Dates for your diary:
VIRTUAL DRESSAGE:
Entry closes on 25th March.
Video submission by 31st .

ANOTHER QUIZ ! : 6th April 21

Remember :

- **Wash your hands**
- **Stay Alert**
- **Cover your face, wear a mask**
- **Keep the 'two metre' at least, social distance**
- **Protect our NHS**

March 2021 Newsletter

Wessex Riding Club

Hi all,
Wessex Wenches have some work to do! But we did take part and it has blown the cobwebs off after a year of doing very little. As my instructor says, its work in progress. Thank you to everyone who helped the Virtual Dressage Area 17 entries and sorry we didn't win any ribbons this time, but we tried! As they say in the movies, we will be back, better and stronger.

There are still a few days to get your entries in for our own Virtual Dressage competition for March. Entries need to be with Ali by 25th March and the video uploaded to WhatsApp by 7pm on 31st March.

Costs are as follows;
Members = £6.00 per test
Guests = £11.00 per test
Results will be published 10 days after the closing date and test sheets and rosettes will be sent out by post afterwards.

March tests are as follows;

Intro A (2008)
Prelim 7 (2002)
Prelim 18 (2002)

You can select any Novice Test or Elementary Test but this detail must be noted on your entry form. Full details can be found on the website.

I was really pleased to see so many faces on the Talk and Chat evening with Elaine Tyley. I think we will be asking her to do another session for us as her story is fascinating and so relevant to listen to the tales. If you do want to know more about her and the services she provides her website is

http: www.horsesvoice.co.uk

She has a book about her experiences which can be purchased at the cost of £10.00 and I must admit when life gets somewhere near normal and we can re- group, a trip down to her Yard in Dorchester might be on the wish list.

I did mention in our last newsletter that Caroline had had a bit of a fall from Jigsaw recently. Four broken ribs is maybe a bit more of a bump than I portrayed at the time, but I have asked her to make a contribution to this edition of the newsletter by giving us a few facts about the tumble and what saved it from being a disaster. It's called a Body Protector. Read and digest.

"Thank goodness for my air vest!"

You probably heard of my fall from my best friend Jig in the last newsletter!! I have been riding since I was ten and this is the first time I have ended up in hospital from a fall.

It could have been a lot worse had I not been wearing my air vest.

Due to the lock-down we decided at our yard not to hack out, to lessen the risk of one of us ending up hospital due to a fall. We wanted to protect the NHS. We waited pa-

tiently for the hospital admissions to reduce as they eventually did. So, the time came when we felt it was sensible to hack out again.

It was a lovely quiet sunny afternoon when we decided to go for a slow hack around the block as none of us, horses nor riders, were very fit !! We had a lovely time enjoying the ride and being out again. We stopped ¾ of the way around to chat to some ladies in the village outside their house. The horses stood calm and relaxed when suddenly we heard a very loud bang, saw flashes of colour and sparks flying from electric pylons in the meadow just to the side of us. As you can imagine our horses took flight!!

Jig is a most splendid horse, I trust him to go by very scary things but this was too much even for him. He spun around very sharply in a split-second, depositing me on the bank on the side of the road. Unfortunately said bank also had concrete stones that of course I had to fall on! Bang went the air vest before I hit the deck. I knew I was hurt !! chest pain and difficulty to breathe.

Help was at hand very quickly, with the horses safely being taken home and myself on my way to A and E in Salisbury. The result of the fall was four broken ribs.

If I had not been wearing an air vest the injuries could have been far worse!!!

This is not an advert for air vests it is just a sharp reminder that although we trust our horses with many things we cannot foresee things like birds flying into electric pylons!!

So please lovely people a reminder that you should always protect yourself and wear a good safe hat and back protection and reflective clothing.

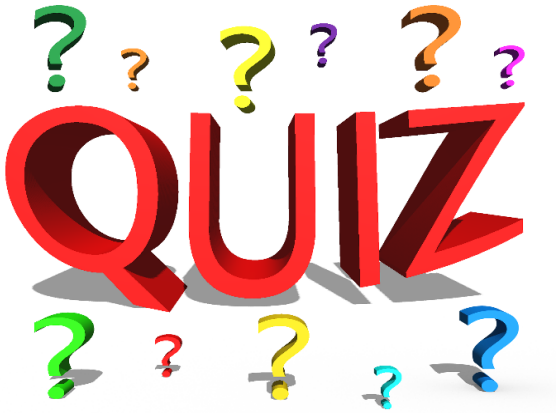
I do not blame Jig at all for what happened. I will be back in the saddle soon.

Happy Hacking everyone.

To Jab or Not? And we aren't talking COVID here!

The recent outbreak of Equine Herpes Virus has caused serious concerns amongst horse owners and yards across the country, indeed across Europe. An interesting article appeared in the Horse & Hound so I have attached the link, kindly brought to my attention by Rachael Seager-Smith, so thank you R! [Should horse owners vaccinate against equine herpes virus (EHV)? - (horseandhound.co.uk)]

I read the message as a need for 'long-term protection' rather than knee jerk reaction but would be very interested to hear your views?



We are running another Virtual QUIZ NIGHT on Tuesday 6th April 2021 the details will be available nearer the time but please put the date in your diary.

Details of log in and start times will be circulated shortly beforehand but now is the time to brush up on your general knowledge, from the previous quiz it seems competition is fierce!

Again - There is no charge to enter – but you will need to provide your own drinks and nibbles!

A quick mention that as the weather improves the Pleasure Riding Scheme numbers are starting to rise so if you haven't joined yet now is the perfect time to get some hours under your belt. The joining form is on the website and it's just £10.00 for the year;

Caroline can be emailed at; Jigbabe15@gmail.com

I will update the numbers in the next newsletter but we have 15 members in the scheme so far!

Dates for your diaries for April and May

Training with Julia Corey will be at her yard on the 18th April and 2nd May 2021. There are a few slots available so email Lorna asap if you wish to attend. There will be an email out shortly with more details but please lodge your interest.

The month end Dressage at RDA Sunday 25th April will be in the shape of a clinic. This will consist of a 30 min lesson with two chances to run through a test with filming – these will be then entered into the April virtual dressage competition. Details to follow but if you are interested, Lorna and Hazel are your contact points.

Virtual dressage tests for April are;

Intro B
Prelim 2 & 14
PYO Novice or Elementary (20 x 40)

Placing 1st to 6th.

Score sheets and rosettes will be posted out to competitors. They should have their scores about 10 days after the last day of the month.

Training at RDA on 9th and 23rd May
Probably a choice of flat or jump as we are lucky to have both Sarah and Trudi at RDA.

The Area 17 Horse Trials competition has been announced for mid-May so if anyone is interested in entering we could get some cross country training planned beforehand. If you are interested, please get in touch with Lorna or Hazel ASAP.

Another Talk and Chat is planned for 11th May
Zoom invites will be circulated nearer the time.
We have a lovely lady called Victoria Leabeater who has been invited to talk to us via Zoom about her new business and what she can bring to our training and progression. Her business is about assessing performance using technology. Whether dressage, eventing or jumping we could all do with guidance. The programme is about Performance and Biochemical Analysis, using technology to identify areas where marginal gains made in training could have a positive impact on performance. Every little bit of guidance makes us better riders and that in itself boosts our confidence.

You can find out a lot more by visiting her Web site www.equestrainperformaceanalysis.co.uk

I spoke to Victoria and she is excited to spread the method to all levels of rider because she feels passionately that this is a way of everyone developing their skills, can't be a bad thing can it? The methodology is used in many professional sporting activities notably Rugby, being one that has benefitted from technology and I believe Victoria can tell us a bit more about that as well.

Finally, I must bring your attention to fund raising activities that are being launched by Riding for the Disabled at Wilton. You can find more on the Facebook link below. I am sure that as this gets rolled out further the RDA website will be full of suggestions but in principle it's about signing up to do 100 of something, that could be sit-ups, walks, miles or maybe just eating chocolate bars!

The link https://fb.watch/4nxi5ZdQ5-/

Hope to see you all soon,

Very best wishes, and be kind to yourselves, stay safe and well.

Janet and the WRC Committee.

Useful Emails:
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