

### **January 2nd, 2009**

I have so many things to be thankful for- GREAT students and friends, two really fun horses, a beautiful grandchild and the most restful two weeks of my life ☺ We didn't go anywhere, we slept when we wanted, read some cool books I got for Christmas: "The Tao of Equus" and "Riding Through", which I devoured with wine in hand. I feel re-juvenated and ready to rock and roll this year!

I won't be rock and rolling as initially planned however, because now I have two horses to pay for and compete on, but I am sure that I will learn a lot from stepping back a bit, listening to my horses, and focusing on my own education. Until Swing finds the right home I most likely will have to put my major eventing schedule on hold and do local dressage shows, event derbies and hunter/jumper shows, plus as many lessons as I can afford! It's all good. I have never regretted stepping back in any capacity, as each time I have had to do that I have come away that much richer.

I hope that 2009 brings good things to you!

Sincerely,  
Nancy

### **December 5<sup>th</sup>, 2008**

Swing came back to me today! It was good to see him. He was so full of himself, like normal. I am looking forward to working with him! Breezer is still having some time off . . . the longest he has ever had since we began training! I will give him a vacation until after Xmas, and start up again as long as his tendon looks as normal as the other one.

Later,  
Nancy

### **November 7<sup>th</sup>, 2008**

Galway Downs HT in California was "the week of overcoming adversity"! It all started with a fall that Breezer had over a fence the day before we left. Although it was pretty spectacular I didn't think much of the fact that his right-front galloping boot was pushed down to his hoof. That assessment proved to be wrong.

We landed in CA and I un-wrapped Breezer's legs, only to find that his right tendon was swollen and he trotted out lame. I immediately found a vet and we had him ultra sounded. Thankfully the tendon was bruised from the fall, but not torn in any way. The next 6 days were filled with veterinary things - ice packs, laser therapy, Bute, body work, wrapping and walking. He got better everyday and by Dressage/stadium day on the next Friday he was "basically" sound.

I entered dressage, thinking that the worst thing that could happen is they would eliminate me if he didn't appear to be sound. He was fine and we did a pretty good test, getting a 33.7% . . . Well, one step at a time, we did stadium that same day and he was clean- one of the best rounds I've had with him to date!

Saturday was another day of therapy for him. The tendon was looking great so I thought we were good to go for XC. . . NOT! Sunday morning before XC I jogged Breezer out for grins and he was lame behind! In the fall he had also pulled his hamstrings, so apparently his muscles were still sore. I had some more body work done on him and we decided to get him out early and see how he worked out of it.

I warmed him up for longer than normal and he seemed to be better over time. We went forward to do a really nice XC run! We were about 10 seconds fast and he had no issues with any fences. We ended up in 3<sup>rd</sup> place, but for me it was all such a gift just to be able to ride him at the event at all!!!!

The icing on the cake of the week of adversity was that my truck broke down on my husband heading to Sun Valley to pick me up to bring me home (stuck thermostat- whew, could have been much worse!!). Thank God for a great neighbor with a truck!!

Until next time,  
Nancy

**October 6<sup>th</sup>, 2008**

This is my first letter to you. It is a less time-intensive way of sharing with you all- as time is so precious to me right now . . .

The weather is changing, and thus starts the debate with myself as to whether it's turtle-neck time ☺. This is one of my favorite times of the year. Everything is wrapping up in preparation of hunkering down for the winter. The nights will soon be getting colder and my horse is already getting a thicker coat in anticipation of it all!!

I am so thankful for a good year, a creative year, a year where I feel I have achieved the fulfillment of the most fun melding of my two loves – music and horses. I have been having a ball teaching voice at ArtsWest in Eagle, training a number of nice horses (I might end up being known as the Arabian Queen!). teaching some awesome people and using our music production studio to produce great events for some really cool clients!

A very long time ago my opinion was that I had to give up horses to do music, or music to do horses. It was a hard choice, but I chose music. My opinion was that one was early morning, be there to train, etc and one was late night, travel on the road, live in hotels and so forth. I didn't believe that the two could find a way to co-exist. 17 years later . . .

Ask and you shall receive!! When I look at my life from '92 when we landed in Boise (long story!) I can see how perfect each step was that I have taken in getting to this place.

I believe in the power of the individual. I have realized that I am capable of doing more than I initially envisioned – we all are. I am an ardent supporter of capitalism because of my experiences – competition creates excellence. Oops- I might be on the verge of getting political here, probably because it's a McCain / Obama debate night so I'm in the mood!!! ☺

Aaah yes- so I'll raise my sippy cup (I've been barred from wine glasses because I talk too much with my hands!) and toast to a great potential that I can only hope we all realize. Blessings to you all and to our great country!!

Happy riding,  
Nancy