



SUNFLOWER SEEDS

February 2012

It feels like spring is rolling in here at Sunflower Farms... at least we all hope spring will continue to show its presence! As heavy weight blankets get switched for lighter weight turn-outs, please drop dirty blankets off in the Welcome Center for laundering. Don't forget to add a blanket tag to your item and sign your item in to the laundry book.

We have several new faces to welcome to Sunflower this month. Ping- Pong and his owner Jean McLaren moved into G Barn. Rodeo and Gunner moved into B barn with their owner Matthew Tartamella. In C barn please welcome back Molly Speiser and Rocky. Also, please welcome the newest member of our Sunflower Staff, Lauren Friday. Lauren will be teaching Sunflower Lessons. Please contact the Sunflower Office for a short bio on Lauren.

IDCTA Schooling Show dates are now available on IDCTA.org. Sunflower will be holding IDCTA Schooling Shows on June 17th, August 5th, and September 29th. Prizelists and registration forms are available on the Sunflower Website under the specified show dates. A special gift will be given to all fathers who attend out fathers day show on June 17th. It's never too early to plan your show season! Don't forget to stop at Saddlers Row North to get all the latest show fashions.

We would like to thank everyone for coming to the Boarder Appreciation Luncheon. It was very nice to see so many people come up and enjoy themselves! A

special thank you goes out to Jeanine Annesser for organizing the event.

JP Giacomini Clinic

JP Giacomini will be hosting a Working Equitation and Classical Dressage Clinic on March 2nd – 4th. Jean Philippe Giacomini, known as 'J.P.', is an experienced dressage rider who has evented, show-jumped, trained horses to Grand Prix, and coached Olympic level riders. Among many other classicists, J.P. studied with Master Nuno Oliveira and the German master Herbert Rehbein. J.P. is known for teaching piaffe and passage, bringing lasting solutions to unsolved problems, and being an ardent proponent of working equitation.

Working Equitation is a new international sport open to all breeds using the tack and costume of each country from the dressage, hunter/jumper, and Western traditions. Working Equitation competitions have four phases: dressage; ease of handling using obstacles such as a key hole, a gate, a bell, a bridge, balls, barrels, jumps, lances, poles; a timed obstacle speed phase; and, sometimes a team penning. Please contact the Sunflower Office for more information.

Due to the frozen ground, we were unable to set up the obstacle course in the Dressage Coverall on January 20th. Removing some of the more important obstacles from the outdoor trail course became impossible and we

did not want to break any of the obstacles. We are hoping to reschedule soon!

Horse Nutrition Class

We invite you to join us Saturday, February 18th for a complimentary "Horse Nutrition Lab" with Horn Trevor Feeds & Nutrena. Jenna Reavis (HTF) & Danyelle Gabbert (Nutrena) will be available from 9-10 am in Barn A and 10-11 am in Barn G. Stop by to learn more about your horse's nutrition & participate in an interactive lab featuring "Body Condition Scoring", "Hay Judging" and more! Danyelle Gabbert, Nutrena Equine Nutrition Specialist will also be available to answer your questions about feed & nutrition. Complimentary coffee and donuts served- no RSVP required, see the barn office for more information.

Buck Brannaman Clinic

On September 14th - 17th, we will be welcoming Buck Brannaman to Sunflower Farms and the Chicagoland area. Please visit the website specifically created for this clinic at www.brannamanchicago.com for detailed information. We are expecting to see a large turnout for this clinic and would like to remind all of our Sunflower Patrons that there is a sign up inquiry sheet located in the Welcome Center. If you would like to audit this clinic it is essential that you sign yourself up on this list to receive priority email updates on pre-registration opportunities. Although we would love to leave auditing open for this clinic we may need to set a limit due to parking restrictions.

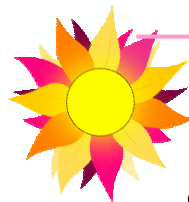
Welcome to the World of Essential Oils!

If you have been wondering what the bulbous contraption that billows smoke and makes the Welcome Center smell wonderful, then you are in luck! We have a new addition to Sunflower Farms, Young Living Essential Oils. We have been using many essential oils in our new diffuser, such as: peppermint, tangerine, and thieves. Many people use these oils on themselves, their families and their animals to holistically maintain their health. The cinnamon and clove you may have smelled in the Thieves cleaning products we

have used kill bacteria, viruses, and more yet are not harmful if taken internally.

Since so many here have been experiencing colds and respiratory problems we've chosen a few oils for you to try here in the front office. We have your choice of Peppermint, or RC (blend of eucalyptus and more) or Eucalyptus Poly to open your sinuses and reduce the inflammation. These oils do not interfere with any medication or cause any drowsiness. You will experience just the opposite! Peppermint has many awesome uses, from calming digestive upsets (think equine colic), to helping you focus, to reducing inflammation (great for headaches), and is cooling to tissues and fevers. Eucalyptus Poly or RC is antiviral, antibacterial, and great for respiratory congestion. Also, Eucalyptus Poly and RC won't keep you awake and very alert like peppermint will. Stop and see which works best for you. These can be inhaled, used topically, or taken internally (with a few precautions). Ask for Elizabeth in the Welcome Center to experience some of these oils. If you have further questions please call Sherry LaMarche at 847-343-6036, or email tosherrylamarche@earthlink.net.

Show season is rapidly approaching. This is just a reminder for all of you who participate and compete, in the state of Wisconsin; coggins are only good for a calendar year. Please remember to update coggins for 2012 as soon as possible, so you are not caught without them once show time is here!



**A lovely horse is
always an experience-
It is an emotional
experience of the kind
that is spoiled by words.**