

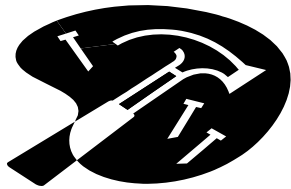
MAY '09



FIELDSTONE FARM NEWSLETTER

SPRING - SPRING - SPRING

The weather has finally started to warm, now is a great time to get your winter blankets washed and repaired. Please store them in a labeled tub or large garbage bag if you plan leave them here at the barn. They will need to be taken above the shower stall for storage. Take a look at your tack area. If there is a lot of clutter, please organize it, there is only enough room for a tack caddy or small rolling tack box under your saddle. Some overflow may be placed on the shelf above your spot. The rest you will need to take home, or put in a trunk and place above the shower stall.



I would like to start working on replacing the fences, so if you have any extra time to help, let me know. I can use all the volunteer help I can get.

Check out our summer camps. They are filling up fast.

We are having more day camps this year.

We will also like to plan an evening of learning for our riders parents that would like to get more comfortable around the horses. On and off horse activities, are planned. First session will be on May 18th at 6:00 to 8:00.

How about a group lesson on what should be in your horse's first aid box, what are signs to watch for in a sick horse etc. This is an off horse lesson, question and answer session with hand out lists for supplies and concerns to keep an eye out for. If you are interested let me know and I will plan a time. Look on the board for an interest sheet sign up.

OUR BARN IS WHAT WE MAKE IT.

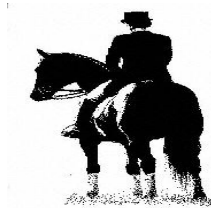
Let's all work together to make our time here, fun, relaxing and gossip free. So remember...talk to the person that can help you work towards what you want.

Ask for what you want, you may not always get it, but you will know that you are doing your part in achieving it.

If you let your horse run loose in the arena and they kiss themselves in the mirrors, please clean the lipstick off the mirrors when you are done. Thanks TJ



SUCCESS IS AN ATTITUDE.
LEAVE NO ROOM FOR
NEGATIVE TALK.



.....SELF TALK.....

1. List three negative self-statements you might make about yourself.
2. List three negatives you might say about your riding.
3. Identify three negative self-statements you find yourself making.
4. How can you challenge these?

***Identify the “untruth” and
replace it with a truth.***

5. What thoughts do you have before competition?

When entering a show:

On the way to a show:

At the show:

After your class:

After the show:

6. What are some of the ways you could improve your confidence through self-talk?
7. Devise a plan for the next month or time period before your next show for you to improve your self-talk.

Example: In the next month I will do the following to improve self-talk:

1...

2...

3 etc.

ADULT SUMMER SESSION

This will be a four day clinic to learn how to take your horse to that next level of harmony with you learning how to lead the way. Whither you ride English or western, this clinic is about communication between you and your horse. **Contact: Teresa at: 320-363-0135**

We can discuss your goals so we can work together to build a plan that works with where you are now, giving you steps on how to build a path to achieve your goals. 2009 dates are pending.

We are all learning all the time; let's direct that energy into a positive experience.

YOUNG RIDER'S SPRING SHOW

May 1, 5:00, 2009

2nd Planning meeting on...May 1st, 5:00.

Pot Luck dinner, list on board. Will also fill out entries for the May 15th schooling show in Brainerd.

One reason why birds and horses are happy is because they don't spend a lot of time trying to impress other birds and horses. -- Dale Carnegie