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**DHF GOLD**  
Pay for 9 private lessons and get the 10<sup>th</sup> one free!



## Clinics of Caliber

DHF has dedicated itself to its mission of maintaining an educational calendar full of learning opportunities and fun. We have had driving clinics, dressage clinics with Joan Bolton & Sandy Howard, Ride-a-Tests with our own Jen Truett and plan on more in the coming months.

To that end, we are planning to have three amazing experts visit DHF! **Mary Wanless** BSc, BHSI, FRSA; **Dr. Hilary Clayton** BVMS, PhD, MRCVS; and **Heather Blitz** Grand Prix Competitor/Trainer *all* will be offering their expertise in the coming months.

Mary has spent the past 15+ years coaching our coaches Sandy Howard and Joan Bolton along

with many others to their riding successes like the currently ranked #2 US rider on the FEI World Dressage Rankings, Heather Blitz.

Mary is a renowned author and "has dedicated her life to translating the secrets of talented riders into bite-sized chunks."

Dr. Hilary Clayton of McPhail Equine Performance Center (MSU) "is the leader in the field of Equine Biomechanics and the science of saddle fit and rein tension."

"Heather Blitz, currently second placed US rider on the FEI World Dressage Rankings list has studied and used biomechanics in her system of training horses to the highest

levels for 15 years." Heather's website is [http://www.heatherblitz.info/Heather\\_Blitz/Welcome.html](http://www.heatherblitz.info/Heather_Blitz/Welcome.html).

Together these talented professionals host a symposium called the **Naked Truth of Riding...and it's coming to DHF in May 2010!!** More information is available on the 2009 symposium at [www.nakedtruthofriding.com](http://www.nakedtruthofriding.com).

Until then, DHF is honored and thrilled to host Heather and Mary in 2009! **Heather** for **August/September 2009** and **Mary** for **November 2009!**

Contact Jen immediately to be included in these events:

[Jennifer@DancingHorseFarmOH.com](mailto:Jennifer@DancingHorseFarmOH.com)

Source: [www.nakedtruthofriding.com](http://www.nakedtruthofriding.com)

## Barn Banter

Last month we started our trial run of STREUfex a straw based bedding product that is an alternative to the usual wood based products. We ran the trial for several weeks and at the beginning STREUfex seemed like it was going to be the answer to our problems. There was less waste, which meant less labor and had a pleasant

smell even just walking into the barn. However, all of that changed when the weather changed.

During the 2<sup>nd</sup> or 3<sup>rd</sup> week of the trial the weather warmed up and the STREUfex started absorbing more than it was supposed to - including the moisture that was coming up from the ground. This caused an

increase in waste and meant we had to increase the amount of bedding we had to add to the stall (i.e. instead of 1 bag/week 2-3 bags were needed). Although we have not completely given up, we will also research other bedding alternatives. Of course, we will keep you informed on the latest findings and the final outcome.

**Warren County Tack Sale** is March 8<sup>th</sup>, 11-4 pm. DHF pays for the 10 x 10 booth space for DHF clients ONLY to sell used items. Volunteer time required. Contact Lindsay 513.850.9359 for more.

## Conditioning the Muscular System

by Lindsay Lechner

Previously I talked about an overview of Conditioning, and the importance of making it a gradual process. The following is an in depth look of how to condition the muscular system of the horse Part 1 will be about the cardiac muscle and Part 2 the Skeletal muscles. I will mention again that it is very important to pay close attention to your horses' needs and health as the conditioning process continues. Continue to watch condition of the horse, including weight, personality, soreness or injury, or anything else out of the ordinary. If you have any questions or

concerns advice is always available.

The Muscular system is made up of 3 types of muscles:

- Smooth muscles – muscles that make up the major systems of the horse including the digestive, respiratory and circulatory systems which are all involuntary (meaning it takes no effort from the horse to move the muscles)
- Cardiac Muscle – The heart muscle, this muscle is also involuntary it keeps

the horse living moment to moment.

- Skeletal Muscles – These muscles are voluntary muscles meaning that the horse chooses what each muscle does. This system of muscles is made up of more than 700 muscles with numerous functions, including movement of the horse, supporting the skeletal system, providing stability (working with tendons and ligaments to hold joints together to extend and flex).

*Continued on Page 5*

### DHF Stats

Since we rolled out the new DHF website in late September 2008, we have had over 3300 visitors from the US, Canada, the UK and 7 other countries.

For the month of February, the newsletter had 52 users spend over three minutes viewing the DHF News.

Current email distribution consists of 53 families and each month we have more people requesting to be included.



## Advertising available in the DHF Newsletter!

### Why should you advertise with DHF?

- 53+ families will view your ad & the distribution is growing
- Exposure to ads through monthly emails and our popular website
- Reasonable rates
- Discounts for DHF Clients and if purchased in bulk

### Rates for Clients / Public:

Business Card	\$5 / \$10
¼ Page:	\$10 / 15.00
½ Page:	\$15.00/ 20.00
Full Page:	\$20.00 / 25.00

*These introductory rates are available until June 2009 issue.*

The deadline for advertising copy and payment is the 15<sup>th</sup> of each month for distribution the following month. Send copy to:

[Halley@DancingHorseFarmOH.com](mailto:Halley@DancingHorseFarmOH.com)

Payment to: DHF

4080 Weisenberger Rd.  
Lebanon OH 45036

## TDC Horse Camp Change

The March 16<sup>th</sup> "The Dressage Company" Member meeting will be in the Pilates Room where Jen & Lenny will present "Musical Freestyle Basics" to prepare for the MFS Horse Camp on **March 28-29, 2009** now being held **at DHF**.

The Horse Camp's Clinicians will be Jennifer Truett and Rebecca Knollman. Fees: \$75 Day (includes 1 ride + a discussion session and lunch). The 10% discounts for 2009 are valid. *Freestyle participants need to attend March 16 member meeting for basics.*

Day 1 will be **at DHF** with Lenny in music editing and Day 2 will be choreography **at DHF** with Jen. All DHF clients interested in what it takes to create winning musical freestyles are encouraged to audit or participate! Information: <http://www.dressageco.com/>

## Calendar Update

*Please note that events listed require pre-registration.*

**March 6-8 Dressage Clinic with Joan Bolton.**

**March 16:** Dressage Company Monthly Meeting with **Musical Freestyle Basics** by Jennifer Truett.

**THREE exciting events March 28-9:**

1) Dressage Company "Horse Camp" featuring Jen Truett and Becky Knollman. <http://www.dressageco.com/>

2) **Custom Saddle Fittings** with Karen Borne of **Borne Saddlery** AND flocking adjustments with **Clair Painter, Master Saddler.**

**April 5 "Ride-A-Test"** with **Jen Truett.** Each rider rides a test with movements scored and comments made

aloud. At the end of the test, the score will be calculated while the rider spends time working with Jen on specific areas to improve. The rider will return to ride the same test a second time. Cost: \$40 per test ride.

**April 9-11 Dressage Clinic with Sandy Howard "S"** judge and three time United States Equestrian Team (USET) member (Olympic and World Championship teams, '78, '80, '82).

**May 2-3 Spring Fling Dressage Schooling Show Fun Show and Combined Test**

- Schooling Show and Combined Test on Saturday. Dressage Judge: Nancy Baker, "L" Grad.

- The Gymkhana Fun Show classes will be on Sunday. Our very own Jen Truett will be the judge.

**May 2-10 Annual Equine Art Show.** Open to Amateur and Professional artists, children and adults. Painting, drawing, mixed media, photography and sculpture. For more [www.TheSculptedHorse.com/prospectus.html](http://www.TheSculptedHorse.com/prospectus.html)

For appointments and clinic requests: [Jennifer@DancingHorseFarmOH.com](mailto:Jennifer@DancingHorseFarmOH.com).

Ride times posted at [www.dancinghorsefarmoh.com/dailyschedule.html](http://www.dancinghorsefarmoh.com/dailyschedule.html)



Style your Pile  
Professional organizing  
for home & business

Tara Biller  
513.237.5861  
styleyourpile09@yahoo.com

## Stay Connected...

The best way to be an integral part of the DHF community is to **stay connected!** [www.DancingHorseFarmOH.com/features.html](http://www.DancingHorseFarmOH.com/features.html) has monthly *Features* like **Announcements, Policy Changes, Fan Club "How To's", Industry Updates, Reminders, Clinic Notes, DHF Workdays, and DHF Staff Trainings.** Get on the DHF email list TODAY: [Jennifer@DancingHorseFarmOH.com](mailto:Jennifer@DancingHorseFarmOH.com).



*What is "TDC"?*

The Dressage Company™ is a Group Member Organization (GMO) of the United States Dressage Federation in Region 2.

**LEC Spring Shots  
March 9<sup>th</sup> & 16<sup>th</sup>**

*They are given in 2 parts  
for the comfort & safety of  
our horses.*

**Make sure your  
contract is updated re:  
Dentistry Services**

### 2009 USDF & USEF Competition Schedules



Orion is anxious to begin the show season! Are you ready?!?

April 4-5	Spring Bay Horse Trials KY	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
May 8-10	Cincinnati Dressage Tradition (CDT)	<a href="http://www.cincinnatiadressagetradition.com/Events.html">http://www.cincinnatiadressagetradition.com/Events.html</a>
May 16-17	Greater Dayton OH	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
June 10-12	CDT	<a href="http://www.cincinnatiadressagetradition.com/Events.html">http://www.cincinnatiadressagetradition.com/Events.html</a>
June 19-21	Cincinnati Dressage Tradition	<a href="http://www.cincinnatiadressagetradition.com/Events.html">http://www.cincinnatiadressagetradition.com/Events.html</a>
June 19-21	Mid South KY	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
July 25-26	Gemwood OH	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
July 31-August 2	CDT	<a href="http://www.cincinnatiadressagetradition.com/Events.html">http://www.cincinnatiadressagetradition.com/Events.html</a>
August 28-30	KY Classique	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
September 10-13	American Eventing Championships	Lamplight Equestrian Ctr. <a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
September 18-20	CDT	<a href="http://www.cincinnatiadressagetradition.com/Events.html">http://www.cincinnatiadressagetradition.com/Events.html</a>
September 25-27	Jump Start	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
October 15-18	Midsouth 3-day	<a href="http://useventing.com/competitions.php?section=calendar#VIII">http://useventing.com/competitions.php?section=calendar#VIII</a>
October 22-25	Region 1 GAIG Championships	The Virginia Horse Center Lexington VA <a href="http://www.virginiadressage.com">www.virginiadressage.com</a>

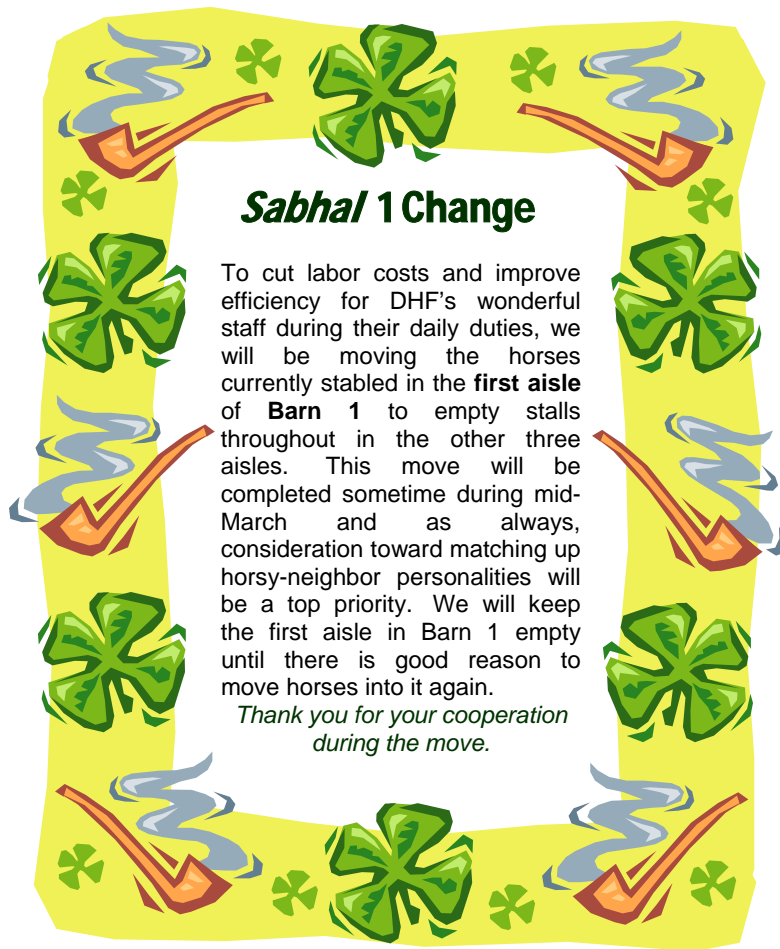
Eventing = Red; Dressage = Black

### DLSC Schooling Show Schedule

May 2	DHF Spring Fling
May 3	DHF Spring Fling
May 30	Riding Center, Yellow Springs
May 31	Riding Centre
June 27	Trails End Equestrian Center
July 18	Green Stone Stables
August 8	Greenstone, Dayton
August 15	Whitehouse Stables
August 29	Trail's End, Dayton
September 20	Stillwater Pony Club
October 10	Shelby Farm
October 17	Trail's End, Dayton
October 31	DHF Halloween on Horseback

Hunter = Red; Dressage = Black

The **Stillwater Stables' Youth Program** is providing lunch and afternoon snacks for everyone during our Joan Bolton clinic. Stillwater Stables is a nonprofit organization that provides English riding lessons to children ages 6-17. They offer services at no charge and rely on donations. More information at [www.Stillwater-Stables.org](http://www.Stillwater-Stables.org).



### ***Sabhal 1 Change***

To cut labor costs and improve efficiency for DHF's wonderful staff during their daily duties, we will be moving the horses currently stabled in the **first aisle of Barn 1** to empty stalls throughout in the other three aisles. This move will be completed sometime during mid-March and as always, consideration toward matching up horsey-neighbor personalities will be a top priority. We will keep the first aisle in Barn 1 empty until there is good reason to move horses into it again.

*Thank you for your cooperation during the move.*

'Sabhal' = Barn in Gaelic

DHF is proud to announce that **Halley Mendenhall** is the newest member of our office staff as a DHF Intern. Halley is a recent graduate of Cornell University and will begin the MBA program at a local school this fall. In the barn, she is Jen's Groom. In the office, she is assisting with the DHF 2009-2010 Marketing and Advertising plans as well as a Standard Procedure manual for staff. Read more about Halley and the DHF working students: <http://dancinghorsefarmoh.com/employment/InternshipOpportunities.html>.

*Welcome Halley!*



*Jen & Stretch being chased by Leprechauns...*

## **Pot of Gold or Just Potholes**

*"The shovels haven't arrived, and until they do, you'll have to lean on each other." (Anonymous)*

Most of you have likely noticed that DHF's gravel driveway tends to develop potholes after every rain. Try as we might, there is no gold at the bottom! Instead, we use our arena drag to break up those lovely holes and

redistribute the gravel on a regular basis.

The reason the potholes appear is because we all typically drive along the same path: right down the middle. This practice compacts the gravel more in one area than another.

The compaction problem is then magnified when there is standing water on the driveway from rain or melting snow.

We are asking, you, our clientele to assist us in maintaining the driveway. If everyone commits to *not* always drive right down the middle every time they drive down the driveway, it will go a long way toward reducing the frequency of potholes and the required pothole maintenance.

*'Go Raibh Maith Agat!'*  
or  
*Thank you!*

*St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic.*

*~Adrienne Cook*

## Conditioning the Muscular System, continued by Lindsay Lechner

When conditioning a horse for performance purposes it is imperative that we help the horse condition the cardiac muscle and skeletal muscles over a period of time. It is harder to "leg up" a horse (build strength in muscles and tendons) than it is to strengthen the cardiac muscle. Here we will go in depth about conditioning the Cardiac muscle for optimum performance.

### Part 1:

The cardiac muscle is very specialized because it is only found in the heart. The main job of the cardiac muscle is to pump blood into the heart and then back through the horse. We must strengthen the muscle so that it can continue to support the horse as it tires during workouts and competition. To condition the cardiac muscle you must exercise the horse enough to elevate the heart rate and keep it elevated just long enough to put some stress on the horse, but not too much

too soon. According to Lari Shea of (Ricochet Ridge Ranch) horse's can multiply their resting heart rate by 8-10 times during maximum work. In other words a horse that has resting heart rate of 26-28 BPM (beats per minute) could reach 220-240 BPM at maximum capacity for a short period of time. A well-conditioned cardiac muscle can offer a lot of an equine athlete.

As the heart becomes more conditioned it can offer the ability to pump more blood through the body, achieve a higher maximum heart rate and the recovery time will shorten. As the condition improves the heart is said to actually increase in size. The enlargement of the heart is because the capillaries increase in size and quantity, allowing for better exchange of oxygen, carbon dioxide, and nutrients. (USPC Manual of Horsemanship: Advanced Horsemanship.

A conditioned horse's heart works most efficiently when the heart is beating 4-5 times more than at rest and resumes the resting heart

rate rapidly after the works stops. To get to this point in the horse's conditioning you can do the following.

What you will need: A stethoscope, a stop watch, and a helper. Take your horse's heart rate at rest using a stethoscope, place the stethoscope on the left side of the horse right behind the elbow where the girth would lay, wait a few seconds until you hear the heart beat. For 15 seconds count how many heartbeats then multiply by 4 to get BPM. Once you have the resting heart rate you can base your horse's improving condition on the resting heart rate. The easiest way to tell the horse's cardiac muscle is getting stronger is because the horse will be able to recover from more strenuous work in a shorter amount of time. The only way you can truly improve the condition of the heart is by putting stress on the horse and if there is no improvement then the horse is not being stressed enough.

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We're on the Web!

See us at:  
[www.DancingHorseFarmOH.com](http://www.DancingHorseFarmOH.com)



NEW

DHF Clients can list items for sale.  
**FREE!** Pictures and more information  
online:

### Trailer

2003 Sundowner C-575 Two horse  
straight load gooseneck with dressing  
room (7'6" tall), all aluminum  
construction with many upgrades.  
Asking \$12,500 Contact  
Jen: 937.532.3108, available online:

**Other:** Mattes correction pad.  
Dressage, white, large. Barely used.  
\$175. Contact: Lori 513-573-0777

### Saddles

1) 17 1/2" Passier dressage saddle and  
a 26" shaped leather girth. Asking  
\$1500. Contact: Lynda  
[Abraxan@yahoo.com](mailto:Abraxan@yahoo.com)

2) 17" Kincade dressage saddle, \$250.  
Contact: Sarah 513.503.0237

3) 17.5" Wintec Isabella dressage  
saddle \$750. Contact: Connie  
937.383.7793

4) 17.5" County (made in England)  
Dressage saddle, \$200. Contact:

Lori 513-573-0777

### Bridles

1) Cob/Arab size dressage bridle Used  
\$60. Contact: Sarah 513.503.0237

2) Sabre Cordoba cob-sized black  
dressage bridle asking \$250. Contact:  
Lynda [Abraxan@yahoo.com](mailto:Abraxan@yahoo.com).

**For Details Just Click:**

<http://dancinghorsefarmoh.com/forSale.html>