



# *West Wind Stables* **NEWSLETTER**



## **Spring is coming!**

We survived another winter. Grooming those thicker coats in a cool barn. Seeing our breath in the air, watching steam rise off our horses bodies after a ride. Those days are coming to an end as we prepare for Spring.



## ***Welcome to shedding and mud season!***

The days are getting longer and the sun is getting warmer. The horses have begun shedding their winter coats leaving us and the brushes covered in hair. Here are reminders for shedding season:

- Curry combs and shedding blades are great tools for shedding
- Collect all excess hair after grooming & place in a wheelbarrow or the yellow bucket by the wash rack
- Be sure to clean the brushes after every grooming session. Hairy grooming tools don't do a good job. If you're not sure how to clean your brushes ask a coach

Along with shedding season comes mud. Some of our horses' love giving themselves a mud bath...Once the snow begins to melt, you can assume your horse will be dirty, so allow extra time to get them clean before you ride. If they aren't completely covered...you get extra time to spend with your horse! Reminders for mud season include:

- Bring a pair of rubber boots or non riding boots that you don't mind getting muddy and are easy to clean off when you have to go out to the corrals
- A hoof pick is helpful for picking mud off of your boots. Please do this over the manure bucket in the wash rack
- Plastic curry comb and shedding blades work well to remove mud
- When using the hose in the wash rack be sure to clean up your mud with the metal shovel before continuing with your tasks
- Hoof picking can be challenging with the mud. Keep an eye on the time to ensure you're in the arena on time & mention to your coach if you had difficulty with hoof picking
- 30min may not be enough time to groom your muddy horse. If you need extra time let your Coach know. Make sure your horse is completely clean where all tack & equipment sit
- Horses with boots or wraps must have clean and dry legs

**Let's work to make our horses clean and beautiful this spring season!**

**If you have questions about mud season or using the wash rack, ask a Coach.**



# RIDER PROFILE

Introducing...Mavis

**How long have you been riding?**

*I started riding about 10 years ago*

**Who is your coach?**

*The amazing Christie has been my instructor*

**Who do you ride currently & who is your favorite horse and why?**

*Woofy has been my horse to practice with lately and although he is a lovely horse my favourite ride was on Sue. It was a simple jumping exercise and big Sue was so engaged and having so much fun; being so careful and athletic with me as her partner. It was magical.*

**What benefits have you found you have noticed from riding?**

*The benefits of riding affect your lifestyle and your horsemanship such as breathing, balance, body awareness and flexibility. I come from a tennis and squash world and my worst nightmare is subtle movements. I will work on those forever.*

**What would you tell someone who has never ridden a horse before or who might be considering riding lessons?**

*If you're thinking about taking up riding lessons just remember nothing ventured nothing gained. Don't be nervous. The instructors are fantastic riders and excellent at their jobs. Safety first for horse and rider. If you have never ridden or used to ride when you were younger; whether you're thinking of competing or just wanting a new adventure, there's a class lesson or camp that can fit you in. So just say yes.*

**What is your favorite memory at West Wind Stables?**

*My favourite memory at the stables was watching the horses coming into the barn in the evening. An enthusiastic herd running in; finding their stalls and wondering what's for dinner. The sounds and sites are just amazing. But my best memory of riding was the fun times and adventures of adult camp*



## DID YOU KNOW...



Over the years, West Wind Stables has adopted many retired racehorses, giving them a second chance. Some of our current horses that had a career in racing are Woofy, Fabby, Jewel, Peanut, Oreo, Rita, Surprise, Booty and Twice. Not all of them won or raced officially, but we love them no matter their success on the track. Of course, not all former race horses are suitable lesson horses. If you are ever considering adopting an off the track Thoroughbred, always seek advice from someone with experience who you trust. You want to fully educate yourself on the pros and cons to ensure the right partnership for both YOU and your horse.

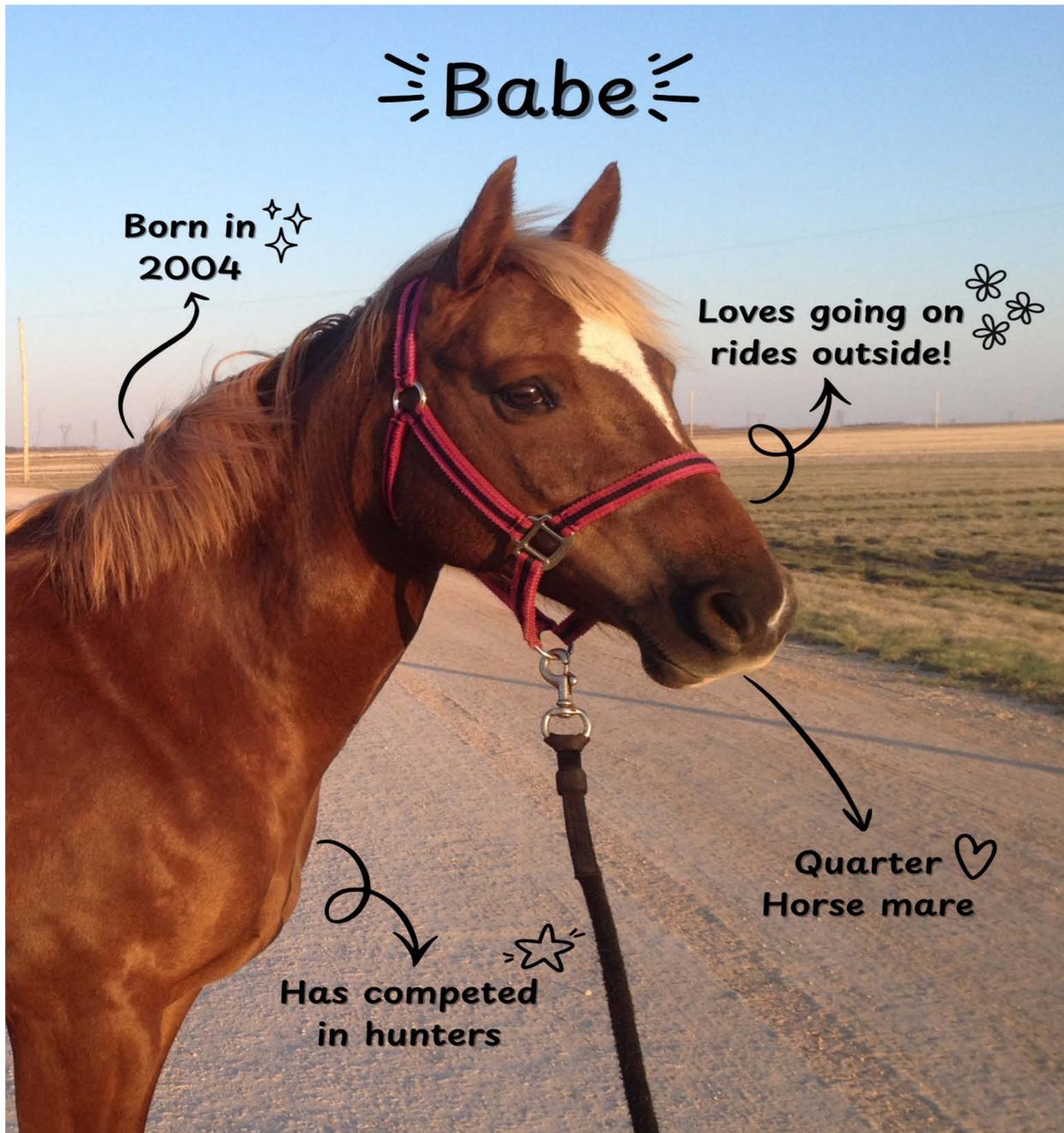
*True or False answers*

*1.T 2.F 3. T 4. T 5. T 6. F 7. T 8. T 9. T 10. F*



# West Wind Stables

## HORSE SPOTLIGHT



Follow us on social media and be involved in the fun at the barn. You can stay up to date on what's happening at the barn with our riders accomplishments, upcoming events and fun antics of staff, riders, horses and our other lovable animals.

Stayed tuned for our beloved mini Astro who will have his own Instagram page very soon @astrosmiadventures. Make sure to follow us on Instagram and Facebook @westwindstables as well as our adaptive riding program @prairiestrides.



# Some upcoming dates to mark in your calendars



## March

- March 14, 2026- Easter Photo's Fundraiser
- March 22, 2026- WWS Fun Show
- March 28- April 4, 2026- Brandon Winter Fair
- March 30, 2026- Pilates at West Wind Stables

## April

- April 6 and 8, 2026- Prairie Strides Program begins
- April 17, 2026- Prairie Strides Gallop and Groove Music Bingo Fundraiser
- April 19, 2026- Manitoba Horse Council & Rookie Rider Training

## May

- May 2, 2026- WWS Used Tack Sale
- May 9, 2026- Physio Fit Run (Prairie Strides)
- May 15-17, 2026- MHJA Schooling Show
- May 28-31, 2026- MHJA Summer Smiles Jumping Show

## True or False:

1.  Several areas commonly missed when grooming are: points of the hocks, behind the elbow, base of the ears and barrel behind the girth
2.  You cannot over groom your horse
3.  An average grooming session should take approximately 20-30min
4.  A very good grooming session can take an hour or longer
5.  Grooming is a great time to notice any cuts, scrapes or injury your horse may have
6.  If an area is difficult to see (such as under the chest between the front legs) it is likely clean
7.  Using your hand to feel the horses coat while grooming is a good way to check you've removed all the dirt
8.  Grooming helps stimulate the horses blood circulation
9.  Grooming your horse after your ride is as important as grooming your horse before your ride
10.  Cleaning your brushes of horse hair only needs to happen several times a year



\*Answers at the bottom of page #2



## "We still want to hear from you"

Have a great idea, story or topic you'd like to submit or have covered in upcoming newsletters?

We'd love to hear about a special lesson, moment spent with your horse or just things you enjoy while being at the barn. Or if you have a question you've been dying to know the answer to...send it our way and we'll do our best to answer it in an upcoming edition. Submissions can be answered anonymously. Send your ideas, requests or stories to [kelly@westwindstables.ca](mailto:kelly@westwindstables.ca)