

March Newsletter

Millside Stables

Iron Horse Practice Runs

March 1st, 2019
Volume 3, Issue 3

OUR PRACTICE RUNS ARE OPEN TO ALL MILLSIDE RIDERS!

It's that time again folks! We're all ramping up to have our best show season yet, and with that comes lots, and lots of practice!

We have again rented the Iron Horse Equestrian Complex to practice off property, indoors, to prepare ourselves and our noble steeds with the mental tools necessary to compete at our very best.

It is recommended that Trillium riders definitely take part in our practice

runs as our first show is held at this facility and it does help to relieve some of the nervousness on the rider's behalf. The horses know what's up.. This is old hat to our pons.

The cost is \$165 per day you choose to go, and it is payable the day of.

The dates are as follows:

March 2, 2019

March 9, 2019

March 23, 2019

There is a poll on our Millside Memories Facebook Page to help determine how many

riders go each day. Be sure to check it out! Here's to an amazing 2019 show season!



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SugarBush Show Dates

SugarBush Show dates are up! Our locations are finalized and we're excited to welcome Terrian Equestrian to our show schedule!

**July 3, 2019
Findaway**

**July 10, 2019
Findaway**

July 24, 2019 Terrian

July 31, 2019 Millside

**August 14, 2019
Terrian**

**August 21, 2019
Millside**

Stay tuned for the SugarBush Sign up Sheet!



What's so Cool about Coolers?

Q:

I'm a little confused about the purpose of coolers for horses. Is it to literally help "cool" a hot horse after exercise? I feel like putting a cooler on a hot horse would just trap in damaging heat or not allow a sweaty horse to dry. What's the real reasoning behind this habit?

A cooler also wicks away moisture, which helps a sweaty horse dry more effectively.

A:

A cooler is used at the end of a workout, otherwise known as the cooling-down portion—hence the blanket's name. You're right about the cooler trapping heat post-workout. However, this action helps the horse [avoid catching a chill during winter cool-down](#). During a workout a horse can keep its body temperature high enough to stay warm in cold weather, but once the workout is finished, its body temperature will drop and it will become cold and likely uncomfortable, unless somehow kept warm.

A cooler also wicks away moisture, which helps a sweaty horse dry more

effectively. Coolers for horses are typically made of some type of moisture-wicking fabric, with the most popular options being wool or fleece. These fabrics pull moisture away from the horse, through the fabric, and allow it to evaporate more readily. The cooler causes the evaporation to happen on the outside of the fabric, keeping some of the heat on the inside and the horse warm. Without a cooler, the sweat evaporates directly off the horse, along with all the heat, which would cause the horse to get cold quickly if not actively working.

There are also cooler options for warm weather. These coolers are made of lighter fabrics, typically cotton or a cotton blend. They are generally called anti-sweat sheets and just help to wick away moisture, not provide any warmth to the horse.

If in a cold climate, or if you have a clipped horse in the chilly months, you might use a cooler pre-workout to help keep the horse warm before riding. Once the horse has moved around enough to raise its body temperature and stay warm, you can remove the cooler until you've concluded the workout, then reapply it to keep the horse warm and wick away sweat.

~ Source- TheHorse.com

A **cooler** helps to slowly bring a **horse's** body temperature back to normal after a workout, keeps a clipped **horse** warm while being groomed and wicks moisture from a wet **horse's** coat while keeping him from catching a chill.



Have a Laugh!



Horsing Around



Have a photo that's brag worthy?
Send it via Facebook Messenger to
be featured in the Monthly
Newsletter.

What's a lease? – There's still Time!

Do you like the idea of owning your own horse, but not quite ready for the commitment of vet bills, or not sure what all is involved?

This is where we'd recommend one of our lease options! These options give you the opportunity to test drive horse ownership without the added expenses of veterinary bills or unexpected emergency procedures. The lease options are as follows:

Half Lease or Full Lease.

Make sure you ask Melissa what the difference is between the two packages as they both have their own unique perks and one option may be better than another based on what you're looking for. This is a great first step towards horse ownership!!

Happy Trails!



UPCOMING EVENTS

March 2, 2019

Iron Horse Practice Run 1 of 3

March 9, 2019

Iron Horse Practice Run 2 of 3

March 11-15

Spring Break

March 23, 2019

Iron Horse Practice Run 3 of 3

March 30, 2018

Iron Horse Practice Run 3 of 3

April 6, 2019

JD Leap into Spring 1

April 13, 2019

JD Leap into Spring 2

We're on the Web!
www.millsidestables.com

IMPORTANT INFORMATION

Trillium Riders! If you have not already done so, please ensure you have purchased or renewed the following memberships for the 2019 Trillium Show Season:

Memberships Required to Show

Trillium Hunter/Jumper Association - -2017 THJA membership information can be obtained from the THJA website

Equestrian Canada - 308 Legget Dr., Suite 100, Ottawa, ON K2K 1Y6 - Phone: 1-866-8395

Ontario Equestrian - - 1 West Pearce St., Suite 201 Richmond Hill ON L4B 3K3 - Phone: 905-709-6545 - Fax: 905-709-1867

As always, If you have any questions. Please don't hesitate ask.



MOM'S PAINT NITE

Dates:

March 23 & 24

The cost is \$45 per person.

There will be 10 people per class.

A few Designs to choose from!

RSVP by March 17, 2019

