
CLUB POSTAL ADDRESS

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WEBSITE

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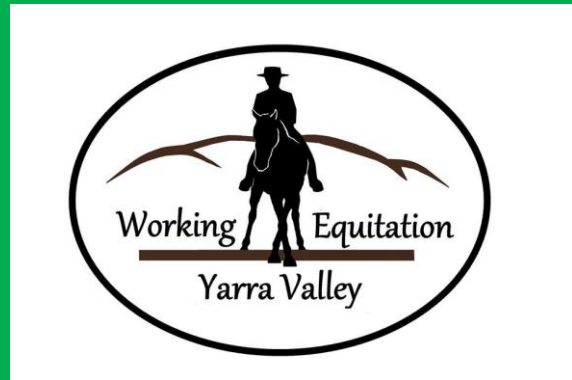
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September 2015

PRESIDENT'S PONDERINGS

Welcome to Spring. Just a few more weeks of "rugs on – rugs off" and then we'll have shiny and clean horses with long warm days of riding ahead.

Eduardo Almeida Clinic

Anna Gust has organised a three day Clinic from Oct 19th to 21st with Eduardo. It is happening at Gruyere indoor just a few days before our own competition. Come and watch how this world champion teaches his skills and pick up a few tips so you can do well in our competition.

Our WE Competition on Sunday 25th October.

Lindy and Susie have been diligently working at putting the event together and have collected a few more volunteers to help both on the day and in the preparation.

Can I ask all members again to please support this event and let Lindy know that you can volunteer your skills and help in some way in the lead up organisation, or on the day. We need you!

Join and enhance your WEYV Committee

Our AGM is not that far away and we would love to see new faces on our Committee. Our first two years as a club has been busy and now that we are up and running I believe we need a Committee with a new focus on sustaining the momentum we have built.

I feel confident that many of you have ideas and skills to help sustain our club – please consider a role on the Committee and bring your skills to help improve our activities. We are a friendly, fair & flexible Committee who meet every month over a Pub dinner and throw around ideas and try a few unusual things. All ideas are welcome and new members will be made to feel wanted, appreciated and welcomed.

So please come and join us.

Until next time

Andrew



OUR NEW SPONSOR

After applying for a few grants to help us purchase equipment for our club and the competition we were successful in obtaining sponsorship from our Bank –

WOORI YALLOCK AND DISTRICT COMMUNITY BANK BRANCH OF THE BENDIGO BANK

We are very grateful for their sponsorship and we will be helping to promote the Bank at our rally days and of course on our big competition day. With their help our borrowed equipment will be returned to its owners and will be replaced with wonderful new items. Also we will be able to purchase obstacles that have been missing on our course due to lack of funds.

Community Bank® branches provide communities with more than just quality banking services – they deliver employment opportunities for local people, keep local capital in the community, are a local investment option for shareholders and provide a source of revenue for important community projects determined by the local community.

The Bank will hold a cheque presentation in due course so that they may present the cheque to us officially so it will be very exciting. Stay tuned for updates!

A WEDNESDAY RALLY

Just a few pics of the August Wednesday rally. Unfortunately my 'better' camera wasn't coping with the lack of light indoors and the rest of the pictures weren't great! I'll try my smaller one next week.

Lindy had recently purchased a new pen for the stockyard as pictured below. It will certainly help to keep our 'animals' in there! Speaking of which Lindy was saying that she thought she would 'google' blow-up animals, or in particular sheep, as it may have solved a problem of actually not having to have real animals in there but to her amusement the blowup sheep are actually, how shall I say this, related to blow-up dolls!!!! I'll leave that one to your imagination!



Anna with the new inner pen



Rosalie, Deb and Anna



Deb



Rosalie

COMPETITION DATE – SUNDAY OCTOBER 25TH

The day is getting closer!!!!!!!!!!!!

A few words from Lindy

- Our Working Equitation Combined Competition approaches. It's happening on Sunday the 25th of October at Adam Wooten's indoor at Yarra Junction.

As the day is a competition of 3 phases it will be tight rostering competitors to jobs around riding times.

I am asking everyone to nominate at least 2 roles you would be happy to fill. Also to indicate whether you are planning to compete or are available to help all day.

Here is the list of opportunities.

Car park wrangler.

Canteen helper.

Scorer

Runner

Card secretary

Ring steward

Gear check

Penciler

Obstacle course attendant

Set up the afternoon before.

Please email me at lindy.whitfort@bigpond.com, first in best dressed if you want a particular job!

Please note that you will need to be Level Assessed for dressage on the horse you want to enter on. (see further down the newsletter for more details on this)

Medical armbands are to be worn for the obstacle phases.

I have attached a copy of the dressage tests with this newsletter but for more details please go to our website www.workingequitationyarravalley.org

As this is an "All hands on deck" occasion we will have a duty roster to run the day. We may need to call upon our competing members to help around their riding times.

Some highlights about this competition;

- This is our first go at running all 3 phases in one day - Dressage, Obstacles Style and Obstacles Timed (speed).
- The competition will be limited to about 25 in order for us to get each rider through each phase.
- There will be 3 levels in each phase - Introductory, Preliminary and Debutant.
- For dressage tests, score sheets, and sample course maps see the WEGBI website: <http://www.wegbi.com.au/rule-book.html>
- Please contact Susie if you have any questions about the rules or tests

- We hope you will take this opportunity to enter on the day.

We would also like our members to ride as well so give this some thought too. More details available later, as they come to hand.

WE CLINIC

You will read in there that Eduardo Almeida is visiting Australia in October and that he will be holding WE clinics over a few weeks while he is here.

Anna has already sent out an email inviting expressions of interest in a 3 day clinic on 19/20/21st October. The deadline may have already passed but if you are still thinking about it contact her ASAP as she needed 10 riders to make it happen.

SUSIE'S 'SCHOOLING FOR WE' CLINIC

I have attached a flyer for a clinic that Susie is holding on Wednesday 23rd September at the Indoor arena at Gruyere.

She is offering 2 half day clinics: - the first one in the morning is an introduction to WE for those with young horses or beginners to WE. The afternoon clinic is for Lightness and Balance for WE. Numbers are limited so contact Lisa to book in. Refer to the flyer for other details.

Remember, it's indoors so you can't hold the weather as an excuse for not attending!

FACEBOOK and WEBSITE

Don't forget that our club has a Facebook page as well as a great website. If you are a Facebook member go to Working Equitation Yarra Valley to get some great training articles by Susie along with lots of our general info re rallies and special events, photos etc.

The website is also great for more technical club info with HRCav links.

www.workingequitationyarravalley.org

CLUB SOCIAL TRAIL RIDE

On **Wednesday 19th August** the club held a social trail ride, similar to the last successful ride, this time we rode from Molesworth to Cheviot Tunnel and return.

The numbers started out as 6 coming but on the day ended up only being 3 riders plus my hubby Paul on his deadly tready! So we had Julie on Sebastian, Sue on Jake and myself on Dale. We certainly scored in the sunshine stakes albeit the wind was blowing cool off the snow!

We departed just after 9.30 and walked the first part of the trail to the loo. The official person that planned the loo to be half a km away from the parking area must have been a bloke that uses a lemon tree cos us ladies just can't do that, especially on the side of the main road that has a distinct lack of foliage! Anyway there was a good retaining wall outside the loo that doubled as a very handy mounting block so all was not lost.

We mostly walked to the tunnel with a bit of trotting here and there, enjoying the lovely country views along the way and chatting (as you do). Paul walked and rode with us and then went on ahead to meet us at the tunnel. We had the whole trail to ourselves; never saw another person the whole time so it was bliss. We did stop to chat with the local cattle but they were a bit disinterested. Seen it all before I guess!

Got to the tunnel, Dale led the way in this time, Sebastian had also been before but it was Sue and Jake's 1st time. I do find it particularly amazing that these horses can walk into a black tunnel 200 mtrs long without batting an eyelid. At the other end the neds had a bit of a graze and a sip at the water trough before we hit the track back to the carpark.

We were having a bit of a trot on the way home, whether that was the catalyst for our only mishap for the day but Jake got a bit exited and lashed out at Sebastian with his hind end (not connecting) and consequently poor Sue lost her balance and I turned around to see her on her backside but it wasn't in the saddle! She was fine, though I heard afterwards she ended up sporting a bruise or two.

We had a nice BYO lunch at the picnic table while the boys chilled out in the yards (pretty literally actually – the wind was COLD), happened that we'd picked the table in the shade which made it worse.

It was a really nice ride with lovely people, and horses, (your Mum forgives you Jake) and not that far away to get there either. Definitely lots more of this trail to explore next time.



The 'other end'



At the 'other end', Sue, Helen and Julie



Follow the leader back out



Dale 'washing' Sebastian!

Obstacles - Style Phase

A little while back Susie posted this link to a YouTube video on our Facebook page. It has a detailed commentary of how to ride each of the obstacles in Working Equitation. Well worth a look especially if you are considering joining us for our competition in October.

From the World Association of Working Equitation (WAVE) website
<https://www.youtube.com/watch?v=1d69w01mOQM>



Ease of Handling Trial

UNIFORMS

If you have any queries re uniforms or saddle blankets please contact Julia on 0437 741871 or on the email at start of the newsletter.

The 1st lot of items have been embroidered with the club logo by Kylee from Cedar Lodge in Macclesfield. We need to have a few items for the next batch to go so if you do have something please contact Julia for the next date that she will require them by.

We do have a small amount of embroidered short and long sleeved white tops available for purchase.

AGM CHANGE OF DATE

The Committee has had to change the date of the AGM and have brought it forward to Tuesday 10th November. This will be confirmed as soon as our venue owner and special guest have given the nod.

Please try to attend. Most of the main Committee are standing for re-election but there is always room for some new blood and any would be made most welcome.

We would love to see you there. I will send out a special email confirming the above, or giving new details if necessary.

You have to go up... to come down. By Susie W

Or... Action-Reaction

If a horse has a high head carriage, hollow back, reversing the neck, star gazing, or not accepting the contact, how can we *cause* it to extend its neck down and out, without forcing, pulling or blocking, and without a martingale? The answer is easier than you may think!

You have to go up... to come down. Your hands need to go higher than the mouth and wait

there a bit for the exact moment the horse attempts to lower its head, even if it only lowers a wee bit, bingo you have something to reward and something for the horse to remember next time.

Think of it from the horse's point of view – they are going up to avoid the contact and to escape the hands. If they can't escape the hands because we go up ahead of them – their easiest way out – is to go back down again. And when they discover that the hand is going to follow them everywhere, and further that it's not hurting, or forcing any position, then they learn to accept it and relax in contact.

Provoke a Reaction

Your high hands - waiting up there a little higher than the mouth – with a light tension, were not pulling or see sawing, but keeping enough tension to provoke a response of lowering the head. A decision that paid off for the horse, because when it lowered the head - your hands softened, and the horse found comfort again while still in contact. It might feel a bit weird, and look odd, at the start, but it's only temporary and it works. So there is no reason not to do it. Further, after a short time it actually feels natural and looks easy and effective, as you need it less and less.

Make the right thing easy, and reward it

It's the golden rule of horse training, and all training. That is: *'Behaviour rewarded is behaviour repeated'*. The horse stretches forward, out and down to lower its head (not tucked in or behind the vertical) and immediately you soften the reins to follow the mouth forward down gently, allowing and encouraging this. And if you repeat each time the head is high, with good timing, soon you will have a reliable tool for neck extension on a horse that comes above the bit. You encourage the horse to work in neck extension in walk trot and canter until it gains confidence in the hands, and strength in the back from stretching his topline in a long and less contracted outline.

Action-reaction

In our School of Lightness (Philippe Karl's - Ecole de Légèreté) this is called: **Action-Reaction**. The action of going higher than the mouth provokes a reaction for the horse to accept contact, and you reward and praise this behaviour to accelerate learning. So here it is as a process in bullet points:

- Start by asking for the mouth, turning the wrists out (finger nails upward)
- but now placing the hands distinctly higher than the mouth
- with even tension in both reins with the bit central
- gradually and gently increase the tension upwards

- until the horse tries to lower its head forward downward
- accompany this movement by lowering the hands
- advancing them forward and to the horse's mouth
- smoothly following down without breaking the contact

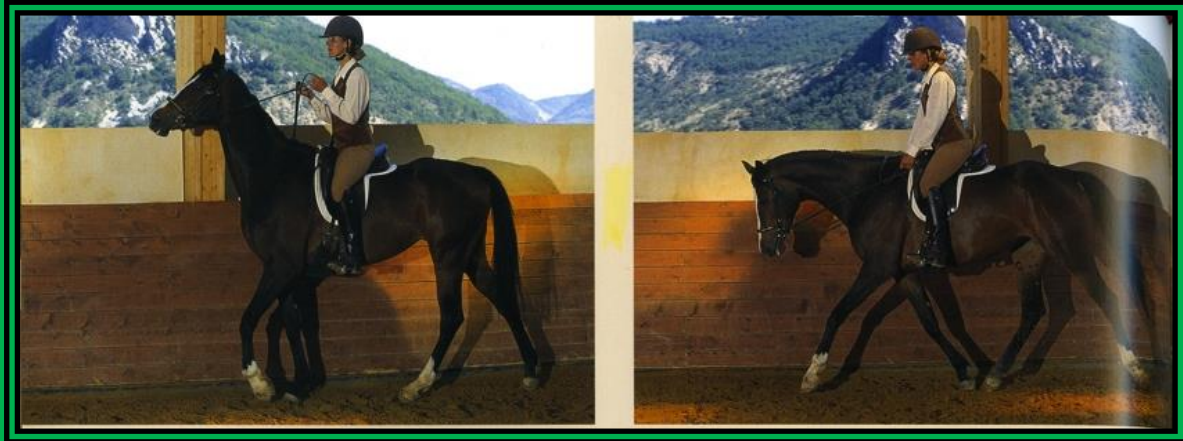


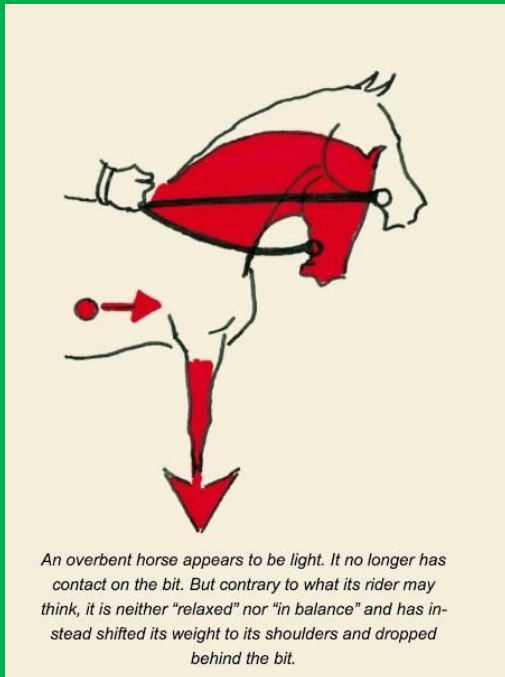
Photo from Philippe Karl's Book *"Twisted Truths of Modern Dressage"*.

What if my horse is too low and over-bent?

What if the horse doesn't stretch down - if she lowers but not with that "forward out and down feeling"? What if she tucks the nose into the chest and comes behind the bit or behind the vertical? The solution is similar to action-reaction though slightly different. I'll try to explain, but please know that each horse has different needs.

The mythical self-carriage

The horse over-bending the neck vertically gives the rider a feeling of NO contact – but it's a mythical lightness, and because it feels uneasy - often the rider then takes up the slack, and the horse shortens again, more over-bent. Many inexperienced riders and instructors misinterpret this curved neck as being 'round and on the bit', as 'self carriage' and sadly as something to strive for. Far from it, this is a bad thing.



It's like the horse is saying "No thank you, I'm hiding behind the contact because I'm afraid of pain". Horses may fear contact, for various reasons; possibly previous memories of pain from side-reins, severe bits, martingales or pulling hands. The mouth and tongue are highly vascularized and sensitive. You know how much it hurts when you bite your tongue. Imagine what it's like for the horse.

The right contact – what is it?

Quality contact and roundness is evident when the horse trusts the hands enough to rest in them, softly giving the mouth, mobilising the jaw, 'talking', gently tasting the bit. It's a dignified dialogue of trust between both parties. Of course this cannot be achieved with tight or crank nosebands, so, better to do without.

So - how to correct a horse over-bending or behind the vertical? Action-reaction is a useful training tool in ways described above, it aims to bring a high head into neck extension, and encourage horses to accept contact.

Open the gullet / open the angle of the poll

A horse ducking behind contact also needs Action-Reaction. Again, you need to go up to come down, but, in this case we must first unlock the tense closed poll by opening the gullet, opening the poll angle to bring the nose up, out and forward, before they can give a correct extension downward.

Lifting the hands is the solution - up and forward to open the gullet. If the horse insists on ducking under, or leaning: short upward vibrations of both hands can deter this habit enough that the horse lifts, lightens and pokes the nose out a bit. But you may need to be patient, and repeat often - it takes time for the horse to change this habit.

Leaning on the hands

A horse that leans – may not need action-reaction. But instead needs the opposite solution of being encouraged to take *less* contact not more. The hands in this case still act upwards but with clear quick upward vibrations – to say no – don't lean on my hands – I am not your fifth leg! A leaning horse is often falling through the sternum to the shoulders, pulling the rider forward out of position, carting the rider along by the hands. But with these short clear upward vibrations it surprises the horse, who reacts by lifting its neck up a bit. He must find a release of pressure each time he lifts and lightens. In our school we call this action of the hands a “Demi Arret”.

Action-Reaction is one of many tools for educating the horse to the hands. In another article I'll talk about 'Bend to Extend', and 'Bend to Round'.

Being “in the hand” opens the door to lightness.

So, yes you CAN lift the hands, you can break through that glass ceiling to train your horse. It's not against the laws of riding. Training is not a show. Dressage means training and we need to use our hands to teach the horse what the right contact feels like. Your hands are the key to relax the mouth, supple the neck, and unlock the door to the rest of the horse.

Action reaction ideally would start in halt, in hand, on the ground, but this is not something that can be easily explained here. We can demonstrate it in lessons and at our club rallies and clinics. We teach the horse how to accept the hand gently, without ducking, grinding, resisting or leaning.

If you have any questions or comments please let me know.

Happy Riding

Susie



Consistency Adds Up.

by [Anna Blake](#)

Consistency is a great aid but do you know how it actually works? There's an analogy I heard decades ago that has stuck with me. It involves bank accounts. You're right; never listen to me about money, but it's not that kind of bank account.

Start by thinking that you and your horse each have a bank account of experience. For your horse it's a reckoning of all of his experiences with humans--all the good times and all those times where he got scared and had no help. Confidence, fear, willingness to partner, and what caused pain and when rewards were given. The account is his possession. He's the one who quantifies the contents.

Your account has all of your horsemanship experiences, including the times you were confident or fearful. It's what you have learned from experts and how well you listen to your horse. You get extra points for patience. A tiny corner is reserved for your dreams. It's your personal wealth as a potential partner for a horse.

It's simple. In any situation, either of you can make deposits or withdrawals. An experienced rider can help a young horse with a deposit of patience and positive training. An old campaigner can enrich a novice rider by carrying them through a rough spot. Sometimes it's referred to as the Twenty Year Rule; for the best results the sum of experience shared by the horse and rider should equal twenty years or so.

It makes perfect sense; all of us are the sum of our experience. But there was one problem. Back then, I had a very green and spooky young horse and I wasn't as brave and crazy as when I was a kid. Bankrupt. Neither of us had much to draw on. We had good intentions but it was an against-the-odds start.

It's a pretty common dilemma. Most rideable horses that end up in rescue have training problems, stemming from poor handling. Some riders manage to buy a well-trained horse, but without the right skills, the horse's account is quickly depleted and he becomes resistant and sour. A rider's good intentions can become spent on a confused horse as well.

Seen this way, it's a fair, impartial accounting of any situation, whether it's a competition horse or a trail horse. Seeing a horse/rider problem as a math equation takes some of the emotion and blame out of it on both sides and that's a great first step. Guilt and failure are negative deposits.

Start now. The past is data; you can't change that, so let it be. Horses have strong memories and if that trait is working against you, your best hope is to layer good memories on top that will eventually out-number the bad. You have to get the numbers in his favour. If your confidence is

shaky, or you need a few more training tools, then make that investment in getting good, professional help and watch your own numbers go up.

Here is where consistency comes in. Horses love a routine and it's the sacred job of every rider to leave the horse in a better place at the end of the ride than the beginning. It's our version of *First Do No Harm*.

Just like the stock market, horses are always moving in an overall tendency. They are getting better or worse. Long range investments have less drama and are more dependable, while others think taking their life savings to Vegas for the weekend is a smart bet. It's a choice.

Start your ride slowly with a warm-up that relaxes and supple him. Reward him for being alive. Get happy. Notice him liking what you're saying; reward that. On this one day, the most you can do is have one ride. Lower your expectations of perfecting your world in an instant. Instead of getting greedy, be content to make one good deposit.

The truest thing that I know about horses is that it's time and consistency that trains a horse. There are no shortcuts, no get rich quick schemes that will ever take the place of a simple Piggy Bank approach.

The thing we pay attention to grows. If we make a problem bigger than it is by isolating it and scrutinizing it into a huge issue, then we squander an opportunity. We can invest worry until the issue blocks out the daylight or invest in knowing it all works out in hindsight. Because it really does.

Here's the secret: never give up. Get a tortoise tattoo if you need to, but just stick it out, slowly and patiently, because consistency is the greatest kindness a horse will ever know. He wants the confidence to clearly understand where he should be, without fear of pain. One positive ride at a time, consistency will buy you a new normal.

You know that rider that you see who is smiling, riding a dream horse that will do anything? That horse people call a push-button horse? They focused on what was right about their ride and built their fortune one penny at a time. It was no accident; it was a long-term goal. Praise their consistency.

And then one day, if you are very, very lucky, you will take a short twenty-minute ride on a green and frightened horse. In those moments you will have a wealth of understanding and positive leadership to give him. You will be an aid to him. Then he will exhale that first shallow blow of baby trust, as you exhale a breath rich in the memory of that first horse you invested your best self in. Rich in the knowledge that you have something of value to offer a horse.

Anna Blake, Infinity Farm.

[Anna Blake](#)

MEMBERS OUT AND ABOUT

Send me your interesting ride article or any horsey achievements – don't be shy – other members would love to hear what's going on in your horsey world.

Anna is off to Portugal in the next week or so to ride some of the beautifully trained dressage horses. Hope you'll be taking lots of notes Anna; we can't wait to hear all about your experience riding the school masters.

WEYV WINTER CALENDAR - UPCOMING EVENTS

We are now indoor at Gruyere right through the winter!

As usual we source great facilities and a wide range of activities for you, so toss off those winter woollies and join us for some fun training & riding.

For info & bookings email Lisa Saunders at lisandian@bigpond.com.au

Book early: Closing date for bookings & payment is 5 days prior to event.

WEYV Calendar: <http://www.workingequitationyarravalley.org/calendar.html>

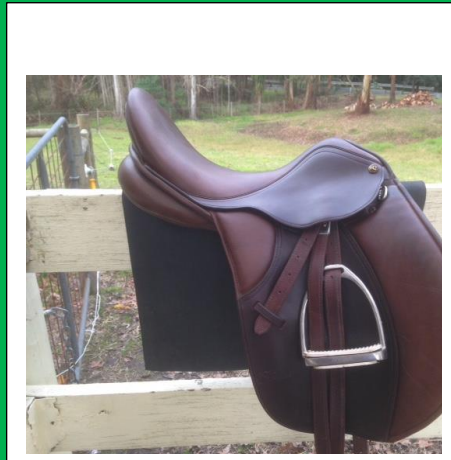
Wednesday, 9 September 2015	Club Rally	Gruyere Indoor
Saturday, 12 September 2015	Club Rally	Gruyere Indoor
Wednesday, 23 September 2015	Spring Clinic: Working Equitation	Gruyere Indoor
Wednesday, 7 October 2015	Club Rally	Melrose Farm
Saturday, 10 October 2015	Club Rally	Melrose Farm
Sunday, 25 October 2015	WE Competition: Dressage, Style & Speed	ASEA Indoor
Wednesday, 4 November 2015	Club Rally	Melrose Farm
Saturday, 7 November 2015	Club Rally	Melrose Farm
Tuesday, 10 November 2015	AGM & Awards Night	Melrose Farm
Wednesday, 2 December 2015	Club Rally	Melrose Farm
Saturday, 5 December 2015	Club Rally	Melrose Farm

FOR SALE

Trainers EVA all purpose saddle, 17"
Approx. 2 yrs old.

This saddle is the 'top of the line' in the Trainers saddle models and is hard to find. Brown, super comfortable seat with beautiful soft leather panels, Pessoa soft stirrup leathers and Grainge irons, long girth points

Always kept covered and inside, well oiled and conditioned. Ready to go. Has MW gullet but is fully changeable. Selling as it does not suit my horse, he goes better in a dressage saddle! \$1950 please call Helen on 0419 030137 or email helenjsharp@bigpond.com



Zaldi 18 inch Grand Prix 2000 All Purpose Saddle.
Fully mounted, includes stirrup leathers and irons
Good used condition.
Does not fit my young horse. \$200
Debrah Clow. Ph.0458 651 957

FOR SALE

Summer is 15.1hh, Appaloosa x quarter horse, trained in Western & English, loves to jump, move & give new things a try.

Easy to float, catch, shoe, no kick, buck, or rear. Great on the roads, no need for shoes, hard feed & most of the year is fine without covering (rugging).

Super little horse for someone to gad about on & have loads of fun!
Has a few old scars from her early years so no good for showing. We've had her for 6 years
& she's never been lame once!
Currently being ridden once or twice a week.
\$4000 only to a loving home :)
Please call Liane on -0423 013878 or email liane@organicorigins.com.au



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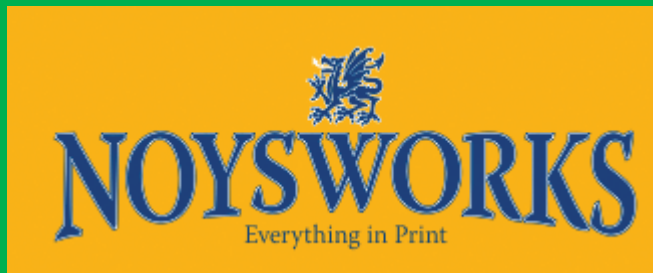


OUR SUPPORTERS



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