

## What To Bring

Coggins & Health Certificate – Most states require you to have your Coggins with you when traveling. Many also require a Health Certificate. Please check with your individual state requirements. You DO need to provide us with your current Coggins. Vic will ask you for this when you arrive. If, for some surprising reason, you have learned that you do not have to travel with a Coggins, you can email me a copy ahead of time.

Tack - Please bring the tack that you **normally use** with your horse. This includes halters, lead ropes, pads, saddles, bridles, bits, etc. If you have a question about any other tack you have, please feel free to bring it so that you can address it with Harry. He is happy to help with information on fit and usage.

### General Horse Supplies

- water buckets
- feed pans
- feed/supplements
- fly spray - you'll want to make sure that your horse is sprayed, especially on the legs, before each session so that flies are not a distraction.

Hay - If you would like hay (orchardgrass and fescue), we will provide it to you at the current rate (usually \$6/bale)

Stalls - You are responsible for cleaning and maintaining your own stalls. Shavings are available for purchase (usually \$6 bale). We will also have a wheelbarrow, scoop, and manure wagon located by the stalls.

### General People Supplies

- Jacket for cooler mornings or evenings
- Rain gear
- Sunscreen, hat, favorite chair (optional)
- Riding clothes, including helmet
- BATH TOWEL

The covered arena drops the temps at least ten degrees (YAY!) so most anytime of the summer is now tolerable. But, there are also times we work in the outdoor arena so sunscreen and hats are important! There is plenty of covered seating but feel free to bring a favorite chair.

Linens (sheets and blanket) and a pillow are supplied for the beds but you will need to bring towels.

There are two laundromats within ten minutes of here, if you happen to need one. There are a number of stores, including a WalMart Supercenter, a couple of grocery stores, Big Lots, etc.

Videotaping - Harry Whitney does **NOT** permit videotaping but encourages plenty of digital or still photography.

Food - Weekly Riders and Weekly Auditors have all-inclusive registration fees. This includes breakfast and lunch each day and dinner usually three nights during the week..

On the "off nights", you are welcome to use the kitchen to prepare dinner. Most of the time, students either go out as a group or someone makes a take-out run. There is a grocery store about 7 miles from us if you need any items. We have a refrigerator in the pavilion for storing any snacks or drinks. There is also a small fridge in the Bunkhouse. Local restaurants include: Mexican, Italian, "Down Home", Chinese, & fast food.

Internet – Internet is spotty. AT&T seems to work better but you walk around, especially by the fire pit, and get some good coverage. If you need some emergency help with this, see me

Arrival – Please plan to arrive AFTER 4 p.m. the Sunday before your week begins. If you need to alter that, please contact me.

Departure – Students leave Saturday morning after their week, usually by 9 a.m.

## **Food, Menus, Special Diets, Etc ...**

Our menu doesn't vary a lot from year to year because we've found some good big-group foods that seem to satisfy most needs and we have to put out things that accommodate "drop-ins". That said, since I have Shelby helping me, I feel better about branching out so ... watch out. Breakfast is at 8:00 or when the bell rings.

We have definitely added more salads and fruits and will be continuing that this year. Yes, breakfast comes early but you know you love it. We've discussed some changes to that but, ultimately, we think students need protein to sustain the long days. Someone usually makes coffee in the pavilion. There is a fridge there as well for juice and creamer, if you'd like. Anything for everyone's use will be marked "Clinic". (catchy, huh?)

Special diets: Most of us are "of a certain age" and we seem to be more and more aware of health issues. We, too, are personally on that track. We do try to serve healthful and hearty meals. That said, several of our students are vegetarian and a few vegans and some gluten-free folks. We operate on a pretty tight margin so we can keep registrations affordable. This means we don't have the latitude (or the staff) to make up special meals BUT ... if I know you are a vegetarian or vegan, I am happy to get a few extra items to "fill in" on meals that might not be hearty enough to fit in with food restrictions. Most meals have plenty of non-meat items and I do keep extra aside for veggie friends and I also get some non-meat substitutes to include with some meals. If you are one of these folks and I don't already know it, please drop me a note. Also, feel free to send recommendations on brands of "burgers" or such that you have found tasty. I used to get Boca burgers but I have heard that Morningstar might taste better. If you are gluten-free, this is a toughie for us to accommodate so please plan on what you need and bring it with you.

Snacks and goodies: Snacks are sometimes provided in the afternoon. During the Intensives, it seems rude to interrupt while Harry is working. Feel free to bring anything you like to munch on but keep your crunching under control. Sheesh. . Alcohol is permitted but we, of course, expect you to behave and play nicely with others. <grin> As of this year, we have TWO liquor stores in town so you can purchase wine (or spirits) if you'd like.

## MONEY STUFF

RIDERS: Your registration should be paid in full no less than **30 days prior** to your riding week.

### AUDITORS:

- Weekly Auditors – Your registration is due TWO WEEKS PRIOR to your registration week.
- Other Auditors – We are TRYING to find ways to streamline the registration process. We are also trying to find ways to make it affordable for you to attend as much as you'd like. So, we are now asking that auditors please **pay in advance**. The exception to this are daily auditors who will pay on arrival.
- Please refer to the Registration Form where it shows the different options.

- General Notes and Comments for a Great Time:

This is the no-format-format clinic! Essentially, this means that Harry has no set AGENDA with concepts he teaches in a sequential process. That doesn't mean that plenty of concepts aren't presented but each week does seem to take on its own "life" and direction. However, some things remain constant:

- Regular Format: One-on-One is always an option for the Regular Format. Generally, the first two days are one-on-one sessions. Sometimes, a person has an individual session every day. Sometimes, it's an individual session in the covered arena or in the outdoor. Not everything takes place in the round pen. Many weeks, students form small riding groups in the outdoor and practice with "adult supervision". The point is that YOU get the time and attention that you need. There are no SET times for each lesson but they do tend to be an hour to an hour and a half. The order of events is usually determined at breakfast. (Some days, this takes longer than others to get rolling. Ahem.)
- Intensive Format: Harry will take each horse (5) and work with them individually for the first four days. Then, he will coach you (and clarify and help you) through what you've seen in the previous days.
- Discussion Time. MANY people say this is the best part of these clinics. It is definitely a unique aspect of this format. After each meal, the floor is open for ANY and ALL questions. Questions range from something that happened during a session to all sorts of situations we've found ourselves in at home. Start your list now because it's a great opportunity to get Harry's input and assistance.
- Two rules we have about "student behavior":
  - Be respectful.
  - No one is to interfere with the learning process. (This means: put cell phones on vibrate or, better yet, leave them inside; if you take a call, move far enough away from the group that you cannot be heard; no smoking except in designated areas; care is taken with questions – see notes below)
- Questions ... Harry LOVES questions!! He encourages the interaction and it truly helps the rest of us as we, too, are sorting out information. This goes for riders and auditors. Auditors are to be aware, though, that riders are the focus so they should hold their questions for the roundtable discussions. This does not mean that auditors (or riders) cannot ask questions during a session --- just be cognizant – but make it pertinent to what is happening during the session and save the other questions for general discussion time.
- Some Notes About Questions: Questions are GREAT!!!
  - Please ask questions.
  - DO be AWARE that each of us feels very vulnerable during our session.
  - We'd all like to leave our egos elsewhere but the truth is that we are human and we get nervous and sometimes this helps us be pretty sensitive.
  - Sooooo ... those students who are not riding at the time need to be supportive in this process and **take care in HOW questions are asked**. My suggestions are to phrase questions so they are not specific to the rider but specific to a situation. We may MEAN it in a non-judgmental way regardless of how we ask but it can be HEARD differently.
    - Example One: When Linda doesn't release soon enough, doesn't that mean her horse isn't going to understand and get off that forehand?
    - Example Two: So, Harry, we have to be careful to release at the right time or our horses won't figure out what we want, right?
    - Or ... So, Harry, when I am late releasing in my turns, my horse just plows onto his forehand, right?
  - Takes some extra thought, I know, but one of the absolutely wonderful things about coming to Mendin' Fences is the supportive and encouraging atmosphere the students create for each other. These are some ideas on how to continue fostering that learning for ourselves and our friends.

