

OPRC – PIEDMONT, INC. NEWSLETTER
February 2008

Dear Members,

AT LAST, we've started the lesson program and I hope all who signed up for the dressage and musical rides had a good time. Although I could only be there the first time, Snoopy and I had a great time doing the musical thing! It's different; it's fun. Since we are having a bit of a problem contacting and setting up the Fix-A-Test for March, we thought we would continue with the same program on the 9th of March. We can schedule the FAT for another time in the spring or whatever.

The Summer Camp applications are coming in rapidly as you know from Miranda's emails. Only ten spots left so get those applications and checks to her as soon as you can.

Everyone who signed up for the **Pilates** at the Warrenton Swim Club this Sunday put it on your calendar for 2pm. I promise you, this will give you a wonderful idea of a program to help your balance and core fitness. The core thing is so very important for all types of riding. If I haven't been riding regularly and doing dressage, especially the sitting trot, TRUST ME, I don't need the gym!! I get a good workout all across my middle (HUMMMMM, maybe I should be more of it!!) It's all about muscle control and alignment. Wear comfortable clothes and socks. It might be a good idea to start some stretching exercises NOW!!! :0). We have a couple of members in the chapter who teach Pilates, so if there is any interest after Sunday, we could talk about setting up a program.

Sue Knox has set up an un-mounted meeting for SAT. 22 March from 1-3 at her ring. The 16th was not good for David and, besides, it's Palm Sunday. David Yauch, a social member and trainer, will be doing a clinic entitled **Leadership and Control of Your Horse**. (Control??? What's that??? :0)) He will bring one of his horses who knows everything and then use one of Sue's greenies. It should be very informative. Please let Sue know if you are coming as we need to set up chairs, get drinks, etc. Her email is woodruffshires@hughes.net. We MAY have to charge a small amount but I'll check the treasury first.

Winter in VA is pretty depressing for riding. One day is grand and you ride and then you're shut down for the next three unless you are lucky enough to have an indoor. Well, that's the way most of us live and it gets very discouraging. Why start a program that you can't finish? I ride and hunt when I can, forget any "program" and use the rest of that time to read articles on how I should be doing things. There are a LOT of very good websites (NOOOO, not the ones where you spend money!!) For instance, Practical Horseman this month has a totally awesome article by Jimmy Wofford about eventing. He's so sensible and has done everything. Many of today's riders have never steeplechased or hunted. These endeavors are where you gain so much experience but, sadly, they are not always available in today's world. I couldn't possibly mention all the good books out there or all the DVD's that are so very helpful. My suggestion is to go to the library and check out two or three books and READ them. Will everything be applicable to your situation? Will you absorb everything? – of course, not but you will learn. Don't forget to look at the D questions on the National site and re-read your

Pony Club manual. I promise I WILL get the C questions on the site this spring. We're a little slow in that department but we are working on it.

Speaking of the National site, please go there and familiarize yourself with the new Awards program that Nationals has put together. You may want to participate. I KNOW that one of the year-end prizes will be a VERY nice fleece cooler so.....

Sun 22 Feb	Pilates at Warrenton Swim Club (WARF)	2pm
Sun 9 March	Regular and/or Musical ride with Danielle	More to follow
SAT 22 March	Leadership and Control of Your Horse 1-3pm, Sue Knox's indoor.	David Yauch

That's it: Ride when you can, read all you can and remember,

KICK ON.