

SEPTEMBER '09



FIELDSTONE FARM NEWSLETTER

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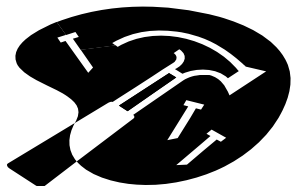
☀️ CHECK OUT THE WEBSITE ☀️

There is a new segment, look for the "What's happening" button. I am posting updates, notices and other important and not so important info.

LOOKING TOWARDS FALL

Make sure your winter blanket is washed and in good repair now so when the snow does fly you are ready.

Thank you to all of you who straightened up your tack area, and took your winter blankets home. If you haven't taken care of that yet, now would be a good time. ☺️



I am still 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. Anyone available during the day?

SUMMER CAMPS

The summer camps are done and the smaller groups were a great success. Look for new camp themes added for next year.

We are planning a MEA camp October 15 and 16. If you are interested please contact me at: [mailto:fieldstonefarmmn@clearwire.net?subject=MEA camp](mailto:fieldstonefarmmn@clearwire.net?subject=MEA%20camp)

FUN SHOW

A big crowd and a lot of fun on Sun. Aug. 23. Grandmas and Grandpas, Moms and Dads, Sisters and Brothers all had a chance to watch the fun and games. Riders zooming (or putting as the case may be) around the barrels and poles, following commands or all dressed up in the costume class. Thanks Jen and Katie for all your hard work.

NEW FACES AT THE BARN

Terri Hagen and her palomino mare Jazzy arrived this month.

Zoom will be back soon, having spent the summer at Stacy's parents home.

Jeebs will be back also after a summer in Southwestern MN.

Noel Hanson a student at St. Bens will be bringing her horse here next weekend.

Katie Frazier will be bringing her own horse this year, last year she leased Socket for a few months. Katie is also a student at St. Bens.



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

What type of thinker are you?

The way you think has a strong influence when dealing with frustration. Negative thoughts actually affect your health making you feel weak and unable to tackle the task at hand. On the other hand, changing your negative thoughts, to positive can give you peace of mind and freedom from self put-down.

The first thing you must do is to identify what type of thinker you are. This will have bearing on how you'll change your thought patterns. There are basically two types of thinkers: optimists and pessimists. Optimists have a different "explanatory style" than a pessimist. (An explanatory style is a way of explaining what happened.) Optimists will realize that the incident was just that—an incident. It's temporary and out of their control. "These things happen." Is their motto. They also tend to be more humorous about the mishap than a pessimist. This type of thinker has a good handle on controlling frustration. Studies have shown that the difference between top athletes and average ones is that the top athletes never recognized "failures" as failures but rather as learning opportunities. These are the aspects of the optimistic thinker.

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

LADIES NIGHT AT THE BARN

Our next ladies night will be on September 22nd at 6:30. This will be for the less experienced riders, they are marked on the sign up sheet with a *. The second night will be on September 29 at 6:30, this one will be for all the other riders that have signed up. Cost is \$15.00.

Bring your refreshment of choice and I will have snacks on hand for our after riding get-together. Look for an evening of relaxed learning, in a noncompetitive low stress setting.

Negative thinkers tend to think an incident is permanent. One mishap can change the future of their riding career forever. The explanatory style of the negative thinker is a downward spiraling one__one in which one bad thought leads to the next until he is convinced that the incident is his fault and he can't do anything to change it.

You can also be a mixture of both types of thinkers, which is where most people fit in.



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.



RESULTS

At the **Dressage Young Rider Team Championships** in Mason City this summer our team (**Marriah Gordon, Ashley Jonas, Gen Faith** and groom **Cassie Spoden**) placed 1st in their Division.

Adam Weishair won a **State Fair trip** with his great riding at the Stearns Co. Fair.

Katie Krepp earned a spot at the **WSCA Champ Show** with all her high point wins this summer.

Stacy Zimmerman has several 1st and 2nd places finishes in the schooling shows she has attended this summer. **Congratulations!**