



THE OAK LEAF

FEBRUARY

In This Newsletter

- WWCRD (Ruth's Report)
- Stuff You Should Know
- Meg's Monthly Scoop
- The Newsletter has a Name!
- Helen's Top 10

Important Dates

Show Team Meetings @ Oakhurst

Feb 04

10AM – 12PM

Derbies & HT – *A to L surname*

12PM – 1PM

Dressage Team

1:30PM – 3:30PM

Derbies & HT – *M to Z surname*

Feb 11 1PM – 3PM

EC Rider Level Theory

Feb 18 11:30AM – 1PM

Strength Training

Feb 25 11:30AM – 1PM

Strength Training

Feb 25 1PM – 3PM

EC Rider Level Theory

WWCRD? (What Would Coach Ruth Do?)

Small wins matter

It's no surprise that this time of year can feel like a struggle. I struggle with the lack of sunshine, the cold, the ice, and the undeniable lack of competition.

But there is hope! This Sunday is the Oakhurst Show Team meetings which will bring about planning for the 2018 show season and the adrenaline rush that goes along with thinking about competition. Check out the website or bulletin board for all the details.

This past year has introduced some new challenges and experiences to my life. The #SheCanCoach movement that I've been a part of has been inspirational. You can check out details here: <http://www.ctgctc.ca/>

You can also find some great resources to get you inspired about show season through the www.coach.ca website.

As well as planning ahead, it's also a good time to look back and reassess our New Year's resolution and see if we are on target. My original New Year's resolution was to think before I speak. I have amended that in recent weeks. My new resolution is easy to remember, "be a part of the solution or get out of the way".

I look forward to seeing everyone at the show meetings this weekend.

Let's dream big and then commit to being awesome... together.

Ruth

Important Links

[Horse-Sport Review of Oakhurst3DE 2017](#)

[Equestrian Canada Memberships](#)

[Ontario Equestrian Memberships](#)

Follow Us

<http://www.oakhurstfarm.com/>

Instagram: oakhurst3d

Twitter: oakhurst3d

Facebook: oakhurstequestrian

Stuff You Should Know

The Oakhurst Show Team meetings are happening in the viewing room at Oakhurst on Sunday, Feb 04! Be sure to bring writing tools and some paper in case you want to keep any notes, and be ready to start your Yearly Training Plan and set some amazing goals with your coach!

The password for the student page has changed and the new password will be distributed during the Show meetings. If you cannot make it to the meetings, let your coach know and we'll send you the new password after the meetings.

Meg's Monthly Scoop

February is here which means chocolate shaped as hearts and still some cold weather! So blanketing is still happening at Oakhurst. Here are some tips to make sure your horse goes outside and stays warm but doesn't sweat.

- Take a look at the forecast and then choose which blanket you think would be best on your horse to go outside in during the next day. Then leave that blanket hanging on top of the hook across from your horse's stall.
- When you hang your blanket, make sure the chest straps are done up! That way your blanket doesn't end up in a giant heap on the ground and Oakhurst staff will love you! It makes it easier to put it on and off.
- We put blankets on in the morning and take them off in the evening. So choose a stable blanket that will work for your horse to have in the barn over night!
- If in doubt ask what other horses are wearing! They typically are all comfortable with similar blankets on.
- Or we can just wish for July to be here and not have to worry about blankets at all!

Hope to see everybody this Sunday, February 4th at the show team meeting! Keep an ear out for more winter activities coming to Oakhurst.... A little birdie told me that strength training could be happening soon!

The Newsletter Has a Name

The Oakhurst Newsletter name suggestions were fabulous – the votes are in and the new name for the Newsletter is: THE OAK LEAF! Thanks to everyone for the suggestions and votes, and Congratulations to:

MISHA WYLIE – for suggesting the winning name!

Helen's Top 10...

10 Ways to show your pony a little more love for Valentines Day!

- 1 – More Mints. Horses LOVE mint – they like good breath. So if you go out for a fabulous Valentines lunch, remember to keep all of the after-dinner mints for your equine friend.
- 2 – Wash your saddle pads... Seriously? Clean underwear feels good. I shouldn't have to tell you this.
- 3 – Go for a walk. Outside. Once the stupid ice disappears. The ponies get bored to tears in the arena this time of year. Once the ice leaves us, get out in the snow and let them enjoy nature. Spring is still a very long way away, change the routine a little and enjoy the snow.
- 4 – Schedule some spa time for your horse. They don't need the mudmasks and cucumber eye patches, but a little wild hair control wouldn't hurt. Find their bridle path again, tame the expanding mane and show them a little tidying up love. You'll both feel better.
- 5 – Give them a massage. They have been wearing blankets for months. Take a little extra time with the rubber nubby massage brush thingy to rub out all of the itchy spots and wake up those hibernating muscles. (Both theirs and yours). They will appreciate the extra attention.
- 6 – Carrot stretches. Carrots plus stretches. Need I say more? They will love the carrots and the weather doesn't allow for much running around, the stretches will feel good. And get them feeling a bit more limber and flexible!
- 7 – CLEAN YOUR TACK. Again with the nagging. Clean tack feels much better than grungy tack. If the dirt is there to hold the tack together, then get your tack clean and repaired.
- 8 – Take a few selfies with your equine friend. OK. This one isn't really for them. But it's fun and will make you feel good too. Don't you deserve to flaunt your pony love to all of your friends?
- 9 – Try something new – Strength Training Sundays start soon – if that's new for you, you'll love it too. Gymnastics in a group with heart rate monitors and spreadsheets is always fun. Your horse will start feeling stronger, more confident and ready for the summer to start!

10 – Show the love while you ride this month. Remind your horse when he gets it right – PAT THEM! Don't forget to pat, hug, praise and love your pony when they are fabulous. And give them the occasional break when they get it wrong. They put up with your crap every day. They deserve all of the hugs and love they can get this month!

