



NEWSLETTER

February 2015

From the Chair.....

Hello all,

It's been a cold start to the year- hope all your horses and ponies are coping with frozen ground and water- it can be challenging for owners but at least it's dry for the moment! We have already had some members representing VHPRC at competitions- they looked very smart in their logoed saddle cloths and did us proud, despite rather challenging conditions- thank you Laura for organising everyone and providing cakes. More competitions are coming up- good luck to everyone competing.

Jess and I had a sad start to the month, losing our faithful old pony Roisin to colic. The vet, Sam, from B & W (not my usual vet) was amazing and tried so hard for her, but it was not to be. Thank you to all for your kind messages- when I feel up to it, I will tell her story- she was a pony in a million.

Showing competitions are starting already (and we already have riders and horses qualified for the Championships!)- so must get in touch with organisers quickly! Our show is booked and we are already looking for sponsorship: without it we would not be able to run it- if you can help, or know anyone who would sponsor a class, please complete a form from the website and pass it on to Linda, Rowena or myself.

Points cards have been revamped- any placings from shows affiliated to VHPRC now count for points so don't forget to take them and get them signed- the more the merrier!

Ros & the little people

VHPRC OPEN SHOW
& VETERAN CHAMPIONSHIPS
20th SEPT 2015
LEYLAND COURT

WE ARE SEEKING SPONSORS

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

We hold our meetings on the first Wednesday of the month

FABULOUS FOOD!

Rose & Crown,

68 Parkfield Road, Pucklechurch, Bristol, BS16 9PS

AGM.....Weds 7th Jan 2015

Thank you to the members who attended the AGM- we were delighted to see so many there. The meeting was chaired, sadly for the last time, by Sue Jones who gave the Chairs Report for 2014, followed by Linda who read the minutes of the last AGM. Rowena presented the Treasurers report: we are in quite a healthy position, having given over £700 to charity this year. However we need to be cautious about overspending in the current economic climate- although the show last year was a huge success, the weather may not be so kind this year!

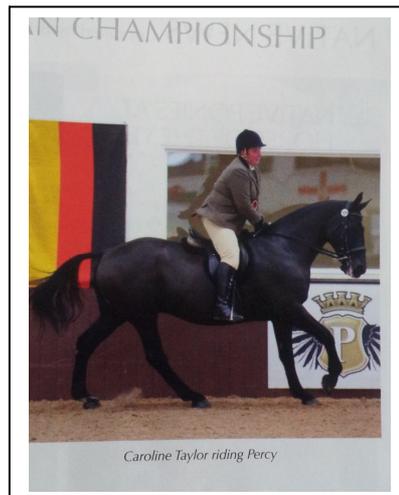
The committee members who remain (having lost Hilary, Liz and Sue) are happy to stay in office, and we have been joined by Renee- our Health & Safety expert whose advice is invaluable. Should anyone feel that they would like to join the committee, please feel free to contact Ros or Linda- we would be delighted to welcome you on board!

The Annual Points award was won by Renee Sawyer-Fry. The rules have changed for next year, so hopefully we will have more entries!

The AGM was followed by our popular mini auction, ably hosted by Sue- there were a huge number of donations, and by her very persuasive manner, she managed to raise nearly £1000, so congratulations to all involved.

Percy

As I was reading through my December copy of Showing World, I noticed that one of our more famous equine members had his picture there- Percy (Caroline Taylor's well known horse) had qualified for the National Veteran Championship hosted by the VHS at Bury Farm EC, Bucks. Percy has had a star studded career- he carried Mel Gibson in the famous freedom speech in Braveheart, and was also ridden by Liam Neeson in Rob Roy. More recently he was in the film War Horse. Now living the quieter life with Caroline, he is still out and about, competing in Veteran showing and dressage, as well as hacking and being a very gentlemanly companion for younger friends, both equine and human!



Caroline has already qualified for the VHSRC 2015 Championships- congratulations!!

Alex Peternell

Our February speaker was Alex Peternell, an event rider who has been part of the South West scene for some years. He showed us pictures from his career so far, and discussed how his career has been progressing: the ups and the downs!

His riding career started in a slightly unusual way and caused him to travel thousands of miles on his quest to become the best. He trained as a ballet dancer for 12 years and attended The National School of the Arts for dancing in South Africa.

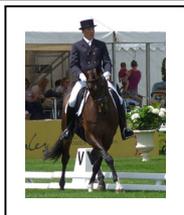
It was during his training sessions that his brother discovered a horse racing yard very near to the studio. One thing led to another and they ended up with a Thoroughbred mare, who was a perfect first horse. He tried to combine dancing and horses but as they both took up more hours than there are in a day it proved impossible to do both to the standard he wanted. During that time he had success in Juniors producing a few ponies to JA. His favourite, "Lady Jade", was actually a Soweto rescue case who ended up competing at the FEI Championships in South Africa.

He travelled to Germany as soon as he finished school to work and train at Stal Schockermohle. It was a huge culture shock! Over 200 competition horses, a small army of grooms and riders, vets and farriers all on site. He worked hard and after work begged for lessons and rides. Despite being thrown into the deep end, he came out stronger!

When he came to the UK he met his ex-wife who was a dressage rider and trainer, which was a real help keeping on top of his dressage. He competed in his first horse trials with a failed dressage mare and won! This made him more determined. Since then he has ridden and produced several horses, some of which have been very good, but as he is running a business it means he has to sell horses too, especially the good ones. He was the first ever South African rider to compete at Burghley (in 2009) and he finished 38th at his first Badminton in 2010 on Tiger's Eye.

He had some good results in 2010/11 including finishing in the top 15 at Blenheim CIC*** with Uprising in 2010, having a top 10 dressage score at Bramham with Uprising in 2011 and completing Badminton 2011 with a severed collateral ligament in his knee, jumping clear cross country! Uprising had his best results at 3* to date with 4th and 12th at Hartpury and his young horses Topstar and Lando have both won novices, so they have promising futures ahead of them.

In 2012, he achieved his life-long ambition of representing South Africa at an Olympic Games. It wasn't without political controversy over selection, but he got there, completed and made history in the process!



A Poem from Jane (and which will resonate with everyone over the age of 40!)

WHEN I'M AN OLD HORSEWOMAN

I shall wear turquoise and diamonds,
And a straw hat that doesn't suit me.
And I shall spend my social security on red wine and carrots,
And sit in the alley-way of my barn
And listen to my horses breathe.

I will sneak out in the middle of a summer night and ride my old liver-chestnut gelding across the moonstruck meadow if my old bones will allow.

And when people come to call, I will smile and nod as I walk past the gardens to the barn and show instead the flowers growing inside stalls fresh lined with shavings.

I will shovel and sweat and wear hay in my hair as if it were a jewel.

And I will be an embarrassment to all, who have not yet found the peace in being free to have a horse as a best friend.

A friend who waits at midnight hour, with a soft velvet muzzle, a nicker and patient eyes
For the kind of woman I will be
When I am old.

By Patty Barnhart



Picture from Google Images

DIARY DATES

22nd Feb dressage at Hartley Wood
Mar- Molly Flood and hand rearing a foal
22nd Mar dressage at Woodfield
April- Sharon Bart – Equi med Ag South West Agent
19th April dressage champs at Woodfield
May- Steam Horse- stunt riding (tbc)
June- Lena Sperring- retired show jumper
5-7th June Camp

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.

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%

Pointings: <http://www.pointings-saddlery.com>

– 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

Having just lost our dear old pony and friend Roisin, someone on facebook sent me this poem- it was very poignant, but thought I would share it as it touched my heart. Dedicated to all those who have loved and lost their equine friends. Warning: it made me cry!!

If the day should come when I'm in pain
And you know I won't be well again
Promise me you'll do what must be done
If this is the battle which can't be won

It'll break your heart but please be kind
Don't let your grieving sway your mind
For this is when you'll let me see
Just how much you do love me

Together we've had many happy years
The future now can hold no fears
Please, don't let me suffer
And when that day comes please let me go

For my usual vet please will you send
But stay with me until the end
Hold me steady, speak to me
Til my once bright eyes no longer see

In time I hope you'll come to see
It's the last kindness you'll do for me
One more time please stroke my mane
And know that I'll have no more pain

And don't be sad that I was you
Who decided that this was what to do
We've been such buddies through the years
Don't let me be the cause of tears

You'll always see me graze now
With the sun upon my back
Painful limbs won't tire me now
However long the hack

I live now in your heart and mind
A lovely place to stay
And what you have in memories
No one can take away



Roisin's Black
Magic
circa 1982-2015

BRC Hat Guidelines 2015

Information for Competitors

Including important changes for 2016.

How does this affect me?.....

For 2015, all members will continue to be required to have their hats tagged before competing in any BRC Qualifier or Championship.

When you arrive at the competition, take your hat with you when you go to declare. The Official Steward will then check that your hat complies to an accepted standard, and will place a unique BRC tag on it. It is a good idea to allow a little extra time when arriving at a competition for this process to be done.

Please note, you will not be allowed to ride anywhere at that event if your hat has not been tagged, and hats which do not comply to an accepted standard will not be tagged under any circumstances. It is the competitors' responsibility to ensure they arrive at a competition with a hat to the correct standard so it is therefore imperative that you check your hats before you get to the event, in order to avoid disappointment. To do this:

- 1) Use the following information or the BRC 2015 Rule Book for reference
- 2) Check that your hat clearly displays one of the accepted standards
- 3) Check that the standard also shows the correct corresponding date
- 4) Check that your hat also displays the correct corresponding safety standard mark
- 5) Make sure that you do not remove any labels from inside of your hat which may hold the relevant information as a hat will cannot be tagged without all of the required information permanently visible. Only hats which comply with **all of these above steps** will be accepted for tagging. If you're in doubt, please contact the BRC office for further advice. If your hat cannot be tagged, you will not be allowed to ride wearing that hat under any circumstances.

IMPORTANT UPDATE FOR 2016:

We have been notified that the European Commission have made changes to the EN1384 hat standard (this also includes BSEN1384) and it will no longer be recognised as an acceptable standard for riding hats in the UK. However, in order to phase out the use of EN1384 and/or BSEN1384 hat standards, the BRC 2015 / 2016 hat rules will be changed as follows:

- There will be no changes to the accepted hat standards for 2015 and hats will continue to be tagged with the BRC blue hat tags.
- However, from **1 January 2016**, ALL hats must be checked and tagged with a new ORANGE BRC hat tag. **All hats which only meet the standard EN1384 or BSEN1384, and do not comply with another standard from the approved table WILL NOT be accepted and therefore will not be permitted for any BRC competition.** Hats which bear EN1384 or BSEN1384 along with another standard from the approved table, will be tagged. For example, BSEN1384 & PAS015 (1998 or 2011) along with the Kitemark, would be acceptable, **but not BSEN1384 on its own.**
- From 1 January 2016, no hats with a peak of any description will be permitted for the XCphase of any BRC competition. Hat covers and silks will be permitted.



For your information

Either PAS 015 (1998 or 2011)
or BSEN 1384 (1997 or 2012)
or EN 1384 (1996)
AND MUST HAVE



BSI Kitemark

ASTM F1163
(2004a or 04a)
AND MUST HAVE



SEI mark

SNELL E2001
AND MUST HAVE



Official SNELL label and number

AS/NZS 3838 (2006)
AND MUST HAVE



SAI Global mark

ATYPICAL MYOPATHY



What is atypical myopathy?

Atypical myopathy is a **mysterious yet often fatal illness**, usually found in grazing horses — mostly in the autumn and spring. The illness weakens the muscles of the body and can present with sudden stiffness, muscle tremors, collapse and colic-like signs, with a low temperature. Often dark urine is seen. **The fatality rate is around 70%.**

A study published last year in the Equine Veterinary Journal revealed that **toxins from the seeds (pictured) of the tree acer pseudoplatanus** — more commonly known as **the sycamore** — **is the likely cause.**

“This toxin is not always present in every seed, or in seeds from every tree. This makes it difficult to predict whether a particular horse will become ill when exposed,” says H&H vet Karen Coumbe. **It is not contagious** and can affect horses of all ages and types, but **young horses may be more vulnerable.**

When are horses at risk? Outbreaks of the fatal disease tends to be seasonal, with most cases occurring in the autumn. **Victims are usually kept in sparse pastures, where seeds are on the ground and are eaten when there is not much grazing.**

What are the signs? The onset of the disease can be extremely rapid, with some horses being found dead in their fields. Signs include muscular weakness and stiffness, dark urine, fatigue, colic-like signs, shivering, sweating and trembling.

What should owners do?

- Fence off areas where sycamore seeds and/or leaves have fallen
- Regularly inspect fields to ensure seeds have not blown in from nearby sycamore trees
- Supply extra forage (hay or haylage) especially where pasture is poor
- Reduce stock density, so there is enough good grazing for every horse
- Turn out horses for short periods (ideally less than 6hrs.)
- Pick up and remove sycamore seeds, if possible
- If concerned contact your vet immediately

What treatment is available? Horses diagnosed early by blood and urine tests can be treated with intravenous fluids and intensive care, but once the signs are present it is already serious.

A useful leaflet is available at:

<http://www.bhs.org.uk/~media/BHS/Files/PDF%20Documents/Atypical%20Myopathy.ashx>

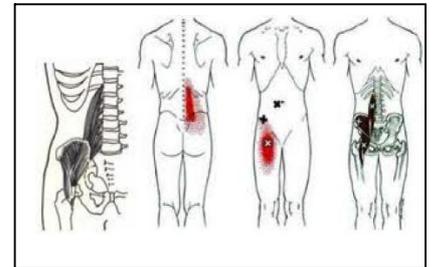
The Psoas Muscle and its role in Riding

by Carol-Anne Robinson, *Registered Physiotherapist*

The psoas muscle plays an important part in our posture in general, and has a crucial influence on rider biomechanics. First let's examine some general information regarding the muscle called the psoas, also referred to as the iliopsoas or hip flexor muscle. It is located deep with the abdomen, and originates along the sides of the vertebral bodies of the 12th thoracic vertebrae to the 5th lumbar vertebrae, and along the sides of the intervertebral spinal discs.

The psoas muscle travels from deep in the abdomen to attach below the lesser trochanter of the femur (long thigh bone) which is located towards the inner thigh region. The iliacus (hence ilio-psoas) originates along the inner aspect of the ileum (the inside of the pelvis bone) and joins the psoas muscle in a common tendon, attaching again just below the lesser trochanter.

The function of the psoas muscle is to bend the hip, which in essence brings the upper leg and knee upwards closer to the abdomen, a necessary function for walking standing and sitting, amongst many others functional activities.



The psoas can also control the position of the spine as the upper body bends

over the leg (bending forwards at the waist in a leaning position), and the psoas

can assist with maintaining a neutral alignment of the bones of lower back. This is how the Ilio-psoas typically functions.

Find out how this might affect your riding...and what to do about it!!! <http://www.happy-horse-training.com/psoas-muscle.html>

Qualifier Shows

The show season has already started (it gets earlier every year!)

These are the shows that have already offered to hold our qualifiers for the Veteran Championships in September- if anyone knows a show secretary that would hold qualifiers- please ask them to get in touch with Ros.

3/4/15 SWPA Okehampton
5/4/15 Roman Lodge
3/5/15 SWPA Taunton
16/5/15 Avon & Borders WPCS West Wilts
17/5/15 DJL Open Show Keynsham
27/6/15 SWPA Cricklads
12/7/15 SWPA Stretcholt
23/8/15 Avon & Borders WPCS Leyland Court



Medical Issues

Thought these might be interesting.....

Lyme's or laminitis?

According to Novartis animal health, tick infection in sheep is becoming more common, there are also reports of increasing tick resistance in cattle throughout the UK. Ticks cause Lyme's disease in horses and in the past Lyme's has been most frequently reported in the more southern areas of the UK and often thought to be transmitted through infected deer more likely to be linked to woodland/ moorland areas. However recent research has now linked Lymes to the most common tick hosted by large animals (sheep and cattle) in the UK, ixodes ricinus which would mean horses are more likely to become infected. Affected animals will present a whole range of symptoms including limb/foot soundness and shifting limb weight, reluctance to move, lethargy and stiffness. In a recent test a 2 year old stallion was infected with human blood with HGE (another type of Lyme's) the horse was fine during the incubation period of 5 days, then it suddenly developed a high temperature 40 C (104 F) and the bacterial infection was first noted in the circulating neutrophils, blood tests showed a sudden drop in white blood cells and an abnormal response from the liver enzymes AT, AST, GYT and GLDH, followed by a systemic inflammatory response which caused inflammation to the sensitive laminae (laminitis). The report from the department of infectious disease and epidemiology warns that this once rare disease could be the cause of an increasing amount of flu like symptoms in humans and advises doctors to be on the alert. Any horse contracting sudden onset of laminitis in the Spring/Autumn which doesn't appear to be grass/food related are advised to have a blood test taken asap as antibiotic treatment is currently able to bring the condition under control whilst undiagnosed the disease can cause multiple organ failure.

**IF IN DOUBT,
ALWAYS
CONTACT
YOUR VET...
NOT
FACEBOOK!!**



Cushings symptoms

Not all horses get all these symptoms. Each horse is individual & has it's own combinations of these symptoms. Some show very little signs of the disease. This is a list of some of the things to look for in your horse that could indicate Cushings Disease

Long or heavy hair coat that may not shed out or may be slow to shed out in the spring

Occurances of laminitis.

Muscle atrophy (muscle wasting, later in process, if horse is untreated), typically noticed over the back and hind quarters, as well as the "pot-bellied" appearance

Infertility, or lack of estrus cycles

Bulging over the eyes

Swollen sheath or udder

Excessive or inappropriate sweating

Increased water intake & urination

Depression; spookiness; moodiness; aggression; lethargic;

Secondary infections; skin and respiratory are most common; excessive reactions to insect bites; etc

Seizures: tripping; stumbling; stiff legged stance; shaking; confusion; falling over; falling backwards; (especially when head held up or when stressed).

These two articles were from the Internet and for information only