



## April 2020 Newsletter

### Message from Chair



I don't think anyone will ever forget 2020.

The year started so well with our wonderful show jumpers winning their 80cm class at Lincomb, and with Lois Unit qualifying in her dressage class (run at Hartpury in October) yet again, we had a solid representation at the BRC Championships

We had a lot to look forward to in the 2020 programme - the Horses Inside Out Lecture Demo, the Equine Dentistry talk, Area and Mercian competitions, Mounted Games, our numerous training sessions and our residential camp at Lincomb. Covid-19 had other ideas.

As per the information released by BRC on 17<sup>th</sup> March, everything has stopped for all Riding Club activities until the 30<sup>th</sup> June this year. This is solely down to our BRC Insurance – it is non negotiable. We are allowed to care for our animals as long as we maintain the recommended social distancing rules and we avoid all un-necessary travel – but as I have previously indicated, riding your horses is becoming more and more frowned upon. Some of you might be aware of the extreme 'shapes' my particular animal indulges in, so I have taken the decision to keep out of the saddle and work him on the ground. That is my decision and it is based on avoiding any run in with paramedics – but you must make your own decisions.

We had a 'virtual' committee meeting last night – using technology to our advantage! We are all keen to keep everyone engaged, so we are launching a monthly newsletter. We want you to enjoy your horses, so there will be some photo competitions, some quizzes and some general hints and tips. Let me know your thoughts !

I know this is a very difficult time for all equestrians, but – and there is a but – this will be over. The sun is shining, the days are getting longer, the grass is fighting it's way through and the muddy fields are becoming a distant memory. There is a lot to be thankful for – we just have to hold our nerve.

See you 'on the other side' !!

Vicky

### The 2020 Committee

*Please restrict contacting us to between 9am and 9pm*

Chair	Vicky Franklin	Mercian TM	Kate Griffith
Vice Chair and Secretary	Di Dancer	Education	Marg Mitchell
Treasurer	Deb Griffith	SJ Training Managers	Nicky Lord and Rachael Freemantle
Membership Secretary	Jaq Dancer	Dressage Training Managers	Deb Griffith and Di Dancer
Area TM	Vicky Franklin / Bridget Banks	Dressage Show Managers	Maureen Oakley and Di Dancer



### **Committee Comment**

For a bit of fun, I asked your committee members what piece of 'horsey' equipment they couldn't live without. Apart from saying 'my horse' and 'money', we have the following recommendations:-

Marg – Mountain Horse waterproof jacket, keeps her warm and dry

Di – her Muckboot wellies - essential

Debs – cannot live without her Rambo overtrousers

Nicky – Canter mane and tail – makes grooming so much easier

Bridget – her Lemieux woolly hat – who wants a cold head ?

Kate – her rubber curry comb – gets the gang really clean and quickly

Vicky – Ariat boots – last pair lasted 7 years – warm, comfy and scrub up smart !

Jaq – purple shampoo – a must for greys

Rach – gaffer tape (don't ask!!)

*If you would like to take part in this, please send me a message with your 'horsey essentials' and I'll include you in the next issue !!*

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### **Mounted Games**

We have a date for the Adult Mounted Games competition! At the time of writing, it is being scheduled to be held at Rodbaston, 26th September. We are currently looking for teams of 4 + 1 runner – if you would like to register interest, please contact Kate Griffith

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### **Mercian Competitions**

As of yet, no 2020 competitions have been announced and as soon as they are, we will again post them via Facebook and E-mail. If the Mercian committee do choose to run some events, these are likely to be towards the end of the year. As always, we will keep you posted.

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### **Dressage Competitions**

We have looked at 'on line dressage' competitions, running with other local clubs. We feel however that whilst it is your personal choice to ride, the club position is that we cannot encourage you to do so in case of an accident. There is also the issue of 'un-necessary travel' and if you do not have an arena at home, you would be in effect, travelling un-necessarily to get to an arena to compete. For the time being therefore, BBC will not be offering any on line dressage competitions.



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## **Training**

BBC is abiding by the current BRC ruling that all RC activities – which includes any training and any arena hire – are 'on hold'.

After a long committee discussion, we decided that we needed to start some planning. Given the uncertainty surrounding this virus, we felt that August would be a good time to start and would give us something to look forward to, so we are starting to contact venues and instructors to 'pencil in' dates from August onwards. As and when these sessions are confirmed, we will inform you – so please keep an eye out. We are all desperate to get back to providing for our members as well as participating in the training!!

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## **Area 18 Competitions**

The only Area competition that has run this year was the Winter Novice show jumping, held at Lincomb on the 22<sup>nd</sup> and 23<sup>rd</sup> February. The very cleverly built second round was causing a lot of problems – but despite some initial nerves, it proved no problem for our gang !!

For the first time at Area there was a 70cm class, which was bravely contested by the Bewdley Beavers - Lois Unit, Susan Newall, Patsy Pyke and Kate Griffith. The course was causing carnage, but our brave gang sat tight, gritted their teeth and finished a fabulous 3<sup>rd</sup> place, with Patsy bagging individual 4<sup>th</sup>.

Our Bewdley Bears of Kath Allington, Heather Jordan, Rebecca Hall and Caraline Harris, and our two individuals of Patsy Pyke and Shirley Boraston contested the 80cm class. The Bears triumphed with Shirley coming overall 2<sup>nd</sup>, Rebecca and overall 4<sup>th</sup> and Caraline an overall 6<sup>th</sup>. Huge smiles all round !

Not to be outdone, our Bewdley Badgers – Tracy Ladds, Shirley Boraston, Sarah Turner and Julia Edwards, bagged overall 6<sup>th</sup> at 90cm – certainly a huge and testing course. Our one junior, Georgina Ritchie came a fabulous 4<sup>th</sup> on her lovely new horse !

What wonderful results! A very long day for the TM, but it was well worth every minute. I was very proud of everyone who took part – a great day to be part of.

A few of the photos I took on the day .....





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### **Camp 2021**

Regrettably, our much anticipated 2020 camp has had to be cancelled.

The good news however, is that we now have a date for 2021 – and it is a little later in the year and over a weekend, which I hope this makes it more accessible to everyone.

The date that we have is Friday 2<sup>nd</sup> July to Sunday 4<sup>th</sup> July 2021 and it will be at Lincomb. Please keep these dates in your diary and watch out for more information!

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### **Horses Inside Out – SAVE THE DATE**

Although our April 2020 event was another Covid-19 'casualty', we have re-booked a date for this demo in 2021. This is a really exciting event for BBC to be holding ! If you are not aware of Gillian Higgins, she is a world renowned expert in equine anatomy and movement, known particularly for her 'painted horses'.

Date: **TUESDAY 20 APRIL 2021**

Time: 7 p.m - 9.30 p.m.

Venue: STOURPORT R.C.

Ticket prices: tbc



**HORSES INSIDE OUT**

More information, including 'early bird pricing' will be released throughout the year

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### **Photo Competition - April**

Each month, we are going to run a photo competition with a different title each month. Entries are free and all you will need to do is add the Facebook post with the appropriate title. After the closing date (as displayed in the FB header) we will then ask members to vote on their favourite by PM. The winner will receive a £5 voucher to be used against any club event or training.

April's Competition is '**Best Groomed – before and after photos!**

What we would like you to do is to take photos of your horses or ponies as they have come in, apply some elbow grease and take photos of them after a good groom!



### April Quiz Challenge !

Just for fun, we're also running a monthly quiz ! No prizes here – just something for fun and a massive thanks to Di Dancer for the WordSearch ! (Answers will be in next months issue !)

#### Quiz

1. What is this ?



- What is the unit of energy equal to the energy transferred to an object when a force of one newton acts on that object in the direction of the force's motion through a distance of one metre?
- What TV show stars Catrina Balfe and Sam Heughan ?
- Pippa Funnell and Michel Jung are the only two people to have won what ?
- Capability Brown was famous for creating natural landscapes, particularly ones like the large example at Berrington Hall – what is it?
- What is the new name of the ILPH ?
- On 3<sup>rd</sup> Sept, 1651, where did the last battle of the English Civil war take place?
- What do Cheshire Oaks, Bicester Village, and Gloucester Quays have in common ?
- What is defined as 'an optical illusion caused by atmospheric conditions, especially the appearance of a sheet of water in a desert or on a hot road caused by the refraction of light from the sky by heated air'?
- All of the above answers will give you a clue to a location – Where are you and who was the 2019 winner ?

P	T	E	Z	H	B	Z	E	K	N	H	Z	L	B	N	L
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C	O	L	S	J	V	G	J	N	L	X	K	Z	X	E	O
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#### **WORDS**

- STABLE
- PLAITING
- CRAVAT
- PELHAM
- BROWBAND
- MUCKPILE
- BUCKET
- BRIDLE
- STIRRUP
- BRUSH
- HAY
- HORSESHOE



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We have some very talented people in the area, one of which is our own Marg Mitchell. Under Mary Wanless, Marg has recently gained her 'Ride With Your Mind' teaching qualification, and she has very kindly agreed to write some articles for our Newsletter. If you wish to contact her for more info, you can find her under **Margie Mitchell, Rider Biomechanics Coach** on FB.

For more information about RWYM and Mary Wanless, go to [Mary-Wanless.com](http://Mary-Wanless.com)

### **BBC DISMOUNTED WORKSHOP # 1**

Hello Everyone. I'm delighted to be able to make a contribution to the Newsletter. Whilst I realise it's deeply disappointing not to be able to fulfil your horsey plans at the moment I hope that these articles will give you food for thought and spark an interest to start noticing a few things about yourself both on and off-horse.

**The background:** RWYM coaching helps the Rider develop awareness and provides an A-Z of Riding so that it becomes a learnable skill. Developed by MARY WANLESS it's a one2one learning process working collaboratively with the rider. In a relaxed and supportive atmosphere, images and ideas are explained in a way that will make sense to you. As you learn you may not always be able to do it perfectly, but you will absolutely know what it is you're trying to achieve, and how your body should work in order to do it. That way you make solid progress. Your horse will tell you you're doing a better job. Good practice makes for better results, and a productive journey of learning with your horse.

**The exercise:** The following exercise will help you start noticing and give you something constructive to try during this 'at home' time when maybe opportunities to ride are few and far between.

Stand evenly with your feet hip width apart. Shift your weight onto your right leg (keeping it straight) and relax/drop your hip. Notice how that feels. Now transfer your weight onto your left leg and relax that hip. Check out the feeling again. Repeat a couple of times.

- Which side feels more comfortable. More like home?
- Notice how when you drop and relax the hip, your bottom/seat bone swings slightly out to left or right.
- Which one swings out the easiest?
- Now think about when you're riding. Do you sit evenly on both seat bones or does one seat bone drop out to the right or left?

Next time you ride, when you're at halt, find your seat bones by putting a hand underneath your butt – obviously do this safely. Your seat bones are the knobby bits – the lowest part of your pelvis. Imagine you have a headlight on each one, and the beam needs to point straight down to the ground. Slowly tilt your pelvis forward and backwards. When you round your back, your 'headlights' will point to the horse's front feet, and when you hollow your back, they'll point to the stifle. (If you can't ride at the moment, you can do the exercise whilst sitting on the edge of a firm kitchen chair. Put the backs of your hands under each seat bone and roll your pelvis forwards and back across your hands so you can feel exactly how your seat bones move and where they're pointing).

- When you're riding do your headlights stay pointing down in walk?
- If not, where do they point? Can you correct them?

Improvement will come from good noticing and good correction. RWYM coaching will add tools to your toolbox so you can make changes during your lessons and continue the learning when you're working on your own.