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## December 2008 Newsletter

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## By The Numbers...

We have so much to report on everything that's been going on this fall here at the barn. I thought it might be fun to throw some numbers at you...

**14** That's how many attended our "Fall Fun Day" on October 9th. We had lots of fun riding, making a scarecrow, making a craft, and taking a hayride through the fields.

**127** What's so special about this number? Well, that's how many riders we had at the October 12th Interschool Horse Show. It was a beautiful fall day, and we held the show in the outdoor ring.

**13** This wasn't an unlucky number — it's how many people attended our annual trip to the Haunted Forest back on October 17th. It was a perfect cool, Fall evening - and very scary!

**40** The number of our group who attended the Washington International Horse Show Barn Night on October 23. Our theme was, "It's as Simple as Black and White - NFF Stables is the Best Barn Around!". Our group had a blast cheering and watching the show.

**49** That's how many riders were in Betsy and 99's Childrens Hunter Division at WIHS Local Weekend. Betsy placed in the top four of that group of 49, which earned her a spot to compete in Local Hunters at WIHS at the Verizon Center! (see page 3)

**15** The number of new horses that have arrived here since we did our last newsletter back in September. (see page 2)

**1** The number of new horses that arrived after I started working on this newsletter — welcome to Orion! (see page 2)

**5400** What's this huge number for? That's how many pounds of grain our horses eat each month!

**16** The votes have all been counted, and the 16 riders who attended our "Vote For Horses" Fun Day on November 4th voted Star as president of NFF! Since she can't perform her duties, Iris took second place.

**26** The number of riders who joined us for our group trail ride on November 16th at Woodstock Equestrian Park. 17 riders joined us in the morning for the advanced ride; 9 riders attended the leisurely afternoon ride.

**3** The number of students who ride here who are named Maggie (two of which ride in the same lesson!)

**4** The number of horses boarded at NFF who are owned by vets: Solo, Lewie, Chance and Sweet.

**373** The number of days that Jen has been working here at NFF. What would we do without her?

## *NFF Welcomes...*

**Lola** - This adorable small Welsh pony is here as a lesson horse, as well as Nora Elliott's new leadline show pony!

**Buster & Scarlet**- welcome back to our winter visitors from Massachusetts - they spend the winter with us each year!

**Cha Cha**- Cha Cha is a bay Anglo Arab mare owned by Jessica Henwood, and is a new field boarder.

**Tango**- this dark bay Thoroughbred gelding is a new field boarder, and is also owned by Jessica.

**Manhattan**- Manny is a large black Morgan/Welsh cross pony who is owned by Cindy Portner and her daughter, Rachel. Manny is a new field boarder.

**Spy** - this handsome Appaloosa gelding is owned by Leslie McElwain, and is a new field boarder.

**Cooper**- Cooper is a chestnut thoroughbred gelding, and is a new lesson horse here at NFF.

**Daisy**- this cute dark bay Welsh filly is a new lesson horse.

**Emma**- this Appendix (quarter horse/TB cross) bay mare is a new lesson horse here at NFF.

**Rockefeller**- affectionately known as "Rocky" is a warmblood gelding, and is a new lesson horse.

**Rambler's Chance**- we now have two "Chance"s - this new one is owned by Dr. Ann Davis, and he's a Missouri Fox Trotter. He's a new field boarder.

**Heza Friendly Dude (Sweet)**- is also owned by Ann, and is a three-year-old quarter horse. Sweet is a new full-care boarder.

**Playin' For Keeps (Elvis)**- Elvis is a new full-care boarder. He's a bay thoroughbred gelding, and is owned by Brooke Molnar.

**Gallagher**- Rhea Knight is the owner of this draft cross gelding, who is also a new full care boarder.

*Each month we feature one of our horses, so you can get to know them better!*

## **Spotlight on...**

### **Dem Apples**

Dem Apples is the registered name of Amber — our chestnut thoroughbred mare who is almost everyone's favorite lesson horse! Amber came to us several years ago as a field boarder. Her owner was attending University of Maryland, and got her from their riding program. School and internships kept her very busy, and Amber was basically just a pasture pal for her. She decided to sell her, we decided to buy her — and now we have a great lesson horse for beginners up to advanced riders. She's a snappy little jumper, and really teaches her riders well: don't even think about looking down over your fence because she will stop! But if you keep your eyes looking forward, she'll jump the moon for you. Amber has been to several shows with show team members over the summer, and we've used her in our Interschool horse shows as well. But her favorite job is just getting lots of love as a favorite lesson horse!

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## *Congratulations...*

Many of our students have been taking advantage of our **half-lease program**: **Samantha Thompson** is half-leasing **Stinkerbelle**; **Susan Corfman** is half-leasing **Frisk**; **Rachel Katz** is half-leasing **Cody**; **Helena Landron** is half-leasing **Nacho**; **Rhonda Sebastian** is half-leasing **Daquiri**; and **Cindy Portner** is half-leasing **Aspy**. If you're interested in half-leasing one of our horses, please talk to Amy.

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## *Congratulations...*

We'd love to put your name here! It's actually a buyer's market out there if you're thinking about buying a horse. If horse ownership is something you've ever considered, talk to Amy or Jen so that we can discuss all the expenses, and how to go about finding the perfect horse for you!

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## *Special Welcome To...*

### **Orion**

Orion just arrived here at NFF on November 20th, from Days End Farm Horse Rescue. He was adopted by Amy Guberman. Amy spent many hours volunteering her time so that she could adopt Orion - a 9 year old thoroughbred gelding. In addition, we had to be inspected and approved by Days End before he could move here. Orion is a new field boarder. We welcome Amy and Orion to our NFF family!

# NFF STABLES SHOW TEAM 2008

## Looking Great in 2008

We finished our season with a bang! What a great year 2008 was — we had the biggest show team ever, and everyone did so well at all the shows!

On October 5th, we attended the last Saddlevue show of the season. Everyone rode great, and we ended up with several Champion and Reserve ribbons for the day. We also took home some year-end awards:

Anne Daley / Year End Champion for the Novice / Green Division  
 Mackenzie Gross / Year End Reserve Champion for Novice / Green  
 Debbie Stutts / Year End Champion for the Schooling Division  
 Courtney Morton / Year-End Champion for the Schooling 2' Division  
 Rachel Parry / Year-End Reserve Champion for Schooling 2'  
 Sarah Platt / Year-End Champion for the Hunter Division, and  
 Year-End High Point Champion for Ring 2

On October 18, three of our riders attended WIHS Local Weekend, at PG Equestrian Center. Delaney on Tippy rode in Medium Childrens Pony and rode very well in a huge division. Mariah and Iris rode in Low Children / Adult Hunter and brought home a couple of ribbons. But the icing on the cake of the day was Betsy and 99 who took Reserve Champion in Childrens Hunter, which qualified them to ride at WIHS at the Verizon Center! So the next weekend, October 25th, Sandy and Betsy took 99 back to PG Equestrian Center so that he could be shipped via a professional shipper into downtown DC. Betsy and Sandy drove there, meeting up with Jen. After getting 99 settled into his stall (right on the street!) and checking into their hotel, they got to watch the President's Cup Saturday evening, and then got to school 99 in the big arena at 1 a.m.! They showed in the Local Hunter Championship, and while they didn't bring a home a ribbon, it was so exciting!

No rest for the weary, however: it was back-to-back showing at WBTA on November 1 and 2nd. We took 12 horses on Saturday, and everyone did very well, securing some year-end points for some riders. On Sunday, Mariah attended the rated day at took Champion in both Pre Childrens Hunter and Large Childrens Pony Hunters!

Our 2008 season is over, and preparations are underway for our banquet, to be held in January. We're also working on our 2009 season, which promises to be the best yet!

## We're Going to SHINE in 2009

### Show Team 2009

It's time to start putting together our new show team! 2009 marks the tenth year of the show team. Each year we get bigger and better, and 2009 promises to be a great season. Our show team is comprised of current lesson students at NFF, both children and adults, beginner through advanced riders. This means that anyone can join the team! Our season runs from January through November, with several shows scheduled each month throughout the season. All team members are required to show in at least three shows for the season — but you may show in more, if you'd like! Horse showing is an individual sport, but by forming a show team, we work together to not only help each other at the shows, but to cheer for each other as well.

Information packets will answer all your questions, and will be available right after Thanksgiving. We'd like all applications to be returned by January 15.

**Join Show Team 2009**  
*...and shine!*

## Training for the Trainer

Back in October, Jen attended a USHJA (United States Hunter/Jumper Association) Trainer Symposium down at Sweetbriar College in Virginia. The three-day symposium focused on jumpers, equitation, and hunters. Unfortunately (or fortunately, depending on how you look at it), Jen had to cut the symposium short so that she could drive up to DC to be with Betsy as she showed 99 at Washington International! But while she was there, she picked up a lot of great ideas and learned quite a bit, which she's sharing with her students in lessons.

## Cold Weather Riding

Yes, we still do lessons all winter long! That's why we have an indoor ring! Once you start riding, you actually don't stay cold for very long. Most importantly, make sure you have gloves (make sure they are flexible enough for riding; no snow gloves or mittens!). And dress in layers, so that as you start to warm up you can take off the outer layers. While you're in the saddle, make sure you wiggle your toes around inside your boots so the blood keeps circulating. And be careful when you dismount — do it very slowly or your feet will hurt!

If the weather is bad, please don't risk it by driving out here for your lesson. Just call - even if it's right before your lesson - to cancel.

And when it gets really, really cold you can look forward to a bareback lesson — nothing is better for staying warm than riding bareback on a nice warm horse!

## Practice Rides

Practice rides are a great way to get in some extra riding time. These rides get scheduled in advance, and are two hours: a half an hour to groom and tack up, an hour of riding, and a half hour to cool down, groom, pick up and turn out.

Practice rides are only available to riders currently enrolled in lessons. Practice rides can only be scheduled for the following times:

**Mondays, Wednesdays, Thursdays and Fridays: 4:30-6:30**

**Saturdays: 1:30-3:30**

*We will no longer have practice rides available on Sundays.*

Practice rides are not a lesson, so you're on your own and should be able to competently tack up, tighten girth, mount and adjust stirrups by yourself. No jumping is allowed, unless you are riding in the ring while an NFF instructor is teaching and gives you permission.

All practice rides must be scheduled in advance, and not all horses will be available. Practice rides are \$35, which is payable before you ride (or if you're enrolled in group lessons, the fee can be deducted from your lessons).

## Winter Group Lesson Schedule

### Tuesdays

Intermediate I - 4:30

Advanced I - 5:00

Intermediate II - 5:30

Advanced II - 6:00

### Thursdays

Intermediate I - 5:00

### Fridays

Adult Group (no jumping) - 10:00

Advanced II - 5:00

### Saturdays

Intermediate II - 10:00 a.m.

Intermediate I - 11:00 a.m.

Beginner II - 12:00 noon

Group lessons are \$210 for a set of six lessons.

We also offer 1/2 hour and hour-long private lessons.

Both Amy and Jen have times during the week - daytime, afterschool and some evenings; Harmony and Amy have limited space on Saturdays as well.

## Don't Forget!

*Sign up for our*

## Winter Break Camp!

*December 29, 30 and 31*

*9 a.m. - 4 p.m. each day*

*Camp ends with the Parents' Show on the 31st at 12 noon. Routines to music, crafts, and lots of fun!*

*Cost: \$150 per rider*

*Sign up on the special holiday bulletin board!*

## Gift Ideas for Horse Lovers

- A Horse!
- NFF Merchandise
- Hard hat
- Grooming stuff
- Crop
- Cute riding clothes
- Gloves
- Half-chaps
- Full chaps
- Horse Treats
- Riding Lessons (we do gift certificates!)
- Horsey Jewelery
- Horse books: for young readers the Pony Pals series; for older kids the Saddleclub series; the Black Stallion series
- A subscription to a horse magazine: Practical Horseman, Horse & Rider, Equus
- For show team riders - a boot bag, garment bag, helmet bag
- Saddle
- Saddlepad

## 'Tis The Season!

The holidays are wonderful, especially here at NFF. We've got a lot of fun activities planned for the holidays, so make sure you take time out of your busy schedules to make room for some fun at NFF!

To kick things off, we held our annual holiday shopping party at Everything Equestrian on November 16th. The closed the store down for everyone but us, and gave us some great discounts! If you didn't make the shopping party, you should still go there for all your horsey Christmas presents!

Next up, we have our annual holiday barn decorating party on December 6, from 3-6 p.m. There is no charge, but everyone needs to bring some cookies to share, we'll provide the hot chocolate!

After Christmas, we have our famous Winter Break Camp, December 29, 30 and 31, from 9 a.m. to 4 p.m. Monday & Tuesday, and ending on Wednesday with our Parent's Show at 12 noon. It's just like summer camp, without the flies! Routines to music, a cool craft, and of course lots of fun!

And don't forget to mark your calendars for Monday, December 29th, for our annual Barn Holiday Party. This is a potluck dinner, so everyone can bring something tasty to share. We'll also do a gift exchange, and you can find out who won the stall decorating contest. And don't forget Amy's famous Christmas Carol Bingo - a favorite of everyone! Our party will be at Amy's house, so we can all stay nice and warm!

As you can see, we have lots going on this month! Some other things to note: there will be no lessons December 22-January 1 (Regular schedule starting January 2). As always, if you can't make a lesson, just sign up on the cancellation sheet, or email/call us to let us know.

You can sign up for all activities on the bulletin board, or email us to sign up.

## Buying a Hard Hat

When you first start taking lessons, we always tell you not to buy anything until you're sure you really like it. Once you decide you really like, buying your own hard hat is a good idea.

We always have people ask us if they can use their bike helmet — the answer is NO! While they're designed to protect your brain, bike helmets are made and tested for bike safety, not horseback riding.

Helmets come in all shapes, sizes and colors. Don't rush your choice. When trying on a helmet, wear your hair the way you'll be wearing it when you ride. Hairstyle can affect helmet fit.

Helmets should feel snug around the entire head without pressure. The helmet should fit level on your head, covering your forehead within two finger-widths of your eyebrows.

Never, ever buy a used helmet! And while you can buy helmets online, the best way to buy a helmet is to go to a tack store and have them help you find the right style and size. Of course, we recommend Everything Equestrian, but there are many other great tack stores in the area: The Surrey in Potomac, Stablemates, The Loft at Meadowbrook, and Dover.

If you're planning on showing, having two hard hats is a good idea: one for riding and lessons, and one for show — a black velvet one for the show ring.

## Vaccinations

We recently completed our fall vaccinations, and all the horses received the flu/rhino vaccination. We'll be doing the Strangles vaccination in December.

## Blankets

Field Board blankets hooks have all been labeled, and most all of them have their blankets on them right now! Having an extra blanket for your horse is a good idea - in case the one he's wearing rips or gets broken, or gets really wet. Make sure you label your blanket clearly with your horse's name, and hang it on his hook.

## Preventicare Program

We're working with Buckeystown on getting the horses enrolled in Pfizer's Preventicare Program. The program should be up and running by January.

## You've Been Boo'd

Our fun Halloween activity was well received by our boarders! Boarders who got Boo'd got a sign put on their stall (or tack box for field boarders) as well as a little treat. Then they got to pick another boarder to "Boo". It got everyone in the Halloween spirit, and it was a great way for boarders to get to know each other better.

## Turn Out

We've definitely switched to our winter turn-out schedule: horses are fed at 7:30 a.m. and are out by around 8:15; they get brought in around 3:45 and are fed again around 4 p.m. If you are coming out to ride in the morning and want your horse left in so you don't have to catch him, just give us a call or email before 8 a.m. You can also write it on the calendar board in the feed room.

On inclement weather days, we'll just play it by ear — they might go out for a bit and come in early, or stay in and go out for a bit later, or stay in all day — it will just depend on the weather.

## Stall Decorating

It's that time of year! Time to think of some great ideas to decorate your stall. Don't have a stall? That's okay — many of our horse owners would love to have someone decorate their stall. A sign-up sheet is on our special holiday bulletin board, so sign up! Stalls need to be decorated by December 7th.

## Oh, The Weather Outside Is...

Warm? Freezing? It's been a weird couple of weeks around here. As I write this newsletter, it's freezing (who knows - by the time you receive it, it might be 70° again!). We've been working on winterizing things around here: water troughs have deicers in them, windows have been closed, etc. If your horse is in full care board and you wish to use a heated water bucket, now's the time to get it set up! Speaking of cold weather — we'll need your help a bit: keep the door to the washstall closed when you are done (and if you turned on the heat, turn it off). The heat will still kick on when it gets below 40° so the pipes in the wash stall don't freeze. Also, if go to use a hose at night, make sure you unhook it from the spigot. On cold nights we keep the hoses in the wash stall so they don't freeze.

**Hey, we updated our website! Check it out:  
[www.nffstables.com](http://www.nffstables.com)**

# NFF Stables Merchandise

What a great Christmas Gift! Orders must be placed by November 26, and will be available for you to pick up at the barn on December 20th. Here's what we have this year:

**Winter Jackets:** Hunter green with NFF logo on left front, and NFF logo on back. Adults sizes S-5XL \$100; Youth sizes S-XL \$90. These are really warm, and wash nicely (in case you get it dirty at the barn!)

**Wind Suits:** Hunter green windbreaker jacket with NFF logo on left front, and NFF logo on back. Matching windbreaker pants. Adult sizes S-2XL \$75; Youth sizes S-L \$65. These windsuits are really warm, and are great to wear over show clothes.

**Fleece Jackets:** Dark grey with NFF logo in white on left front. This is a new item this year - it's fleece and zips all the way down. Ladies and Adult sizes only., \$50. Adult sizes XS-4XL, Ladies sizes XS-2X.

**Hooded Sweat Shirts:** hunter green with NFF logo on left front. Adult sizes S-2XL \$35; Youth S-L \$32.

**Crew Neck Sweat Shirts:** Hunter green, NFF logo on left front. Adult sizes S-2XL \$27; Youth sizes S-L \$24.

**Sweatpants:** hunter green (to match the Hoodies and the Crew Neck Sweatshirts). Hunter green, NFF logo on upper left hip in white embroidery. Adults sizes S-XXL \$30; Youth sizes S-L \$25. New item this year!

**Pull-Over Sweatshirt:** Quarter-zip pullover, grey fleece with hunter green embroidery - NFF logo on left. Adult sizes only (but they run on the small side for women). Ladies XS-XL and Men's S-2XL \$40. This was a new item we added last year and were really popular.

**Long Sleeve T-Shirts:** Dark grey with NFF logo embroidered in dark green on left chest. Adult sizes S-2XL, Ladies sizes S-2XL, and Youth S-XL. \$25. This is a new item this year!

**Flannel Pajama Pants:** Blue and hunter green plaid soft flannel pants. NFF logo on upper left hip. Adult sizes S-2XL \$45, Youth S-L \$35. Great for lounging at home, but also great to wear over breeches at a show!

**Head Bands:** Hunter green head bands with NFF Stables embroidered on the front. One size, \$12. Everyone's gotta have one of these! Makes great stocking stuffers.

**Saddle Pads:** Hunter green, with NFF logo embroidered on back left side; rider's name on the other side. \$40. Even if Santa doesn't bring you a saddle, you can still ride with pride!

**Show Cooler:** Hunter green wool show cooler with NFF logo and rider's name. Great for winter shows, and for those cool spring and late fall shows! One size, \$160.

*Please note:* Add \$5 to any of the merchandise if you order something larger than extra-large. And, if you are on show team and want your item to have the NFF Stables show team logo, add \$2 to each item. If you'd like your name on any of the items, add \$7.50.

We have samples of all of the above merchandise, except for the sweatpants and fleece jackets (but we can show you samples on the computer).

**Please use the order form on the reverse side. All orders must be placed by November 26th, and paid for before you pick up on December 20th. Make checks payable to NFF Stables.**

**We will not be doing another merchandise order until spring, so order your winter stuff now!**

# NFF Stables Merchandise ORDER FORM

*Please use one order form per person – extra order forms are available in the office.*

Name: \_\_\_\_\_

Email (please print clearly): \_\_\_\_\_

<b>Item</b>	<b>Size</b> (indicate youth ladies or adult)	<b>Add \$5 for size over XL</b>	<b>Add \$7.50 for name</b>	<b>Add \$2 for Show Team Logo</b>	<b>Total</b>
<b><i>Winter Jacket</i></b> Adult S-5XL \$100 Youth S-XL \$90					
<b><i>Wind Suit</i></b> Adult S-2XL \$75 Youth S-L \$65					
<b><i>Fleece Jackets</i></b> Adult XS-4XL \$50 Ladies XS-XXL \$50					
<b><i>Hooded Sweatshirt</i></b> Adult S-2XL \$35 Youth S-L \$32					
<b><i>Crew Neck Sweatshirt</i></b> Adult S-2XL \$27 Youth S-L \$24					
<b><i>Sweatpants</i></b> Adult S-XXL \$30 Youth S-L \$25					
<b><i>Pull Over Sweatshirt</i></b> Adult S-2XL \$42 Ladies XS-XL \$42					
<b><i>Long Sleeve T-Shirt</i></b> Adult S-2XL \$25 Ladies S-2XL \$25 Youth S-XL \$25					
<b><i>Pajama Pants</i></b> Adult S-2XL \$45 Youth S-L \$35					
<b><i>Headbands</i></b> one size \$12	N/A	N/A	N/A	N/A	
<b><i>Saddlepad</i></b> one size \$40	N/A	N/A			
<b><i>Show Cooler</i></b> one size \$150	N/A	N/A			
				<b>TOTAL:</b>	

**November 23**

ISHS JV Show at NFF

**December 6**

Barn Decorating Party • 3-6 p.m.

**December 7**

December Class Horse Show • Morven Park  
Show Team Show

**December 7**

ISHS Varsity Show at NFF

**December 22-January 1**

No Lessons • Happy Holidays!

**December 29-31**

Winter Break Camp, 9 a.m. - 4 p.m.

**December 29**

NFF Holiday Party, 6 p.m.

**January 11**

ISHS Varsity Show at NFF

**January 17**

WBTA Year-End Banquet

**January 19**

"Day at the Beach" Fun Day (no school MCPS)  
9 a.m. - 4 p.m. • \$40 per rider

**January 26**

"Hang out at the Barn Day" (no school MCPS)  
9 a.m. - 4 p.m. (free in exchange for work!)

**February 16**

"Give Your Heart to Horses" Fun Day (no school MCPS)  
9 a.m. - 4 p.m. • \$40 per rider

**April 6-8**

Spring Break Camp  
9 a.m. - 4 p.m. daily • \$165 per rider

**Upcoming Events**

We have a lot of stuff planned this holiday season—take advantage of all the fun activities here at NFF! To sign up for any of the activities, either send us an email, sign up on the bulletin board at the barn, or give us a call. Our current calendar can also be found on our website:

**[www.NFFStables.com](http://www.NFFStables.com)**

in case you lose your newsletter (the newsletter can also be downloaded from our website!)



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