outside rein ~ here is the link:

http://www.metacafe.com/watch/3066885/jane_savioe_explains_the_outside_rein_to_dressage_riders/

Dressage Tips

How to remember the letters in the dressage arena : Start at the entrance and proceed clockwise around the arena to remember the letters of a small arena -- **All King Edward's Horses Can Move Big Fences**...Then to remember those four other letters of a large arena, starting between **B** and **M** and going counter clockwise it is simply **RSVP**. Then to remember the letters down center line, the acrostic is **Down the Line over X I Go**. Seems too much to remember, where is my reader...

Barn Mash

Hmm Hmmm good, hmmm hmmm good, that's what a bran mash is hmmm hmmm good. To make a treat for your horse, mix together oatmeal, raisins, carrots, apples and oats from the barn. Warm with hot water from a thermos or from the sink in the bathroom. Or, be adventurous and make your bran mash with green tea. Slurp, slurp, slurp your horse will love it !!!!

Traditional Horse Treats

1 3/4 cup grain (oatmeal, cereal...) 1 1/2 cup whole wheat flour 3/4 cup applesauce 2/3 cup packed brown sugar 3 tbsp dark corn syrup 1 egg white, well beaten
 Combine grain & flour in mixing bowl. In another bowl combine apple sauce, brown sugar and corn syrup, then stir in beaten egg white. Gradually add grain & flour & mix well. Drop the dough by spoonfuls 2 inches apart on a un greased baking sheet. Bake at 375 for 12 - 14 minutes. *These recipes are - Recipes to the rescue, from the United States Equine Rescue League*

Carrot and Apple Horse Cookies

1 c grated carrots 1 cup grated apple 2 tbsp corn oil 1/4 cup molasses 1 tsp salt 1 cup rolled oats 1 cup flour
 Combine carrots, apple, corn oil and molasses and blend well. Add salt, oats and flour mixing well. Drop dough by spoonfuls 2 inches apart on a un greased baking sheet. Bake 15 - 20 minutes



Tomorrow a mystery.

Today is a gift.

That's why it's called the present!

Life fulfilling... Happy New Year