

Whispering Hills llc **NEWSLETTER**

February 2021

New Year Resolution? Empowering strength, Half Halt, Goals, Farrier and Floating, and Spring shots.



Your horse is a mirror of you and your abilities, strengths and weaknesses.

Half Whoa! Half Go!

One of the most elusive moves in dressage is the half halt. Deceptive in the word half halt, it should be called, “Half Go!”

The half-halt is used not only in the sport dressage but in all equine sports that require their horse to have more engagement and better carry the weight of their riders. The half-halt engages the horse’s hind legs, rebalances the horse builds energy making it more available for the horse to use in any direction or almost none at all. Half-halts are made by using two opposing commands, go and stop. I think of a race car at the starting line. The driver will build up the compression and get the tires hot by stepping on the brake while pushing the gas. Then slowly we let



out the clutch and engage all that power. But if we let out the clutch too fast all that energy dumps and the engine dies.

When we hold the energy in the front, it flows through the horse and makes a bridge of energy known as collection. Collecting the energy to use in any direction.

When done correctly collection can

result in engagement that will feel similar to a horse that is spooking and you are trying to hold it back. There are many levels to collection and engagement and much more to it than a simple paragraph can explain. If you would like to know more ask in your next lesson.



Strength is courage

Many people will ask me, “ How do I be more courageous when I am riding?” I want my riders to be leaders and to be a leader you need to be strong mentally. Being strong physically is

one way to help you be strong for your horse mentally. Cross-training can help you get stronger and more secure in the saddle.

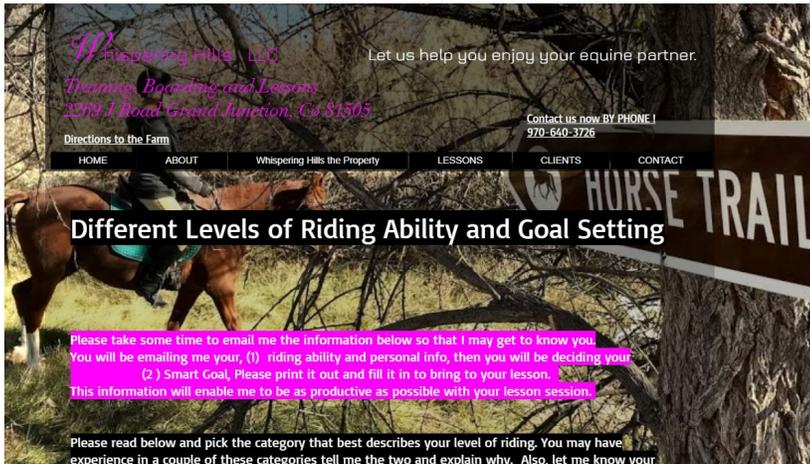


Choosing a program that makes you strong in the core, and focuses on a balance of strength is a good course. It doesn't matter what program you choose. But, it matters that you do it on a regular basis.

Happy New Year! A Good Time to Set Goals!

If after reading all of the above you would like to set a goal for this year, I highly recommend it. A good place to start is with a goal planner. On our website under lessons/riding-ability is a

smart goal planner to help you organize your goal setting. You can make goals as a rider. They can be physical or mental. Goals can also be made for your horse. Perhaps your horse goal is for soundness training or fitness. I would like all of my regular riders to print out the sheet, set their goals, and bring me a copy of their goals by April



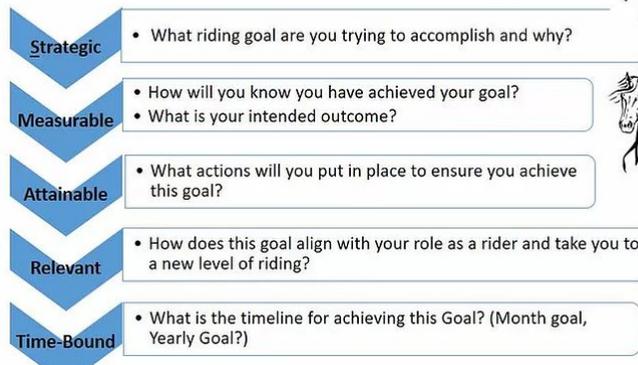
Goal Statement:

This may be a show Goal of a certain percentage to can be combined with horse and rider achieving a g Example: After training: I will ride out on the trails c confident because of this increased willingness of F Example: I will be able to perform a first level test to

How you'll measure your progress:

1. **Specific things to accomplish goal:**
 * I will know this goal has been achieved I
2. **To achieve my goal, I will...** * Watch videos I know on other horses. I will watch the traini
3. Ride in Schooling shows and record scores &
4. Schedule Late season recognized shows wh

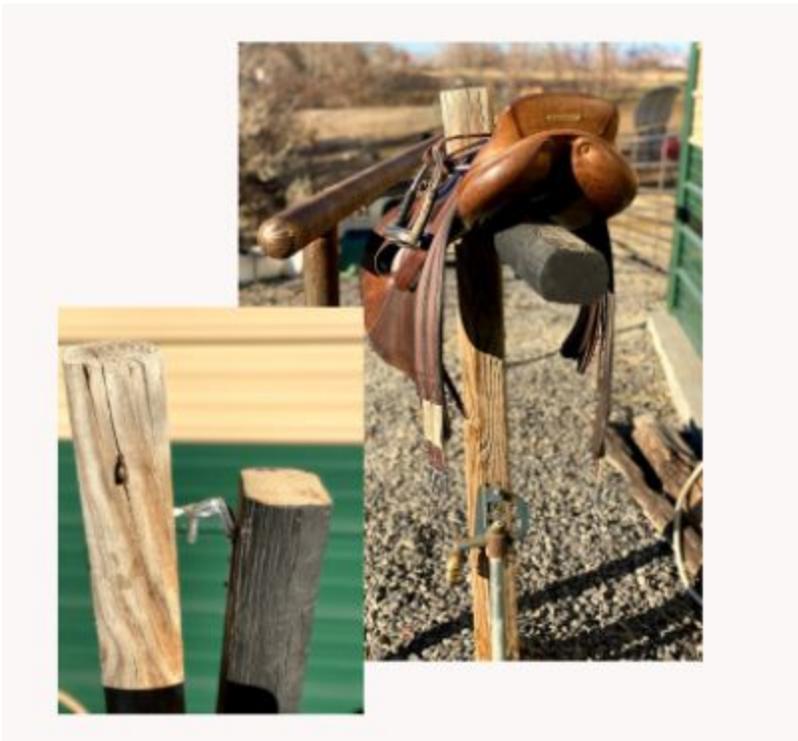
S.M.A.R.T Goals



3rd.



The Sues have been thinking in the box and outside of the box! ☺



Saddle Racks

(Reminder)

There is a couple of fold-down saddle racks around the barn, Look for them to hold your saddle while you get your horse ready.

We are asking that your items be

marked with your or your horse's **name** (s). Please put a bridle tag on your bridle. **Mark** your brushes, halter and rope etc.. (Perhaps a magic marker or tag.) We have some great people but we all get confused as to whose stuff is whose... If it's not marked and it is in a common area... It is fair game. :)

[An easy place to get a tag is a pet tag at PetSmart. Or anywhere online.](#)

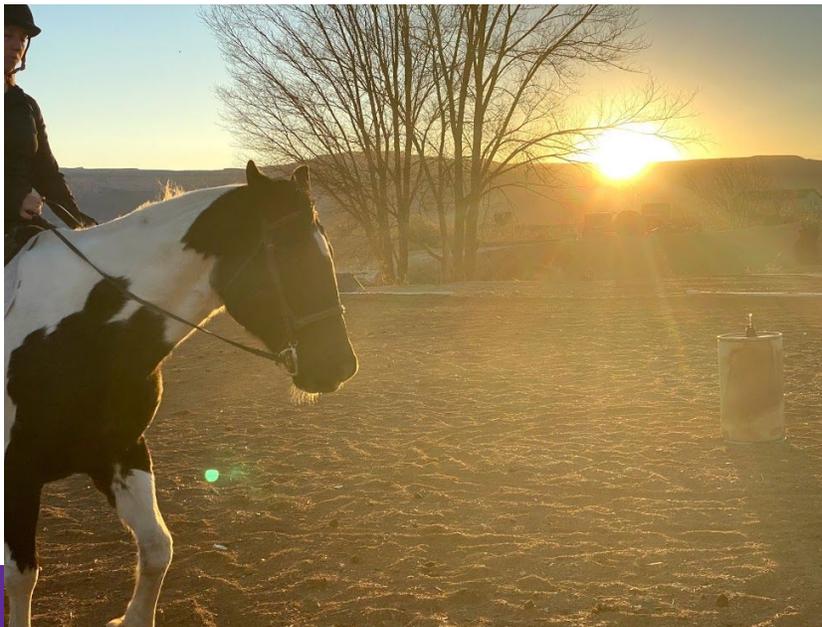


Group

Saturday **group** Clinic will continue to be at the time of 2:00 on Saturday until Daylight savings time changes and the weather gets warmer!

I will send out a text and email to those that are interested in the group clinic. Text me if you have questions. 970-640-3726. As usual, **private lessons** are available by texting Jennifer. Hayden gives beginner lessons only. Hayden can also exercise your horse if you are injured or away from the barn. Ask Jennifer or Hayden for more information.

Group Discussion:



We have been discussing how the horse's shoulder affects how they move, turn, and much more. We have been noticing the natural way our horses move and learning about their weak side and strong side and how to improve it. This can affect everything from a horse knocking over a jump to being lame on one foot.

We have also discussed how the way we carry our hands, elbows, and shoulders affects how the horse reacts to the bit and the rein. We will start working on the shoulder in and shoulder-fore this next month. We will learn how they can make your horse stronger and more equal in strength. Yes, the horse needs to do exercises that make them strong as well.

Farrier and Equine Dentist.

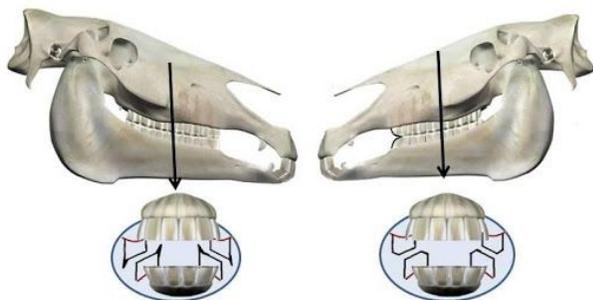


Pete will return *on February 4th and February 27th* always double-check with us to see if the date may have changed. The horses have been placed on the sheet according to when they were last done. Always double check it. If you want them Skipped or something else done besides their normal put it on the sheet. The sign up sheet is next to the Tack room in the East Barn.

We schedule Pete Degraw as a courtesy of Whispering Hills llc. If you need your horse to see Pete sign up as soon as you can. You can call or text Pete as well if you have specific directions for him.

970-596-2520 As always you can use any farrier you like. Please arrange to have your horse ready for Pete or be there to hold them.

FLOATING



Dominic Carrica will be back in April to do Farm floats. If you need your horse's teeth done, please sign up on the sheet outside the tack room. I will announce the date as soon as I know how many we will have.

If you need your horse's teeth done or looked at let us know right away. If you do not have an account

with Amigo Animal Clinic you will need to call them and set up an account. Please let them know you were referred by Jennifer Weber of WH and that the horse is at 2269 J Road, But... that the horse is yours and to be billed directly to you. Whispering Hills LLC provides our clients with two yearly Farm call vet exams. HELPING OUR CLIENTS help their horses.

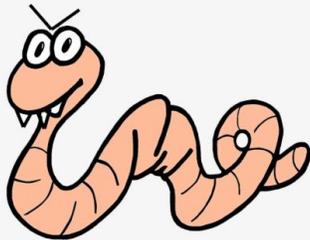
Spring shots. **SHOOT!**

Dr. Harris will be doing the Farm shots again this year. He waves all farm calls. If you would like to have him do your shots please sign up on the sheet by the Tack room and leave a check made out to Harris Veterinary Clinic. Dr. Carrica can do your horses shots as well if you are having him do their teeth. Just add it to your sheet to let us know and let Amigo know as well.

If you are doing any of the above health maintenance through another vet, just let us know: Vet, day and time and be there or set up someone to hold your horse.



Worming reminder: Now is a great time to worm for tapeworms and other worms as we have had a hard freeze!. See the January Newsletter.



We Can Handle This!

There is a \$\$15 handler fee through WH stables if you would like us to catch and hold your horse for any reason. (ie Farrier, Vet, etc.)

Gate Reminder!

Please make sure **gates are** locked and **chained**, AND have the **ELECTRIC FENCE ACROSS THE GATE !!**

Always!

Don't let them out... *no matter what they tell you!*





Learning to tie. Tying one on and keeping them there! (Repeat for those of you that missed it. May you not need to hold your horses!)

Learning to tie can be one of the most difficult things about being around a horse. I have made [this video](#) in hopes to help. Here is also another [Youtube video](#). I add another twist that I have learned to better secure the rope.

Feeds (Update)



Ulcers.

Following the information about what to feed in the last newsletter, we will be talking about ulcers and how they start and affect our horses. As I had stated last month, Kim Maurin is researching the topic. She has compiled a lot of information about ulcers. There may be a prevalence of 50 to 90 percent of horses that have ulcers. There are different types of ulcers and they can occur in the hindgut and foregut. Ulcers can start in as little as 10 minutes after a stressful situation. They can cause, cribbing, weightloss, saddling issues, and riding issues. Kim has compiled a three-ring binder with her findings. It is in the Tack room if you would like to look at it.



[Here](#) is a short video about some possible signs of ulcers.

The indoor round pen is fixed.

Ron has placed a heater in the round pen for our comfort and to melt the snow. It worked pretty well in this last snow. We have a dry place to work!





Missed a Newsletter? They are all posted on the Whispering Hills Website !

www.whstables.com

<RicoH as a baby

New obstacle >



Around the farm



Left: Joe and Heather enjoy a winter ride.

Below: Shelby and Heather return to the Barn with joy!

Not my birthday... Yet, but
thanks for the chocolate
Suzi ! June 10th!



See our website for more updates.
www.whstables.com

Bravo as a baby. ♥

Do you have pictures of your horse when they
were a baby or when you first got them when
they were younger? Share them with us!

Email them to Jennifer and she will put them in the newsletter.

pcteach.com@gmail.com