



HOOING AROUND



Christmas 2016

Chairman's Report

Welcome to the last newsletter of 2016—where has that year gone?!

I do hope you have had a good year with the Club—we have put on as many different events as we can and I would personally like to thank all our helpers and volunteers. Without them these events just simply would not happen and so thank you so much to you all.

By the time you receive this, you will have all also received your membership renewal pack and I look forward to seeing you all again next year. We have put in place some great events and have more in the wings—if only there was enough time to do everything! As you all know my particular favourite is annual camp and after the success of this year, I can't wait for 2017!

I really hope you enjoy this bumper issue of our Christmas Newsletter and on behalf of the committee of East Mendip Riding Club I would like to wish you all a very Merry Christmas and safe riding in 2017.

See you next year!!

Sam

Annual Membership



The club year runs from 1st January to 31st December and so if you wish to attend Member Only events, you will need to ensure your membership is renewed by 1st January 2017.

Your Membership Renewal pack has now been sent out
— if you haven't received it —
Would this be because you have changed address and not let us know?

Within the pack is a membership form which we would be grateful if you could complete and return with your cheque made payable to **East Mendip Riding Club**.

This enables us to ensure our records are updated. If you prefer to pay via the bank please use the following details: NatWest, Frome Sort Code: 60 08 31 Account Number: 63700298 Account Name: East Mendip Riding Club.

Please ensure on the reference you put 2017 and your name so we can trace the payment and indicate on your form that you have paid using this method.



The membership fees have remained the same for 2017 and so for a senior (ie over the age of 18) rider the fee will remain at £22 per person. If there are two senior riders who live at the same address, the membership fee is £40.00. Membership fees for non members and Juniors (age 14 to 18) the fee is £15.00.

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U Hoofing Around U

Returning to the Horse World!

By Lesley Garratt

I have always been a huge animal lover, having been brought up by animal loving parents and always surrounded by dogs and cats. However, I am not sure where my love of horses came from, as neither of my parents were particularly interested in the equine world, but my sister and I were both drawn to horses from a very early age. I spent most of my childhood being disappointed on every Birthday and Christmas that there wasn't a pony standing in the garden with a big bow around its' neck!

I never owned my own horse, but had to make do with exercising other peoples, which I did from about the age of 13 until I was about 38. However, at the grand old age of 54, the opportunity for my husband and I to buy a field presented itself. It was very much a spur of the moment decision and that was the start of my journey back into the equine world and my first chance to actually own my own horse. I started looking around for horses needing homes and looked at various charities. Then I came across Horses for Homes - a charity where owners who wish to re-home their horses can find good, permanent homes where they still retain the control that the person taking on the horse has to sign a legal agreement that they will not sell the horse on and will go back to them if they wish to re-home it. I became almost obsessed with the website and found myself constantly looking for my future equine companion and then after about three weeks of searching Freddy popped up on my computer screen and he looked absolutely perfect. I emailed the owner and we hit it off straight away. When I arrived at the yard and his young owner introduced me to him, it was love at first sight. It was almost as if fate had thrown us together.

It wasn't all plain sailing - we had lots of problems with Freddy's feet during the winter as he had suffered a bout of laminitis last summer and I was unable to ride him for several months. Then, when I did manage to start riding him, I discovered he was a past master at bucking and he bucked me off about 7 times in the first 6 months of riding him! I was very rusty, having not ridden for so long and he took full advantage! However, we now seem to have built a strong bond and have a much better understanding of each other. He now seems to trust me and is enjoying his life - he has a lovely companion, a cute little Shetland called Petal and they are best buddies.

I had no intention of really doing anything other than hacking, but the lovely Anna Morris messaged me on Facebook and asked if I would like to ride out with her from time to time. We started riding out together, then Anna started encouraging me to join EMRC, telling me how nice all the members were and how much fun all the activities were. At first, I wasn't that keen, and thought I would prefer to just continue hacking out around the countryside, but she kept telling me about all the activities and how much fun it was, and I decided to give it a go.

My first experience was a flatwork clinic at Kingfisher Equestrian and I absolutely loved it - Freddy also seemed to really enjoy himself. He gets really excited when I get him all kitted out to go off in the horse box for an adventure and he really enjoys being in the company of other horses. Basically, I was hooked!

The next event was a show jumping clinic and I was really nervous - "Oh god, what if he bucks me off - how embarrassing and what if I break something and can't work?!" Well I needn't have worried - all I can say is the day was amazing - everyone was so welcoming and encouraging - when Freddy and I completed our clear round everyone cheered and I felt so proud and exhilarated - just like I used to feel when I was about 10 years old!

Owning Freddy and getting involved with the Riding Club has been the best thing in my life I could possibly have done. I genuinely feel like I have had a new lease of life - I feel like I have been give a second chance to do something which I am really passionate about. Just looking at Freddy brings tears to my eyes and I just love spending time at the field with him and Petal. Even when it is blowing a gale or pouring with rain, I never mind going to the field to look after them - it is never a chore, but always a pleasure.

Thank you so much to Anna and all the ladies at the riding club for making my return to the horse world so enjoyable - I am so glad I have returned to this great love in my life."

U Hoofing Around U

My Experience of East Mendip Riding Club Claire Knight



I was lucky enough to hear about the formation of East Mendip Riding Club as it was set up back in the autumn of 2015 when I was told by the lady I bought my little cob from the previous year.

Emily knew that East Mendip was exactly the kind of club that would suit Lizzie and I so gave me details and an email address for Jo Rossiter our club secretary. I joined before Christmas that year and I met up with Jo, Anne and a few other ladies at an open day at 'Collective Equestrian' so when it was time to attend my first clinic I felt really at home and welcome.

My first clinic was show jumping at Kingfisher equestrian centre, Lizzie is my first pony although my children had ponies for 10 years, so I was just starting to learn how to ride and Lizzie was only 5 so we were very much learning together. I explained to the trainer Kim Pitman that I had only just started jumping Lizzie and was a bit nervous but she was motivating and we were soon jumping over a small course, I did fall off as my little cob got a bit excited and bucked on landing but I got straight back in and got on with the rest of the lesson!

Next I attended the 'Have a go dressage' which was amazing as I'd never done a dressage test before so it was the perfect opportunity to get dressed up and literally have a go! My confidence was really building, I got a really good percentage and lovely comments from the judge who talked me through the test.

Since then I've been a regular at Show Jumping and dressage training, I also attended camp in July which was an amazing experience. Since then EMRC have also offered 'le Trec' taster days, treasure hunts on horseback, pole-work clinics and social evenings, there really is something for everyone.

I now have a second horse which I bring along and I have made some wonderful friends, I had my first canter on my ex-racehorse at dressage training last Saturday which inspired another lady in my group to do the same on her youngster, we jumped off after the session and high fived with huge beaming grins as we felt we had taken a huge step and we'd taken it together!

Joining East Mendip really has been amazing, everyone is so supportive and friendly - long may it continue!

Claire knight

PS—Oh—and now I am on the committee!



U Hoofing Around U

Bowen Treatment—What is it and How Does It Work? ***Charlotte Maguire***

My name is Charlotte Wake nee Maguire and I am a physical therapist for horses and their riders/owners, as well as working with clients horses and training and competing on my own horses.

My own love for horses and ponies started at the early age of 4 with my Shetland Razzle Dazzle and continued to grow as i went through Wyle Valley Pony Club and then pursued a career working alongside horses. I have always been passionate about the wellbeing of horses and the more yards I worked on and the more horses I cared for, I began to realise the importance of all round holistic management to ensure that the horses were in the best condition and could perform to their best.

After working as an event groom for Jo May and seeing how her horses were trained and cared for at the top level I knew I wanted to further my skills to be able to work directly with those horses and help them as athletes to improve their way of going and also help maintain their overall wellbeing. I decided to train in the Bowen Technique after I had seen the incredible effects it had on my horse and myself; so I first studied with the European College of Bowen Studies and once I was qualified to treat people I continued on with my training and studied Equine Bowen therapy with Lotty Merry at Rose Farm College of Equine Studies.

The Bowen Technique is a non-invasive hands on healing therapy that, through a series of moves, releases and realigns the musculoskeletal structure in order to rebalance the body, addresses the whole central nervous system enabling healing of the internal working systems as well as deeper muscles, aids pain relief and enhances energy levels.

As a therapist I work intuitively with the horses tailoring each treatment to the individual needs of that horse and incorporate stretching and other techniques where necessary. Pre-treatment I will observe and assess the horses condition, confirmation, movement and general way of being as well as running through the horses daily routine, external environment, behaviour, ensuring the horse is up to date with their other heck ie jabs/teeth/saddle etc, and any other relevant past information about the horse. It is so important to understand all the external factors that the horse is exposed to in order to work out why the horse is presenting certain symptoms and treat that horse effectively and appropriately. The treatment itself general takes 45mins – 1hr and as the horse relaxes and the treatment takes effect you may notice your horse sighing, snorting, yawning, passing wind, drinking more water or using their salt lick, looking sleepy with their eyes glazing over etc. However there is a small percentage of horses that remain very guarded during a treatment especially during the first treatment. This doesn't mean its not working and usually after the treatment you will notice the horse behaving differently and those horses in particular should be left to their own devices either out in the field or in their stable afterward as the treatment takes effect.

After the treatment I can advise you on aftercare for your horse including further treatment, recommend any changes I feel are needed to improve your horses wellbeing and recommend other professionals that can help you in other areas of your horses life that may be contributing to you horses current state of being.

Why would my horse need treating??? I hear you ask. Well we ask a lot of our horses these days whether you are out competing through the summer, hunting in the winter, or boxing up and going off for a 2 or 3 hour ride across the countryside. Horses are kind loyal generous creatures that are always there for us and provide us with unimaginable amounts of pleasure and love so we owe it to them to keep them happy, well and comfortable in their own bodies so they are able to give us their all when we ask it of them. I believe your horse should at the very least have an annual MOT type treatment and whenever your horse shows signs of discomfort through unusual or "naughty" behaviour, or simply does feel or seem quite right then you should take responsibility and have your horse seen too and treated.

I have a fantastic all-round holistic care sheet that you can find on my website www.thehorsewoman.co.uk that you can use as a checklist to ensure you are addressing all aspects of your horses wellbeing. As well as individual treatments I also run a variety of clinics – equine treatments, horse and rider treatments, back and saddle, and back and teeth clinic days. If you would like any more information or would like to book a treatment or host a clinic then you can contact me on 07825180980 or email charliedb9@hormail.co.uk .

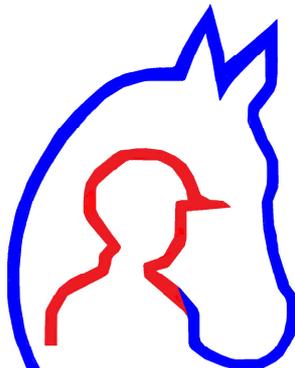
U Hoofing Around U

Conditioned for Winter

As the nights draw in and the temperature starts to drop, your horse will begin to use more of his daily energy intake simply to keep himself warm. Acting early in response to these changes should help keep your horse in great condition all winter long.



Keeping Warm



East Mendip Riding Club

With horses who are known to drop condition through the winter or who have already dropped a little in late summer, there is really no substitute for acting early and pre-empting things where possible. It is so much easier to maintain condition going in to the winter than trying to get it back on during the coldest months of the year. To start with this can be as simple as conserving body heat by putting a rug on, even if only at night, and providing hay or haylage in the field. Towards the end of the summer, grass is likely to be of reduced nutritional value so feeding hay keeps fibre intake up and has the added advantage of warming the horse from within as heat is generated during its digestion in the hind gut.

Year-round Nutrition

If you've been feeding a compound feed all summer, as the cooler weather arrives, you may need to increase the quantity or change to a feed with a higher digestible energy (DE) content. Whichever feed you choose, make sure you are feeding it at the manufacturer's recommended rate so that your horse is getting all the nutrients he needs. This is particularly important for working and performance horses as well as the older horse or pony and breeding stock. In fact, ensuring correct nutrition is maintained during the spring and summer months will encourage your horse to develop internal nutritional reserves which will help him withstand the winter months.

Keeping Slim

If your horse is looking a little on the plump side after the summer, it's not a bad idea to encourage some weight loss in the autumn by avoiding rugging and stabling for a while so that fat reserves can be burned by the body to keep warm. Year-round access to a molassed broad spectrum mineral lick, for "free choice" access to vitamins, minerals and essential amino acids, which are all important for health and well-being, is a good idea for those who "do well" and who you'd prefer not to have to feed.

Alternatively, feeding a balancer alongside grazing and/or forage will provide the necessary nutrients in a small volume without additional calories and is preferable to a token gesture of compound feed, which is formulated to be fed in much greater quantities. For the really good-doer or native, this may be all that's required all winter long but some additional hard feed may be added for additional calories, if necessary.

Concentrated Calories

Where weight gain is required or for maintaining poorer doers in good condition, a specially formulated conditioning feed is by far the most cost effective choice, as they are concentrated sources of non-heating calories and supporting nutrients which don't need to be fed by the bucket-full to get results. Feeding a lower energy feed, or mixing one with a conditioning feed, provides fewer calories per scoop, so you either end up not providing sufficient calories or feeding huge meals to get the condition you want.

It's well known that the horse's stomach has a limited capacity which means large feeds can result in food passing out of the stomach before it is fully digested, leading to the risk of digestive upsets or crabby behaviour. For optimum digestion, meal sizes should always be kept small; ideally they should not exceed 3½ - 4lb (1 - 2 Stubbs scoops) per feed for a horse and 3 - 3½ lb (1 - 1½ Stubbs scoops) for a pony.

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Balancing Act

When more calories are required there's often a temptation to simply add a higher calorie "straight" feed, like barley or maize, to your existing mix or cube. Again this is likely to prove less efficient than an "all in one" conditioning feed, as it will unbalance the ration so, whilst it may provide more calories, the diet will be deficient in other nutrients, like quality protein which is needed for muscle and tissue development.

Soaked sugar beet pulp can however be a useful source of additional calories, when fed in conjunction with correct quantities of a compound feed, and provides non-heating calories from highly digestible fibre. Care must be taken though, when adding sugar beet pulp, or even chaff, to the "short" feed, as these can add considerable volume to the meal and risk overloading the stomach as we've discussed.

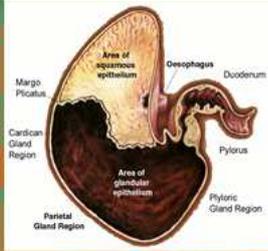
If forage quality is poor, or a horse is not a good consumer of hay or haylage, additional sources of fibre may prove invaluable. Encouraging and maintaining fibre intake in this way supports overall digestive health and therefore the horse's ability to extract the nutrients from the rest of the diet. Alfalfa, soaked beet pulp and/or the soakable alfalfa/beet combined products can be fed in a separate bucket from any hard feed, as a forage alternative.

Coat Shine

Oil is a useful addition, particularly as the coat changes, to help keep the skin healthy and produce a nice shine "from within". Soya oil is a rich source of Omega 6 fatty acids, important for skin and coat condition, and the addition of 2 to 3 tablespoons per day should bring out the shine. Oil is also a useful concentrated source of slow release energy so can be fed in larger amounts (250 – 500ml per day) to promote weight gain without significantly adding to the total volume of feed. There are now easy to feed high oil supplements available which contain combinations of oils as well as supporting antioxidants to support the efficient utilisation of the oil by the body.

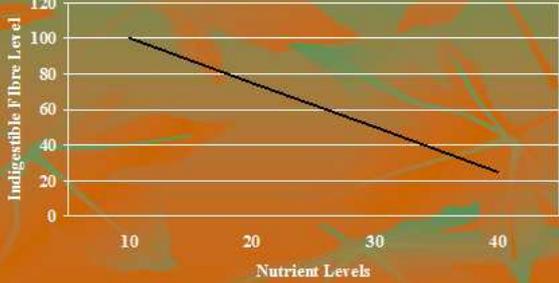
Stomach Size

- The stomach of the adult horse is small when compared to the size of the horse
- It is approximately the size and shape of a rugby ball
- Functions most efficiently when it is only $\frac{3}{4}$ full
- Ideally feed **NO MORE** than 1 $\frac{1}{2}$ Stubb's scoop **PER MEAL**
- Over filling forces feed through tract too quickly = digestive upsets and waste of money!!
- **REMEMBER**...The horse has evolved as a trickle feeder, - feeding little and often is only beneficial





The relationship between indigestible fibre and nutrient levels



Nutrient Levels	Indigestible Fibre Level
10	100
20	80
30	60
40	40

The Whole Picture

So acting early, by maintaining fibre intake and feeding an appropriate compound feed according to manufacturers' instructions you should be able to keep your horse looking and feeling well all through the winter. Always maintain your horse's teeth and a worming programme and double check these if he experiences inexplicable weight loss. Remember too that stress or pain can also result in loss of condition and this may not come from the most obvious sources; a new field or stable companion, for example, can be upsetting. Sometimes taking a step back, or asking for an objective opinion, may not only help you to spot the early signs of weight loss but its underlying cause as well.

For information or advice contact Baileys Horse Feeds on 01371 850247 (option 2) or visit www.baileyshorsefeeds.co.uk.

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Clinic 2017—move to last page

Our training clinics start again in January and are listed below. We accept four members in a session so you all get value for money. If you want to book a clinic, please email Jo at eastmendipriding-club@gmail.com in the first place, they send a cheque in to reserve the place, or pay via BACs. Please note if you cancel a place 5 days or less before the session and we cannot fill your place, payment will still need to be made to help cover our costs. If you are travelling with someone else, please let Jo know so she can try to keep you all in one session for ease.

Session	January	February	March
Flatwork	Sunday 15th	Sunday 12th	Sunday 12th
Show Jumping	Sunday 22nd	Sunday 19th	Sunday 26th
Poles for Dressage	Saturday 21st	Saturday 4th	Saturday 18th

All these clinics will take place at Kingfisher Equestrian. There are three sessions for Flatwork and Poles and two sessions for Show Jumping (although this can be increased to three if demands requires). So it will be a 10am, 11am and noon session. Jo will allocate times once all places have been booked.

Can we please ask that when you leave the venue you ensure all your horse droppings/hay etc is cleared up and you ensure the area is left clean and tidy.

Please note you need to be a fully paid up member of East Mendip Riding Club to attend these clinics—they are NOT available to Non Members.

Tea/Coffee and biscuits are available at each session and up until now this has been donated by Jo. However, with effect from January 2017 we will ask that each member contributes £1 for refreshments. This covers however many cups of tea and biscuits you have in each session, but it will help the club cover the costs. Session helpers will not be expected to pay for their refreshments.

