

ERIE HUNT AND SADDLE CLUB, INC.

NEWSLETTER

SEPTEMBER 2012

CALENDAR

- Oct 2nd EHSC Board Meeting
- Oct 6th Nell Hardy Combined Test
- Oct 7th EHSC Jumper Derby
- Oct 14th EHSC Closing Day

Sept 30th – TREC Benefit Ultimate Cowboy Race
Oct 19-20 Tailwind Francesca Nicoletti Dressage
Oct 28th TREC Benefit Hunter/Jumper Show
Nov 2-3 Tailwind Francesca Nicoletti Dressage
Dec 2nd TREC Benefit Hunter/Jumper Show

50th Anniversary Saddle Pads

Orders are being taken until October 1st for 50th Anniversary EHSC Saddle Pads. All orders must be prepaid at \$40 per pad. The order form is available on the EHSC website or you can contact Sue Strohmeyer at 814-825-5367 or judgesued@aol.com

50th Anniversary Coffee Mugs

If you would like to order any of the EHSC 50th Anniversary Coffee mugs, please contact Tina Liebel 814-440-2075 or CML6565@aol.com. The mugs are \$6.00 each and we will be placing one order end of the season.

Our deepest condolences to the Hartley Family on the loss of Thomas R W Glover Sr., Michelle's Father and Brittany's Grandfather.

Our heartfelt sympathy goes out to Carla Werling for the loss of her horse Ambie, who passed away at the grand age of 36.

We want to know what our High School Seniors and College Grads are doing! Send a blurb to shout out your news to vita@eriehuntandsaddleclub.org

2013 Board Members

The election for EHSC 2013 Board Members was held September 18th at the clubhouse and the results are:

President – Peg Hull
Vice President – Jim Wray
Secretary – Wendy Bolding
Treasurer – Sue Strohmeyer
Programs – Sarah Taylor/Mary Ellen Longnecker
Membership – Brenda Rzepka
Publicity & Ads – Jan Madigan
Sponsors – Heidi Zuck
Awards – Tina Liebel / Jen Williams
Stabling – Annalee Gosnell
Land Development – Karen Clabatz
Website – Andrew Tarnow
Scheduling – Mary Kingston
Clubhouse – Heather Hough / Judy Osiecki
Properties – Vita Taormina
Grounds – Gary Riethmiller

ACCOLADES!!!

Congratulations to Rebecca Hart for making it all the way to the Paralympics in London 2012 and her excellent performances there. We are proud of you!!!

Energy Wave Exercise

by Debb McCaughtry

An exercise to try no matter what style of riding you do: Sit on your horse at a halt, allow your legs to lie quietly on your horse's sides, now take up a soft contact with their mouth. Subtly send some energy forward, but only enough to ask them to sort of lean toward the bridle, and then suck the energy back toward your body and with a soft hand, again not so much to ask then to step back, only enough to feel that they come back to you. Practice sending this wave of energy forward and back.. see how light you can make

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your aids and still get the response. Then work it into your other paces.. be patient and it will come to make you and your horse more aware of the energy wave going back and forth this is what we all look for when riding... adjustable strides at each pace.

Helpful Hint by Debb McCaughtry:

Often over-looked... A horse's feet should be picked out daily. Make sure to clean the area under the heel of the shoe very well. This can be a challenge, but by turning your pick the opposite way and cleaning from the back may help to rid the hoof of stuck toe-jam. Treat areas that are black and have a foul smell with a thrush treatment. "Thrush Buster," has worked very well for me.

Available for Part Lease

Orion

16 h.Black TB gelding (Aged). Bomb Proof-Trails, Road, Arena. Happy " Hunter Pacer".

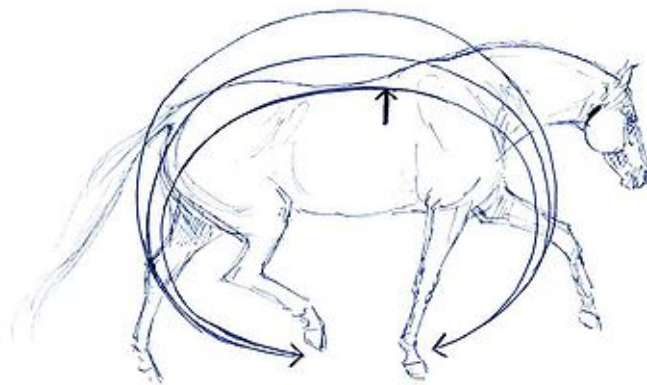
Opportunity for 1/3 lease (\$150 per month) at Tailwind (trails, two indoor arenas and one outdoor arena)in Fairview. Trailers well-no vices. Western or English (low jumps). Shoeing and vet bills provided by owner. Call Becky Ryan 814-460-3738

Have suggestions for the club? Visit the website and submit your ideas in the Suggestion Box on the main page.

www.eriehuntandsaddleclub.org

Lesley's Corner
MyVirtualEventingCoach.com

Throughness



If you have taken enough dressage lessons, or read enough books, you have probably heard the term "Throughness". But what does it mean exactly? And how do you achieve it?

Throughness refers to the uninterrupted flow of energy from the horse's hind end forward, and returning back to the hind end - forming a *circle of energy*. Free from the paralyzing effects of tension and resistance, the entire body becomes *permeable* and *elastic* in nature. The horse that is "through" feels soft and highly responsive to his rider. And looks fully elastic throughout his body to those on the ground.

Usually forever a work in progress, throughness is attained in *degrees*, with room for improvement in almost all horses at all levels. But even though it may sound somewhat elusive, it is well worth chasing!

True *impulsion* cannot happen without a degree of throughness. As a horse can only have impulsion if its hind legs are engaged and its elastic back allows the power to come through the horse's body and into the rider's hand. Without a large degree of throughness, the energy created in the hind legs becomes merely *speed*. And when that happens, the horse often looks to the rider to lean on for balance.

So how do you achieve throughness? *It is the result of*

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relaxation, suppleness, energy, connection, submission, and balance. Now you can see why it can be so elusive! It can be very challenging to achieve all of these qualities at the same time! This is why riders typically feel only short (but lovely) moments of throughness at first. Then a little tension or loss of balance sneaks in and takes it away!

To get it back again, you need to be able to successfully evaluate which of these qualities is lacking. Did the horse become tense? If so, use bending and stretching exercises to relax him. Did he lose energy? Make sure he is in front of your leg.

Did he lose his balance? Is that because he became crooked? Or is it because he is not bringing his hind legs sufficiently underneath him? If he needs to be straighter, energize the lazy hind leg, or control the offending shoulder. If he is unbalanced because his hind legs are out behind him, use transitions and half halts to increase his engagement and "sit" behind. Remember to frequently check for self carriage, to both test for and to encourage him to maintain that level of engagement behind.

If the horse needs more suppleness (as most do on a daily basis), utilize the suppling exercises outlined in this article to improve his lateral suppleness. And add many transitions and half halts to his daily routine, to increase his longitudinal suppleness.

If you suspect that the quality of your connection is the problem, read this entry on improving the connection, and remember to frequently *test* your connection by asking the horse to "chew the reins out of your hands" in a stretch. If your connection is true, he will happily take the bit down - only as much as you offer.

Throughness may be somewhat challenging to attain, but the result is worth it! It leads the way to impulsion and ultimately to real collection, and makes your horse a joy to ride!

Costume Contest at Hunter Pace III

A big thank you goes out from EHSC Programs to all of our judges in the starting tent and competitors that participated in the "Best Dressed Horse and Rider" contest at HP III on Sunday. It was a lot of fun to watch, and everyone did a great job coming up with such clever outfits!

We have had a lot of positive feedback from the riders as well as the jump judges and volunteers who enjoyed watching the competitors in their creative outfits.

Thank you so much to everyone who participated in making this new event such a success! Plans are definitely in the works to offer this contest at HP III again next year and also to add several prize divisions to increase the fun!

Your friendly program chairs, Sarah and Mary Ellen

Congratulations to the contest winners, Karen Copus and Meredith Borstorff!!!

