

## Giuseppe's Gazette September 2019

**G**reetings from Giuseppe! The kids are going back to school and the weather is wonderful for riding and playing with us equines. September is upon us and it's time to get serious. So get organized and get it together and bring us TREATS! (Heehaw! Heehaw! Heehaw!)

We had a great show on August 18<sup>th</sup>. Our riders are getting really skilled! **Barbara Nabors**, who can let her nerves get the best of her, was bound and determined to give Loki a good ride. And, she did it, went in and piloted him to each jump and he jumped! Wow! **Kimie Coscia** competed in the Intro Combined Test division which meant that she needed to jump Princess. Although Kimie had a bit of trouble, she got around and completed her first jumping competition with Princess. Great job!

We welcome back **Meghan Abdinoor**, Oak Ridge and **Ethan Polplawski**, Franklin. They both participated in last year's and this year's summer program. We're hoping that they will continue developing their skills throughout the year. The more skilled you are, the more fun we are! (Heehaw! Heehaw! Heehaw!)

### September Birthdays

Our best wishes for a very happy birthday go out to Mackenzie Nelson (2), Pola Gospodarzec (5), Barbara Nabors (12), Caprice Tanis (15), Ron Mangin (23), Michael Page (23), Michelle OKeefe (25).

### September Anniversaries

Our best wishes go out to Kevin Arthur (1999), Hannah Bedel-Franklin (2014), Megan Calkin (2015), Ron Mangin (2013), Nancy Nelson (2014), Val Stigler (2011), Karen Soscia (2018)

### Early Fall Calendar

9/2	XC Clinic	10/20	Oxbow Show (Closing Date: 10/10)
9/8	Michael Page Jumping Clinic	10/17	Oxbow Show (Closing Date: 10/7)
9/14	Oxbow Riding Club Begins	10/26	Halloween Party
9/15	Oxbow Show (Closing Date: 9/5)	10/27	Michael Page Jumping Clinic
10/6	XC Clinic		

### July Birthdays

Our best wishes for a very happy birthday go out to Carolyn Staab (1), Valentina Stigler (4), Max (14), Rachel Zenhausern (16), Melissa Sinopoli (17), Bruce Patti (22).

### July Anniversaries

Our best wishes go out to Heidi Schmidl (2014).

### Date Change

The Giants are playing the Jets on November 10<sup>th</sup>, so we have to push our show date a week later. **Melissa Sinopoli** won the lottery at work, so our November show date is the 17<sup>th</sup>.

### Oxbow riding Club

The Oxbow Riding Club, aka the Saturday Program has a few openings. If you'd like to join our fun group, please let us know. Registration is ongoing, but we do have a maximum number we can take. Our first session is Sept. 14<sup>th</sup> but you can join at any time. Give Tara a call (973-903-3722).

### Michael Page Clinic

Our riders had a great time working with **Michael Page** on Aug. 11<sup>th</sup>. Michael changed it up a bit with the addition of jumping along with the grid work. **Megan Calkin** aboard Sugar, **Nancy Just** and Kye, **Barbara Nabors** atop Loki, **Melissa Sinopoli** with Lacey and **Capri Tanis** mounted on Count all rode with great expertise and finesse. Michael will be back on Sept. 8<sup>th</sup>.

### August Show

We had another fun show on August 19<sup>th</sup>. Marsha Montgomery judged dressage with **Darby Callahan** stewarding and **Philippa Bowles** scribing.

**Erin Rizzi** (Megan's mom) scored dressage, **Barbara Nabors** and **Tim Merrill** ran Stadium. **Nancy Nelson** was Cross Country start and **Dave Cahauvan**, **Apollo Entice**, **Charmaine Fazio**, **Anna Nina**, **Heather Simon**, **Jim Simon**, **Brice Tanis**, **Marilia Tanis**, **Ty Tanis**, **Rachel Zenhausern**, were the Cross Country judges. A big thank you to everyone who helped out. We literally couldn't have done it without you! The Results:

#### Starter & Starter/Beg.-Novice Horse Trials

- 1<sup>st</sup> Monica Gallen & Rule Five [S/BN] (24.800)
- 2<sup>nd</sup> Courtney Angerer & Drybrooks Winifred [S] (32.300)
- 3<sup>rd</sup> **Nancy Just & Kye [S] (63.300)**
- 4<sup>th</sup> Eliminated

#### Individual Tests

- Melissa Sneider & Rockin' Charlie [T-1] (69.200)
- Laura Shanon & Timber [T-1] (59.600)

#### Elementary & Pre-Starter Horse Trials

- 1<sup>st</sup> Sandra Schwinzer & Kontraband [E] (27.900)
- 2<sup>nd</sup> **Melissa Sinopoli & Lacey [PS] (28.300)**
- 3<sup>rd</sup> Louisa Sargent & The Scrivener [PS] (30.800)
- 4<sup>th</sup> **Capri Tanis & Luke [PS] (30.800)**
- 5<sup>th</sup> Ria Kilker & Danny Boy [PS] (30.800)
- 6<sup>th</sup> Sophia Kucinski & Ethel's a Heartbreaker [PS] (93.30)
- 7<sup>th</sup> **Megan Calkin & Sugar [PS] (132.80)**

#### Leadline B

- 1<sup>st</sup> Annabel Sneider & Rockin' Charlie (80.600)
- 2<sup>nd</sup> **Addisyn Fazio & Macaroni (80.000)**
- 3<sup>rd</sup> **Riley Simon & Nicky (76.800)**
- 4<sup>th</sup> Rhyleigh Tarrent & Raspotnik's Lucas (75.000)
- 5<sup>th</sup> **Aleksandra Greenwich & Kye (71.800)**

#### Combined Tests

- 1<sup>st</sup> Carlee Curcio & Raspotnik's Lucas [E] (30.200)
- 2<sup>nd</sup> **Barbara Nabors & Loki [N] (30.800)**
- 3<sup>rd</sup> **Barbara Nabors & Loki [BN] (36.00)**
- 4<sup>th</sup> Penelope Sneider & Annabel's Present [E] (36.200)
- 5<sup>th</sup> **Kimmie Coscia & Princess [I] (41.75)**

## Training Tips

The following is excerpted from the US Pony Club Manual C-1 – C-2 Level.

### **Rhythm and Tempo**

To move well, a horse must move with proper rhythm in every gait. A horse that changes his speed and rhythm is very hard to ride. Such changes may be due to nervousness, lack of training, inattention or poor riding. Finding your horse's best working rhythm is not difficult and will improve his movement and your riding.

*Rhythm* means the beats or pattern of a gait. For instance, the walk has a four-beat rhythm; the trot, two, and the canter, three. Each gait should have a clear, steady rhythm. If a horse loses his rhythm, his gaits become a mixed-up shuffle, and he may break from one gait into another.

*Tempo* means the speed of the rhythm: quick, slow, or medium; like playing a tune quickly or slowly. For example, a horse could walk with a four-beat rhythm in a quick tempo, slow tempo, or medium tempo. The tempo should be steady; it should not change from slow to fast to slow again.

The more aware you are of rhythm and tempo, the easier it is to help your horse move well. A metronome, which is a device used by musicians to keep a steady beat, can be set to match your horse's tempo, and can be used when you ride to help you keep the tempo steady. Every aid you use, whether a driving, restraining, or guiding aid, should be applied as a squeeze and release in rhythm with your horse's strides. Pay special attention to rhythm and tempo when you leave the rail or ride through a turn, circle, or ring figure, or when you ride toward or away from the stable. If you can keep your horse in a steady rhythm in spite of distractions, you help to keep his attention on his work and discourage shying.

### **Improving Your Horse's Suppleness**

*Suppleness* means a horse's ability to shift his balance forward and backward quickly and smoothly, and to turn easily. A supple horse is handy, flexible, easy to turn and comfortable to ride. The opposite of suppleness is stiffness. A stiff horse has trouble bending and balancing in turns and may move crookedly, which makes him awkward to ride and harder to control. A horse may be stiff because he is green, poorly trained or ridden, tense and uncomfortable, or unsound.

Frequent transitions help to improve a horse's balance and suppleness. You must ride them smoothly, from back to front (using your seat and legs to prepare your horse, then your hands).

All horses have one side that is naturally more supple and one side that is stiffer, just as people are right- or left-handed. Good riding and training help a horse to become more even – stronger on his weaker side and more supple on his stiff side. A horse that is not ridden and trained well may become one-sided. He will have trouble carrying a rider on one diagonal at the trot or on one lead at the canter, and may be hard to turn.

### **Straightness and Bending**

A supple, well-trained horse moves straight on straight lines, not crookedly or carrying his head or hindquarters off to one side. On curves or circles, he bends evenly, looking in the direction in which he is going. His back legs follow in the tracks of his front legs on curves and on straight lines. This keeps his spine properly lined up.

When a horse bends on a circle or a turn, his inside hind leg reaches farther forward under his body, so he doesn't slip or scramble. This helps him lift his back so that he can carry his rider through the turn with better balance. The horse looks in the direction of the turn, and his hind feet follow in the tracks of his front feet. He turns without leaning in, falling in or out with his shoulders, or skidding sideways with his hindquarters. A horse normally should bend toward the inside of a turn or circle. Bending to the outside is usually a mistake (except in a few special movements.)

The aids for bending are the same as the aids for making a proper turn. The most important aid is turning or swiveling your seat while your head and eyes look in the direction in which you want your horse to bend. Use an active inside leg aid close to the girth; the outside leg slides back a little to keep the horse's hind legs following the tracks of the front legs and from swinging out too wide. The inside hand is active, softly squeezing to ask your horse to look in the direction of the turn. The outside hand uses a supporting rein, which keeps the horse from bending his neck too much or falling out.

You should just be able to see the horse's inside eyelashes; if you can see the whole side of his face, he is bending his neck too much. He must *flex laterally* (bend his neck slightly sideways) at the poll just behind his ears. Bending too far back in his neck is called *rubber-necking* and makes him hard to steer.

It's important to practice bending in both directions, with a little extra practice on the horse's stiffer side. When you change directions, you must change the bend. To do this, ride straight for a stride or two, then change your bending aids to the other side.

To improve your horse's bending, practice ring figures such a circles, half-circles, figure-eights, serpentines, and changes of direction. Don't make circles too small, especially at first. It's better to bend correctly on a larger circle than to have a hard time on a tight circle.

<b>Oxbow Raiders 4-H Club</b>
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We are gearing up for the start of a new year in 4-H. The 4-H year begins in October. We will be nominating officers for the 2018-2019 year at our re-organizing meeting on 21<sup>st</sup> at 2:30 pm.

The new year starts in October so for all our members please remember to finish your project books, write a story and get them in. We need them to determine end of year awards.

If you are not a member of our 4-H club, but think you might be interested; you are cordially invited to attend a meeting. We usually meet twice a month on a Sat. afternoon. You don't have to be a member of the ORC to be a 4-H member. Please speak to Tara, our leader, (973-903-3722) or call the office and leave a message and we will get back to you.

Megan Calkin  
Reporter

4-H Schedule			
9/21	4-H Meeting	10/12	4-H Meeting
9/28	4-H Meeting	10/26	Halloween Party

<b>Quotes of the Month</b>
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“Love is the ability and willingness to allow those you care for to be what they choose for themselves, without any insistence that they satisfy you.”

- Wayne Dyer

“It is not a matter of thinking a great deal but of loving a great deal, so do whatever arouses you most to love.”

- Teresa of Avila

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### Hodges Badge Company Contest

Hodges Badge Company is the company we use for our ribbons and awards. Go to their website at <http://www.hodgesbadge.com/covercontest> to get details on their annual equestrian photo cover contest. The Grand Prize is \$2500 and there are 10 Honorable Mentions of \$100. The winning photo will be the cover of their 2020 catalogue and the honorable mention photos are used throughout the catalogue. The photo has to contain a Hodges ribbon, of course.

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