



The Headley Heath Riders Association

Hacks & Tracks

www.headleyheathridersassociation.co.uk

Newsletter
Issue 18/Spring 2018

*The Committee of HHR A wish
you a very belated*



I can't believe we're now in 2018 – where does the time go! I hope you all had a great Christmas and New Year and I hope you enjoyed the quiz in the Winter Newsletter. How did you do on it?

I hope you have all coped during the snow but we are now in March and hopefully you are preparing for the season ahead, in whatever discipline you compete in, and if you don't compete, Spring is here and you can start to look forward to some evening hacks with the days getting slowly longer. I'm looking forward to getting back to Nosey's training. We gave her a bit more of the Winter off than planned but I think it's done her the world of good as she's matured a bit more and is so much more confident. It's lovely watching her develop, especially after such a rough start.

I would like to take this opportunity to say a **HUGE THANK YOU** to those Committee members who have now stepped down - **Becky, Tracey, Janice and Sam**. They have all given their time so generously for 3 years and have worked harder than you will ever know, as well as holding down full time jobs. They will continue to be involved with HHR A so you will still see them around.

The roles for our new Committee members are now confirmed, as follows:

Christine – Committee Secretary

Caroline – BHS membership and rosettes, prizes and trophies for our events

Sarah and Jo – Facebook and the website

We are hoping that Karen will be Treasurer but that is still to be confirmed.

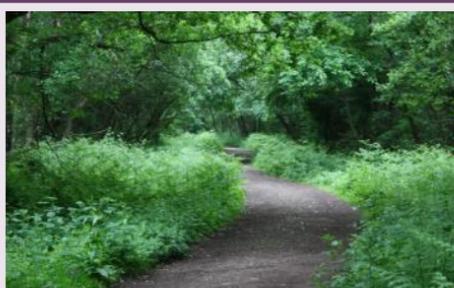
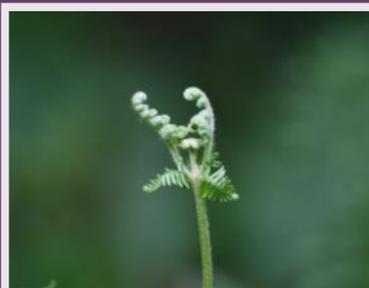
I will continue to do the Newsletter and take photos at the events, Lucy will continue to liaise with the National Trust, Glynis will continue dealing with membership and Liz remains in charge of the dressage, with help from Glynis.

We are busy working on events for the year and they will include the usual favourites of dressage, dog show, 2 quiz nights, talks, flatwork, pole work and grid work clinics. We are also looking into the possibility of versatile le-trec, horse agility and a cross country clinic so keep an eye on the website. We look forward to seeing you at the events. Don't forget, if you want to get involved at any events, even if you're not competing, we are always looking for helpers so do please get in touch if this is something you would be interested in doing.

If you know someone who is new to the area, or doesn't like hacking alone, then let us know as we can arrange a guided hack. Whilst on the subject of hacking, please remember to keep to the bridlepaths when riding on Headley Heath. We are lucky to have so many tracks on there to ride on and it would be a shame if the National Trust decided to take the tracks away because a few riders are riding off piste.

As promised, I will be sending more photos from the 2017 events attached to a separate email – I hope you enjoy them.

We look forward to seeing you at the first dressage of the year and the quiz night.



PROFILE — Sara Boyes

Hi

My name is Sara and I have joined the Committee to help run the website, social media and email communication.

I am fairly new to the Headley area - moving up to Box Hill just over a year ago along with my horse Gucci. Joining HHRA has been a brilliant way to get to know other horse riders in the area and get involved with events.

Gucci is a 14.3 coloured cob and has yet to decide what his talent might be, but so far has enjoyed the fab hacking around Headley and Box Hill.

Gucci is not particularly enthusiastic about working in the school but we have been on a visit to Saddlecombe to take part in horse agility which was great fun. We are hoping to take part in more similar events run by HHRA and may even think about some dressage!

I think it is great to be able to be part of a group that cares so much about rider safety and gives their own time to make a difference, whilst also having some fun along the way.

For those of you who think Sara looks familiar, look back at the Autumn Newsletter and you will see the profile of her twin sister, Jo, who is also on the Committee.



HORSIN' AROUND FOR A SMILE!

A devout cowboy lost his favourite Bible while he was mending fences out on his range.

Three weeks later a horse walked up to him carrying the Bible in its mouth. The cowboy couldn't believe his eyes.

He took the precious book out of the horse's mouth, raised his eyes heavenward and exclaimed, "it's a miracle!"

"Not really," said the horse, "your name is written inside the cover."

FACTS YOU MAY OR MAY NOT KNOW ABOUT THE HORSE

Did you know....

- ◆ That the scientific name for horse is *Equus ferus caballus*.
- ◆ The Przewalski's horse is the only truly wild horse still in existence with the only wild population in Mongolia. There are many feral horse populations across the world e.g., mustangs in North America.
- ◆ It is extremely unlikely to see all horses in a herd lying down simultaneously. This is because at least one horse will stand as a look-out in order to be able to alert the others of any potential dangers.
- ◆ When cantering, a horse takes a breath with every stride.
- ◆ Mongolian tribes were the first to domesticate the horse, about 5000 years ago.
- ◆ An adult horse's brain weights 22oz, about half that of a human.
- ◆ The first cloned horse was a Haflinger mare in Italy in 2003.
- ◆ Until the 1960's Dartmoor ponies were used to escort prisoners from local prisons while they were on outside duties.
- ◆ The word chivalry comes from cheval, the French word for horse.
- ◆ Horses have near 360 degree vision but they do have blind spots directly in front and behind them which is why you shouldn't stand behind a horse.
- ◆ Horses have been found in cave paintings that date back to around 15000 B.C.
- ◆ The oldest horse on record lived to the age of 62 and died in 1822.
- ◆ Arabian horses have one fewer vertebrae and one less rib than other breeds.
- ◆ Chariot racing was the first Olympic sport in 680 B.C.
- ◆ To get an official measurement of a horses height, they must be measured without shoes.
- ◆ The horse is one of the 12 Chinese signs of the zodiac. Anyone born in the year of the horse is seen to embody the characteristics of the animal, namely intelligence, independence and a free-spirit.
- ◆ Horses drink at least 25 gallons of water a day (more in hotter climates).
- ◆ Ragweed is responsible for more horse deaths than most other toxic plants.
- ◆ It takes 9-12 months to re-grow an entire horse hoof.
- ◆ You can tell if a horse is cold by feeling behind their ears. If that area is cold, so is the horse.
- ◆ Mown grass cuttings can cause colic in horses.
- ◆ Horses use a range of different vocalisations to communicate. Whinnying and neighing sounds are elicited when horses meet or leave each other. Stallions perform loud roars as mating calls, and all horses will use snorts to alert others of potential danger. Mares use deep smooth sounds, whickering, when they are nursing a foal.
- ◆ Horses have 16 muscles in each ear, allowing them to rotate their ears 180 degrees.
- ◆ According to Arabian folklore, chestnut horses are the fastest and bravest of all colours.
- ◆ Ponies live longer than horses and can live well into their 50's.
- ◆ The four horses of the apocalypse are said to signify the end of the world; conquest on a white horse, famine on a black horse, war on a red horse and plague on a pale horse.
- ◆ The gestation period for a mare is 11 months, but for a female donkey it is 12 months.
- ◆ A small indent in a horses skin (usually on the neck or shoulder) is called a prophet's mark and is considered good luck.
- ◆ Giant white horses are carved in chalk on several hillsides in England. Some date back hundreds of years. Folklore says that when King Arthur of the Round Table returned to the throne, one of the chalk horses would get up and dance.
- ◆ You can tell if a horse is dehydrated by pinching their skin, if it takes time for the skin to return from the pinch, they need water.
- ◆ A horses stomach should always make gurgling noises, an absence of them can mean colic.
- ◆ Horses have 7 common blood types.
- ◆ In Greek mythology Apollo delivered the sun and the moon to the sky every day in his horse drawn chariot.
- ◆ Horses will mourn the passing of a companion.
- ◆ All horses have parasites in their stomach and intestines in small quantities, they only become a problem if the count builds up.
- ◆ Equine assisted therapy is a growing field where horses help people with a wide range of mental health issues. A relationship between the patient and the horse develops and allows the person to engage with nature through a beautiful and peaceful animal. This aids in building trust, respect, compassion, communication and self-confidence. The skills learned through building a meaningful relationship with the horse are transferable to other aspects of the individual's life.



NOSEY'S NOTES

The winter has been quiet as Janet and David have given me some time off. They had a lot happening and then Christmas, and decided that they couldn't work me consistently so I've had a longer break than expected. They were always going to give me January and February off, but now that Spring is here and the weather is changing, they will start to work me again. I've heard on the grapevine that I will be having some physio towards the end of March, just to check I'm not sore anywhere. When I start to work again, I hope I can remember all the lessons I have learnt so far so that Janet and David are still happy with me!



The Blue Cross contacted Janet and asked if she had a video and/or some photos to send to them as they wanted to use me as a case study for their in-house training. Izzy on the yard took a video of me being lunged and long-reigned and Janet sent them off with some photos; after that I started my holiday.

Snowie, Gem and me have had a few duvet days over the winter because the weather has been so wet, windy and horrible. I really enjoyed those and when my stable door was opened I didn't stop eating my haynet because I didn't want them to change their mind and turn me out - I wanted to stay with my friends.

We started to get a bit of hay in the field after Christmas and on one side it gets put into haynets and they are hung up on the tree arch. I've been allowed to share Snowie and Gem's haynets. Gem seems to be very chilled these days; she very rarely tells me off, it's more likely to be Snowie doing that, especially when it's time to come in as I try to get to the front - I just don't always remember.

Everyone says how much I've matured over the past year. I do hope Sally (the Blue Cross Field Officer) is pleased when she next comes to visit me.



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UPCOMING EVENTS

MARCH

25th – Dressage

APRIL

5th – Quiz Night

8th – Dressage

14th – X-Country Clinic

29th – Dressage

Rocking Horse - Poem by JoJo Bean

Grandpa made your rocking horse
with loving hands and sweat.
You were such a little man
and thought it was your pet.

With just a little help
you'd climb upon it's back.
You couldn't even reach the pegs
but still you had the knack.

Crickety crick, crickety crick
you'd rock the horse with glee.
It never really mattered
that it wasn't pedigree.



LIKE OUR PAGE ON FACEBOOK!

facebook.com/headleyheathridersassociation

And finally...

We would really like you as members to contribute to the Newsletter, so please do feel free to send us any articles, photos or jokes that you would like to share. You may have done your first dressage or clinic and want to share your experience with others to encourage them to have a go.

At least let us know whether you have enjoyed an event or not; if we have feedback we will know if there are areas that need improvement. Perhaps there is a particular event that you would like us to hold - let us know and we'll see what we can do.

If you would like to advertise anything in the Newsletter (members only), let us know - it's free!

We would really appreciate your help at events so that we can continue to run them, so if you are able to spare even just an hour or two to help at any event, do please let us know. If you would like to help but feel worried because you don't know what will be expected of you, please contact us and we will answer any questions you may have and put your mind at rest. We're a very friendly bunch, despite what you might have heard.

You can either contact HHRA at headleyheathridersassociation@yahoo.co.uk
or me directly, at Janetfigg@hotmail.co.uk.