



THE OAK LEAF



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Important Dates

May 05

Rookie Rider Clinic @ Oakhurst
(Arena Closed 9:30-4:00)

May 12

Upper Canada Derby @
Oakhurst

May 13

Silver / ESD Dressage Shows
@ Oakhurst

May 17 to 20

Ottawa Dressage Festival

May 19

Hitching Post HT

May 21

Harmony HT Schooling Day

May 28

Grandview HT

WWCRD? (What Would Coach Ruth Do?)

As you know I have been doing a bit of travelling to teach over the past 10 days, but arrived home to a wonderful sight... I went for a walk down shortly after getting home and quickly noticed the unmistakable green leaves sprouting from the ground of the daffodils we planted as a group in the fall! That must mean that spring is here, right? Good things are worth the wait and we have certainly waited for show season to arrive!

There are an abundance of exciting events coming up both around the farm and in the region. This coming Saturday Oakhurst is hosting a Coach training day highlighting the FUNdamentals program called 'Rookie Rider'. The Arena will be closed from 9:30am – 4:00pm on Saturday in order to facilitate the running of this clinic but the outdoor rings will open. The following weekend begins show season at Oakhurst with a Derby on the 12th of May and Dressage shows on the 13th. If you haven't put your entry in for these shows, check out the file folder in the barn to find blank forms.

The weekend after has so many options to get your horse show fix:

- The Ottawa Dressage Festival: May 17th – 20th at Wesley Clover Parks
- Hitching Post Horse Trials: May 19th
- Westar Combined Test: May 20th
- Harmony Horse Trials Schooling: May 21st

If asked today, 'What would Coach Ruth do?', the answer would be:

- Teach
- Check the Show book
- Entry forms
- Laundry
- Figure out what time zone I am in today ☺

Happy Spring!

Ruth

Important Links

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

[Equestrian Canada Memberships](#)

[Ontario Equestrian Memberships](#)

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Stuff You Should Know

Show season is right around the corner – if you are posting pics on Instagram and want to tag Oakhurst in them, tag @oakhurst3d – that way we can all enjoy them!

OADG Membership deadline is drawing near, if you have not signed up for 2018 and are hoping to collect Dressage awards, download the form and get filling it out – ask your coaches if you need more info. The form can be downloaded from: http://www.ottawadressage.ca/data/forms/2018_OADG_Membership.pdf

Meg's Monthly Scoop

April showers bring May flowers! Bring on the flowers, horse shows and riding outside! As things start to pick up in May we have some dates to remember for the month;

- **Saturday, May 5th**, there is a Rookie Rider Clinic at Oakhurst. Which means that the arena will be busy for the majority of the day. BUT thank goodness we have been able to get outside more, right?
- **May 12th & 13th**, is a Derby and then Dressage Show at Oakhurst. Riders remember to get your entry forms for the dressage show into the folder by the whiteboard soon!
- **May 17th- 20th**, Oakhurst has riders heading to the Ottawa Dressage Festival, get your pom poms out to come cheer!
- **May 18th -20th** Oakhurst heads to Hitching Post! Good luck riders!
- **May 27th**- Oakhurst heads to Grandview! Its officially show season now!

Keep checking the white board for when entry forms are due along with new shows being added or postponed.



The showers aren't quite done yet... early next week spring cleaning is here! The barn will be power washed! Which means anything you don't want to get wet that is on stall doors, blanket hooks, on top of the lockers etc. should go home with you.

Last but not least, in order to let the flowers come up, we need to be careful where we are hacking! Want to know a great place to go? If you go out the gate by the green coverall and head down the gravel path to the galloping track has solid footing. When walking anywhere a little soggy, especially on the cross country course, stay to the side of the path in order to keep the path nicer! Ask around to the coaches if you want to know where a safe place to hack is!



Meg

Helen's Top 10...

10 Things coaches Meg and Helen LOVE about when Coach Ruth travels

I'm sure you've noticed that Coach Ruth has been away for several days at a time on a quest to bring her joy for eventing to every province in Canada in 2018. You'd think that being in charge of lessons and the day-to-day goings on at Oakhurst while Ruth travels to teach in remote corners of the country would be intimidating or exhausting when coaches Meg and Helen sub-in to keep everyone learning at Oakhurst but there are several things that Meg and Helen secretly enjoy about the unsupervised time.

1 – *The farm is quieter.* I'm not saying Ruth is LOUD. I don't really have to say it. You all know. I'm just saying its quieter when it's just Meg and I teaching. A few less lessons and a lot less volume 😊 The farm becomes a bit Zen-like. (But it's a quiet that's only nice for a day or two to be honest.)

2 – *Anarchy can reign.* Normally I try to make at least one random pile of poles all stacked with mixed colours just so I can send a picture to Ruth to show her how out of control her arena is while she's away. It keeps her grounded. She usually texts back some yelling and threats about fixing it before she gets home. It gives us joy. We are in charge.

3 – *We get fascinating updates.* We get to learn amazing facts from Ruth every time she calls to tell us about her adventure. I learned that Nova Scotia is VERY humid (in Ruth's words, "think red afro") and the arena dirt tastes like salt - not that any intentional tasting was done. I probably would never have learned that second fact on my own.

4 – *Learning new techniques and ideas.* Coach Ruth comes back with great ideas, fascinating new lesson plans and full of plans for changes we can make to our

program that will make Team O even stronger and more capable. Running a theory clinic around a campfire with marshmallows sounds like a pretty cool plan to me. Who knows what else she learned out there in BC, Nova Scotia and PEI?

5 – *Coaching students across the country vicariously through her.* We didn't have to take the 3 flights and 2.5 hour drive to BC but still get to hear about the students, scenery and eventing scene. We look at the pictures and hear the stories and somehow feel a part of the whole thing.

6 – *The arena is not so busy.* OK. Honestly, I know she's the "head" coach and all, but she IS an arena hog. Her students are always in there with her and its tough business for Meg and I to squeeze our way in to the calendar when she's home – I mean for the 12 daylight hours she was home between BC and NS, Ruth taught like 9 lessons. She has sharing issues.

7 – *Making future plans.* When Ruth gets stuck on a plane, or in a car she's not driving, she does a lot of planning. A lot of coming up with ideas for Mark and Meg and I to improve things around the farm. Like clinics we can run, extra training we need, etc. It's always a time of lots of ideas. Some of them are even possible.

8 – *Hacking seems to gain in popularity.* OK, it could coincide with the first decent weather in many months, but I saw more people enjoying hacking and wandering on their horses over the past week – which is good for the legs and brain. Who knows why it happens, I say we should embrace it. It's a good thing.

9 – *More one on one time with the small critters.* Ruth spends a lot of time cuddling, petting, "training" and bossing about the tinier creatures on the farm (Zorro – the bunny) and Zeus & Bourbon (the mini dogs), and when she is away, Meg and I can have as much cuddling time with the little fluffballs as we like. With no judgement from any other coaches.

10 – *Quiet Weekends.* When Coach Ruth is home, there's a show, clinic, meeting or command performance that must be attended, coached at or run in some fashion. But the weekends she travels are often unscheduled for us. Mostly. Although I think she is wise to us and the next few trips include concurrent plans for Meg and I to be busy holding clinics, shows and meetings at the same time. Either way, I'm ok with it, in the end its all pretty awesome to be part of this team.

I almost can't wait for Ruth to go on her next adventure trip. Almost. ☺

Helen