

# From the Horse's Mouth



A Newsletter for the Supporting Riders of the Light Cavalry HAC

April 2009

## Stable Notes

Hello again and welcome to our new Supporting Riders!

I'm happy to report that all the horses are well and thriving—although we had our moments during March (mentioning no names, Denzil, Oz, Richard, Amos, Shirley and Vivor!)

The main event last month was the Combined Training Day organised by the HAC Saddle Club. The event was so well attended that we had to close entries to the competition early. A full report can be found on the succeeding pages. It is now time to turn your attention towards training for the John Palmer Cup and Pyramid Trophy to be held on May 10th. Preparation is everything, so book your lessons early—particularly for the weekend slots. Supporting Riders of the Light Cavalry should note that HAC Saddle Club members will get priority booking for competition places.

**Please note that the Light Cavalry will be holding their Annual Camp on April 24th-26th. This means that Supporting Riders will not be able to book lessons or hacks during this period.**

In the office at Flemish Farm there is a letter produced by the Windsor Great Park which details the rules for hacking in the Park. Would each Supporting member please make sure that you obtain and read a copy of this document. (There are plenty of copies available).

If anyone would like to share their photographs of our activities at Flemish Farm please email them to Alan Willis ([alan@willis.uk.com](mailto:alan@willis.uk.com)) who is the webmaster for the Light Cavalry website. (Should you wish, you may also charge for your photos to cover admin charges—or of course donate any money raised to the upkeep of our horses). It's probably not too early to remind you that we will be running the photography competition again this year. You will be invited to submit a photograph showing the activities of the Light Cavalry or our Supporting Riders on the Flemish Farm horses. Judging takes place in July and the winning photos are incorporated into our Light Cavalry calendar. Last year over 40 people submitted photographs - so get those cameras out and grab that winning picture! More details on the competition will follow next month.

Lastly, on Monday nights, during the regular HAC Saddle Club lessons, Clare Russell will be running two courses which will run for 4 weeks each. These will begin on 20th April with **Gymnastic jumping** and will be followed (starting on 1st June) with **Indoor cross country**. Classes take place at 8.30pm on Mondays and Supporting Riders are most welcome to take part, although priority will be given to HAC Saddle Club members. To book yourself onto either of these courses please call Caroline at Flemish Farm.

## Contact Details : Flemish Farm

### Manager and Chief Instructor

Caroline Quested  
Email : [hac1c@aol.com](mailto:hac1c@aol.com)

Louise Brown  
Kerri Cox

### Military Instructors

Danny Kendall  
Paul Allison

### Newsletter Editors:

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Newsletter contributions, comments and photos  
always welcome!  
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Tel: 01753 622291

Website: [www.lchac.org.uk](http://www.lchac.org.uk)

## Forthcoming Events: 2009

### April

24/25/26th Military Camp : the horses will not be available for lessons or rides to Supporting Riders on these days

### May

10th John Palmer and Pyramid Trophy at Flemish Farm

19th HAC Open Day at Armoury House

### June

7th Horse Listening Course at Flemish Farm

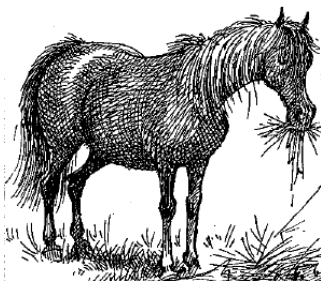
14th Queens Cup Polo, Smiths Lawn : Light Cavalry HAC on Parade

21st Royal Windsor Cup, Smiths Lawn : Light Cavalry HAC on Parade

### July

23rd Light Cavalry Annual Dinner

26th Cartier Polo, Smiths Lawn : Light Cavalry HAC on Parade



**There are fools, damn fools,  
and those who remount in a steeplechase  
~Bill Whitbread**

## Results of the Combined Training

### Combined Training : Prelim

1st Bex and Solo  
2nd Jan and Denzil  
3rd Louise and Vivor  
4th Vincent and Larry

### Prelim Dressage Only

1st Robin and Vivor  
2nd Mike and Guinness  
3rd Clare and Larry  
4th Clare and Bleu

### Combined Training : Novice

1st Kim and Guinness  
2nd Alison and Shirley  
3rd Debbie and Oz  
4th Philippa and Amos

### Novice Dressage Only

1st Mike and Guinness  
2nd Robin and Vivor  
3rd Jan and Amos  
4th Kate and Ebony

### Clear Rounds were achieved by :

#### 2ft class

Debbie and Shirley,  
Eva and Guinness,  
Christopher and Amos  
Conrad and Oz

#### 3ft class,

Christopher and Amos ,  
Andreas and Denzil,  
Louise M. on Vivor  
Louise B on Richard.

**WELL DONE EVERYONE !**

## Combined Training Day : Sunday 22nd March

I think everyone will agree that the Combined Training Day was a superb day out for both riders and non-riders. Our thanks must go to so many people for making the day such a success: our horses for bearing with us, the judges Clare and Fiona who gave up their time, Caroline, Kerry and Louise for putting up with a million questions and Nick, Julie and Jessica Percival for preparing such delicious food. There are many other people to thank too, such as our stalwart photographers, everyone who contributed food, or prizes for the raffle. The food and the raffle produced over £120 profit which of course goes directly to the upkeep of our horses.

There are many photographs in circulation of which the ones below are only a sample. Photos can be viewed/purchased as follows :

A CD has been compiled by Louise and her husband—over 1500 images for sale from the Flemish Farm office for £5 .

You may view a sample of Matthew Hunt's photos at : <http://www.flickr.com/photos/reactivefilm/> He will also arrange for his photos to appear on the website [lchac.org.uk](http://lchac.org.uk) in due course.

I have also used some photos taken by Peta Bathie—(who I hope will also contribute some of her photographs to the website).



# Combined Training Day (continued!)



Louise primes Denzil for "the pigs"

# Horse Listening Course

Are you interested in the work of Monty Roberts and taking a more holistic approach to the way you communicate/interact with your horse? If so, perhaps you might be interested in booking into a Horse Listening course that we have arranged on June 7th at Flemish Farm. The joy of holding this course at Flemish Farm is that we can use our own horses in a relaxed environment. Places will be limited to 6—so please let me know if you would like to book a place ([mrsrw1h@yahoo.co.uk](mailto:mrsrw1h@yahoo.co.uk)). Non-riders are welcome to attend this course. Shirley and Ebony can already attest the benefits of Jo Rose's therapies, so we feel the course comes pre-tested!

## **Horse Listening : Workshop at Flemish Farm in the Indoor School**

**Sunday June 7<sup>th</sup>**

**At 3pm in the afternoon finishing at 6pm (approximately)**

Cost :           £85 (for 4 or 5 people on the course - 4 is the minimum number)  
                  £75 (if the 6 places are filled)

### **Courses and workshops in Horse Listening**

Horse Listening workshops demonstrate how posture, body language, thought patterns, emotions and external stimuli can affect how your horse behaves and communicates with you. These workshops give the horse owner / rider the confidence to communicate safely and appropriately with horses, to generate a better relationship.

The course will also cover an introduction to some basic Kinesiology techniques as means of assessing for physical and emotional imbalances, plus techniques to re-balance the body and enhance well being.

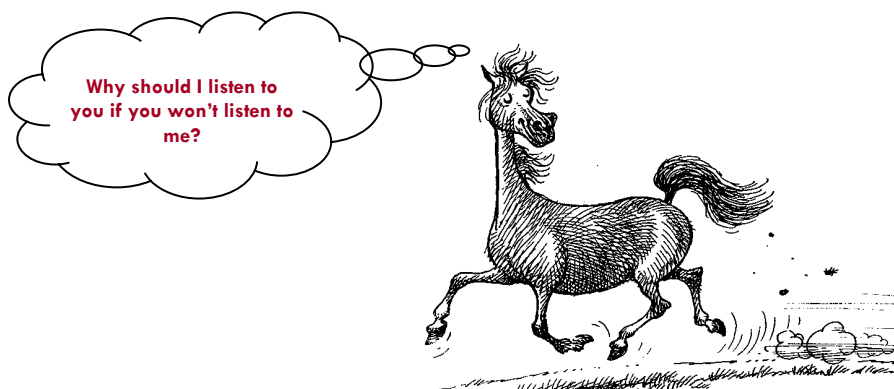
Some aromatherapy will be included in the session and (if we have time!) Clare and Jo are happy to spend some time addressing a particular issue you might have with your horse.

The course is designed and facilitated by Jo Rose, who is a British Horse Society registered Intermediate teacher, natural horse and rider trainer, and complementary health practitioner / teacher.

Working with Jo at the workshops is Caroline Baldock a natural horse trainer. Caroline worked closely with Monty Roberts for four years on his ranch in California, and co-wrote his first four books with him.

Jo's website is [www.rose-therapy.co.uk](http://www.rose-therapy.co.uk)

To reserve your place (maximum of 6 people) please contact Kate Robinson on [mrsrw1h@yahoo.co.uk](mailto:mrsrw1h@yahoo.co.uk) or you will find places allocated in the booking diary at Flemish Farm.



## TIMETABLE FOR LESSONS

FROM THE 1/04/2009

INSTRUCTOR	MON CAROLINE/ CLARE	TUE BECKY	WED CAROLINE/ GARY	THUR DANNY
5.00PM	N/A	N/A	HARROW	N/A
5.30PM	N/A	N/A		N/A
6.00PM	HORSE RANGERS	N/A	PRIVATE	N/A
6.30PM	HORSE RANGERS	HORSE RANGERS		AVAILABLE TO BOOK GROUP/ PRIVATE
7.00PM	N/A	ADULT GROUP 1HR	PRIVATE	TROOP RIDE 1HR
7.30PM	ADULT NOVICE GROUP 1HR WITH CLARE			
8.00PM		AVAILABLE TO BOOK GROUP/ PRIVATE	PRIVATE	
8.30PM	CLARE'S COURSES GROUP 1HR			N/A

### WEEKEND TIME TABLE

INSTRUCTOR	SATURDAY CAROLINE	SUNDAY CAROLINE
9.00AM	AVAILABLE TO BOOK	AVAILABLE TO BOOK
10.00AM	NOVICE GROUP	AVAILABLE TO BOOK
11.00AM	INTERMEDIATE FLAT GROUP	AVAILABLE TO BOOK
1.00PM	AVAILABLE TO BOOK	AVAILABLE TO BOOK
2.00PM	AVAILABLE TO BOOK	AVAILABLE TO BOOK

### HACKS

SATURDAY TO THURSDAY

9.00AM/10.00AM /11.00AM/1.30PM/2.00PM

HORSES MUST BE BACK FOR 12.00PM FOR LUNCH

HACKS ARE UNESCORTED SO RIDERS WILL BE ASSESSED BY A MEMBER OF STAFF. DECISION MADE BY THE STAFF IS FINAL.

24HRS CANCELLATION MUST BE GIVEN DURING THE WEEK.

48HRS NOTICE AT WEEKENDS.

**CANCELLATION FEE WILL BE CHARGED**