

be offering a rotational editorial feature program for each Catskill Horse advertiser.

Want to be here first? Email us with your request. Please include your contact info and we'll be in touch.

Run a horse related blog? Send us the info and we'll review it. If we like it we'll publish it here too.

Express Yourself! Catskill Horse Welcomes Your Letters...



The Merry Band of the Catskill Horse would love to hear from you. Please feel free to send us your comments and letters directly to Editor@CatskillHorse.org and please be sure to include your name, address and telephone number. If your letter is selected for publishing we will publish your first name, last initial and town and state only. Or you may request letters be published as anonymous.

Have a Clinic or Show Coming Up, a Tack Swap or a Fundraising Event?

Send us the info and we'll post it here and help you get your event off the ground. Please include, time, date, location, contact telephone number and contact person and photo if you'd like to add it. Best advertising practice - include a testimonial if you can.

This book provides enjoyable read, with a voice that threads artfully through Henry's life, Teague has accomplished the production of a valuable asset in sharing the life story of such a talented lady. "Dear Reader and Riders," is a work that offers a neatly told legacy to the beloved writer of horsey titles many of us grew up enjoying.

Dancing with Butterflies by Angelina Natale MSRP \$21.95



Review by international level British Grand Prix dressage competitor/coach/clinician **Nikki Alvin-Smith**.

This children's title addresses the concept of Katie Behner and Kristen Whittaker's, "Breathe to Ride," philosophy and training advice. Written by Angelina Natale, a noted award-winning author of children's books with her series Sky View Farm Adventures, the young reader will learn simple techniques to manage their nervous anxiety when riding and address how to 'quell' the butterfly feeling in the belly that such anxiousness produces.

For advanced riders the methods of NLP {neuro-linguistic programming} are well-known and widely adopted due to their ability to empower us through a psychological approach that helps us achieve our goals and aids us in managing our nervous energy and channeling it in a productive way. As experienced trainers we all realize that similarly, breathing techniques we employ are directly mirrored by our horses, and we can use them to master our mental health and to help our equines and ourselves focus and relax. And we also know that neither horse or rider can truly learn and understand, without a certain level of relaxation.

Sadly, there truly isn't much written for children in an approachable format that addresses common rider issues such as nervous anxiety and a lack of confidence. Confidence building is more than a riding lesson, it is a life lesson too. It is essential we learn to work with our anxieties and uncertainties and build our self-esteem. As an experienced clinician working worldwide, in addition to the many adult riders I work with I sometimes train young riders and have worked with some individuals throughout their childhood all the way through a successful equestrian career as adults. I know firsthand, that the cornerstone of confidence building for both horse and human begins and ends with their mental welfare. It is a shame it is not more readily realized in the industry.

In this beautifully illustrated book (I applaud artist Jess Bircham who has a great eye for fun equine expressions and romantic landscapes), "Dancing with Butterflies", the child rider is artfully guided through the process of calming their heart rate and hence demeanor. This technique will help to ensure a happy outcome when challenges present themselves and boost their confidence in their own ability to take charge of negative emotional responses. A good lesson to learn both for success in horse riding and for life in general.

This title is a great idea for a book production series that is well-executed. Every parent of a horse crazy kid should adopt this book as a go-to resource to help their child develop a great basic skill that can carry them forward through the challenges in life that await. I very much look forward to reading the next book in this series and will certainly advocate it on our reading list for young students, and perhaps for some veteran equestrians as well!

Riding Out by Ingrid Klimke MSRP \$24.95

Two-time Olympic gold-medal winner Ingrid Klimke, shares with fellow equestrians some neat strategies for training their horses outside of the arena in this handy guide, "Riding Out". While in Europe and most particularly in the United Kingdom, riding on trails and roads is a part of everyday horse-riding life and training, in the U.S.A. competitive riders often overlook the benefits that both horse and rider can enjoy from breaking out of the arena training routines.

Like her late father before her, Dr. Reiner Klimke, whose formidable achievements in the realm of equestrian pursuits always encompassed training on trails and tracks, Ingrid promotes hacking out the horse as a valuable training tool for a horse's health and performance as well as a pleasurable experience for the rider.

**Equine Therapy
For Veterans
That Supports
Psychological
Health**

Atlantic Highlands,
NJ 07716
(732) 245-9559
serenitystablesfcc.org

Dominique's Smiles

**Meet Dominique, a Mini
Therapy Horse with a mission
to bring smiles to all**

Dominique wants to meet you.
Dominique travels across South
Central PA/Northern MD.

Dominique's visits and services are
free of charge within a 100 mile
radius of Brogue PA.

dominiquessmiles.com

**D Michael Price
Award Winning
Fantasy Artist
dmichaelprice.com**