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## Happy Holidays

Please plan to join us for our annual Christmas party at our home Saturday December 20<sup>th</sup> at 7 pm.

Our address is 705 Stokes Reserve Court, Lebanon, 45036. We are only 5 minutes from the farm. Parking is limited, so if possible, try to carpool from the farm.

Please bring a side dish to share. If you'd like to participate in our "white elephant" gift exchange, bring a horse-related gift valued under \$10 to share...*the weirder, the better!*

We have a Dancing Horse Farm tradition of voluntary client contributions to an Employee Christmas Fund (ECF) in lieu

of Christmas presents. The goals of this program are to encourage long-term tenure, promote excellence in service, and serve as a small "thank you" to our staff from you, our clients.

DHF staff is extremely hardworking, loyal and committed to providing you and your horses a safe, happy, and worry-free environment. Your gift is voluntary and the amount is kept confidential.

We recommend a contribution of \$25 to \$50. To make your contribution simple, you can add the gift amount to your next board payment, or just drop an extra check in the WHITE payment box. Make sure to specify the amount in the

check that is specifically for the ECF.

The monies collected will be distributed to DHF's staff (excluding owners) at our Christmas party using a point system based on the degree of responsibilities and employee tenure to ensure that the funds are distributed fairly.

Your generosity in spreading the joy of Christmas is appreciated. May God richly bless your families this season and in the year to come.

We thank you for your business, loyalty, and friendship with all our hearts,

*~Jen and Lexxy*

## Barn Banter

We are proud to post DHF's year-end standings in the final Newsletter of 2008.

DHF's National Rankings: USDF Final Awards Standings for 2009

**USDF All Breeds Awards:**  
Jennifer Truett and Lisalotte DHF: ISR/Oldenburg Registry **1st Place Champion** Musical Freestyle  
1st Level: 69.531%  
6th Place Training Level Open: 67.000%  
11th Place 1st Level Open: 65.263%

Mayme Hausman and Legend III (DHF Client): Canadian Warmblood Horse

Breeders Association **1st Place Champion**  
Training Level: 65.200%

**USDF Horse of the Year Rankings:**  
Jennifer Truett and Lisalotte DHF 11th out of 28 Qualifying Horse/Rider Combinations Nationwide: Musical Freestyle Challenge: 66.970%

14th out of 62 Qualifying Horse/Rider Combinations Nationwide: Musical Freestyle 1st Level: 69.531%

177th out of 579 Qualifying Horse/Rider Combinations Nationwide: Training Level Dressage HOY: 67.000%

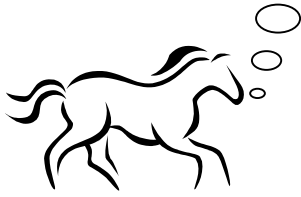
190th out of 531 Qualifying Horse/Rider Combinations Nationwide: 1st Level Dressage HOY: 65.263%

Lindsay Lechner and Orion 41st out of 531 Qualifying Horse/Rider Combinations

Nationwide: 1st Level Dressage HOY: 69.715%  
91st out of 285 Qualifying Horse/Rider Combinations Nationwide: 2nd Level Dressage HOY: 65.064%

Mayme Hausman and Legend III (DHF Client) 270th out of 579 Qualifying Horse/Rider Combinations Nationwide: Training Level Dressage HOY: 65.200%

Psst! Don't forget to order pictures from our show!



*"When I bestride him, I soar, I am a hawk: he trots the air; the earth sings when he touches it; the basest horn of his hoof is more musical than the pipe of Hermes.*

**-William Shakespeare, Henry V**

## Nutrition Report

Just like any athlete, horses need to receive the correct amount of nutrients to perform their best. Performance horses require different levels of proteins, fats, carbohydrates, vitamins, minerals and most importantly water than those horses that are at a maintenance level of work. Over the next few months I will discuss the performance horse in relation to their nutrition.

Performance horses will need different levels of the key nutrients dependent on what type of performance animal they are. There are 3 types or levels of performance including:

Endurance Activity – 2 hours or more of low intensity exertion requiring aerobic energy production (endurance, heavily used lesson horse, horse shown extensively)

Middle Distances Activity – 75% - 95% maximum intensity exertion for several minutes requiring both aerobic and anaerobic energy production (racing)

Sprint Activity - 100% maximum exertion for a minute or less requiring mainly anaerobic energy production

*("Feeding and Care of the Horse" by Lon D. Lewis)*

Most horses lie between these levels of performance, so we must mix and match to make sure our performance animal is getting the correct amounts of the most needed nutrients in the following order Water, body salts, electrolytes, and the nutrients needed for energy. Horses need to consume more water and salts because horses lose nutrients through physical exertion to reduce the amount of heat which is produced in the production and utilization of energy.

Energy for the horse is created by increasing the energy density of the diet. However, increasing the energy means that the horse's diet will change from a high forage diet to a higher concentrate diet (grains higher in starch, protein or fat). Adding additional energy to a horse's diet will not come from forage alone. We can increase energy through several methods and there is discussion of which method is most suitable for a performance horse, so we must analyze the individual horse before making a final decision of which method to choose. The preferred method to increase energy is through the addition of fats, which benefit the horse in the following ways:

by Lindsay Lechner

- Increases energy without increasing feed intake
- Fats help to decrease the amount of energy for heat production
- Can at a higher consumption help with the muscle glycogen content
- As a performance horse a high fat diet has shown to help horses utilize the muscle glycogen.

The other way we can add energy to a horse's diet is through protein; however by adding protein to a horse's diet there will be negative outcomes including:

- Higher costs
- Higher amounts of heat are produced when proteins are utilized thereby increasing body heat leading to higher loss of water and body salts
- The higher protein diet can also contribute to respiratory disease or impairment. When protein is utilized it gives off nitrogen in the form of urea and ammonia through the urine.

In sum, it would be in our best interest as well as our horse's best interest, to increase energy levels through the addition of fats.

## Open Wide in 2009

We have decided to invite Gary Biggerstaff, **Equine Dentist** accredited by the International Equine Dentist Association, to practice dentistry at DHF in 2009.

We are planning his arrival to be early 2009. **If you are part of the LEC Service Plan and you**

**want to give Gary's dentistry skills a try, make sure to contact LEC** and ask to be switched to the contract that does NOT include the dental plan.

Any questions please contact Lindsay [Lindsay@DancingHorseFarmOH.com](mailto:Lindsay@DancingHorseFarmOH.com) or cell: 513.850.9359.



Photo credit: [www.questgarden.com](http://www.questgarden.com)



## Zoë's New Home

We are thrilled to have found our wonderful Zoë a perfect new job with Stillwater Stables program for children: <http://www.stillwater-stables.org/home>.

Stillwater Stables is a nonprofit organization operated by one of Jennifer's students, Connie Patrick and her husband Mike. Located in Wilmington, Ohio, Stillwater Stables provides English riding lessons to children ages 6-17. They offer their services at no charge and rely on donations because they believe that all children should have the opportunity to work with horses regardless of family

income level. Stillwater also offers families a respite care program for children in the foster care system from ages 6-17. Situations can arise in a families' life that requires foster parents to do something without their foster children. It could be anything from a crisis to the parents just needing some R&R time together. Stillwater's safe environment where children feel comfortable to be themselves sets the stage for positive learning experiences and fun. Children have many opportunities to experience what it takes to take care of horses by learning to clean stalls,

feeding and grooming horses. Also, during their stay, children learn basic riding skills, hike in Stillwater's acres of woods, and have ample opportunities to love on the resident cats and dogs.

Lenny, Jennifer and everyone at DHF send all our love, blessings and well wishes to Connie, Mike, Zoë, and all the wonderful children in the Stillwater stables program. We look forward to hearing about many lessons of healing and learning that sweet Zoë gets to teach the children of Stillwater's various programs.



Photo Credit: C. Patrick

## Did You Know...

The 2009 Calendar is now posted on the web! Please note that the January saddle fitting seminar and dressage clinic both require registration in the next couple of weeks. With the holiday craziness upon us, sign up TODAY *before the madness takes control*.

**January 16-17** Borne Saddlery Saddle Fitting Seminar: Karen Borne of Borne Saddlery [www.BorneSaddlery.com](http://www.BorneSaddlery.com) will be here for custom Borne saddle trials. Ellen Fitzgerald, an independent saddle fitter [www.SaddleHands.com](http://www.SaddleHands.com) who has studied with

three Society of Master Saddlers (UK) Qualified Saddlers will be available by appointment for saddle evaluations, adjustments, flocking work, and some repairs. Email Jennifer for an appt: [Jennifer@DancingHorseFarmOH.com](mailto:Jennifer@DancingHorseFarmOH.com)

**January 23-25** Dressage Clinic with Joan Bolton. Many spots are *already filled* – email Jen ASAP to reserve your spot.

Costs: \$150 for a single ride, \$285 for two, or \$400 for one ride each day. Ride Friday, Saturday, and/or Sunday.

**March 6-8** Dressage Clinic with Joan Bolton

**April 9-11** Dressage Clinic with Sandy Howard, "S" judge, USDF L Faculty Member, and 3-time USET member (Olympic & World Championship teams, '78, '80, '82)

**May 2-3** DHF Spring Fling Show Weekend

**October 22-25** Region 1 Championships at the Virginia Horse Center Lexington, VA.

**October 31-November 1** DHF Halloween on Horseback Weekend



Jen, Joan, Heidi & Daiquiri

## Dancing Horse Farm

4080 Weisenberger Rd  
Lebanon OH 45036

PHONE:  
(513) 933-0343

JEN CELL:  
(937) 532-3108

LINDSAY CELL:  
(513) 850-9359

LENNY CELL:  
(513) 850-9592

E-MAIL:

[Jennifer@DancingHorseFarmOH.com](mailto:Jennifer@DancingHorseFarmOH.com)

[Lindsay@DancingHorseFarmOH.com](mailto:Lindsay@DancingHorseFarmOH.com)

DHF Show Secretary, Office  
Manager and Newsletter Editor  
Megan Sweeney  
[Megan@DancingHorseFarmOH.com](mailto:Megan@DancingHorseFarmOH.com)

We're on the Web!

See us at:

[www.DancingHorseFarmOH.com](http://www.DancingHorseFarmOH.com)



*DHF Clients have listed these items for sale. Contact the individuals listed or the web has pictures and more information:*

### Trailer

2003 Sundowner C-575 Two horse straight load gooseneck with dressing room (7'6" tall), all aluminum construction with many upgrades. Asking \$12,500 Contact Jen: 937.532.3108

**Click:** [www.DancingHorseFarmOH.com](http://www.DancingHorseFarmOH.com)

## DHF Third Annual Equine Art Show

We are pleased to announce the Third Annual Equine Art Show! Entry Deadline is March 22, 2009 so there is plenty of time to get to work!

This is an equine art show; so all works must feature a horse or horses. Painting, Drawing, Mixed Media, Photography, Sculpture, with separate divisions for

Professional and Amateur artists, will be accepted. All work must be original.

Awards will be given for first through third place and there will be a "Best of Show" monetary award!

Amateurs, professionals and children are all welcome to participate! Don't miss out on

this exciting opportunity.

Full entry information is available at: <http://www.thesculptedhorse.com/prospectus.html>.

There are very specific instructions for submitting your entry. Please direct all entries and questions to [DHFShow@yahoo.com](mailto:DHFShow@yahoo.com).

## Blast of Bolton: DHF Clinic Report

In spite of the frigid temperatures the clinic went on! The main focus of Joan Bolton's most recent clinic was the rider's use of seat, thighs, glutes, knees and hips to encourage the horse to go forward. As riders, we must use our entire body to help our thousand pound horses become better dance partners! Another point Joan was good at emphasizing was the use of the core which consists of our stomach and low back muscles. The core helps to steady our balance as we ride, and the more we use it the more we increase its muscle tone. All together, this group of muscles, along with proper muscle tone, will help the horses move their mass and base of support back to their hindquarters, thereby engaging and balancing themselves in improved self-carriage. This better balance also requires more constant communication between

horse and rider.

Joan used the analogy of the rider keeping "a rod between your knees" in order to help keep the riders knees in place while posting. This idea quiets the rider's leg movement helping it to not wobble around and the rider uses their thighs and core muscles to balance and take themselves up in the rise of the posting mechanism. An image Joan often referred to describe the mass back or bass of support back was "a medicine ball freely rolling through the horse's body." This image help's the rider feel where the majority of the dressage horse's weight should be all the time while in work. For example: in the canter, the medicine ball should be back toward the haunches; more weight bearing on the hindquarters. It's almost like thinking about sitting on the edge of a yoga ball. Joan used a lot of excellent visual

by Angie Dyer

techniques to help improve the horses and riders communication and work.

Joan also talked about the rider's use of the reins in terms of setting parameters for the horse to work within that don't change when the horse wants them to change. Setting a neck parameter teaches the horse not to hang on the bit. However, this doesn't mean the rider's hands are inactive. The rider still communicates with the horse through half halts and small movements to create relation, suppleness, and flexion. Joan mentioned several times that rider's need to always be aware of arena geometry while riding because horses are very smart and are keenly aware of how to get out of balance by dropping a shoulder or haunch. So, next time you ride, use some of Joan's techniques and see if your horse improves!

### Saddles

1) 17 1/2" Passier dressage saddle (formerly Orion's), medium wide tree and has Freedom Panels. This comes with a **Girth**, 26" shaped leather girth. Asking \$1500. Contact: Lynda  
[Abraxan@yahoo.com](mailto:Abraxan@yahoo.com)

2) 17" Kincade black dressage saddle, \$250. Contact: Sarah  
513.503.0237

**Bridles**, one brand new and two barely used!

1) Cob/Arab size dressage bridles. Used \$60, new \$85. Contact: Sarah  
513.503.0237

2) Sabre Cordoba cob-sized black dressage bridle asking \$250. Contact: Lynda  
[Abraxan@yahoo.com](mailto:Abraxan@yahoo.com).

**Click:** [www.DancingHorseFarmOH.com](http://www.DancingHorseFarmOH.com)