



BOARDING, LESSONS AND SO MUCH MORE...

# SAGEHILL STABLES Canter-lope

## April 2016

IN THIS ISSUE

## March Showers bring April Flowers?

by Gwen & Casey

The month of March has flown by! We want to start off this issue by sending out a huge thanks to all those who helped out at the stables over February and March. We cannot thank you enough! Gwen had a lovely trip with her Grandfather and was able to get a lot of work done on the "dreaded thesis"! Everything at the stable went smoothly thanks to all the great people around. We have amazing clients!

### Two Year Anniversary

Coming up at the end of April, it will be 2 years since we moved to Sagehill Stables. We are excited to finally see the positive impacts of all of Casey's renovations and are grateful for all the wonderful people we have met and are surrounded by at the stable.

**On Saturday April 30<sup>th</sup> from 5 to 8pm**, we hope that all our clients will join us for a BBQ and potluck in the fire shack to celebrate our 2 year anniversary at Sagehill and to thank all of our clients who have helped us get here! There will be a sign-up sheet in the stable for the potluck!

### Growing Pains

As we continue to grow, we also have to continue to make changes to ensure that all clients remain satisfied and that our partner businesses, which have joined us to help

grow the facility as a team, have the ability to grow and expand as well! Please take note in the coming months of new partners, new barn rules and new events being held at the stable. If you have any questions or concerns about any changes, please don't hesitate to come and talk to us about them.

We continue to seek new partners to build the Sagehill Team and call the facility home! If you or someone you know would like to talk to us about joining the team and running a business out of a professional, high-end, safety oriented environment, whether it is as a coach, trainer or other equine or canine professional, please contact us for further details!

### Athlete Development April!

This month is about getting your body and mind prepped for the busy show season! Ask your coaches about what you should be doing in terms of exercises, eating right and how to mentally prepare for the show ring. You can help your horse by helping yourself ☺. Check out **Katmah Training** for upcoming sessions, clinics, exercise classes from a professional athletic therapist! [www.katmahtraining.com](http://www.katmahtraining.com) and for events/program here at Sagehill: <http://www.sagehillstables.com/katmah-training.html>



### For the Love of a Horse: Showcase Story

What makes the equestrian industry so great? It's all about great people and amazing horses. Learn the background story behind one of our great young equestrians and their horse.

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### Teaching Your Puppy to Share

Some tips for our canine friends from Shalin of GrassRoots Canine!

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# Upcoming Events

## Jump Nights with Bennett Murphy! April 9<sup>th</sup> & 29<sup>th</sup> Only \$20

A fun night to jump around! Includes 1 hour of instruction over jumps and great snacks ☺

## Painting with Peggy!

Peggy is looking to run her 2<sup>nd</sup> painting with water colours class in the gift shop! Good for your soul and your inner artist. Limited spots available. A great activity for your group of friends! Contact Peggy at

[ppeggy@mymts.net](mailto:ppeggy@mymts.net) or 204-257-1962

## Barn Vaccinations & Equine Health Presentation with Central Vet, April 2nd

See the sign-up sheet by the bulletin board for more info. First horse at 9am, **talk will be around noon. Topics: Heaves & Teeth! A great opportunity to talk to your vet and listen to a great presentation!**

## True Connected Lunging Workshop: Level 1 (for those who have taken the introductory clinic) April 16 (Saturday), 10am to 12pm

\$20 to audit, \$50 participation (only 3 spots available) Learn how to safely and effectively lunge your horse with Silver Certified Chris Irwin Trainer Linda Ridley.

## Junior Coaching Seminars! Part 1 Saturday April 9<sup>th</sup> at 10am, Part 2 Saturday April 30<sup>th</sup> at 10am

\$40 to participate OR use your hours from the Coach Mentorship Program. Contact Gwen to register!

*Part 1: Teaching Methods, including safety and planning of learning*

*Part 2: Types of Personalities, including brain learning and training, and types of learning*

**Stable Owners Forum and Discussion on Manitoba's Stable Keepers Act – is it working for you?** Let your friends and clients know that on **Friday April 15 @ 10:30 am in the Canad Inns Lecture Hall at Horse 3**, *Gwen will be giving a presentation with her MHC Breeds & Industry Committee to discuss the issues facing our equine industry.* If you have ideas on how to improve our industry, we need your voice there!

## Equine First Aid, Full Day Course Saturday April 23<sup>rd</sup>

Another EquiHealth Canada course with Senior Instructor Kari Hasselriis! Don't miss out! Contact Kari at [kari@eighthorses.ca](mailto:kari@eighthorses.ca) to register and for more info.

**CASEY & GWEN WEDDING SOCIAL! April 23<sup>rd</sup> 8pm at the Norberry-Glenlee-Community Centre on St. Mary's!** Tickets \$10, available from Gwen & Casey. Come see what we look like when we are not in our barn clothes ☺

## GrassRoots Canine new classes on April 21<sup>st</sup>, 2016

Learning to Share and Handle Distractions  
Learning to Welcome Company & Stay Calm

[www.grassrootscanine.com](http://www.grassrootscanine.com)

## Client Appreciation Potluck, April 30th 5pm to 8pm in the Fire Shack!

Potluck sign-up sheet will be posted on the bulletin board!

## Sagehill May Classic Schooling Show, May 6<sup>th</sup> & 7<sup>th</sup>

Join us for another great Sagehill Fun Show. Entry forms will be available soon on our website, so stay tuned! This show will include a Dressage demo by Emma Tarvis, BBQ at lunch & much more!

## High-Flyers Agility Trial May 14<sup>th</sup> & 15<sup>th</sup>

Arena 1 and the parking lot will be very busy on this weekend. Be sure to stop in to check out the dogs in action! There will be a BBQ, canteen and the gift shop will be open!

### EVENT INFO

Please note, changes and additions to events will be posted on the website, Facebook and Instagram and barn bulletin board!

[www.sagehillstables.com](http://www.sagehillstables.com)

# Rules & Safety Reminders!

by the Safety Nag

Safety is one of top priorities at Sagehill, both for our own liability and for our partner business's reputations and success. You can't build a successful business if you are constantly at risk.

This is especially true for our equestrian coaches. For those coaches working as independent contractors out of the facility, we owe them great respect! By recognizing themselves as professionals and leaders in the equestrian community, they also hold great responsibility in the case of an accident that happens around them.

Our Sagehill rules help to protect not only ourselves and our clients, but also help to

make it easier for our contracted and independent coaches working at the facility to have a safe and successful business.

I have found a few good resources on liability issues in the equestrian industry for those interested in the subject.

Unattended minors at stables:  
<http://www.equinelegalsolutions.com/unattended-children-at-boarding-stables.html>

Negligence:  
<https://asci.uvm.edu/equine/law/articles/neg.htm>

Advice for trainers:  
<http://www.equinelegalsolutions.com/on-site-trainers.html>



Managing risk for coaches:

[http://www.millerthomson.com/assets/files/article\\_attachments2/KLW\\_Janog\\_Managing\\_Risk.pdf](http://www.millerthomson.com/assets/files/article_attachments2/KLW_Janog_Managing_Risk.pdf)

Lungeing:  
[https://asci.uvm.edu/equine/law/articles/022\\_lungeing.htm](https://asci.uvm.edu/equine/law/articles/022_lungeing.htm)

Ultimately, we ask that if a coach asks you to do something, just do it! Please be respectful to all coaches working at the facility ☺ For more safety tips please visit our website:  
[www.sagehillstables.com/safety](http://www.sagehillstables.com/safety)

## AROUND THE BARN



## Paints and Pintos!

We have a high number of Paints and pinto's at Sagehill Stables right now, with a total of 7! The difference between a Paint and a pinto is that a Paint is a registered breed, while pinto refers to the colourful coat pattern!



## Hard at work or hardly working??

We have been enjoying the benefits of the NagBag's both inside the stalls and outside in the paddocks. They slow down consumption, reduce dust inhalation and reduce wastage. Our barn helpers have also been having fun with them ☺

## FAST FACTS

613

Number of followers on our Sagehill Stables Facebook Page!

2202

Page views each week on our Sagehill Centre Website in March! This included approximately 577 unique visitors each week. Our most popular pages in March were: lessons (252 views), boarding (179 views) and The Watering Hole Blog (164 views)

## FOR MORE INFORMATION

Contact Gwen at Sagehill for any info on our health care, feeding, lesson or training programs!

[sagehillstables@live.com](mailto:sagehillstables@live.com)  
204-803-5940  
[www.sagehillstables.com](http://www.sagehillstables.com)

# For the Love of a Horse: Sophie & Nicole

## Showcase Story

Nicole Stoesz might seem like your ordinary teenager. But there is definitely more to Stoesz than meets eye! She is an up and coming equestrian, passionate animal lover, Petland pet specialist and new horse owner.

Stoesz fell in love with horses at a young age. *"When I was nine years old, my parents were looking for some summer activities for me and my brother to do. The U of M offered a summer camp with horseback riding. Once I rode my first horse I was hooked and started my journey to become a horse owner."*

Stoesz arrived at Sagehill Stables by chance one day when her and her dad stopped in to see what was going on. Stoesz helped out at the stable until the lesson program started up. A series of connections brought the horse Sophie to Sagehill Stables, and it was love at first sight.

Stoesz leased Sophie and was her care taker from day one. After two years of learning about the responsibility and challenges that come with horse ownership, Stoesz took the next step and purchased the chestnut, off-the-track Thoroughbred mare. Stoesz worked at Petland to save up enough money to buy Sophie, and continues to work in order to pay for boarding and taking care of Sophie, a huge responsibility for a young person and one she takes great pride in.



Spending time with horses can have a profound effect on a young person's development in their teenage years. When asked about how horses have affected her social life, Stoesz said: *"My social life has thrived as I have met a lot of people who love horses as much as myself."*

Stoesz says that horses have had an affect on her family as well. *"My family is very supportive of my horseback riding and love to attend all my shows. My Dad*



*spends a lot of time at the barn and it has made us closer. He is known as the Barn Dad."*

The family's dedication to Stoesz's passion and love for Sophie is evident around the stable. They can frequently be found helping out around the barn, creating an enjoyable, family orientated atmosphere for their daughter to spend time in.

When asked about what she loves about Sophie, Stoesz says: *"The thing I love most about Sophie is how unique she is. She has the best personality that can cheer me up when I'm feeling down. She nickers when she sees me and makes funny faces. She goes crazy for treats and makes everyday exciting."*

Stoesz will be starting university at the University of Manitoba in the fall. *"I would like to be a veterinarian. My plans for Sophie and I are to continue to work together to become closer and to work towards completing my Equine Canada levels and maybe someday coach. I also would like to work towards my second level dressage and 3 foot hunters and one day compete at higher levels."*

Stoesz recommends horses for all girls her age! They have brought her a lot of opportunities, goals to work towards and introduced her to wonderful people.



# Teaching your Puppy to Share

by Shalin Hustad

Puppies are adorable. And thankfully they are adorable because when they accidentally bite us or chew something they shouldn't it takes our every bit of patience not to get mad! Chewing is natural and is normal for dogs of all ages and breeds.

Puppies need to be watched at all times to prevent them from chewing things they are not suppose to. When we can't be supervising them, we need to crate them or limit their options of things to chew so they are not a danger to themselves.

The most important thing to teach your puppy is to share. Share their toys, food dish, socks, treats, bed area and their "people". This is essential to prevention of resource guarding (guarding something of value to the dog). Having a dog that has this can be very overwhelming. However, with a lot of patience and time you can begin to change the dog's attitude from "Get away from my stuff" to "Would you like a toy"?

Don't miss out on these great April classes for your puppy or dog!

**April 21:** Learning to Share and Handle Distractions

**April 21:** Learning to Welcome Company & Stay Calm

[www.grassrootscanine.com](http://www.grassrootscanine.com)



## Welcome to Linda Ridley & True Connected Horsemanship

Please welcome Linda Redley to the Sagehill business Team! Linda will be bringing her Chris Irwin training and certification to Sagehill to help us grow and expand our client services. Linda will start bringing in training clients this coming May and has already been helping out many of our boarders with lessons and clinics!

### About Linda

Linda Ridley is a double silver certified Chris Irwin trained coach, which means she has achieved the second highest possible level in both groundwork and riding. She is the only silver certified Chris Irwin coach in Manitoba.

She took her training in Toronto in 2012 to achieve her bronze level, then went to Chris's personal training facility in Alberta in 2013 and achieved her silver status. Chris signed his book "Dancing with your Dark Horse" personally to Linda saying "If I were a horse, I would willingly follow you".

[www.chrisirwin.com](http://www.chrisirwin.com)

Linda has over 30 years of experience working with horses. *"My first love was a little quarter horse that bucked around*

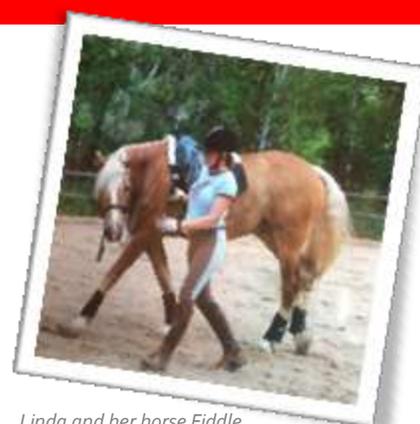
*every barrel at every show back in the 80's!"* Over the years, Linda has learned extensively from the training and coaching of many fine equestrians.

- Gail McQuaker, Virden, MB (Jumping)
- Shannon Oldham Dueck in Victoria, BC. Shannon represented Canada in the 1999 Pan Am games in dressage. [www.dueckdressage.com](http://www.dueckdressage.com)
- Sue Malone Casey in Dallas, Texas and West Palm Beach, Florida in 2004. Sue Malone Casey is a U.S. Nationally recognized Grand Prix coach, trainer and judge.

### Linda's Goals

Linda continues to learn and develop her own skills through riding with Elaine Banfield of Manitoba and attending Chris Irwin Clinics each year. As a trainer at SageHill Stables, Linda's objective is to teach and support people, both riders and non riders, in becoming more aware of how they influence the horse and in turn, how the horse can influence them.

*"Parents and their kids, riders and their*



Linda and her horse Fiddle

*friends/spouses, can all benefit from watching the "magic" of real connection to an animal that does not speak our language, yet, can willingly communicate to us, if we speak theirs. It makes us better riders and finer human beings, if we just open up and become a little more aware."*

*"Keeping a prey animal like a horse, levelheaded, supple and relaxed in our presence is the true LITMUS test of our success as a leader".* Riders, under Linda's support, become more aware and consistent in understanding how to bring out the very best in their horse in whatever discipline they chose. Happy horse, Happy rider!!

# EQUESTRIAN OF THE MONTH!

**April's Equestrian of the Month goes out to Grace!**

Grace has been riding at Sagehill since the summer of 2015 in our Sagehill Lesson Program with her horse Diamond, who she trailered in for lessons! This winter, she brought diamond here to board and continued with her lessons.



This winter Grace and Diamond struggled with a few health issues, a setback that all horse owners go through at some point in their partnership. Diamond is now back on track, and together they will be heading to their first show this May!

We are very proud to honour Grace with the Equestrian of the Month for all her hard work and perseverance!

Congrats Grace and Diamond!

Check out our Equestrian of the Month page at:

<http://www.sagehillstables.com/equestrian-of-the-month>

Register on our website to view the lesson schedule and updates for clients in "The Tack Room"  
Send Gwen an email to register!  
[sagehillstables@live.com](mailto:sagehillstables@live.com)

## The Level Headed Horse Saddle Fit & Evaluation



Many behavior problems with horses can often be attributed to a poor saddle fit. Linda can help you decide if a saddle is the right match for you and your horse!

[thelevelheadedhorse@yahoo.ca](mailto:thelevelheadedhorse@yahoo.ca)

## Katmah Training



Check out what Katmah training can do for your ride! Train like an athlete!

<https://www.facebook.com/Katmah-Training>

## Artisan Inspired Co-op



Painting with Peggy! New class starting soon!

[www.facebook.com/ArtisanInspired](http://www.facebook.com/ArtisanInspired)

## GrassRoots Canine



[www.grassrootscanine.com](http://www.grassrootscanine.com)

Don't forget to check out the new schedule for Thursday's at Sagehill!

## Agility Dawg!



New spring sessions starting soon in the outdoor agility pen! Book your spot with Lois and Marlie today!

[rsvpcedar@mymts.net](mailto:rsvpcedar@mymts.net)

Thanks for reading this addition  
of the Canter-lope!

# SAGEHILL STABLES

Boarding, Lessons and So Much More...

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