



NEWSLETTER

Autumn 2018

From the Chair.....

Hi everyone,

I hope you have had a good summer, it was very hot & the ground was hard. The flies were horrendous. But I know some of you managed to get out competing so well done to you all. Coco & I have had a good summer & I hope this will continue into the winter with my daughter who will be riding her for the next 9 months or so.

The show is fast approaching & I hope that lots of you will be either competing or helping. The dressage series is now finalised & I am pleased to report that it will be held at Cann Lane. Big thanks to Sue & Mike. Entries will be limited so please read the schedules to understand the new rules.

Enjoy your winter & stay safe & don't forget your high vis.

Jane & Coco.



VHPRC Open Show
and Veteran Championships
30th September 2018
@ Leyland Court

*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

Basket meals available in the pub

The Midland Spinner

4 London Rd, Warmley, Bristol BS30 5JB

Competition News

Our teams have been doing fabulously this year. I helped at the Area dressage at Hartpury last month and it was great to hear that our team was 17th out of so many entered. The riders were Jane Jones, Gina Harris, Kim Saunders and Amelia (Milli) French, supported as always by chef d'equipe Laura Hayden.

The day, very well run by Severnvale and Shelagh, was incredibly organised. Us stewards (did you get the pun?) had a really good laugh, and managed to get everyone in to the arena on time without too many stressful moments. I was quite relieved to find out that I didn't have to check tack though....too much responsibility!

The only problem for all was the closure of the main roundabout which meant considerable detours for some....I have to own up that I ended up doing a u-turn on the dual carriageway so I could get there on time! Ssshhh.....



Laura Hayden has more competitions coming up:

Saturday 20th October, Combined Training at Hartpury
Sunday 11th November, Senior dressage at Summerhouse
Saturday 17th November, Arena Eventing at West Wilts

So if you are interested do please contact her. We are a supportive club and love to see our members 'have a go'.....and many in the past have surprised themselves at how much they enjoyed it.

Speakers

Heather Seems - Equine Trainer and Alexander Technique

In July our speaker was Heather Seems, an accomplished Horsewoman and trainer (*BHS qualified, Applied Equine Behaviour consultant, Horse Agility Trainer*), having achieved this through a lifetime spent with horses, the last twenty years studying the psychology of the horse, communication and natural horse care, continually developing and improving her knowledge to enhance the learning experience of both horse and rider.

A life devoted to the care and working with horses in all disciplines, led her to her own horse Puma who taught her a totally different awareness, approach and revolutionised her teaching, using the methods of Natural Horsemanship.

Her aim is to help one achieve ones goals, develop a relationship of harmony, based on mutual respect and trust, gain confidence and maximise both the potential and pleasure for you and your horse.

She told us about how her relationship began with Puma: she bought Puma from her friend Rosie and on the second day of owning her and before she had moved her to the livery yard where she was going to keep her, Rosie was bringing Puma in from the field when something startled her and she leapt up in the air and kicked out breaking Rosie's arm, two ribs and puncturing a lung.

Puma was very nervous, difficult to catch, spooky, took 4 hours to load, hated traffic, had an incredible buck that was like a gun going off and gave her whip lash in her neck, but despite all that she could take her to a competition and they always came home with ribbons. Not necessarily a good relationship, but having spent her life with horses, BHS qualified and working professionally in this country in every horse discipline Heather thought she was pretty good and Puma's issues were nothing she couldn't sort out. However Puma had different ideas and Heather's tough conventional methods where not going to work; the stronger she got with her, the worse she was and a whole catalogue of incidents pursued.

Fortunately at this time Kelly Marks was starting to run her courses so Heather signed up for all of them and with a huge change in her thinking and understanding of horse behaviour the picture started to change. She understood the power of a look, a predator's look at a prey animal and she could stop Puma biting her, she realized the importance of who moves whose feet and she stopped trying to kick her.

Heather's education took a bigger step when she followed Pat Parelli's programme until she found her present trainer and mentor Ken Faulkner: with Ken's continued teaching, including a visit to Australia where Ken is based in Esk, near Brisbane, she now has the most fantastic relationship with Puma, she can ride her bareback and bridleless, and has hunted and show jumped her in a halter.

Heather is now working full time teaching others, travelling all over Devon, and into Cornwall and Somerset. Tuition is available whatever your age and ability.

To contact Heather:

- 07703 132 932
- heatherseems@icloud.com
- [Facebook - Heather Seems](#)
- [Facebook - The Horsemanship Journey](#)



Gill from the RDA

In August, we heard from Gill who works and fundraises for the Bristol RDA, now known as the Avon Riding Centre. At Avon Riding Centre they strongly believe that riding is for everyone. They currently cater to almost two hundred riders with varying levels of disability, from people who just want to enjoy a ride around the woods, to those who want to challenge themselves to enter RDA competitions, such as dressage and show jumping. They do also cater to non-disabled riders. As well as helping to subsidise their important charity work, the non-disabled riders benefit from the use of the excellent facilities, including an Olympic sized indoor arena, and over 100 acres of land to hack on. Avon Riding Centre is a BHS approved Centre, and all of the instructors are BHS qualified.

Everyone involved in the RDA Riding programme, including many of the coaches are volunteers. They rely on volunteers to help run lessons, either by sidewalking, leading, or coaching, to help support the yard team with grooming and mucking out, or to open the cafe, creating a friendly and welcoming environment for parents and carers to wait during the lessons. They use volunteers to help at events, care for the horses, help with administration and marketing; They also have 100 acres of land that needs maintenance and regularly need help with fence-painting, poo-picking and general gardening.

Fundraising is crucial.... Every year (July 1st to June 30th) they have to raise £150,000 in order to deliver their service. Any extra raised goes towards improvements to the premises and service. They will be holding an open day in October, called a 'can do' day: showcasing the riding prowess of their clients, but also getting other groups in to show what disabled people *can* do. Dance, drama, music, cooking, gardening, crafts etc....see the poster below. They will also be running their winter dressage series- have a look on their website or facebook page for details.



Contact details:
Avon Riding Centre for the Disabled
Kingsweston Road
Henbury
Bristol
BS10 7QT
0117 959 0266
reception@avonridingcentre.org.uk

<http://www.avonridingcentre.org.uk/>

"This is me"
Disability
"Can do"
Day
Pony Rides!
Displays! BBQ & more!
SUNDAY 21st October
10am-2pm
AVON riding centre
Kings Weston Road, Henbury, BS10 7QT
Tel: 0117 959 0266
www.avonridingcentre.org.uk

Emma Klijn Eventing

Emma came to talk to us in September about 'Living & competing with type 1 diabetes, sight loss & coeliac disease.' Now she practises as a physiotherapist, specialising in soft tissue injuries, myofascial trigger points, Acupuncture, sporting injuries and postural imbalances specifically in runners, triathletes, rugby players and horse riders. She is keen to promote a healthy lifestyle and can offer advice on nutrition, office workstation set up, lifestyle management and training programmes of all levels.

She started with an overview of her young days, as a small child and Pony Club days. She was very competitive, winning many awards in all disciplines. She was diagnosed with type 1 diabetes aged 13, after suffering debilitating symptoms: Weight loss, extreme thirst, Poly urea, blurry vision and fatigue.

"Having type 1 diabetes is a full time job, 24 hours a day, 365 days a year. People know diabetics and think they look quite normal, we don't look like we have a disability, but there is a lot going on in the background. Even if I want to go on a hack I need to do a finger-prick test and take my blood testing kit with me. By the end of an hour and a half hack, my blood sugars could be anywhere, they can change that rapidly."

Despite this condition, Emma continued to compete in tetrathlons, triathlons, trail running and has competed to a high level in Dressage and Eventing and internationally in Pistol Shooting.

Due to complications from diabetes, in 2013 Emma developed problems with her sight. After two years of operations and regular treatment, Emma was told she could lose her vision in five years. She had to stop sport immediately with two years of fortnightly eye hospital visits, laser surgery to both eyes, 14 Lucentis injections into her right eye, 5 Lucentis injections into her left eye and a vitrectomy in each eye. She has developing macula oedema which means her vision has now deteriorated to such an extent that it is like looking through a letterbox, with no peripheral vision, and she has to compete with sunglasses.

Emma had bought her thoroughbred mare, Milly in 2015 in order to pursue her dream of 1* eventing. She managed 1 BE event between the big eye operations in 2015. However, unfortunately in 2016, after continuous intermittent lameness, Milly was diagnosed with bone islands (entstenosis like plaques) requiring 4 months Box Rest and no eventing for all of 2016. However, treatment was successful and they are now back out on the eventing circuit.

She has tried many ways to monitor her blood sugar levels, with varied success. This year she tried a specific monitor, costing £200 a month to rent, allowing users to have control over their blood glucose count without the need for finger-prick tests. Emma hopes to raise £2,500 to fund the machine for one year through crowd funding, as it is not available through NHS in Bristol, although it is in other areas. "I try incredibly hard to manage my diabetes but it is difficult. The glucose control monitor is life-changing, it's given me that sense of control. It has an alarm feature for when my sugars creep too high or when they start to drop low, it's been brilliant. I used it competing at British Eventing at Launceston in July and I was bowled over at how amazing my blood sugars were because I had such better feedback going on from the monitor." She is hoping to combat the NHS postcode lottery in order for them to either fund or at least part-fund the monitor for diabetics. All of at VHPRC wish her huge success in the future. For more details about Emma go to:

<https://www.klijneventing.com/>



Emma Klijn Eventing

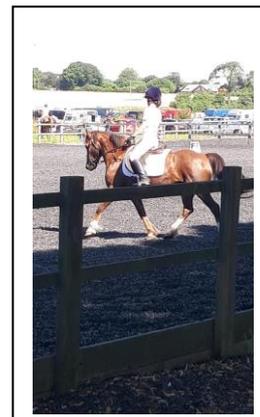
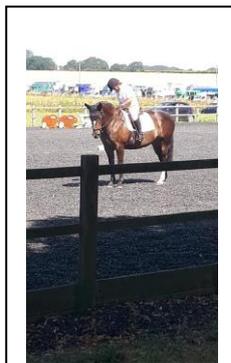
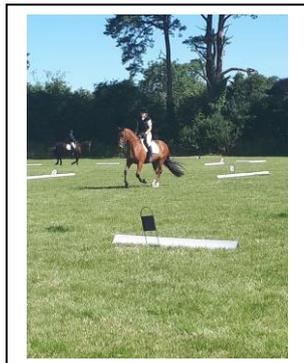
T1 diabetic, sightless & Coeliac hoping to inspire others on their horses/those wanting to be active.



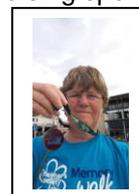
Well done to.....

Helen Hall- who rode on the Badminton Trail Ride organised by Avon Riding Centre and raised £532.50.

A few pictures of the prelim team from Rabson Manor on 15th July. Fantastic results for both teams - 5th!
Thank you to all riders who represented VHPRC - Kim Saunders, Gina Harris, Jane Jones, Mia French, Sue Hocking, Kathleen Griffiths, Joanna Ricketts, Kellie Clare.



Me...I completed the Memory Walk to raise money for Alzheimer's research on 8th September. We were exceedingly lucky with the weather after a rainy forecast, and nearly 2000 walkers took part over either a short course (2.5 km) or the longer route (4.5 km). It was more of an amble really, so I had plenty of time to do some sightseeing around the river and dockyard- lots of changes since I was last round there! After a slow start raising sponsorship, I was fortunate to raise £310 so a great 'thank you' to everyone who donated!! ☺



And last but not least, Deb Vickery who put her brave pants on and entered her first solo competition....SHOWING! She went to Timsbury, and not only won her class, she then got reserve champion too!!!
Massive congratulations....dried out yet?? Hope you do loads more.



WINTER DRESSAGE SERIES

The series will be at Cann Lane again but classes will be limited and run over fewer hours. Hours will be restricted to 9.30am to 3.30pm which should allow for about 60 entries on each day.

Changes include:

Class 1 - Walk and Trot – limit of 20 entries in total split into children/adults

Class 2 – Restricted Prelim – limit of 15 entries

Class 3 – Combined Veteran Horse/Mature Rider class – limit of 15 entries

Class 4 – PYO Prelim/Novice/Elementary – limit of 15 entries

Entries will be strictly limited and entries will only be accepted by completing a signed entry form (required for H&S) enclosing full payment and entries for each month will only be taken after the previous competition has taken place. The provisional dates are:

28th Oct 2018, 16th November 2018, 16th December 2018, 20th January 2019 (this one will be a hacking only event at The Meadows), 17th February 2019, 17th March 2019 and the finals on 28th April 2019

Wendy Poore- Straightness Clinic

After Wendy's talk to the club, Beth Bracey organised a clinic at The Meadows. She has written the following:

Wendy Poore, the straightness trainer, arrived from Ross on Wye and after a quick coffee we began with a introduction to straightness training. With a flip chart we discussed various ways of positive reinforcement and negative reinforcement like pressure and treats and ways of communicating with your horse. She also talked about how to use four basic key words of encouragement such as nice, good, excellent and your jackpot word or sign such as a good scratch or gentle pat or ear rub.

The five pillars of straightness training are Groundwork, Lungeing, Work in hand, Riding and Liberty We learnt to get our horses to drop their heads, relax and bend from the poll, relaxing their backs and to bend in walk bringing their back hinds underneath them to their centre of body mass.

It was really interesting to watch the horses relaxing, lots of yawning, licking and then processing information. It was also a learning curve for us as we saw that each horse was different and needs a slightly different approach so was great to watch the other lessons. One of the ladies had done it before so we could see how her horse had moved forward and was doing much more bending and could progress to further exercises.

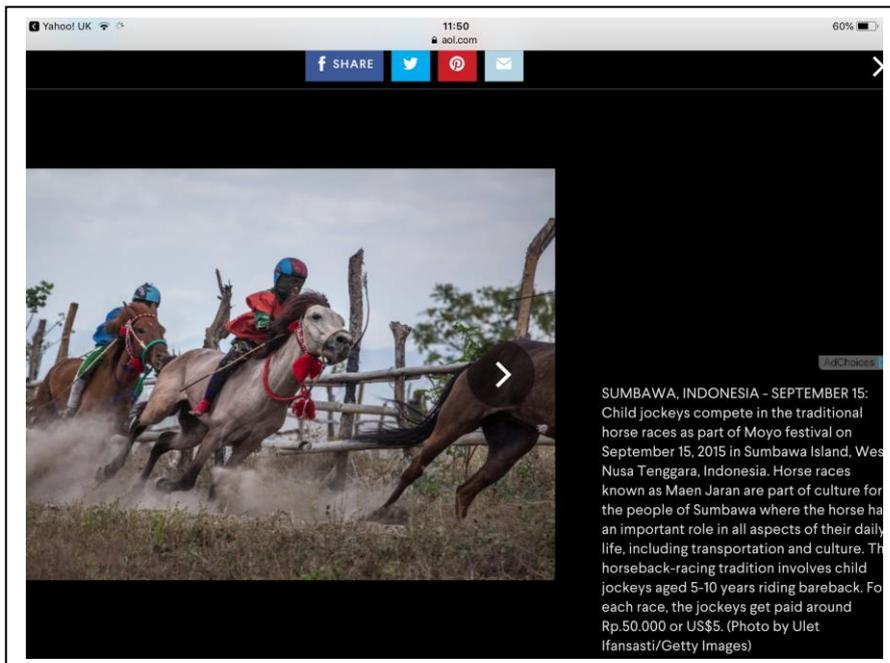
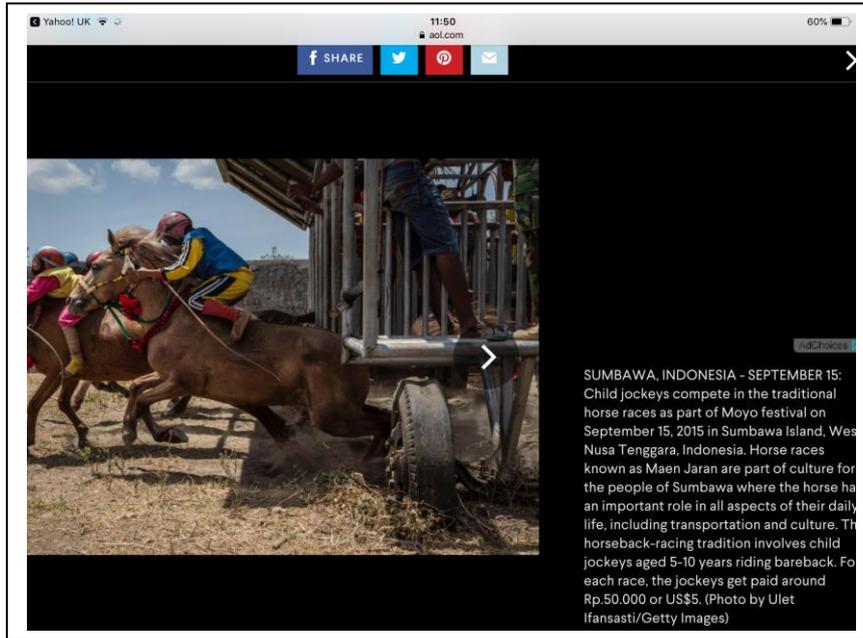
I am looking forward to doing more of this to help even-up my horse and to improve her suppleness; it also helps build a relationship on the ground teaching your horse to listen and respect you.

PS. Trooper was pretty clueless (Linda)



International Lifestyles

Gill Hutchings found these photos of child jockeys in Indonesia....made me think of comparisons in the UK!
But clearly no Health & Safety regulations there.....



Of course, children don't compete in horse racing as we know it on Channel 4, but they do start at an early age on Shetlands (they had to get a mention somewhere!)...and indeed many well-known jockeys eg Jim Crowley and Sam and Willy Twiston-Davies, aged between 8-13 years old, started their careers on these ponies in the popular Shetland Grand National, raising money each year for a nominated charity, which, after a series of competitions around the county show circuit during the year, culminates with 11 jockeys and ponies at Olympia with the grand Final. This year the charity is the Bob Champion Cancer Trust. Frankie Dettori's son Rocco will be competing....one to watch for the future?
Maybe you will get to see this this year 😊



Saddles (from Gill Hutchings)

While some may think **saddles** are simply there to make horse and rider more comfortable, this essential piece of equestrian kit can take on an almost symbolic status for some riders. Many will have their favourite brand, with some refusing to ride in anything else.

While saddle fit for horse and rider alike is paramount to ensure top performance, you'll find riders who will use their 'old faithful' saddle on anything and everything, adjusting the fit as required with the addition of a half pad, riser or other adaptive numnah. They are simply so wedded to their favourite that they can't bring themselves to ride in anything else.

Saddles have come a long way since ancient times when a piece of old sack was tied on to a horse's back using twine or leather straps. The latest technology has been utilised extensively in saddle design to make horse and rider more comfortable and able to communicate better than ever before. From trees that flex to minimise the horse's back movement to close contact panels that allow the rider to feel the precise movements of the horse underneath them, saddle design is a constantly evolving area.

Riders have **greater stability in saddles without flaps**, a new study has claimed. US researchers collected data from five dressage horses ridden in their own conventional saddles and a flapless saddle provided by EQ Saddle Science. The conventional, treed saddles featured two flaps — a sweat flap next to the horse's ribcage where the girth straps lay and a second flap over which the stirrup leathers hang. The flapless saddle goes one further than a monoflap design, separating the rider's legs from the horse with a saddlepad only. The horses used in the study were three European warmbloods, one thoroughbred-warmblood cross, and one Lusitano, all of which were ridden by their regular professional riders to reduce variability in the data. Each horse was ridden in the flapless saddle twice in the three days prior to the study to allow them to get used to the feel.

Measurements of the horses' speed and stride length were taken in collected and extended walk, trot and canter and the data between the saddles was compared. A pressure matt (60hz) was also used underneath the saddle to measure the rider's weight distribution. While no difference was shown between the stride length or speed in the different saddles, the rider showed less movement in the flapless design. Compared with the conventional saddle, the flapless saddle was associated with significant reductions in range of motion of the rider's centre of pressure in the mediolateral direction [side to side] in all gaits and in the anteroposterior [front-back] direction in collected trot, extended trot and extended canter. The study concluded that the use of **a flapless saddle particularly improved rider stability** in the mediolateral direction and that anterior-posterior movements were better controlled.



What are your thoughts? Let us know whether you'd like to ride in a saddle like this.....

Full article online: <https://www.horseandhound.co.uk/news/riders-stable-saddles-without-flaps-study-finds-656370>

DIARY DATES

3rd Oct – Sue Hawkins – BHS Long distance riding/holidays
28th Oct 2018- winter dressage series
7th Nov – David Hall from the Farrier's Council
16th November 2018- winter dressage series
5th Dec - Christmas Quiz and Nibbles
Jan – AGM and mini auction (Date TBC)
16th December 2018- winter dressage series
20th January 2019 - winter dressage at The Meadows
17th February 2019- winter dressage series
17th March 2019- winter dressage series
28th April 2019- winter dressage series finals

Dressage Riders, Show Jumpers, Eventers

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

Coming up.....

Saturday 20th October Combined Training Hartpury
Sunday 11th November Senior dressage Summerhouse
Saturday 17th November Arena Eventing West Wilts

QUALIFIER SHOW DATES:

2019 Qualifiers

15th Sept - Foxham Show

22nd Sept - Fairfield Farm Show

If you hear of a show that would hold qualifiers at no cost to them, please contact **Kathy Hooper**



We have reinstated the TACK TABLE at our monthly meeting so if you have something to sell please bring it along labelled with your name and the price you would like for it! Leave it on the table for the evening and any interested parties can come and pay you or make you an offer anything not sold you will need to collect at the end of the evening before you leave. Hi-viz, tack, boots, Rugs etc

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

14 things your horse does when you're running late

We've all been there (most days in fact). You're in a tearing hurry and your horse decides to make life difficult. Really difficult. From walking slower than you thought possible to refusing to be caught or covering your work clothes in a striking green slime, here's just some of the things your horse enjoys when you're short of time....sound familiar?

1. Have wet mud where his girth, saddle and bridle goes, in fact just everywhere, even right up underneath his rug. How?!
2. Not let you catch him. After all, you really fancied a three-mile power-walk this morning, didn't you?
3. Be at the far end of the field looking at you as you walk all the way over to catch him, pretending he hasn't heard/seen you.
4. Trash the electric fencing — one strand is never enough. Mass destruction is mandatory. And if he can get his chums involved at the same time, even better.
5. Cover your work clothes in green slime — particularly if you are wearing a pale colour and have an important meeting to attend.
6. Have a fat leg which requires a lengthy amount of cold hosing.
7. Hidden poo. Every day. On first inspection, his stable looks remarkably clean. You only seem to find said hidden poo near the completion of mucking out. Then you find loads of it.
8. Walk slowly when being led to and from the field. It's like the more you say "come on!" the slower they go. Why?
9. Stick his head so high in the air you can't get the reins/bridle over his ears. Your arms end up aching more than ever before and he makes you look like a total idiot in the process.
10. Eat his breakfast slower than you thought physically possible.
11. Lose a shoe. This usually happens while schooling so that you then have to scour the arena for the blasted thing before you can leave. And it is NEVER in the first place you look.
12. Have a spook-athon out hacking resulting in a lot of dramatic halt and rein back with loads of immobility (and snorting like a dragon).
13. More Poo. Just everywhere. Including in his water and feed buckets. You have to run around the yard with a pooper scooper like a mad woman cleaning up after your four-legged darling in the two minutes you definitely didn't have spare before going to work.
14. Basically when you're running late, your horse just seems to KNOW!

From <https://www.horseandhound.co.uk/features/14-things-your-horse-does-when-youre-running467684#yEvpSvGsOQq7JsAG.99>
via **Gill Hutchings**

