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Newsletter

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Dear Friends...

As we enter this New Year, it's exciting to think of all the new experiences that await us, especially with our horses!

So many people say to me that their horse is their 'therapy' and that deepening their connection with this very special animal is one of the most rewarding experiences imaginable.

Moving into a whole new year of possibilities, let's think about what's possible with our horses... more confidence, more fun, more challenge, greater performance, more willingness, new experiences... whatever it is for you, it's my greatest wish for you when I say, Happy New Year and all that it brings for you and your horse.

- Karen

Instantly Improve Balance!

I have to tease people a little when they walk up to me and explain they suffer from having poor balance. Not to disagree, but I like to point out that I haven't seen them fall down once since we've been talking!

What people are really describing is that they have not yet developed the kind of seated balance they need to stay in the middle of the back of a 1200 lb prey animal that can instantly go in a direction and at a speed that can take us completely by surprise!

There are lots of exercises to develop seated balance - riding bareback or without stirrups - but one tool I don't think gets enough emphasis is riding chaps and chinks.

There are many designs for various uses, even leather or suede patches

on breeches, but all are designed for one thing - to provide the ideal 'tackiness' needed to stay in the saddle!

Many people have the impression that chaps are worn to protect the outer leg from brush or to add warmth. This is true, but even when riding in open country or on a warm day... you'll not see me horseback without wearing some form of leather between me and the saddle.

(Be careful of the synthetic

saddles as the fabric material on the seat, flaps or fenders requires much more grip from our legs, even if it's textured.)

Everyone feels a little silly when you first wear this kind of gear, but you soon get over it when the horse under you makes an unexpected move and you feel a newfound confidence in your seat from the ideal tackiness of leather on leather.

Just look around - you'll see either people who wouldn't ride without them or the people who have such incredible balance (or youth) that they don't see the need.

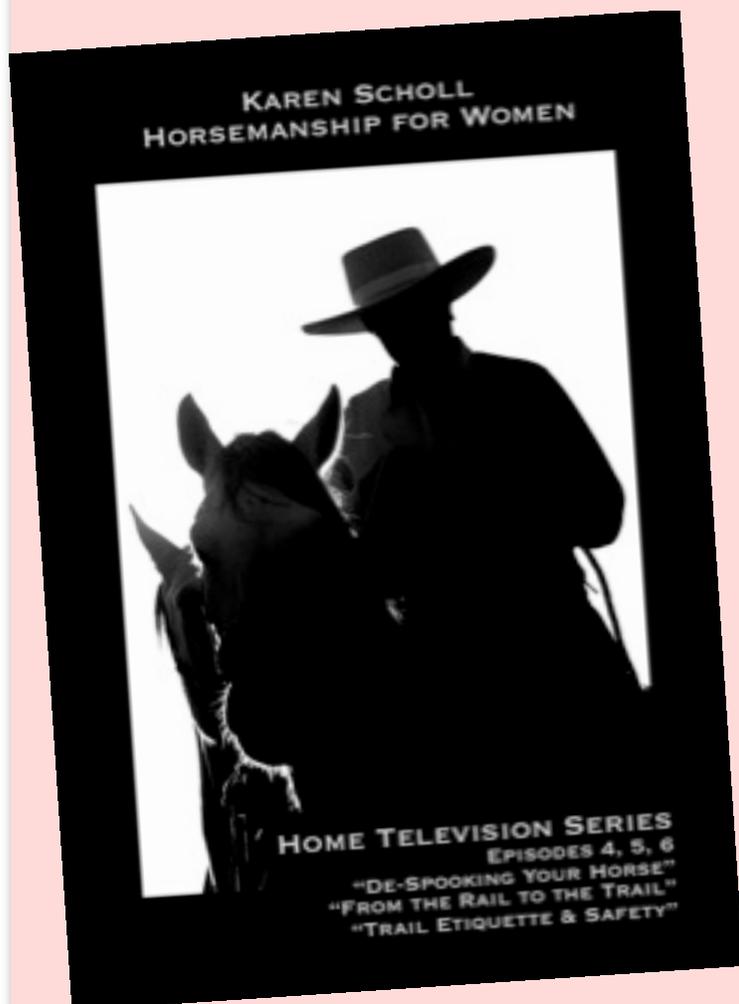
It's for you to decide, but for me I want every advantage to staying above my horse when riding!

Feel the instant improvement in your balance - try riding with some leather on your legs!



Enjoy the Show!!

All 12 episodes of *Horsemanship For Women* currently airing on Dish Network are in production so you'll soon be able to add them to your video library!



With no current plans for University House Channel to expand their programming to include other networks (we tried), this is in response to all of you who expressed the frustration that you were unable to benefit from the specific topics these shows offer.

The full set of 12 is always the best deal, but they're also available in sets of three (three episodes per DVD).

As always, you can catch these topics on Dish Network, Channel 9411, but if you're on another network or would like to have these shows for your own study, this is a simple and affordable

way to add these following subjects to your horse video library.

Titles include:

- Elements of Leadership
- De-Spooking Your Horse
- Finding the Ideal Horse
- Bubble of Comfort
- Commonly Misunderstood Techniques
- Introduction to Ranch Roping (3 Parts)
- Safe Saddling (2 Parts)
- From the Rail to the Trail
- Trail Etiquette & Safety

Individual DVD's with three shows are available for \$29.95 - that's reasonable at only \$10 per show, compared to other educators charging \$19.95 for ONE 30-minute show! Look on the web site for topic groupings.

The complete set of 12 episodes on four DVD's is available for the limited pre-production price of only \$99.95.

That's an additional savings of \$20!

Order now to be the first to receive these new videos as soon as they get in from our production house!

We're so glad to be able to now offer the shows so many people have enjoyed this past year, and with many more to come!

Enjoy the show!



Canadian Horse Breeders & Owners Conference

When I was invited to speak at the Canadian Horse Breeders & Owners Conference in Red Deer, Alberta, I really didn't know what to expect.

Speaking engagements are far from new for me at this stage, but when I was asked to capture my lecture in written notes that would be included in the Conference materials for attendees, the format intrigued me.

The entire weekend could not have been more delightful.

This Conference has been held for more than 27 years and a very hard-working/fun-loving board of directors has created one of the most highly educational formats I've ever been privileged to be included with.

Top competitors, breeders, and Vets shared a compelling variety of topics to crowds pouring into the cavernous meeting halls.

Supported by visuals, video and top quality audio, every presentation I experienced was clear, detailed and extremely valuable... from the numbers showing the trends in the cutting

industry to very subtle lameness challenges, to the quieting and calming value of yoga with horses.

What I really enjoyed was attending lectures on topics that I might not have otherwise sought out, but found not only interesting but downright valuable!



Karen receiving a speaker appreciation pin from colleague Dee Butterfield

Saturday evening was quite memorable with attendees, speakers and board members all enjoying a night of stick horse racing, music and tempting deserts.

The opportunity for everyone to mix and visit brings horse people of every interest together. Though I visit with folks from every corner of the horse industry at my clinics and horse expos,

when do they get to visit enough to get to know each other?!

I believe that now more than ever the many factions of our industry must find a way to drop the barriers between interests and realize the similarities are greater than any differences, especially when it comes to the issues facing our industry today.

You may want to consider looking for something that seems completely outside of your area of interest, and *go see what it's about!*

Even if it's nothing you're interested in, the simple act of looking outside the familiar is of benefit to the horse and to ourselves.

And who knows... you may just find a new appreciation for something really special you would not have otherwise experienced.

A special thanks goes out to my new Canadian friends!! The value of what you're doing is evidenced by the genuine enthusiasm of all your attendees, your board and very special speakers. (Almost every attendee I met had been to this Conference multiple years!)

Here's to another 27 years of education!

2010 Events Schedule

- AZ, Camp Verde
- AZ, Bumblebee
- AZ, Tucson
- CO, Durango
- CO, Grand Junction
- CO, Lake George
- CO, Snowmass
- CT, Somers
- IN, Shirley
- KS, Spring Hill
- MT, Sheridan
- NV, Boulder City
- NY, Round Top
- NY, Long Island
- OH, Port Clinton
- OR, Sisters

The 2010 events are well underway!!

If you're still not seeing a clinic in your area, don't hesitate to visit with our Events Team! They can give you some great ideas how to get a clinic in your area, even connecting you with others also hoping for a clinic in your area, or at least nearby!

If you don't see a way to get the help you need from a live clinic, don't wait! Access the same information from my educational video series.

There are six in the current series, and even though there's almost eight hours of in-depth education, it still can't replace a full three-days in a clinic with someone who can step in when you're having a little trouble.

Either way - live or on video - I'm always glad to help!

You Go, Girl!!

I love hearing how folks have been helped by the knowledge I share with them. As you will see from this special testimonial, it may have been the initial interaction I had with her horse that shifted her idea of what's possible, but it's really her ongoing effort that has made the ultimate difference with her and Schnapps! Nice job, Vicky!



Received via email:

"I attended Equine Affaire (Pomona, CA) in 2009 to take part in another clinician's demonstration. This was a very brave thing, as my Haflinger gelding has a terrible problem with pulling away under lead. There were not enough stud chains to stop him when he decided he wanted to go. It took 3 security

men, my strong husband and a handful of carrots to get him to the main arena safely.

After the clinic was over, I met Karen. She asked to use Schnapps for her next demonstration. "Have a great time," I thought to myself. Schnapps had other ideas, he bolted right down the corridor of the

Fairplex toward the barns. We caught him and brought him back, just in time for Karen to take over. In the matter of 45 minutes, my horse had a completely different mindset than I'd seen in the 3 years I owned him. I was so amazed I started crying. She very clearly showed us how to gain control and was able to not only demonstrate but also put it in a manner that was applicable to the "non-clinician" like myself. And what was more amazing, when I practiced what she'd taught me, it really worked.

To this day, Schnapps is a better horse for it. This one day with Karen repaired a long history of bad behavior.

Thank you so much for the difference you made in our lives."

- Vicky B. & Schnapps, CA

Thanks so much for all of you who have taken a moment to share your experiences! Your amazing stories, like Vicky & Schnapps, help inspire others who may have resigned themselves to living with behaviors because they don't know it can be any other way. I'm very glad to be able to help - it's why I do this! - Karen

This N That

When I come across something that really works, I can't help but tell people about it! If you're like me, you've tried every kind of hand cream, lotion, udder balm, etc. you can find... over decades!

I recently noticed my hands were getting that kind of character seen on hard-working horsemen's hands.



Though I have great admiration for those horsemen whose hands I've studied intently, I really would like to delay that weather-worn look for as long as possible!! Even my husband

commented on it when taking promotional photos of equipment I was holding - now that's getting bad!

Right about then I came across something at a booth at the Arizona Festival of Horses that has actually done what it says!! I use it first thing in the morning and last thing at night without any mid-day applications, as recommended, and my hands are loving it!

I don't sell it, nor do I want to become a distributor as much as I like it, but if you're in the same situation I'm in - no time for primping, just hard working hands that are getting old before their time - give it a try!

Their website shares many other uses. It's not inexpensive, but I've tried equally expensive products that just don't work. If you'll try it, you'll see why I bother telling people, especially horse people!

www.corium21fordryskin.com

The other very helpful thing isn't a product, but knowledge. After a year of trouble with my voice, I finally had a ENT Dr. diagnose my problem as stemming from acid reflux - which he said I wouldn't believe. I tried the prescribed Pepcid AC and sure enough, the sometimes severe pain in my throat subsided.

Losing my voice would be a tremendous impact to my profession, but being harnessed with having to take a medication for the rest of my life (which says on the packaging not to take for longer than 30 days), was not something for me either!

Faced with a lifetime of meds, I searched the internet for an alternative. If you or someone you know suffers from this, have them go onto www.refluxremedy.com.

I switched from the meds to this remedy and I NO LONGER HAVE ACID REFLUX! Again, something I feel compelled to share with those faced with the same situation.