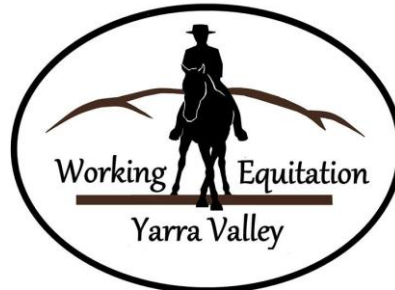


# JUNE 2016 NEWSLETTER



## PRESIDENTS PONDERINGS

Welcome to the newest member of WEVY – Barbara Wal.

I hope that everyone enjoyed their recent long weekend and that maybe you had the opportunity to spend it with your equine partner? I decided to go for a short ride on Monday afternoon – wrong!- the traffic in this area was insane so I retreated to the arena for a while instead. The sunshine obviously brings them all out.

By now you should have all received an email from Lisa saying that bookings are open for the July rallies. We will have a guest instructor for our Wednesday rally on July 6<sup>th</sup>. This will be Natasha Jones and for this rally we will be reverting back to 1 hour sessions with 2 people and the lessons will be straight Dressage (no obstacles). For more details about Natasha go to her website [www.classicaldressage.net.au](http://www.classicaldressage.net.au). Susie will be back on board for the Saturday rally with our normal 2 hr obstacle structured lessons.

Also we have managed to secure the hire of the Lilydale and Yarra Glen Hunt Club grounds for a clinic/rally on the 30<sup>th</sup> October. This has come about due to a booking that we cancelled early last year (or was it the year before?) due to inclement weather. More details as they come to hand.

## **STYLE OBSTACLE TEST PRACTISE DAY**

Our 'Members Obstacle Practice day' is on this Saturday with 16 riders booked in.

If you're not riding why not come along and cheer on your fellow members or offer your services to help for a short while?

There is also the opportunity to do some 'shadow judging' if you are interested in judging WE at some stage. This would be the ideal day to see what goes on in the judges box.

**Date: Saturday 18th June**

**Venue: Gruyere Indoor, 33 Maurice Road Gruyere.**

First rider on at 9am.

## **RALLY DUTY ROSTER FOR JULY**

**Rally Duty this Month: July at Gruyere**

**Wednesday 6<sup>th</sup> Rally: Fay Diamantakis, Carola Sahlar**

**Saturday 9th Rally: Justyna Echaust, Anita Begg**

Remember it is **YOUR** responsibility to arrange a replacement if, for whatever reason, you are not able to do your rally duty day.

Please note the following 'Rules & Regs' for our rallies/clinics at Gruyere.

### **GRUYERE INDOOR ARENA NOTES**

[Note to members & Guests re Rallies & Clinics at Maurice Road Indoor:](#)

[The indoor at Gruyere is a private property and residence of Deb, Wes & Hayley Harper.](#)

[In order to make sure our club can continue to have access to this indoor we ask you to please](#)

[Ensure the following:](#)

- [1. Please enter the gateway past the indoor arena for parking. For safety of riders and horses the first driveway is not be used.](#)

2. We ask that visitors cars (without floats), leave ample clear space for floats and horses to move around.
3. Collect all horse poo from the arena as soon as possible, before it spreads, barrows and scoops are provided around the arena and in the car park.
4. We have access to great yards but ask that you also ensure no manure or left over hay is left in the yards or car park when you leave.
5. When full, barrows need to be emptied onto the manure heap at the back of the arena.
6. There is a lovely new kitchen, with a wood heater and lounge. Our club provide tea and coffee making facilities for you and ask that you clean up any mess after you and also do your dishes and put them away. Please be careful with the log fire and ensure no articles are placed close to or on the fire box.
7. Toilets are at the end of the stable block.
8. Water is available for the horses near the tanks in the car park and also in the laneways by the yards.
9. Please leave dogs at home

If you have any questions or concerns about the facilities please advise one of our members as soon as possible.

As per the notes above re not leaving any manure or hay when you leave - it may be a good idea to bring along a bag and take it home with you.

## **INTERNATIONAL JUDGE TO VISIT VICTORIA**

Nicola Danner is an international WE judge and she will be visiting Australia in October to offer lessons, clinics and judges days.

She is booked to attend the Macedon Ranges Equestrian Centre at Lancefield on October 23/24<sup>th</sup>. More information will be given once the details are finalised but it promises to be a fabulous opportunity for lovers of WE.

## **CLUB FUNDRAISER**

### **Goodwill Wines**

Carola's recent fundraising enquiry to Goodwill Wines is complete. Our label has been done and you can check it all out

[www.goodwillwine.com.au/charities/working-equitation-yarra-valley-veyv](http://www.goodwillwine.com.au/charities/working-equitation-yarra-valley-veyv) and start buying your wines and help us with some fundraising.

Thank you again to Carola for her hard work in securing this wonderful opportunity and I hope that all club members, especially those that like a little tippie, will look at the website and place an order for these lovely wines.

## **CALENDAR OF EVENTS FOR 2016**

For info and bookings email Lisa Saunders at [lisandian@bigpond.com.au](mailto:lisandian@bigpond.com.au)

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

WEYV Calendar:

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

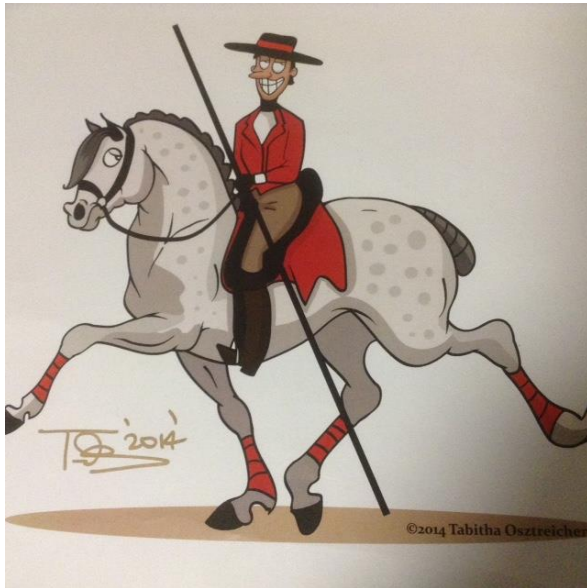
### **2016 DATES**



July -	Wednesday 6 <sup>th</sup>	Club rally	Gruyere
	Saturday 9 <sup>th</sup>	Club rally	Gruyere
August -	Wednesday 3 <sup>rd</sup>	Club rally	Gruyere
	Saturday 6 <sup>th</sup>	Club rally	Gruyere
September -	Wednesday 7 <sup>th</sup>	Club rally	Gruyere
	Saturday 10 <sup>th</sup>	Club rally	Gruyere
October -	Wednesday 5 <sup>th</sup>	Club rally	Melrose Farm
	Sunday 9 <sup>th</sup>	Club rally	Melrose Farm
November -	Wednesday 2 <sup>nd</sup>	Club rally	Melrose Farm
	Sunday 6 <sup>th</sup>	Club rally	Melrose Farm
	Wednesday 16 <sup>th</sup>	AGM	
December -	Wednesday 7 <sup>th</sup>	Club rally	Melrose Farm
	Sunday 11 <sup>th</sup>	Club rally	Melrose Farm

Dates for 2017 calendar were pencilled in at the last committee meeting and once confirmed with venues will be published in a forthcoming newsletter.

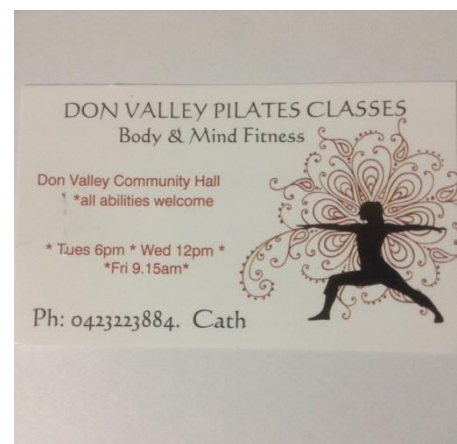
## WE WINDCHEATERS



Some of you may have seen me floating around wearing the above hoodie emblazoned with a characterisation of WE? The committee thought that it may be a fun way to advertise our fabulous sport. Anyone interested in purchasing one please contact Tabitha at Paint Horse Design; her details are on the card here. I would think that she could put the logo on most articles of clothing for those that aren't into hoodies!

## MEMBERS OUT AND ABOUT

Not strictly riding related but I have started Pilates classes to help engage my core whilst riding and lifting. My back is feeling better already so something is working! Cath holds her classes at Don Valley (see card here) and is a very experienced instructor as well as a really nice person. If anyone wants to join me on a Tuesday night,





or join Cath on any of the other times that she holds her classes, please contact Cath for more details.

## How to be a 'Good Load to Carry' for the Horse

Richard Weiss (Copyright Weis and Miesner 2001)

The first consideration is the **balance** of the rider.

When we sit on a horse we take an attitude between sitting and standing. We support some weight through our seat and some through the stirrups so we are neither sitting nor standing, but doing a bit of both at once. All our weight travels through the horse and is supported ultimately by the ground through the **pull of gravity**.

Balance refers to our relationship to the ground through the horse. The best way to understand it is that every attitude we adopt on the horse we can adopt when we are standing with our feet on the ground. With the help of a narrow stool we can practise keeping our centre of gravity over our feet all the way from an upright seat to a light seat. Notice that the lower leg position is constant because the centre of gravity is kept over the feet at all times.

Weight is directed vertically down the stirrup leather and so the stirrup leather stays vertical and so does the line from the knee to the toe. The vertical line from the knee to the toe and back to the ankle encloses a triangle which is called a '**triangle of stability**' because it is the 'foundation that stabilises the seat' in all gaits, in all paces, jumping or on the flat.

Keeping our **centre of gravity** over our feet and our feet under our centre of gravity is highly energy efficient. Therefore we can be fluid and elastic in the movement required to go with the horse. How to

### **How to Go With the Horse!**

Sitting trot is a good example to use in order to understand what it means to go with the horse because it is bouncy and challenging. Watch a horse trotting and you will see it lifts its whole body weight up in order to change the diagonal pair of legs. It also propels its whole body weight forward.

To be a good load to carry we must stay in balance ie. Keep our head over our centre of gravity over our feet.

We must also give wholehearted permission to be lifted right to the top of our head so it is easy for the horse to bring his back up. This can give the impression the rider is lifting the horses back with the top of his head. No forces are compressed and contained in the body. They flow through because the head freely goes up, and the feet freely go down.

The horses back not only comes up, it travels forward. The rider needs to spring his torso forward just enough to land his seat over his feet where the legs act as shock absorbers (ankle, knee, and hip) softening the jar on the rider's back and the horses back. In this way the weight of the rider is distributed over a wide surface area on the horses back, some into the stirrups (towards the front) and some into the seat of the saddle.

Many riders hate to bounce. They ride as if they don't want to hit their head on the roof. Often the weight slips back in the saddle. Legs are often drawn up or pushed forward. Both attitudes cause a lot of extra weight to be carried by the horse at the back of the saddle. This is the opposite of self-carriage in the rider. In self-carriage the rider does in his own body what is required to keep up with the horse. Of course there is some effort involved in this.

The efficient rider distributes this effort evenly throughout his whole body and does no more and no less than the minimum required.

The body is toned in such a way that it acts as a **spring**. Too much tone and it becomes stiff and jars, too little and it sags and flops. The same is true for the horse. True suppleness requires **positive tone**. The ability to adjust the tone in the body and to readily redistribute it is fundamental to riding. What is described as the requirement to go with the horse in sitting trot could be called a **Postural Attitude**. Every movement requires the rider to adopt the appropriate 'postural attitude'. A postural attitude is the way the body is used to go with, and eventually to lead the horse say in collected trot up the long side, walk pirouette or whatever. Specific postural attitudes also direct the gallop in a light seat, the approach and the jump etc...

In order to coordinate its legs in each school movement a characteristic wave like pattern of **oscillations flows through the horse's spine**. This is the swing of the back adapted and shaped to each individual movement ie. Shoulder in, half pass, volte etc. The rider sits with his spine vertically poised over the horse's spine with a sitting bone either side of it. Elasticity in the rider's back allows his pelvis and legs to pedal these oscillations in the barrel of the horse in order to influence where and how the horse puts his feet down. In turn oscillations travel up the rider's back where, in ideal circumstances, they flow through unblocked. The German word *durchlassingheit* describes the same feature in the training of the horse when these oscillations flow through unblocked.

In efficient movement the head leads and the body follows. The reins are used to connect the horse's mouth to the rider's back. The rider uses his back to encourage the oscillations to flow forward and reins assist in keeping the neck of the horse supple. Then they are free to flow all the way through. These coordinating oscillations lengthen the horse's neck so the poll pulses out over the top of the bit. The horse's head looks to glide in space while the coordination of the rest of its body provides it with a smooth ride. This same organisational feature is what gives the head of a well-coordinated rider the look that it glides up in space.

So, the rider needs to go with the up and down movement, the forward movement and with these coordinating oscillations in order to be **harmonious** with the horse.

To be effective he needs to get to know what is required in order to go with the horse in every movement. Then he knows the postural attitude necessary in order to be a good load to carry in every movement and he can learn to use this knowledge to guide the horse.

## **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](http://www.workingequitationyarravalley.org)

## **UNIFORMS**

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

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

## Working Equitation Clinic



### COVERING ALL FOUR PHASES

**PHASE 1= DRESSAGE**

**PHASE 2= OBSTACLES PRECISION**

**PHASE 3= OBSTACLES SPEED**

**PHASE 4= CATTLE**

**SEPT 23/24/25th-FOR PEOPLE WHO HAVE ATTENDED A W.E CLINIC WITH ANDREW**

**SEPT 30<sup>TH</sup> OCT 1<sup>ST</sup> 2<sup>ND</sup> - FOR PEOPLE WHO HAVENT ATTENDED A W.E CLINIC WITH ANDREW**

**COME AND ENJOY THREE DAYS OF THE LATEST SPORT FOR HORSE ENTHUSIASTS. WORKING EQUITATION**

**VENUE – OXLEY NORTH EAST VICTORIA**

**PRESENTED BY - ACCREDITED WORKING EQUITATION TRAINER ANDREW SIMMS**



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**COME ALONG AND ENJOY LEARNING ABOUT THE TRUE PRINCIPLES OF WORKING EQUITATION.**

**RIDERS WILL LEARN TO CONNECT WITH THEIR HORSE SO THAT THEY CAN WORK TOGETHER NOT AGAINST EACH OTHER.**

**COME AND LEARN TO RIDE THE OBSTICLES WITH STYLE AND TO BE ABLE TO WORK CATTLE WITH CONFIDENCE WHILE USING TRUE CLASSICAL DRESSAGE AS A BASE FOR YOUR TRAINING, OBTAINING A TRULY VERSITILE HORSE**

**THESE CLINICS WILL FILL FAST AND HAVE LIMITED NUMBERS FOR ALL ENQUIRES INCLUDING COSTS**

**CONTACT ANDREW AND THERESE ON 0357261010 OR EMAIL**

**[info@andrewsimmshorsemanship.com](mailto:info@andrewsimmshorsemanship.com)**



## **MEMBERS CLASSIFIEDS**

If members have anything that you would like to sell or advertise please let the editor know and I can arrange to put it in the newsletter for you.

A friend of mine is looking for new forever homes for her dogs. This is a heartbreaking decision but unfortunately a necessary one.

## **Free to a Good and Loving Home.**

We are very sad to have to re-home our two lovely dogs as we are moving onto a rental property and there will be no-where to contain them, and keep them separate from our cats. Being contained indoors or on a chain all day is not fair to them and certainly not an option.

Nimis is a Purebred male Whippet with papers, he is the Parti-Colour, Ruby is half Whippet, quarter Greyhound and quarter Stag Hound, she is the Brindle.

They are both 2 1/2 years old, de-sexed and up to date with Injections, fleaing and worming treatments.

Unfortunately Nimis has a very high prey drive and cannot live with cats and small animals. He has killed a possum and has attacked our small animals. he also gets car-sick but this is controlled with sedatives. Nimis would be happy with a bigger dog companion or his own special human.

Ruby will chase the cats but has never harmed one so we feel she is better with bigger animals as well, she does not cope well on her own so would need either doggy or human company most of the time.

We are happy for them to either to go separately or together, just looking for homes that would suit them.

Neither of them have a good recall, are very focussed on running and chasing so cannot be walked off lead. With sensitive training this could be helped.

Please contact Wendy on 0404 855 362 for more information.



Nimis and Ruby



Nimis



Ruby

## **PRIVATE LESSONS**

Susie has advised that she is available for private lessons to club members should they be interested. These could be on an individual basis or a group situation.

Please contact her direct to book or for more details.

*Susie Walker*  
*Equine Encounters*  
*Classical Riding Teacher*  
*EA Coach*

*ANWE Accredited Working Equitation Judge & Trainer  
Available for Clinics & Lessons*

0411 098 462

[walker.susieg@gmail.com](mailto:walker.susieg@gmail.com)

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## CLUB POSTAL ADDRESS

: - PO Box 394 Panton Hill 3759

WEBSITE [www.workingequitationyarravalley.org](http://www.workingequitationyarravalley.org)

### **COMMITTEE MEMBERS**

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**Vice President** - Vacant

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**Instructors & Venues** – Anna Gust [annagust37@hotmail.com](mailto:annagust37@hotmail.com)

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**Minutes Secretary** – Carola Sahler

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**General Admin -** Andrew Feher    [feher.andrew@gmail.com](mailto:feher.andrew@gmail.com)

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