

HOOFBEATS



WAITEMATA RIDING CLUB



NZ HORSE HELP



STEVE BRADY



MAKE A WISH

Prez Sez....

Hi everyone

They promised us it would be a long hot summer ... and although it started a little late it certainly is turning out to be true! However, while it is hot and dry I'm sure there are many members who are now experiencing water issues as a result. I know our dam is getting quite low and big cracks are appearing in the paddocks etc, along with no grass growth!

Still, from a riding perspective this weather is fantastic and I am taking full advantage of it. It won't be long till I'm riding in the dark, I've actually already noticed the days getting shorter and darkness setting in by about 8.30pm. Just over a month to go before daylight savings changes.

On a somber note, I'm sure a lot of you heard that one of our members lost a much loved horse in a car vs float accident recently. Such a tragic accident and I am sure everyone involved at the time will never forget it. Our heartfelt condolences go out to the member affected, and we hope that her other horse is recovering well from the ordeal.

I think this is a timely reminder for us all to be extra careful and vigilant on the roads - most of the time it is other drivers who we have to be careful of, so please drive safely and ensure your full attention is on the road when driving your truck or towing your float with your precious cargo on board. We all want to get to and from our destinations safely, and other motorists do not understand what it's like to tow or travel a live animal.

Moving on to happier things, we have had some great events in these first couple of months of the year, with more to come. I hear that the Show Jumping day held in January went well, and I competed my young horse at our first dressage day of the year held at Huapai a few weeks ago. It was his first dressage start and he was very well behaved! It was a lovely day, the weather was great and it wasn't too busy in the warm-up or around the arenas - the perfect set up for a youngster starting out! I absolutely love competing at our days with the relaxed atmosphere and friendly and supportive competitors and organisers. I hope this is what all our members enjoy about our days.

Our last event was the Show Hunter day this weekend been, also at Huapai PC Grounds. Then later in the month we have our Summer Ribbon Day, with Dressage and possibly more jumping in April and May. So, quite a bit planned for the next few months, but if you have any ideas for events, seminars or clinics that you'd like us to run, please just let us know.

For those of you heading down to the Horse of the Year Show, we hope you have a wonderful time. Enjoy this lovely riding weather and the daylight while we have it.

Happy Riding
Amber

Upcoming Events for 2013

DRESSAGE 2013

Series 2 DD2 - Huapai Pony Club - 14 April 2013

Series 2 DD3 - Venue TBC - Date TBC

Have a Go Dressage Day - Venue TBC - Date TBC

Show Hunter 2 2013

Venue TBC - Date TBC

Autumn Open Ribbon Day 2012

Huapai Pony Club - 23rd March 2013

AGM

Venue TBC - Date TBC

**FOR FURTHER INFORMATION ON ANY OF
OUR EVENTS PLEASE VISIT OUR WEBSITE:**

WWW.WRC.ORG.NZ/EVENTS.HTML



Make A Wish

This year the WRC wants to play “Fairy God Mother” and grant you a riding related wish, valued at \$100.

Have you ever wanted to have a session with a sports psychologist, or maybe try a session of acupuncture for your horse? What about a horse communicator for a more spiritual insight or a riding lesson with an instructor that’s a bit out of reach financially. You could try rider specific pilates or get a lesson on how to give your horse a massage. Maybe a turnout session or long line training from a classical instructor...the possibilities are endless!

All we ask is that your ‘wish’ is horse related and we can do a little article for a future newsletter, including some photos. There are five wishes available, so please tell us what your ‘wish’ would be below:

Name & Membership Number:	
Email Address:	
I wish for:	
Provider/Practitioner:	
I deserve my wish because: (100 words or less)	
What do you hope to get out of it? (100 words or less)	

Terms and Conditions

1. ‘Wishes’ are only available to fully paid up members of WRC
2. Any costs over and above \$100 are the winners responsibility
3. All applications must be received by suze@wrc.org.nz by the 20th of March 2013
4. Winners will be notified via the email address they have supplied above no later than the 10th of April 2013. The names will then be posted on the WRC Facebook page.
5. ‘Wishes’ must be redeemed by 30 June 2013
6. Winners will be selected by the committee anonymously ie. All names will be removed and replaced with numbers during the discussion process
7. All decisions are final and no further correspondence will be entered into

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WRC Trailer

Michelle kindly took our trailer for a makeover mid February and what a transformation!

Watch out for our trailer at our upcoming Showhunter , ORD and Dressage day.

Sign writing was completed by: CSC Sign writing in Kumeu



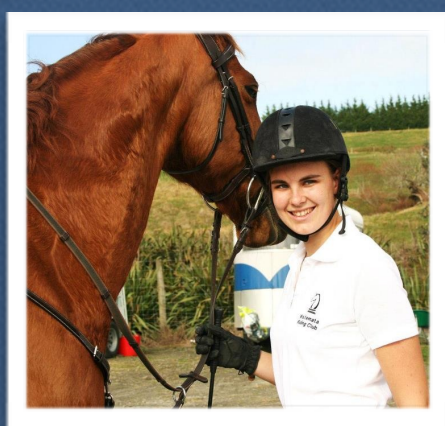
WAITEMATA RIDING CLUB

Polo Shirts

\$25

Available in white and black!

All sizes. Breathable poly cotton fabric and super comfortable. Great for riding in! Wear at WRC competition days or during lessons. A great way to look smart without the hassle. Can be seen at the AGM or order now!



Order through
Olivia Douglas

olivia@wrc.org.nz

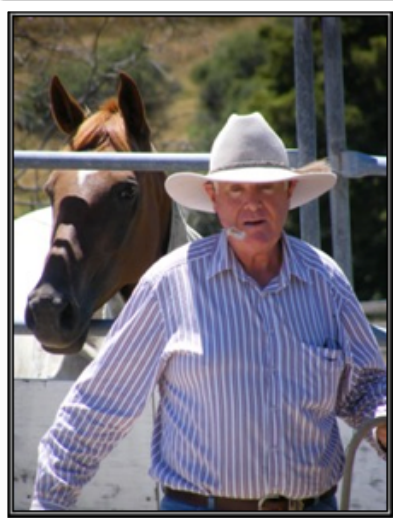
Can pay by cheque
or bank transfer.
Email to order :)

Polo shirts can be picked up from Dairy Flat, WRC events, or posted at an extra expense.

Horse Training with Steve Brady (Interview written by Suze Kenington)

Background

To say Steve is an experienced horseman and clinician is a gross understatement considering he has started over 3500 horses, trained 100's and observed 1000's upon 1000's at his clinics. Steve never planned on a life of teaching...



"Doing clinics originally terrified me and I could have stayed at home and done one on one lessons and trained horses and earned just as much money but eventually I had to come up with a group method of putting across the principles. What I found when I was doing the one on one lessons was that 90% of the people come in all have the same problem. They didn't understand their foundation and basic rein and leg aids for controlling the head and neck, the shoulders, the ribs and the hips so I was teaching the same thing to each person who came in and they might say they wanted to work on 'this' but I would say I can't unless we have all these other things happening. If I had never done the clinics then I would never have had to come up with a solution to the problems I've seen as I would not have ended up with those problems if I had been training the horse so I needed to come up with ways to train the person to get off that track."

Steve learnt from a wonderfully diverse group of trainers including JD Wilton who travelled with a performing troupe of horses in the early to mid 1900's. "He had an old school approach, almost a genius with an amazing sense of feel and brilliant timing". Then there was Fred Kine - a brilliant circus trainer who helped the likes of Christine Stuckelberger and the famous Granit with their passage and piaffe. Fred also once did a Pas de deux with Reiner Klimke and trained zebra and giraffe with his pressure and release techniques. Glen Randall, the US movie trainer of Roy Rodgers horse 'Trigger' also got a mention along with Reiner Klimke, Nuno Olivera and Manolo Mendez.

"My best record for one time changes was 80 in a row, and I used to demonstrate them bridleless."

"In the late 90's and early 2000's I did a lot of entertainment in places like Equitana, agricultural trade shows and fairs. In the 1980's Danielle was the first horse I did entertainment on. Initially she was my wife's but my wife had children and she didn't get back into it and I took her horse over and I started using it as my main work horse and I taught it as I went along – tricks, liberty work and I gradually taught high school stock horse work – spins, roll backs, skids and also high school dressage work – piaffe, passage, one time flying changes often doing 40 one time changes on a circle and my best record

was 80 in a row and I used to demonstrate them bridleless. Danielle was only a little mare ¼ inch under 15 hands. She was a very special horse to me and if I really look back into the past I would say the poor thing had to bear the brunt of my experimentation as I was learning a lot of things myself and I had to experiment and if things weren't working I'd have to stop and go back and do it again. She was a very tolerant horse to put up with me doing things like that...I had two horses Nikki and Beau that I used a lot for displays they would do a lot of partnership work – one loose and one under saddle, and they could do one time changes and piaffe and passage. They weren't a particularly special breed or line of horse but they had a very trainable nature. Any horse with a reasonably trainable nature can be taught by a good trainer to do amazing things. So long as their conformation is adequate to do the job....One of the most common comments people made over the years is that 'Your horses look like they enjoy doing their work'"



Philosophy

“I want to educate and train the horse and I want to use methods that are safe for me, but are also safe for the horse, but safe for the human first. I want all people to make safety their number one priority. We can never avoid freak accident but the method should be safe for both. Build a better relationship with the horse but build a relationship where we are the leader. When I am the leader, I become safer. When a horse is in charge of moving its own feel I never feel so safe.”

“The nature of the horse is who moves who becomes higher in the pecking order... So the more ways we can move the horses feet – forward, back, sideways left and right the more we are in charge of the horse they less likely the horse will make one of those dumb decisions that could potentially put us in danger.”

“I’m a great believer about living in the moment – horses very much live in the moment.”

“I’m a great believer about living in the moment – horses very much live in the moment. I live with whatever that horse has presented to me at that moment. If he is presenting lazy responses I work on that, sometimes the owner is not being quite assertive about it. Assertive is a good word in horse training but it also has to be calm assertive, not angry assertive, not impatient assertive it has to be calm assertive energy.”

“I want the horse to see me as the leader so he needs to respect me. Dominance is a tricky word because if we are the leader we probably are dominant over the horse to some degree... even if we are dominant we should not be dominating. We don’t train the horse with a dominating attitude - we just want to be in charge so we are safer. “

“Horses don’t hold grudges either. A lot of people correct something and then they are holding a grudge saying

“I find the more the horse sees us as the leader, as long as we are a fair and just leader, then they like us.”

‘if you do that again I’m gonna wop you’. An example is if you have a number one mare looking after a mob of horses and she eating grass and she decides an area is her area of grass and a horse lower down in the pecking order is being a bit casual and wanders into number 1 mare’s grass eating area, that number one mare might do several things. She might spin around and charge with her mouth open at the horse and threaten to bite or bite, she might lift her hindquarters and threaten to kick or kick out but as soon as that other horse moves out of her area she puts her head down and starts eating grass. She doesn’t chase it 2 kilometres down the road or knock it down on the ground and start

jumping up and down on it saying ‘don’t you ever come in my area again’. She just establishes what she wants then puts her head down and forgets about it. She doesn’t hate it forever and if it’s silly enough to do the same thing again she’ll do the same thing again but she’ll forget about it again straight away.”

“The majority of training is based on pressure and release principles where we apply a cue – which is the pressure – and as soon as the horse starts to give the right response we release that pressure and the horse learns from there. The release is like saying ‘yes, you’ve done the right thing’. There are other ways horses can learn – clicker training and feed reward, and they can learn well but in my experience they only learn well if they already respect the person and see the person as the leader, otherwise sure they will learn what to do to get a carrot but when they don’t want to do it and they don’t respect you they will barge you and push you out of the way or looking in your pockets for a bit of feed.”

“Horses not only live in the moment, but in the human horse relationship, whenever you are around your horse the horse is learning things 24/7.”

“I work on the principle that we can communicate with our horse through a language of cues... There are some people maybe if they are psychic or have some other powers they might have another way of communicating with a horse but I haven’t discovered those ways yet... That language can never be too large. Often I think it’s too small. A lot of people don’t have enough ways to communicate with their horses particularly in difficult situations, when the horse is spooking and shying. I see people sometimes riding a horse that maybe only has three, four or five cues in the saddle down the road somewhere or down the trails and they sort of kick hard enough and the horse sort of goes forward pull hard enough and they will sort of slow down or stop and sort of turn left and sort of turn right. That is not a lot of ways to

communicate with something if it’s in a panic situation and often those cues are not even strongly established on a horse...I’ve seen some horses on treks that the only thing controlling them is the horse in front of them and the width of the trail because they are just following the horse in front of.”

“What we don’t want is a reaction to their flight instinct and their emotions. In the early stages what we will often get are reactions to their flight instincts and they jump away quickly or spin around... they are usually in flight mode, in the reactive side of their brain, they are not in the thinking side of their brain. If they are in the thinking side of their brain they are giving us responses to our cues. If they are giving us responses to our cues they are fairly safe. If they are in their reactive side and they are not giving us responses and they are doing nervous, frightened reactions we are never quite so safe.”

“I actually hate to use the word ‘make’ in horse training. You should really never be trying to make a horse do anything. As soon as we use the word ‘make’ your mind gets into tunnel vision ‘you’re going to make the horse do this or do it this way’ and what it’s doing is stops you from opening your mind if things are not quite working and you need to open your mind and change it a little bit. So you should say or think words like ‘cause’ the horse to do it, ‘train’ the horse to do it, ‘educate’ the horse to do it but I am not going to ‘make’ him do it. I try not to even use the thought ‘make’ because as soon as you use the thought ‘make’ your mind starts to lock into a tunnel vision.”

The ‘How to’

Steve’s clinics begin with ‘Close Contact’ groundwork where the rider places their hand on the rein, very close to the bit ring, to closely replicate the feelings a horse will get in its mouth when it is ridden.

“Close contact training has become for me the next nearest thing to actually riding my horse. If a horse is not safe enough for close contact training I do lunge line training or round yard training until I have established leadership and respect from a distance and the horse is safe to do close contact training with. And depending on the clinics most of the things I do are for horses that are already ridden and we’re just trying to get that they ride better and safer so I am going to start close contact.”



“I often say at my clinics that we do a lot of groundwork exercises at the clinic in a snaffle bit because when I do it in a snaffle bit and if I am going to ride in a snaffle bit as well then I get like a double whammy effect. My horse becomes more obedient, more understanding on the ground, more respectful and easier to move on the ground and it’s always the human who is in charge but at the same time he is becoming obedient to the tool that I am going to ride him in.”

“Leadership is established by having the ability to move our horse feet in all directions – forwards, backwards and sideways. But to get control of the horse’s feet in all directions we need to understand we have 4 areas of the horse to educate. We have the head and neck area, the shoulder area, the rib cage area and the hindquarter area. For me if there is any one of those 4 areas that I can’t control then to some degree the horse has a little bit of control over me. I won’t be able to get him straight or he’ll be running out and I won’t be able to correct him. If there is more than one area I can’t control then I have even less control. We should do exercises every day to control the 4 areas. Head and neck control is lateral and vertical submission as well as bending sideways – rein control is all directions. Getting control of the shoulders is crossing their front legs over laterally and sideways – virtually a turn on the hindquarters. Rib cage control is a basic side pass where the horse bends a little bit around the leg and moves sideways away from the leg and hindquarter control is teaching the back legs to cross over. I would expect every rider to be able to control those 4 parts on the ground and under saddle. That’s what I am working with every horse to establish that as quickly as I can to get control of those 4 parts on the ground and under saddle. When I am in control of those 4 parts I feel much safer.”

Once you get started with Steve’s approach then you can blend whatever discipline you favour and these principles of leadership and cueing to get a response transfer to any type of riding.

Common Issues and Mistakes

Steve has helped thousands of people build better relationships with their horses over the years and the challenges people face are very similar – leadership, misinterpreting resistance and issues with the timing of the release.

“A lot of issues come back to the person not being seen as a fair and just leader. A lot of people, especially those newer to being around horse who haven’t grown up around horses, want to develop a nice relationship with their horse and they want their horse to love and like them but they try and do that by presenting themselves as being nice and friendly so they give them lots of treats and lots of brushing and when the horse doesn’t want to do something then they might say to the horse ‘then we don’t have to do that’ but that’s not being a leader.”

“The most important thing a horse needs from a human, in the human horse relationship, is guidance and leadership.”

“Horse like leadership, in fact I would almost say the most important thing a horse needs from a human, in the human horse relationship, is guidance and leadership. Horses are happy when they get guidance and leadership, they are happy in a herd situation when they have a leader in a herd that can tell them what to do. You assuming leadership takes the burden off the horse. When they don’t get good leadership that’s when they try and make up their mind. When a horse doesn’t get enough guidance and leadership from the human in the human horse relationship they go one of the two ways – they tend to become either nervous, anxious, worried, sometimes display neurotic behaviour and what’s happening is they are desperately looking for someone to tell them what to do and

no one is telling them what to do so they become nervous wrecks. Then there is another nature of horse that when they don’t get enough guidance and leadership from the human they go almost in the opposite direction - they say ‘if you are not going to give me any guidance then I will take over’. They become arrogant, they become bossy and sometimes they become aggressive.

An arrogant, bossy horse is not much fun to be around, a nervous wreck of a horse is not much fun to be around but when I see horses that are understanding of and obedient to lots of cues those horses are always seem to be pretty happy horses and they seem to have pretty happy owners.”

“90% of resistance in horse is caused by them being confused. People say resistance is because they are mean, nasty or whatever, but mostly it’s confused because people are asking in a way and the horse can’t work out what they want. So when horses don’t understand they will resist and as soon as they start understanding they will start to do what you want quite willingly.”

“Most common mistake of all is releasing at the wrong time. “

“Most common mistake of all is releasing at the wrong time. All training is pressure and release so we need to release when the horse is starting to do the right thing, but when the horse starts to give the wrong response, and maybe that response might be what humans call misbehaviour, but it may just be confusion but the person gets worried that the horse is giving the wrong response and they release. The release is what trains the horse so the more they release for the wrong response the more the horse keeps giving the wrong response. The horse doesn’t know what’s right or wrong, we’re the only ones who use that

terminology – the horse is just trying to do what’s easy – ‘if I do this then the person takes the pressure off me’. The most common thing of all is releasing for the wrong response or releasing for no response at all. Asking the horse to speed up and the horse doesn’t speed up so they stop asking so the horse eventually learns to ignore the cues.”

“If I ask the horse for a certain response and he gives me the wrong response all I do is keep asking, it doesn’t worry me if he gives me the wrong response, it just means he’s confused for a moment but I will keep asking and the moment I get a hint of a correct response I will release him. One of the worst things I see in riding and training in general is some people ask for a response and the horse doesn’t respond and the person stops asking so that horse just ignores them more and more and more and becomes unresponsive to what they ask until eventually a lot of those horse get argumentative and they start to kick out at the aid...I would keep asking or maybe ask slightly differently.”

“Patience is not the whole answer – I saw one person standing on the loading ramp for 12 hours and still never got their horse on and they were patient but what would have taken over would be my knowledge – release at the right time. I worked with the horse the next day and it took about 15 minutes to go on 3 or 4 times. Patience is nice but you need knowledge ... knowledge tends to develop patience.”

High Energy verses Low Energy Horses – Training Differences?

“They are two very different types of horse but I am probably going to train both of them in a fairly similar way. Low energy often are lazy horses to work with, I wouldn’t always use the word shut down, shut down is often created through bad training but a horse that is without bad training can still be low energy. Horses are just genetically and bought up in an environment where he has become a low energy horse and they are a bit lazy to training and they are not responsive to giving us energy, whereas high energy horses are usually what we would call a more sensitive horse.”

“A relaxed horse may not necessarily be obedient but an obedient horse is always relaxed.”

“Often low energy horses can sometimes be the horses that give us quite a few problems because it’s really important in horse training and horsemanship that we understand the difference between being relaxed and being lazy. Lazy is just low energy lazy, relaxation is what we are looking for. We want the horse to give us responses, even energetic responses, when we ask for them but the horse is still in a relaxed state of mind.”

“A lot of people confuse laziness and relaxation. They think that when a horse is lazy that he is fine and solid to ride and he’s nice and relaxed, but he’s not relaxed, he’s just not using himself, he’s not giving

you a lot and sometimes a lazy horse is quite a difficult one to get you to give responses to a cue. Quite often lazy horses are the ones that do quite a lot of kicking out at your leg aids, your go forward cue, and they say 'no I don't do that, I won't put my energy up', often a lazy horse will give you quite a few difficulties in the training unless there's a clear leader they will just be really having to do their lazy thing that might appear relaxed but it's not true relaxation anyway, it's just laziness."

"We are only as safe as a horse will give us obedience in the event of distractions."

"Whereas the high energy horse, which is usually the more sensitive horse, often they will resist when they don't understand by going more into their flight mode and pulling away or jumping away or rushing ... They're difficult things to train too but often the high energy horse at least is willing to move their feet and when a horse is willing to move its feet we can start doing something with it. We can direct it into directions we want and we can start to educate and train this horse."

"A horse that doesn't move their feet can actually sometimes be the more difficult horse to train and it's a mistake that a lot of people make when they want a lazy horse – they think this horse is good he doesn't give me too much energy because they can't cope with too much, but when things go wrong you have no more control over that lazy horse than over any other horse."

What piece of equipment would you not be without?

"I am a snaffle bit person... I do a lot of my training in a snaffle bit but any training that I do in a snaffle bit I would expect my horse to do exactly the same and understand in a halter. Whereas, say I could do good ground work in a halter and then I ride in the bridle, it would still be beneficial to the horse but it doesn't relate quite so much as if I do my ground work in the bridle and he gets obedient to the bridle on the ground and when I ride in the bridle it's easier for me to train him in the bridle. But if I am not going to ride the horse at all I will do the same ground work exercises just in a halter. If it was my custom to ride in some other tool – bitless bridle, hackamore, side pull anything like that I would tell you to do your ground work in that when you come to my clinic. I don't say you have to put a bridle on. Do you ground work in the same tool that you a going to ride in."

Transferability of training from rider to rider

"Horses always work at the level of the rider and you see that in so many different types of situations. In high money situations, people could spend a lot to buy a highly trained horse and all of a sudden, they have a horse for a month or six weeks, they appear to have a very lowly trained horse because the person riding it doesn't have the knowledge and experience and doesn't know how to communicate with that horse with the right cues."

"I found it's not just horses that needed help it was the people and the more you help people the more you are helping the horses in the long run."

"I never thought about being a clinician it just sort of grew on me and people would ask me to do things but one of the reasons that I allowed it to grow on me was that I was educating horses for the general public and I was starting a lot of horses but I was also retraining a lot of problem horses and I quickly discovered that you can retrain a problem horse, but unless you retrain the owner as well, pretty quickly if that horse is handled in the same way and it was handled before it will go back to being a problem horse like it was before."

Steve doesn't teach people 'how to ride' but rather 'how to train their horse'.

"I often tell people with I see people struggling a bit with their riding that they can often compliment the things that I do, which are a 'how to train your horse clinic', with having good riding lesson from a good riding instructor... a good riding instructor that teaches you how to have an independent seat, good balance, how to be independent with your hands and legs while you are riding your horse "

“Something amazing I have found that as the people get better at applying their ground work exercises often suddenly their seat and position start getting better because you’ve got to get in the right position to each of the exercises and they start to generally develop a better seat.”

One piece of advice you would like to give all WRC members?

“Live in the moment with your horse! Horses are our strongest teachers.”

Further Information

Clinics are coordinated and hosted by Bryn and Phil Maddox in Kumeu and they can be contacted via www.facebook.com/HorseSportNZ. The dates for the next ones are:

12-14 October for Beginners

19-21st for Advanced

You can also visit Steve’s website at www.stevebradyhorsemanship.com to read his articles or order his step by step ‘how to’ book.

Several members of the WRC have attended Steve’s course and it would be fair to say they have found them hugely beneficial regardless of their favoured discipline.

A big thank you to Steve Brady for sharing his knowledge with WRC

Although I had fun at the WRC dressage day, I am decidedly average at it and I am in awe of my Dressage Diva pals skills...

RENEE'S GUIDE TO HOW TO KNOW YOU AREN'T THAT GOOD AT DRESSAGE

1. You rock up 15mins before your test not really knowing your test or where you are supposed to be.
2. You have a panty liner & sports tape strapped to your calves due to synthetic burns from cantering around in jeans the day before
3. Due to same injury you at the last minute realise you cant wear long boots so have to ride in short boots and stripey knee high boot socks
4. You bustle over to the lovely patient judge, late, not warmed up, wearing stripey socks and apologise & she tells you, you got 8mins.
5. You trot & canter a couple of circles, go back to the judge & state "I just wanna get this over with, ready when you are"
6. Get overwhelmed at all the letters in a 20x60 arena but somehow, almost in a surreal daze, have no course errors and get through
7. Have burny ouchy legs flapping around like wings trying to avoid the pain of any contact with the horses sides
8. Race back to truck to look at next test then repeat steps 2-7, fortunately warmed up from previous test.
9. Have diplomatic judges comment "dont talk to horse" on test sheet, when exact words to horse were "just F*king Whoa!" as trying to walk at C
10. You are ecstatic you are middle of the field & not last

This true story was kindly submitted by Renee Rushton



Kiwi Care Update

India March 2013

It's been almost a year since Kiwi Care Teams maiden voyage, a trip that took them from New Zealand to the slums of Giza in Egypt, to work with an array of camels, donkeys and horses, all in dire need of medical attention. Now the team is India bound, with many of the original crew back on board. Vets, vet nurses, Equine Dentists, farriers and volunteers will all be paying for the trip out of their own pockets and packing there suitcases full of medical supplies, and equipment to help care for the animals they meet.



It is an important goal of the team to not have just a band effect, in the area they visit, but to educate and create sustainable change to help improve the lives of those they work with. As an example, in Fiji training locals in skills such as farriery gives them valuable skills to make a living and help to better the lives of the animals. Kiwi Care Team is involved with working animals, such as those in factories, working on the streets and giving rides to tourists, animals that people rely on for their livelihood. So helping the animals in turn helps the people.

How you can help?? We are a non profit, charity based organization so donations are always appreciated and go towards medical supplies and equipment. Got a good fundraising idea? Get in touch and help organize an event. Product donations are always appreciated as well, whether medical/ veterinary supplies, or product we can use for fundraising. However at the moment due to logistics we are presently not accepting second hand tack or bits, as we are unable to take them to India.

Get in touch www.facebook.com/KiwiCareTeam www.kiwicareteam.co.nz or ring Michelle Horan 021 492 250 or Chris Taylor 022 617 4475

WRC Show Jumping Day 2



WRC Show Jumping Day 2



Saddle4You News

New Trial Facilities!

We are now offering the option for saddle trials at our base in Waitoki, 5 mins from Silverdale Motorway Ramp. Full trial facilities, arena, paddocks & small jumps. Please call us for an appointment & to check saddle availability.

Carl Hester Reins!

Experience the Ultimate Feel with the

Carl Hester fantastic™
rein

Connecting horse and rider



We are very proud to be the sole importer of Carls reins to NZ, these are great for the young horse, or if you are struggling with a contact issue. Check out the web page for more info. Available in Dressage Style (leather rein with rubber pimple grip on the inside - very smart! Only \$165 plus postage. Order now as this batch are already selling fast!



HOY 2013

We will be at HOY this year with a small selection of show & pony saddles - these will only be available to try from our vehicle - due to Sues accident we will not be able to bring the truck with all our stock. If you wish to try a saddle that is listed on the website please advise us the week before HOY & we will be sure to bring that saddle for you. Please contact us by TXT or PHONE at the show on 021339767 to arrange a time.

Please note we will be away at HOY so no other saddles will be able to be couriered out that week. You can also drop off your saddle to us to sell on your behalf at HOY for a small fee of \$20 (Plus commission if sold) Emails will be answered on our return. Thanks very much & we look forward to seeing you !

WWW.SADDLE4YOU.CO.NZ

Tel: 09 4203030 or 021339767

NZ Horse Help - An interview with Teresa Trull & Michaela Evans

What do you believe "Natural Horsemanship" to mean... would you call yourselves natural horsemanship? Natural horsemanship is the use of instinctual behaviors of the horse to assist in training it to be a calm and balanced riding mount. We don't personally like the "natural" moniker because honestly there is nothing natural about riding for the horse – as Buck Brannaman says " I'm strapping the skin of some dead animal to your back and then I'm crawling up there like a predator". It is here that you send up a small prayer of gratitude that they are generous enough to let us ride them. We are probably more likely to call ourselves Foundation Horsemanship

The big question your thoughts on shoes vs barefoot? The question for us is not so much one versus the other, but with each horse, what is the best for his use and soundness- both short and long term. Understanding, how the hoof functions and what to look for in a good shoeing or trimming job is most helpful – i.e. if the quarters are 'pushed up' etc. We feel, not all horses will have gravel crunching durability and depending on terrain and demands may require boots or shoes. If a horse needs shoes, we do like them being barefoot for part/s of the year.

When starting a horse - what sort of handling, if any, would you prefer the horse to have had? When starting a horse the amount of handling depends entirely on the ability of the owner. Basically we'd like a horse that is polite, not pushy. Ideally, it will follow a feel' i.e. will lower his head to be haltered, lead up freely with no drag, but also stay back on the lead line – be respectful and yielding but also like the feel the person can offer. It's nice when a horse is used to being handled all over and is good with its feet. I would rather work a wild horse than a spoiled one. If they are getting started its imperative that their feet are good and their dental care is up to date.



Why do you start horses using western saddles? We start horses with Western saddles for many reasons. Any horse that tolerates a western saddle with a back cinch and heavy Monel stirrups will easily tolerate an English saddle. Modern day dressage saddle gullets are inspired by the western tree. A western saddle spreads the weight and impact of a rider over a larger area making it more tolerable to a young horse. Lastly we get a great deal of seat security in them

Why is groundwork so important? Ground work is vital to any process with a horse. It is the introduction of the initial communication with the horse that first gets you and the horse to feel of each other. You are building in exercises that prepare both human and horse for a functional relationship. He learns to find relief from pressure and search for the right response to your request. You in turn learn how to help him position himself to athletically support a rider's weight and it helps you learn to time up with his feet. Honestly, groundwork can be as sophisticated and as rewarding as the most technical form of riding and serves as preparation for precision in the saddle.

Describe your basic overview you use of the process of starting a horse.

First of all we want to get the horse following a feel really well on the ground – so we can start introducing the things that his riding life is going to involve. At the same time, through work on the ground, we teach them all of the things we will be doing from the saddle, from yielding his hindquarters and forehand, to leading, backing and bending and balancing properly on a circle. We work with stimulus such as flags, tarps etc and ensure the horse is ok with it whilst they stand happily, whilst they move and then that they will also yield to it. We teach them to come up to the rail and mounting block etc to.

In amongst this is their wearing of the saddle and

being driven loose and 'changing eyes' work. Of course the overview of starting a horse is quite extensive and we could prattle on for hours. The most important aspects would be attention, calmness, a work ethic, patience, integrity in their treatment, preparing them mentally and physically, as much as possible have the horse participate in right decisions (it makes them far safer and more consistent) and hopefully making sure they go home to an informed owner who if they need help, they have access to it. It is our utmost priority to keep horses, owners and ourselves safe.



What was the easiest horse you have ever had to start and why? We have been fortunate to start some horses that have had fair quiet treatment with clear space boundaries. Those are much easier. We end up doing a lot of restarts which are generally more difficult than a horse who knows nothing.

What was the hardest horse you have ever had to start and why? Horses that are spoiled and defensive about their space are the hardest to start. It's because they believe that the human has nothing to offer them and sometimes it takes considerably more pressure to get them to see peace and relief can come with people. We did have one REALLY touchy horse that we learnt a lot from, at times this did mean going with that horse at a pretty good clip, so she could get with us.

Most important qualities to instill in a horse? The most important qualities of a riding horse for us are first that the horse is 'feeling of me'; I guess it's 'try'. That it is paying attention with calmness and relaxation, then balance and "straightness" (lined out properly and not crooked), cooperative, precision in guiding its feet, - especially yielding in the hindquarters and soft through the neck, jaw and poll. We want a horse to have joy and confidence in its association with the human.



If someone asked you three key things a horse should have as manners what would they be?

In terms of manners I think a horse needs to stand quietly and patiently at the end of a rope whether held or tied, always quiet to mount or dismount, good to handle any part of their body (including feet), is yielding, and respectful of the human around food.

What about contact and teaching the horse to accept it?

Well, to put it simply, the reins are just another means of communicating and feeling of your horse, and they you. In the greater scheme, when we take a feel or contact on those reins, we want it to create a good feel for the horse. In other words, they learn not only to yield, but relax their neck, jaw and poll AND have their feet directed. Ultimately they will carry themselves with a drape in the rein – feeding back and feeling of you, comfortable with the contact. Of course, there is a lot to this. Lateral and vertical flexions are vital but the horses head position has got to be in context with getting to the feet also. Collection starts in the hindquarters, but they do need to be without brace in any part of their body for this. With horses, it is always a bit at a time, increments. The biggest thing is RELEASE. As horses progress, there is a time for just easing off, but the learning process requires well timed release of pressure. There is nothing more certain in a horse that is held without release, than that horse having problems, or 'blowing up'.



If you could work with any horse in the world dead or alive who would it be or why? Working with any horse dead or alive stumped us a bit as a question. There are certainly many horses in the world that each of us would love to ride or meet. I'd love to ride a bullfighting Lusitano or meet that Fresian that's gone viral on YouTube for opening stall doors and gates. But honestly you know your relationship with horses has really improved when you've found something to love in every horse. Getting to ride lots of different horses is great. What we have found, is the better we get, the more we can get along with and out of a horse. Our own horses didn't feel that great to us at the outset, but now they feel pretty fun to ride.

Who would you say is your idol and why? Bill and Tom Dorrance. They seem to have as much understanding and feel of horses as they do of people. They were not driven by an agenda that meant nothing to the horse. They were kind to people. If you read their books, it is apparent not just how much they knew, but of the possibilities one can achieve with their horse. They seemed to know all about the horses 'Inner life' as well as of his 'outer life' – exactly how he balanced, moved and the meaning of true collection – and teaching people how to go about communicating with the horse.

One piece of advice you would like to give all of the WRC members? Be mindful and learn! All you need is an eagerness to do so – and a work ethic.... You can have high standards – in fact you should. Don't settle for just getting by and simply hoping it turns out well or that because your horse is older or not 'a dressage horse' that he couldn't be a soft, balanced and lovely ride! You can have a good feel with your horse. Be observant and work with the facts - Remove any unhelpful concepts or statements (be it your own or someone else's) that stop you from progressing. We often have people come that actually know their horse wasn't calm before things went pear shaped but with thoughts such as 'I just need to ride him through it, or I shouldn't be such a chicken', bad usually goes to worse. Any advice that simply categorizes you or your horse in such a way as to make change near impossible, is not helpful. Get the help that you or your horse needs. There is SO much good information out there but if we owned just one book, it would be True Horsemanship through Feel, by Bill Dorrance. We would love to share the following names of great horsemen and women with WRC members, they might like to look into them:

Bill and Tom Dorrance Joe Wolters, Bryan Neubert, Martin Black, Buck Brannaman, Ray Hunt, Harry Whitney, Dave and Gwynn Weaver of The Californios, Dr Deb Bennet Michael Schaffer Nuno Oliveira, Ellen Eckstein.

Horses used in the photographs belong to two of our members: Kim Morrison and Gabrielle Cornelius

OH MY GOD! MY HIP FLASK IS EMPTY! By Renee Rushton

I began working in a hunting/point to point /livery stable at a very challenging time, for the hunt fraternity in England it was amongst the "liberty and livelihood" debate, the build up to the banning of hunting foxes for sport. For me it was challenging as England had just won the World Cup Rugby. I remember this fact clearly as I wasn't able to forget, due to the annoying little jockey from Newcastle who would scream out "Johnny Wilkinson" (the English rugby kicker also from Newcastle) every time he saw me.

I had never hunted to hounds in NZ or anywhere, prior to taking employment in North Yorkshire, but the way it went down at the Zetland hunt, made me think "bloody hell I could get used to this if I was a member" as opposed to the stable hand that I was.

The status quo seemed to be, you would whiz in to the meet in your Mercedes or Jaguar from the city. hip flask in hand, leap aboard your gleaming plaited expensive hunter, prepared by the stable hand (me) swig from your hip flask and Tally Ho away you go, returning at the end of the day and handing over the reins of a muddy bedraggled swamp monster to the stable hand (again me) then Tally hooray off in the Jag.

I must briefly mention when I returned to NZ and went on my first Kiwi hunt after an introduction like this, lets just say my step faltered a little bit and my smile slipped, when I got out of my vehicle at the meet, looked around and realised my gleaming plaited horse and I were, hmm a little overdressed for the occasion, but, I digress.

I of course didn't get to ride in every hunt, but on the occasions I did, I got to ride out on Killdrumie Castle, who according to the owner, "the Colonel" (need I say more) Drummie was the "best hunter in Yorkshire!" Now I don't know how exaggerated that statement was, but Drummie was a true practitioner a point and shoot mount, flying over ditches, walls, fences and a master at finding particularly low branches to gallop under. This is where I really had to trust that he knew what he was doing, as I spent a disproportionate amount of time with my eyes tightly shut, whether it be due to numerous branches smacking me in the face as we followed the hounds into the bracken or basically me not drinking enough brandy to look, as Drummie leapt everything in his path. Because of this bold creature, hunting became quite a religious experience for me, there were a lot of "dear gods" "holy shits" "please lords" "what the hells" and JAAAYSUSSS" in my vocabulary.

I clearly remember seeing my first fox whilst hunting as it darted out of some brush quite close to where I was standing on the fringes of the group, as the hounds were casting around. It was such a novelty for me, but of course being an animal lover it was bitter sweet knowing the creatures fate. In my enthusiasm and excitement though, before I could stop myself and even though I could see the hounds obviously working out the scent, the thrill of the chase overwhelmed me, and I yelled out "its over here, over here. Talk about amateur hour, like the hounds were going to lift up their heads and think "hey guys, the hysterical lady just said the fox is over there, lets stop sniffing and go where she's pointing" I saw a few smirks and looks that read "who invited her?" and suddenly became very interested in something in Drummie's mane to hide my red face.

Life in a hunt yard wasn't all about riding though, there was a bit of romance also, yes I had my very own Mills & Boone moment thanks to "Oliver" the farriers apprentice, talk about a cliché. It was definitely not love at first sight, although he was cute and funny, I didn't watch his muscular physique hammering a hot shoe out of the forge, it was more like "hmm, its a small village and he isn't hideous" We had fun though and he took me around a bit of Scotland while he was on a weekend break from Farrier School in Edinburgh (sounds posh as aye). My Oliver had a secret though, when he had told me he was 21, what he actually meant was, "I'm 21 minus 3" I did feel a bit cougar-ish for about 5 minutes, being six years older than him, but hey like I said, it was a small village and he wasn't hideous.

North Yorkshire was good to me, I rode the horses and I rode the wave of the assumption, that all us Kiwis ride similar to Mark Todd, (again a small village) so for me this was sweet, as of the 40-45 horses, yip that many horses, at the yard I got first pick of the best. But being the fair diplomatic type I took one regular ride which was everyone's least favourite, DOUGHNUT!!!

Seriously, if you call a horse Doughnut you are asking for trouble, he was not all sweet and sugary, no way, he looked like a ball of brown dough, and he was nutty, yep dough-nut. Each day was the same routine, I would arrive at his box and say "hello Dough....NUT", with a sneer, and he would present me with his big dough boy butt at the stable door and glance back with an expression that read, "come in, maybe I'll kick ya, maybe I won't".

Each hack out would be the same, as my co-workers strode out on their elegant point to pointers, or regal hunters, Dough boy and I would be going through our aerobic routine of rein snatch, surge forward, halt, refuse to move on, back up go sideways, repeat. (He previously had a nervous owner for a long time and learnt a lot of tricks).

One day, by accident, sick of the carry on and wanting to give the Dough monster a workout he wouldn't forget, I found out his secret passion, that made the torture of hacking him worthwhile, Doughnut was a cross country machine!!!. He wasn't allowed to go hunting due to his erratic carry on, but the Estate had a full xc course, so as I pointed his rotund body to the first jump, planning on teaching him a lesson, something happened, all of a sudden Doughnuts ears set forward in eager anticipation and he grew wings, no more Doughnut, I had Sea Biscuit flying beneath me as we jumped bigger and faster.

We finished with me flushed from the adrenalin and wind burn, Doughnut steaming from his sweat in the cold morning, but walking forward with a Jaunty step, I patted him with quiet admiration and gave him a good boy, before setting my face in the "god this horse is annoying look" that people expected as we strolled back into the yard, we came to an understanding after that me and Doughnut.

I still did not learn from this that looks can be deceiving and it almost cost me my status of "villages best rider" due to a naughty, naughty, love me cause I am beautiful 4* 3 day eventor who was transiting for a few days until its new owner could pick it up.

My job was simple, or so I thought, I just needed to stretch his legs out on a quiet hack since it had been stuck travelling in a lorry and not worked for a few days. I should have known a Karma lightening bolt would strike me down when I gave my co-workers a smug, condescending smirk that I got to ride the fancy horse, but it was probably my only ever opportunity to ride a stunning talented well schooled eventor I wasn't gonna give up the chance.

So off I went, alone, down the one mile driveway, distracted about what "dressage" moves I might try out when I got to a nearby field. Although frisky I did not have a sense of foreboding from my eventor at all (yes he was MY eventor at that moment). I struggle now to remember the horses name, perhaps because he was there only a short time or maybe I just blocked the whole episode from my mind.

We had just reached the end of the driveway when it happened, the mail man drove past in his little red postman pat van, and I raised my hand in greeting, he saw me just as he was going directly past me and gave me a friendly "honk honk"

AAARRGHH, Eventor turned rodeo bronc, and my inattention and daydreaming, plus only one hand on a very loose rein caused my unglamorous demise, as I sailed out of the saddle and watched a \$300,000 horse gallop, reins flailing up the driveway.

F*#k I said probably about 50 times as I began the one mile walk of shame following him, arriving to the snickers of my fellow stable hands and the steely gaze of my boss holding the devils spawn by the reins, yes I remember now the horse was called devils spawn, or at least it should have been. My boss said nothing, handed me the horse, legged me up and pointed back to the driveway. We just walked that ride, devil spawn and me, slowly and safely around the block, my spirit crushed and my ass bruised, me thinking about the adventure I had at the Badminton horse trials, and why couldn't it be one of those horses, not devil spawn I was riding, but that's another story.

Note from the Author: Our lovely newsletter editor in chief has allowed me to indulge in my hobby of writing short stories, and submitting them to the newsletter for your entertainment and bed time reading. I decided to focus on my experiences travelling around Europe seeking out horse adventures, for those who have done these things themselves I hope it brings back some fun memories, for those who haven't I hope you feel like you were there. Being as we are on the cusp of hunt season I thought I would write this one first.

There will be more of Renee's adventures in our next edition of Hoofbeats....

Rider Profile - Tiffany Jackson

Member's Name: Tiffany Jackson

Occupation: Owner/Director of Kiwi Equine - horse truck and float repairs

Family Life: I have 2 children aged 10 & 5, both of which have been dragged along to WRC events. I am lucky that my 5 year old is horse mad and can always be bribed with a horse ride!

Horse: Abingdon (Abby) is my 3rd horse since returning to riding after a 20 year break (gosh that makes me sound so old!!) and finally I have got it right! She is 19 years young and is an Irish (Kingsway Diamond) TB X. Abby is enjoying a slightly slower lifestyle with me after spending her earlier years as a very successful showhunter. She still loves to jump and is teaching me along the way. We have been out and about this season at WRC events and local ribbon days.

We train with: Abby and I are about to start lessons with Julie (our fantastic WRC SJ judge) and I can't wait!

We most enjoy the following WRC events: I have really enjoyed the Show Jumping series as it is the perfect environment for someone returning to riding (like myself) to get the support and confidence needed to improve. I also enjoyed the First Aid evening as it was a great way to relax and meet members (without their helmets on)

When my horse and I aren't competing in WRC events, we like to: Have Fun! This weekend we are off to the beach :-)

Interesting mannerisms/ behaviour/paddock names etc: Abs is normally very relaxed and loves to eat. She can sense a feed being mixed from a mile away and will do anything to get to it (this is when she thinks she is only a 3 year old and can be a bit of a brat!)

When I'm not riding, I like to: Spend time out on our boat with family and friends (weather permitting of course - and there hasn't been a lot of boating this summer thanks to the high winds). Maybe this weekend..... after I go riding at the beach first of course



Rider Profile -Sue Eden

Member's Name: Sue Eden

Occupation: Media and Communications Advisor for High Performance Sport New Zealand

Family Life: I'm happily single, have no kids, just my horse and my dear old cat Q.C

Horse: My 16.1hh, brown gelding called C. He's by Corlando (a holsteiner stallion) out of a tb mare.

We train with: Manuela McLean, when she comes over from Aus, and Jody Hartstone. I have had help with my jumping from Sola Laurence-Bade and Dani Maurer.

We most enjoy the following WRC events: I have enjoyed all the WRC events I've been to so far. I really liked the trail ride I did last year, exploring some new territory, and like pretty much anything that involves jumping.

When my horse and I aren't competing in WRC events, we like to: Go to Woodhill Forest. I love taking him to the beach as well. On the last day of the clinic at Jody's, we went to Raglan beach. It was a beautiful day, the tide was right out, the sand perfect for galloping on. Magic! We're also going hunting this year.

Interesting mannerisms/ behaviour/paddock names etc: My horse's previous owner gave him a girl's name and spelt it Connie. I wonder if she named him after she heard him neigh. I had a go with a hoof ball recently and it turns out he's a kicker. He tends to try delaying tactics if serious work is involved e.g. a desperate need to scratch his nose at the start of schooling. He wears his heart on his sleeve with Andrea's Hill, and once I've got him past playing at the water trough, he does a big sigh at the bottom of the hill absolutely every time. He's partial to persimmons. He'll chase cows out of his strip in the paddock but doesn't seem to mind Cyril the ageing ram. He used to create these big 'camp out' and rolling spots in the paddock, much to the annoyance of the owner of the property

When I'm not riding, I like to: Go to work (I really like my job plus I need it to keep my horse habit going), keep fit (running, spin classes, pilates), and chatting to friends and family.



DRESSAGE LESSONS WITH MARY

Mary Robins is an international dressage and eventing judge in great demand world wide. She has trained and ridden her own horses to Grand Prix level.

She has trained with UK Olympic gold medalist Carl Hester for the past 15 years. Mary teaches with the combined perspectives of judge, rider and trainer - a unique perspective that not many other trainers can offer. Her training style reflects particular empathy for the horse, always keeping its physical and mental well being to the fore. Mary will be available for private lessons in Woodhill.

She is happy to take pupils at all levels and is hugely supportive and encouraging. She visits New Zealand at least 3 times a year.

Lessons are 45 minutes and cost \$95 with an arena charge of \$10. (\$15 if lessons are held at Waimarie)

Half hour lessons at \$70 are available. Priority for half hour lessons is given to green horses or a situation where the horse or rider is recovering from an injury.

Lessons are booked on a first come first serve basis with payment required the week prior.

The dates are:

Sunday 10 March morning only
Monday 11 March afternoon only
Wednesday 20 March
Thursday 21 March
Friday 29 March
Saturday 30 March
Monday 8 April

All bookings and enquiries -

Contact Anna McKee 094207473, 0276422011, annabasford@gmail.com

Showmanship Photographs



WHENUAPAI PONY CLUB GROUNDS UPDATE FEBRUARY 2013

After the Xmas/New Year breaks, Whenuapai Pony Club have been chassing the Council for works to begin on the grounds for its boundary fences to be replaced, trees and their large roots to be removed and the garage to be dismantled and taken away. This caused our ridden rallies to be delayed a couple of weeks which was both frustrating and disappointing.

However we can now advise that the Garage was finally removed last Monday. We are still awaiting a date when work on the trees will be completed and the fences will begin. Only when this has been done, can our grazers return to their home ground.

The club has mowed its cleared spaces on the grounds, which is enough for us to set up again for rallies, which began a couple of weeks ago. It was as a great feeling having everyone back together and the grounds look loved once more.

Things we still have lots to do, some general tidying up, replace the roof on the two pens and stock take on equipment that was either lost or broken, then fix or replace those items. This process was severely delayed due to equipment being under the collapsed garage that we couldn't see or get to.

The main thing is that our grounds are usable and the kid's rallies are back on track!

We will keep you all posted on progress and would like to thank you once again for your continued interest and support in Whenuapai Pony Club.

Thanks

Whenuapai Pony Club Committee & Members



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Top 5 Stretches for Healthy Horses

From “carrot stretches” to strengthening movements, physical therapy exercises can benefit horses in all lines of work. Hilary M. Clayton, BVMS, PhD, MRCVS, Dipl ACVSMR, Mary Anne McPhail Dressage Chair in Equine Sports Medicine at Michigan State University, shared with *The Horse* her top five physical therapy exercise picks for healthy horses. Here, Narelle Stubbs, BApp-Sc (PT), MAnimSt (Animal Physiotherapy), PhD, demonstrates the stretches.

She recommends completing three to five repetitions of each exercise during each session. “We don’t have any proof that it’s the magical number, but I think five of each exercise would give you a really significant strength training effect over time.

“I think in the beginning it’s quite good to do them every day, but you don’t need to lose sleep if you miss a day,” she adds. “For maintenance, aim for four to five days per week.”



PHOTOS COURTESY OF HILARY CLAYTON

1 **Chin-to-Chest Stretch** Clayton explains that this carrot stretch (which is accomplished with a carrot or other bait) encourages deep flexion of the horse’s mid- and upper neck.

- Stand at the horse’s shoulder, facing forward, and holding the carrot in the hand closest to the animal.
- Hold the carrot in front of the chest, encouraging him to bring his chin toward his chest, and hold the rounded position for a few seconds.

As the horse becomes more flexible, encourage him to bring his chin closer to his chest or underside of the neck to increase the degree of flexion in the mid- to upper neck.

2 **Chin-to-Fetlock Stretch**

This stretch encourages deep flexion in the horse’s lower neck, Clayton explains. It’s important during this exercise to ensure the horse’s forelimbs are placed far enough apart to allow his head to pass through them.

- Stand at the horse’s girth, facing forward and holding a carrot in the hand closest to the animal.
- Pass the carrot between the horse’s forelimbs and entice the horse to lower his chin toward his fetlocks, encouraging him to bring his chin down between his forelimbs, and hold the position for a few seconds.

As the horse becomes more comfortable with the exercise, encourage him to bring his muzzle further between his legs by moving the carrot back toward his hind limbs.

Tip: When performing these exercises, try to keep the horse’s head and neck straight, rather than bent to one side. If necessary, have a helper stand in front of the horse and hold the halter noseband to keep his head straight.



3 Chin-to-Hind Fetlock Stretch

Clayton says that this carrot stretch stimulates maximal lateral bending of the neck and thoracolumbar (in front of the pelvis) spine and helps activate the abdominal and pelvic stabilizer muscles.

- Stand about three feet away from the horse's hindquarters, facing forward, and holding the carrot in the hand away from his side.
- Hold the carrot about two feet away from the horse's side, entice his chin to reach as far back and down as possible.



The horse should develop an increased range of motion over time as flexibility improves, so keep encouraging him to stretch further down and back.

Clayton also teaches her horses to do this stretch while standing on three legs. "That takes a while to teach and maybe a little bit more skill, but it really strengthens the stability muscles on the outside hind leg," she says. "First I teach them to do the stretch, and then I teach them to pick up a hind leg with just a tap from the whip. Then I change that to a verbal command; I'll say 'foot' or 'lift.' "

Once the horse has mastered the

4

Sternal, Withers, and Thoracic Lift Essential to activating a horse's core is activating the abdominal muscles and the thoracic sling muscles, which are responsible for adjusting the position of the sternum (breastbone), ribcage, and withers when the forelimbs are on the ground. Clayton recommends this exercise to teach the horse to round through the base of the neck and raise the withers.

- Stand just behind the horse's elbow, facing the animal.
- Apply upward pressure to the horse's sternum and gradually slide the pressure back to just behind where the girth would sit. The horse will lift his sternum, withers, and thoracic (saddle) area.

Each horse reacts to a different amount of pressure when performing this exercise, so start with mild pressure and increase it slowly until the horse responds. This lift can also be stimulated by scratching under the girth area.

5

Lumbar and Lumbosacral Lift Clayton says this exercise encourages the horse to lift his lumbar and lumbosacral (pelvis) joints and stimulates the abdominal, sublumbar (under the pelvis), and back muscles, which all play a role in allowing the hind feet to come under the horse while working.

- Stand on the side of the horse, facing his flank.
- Starting at the tailhead and working up the spine, apply pressure to successive vertebral spines until you find a "sweet spot" where the horse begins to round his haunches and lift the lumbar spine and pelvis.

- Hold the pressure for a few seconds, then release and watch the horse return to a resting position.

Clayton adds, "You can also do that one by running your thumbnails between the biceps femoris and semitendinosus muscles (located at the back of the haunches), but I hate to have people standing straight behind the horse." She suggests that if a horse does not respond to the first technique, try stroking the groove on one side at a time from the side of the horse as described above.

Tip: Both exercises 4 and 5 require constant pressure with a firm object. If you find your fingers aren't quite strong enough to apply the necessary pressure consistently, use a blunt object such as a thimble or the rounded end of a hoof pick or mane comb.



two skills separately, Clayton puts them together.

"Once I've got their focus on the carrot but before they've turned too far, I'll ask them to lift the inside hind leg," she explains. "They'll only be able to lift a little bit at first and they won't be able to turn very far standing on three legs, but gradually—two or three months to

get this down—they'll be able to do it well. Eventually they'll be able to stand on three legs and turn all the way back.

"You can just see them using all those muscles to turn, and also to stabilize the pelvis, which is really important for being able to balance in movements like a pirouette or spin, and to transmit propulsion forward from the hind limbs."

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Teresa Trull and Michaela Evans



Want help but don't know where to start? No matter what your discipline, get confident and capable.

- Lessons and initial 'assessments'
- Full training
- Problem Solving and customized intensives
- Clinics –individual help with your horse in a group situation
- Options for starting horses that may include the above

Contact us

(09) 420 6018

nzhorsehelp@gmail.com

www.nzhorsehelp.co.nz

DRESSAGE DAY ONE RESULTS

Test 0.1

Rider Reg	Horse	Back No.	Score	Placing
Sue Donaldson	Max	16	75.79%	1st
Robyn Nelson	Twilight Exlipse	12	70.53%	2nd
Diane Petrie	Decktation	10	68.95%	3rd
Devon Young	Step-n-Out	15	65.26%	4th
Angela Meikle	Valliant Warrior	14	63.68%	5th
Helen Smith	Aria de Rets	13	58.42%	
Shaan Mocke	Annie	11	56.84%	

Test 0.3

Rider Reg	Horse	Back No.	Score	Placing
Phillipa La Rosa	Murphy	19	76.00%	1st
Sue Donaldson	Max	16	70.40%	2nd
Devon Young	Step-n-Out	15	68.80%	3rd
Nicky Bushnell	Larkspur Summer Fun	21	68.00%	4th
Ann-Marie Jefferies	Clay	18	66.40%	5th
Robyn Nelson	Twilight Exlipse	12	64.80%	
Trevor Steed	Gizzy	20	62.40%	

Test 1.1

Rider Reg	Horse	Back No.	Score	Placing
Amber Disley	Laurleston Gym Lee	40	71.82%	1st
Alison Summers	Izz	56	71.36%	2nd
Anna McKee	Tomsson	26	70.91%	3rd
Michelle Barlow	The Dreamweaver	30	67.73%	4th=
Coral Morrison	Sylvester	38	67.73%	4th=
Nicky Bushnell	Matawhero Miguel	34	66.82%	5th
Ann-Marie Jefferies	Clay	18	66.36%	
Gail Seely	Gotcha Looking for More	35	66.36%	
Eispeth Nicol	Spyke	24	65.91%	
Nicky Bushnell	Larkspur Summer Fun	21	65.91%	
Sandy Rowe	Cash O/D	36	65.91%	
Phillipa La Rosa	Murphy	19	65.46%	
Sarah McDonald	LaCoste	41	65.46%	
Emma Jessop	Aw Mate	29	65.00%	
Jennifer Bodman	Voulez Vous	25	64.09%	
Renee Rushton	Half A Chance	33	63.64%	
Sue Abram	Kumara	43	62.73%	
Suze Kennington	PS Crooked Cracker	23	61.82%	
Tracey Baxter	Crikey Mikey	37	60.46%	
Emma Page	Alloy	17	59.55%	
Sarah McDonald	Kiwi Frisbee	42	58.64%	
Kim Leckner	Revilo Breeze	28	57.27%	
Trevor Steed	Gizzy	20	54.55%	
Julie Killick	Ana	22	50.91%	

DRESSAGE DAY ONE RESULTS

Test 1.3

Rider Reg	Horse	Back No.	Score	Placing
Alison Summers	Izz	56	73.08%	1st
Anna McKee	Tomsson	26	68.08%	2nd
Elspeth Nicol	Spyke	24	66.54%	3rd
Jennifer Bodman	Voulez Vous	25	63.85%	4th
Sandy Rowe	Cash O/D	36	63.08%	5th
Michelle Barlow	The Dreamweaver	30	62.31%	
Mary Hurst	Johnny	39	61.92%	
Gail Seely	Gotcha Looking for More	35	60.77%	
Sue Abram	Kumara	43	60.39%	
Suze Kennington	PS Crooked Cracker	23	59.23%	
Coral Morrison	Sylvester	38	58.08%	
Renee Rushton	Half A Chance	33	57.69%	
Emma Jessop	Aw Mate	29	56.92%	
Nicky Bushnell	Matawhero Miguel	34	56.54%	
Kim Leckner	Revalo Breeze	28	55.77%	
Tracey Baxter	Crikey Mikey	37	55.00%	
Suzanne McNeill	Ballachulish	31	53.08%	

Test 2.1

Rider Reg	Horse	Back No.	Score	Placing
Vicki Hamilton	Vermont SL	45	63.33%	1st
Kristi Churches	Brick Bay AJ	50	61.67%	2nd
Desiree Russell	Nick	47	60.83%	3rd
Jenny Emmett	Tuff Enuff	46	54.58%	4th
Alison Harold	Santorini	49	Scr	
Sue Eden	Conny	48	Scr	

Test 2.3

Rider Reg	Horse	Back No.	Score	Placing
Vicki Hamilton	Vermont SL	45	67.50%	1st
Kristi Churches	Brick Bay AJ	50	65.83%	2nd
Desiree Russell	Nick	47	64.17%	3rd
Jenny Emmett	Tuff Enuff	46	57.50%	4th
Sue Eden	Conny	48	Scr	
Alison Harold	Santorini	49	Scr	

DRESSAGE DAY ONE RESULTS

Test 3.1

Rider	Reg	Horse	Back No.	Score	Placing
Sandra	Noakes	Nick	55	62.40%	1st
Judith	Hayes	Stonedale Magician	54	62.00%	2nd
Tracy	Holden	LoreNZo H	51	59.60%	3rd
Sue	Abram	Adeleine	53	58.00%	4th
Emma	Cordery	Mananui Ghost	52	53.60%	5th

Test 3.3

Rider	Reg	Horse	Back No.	Score	Placing
Judith	Hayes	Stonedale Magician	54	72.50%	1st
Sue	Abram	Adeleine	53	69.44%	2nd
Sandra	Noakes	Nick	55	68.06%	3rd
Tracy	Holden	LoreNZo H	51	64.72%	4th
Emma	Cordery	Mananui Ghost	52	58.33%	5th

Note: To view more results from any of days please visit our website:

http://www.wrc.org.nz/?page_id=178



**Horse truck & float repairs,
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Look out for us on Facebook
(and at WRC events of course!)

Members Services

Dressage Coaching with Caroline Twomey

\$90 for 45 minute lesson + \$12.50 arena hire.
Contact: Sarah Hand
P: 021 222 0600 / E: sara@bbrdesign.co.nz

Raider Lodge Tracey Page

Showjumping/showhunter lessons

Resident trainer of Raider Lodge
181 Riverhead Road, Riverhead
Ph: (09) 412 9015

Dressage, Show Jumping & Cross Country lessons

Contact Chanel Campbell
027 306 1848
chanelcnz@hotmail.com

Ride on Waitoki

A social & learning occasion for adults on a Tuesday.

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For enquiries & bookings for Ride on Waitoki or private lessons contact Chris Beach on: 09 420 5376, 021 1680 021 or beachcroft@extra.co.nz

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Coupe Equestrian
254 Matua Rd, RD1 Kumeu
Auckland
New Zealand, 0891

Lisa Coupe
021 544 042

<http://www.coupeequestrian.com>

Member Services

Jody Hartstone Lessons

Available in North Auckland for lessons periodically. Contact her for more information.

Phone: 027 28023369

Email: jody@hartstoneequestrian.com

Sokol Vladov

Dressage/Show Jumping Trainer

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(Europe/Eastern Europe)

Phone: 021 1178031

Email: fvladov@yahoo.com

Bill Noble

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Please contact Melanie for more information or to book a lesson:

[021 220 1115](tel:0212201115)

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WAITEMATA RIDING CLUB INC



MEMBERSHIP FORM

Name: _____

Address: _____

Phone: Hm () _____ wk () _____ mob () _____

Email: _____

Horse's Competition Name: _____

How did you find out about the club?

(circle)

Past Member	Friend	Word of Mouth
Advertising	Website	Trade Stand

I am a... New Member/ Renewing Member

(circle)

I am interested in...

- Dressage
- Showjumping
- Showhunter
- Ribbon Days
- ODE's/Cross Country
- Training Days
- Endurance / CTR
- Beach / Forest Rides
- Seminars

I can help with...

- Organising Events
- Writing / Scoring
- Catering
- Setting Up
- Clearing Up

Register for:

- Amateur Rider Cup* (1st year of competition) Join Date: _____
- Young Horse Cup* (Horse 6yrs & under) Horse's Name: _____

**Please see our website for full definitions of the Young Horse and Amateur Rider Cups*

Please post this form with your cheque for **\$40.00** made payable to: **Waitemata Riding Club Incorporated**, and send to:

WRC Database Co-ordinator
Waitemata Riding Club Inc
PO Box 156
KUMEU

Payment is also accepted by INTERNET BANKING (please let us know if you have paid this way):

National Bank - 06 0254 0001134 00
Reference - (first initial.surname)(mbrshp)

COMMITTEE

President: Amber Disley
amber@wrc.org.nz

Secretary: Sandra Noakes
sandra@wrc.org.nz

Vice President/Website: Jody Paddy
jody@wrc.org.nz

Treasurer: Michelle Reidy
michelle@wrc.org.nz

Spring Dressage Convenor: Tania Vennell
tania@wrc.org.nz

Membership Database: Sue Jones
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Jumping Convenor: Sarah Vernon
sarah@wrc.org.nz

Points Table: Suze Kenington
suze@wrc.org.nz

Ribbon Day Convenor: Kristi Churches
kristi@wrc.org.nz

General Commitee:

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Tracey Baxter traceyb@wrc.org.nz

Gillian Lynn gillian@wrc.org.nz

Olivia Douglas (Ballantyne) olivia@wrc.org.nz

Shaan Mocke shaan@wrc.org.nz

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Waitemata Riding Club

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Scratching/Cancellations
phone: 0201-113231.

The last word:

“Smile every chance you get. Not because life has been easy, perfect, or exactly as you had anticipated, but because you choose to be happy and grateful for all the good things you do have and all the problems you know you don’t have.”

