

Something About Saturdays

Three More Days!

Just a few more days until Saturday! We're very excited about our trail ride Saturday, and it looks like the weather will cooperate with us! Most of you will get to go on a trail ride - a few of you who have just started riding will stay in the ring. If you haven't let us know that you can't come, please do so as soon as possible!

Meet and Greet

It's time to introduce you to another staff member...this week it shall be Rachel Mentzer, our other Saturday instructor! A little about Rachel...

Hi Everyone! If you don't know me by name, I'm the one with the bright red hair. I have been at NFF 3 years and have been the Saturday trainer for just over a year. I love getting to spend my Saturdays with all of you!

I fell in love with horses after a trip to visit a harness racing barn with a family friend when I was just 4 years old. After a lot of whining I finally got a set of lessons at a local barn and the rest is history. I grew up mainly riding hunters and jumpers in Wellington, Florida but also dabbled in western pleasure and gaited horses. I never owned my own horse growing up so I know firsthand just how much riding different horses all the time, especially lesson horses, can teach you!

After more than 20 years around horses, I finally made my horse dreams come true in 2015 when I bought Congo, also affectionately known as CongoPonyPants. Congo lives in the corner stall near the crosstie alcove in the main barn.

When I'm not teaching or riding, you can find me in Washington, DC. I work at the National Parks Conservation Association doing fundraising events and live downtown about an hour from the barn. People think I'm crazy for doing all the driving, but I think you can all agree that time at the barn is always worth it!

Happy Memorial Day!
If you need to cancel your lesson:
email NFFstables@aol.com
text 301-536-9077
call 301-349-2011

First Things First...

This week we're going to talk about what you need to do before your lesson.

First, the very first thing you should do when you get here is to check the lesson bulletin board. The sheet will tell you who you are riding, what lesson number you're on, and any other important information.

When you get ready to groom, make sure you take the whole grooming box with you, not just individual items. When you're done grooming, before tacking up make sure you put the grooming box back. If your horse lives in a stall in the main barn (Lady, Doc, Otis, Par) use the purple main barn grooming box. All other horses have their own grooming box.

Before tacking your horse, go ahead and put on your hard hat. I have numbered all the hard hats and have a wipe-off board back in the lesson tack room. Once you find your "favorite" hat, write your name and hat number so you can find it easily next time!

When you're tacking, if you find you need a different size girth, don't leave the saddle on your horse. All it takes is for the horse to move and the saddle will fall - and could very well break.

Save the bridle for last - right before you're ready to come to the ring. If you find that you need to get something or use the bathroom, you can put him in a stall for a few minutes, and then put his bridle on.

NFF Summer Merchandise

We'll be placing an order for NFF Merchandise! Order forms can be found near the lesson bulletin board (always check the bulletin board before your lesson for any important information!). We have t-shirts, polo shirts, tank tops, shorts, sweatshirts, jackets...show your barn pride by wearing your NFF gear! Order by June 1.

Saturday Lesson Schedule

May 27: Memorial Day Weekend - Rachel is going out of town but we are still having lessons! Most of you will be taking trail rides!

June 3: NO AMY morning lessons (I have a 4-H commitment with my children). I will send out an email to my students closer to that date.

June 10: Lessons as usual

June 17: Lessons as usual

June 24: Lessons as usual

Upcoming Barn Events:

May 31: Wine Wednesday - this is for our adult riders only...join us around 7 p.m. out in the yard area to meet other adult riders. Bring your favorite wine (or drink) and a snack to share.

June 12-17: NFF Spirit Week! More about this later, but for you Saturday students, Saturday is "Silly Saturday" so you need to come dressed as silly as possible for your lesson on the 17th!

June 26: Our weekday summer schedule begins, with lessons in the morning Monday, Tuesday and Friday. Let me know if you'd like to switch to a weekday time!

June 26-30: Five Day Camp! Stay tuned for our camp brochure, but Five-Day Camp is open to all riders - beginner through advanced!



IT'S
ABOUT
TIME

**For
NFF Stable's
Summer
Horse
Camps!**

Stay tuned for more information!