

FOR THE HORSE!

MARCH 08



FREE for agisters & riders at Ardis

STUDENT OF THE MONTH –



SAM BUNT

This month's worthy recipient is Sam, pictured here with his pony 'Wally'.

In the past 7 months Sam & Wally have come a long way!

Sam has overcome his fear of what Wally might do next & in turn, Wally has learnt to respect Sam (most of the time, at least!)

Time was spent initially on ground work to help Sam understand Wally's behaviour & to teach the pony some manners. Things then progressed under saddle. Sam is now at a stage of refining his aids to make Wally as soft in his responses as possible & has started canter & jump work.

Sam always listens hard in lessons & his recent progress has been simply stunning. Keep up the good work Sam.

WELCOME NEW STUDENTS

Myles Bianca Katherine Anna

WHAT DOES ARDIS MEAN TO YOU ? ...

by Amelia Coates

Ardis is about giving people a well rounded education in all aspects of horse management and care. Creating partnerships between horse and rider and a respect that goes both ways.

PROPERTY CONSULTANT

For fantastic advice on any aspect of property management, please give Adam Little of Aspire Farm Consulting a call:

www.aspirefarmconsulting.com.au

BIRTHDAYS

We'd like to take this opportunity to wish the following people a very Happy Birthday:

01 Mar	Elizabeth Campbell
03 Mar	Elyse Landsberry
05 Mar	Emily Waters Liam Dunnett
09 Mar	Chrissy Kemp
17 Mar	Izzy Stephens Sophia Flight
20 Mar	Amelia Coates
24 Mar	Kathleen Beckman
25 Mar	Nicola Ferendinos
26 Mar	Lesley-Anne Taylor Taygan Pearce

"PJ"

by Henrietta Gruzman



WARM WELCOME TO ANNA & CLAIRE

13yr old Anna has taken out a half lease with Ande. We wish them heaps of success & fun and know that Ande is going to love the attention!!

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PLAYING WITH YOUR HORSE ...

by Nicola Taylor

In the middle of last year Maverick & I started groundwork lessons with Soo. I really didn't know much about groundwork when we started, even though I'd owned Mav for several years at that time. What I did know was that when Mav behaved I could lead him easily, but if he was uncertain, frightened or stubborn I didn't have the skills to handle him.

Gradually I've learnt to observe his body position & movement – is he calm, distracted or attentive to me, thinking, following my instructions? I've also had to learn be very aware of MY movements – am I standing in the best position relative to him for what I want from him, where am I looking, where is my arm with the whip etc? I've learnt that Mav sure knows where the whip is & is very reactive to it! He also knows where I'm looking, where I'm standing.



Mav starts to self load

If I'm clear in what I'm asking, then he behaves (most of the time or at least I have some idea on how to make him behave).

It's been fun playing with him on the ground – a different sort of interaction to riding him.

These lessons proved invaluable in January this year when I needed to float Mav by myself to St Ives Showground for the DPI EI testing day. I really needed to use the groundwork skills I'd developed to teach Mav to calmly self-load onto the float. Soo & I spent several sessions working with him to teach him what was expected of him. To start with he was very uncertain about going in at all. My job was to indicate where I wanted him to go, using the 'walk forward' aid. Every time he wanted to run off backwards we allowed

this (we didn't want to hang onto his head, cause him to raise it & hit it on the float roof nor have him feel



Being reminded to go forward

restricted) but then quietly, calmly & politely each time would explain that we weren't happy for him to come off & ask him to go back in. His reward was that we stopped asking when he did as we asked.

Progressively he moved further up the ramp & then into the float itself. We got to a stage where we believed he was not too scared of being in there but was coming off as a game. So we then had to encourage him to stay on by again using the 'walk forward' aid when he thought 'backward'. We took our time through this whole process & it paid off with a horse who on the day self loaded without fuss, travelled & unloaded at the venue. He also loaded well for the return trip.

Misson accomplished!! I was so glad that I'd had those beginner groundwork lessons last year!



& finally in!

"Life is not measured by the number of breaths we take, but by the moments which take our breath away"

Author

Unknown

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"JUST A HORSE"

Author unknown

From time to time, people tell me, "lighten up, it's just a horse," or, "that's a lot of money for "just a horse". They don't understand the distance traveled, the time spent, or the costs involved for "just a horse."

Some of my proudest moments have come about with "just a horse." Many hours have passed and my only company was "just a horse," but I did not once feel slighted.

Some of my saddest moments have been brought about by "just a horse," and in those days of darkness, the gentle touch of "just a horse" gave me comfort and reason to overcome the day.

If you, too, think it's "just a horse," then you will probably understand phrases like "just a friend," "just a sunrise," or "just a promise."

"Just a horse" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a horse" brings out the compassion and patience that make me a better person. Because of "just a horse" I will rise early, take long walks and look longingly to the future.

So for me and folks like me, it's not "just a horse" but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment.

"Just a horse" brings out what's good in me and diverts my thoughts away from myself and the worries of the day. I hope that someday they can understand that it's not "just a horse" but the thing that gives me humanity and keeps me from being "just a woman." So the next time you hear the phrase "just a horse" just smile, because they "just" don't understand.

GET WELL SANSI

Pics of Sansii & Amelia at a dressage clinic with Peter Shaw a few weeks ago.



Poor Sansi has suffered a few bouts of colic over the past month. We recently learned he had an enterolith, or mineral deposit, the size of a rock melon in his gut. He has had surgery & is now back at Ardis recuperating.

He has to stay on box rest (in his stable) for a month before starting very gradual turn out. Given the nature of his surgery it is **IMPERATIVE HE IS NOT FED ANYTHING** unless advised OK by myself (Soo), Kay or Amelia.



He loves hugs & cuddles & a bit of attention so it is OK to say "Hi" to him ... but just don't feed him, *please!*

VIDEO WORTH WATCHING?

The following link will take you to an incredible bit of footage. Well worth spending 5 minutes watching .. for all the family!

<http://www.westfallhorsemanship.com/media/128do.wmv>

.. with regard to horses ..

"The more I learn the less I know!"

Kay Coates, 31-Jan-08

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CLASSIFIEDS

POSITION VACANT

Ardis is looking for 1 or more full or part time stablehands/grooms. If you know of anyone who might be interested, please ask them to call Soo or email ardis@tpg.com.au

SERVICES AVAILABLE

Not enough time to ride your horse? Going away? Schooling available by Soo or Tamsin, \$65 & \$35 per session respectively. Call Soo on 0411 623 479 or email ardis@tpg.com.au

To advertise here for free, send email to ardis@tpg.com.au

NEWSLETTER NAME COMP. RESULTS

A very big THANK YOU to those of you who put forward suggestions for the new name of the newsletter:

Soo's news .. Henrietta Gruzman
Soo central .. Henrietta Gruzman
The Horrendouse Horse Letter .. Brooke stephens
News from the Hooves .. Brooke stephens
Happy Horseletter .. Brooke stephens
Ardis News .. Taygan Pearce
Horse News .. Taygan Pearce
About the Horse world .. Taygan Pearce
Horsing around .. Taygan Pearce
Horses need and horses do .. Taygan Pearce
What the ponies are up to .. Taygan Pearce
Soos got news .. Taygan Pearce
What horse did what .. Taygan Pearce

Given there were only 3 people who put forward suggestions, each will be rewarded with a lesson/trail ride.

You will see the name decided on is 'For The Horse', which was put forward with someone who'd prefer to remain anonymous!

QUIZ CORNER

1. On which side of the road should you ride?
2. How do you check whether your stirrups are approximately the right length for you?
3. Name 3 natural aids
4. Where should a rider look when circling?
5. What is the sequence of footfalls in the walk, starting with the left hind?
6. Why should you leave cobwebs in a shelter/shed?
7. How does Soo teach you to ask a horse to lift its front leg when cleaning its hooves?
8. Give 4 reasons for re-shoeing your horse
9. How do you checking whether a stirrup is the right size for your boot?
10. Name 2 essential pieces of rider gear when riding & describe them.

"With riding, it's not necessarily the knowledge you gain at the end of the hour, the week or month, it's the experience of the journey that helps us to reach those few moments of inspiring calm. Even though the "I've got it" moments are few and they may only last for that moment with our horse they are treasured and provide the building blocks for our relationship with those beautiful animals.

Tiffany Bolinowsky, 31-Jan-08

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QUIZ CORNER – ANSWERS HOW DID YOU GO LAST MONTH?

- Where would you find an eggbutt snaffle?
 - in a grooming kit
 - in the tack room**
 - in the feed room
- Which part of the horse is usually affected by mud fever?
 - the head
 - the neck
 - the legs**
- In which equestrian sport do horses perform a half-pass?
 - show jumping
 - dressage**
 - eventing
- At what age does a horse have a full mouth of permanent teeth?
 - six years old**
 - seven years old
 - eight years old
- When using a saddle cloth, why should you push it well up into the front arch & channel of the saddle?
 - to prevent strain on the centre seam
 - to prevent it pressing on the horse's back**
 - to prevent it slipping
- What is the average capacity of the horse's small intestine?
 - 20-30 litres
 - 30-40 litres
 - 40-50 litres**
- Who makes bits?
 - a saddler
 - a loriner**
 - a cooper
- True or **False**? All Lipizzener horses are born grey.

- We measure horses in 'hands'. How many inches/centimetres are there in a hand? **4 inches to a hand**
- Which of these sports is not an Olympic discipline?
 - show jumping
 - endurance riding**
 - dressage

WELCOME RACHEL SMITH - INSTRUCTOR

Please make welcome my friend & fellow instructor and eventer, Rachel.

Rachel is an EFA NCAS Level 1 General registered coach. She is also a part time primary school teacher. She will be helping at Ardis as required.



Rachel became a riding coach after more than ten years of riding & teaching. Her primary goal is to develop confidence in both horse & rider within a supportive and enjoyable learning environment. She encourages riders of all ages to develop a rewarding partnership with their horse to achieve their potential.

She currently owns standardbred Bobby (pictured above) & young thoroughbred, Shanti.

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(adapted from an article by Jane Savoie)

SHADES OF GREY - SECRETS TO MAKING EVERY RIDE A GREAT RIDE

Learn to see things in shades of grey.

If you want to have a great ride every day, stop expecting perfection! Don't look at training and competing in black or white terms. Instead, learn to see things in "shades of gray".

The key to seeing shades of gray is to recognize when things are "a little bit better". For example, when you evaluate your daily ride, ask yourself if:

Regarding your position:

1. Were your hands a little quieter?
2. Did you sit a bit straighter today?
3. Did you keep your eyes up for more of your ride than you did yesterday?
4. Were you able to use your legs, hands or seat a bit more independently? That is, when you used your legs, did your hands stay somewhat quieter than last week?

Regarding your riding:

1. Did you remember to use your legs before your hands more often?
2. Did you control your emotions a bit better so that you were more relaxed, patient, brave, or calm?
3. Did you stay slightly more focused throughout your ride?
4. Did you remember to breathe more often?
5. Did you reward your horse for every effort he made that was a bit closer to what you want as a finished product?

Regarding your horse:

1. Did he pick up the correct lead more often today?
2. Did he stay on the bit longer than he did last week?
3. Did you feel like you were having a better dialogue with your horse? That is, you were a bit clearer in what you were asking him to do, and he understood you better.

4. Did you start to teach your horse something new today?
5. Was he a little braver when faced with the scary wheely bin, a kangaroo on the trail, or other horses passing too closely to him?
6. Did he go sideways a little more easily in your leg yields?

Regarding competition:

1. Did you ride into your corners better than you did last season?
2. Did you think throughout the majority of your ride?
3. Did your legs become less jelly-like?
4. Did you remember to smile more often than at the last show?
5. Were you able to objectively evaluate what went wrong and come up with a better plan for the next event?

Seeing things in shades of grey will keep you feeling optimistic any time you or your horse do anything that's just a little bit better.

I think one of the best ways to keep track of your shades of grey is to keep a daily journal of your rides. Ask yourself, "Have things been a little bit better, not only within each ride, but also from day to day?" Then if you feel like you or your horse are just treading water and not improving, you can look back over your journal and see where you were last week, last month, or even last year.

Your journal will help you keep things in perspective. For example, maybe you're feeling frustrated because your horse doesn't stay on the bit during every canter depart. But when you look back at your journal, you'll see that two months ago, not only was he coming off the bit, but also he was racing off into the canter like he was possessed! By looking in your journal and seeing your progress, you can stay positive. You won't feel pressured that everything has to be perfect right now. Instead, you'll be content with shades of grey. And you'll find that all those 'little bit betters' pretty quickly add up to a "whole lot better".

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PONIES FOR HALF LEASE / PONY RIDES



We have made the difficult decision to half lease Midnight, Nipper & Thunder to the right people. Conditions will apply. Cost will be dependant on use.



Each pony is a capable all-rounder & has a unique personality. They all have different levels of experience with

regard to pony club, outside competition etc. It is important for both the horse & the rider that riders are appropriately matched.

We are also considering allowing parents to bring their kids up for **PONY RIDES**.

Again, conditions will apply. \$20 for half hour session. The kids will be encouraged to also groom their pony. For more information, call Soo 0411 623 479 or email ardis@tpg.com.au



COMING UP

02 Mar	SSJC training	16 Mar	SSJC comp
06 Mar	NRC Thunderbirds Deirdre Stock	21 Mar	NRC xc clinic & rally day
08 Mar	NRC SJ clinic Colleen Brook	27 Mar	NRC dressage
08/09 Mar	Berrima ODE	03 Apr	NRC Thunderbirds
09 Mar	NRC SJ	05/06 Apr	NRC hosting Copabella SJ
16 Mar	NRC Hacking		

USEFUL WEBSITES / ABBREVIATIONS

NRC = Northside Riding Club	www.northsideridingclub.org.au
SIEC = Sydney International Equestrian Centre	www.sydneyeventingatsiec.bigpondhosting.com
WDA = Warringah Dressage Association	www.warringahdress.org
CCDA = Central Coast Dressage Association	www.ccdressage.org.au
SSJC = Sydney Show Jump Club	www.teamj.com.au/ssjc.html
HDC = Hawkesbury Dressage Club	www.hawkesburydressage.com.au

SJ = Show Jumping xc = Cross Country ODE = One Day Event

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