HOOFBEATS

Monthly Newsletter from the **Jester Park Equestrian Center**

June 2015 • Issue V

www.polkcountyiowa.gov/equestriancenter

WAYNE CLARK

VOLUNTEER OF THE MONTH

M. Wayne Clark was reading the newspaper on day in 2014 and came across an ad in the paper requesting volunteers for our Therapeutic Horsemanship Program here at JPEC. Wayne has had a passion to serve others, which began years ago back in high school where is volunteering experience started. Since that time, he has grown to train volunteers in other organization and carried out his passion of serving others. When he found the ad requesting help at JPEC, he determined that it may just be a good fit, and Wayne was right. Wayne enjoys connecting with others, brining consistency to the lives of the students he works with and of course, loves how horses can change lives. His favorite THP mount is "Squishy" and her calm demeanor and style of movement. We are so pleased to have Waynes help here at JPEC and very thankful for his passion, his time and his dedication.

JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
----- NO LESSONS -- Certified Horsemans Association Clinic ----						
7	8	Start of Summer Session	10	11	12	13
14	15	16	17	18	19	20 TTR Event!!
21	22	23	24	25	26	27 TTR Event!!
28	29	30				

- **JPEC Sponsored Events**
  - Start of Summer Session
  - Time to Ride Events

See more information on our new exciting program which is free to the public and educational!

Find a detailed calendar of events of all the happenings at JPEC on our facebook page!

"Our riders don't need perfect, they just need possible."

JPEC Therapeutic Horsemanship Program Motto

Summer Schedule

June 9th -- August 12th

Tuesdays and Wednesdays

11am to 8pm

on the hour

Contact Kelsey Freeman for times and availability

Kelsey.Freeman@polkcountyiowa.gov

(515) 999-2818

Kelsey and Freckles are ready for summer - are you?!

Summer time brings out the draft teams and wagons!

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HANDLING THE HEAT

Summer is here! That means warmer, sunny weather and beautiful days to spend at the barn! However, along with beautiful summer days, comes hot summer weather! Remember, at Jester Park Equestrian Center if it feels 95°f we don't mount up and ride - that's TOO hot! But, there are many tactics we use at Jester Park Equestrian Center to keep our horses and riders cool and comfortable in the heat of the summer!

Our horses are great co-workers and teachers, and we want to take care of them through the summer heat. Here are some of the ways we help keep out horses cool!

Fans: We have fans through-out the barn in the horses stalls as well as in the tack-up area. The fans help keep air moving and will keep the areas the horses are in cool!
Water: We can rinse our horses down with cool water after working hard on a hot day. We start at their legs and work our way up their body so that the cool water doesn't shock them in the heat but run some water over them so they can release some of their body heat! We want to make sure that our horses have plenty of fresh, clean water to drink during the day and in between lessons. It is important to check their water daily as horses drink 5-10 gallons of water a day.
Cool Down: After a horse has worked hard and is hot, it is important to let them cool out by walking the horse to prevent their muscles from stiffening or cramping. This is why at the end of our lessons you may hear your instructor talk about your "cool down laps."
Manage the Workload: We keep a strict schedule of horse usage all year round for many reasons, one of which is to ensure when there is adverse weather conditions the horses do not get overworked and get some time to rest in between working.

It is important to keep our riders cool and hydrated throughout the summer months as well! Even though it is hot, riders still need to wear proper gear (long pants, close-toed shoes or boots, and a helmet) however, there are still ways to stay cool! Here are some of the ways we can do that:

Ride Time: If the option is available, riding during the cooler times of the day is a great option! Morning rides are cooler than riding in the early afternoon and will provide heat relief for both the rider and horse!
Water: Be sure to bring water or have water available. Drinking water before and after you ride is a good way to make sure you stay hydrated and cool.
Wash Cloth: Bring a cloth with you that you can wet with cool water to wipe your face or neck down with after your ride. A rider could also bring a towel in a bag that they had frozen and wrap it around their neck to cool down!
Take A Walk: Walking the horse to cool them down can also help the rider cool down, especially if there is an option to walk in the shade or where there is a breeze. While grooming out the horse, if a fan is available, it will benefit both the rider and horse!

OUR JESTER PARK EQUESTIAN CENTER PHILOSOPHY

We believe in creating well educated horse people from the ground up, focusing on not only riding, but many aspects of horse care and handling. Our students are encouraged to ask questions, set goals, and actively participate in their equine education.

Jester Park Equestrian Center • 11171 NW 103rd Court, Granger IA • (515)-999-2818 • JPEC_info@polkcountyiowa.gov