



# NEWSLETTER

## Spring 2019

### From the Chair.....

Well thank goodness spring is round the corner. Although the winter itself was fairly kind the flu situation certainly caused problems everywhere. I decided to get Coco vaccinated at 6 months, very begrudgingly, but am glad I did when the venues started saying that 6 monthly jabs were mandatory. I wonder what will happen with shows this year, will they be checking at the gate or no unloading until passports checked.

We all have to be responsible horse owners & if our horse/pony is showing unusual signs then don't take them out. There is always another day.

Don't forget an extra dressage date on 7th April at Woodfield & the championships on the 28th. The meetings at Bitton FC are going really well it's a good room, please come & join us 1st wed in the month (except May).

Keep safe & enjoy your horses/ponies

*Jane & Coco.*

### VHPRC Winter Dressage Series @ Woodfield

Entries on first come, first served basis

Limited spaces!

Contact Deb Vickery

*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  
NEW VENUE!!!**

**Bitton Sports and Social club  
(BS30 6HX)**

**Opposite Fonthill Garden Centre  
Bar available but only snacks**

## To Rug, or Not to Rug??

We're seeing a lot more rugs (and hoods) appearing in fields and indeed in stables over the last couple of months, if not years. Is it becoming a fashion trend? If you're tempted to rug your horse consider the following and be honest with yourself.

- if my horse/pony is obese, unclipped and lives out he/she does not require a rug (use winter to your advantage to allow your horse to safely gradually lose some weight and dramatically reduce his/her laminitis risk for the spring time - laminitis kills)
- horses have a much lower thermoneutral zone (the temperature range where they do not have to expend energy to keep warm) than humans. Horses 5-25 degrees. Humans 20-35 degrees. This means that if you're cold your horse may not be cold.
- horses have a caecum which acts as a giant internal combustion engine producing heat - the human equivalent is the appendix which produces no heat
- horses that are overheated by excessive rugging can suffer heatstroke, colic and stress - this is particularly difficult to avoid at this time of year when temperatures vary
- a survey recently found that peer pressure was the biggest factor in influencing an owners decision to rug their horse!

To help, consider body condition scoring your horse to keep tabs on their condition over winter:

It is easiest to split the horse into three areas:

- The neck and shoulders
- The middle
- The quarters

Many horses carry their fat unevenly on their bodies, so you will often have to average the scores of the different areas. For example, you may see a horse that looks 'ribby' but is actually overweight because it carries a lot of fat on its neck and quarters.

- Fat will feel spongy under your fingers and muscle more firm.
- Dangerous crest fat will harden when it has been there for a while and often rocks from side to side when the horse walks.

What to look for:

- Fat forming a crest and thickening the neck; you should be able to see muscles and feel where the bones are.
- Fat covering the withers and backbone (the spinous processes of the spine). There should be barely any - you should be able to feel the bones underneath a supple covering of skin. Fat will build up either side of the spine until it is higher than the spine itself creating a 'gutter'.
- Fat behind the shoulder and where the shoulder blends into the neck. There should be clear definition around the shoulder blade; fat will fill in the hollow in front of the shoulder and build up a pad behind the shoulder.
- Fat over the ribs - there should be a little fat between the ribs but not over them. This way you can feel but not see them.
- The definition of the bony points of the pelvis (croup and point of hip) - a healthy layer of fat under the skin will not cover up the bones; you should be able to see where they are and certainly feel them.
- From behind - the quarters should slope down away from the croup. An 'M' shape with a gutter along the backbone will be due to a large layer of fat. Fat builds up on the inner thighs too – lift up the tail to look.

For a body scoring chart, follow this link: <https://www.bluecross.org.uk/sites/default/files/downloads/1.body-score-chart.pdf>

To decide whether to rug, it's especially tricky with changeable temperatures and conditions. Combined with *which* rugging is very different for every horse as it depends on breed, weight, climate, his work load, and even their coats themselves. Horses that are used to the colder weather and have spent most of their time outside, tend to cope better with cooler temperatures than horses that are stabled all the time. It also depends on the actual weather, for example - is it just cold or is it cold and raining or even snowing?

So when deciding what rug to reach for, here's a handy little chart to assist you. However....all horses are different so it is up to the owner to decide!

<b>Temperature</b>	<b>Stabled/Clipped</b>	<b>Stabled/Unclipped</b>	<b>Turned out/Unclipped</b>	<b>Turned out/Clipped</b>
<b>15 degrees and warmer</b>	Zero fill	Nothing	Nothing	Nothing
<b>10 to 15 degrees</b>	Light weight (100g) or zero fill	Nothing or zero fill	Nothing	Nothing or light weight (100g) or zero fill if wet & windy
<b>5 to 10 degrees</b>	Medium weight (250g)	Light weight (150g)	Nothing or light weight (100g)	Light weight (150g) plus neck cover
<b>Zero to 4 degrees</b>	Heavy weight (300g)	Medium weight (200g)	Nothing or light/ medium weight (150-250g)	Medium weight (200g) with neck cover
<b>-10 to zero degrees</b>	Heavy weight (300-400g) with neck cover	Medium weight (200-300g) with liner	Light or medium weight (150-300g) with neck cover	Heavy weight (300-400g) with neck cover plus liner
<b>-10 degrees or colder</b>	Heavyweight (300-500g) with neck cover plus liner	Medium or heavy weight (300-400g) with neck cover	Heavy weight (300-500g) plus neck cover	Heavy weight (300-500g) plus liner and/or under blanket and hood

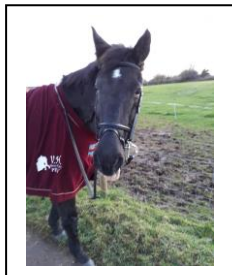
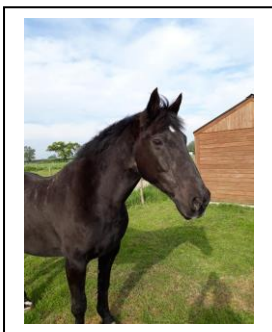


## Percy

In 2015 I wrote about Percy (Caroline Taylor's well known horse) who had qualified for the National Veteran Championship hosted by the VHS at Bury Farm EC, Bucks. Percy 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. With Caroline, he was 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!

Sadly Caroline lost Percy on the 17<sup>th</sup> January 2019. He was laid to rest after nearly 21 years together. She wrote, "Heck have we done some things together over the years. He was such a loyal horse, being brave and bold in whatever we did together. I shall dearly miss him, especially in the mornings, pulling faces and wanting his breakfast. He will never be forgotten. RIP Percy Taylor xxxx"

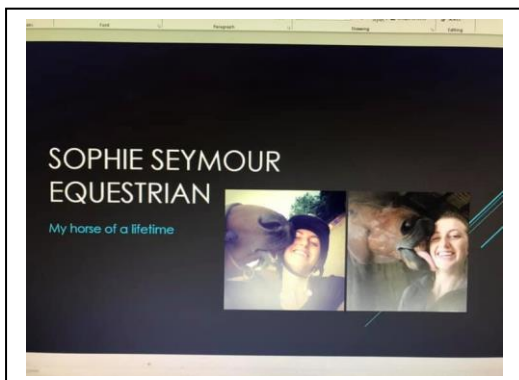
I'm sure that all at VHPRC will have fond memories of this gentle giant, and send our condolences to Caroline.



## February meeting

Sophie Seymour-Williams came to speak to us about her 'horse of a lifetime' Roo, bred for dressage, but doesn't really like it. Having had him on loan for a few years to event after he had been turned away since a youngster, she was given the opportunity to purchase him, but £7000 was way out of her reach. The price dropped to £3500 but was still too much....until she hit on the idea of selling Christmas cards of him. 700 packs later, she had raised enough and bought him. Since then she has started him at BE100 and already achieved clear rounds to go up to Novice. If only she can crack the dressage!!

She funds her riding through breaking and schooling for others, and trains with Beth Hobbs. She practises natural horsemanship, even riding Roo bareback with only a neckstrap to steer. We wish her every success in the future.



## A new idea for 2019? Sounds fun!

Try something new in 2019 — equestrian orienteering!! If you're getting bored with riding around your local area, then it could be time to venture further afield. Most of us tend to stick to routes we know, but that means you could be missing out.

There may be bridle paths in your area you're not aware of, or if you have transport you can look for rides further afield. Check out the [BHS Ride Maps website](#), your local County Council website or tourist websites for ideas.

The first thing you'll need is an Ordnance Survey Explorer map, with a scale of 1:25,000. Ordnance Survey also have an app available, and there are other route planning apps as well – but there's no substitute for a paper map in case you run out of phone battery or find yourself in an area with no signal.

Next, you need to learn how to read the map! This is simpler than you might think, but it's helpful to have a friend to show you the basics. The resources section of the [Ordnance Survey website](#) has a beginners' guide available for free download. You can't ride on footpaths but you can use bridleways which can also be used by walkers and cyclists, restricted byways, and byways, which vehicles can use. You'll quickly learn to spot good navigation points, such as churches, pubs, lakes and railways. Carrying a compass and knowing how to use it can also be helpful, especially in poor visibility.

If you're planning to ride in open countryside, it's a good idea to do some preparation beforehand in case you encounter any hazards. You'll need to be able to open a gate, get on from the ground and possibly cross a ford or a field with cattle in it.

Laureen Roberts, founder of bridleways group North Cheshire Riders and creator of Laureen's Ride, a 56km long-distance route in Cheshire, says: "Before you set out on your horse for the first time try walking on the paths you'd like to ride, as not all bridleways are good to ride. Does the bridleway come out on a busy main road? If you're planning to box to the start of your ride, it's best to scope out parking in advance to make sure there's room for a horsebox. Laybys on quiet roads can be useful, or ask a pub if you can use the car park so long as you have a coffee or a snack before you go. If you meet an obstruction, please report it to the Council Rights of Way department via an online report form, which helps to keep the path open and safe for everyone."

Julia McHugh, former chair of the BHS Cheshire committee and runs a company which offers orienteering on horseback training and bespoke experience days, says: "First and foremost safety always comes first when hacking, so before you try your hand at map reading, make sure you are confident riding out in general. Always let someone know where you are going and what time to expect you back, and who to contact if you don't return within a certain time limit. I'd recommend you do the BHS Ride Safe Assessment as well, you can find details on the BHS website. Before you try exploring, get a map of a ride you know well, and a compass. Learn how your familiar ride looks on the map, then you will start to feel more confident about hacking somewhere you don't know. To work out how far your ride is, every 4cm on the Explorer map is 1km. If you know what speed your horse walks and trots, then you can plan a ride and work out how long it will take you. You will need a map case for your map, and you and your horse need to get used to carrying it. I never wear a map case around my neck, it's likely to twist around and strangle you! I wear mine like a bag across my shoulder and chest so it's easy to read and doesn't flap and scare my horse."

Depending on how long you're going to be out, it's also a good idea to carry a drink, a fully-charged mobile phone and a hoofpick. Above all, have fun and enjoy some of the fantastic riding available across the UK.



## Learn how to stretch your horse to help improve suppleness

The aim when teaching your horse stretches:

When you are stretching your horse you're looking to increase muscle length, flexibility, suppleness and joint range of motion, which all play a major part in stride length. Stretching also improves core stability.

### Horse stretching exercises

#### 1. Leg stretches

Pick up the horse's foreleg and, with both hands on the fetlock, ease the leg forwards towards the horse's nose and hold for 10 seconds. For the hindleg stretch (pictured below), gently ease the hindleg forwards towards the foreleg and hold for 10 seconds. Start these exercises low to the ground then, as the horse becomes more supple to the movement, you can ask for more range.

#### 2. Carrot stretches

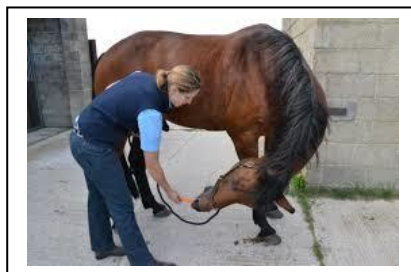
Using a carrot, persuade the horse to bring his head down between his front legs. Encourage him to stretch as far as it is comfortable and hold the stretch for 10 seconds. Next, stand with your back to the horse's shoulder and encourage him to bend his head and neck around you, ideally keeping his head vertical, and aim for the direction of the back fetlock. Aim for a smooth stretch — not a snatch — and hold for 10 seconds.

#### Tips and pitfalls

- Always perform these exercises when the horse has been warmed up first.
- Avoid any jerky movements.
- Make sure the horse keeps his head straight in the carrot stretches, as any tipping or twisting of the nose is an evasion.
- Never force the horse into a stretch, only guide him.
- When you girth your horse up, it's important to stretch his front legs forwards to avoid the girth pinching the skin and muscles around the girth area, which can lead to serious pain and sensitivity.
- Never stretch your horse while he is tied up, and make sure the footing is not slippery.



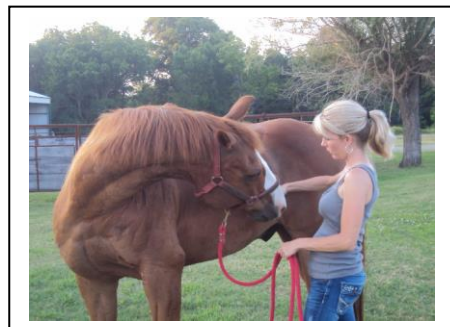
Back leg stretch



Carrot stretch



Forward leg stretch



Carrot stretch

## Herbs for Horses

I recently bought a book about feeding herbs to horses- it's interested me since starting herbal additives to my ponies feeds. As herbivores, it is natural for horses to seek out and eat herbs, such as comfrey, red clover, garlic, dandelion and nettle, which have healing properties in their seeds, flowers, roots, stems or leaves. Feeding herbs requires common sense, patience and a degree of observation and monitoring – always consult your vet before offering a specific herb as treatment for any condition. Ideally, horses should eat 25 different plants per day. Keep in mind, that horses are not grazers (like cows or sheep), but rather, they are foragers.

### Stinging nettle

Rich in vitamin C, iron, sodium, chlorophyll, protein and dietary fibre, nettles are a useful addition to feed if chopped and left to wilt, or – when made into a spring tonic – as a blood cleanser and conditioner to ward off skin ailments, such as sweet itch. The recommended daily dosage is 40-50g added to feed. Boasting great eliminative properties through liver and kidney, the plant is beneficial in the absorption of iron, making it useful in the veterinary treatment of anaemia. Nettles also help stimulate circulation, which is useful in cases of laminitis, rheumatism and arthritis. Occasionally, the plant may cause urticaria, an allergic skin rash resembling welts, even when taken internally, so it is best avoided if a reaction occurs.

### Comfrey

Horses usually relish the taste of this versatile herb. Comfrey has a reputation for healing bone damage, such as sore shins, chipped knees, stress fractures (about 40 leaves of white comfrey and at least one cleaned root a day is recommended) and arthritis (three large leaves of pink comfrey a day), as well as tendon strains. Comfrey's healing qualities also extend to repairing damage to lungs and the respiratory system when a horse 'bleeds' or 'bursts'. Recently, there has been a suggestion that it can produce liver damage if large quantities are fed over long periods.

### Dandelion

Dandelions are a good source of potassium, calcium, iron and beta-carotene. Efficient at relieving oedema, the herb can also aid kidney and liver complaints, including jaundice, and it can stimulate appetite and boost digestion. As well as being a mild laxative, this plant is also used to cleanse the blood of impurities, and for rheumatism, arthritis and laminitis. All parts of the plant are safe and effective to use.

### Valerian

The root is used in herbal preparations as a sedative to relieve nervous tension – such as when a horse arrives at a new yard – or to calm over-excitables horses, without affecting performance. Valerian combines extremely well with other relaxing herbs, such as chamomile and hops, to make a general calming blend, and can be helpful in settling the digestive system. It is also said to be a good treatment for cramps, colic, bronchial spasm, flatulence, nervous exhaustion and cases of constipation. Although valerian is a non-addictive herb without side effects, it is a natural tranquiliser and can cause drowsiness, so you should always consult your vet before using it. It is also a banned substance under competition rules!

### Meadowsweet

Meadowsweet contains an aspirin-like compound and has valuable anti-inflammatory properties. It's good for gut problems and joint pain, as well as for treating arthritis in the lower limbs. When combined with other herbs, such as devil's claw, prickly ash bark and hawthorn – which helps open up the peripheral circulation – meadowsweet can be beneficial in treating chronic laminitis cases. It can also be used to help heal ulcers, reduce fever, it aids bladder and kidney disorders. Herbalists use the whole plant – which can grow up to six feet in height – including the roots.

### Portable fresh herb feeders

A great way to offer free-choice, fresh herbs to your horses is to plant them in old tyres with upturned hanging baskets over top. The basket protects the plant so the horses cannot decimate it; but they can nibble off leaves as the plant gets big enough to poke through the mesh of the basket.

You simply fill an old tyre with soil and plant your seeds. Drill holes in the tyre and then secure the upturned hanging basket to the tyre with cable ties.



Contd.

One of our members, Donna Best, has used herbs for her horses:

“Michaela Ritter is a herbalist who practises Zoopharmacognosy (the ability of animals to choose their own remedies) it's a process of self selection by the horses, you give her an in depth history of the animal and she brings a large range of herbs she thinks would be useful then offers small amounts of individual selected herbs to the horse/dog and they either eat them or disregard them; she grades their interest so she can work out how much to add to a mixture. This process is based on the animal's innate instinct to select what they require and I think it's brilliant as could boost your animal's health and reduce future problems that could arise which helps future vet intervention. I think it's brilliant I've had her out twice for Flynn and once the horses requirements have been met and the particular issue addressed the herbs he chooses the next time could be different. It shows you what X rays can't see and saves lots of money on buying herbal supplements they either don't or no longer need.”

Zoopharmacognosy (zoo = animal, pharma = drug, gnosis = knowing) is a growing science about animal self-medication and self-selection, first suggested in 1996 by Michael Huffman an American biologist, when during his studies of wild chimpanzees in Tanzania he discovered that affected animals were eating certain plants to successfully rid themselves of intestinal parasites.

However, there are sceptics- a veterinary practitioner writing in a blog <http://skeptvet.com/Blog/> states: “There is some evidence that animals in the wild sometimes select plants to eat that might have health benefits. The best evidence comes from insects and other species with short generation times that produce large numbers of young and have rather simple, predominantly genetically determined behaviour. Evolution can quickly select for changes in behaviour that have a selective advantage in such species because small changes can readily spread if they give even a little advantage to a few individuals, and behaviour is not very flexible or complex and so can be altered by small genetic changes.

There is much less reason to think zoopharmacognosy is a common or effective behaviour found in more complex species, such as mammals. Most of the claims for this are simply uncontrolled observations with lots of assumptions and bias built in. And proponents of this idea generally ignore the fact that the availability of potentially medicinal plants is unpredictable, their composition and effects vary from plant to plant, region to region, and year to year, that we don't have actual evidence for the real value of most plants considered “medicinal” by various folk medicine traditions, and finally that wild animals poison themselves or ingest non-food objects with deleterious consequences, which argues against a strong and reliable intuition about what is healthful.”

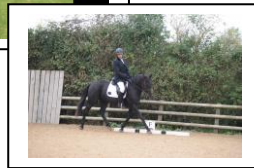
So perhaps one needs to keep an open mind....as a precaution, I think I would always ensure consulting a vet before embarking on any form of regular treatment in herbal form. Apart from anything else, it may a) invalidate insurance and b) be a ‘prohibited substance’. And long term use may actually be harmful eg Devil's Claw has been claimed to cause intestinal issues and bleeding. I do use herbal supplements with my ponies, but they were chosen by me: turmeric, boswellia, cinnamon. I wonder if they would choose these themselves??



## Multi-talented, and not just a pretty face!

Not many might know this....but one of our members who has competed for us in our dressage team, has another talent! Jon Clare, has competed for many years, most recently with the VHPRC. Picture A was his first ever first at the Veterans on his 23 year old horse Normen (chestnut), who he'd previously done some low level jumping on. When Norm got too old to jump, with the vets advice, Jon changed to dressage. Normen, (who had jumped to a high level), had different ideas and completed his first walk trot in under 3 minutes and lots of snorting and lots of canter - so his 1st was a massive achievement. Normen, now 25, has been retired this year, and Jon is now moving onto his baby Columbo aka Collie (black), who he delivered himself after getting stuck. Jon's first show on Collie was at Berkeley Castle!! So hopefully, you'll see lots more of Jon and Collie now, especially as they've already qualified for the VHPRC championships.

A



However, Jon is also a well-known musician! The following is drawn from his website (with his kind permission).... At 6 years old Jon was drawn to the piano at his friend's house and allowed to make as much noise as he wanted. He asked his parents for a piano of his own and a deal was struck " Have proper piano lessons and you can have one" They very generously gave him a piano and the lessons started and continued until he was a teenager.

8 years later at the age 14, he found himself sitting at an out of tune pub piano with a line of pints on top; The landlord said "Keep playing son, and I'll keep the beers coming." Later that year after travelling round various venues in Bristol and playing guest spots for local singers and bands with his school mate Jason Bryant (now the drummer of the Firebirds) they found themselves backing Tony Garrett, an already established singer with an amazing voice. They called the band The Sidewinders, and the gigs came pouring in. For a lot of the early gigs it was only the pair of them providing the backing, just piano and drums, at some really big gigs. Jon decided that he needed find a way to make as big a noise as he could on the piano- a habit that has stayed with him to this day.

A couple of years later he decided that it was time for him step up and sing lead vocals. He called the band The Late Shift; it quickly took off and the band played all over the South West.

The next step came in 1988 when he joined forces with Gary Bacon on bass and Andy Potter on drums. They called the band The Fabulous Doughboys and just gigged relentlessly for a year until Andy Potter left and Alan Eden joined on drums. They played all over the country and used to be introduced as the busiest band in the west, often playing every night of the week. He remembers one December having only Christmas Day off.

Late in 1999 Gary Bacon left and Paul Brown joined on bass. This line up continued for a number of years until the departing Paul was replaced by Matt Venn. Matt's musicianship and sparkling stage presence made a real impact, not to mention additional strong vocals to the line-up. When Alan Eden departed the band Matt Venn moved seamlessly on to the drums and the band recruited Rich Miller on bass. This new line up clicked, and straight away felt like they had been together for years.

The most important thing about playing in a band is to enjoy what you do. Jon always feel a buzz when Matt, Rich and he take to the stage, and after 30 years of playing gigs he's having more fun now than ever ..just a few of the highlights for him....Shows at Bristol's Colston Hall, Shows at The Bristol Balloon Fiesta, Ashton Court Festivals, N.I.A. (National Indoor Arena), Birmingham, UEFA Champions League Cup Final, Old Trafford, Manchester, Gigs in Hyde Park, London : 20,000 audience, Walk the Walk Breast Cancer Charity, Back to Back pianos with Linda Gail Lewis (Jerry Lee Lewis's sister) duetting Jerry Lee Lewis songs backed by his good friends The Firebirds!

See some of his band photos below!!

## DIARY DATES

7<sup>th</sup> April 2019- extra dressage at Woodfield

28<sup>th</sup> April 2019- winter dressage series finals

If anyone would like to compete for the club (dressage, show jumping, cross country etc) please contact **Rachel Hawkins 07814 561106**. She would be delighted to hear from anyone, at any level!!

If anyone has some ideas for speakers at our meetings, do please contact Beth Bracey with details.

## QUALIFIER SHOW DATES:

For this season.....

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



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](http://www.vhprc.co.uk)  
Any articles/ photos to Ros at [rossteward@hotmail.co.uk](mailto:rossteward@hotmail.co.uk)

Jon Clare cont'd....



<http://www.jonclare.net/the-band/jon-clare/>

Look out for future gigs!!!

## The Husband's Perspective?

### ★★Things I've Learnt About Horses.★★

Livery yards are not full of ultra-fit young ladies in white jodphurs & show jackets despite what adverts/film/TV would have you believe.

I can now tell the difference between a cheap pitchfork & a decent one.

2 tonnes is the daily amount of manure a horse produces.

A bucket that costs 99p at B&Q will cost £9.99 at a horsey shop.

6 months ago if a horse bared its teeth, flattened its ears & went for me. I filled my pants. Now it just gets a slap & shouted at.

If a horse stands on your foot no amount of pushing will shift it.

The horse is perfectly designed by nature to covert £ sterling into manure. Literally.

If a horse can do something stupid it will do it.

Horses like to knock over wheel barrows piled high with droppings.

January at 5am is an awful time of day to be at a stable so I let Her do this.

A saddle. An item crafted out of the finest leather & costing upwards of £1k that never fits your horse.

You can ACTUALLY wear out a pair of Wellington boots in 6 months.

A decent pair Wellington boots that last 6 months cost around £100.

The vet. A nice man that turns up regularly & empties your bank account.

Grooming. It takes hours & is the green light for your horse to then go and roll in mud, manure & probably fox poo.

Horse dentist. A barbaric man with steel toe cap boots, a bucket of big rasp files who turns up & empties your bank account.

Farrier. A really nice bloke who turns up & empties your bank account every 6 weeks in exchange for putting bits of metal on your horses feet which fall off with 10 minutes of him leaving.

Horse Walker. A giant electrified hamster wheel for horses.

Crop. A whip thing covered in mud & hair & not at like the ones in Anne Summers.

Wheelbarrows. I can now tell the difference between a good one & a bad one. A good one has a low centre of gravity. A bad one falls over as soon as a horse so much as farts near it.

Water bucket. A container holding fresh water into which a horse must poo at the first opportunity.

Horse Teeth. Giant chisel like things that the bastards like to grab you with the instant you're not looking.

Being run over by a horse feels exactly the same as being run over by a car. I've done both & can confirm this to be true.

6 months ago, watching my beautiful girlfriend, riding a demented, bronc'ing, rearing fiery horse filled me with dread. Now I just accept it's what happens.

4 hours is the time it takes to inflate a 7.5 tonne horse lorry tire to 85lb PSI with a foot pump.

Stock fencing. An object that any horse treats as a challenge. It's to be jumped, kicked, leant against until it snaps at any opportunity. Electric fencing. Decorative tinsel for ponies!

Don't wrap the lead rope around your hand. Because a dangerous empty bag of Quavers, which are well known for attacking horses, will blow past in the wind causing the horse to bolt in panic & will pull your fingers out of their sockets.

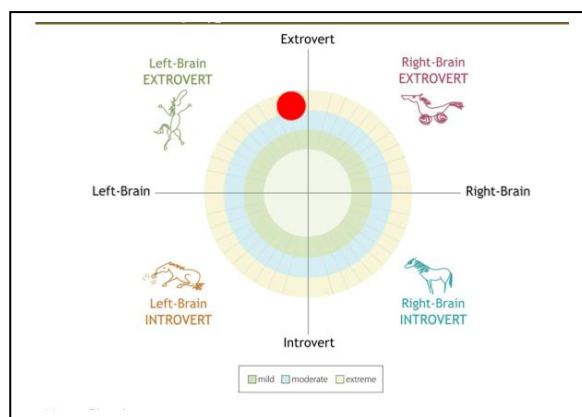
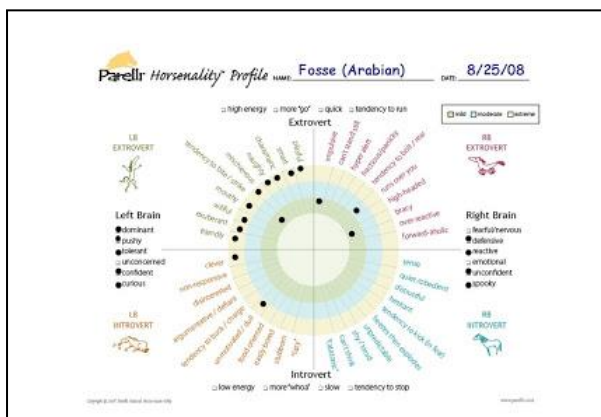
Horse rugs. Why do we always need another one? What does this one do that the other 76 don't do?

## Eva Baryla – A Way With Horses

Our March speaker was a young lady who talked about working with horses using natural horsemanship. Whilst living in Poland, she lived and worked with 150 semi-wild horses which enabled her to observe the horses' instincts and behaviour in their own natural environment. Her role was to prepare these unhandled horses so they could enjoy positive relationships with people, studying their bodies, behaviour and ways of communication.

She later became interested in the unconventional approaches of horsemen such as Klaus Ferdinand Hempfling, Alexander Nevzorov, and the brothers Jean Francois and Frederic Pignon. She has also studied the work of Monty Roberts and Pat Parelli.

She discussed 'horsenality' where by interpreting the completed chart, you learn whether your horse tends to be an **introvert** or an **extrovert**, and whether he's **right-brain** (fear) or **left-brain** (dominance) oriented. ... **Introverts** have more "whoa." **Right-brained** horses tend to be fearful **and** defensive, while **left-brained** ones are more confident **and** dominant. This information, in turn, provides valuable insights into how best to approach, handle, train, and bond with that horse. It was originally Linda Parelli, who studied human personality theory in the 1980s under Australian researcher Glynn Braddy, who adapted Jung's personality model for use with horses. The goal is to enable average horse owners to gain a fuller understanding of their own animals a shortcut of sorts to the intuitive connection that experienced horsemen automatically make. This has been adapted from C. G. Jung's theory of psychological types of humans, introduced in the 1920s.



Eva offers her services to anyone who wishes to learn more about equine behaviour, covering a range of topics eg horses natural instincts, communication, with young horses, horses with behavioural issues or older horses that require rehabilitation. She can also assist anyone wishing to purchase a new horse, providing independent advice to match one's personality to that of the horse. An initial consultation is approx. £40, and can be followed with either follow up sessions or a regular programme of progressive sessions. She also provides group work sessions for up to 5 participants.

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