



Calendar of Events

- ~ Pilates canceled till fall!
- ~ April 27th - Robin Birk Clinic canceled
- ~ Sue Stepuson every other Wednesday (next Wednesday date is April 30th) and this Sunday April 27th at 11 & 12pm.
- ~ May 9-10 - Holly Mason will be coming to Uphill Dressage to present "The Secrets of Bending" lecture and clinic. I am going Friday if anyone wants to ride along. Lecture starts at 4pm then a few rides Friday evening.

~ May 25th ~

Coventry Spring Dressage Schooling Show
 Show bill is on Coventry website... Champion winners of division win this awesome horse shoe frame 🐾



Here is my latest article for Pittsburgh Pet Connections - it is about riding the canter or *Riding the Wave*
<http://www.pghpetconnections.com/March-2014/Pittsburgh-PetConnections-March-2014-Digital-Edition/>

Worming - If your horse did not get a fecal exam when the vet was here, remember to worm with EquiMax... I am having Equimax delivered to the barn tomorrow evening if you still need one. Cost per tube is \$10.00 - let me know asap.

Vet is here Thursday April 24th for teeth. Sign up was in the barn. If you missed the sign (sorry), she'll come again just let me know and we will get another group of horses!



I buy Himalayan salt licks in bulk for my horses ~ they are never without one. If someone needs one I charge \$15.00 per block.

"Character is like a tree, and reputation is like a shadow. The shadow is what we think of it; the tree is the real thing." -- Abraham Lincoln, 16th President of the United States

Is Flaxseed the new thing? It is in our feed...Read on... 🐾

I have been feeding flaxseed to my horses since I was about 14. Some guy at the farm had a black horse that was so shiny and he told me it was flaxseed. Since then I have been feeding it. Of course, I feed all kinds of other "odd" things too. Not traditional at all ~ I feed organic aloe every day, (if you want aloe fed to your horse ask me about it) chaste berries, yucca, raspberry leaves, burdock root, dandelion leaves, plantain, nettles, fennel, peppermint, extra probiotics, devils claw and garlic... to name a few... If you want to know more just ask.



I can order, for very little money, herbs for your horse to cleanse the liver, control heat cycles, joint care, discourage flies.....As a matter of fact, the GARLIC feeding season is coming up and if you want your horse fed garlic I will be starting soon so let me know. It costs about \$10.00 dollars per month May - September for organic garlic to be fed to your horse every day. Ever wonder why we have no flies in our barn? Just ask... Read about some of these herbs here: <http://blythdale.tripod.com/coventryequestriancenter/id43.html>

From The Horse.com - Flax Meal

Flaxseed can be a valuable tool in your horse's nutrition program as a source of calories and fiber, and it is an excellent source of fat. Flaxseed is quickly becoming a popular nutritional supplement for horses, and many feed companies incorporate this grain as a caloric component in their products. But what exactly is flaxseed and how does it benefit the horse? Here are five things to know about flaxseed. Flaxseed is produced by the flax plant, commonly grown in cool, northern climates, such as North Dakota and Montana. Canada is the No. 1 flaxseed producer due to its ideal climate conditions. Flaxseed is also known as "flax" or "linseed." Flaxseed contains an average of 40% fat and is one of the few vegetable sources of [omega-3 fatty acids](#) (mainly alpha-linolenic acid). Flaxseed also contains around 30% highly digestible fiber and 20% protein. Flaxseed can be fed whole to horses; however, due to its hard outer coating, digestibility of the nutrients—especially the fatty acids—is limited when fed whole. Ideally, flax should be fed ground to maximize nutrient digestion. How does it benefit the horse? In research environments, adding fat to a horse's diet has shown to improve skin, hair coat, and body condition and reduce excitability. Most what we know about omega-3's benefits in horses has been translated from human research. Forages and concentrates typical in an equine ration contain small amounts of omega-3 fatty acids. Therefore, it's beneficial to supplement horses' rations with this essential fat. Research in equids suggests adding one pound of milled flaxseed per day can reduce the allergic response to recurrent seasonal pruritis, or sweet itch. Also, omega-3s could have beneficial effects for horses suffering from inflammatory diseases such as heaves and osteoarthritis. Researchers have not yet determined the exact physiological mechanism to these benefits, and more research is needed to further examine flaxseed's role in immune response. Similar to other grains, flaxseed has an inverse calcium to phosphorous ratio, so your horse's diet should be balanced accordingly. Take-Home Message Flaxseed can be a valuable tool in your horse's nutrition program as a source of calories and fiber, and it is an excellent source of fat, particularly omega-3's. Use the ground, stabilized form to prevent rancidity and increase the nutrients' digestibility.



Between March & April Coventry had 5 new horses move into the barn! We are all still settling in ~ welcome Misty, Benny, Sampson, Baloo & Promise. Phew... more on each horse and owner soon!!! Personally, I am having a hard time keeping up!

☞ Hannah and her pony Misty in the mare barn up top....

Winter took so long to go away & now May is a week away! Slow down spring!

