



Sugar Hill Spotlight



February, 2011 CELEBRATING OUR 10TH YEAR IN BUSINESS!

Hello Everyone!

It seems like months since I last wrote to fill you in on what is happening here at the farm! But the sun is shining today, so I thought it a perfect backdrop against which to share all the news!

On a sad note, I must tell you that we lost our dearest American Saddlebred mare Maggie, and thus her unborn foal, just after the first of the year. The sun today reminded me of that time. Maggie endured some increasingly difficult days, suffering seizures, until the frequency and severity of those incidents moved us to ease her pain. As ever the watchful matriarch, Maggie was a grand dam through the end. She chose the two sunniest days and thus a suitable environment to enable us to make timely and appropriate decisions on her behalf. Shortly after we buried Maggie under thick and still green grass, the snow began again-quite heavily and you couldn't see across the laneways! Maggie was astoundingly beautiful in death which caused a number of us to imagine her as she must have been in her younger years. I am very grateful that Maggie spent her final year with us and was able to give us such a fabulous foal which is Callie! I am honored to have owned her and will miss her, but will always remember her especially on the sunny days!

On a lighter topic, Sugar Hill Farm is pleased to welcome our newest riding lesson instructor! Andrea Schinsing brings years of experience with various breeds and disciplines. She has started and coached junior and young riders as well as having personally bred and shown her own horses to regional and national awards. Her previous work has taken her to Florida and Pennsylvania, where she gained her Instructor Certification, in addition to well respected farms within New York State. Andrea's other talents will complement the ongoing ef-

orts to improve Sugar Hill Farms current lesson programs and in the future, additional offerings in various disciplines. Please stay tuned because things are getting even more exciting!

Andrea's arrival, part-time for now, will enable Tara to re-focus her energies on more progressive and pro-active care and treatments for all the horses at SHF. Though she will continue to teach a few clients, the scheduling of multiple veterinarians, chiropractors and the farriers now tending to our horses often becomes quite complicated. Tara's attention to these details will bring multiple benefits to the farm. First and foremost is what her role will bring to the well-being of all the horses in our care. There will be less disruption to the farm routine, improved communication among the staff as well as allow Tara to more effectively manage the many tasks required when addressing the needs of 30 or more horses.

The majority of the staff will participate in lesson instruction from either Andrea or Chad, providing them the same foundation and structure that is taught to the rest of our lesson students. This will strengthen the riding skills of each individual and foster understanding of our horses training and programs and how that translates into developing marketable animals for a variety of disciplines. Identifying proper conformation and appropriate muscle development of our young foals can be valuable in educating our eyes to recognize the strengths a particular horse possesses. Hopefully these skills can help us identify a horse's associated conformation that spells the ability for doing well in a given discipline. This approach will benefit the horses, the farm and the staff as a team. We are making a conscious effort to do our very best for the horses as well as for ourselves.

January seemed a rather long month,



BODY CONDITIONING CLASS

Instructor: Eran Hanlon

Date: Saturday, March 19th

Time: 1 to 2 PM

Place: 2nd floor at SHF

Cost: \$12 per person, cash or personal check made to Eran

Limited to 6 participants

What to wear or bring?

Comfortable clothing that allows you to move freely (e.g. sweat/yoga pants, short-sleeved shirt, layers of other exercise clothing in case you get cold, warm socks)

Bring water and a yoga mat if you have one.

Please RSVP by March 13th to Eran at:

eran.hanlon@hotmail.com

Include in your email a short synopsis of what you might want to focus on in this class, based on feedback from your riding instructor and what you know about your own body.

If you have any injuries or significant limitations, please include that information as well. Let Eran know if you have extra yoga mat that you would be willing to bring with you.

given the cold and difficult weather here, but there is still more excitement on the horizon! I am pleased to announce a new endeavor Sugar Hill Farm is offering its friends and family! Rather than a program aimed at the younger riders, ladies, mark your calendars for March 19th. I am pleased to announce that Eran Hanlon, MSW, MFA* will be holding a "Body Conditioning Class for the Rider" @ Sugar Hill Farm! This one hour class (from 1-2 pm) will introduce some fundamental exercises based in yoga, Pilates, and dance technique focusing on increased strength and flexibility as it pertains to the physical mobility and stability of in-training riders.

Eran recently relocated to Rochester after completing his MFA (Master of Fine Arts) in dance from The Ohio State University. He has danced professionally for the past ten years with many dance artists and currently performs with the local dance company Biodance. He has served as an adjunct faculty member of dance at Dartmouth College and OSU and is now a freelance choreographer and instructor. Eran is also a licensed massage therapist and Reiki master and is offering this class as a complement to our efforts to provide well-rounded and beneficial opportunities for our riders. We feel this is a perfect option to ready our bodies for the upcoming Dressage clinic too. Spring will be just around the corner at that point, and our outdoor arena will be calling to us! Please take a moment and make note of the information contained in the side bar for more details about the class and contact info for Eran.

Early in January, Sugar Hill celebrated the holiday season by hosting a bowling party! Staff, family, friends and clients gathered for a few hours of socializing while attempting to find fun amidst the frustration of knocking down those pins! Everything was provided, shoes, bowling ball, food, soft-drinks and two games of bowling. But the best part was the opportunity to get to know one another a little better while learning to laugh at ourselves! There definitely was a bit of competition amongst the staff!

Two of our youth riders have begun the New Year with new focus and goals too! Jessie has teamed with Takara and Gabrielle with Karrin. These young ladies expressed interest in leasing the horses on which they received their weekly lessons. The time and attention these girls give to "their girls" will certainly pay off when show season begins later this year. Jessie and Gabrielle have devoted their time to additional practice rides each week

in order to improve their riding. I recognize the dedication these girls show in order to achieve their set goals. We wish them much success and plan to be there cheering them on from the sidelines! We'll keep you posted so that you can join us and lend your support. It will be a family outing not to be missed!

Since Takara and Karrin are two of our newest lesson horses, I'd say this is a perfect time to tell you about them! Both mares are now technically grey, but Karrin, who is Purebred Arabian, was Black in color at birth. Now 12 years old, she has already turned white which we term grey. Takara, a Half-Arabian, was born grey in 1997. She is Half-Arabian because the dam side of her pedigree is all Half-Arabians for five generations back to a mare named Black Beauty. Her color is more "flea-bitten" due to all her little spots or flecks. Which color do you prefer? Since they are stalled side-by-side, take a peek to see if you can tell the difference!

In closing, I would like to say a special "Thank you" to someone I omitted to name the last time I sent a message. Matthew Z. has been 'with' us in many ways, for a number of years. I can't imagine how I overlooked someone who has always been there to lend a hand when needed, whether it was mucking stalls, jumping on a horse for observation or conditioning, helping us erect or build the latest project or attending a foaling. At one time Matt was a lesson student, thus many of us have watched him grow and mature. And I mean grow taller, and taller! He brought well-earned show ribbons home to the farm too. His talents are numerous and his free time very precious these days so we don't get to see him as much as we used to. Thank you Matthew for all you've done for SHF. Even though we don't see you often, we know you will excel at whatever you put your mind to, and we wish you much success!

Our Spring Dressage Clinic is scheduled for April 15-17 with David de Wispelaere from Belgium. Brochures will be available shortly, but if you need more info now, please contact Chad at 585-721-7936 or online at cebasile@aol.com

I've taken a lot of your time this month. Thanks for reading to the very end. I hope you enjoy the many aspects of the excitement we enjoy here daily...at Sugar Hill Farm. Until next time...

Betsy