

HAMPSHIRE HORSE

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On-line at www.petercox-photography.co.uk

JULY 2009 (Issue 56)

what's On:

Portchester Horse & Pony Association

Sat 25–Wed 29 July: Summer Camp, West Meon (fully booked)

Sun 23 Aug: Sponsored Ride, Thorney Island

Sun 13 Sept: Fun Show, Danes Road, Portchester

Sun 4 Oct: Dressage, Thorney Island

For further details please contact Steph on 023 9261 9408 / 07857 956105

Wed 1 & 29 Jul: Clear Round Evening, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. To book half hour slot pls call 07500 660049. www.croftonmanor.co.uk

Fri 3 Jul: Fiona Foy Dressage Clinic, Ipley Manor, Marchwood SO40 4UR. Dressage training for all levels. Individual sessions. Outdoor school with mirrors. Iberian horses welcome but all levels, standards, breeds and ages catered for. Very friendly. For more details, or to book, please contact Fiona on 07968 059434. www.fionafoy.co.uk

Fri 3 Jul: Unaffiliated Dressage, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. www.quobstables.com, email enquiries@quobstables.com

Sat 4 Jul: Jumping Clinic with event rider Robert Stevens, Little Leigh Farm EC, Prospect Lane, Havant PO9 5NJ. To book please email rob@robertstevensventing.co.uk

Sun 5 Jul: Unaffiliated Show Jumping Summer Series, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. To book half hour slot pls call 07500 660049. www.croftonmanor.co.uk

Wed 8 Jul: Laminitis Awareness Evening, Hazleton Horse Feeds, Hazleton Farm, Havant Road, Horndean PO8 0DR, 7pm. Talks by Liphook Equine Hospital vet, plus Dengi rep. Tickets £1 on the night or in advance. Redeemable against Dengie product. Tel 023 92 593032.

Sat 11 Jul: Dressage Clinic with Ben St John James, Little Leigh Farm EC, Prospect Lane, Havant PO9 5NJ. Non-liveries £30 for 45 min private lesson. Spectators welcome. Tel 023 9241 3687.

Sat 11 Jul: Everything Equestrian Tack and Horse Transport Sale, Hound Hill Farm, Titchfield, PO15 5EA, 10am - 2pm (9am to set up). Equestrian Car Boot - Trailer and Horseboxes for SALE - Police Tack marking – Refreshments - Ice cream, Plants & Farm Produce & more. To book a pitch call 07766 731832 or email horseycarboot@yahoo.co.uk. £6 per car / £8 per lorry or trailer / £10 trade.

Sun 12 Jul: Cadnam Show Society In-hand & Ridden Show, Terry's Lawn, Petlake Farm, Ringwood Road, Netley Marsh, Nr Cadnam SO40 7LA. Show Secretary Mrs.H.Long, 501 Romsey Rd, Maybush, Southampton, Hants SO16 9GQ. Email hazellong2003@yahoo.co.uk, Tel. 07789 888375 or 02380 776854. Schedules available at www.nfed.co.uk

Sun 12 Jul: WRC Open Summer Show, Polly Glovers Farm, West Meon. For schedule send a SAE to Entries Secretary, Clarendon Cottage, Houghton, Stockbridge SO20 6LU or schedules can be downloaded from events page www.winchesterridingclub.co.uk

Sun 12 Jul: South Hants Pony & Horse Protection Group Open Day, 12pm-1pm. This year's theme 'Hawaiian Beach Party'. 12pm-1pm, at Oaklands, Lake Road, Curdridge, Nr. Southampton. Come and meet our horses, parade of horses. Display by Lyn Chapman of Intelligent Horsemanship. Food and drink all day - Live Music - Games - Rifle Range - Fun for whole family. Call (01489) 790982 or go to www.southhantspony.org.uk for details

Mon 13 Jul: Fiona Foy Dressage Clinic, Al Kingston Stud, Plovers Barrow, Toms Lane, Linwood, Ringwood. Training clinic. All levels. Outdoor 60m x 20m all weather arena. For details contact Fiona on 07968 059434. Spaces limited. Booking essential. www.fionafoy.co.uk

Wed 15 Jul: Affiliated Dressage, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. www.quobstables.com, email enquiries@quobstables.com

Thu 16 Jul: Fiona Foy Dressage Clinic, Ladycross, Brockenhurst, Hants, SO42 7QL. Dressage clinic, all levels welcome. Lovely quiet venue, large arena (outdoor), good parking etc. Very friendly. Good for young horses. All bookings strictly through Fiona 07968 059434. www.fionafoy.co.uk

Sun 19 Jul: Cadnam Show Society Native Pony In-hand & Ridden Show, Terry's Lawn, Petlake Farm, Ringwood Road, Netley Marsh, Nr Cadnam SO40 7LA. Show Secretary Mrs.H.Long, 501 Romsey Rd, Maybush, Southampton, Hants SO16 9GQ. Email hazellong2003@yahoo.co.uk, Tel. 07789 888375 or 02380 776854. Schedules available at www.nfed.co.uk

Sun 19 Jul: Open Day, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. www.quobstables.com, email enquiries@quobstables.com

Fri 24 Jul: Unaffiliated Dressage, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. www.quobstables.com, email enquiries@quobstables.com

Sat 25 Jul: Jumping and Dressage Show, Little Leigh Farm EC, Prospect Lane, Havant PO9 5NJ. Buy one get one free for entries received by 4 July. Clear round (£3) payable on the day. www.littleleighfarm.co.uk

Sun 26 Jul: Unaffiliated Dressage Summer Series, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. To book half hour slot pls call 07500 660049. www.croftonmanor.co.uk

Fri 31 Jul: Fiona Foy Dressage Clinic, Ipley Manor, Marchwood SO40 4UR. Dressage training for all levels. Individual sessions. Outdoor school with mirrors. Iberian horses welcome but all levels, standards, breeds and ages catered for. Very friendly. For more details, or to book, please contact Fiona on 07968 059434. www.fionafoy.co.uk

Equine & Human Reiki Therapy

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Welcome

Hello and thank you for coming to my site.

My name is Kathryn Waller and I am a Reiki healer, specialising in healing horses. I also carry out healing on people and people.

My aim is to promote Reiki as an alternative healing therapy that is both natural and gentle for humans and equines. Horses and animals are a significant part of my life, and I feel that the path I am on right now has been chosen for me.

I was born in 1975 and have lived in Portsmouth for most of my life. During the day I work in the far paced world of retail, but in the last few years I came upon this amazing spiritual journey, realising that I am able to help both animals and people with no natural healing abilities. I am always looking to what I should do next, and regularly attend holistic workshops and courses. I am currently practising as a 2nd degree Reiki practitioner, and aim to become a fully qualified Reiki Master by the end of 2020.

I have a natural ability to be able to communicate with horses which is extremely beneficial when offering Reiki to them.

Reiki can aid healing for almost every known injury and illness, of which common causes in both animals and people are: any other than a deep rooted psychological or emotional problem. Reiki is very powerful at helping ease this emotional aspect.

Reiki healing can be very beneficial in encouraging your animal to relax and release tension and stress, as well as helping with behavioural problems.

Reiki for me has been an enlightening. It has helped me overcome many obstacles in my own life, to be positive every day, and when me released energy and sent. In turn I want to be able to bring this same emotional and spiritual experience to you and your animals, and for you to enjoy the benefits as I have done.

Kathryn

I am a fully insured Reiki Practitioner, and covered to also heal to horses, small animals and

Information

If you have any questions about healing or would like more information, please contact me.

Reiki Principles

- Just for today I will not worry
- Just for today I will not get angry
- Just for today I will be honest
- Just for today I will control my thoughts
- Just for today I will give love and show respect for every living thing

Reiki: 07765 395172
Email: kathryn@handsforhealing.co.uk

My name is Kathryn Waller and I am a Reiki practitioner. My aim is to promote Reiki as a complimentary therapy that is both natural and gentle for horses and people.

Reiki healing is a very gentle non-invasive therapy that most horses readily accept.

Reiki can:

- * assist your horse in recovery from veterinary treatment, and can help relieve tension from box rest boredom
- * help with circulatory and joint problems, easing stiffness and discomfort
- * heal any emotional problems such as loss of a companion
- * help a horse who is suffering behaviour or anxiety problems
- * help calm and relax nervous and highly strung horses
- * promote a healthy skin and coat
- * aid recovery from injuries
- * help calm your horse and promote general well being

I am based in Portsmouth but happy to travel within a 20 mile radius- please call me if you are outside this area



If you think your horse would benefit from a healing session, please contact me to discuss:

Kathryn Waller
kathryn@handsforhealing.co.uk
07765 395172

or visit my web site to read more information about Reiki Therapy

www.handsforhealing.co.uk

Sat 1 Aug: Dressage Demonstration with national dressage champion Roland Tong, and Ben St John James. Little Leigh Farm EC, Prospect Lane, Havant PO9 5NJ, 3-5pm. Tickets £15 in advance, £20 on the day, children under 12yrs free. www.littleleighfarm.co.uk. Tel 023 9241 3687.

Mon 3 – Fri 7 Aug: Own a Pony Week, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. www.quobstables.com, email enquiries@quobstables.com

Sun 9 Aug: Cadnam Show Society BDS Affiliated Driving Event/Shetland and Miniature Horse Show, Terry's Lawn, Petlake Farm, Ringwood Road, Netley Marsh, Nr Cadnam SO40 7LA. Show Secretary Mrs.H.Long, 501 Romsey Rd, Maybush, Southampton, Hants SO16 9GQ. Email hazellong2003@yahoo.co.uk, Tel. 07789 888375 or 02380 776854. Schedules available at www.nfed.co.uk

Sun 23 Aug: PHPA Sponsored Ride, Thorney Island, nr Emsworth. www.portchesterhpa.org or ring 023 9261 9408

Sun 23 Aug: Cadnam Show Society In-hand and Ridden Show, Terry's Lawn, Petlake Farm, Ringwood Road, Netley Marsh, Nr Cadnam SO40 7LA. Show Secretary Mrs.H.Long, 501 Romsey Rd, Maybush, Southampton, Hants SO16 9GQ. Email hazellong2003@yahoo.co.uk, Tel. 07789 888375 or 02380 776854. Schedules available at www.nfed.co.uk

Mon 24 – Fri 28 Aug: Own a Pony Week, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. www.quobstables.com, email enquiries@quobstables.com

Registered Equine Massage Therapist N.A.R.E.M.T. (Hons) based in the South East - covering Surrey, Berkshire and Hampshire

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Equine Massage is a safe, non-invasive, manual therapy; using a variety of techniques, applications and stretches to offer a wide range of benefits for your horse or pony. Including; improved levels of performance, as an aid to rehabilitation, pre/post competition treatments, increased and enhanced stride/flexion ability, maintaining suppleness and emotional/physical re-balancing.

To discuss how Equine Massage Therapy may benefit your horse or pony, please contact me on 07785 502388 or (01252) 404459.

Alternatively you can email me at lisastrideturner@ntlworld.com or visit my web page at www.naremt.co.uk/lisastrideturner.htm.

Sun 6 Sep: Cadnam Show Society In-hand and Ridden Show, Terry's Lawn, Petlake Farm, Ringwood Road, Netley Marsh, Nr Cadnam SO40 7LA. Show Secretary Mrs.H.Long, 501 Romsey Rd, Maybush, Southampton, Hants SO16 9GQ. Email hazellong2003@yahoo.co.uk, Tel. 07789 888375 or 02380 776854. Schedules available at www.nfed.co.uk
Sat 3 Oct: Carl Hester Lecture/Demo, Merrist Wood College, Holly Lane, Worplesdon, nr Guildford GU3 3PE. 2pm-5pm. Carl will ride horses from novice level upwards and demonstrate his training methods. Tickets £40, Tel 01483 884147, or book on-line:
www.guildford.ac.uk/OpenToPublic/MerristWoodArenaEvents/EventsInformation/TrainingClinicsLectureDemos.aspx

Peter Cox Photography

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We are taking bookings for the rest of the season - no attendance charge, irrespective of the size of the event. We are also pleased to announce our new 'on line' shopping facility

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The Secret of a Successful and Harmonious Dressage Test

Dressage judge Charles de Kunffy explains some dressage secrets and how to focus on your horse instead of the dressage movements to achieve a picture of harmony and ease in the ring.

The secret to a successful and harmonious dressage test underlies two principles:

First, when riding your test, focus on your horse, not on the movements. Second, warm up your horse appropriately so you can present a fresh horse and evoke a picture of harmony and ease.

Ride your horse and not the test:

Too many riders ride from point to point instead of riding their horse. Precision is highly important, especially in Grand Prix, but sacrificing a movement's quality as well as your horse's suppleness and calmness just to be precise is a mistake. Riding movements at a given letter is a guideline. It tests the ability of the rider to control his horse and that the horse moves gymnastically correctly, that is in a rhythmic, supple, elastic, suspended and adjustable manner. I often see riders ride movements that didn't come out well twice. For example, if a rider halts at 'A' and his horse steps back, some riders halt again. However, this will always lower the rider's score as the judge will always judge the first halt. A halt has to be immobile and not readjusted. Rather, prepare for each upcoming movement as well as possible.

Warm up your horse in a reasonable & efficient manner:

The warm-up is an important tool to prepare your horse for the test. An efficient warm-up is based on a system that can be divided into three phases. Between these, give rewards with brief rest periods. Limber up your horse and stretch him over the topline. Limbering up a horse means taking time to seek his own cadence and relaxation. The secret to achieve this is to ride constant changes of direction utilising diagonals, circles and serpentines. Perpetual changes of direction make the horse shift his weight from one side to the other with the result that he loosens up. They bring the horse on the aids as they work the horse's haunches and encourage him to engage his hindquarters.

Do gymnastic suppling. This means lengthening and shortening the horse's posture (topline) by lengthening and shortening his stride. This brings the horse's focus to the aids and engages his quarters.



Review and perfect the exercises. Remember that the purpose is to focus the rider and hone the skills to execute correctly. The horse needs no review of exercises. It is the rider who does.

Avoid over-doing one thing:

Avoid drilling certain movements over and over or working with the goal of making the horse tired by exhausting him. Also, if you start out with a stiff horse and try to loosen him up by beginning the warm-up with collected movements, the horse will not have a chance to relax and become loose.

A principle that always remains relevant is "Your horse is your clock". A lower level horse can be warmed-up in about 15 minutes, with a Grand Prix horse it might take 35 to 45 minutes. However, this is a general guideline, which might be different for your individual horse. As a rider with feeling and a good communication with your horse, you know when he is limber, supple and contented.

Gymnastic know-how and preparing the horse properly are the secret for completing a successful, harmonious dressage test. Make your horse supple, move him in rhythm and amplify his gaits to increase suspension. Present a fresh, willing, calm but focused horse to the judge.

That's winning for the horse - but not necessarily a rosette.

(www.localriding.com)

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Viki Sheppard (BHSAI)

Natural Horsemanship Practitioner

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REBALANCE YOUR LIFE WITH YOUR HORSE

By understanding how the horse learns and why he behaves the way he does, and with an open mind, open heart & open hand approach, you can learn how to develop a fabulous communication with him based on trust, respect, understanding and consistency, helping you become a winning combination.

STAY SAFE & HAVE FUN WITH YOUR HORSE



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The sleeping habits of horses are somewhat different to humans. Most humans have only one long stretch of sleep in a 24 hour day. Horses rest for short periods more frequently. Foals lie down for frequent naps and spend about half of their day sleeping until they are about three months old. As the foal gets older the frequency of the naps becomes less and they are more likely to stand rather than lie down.

The Adult Horse: Mature horses most frequently rest in a standing position. The 'stay apparatus' of the forelegs and 'check apparatus' (functions of the leg tendons and ligaments) of the hind legs allows them to rest and relax while not falling down. Lying down is actually more stressful for a horse than standing. Their own weight causes pressure on their internal organs. But most horses will lie down for a brief rest every day if they have a comfortable place to do so.



Length and Amount of Sleep: Adult horses sleep for about 3 hours each 24 hour period. The length and type of sleep is affected by diet, temperature, workload, gestation and gender. The period of each sleep phase is very brief, lasting only a few minutes at a time.

Sleeping Positions: A sleeping horse will mostly carry its weight on the two forelegs and one hind leg. One hind leg will relax with the hoof resting on the toe. The rotation of the hips triggers the stay function of the hind legs. The head and neck droop, and during deep sleep the ears are relaxed, the eyes close and the lips may droop. Some horses do sleep stretched flat out on the ground.

Habits: Horses will lie down to sun themselves and it is not unusual for several horses to lie down at the same time for a communal sun bathe on a warm spring day. Horses tend to spend less time lying down in cold snowy conditions, although on a sunny day some will snooze stretched out in the snow. Each horse has its own sleeping habits. Some will sleep only at night while others sleep during the day as well. (www.horses.about.com)



Classifieds:

WANTED Buy or Loan	Following sad loss of an old friend, I am seeking on loan or to buy at reasonable price, 14-15hh Cob or Cob X. (Not too heavy). Super home at Fontwell in nice private yard. Experienced adult rider willing to start or bring on young horse. Tel 01903 889577
YARD Wanted	Qualified BHSAI, business-minded, mature lady seeks yard and land Hampshire/West Sussex/Dorset to manage/rent/lease long term for own horses and with business potential. 7+ boxes, 10 acres + facilities i.e. outdoor arena and/or horse walker appreciated. Accommodation on site preferred. Permission for livery or potential. Alternatively well fenced grazing with water supply for own stock with shelter and stabling for rent, lease or purchase. Minimum 5 acres. To discuss call 07806 978556
	VW LT35 1994 L reg lady's horse box. Exceptional condition 3.5tonne horse box. Side Load. Currently carries x1 17.1hh horse and a smaller horse. Smart living with overhead luton bed, seating area and storage. Interior saddle and bridle compartment and rug shelf. 74,000 miles (two lady owners). Fully serviced and ready to go. Tax till Sep 09 MOT July 09. Very economical to run. Can be driven by a 17 year old. £9,995.00. Would consider part share of this lorry if located in the area. Please ring for details. Tel: Anytime- 07545096125 Ports / Hants (Nr Rowlands Castle)
SADDLE For Sale	17 1/2" Thorowgood T4 GP Cob synthetic saddle. Black leather-look with suede effect seat and knee pad. With fish system changeable inserts. To fit wide, low withered horses, such as cob-type, Arab, or large Native breeds. Fitted my Arab/Welsh 15.1hh gelding. 18 months old. Excellent condition. £175 ono Tel 07759 571864 (Clanfield)
WANTED Buy or Loan	Following sad loss of an old friend, I am seeking on loan or to buy at reasonable price, 14-15hh Cob or Cob X. (Not too heavy). Super home at Fontwell in nice private yard. Experienced adult rider willing to start or bring on young horse. Tel 01903 889577
SADDLE For Sale	Wintec 500, 17", brown, 2 years old. Excellent condition. £100 ono Tel: 023 9225 1222 (Waterlooville)
SADDLE For Sale	Brown leather 17" GP Fieldhouse Saddle . Good condition. Marked as narrow, but did fit a 16hh Cleveland Bay/TB. Bargain at £295. Please call 07880 553794 (Horndean)
SADDLE For Sale	18", suede seat, black leather dressage saddle . Medium/narrow. £200. Tel: 023 9259 8747 (Clanfield)
SADDLES For Sale	Wintec Equisuede Western Saddle , black, 15" seat (approx 17" English equivalent) and is a wide fitting. Excellent condition, Doesn't fit current horse. Used twice. Western girth straps have been replaced with English ones, so you can use straight away with your normal girth! RRP £375 – will sell for £175 ovno. Will post for £15 or collect North Hampshire. Thorowgood Griffin Pony Club GP Saddle , 16.5", wide fitting. Used but excellent condition, sadly outgrown. Excellent small adult/teenager's saddle. Leather-look with suede knee rolls. Pre-Fish model. RRP £275 – will sell for £95 ovno. Postage as above. Email chesca@handpaintedmagic.co.uk or Tel 01256 884040. Photos can be emailed!
	Matisse (Mattie) is an 18 year old American TB mare looking for a nice home and a quieter life. Good conformation and open to vet. Has been with present owner for the last ten years. Has competed in Dressage, XC, Show jumping to pre-novice level, but is not looking for a competitive home. Good to hack, alone or in company. Good in traffic, but dislikes large vehicles (tractors, Lorries etc...). Despite being 18years old has lots of miles left on the clock and is fit and ready to run. DVD available on request and can be seen ridden and on the ground in present home in Oakley. I will only consider mature and experienced riders. £2000 no offers. 2 new Albion saddles (Dressage and GP) and Albion bridle available at additional cost. As with all her good quality rugs. Serious enquiries only to Kerri on 07989 416319

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