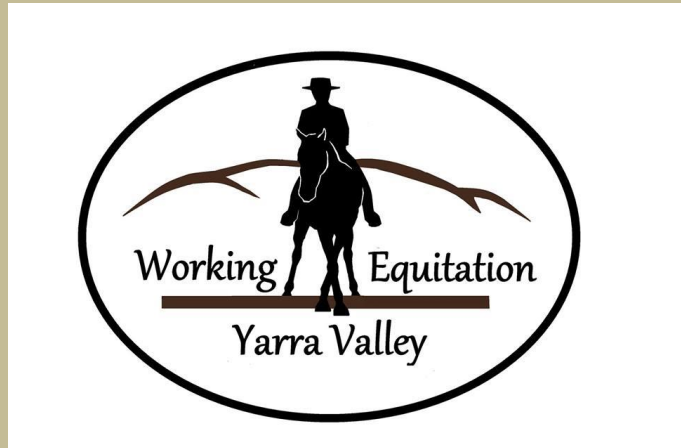


WORKING EQUITATION YARRA VALLEY



NEWSLETTER

APRIL 2017

Club Postal Address – 4 Fulford Rd, Wonga Park 3115

Club Website – www.workingequitationyarravalley.org

Club Facebook page – Working Equitation Yarra Valley

Committee members

PRESIDENT – Helen Sharp
NEWSLETTER EDITOR – Helen Sharp
VICE PRESIDENT – Kerry Pitcher
TREASURER – Kerry Pitcher
SECRETARY – Lindy Whitfort
EVENTS CO-ORDINATOR – Lindy Whitfort
RALLY CO-ORDINATOR – Lisa Saunders
INSTRUCTORS AND VENUES – Anna Gust
UNIFORMS – Julia Colman
OBSTACLE CO-ORDINATOR – Julia Colman
FUNDRAISING – Fay Diamantakis
RISK MANAGEMENT – Fay Diamantakis
WEBSITE CO-ORDINATOR – Andrew Feher
GENERAL COMMITTEE – Debrah Clow
GENERAL COMMITTEE – Jeni Silver
ANWE LIASON – Susie Walker & Andrew Feher
FACEBOOK CO-ORDINATOR – Carola Sahler

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PRESIDENT'S PONDERINGS

This will be a short and 'to the point' newsletter unfortunately. I've been away for the 2 weeks before Easter, straight back into work and to be honest I'm having a bit of a mental block about writing this newsletter!

I missed the April rallies due to being interstate but from the feedback I heard that both days were enjoyed by all. I think there were a few pictures floating around on Facebook?

We have had another 4 new members join our friendly club. A big WEYV welcome to Kerry Frampton, Josie Waddingham, Julie Cureton and Gillian Archer.

MAY RALLIES

Our booked instructor for Wednesdays rally, Natasha Jones, is unfortunately unable to make it so Jason McInnes has kindly stepped forward to instruct both rally days now.

Just a reminder when you are filling out the online booking form. Please remember to put your **SURNAME & DATE OF RALLY** so that Lisa can match up the payments to the booking form. This months bookings were a bit all over the place due to no dates/incorrect surnames/other odd information?????

Lisa's pretty good at mind reading but even she has her limitations!

RALLY FEEDBACK FORMS

Don't forget to fill in the Rally Feedback form at the end of your lesson on rally days. They should be located on the lunch table upstairs. Your thoughts on the lesson and anything else relating to the club is much appreciated.

RALLY CO-ORDINATOR

Now that we have 54 members to arguably accommodate on rally days, to get your preferred place to ride you will need to book in EARLY, not leave it till the last minute, as you may very well be disappointed, or at the least put on the waiting list.

Lisa will happily take your booking form, and put your name on the list **BUT** if it doesn't correspond with a correlated **PAYMENT** your booking is not recognised until said payment is received. So moral of the story is DO IT ALL NOW! For example: you were the 1st person that Lisa receives a booking from, you are a little forgetful that day and don't get the payment through till the following week (cos that's when you finally do remember!) and because of that action (or lack thereof) you are now at the bottom and on a waiting list. Others, being a little more proactive, have beaten you to the prize.

When it comes to riding on rally day please, if you need to cancel **FOR WHATEVER REASON** let Lisa or a committee member know ASAP. This means that if a waiting list is on the go we can offer another member a chance to ride and the club doesn't lose money on an unfilled place.

Refunds will only be forthcoming if you have a Drs or Vet certificate, or if your place is filled by someone else.

So please, spare a thought for Lisa (and other hardworking committee members) we are doing our best to please everyone but sometimes there will be disappointment.

RALLY DUTY

Our club is fortunate to have the use of the indoor arena and the beautiful PRIVATE property at Gruyere, we do not have working bees as such, only rally duty. This consists of supplying milk and some nibbles for morning tea, helping the instructor set up in the morning or pack away at the end of the day, ensuring the poo barrows are emptied and everything is in order before leaving. There are 2 of you on duty each rally and most members offer to help at some stage during the course of the day so it's not a hard job by any means.

Our next rally days are on Wednesday 3rd and Saturday 6th MAY

Duty roster says that the following have duty for May:-

<u>Wednesday</u>	Suzette Kabaila and Liz Booth
<u>Saturday</u>	Jason McInnes and Janet Fisher

NEW CLUB POLO SHIRTS

The next order of polos is being processed as we speak. We have ordered extras in most sizes so that the availability will be almost immediate if members order in the future.



At each of the rallies there will be some 'samples' of our new polo shirts for members to try on prior to ordering and purchase. They come in sizes 8-10, 12-14, 16-18, 20-22, we have these sizes to try on but I think they may come in 24-26 if required. They are a small fitting so don't be alarmed if the size you would normally take won't fit! The shirts are only available in black but we are looking into a white alternative. Shirts will be a subsidized cost of \$25 each; an order form will also be available for you to put your name and size down.

If you have ordered your polo shirt it may be collected from Julia so contact her if you aren't able to get to a rally day to pick it up. Payment must have been received before collection.



CLUB CALENDAR

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

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

PLEASE NOTE THAT RIDING PLACES FOR RALLIES ARE LIMITED SO DON'T LEAVE YOUR BOOKING TO THE LAST MINUTE OR YOU WILL BE DISAPPOINTED.

Lisa will have a waiting list available for those that have missed out.

MONTH	VENUE	DAY	DATE	INSTRUCTOR
MAY	GRUYERE	Wednesday	3 rd	Jason McInnes
MAY	GRUYERE	Saturday	6 th	Jason McInnes
MAY	GRUYERE	Wednesday	31 st	Susie Walker
JUNE	GRUYERE	Saturday	3 rd	Susie Walker
JUNE	GRUYERE	Sunday	18 th	Susie Walker (lightness clinic)
JULY	GRUYERE	Wednesday	5 th	Susie Walker
JULY	GRUYERE	Saturday	8 th	Susie Walker
AUGUST	GRUYERE	Wednesday	2 nd	Natasha Jones
AUGUST	GRUYERE	Saturday	5 th	Susie Walker (obstacle course)
AUGUST	GRUYERE	Sunday	6 th	Susie Walker (obstacle course)
SEPTEMBER	GRUYERE	Wednesday	6 th	Anna Gust- Garrocha
SEPTEMBER	GRUYERE	Saturday	9 th	Ro Jelbart
SEPTEMBER	BANYANDAH	Saturday-Monday	16 th -18 th	Steve Halfpenny (cattle work) Banyandah, Howlong NSW
OCTOBER	GRUYERE	Wednesday	4 th	Natasha Jones
OCTOBER	GRUYERE	Saturday	7 th	Susie Walker
OCTOBER	TO BE ADVISED	Wednesday	25 th	Social trail ride
NOVEMBER	GRUYERE	Wednesday	1 st	Susie Walker
NOVEMBER	GRUYERE	Saturday	4 th	Susie Walker

NOVEMBER	GRUYERE	Saturday	18 th	Natasha Jones(clinic)
DECEMBER	GRUYERE	Wednesday	6 th	Susie Walker dressage, Anna Gust Garrocha
DECEMBER	GRUYERE	Saturday	9 th	Susie Walker

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GOODWILL WINES

Our club has a charity account with this company, if any wines are ordered through Goodwill Wines and our account is nominated we will then benefit from the order by having cash paid into our account. Easy money, we already have \$70 odd credited – just for drinking wine!

Don't forget to order your special wines for our club fundraiser. Go to www.goodwillwine.com.au to place your order.

EDITORS CHOICE READING

Empower Your Progress

(This article was originally written for, and published in Equine Wellness Magazine.)

Why do some students progress more quickly than others? Students often think it is all about taking lots of lessons, but what if your ability to progress wasn't actually dependent on an instructor?

In my career, I have seen many examples where having the best horse and the best trainer isn't always a guarantee for success. I have also seen students without access to regular training make huge progress and become amazing riders. How does this happen, and how can you set yourself up for success? Let's begin by looking at a few common ways that students hold themselves back.

Students who feel stuck often fall into these categories:

The 'Good Student': These are the students who want really clear instructions to follow and constant supervision, but when on their own can become paralyzed by the fear of doing something 'wrong'. Being a 'good student' translates into them not doing anything until they are told to do it. This doubt in their own instincts prevents them from being able to offer real communication with the horse in the moment; their responses are always delayed, so a disconnect grows. They may take many lessons and become more and more dependent on their instructor. Their confidence decreases as time goes by. They will eventually hit a wall of frustration.

The 'Controller' : These are often students who ride in highly competitive or critical environments (and by the way, that environment may be coming from within; self-criticism is often worse than what anyone else can say). 'Looking good' is prioritized over harmonious communication, and they get stuck holding everything together in an effort to make it look like things are working when they aren't. Working too hard to make your horse do simple things makes it impossible to develop more complicated movements later, and fear of the 'messy moment' prevents students from experimenting to find the really amazing results. There will always be a point where holding things together no longer works. Either tension builds up that you can no longer control, or dullness and desensitization sets in and you are stuck carrying your horse around the arena.

If a student is stuck in either of these modes, it doesn't matter if they are in professional training with the best trainer in the world; they will still end up stuck. I have seen many examples of capable students riding excellent horses that were unable to advance. On the other hand, I have met students with very ordinary horses who realize amazing results in spite of little access to instruction.

What do successful students do?

They take full responsibility for their riding.

What does taking responsibility for your riding mean? It means that the rider has a clear vision of what they want to create. They seek resources that serve them, they put high priority on their communication with the horse, and they allow themselves the freedom of trial and error.

Riders who take responsibility show up for lessons knowing what they want to learn. They realize that they need to communicate with their horse and have a keen awareness of the cause and effect of their aids. These students don't just want to be told to 'put their leg on'. They want to know why, they want it to feel good, and they are willing to experiment to find that harmony.

Of course some styles of instruction will push students into being afraid to experiment. Some styles of teaching don't care how hard a student is working as long as they 'get the horse to do it'. The teacher says: "Get him on the bit", then says "good" even if the student's arms are in pain, and the student is crying on the inside because they inherently know that isn't what they want.

You know more than you think you do.

After decades of empowering students around the world, the biggest breakthroughs don't come from me teaching them a new fancy technique. They come when I empower them to take responsibility for their riding.

I will share my best advice for students: Start every day by reminding yourself of your vision with your horse. In every moment make clarity of communication the top priority.

They say the best kept secret is between a rider and their horse. Only the rider can really be successful in assessing their vision and communication, and it really is the rider's responsibility. When I ask a student, "Did your horse really understand you just now?", students KNOW the answer. It doesn't matter what I think it looks like if the student KNOWS they and their horse aren't communicating. I like to give students the freedom to experiment with how to talk with their horse, and freedom to follow through if they know their horse didn't apply himself. That is what excellent riders are doing all the time instantaneously.

If students take care of their vision and communication, then a world of resources opens up. It will allow students to play freely and become more well-rounded. The more clear you are on the theme, the more you can play with the variety within it and can create a more solid base to your development.

If students stay too single-focused, the risk is tunnel vision and limitation. However, if there is too much variety, training can get scattered and you lose track of where you are heading. The ideal is to find resources that have a clear alignment with your vision and offer some variety on that theme. For example, my vision is excellence in gymnastic development while deepening the partnership between horse and rider so both can have a lifetime of results in harmony (and have fun doing it!). Everything I do and offer points to that, and there is a wide range of topics I share with students from liberty to long lining, from meditation to shoulder-ins. You may have to create your own team of resources but with a clear vision you can do that! Make sure your instructor and your resources are working FOR YOU!

No matter where you are right now in your riding ability, realize you are the one sitting on your horse - Only you can feel what your horse is doing. Only you know what you really asked. Only you know how your horse answered you. With effective communication and a clear vision, you will be able to confidently tell your horse what you want to happen, and make adjustments in that moment to help him do just that. Or, you will know what you need to practice so you can get it right in the future. This empowerment will help you and your horse progress in a way that is a win for everyone.

You got this.

MEMBERS ADVERTS

I am happy to take adverts from members to appear here in this spot. I generally send out an email a week before the newsletter is due out calling for anyone that would like to make a contribution (of any sort)

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RUG CLEANOUT TO HELP FUND MY NEW SADDLE!!!!!!

I have the following rugs for sale. Pickup only or can deliver if local. I will be at the Wednesday rally in May so I can bring any of them along if you'd like to have a look.

Pics are available so if you let me know which rug you want more info on I'm happy to send a photo or ring me. Most rugs are in very good condition unless stated otherwise but I can elaborate on enquiry. Some have a minor repair but all are washed and ready to go.

6'0"

- 1 x green canvas rug, underlay lining, \$30
- 1 x green Full size neck rug, hardly used, on the small side. \$10
- 1 x purple 'Champion' canvas rug with wool lining, \$60
- 1 x purple with white stars synthetic combo, \$40
- 1 x white airflow mesh combo, \$15
- 1 x 'Canta' white cotton with purple edging, \$15
- 2 x white cotton/airflow combo, VGC, \$20 one has a few small repairs, GC \$15
- 1 x 'Petstock' white cotton combo, \$15
- 1 x white heavy duty cotton rug with matching neck rug, hardly used, \$60
- 1 x blue padded bib \$10

6'3"

- 1 x Four Seasons Trojan canvas rug, GC \$60
- 2 x Four Seasons cotton rugs, GC \$15 ea
- 1 x white cotton/airflow combo \$20

6'6"

- 1 x Four Seasons cotton, extra drop, \$20
- Call Helen on 0419030137 or email helenjsharp@bigpond.com

SADDLE BLANKET FOR SALE

Brand new Full Size

Saddle blanket ;) great quality blanket paid \$60

Sell \$45 been sitting in plastic too long not used

Ph Marcy on 0431146736



Rowville Float for sale . Is a 2000 Legend Elite extended 2HSL. Very good condition Regularly serviced .Rego to Jan 2018. Lots of features inc:

Stallion divider, padded chest bar & centre divider- all removable, large overhead rug rack ,breaching covered chains, x2 metal feed bucket holders which fit inside or outside, internal light, poptop, x2 side windows, black storm cover, large tackbox with external and internal door- all doors have gas struts ,x2 personal access doors LED rear lights, jerrycan holder, x7 portable yard panels, hydraulic brakes, 7 point pin, tare 1050kg, almost new truck tyres ,bay 1900cm and 2700cm long from tailgate to front window Tows beautifully Selling as upgrading . \$9500 Txt Sandy 0409195324 Emerald Vic

MEMBERS OUT AND ABOUT

Again, here is a spot that you could tell us all about your fabulous ride last week on Neddy, with your friends. Or about a competition or clinic that you recently attended.

As I stated earlier I was away for a couple of weeks. I was attending clinics with a Californian horseman by the name of Jeff Sanders. Paul (my non horsey hubby) drove me and Dale (horse) firstly to Monegetta (near Lancefield Vic) for Jeff's 1st four day clinic in Australia for this trip. Then after that we headed to Blanchetown SA to attend another 4 day clinic plus one cow working day with Jeff at Steve Halfpenny's place. The cow working day was great to be able to put all our clinic work into practice using the lateral work to move the cattle around. I was thrilled to bits with the way Dale worked this year. He came back full of go and I'm really looking forward to getting him back into work (after him having a couple of weeks off) and to next year's clinics. I think Jeff will be aiming next year's Victorian clinic towards Working Equitation as

it will be held at the home grounds of Lancefield WE group in Springfield. Jeff has worked with Pedro Torres in Europe and his way of teaching and his principles go hand in hand with WE.



Bringing in the cattle



They're way over there!



Trying out my 'new' saddle

Amanda and Dolly have been flying the flag for our club. Here is Amanda's story.

TADARC – Working Equitation Comp

Saturday 15 April 2017

Firstly I would like to say what a wonderful sport Working Equitation is. Working Equitation is becoming more popular by the day and competitions are happening more often, which is so much fun. Members always support and congratulate each other which is such a wonderful asset to this sport and it makes me so proud to be part of it.

Wow, was I nervous, as always, the day before this competition. I even questioned why I entered, but attending a comp gives me even more reason for Dolly and I to improve.

Dressage, as you know from previous articles, Dolly and I have always struggled with our canter. It is slowly getting better as she learns to canter from her back legs, which makes it so much more fun. The dressage arena was really interesting. The Traralgon Pony Club set up a 10 x 16 arena, hmmm who was that for. We set up a new arena within 30 minutes as well as picking up sticks and bark from the sand. Down one of the long sides was an overhanging branch, which was really interesting as we cantered along. I was also told before entering that if I used my crop for the dressage I had to use it for the whole day. I don't use my crop for obstacles so had to hand it over, it felt weird not having one during the dressage (I found out later the lady was given incorrect advice ☹). We picked up the incorrect lead for the left canter for 2 steps then Dolly did a flying change, not from me asking, which was wonderful. We remembered the whole test which I was very happy about. We can definitely improve a lot, but very happy coming 3rd.

Obstacles, these are the reason I love Working Equitation. Frances Hughes included a log as a jump and also a natural bank/ditch, which was interesting for a number of horses. I was really nervous because last comp during the style Dolly refused the bridge 3 times and we got eliminated. I haven't been able to practice the bridge so didn't know how she would go.

Style, We cantered through the start gate and then we were making our way around the first barrel of the cloverleaf Dolly decided to poo, OMG, I can't ever make her move when she poos, so just sat there. I decided I would try to canter the pole pick up, bull and pole drop off. If I missed the bull ring then I knew I would get a point. We picked up the pole at canter beautifully (scored 10) and then tried the ring, I got it

and it flew up in the air and landed on Dolly's (very big) bottom, which the crowd thought was funny (I didn't know until afterwards). Then because we were cantering I ended up a bit far from the barrel, tried to spear the pole into it and it hit the edge and it jumped out. Oh well at least I can get off and on Dolly easily. Now for the bridge, she refused it once, but I focused on something else to try and get her over (thank you Kerry Pitcher ☺, she sniffed the bridge and walked over, very happy. She also went through the bank/ditch very well. Very excited when we came 1st.

Speed, this is now my favourite part of the day. Dolly doesn't scare me anymore as we canter around the obstacles and we don't have to look good, just go fast. We had a ball. She walked over the bridge really well and we cantered through the bank/ditch, you couldn't wipe the smile of my face. We came 2nd which was great. Especially for a horse who would move so slowly a couple of years ago.

I would encourage anyone interested to enter into these competitions, to do so. You get full support from other members and it's not about coming first but just getting better yourself. Mind you, I do like a couple of ribbons ☺

We came Reserve Champions for the day – how wonderful is that, this has never happened before.

After Preliminary A was Preliminary B. Wow to watch them do the obstacles, gives me so much more to work on. They had to do the gate both ways and also carry the pole and the ring across the bridge before dropping it off. They were also so much fun to watch at speed.

Unfortunately, as you might know, Helen Henning passed away a couple of weeks ago. Helen attended all of the TADARC Comps and was the Judge for the Dressage. Helen was very passionate about Working Equitation and will be sadly missed. The TADARC club gave a champagne glass to all the winners of the Dressage in memory of Helen.

Margaret Anderson was the Obstacles Judge today and all of the other TADARC comps I have attended. She is amazing. If any of the horses/riders have problems with an obstacle and become eliminated she will go over to them and help them get through the obstacle. She knows how important it is to help the horse/rider and to encourage them with their learning. They can then continue to do the course, for practice and it might also help them with the speed phase. Margaret is committed to this sport (as we all are) and wants to encourage each and every rider with her knowledge – thank you Margaret.

Amanda and Dolly ☺





Susie was up at Ovens, along with Anna, doing a Legerete clinic with Sylvia. Here she is on Alita riding half pass with Sylvia watching on.

Susie was also flying our club colours at UYARC scoring 70% for her 2nd time out and placed in a class of 35 riders.



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