

## EQUESTRIAN

### MY SUMMER IN FRANCE

My husband Lenny, father Brain, and I spent 3 weeks traveling and site-seeing in France during the month of June. Although the trip was mostly vacation oriented, I did some research for a possible Short Overseas Travel (ShOT) Course and trip to France.

I came up with the idea of leading a trip to Europe from the History and Theory of Modern Riding Class. The trip would include a stay in Paris visiting the Palace of Versailles, The Louvre Museum, and The Eiffel Tower. Side trips from Paris are planned to Giverny which is where Monet lived and painted, and the Chateau and park at Chantilly which also features the Museum of the Living Horse. Time spent in Paris will be a great opportunity for students to observe the famous city and get a taste of Parisian culture.

In contrast to the hustle and bustle of France's capitol city, Saumur offers travelers an opportunity to observe a quieter more rural side of life. Saumur is the home of the Cadre Noir (or Men in Black) which is the French National School of Equitation. The school evolved from the French cavalry school and is now dedicated to training students for upper level competition in the Olympic sports of dressage, show jumping and three day eventing.

Saumur and the surrounding area is home to limestone caves that are used for aging wine, growing mushrooms, and were used as living quarters by troglodytes. The town holds daily markets in various places, has numerous museums and is steeped in history.

The trip is still in the planning stages and needs to go through the proper channels for approval. Tentative dates are for the two weeks after

graduation in May 2008. If approved the Short Overseas Travel (ShOT) Course and trip to France will be open to current students, alums, college staff and faculty. More details will be released once the trip has been approved.

A trip to France is an amazing experience. Paintings and artifacts in the Louvre date back to the time before the birth of Christ! French lifestyle and culture are steeped in tradition. Yes, all the stores close for two hours for lunch on weekdays! Meals are made with fresh ingredients, and put together with French flair. Bread is baked 3 times a day to ensure freshness. The variety of foods available is astounding and affordable. (On their trip in June the Dwelle family cooked escargot on the camper's gas stove) The culture, the history, the art, the food, the wine, the French lifestyle – have to be experienced to be believed.

### WESTERN VS. ENGLISH

BY: ALICIA TOKE

I first started riding horses when I came to this school three years ago. My first time on a horse, there was only English style of riding which was taught to all beginners. English, more specifically hunt seat, has the rider sitting forward on the saddle and not being in the saddle, as much as Western. For the first two years I was here I rode English. English taught me a lot about being comfortable in the saddle and being able to balance myself, plus having a certain amount of control over the horse.

Last year I started riding horses in the Western style. In this style of riding you sit more on the pockets of your jeans and sit all the gaits of the horse. Gaits of a horse are the speeds that he goes. Slowest to fastest, the gaits are a walk, jog, trot, lope, canter, and gallop. A western rider sits all of those gaits and uses his/her body weight and legs to tell the horse what the rider wants it to do.

Going from English to Western was not too hard of a transition, except learning to sit everything. I feel more comfortable riding Western than I did when riding English. Western saddles are more comfortable than English, partly because with the Western saddle there is a horn you can hold on to, whereas in English there is not a horn to hold on to. Western to me is better because it is more relaxed than English. English is used mostly for sport, while Western is more towards pleasure rides.

English and Western styles of riding teach you to trust the horse and yourself. There really is no better style, it is all in the preference of the person riding the horse and what they feel comfortable doing. I feel more comfortable riding Western, but that was after trying to ride English. Before anyone decides to say one style is better than the other I strongly suggest you

ride both to see which one feels more comfortable.

### SUPPORT YOUR FELLOW

### EQUESTRIANS BY COMING OUT

### TO THE IHSA AND IDA SHOWS

### THIS SEMESTER!!

### NEW HELPERS FOR TR

BY: ALICIA TOKE

The Therapeutic Riding program Ride Like A Knight is getting new helpers for the semester, in the form of the men's baseball, women's lacrosse, and the IDA teams. There was an overwhelming response to the program this year, and because of the overwhelming response the program needed more volunteers. The men's baseball and women's lacrosse coaches asked Pebbles Turbeville, (director Ride Like a Knight) if they could do anything and, so each player went through training and will be helping once a week for sessions that last 9 to 10 weeks. Have any questions how you can get involved in Ride Like A Knight get in contact with Pebbles Turbeville at [turbeville@sapc.edu](mailto:turbeville@sapc.edu)

