

# Sycamore Canyon Gazette

Barn News

Sycamorecanyonctr.com

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## Horse Camping



**Have you ever been or wanted to go horse camping?**

For those of you who love camping and the outdoors, horse camping might be just the place for your next fun recreational activity! California offers an amazing number of horse camping opportunities across the state ranging from very remote rustic sites to more modernized full-service sites.

Here are some great websites that give a detailed description and location of many of these campsites, access to trails from the sites as well as cost and information on making reservations.

<https://horses.lovetoknow.com/horse-activities/places-go-horse-camping-california>

<https://www.californiasbestcamping.com/guides/equestrian.html>

# Are You An Anxious Rider?

**Have you ever imagined yourself galloping full speed across a meadow or sandy beach?** Racing after a herd of cows during a cattle drive, skidding into a reining stop or competing in a jumping competition? Some of us may get an adrenalin rush at just the thought of doing something adventurous with their horse. Others however, may find themselves worrying, feeling anxious or even heading into a full-blown panic attack at just the thought of getting on a new horse, cantering, going on a trail ride or taking a small jump over an obstacle during their next riding lesson.

No one likes to feel anxious but sometimes anxiety can be hard to control. Here are some helpful tips to help manage that anxiety and build your confidence with your horse.

## **Tip #1:**

### **Be kind to yourself!**

Don't beat yourself up. Focus on something you can already do well and practice doing that until you feel confident and relaxed. Stop the negative self-talk! Avoid comparing yourself to others. Take a deep breath and blow all your anxiety out!



***"No need to hurry. No need to Sparkle. No need to be anybody but oneself!"***

Virginia Woolf

## **Tip #2:**

### **Identify your fears/Know your triggers**

What makes you nervous?

"My horse spooked, and I fell off the last time I rode..."

"The jump is too high."

"Everyone is staring at me..."

"I am never going to be able to do this..."

"My horse bolts every time a loud motorcycle or truck goes by."

Identifying your triggers in advance, can help you navigate and find strategies and techniques to help manage the experience

as well as reduce the impact they have on your life.

## **Tip #3:**

### **Practice relaxing**

Relaxation can be both a physical and mental challenge when we are working with our horses. In the moment when a horse's body tenses up and feels like it is about to spin out of control, most riders unconsciously tense their own muscles too. Keep in mind...A nervous rider can also make a horse uncomfortable and tense.

Here are just a few ideas that will put you at ease and help you relax during a stressful moment!

- \* Take deep in/out breaths
- \* Play music or sing while riding
- \* Spend some time grooming and talking to your horse before a ride.
- \* Do some groundwork with your horse before riding.

## **Tip # 4**

### **Give yourself 20 seconds of crazy insane courage!**

Whatever you do today, let it be enough! Take baby steps...When you feel that little moment of courage to do something new or out of your comfort zone...**DO IT** before you have time to change your mind.

### **Tip #5:**

#### **Learn more about your horse and horse behavior**

Learning about your horse's behaviors can help you be better equipped to support them when they lack confidence. Does your horse bolt away when scared or does your horse's head go straight up into the air when he/she encounters something new? A big rock or tree branch that wasn't there before? A deer jumping out of the bushes? When your horse gets nervous or seems to lack confidence in a situation...

- \* Speak calmly to your horse
- \* Know where your horse likes to be rubbed. Sometimes a simple scratch on the neck will calm his/her nerves.
- \* Focus on transitions between and within gaits during your ride.
- \* Work on lateral work (leg yield, shoulder in, etc...)
- \* Make intentional circles or figure eights.
- \* Give your horse a job so he/she can focus on you and not the scary object!

### **Tip #6**

#### **Take lessons**

Taking lessons with a good trainer will not only help your performance but it can also help you work through frustrating situations you may encounter on trail or in the arena. Trainers can teach you how to communicate better with your horse and equip you with tools that can be used to help you work through stressful situations.

### **Tip #7:**

#### **Watch clinics/videos**

Watching horsemanship clinics live or on video can give you an opportunity to observe all kinds of horse behaviors as well as see how clinicians sometimes adjust techniques to meet the specific needs of each horse and rider. Some popular clinicians to watch are:

Pat and Linda Parelli

Julie Goodnight

Clinton Anderson

Buck Brannaman

Monty Roberts

Stacy Westfall and

Chris Cox

### **Tip #8:**

#### **Set Goals**

Setting goals for yourself and your horse can help challenge you, motivate you and tackle those scary thoughts!

### **Tip #9:**

#### **Build trust with Groundwork**

Doing groundwork is not only a great way to form a strong bond and trust between you and your horse, but it can also provide a way for you to teach your horse to respect your personal space and begin to see you as their leader. Doing groundwork gives you an opportunity to introduce and work through scary situations on the ground so that you and your horse are more confident when you confront these things while riding in the arena or on trail. During your groundwork sessions you can introduce your horse to objects that you know trigger your horse's anxiety (bicycles, balloons, blowing bags etc...) Taking the time to introduce these things to your horse on the ground in a nonthreatening way so they become more familiar with them will help put you both at ease!

### **Tip #10:**

#### **Don't do it alone**

Find a friend to ride with...  
Sit back, relax and enjoy the ride!

# Why I Love to Ride...



**Rene and Indiana**

*"I love horses because they are soothing, gentle and straightforward animals. When riding, I am in my element just relaxing, enjoying the ride and feeling so blessed!"*

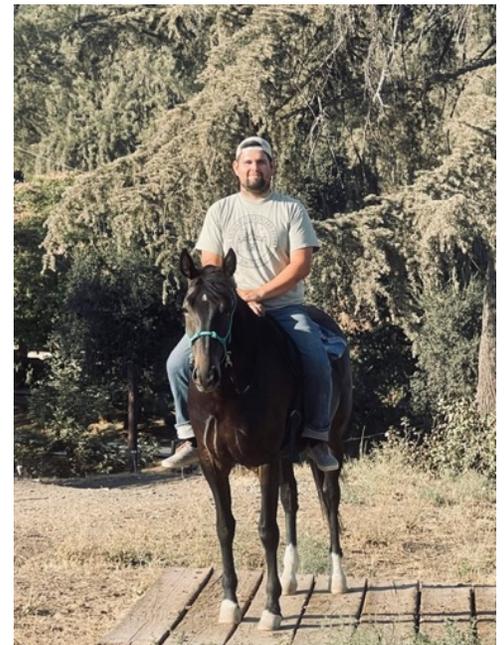
*~ Rene Cravin*

FORMING SPECIAL BONDS...  
STRESS RELIEF...SEEING  
THE WORLD  
FROM A DIFFERENT PERSPECTIVE...SPENDING TIME  
OUTDOORS...BREATHING FRESH AIR...

*"Riding has been one of the most profound and impactful activity I have been blessed to add to my life. I love riding because it offers an escape from the daily stressors we all deal with and offers a moment of peace from the noise that fills my brain, where in that moment all that I have to worry about is myself and my horse. Riding offers a connection that I find both beautiful and freeing.*

*One that comes from developing a deep bond with mutual trust. Riding has also provided me a new sense of community, where I have developed some of my closest friends. Overall, riding has played a major role in improving my life and I am forever grateful for the privilege to own, train, and love these amazing creatures."*

*~ Cory Katzman*



**Cory and Paisley**

# Happenings Around the Barn

## Fall Chili Potluck

We will have a Chili Cook-off between Sal and Tom!



**When:** Saturday, September 17th  
**Time:** 5:00 pm

**Where:** Lower Barn by the tank

**Who:** SC Boarders and Guests

**What:** Bring a side dish or dessert along with your favorite drink!

We will provide the Chili, baked potatoes and toppings!

Come on Ya'll and join the fun!

Featuring...Friends, Music, Food, Fun!

**Baby coyotes have come to town!**

3 baby coyotes have taken up residence in and around our Rodeo Arena!



## Tree Trimming and Bee Hive Extraction!

During the past few weeks, you may have noticed a lot of commotion going on in the trees and around the barn. We have had tree trimmers trimming trees and cutting away dead branches. One dying hollowed out tree contained a hive full of bees that needed to be extracted before cutting it down. Thankfully, our team of bee keepers were able to successfully extract the whole hive of bees and relocate them to another safer area.



# Trailer Training 101

We had a great turn out for our first practice in trailer loading! Thank you Shawn, Jeri, Marina and Lauree for helping get all of our horses safely loaded and unloaded! All the horses (along with Duke) successfully got in and out of the trailers. WooHoo!



You want ME to do what?/?!



And  
In  
We  
Go!



All hitched up!!



Waiting to load!



# Summer BBQ

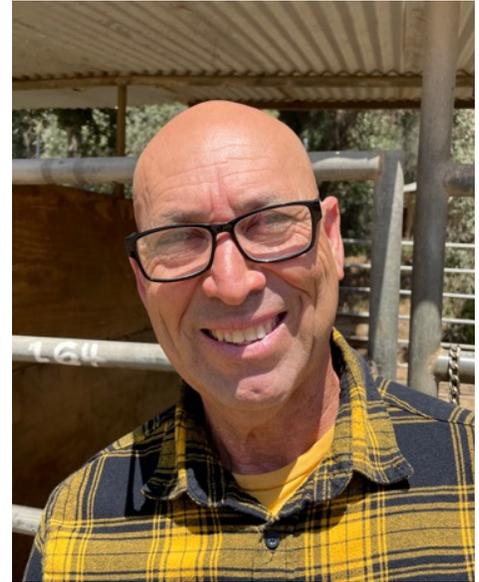


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# Introducing two of our wonderful Ranch Hands... Pedro A. Cibrian and Victor Garcia!

## Did You Know?

**Pedro** was born in Nayarit, Mexico. Pedro's family has been living in San Dimas for 11 years, and he has been married to his beautiful wife Paula since 1981. Together, they have 5 children and 13 grandchildren! Pedro loves the outdoors; he likes working with animals and enjoys working at SCEC. One of Pedro's favorite hobbies is trail running. On his day off, you might just catch a glimpse of him hiking the trails at Sycamore Canyon!



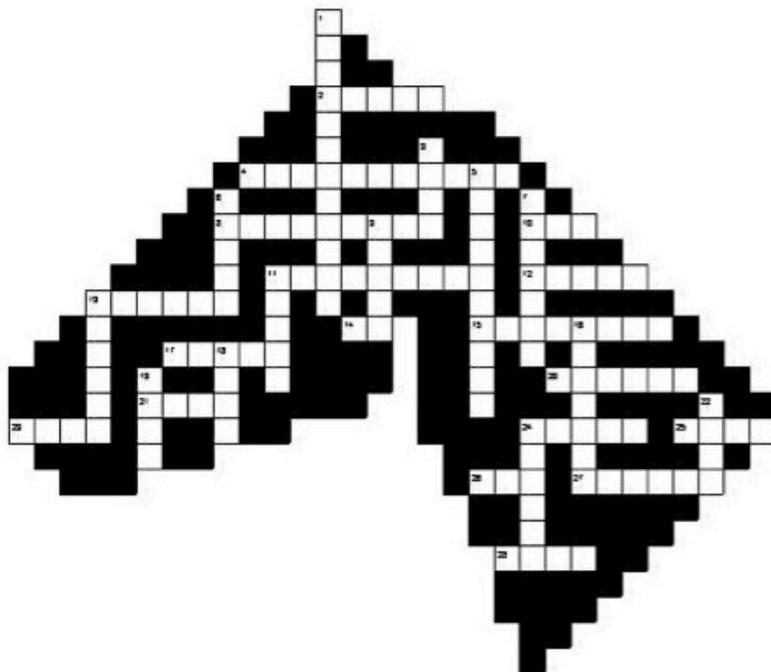
## Did You Know?

**Victor** grew up on a working farm in Cortijo, Mexico surrounded by horses and cows. As a youngster, Victor's favorite thing to do was bull riding, and he still enjoys this challenging sport whenever he gets a chance to visit his home town in Mexico! In his free time when he is not at the barn, Victor enjoys working out, taking long walks and spending time with his wife, 6 grandkids and his 4 dogs. And now...Here is an interesting fact! Did you know that Victor studied to be a Veterinarian while he lived in Mexico? Yep! True fact! So very cool!



# Kid's Corner

## Horsing About



### Across

- |   |   |
|---|---|
| 2. Can be put into horse shoes for extra grip         | 20. To trot on the spot                       |
| 4. Part of bridle that is done up behind the jaw      | 21. 2 Beat movement                           |
| 8. A disease that can be caused by founder            | 23. An artificial aid used to back up the leg |
| 10. What can you tell by looking at your horses teeth | 24. Every 6 to 8 weeks you treat for this     |
| 11. Brings good luck                                  | 25. A small horse                             |
| 12. Something used to steer a horse                   | 26. It goes in the Horse's mouth              |
| 13. Back of saddle                                    | 27. Front of saddle                           |
| 14. Short for hands                                   | 28. Soft part on bottom of horses foot        |
| 15. Also known as flat work                           |   |
| 17. A striped relative of the horse                   |   |

### Down

1. Jumping against time across natural obstacles
3. Most racehorses get fed these
5. Once used to pull ploughs and carts
6. Large white mark on head of Horse
7. The person that does your horses feet
9. Require a check at least once a year
11. Which association does Monbulk-Clematis ARC belong to
13. Three beat movement
16. You stick your foot in it
18. Small yellow eggs on Horse legs in Autumn
19. A place where they breed horses
22. What is the highest point on the horse
24. Stops the saddle from sliding sideways