



Newsletter 10 : Winter 2009

CLUB NEWS

In 2010 – WE'RE 10 !



Hello everyone...

This newsletter has been delayed slightly, but this was to allow for the AGM and subsequent committee meeting.

It was wonderful to see so many people at the AGM, equating to nearly half of the membership. This is so healthy for the club that so many members are taking an interest. Not only were the 'bring and buy' tack stands well supported, but also Nigel Morland's talk on hunting was timely (and very interesting, not to mention amusing - a veritable in-house Surtees in fact!) and I know of several members who will be trying to get a taste of hunting during the current season. If in doubt - go for it. Have fun. (We have a meet card for the Surrey Union Hunt for anyone interested. Contact Jo Strange for details).

We also welcomed Sandy Seagrove and Nina Wilson-Soppitt to the committee as our new Junior Rep and Dressage Coordinator respectively.

The Club had had the field gate repaired after some 'nameless' ar*****e hit the post and destroyed it, and failed to report it. We have also put a new key safe on the gate, as the old one stuck. The loo has been emptied and is now clean for the winter season.

The Club, via Judy Web our bridleways officer, has also been involved in the consultations over Shipwrights Way which would provide over 20 miles of bridle path linking Alice Holt to the Queen Elizabeth Park near Petersfield. We will keep you updated on any news of this.

In terms of equipment, the Club has just ordered a new full course set of plastic jumps, which will give us the capability of having two show jumping rings and a clear round ring, to maximise the opportunities for everyone to have a go at jumping the height and difficulty of their choice.

Bill Stewart has also volunteered to build us some more XC fences in the cub field, to make the mini-prix (and future schooling sessions) more exciting. So thank you to Bill.

On a sad note, we are losing our founder member, Fiona Cooper, who is off to Cornish pastures new in 2010, but will be coming back to see us and... maybe organising interclub challenges with a 'twin' club in Cornwall. Well the natives do claim it should be independent! As recognition of all her hard work for the Club over the last 10 years, the committee voted for Fiona to be elected as Honorary President, a role she will retain in her move to Cornwall.

To celebrate the Club's birthday, there will be a birthday meal and Farewell Fi Fest at the Bengal Lounge in Wrecclesham on 16th January – contact Fi to book a place to say you farewells!

... A QUICK REMINDER ...

CLINICS

Please book all clinics a minimum of 3 days in advance.

THE CLUB FIELD

The Club Field is accessible to ALL members, subject to booking with the Secretary. Members making a booking will be given the key safe combination. Please ensure that the key is replaced and locked away after using the Club Field. The field should be booked by individuals with one of our secretaries, Teela Spratt or Bridget Naylor (Email: secretary@trrc.co.uk)

PLEASE KEEP JUMP CUPS OFF THE FLOOR

We MUST do this as 'lost' cups cause havoc with Alan's topper. The jump cups are to be brightly painted in the near future to help us locate them on the ground. In addition, all of the jumps will be supplied with a small bucket in which to place loose cups. If anyone has spare supplement pots/buckets which could be used for this purpose, please let Teela know.

PLEASE also report any breakages and advise Teela when the grass has got so long as to need topping. We're not always down there on a regular basis and your feedback/updates are appreciated.

* KEY CLUB DATES FOR YOUR DIARY *

Full details on the Calendar - see the website at www.trrc.co.uk – Events page

DEC 09

Mon 28th Club fun ride 11am meet at Stockbridge car park, Tilford. Book your place with Judy Webb on 01252 792789. Cost: FREE

JAN 10

Sat 2nd Set up for Open Show Jumping Course build from 2pm. All members taking part must help set up.

Sun 3rd Open TRRC 10th Birthday Bash Jumping From 10am at the club field. Clear round and fun birthday themed SJ classes. **Members and non members welcome.** Schedule on the website.

Sun 17th Jumping Clinic with Ingrid 11am at the Club Field. Please confirm at least 3 days in advance with Ingrid, to book your place and confirm start time on 01252 792608. Cost £12

FEB

Sun 7th Jumping Clinic with Ingrid 11am at the Club Field. Please confirm at least 3 days in advance with Ingrid, to book your place and confirm start time on 01252 792608. Cost £12

Sun 21st In House Clear Round Jumping At The Shepherds yard - Hanger Lodge, Frensham Lane, Churt, GU10 2QG. Two height options with fixed jumping times – you must turn up during your preferred height session and book a place in advance. 10am – 12 noon: 2ft-2ft3 and 1pm – 2.30pm: 2ft6-2ft9. £3 per round. Limited places – book early. Book your place with Nicky Whittet on 01252 852340

Sat 27th Set-up for Eventing Mini Prix 1pm at the club field. TRRC members taking part must help set-up. Other volunteers gratefully received!

Sun 28th Open Eventing Mini Prix **VERY POPULAR CLUB EVENT: PLEASE ENTER EARLY**
Classes will be 2'3" - 2'6" and 2'9" - 3'0" with a special section for TRRC Members. Eventing Mini Prix comprises a round of jumping starting and finishing with 6 show jumps and with approx 8-10 XC fences in the middle. Jumped at a set pace.
Schedule to follow shortly on website
For schedule – SAE to: Jo Strange, Garden Flat, Rose Corner, Vicarage Lane, Haslemere, Surrey, GU27 1LE
We also need helpers on the day - if you can help, please contact Jo Strange on 07885 865091

MAR

Sun 21st XC Clinic with Ingrid Time + venue - TBC. Please indicate your interest to Ingrid so venue and groups can be worked out.

EVENT REPORTS...

Open Show

This was bigger and better than ever before and the weather held fine for a lovely autumn day. It was great that we gave away almost all of the 'best member' prizes, as so many members came along and took part. However, not many people claimed their prizes 'in kind' so we have fair few left over to award at future events.

Classical Dressage

Dott yet again ran a really friendly event, with comfortable sized classes, and despite a last minute panic with judges dropping ill, she managed to arrange a last minute substitute, so that the event could continue. Thanks also to Yvonne Huber BHSI who stepped in at 11.59 to judge for us.

Gymkhana

There were classes for all at the gymkhana which enticed nearly 20 horses and ponies out for a bit of fun and frivolity, to what may be the last of Fiona's events. Hopefully, our new junior representative Sandy Seagrove will take over the organiser role.

The dressage secret!

Back in a very sunny August, the clinic with Denise O'Reilly was kindly hosted by the Shepherds (many thanks to Nick and Debbie) and it was a resounding success. The weather was kind except for myself and Pauline! And we were lucky to have the benefit of two coaches as Sarah Overington another RWYM coach also attended on foot to learn and assist.

...Ride With Your Mind Clinic by Dott Lawson...

Denise O'Reilly, who is a freelance riding coach, BD trainer and a senior coach with Mary Wanless in Oxfordshire, gave up a few days to give TRRC members the benefit of her considerable expertise.

Her pupils were a mixed bag of RWYM 'virgins', those who had read the books and seen the videos and some who had already been on courses at Mary Wanless' yard.

Denise's tuition was extremely positive and covered various levels of ability. She adjusted basic positions, straightened up bodies (whose owners may or may not have been aware of their need) and improved the way of going for everyone, some working upto lateral movement or medium trot.

Watching Denise at work was both informative and entertaining. She met each rider's individual needs, whether it was giving strategies to cope with the lively, opinionated Red and her lack of desire to co-operate or energising the laid-back Warrior. The former began her session displaying considerable behavioural

imagination and ended it looking like a dressage horse. The latter ended moving so sharply off the leg that his rider looked astonished.

Throughout the sessions Denise explained in detail the changes she hoped for, why they would help and most importantly, how to go about it. Those watching saw clearly how a horse which looked tense become more relaxed and looked happier as his young rider managed to implement the changes.

The highlight for the spectators came when the effervescent Helen brought the enormous Fugly to learn flying changes. He was not convinced that a maxi-cob needed to make such moves. However he gave it a try and seemed so pleased when his best efforts were clapped and cheered that he did it again and again.

I am convinced I had the best lesson of my entire life and left aware of five areas on which I need to work. (Ed's note: Which Dott has invented a verb for- to 'denise'! – a concept that all of her pupils will have but which will be different for each!).

Grateful thanks to Debbie and Nick Shepherd for allowing the use of their excellent facilities to be used for two full days. Even the weather was on our side, as, apart from a short spell on the second morning, we were able to enjoy the spectating in lovely sunshine.

Our thanks to Jo Strange for arranging this clinic and with the hope that it will be repeated in the not too distant future.

...HORSES 4 HEROES...

Jo O'Connor wants to put together a team from TRRC to take part in this worthwhile event linked to Help 4 Heroes.

This is a sponsored ride like no other. It takes place on the 10th July 2010 and will be the largest sponsored ride ever held. Over 2000 horses will start at Ascot racecourse, follow a route around the beautiful Windsor Great Park, and finish off with the unique experience of riding past the winning post on the hallowed turf of Ascot Racecourse. There is going to be a large volume of horses taking part, including famous horses and celebrity riders along with police and military horses, they plan a sedate ride in groups of 150, not a cavalry charge!

You will need to raise a minimum sponsorship of £500 each and sign up ASAP (before 31st December) for further info please contact Jo 07885 745751 jo@uppercrustcrackers.co.uk. Also take a look at www.horses4heroes.co.uk

My Favourite Five

5 items you just wouldn't be without!

This time provided by two of our members:

Nina Wilson-Soppitt, our new Dressage Co-ordinator...

- 1) **Roeki Chester gloves** - really good grip but lightweight and close-fitting. I save them for dressage competitions.
- 2) **My long riding Muckboots** - not pretty but so warm in winter and easy to get on and off.
- 3) My **Kieffer prolite girth** from Ian McNeills. Very comfy for any horse with sensitive skin and easy to dunk in a bucket and hang up to dry.
- 4) My **Mountain horse overtrousers** which I won in a Horse and Rider comp. These are great when it is really cold to put over jodhpurs and not too bulky to ride in. Very cosy!
- 5) **White chalk block** - invaluable for any horse with lots of white especially in the winter to get rid of stable stains. Don't use while wearing your black jacket though!

And club member, **Kelly McCarthy-Maine**...

- 1) **Ifor Williams HB 403** - my horse trailer. Looks wierd, but suits us down to the ground.
- 2) My **miner's headlamp** - there are no more dark corners and hands-free, too!
- 3) **Blackmats rubber mats** under bedding in my horse's stable - I spend a third of what I did on bedding and it's easier to manage, too.
- 4) **Myler Combination bit** - chosen after a consultation and fitting with a biting expert. Bliss!
- 5) **Natural Balance shoes** and soft wool flocking in my saddle - helps Alvito move his best and avoid injury

LUSH - Make up your own mind? To buy or not to buy!

The Hunt Saboteurs Association will directly receive the proceeds from our Fabulous Mrs Fox bubble bar up until and including Boxing Day. Lush is proud to be associated with the Hunt Saboteurs Association who show the tenacity and bravery to uphold a law that our own police force and government seem reluctant to enforce, despite strong and continued support for the ban from the British public.

Bits and Pieces (pieces of unusual tack)

Cover Magic - comes in white, black or brown

Supreme Cover Magic White can be used to cover over marks and scars as well as to whiten socks and cover over last minute stains. Cover Magic Black or Cover Magic Brown can be used to cover marks and scars and stray white or light coloured hairs. It can also be used to blacken or darken legs and add definition.

It is sprayed from a distance of approx 10 inches to cover stains and brushed with a soft brush to disperse. Price is about £14 for 400ml spray can.



For those wanting to get a brilliant white, there is also easy to apply leg and body whitener. Non sticky, it can be added to final rinsing water to whiten body, mane and tail. Usable wet or dry, it will help cover last minute stable stains and in a concentrated liquid form (mixed with water to the consistency of yoghurt), it will produce extremely white legs. For convenience, it can be applied the night before required and leg bandages applied while still wet. On removing, any excess product will come away with the bandages and there is no further requirement to groom the legs.

Alternative Horse & Rider Care - A look into what's available in the horse world.....

This edition we look at Confidence Building...

'With Confidence in Mind' -Jo Cooper

Jo Cooper is a qualified and experienced practitioner who specialises in working with equestrians and other sports people to enhance their performance. She has worked with hundreds of riders and her clients include every level of rider from experienced riders looking for competitive edge to beginners who need to boost their confidence. Jo also helps people to resolve post traumatic stress and often works with riders who have had traumatic and scary experiences both on and off their horses.



Jo has developed her unique way of working over a number of years. She is an Advanced Master Practitioner and Master Trainer of NLP (Neuro-Linguistic Programming) as well as a Diagnostic Practitioner of TFT (Thought Field Therapy). Jo first encountered NLP—the basis of much sports psychology—in the mid 80s and in 1998 was one of a handful of people in the UK certified as a Master Trainer by Dr Richard Bandler the co-founder of NLP. She was also one of the first people in the UK to train extensively with Dr Roger Callahan, founder of TFT, a technique that involves tapping on acupressure points to resolve psychological and emotional issues and which is becoming increasingly well-known.

One of the most common issues faced by equestrians is a loss of confidence. Sometimes this applies to one aspect of their riding, for example canter transitions or jumping, sometimes to all of their riding, sometimes to everything they do with their horse whether riding or dealing with the horse from the ground. The loss of confidence may be related to a specific event but often the rider does not know why their confidence has gone, all that they are aware of is a feeling of anxiety — or even sheer panic — when they think about riding.

Some riders lack confidence in a specific context such as out hacking, riding in an arena or at a competition. For others it may be related to a specific activity or problem such as fear of jumping, cantering, spooking, bolting, or rearing.. Again, these fears may be related traumatic events in the past or the rider may have developed anxiety about what 'might' happen without any obvious reason.

Of course, riding is a risk sport and there is always a balance between competence and confidence. If a lack of confidence is related to an insufficient level of competence then the solution will not be found only by changing thought patterns and emotional responses but by finding good professional equestrian support.

Jo works by telephone as well as face-to-face and can be available for last minute assistance prior to, and even during, competitions. Her work has featured in the Times, Your Horse, Horse and The Field magazines as well as on TV and radio.

(N.B. TRRC is NOT advocating these treatments or practitioners, but simply raising awareness of available options)

A WORD OF WARNING ...

Have you ever found a plait in your horse's mane, that you didn't put there. If so.. be afraid, as your horse may be identified for theft. Remove the plait and inform both the Police and your local Horse Watch.

BEWARE!

You may like to sign up.....It is about a government proposal to levy a £10 per head tax on horses to cover any costs associated with foreign diseases should they occur!

[Http://petitions.number10.gov.UK/Horse-Rethink/](http://petitions.number10.gov.UK/Horse-Rethink/)

***** MEMBER NEWS *****

Lily Edgington was 5th in the Open Equitation class at the Side Saddle National Show, as well as winning a plethora of other classes. This puts Lily as 5th best side saddle rider in the country - arguably the world - and she narrowly missed out on the four rider ride-off for the title of Ride of the Year. I'm sure that that will come in time, but maybe after she completed her recently started degree course.

**Why the August Picnic Ride was cancelled (... or reasons not to wear an underwired bra!)
by Jo O'Connor**

Lunch time Friday 24th August, I was innocently crossing the garden to try my new Dr Cook bitless bridle on Darcy prior to the TRRC picnic ride the next day (some who know us may already think I was being foolhardy!). Out of the blue there was an almighty explosion behind me and a flash to my side, within a split second I knew it was a lightning strike. There is a slight gap in my memory, but my next recollection was worrying what Darcy would have thought in the stable a few yards away. Tony, my very worried other half rushed out of the house, having seen the strike and known I was in that area, found a very shaky me trying to untack a rather startled Darcy. Being breathless and with chest pains several hours later (I had hoped it was just a bit of adrenalin...) I was sent by my GP to the Royal Surrey MAU unit to be wired up to a few machines. The electrics of my heart were fine, but the muscle was damaged and bruised by the shock, I also had some neurological symptoms. To cut a long story short , the main strike had been on the power cables above me, knocking out the house power and phones and my little portable radio in the vegetable patch on my other side. I had had a secondary strike (a primary one tends to finish one off). Now 2 months later my heart muscle is still recovering , and I have memory problems and rather quaintly muddle my words much to the amusement of my work colleagues. I am meant to go easy on my heart and keep the heartrate down, this is not so easy when you have a steed like Darcy!

The moral of the story is not to wear an underwired bra if it looks like thunder.....

(Note from The Ed: Please let us have your horsey news for this section- we're all nose at heart!)

Raising funds to send the British Equestrian Team to the World Equestrian Games in 2010.

A World Equestrian Games includes the eight disciplines of dressage, eventing, show jumping, para-equestrian dressage, driving, endurance, reining and vaulting – for the British team this is more than 51 horses in total.

The Games are being held in Kentucky, USA , the first time they have ever been held outside Europe . To send a full team and remain one of the top equestrian nations in the world, we need your help. All proceeds of this auction will go towards sending the team to the Games and supporting our talented riders in their quest to compete and win on the World stage. Without your help we will not be able to send a full team.

There are many exciting and unique prizes up for grabs and each month we will be adding new items – take a look at the fantastic items currently on offer and don't forget to sign up for our alerts below so you can be the first to know about new prizes!

<http://auction.equestrianteamgbr.co.uk/>

*** TEAM RESULTS ***

Sorry no team results yet! But read on there be some very soon....

As you may already know, I've taken over as Team Manager for TRRC. Many thanks to Ingrid for having covered the post so well to date. I'm really hoping that we can get a number of teams together to have some fun! We can compete in all disciplines and at all levels.

In the first instance, would you please confirm as soon as possible whether or not you are interested in participating in any team events, and if so which disciplines you are interested in. I will collate your responses and consider which competitions will be of interest to us. We can accommodate both Junior and Senior teams in all events. You do not need to be brilliant at any of the disciplines to participate, the idea is to go out there with a group of friends and have fun! If some of you volunteer then perhaps I might too!

We now have a very strong Junior membership and I'm sure that we could get a very good team together. To qualify for the British Riding Clubs National Championships and this would be easier than going through the Pony Club route!!!! Come on girls (sorry, we have no young males in our club) volunteer!

Flu jabs will need to be up-to-date but I could go through that with you, if you are interested.

Please contact me at teams@trrc.co.uk or ring me on 01252 795752.

Teela

*** CLUB EVENTS - RESULTS ***

See our website Events page for the Club event results to date.

*** TRRC Points League & Trophy Winners 2009 ***

SENIOR WINNER: KAREN HUMPHREY

SENIOR RESERVE: SARAH ORCHARD

JUNIOR WINNER: CHARLOTTE SPRATT

JUNIOR RESERVE: CHARLOTTE CRUICKSHANK

BEALTAINÉ TROPHY (Most Improved): NICKY WHITTET

NOSHER TROPHY (Best Turnout): SACHA PAINE

MOST HELPFUL HELPER TROPHY: CHARLOTTE SPRATT

THE BOB COOPER MEMORIAL TROPHY – OUR 'UNSUNG HERO AWARD':
INGRID DZEIDZIC

THE MOLLY AWARD (BEST ALL ROUNDER HORSE OR PONY): LOCKIE
(OWNED BY NICKY SERGE)

Well done to all our Club Members in the events they have taken part in this year.

TRRC CLUBWEAR get it here!

All items are navy with an orange embroidered logo. Sizes are available from S to XXL.



If you wish to order any items, please contact Fiona Cooper, either by email fifinag@aol.com or in writing. Payment in advance and items must be collected from Fiona. NB prices may vary depending on availability of exact specification of garments. Excluding post and packing, which will be split for each order.

Baseball Cap - Tie (clip on for safety) - Fleece Jacket - Sleeveless bodywarmer - Poloshirt - Rugby shirt - (prices on application) - but we have kept them competitive! But subject to amendment if changed by manufacturer.

Horse Health: Willy Beans!

by Jo O'Connor (additional info courtesy of Darcy)...**and fortunately NO pictures !**

Having been with horses for over 40 years, I thought I had heard of most things, but this is something I have only just discovered.

Male horses secrete a lubricant from their sheaths called smegma. Some horses produce a lot of it while others seem to have very little - it's all on an individual basis. This is the "stuff" you clean off of his penis, though it's usually dried on it. It can collect and get trapped in the groove around the urethra. Thus creating a "bean" because the shape of the groove also shapes the smegma. This is at the tip and depends on the anatomy of the horse, some horses are more prone to an accumulation than others.

"Beans" can be a life threatening problem. If allowed to get too large, they can shut off the urethra. They can also cause infections making the sheath swell and again, cut off the flow of urine. It is important to check them every so often, but you don't want to clean a sheath too often. Cleaning too often can cause irritation and similar problems to not cleaning enough.

So there you go, sure enough Darcy is one of those that gets them!

West Surrey Country Watch

Special Bulletin

Recovery of stolen saddles/garden ornaments:

Following excellent information from a burglary victim who recognised her stolen saddle advertised on Ebay, two search warrants were obtained led by Sussex Police on properties in Farncombe and Winchester.

Four arrests were made and a very large quantity of saddles and garden ornaments recovered. It will take some time for the property to be catalogued and viewing dates set up, but you will be notified of whom to contact if you think you can identify your items

If you need to contact us
in the meantime, you can
reach us on

Email:
496@surrey.pnn.police.uk
Tel: 0845 125 2222
0845 125 2222



Trips of a lifetime? And with a discount...

Dear TRRC Club Member

We are delighted to offer **your club members 10% discount** on any holidays booked with us if they quote your club name and their membership number. **Alternatively we will make a donation of 10% of the value of the booked holiday to your riding clubs fund!** Any holidays booked with a deposit before 2010 will be held at 2009 prices! I'm sure you will agree ***French Riding Holidays*** provide the perfect holiday for horse riders and their families (we have included information for non-riders in the brochure too!)

*'There has never been a better time to holiday in France as air fares to some destinations have dropped by up to 75%, and visitors to France are able to save as much as 16% on other holiday costs'. Source **The Sunday Times** April 5 2009*

If you haven't yet had a chance to visit our website go to www.frenchridingholidays.co.uk and read our guest book comments to see what our guests have said about us. We also have some great write-ups on trip advisor.

We hope to welcome your club members to ***French Riding Holidays*** in the future

Sara de Winter
French Riding Holidays Ltd
www.frenchridingholidays.co.uk

PHOTO COMPETITION WINNERS!

As selected by the Committee - KEEP THEM COMING - we may get enough for a club calendar for 2011!

AUGUST:

“Summer in the Snow” by Teela Spratt



NOVEMBER:

**“Makin’ a molehill out of Mountin” by Jo O’Connor
(with kind permission of Jackson!)**



...NEWSLETTER ITEMS FOR NEXT EDITION...

If anyone has any items for inclusion, please contact Jo (07885 865091 or chairperson1@trrc.co.uk)
by 8th February 2010.



Last but not least... the Club Committee would like to wish you,
your family and all your 4-legged friends...

A very Merry Christmas
&
a Happy New Year!

