

Upcoming Events

-December 30 – American Donkey & Mule Soc. Meeting

Clubhouse / 11:00 am

-January 9 (tent.) – Board Meeting

Clubhouse / 7:00 pm

Holiday Giving Through The Brooke Hospital for Animals



This holiday season consider donating to a worthwhile equestrian related charity!

The Brooke Hospital for Animals relieves the suffering of horses, donkeys and mules working for poor people in the developing world. Our dedicated local vets and their teams provide free care, education and training in the heart of the communities we serve in Egypt, India, Jordan and Pakistan. Our aim is to reach millions of working horses and donkeys suffering

from pain and distress wherever the need is greatest with our proven, sustainable solutions. We will achieve this by forging partnerships and sharing these solutions with local organisations, helping poor communities around the world that are dependent upon working equine animals.

Looking for the perfect gift for the horse or animal lover? What better gift is there than knowing that your money is helping animals in need?

Through Brooks \$30 can pay for an animal's feed for one month and \$40 pays for post-natal care for a mother and foal or a portable water trough. There are gifts for every budget. When purchasing one of these gifts in someone's name, they'll receive a lovely card telling them just what has been donated in their honor.

Make your holiday gifts this year help the world to be a better place for the equines we love. www.thebrooke.org

American Donkey & Mule Society to Stay at RBR for the Rose Parade

A group of seven mules and one jack donkey will be staying at RBR from December 27th until around January 2nd. The owner's will take care of all feeding and stall cleaning during their stay. Several of the owners will be staying on the property in their RV's as usual. They will be the 89th group out of 97 entries in this year's 118th Tournament of Roses Parade! The group will be staging a trail ride out of RBR on December 30th and afterwards will have a meeting in the clubhouse. Thank you for making these long-ears and their owners to feel welcome!

Pilates for Equestrians Class Coming to RBR

RBR member and boarder Grete Gryzwana will be teaching a Pilates class at RBR! Grete is an experienced dance performer, teacher and choreographer. In 1999, Grete received her Pilates training and certification from Joseph Pilates protégé, Romana Krysanowska. Since then, Grete has been an in demand Pilates trainer to celebrities, athletes, and performing artists. As lifelong equestrian, Grete understands the benefits of Pilates for riders and their horses.

Though this class is geared towards equestrians, *anyone* can benefit from the Pilates methods whether you ride or not! Classes will take place on Monday evenings. Fees, exact times and more will be posted soon!

A bit about the class...The practice of the Pilates Method strengthens and supple the entire body. Focusing on the muscles of the abdomen, back, hips, and thighs, Pilates stabilizes the torso and then works the arms legs and head in relation to that stability. Each exercise has a purpose, goal and a dynamic. Riders will develop increased strength, flexibility, coordination, balance, control and awareness of their entire bodies. All this adds up to a more balanced seat, greater control and strength in the arms and legs and a more supple body to follow and respond to your horse's movements.

The classes will be Pilates mat work. Mastering the mat exercises is the ultimate goal of the Pilates Method; strength and control with out the aid of any apparatus! Each class meeting we will expand the challenges. As you progress with Pilates, you will do more exercises and increase your pace instead of repetitions. It's fun, challenging and great for your mind and body.

Girl Scouts Earn Their Bronze Award at RBR

You might have noticed a group of industrious girls hard at work with their moms and dads last weekend, around the barn and in the Enchanted Forest. This was local Girl Scout Troop 493, installing bird nesting boxes as part of their Bronze Award project. The nesting boxes were built specifically for our population of Western Bluebirds (you may have seen them around the upper arena starting in January through the spring months) and the Oak Titmouse, common to southern California oak forests. Both are cavity-nesters. After installing the nesting boxes, the girls will next re-landscape the area immediately surrounding the nesting boxes, with California native grasses and spring wildflowers, to provide nesting material and food for the bluebirds and titmouse. The girls will also be monitoring the boxes as the birds (hopefully) begin nesting, so be sure to let Sue Lafferty and Susie Brown, who are coordinating the project for RBR, know if you see any of the birds moving in! Their nesting season begins in January.



Next Horsemanship 101 class scheduled

With the first class such a success, we have been eagerly awaiting the second session of Horsemanship 101! The classes will again take place on Sunday afternoons from 1:00 – 3:00 pm. The next session will run February 4th, 11th, 18th and 25th. Alexis Young, the class's instructor and new RBR boarder is looking for safe, reliable horses to be used in the classes. Horses may be used for brushing, hoof-picking, haltering, leading, tacking up and other non-riding activities. If you think your horse would be a willing and patient candidate, Call Alexis at (323) 478-0236.

Thank you!!

Thank you to the following people for their work around the barn!

- o Thanks to Fly Manglicmot for lending his truck and helping to set up our newly completed dressage court! Thanks also to Darcy Williams, Sally Sandor, Susie Brown, Connie Flanders and Joy Rittenhouse and Cric Dupuis with the help of their golf cart for dismantling the court at the end of the week!
- o Sally Sandor – Ray Hunt clinic preparations.
- o John Flanders – Repairing tires on the flatbed trailer and fixing the gates on the MACH 1 barn.
- o Connie Flanders – Arena dragging and sweeping the feed room.
- o Rebecca Roberson – Cleaning the tack room sink and washing the hand towels.
- o Darcy – Sweeping the feed room and compiling the volunteer hours records.
- o Patty Sue Jones – Changing light bulbs and watering patio plants.
- o Grete Gryzwana – Watering hanging plants and cleaning tack room sink.

Reminders

- o Please update your horse's stall chart regularly!! Many are outdated with incorrect information or are faded and illegible.
- o All fees for Vitalio and Betsy are due on the 1st of each month. Checks may be mailed to their home addresses or pinned on the board above the phone or by the tack rooms.
- o If you bring your dog to RBR, please be sure to clean up after it. Several members have had the unfortunate task of picking "you know what" out of their horses hooves...It's no picnic!

New Boarder

Please welcome new boarder Alexis Young and her horse Chester. Chester is a chestnut appendix quarter gelding. He is half-leased by the Thomas family and will be used for some lessons and for Horsemanship 101 classes. Thank you for helping them to feel welcome!

Arenas

Thank you to Terry Williams for teaching Alexis Young and Greg Hedrick to use the big tractor! The three of them leveled the jumping arena last Tuesday. We appreciate the beautiful footing!

