



# THE OAK LEAF



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## Important Dates

### July 08

Upper Canada Derby @  
Quantum

### July 14 & 15

Tandalee HT

### July 20

Upper Canada Derby @  
Meadowvale

### July 22

Stevens Creek HT

### July 29

Oakhurst HT 1

## WWCRD? (What Would Coach Ruth Do?)

Summer is here, and what a shock to the system upon returning from a weekend of clinics in Newfoundland! While everyone at Oakhurst was dealing with the extreme heat warning, I was teaching in fog, sideways rain and temperatures all over the map. Although spreading the love for Eventing across the provinces is a dream come true, it's also nice to get home and to touch base with the Oakhurst team.

The upcoming month has some cool (not temperature) things in store for the team with lots to do.

- Sunday July 8<sup>th</sup> - Quantum Derby (don't panic but I will be back in NS teaching)
- Saturday and Sunday July 14<sup>th</sup> & 15<sup>th</sup> – Tandalee Horse Trials – trailer leaving at 9:15am Friday
- Friday July 20<sup>th</sup> - Meadowvale Derby
- Sunday July 22<sup>nd</sup> – Stevens Creek Horse Trials
- Sunday July 29<sup>th</sup> – Oakhurst Horse Trials!!

A quick reminder that the volunteer list for the Oakhurst Horse Trials will be arriving on the bulletin board shortly and like all competitions we will need lots of help on the day especially when it comes to cross country jump judges. There will be on the job training, lunch provided and of course some Oakhurst swag to go along with it.

Entry forms for Stevens Creek and Oakhurst Horse Trials will be in the barn by mid week so please get those completed as soon as you can, and if you haven't signed 'the book' yet be brave and go for it and I will make forms.

With the heat staying in the 30's until Friday I would caution everyone about increasing workloads on both horses and themselves. Stay hydrated and work at your own pace. If in doubt do less not more.

## Important Links

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

[Equestrian Canada Memberships](#)

[Ontario Equestrian Memberships](#)

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If you have concerns or questions about what to do in your rides in this heat please don't hesitate to ask, we are all in this together... sweaty and frizzy and all on the same team.

We said goodbye to an amazing team member in the past week with Megan Jenner and her horse Rosie branching out on their own we wish them the best of success and we look forward to watching their accomplishments. As well we welcomed new team member Michelle Smith to the farm this week with her two horses (Spot & Black horse – you should be able to figure out which is which). Michelle is a certified Competition Coach from PEI and is a wealth of knowledge and experience both in the sport of Eventing and as an accomplished horsewoman. We are lucky to have her - although I am currently scared to teach in the Maritimes as they view her coming here as a steal from them. I feel good about it and please make sure to say Hi to both her and the horses when you are out next.

Stay cool, and get ready for the fun stuff!

Ruth

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## Stuff You Should Know

It takes a village to run our Horse Trials – a community of painters, whipper snippers, grass cutters, course flaggers and jump decorators, helpers on the day and in the days before, prize coordinators, etc etc. If you are willing and able to help us get ready or run the big day, we would LOVE to have your assistance. Either sign up on the volunteer list in the barn or let Mark know what skills you can share.

Our volunteers are among the best in the business, and the skills you could learn jump judging at Oakhurst could one day turn into an amazing opportunity at an International Competition – just ask Barb Bresnahan... Barb has jump judged our water jump for several years and has secured a position as a jump judge at the World Equestrian Games this fall! Who knows where your volunteering could lead – we'll even sign off on high school volunteer hours for your time!

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## Helen's Top 10...

### Tips for show outfits

1 – **Hairnets** – Non-negotiable. It's up to you if you use the tube style head sock thingy, a hairnet from your fast food job or a hairnet from your Italian uncle's collection. Wherever it's from, it is valuable in keeping flyaway crazy lopsided hairdo's from creeping out from under your hairnet and blocking your vision as you gallop around. It does not look cool when you have to fiddle with your curls while navigating your way through that canter serpentine. Get one, and get used to it. If you need help figuring out how to use it, there are 12 girls in the barn ready to give you lessons and assistance.

2 – **Belt** – Seriously, your jacket flaps up, sometimes you don't even have a jacket on – a belt completes the look. It also makes you look like some planning went into getting dressed. You can choose a team colour or your own signature style but your breeches have belt loops for a reason. Don't make the designers choice a failure.

3 – **Stock Tie** – it's not a bow tie. It's a double knot. If you have one of those fake pretied ties, I won't judge (much). But you'd better have a pin to hold it in place. Sparkly pins are always acceptable. If you pin the tie to your shirt, you won't have a flapping scarf in the breeze 3 minutes into your dressage test. If you buy an old school stock tie, I'd be happy to teach you how to tie it into a square knot that makes you ride like a pro (left over right & knot, left over right and knot.)

4 – **Gloves** – You HAVE to wear gloves for dressage. The rest is up to you but gloves for dressage are non-negotiable. And I'd suggest black ones. Unless you REALLY want to draw attention to your hands – then go for the colourful, bright sparkly kind, but remember – those hands will take the blame if you don't get the scores. I'd go black if I were you. Just saying...

5 – **Show Shirt** – Training and below no longer have to wear jackets for Dressage and Showjumping – and on hot days jackets are excused for everyone, So your show shirt should be show appropriate. If you are at an event and don't have to wear a jacket, you want to be sure you have a shirt that still makes you look fabulous. It should have short sleeves at least and be relatively form fitting. It shouldn't be a white t-shirt with a rock theme emblazoned across it. The judge may not appreciate that particular music style and judge accordingly.

6 – **Sparkles** – Acceptable on the rider – almost mandatory these days. Keep them tasteful – a whole sequin covered jacket – Vegas-style – is probably more than any dressage judge is prepared for. Sparkly buttons and even sparkly piping is completely acceptable. Sparkly browbands can be lovely – if they are clean and fit properly. Just remember, sparkles draw attention so if you are bedazzling yourself, you'd better be riding your best to carry them!

7 – **Quartermarks** – If your horse has a fantastic backside, draw some attention to it with a brushed on or clipped in quartermark. Keep them simple (writing your name will be difficult to pull off) clean and tidy. Good quartermarks can complete your look and make it look like you and your horse came to play. Ruth has many stencils for clipping if you want to go for it.

8 – **Lucky Socks** – Essential to any amazing ride, and the luck is determined by the theme you choose. Unicorns and rainbows are particularly lucky – if you can find Unicorns farting rainbows, you're golden. There are many choices out there, and whatever you deem lucky won't be judged by me. Although I'm positive that the luck can not be washed out, so they should be washed often enough that they can not stand up on their own. They won't be lucky if the feel, smell and look gross.

9 – **Underwear** – White breeches have a tendency to show coloured underwear pretty clearly. While you may love the black undies or the floral thong, they may not be the BEST choice on a hot show day. Unless you are trying to make a statement. And if that's your choice, go for it. But be prepared, I may have to judge the choice pretty harshly. I don't really need (or want) to know what any of you wear under your clothes. Ever. It's weird.

10 – **Jewelry** – Is that belly button piercing, earring, nose stud, toe ring or necklace important to you? Could it get caught on your helmet, belt, vest, horse or passing tree branch as you gallop 450 metres a minute across country? Will you have to stop to free it? Will you be sad if you lose it in a field somewhere at an event? Most jewelery is best left at home, where it will be safe. No one will judge how fabulous your diamonds are compared to the next competitor – you are riding a horse. And be warned – if that jewelry is in a spot prime for getting caught or causing a problem, Ruth and I will provide duct tape for you to put over it to keep you safe (belly buttons, eyebrows, nipples, whatever).

Keep the fabulous and lucky items, look prepared and show respect for the judges by arriving dressed to impress. And stay cool out there!

Helen



MEG QUINN & KING STAG – OTTAWA HT (WITH COACH RUTH & JOAN ALLUM IN PURSUIT IN THE GOLF CART!)