

HAMPSHIRE HORSE

hampshirehorse@hotmail.com



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

OCTOBER 2005 (Issue 12)

Photographic Competition – to celebrate 1 year of Hampshire Horse

As announced in the May issue, Hampshire Horse and Peter Cox Photography are holding a photographic competition. The competition is open to all amateur photographers and the pictures can be of any nature/discipline. You can enter as many pictures as you like. The winner will receive a Peter Cox Photography Gift Voucher; the voucher entitles the holder to a photo session at a location of their choice and includes one 12" x 15" Portrait photograph (mounted, ready for framing). This voucher can be redeemed at any time by the winner. Entry will be £1 per photo which can be submitted either by post as 4" x 6" photo or by email as a 640 x 480 jpeg image. **In aid of a Hampshire and/or horse charity, yet to be decided – If you have a worthy cause in mind please send any suggestions.**

Entry form on back page. Closing date: 21st October.



What's On:

Sat 1 October: Equine Tack Sale, Jubilee Hall, Crouch Lane, Horndean, in aid of ILPH hoof it for horses. 12.30 – 4.00pm. Doors open for stallholders at 12.00, £5, please bring own tables etc. Further info call Tina on 07841 490022

Sat 1 October: Cross Country Schooling Day, Pinkmead Farm Equestrian Centre. SAE to Events Secretary, Pinkmead Farm, Kings Corner, Botley, Southampton SO30 2HA, tel 01489 782469

Sat 1 and Sun 2 October: Kingsclere Hunter Trials, Cannon Heath Down, Kingsclere, nr Newbury. Entries Secretary: Claire Whickman, Winmalee, Long Lane, Shaw, Newbury RG14 2TH, tel 01635 200920 (between 7.00-9.30pm only). Further info available at www.bb-draghounds.co.uk

BHS Hampshire Practical Horse Ownership Lectures

Colden Common Community Centre 7.30pm. Tickets £5 members, £7 non-members

Contact Mrs Tricia Willats, Paddock Lodge, Dummer, Basingstoke RG25 2AF, tel 01256 398449

Wed 5 October - **Equine Dentistry** with Martin Walls

Wed 12 October - **Tack Fitting** (saddle, bridle, bits and boots) with Hilary Vernon

Wed 19 October - **Farriery** with Nick Sturgess

Wed 26 October - **Road Safety and Access** with Morag Gibson, Brenda King and Hampshire HorseWatch

Wed 2 November - **Worming and Land Management** with Andrew Kennedy

Thurs 6 October: Monty Roberts Lecture Demo, Merrist Wood Campus, Worplesdon, Guildford, Surrey. Contact Intelligent Horsemanship, Lethornes, Lambourn, Hungerford, Berks RG17 8QS. Tel: 01488 71300

Understanding Equus Workshops

Debbie Reilly, Equine Trainer & Behaviour Specialist, Oak Tree House, Hightown Hill, Ringwood, Hants BH24 3HE.

Tel/fax: 01425 473151, mobile: 07715 732278.

Email: info@understandingequus.co.uk

Web-site: www.understandingequus.co.uk

One-Day Workshops £145.00 each

Spectators welcome

Fri 7 Oct: Introduction to long-lining to develop balance and self-carriage.

by prior arrangement

Sat 8 Oct: Advanced long-lining techniques to build trust and confidence.

£30/day

Debbie is also available to visit you for coaching sessions, group workshops etc. Prices from £35/hr plus travel @ 45ppm

Sun 9 October: Hunter Trial, Pinkmead Farm, Botley. SAE to Secretary, Pinkmead Farm, Botley Road, Curbridge, Botley, Southampton SO30 2HA

Sun 16 October: Hunter Trials, Heath Farm, Godalming, Surrey. Entries Secretary: Mrs. Kate Andrews, The Cottage, Paice Lane, Medstead, Alton, Hants GU34 5PR, tel 07818 445972. Entries close 10 October.

Sun 16 October: Thorney Island Sponsored Ride, Thorney Island, nr Emsworth. Events Secretary tel 01489 878548 / 07866 587444

Sun 30 October: Candover Valley Sponsored Ride, The Grange, Northington. SAE to Events Secretary, Avington Park, Winchester SO21 1DB, tel 01962 779260

Thurs 10 November: Christopher Bartle Lecture Demo, Merrist Wood Campus, Worplesdon, Guildford, Surrey. Contact Intelligent Horsemanship, Lethornes, Lambourn, Hungerford, Berks RG17 8QS. Tel: 01488 71300

Hampshire Horse

Email: hampshirehorse@hotmail.com

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Portchester Horse & Pony Association

Show Jumping Rallies, Crofton Manor with Amanda Napleton. £10 per rider/horse. Lead rein 1-2pm, novice 2-3pm, intermediate 3-4pm. **Sun 6 Nov, Sun 11 Dec**

Flat Work Rallies, Crofton Manor with Amanda Napleton. £10 per rider/horse. Lead rein & first ridden 1-2pm, intermediate 2-3pm. **Sun 9 Oct, Sun 27 Nov**

Rallies are for members only. New members always welcome.

Sun 30 Oct: Halloween Show – fun classes with a Halloween theme. Danes Road, Portchester. SAE to Jo Preston, 89 North End Grove, Portsmouth PO2 6NF

Sun 18 Dec: Trip to Olympia. Contact Anita 023 92528936

For further details please contact Jo or Corrie on 023 9261 7841

Thurs 1 December: An Evening with Yogi Breisner (British Eventing's Performance Manager), Merrist Wood Campus, Worplesdon, Guildford, Surrey. Contact Event Secretary 01483 884147

Wed 22 February: An Evening with Andrew and Bettina Hoy, Merrist Wood Campus, Worplesdon, Guildford, Surrey. Contact Event Secretary 01483 884147

One Day Equine Courses at Merrist Wood Campus, Guildford, 10.00am – 1.00pm, Tel 01483 884040

Sat 5 November: Tack Fitting (Learn how to fit tack so it is comfortable for both horse and rider)

Sat 10 December: Travelling the Equine (Learn to trailer your horse safely)

Sat 4 February 2006: What to look for when buying a horse (Learn the skills needed to know what you should look for when buying a horse)

Sat 25 March 2006: Lunging and Long Reining (Learn to lunge and long rein your horse to improve training techniques)

To register please contact the Campus direct or visit www.guildford.ac.uk/mwSite/mw_index.aspx

Peter Cox Photography



Latest Product Launch - I can now offer 'Personalised Greeting Cards' at lower prices than many High Street Shops offering the same service - two sizes available - with over 10,000 images to choose from you're bound to find something for every occasion. All you have to do is choose the picture and the message - place your order - and the cards are delivered to your



door - no wasting time - no messing about - inside of the cards are left blank for you to write your own special message - see web site for full details.

My web site can be found at www.petercox-photography.co.uk - or call me on 02392 691349 - all major credit/debit cards accepted.

All photographs taken during 2004 season are still available for on line viewing on my web site

DIY Cleaning of Rugs

Rugs that are cleaned each year will last longer and are much more comfortable for the horse to wear. By removing the mud, muck, hair and dead skin the horse will stay cleaner through the winter. Washing may also help to prevent any skin problems from recurring.

To do your own rug cleaning you will need *large dustbin *hose pipe *clean, free-draining surface *non-biological washing powder *broom *dandy brush *waterproof clothing *wellies.

Allow one cup of washing powder for each rug and place in a bucket together with some hot water to allow the powder to dissolve. **Note:** Some of the modern breathable fabrics can have their waterproofing removed by ordinary detergents. Check the rug's care instructions before starting.

Now tip into the clean dustbin and fill with cold water. Place rug(s) into dustbin and push down into the water and allow to soak overnight. About 30 minutes before cleaning the first rug tip the dustbin on its side and let the rug drain. You will stay drier and the rug will not be so heavy to lift.

Using a pressure washer makes the whole process easier. Simply soak as before and allow to drain before hanging on a large piece of plywood or brick wall. Start at the top of the rug working your way down removing all dirt, hair and



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soap. Repeat on the other side and hang out to dry. Be aware that use of a pressure washer could mark a rug or even rip the fabric on an old one.

New Zealand/Outdoor Rugs: Lay out on a free draining surface and scrub off all the superficial dirt with an old Dandy brush. Using the broom and hose pipe sloosh the rug with water, sweeping away all mud and muck. Repeat this process on the other side and then continue to sweep and rinse on both sides until the water running from it is clean. Hang up to dry.

Stable Rugs: As before, allow to soak and then scrub off the dirt with a Dandy brush. This time return rug to dustbin and rinse with hose pipe - climbing into the bin and standing on the rug will help to swill it. Drain and repeat until water runs clear then hang out to dry.

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***A Bit of Fun !!* - Horse Astrology by Kim Devries**

Libra (September 23 – October 22) The Libra horse is naturally outgoing, charming and graceful. More than anything, this horse wants to be popular, and will seek to be on good terms with everyone. Your Libra horse will actively go out of its way to initiate friendships. It is important to do activities together that give it a sense of companionship. In building your partnership with your Libra horse, you will come to realise that it is innately indecisive, so will expect you to communicate constantly your intentions. Your Libra horse will go out of its way to please you and accommodate all your demands, so it is important that you appreciate this, and treat it fairly and justly. Your Libra horse will demand, in the most charming of ways, that you give as much as it does. This horse's aim is to seek balance in whatever it does. As Libra rules the kidneys and the lumbar region, the Libra horse is prone to health problems in these areas. Generally this will only occur if your Libran horse's needs for peace, harmony and fairness within the partnership are not met.

To be continued.....

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Cold Therapy

Immediately after an injury the body initiates an inflammatory response. This causes chemicals and cells from the immune system to accumulate as a fluid, which causes swelling (oedema). This swelling can actually cause previously healthy cells to be damaged as they are deprived of oxygen by the excess fluid.

Why cold therapy? The purpose of cold therapy is to break the cycle of inflammatory response before it causes cell damage. Cold treatment greatly reduces the amount of tissue lost to secondary injury. Cold therapy is used to treat swelling around soft tissue injuries e.g strains and sprains, or secondary swelling in the area of an open or closed wound. For as long as there is heat and swelling cold therapy will help. This can be anything from 12 to 72 hours after injury. If dealing with an open wound discontinue as soon as the swelling subsides, as the cold treatment will delay the healing of the wound.

How to apply cold treatment: Before you start make sure that the horse's skin is wet to allow the treatment to be effective. Dry hair and skin act as insulators and will lessen the effect of the cold treatment. The treatment can be applied underneath bandages or wraps, in specially designed pocketed boots, or in the case of instant ice packs, held or bandaged to the affected area depending on the location of the swelling. Excessive cold, applied for too long, can permanently damage tissue, so it should be applied for no longer than 20 - 25 minutes at a time, unless advised by a vet and under their supervision.

Cold therapy methods: Ice is the least expensive option. It can be applied to the injured area with a wrap or bandage, or added to a bucket of water, which the horse can stand in. But ice can be bulky, unmanageable or unavailable.


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Gel packs can be chilled in the freezer until they are required and then placed in special pocketed boots, or bandaged on. Take care though because if they are applied too cold they will damage your horse's skin and destroy more cells.

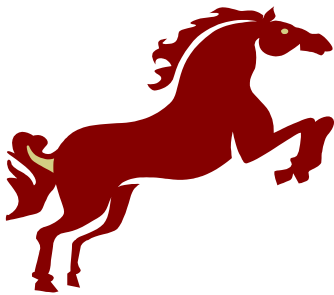
Instant ice packs contain chemical substances, that when mixed together by squeezing the pack, produce cold. They are designed for single use and handy to keep in a first aid kit for emergencies or for use when away from home. These ice packs will not actually reach freezing point so you are not at risk of causing further damage to your horses skin.

Water activated cold boots are soaked in water, which causes the chemical granules in them to become cold and swell. They come in various shapes and sizes.

Other methods of cold therapy are cold wraps or bandages impregnated with cooling gel, temperature controlled cold therapy systems and pressure cold boots. It really depends on your budget and personal preferences as to which form of cold therapy you choose, but applying cold treatment in any form will help your horse recover in the event of a soft tissue injury.

To view a range of the different products available for use in cold therapy please visit the Shopping area on www.HorseActive.co.uk

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HAMPSHIRE HORSE



ENTRY FORM – PHOTOGRAPHIC COMPETITION

I wish to enter the Hampshire Horse/Peter Cox Photography Photographic Competition. I have enclosed / sent by email(no.) photos and have enclosed payment of £1/per picture. I have also enclosed an SAE for the safe return of my pictures. Closing date 21st October. (Please make cheques payable to Mrs. S. Edwards). Winner will be announced in November issue.

NAME EMAIL

ADDRESS.....

Tel. no.

Please return form to address below or send an email with relevant details

October 2005

Hampshire Horse

Email: hampshirehorse@hotmail.com

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