**The Lure of Auditing: The Mary Wanless Clinic**

**December 5-7, 2009 DHF Proudly, Excitedly Hosts Mary Wanless “Ride with Your Mind” Clinic**

“The “Ride With Your Mind” approach is a tremendous advance in equestrian teaching science and facilitates learning the skills needed to excel in any riding endeavor. It shows any rider how to organize her/his mind and body in the same way as "naturally talented" riders do without thinking. This enables each person to learn the right feel or goal and thus to achieve the same results.

The techniques used are very streamlined. By increasing the rider's body awareness, and using images which help her understand both what to do and how to do it, incredible improvements can be obtained in a very short time, defying traditional expectations.”

DHF is honored to have such a talented professional in our midst. Mary Wanless’ riding instruction combines the benefits of sports psychology, biomechanics, and other sports sciences.

Each student is encouraged to discover a unique path to acquiring the skills to master their own body and subsequently their horse. “For many, including very advanced riders, her work opens up an entirely new level of harmony and understanding to the intricacies of quality riding and communication. Mary’s focus is on effective communication and optimal biomechanics for horse AND rider.”

Join the DHF community for an incredible weekend of harmony, learning and camaraderie.

Auditor space available and we have started a Wait List for Rider spots. Contact Jennifer Truett 937.532.3108 or Jennifer@DancingHorseFarmOH.com for details.

Credit: [www.in-balance.com/MW.HTM](http://www.in-balance.com/MW.HTM)

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**Barn Banter**

It is time to 1) Take home fans and bungee cords, and **bring out a clean electric water bucket**. Fly spray, fly masks and sunscreen can be packed away until next summer.

2) Dangling straps and blankets dragging on the ground collect hay and debris when we blow the aisles. **When you hang blankets on the stall front please neatly fold them and tuck up the straps.** Your blanket stays cleaner and so does the barn aisle.

**Rick Viramontes is back** after 8 weeks recovering from back surgery. He is taking it slowly for now. Apparently even the best physical therapy can't prepare you for spending hours folded under a horse, holding 15 wriggling pounds in your lap while driving sharp nails into a 1/4” space. Thanks to all the farriers who pitched in and helped; Kerry Penner, Mo Shaw, Scott Gregory, Shawn Ratliff, and Dave Lyle.

The **Nelson automatic waterers are in!** We are very excited that the waterers are now in every pasture, even the infield for the future pasture once the jump field has moved to the other side of the dressage arena. Thanks to everyone for your patience during this major construction process.

We have a new horse; **Jasmine owned by Stephanie Desotelle**. Jasmine is a rescued mustang (Stephanie's favorite animal and car). She is an unbroken, 4 year old black mare who looks great in hot pink. Jasmine likes her new home, and she and Stephanie will be working with Lindsay to get their partnership off to a good start.

The new training/sale horses from Maryland ([Wendi, Allegra and Lafayette](#)) have arrived. Jen and Beth are having lots of fun with them! They are lovely to work with and to ride; have great gaits and minds. They are very studious horses, love the attention and having jobs again since they've been on vacation for a little while. More specific sales information will be released once Jen has had time to really get to know them and can assess them properly.

Please welcome new Dressage Lesson Students: Shelley Severance, Jeanette Frey and Kathleen Harvey.
The Value of Auditing—It CAN Change your Riding!

By Angie Dyer

I audited DHF’s clinic with Heather Blitz in August and was fascinated with how effective her “whoa-go” method appeared to be for the participant riders, but I thought “This woman obviously knows what she is talking about, but try doing this with my horse! This training will NEVER work for us!”

My Haflinger pony, Charlie, often has a mind of his own, a tendency to get strong in canter, and sometimes grabs the bit when I ask for a halt. We have come a very long way in improving our communication through weekly lessons with Jen, and the clinic with Heather further instilled in me something that Jen talks about all the time: the importance of the fundamentals.

Despite my doubts that Heather’s method would work for us, I am proud to tell everyone that it DID work for Charlie and me! Friends, do not give up hope, think that you will never be able to do dressage, or develop the finely tuned communication you desire with your horse, because if I can do it, then you can too!

Charlie and I went back to the beginning—to the fundamentals. We relearned that the reins mean stop and legs mean go. From that “everything old is new again” place we developed better communication with each other. I needed to use my body in a biomechanically different way to maintain my position throughout the ride. I got very muscle sore but the change sure made my job easier! Aligning my ab core and rib cage “body boxes” so they stacked one atop the other with the image of a steel rod or the pole of a carousel horse running through my torso, as my goal was my biomechanical priority.

The hard part for me was focusing on toning my abs and pushing my low back out toward my spine to enable me to keep my “boxes” stacked for stability and to help prevent injury. We had many lessons where we only focused on my mechanics because there are so many muscles and body parts to get in order. I learned that the rotation of my hips and adduction of my thighs creates internal rotation which helps stabilize my position, and my calves create the “go” part of transitions.

Charlie and I had to learn together, a deeper degree of sensitivity of each other. Early on during implementation of Heather's "mass-back" training, Charlie voluntarily backed up more steps than I requested as he was experimenting with the new mass-back feeling and balance in his body. Now, when I halt him, I can simply ask him to "rock" his weight (or mass) backwards often without even having to do a step of rein back and then we can proceed into a very balanced, mass-back upward transition.

Heather’s simplification of the system of aids, straightforward exercises, and my enhanced understanding of my body’s correct biomechanical position and use has given me confidence in my riding and helped to build even more trust and improved communication between Charlie and me.

Continued Page 6
Borné Saddles ... location, location, location!  

By Karen Borne, Borné Saddlery

It sounds odd coming from a saddle manufacturer but location is key when it comes to the selection of materials used in our saddles.

Did you know, for example, animals that live in hot climates such as Spain or India will tend to produce hides that are dry and become brittle which can eventually lead to cracking? If I was in the business of manufacturing saddle soap this would sound wonderful, but I'm not.

At Borné Saddlery we purchase animal hides from Europe, primarily Sweden, Scandinavia, and France, due to the more moderate climate. We want our leather to stay supple and offer more longevity to our consumer. The hides are imported from these countries in their original form and tanned to our specifications in the United Kingdom. For this reason we have more control over what happens to the hide once it is shipped to our manufacturing facility.

Another interesting fact is that in these more moderate climates the animals are not subjected to as many bug bites and barbed wire is against the law, so our hides are not as prone to imperfection as other hides. Speak to one of our clients and the first comment usually made is one of praise about the quality and craftsmanship of our work. This is attributed in part to the choices made in material selection.

Wool choice is just as key to Borné Saddlery as the hide. Obviously, the panel is the area that is designed to fit on your horse’s back and therefore it is critical. Any qualified flocking person can tell you stories about poorly flocked panels that would raise the hair on the back of your neck.

All Borné Saddles are flocked with 100% lambswool, but not just any lambswool. We purchase our wool from Pringle of Scotland Mills which is one of the finest wool mills anywhere in the world. Pringle is known for luxury fashion knitwear such as cashmere (yes, your horse deserves the very best)! Read more about the history of Pringle of Scotland at http://www.pringle-of-scotland.com/.

The reason our Saddler selected Scottish wool is, again, location. The wool is sheared from Scottish Highland Sheep and is not prewashed so it stays in its purest form. Scotland is a very wet country due to the amount of rain and the wool is already moist (drier climates’ wool holds no moisture). When your horse sweats into the panel, the additional moisture helps the wool to hold its form and not break down which can lead to excessive balling and compression. When wool is dry, the sweat from the horse is absorbed more quickly which leads to compressed panels and unhappy horses. All wool will shift and compress over time but we look for wool that will hold its shape as long as possible. Our beautiful wool is also approved by The British Wool Society http://www.britishwool.org/index_main.asp.

Often we will send saddles to clients with several billeting options. Your horse’s girth groove determines which billets must be used to avoid the saddle sliding forward or backward. The general idea on billets is that you want them parallel to your horse’s girth groove. If you are not sure which billets to use on your horse I am always happy to make a recommendation.

I look forward to seeing everyone November 14th and 15th.

"Thank you, Dancing Horse Farm, for being so supportive of Borné Saddlery. I feel like you are my horse "family" and I look forward to many years of serving you." ~ Karen Borne

Saddle Fitting with Karen and Flocking with Fran Smith, Master Saddler November 14-15th.

Appointments Only
Jen: 937.532.3108

November means it’s Christina Waite’s birthday!

On November 30th please join us in wishing Christina Happy Birthday!

Tell Megan your birth date: Megan@DancingHorseFarmOH.com
Jen’s Journal

Denmark-WOW!
As everyone certainly knows by now, I was invited to join my wonderful new friends and DHF family members from Tennessee, Linda Holste and Pat Nelley, on a trip to Denmark to horse shop with our coach, Heather Blitz. This was not only an amazing opportunity for me to see the dressage world in a different country, but also my first trip overseas and I got to travel with very experienced world travelers—what a thrill!! We had such and incredible time. It seemed as though every day was better than the previous.

I’ve had many people ask me if I plan to share the events of my journey in our newsletter; apparently you’ve noticed that I tend to be a prolific writer :) So, for those of you who want more details, the answer is "YES!!" because at my amazingly brilliant husband’s suggestion, I kept a daily journal of my experiences there. Writing in my journal kept me up very late many nights, but now when I look back over the events of that 10-day trip, I'm so thankful I did.

I will be sharing my trip through the next several issues of our newsletter. The first installment will describe my general observations of Denmark including the culture, the land, and interesting differences between there and here.

Enjoy!

Toward the end of our journey, we wound up at Noerrelund breeding farm where they had several youngsters to show us. After spending time and money in Noerrelund’s incredible tack shop, we were taken to the indoor and the 3 and 4 year olds were brought in one at a time for us to watch at liberty. I was immediately enamored when the thin black bay gelding with the swan-like neck walked quietly into the arena and fell completely in love by his third step in trot. He used his body biomechanically in ways that even many mature, trained horses can’t. He was simply breathtaking.

He passed his vetting with flying colors and with a comment from the Danish vet that "if this horse can't be accepted by the American vet, then we can't sell a Danish to the USA". He is scheduled to get on a plane 10/31 to hopefully arrive at his new home at DHF 11/2! I am head over heels for this young superstar. He is has fantastically brilliant gaits with a totally quiet disposition—he feels like an "old soul" in his maturity.

At 3 years old and only his 10th time to carry a rider and the first time in over 5 months, he happily walked and trotted all over the place with me. He's currently around 16.1 hands and his lovely dam (who is the spitting image of her sire, Florestan I) is 17.1, so he should mature to a perfect size for me. Come welcome him when he gets here!

Many heart felt thank yous to all my friends and family who offered so much needed support and love to me through the darkest time in my professional career. I have never known a greater loss than that which I experienced with my sweet Lydia. Thank you also to Heather, Linda and Pat for their unyielding patience, support and kind listening ears as I debated over making the right decision to buy him given what I just went through. I honestly believe that Lydia had to step out of the way in order for new blessings and journeys to unfold for me. I will forever love and cherish her for giving me everything she had and then knowing the right time to step away to allow a bright and shining star, named after the brightest star in our solar system, to take her place and dance with me.
Dancing Horse News


DHF’s Riding School mission is to provide quality education to all riders, regardless of their current riding competency.

“DHF is a magical place where dreams really do come true.”

~ DHF Boarder and Lesson Student

December 5-7
Mary Wanless “Ride with Your Mind” Clinic

- Auditing Spots available, with seating for 100
- Wait List for Rider Spots

Mary shows any rider how to organize her mind and body in the same way as the riders we call ‘talented’. This approach enables each person to learn the same “feels” and to achieve the same results. More about Mary at www.mary-wanless.com.

Come to DHF to “Ride with Your Mind”!
Contact Jennifer Truett
Jennifer@DancingHorseFarm.com

Dancing Horse Farm
4080 Weisenberger Road
Lebanon, Ohio 45036
(513) 933.0343
www.DancingHorseFarmOH.com
Auditing continued from page 2

I hope by sharing my story of how implementing Heather's "whoa-go" method has changed my riding helps someone out there who may be struggling with similar issues. I encourage everyone to audit the amazing clinics we have at DHF because they can be life changing if you embrace the opportunity to learn. Since Jen only brings in clinicians who teach the same methodologies taught at DHF, clinics are like enhanced versions of the awesome lessons Jen teaches.

Come, sit, listen and learn...I'll save you a seat in our next clinic with Mary Wanless in December – I am very excited to be riding in this one!

I hope you all have great rides and hug your horses!

DHF Supports Another’s Dream

We have an opportunity to help DHF’s friend, Gavin Robson, in his quest to compete at the World Equestrian Games (WEG) next year in Kentucky. Most of you know Gavin because he is the Australian trainer at the farm behind DHF who drives a handsome 4-in-hand team. We love when he visits DHF and greatly admire his skills in navigating tight turns at top speed when he practices around our jump course.

Gavin has always agreed to any request ever made to give a demo of his driving skills for DHF events. Many of you have watched him first-hand, even if you don’t board at DHF.

Gavin is already qualified for the WEG. His sponsor and owner of the Dutch Harness Horses is very sick and can no longer fund Gavin’s dream. Fortunately, he can continue to work out of the facility, and use the horses and equipment. The expenses associated with competing a 4-in-hand team, however, are exorbitant and Gavin needs to compete at three more CDE’s.

Fortunately, the Australian team will cover Gavin’s expenses at the WEG, we just have to help him get there! To help fund his way to the WEG Gavin is selling gorgeous calendars of his driving team competing at various events. At only $25, these calendars are simply stunning! DHF is honored to support Gavin’s fundraising efforts.

As an equestrian professional with dreams that reach as far as one day competing internationally herself, Jen can’t imagine the heartbreak of being qualified for something like the WEG and then not being able to afford to be ready! Please help our friend live his dream of competing well in the WEG.

Make checks payable to: Team Buckeye Four and mail them to DHF or drop them in the white payment box. Thank you!

DLSC Year End Banquet

A reminder to our clients who met the minimum requirements for DLSC year end awards-don’t forget to send in your banquet request card (included in this newsletter edition, page 7) by Nov 1st!

The banquet grows every year and last year’s award winners won many wonderful prizes. To that end, each year the various DLSC show facilities collect client donations to cover the cost of those awards. If you enjoyed competing in our 2009 DLSC shows or would like to help support our local show circuit, we will be collecting donations until November 15.

Each DLSC show facility is responsible for $300 toward awards, but the more money we donate, the nicer the awards will be. So, please drop off a check in the white box made payable to DHF (we will give a single check to DLSC) to help this wonderful show circuit continue to provide super prizes for its participant competitors. We will also be accepting donations at our Secretary’s table at our Halloween shows.

Thank you for supporting our local show community. Together we can keep it healthy and strong.
DAYTON LOCAL SHOW CIRCUIT
Banquet Reservation Form

The banquet will be held at 6:30 PM (dinner served at 7 PM) Friday, Nov. 20th at the
BEAVERCREEK GOLF CLUB,
2800 New Germany-Treben Road, Beavercreek, Ohio 45431 Phone 937-320-0742
Go to www.beavercreekgolfclub.com for information/directions on the facility.
Cost per person is $28.50 per Adult, and $16.00 for Children ages 4-12.

RESERVATION FORM

Name ____________________ Phone ____________________

# Attending ________ Adults ($28.50) ____________
# Attending ________ Child ($16.00) ____________
Total Amount Enclosed ____________

Please mail your reservation form and check to:
Ann Lundberg, 2642 Wyndham Dr., Beavercreek, Ohio 45431 Phone 937-429-0841

Reservations must be received by November 1, 2009.

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