



Hoofing Around

Summer 2020

Hello everyone

I hope you are all well and coping with life in these strange times.

Covid 19 has certainly made huge changes to the way that we live our lives and go about our daily business. I am sure that you all, like me, have found owning a horse has been an absolute godsend during this time and given us a bit of freedom and normality.

This global pandemic has stopped many life events that we all take for granted including riding club activities, which thank goodness can now continue within ever changing rules. We will continue to open up more activities for you all to enjoy as and when we are allowed.

Myself and Jo have worked hard keeping ourselves up to date with legislation and have tried our best to get things up and running so we can all enjoy being back out at clinics again and we thank you all for your patience and understanding.

I am really sad about how many events that make EMRC who we are, like 'Have a Go Dressage', 'Murder Mystery' and 'Camp in a Day' have been missed. But we will Keep Calm and Carry on!

Let's hope things improve as the Summer and Autumn come upon us and fingers crossed we can hold our 5th birthday party and camp.

Stay safe everyone.

Love Claire and Gucci



U Hoofing Around U

Lock Down Life
Anne Pearse

It was suggested that I write an article for our newsletter on running a yard during Coronavirus lock down. Well - this made me smile – I could write a book!

Last time I wrote a newsletter article it was all about training Sam the race horse – little did I think that our racing season was about to be cut short and my normal day to day life would be so transformed. No hunting, no racing, none of my days out which I prefer to holidays – so no Badminton or Windsor or any of the events which for me mark the changing of the seasons.

My immediate concern was running the yard, maintaining everyone's sanity and horse welfare. So it was flat out fencing maintenance and any new bits of fencing (we have more than 20 paddocks). We had an early spring and the paddocks were in good order with plenty of grass, so we turned the horses out into individual owner paddocks in order to make social distancing easier and I organised a yard protocol for social distancing in the yard, hand washing etc. Luckily everyone comes here at different times of the day, so none of this was too difficult. This was all fairly easy to organise and everyone slipped into new routines fairly easily.

The difficult aspect of lock down has been how I spend my time! Living on a farm, there is always a long list of jobs that need doing – impossible in the time available, so everything is prioritised and jobs are done in order of importance. So I saw my chance! No distractions and no social life. I am a firm believer in finding good in every situation and turning negatives into positives. So I drew up a list of 15 jobs which I would never get round to doing or would not do at this time of year and set about them – keeping the written list in front of me so that I would not be distracted. I was like a creature possessed at the thought of getting a couple of years ahead of myself in terms of yard maintenance. These jobs were in addition to normal routines such as spraying fields, harrowing, care of owners' horses etc. Come hell or high water I was going to come through this with a sense of achievement.

For weeks I finished each day exhausted, aching and almost too tired to go to bed. At the end of the 15 jobs I wrote a list of another 5 projects – no time limit on these, but with the new found energy of religious zealot, motivation has not been a problem.



U Hoofing Around U

Lock Down
Anne Pearce

So now my stables are freshly white washed, the leaks in the roof are repaired, the feed room and tack rooms are organised to within an inch of their life. I have a new well stocked vegetable garden. Cracks in the old plasterwork in the house have been repaired (yes, by me). Everywhere in the house is actually tidy and de-cobwebbed. My accounts are done. Yet to be done are some all weather jumps in a section of bridleway which is normally overgrown and these will be done in the next week.

Even better, is that jobs that had to be done have been done better. My youngster who had been turned away for the winter (because of lack of time) has been re-backed and ridden away. His nick name has always been 'Thuglet' for good reason, his lunging was always hit and miss when I backed him and he is a real pocket rocket. Not wanting to end up in hospital at the beginning of lock down he had a very thorough period of lunging and long reining and finally mastered both. I've been diligently riding him away for the last six weeks and he is now hacking out well on his own and in company. Being able to really take my time with him and not be constantly watching the clock has worked wonders for this tricky youngster and I cannot thank lock down enough for enabling this.

So will I keep up this manic exhausting pace once I have completed my job lists? Not a chance – I will sit back for the summer, Pimms in hand and sleep in my deck chair in the sun. I will enjoy peace of mind instead of frustration that I cannot get everything done. I will enjoy looking forward to coming out of lock down in the autumn, teaching my youngster to jump, training my race horse and getting my hunter fit. I will benefit from all of the improvements to my yard and paddocks. Most of all, I will no longer worry about all of the jobs I cannot find time to do, knowing that the burden of farm maintenance will not be a problem for several years to come. Just maybe – lock down has been a 'good thing'.



U Hoofing Around U

A HORSEY JOURNEY
Cathy Provenzano

I was never a really a nervous rider at all. I bought my first horse, Barney, when I was 43 and I just wanted to do it all with him. In fact I did much more than I thought I would do – we loved to hack for hours, alone and in company, we did dressage, did some showing, went on quite a few riding holidays together with friends and also hunted a fair bit, which he and I loved. Unfortunately he developed arthritis in 2014, which got so bad I had him PTS in 2017 when he was 24, after 12 wonderful years together. For those last 3 years we gently hacked and that was it.

I had wanted to buy another horse anyway, so after a fairly short search, a grey 15.2 hh traditional Irish cob called Oscar came into my life. As soon as my bum hit his saddle I wanted him, and two weeks later he was mine. We got him home and the 10 year horse noted on his passport was probably no more than 7, and as green as they come. I didn't want a younger horse, as I didn't think I could cope. He developed a rather unpleasant spin, he napped for England. I started to lose my confidence and really questioned if he was for me, for something kept me keeping on with him, after all he was only acting as a young horse would.

I was lucky, on that yard I had a couple of good friends, I found a good instructor, who helped me, when all I could do was walk around the arena shaking with her walking next to me. I also joined EMRC. I've been told my first clinic with him I was as white as a sheet! We started making progress, but unfortunately the yard owner had a change of heart over her facilities so we had to move yards.

I ended up on a yard where another good friend had gone. It was much bigger and I thought good, plenty of people to hack out with. Yes my friend hacked out with me, but that was it, no one really bothered with anyone else, people ignored you, nobody wanted to learn to ride their horses better and I even got bullied at one point. I never felt at home there, and although Oscar was very well cared for, I actually did not enjoy going there. He had become a right handful, and one point he totally refused to leave the yard, would spin and trot home if I tried hacking alone, napped terribly at the mounting block and in the arena, he went everywhere backwards, and it was very hard to deal with.

I really questioned myself should I keep him – I was having 2-3 lessons a week then with my instructor and I did start to ride much better and my confidence was returning. However, the more unhappy I got there, the worse he got, the worse he got, the worse my confidence got, it was a vicious circle. The turning point was returning from a fabulous 3 days at EMRC camp, last September, all happy and smiling and turning up on the yard with the trailer. Nobody acknowledged me or even asked if I had had a good time. I got ignored, so I just unpacked and put Oscar back in his stable. The following day I started to hunt for a new yard.



Hoofing Around



I actually ended up on my instructors yard about 6 weeks later, and I feel like I've come home. We discovered he needed consistent work at least 6 days a week, plus he needed a really good routine, all of which he gets now. I also put him on schooling livery and what a difference it has made. I had lost my riding confidence so completely as a result of being somewhere I disliked so much. It's taken a while to get it back, and I've fallen off more times than I've had hot dinners recently, and that's been hard to deal with, as it hurts these days, but I've learned some coping methods to get my confidence back. However, I'm now on a yard with supportive, kind caring horse owners and feel I fit in. My instructor took me under her wing a bit and took me out hacking a few times a week to help with both of ours fitness, plus I still have regular lessons. I'm now hacking out alone, going out on longer hacks in company and alone, cantering and I started to jump him just before lockdown. He's now turning into the horse I wanted to buy originally, well schooled and an absolute dude out hacking, who goes past anything and everything. The spinning and napping are things of the past. He's a mannerly 10 year old now and I'm loving every minute. My gut feeling to keep him has been proven right.

I think I will always feel a bit more nervous riding these days. I'm 60 next year, I don't bounce so well these days but I do feel that for those of you struggling with horsey confidence issues, look at the environment you are in. I was not in a supportive environment, my friend also left. I'm now with people who care, who take the time to ask how you and your horse are. Plus my instructor has helped me become a much better rider and my horse is a much happier, well schooled and well mannered boy. Plus I can now truthfully say we trust each other, in fact I can pin point the exact place and time I realised it, and from then onwards its all fallen into place and got better.

You can't do this alone though and I acknowledge I have had some fantastic help from some good horsey friends (you know who you are). Joining EMRC has also helped massively – you could not meet a nicer bunch of supportive people. I've had hypnotherapy which worked and of course my instructor has been just brilliant. If you are suffering from riding confidence issues, there is loads of help out there, so don't suffer in silence, but I do believe the environment has to be supportive as well for it all to work, and its all about mindset as well. Yes my riding confidence has improved, but so had my mindset as well.

So what next for us? Who knows? Its my ambition to ride him around a one day event, with the Wobbleberry Challenge being my bucket list aim. Will we get there? Who knows, but we are having fun and enjoying every minute of our journey together which is really all that matters.





Hoofing
Around



EMRC Merchandise

Don't forget we have lots of lovely merchandise available with the Club logo on for sale via a company called G G Gear.



It's really easy to order – just go to www.gggear

Select Clubs

Find EMRC

Order!

It takes around 4 working days for the clothing to be printed and then postage on top. The prices are very reasonable and you can have a logo printed on the back of the clothing as well as the logo on the top left-hand breast.

And don't forget we have our very own insulated mugs for sale! **£5.00 each.**

The committee wanted to do our bit for the environment and get rid of as many of the paper cups we use as possible – so by you using your mug at the clinics you will be doing your bit to help us! **When we have "normal clinics again, these will be available to buy from the hostess. In the meantime, do let Jo know if you would like to buy one.**





Hoofing Around



East Mendip Riding Club

Autumn Training Clinics 2020

Terms and Conditions for Clinics – Please Read

Each session is an hour long and a cost of £20 per rider unless indicated otherwise. We will endeavor to make sure there are no more than four in a class. All training clinics are held at Kingfisher Equestrian, BA7 7PS.

Please note that 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 Poles and Gill's Flatwork sessions please email Julie at Julie.dawson@outlook.com

To book Show Jumping and Charlotte's Flatwork sessions, please email Karen at Karen.abrey@gmail.com

Can we ask that when you book your training sessions you are kind enough to make sure it is in your own diary. Collating all these names and then allocating times really does take some time and to send a confirmation email round to which someone then replies "Oh I didn't realise I had booked on that clinic and I can't make it" is extremely frustrating and very time consuming for the organiser. Although we sometimes have reserves, if we don't, it then involves us having to put a call out on Facebook and fiddling around with everyone's times. Please have some thought to the volunteers who run your Club and "do your bit". Thanks.

Payment

We refer 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.

Alternatively, please pop a cheque made payable to **East Mendip Riding Club** in the post to **12 Mendip Vale, Coleford, Radstock, BA3 5PP. Please put your name and clinic date on the back of the cheque.**

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 on early payments with so many transactions going through the bank.

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



Hoof- Around



We are now able to use the indoor school and so all clinics will be at Kingfisher Equestrian , BA7 7PS as usual.

Please also clear up your mess before leaving the venue, taking all your rubbish and poo home

We hope we maybe able to offer refreshments and biscuits at clinics again soon. Obviously this is “fluid” depending on the lockdown circumstances (sorry for the pun—couldn’t resist!). When we do it will £1 per person for as many cups as you like, as before.

Clinic Dates:

Flatwork – Gill Longhurst – Book with Julie Dawson

Saturday 12th September
Sunday 18th October
Sunday 15th November
Sunday 13th December

Flatwork – Charlotte Wake – Book with Karen Abrey

Sunday 4th October
Saturday 28th November

Poles for Dressage – Julie Braddon – Book with Julie Dawson

Saturday 5th September
Saturday 10th October
Saturday 7th November
Saturday 5th December

Show Jumping – Kim Pitman – Book with Karen Abrey

Sunday 27th September
Sunday 25th October
Sunday 22nd November
Saturday 19th December—Christmas Show Jumping!

Hostess

Currently with the limitations on how many people can be in the clinic we only need one helper per session. If you can help at any of the sessions please let the organizer know. If we need more helpers, we will shout!

LOCKDOWN PHOTO COMPETITION



Hoof- Around



At the beginning of lockdown, Sarah Fogden had a great idea—a lockdown photo competition on our Facebook page. The Committee thought it was a great idea and so, it seems did many of you! And what better way to keep socially distanced but have some fun during those dark times!

All our winners will receive a rosette and a framed copy of their picture. We had hoped to present these to everyone at our birthday party—but it is looking unlikely that we will be able to hold that now. Fear not, we will find a way to get your goodies to the winners!

Sohere are the winners!

Week 1—Prettiest Mare

Gracie

Owned by Sarah Clarke

Week 2—Most Handsome Gelding

Texas

Owned by Sarah Davenport

Week 3—Best Cob

Pippin

Owned by Karen Abrey





Hoof-

Around



LOCKDOWN PHOTO COMPETITION

Week 4—Best Native British Breed

Colin

Owned by Sarah Fogden



Week 5—Best Non-Native Part Bred

Ziggy

Owned by Sarah Clarke



Week 6—Best Part Bred

Gucci

Owned by Claire Knight



Lockdown Champion.....

Colin

Congratulation Sarah and Colin!!!



U Hoofing Around U

Your Committee

Claire Knight—Chairman	claireknight878@hotmail.co.uk
Jo Rossiter—Secretary	eastmendipridingclub@gmail.com
Debbie Pickford—Treasurer	debbiepickford@outlook.com
Cathy Provenzano—Membership Secretary	cathy.provenzano@outlook.com
Sarah Fogden—Social	sarahlfogden@aol.co.uk
Anne Pearse	annepearse@live.co.uk
Karen Abrey	karen.abrey@gmail.com
Julie Dawson	Julie.dawson@outlook.com

Newsletter

Our newsletter is published three times a year and the next one is due in November. If you have an article which you would like to write for us then please let Jo know.

Even better, if you have some time to put a newsletter together for us three times a year definitely please let Jo know. We will provide the articles and information—you just need to put your time to putting it together in a similar format as this.

