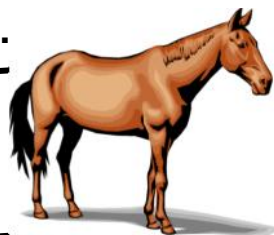


Notes from....



Serrano Creek Ranch Equestrian Center

JULY 2011

25201 Trabuco Road, Lake Forest, CA 92630
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This issue is dedicated to the great efforts on the part of those who board here at Serrano. A stable is a community, and the involvement of so many makes this a great place to work and play. Without further adieu . . .

Jan Buck with "Charlie", has quietly made it her mission to create a safer bridge crossing to get to the trail across Trabuco. On her own she has been patiently working with the City to install a high fence atop the guard rail of the bridge. Her thoughts being that with a fence installed, one can then ride closer to the outer edge, thus maximizing the distance from the traffic.

Currently the plan is being reviewed by the Engineering department. While it's not a done deal, the idea seems to be positively received by the City. These types of projects take both vision and perseverance, two qualities that Jan possesses. Because of her vision of a safer trail, the stable will be realigning the trail portion that runs in front. (see page 4). We will be keeping you informed as we hope that this project gets finalized.. If she accomplishes this, it will be a great improvement for all the riders here !

The classroom for July is chock full of presentations. Special thanks go to the following boarders that kindly bring their experience / knowledge of experts to the stable.

Karen Mundwiler is welcoming Silvia Colladay DVM on the evening of July 11. Dr. Colladay <http://www.coastalvetacupuncture.com> has been servicing Orange County as an ambulatory veterinary practitioner since 2001. Her primary focus has been treating lameness in the equine sport horse,

by integrating acupuncture into her therapies.

Over the years there have been cases that did not respond well to traditional therapies and were often not surgical candidates due to age or financial constraints. It was these frustrating cases that compelled her to look further into other treatment options for her patients.

She has always had an interest in the natural healing arts as she is a personal advocate and user of them. She has drawn on Traditional Chinese Veterinary Medicine (TCVM) as a new approach to her patients. She has received her certification in veterinary acupuncture from the Chi Institute family in Reddick, Florida. She continues to pursue her education at the Chi Institute by becoming certified in food and herbal veterinary therapy.

Continuing with the theme of East meets West, **Janet O'Faolain** will be returning with her very popular 8 week yoga series. This time the sanctuary of the classroom will be her new home.

Great riders are both physically as well as mentally flexible. And the best form of exercise to achieve both of these is yoga. Now you'll have the opportunity to both stretch and ride here at Serrano.

No longer do you have to choose between yoga and riding, you can have both! Classes start July 6th at 6:30. For more information see the flyer or call 714-469-0951

Robin Folsom, a member of the “New Wave” of SCR boarders is facilitating a clinic with Robin Shen entitled “Improving Your Riding and Communication with Your Horse through Enlightened Horsemanship Sunday, August 14th. A flyer is attached for your review. For more information, Robin can be reached at 949-690-9104.

While recycling is good, reuse is better. Recycling takes energy to make new products from old waste. For example to recycle cardboard boxes, they first must be wetted and ground up. Then they are reformed, and then finally trucked to the factory for filling. All these processes consume energy. If one could instead reuse the box, then a considerable amount of energy would be saved. When ever a reuse or recycle option is available, the reuse is preferred.

For example, if our horse manure were sent far away to be composted, the trucking expenses would be additional costs that are deducted from the recycled value of the compost. By composting it here, we’ve moved the needle closer to reusing, than recycling , because we have saved on non-recyclable trucking costs.

Did you know that besides the reusing of the manure the stable generates, that it has also reused almost 10,000 of it’s plastic bags. With the simple effort of cutting them open in a different way, these bags have a second (and possibly third or fourth) life. You can be a part of the reuse effort when you open your bag. Rather than slicing it down the middle, carefully cut at the top just below the seals and pour out the shavings. Place the bag outside you stall and we’ll gather them up in the morning’s cleaning.

- 10,000 bags = 2,500 pounds not sent to the landfill.
- When you add up the oil for the materials, the energy costs to produce, and shipping, those 10,000 bags reused saved the earth more than \$4,000.



By Echo Casale

A time comes in every Dressage rider’s life to move up to the next level. After riding First Level at the State Championship in October, my trainer, Jennifer Reynen said “No more First level.” I could no longer post to lengthen the trot and sit crooked at the canter. And so the journey begins.

With my trainer, I signed up for the Leslie Webb Clinic put on by the San Juan Capistrano Chapter at Sycamore Trails Stables in November 2010. Lesley Webb won Horse of the Year at first level and it was an honor to get some tips from her. The most impressive thing I learned was how important my shoulders are in balancing the horse. She had several exercises to help me at home to adapt to the new movements.

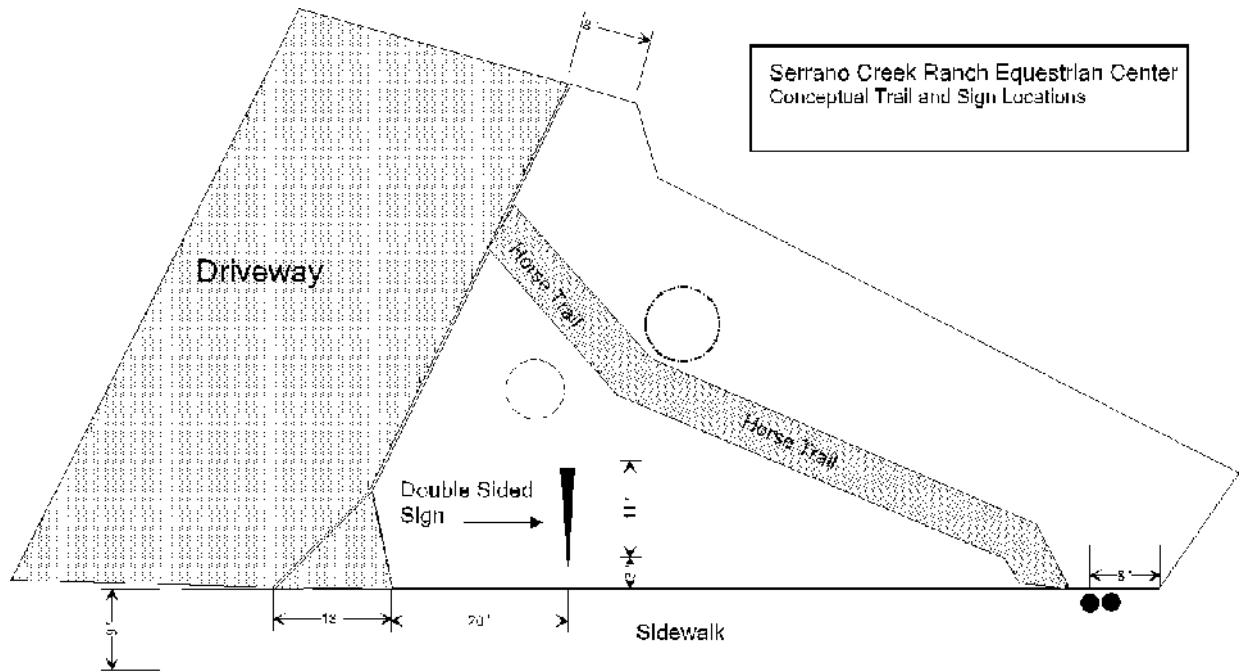
Next stop, I audited the Ride with Jan Curtis Clinic also put on by the San Juan Capistrano Chapter at Sycamore Trails Stables. I audited Saturday and Sunday. She called the scores as the riders rode their test of choice. She also gave some valuable insights as to the judging of the new 2011 tests. I also learned you can ride the movements and perform the test.

But that’s not what it’s all about. It’s about how you ride for the improvements of the gaits and carriage of the horse. And the biomechanics of both the horse and rider. My favorite word I walked away with was *expressive*. I will make my horse more *expressive*. I think of that every time I ride.

This was a great part of my success to help me achieve the goal to jump to second level. Thanks to the San Juan Capistrano Chapter and my regular trainer Jennifer Reynen.

Starting in the next few months, the city will be re-landscaping Trabuco Road. As part of the street frontage, the stable will be re-landscaping its entrance as well once the street improvements have been finished. A new sign

will be installed and the trail from the stable to the bridge will be re-routed. Rather than going straight to the street, the trail will now go diagonally, thus reducing the amount of "sidewalk" time. See map below.



Quietly, the IT department of SCR has upgraded the computer systems and accounting program over the previous few months. With these upgrades, we are able to improve our electronic communications.

Lauren Cirignano, working under Leslie Thomson, will be holding summer camps in August. For more information contact Lauren at 949-584-4393.

When you contact the office for maintenance issues, a work order will be generated and a copy will be emailed to you. Since much of today's communication is email / voicemail based, this emailed copy is verification that your request was received and inputted into the system. When the work has been finished, a completed work order will be emailed to you that all is done. If the issue was not resolved to your satisfaction, we can further address the issue.

Lastly, we must adjust the timothy and orchard prices to reflect the increases that were discussed ad infinitum, in the recent issues. Effective July 2nd, 2011 (after the July billing has been posted) rates will be as follows for any feed changes and or new boarders:

Along those same lines, when you place an order with the store, an invoice will be generated and emailed. This will let you know that your order was received and fulfilled. If you wish, you may save these invoices and compare them to the accounting in the monthly statement. There is no need to pay each generated invoice; these are for communication purposes only.

	<u>1/4</u>	<u>1/2</u>	<u>Full</u>
Orchard	\$26	\$48	\$78
Timothy	30	56	92

Yoga
at Serrano Creek Ranch
with Janet O'Faolain R.Y.T 500
Wednesdays 6:30-7:30pm
8 week summer session



What is yoga? Yoga is a time honored tradition of health and mental well-being that involves intention, awareness, breath and movement.

Janet O'Faolain has been teaching yoga for over ten years. She holds a master's degree in fine arts in dance and completed an internship in sports medicine at the University of California, Irvine. She studied yoga therapy at Loyola Marymount, the only university program of it's kind in the U.S. Janet teaches anatomy for the Cloud Nine Yoga Teacher Training and is on staff at Yoga Bungalow in San Juan Capistrano. She specializes in helping people set and achieve goals through the practice of yoga.

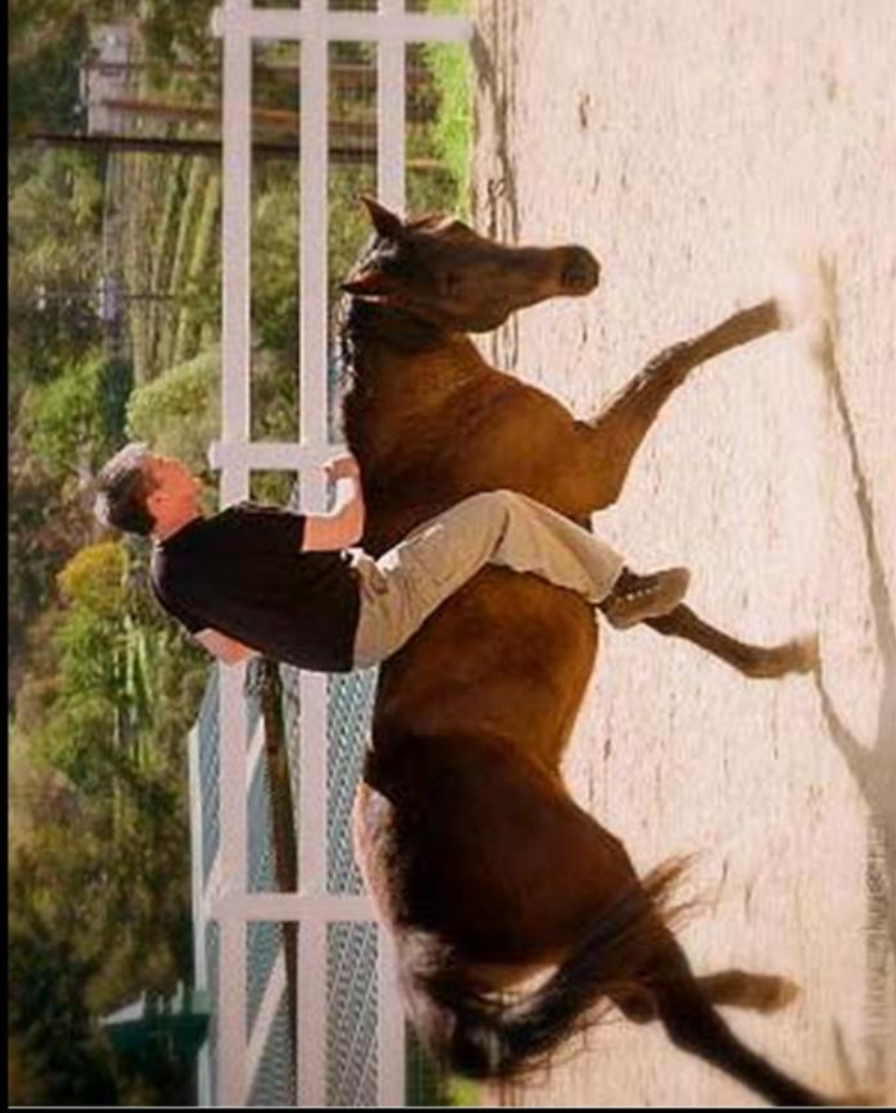
Benefits of yoga practice include:

- Ease of movement in daily activities
- Mental clarity
- Improved sleep
- Positive outlook
- Weight management
- Stress relief

Classes start July 6th through August 24th
\$12 ea. when you purchase the 8 week series
\$15 drop-ins.

Contact Janet for more information (714) 469-0951

Improve Your Riding Skills and Communication with Your Horse Through Enlightened Horsemanship



Robin Shen

specializes in making improvements across disciplines by focusing on cross training in all aspects of horsemanship.

He combines techniques from both Natural Horsemanship and Classical Dressage to take the horse and rider beyond competition and into the natural environment in harmony and partnership.

Robin will be offering one-to-one lessons for \$60 at Serrano Creek Ranch on Sunday, August 14, 2011. Lessons will be tailored to each rider's level and ability. Each rider needs to bring a horse. Space is limited.

If you are interested, please contact Rhonda Folsom at rhondafolsom@cox.net or 949.690.9104.

*At its finest, Horse and Rider are joined,
Not by tack, but by Trust.*

TheEnlightenedHorseman.tumblr.com
www.robinshen.com

