

DEAR BELOVED FRIENDS and FAMILY

As some of you may have heard I made the trip down to sunny Mexico, last Saturday. My plan for this trip was to fly into Cancun, Mexico on Saturday February 18, go swimming, lay on the beach in Playa Del Carmen and then fly back to Canada on February 25th. But it looks like things have taken a slight right turn. Sadly, it does not look like I will be returning any time soon.

I have been taken hostage.



I am not the only one who has been taken. There is a bunch of us trapped here. We all have to lie on these towels, in the sand, with the sun beating down, tanning our skin and the sound of the ocean waves at our feet.

In order to get me back to Canada, you must send pictures of Oakhurst with no snow on the ground, cross country jumps being jumped and the manure pile with none of the tar like substance coming from it. So it seems to be that I will be stuck here for a while.



No worry though, I have enough to keep me busy until then. I have my book, 'Conditioning

Sport Horses,' along with my running shoes to run up and down the beach. By the time I get back to Canada, I won't have missed a beat!

In the meantime, please feed my pet beta fish, Gary, a pinch of fish food every night. And he likes to stay warm, so on the cold nights, he may need to sit in front of the fire place. Tell him and Portia I miss them so dearly and give Portia a kiss on the nose.

If someone could have Portia ridden and fit for when I get back in time for show season. Just like we cover at the show team meeting, her schedule can go;

Sunday- Strength Training Sunday

Monday- Flat Work- homework is transitions within the canter

Tuesday- Lesson

Wednesday- Hack

Thursday- Long Slow Distance. 20 min walk, 20 min trot, 5 min canter.

Friday- Day Off

Saturday- Homework exercises from lesson on Tuesday

She should be ready to go for show season when I get back. Last but not least can someone send me the notes from the mental training sessions from this weeks session with Paige Matte? This Sunday we have another session with Paige, and if you want a leg up on show season, come get tips to be mentally ready.



Well with everyone doing my work for me, when I get back in the spring with the sun is shining, my horse is fit and Gary is warm, I will be ready for 2017 show season! I think

maybe I am suffering from heat stroke because the more I think about it, the worse that sounds.

In order to be ready for show season, I have to put the work in myself in order to get the outcome I want and the reward of the red ribbon in show season. I can't expect Portia to just know how to do the job, but I need to know how the two of us together can get the job done. Practice makes perfect!



So I guess if you just send a picture of a palm tree in the arena with a beach chair and margarita in hand, I will be let free to fly

back to Canada this weekend. But until then, I will read, jog and sun bath... I think I even see President Trumps "wall" being built from here!

i MISS YOU,

<SERIOUS / Y>

MEG