



NEWSLETTER

April/ May 2016

From the Chair.....

Hello all,

Huge apologies for the lateness of the newsletter- marking overload!!! It has been an incredibly busy time, what with the show season starting as well- with mixed results so far, which rather sums up the crazy weather too these last couple of months!

The dressage championships was really successful- well done to Laura and her team- the results are on the website, but huge congratulations, after a tense battle right to the end, to Linda Knight who won the points championship- well deserved. Our champions were: Bonnie Jefferies with Blossom, Nicola Jenkins and Vixen, Amy Lewis and Prince, Amelia French and Brianna Firefly, Kim Saunders and Diesel, Sue Hocking and Welsh Harmony and Polly Ticker with Chacely Bobby- congratulations to you all, and to all the competitors who qualified and competed.

We have already had some qualifiers for the Veteran Championships in Sept at the Open Show. There are more shows holding qualifiers for us- keep an eye on our Facebook page and website- more are added regularly. We are hoping to get the revised schedule out asap- new classes have been included, plus old favourites.

The little people have now had rather a lot of grass....and I am having to watch their weight extremely carefully....already they have had to have a couple of days in and are sporting muzzles. I have also started my new project- the agility course is under construction, much to the alarm of some of the horses in neighbouring paddocks- they have clearly never seen giant blue hoops before!!

The first couple of shows have been hugely enjoyable- and entertaining for spectators- little Truffle (all 26" of her) has become horribly hormonal and has turned into an absolute nightmare (poor Pringle)....she needed 5 people to get her aboard the lorry first time out, torted at all the boys in the ring....and had to be brought out the ring at North Somerset as she was so dreadfully behaved- oh well, things can only get better!

Ros & the little people

VHPRC

Open Show 18th Sept 2016

WE ARE SEEKING HELPERS

(yes, already!!)

If you can help, or know someone who can, please get in touch

Contact: anyone on the Committee!!! ☺

We hold our meetings on the first Wednesday of the month

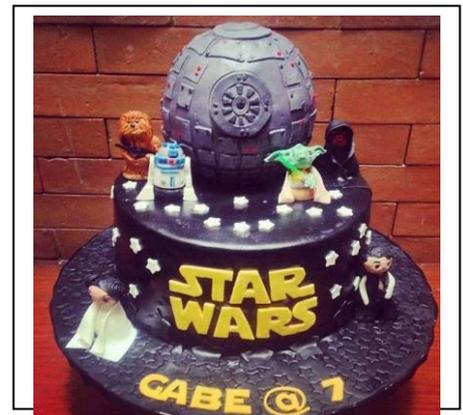
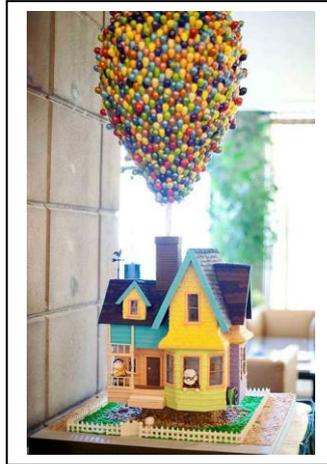
FABULOUS FOOD!

Rose & Crown,

68 Parkfield Road, Pucklechurch, Bristol, BS16 9PS

Creative Cakes.....

Having run a cake business at one stage in my life (and still get creative in the baking department occasionally when time permits) I keep an eye out for amazing cake creations.....here are some too good to eat!



.....feeling inspired??? Got a cake to share??

ROS

Who Am I?

Another member of the committee has given us some clues.....

I went to school at Keynsham grammar and it changed in the 3rd year to a comprehensive.

At age 11 I played the violin at Bath Abbey for the Bath music festival

I have 2 children

I started riding at 40

I have been up in a balloon and microlight aircraft and flown a glider.

In 2004 we were part of a relief convoy taking supplies to Croatia and Serbia after the war .

2 years ago I was interviewed by a Russian film company about leisure activities, politics and royalty as part of a Russian TV series.

The answer was.....ROWENA ☺

The information from our March speaker- Bubble Towing- the key points – are YOU legal???

BUBBLE TOWING



<http://www.bubbl towing.co.uk/>

YOUR DRIVING LICENSE

Category 'B'
+
'E'



tel: 01454 884244

- **GTW** (gross train weight)
- **MAM** (maximum allowed mass)
- **ULW** (un-laden weight)
- **Towing Capacity** (the maximum weight your towing vehicle can tow)

GROSS TRAIN WEIGHT

All vehicles have a weights plate
The numbers shown will tell you how much your vehicle weighs. This is deducted
What is left is the maximum weight you can tow!



MAM MAXIMUM ALLOWED MASS OF THE TRAILER



Or the total weight the trailer can carry includes the trailer. The Ivor Williams 510 MAM is 2740kg empty trailer is 1040kg therefore what the trailer can carry cannot exceed 1700kg

YOUR TOWING VEHICLE

At all times **MUST** be able to tow the mam of the trailer loaded or **NOT!**



UN-LADEN WEIGHT

This is your towing vehicles weight minus
Driver
passengers
Full tank of fuel
No luggage



HOW TO READ YOUR VEHICLES TOWING WEIGHT!



4 numbers

- 2510kg, is the maximum car weight including all passengers load and full tank of fuel
- 5010kg is the total weight of loaded car and total weight of the trailer (MAM)
- take away 2010 from 5010 = maximum trailer weight.
- The **MAM** of the trailer, **MUST NOT BE GREATER THAN THE MAXIMUM CAR TOWING CAPACITY!**

Have you ever wondered how your horse manages to eat his hard feed but leave his medicine at the bottom of his feed bucket? Here's what you need to know about your horse's tongue — a vital yet often over-looked part of the equine anatomy



1. The horse's tongue is made up of more than a dozen different muscles and is a highly specialised working tool.
2. The mobile front section works together with the teeth and lips to select and pick up feed or nip off blades of grass. They are adept at eating only the choicest bits of food.
3. The frenulum, where the tongue starts to attach to the underlying tissue, plays a vital role in chewing and swallowing.
4. Specialised protuberances called papillae, which cover the entire upper surface of the tongue, help guide food into position before it is pressed up against the ridged roof of the mouth.
5. This forces food on to the chewing surfaces of the teeth, where it is ground down and passed across the tongue again and towards the rear of the oral cavity in a spiral motion.
6. The now thoroughly pulped food encounters a thickened area of the tongue called the lingus, which pushes it back for swallowing.
7. Despite being covered by a thick membrane (mucosa), the tongue is an extremely sensitive organ and detects pain, heat, pressure and taste.
8. It also plays an important part in keeping the teeth clean as the horse moves it around to dislodge remnants of food.

Common causes of tongue injuries

9. Bits are the most common cause, perhaps through harsh rein action or because the horse is tied by or tangled in the reins and pulls back.
10. Teeth are a cause too. The horse may accidentally bite his tongue if he falls or is kicked.
11. Holding the tongue can help immobilise the horse's head and keep his mouth open, but if pulls away he may bite it. The pulling force could also cause neural damage.
12. Lacerations can be the result of a sharp object while the horse browses for food, or a superficial — but often very sore — cut if his tongue rubs against a sharp tooth.
13. Foreign bodies such as thorns, twigs and the awns of some wild grasses can become lodged in the tongue.
14. Younger horses and foals in particular tend to nibble and chew on things they shouldn't, so check hay for foreign objects and remove any debris from your yard.

Turmeric for horses: what is all the fuss about?

An increasing number of horse owners are turning to turmeric as a supplement for their horses.

Turmeric has long been prevalent in ancient Indian and Chinese medicines as a powerful anti-inflammatory and anti-oxidant used by people suffering from a wide range of conditions, including diarrhoea, respiratory infections, dermatitis, and even cancerous tumours. Though more commonly used in the West as a condiment, there is growing awareness of its therapeutic properties.



The main active ingredient in Turmeric is curcumin, a compound found to have powerful anti-inflammatory effects in humans. It is also a strong antioxidant, that is useful for soothing stiffness and pain, maintaining good digestion and alleviating skin conditions in people.

“Turmeric is suitable for horses suffering from stiff joints and itchy skin conditions, as well as offering support to the digestive system,” says Becky Darby, product advisor at Global Herbs. “A lot of people feed it to provide support to horses whose joints are under stress.”

However, it's worth noting that there have been no definitive clinical trials to support turmeric's medicinal impact or establish an effective dose for horses.

“There is no research into the safety and long-term effects of feeding turmeric,” advises equine nutritionist Zoe Davies. “Curcumin is well-studied in humans and has proven properties, but horse owners should be aware that it is not the only biologically active compound in turmeric.

“Turmeric only contains about 2.5-3% of curcumin — experimental data suggests it could take as much as 250-500g turmeric to deliver an effective dose to a horse.

“Similarly, curcumin can affect iron metabolism in the horse's body, which could contribute to development of anaemia. As such, turmeric isn't advisable for horses with any kind of chronic disease or anaemia,” adds Zoe.

If you do decide to feed turmeric to your horse, it might be beneficial to feed it in conjunction with a high quality oil and black pepper to help the absorption of the herb into the system.

“We always recommend to mix it with flax oil – which is rich in omega oils and good for the joints and coat,” says Becky. “The quantity really depends on size of horse. For a horse of about 500kg, we would suggest a heaped tablespoon of turmeric per day (approx. 25mg), mixed into a paste with 2 tablespoons (approx. 50ml) of oil.”

As with any feed, turmeric should be introduced to the horse's diet slowly, built up gradually over the course of a week or two. “For the fussy eater, you could add a little apple puree or juice to sweeten it up, but I am yet to come across a horse that won't eat it,” says Becky.



Turmeric comes from a plant in the ginger family and is native to India, where it has been used in medicine and food preparation for thousands of years. The underground stems (rhizomes) of the turmeric plant are harvested, dried, and ground into a yellow-orange powder.

For anyone interested in discovering more, there is a Facebook group dedicated to turmeric use for equines:

<https://www.facebook.com/groups/415313751866609/>

How do you muck out??



Feeling tense, stiff or lop-sided in the saddle? If so, the way you muck out could be to blame....

In addition to taking up a form of gentle, body-boosting exercise, there are practical steps you can take to ensure you're on the straight and narrow, both when you're doing yard work and in the saddle.

Step 1

Go Continental. On the Continent, riders are taught to muck out on both sides to help even the body up. Give it a try and you'll soon discover it's difficult to muck out to the side you're not used to. But swap sides for just a few scoops of the fork every day and it's a reminder of how one-sided you are – and may shed light on any problems you're having in the saddle. Above all, it's a good exercise in self-awareness.

Step 2

A lunge lesson, especially if you can ride without reins and stirrups, will highlight any areas of tension or one-sidedness in your body. A good instructor can then help you formulate a plan to remedy it.

Step 3

Consider the type of bedding you use – and the amount. Shavings may be more absorbent than straw, but this makes them heavier, putting more strain on your forearms and upper body. Wood pellets are the best to work with, being both absorbent and light. Rubber matting is recommended as this reduces the amount of bedding you need to use, as well as mucking out time. Finding a tool that works for you is also important – go for the lightest fork or brush you can find.

Step 4

Be conscious of your mucking out technique, keeping your shoulders in line with your hips as you turn, and following the shoulder-hip-heel principle as you would in the saddle. If you feel a twinge, take heed as it's your body's way of telling you to rest for a day or two. But if it's more serious seek the help of a remedial massage therapist, osteopath or chiropractor, depending on the nature of the problem.

Step 5

Accept your limitations. If yard work's taking its toll you must make changes – and then take up a type of exercise, such as yoga, to support those changes. But you can only work within the limitations of your own postural quirks. There are some things you can't change, so it's all about understanding your body's make up and working with what you've got.

Step 6

And finally, breathe... Tension in the lower back often has a great deal to do with how a person uses their breath. If, when they lift a bucket of water for instance, they hold their breath, they create tension in the chest and shoulders in order to get power behind the lift – but neglect to gain power from their hips. This may be OK for body builders, but is not so good for riders where freedom of the lower back is necessary to enable them to move with their horse. Instead you need to gently breathe out when you're lifting – if that isn't possible, then the weight's too heavy for your body to cope with efficiently.

So, the next time you muck out (probably tomorrow).....consider the advice here.....it might make your life that little bit more comfortable!!

ROS

Trooper - Part 2

It has taken me a long time to get my confidence back after falling off Trooper but it is slowly coming back as he is being a good boy in the school and we have even gone further afield out hacking. However the next problem I have had is leading. Many of you will have seen on my little 'Facebook' posts about how he has been literally deciding he doesn't want to be led today and totally ignoring me. I have spent a fortune on head collars starting with an ordinary head collar (he broke one) then buying a 'Be Nice' head collar which worked for a while but he just suddenly locks his neck in a straight line and just pulls away with no real warning. Impossible to hold on or spin him round so I just have to let go!

I then borrowed a Chifney which did do the trick most of the time. Nine times out of ten he would behave but that one extra time he would take it upon himself to misbehave. Even with the Chifney in he would pull away from me. He was becoming a pony that I didn't like – and I felt I was failing with him and it was starting to upset me. It was coming up to Easter and I was going away on holiday and I did some thinking. Maybe I should sell him with the summer showing season still to come - It is meant to be fun after all and I found myself not really enjoying Trooper like I thought I would. I would then have more time and money to spend on Bertha who has taken a slightly back seat of late. My instructor asked me when I had last had a lesson on Bertha and I couldn't remember so it must have been a while ago.

If I was going to sell him I needed to tackle the leading problem and I started to read my book by Kelly Marks called 'Perfect Manners'. I ordered a 'Dually' head collar and longer lead line from her web site and looked up one of the recommended associate instructors – Jenny Major. When I came back from holiday I booked a session with her and she came to visit me and Trooper on one of my Wednesdays off. She arrived and after discussing the issues I have encountered watched me leading him in from the field so she could assess him. For the last week I had been using the odd treat which had been working a treat (excuse the pun) but I didn't want to rely on them all the time. Today of course he behaved quite well. We went in the arena to do some leading work with the Dually.

It was a really useful session using an L shape made from poles on the ground, leading him through and backing him up with just the head collar. I was amazed how well he responded as in previous sessions he seemed to have very little idea of what I meant by backing up. We also asked him to stop with his front feet over a pole and then step back over the pole. Something he found quite hard as he couldn't quite work out where his feet were. We then finished the session with just general leading with him walking slower and faster and trotting and stopping when asked without getting in front of me or invading my space both in the arena and on grass. He did try and run off just once when he was getting annoyed by the whole thing and in a way I was glad that Jenny saw what he is capable of doing. The whole session was really useful as I realised that I need to set the ground rules, not Trooper, and not to be afraid of getting a little cross and firm with him when he oversteps the mark. I intend to keep these ground work sessions up a couple of times a week as I realise that it is very important that he respects me.

Having made the decision to sell him I composed an advert and put it on Horse Mart and posted on Facebook. Since that session, however, I have to say that he has had a whole personality change. Is it possible that he knows I am thinking of selling him? He comes to me in the field and greets me as if to say 'hello here I am' and he looks so lovely as he trots up the field with mane and feathers flying. He has led perfectly at my shoulder without trying to pull away once and he is even sharing hay piles out in the field with Bertha. I can honestly say that the training session and the Dually were both money well spent.

And now I am in two minds what to do as I am totally falling back in love with him. He is once again a lovely little chap. My confidence is still a problem as I know he will still do some 'baby things' which I may find hard to cope with and the other issue is time. I really underestimated the time needed to bring on a youngster and keep two horses worked and up together (and all the mucking out in winter). Bertha is not as fit as she could be and Trooper is not as advanced in his training as I would have liked him to be. Neither is disastrous and Bertha and Trooper seem more than happy. So if anybody out there is interested in being a weekend sharer of my lovely coloured cob – Trooper – please do let me know as maybe that could be the answer. Anyhow watch this space for Trooper part 3.



DIARY DATES

June - Air Ambulance
July - Alan Hiscox - the Secret Life of a Mounted Policeman
Aug - Nicola Carley - Horseback Yoga

Dressage Riders Show Jumpers Eventers

Sat 4th June - Dressage to Music - Burrows Court
19th June - Team Show Jumping - Leyland Court
9th July - ODE - West Wilts EC
17th July - Team Dressage - Rabson Manor

If you would be interested in competing for the club at area competitions, please contact Laura Hayden, Team Co-ordinator.

Tack Shop Club Member Discounts

Did you know you are entitled to special discounts at local tack shops ? Think of all that money you can save ! Here is a summary of just some of the discounts available and the contact details:

Chris Puddy : <http://puddys.co.uk/saddlery/> - Discount 10%

Wadswick Countrystore: <http://www.wadswick.co.uk/> - Discount 5%

Patrick Pinkers:
<http://www.patrickpinker.com/?id=296> – Discount 10%

It is also worth asking if you visit other tack shops, remember always take your membership card with you ! Please note these discounts do seem to be rather selective and some items are excluded, unfortunately this includes saddles.

Please keep checking the website for up-to-date news regarding speakers and rallies –

www.vhprc.co.uk

Any articles/ photos to Ros at rossteward@hotmail.co.uk

And finally, following Badminton, what an inspirational story unfolded....Ben Hobday, a remarkable young man.



“You have a choice and only one life to make it happen. You cannot get back time. I am going to do what I want to do when I want to do it.”

Seven years before he was afflicted with the disease himself, his fight against cancer began when his yard manager Diane Lee was going through cancer treatments. She was losing her hair and she suggested to him to shave his head. Ben gladly did it to draw attention to the cause and raise money for cancer research. At the time, his mother was also in remission with cancer.

Ben Hobday's cancer diagnosis in June of 2015 was a hard knock. Unfortunately, at only 27 years of age, he was already very familiar with the disease through sharing the experience with close friends and family members who were battling it before him. Cancer sucks for everyone, however, when a professional athlete gets cancer, recovery is a little more difficult because you rely on your body to make a living. With focus and tenacity Ben has made amazing strides after intense chemotherapy.

“This year has obviously been a bit of nightmare. But I am very fortunate to be okay now and back on the road. I used to teach Sallie Ryle, the lady that owns Mulry's Error. She'd come for lessons every week, but would never let me ride him because he did jump well and was her fun horse. He is half Clydesdale; his feet are the size of dinner plates. I started riding him because she wanted to do a one-star at Tattersalls and bailed last minute. She asked me four days before the show if I would ride him. The horse was 35 seconds inside the time and I have not looked back since.”

All the way round Badminton, he carried Wilberry Wonder Pony, the mascot for a charity set up by a fellow cancer sufferer, in his backpack; on May 1st 2015, Hannah Francis was diagnosed with lung, hip and pelvis cancer. She is currently undergoing chemotherapy. Hannah is a keen eventer and is hoping to pursue it as a career. 'Wilberry Wonder Pony' is helping Hannah #KICKCANCERSBUTT. All the money raised from the wristbands goes directly to Hannah to help her with her rehabilitation, including physiotherapy to get her back in the saddle and purchasing wigs etc

<http://www.wilberrywonderpony.com>

Well done Ben, and we are rooting for you too Hannah ☺