

WNRDC Calendar of Events

January 2012



West Newbury
Riding and Driving Club
POST

Triage on the Trail & When to Call the Vet — January 25, 7pm

Location: Kathy Feehery's, 540 Main St West Newbury

Contact: Kathy Feehery at 978-363-5424 or feeherly@comcast.net.

How to Manage the Older Horse — February 28, 7pm

Location: Kathy Feehery's, 540 Main St West Newbury

Contact: Kathy Feehery at 978-363-5424 or feeherly@comcast.net.

Annual Pot Luck — March 31, 6pm Social Hour and Appetizers 6pm-7pm Dinner 7pm

Location: West Newbury Town Offices Annex Building, 381 Main Street,
West Newbury

Contact: Joan Carlson at 978-510-1587 or carlsondq@comcast.net

Spring Shots

To be Determined—Look for dates in your email

Contact: Felicity Beech at 978-363-2021 or fbeech@comcast.net

IMPORTANT NOTICE:

No lunging allowed at Pipestave in spring (to avoid footing damage).

Cross country course is tied off and closed until late spring.

Please help preserve West Newbury's largest and most valuable riding space.

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Joan Carlson

Cindy Foote

Liz Russell Karen Sherman

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Calendar of Events Details

Triage on the Trail & When to Call the Vet January 25, 7pm

Location: Kathy Feehery's, 540 Main St West Newbury

Wondering just what to do when an injury happens when you are out trail riding? Beth Torello, Head Veterinarian at Tufts Veterinary Hospital will be speaking about triage on the trail and the talk will also segue to when to call the vet (or not) around the farm.

How to Manage the Older Horse February 28, 7pm

Location: Kathy Feehery's, 540 Main St West Newbury

Dr. Lauren Greene of McGee Equine will be offering a talk on the older horse. Many aspects of older horse issues are pertinent to all horses and this talk will be informative for all horse owners. McGee Equine is a full service equine ambulatory clinic serving central Massachusetts and southern New Hampshire. The clinic was founded in 2011 by Dr. Chad McGee. Lauren Greene, VMD DACT grew up in Pennsylvania and spent the free time of her youth working on a large riding and breeding farm. She has participated in many types of equestrian activities including jumping, barrel racing, team penning and polo. Lauren graduated from the University of Pennsylvania and completed a large animal residency in reproduction, and went on to become a board certified specialist. She spent a few years working in the field service department at New Bolton Center at the University of Pennsylvania, followed by two years working in small animal medicine. Lauren's interests include reproductive management of mares and stallions, neonatal medicine, and internal medicine. Dr. Greene will officially be joining the practice 6/15/2012.

Annual Pot Luck March 31, 6pm

Location: West Newbury Town Offices Annex Building, 381 Main Street, West Newbury

New this year, we will have a Western theme. Dust off your fringe, cowboy hats and boots and get into the spirit! There will be **LINE DANCING**, so shed the winter doldrums and come kick up your heels!

Current members are invited for free and are welcome to bring guests at a cost of \$10 per person. It's a great evening to enjoy good food, connecting with horse friends and have fun. None-horsey significant others will find plenty of folks to talk to as well.

We always have great door prizes, thanks to donations from our members. If you bring a door prize let us know who it's from so that we can thank you at the party.

Judy Wright and Joan Carlson will be taking over the decorating from Jill Hazard as she suffers through winter basking in the warm sunshine of Florida. Please contact Joan Carlson at 978-510-1587 or carlsondq@comcast.net to let her know how many will be attending and what special dish you will bring.

WNRDC News

- * **The WNRDC Trail Rewards Program:** We have extended the **deadline** to submit your logged hours for 2011 until **February 15**. Don't forget to log your hours and adventures for participation in the Trail Rewards program. The program is open to all members to encourage and recognize all the adventures we have outside the ring, whether riding or driving. Remember this is not based on skill but on your experiences. To find out more or to download the Trail Rewards Program Log Form, go to <http://www.wnrdc.com/TrailsProgram.cfm>. Sign up for 2012 now!

- * **Time to Renew Your Membership!**
If you haven't already, please renew now to continue your membership and stay on the mailing list. Applications can be found on our website, <http://www.wnrdc.com/> at the top left after "Home". We have sent an email to our expired members. If you are still not sure whether you are due to renew, feel free to contact our membership secretary, Kim Dwight at wnrdcmembership@yahoo.com. If you have a change in address, phone number or email, please send an email to Kim with the information.

- * The **Yankee Swap** was well attended with close to 30 members enjoying the great food and having fun swapping gifts. We would like to thank Jane Cantella for hosting the party. The decorations were absolutely beautiful!

- * **WNRDC Equine Activities Calendar Compilation — Volunteer Opportunity**
After 18 years, Amy Bresky is retiring for compiling this very useful calendar. It has helped organizations schedule their events to limit overlaps of similar events on the same day, and of course, riders of all disciplines use it to plan their riding season. The Club is looking for someone (or a couple of people working together) to take over, so we can continue to offer this service to the equestrian community. The calendar is an online publication only, so the job is to create, post and update it. All the materials and methods are in place to make the transition easy. You will also get to make lots of online friends! Here is the job description for anyone who may be interested. Please contact Amy Bresky 978-270-3880, amybresky@yahoo.com if you are interested or have questions.

Job Description

In the beginning of January, e-mail all organizers of all types of equine events (e-mail list already exists but always on the lookout for new events and contacts) with letter requesting dates and details for calendar (letter already exists). A map exists electronically of the area covered by the calendar and can be sent to anyone with any questions about what area is included.

Create a draft of the new calendar from the previous year's one (which already exists in Word format). Change all the dates to red. As new dates come in and details are confirmed (correct description, contact info, etc.), update draft. When listing is completed, change date to black.

Note any date conflicts of any similar activities and notify organizers. It is not your responsibility to problem solve date issues, just to inform. It may also be necessary to contact organizers whose information is incomplete or unclear. Generally, all communication can be done by e-mail.

At the end of January, send out reminder e-mail to all organizers that have not responded. Goal is to post calendar in as complete a form as possible to the WRNDC website by the end of the first week in February. Calendar must be converted to a pdf file to be posted. Electronic copies of the calendar are also sent to all equine publications for their use.

As e-mails come in during the year with date changes and updates (usually not very many), update information in updates part of WNRDC website. The main calendar is usually updated online only 3-4 times per year (new pdf file) depending on how many changes there are.

And now for something different.....try hunting with **Wentworth!**

By Felicity Beech

That's just what Edie McKinnon and Cindy Foote did last year. They became members, had some lovely rides through spectacular NH countryside and appreciated the informal atmosphere of the Wentworth Club.

"I enjoyed my first year with Wentworth Hunt very much." writes Edie. "They were all very welcoming. I found it quite affordable, which is a real plus during these times, and because I'm newly retired. Everyone pitches in for the stirrup cup after each ride, held in the warm, cozy home of the fixture landowner. Two young women are the Joint Masters and I found the rides fun, often fast, and the jumps not too intimidating, which is fine by me! They have several board meetings during the year, to which all are invited. They also provide you with a list of every member's name, address, and email, which can be helpful. They ride Wednesday and Saturdays, and the Wednesday before Thanksgiving, which is a real plus for me, due to family commitments. They do expect you to be properly attired, tack clean, and horses braided for the usual events. All in all, a most enjoyable season, and I hope to have many more!!!!!"

Edie and her Morgan, Anthem, like to ride with the second jumping field which may go around or "gap" jumps as they prefer. Cindy, with her younger Friesian, Robyen, has spent more time with the leisurely hill-toppers. These riders proceed at a slower pace and take short cuts so they can watch, rather than follow hounds as they stream across the pastures with riders in pursuit. While that may sound a little wild, hounds follow a scent line, dragged along a pre-determined route by a volunteer who can also check out the footing. Of course hounds don't know ahead of time where they are supposed to be going. There are occasions where they are led astray by an entrepreneuring individual intent on pursuit of real game. But this is a high tech hunt: Wentworth hounds wear GPS tracking collars!



Edie on Anthem and Cindy on Robyen at one of the hunts organized by Wentworth Hunt in November 2011

The hunt club has a great web site. It profiles, among many others, Kerry Rodgers who now acts as First or Second Field Master. "She has been very active with the club over the last decade, with various major roles on the board. She has been one of the most active foxhunting evangelists for us -- introducing many riders to the sport of foxhunting and the warm hospitality of our Wentworth Hunt. She says that foxhunting has provided her with a nice outlet to "just get away" and have some excitement in her life (she and her husband Kevin are busy raising three very active teenage boys). Kerry says it is also a really nice way to ride on lovely properties that you normally would not have an opportunity to do, and of course the chance to get together with horse friends."

Other members of WNRDC are, or have, subscribed with Wentworth and some members of Wentworth, including the joint master and huntsman, Sue Levy, have competed in our Pipestave events.

Both Cindy and Edie have also hunted with Myopia, which is based in Hamilton and comes to West Newbury four times each season, as indeed it has done for over a hundred years. Wentworth's Kennels are in Lee, New Hampshire, with most of their territories nearby. While this is a little further from the North Shore, trailering to Wentworth meets is easy due to good highway access.

If you're up to try this sometime one of us would be happy to introduce you and show you the ropes, or just come and watch. Either way, you will be welcomed to partake in the refreshments afterwards and to meet people excited to share with you their passion for the sport.

Look for lots more interesting information and photographs at www.wentworthhunt.org or you can chat with Cindy Foote at salisburyi@comcast.net or Felicity Beech at fbeech@comcast.net.

Horse Care Tip

By Liz Russell

Every now and then we have a piece or two of leather tack that needs to go unused for a while--perhaps we're changing mounts or letting a horse down for a time. The best way to care for tack in this case is to give it a thorough cleaning with a new sponge or clean rag that has zero chance of harboring mold spores. Follow the cleaning with a light coat of deep conditioning leather food such as Lederbalsam. Allow the tack to air dry for 48 hours, then wrap it in newspaper or cotton fabric and store it in a temperature-controlled, moisture-free environment. Periodically check your tack for signs of mildew or dryness, both of which will permanently damage the leather. Tack stored for an extended time should receive occasional light coats of Lederbalsam.

-Liz Russell has worked with Dover Saddlery since 2008, where she has received extensive training in leather qualities and care.

All members are encouraged to send in their horse care tips to [wnrdnewsletter@yahoo.com](mailto:wnrdsnnewsletter@yahoo.com)

How to Mow

Now that is the question! The West Newbury Riding and Driving Club is responsible for mowing the inside of the two riding rings at Pipestave Hill, as well as the cross-country course and the cross-country warm-up area in the lower field. Volunteers (as in Jill Hazard and Amy Bresky), have been doing almost all of the mowing for a number of years. Both Jill and Amy now live out of state for part of the year. This makes for a big challenge in keeping up with the mowing. The two rings are the biggest problem, as the growing season begins before either of them are back in MA for the summer. Unless the rings are mowed regularly, the grass gets so tall that the grass clippings have to be removed manually when it gets mowed, which is a huge job. The Club has only a few options to keep up with the mowing. We need to either put together a team to keep up with it regularly, or hire a service to do the rings for at least part of the year. The problem in getting people to help with mowing in the past is that most people are unable to bring their mowers to Pipestave regularly to mow, or the weather does not cooperate for their available time. The Board is considering the possibility of purchasing a used riding mower that could remain at Pipestave for this purpose to make it easier for people to volunteer to mow.

What we need to know is if there are volunteers willing to operate such a piece of equipment so the rings can get mowed weekly. It would only take 4 people volunteering once a month to get the job done. It takes about 1½ hours to mow both rings. If you would be willing to be a mower, we need to know, so that we can determine if such a purchase makes sense. We will also check into the cost of hiring a service to do the rings for at least part of the year for comparison. This is a big expense for the Club either way, so we want to be sure to make the right decision. If you would be willing to mow, please contact Amy Bresky, 978-270-3880, or amybresky@yahoo.com.

2011 Annual Meeting Minutes

The WNRDC Annual General Meeting was on November 18, 2011 at the home of Jack and Ellen Alden. Over 25 members and most of our Board of Directors and Club officers were in attendance, with much munching, conversing and imbibing. The official part of the meeting was called to order at 8:20.

President Kathy Feehery reviewed the Club's 2011 activities. Kathryn West McLeod thanked Team Pipestave for their good work on 2 horse trials and stadium jumping practice. Sophiea Bitel spoke on the importance of volunteers and difficulties recruiting new ones.

Election of Directors and Officers: Directors Joan Carlson and Karen Shernan were re-elected for 3 more years, Felicity Beech will continue as Vice President for 2 years. We may consider increasing Board size to allow for less confusion on whose term is ending and some by-law changes to keep our document current for next year.

Amy provided a review of our 2011 budget review. There are substantial savings to be reserved for our rainy day fund. The proceeds of \$1224 from Adventure Trail will go to ECTA for trail work directed to work on future Ocean Meadow trails. However, if funds can't be spent there in a timely fashion, funds are to be used on other trails in West Newbury. This is our only directed fund raising project, and in the future we may want to partner up with ECTA to increase exposure, volunteers, participants. We also decided on our other charitable donations for the year, including our usual mix of local town organizations and equine groups. The donation list will be posted on our web site.

Recognition was given to our Volunteer of the Year, Sophiea Bitel.

The Lifetime Achievement Award was given to Jack and Ellen Alden.

There was discussion of winter meeting topics and upcoming activities, such as our annual potluck, educational talks and opportunities, and a club social in May. Meeting concluded around 9:30.

Thanking our Volunteers

First of all we would like to congratulate **Sophia Bitel** for winning our **Volunteer of the Year Award!** Sophia puts in many hours coordinating other volunteers, spearheading Adventure Trail and maintaining the Facebook page. Members like Sophia make this club great!

We also congratulate **Ellen and Jack Alden** who won the **Lifetime Achievement Award**. Both Ellen and Jack are hard working trail stewards and frequent volunteers to events. In addition, Ellen does a fabulous job as our Social secretary, mailing cards to members who lost a loved one or had a health issue.

In addition to our Volunteer of the Year, the WNRDC will be recognizing the efforts of all of our volunteers, whether for a few hours or consistently participating in many events, by giving a **\$50 dollar gift certificate to Dover Saddlery** to a **randomly selected volunteer** (yes, pulling a name out of a hat), twice a year. The twice a year drawing will occur after our two Horse Trials but will include volunteers from other events such as those who set up the potluck, work on our Pipestave cleanup day and help with the Adventure Trail. The Board wishes to thank all, whether a member or not, who help make our Club a success.

Education in Small Pieces

By Amy Bresky

On New Year's Day here in North Carolina this year, I was one of the people not watching a football game and/or nursing a hangover, and helped out as secretary and scorer at the Fix-A-Test at my friend Jeanette Van Mill's Dutchfield Farm in Aberdeen, NC. Jeanette decided to have this activity as an educational way to raise funds to help a rescue horse in need.

For those not familiar with what a Fix-A-Test (or Ride-Review-Ride, as it is also known) is, besides rigging SAT scores, it is a highly educational activity for dressage/event riders of all levels. It is an opportunity to ride a dressage test of your choice in front of a recognized judge, have your ride scored, and then the judge comes into the arena and works with you on the elements of the test that need the most work. This part takes about 20 minutes and then you have the option to call it a day, or come back after a short break and ride the test again with your new-found knowledge. It is a relaxed atmosphere with casual attire and great comraderie. Kris Hamilton of Raeford was the judge. The WNRDC is thinking about running one of these this year, so it was a good opportunity for me to see how to put one together.

I am an upper level dressage rider, who also enjoys eventing and trail riding (no DQ here) and I was expecting a rather quiet day just doing simple math scoring. Boy, was I wrong. From the minute I sat behind Kris, and she started helping riders from Introductory to Fourth Level, I found that she had many great short sayings that got right to the heart of the matter. I started scribbling them down around the perimeter of my schedule sheet. About halfway through the day, I realized there were more than enough to inspire any rider at any level or discipline. I hope you find one or two, or more, that you can hold with you to help your riding every day.

“Create ease of movement first, before anything else.” This was the basic tenet for the riders trying so hard to ride every detail that they had lost their forward momentum and relaxation. Kris was always willing to take the work down to whatever level needed to develop rhythm and ease of moment before adding anything else.

“He needs to carry you, not you doing all the work”, with its corollary, **“If he does twice as much, then you can do 2 times less.”** Not only did this encourage riders of sluggish horses to create that ease of movement but gave them the freedom to realize that they could do more with less effort, once the energy was created. Once the energy is there, this one made such sense, **“Just ride, don't get in the way of it.”**

“If you can fix it, you can prevent it.” These few words empowered riders to realize that if they had the ability to improve a problem once it had happened, they could then take that knowledge to the next step to help stop it from starting.

“If you add more go to bad steering, then you just have more bad steering.” This one got a lot of chuckles but was right to the point for riders to understand that no one part of the equation works without the other.

“If he goes hollow, don't follow.”, and its converse for a stuck horse, **“Let him know that he can go out there”**, were pieces of the important bigger thought, **“The moment something gets hard, that's the moment training begins.”** For some riders, this meant thinking about themselves a little differently to start the transition from rider as passenger to rider as an emerging trainer.

Tucked in between the more specific gems, there were the big concepts that we can all hold on to. I

think you'll find these will continue to develop more meaning all the way though your riding education.

“Defend your thoroughness.” Kris attributed these valuable but a little hard to grasp words to Henk Van Bergen. She had lots of related phrases and she added these to make it clearer; **“Have belief in your contact.”** and **“Keep inviting it.”**

“The truth lives in our seat”. This well-worded sentence reminded riders at every level that our seats are the core of our communication with our horses, and is a big piece of the path to defending that thoroughness.

By the end of the day, I found I could remember many of these short phrases. I have since found I can call them up to evaluate what I am doing and help me think through the inevitable sticky moments. Thank you Kris, for your wise and entertaining words, and thank you Jeanette, for creating an environment to soak them all in.

Volunteer Service Scholarship

Graduating seniors, who have volunteered at any WNRDC related function, are invited to apply for a \$500 scholarship to be used toward any type of further education.

Also, you may volunteer in 2012 to be eligible if you have not previously volunteered.

2012 Scholarship applications will be due in May 2012. Go to <http://www.wnrdc.com/Scholarship.cfm> for information on the application.

We congratulate our 2011 winner, **Brooks Robinson**.

Members News, Announcements, Classifieds and More

Parrott Equine Wellness Symposium Saturday May 12. Presentations on Meagher Sportsmassage, Acupuncture, Dentistry and Physical Therapy at Hamilton Community House.

Morning - talks by Lael Cook and Barbara Hill L.M.T., Dr Sarah Graboys & Dr Leah Limone DVM, and Jennifer Brooks P.T.; Catered Lunch; Afternoon - practical demonstrations; \$30 in advance, \$35 at the door. For more information, contact Barb Hill 978 618-9414 or barbhill@comcast.net

Do you know someone who is struggling to feed their horse? Please direct them to the **New England Equine Rescue (NEER) North feed fund program** funded by donations and feed bag Proof of Purchases and bag tags from the following manufacturers: Nutrena, Agway, Lucerne, and Triple Crown. See details at www.neernorth.org

Tag drop off locations include Dover Feed Store, Essex County Co-op, Kimball Farm Feed Store, Agway in Danvers, and at NEER North - 183 River Rd, West Newbury, MA 01985. Pick up can also be arranged. Thank you!

NEER North 2nd Annual Snowshoe Event February 5th at noon

Beautiful trails to explore, snacks, refreshments and raffles all to benefit the horses of NEER North. \$15 per person Location – NEER North, 183 River Rd West Newbury MA. Contact: NEERNorth@aol.com. If there is a lack of snow, we'll hike.



Instructor available: Will teach you or your horse or pony to longline and basics of driving. Have covered roundpen, perfect setting to teach longlining. Licensed and Insured. Contact Nady at 617-281-6761

Rolling Meadow Farm Request

We need your shoes!... Horseshoes, that is, for our project **Horseshoe Mission**. Rolling Meadow Farm's non-profit is collecting horseshoes, giving 25 shoes to different schools and during their art class they are painting them as part of raising awareness for autism and connecting the children with nature and horses.

The lucky shoes are either returned and sold or the parents buy their child's "work of art" for \$10 and they put them on their front door for good luck! So far Landmark School has painted over 200 of them and we have sold each one.

It is a great community project. The children have fun, can be creative, recycle shoes and learn about helping one another. You too can be part of this mission... by dropping off your used horseshoes at Rolling Meadow Farm. Thank you, Lauren Rowland, 69 Crane Neck Street, West Newbury. For more information call Lauren at 978-363-8128. www.rollingmeadowfarm.org

Mint for Mounts found a home for the little miniature rescue! Here is Blue in his new home, looking forward to his career working with autistic kids. We would also like to thank the Club for the end of year donation. We are just getting started and we can use all the support we can get so that we can help find homes for more horses like Blue.

For more information, contact Nady at info@mintformounts.org. Find out how you can help on mintformounts.org or our Mint for Mounts facebook page.



WNRDC E-MAIL RULES AND WNRDC YAHOO GROUP

Club e-mail provides information about WNRDC Club activities and related topics only. Club members can send out all classified (for sale, etc.) materials through the Yahoo Group, rather than through the Club e-mails. The Yahoo group is very user-friendly and instructions for signing up and using it are listed below. Through the WNRDC Yahoo Group you can send and receive messages from members on a variety of things such as horses for sale or lease, items for sale, available stalls, trail rides, and share some pictures!

How to join: If you want to join only the mailing list for the group, send a blank email to wnrdc-subscribe@yahogroups.com. If you have a yahoo e-mail address, or don't mind creating one to log into the group, send an e-mail to wnrdnewsletter@yahoo.com and request an invitation to join the group. When you set up your membership to the group, you can specify which email address the messages go to, it does not have to be the Yahoo account.

How to read messages: You can select in the setup if you want the messages to go to your email address, if you do then you will get the posted messages in your email. You can also sign into your Yahoo account and go to the WNRDC group to read all the posted messages.

How to post a message: Send your email to wnrdc@yahogroups.com and everyone who is subscribed to the group will receive it. Remember to add your name at the bottom of the message as we may not know from your e-mail address who you are.

How to visit the group on the web: <http://sports.groups.yahoo.com/group/wnrdc/>

NOTE: WNRDC Membership is required to join the group

Don't forget to renew your membership. If you don't know when your membership expires, please contact Kim Dwight at wnrdmembership@yahoo.com

If you have any changes to your contact info, please let Kim know.

www.wnrdc.com