THE MANE ISSUE

ONY CY

Meet a Member- Deshann Valentine

Valentine and I have been in Pony Club for eight years. I am part of the Chinook's Edge Pony Club in the Alberta Central Region (ABC). I have currently tested my C2 stable management and my C1 riding and am hoping to test my C2 riding this fall. with that as well. Last year was fortunate enough to represent ABC at National Dressage for First Level where I ended up winning Grande Champion! I have also qualified to go again year where it will be help i Manitoba and am looking forward to meeting with so



I will be going into Grade 11 this fall at the Sundre High School. My favourite subject would have to be science and more specifically, chemistry. I also enjoy gym, social studies, band, and foods. I honestly have no idea what I want to do after school yet but hopefully with science or horses.

My favourite CPC discipline would probably be rally, although dressage competes

with that as well. Last year I was fortunate enough to represent ABC at National **Dressage for First Level Grande Champion! I have** also qualified to go again this year where it will be help in Manitoba and am looking forward to meeting with some of my friends I met last year and having a whole new experience. Some of my other interests are just about all the sports my school offers such as volleyball, xc running, badminton, and track and field, as well as figure skating on top of that. My schedule gets very busy and trying to make time to ride can be hard, but its worth every second. My success related to these have been being awarded the most skilled player on my volleyball team as well as being nominated for the Coach's Choice Award out of all the grade 10-12s.

My favourite memories in pony Club have all came from our regional Rally Camp held at Thompson Country Pony Club. There we all hang out, work hard, and ride. Last year a group of us all made friendship bracelets for just about everyone it seemed at the camp. Looking forward to going again in the beginning of August. Overall my advice to all CPC members is to never give up and work hard to reach your goals. As well as that Pony Club allows you to have many opportunities to travel, meet new people and learn a whole bunch about the animal that we have all fallen in love with, take the opportunities, you will never know what you will make out of them if you don't. Some of my closest friends have been because of Pony Club.

Deshann



Deshann & Snap Shot II (Snap)

Ad Contest

Promote CPC! Create an ad or poster telling everyone how great we are!

Submit your ad (with your name, age, branch and region) to cpcyouthreps@gmail.com

Deadline for entries Oct 15th!



Testing Tips-

Megan Kornder is a B2 Pony Clubber from Saskatchewan.

Testing Day!

I picture myself racking my brain (which just shut down completely) to remember 5 reasons for grooming, and I can only think of 3; I'm starting to sweat and holding my breath and right when I'm about to run out of air, I make up the last two. I've taken many PC tests and passed most of them but not all. The most important advice is don't give up if you DNMS. It happens. Don't let it stop you learning and improving.

The key to successful testing is preparation: don't leave it to the last minute. Go through the Requirements and the Testing Procedures for your level. Studying for Quiz is a fun way to study. If you put in the work beforehand, you can celebrate afterward. We all perform less well under pressure so aim to be above level consistently before testing.

Turnout points are "free"- don't lose any!- Be on time, neat, with armband, pin, hairnet, belt and gloves handy.

I've learned to explain everything in detail as if the examiner

isn't exactly the sharpest knife in the drawer (not that this is actually the case), so she can see that I understand the material completely. When I don't know the answer, I talk about something related to the question that I do know. After all, they are there to find

out what we know, not what we don't know. Becoming an examiner myself helped me see things from the examiners' viewpoint, and I realized how important it is to appear confident. This is sometimes hard for me, so I focus on speaking clearly and not letting my voice get too quiet. Pony Club has so much to offer that it's easy to soak up the learning. You know more than you realize.



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Editor's Corner—Is Volunteerism Dead?

I'm sure many of you who take on Coordinating responsibilities on behalf of Pony Club and/or other organizations will understand and agree when I say that these days; I seem to feel like I am constantly begging and pleading for people to help run activities. The activities that everyone wants but no one wants to lead or chair.

It seems to go one of two ways: Either people simply don't/won't/can't step up or, in some unfortunate cases, those who do volunteer don't always follow through with their well-intentioned promises. Either way, things don't get done or people become disappointed and disillusioned.

This seems to be a common problem for many non-profit associations. There should be a plethora of people to choose from and yet we are starving for people.

Is Volunteerism Dead? Maybe not...

Maybe we need to change our approach?

While there's an old saying, "If you want something done, give it to a busy person," that seems to be the main problem and the adage isn't holding true. We're drawing from a group of horse professionals and/or parents who are already very busy. Most families have children involved in activities outside of Pony Club (and you better believe that group is asking too). Some schools have volunteer requirements of parents. They are probably involved in other community groups or associations as well. Those groups are begging too. Volunteer burnout is becoming a large and visible problem for many traditionally strong organizations, like ours.

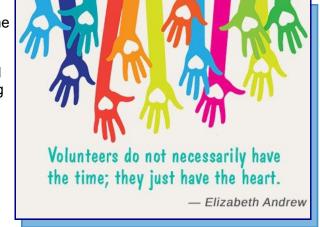
We are, so to speak, asking the Prom queen to the dance and her dance card is full.

It's time to find a new pool to draw from. The easiest pool is young non-members. But to convince someone who is not affiliated with us to volunteer for us, we need a story that is largely told by the "what's in it for me" perspective. Because unlike the previous "give back" culture that brought many organizations to where they are today, that appears to increasingly be the language of our current culture. Many decisions regarding involvement are made with an eye toward return on investment and how it can add value to a givers life.

To recruit volunteers outside of the usual people asked, we need to branch out and we need to speak with them in a manner they find appealing, to show them how volunteering adds value to their lives in terms of university/employer marketability, life skills acquisition and other real-world personal assets. Go to your local colleges, talk about networking to find a job. Entice them with the value of volunteering on their resume! Create a list of all of the things that they, as volunteers, can do in one hour to help out, so they don't fear getting sucked into the black hole.

The story is about them and the exposure they can receive. Hit the struggling event planners in your community or run an ad on Facebook targeted at students or people interested in event planning. Get them to imagine what we can do for them. The kind of exposure we can provide, the connections, the resume building opportunities.

So let's create the story for them and get them to take a leading role.



Breed Basics - Freiberger

Also called Franches Montagnes, Freiberger & Jura, the Freiberg horse is a light to middle sized warmblood that was developed in Switzerland around the end of the 19th century.

The breed began when local Jura mares were crossed with English Thoroughbred, Anglo-Norman, Breton, Belgian Draft & Arabian animals & they were one of the first light draft breeds developed in western Europe. The bloodlines were systematically crossbred until 1910, when selection narrowed to purebred animals only.

The Freiberg was instrumental to the Swiss during both of the World Wars & continued to serve the locals as transport animals & farm aids in steeply sloped areas. This underlying usefulness encouraged breeders to maintain strict quality control over bloodlines and to consistently breed to type. Over the years two different types of Freiberg emerged, a heavier, more muscular type for pulling carts & agriculture & a smaller, lighter type for riding.

Since the advent of the mechanized age, need for light draft animals has declined considerably so breeders have focused their efforts on perfecting the smaller, riding type of the breed.

The average height of the Freiberger is 14.3-15.2 hh. They have a noble & intelligent head. Their neck is well muscled & well placed, their chest is deep. The legs have good bone and well proportioned joints with well shaped & strong feet. Most common colours are chestnut and bay. They are know to sure footed and calm.







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NEWS FROM THE REGIONS!

FROM SLOV

Pony Club has given us lots of great opportunities but we will never forget this one! Our Moms wanted to support SLOV fundraising for National Quiz and secretly bid on a private lesson with Olympic and International Grand Prix rider BETH UNDERHILL!! On July 20, Beth took time from her busy show schedule at the Ottawa International Show to come to our barn, Lilac Lane Equestrian and give us, Kam Fraser (and Toffee) plus Kaya Simard (and Ruby) a private lesson. We were both so nervous to have a lesson with her and did not know what to expect....but she was very nice to us and had lots of great advice. We got to work on flat work, jump some courses and even work on roll backs. Funny enough, she repeated what we hear on a weekly basis from our coach Kelly Hoshko "Kamryn heels down!" and "Kaya eyes up! . One good thing was she always asked us after each time through the jump course what we liked and didn't like about how we did and then she would tell us what she liked and what we could do to improve. It was super cool to go and watch her at the International show after we had that lesson and we can't believe that she won the \$100,000 CS1* Classic with Count Me In that very weekend.





FROM WOR

A Horsemaster member with Blue Mountain Pony Club just passed her D and D1 test levels.

She is the first Horsemaster in Canada to do any testing.

Margot Rochester, is 57 years young, and she passed her D and D1 on Tuesday August 9 at a testing session at Creek Valley Ranch, Redwing, Ontario.

CONGRATULATIONS MARGOT!!



Where are they now? Joshua Riker-Fox - Delacour Pony Club, Alberta South Region.

I joined Pony Club (Delacour) at 7 and I remained a member until I was 21.



I tested to C2 as that was the requirement for International Tetrathlon. I'd hoped to test higher but my time was really limited as I was focused on Pentathlon and qualifying for bigger competitions. I loved Pony Club for several reasons. The Alberta South Pony Clubs and Delacour Pony Club (my home club) were so supportive and we brought the best out of each other, even if we were focused on different disciplines. At the time we had a big Tetrathlon contingent which made it a lot of fun.

All these years later and I still

drop in to Pony Club on my horse to see how the families are doing. I also spent a week at Pony Club camp teaching

and promoting tetrathlon. I see many young kids experiencing the same special moments I had once taken part in.

I competed in Tetrathlon Nationals 9 times and did the International Exchange in 2004 to Ireland and Great Britain, which was a highlight of my Pony Club career.

My abilities as an equestrian athlete honed at a young age are all due to Pony Club, which gave me the base for the riding phase of Modern Pentathlon.

I am very thankful for this as at the time, as a young rider, I did not know that I



would eventually focus completely on Pentathlon. Without this early development, I would not likely have reached the level I did competing in the Olympic Games, also medalling at the Pan American Games, a World Cup, and reaching several World Cup Finals.



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Val's Corner

Did you know that every person – yes that includes your Mom and Dad – who is acting as a chaperone for any overnight activity involving Pony Club members must have a Criminal Record Check (CRC) and a Vulnerable Sector Check (VSC)? It is strongly recommended that anyone thinking of being a chaperone should get the checks done early in the year as time waits vary from province to province.

The original of the CRC/VSC has to be on file at the National Office before the beginning of the activity. It is good for 3 years from the date of issue. There is a letter on our web site that a volunteer can have signed by their Regional Chair that, in most jurisdictions, will get you the checks at no cost.

Just a reminder that the new membership year starts September 1 and anyone who is a new member can join anytime after Sept. 1 and their fee will cover them from the date they joined until December 31 of the following year. That gives our new members up to 4 months free.

National fees are still \$80 per member. There has been no increase for several years. Please make sure everyone is using the 2017 membership form. It is already posted on the web site under Documents.

There is a brand new Branch Report and Charter Renewal Form for 2017. It is essential that Branches only use this form. It is completely revised from 2016. This form is due immediately following the Branch AGM or no later than Dec. 31 of this year. This is an extremely important form and your Branch can not be active without it.

Super Ponies (& Horses) - Raz

Raz, registered as Ahlamir, was born in 1992. She is a purebred Arab, out of Que Sumar and by Amir. Raz is owned by Shaleena Neufeld, a pony clubber from the fifteen year career as an ten class team Quesnel branch.

Raz was a gift to Shaleena on her 9th birthday from her grandparents, and is the second of three generations of mares raised by Shaleena's grandparents. They

also owned Raz's dam. Suey and her filly, Dawn.



Shaleena's mom. Sheila also pony clubbed on Raz as a child, and Shaleena's grandparents originally rode Raz for ranch

and cow work. Raz excelled in jumping and was flashy in the show ring. She is only 14.1 hh but has a lovely floating trot and a big, bold jump. She is conscientious and eager to make her rider happy... Although she is also a bit of a princess, preferring carrots and refusing apples! She loves her belly scratches, and can often be found scratching her belly on any tree she can find that is short enough.

Raz has done a great job as a pony club mount, and is also used for trail riding and gymkhana games. Additionally, Raz had a



penning mount. She excelled in cow work as well. She's a multitalented pony, with lots of energy. Raz is retiring this year, and is ready for a well deserved rest.



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The Barouche

A barouche was a type of horse-drawn carriage fashionable in the 19th century. It was used mainly for travel in the summer, though it had a retractable cover for some protection from the weather. The barouche was based on an earlier style of carriage, the calash.

The barouche, used in the 19th century, was a four-wheeled, shallow vehicle with two double seats inside, arranged, so that the sitters on the front seat faced those on the back seat. It had a soft collapsible half-hood folding like a bellows over the back seat and a high outside box seat in front for the driver. The entire carriage was suspended on C springs and used leather straps to connect parts. It was drawn by a pair of high-quality horses and was used principally for leisure driving in the summer. A light barouche was a barouchet or barouchette. A barouche-sociable was described as a cross between a barouche and a Victoria.



Ride and Tie—2 Riders—1 Horse

Originating in the USA, Ride & Tie has been in existence since 1971, it is a relatively unknown sport that combines trail running, endurance riding, and most of all, strategy. The object is to get all three team members (two humans and one horse) across a 20-100 mile cross-country course by alternating riding and running. Sound simple enough?

One team member starts out running, the other starts on the horse and rides down the trail as far as they think their partner can run (or walk) and still keep up a decent pace. At that strategic point the rider stops, dismounts, ties the horse to a tree or fence post, and continues down the trail on foot. The team member who started on foot gets to the horse, unties it, mounts, and rides to catch their partner up ahead. When they get to their running team member they can either stop and exchange, or ride further up the trail and tie the horse and then continue running.

When, where, and how a team exchanges is up to them, and this is where the strategy lies. Every trail runner has their strengths and weaknesses, and the same is true for horses. Factor all the strengths and weaknesses of two runners and one horse, along with weather conditions and the topography of the course, and you can understand why Ride & Tie is as much mental as physical.

Every Ride & Tie has at least one vet check, and usually two or three. The horse must meet a predetermined pulse and respiration criteria, then be examined by veterinarians for signs of fatigue, sickness, dehydration, and lameness.

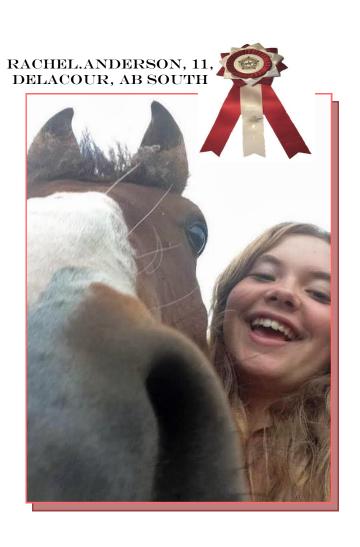


Selfie Contest

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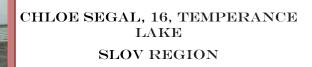
 $\begin{array}{c} \text{KELLY STASIUK, 22,CHINOOK'S} \\ \text{EDGE CLUB} \end{array}$

ALBERTA CENTRAL REGION









SLIMMED DOWN SAYINGS

The following sayings have had all the punctuation, spaces and vowels removed. Can you figure out the sayings?

NRDNGHRSWBRRWFRDM

THRFHVNSTHTWHCHBLWSBTWNHRSSRS

HRSSLNDSTHWNGSWLCK

THHSTRFMNKNDSCRRDNTHBCKFHRS

NHRFLFSWSTDTHTSSPNTNTHSDDL

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Branch ABCs-Centaurus Pony Club



Drill Team at the Barrie Fair, 2011

Branch: Centaurus

Region: Central Ontario Region

History Behind Name: Don't know, really...



A few volunteers and members, past and present, at the 20th anniversary Christmas social, 2015

Age of Branch: est. 1995 (21 years)

Current D.C.: Hellaina Rothenburg

Branch Colours: Teal & Purple

Current Members: 22

Age/Test Level Range: 8-25; E – working on HB!

Name of highest Tested Member: currently: Hannah Spong



Regional Awards Banquet, 2014

Other info you want to share i.e. member accomplishments: Several members have represented COR at National Quiz in the past five years. The branch has hosted a successful show jumping qualifier for eight years running.

Fun Facts: The branch grew from less than 10 members in 2008 to more than 20 as of 2014.

D.C.'s Advice: Encouraging parents to take on volunteer roles that they are comfortable with as they themselves become more savvy about Pony Club leads to successful transition planning.



Regional Quiz, 2016

"In riding a horse, we borrow freedom." ~ Helen Thompson

The Groundline

-A takeoff point for discussion... (by Kim Leffley)

What If.....? (the Power of One)

Some people ask "does Pony Club still have a role in today's culture? Is it still relevant"? Well, what if Pony Club ceased to exist in Canada? What would the path of equestrianism look like? Let's look at a tale of two stories, two "possible outcomes" for a fictional character named Alex (for the sake of equality, Alex will be "he" in story one and "she" in story 2) who wants to pursue a love of horses.....

Both stories start the same: Young Alex loves horses and anything remotely to do with horses. Alex's parents want to get Alex involved in something healthy and positive with real life benefits going forward. Alex's parents, like many people in our current culture, know little or nothing about horses. They start trying to figure out how to get Alex "involved". This is where the stories part ways...see if you can figure out which one is which.

Story #1

Alex's parents Google riding and find a stable. They call (or search a website) only to find out that they are a specialized boarding barn and you must have your own horse to participate. Strike one. They aren't horsey people so the commitment of leasing or buying one just to "try it out" isn't on their radar. They try to persuade Alex to try something "easier" that they understand, like Soccer or Basketball. Alex is firm - it has to be riding. Assuming they persevere, they finally find a stable where Alex can get riding lessons. There is no horsemanship program per se - Alex shows up, maybe learns some basic grooming and handling, rides, dismounts and goes home until the next lesson (because it's really inconvenient for his non-horsey parents to take him back and forth to the barn when there's no real lesson and there's no one really responsible to supervise him there). As they go along, Alex's parents, wanting the best for their child, see other kids showing and succeeding and want him to excel because we all know success and self esteem are measured by



achievement. And in the regular horse world, that is measured by competition and the number and color of ribbons you take home, right? Now, the story can diverge here depending on Alex, who may just want to ride for the fun of it and doesn't enjoy the stress of being competitive, in which case his parents may decide it's too expensive for a "recreational activity" and again steer him toward a cheaper, more accessible sport OR unaware of the physical and emotional risks and value of pace in training and without any knowledgeable advisors (aside from their hired coach) to promote caution, they push the coach to "up the challenge" more height, faster rounds, flashier horses to "improve" his skills and likelihood of success. Not wanting to lose their business, the coach may agree (this part can go either way coach disagrees, parents leave and look for someone who will "do what they are paying for" OR coach agrees, Alex is pushed through successive levels of difficulty until it's too expensive or his skills can't match the performance expectations and he guits in

The Groundline (continued from page 12)

frustration, and goes to play soccer.) Alex never finds the simple joy in his first love of horsemanship, is never exposed to areas of horse knowledge beyond riding that might better suit his interests and skills (farrier, vet, equine therapist) and the equine community loses yet another burned out, disillusioned former horse lover and his motivated but disillusioned volunteer parents.

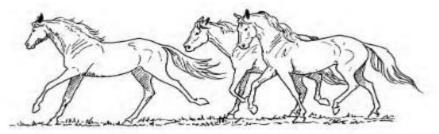
Story #2:

Alex's parents Google riding and find a stable. They call (or search a website) only to find out that they are a specialized boarding barn and you must have your own horse to participate. BUT, this stable owner, recognizing an opportunity to engage a young person in sustainable horsemanship, recommends a local Pony Club. Unaware of Pony Club, they Google it, and use the CPC website map to find the contact information for their area. They connect with someone from the Region or local club and arrange to get information. The club DC provides a description of what Pony Club is all about, both the riding and horsemanship elements, but also the life skill values learned, an area of interest for Alex's parents in their support and decision making on where to involve Alex. The DC arranges a connection with a trusted coach and stable where lessons occur and Alex is introduced to other kids in her group that she could be riding and learning with. She

is invited to participate in a commitment free introductory (non-horse unless she is already a PSO member) PC activity where friendships are formed. Alex joins and is integrated into the education and testing program at a pace she controls by clear comparison of her skills to the expected outcomes. When opportunities to test and compete come along, Alex can decline or she and her new friends can study together, support and challenge each other and learn to deal with success and failure together, taking the "scary" out of challenging herself. When Alex's parents ask about escalating her pace with an eye toward higher performance, (hopefully) her coach and other parents come around them and share honest evaluations and the risk/benefit based on Alex's interests and skills. Alex may well have the drive, talent and tools to move forward at this point and prove herself through successive levels and broader competition experience, all chosen to challenge but not discourage her OR she may choose to ride recreationally for the sheer fun of it while absorbing the horsemanship knowledge and life skills that are part of the program. At some point, Alex may attend a Quiz and discover beyond her love of riding, that she has an interest and aptitude in horse anatomy and biology which puts her on the path to veterinarian school OR she discovers that she loves teaching younger kids the things she has already learned and begins mentoring, going on the achieve her B and A levels along with her IOB and Coaching

certifications. All of these things help Alex when it comes time to apply for schools and jobs. Either way, Alex stays with horses and riding because a series of committed friends and volunteers helped she and her parents navigate the tough stuff, and because she discovered an understanding and passion for horses that goes beyond competition, ribbons, and the narrow path of high performance. Alex, by virtue of her broad equestrian education and experience, is more than just a rider. She becomes a valued member of the Canadian equine community, participating, contributing and giving back into adulthood so that others can experience the same positive horse experience she did.

Neither of these stories are specifically true - but each has the potential to be on a daily basis. For all equine organizations, not just ours, every decision we make regarding whether to volunteer our time and talents, whether to invest in that school pony so a few more kids can get involved, whether to focus on performance or participation, whether to make the commitment to actively serve on a committee or Board - every one of these yeses or no's directly impacts the experience of all the "Alex's" out there and writes another line in the story of Canada's equestrian future. The power of one can never be overstated. One person, making one decision creates a new potential path with every choice. We see what it has been, we see what it is currently - what paths are we choosing to build for the future?



Horse Color Crossword

Each scrambled clue is a horse color or color pattern. Unscramble the words and fill in the crossword.

Across:					_	2	
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Food For Thought

Each of the food words below is part of a larger horse word or term. See if you can figure it out!

pizza _ (a breed of horse)
_ apple (a colour)
_ rib (a bad habit)
oat (done to horse's teeth)
sage (a discipline)
ham (a type of bit)
Egg (a shoe)



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ABC camp – Building Blocks for Pony Club's Future

....Cyndi Rowat

"It was awesome! I am definitely coming back next year!"

Sums up thirteen year-old Megan Burke of the second annual Alberta South Region Pony Club's ABC camp, a three-day intensive camp hosted at the Millarville racetrack grounds.

Hot and tired, Burke and Kenna Keenas of Wheatland Pony Club were all smiles sharing their highlights including training with Sandra Donnelly, an A Level Pony Club Alumni and the 2008 Olympics' highest placed Canadian eventer.

"I like how she teaches and I got to jump really high." grinned Keenas.

ABC camp boasts extraordinary coaching opportunities for C level and above pony club members in the region. Organized by parent and Regional show chair, Jackie Rawn, the event was attended by thirteen eager members.

"I wanted to run ABC camp because I think it's important to keep our older kids engaged." says Rawn.

Fueled with nutritious meals, members participated in two mounted riding instructions per day, lunging sessions, a cross-country session, stable management sessions, fun activities, a special speaker and had free time to lounge around and care for their horses.

Both Keenas and Burke are C level members and much of their responsibility iies in helping their younger members. "This was a chance to focus on us. Kind of a reward for us." Explains Burke. "It was a step up, without coaches and parents. No little kids. It was all on us. It was weird. We always know what to do, but now, we got to do it."

"I leaned a lot this week." shares Burke, "I learned how to balance my horse before the fences."

"I learned not to twist my body, chimes Keenas, "I knew it, but I didn't know how to fix it."

In addition, FEI level Dressage coach, Shelley Malbeuf, Glynis Barnes of Eversfield Equestrian, coach Kathy Wayne and HA level pony club alumni Emily Harris educated members in riding, lunging and stable management.

It is this development of the 'whole' independent and self-reliant equestrian that makes ABC camp a

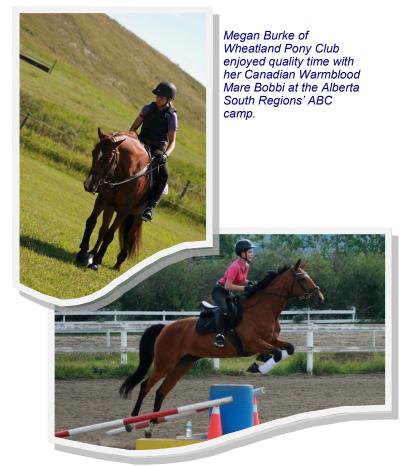
unique and valued experience.

Sixteen year-old Brooke Fielding of Water Valley, AB is a C2 level rider with the Cochrane Pony Club. For Fielding, the highlight was her group members, "They were super supportive, and I really liked switching horses. It was nice that my friends would willingly switch horses for the dressage"

"I really enjoy learning. The Physio-therapist session was a highlight for me." She says referring to a clinic with Sandra Sokoloski from Summit Sport Physiotherapy in Okotoks. Sokoloski got these athletes thinking more about their position and themselves as an integral part of the team equation.

"It is about the interacting with your horse and your friends. It is the best of both worlds." Suggests Fielding. "You need to be prepared. It is a long week."

The Millarville Track and Agricultural Society grounds were the perfect backdrop for building these memories and would not have been possible without their support.



Brooke Fielding navigates a 'Skinny' jump with her warmblood mare Savannah during the Southern Alberta Region's ABC Camp. Fielding rides with the Cochrane Pony Club.

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