



NEWSLETTER

SUMMER 2018

From the Chair.....

As I lie here sunning myself on my first holiday in 5 years, I am thinking about how successful the club is becoming, We have some great new members with lovely horses and the rallies are going well- Big thanks to Teresa.

Teams are doing just great, well done all of you, keep it up. Millie went to the nationals & came 10th... a huge achievement. Thank you Laura.

Camp was a huge success again this year & I have to say that it was fabulous to see everyone improving during camp. Some fabulous pictures taken by Fiona Crawford & also by members. Coco was just amazing & a little naughty but can't thank the instructors enough for all they did. The new cabins are amazing, the food, as usual, great & the company fantastic. The sun was shining & no hold ups on the motorway coming home- what more could we ask for? Linda did a great job ... a huge thank you to her.

The next big thing is the show; any sponsors/helpers please let a committee member know asap. We can't run without either & as the show grows it needs more money & more help.

Enjoy your summer whatever you are doing, keep safe & don't forget hi-viz is just as important in the summer!

Jane & Coco.

VHPRC Open Show
and Veteran Championships
28th 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

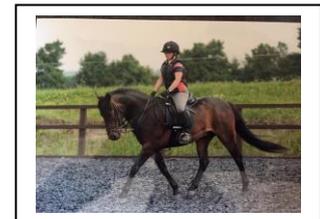
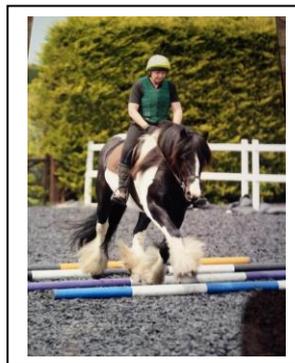
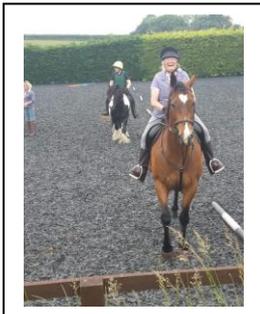
The Midland Spinner

4 London Rd, Warmley, Bristol BS30 5JB

CAMP FUN & GAMES



Thanks to Emma Wood
for many of the pictures!
Others pinched off
Facebook ☺



Think the comments say it all...

“such a fab time at camp. Thank you to Linda Knight for her brilliant organisation, together with Jane Jones and all the other people who pitched in to ensure everything ran smoothly. A special thank you to Teresa Creese Green and Sarah Green who nannied me on our hack. Sarah’s timely traditional yell of ‘SIT UP’ saved me from a dunking!! ☺”

Thank you to every one trainers and campers who made it such fun.”

Celia

“Am so pleased that camp went so well. We had an awesome weekend & everybody has come away having achieved far more than they ever expected. Big thanks to Linda Knight for her usual brilliant organisation. Stockland Lovell for the amazing new cabins, fabulous food & great facilities. The instructors were amazing. I can't thank you all enough for your smiles & support.”

Jane

“Thank you again all of you who have supported me since joining this amazing club. Can't quite believe what a amazing time we had this weekend. You lot are wonderful, positive, caring and great fun ladies. I am soooo happy to have found you!!!” Gina

“I have had the best time ever this weekend with all my lovely friends from VHPRC. You are all amazing and I thank you all (and those who could not make the camp) for all for your support and encouragement you have given me over the last 3-4 years. ☺☺”

Teresa

Speakers

Vicky Milne RVN, REVN, V1, Cert Ed presented a fascinating talk about first aid and bandaging (part 2). She started by showing us some different types of bandages used around horses, eg tail, leg and first aid. After cautioning us to always take care as horses may be wound up, she stated the functions of bandages to be: to cover a wound to help control the bleeding, to control swelling, to act as protection to prevent further trauma, to assist with wound healing and to restrict movement and reduce pain.

In a true emergency the look of the bandage does not matter, but an overtight bandage may cause further damage (which is left on for longer than 2 hours). Because of this you need to ensure: The injury is adequately protected, The bandage has been well padded and fits snugly, Any pressure over the tendons is even, Pressure is avoided over bony prominences (e.g. accessory carpal bone), The contralateral limb is supported/bandaged especially in severely lame horses.

Bandages are made up of three layers: The primary layer (usually a non adhesive layer dressing eg Melolin), the secondary layer (thick wadding) and the tertiary layer (eg Vetrap).



Vicky then told us about the different types of bandages: Robert Jones bandage which creates a splint style bandage, an actual splint bandage, hock bandage, fetlock bandage, chest bandage and head bandage.



After she had finished, we all had a chance to practise some bandaging, with varying degrees of success!



Brilliantly modelled here by Beth and Teresa ☺

An interesting article from Gill....

Tim Watson is currently employed on a fractional basis, as Professor of Physiotherapy at the University of Hertfordshire. He has been employed at the University since 1998 and has held his (full) Professorial position since 2003. In addition to his academic research position, Tim works as a consultant in electrotherapy/electrophysical agents, working for various professional bodies, legal and insurance companies, manufacturers and retail groups undertaking work on a contract basis. As part of his research, Tim has actively researched and published in the field of Microcurrent Therapy and its applications. The views expressed in these documents are his own and reflect an independent stance based on the available evidence, rather than from a commercially oriented perspective.

ArcEquine is the smallest microcurrent device in the world. It is a wearable, completely drug free, non-invasive pain management and tissue repair system designed for use on horses. The ArcEquine mimics the body's naturally occurring biocurrents in order to boost the production of ATP within cells. ATP is the energy component of the cells and is responsible for the flow of nutrients.

When an injury or disease occurs it decreases the rate of ATP production. There is less energy to transport the nutrients and the flow slows dramatically. The cells do not have enough energy to kick-start the repair process. By introducing microcurrent into the body, ATP production has been found to increase by up to 500%, kick starting and accelerating the body's own recovery, allowing for the reduction of pain and inflammation, and healing to start earlier.

This well researched technology is non-invasive and does not need to be worn near the injury as the currents will always 'go' where they need to go - it is working systemically. We suggest running through our initial 6 week protocol using the ArcEquine for a minimum of 3 hours a day. At the end of the 6 weeks please reassess your horse and decide which programme would be most effective. ArcEquine is easy to use. No specialist training or clinical knowledge is required so owners can administer ArcEquine's treatment themselves, although many of our users are professional riders, trainers, owners, therapists and vets.

What Microcurrents In The Body Actually Are, What They Do And Why We Need Them

The normal physiological events in all tissues in the body incorporate a component of bioelectric control. This is an endogenous electric control and the voltages and resulting currents that flow in the tissues are in the 'micro' and 'sub-micro' range. It is proposed that in many clinical presentations, the failure or underperformance of this control system makes a significant contribution to the aberrant physiological state of the tissue, or indeed, the resulting pathological process. This is entirely in keeping with the result that would be expected following an equivalent disturbance in the biochemical control system(s).

The basic concept underpinning the use of Microcurrent Therapy as an externally applied (exogenous) energy is that it facilitates the restoration (normalisation) of the deficient or aberrant endogenous bioelectric signals. Put simply, if the internal currents are deficient or missing, their supplementation from outside the body helps the body/tissues to regain a normal (homeostatic) status.

It is not suggested that the use of Microcurrent Therapy is the panacea for all illness, pathology or tissue response to injury, nor is it the only way in which these responses can be evoked. It is however an evidenced intervention and one which takes a 'gentle' approach - enabling the body to respond appropriately. It has sometimes been described as a means to enable 'normalisation' of the endogenous currents.

The Science behind it.....

Microcurrent technology mirrors the body's natural current to promote quick and speedy healing.

Tissue, including muscle, tendons, ligaments, skin and bone, is formed from a large mass of similar cells that perform specific functions. These cells use tiny sequences of electric current, measured in millionths of an amp, to organise, monitor and regulate a stable state within the body. ArcEquine mimics these sequences.

When there is injury, damage or disease to a tissue, there is disruption to the normal electrical current within the cells and things fail to work properly. By introducing the correct sequences of current using the ArcEquine, the body's natural electric circuitry is replicated and kick starts and accelerates normal functioning.

Research has shown that microcurrent technology radically increases ATP. This is a high energy molecule that stores and transfers energy within all cells so that normal activity can take place. In theory, animals should be able to provide all the ATP needed but this does not always happen and any healing process requires large amounts of ATP, which can become depleted. Microcurrent stimulation increases ATP production by up to 400% and when introduced can enhance and accelerate healing in a fraction of the normal time. Pain is also minimised and effectively controlled.

Here is the weblink if you would like to find out more:

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

Veteran Horse, Pony & Rider Winter Dressage Series Championships

The Championships were held at Woodfield Stables on Sunday 15th April. The whole series has been incredibly well run by Deb Vickery and Charlotte Alford, with record breaking entries in all classes. So congratulations to all who qualified- you have all done incredibly well against such strong competition. Thanks must go to Mike and Sue Fewes who allow the series to be held, and of course to all the helpers over the past few months.

The results were as follows:

Class 1A – Intro A

1st	Emilie Kirkwood	Whitehawk
		Texas
2nd	Izzy Lewis	Pringle
3rd	Mishilla	Valerie
	Forthingham	
4th	Maddi Knight	Jack
5th	Ruby Cox	Tia
6th	Cully Isles	Squirty



Class 1B – Intro A

1st	Jess Hawes	Royal
2nd	Claire Phipps	Pippins Picalo
3rd	Lorraine Jayne	Daisy
4th	Tila Winstone	Bex
5th	Kath Glove	Dee
6th	Katie Parrot	Bertie



Class 2 – Prelim 7

1st	Olivia Swick	Denrow Alladin
2nd	Emilie Kirkwood	Whitehawk
		Texas
3rd	Ruby Thompson	Cadno
4th	Tila Winstone	Bex
5th	Hannah Joy	Charlie
6th	Alice Cuff	Captain



Class 3 – Prelim 18

1st	Kellie Clare	Bert
2nd	Halle Iles	Squirty
3rd	Amelia French	Brianna Firefly
4th	Caroline Saunders	Just Jack
5th	Hannah Joy	Charlie
6th	Katie Sirl	Bella



Class 4 – Prelim 12

1st	Kellie Clare	Bert
2nd	Jodie Taylor	Elsa
3rd	Lorraine Jayne	Daisy
4th	Maria Tippet	Sky
5th	Siobhian Fordham	Harvey
6th	Jane Jones	Coco Reef



Class 5 – PYO% Prelim 14, Novice 27

1st	Leah Woodward	Jack
2nd	Tila Winstone	Oscar
3rd	Laura Barwood	Jack
4th	Tila Winstone	Leo
5th	Marney McMahon	Greenvale All That
6th	Olivia Swick	Denrow Alladin



Class 6 – PYO% Novice 30

1st	Marney McMahon	Greenvale All That
2nd	Leah Woodward	Jack
3rd	Tila Winstone	Oscar
4th	Amelia French	Brianna Firefly
5th	Tila Winstone	Oscar

And well done to Maddi Knight and Jack for winning the Points Championship with 44 points!



🌸How toxic are Buttercups?🌸

This year we appear to have a bumper crop of buttercups, which seems to be a nationwide issue, so how worried should you be as a horse owner?

Buttercups are members of the Ranunculus plant species and in the fresh state contain a toxin 'glycoside ranunculin' that causes irritation on contact with sensitive skin such as the lips and muzzle of our horses. This 'contact dermatitis' can also occur on the lower limbs, and pink skin is more susceptible.

Buttercups are most irritant during flowering as the flowers contain more toxin and wet weather enhances the irritating effects of the toxin making summer showers a riskier period.

The toxic effects of buttercups due to ingestion are rarely a problem with horses owing to the bitter burning taste that the plant has. However, horses on poor grazing with little forage may be tempted by buttercups and toxicity can result in excessive salivation, colic and diarrhoea if eaten in large quantities. Beware of fat ponies in starvation paddocks!

It is very important that any other potential causes of dermatitis are ruled out, especially the photosensitisation seen with horses suffering from liver disease. All horses with severe sunburn like lesions on the muzzle, or mud- fever like lesions on the white lower limbs should have a blood test to check for abnormal liver enzymes. If blood results are normal then buttercups could be the problem.

The good news is, any problems caused by buttercups will quickly resolve following removal from the offending pasture. Treat any dermatitis lesions with a soothing antibiotic cream. Scabs are often painful to remove and should be left for a few days covered in cream to soften before trying to remove them. Only in extreme cases will the horse require antibiotics.

Once the plant is cut and dried out the toxin dissipates and the plant is harmless. So don't worry if you have hay or haylage containing dried buttercups.

This was from a vet's page on Facebook:

https://www.facebook.com/barnequine/?hc_ref=ARSPB7h38mIfyYfVERGuNqYldOrWZXafAyF8x3Li0tjilvetOWDRcQ8LzycSRGrTmMI&fref=nf



Another post suggested an interesting resolution.....

Buttercups

I'm going to tell you a story of two fields both side by side. One field is full of buttercups the other is not. I will give you the history of these fields as Field A and Field B over the last 2 years.

Field A
2016
Spring - rested
Summer - cut for hay
Autumn - sheep grazing
Winter - rested
2017
Spring - rested
Summer - cut for haylage
Autumn - grazed by cows for 2 weeks
Winter - rested
2018
Spring - rested
Summer - horses moved in now ground has dried up.

Field B
2016
Spring- horses grazing
Summer - sprayed for buttercups
Autumn - cut for hay
Winter - horses grazing
2017
Spring - horses grazing
Summer - horses grazing
Autumn - horses grazing
Winter - horses grazing
2018
Spring - horses grazing
Summer - horses grazing

Contd....

One of these fields has nothing but short grass, bare ground and buttercups.

The other field has knee length diverse grass very few buttercups..... Now can you guess which field is which?

Yep, that's right Field B is a glorious sea of yellow. The soil has been compacted and all the air underground has been squeezed out. The soil biology needs to breathe, it can't function effectively without oxygen. This will affect your mineral cycling and water will run off or pool on the land.

Grazing short by single species (horse) who do not eat buttercups retards the grass and leaves more room for the buttercups to take further hold of the land. Also the constant grazing stresses the roots of the grass, they divert sugars back to the tips to throw up new leaves as quickly as possible, just to stay alive. As the plant draws on all available nutrients it no longer feeds the biology in the soil. Lack of biology means the plant loses its most vital partners that help sustain a healthy life, the microbes. The microbes help make and find minerals and convert these to a plant available form.

So the short stressed grass is now lacking nutrients and is more susceptible to disease itself.

Spraying the field was a temporary fix for the issue. Unfortunately chemical assault on buttercups and weeds is also harmful to soil biology.

Poaching up the land during wet weather, leaves room for opportunistic plants such as weeds and buttercups.

Don't just think about buttercups when you have a problem. Think about protecting that invisible microbial world. It needs a living root in the soil to be fed and space to breath. Then it can help look after your grass, your horse and your sanity 😊

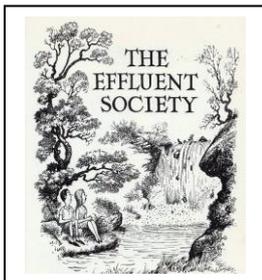
☺



https://www.facebook.com/H.H.Hoofcare/?hc_ref=ARRNDGJOxmrKq2ud_lgTegplepGTDXz4Z7KYrHxppnKZF5zNW-F3Mxjsqoy87kOiKEQ&fref=nf&hc_location=group

How long ago did we know about climate change?

I saw something interesting the other day....a book by Thelwell (well known of course for 'little pony' pictures). I hadn't realised he had published the book below in 1971...



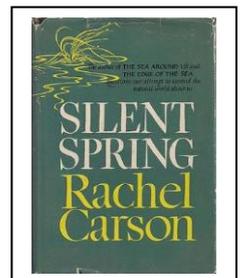
This is a book to evoke emotions between wistful regret and downright depression. Why must Man be so destructive of his environment? Pulling a man out of the city river, next to a pipe disgorging what one assumes is untreated sewerage, the caption is *"I'm glad you won't be needing the kiss of life!"* (p.6) In other places captions are dispensed with; such as (p.36) the line of hundreds of cars driving into one of the UK's designated National Parks, scrapping for space to park. Contrasting attitudes provoke thought: catching a mouse in the home to release it outside, yet not thinking twice to kill wasps which have taken over a countryside picnic (p.56). It's all very thought provoking; maybe more so given that one still sees identically irrational decisions made 47years later, in 2018.

Which got me thinking....as a child (a very long time ago!!) there was an article based on a book called Silent Spring by Rachel Carson in 1962, an environmental science book. The book documented the adverse effects on the environment of the indiscriminate use of pesticides. Carson accused the chemical industry of spreading disinformation and public officials of accepting industry claims unquestioningly.

Silent Spring was met with fierce opposition by chemical companies, but it spurred a reversal in national pesticide policy, led to a nationwide ban on DDT for agricultural uses, and inspired an environmental movement that led to the creation of the U.S. Environmental Protection Agency and other bodies. The WWF published the article in their publication 'Animals'.

And as a teenager, there was a novel called 'The Last Gasp' by Sir Trevor Hoyle in 1983.

"Scientists have been warning for decades that we are poisoning the Earth. Now their prophecy is coming true. The oceans have become polluted, destroying a crucial link in the planet's life-support system." Whilst this was a thriller, it is underpinned by a lot of ecological science.....



Food for thought, bearing in mind the impact of Sir David Attenborough's Blue Planet, and how people are only now realising the issues of plastic waste and pollution???

For **very graphic** pictures: <https://www.facebook.com/domimastr/posts/1152302971467546>

Hazel's Bike Ride

Some of you will know that I recently found myself doing a lot of riding on a different type of steed. I signed up with the charity Above and Beyond to assist in raising money for the NHS Hospitals in Bristol (of which there are 9), by cycling from Bristol to Paris (430km). The aim was to raise £150,000.00 sponsorship for a new scanner for the neo-natal department at St Michaels Hospital.

My work has supported this event for the last 3 years and I considered signing up previously, however the amount of sponsorship money needed put me off. After spending most of 2017 working in Scotland, I think the relief of having no billing targets went to my head because when I returned to Bristol I signed up.....and then had several sleepless nights worrying about the distance and the money I had to raise! The next 9 months were difficult due to fitting in both. Above and Beyond were fantastically supportive throughout the challenge. We received a presentation on the types of uses the scanner will be PUT to, from diagnosing anaemia in unborn children, to detecting and curing twin to twin syndrome. This helped with fund raising as we could explain to people why it was such a good cause. We were also given advice on nutrition and there were four organised training rides.

I was one of 58 riders who signed up. Some people were individuals, a lot were connected to the hospitals in some way. Following the initial meeting, the consultant who gave the presentation was persuaded to join us on the ride as the back rider on a tandem. One of the riders this year had also directly benefitted from the work at St Michaels and says that neither of his two children would have been here without the fantastic work they do.

There were five from work doing the ride this year, so although we all fundraised on our own, we were also able to use the opportunities at work as a team. We were able to obtain donations for dress down days at work, bake sales, quizzes and raffles. I also cannot thank enough the huge generosity of individuals who donated whatever they could to support me. I was surprised and gratified by how much people wanted to help. I am aware that other fundraising activities that took place were a speed dating night, selling scrap metal, bucket collections, obtaining additional sponsorship by doing the first day of the ride dressed up (a chap - as Princess Leia), one girl even brewed a beer for which 50p of every pint has been donated from a pub in King Street.

Once I hit my fund raising target, suddenly the actual cycling seemed a lot more real. Initially, at the end of last summer training was not too bad. Heeding the warnings given to us by the charity I plotted the hilliest route I could around the Redfield Hill/ Wick / Doynton area and, as well as cycling that once a week, I made sure that I cycled in and out of work 2-3 times a week. Tess and Bertie soon became familiar with my gasped "Hi Tess" on a Saturday or Sunday morning as I struggled up the hill past her stable!

Then the winter arrived and provided us with awful conditions for training from November right through to April. I have now done training rides in torrential rain and sleet and have never had feet that took so long to warm up in my life. No matter how thick the waterproof shoe covers I bought – the rain always came in eventually.

By March, despite the weather, I had to increase the distances I cycled to 35, 50 and even 60 miles training rides. Suddenly my route around Wick was not enough. It took more time and I found it difficult riding on my own for hours as I got bored. Staying motivated was difficult. The first time I was able to hit the 50 mile mark felt like a real achievement and I was pleased that I was able to do it fairly comfortably. After that it was just a case of keeping going with the hills and with regular riding. I did a couple of rides to Sand Bay and back, one to Glastonbury (I got there but my gears gave up so I had to get a lift home) and myself and one of the girls from work signed up for the Exmoor Beauty. This was an epic ride, organised as a sportif. It was supposed to be 62 miles long but due to route changes ended up being 77 miles. It rained all day and was pretty cold – I have never been so glad to see a finish line in my life!!

We were given tips for our comfort - no underwear under the shorts to create less friction, using Chamois cream (particularly unpleasant - a cream to smother your nether regions in again to reduce friction - well worth getting used to for a long ride), using gloves with padded palms, how much water to take and the best types of snacks to use.

Using cleats to help pedal uphill and save energy was advised but not essential. Cleats are clips on the pedals which then slot into the bottom of your shoes so that you are effectively tied to your bike. I was a bit apprehensive about this – how do you jump off quickly if you have a problem if you are clipped on? Still, I thought I would give it a go and having got used to it, now not using them is a bit like jumping with no stirrups.

On my first try I was careful not to clip in until I reached the cycle track where I could be confident I wouldn't have to stop too fast and I only clipped in my right pedal initially. After half an hour or so I felt confident enough to also (accidentally) clip in my left foot and the ride went smoothly until about 30 minutes from home. I then got stuck having stopped on a steep hill for traffic. I couldn't get going again and down I went! Luckily I wasn't too badly bashed and, having walked the rest of the way up the hill I carried on. The next disaster was by Warmley roundabout when I accidentally clipped my left pedal back in, needed to stop, couldn't unclip either foot quickly enough (inexperience) and once again hit the deck. Again luckily no broken bones but it did hurt and I was a bit shaken as I had been in the middle of the road waiting to turn right. I discovered in later training rides that it is also not a good idea to put your left foot down, stay clipped in on the right and try to turn round to see what is behind you. That results in the bike pulling right and pulling you over with it. I had a lovely bruise on my back from the point of the saddle for quite some weeks after the Exmoor Beauty Ride.

The ride to Paris itself however was a fantastic experience however that made all the effort worthwhile. The weather was beautiful, sunny with not a drop of rain for the entire trip. We were lucky, last year's ride apparently had 'biblical rain' on the third day!!!! The ride was different to the organised training rides as you could cycle at your own speed rather than having to keep with one of three groups. This meant being able to cycle with different people and really getting to know the group. On the Paris side particularly, it was nice to have the time to be able to stop for a coffee at a lovely French cafe for half an hour while we felt time was on our side. There were some diverse people on the ride, some receptionists or administrators in the hospital, another being one of the surgeons who carries out the work, a business development consultant, one chap who wanted to get a training position as a perfusionist, a retired anaesthetist, a brewer, others who had used the hospitals facilities and wanted to do the ride as a way of giving something back so many different interesting people to get to know.

It was well organised with paramedics following us in a car through the UK and a GP bringing up the rear of the ride throughout. We also had several mechanics with us for any issues that arose with the bikes over the 4 days.

The first day we left Ashton Court at ten to cycle through the city (and cheering crowds) on our first leg to Salisbury, around 63 miles away. The ride was similarly organised each day. Generally one or two short breaks in the morning (every 25km or so) a longer break of at least an hour at lunch (usually one and a half to two hours), then another one or two breaks in the afternoon. The short breaks were either rolling or regroup and there was always plenty of water and snacks available (biscuits, nuts, fruit, haribo etc).

The accommodation varied. The first night was fairly plush with most rooms having a free standing bath! The ferry was snug and cosy but comfortable whereas the hotel on the third night was renowned for running out of hot water – I was one of the unlucky ones. The hotel on the last night was marginally better but probably not quite as nice as the one on the first night.

Our route took us from Ashton Court to Salisbury on the first day being 63 miles. The second day was Salisbury to Portsmouth, our shortest day at 50 miles but with stunning views over Portsmouth as you come down into the city. After having probably one too many in the bar, the third day was an early start for the longest day at 87 miles. Up at 5am for breakfast, we were cycling from around 6.30. This was definitely a two stop break day not helped by my gears deciding to play up meaning I couldn't get into my high cog for the hills. I just about managed to keep going and the mechanics were able to resolve the problem during the lunch break. After the first break in the afternoon I did start to tire and was getting stiff and a bit fed up of being on the bike. The scenery was very flat and slightly uphill all the way with a headwind and there was not much to distract you. After the second break however (2 flapjacks, 6 fig biscuits, peanuts and raisins) I was good to go on the second leg and we finally arrived at the hotel at around 6pm.

Our fourth day was also an early start – I was inadvertently one of the last to leave at 7.30am and we had 72 miles to go. This day was a day of regrouping to ensure that we all entered Paris together. We managed this but the traffic was very heavy getting through the City and it was difficult getting used to the traffic light system – luckily I was cycling mostly with a lady from Quebec so I stuck to her tail – she didn't stop me nearly getting killed just before we hit the Eiffel Tower however when I went on a green light at the same time as the traffic coming in the opposite direction. Luckily the traffic realised what was happening before I did and I emerged unscathed.

Having made a triumphant arrive at the Eiffel Tower, we were treated to a couple of glasses of prosecco before getting back on the bikes for the short hop to the hotel and our final celebration meal.

**Total raised so far
£151,000 !!!!!!!**

<https://b2p2018.everydayhero.com/uk/hazel>



Huge congratulations to Hazel Britten and team on their brilliant achievement. Still time to sponsor!!!!

DIARY DATES

July - Heather Seems - Equine Trainer and Alexander Technique
Aug - Gill from the RDA
Sept - TBC
Oct - David Hall from the Farrier's Council
Nov - TBC
Dec - Christmas Quiz and Nibbles

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.

New items and styles of Club Merchandise can be bought at our monthly club meetings- list is at....

<http://www.vhprc.co.uk/?q=merchandise>

QUALIFIER SHOW DATES:

1st July – Trowbridge and District
7th July – Berkley Hunt South PC
8th July – SWPA
8th July – Mendip Plains
14th July – Bath RC
15th July - Avon Vale Hunt Show
4th Aug – Eastington
8th Aug – Beaufort Hunt Supporters Club
11th Aug - Slimbridge
26th Aug - Tumpy Green

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

We are going to reinstate 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

Did you know?????

Sue Fewes found an interesting article in the paper about 'How looking at a daisy can tell you if it's going to chuck it down'.....Most people have heard of 'red sky at night, shepherds delight etc' which is not only found in the Bible (book of Matthew) but is also based on scientific fact- due to the direction of the beams of the sun at sunset, but did you know that if rain is forecast that many wild flowers eg daisies, protectively close their petals to protect their reproductive parts? Most plants have stems stable enough to withstand heavy rainfall, but modern garden varieties have tall fragile stems due to being encouraged to grow faster, which snap easily under stress.

Evolution has led to birds singing at different times of the day so they can be heard rather than drowned out in the chorus....the skylark begins while it's still dark, followed by redstarts. Blackbirds perform exactly one hour before sunrise, with chifchaffs 30 minutes later. As the sun rises more birds join in the dawn chorus!

Condensation trails in the sky caused by planes can be an early sign of bad weather- if they don't dissolve, humidity is on its way and the sky will soon cloud over....and in addition, if the clouds are travelling in a different direction to the wind, this also indicates a weather change. Cloud shapes show weather changes- tall towering clouds herald rain, anvil shaped clouds mean a thunderstorm is expected.

Insects can indicate temperature changes- At 0°C many cold blooded insects have a form of anti freeze in their circulation system to avoid being affected by the cold, so they are happy to fly around at just over zero degrees eg ladybirds, winter crane flies. Frogs and toads start spawning at 5°C whilst bees only start leaving the hive at above 12°. You'll never hear grasshoppers and crickets below 12°.

Petals of flowers open at different times of the day- pumpkins and courgettes start at 5 am, marigolds at 8 am and daisies open at 9 am. At noon mesembryanthemums open their blooms. Between 2 pm and 3 pm dandelions start to close, and poppies, after the longest shift, close at 6 pm. However some flowers actually start opening later as they attract flying pollinators like moths eg evening primroses. Others, although they remain open all day start to emit perfumes after dusk eg phlox, for the same reason.

And for those that think plants don't have feelings? Think again....scientists have discovered that plants talk to each other via 'scent messages'....trees warn each other about insect attacks by giving off a chemical distress signal- others will then set up chemical defences in their bark! Plants can also emit warning signals if under stress...if they are lacking water or food. (So my kitchen is probably a chorus of sound - I'm always forgetting to water my houseplants!!!!)

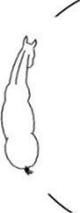
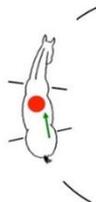
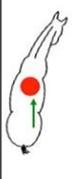
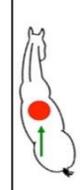
Fascinating facts- what others do you know??? For example, seaweed is commonly used to forecast weather!

These facts were taken from: 'The Weather Detective' by Peter Wohlleben, published by Rider Books.

Wendy Poore : Introduction to Straightness Training

June Meeting

6 Keys of Straightness Training

	Key 1: Lateral bending The first step of straightness training is lateral bending of the horse. With lateral bending, we mean the equal lateral bending of the spine. By stretching short muscles and contracting long, weak muscles, the horse can bend laterally to both sides	
	Key 2: Forward-down When the horse releases its back as a result of the lateral stretching of key 1 the horse can lower its neck forward-down. By stretching the outside of the body, the back muscle on that side lengthens. A long back muscle cannot keep the head of the horse up, causing the horse to lower its head into a forward-down position.	
	Key 3: Stepping under Correct lateral bending engages the inside hip, causing the inside hind leg to step towards the point of weight. The forward-down movement of the horse makes the hind leg swing forward. Correct stepping under is a requirement to be able to work on the next keys (bending the hind legs)...	
	Key 4: Bending of the inside hind leg When the horse can perform proper lateral bending, it is capable of stepping under the point of weight with its inside hind leg. Then, this hind leg can start to assume some of the weight from the front legs, making it bend more. This is done through shoulder-in..	
	Key 5: Bending of the outside hind leg The next key is to bend the hind leg as an outside hind leg. This is done through quarter-in. The outside hind leg steps under the point of weight, which causes it to bend. The quarter-in reduces the pushing of the outside hind leg and stimulates it to carry weight. This is done through haunches-in, renvers and half pass...	
	Key 6: Bending of both hind legs When the horse has learned to bend its body and both hind legs individually, we can ask the horse to bend both hind legs simultaneously. We use the exercises pirouette and piaffe. A straight horse now allows itself to be collected and lifted in the front..	

Find us on Facebook: Straightness Training UK
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Your natural asymmetry report

Describe each of the 8 dimensions of natural asymmetry in your own horse. When is it most or least extreme?

1. Lateral asymmetry (ring one)

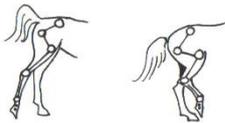


Left bended / Right bended

2. Front legs (ring one)

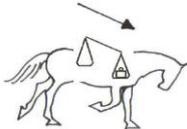
Left handed / Right handed

3. Back legs (ring one)

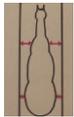


Left pushes, right carries / Right pushes, left carries / Can't tell

4. Horizontal imbalance (~60% of weight on front feet)



5. Torpedo shape



6. Diagonal imbalance



7. Vertical imbalance (motorbike)



8. Topline imbalance

