

CRK Training Times

Bits of News for Horse People

July 2008

Cheryl Completes CHA Certification

Important June Dates~

June 23-27- Summer Camp
June 29- Summer Kick-off Playday,
Cooking Contest, BBQ and Awards

Important July Dates~

July 4- Happy Independence Day!
July 7-11- Summer Camp
July 13- YLCR & Mira Loma Shows
July 14-18- Summer Camp
July 21-25- Summer Camp
July 27- Levels Testing

Important August Dates~

Aug. 3- YLCR Show
Aug. 4-8- Summer Camp
Aug. 10- Mira Loma Show
Aug. 11-15- Summer Camp
Aug. 25- School Starts (MSAC)

CHA Certification Clinic~

Last month, Cheryl attended a Certified Horsemanship Association (CHA) Instructor certification clinic. The Clinic was led by the CEO of the entire organization, Christy Landwehr along with Patty Head. Christy hails from Denver, Colorado while Patty flew over from Hawaii. The setting was the beautiful Palomar Christian Conference Center(PCCC), in the Palomar mountains. The clinic was attended by 8 instructors, all hoping to receive certification in the CHA organization.

During the week the group was tested on their skills as a rider, trainer, teacher and on general horsemanship. First came a riding evaluation and written test. After that came

lesson assignments, starting at Level #1. Those who successfully completed Level #1 were assigned more advanced lessons up their ability.

Cheryl was required to teach a total of 4 lessons in both English and Western. She was also assigned two topics to do an oral presentation about- Bits & Bitting and Feeds & Feeding.

After all was said and done students were given their final interview and awarded their Instructor Levels. Of the other 7 students who attended, four were awarded Level #2 Western & English, two were awarded Level #1 Western & English. One was awarded Level #4 English and Level #1 Western. Cheryl was awarded the highest level available for English, Western and Jumping, Level #4. Cheryl may now claim the title of CHA Master Instructor. Holly, who works at PCCC acknowledged that this was the first clinic PCCC had ever hosted to have level 4's awarded.

The clinic instructors also recommended Cheryl for a position within the CHA organization as an Assistant Clinic Instructor (ACI). This honor is only offered to Master Instructors who meet the criteria to become Clinic Instructors. Cheryl now has several new requirements to meet, including assistant teaching at several testing clinics. After that time and with instructor approval, Cheryl may become a CHA Clinic Instructor. This is the highest level that can be accomplished within CHA.

Cheryl is very proud to have accomplished this goal. It is very gratifying to have such a prestigious organization (and the CEO, no less!) consider her talented enough to be awarded this high honor. She hopes to use her diverse talent to teach many more students and instructors in the future, including her new position at Mt. San Antonio College.

Policy Changes~

Due to Cheryl's new certification, the CHA standards must now be implemented at CRK Training Stable. You may notice these minor changes to the everyday workings around the ranch. Some of the most notable changes include:

1. All riders must have their tack checked at the beginning of every lesson. (Not just those on CRK stable horses.)
2. All riders must complete a new liability release during the month of July.
3. New standards for safety will be implemented around the ranch, including insisting on the wearing of closed toed shoes in the barn/stable area.

If you have any questions about the new policies, please feel free to ask. Cheryl would be happy to explain the why's and wherefore's.

Last Chance for the BBQ~

The 1st Annual Summer Kick-Off Playday, Cooking Contest & BBQ will be held on Sunday June 29th at the ranch. Playday classes will be from 9:00 AM until finished, but no later than 12:00 Noon. BBQ will begin at 1:00 PM. CRK Stable will provide hot dogs, drinks and fixin's, you'll provide the rest!

The potluck will also be a cooking contest, so start sorting through those recipes! Categories will include: Desserts, Hot Sides, Cold Sides and Kids Kookin'. Everyone will get to vote on their favorites and prizes will be awarded. All dishes for the contest must be home-made, but you may use mixes along with your own special ingredients.

Complete cooking contest rules are on the web site. For a small donation you will receive a plate,

cutlery, one drink and voting tokens. This will allow you to partake of all the cooking contest food. All money raised will be donated to the On My Own But Not Alone Foundation. Look for sign-up sheets on the CRK bulletin board, or call Cheryl to sign up. Even if you don't plan to cook, please let us know if you will be attending so we know how much food & drinks to buy. See you at the Party!

Quotable Quotes~

"Why put off til' tomorrow what you can eat today."

Miss Piggy

Summer Camp~

CRK Training Stable summer Ranch Camp is up and running! The first week of camp has already taken place. 7 students joined Cheryl, Katrina, Athena & Meggie for the week. They had a great time learning grooming, riding, showmanship, horse science, roping, gardening, animal science and working with the baby chicks, goats and other animals. Don't miss out on the remaining 5 weeks of Summer Horse Camp! If you are 8 years of age & up, we would love to have you to join us. Parent and child are welcome to attend camp together! CRK Horse Camp is excellent for all experience levels as campers are grouped according to their abilities. No previous experience necessary. Camps are filling up fast, so be sure to get your reservation in early! Camp hours are: Mon.-Fri. 9:00 AM-3:00 PM.

The 2008 Camp Sessions remaining are-

Wk. #1 Closed	Wk. #2 July 7-11
Wk. #3 July 14-18	Wk. #4 July 21- 25
Wk. #5 Aug. 4-8	Wk. #6 Aug. 11-15

Camp fees include a CRK Stable T-shirt*, Backpack*, horse science study booklet, craft materials, use of a camp horse or board for your horse. Camp Rates- 1st week \$380.00, Additional weeks \$350.00. Current CRK Stable clients may request a 10% discount on their first week of camp only. New clients may use the discount

coupon found on the web site. Additional weeks of camp are already discounted. Information and registration forms are available on our web site- www.crktrainingstable.com or email us at crkstable@aol.com.

Barn Sour - An affliction common to horse people in northern climates during the winter months. Trudging through deep snow, pushing wheelbarrows through snow and beating out frozen water buckets tend to bring on this condition rapidly.

Endurance ride - The end result when your horse spooks and runs away with you in the woods.

Equitation - The ability to keep a smile on your face and proper posture while your horse tries to crowhop, shy and buck his way around a show ring.

Feed - Expensive substance utilized in the manufacture of large quantities of manure.

Fences - Decorative perimeter structures built to give a horse something to chew on, scratch against and jump over (see inbreeding).

Flea-bitten - A condition of the lower extremities in horse owners who also own dogs and cats.

Flies - The excuse of choice a horse uses so he can kick you, buck you off or knock you over -and he cannot be punished.

Gallop- The customary gait a horse chooses when returning to the barn

Gates - Wooden or metal structures built to amuse horses.

Green Broke - The color of the face of the person who has just gotten the training bill from the Big Name Trainer.'

Horse Terms?

Auction - A popular, social gathering where you can change a horse from a financial liability into a liquid asset.

Grooming - The fine art of brushing the dirt from one's horse and applying it to your own body.

Hobbles - Describes the walking gait of a horse owner after his/her foot has been stepped on by his/her horse.

Hock - The financial condition that a horse owner goes into.

Horse shoes - Expensive semi-circular projectiles that horses like to throw.

Lameness - The condition of most riders after the first few rides each year; can be a chronic condition in weekend riders.

Lead Rope - A long apparatus instrumental in the administration of rope burns. Also used by excited horses to take a handler for a drag.

Longeing - A training method a horse uses on its owner with the purpose of making the owner spin in circles- rendering the owner dizzy and light-headed so that they get sick and pass out, so the horse can go back to grazing.

Mustang - The type of horse your husband would gladly trade your favorite one for...preferably in a red convertible and V-8.

Overreaching - A descriptive term used to explain the condition your credit cards are in by the end of show season.

Quittor - A term trainers have commonly used to refer to their clients who come to their senses and pull horses out of their barns.

Race - What your heart does when you see the vet bill.

Reins - Break-away leather device used to tie horses with.

Saddle - An expensive leather contraption manufactured to give the rider a false sense of security. Comes in many styles, all feature built-in ejector seats.

Saddle Sore - The way the rider's bottom feels the morning after the weekend at the horse show.

Sleeping Sickness - A disease peculiar to mare owners while waiting for their mares to foal. Caused by nights of lost sleep, symptoms include irritability, red baggy eyes and a zombie-like waking state. Can last several weeks.

Whip Marks - The tell-tale raised welts on the face of a rider-caused by the trail rider directly in front of you

2. All group lessons will be assigned a level and all riders must be tested or signed-off at that level or above to ride in that group.

3. Passing of written & practical tests is optional for group lesson participation, but is highly recommended.

4. You may ride in make-up lessons at your level or lower, but not a higher level group.

5. To ride in a level 2 group you must have passed your level 1 tests. To ride in a Level 3 and up group, you must have passed your level 2 tests. Etc.

Here is a list of the group lessons and their levels. Please keep this list handy so you may plan future make-up lessons.

Mondays- 4:30-5:30 PM Level 2 & up

Tuesdays- 9:00-10:00 AM Level 2 & up

Thursdays- 4:30-6:00 PM - Level 2 & up

Saturdays- 9:00-10:00 AM - level 3 & up

Saturdays- 10:00-11:00 AM - Level 2 &

up (Changing to a level 3 group on Sept 1.)

Saturdays- 11:00- 12:00 Noon- Level 2 & up (Changing to a level 3 group on Sept 1.)

letting a low hanging branch go. (Also caused by a wet or dry horse tail across the face while cleaning hooves.)

Withers - The reason you'll seldom see a man riding bareback.

Yearling - the age at which all horses completely forget the things you taught them previously.

Zoo - The typical atmosphere around most horse farms

Levels & Group Lessons~

Effective July 1, 2008 the following changes will take effect for all CRK group lesson students. Please make sure you don't get left out in the cold!

1. All riders must either pass or be signed off the 1st level riding test in order to ride in group lessons. If you didn't pass the test before you must take it until you pass. You must have 30 days between tests, so plan ahead.

The next day for level testing will be July 27, 2008 at 2:00 PM. Written, practical and riding testing will be offered for levels 1-4. Look for the sign up sheets on the board. Testing is free, but you must sign up. Those students who have passed the tests between January and June will be presented their certificates at the Summer Kick-Off Playday & BBQ on June 29th.

That's All For Now~

We hope you have enjoyed this newsletter. If you would like to be removed from the mailing list or have any questions, please contact Cheryl directly. She may be contacted by E-mail at:

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That's all folks!