



Barnside



Fall has to be one of the most beautiful seasons on the farm. The trees are incredible, the air is crisp and the horses are no longer swishing their tails. It's been great getting out on the trails. For me to ride in the woods is all about enjoying the smells and the sound of the crunching leaves underfoot.

I have been getting a lot of riding in lately. Dreamer, a five year old quarter horse, is my newest project and I couldn't be having more fun. He is so sweet, confident and has a ton of personality. The other day

despite the strong wind, the leaves blowing, he continued into the woods and was fabulous the entire ride. He is really proving to be a wonderful horse.

The year seemed to fly by and we had so many wonderful opportunities to grow as a rider, and as a person, as well as enjoying many social activities. I was thrilled to see how many people took advantage and saw incredible results. What is always wonderful to hear is the comments from clinicians and others that visit our farm. They mention camaraderie, the sharing of ideas, the helpfulness, and the feeling of team from everyone at the barn. We are continually told about how responsive and well mannered our horses are, how

interested our clients are to learn and the fact that we are all so committed in doing the best for the horse. I am proud to know that we stand out as being an exceptional stable by professionals and clinicians who have the opportunity to experience many different facilities. I would like to thank all of you who are a part of Lakefield for making it the wonderful place it is. You are all very special.

We are excited about the opportunities that we have planned for the coming year. In the meantime, we will continue to take advantage of this mild weather we have been having!

See you barnside!

Rosanne

Special points of interest:

- DANDY AND JOE LEASE OPPORTUNITIES
- WINTER BREAK FUN ACTIVITIES
- CLINIC SUCCESS STORIES
- BOARDING AND LESSON AVAILABILITY
- GIFT CERTIFICATES

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Star out of the Box



Twinkle, Star, and Rosemary

From time-to-time, Star has answered letters from various horses and humans. Here is

one she received in early December and one she received in late September:

Dear Star,

It's me, Twink, and I have a question. Are you ok? I read on your white board that you have a "drinking problem," but I don't understand. I see you drinking from our wa-

terer every day and I also see you drinking from the waterer outside and you don't seem to have a problem, what gives? I also read something on the chalk board (more than once) that said you were a "lush," but I don't know what that means. What is going on?

*Your daughter,
Twinkle*

Star-Out of the Box (continued)



Star

WAS BLUE
IMPERSONATING
APOLLO?

Dear Twink,

I'm glad to know you care. I am fine. Some of your human friends are playing a joke--making it look like I am a member of the Ladies of Lakefield who imbibe (quite frequently) in alcoholic beverages. Don't you worry, I leave the imbibing to humans, and I know several lawyers who will be suing the chaps off the LoL. LOL.

Your mother,
Star

Dear Star,

Over the years I have been a very good sport about many things. I allowed your baby to nurse on me, though I was not, and am still not, equipped for such service. I have taken very young geldings under my tutelage. (Though in recent years, I confess to trusting few horses under age 20) I do not alarm easily, except when being ridden, just because it is still fun to remind Her that I am a BIG HORSE! Recently however, I did have cause for worry with human guardians and their own aging process. I was out eating hay, minding my own business, when a lovely Blond, chatting away with another lovely Blond, grabbed me from the paddock and brought me in. Knowing

that Blonds historically and empirically mean all good things I readily got haltered and followed. The Blond groomed me while chatting away, picked my feet, talked of her day ahead. So far, so good. In typical fashion, I did some funky stuff with my hind legs, balancing on just one, which was something I learned in the circus. At this juncture, the Blond looked at me oddly, and said, "Hmm.I've never seen him do that before!". What do you mean, I do this all the time, I thought. Then she looked at my front foot, which I had placed pointed out, ballerina style. She said, outloud, "What is up with THAT?". Now some others came by, and pointed out hysterically that all of the white markings had suddenly disappeared from my front foot! Keep in mind dear Star, that I do not have white markings on any feet. Then I heard a scream! "OH MY GOD, THIS ISN'T APOLLO!!". Well, I could have told you that! And WHOA there, ladies I have ZERO interest in standing in for Apollo's VET appointment which undoubtedly means bad smells from strange buckets. ARE YOU PEOPLE INSANE? Apollo and I have been on this farm for 15 years and you can't tell us apart!!!! I refuse to be

charged with impersonating another horse! Star, send me your attorney. I hear she's Blond, but that's okay. Signed,

BLUE MOON.

PS If any young colts on the farm need castration, would y'all please be certain you have the right horse. I can't trust anyone.

Dear Blue,

Not to worry—humans are insane—my lawyers (I have a team) will be in contact. My human used to mistake me for a chestnut Missouri Fox Trotter, even with other humans screaming to her that I was a Bay. Someone once returned another mare to my pasture thinking it was me. She was chased unmercifully by two other horses until my human (with her only grain of common sense) alerted Don of the ongoing crisis. It was long ago and that horse hasn't been here for a number of years, but I still remember. Keep the faith—it was a minor mistake—at least there were no shots involved. OUCH!!

Star

Winter Break Fun Opportunity!

While the kids are on December break, give them an experience they will remember!

December 28th, 29th, 30th, and 31st

1 p.m. to 5 p.m.

Open to All Levels of Riders!! Our Barn days are filled with Horse Lover's Dreams

Includes: a group ground working lesson, hands on grooming and tacking, ride time (**even bareback**), feeding and care of horses, barn safety, a variety of fun horse crafts, horse games and much more!

Sign up for one or all days!

\$80 per day or \$200 for all 4 days

Call Today or e-mail today!! 262-227-6047 or albers.synergiequine@gmail.com

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What a great holiday gift to
give to your child!

Synergy Equine Show Team Recap

It was another successful year for the Synergy Equine Show Team on the Wisconsin Hunter Jumper Association (WHJA) local circuit.

Members of the team this year included: Madi and Twinkle, Kimmie and Mae, Charlotte and Daisy, Cheryl and Husky, Lisa and Drifter, and Sydney and Meghan both riding Huckleberry.

Overall the team had a great season, bringing home several Champion, Reserve Champion and blue ribbons! Standouts for the year included Twinkle, who ended up in 3rd place overall in the Long Stirrup Hunter division; Madi who was third overall in the Long Stirrup Equitation division;

and Lisa who ended up tied for 2nd in the Limit Medal for the year.

The team went to three WHJA shows and a schooling show this year. Fun was had by all, and everyone made a lot of progress in their relationships with their horses over the season.

A big thank you to Leanne for all her hard work this year!

Lisa Lach



LEANNE ALBERS
OF SYNERGY
EQUINE TRAINING
AT LAKEFIELD
FARM LED THE
SHOW TEAM TO
A SUCCESSFUL
YEAR!

Dandy—The Perfect Gentleman For Lease

Dandy is the perfect child's beginner horse. He is the sweetest guy and loves attention. Dandy has given lessons and taken children to shows for many years and is ready to collect some ribbons for your child. Dandy will teach your child and build confidence. When you lease a horse, your child not only gets to ride but

your child will have opportunity to spend hours with the horse and experience what it is to care for a horse.

Don't miss this great experience! Call Leanne today at 262-227-6047 or e-mail: albers.synergiequine@gmail.com



Dandy with a young rider cantering

A Non-Horsey Husband Speaks Out... And All in Good Fun—

Because having been introduced into the “horse culture” by Cheryl two years ago, I have come to understand many things about the equine world, and more importantly, about the people who ride these LARGE four legged creatures.

I have learned that owning a horse is NOT a hobby, it is a lifestyle that becomes all consuming, involving all your day-to-day activities (riding, vet visits, lessons/clinics, farrier visits, treating Husky’s eye, team rides, trail rides, competitions, more vet visits, practice, and more practice...then Ladies of Lakefield).

“Bill, I can’t go out to dinner because Monday, Thursday and Saturday are my team rides, lessons and flatwork days at the barn, but you can go out with the guys if you like”.

“You can play golf Saturday and Sunday, because I will be at the barn with Husky until at least 3 pm, we need the practice, and I need to be there.”

It is also a financial commitment that slowly begins to invade and supersede all other financial needs, “we can eat your salads or stir fry for dinner for a week because Husky needs joint supplements.” I don’t get joint supplements and Husky does? Go figure.

After driving home from the barn one Saturday after a Brent Graef Clinic, with dirt in my shoes, sunburn on my face, and bags under my eyes from being up early (“Got to get to the barn early before the lesson to tack up, clean tack, watch someone’s lesson, audit, etc.”), it finally dawned on me.....**I am married to an addict!!**

**“I’M MARRIED TO
AN ADDICT!”
SHE TELLS ME I
CAN PLAY GOLF
ALL DAY
SATURDAY AND
SUNDAY!**

As this realization slowly crept through my barely functioning brain, I felt the color drain from my sunburned face, horse addiction is real and I am living in the middle of it. Suddenly a bulb lit up in my head like the light in the dark tack room as I connected the pieces. This addiction dictates your schedule, your social circles, and your finances. And here is the worse news...there is NO cure!!

Here are a few pieces of evidence:

Friends

As with most addicts, horse addicts gravitate to other horse addicts and eventually you will realize that your only contact with the outside world is funneled through the skewed lens of addiction. This helps the addicts to justify their behavior by seeing the same behavior mirrored by others who have the same affliction.

All conversations will be about horses, horse related activities such as horse shows, clinics, tack shops, horse gossip, deals at horse shows, vet issues, riding styles, horse temperament that day, what events to do at the next horse show (“I can’t decide between 2’3” or 2’9” and “What did you think about my style/positioning on that last line I rode?”). I have noticed, as with other types of addicts, horse addicts surround themselves with other horse addicts so the conversations seem normal and will treat any conversations about anything else like it’s not important or not relevant at the time. (Me: “Cheryl did you hear the news about Samsung’s Galaxy 7 exploding/fire issues?” Cheryl: “No never heard of it, but Bill did you see the horse photos you took at the last show and how we took the jumps?” This conversation is happening while she is glued to streaming the Rio Olympics Equestrian Horse competitions.



Bill and Cheryl



Lisa, Cheryl and Drifter

Time

Horse addiction will eventually rule your schedule. It starts small.... "Why don't you come to the barn with me this weekend so we can spend quality time together" and eventually escalates to me watching lengthy lessons or practices in 95 degree heat and flies/barn dust everywhere or even worse a dark, COLD winter's evening.

It then moves into any spare time that's not at the barn is spent planning for the barn. What to wear, washing saddle pads, polishing the saddle, cleaning boots, deciding what needs to be loaded into the Jeep, and what not, plans for rearranging her locker in the barn (she now actually needs TWO lockers). It has gotten so bad that some days Cheryl wants to go to the barn just to SEE Husky. Heaven forbid we have really bad weather and she cannot ride outside or get to the barn, period.

Like most addicts will tell you, if you are not using, then you are figuring out when you can use. Same with horse addiction.

Money

In the "adding insult to injury" category, is the money. Riding horses isn't called the "Sport of Kings" because it is regal. It's called that because it is a never-ending money drain and you need to have a small kingdom to support.

And the priorities are these: 1) Horse 2) Horse 3) Horse. For example:

The horse gets all kinds of food goodies and diet reviews regularly. I get what I can get.

The horse gets joint supplements or whatever. My joints creak like a rusty door hinge.

The horse gets new shoes fairly regularly. I have 4 pairs of dress shoes I wear to work that have lasted me over 5 years. I actually walked around with a hole in the bottom of two pairs of those shoes for months and could not walk outside when it rained because my socks would get wet. (I did get both pairs repaired eventually)

Whenever there is a horse need identified, Cheryl moves very quickly to get the need rectified at almost all hours of the day OR night. When it comes to her own issues, like new eye glasses, that can wait for months, maybe a couple of years.

I am relatively confident that the Equine Vet, like most other Vets, is the Devil in human form and we have agreed to give them anything they want in an effort to settle an issue pertaining to the horse's issues (s). (Now in Husky's particular case this is an exception, and money well spent, but his eye issues aside, you get my point?)

But I stay away completely from ALL Vet invoices whether for Husky or the two dogs and two cats. I also feel confident in saying that I am pretty sure we put their kids through at least a few years of college. All of this from my beautiful wife who won't even go to the doctor herself unless she is missing a body part and even then it is a "judgement call".

As you can see, horse addiction is a lesser known, but very real issue faced by a small, select few in society. As the addiction continues to grow, so do the desperate cries from husbands that are directly impacted by this very large and seemingly never ending problem.

Bill Jones



**Cheryl jumping
Husky**

**WHAT EXPENSES
COULD THERE
POSSIBLY BE,
OWNING A
HORSE?**



Koko's and Wendy's Recent Awakening



Wendy and Koko

ALEXANDER
TECHNIQUE IS
HELPING ME
WHICH IN TURN
IS HELPING
KOKO



Kirsten teaching Sally on
Lenci

Like many of us at the barn this summer, I had the privilege to work with Kirsten Nelsen. I missed her first clinic in May but attended June - September. Her influence on both me and Koko has been life-changing. I was thinking a little while ago about how 7 years ago, Labor Day weekend, Koko came up dead lame. It was then that he was diagnosed with ringbone – a degenerative osteoarthritis that affects the pastern joints. Despite lots of advice from very experienced people, including the vet, I decided to sign on the dotted line and commit to keeping him as pain-free as possible for the rest of his life. It's been a journey and I've learned a lot about many different joint supplements, alternative therapies and standard pain killers.

When I had my first lessons in June with Kirsten, we worked only on the ground. At that point, I think it had been roughly a year and a few months since I'd ridden him at all. She got me started working with a long line that we rigged through a piece of twine attached to the saddle. (There's a name for this method, but it escapes me...) This is designed to keep the poll at the right spot and begin to train the horse to get off of the front end and learn balance. She instructed me to walk him like this, against the rail to give him a channel for balance. I did two lessons with her that first weekend – wanting to catch up a little. The second lesson, we were rounding the far end of the indoor and she stated that she thought he could be “re-habbed in about a year”. One tear instantly fell down my cheek and I asked her to repeat what she'd just said. Kirsten said “he'll still have ringbone, but he won't have

any pain”.

Between June and July, I went to work. I got out to the barn as often as I could – sometimes a real challenge with my work schedule – and I walked him and walked him. At first he'd just lean into me and be all over the place, but then we'd experience a moment of lightness and I would be motivated to keep it up. It's important to recognize that a big part of Kirsten's training involves getting our own bodies in balance. She referenced Alexander Technique many times and I have since started working with a local A.M. teacher once a week. It's astounding how subtle the changes are in both my own body and in Koko's, but that's all it takes to get on the right path to balance.

When we worked together in July, Kirsten taught me how to do “in-hand” work, basically riding from the ground. She showed me how to use the reins from the ground to keep his body positioned so that he's work from a balanced place and not fall on his front end, causing him more pain. Again, we worked along the rail, for a channel. I had to work hard on keeping my body in the right position of balance – nearly impossible at time. This was before I started working with my Alexander teacher, and it was all still pretty murky. But we worked....and worked....and the moments of lightness and balance became more frequent.

August came around. Kirsten decided it was time for me to ride. She said I was done with the “training wheels”. Baby steps at first to be sure, but it

was as if we were starting over from scratch. To think that seven years' prior, this horse was basically slated for retirement, or worse, it was very emotional for me to be able to ride and keep him in balance – comfortable, balanced, and SOUND. It was a very good day.

When we worked together in September, we began to focus on the areas of focus for me so that I could continue to keep him balanced and advance with my own balance.

I am so incredibly happy to say that every time I work with Koko now, I ride him. No more of the boring visits where we'd come into the arena, he'd roll, I'd walk him around a bit, and then leave. Many people have told me he seems happier. He's working again. He comes to the gate, nickering, when I go out to get him. We're experimenting with trotting now. Still a way to go...balance goes out the window pretty quickly, but I'm certain that we'll get there.

I am prepared to continue my Alexander Technique lessons every week for as long as it takes for me to be able to live in balance – could potentially take many years. It will be a journey that continues alongside my journey with Koko. We are lucky to have each other – and so lucky to have had the chance to work with Kirsten. I am hoping to visit her in Florida this winter and continue studies and hope that she'll be returning to Lakefield in the Spring to keep us all on the journey to balance.

The Power of Intention

Intention is a word people frequently use, but rarely understand. Personally, I knew intention was important, and would often tell people “I’m trying to do X”, but I didn’t know what it actually meant until recently.

Kirsten Nelsen opened my eyes to the potential of intention during one of our lessons. At some point during the lesson, I became incredibly frustrated with my lack of ability to communicate with my equine partner. After giving us a few exercises that I managed to overthink and Rook managed to evade, Kirsten brought us into the middle of the ring to try something else. “Find his center, and encourage it to come where you want it,” she told me. I was flummoxed. How does one find this mythical center and move it, using only your body and thought? I spent about ten minutes feeling like the ground had just fallen out from under us—nothing I knew about riding was true, and this new idea was obscenely foreign to me. Finally, we had a few strides where I felt like we were beginning to align with each other. “Good, yes, that was a good

stride!” Kirsten told me when we got it. At the end of the lesson, I still was unsure of what had actually occurred, but felt that I had begun to tap into a vault of potential.

A few weeks later, I was lunging Rook and asked him to move out more. *Hind legs, step bigger*, I thought, using my body to convey what I was thinking. As I thought about his hind legs coming under and taking more powerful steps, a strange thing happened. The next stride he took, his hind leg stepped under with more purpose.

Later that day at work I was in my second happy place—behind the espresso bar. As I poured steamed milk into espresso I thought about what had occurred with my horse that morning. While customers seem perfectly happy with hearts on top of their lattes, I’m a perfectionist. The rosetta, which looks like a tree, is a hallmark of the best trained baristas. I traditionally struggle with my bases, which often come out cloudy instead of in sharp contrast to the espresso. Without even working on my technique, I was able to pour a

cleaner rosetta merely because I focused my intention on clean, symmetrical art.

As for my horse and me—I’ve begun to incorporate intentionality into our everyday rides. It is difficult riding without a trainer; however, Kirsten gave me an idea with which to begin. Sitting the trot, doing a shoulder in, making sharp transitions—all have become easier with the power of intention.

Elly Davis

A Chance to Win!

JUMP BUILDING CONTEST

Due March 1st...

Leanne will provide the jump tracks and jump cups. Be creative, and if there are questions please feel free to ask Leanne for types of materials that are good to use.

1st place — \$360 lesson pkg
2nd place—\$270 lesson pkg
3rd place—\$135 lesson pkg
4th place— \$45 lesson

Some recommendations would be to have 3 poles, some filler, gate or panel, and not too heavy.

To Enter: Call Leanne 262-227-6047
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ble of many maneuvers and can teach his rider a lot. He tends to be quite the character and will make you laugh. If you want to work with a horse who is never looking for an argument and just wants to figure out what you want, Joe is your guy.

Call today 262-227-6039 or e-mail:

Rosanne@lakefieldfarm.com





LAKEFIELD FARM NEWS

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Grafton, WI 53024

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E-mail: info@lakefieldfarm.com

Lakefield Farm is owned and operated by Rosanne and Don Korinek since 1986. We pride ourselves in Quality care for the horses and a multi-discipline approach to instructing our students. We have experienced and professional trainers on site as well as we bring in quality clinicians from around the country. Our facility boasts many amenities including large Grass Pastures, Heated Tack Room, Large Indoor and Outdoor Arenas, Wash Stall, Heated Lounge and Rest Room with an Exceptional Staff.

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