



Autumn/Winter 2018

Welcome to our latest EMRC news!

Thanks to all of you for your great reports ,it has been a busy and so successful few months.

The newsletter looks a little different because I am helping with publishing to spread the load ,in what I ,as a new member ,have found to be a very special club.

Do send any bits and pieces for the next issue to me , Jane Richardson,
j.erichardson@btinternet.com ideally in Word format not just within an email.



Hi Everyone!

Well ,what a summer we have had! Scorching hot sunny days stretching right through to our Indian summer in October.

Our club is continuing to grow, this summer has seen us put forward our first ever dressage team who bravely represented us at the area competition at Aldon and more recently at the winter area qualifier at Kings Sedgemoor Equestrian Centre. Thank-you all for your efforts, we hope more budding Charlotte Dujardins come forward next year.

Our winter training is up and running at Kingfisher Equestrian centre so please keep up to date with whats on when and book on.

Your committee are working hard behind the scenes to come up with interesting and exciting opportunities for you all for next year so look out for emails and follow the facebook page for events.

Please don't forget we run this club for you, the members and here at EMRC Every Member Really Counts so please get in touch with myself or our amazing secretary Jo Rossiter if you have any requests for what we can offer you, we will be happy to here your views.

I look forward to seeing many of you at our Christmas meal and throughout the coming year, thank-you all for making this club what it is.

Claire Knight.
Chairman.

Useful contacts

**Chairman- Claire Knight-
claireknight878@hotmail.co.uk**

**Secretary- Jo Rossiter
www.eastmendipridingclub@gmail.com**

**Membership- cathy.provenzano@outlook.com
07711821831**

**Training events -enquiries - Jo Rossiter
07874295077**

Team Events - Liz Lukins 07754121822

**Newsletter - Jane Richardson
j.erichardson@btinternet.com 07813696802**

MEMBERSHIP **RENEWAL**

By now , you will have received an email with all the details of hoe to renew and a 2019 form to complete and return. **This needs to be with Cathy prior to 31st December2018 for you to be able to take part in the January clinics.**

Membership runs from1st January until 31st December each year - you need to have current membership to take part in our events and clinics. Our numbers are limited to keep the club personal and friendly so don't forget to renew and tell your friends about us.

We offer members a relaxed informal way to train and learn about our equine friends whilst encouraging all levels and disciplines of horse riding.We also love the social aspect of learning and training. We currently have a huge range of different types of horses and riders in our club.

Most importantly we aim to have fun!

'There be treasure in them dere hills'- Jane Richardson



It was a brilliant morning , mid-summer heatwave and the event I had most hoped to join as a 'Rookie' member had arrived. Max ,our Treasurer ,had kindly agreed to 'nanny' Gatsby and I, Dave even saving me the towing job . Lots of space to park up and in no time we were off.....

It was great to set off in pairs the other riders were really sensible , Gatsby got rather keen when he saw the Hi -Viz groups but we took our time and soon we had a good collection of clues.

The tracks and lanes provided breathtaking views of the Somerset landscape ,it felt as if we were riding along the edge of the world. Some tracks needed Max's special fly spray as we disturbed the nasties. With one deviation from the route we got back on track and finished in one piece!

Horses sorted , it was time to relax and enjoy lunch, it was a great boost for me to have taken part. When I joined in December ,racked with anxiety I wasn't even sure that I could get on let alone ride 10km around Somerset. Despite the fact that we had grabbed clues and sorted them later, some how we came second .What a great day , I can't wait for next year...

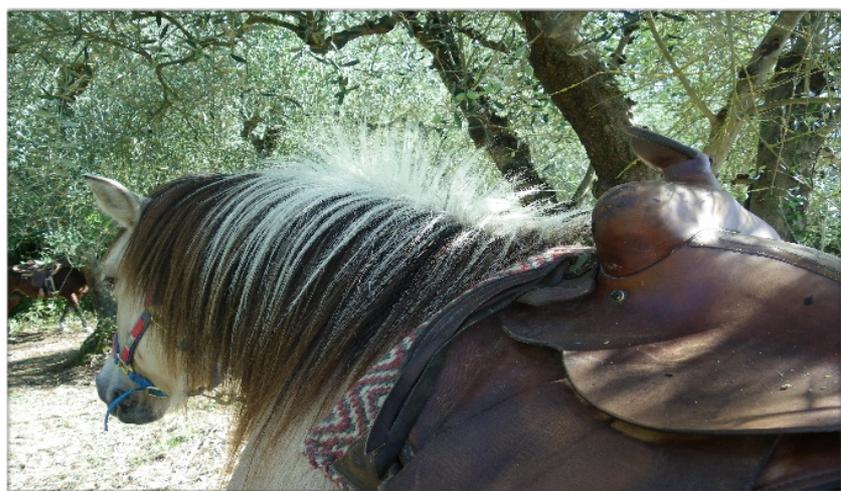


Going West....in Tuscany-Suzy Dymond

Arriving at Castallarre di Tonda exhausted and in much need of rest and relaxation I was greeted with a bottle of wine made on the estate and an apartment with a view that immediately began to restore me. Imagine waking up to this each morning.....



After an initial introduction to Western Riding in the arena we headed out onto the trails for the first of many rides throughout the week. The riding was relaxed with almost no roads just sandy tracks around vineyards, olive groves and through deep woodland. I have ridden Western before, in Montana, and it first entails forgetting everything you have been taught when riding English style. It is designed for long hours in comfort but my knees took a bit of adjusting to the new position (maybe it's an age and habit thing?!) I rode a nice well-mannered quarterhorse who was easy, sure footed and agile. Her preference was to be at the back so we settled happily into the peace and quiet of the Tuscan hills. Some of the horses were bigger and there were a few Norwegian Fjord ponies – look at that mane!!



The main trainer, Franco, was a master of Western techniques or natural horsemanship as I would know it. We got to watch him start a young stallion. It was clear that he had built up perfect trust and respect with this young horse; it was inspirational to watch that relationship working.

The pace was so relaxed and with about 5 hours riding each day we had plenty of time to do other things – for me that was an early morning run through the vineyards, an afternoon swim and some yoga before meeting new found friends for dinner. What a lovely group of people; an eclectic bunch from Norway, Wales, Germany, England and

Kentucky. Some rides were broken up by returning to base and others were all day including a long break with a picnic miraculously turning up at a beautiful spot. On our non-riding day we caught the train into Sienna to do some sight-seeing and climbed the tower in the square where they run The Paleo horse race. On the way back to the airport we even managed to fit in climbing the Leaning Tower of Pisa!

I was genuinely sad to leave as I had really benefitted from the most relaxing active holiday ever!



Western day- Sarah Clarke

I was very lucky to win a voucher for a Western Experience day with Luke and Tracy from LT Solutions at the MBBA Equine Extravaganza Evening this June. I had spoken with Tracy and Luke briefly at the evening, and by email before hand and arrived at 10am ready for the day. Firstly, introductions to the team – Mary, a quarter horse mare, and Checkers, an appaloosa x new forest gelding, who we would be working with that day. Tracy gave a really good introduction to western tack explaining about the different types of western saddles and some of the history behind them, and western bridles and bits that they use.

We took Checkers into the arena for some ground work before tacking up. Luke and Tracy do lots of ground work to help teach the horses and reinforce aids. A lot of

work is spent honing your body language to be able to ask the horse to move a part of its body (i.e., front, rear or all!) using your body language, to lead the way for similar placed leg aids when riding. Specific voice commands also play an important role and are again translated into ridden work. I am definitely going to be introducing ground work with my own horse (who is well known for not paying attention!)



Checkers is not as advanced as Mary in his training as yet but is very sweet and willing and a really lovely boy! We worked on moving his quarters away in both directions before moving on to some lunging. Mary is very highly trained, and very

quick to react, and so it is more of a challenge to do as little as possible and be as quiet as possible when giving instructions. This was definitely a challenge for me as I am used to having to be fair animated to get my Gracie going! Luke and Tracy demonstrated how pressure and release is really important in training, so a consistent pressure is applied in the form of a command, for example using your body positioning to move the quarters over, and once the horse has completed this, you release the pressure, in this instance by adjusting your body positioning. It took me quite a few attempts to master “doing as little as possible”!

Checkers and Mary were both saddled up (I had a lesson in how all the tack goes on) and then Tracy hopped on Mary (literally, I needed a mounting block to get up!) to show how some of the ground work movements we had done translated into ridden work, and demonstrated moving quarters, forehand, and a full side pass. It took me a little longer to get the hang of Mary but we finished off with a lovely side pass over a



pole. It was a really good lesson in thinking about what every part of you is doing so you don't ask for something you are not intending too. Next, I hopped up on Checkers and again carried on with some of the ground work moves, incorporating into this trot and canter transitions flying round and attempting canter to halt! We finished the morning off with

a hack around the block in the sunshine, Tracy bringing the other members of the gang – miniature pony Little Man and canine friend Pacer Dog. It was a really really fun morning and I can thoroughly recommend a visit to LT Equine Solutions (and I will probably make another myself!)

[EMRC Camp 2018 Stockland Lovell- Serena Massey](#)

After seeing the camp advertised on Facebook, I delved in for more info. I soon got chatting to Claire Knight, who assured me all I needed to do was to join the EMRC, then I could come. It was a rather nerve wrecking thought!

'It will be fine as soon as I get there ,' I kept saying to myself. thinking of my rhubarb and ginger gin to celebrate my safe arrival. That Friday afternoon I set my sat nav and away we went .



I was greeted by Claire Knight who was very helpful .She showed me where to house Molly and put my things. She also introduced me to a couple of other ladies who were looking to go on a hack around the lanes before they settled the horses in for the night ,ready for some real work the following day .

Our accommodation was 5 star, the food was fantastic. We were well fed and watered ,we even had a roast dinner that night .

Our first lesson was show jumping with Kim Pitman. I will never forget the phrase ‘I’m a tiger. I’m a tiger. I’m a tiger and I roar on the corner canter poles.’



After a delicious lunch it was time for cross country training. Mols decided to step up a few notches and loved flying through the water. I was very impressed with Karen Abrey’s owl hole jump, she had her brave pants on for sure .

I didn’t feel over pressured about doing something I wasn’t comfortable with ,Kim made you feel at ease and would have her top tips to get you over those scary jumps ,she would stand in front the jump and say now aim for me !.

That evening we were all very tired but managed a quiz cleverly done by Anne Pearce. There was more socialising and gin drinking with my room buddies Sue ,Sarah , and Julie.

Sunday morning after breakfast which, was a delicious ,full fry up may I add a group of us didn’t have a lesson until 12. so we decided to go on another early morning hack around the Stockland grounds. I was riding with two ex race horses, this is going to be interesting I thought but they were impeccably behaved .

Our flatwork lesson was held with Charlotte Wake who had us working really hard doing drills, a fun way of getting all 3 horses to work together and test our brains .

All in all the camp was such fun, we were put into small groups and everyone came back grinning like Cheshire cats. There was help if you needed it, I had the most fantastic time with my mare and gained new friends along the way .If anyone is looking to do camp next year ,go for it, it’s a great way to bond with your horse and learn (and try out new gins .)



Roll on EMRC Camp 2019 !

Goodbye to Pete....-Anna Morris



Pete Richards has always been a familiar face at many equestrian events throughout the years, and most recently as the first male member of the East Mendip Riding Club's. However, after many years of transporting cattle and horses, Pete has decided it is time to 'hang up the keys' of his faithful lorry and retire.

Throughout his career he has shown endless amounts of patience, kindness and generosity to generations of us horsey folk, and for that we will be forever grateful. He has always been

on hand to share some of his horsey knowledge or simply give us a word of encouragement (or a shot of whisky) to help us on our way!

We are very lucky to have had you Pete, and for you to have given us so much of your time. No one else would wait all day at a show for us with such good humour!

Enjoy your retirement and if you have time come and visit us and have a coca cola or a coffee at Kingfisher or Anne's.

Love you lots Pete – Take Care! Anna



The Happy Club- Pete Richards

To the Members of East Mendip Riding Club.

Many many thanks for the horses head on a plinth. I don't really like any limelight, but having sat down and thought about it, I am very pleased and proud to have helped the riding club in a small way. I have always enjoyed taking people, horses and ponies to rallies at Kingfisher and to other activities on Pennard Hill and to Camp.

The success of the club was a big need for a grass roots Club well organised and great camaraderie.

Well done to all concerned, a great success and very good luck in the future.

Many many thanks.



Pete

FIRST AID DOS AND DON'TS



Do leave their riding hat on;

Do attend to the human patient before the horse, unless it is causing a danger to the injured person, or to others. If horse has put his head down and is eating grass, leave him and go to the injured rider's aid.

Do protect the casualty from further injury - for example, if they've had a fall on or near a busy road;

Do go on a first aid course to improve your knowledge

Don't let them eat or drink if you suspect broken bones, in case they need an operation.

Don't move the casualty if you suspect a head or neck injury;

Don't remove a body protector, unless it is impeding breathing. Breathing takes precedence over everything else.

Don't use cotton wool to clean a wound

EMCR held a very successful 1st Aid Day in October run by Medi K Training which gave everyone who attended a formal 1st Aid qualification. We all learnt a huge amount and the committee are looking to hold more to give as many members as possible the opportunity to learn this valuable skill.



Remembrance Sunday -Anna Morris

On Sunday the 11th of November Baraka and I attended the remembrance service at Ditchat church in honour of the all the fallen soldiers and horses in WW1. We were extremely honoured to be invited to the service and would like to thank the Royal British Legion for allowing us to attend.

I SPOKE TO YOU IN WHISPERS

By

Neil Andrew

I spoke to you in whispers
As shells made the ground beneath us quake
We both trembled in that crater
A toxic muddy bloody lake
I spoke to you and pulled your ears
To try and quell your fearful eye
As bullets whizzed through the raindrops
And we watched the men around us die
I spoke to you in stable tones
A quiet tranquil voice
At least I volunteered to fight
You didn't get to make the choice
I spoke to you of old times
Perhaps you went before the plough
And pulled the haycart from the meadow
Far from where we're dying now
I spoke to you of grooming
Of when the ploughman made you shine
Not the shrapnel wounds and bleeding flanks
Mane filled with mud and wire and grime
I spoke to you of courage
As gas filled the Flanders air
Watched you struggle in the mud
Harness acting like a snare
I spoke to you of peaceful fields
Grazing beneath a setting sun
Time to rest your torn and tired body
Your working day is done
I spoke to you of promises
If from this maelstrom I survive
By pen and prose and poetry
I'll keep your sacrifice alive
I spoke to you of legacy
For when this hellish time is through
All those who hauled or charged or carried
Will be regarded heroes too
I spoke to you in dulcet tones
Your eye told me you understood
As I squeezed my trigger to bring you peace
The only way I could
I spoke to you in whispers



Kingfisher - Clinic Dates for 2019

Poles with Julie Braddon

Saturday 13th January

Saturday 16th February

Saturday 9th March

Saturday 6th April

Flatwork with Gill Longhurst

Sunday 6th January

Sunday 3rd February

Sunday 3rd March

Sunday 14th April

Sunday 5th May

Show Jumping with Kim Pitman

Sunday 13th January

Sunday 24th February

Sunday 31st March

Sunday 27th April - Arena

All Gill's clinics are full now -we have three more dates with Charlotte Wake 20th January, 9th February and 23rd March

To book clinics please email Jo on eastmendipridingclub@gmail.com
All clinics cost £20per combination and are held at Kingfisher Equestrian. Clinics must be paid for in advance- if you cancel 5 days or less beforehand and a replacement cannot be found you will still be charged the fee. (We have to cover arena hire and instructor fees)
PLEASE - remember to take away your mess-there is no facility at Kingfisher to leave it there!



STOP PRESS.....

Did you know,

Your horse's owners name and address should be shown on their passport!

With effect from 2020 ALL horses have to be microchipped,

TEAMS

Thanks to everyone who has taken part in area competitions to represent EMRC and well done to all! Next year there will be intro classes in the dressage and some smaller showjumping courses - so even more of you can have a go!

Liz and Anne will work out team training dates at Anne's and will let you know via our Facebook page.

Do remember to 'keep an eye' on our Facebook page - Beth does a great job of keeping you up to date with what is happening in the Club!

Thank you!

Jo x