



Hoofing Around



Autumn 2022

From your Chairman

Claire Knight



Welcome to the winter newsletter, dark nights are upon us and our equine friends are in their winter routines, I must say there is something very satisfying about leaving Gucci on a dark wet evening with a warm rug, deep bed and a full hay net knowing he is safe and dry.

We are well and truly now into our winter clinics, everyone seems to be enjoying the instruction and appreciative of the lovely indoor arena at Kingfisher Equestrian Centre. We are grateful for the continued support of our lovely helpers who keep the tea urn hot and the biscuits on tap.

The committee look forward to seeing you at the Christmas Meal and Awards presentation evening on 4th December.

See you all soon, stay safe everyone and enjoy the newsletter! Thankyou as always to Alex and Jo Hobbs for their hard work putting it together.

Love from Claire and Gucci

Contents:

Membership 2023	Page 2
Winter 2023 Clinics	Page 3-5
Vaccinations	Page 5
Volunteer Scheme	Page 6
E-Riders Update	Page 6
EMRC Camp 2022	Page 7

Horse Health:	
To worm or not to worm	Page 8-9
Beach riding tips	Page 10
EMRC Merchandise	Page 11





Hoofing Around



Membership 2023

Cathy Provenzano

We all started 2022 with a bit more hope and the thought that it would be really nice to get out and enjoy our horses for a change, with the pandemic behind us. As usual with EMRC we had the initial big flurry of members joining during December and January, with 52 memberships being sent to BRC on the 1 January 2022 for the new membership year, which comprised mainly of renewing, existing memberships, with 2 brand new members.

We closed our memberships to new members, as we always do on 31 July 2022 with 83 members. For those of you who wonder why we do this, it is because EMRC was originally set up as a non-competitive, fun riding club, which catered for every ability, particularly those among us who are a little bit nervous, who need a little bit of support, and don't necessarily want to go out and compete. EMRC was set up to be a little bit different to other riding clubs, for those very reasons. By keeping our membership numbers realistic, it means we don't have to routinely turn members away from any of events we organise. Plus, it means that we keep our club small, and don't lose the special EMRC 'flavour' of kindness, respect and support to each other, so often missing in the horsey world, as we all know, by getting too big and impersonal.

Please note that for 2023 membership will close when we reach 80 members or the 31st July – whichever is the sooner. This is because the BRC affiliation fees jump quite a bit once we have more than 80 members and it would mean we would need to increase our membership fee – which we agreed not to do at the AGM.

For those of you interested in numbers we currently have 83 members, which consists of 2 Honorary Memberships, 1 non riding membership and 80 senior members. This year we also made the decision not to offer Junior Memberships any longer. Of those 83 memberships, 63 were current members renewing their memberships, and 20 brand new members who decided to join us.

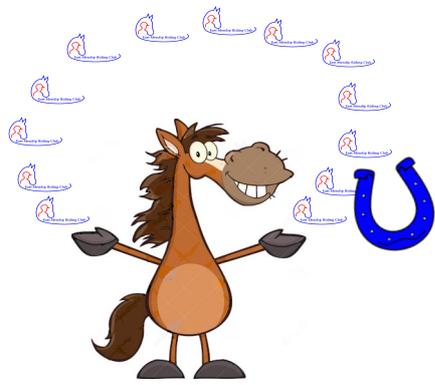
Due to limited spaces available, if you want to renew, or encourage your friends to join us, please do make sure you get those membership forms off to me, plus your membership fee off to Debbie Pickford, our Treasurer. Memberships won't be sent off to British Riding Clubs until 1st January 2023, and as usual we need both a signed form and payment for you to be able to book any of our members only events.

I shall look forward to receiving all your forms, and suspect I will be very busy with this task, as always, and if you have any membership related issues, please do get in touch on membership@eastmendiprc.co.uk, and I will be happy to help.

In parting, have a fantastic Christmas and a Happy New Years and I shall look forward to seeing you all in the near future, and who knows what 2023 will bring us?

Cathy





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Terms and Conditions of EMRC Clinics

Each session is an hour long and a cost of **£22** per rider unless indicated otherwise. We will endeavour to make sure there are no more than four in a class.

All training clinics are held at Kingfisher Equestrian, Hornblotton, BA7 7PS.
(What3Words ///rocky.feed.rant)

Please pay when the times email goes out and if you cancel five days or less before the clinic, you will still have to pay unless we can find someone else to take your place.

◆ To book a Clinic

To book Ellie's Poles and Gill's Flatwork sessions, please email Julie at juliebookings@eastmendiprc.com

To book Martine's Show Jumping, Jane's Flatwork sessions and Guest Instructor sessions, please email Karen at karenbookings@eastmendiprc.com

◆ Payment

We prefer payments directly into the bank. **Please do not bring cash to the clinic.**

NatWest, Frome

Sort Code: 60 08 31

Account Number: 63700298

Please put your name and the clinic date on the reference.

Can we please ask that you do not pay for any booked clinics until the times email goes out. It is very difficult to keep track of early payments with so many transactions going through the bank.

Please note, payment however, should be made BEFORE the clinic and not after!

◆ Helpers

If you do not wish to attend a clinic but are happy to help, please let Julie or Karen know. We appreciate all help and don't forget our Reward Scheme!

◆ Please clear up your mess before leaving the venue

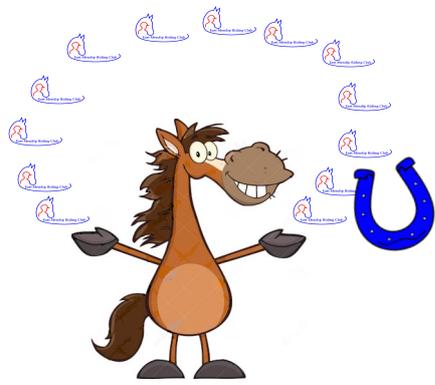
Please take all your rubbish and poo home.

◆ Refreshments

£1 for each person for as many cups as you like.

Remember to bring your EMRC insulated mug!





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EMRC Clinics and Training Dates

Winter 2022/2023

To book Ellie's Poles and Gill's Flatwork sessions, please email Julie at juliebookings@eastmendiprc.com

To book Martine's Show Jumping, Jane's Flatwork sessions and Guest Instructor sessions, please email Karen at karenbookings@eastmendiprc.com

Poles for Dressage with Ellie Maguire

Saturday 7th January
Saturday 11th February
Saturday 4th March
Saturday 1st April



Flatwork with Gill Longhurst

Sunday 15th January
Sunday 5th February
Sunday 12th March
Sunday 23rd April



Show Jumping with Martine Lee

Saturday 21st January
Saturday 18th February
Saturday 18th March
Sunday 16th April – Arena Show Jumping

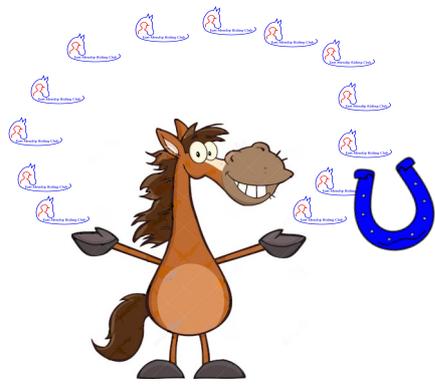


Flatwork with Jane Read

Sunday 26th February
Saturday 25th March



And there's more.....



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EMRC Clinics and Training Dates

Winter 2022/2023

To book Guest Instructor sessions, please email Karen at karenbookings@eastmendiprc.com

Guest Flatwork Clinics – Jonathan Hansen

£25 per rider. With these clinics we need to fill a minimum of 4 hours to make it worthwhile for the instructor. If we do not get the numbers, we will cancel these session – please support them – we are lucky to have instructors who ride at such a high standard willing to help us!

Saturday 28th January – Dressage Training

Jonathan is happy to help us practice specific areas of training, so we are suggesting:
10am and 11am sessions – Transitions – how to perfect your transitions
12 o'clock and 1pm sessions – Introduction to Lateral work – no experience necessary

Saturday 29th April – Pairs Dressage Training

We were asked to do this at the AGM! So, with this session you will need to learn the Pairs Dressage test beforehand (will be emailed to you when you book) and then come in together for Jon to help you learn how to ride the test as a pair. The test is Walk Trot only – no canter work. There will be a Pairs class in the Dressage competition later in the year – so get practicing! We will also add on sessions for just two riders not doing pairs if we can, so you get more individual training than in a usual session. Let Karen know what you want to do when you book.

*** VACCINATIONS ***

As it is some time since we discussed vaccinations, the committee felt it prudent to remind you of our stance on vaccinations.

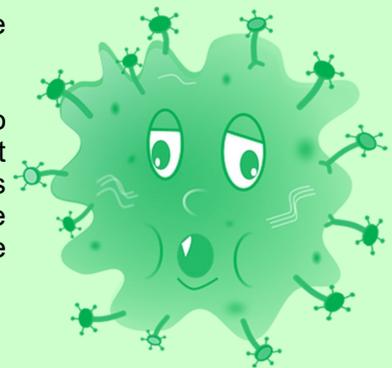
Firstly, we assume that, as all good animal owners do, you ensure the horses you bring out to clinics are fully vaccinated.

We also assume you ensure that these vaccinations are kept up to date every 12 months. If, for some reason, your horse has to start their course of vaccinations again, we will adhere to the rules followed by British Racing, British Eventing and British Dressage and accept your horse to clinics and events after the second of the three injections.

We will assume you will be honest with us regarding this.

We do not wish to put in place a policy of checking passports – we are all adult human beings, and we assume and trust that our members will be sensible about ensuring the welfare of their animals and weighing up the risks to the other members animals at the clinics they attend.

If you are attending a BRC competition or EMRC Camp, you will need to ensure you are aware of that venue's vaccination programme and comply with it.





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Volunteer Reward System 2023

Just a reminder of the Volunteer Reward System. The current system does seem to be working well, but we do reserve the right to amend it or make “tweaks” as we feel necessary.

The membership form now notes that we expect, within reason, that *each* member helps out during the subscription year and by signing the declaration on the form, you consent to us contacting you in relation to volunteering. Now we clearly can't force people to help, so the committee would, instead, like to really reward those members who do help regularly.

So, for every four hours of volunteering you take on, you will earn a £5.00 voucher to be used against training clinics, events or camp. Debbie Pickford will make a note of the hours each volunteer completes and each quarter the committee will assess this. Debbie will email the members who have earned rewards in that quarter, and you will have until the end of the membership year to use that reward. To use the reward, email Debbie when you make the bank payment, so she knows what you have paid.

Vouchers earned from January to September but not used by the December of the membership year will not be carried forward and become invalid. Rewards earned in October, November and December will be carried forward and will need to be used before the end of March in the following membership year.

The maximum rewards that can be earned throughout the year is £40.

Please do come and help at some clinics or events – they cannot run without helpers, and it is unfair to rely on the goodwill of those who help on a regular basis and assume someone else will do it.

VOLUNTEERS

EMRC Dressage Ninja's E-Riders Riding Club League



In the last newsletter, we shared the great news of EMRC winning the E-Riders Riding Club Winter League. We have now finished the Summer League, and guess what we only went and won it again!!! Back to back wins, so proud of each and every rider and horse that took part. Whether it was one month or those doing multiple tests each month, every rider really counts, and that's what this club is all about. Well done Ninja's.

For anyone wishing to give it a go, please contact Ella Hooper.



Riding Clubs - Overall League (Mar-Aug22)

Place	Rider Name	Horse Name	Mar 2022	Apr 2022	May 2022	Jun 2022	Jul 2022	Aug 2022	Total Points
1	East Mendip Riding Club		90	92	70	67	55	75	449
2	Solent RC		57	75	78	67	46	85	408
3	Bewdley Bridle Club		18	40	43	69	92	70	332
4	Malvern Hills Riding Club		53	36	26	23	14	8	160
5	South Oxfordshire Riding Club		28	24	7	11	8	3	81
6	Rother Valley Riding Club		0	17	15	6	15	1	54
7	Newcastle Riding Club		0	0	9	10	9	10	38
8	Light Cavalry Supporting Riders Club		11	22	1	0	1	0	35
9	Hiberg og omegn Riding club		14	0	0	0	0	0	14
10	Rearsby Lodge Riding Club		0	3	0	0	0	9	12

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1st Time Camper!
Michele Miller

To say I was nervous (feeling physically sick) is an understatement! Not because I was going to camp but because I didn't know what to expect. I didn't really know anyone very well as I have only been to a few clinics and that was over a year previously. Would I take the right stuff? Would I be able to do it? Would my horse cope?? Or would I hold the rest of the group back??

So, a little bit about us.... Me, Michele, 55 years old, been riding since the age of four, tried a bit of everything in my youth, but stopped for about 15 years until I craved it enough again and found Vienna. Vienna is a nine year old Thoroughbred, raced until 4 years then was sold on to start a new life outside of racing. She's been with me for 3 years now, she's a bit quirky, does not like



open space much (fun rides/x country fields 😊), a bit stressy, a bit random, and a very sensitive soul, and I don't have the same nerve I did when I was

younger, but I love her, and we are getting there... so I thought... let's give camp a go!!! 🤔

How did it go? Well, I took more than enough stuff (especially for Vienna!), she did cope in all of her best quirkiest ways ❤️ and I did hold my group back, but it didn't matter, EVERYONE was so supportive, the group I was in, the other groups, and the instructors. We couldn't have asked for more support or encouragement.

Friday we actually made it, after car troubles it was touch and go! I was shown where everything was and settled Vienna in her stable. Our first lesson was jumping and we had a really great start, we actually managed a small course, which I haven't tried with Vienna before, I was so so pleased with her!

Saturday started with spooky noises behind the hedge so the flat work lesson started off a bit sketchy, but we settled into it and I really benefitted from the session.

In the afternoon cross country didn't start well, by this time it was all becoming a bit overwhelming for Vienna. Luckily there was lots of support from everyone on the ground as well as my group and we managed to settle down and jump a log and went in the big field but there was no way she was going in that water!!!

Sunday morning was jumping again, we did a few jumps but Vienna was at saturation point by this time, so we decided to finish on a good note and bow out of the class early. I was more than

happy with everything we had achieved on our first camp 😊 .

The venue is great, comfy beds and stables, everything you need and fabulous food! I really enjoyed the bit talk and the bingo too!! The committee put on a fantastic weekend, and I met

some lovely lovely people and horses 😊 . It was a great learning curve for both of us. I got some fantastic feedback and lots of tips on how to improve but felt no pressure to do anything more than what I wanted to accomplish. Couldn't have asked for a better 1st Camp experience

and can't wait to go again next year! Thank you all 🙏
M & V xxx



Hoofing Around



To Worm or Not to Worm
Kate Rapley - Garston Vets

Perhaps the title of this article really ought to read “does my horse need worming?”.

Much has changed surrounding the advice on controlling worms in horses in recent years, yet one thing nobody is sure of is actually how the horse-owning population of this country is managing the issue of worm-control in horses because no large studies have ever been done. However, shortly this is to change. Hopefully by now many of you will have heard of “Project Worms”, which is a huge collaborative project between some of the large UK equine hospitals and the British Equine Veterinary Association to find out exactly how the horse owners and keepers of this country are dealing with worm control in horses, with the aim of being able use this information to try to combat one of the most worrying equine health issues of our times – worm resistance. Data gathering for this study closed at the end of October 2022 with results of the study expected by the end of the year. Hopefully many of you will have provided vital data for the study by completing the anonymous online questionnaire.

No new wormer drug types are currently in the pipeline, so we are currently restricted to the few worm control drugs we are all familiar with. These are available without veterinary prescription to anyone who wishes to purchase them. While the study will hopefully reveal exactly how many people use wormer drugs, which ones, how often etc, there is some data smaller studies have revealed which makes every vet fearful of whether we will still have the capability to control worms in horses in future, or whether worms will become an uncontrollable threat to equine health.

From studies already carried out, we know there are worms already resistant to ALL the currently available wormers, affecting horses in yards up and down the country. Although fortunately this is a minority issue, misuse and overuse of wormer drugs in horses WILL make this worse. Resistant worms are simply untreatable, leading to the very real possibility of horses which are perfectly well cared for and loved, dying from worm infections due to worm resistance.

If asked, most horse owners would say that they control worms in their horse to keep their horse(s) healthy. While this is indirectly true, really you are controlling worms to keep pasture clean of worms to keep ALL horses healthy, not just your own. A more collaborative approach to worm control amongst all horse owners is required if we are to beat worm resistance.

Data on wormer and worm egg count sales make for worrying reading. We are all aware that worm egg counts are the “gold standard” way to answer the question “does my horse need worming?” Statistically, in any horse population at any one time, $\frac{3}{4}$ of the group will not need worming (worm egg count results in these horses will suggest a zero or low worm burden). Hence, the ratio of worm egg counts carried out to the number of wormer drugs sold should be around 4 worm egg counts to every 1 wormer sold. Currently figures suggest there is 1 worm egg count to every 11 wormers sold. This suggests that people are preferentially just worming horses rather than first answering the question of whether it is needed.

Using wormer drugs in horses that carry a low or zero worm burden (i.e. do not need worming) is the best way to induce wormer resistant worms. Think of antibiotic resistant bacterial infections currently affecting human patients. Antibiotic drugs are rightly restricted to prescription only use, and their selection and use is carefully assessed on the basis of need and suitability by carrying out culture and sensitivity tests in the lab wherever possible prior to administration to human patients. This means that only the right antibiotic is used when really needed. These efforts will hopefully avoid the terrible future possibility of many completely untreatable bacterial infections from killing otherwise healthy people. Vets and horse owners need to take the same attitude towards wormer drugs and worm control in horses now, to prevent the worms from winning the resistance war.



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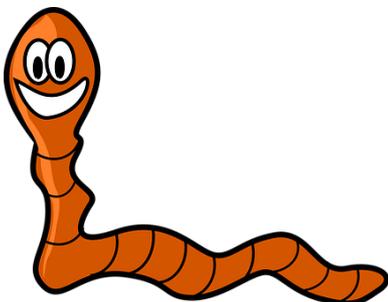
To Worm or Not to Worm
Kate Rapley - Garston Vets

Continued...

Worm resistance is a current and increasing crisis. The Project Worms study results should provide data on what is done to control worms now, and thus help shape advice for the future, creating those UK wide "Best Practice" guidelines which currently are not actually in existence.

While we wait for these vital, hopefully easy to follow, nationwide guidelines, there are some things we can all remember to improve worm control in horses and help reduce development of resistant worms.

- ◆ Think not "To worm or not to worm...." but think "does my horse need worming?". To answer that questions, you need evidence of the level of worm burden your horse is carrying, so use worm egg counts (and did you know there are also tapeworm saliva tests and a encysted small redworm blood test available too?) BEFORE worming your horse! Ask your vet for a schedule suitable for your individual horse (age, type, management system) which uses monitoring to assess worming need.
- ◆ You control worms in your horse to control worms on your pasture, which in turn keep your horse safe and all the other horses who might graze there in future. Do not take the attitude " I am only interested in keeping MY horse safe". If your current horse deposits resistant worm eggs on that pasture, YOUR FUTURE HORSE might well a hefty price for that!
- ◆ Poo pick – at least twice per week. Worm larvae cannot infect another horse if they are removed from the pasture, resistant or not! Ever wondered why event organisers ask that you take your horse's droppings home with you? Not only does it keep the venue tidy, it prevents resistant larvae from the droppings from getting a chance to move onto any grass and actually therefore prevents transfer of resistant worms.
- ◆ Keep wormer drugs for when they are really needed – in sick horses , very young and very old who may have less capable immune systems and those high worm egg count individuals, to control pasture infection levels. Much like antibiotics!!
- ◆ You cannot tell the worm burden of a horse by looking at it! Some fat horses carry a high worm burden. Young, old and sick animals are different, but adult horses generally have a level of immunity to worms. Most are good at dealing with small worm challenges and keep levels they carry low through immunity. However, a smaller number seem to have little immunity and carry large burdens despite looking well. These are the individuals to target with wormer drugs to keep pasture clean to protect others. For this reason, keeping groups of grazing horses the same and not always changing group members can help. Highest risk is ever-changing groups of horses with unknown worm burden grazing together.
- ◆ Take veterinary advice! Worm control is super complicated and ever-evolving. We vets are asked to discuss worm control in out patients relatively rarely, but we are always happy to help! In future, it is possible that wormers will become prescription only. This should increase owner/vet communication about worming and aid better drug and patient selection. As ever, the aim is to never get to a day where an owner is told by their vet that despite everyone's best efforts and considering every drug available, their horse has an untreatable worm infection and will die.



Lets all take heed of the advice which results from the huge Project Worms study when it is published, and hopefully the future of our equine population will be one without the risk from drug resistant worms!



Hoofing Around



Friends of EMRC hacking group Beach Riding Tips

As a riding club we know that not all members are out competing so Claire set up a '*Friends of EMRC hacking group*' on Facebook messenger for us happy hackers to share routes and new rides. Anne has recently started a project to write up routes to share with each other detailing parking location, maps and known hazards.

One of our favourite rides over the winter is going to the beach! Without an arena or many bridledways, the beach gives the girls a chance for a trot and canter! We are lucky to have Berrow beach accessible to ride horses on all year round (those further south, may be closer to Weymouth but check restrictions as to when you can ride on the beach).

Parking

What3Words: [///geek.relief.march](https://www.what3words.com/#!/geek.relief.march)
Grid reference: ST 29156 54083

Space available to park on the beach just off Coast Road, Berrow. It is signposted for the Sundowner Cafe and public toilets, opposite Unity Farm Holiday Resort. The entrance isn't that wide and if no one is coming out, it is easier to drive through the exit gate! There are speed bumps up the road so drive slowly. You can park on the beach or they have just created a new hard standing parking area along the driveway which is useful when there is a high tide. There is no closed gate or fence between the beach and the road, so be cautious if your horse is known to break free from the lorry whilst tacking up/untacking.

Hazards

There may be debris washed up on the beach at high tide so be aware of this (bricks, wood, plastic etc). There are also areas of softer sand/mud so never go down towards the sea too far as it is known for sinking sand. Ideally ride along the tide line. We would recommend no going at high tide, as there is less space on the beach to avoid the dog walkers. The waves can also be really noisy so can be scary for nervous horses so check tide times in advance. Strongly recommend not going in the sea, it is murky and you can't see what debris is on the ground. It is likely that you will see other horse riders, dog walkers and sometimes kites flying. Lots of people exercise their dogs off lead on the beach so you need to be able to stop if a dog starts chasing you, due to this we always wear a hi-viz vest so that we can be seen easily. In case of emergencies, it is advisable to have the What 3 Words app downloaded on your phone so you can locate where you are.

Back-up place to park

There has always been enough space for us to park on the beach, but if you are there when the beach gate is shut, you will need to park along the driveway - What 3 Words [///bulge.across.galaxy](https://www.what3words.com/#!/bulge.across.galaxy). There is also a pay and display car park further along the coast called South Road Car Park - What 3 Words [///forest.profiled.crouches](https://www.what3words.com/#!/forest.profiled.crouches). You would need to check opening times as this is gated too and charges apply.

Description of the ride

The route is all on the beach. When parked on the beach, looking out to sea, head left along the beach to the lighthouse at Burnham. You will need to turn around at this point and retrace your steps. You can also ride towards the cliff at Brean Down and then retrace your steps back to where you parked. You will need to feel confident to ride your horse in an open space. You do not need to cross any roads for this route. There are no gates. You may come across a small log or 2 which are suitable to jump. This route is flat. As the route is all sand it is therefore suitable to ride all-year round, though in bad weather, there is no shelter. The beach warden may ask you to park at a specific point up the beach so he can see cars all the way along the parking area. You are asked to walk between the groins (the car parking area between the rows of wooden posts), not gallop along the beach and pick up any poo at the parking area.

Approximate length of ride

From Berrow to Burnham and back is approx. 6 miles in total and can take about 1 hour mostly trotting and cantering (or longer at a slower pace). You can also ride from Berrow to Brean Down and back, so you can make it an approx. 12 miles, 2 hour+ ride.



Hoofing Around



EMRC Merchandise

With Christmas around the corner, print out this page, stick it on the fridge and circle the items you would love (subtle present ideas)!!

Visit www.ggear.co.uk for purchasing any of these lovely items!



Adults East Mendip Riding Club Royal Hoody



East Mendip Riding Club Adults Royal Unisex Polo Shirt BA301



Royal Blue East Mendip Riding Club Hat Silk



East Mendip Riding Club Adults Royal Sweatshirt BA409



Adults ladies fit East Mendip Riding Club Royal Softshell Jacket 46800



Adults Unisex fit East Mendip Riding Club Royal Softshell Jacket 46600



Adults Regatta Dover Jacket, Royal Blue, East Mendip Riding Club



AdultsEMRC Royal Base Layer



Unisex East Mendip Riding Club Royal Softshell Bodywarmer 46601



East Mendip Riding Club Women's Royal Softshell Bodywarmer 46801



East Mendip Riding Club Adults Royal Unisex Long Sleeve Polo Shirt BA301L

Insulated Mugs and ***NEW*** baseball caps available from Kingfisher on dates that clinics are running

