

Soo's Nag Letter ...

a newsletter for agisters & riders at

U ARDIS EQUESTRIAN CENTRE



GEORGIA

Student of the Month - GEORGIA BOLINOWSKY

CONGRATULATIONS to 9yr old Georgia for being awarded Student of the Month this time around. Georgia has been riding for about 2 years and has recently transformed from being a relatively nervous rider to someone full of guts & confidence. She shares her Mum's horse, Tas (pictured), a 16hh thoroughbred (so, on the big side for her!) and is now at a stage where she is out there cantering on her own & enjoying every moment. Georgia has had to work hard on all aspects of her riding & is truly deserving of recognition. Well done George.

EQUINE FLU

There has been a lot in the press over the weekend about the current outbreak of equine flu.

In a nutshell, yes, it affects us. It affects every horse in NSW & beyond. While common in Europe & Asia, till now international quarantine has kept it at bay which unfortunately means that Aussie horses have no immunity to it & the possibility of it spreading quickly are high given its highly contagious state. The Government have issued a state wide ban on transporting horses, donkeys & mules, all horse comps are cancelled & various places have been quarantined in an attempt to isolate the current cases.

Here at Ardis we will keep a very vigilant eye on all the horses. If any of you visit another horse property prior to coming here, PLEASE ensure you wash your hands with soap & if possible, change your clothes! Hopefully we'll keep it at bay & except for being stuck on the property, life can continue as normal.

RESULTS - ARDIS RIDERS KEEP ON GOING!

WDA: Kay 3rd in Prep with 60.00%
Eve 3rd in 1.1 with 60.42%. 4th in 1.3 with 66.00%

Camden ODE: PJ—1st Intro
Dom breathed (again!) in his dressage

Various riders have been out at NRC show jumping, NRC dressage & other comps. If you'd like your results published, please send them to me.

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SKINNY NEWSLETTER—ARTICLES WANTED

I would LOVE some of you out there (KIDS INCLUDED!!) to contribute articles / pics/ quizzes / anything to go in the newsletter. Also if there are things you'd like to buy or sell or just make people aware of, let me know. Let's have an 'Ardis community' board... joddies or boots too small & need to be sold?... whatever else .. doesn't all have to be horse related.



Welcome & farewell

After more than 2 years Eve has decided to hang up her work boots & move on. I know that I can say THANK YOU from everyone at Ardis for the fantastic job you have done while here. During the times I've been away, it's been good to know the horses have been in capable hands. Good luck from here ...

Congratulations to Tiff on the purchase of her new horse, Milo. Though not yet at Ardis we are trying to find a space to squeeze him into ...

Welcome new students: Angus, Ashleigh, Caro, Jude, Suzanne & welcome back Taygan

Welcome to Wally who is boarding with us for a short while

Working Bee - Sunday 2nd Sept

The recent rain (amongst other things) brings me to raise the question as to whether any of you out there would be able/prepared to help out with a working bee. ANY time you can offer will be gratefully accepted. Things that need doing range from cutting up fallen trees, pulling out weeds, painting jump poles, moving rocks, helping create some cross country fences ...+ Unless we get rained out, the first day planned will be Sunday 2nd Sept. It would help to know who can come & approx for how long ..

Please let Soo know if you think you can make it on 0411 623 479 or ardisec@hotmail.com



Happy Birthday to ...

Eliza Simes	25 Aug
Amanda Clark	4 Sep
Isabelle Joyce	9 Sep
Soo	16 Sep
Belle Daniels	20 Sep



Special welcome to Fiona

Please make very welcome **Fiona Hird** who is taking over from Eve starting Sept 1st.

Fiona: "I am currently completing my final studies in Environmental Management. I have a lovely gentle horse named Max who I keep at Terrey Hills. I look forward to meeting everyone and looking after all your horses."

Do you ride with your brain? If so, which side?

By Soo Broster

Riding is not as simple as sitting on another living, breathing, thinking animal and pushing & pulling a bit! To ride well means considering & combining elements of psychology, neuro-linguistic programming, the alexander technique, fel-denkrais and kinesiology. The benefits of weaving these into your riding/learning can assist with educating you, developing your feel & coordination and helping you learn new levels of coordination and therefore ability on horseback.

Some of you may have asked/wondered why I try to teach riders to FEEL what the horse is doing. My response to that is that I believe riding to be SO much more than just sitting on another animal pulling & kicking. You have to work toward becoming a PART of the horse ... you need to get into their brain ... and that all takes a lot of time & effort!

The sensations produced by good functioning are pleasurable in themselves, so when the kinaesthetic sense and nervous system are given the chance of experiencing more pleasurable states they begin to choose them, and to protest at deviations from this new norm. A well-aligned body moves with ease and grace, it is well lubricated and efficient, it looks good, it feels good & it lasts much longer. Are we talking horse or rider here? You decide!

Making changes (in anything, but we're talking riding here) does feel peculiar, weird sometimes even unpleasant ... as a rider you need to be lured away from old habits gently. Often working on something that appears to be totally unrelated can help release/change a habit. Don't be afraid to try a myriad of things to find answers. We are all unique, as are our horses & our relationships with each & every one of them. The same thing that works with one horse may well not work with another. You have to keep on trying.... Some people look at good riders as sculptors, with the horse the medium. The rider progresses from using a hammer, to a chisel and then to a finer chisel as his/her aids becoming progressively more subtle & refined.

In the process of discovering what feels & looks 'right' we all struggle with:

- what we think we do;
- what we actually do;
- what we know we ought to do;
- the corrections we think we ought to make;
- the changes we actually need to make

In riding, there are both good and useless tensions. Some things must be allowed to happen (through relaxation) and others must be made to happen (through muscular work). We get into trouble when we try to make things happen which have to be allowed or we try to allow things which have to be made. Here we come back to trying lots of things. Have I confused you yet?!

When inviting change, should we focus on individual parts (eg. heels, hands, shoulders) or the whole (body/ combination of horse & rider)? Unfortunately, paying attention to individual body parts interferes with the coordinative functions of the brain & leads to stilted performance. Paying attention to the overall picture leaves you lacking in attention to detail. Thus if you just use your left brain & focus on parts you lose the whole, you lose the connectedness and the flow and you never develop your right brain sense of 'fitting' & 'feeling'. You have to move between the two .. fitting wholes into parts and parts into wholes.

As a rider becomes more attuned with her body & teaches better control or relaxation (depending on what is needed!) of her various parts, so too will her horse change. Re-read the third paragraph: *The sensations produced by good functioning are pleasurable in themselves, so when the kinaesthetic sense and nervous system are given the chance of experiencing more pleasurable states they begin to choose them, and to protest at deviations from this new norm. A well-aligned body moves with ease and grace, it is well lubricated and efficient, it looks good, it feels good & it lasts much longer.* Horses also learn new movement patterns - as represented by their progressive training program. As they become more aligned & move with better ease & grace they in turn become more comfortable and enjoyable to ride.

Nobody ever said riding was easy!

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Coming up

Who knows?! All depends on the flu!

NRC = Northside Riding Club	www.northsideridingclub.org.au	
SIEC = Sydney International Equestrian Centre, Horsley Park	www.sydneyeventingatsiec.bigpondhosting.com	
WDA = Warringah Dressage Association	www.warringahdressage.org	
MHT = Macarthur Horse Trials	www.mht.com.au	
CCDA = Central Coast Dressage Association	www.ccdressage.org.au	
SJ = Show Jumping	xc = cross country	ODE = One Day Event

Clinics ... RSVP

When the STOP on transporting horses is lifted I'm planning on organising some clinics at different riding venues, both flat work, show jumping & cross country. Some venues are only an hour away, others 2 hours.

Would anyone who may be even remotely interested, please let me know [ardisec@hotmail.com or 0411 623 479] ... & indicate whether you'd prefer morning or afternoon, midweek or weekend (& if so, which day) ... just as a generalisation so I have an idea of when to organise them.

Thanks ... & here's hoping it won't be too long until we're out & about.

[P.S. I'll probably have space on the truck if anyone needs transport]



Thunder christening the jumping paddock