

HAMPSHIRE HORSE

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JANUARY 2007 (Issue 27)

What's On:

Medstead Grange Farm, Bentworth, Alton GU34 5NL, Tel 01420 564440 www.medsteadgrange.co.uk
Unaffiliated Dressage – Sun 7 Jan, Sun 4 Feb, Sun 4 Mar (Championship Day)
Unaffiliated Show Jumping – Sun 14 Jan, Sun 11 Feb, Sat 17 Mar Please ring to book

Sun 7 Jan: Clear Round Showjumping, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start.
Contact 01252 850653

Little Leigh Farm Equestrian Centre, Prospect Lane, nr Rowlands Castle, Havant
Dressage Clinic with Ben St. John James: 1.00pm-6.00pm. **Thursday 11 Jan**
Training will take place in our international arena. Spectators welcome to book, please call or email.
Tel: 023 9241 3687, email lozzie_lewisa@btconnect.com

Thur 18 Jan: Indoor Flatwork & Jumping with Cindy Sims, Hoplands EC, Kings Somborne, nr. Stockbridge SO20 6QH. Contact 01794 389085

Portchester Horse & Pony Association

Sun 14 Jan: Show Jumping Rally, Lower Peak Farm, Warnford. £10/rider. 6 riders in a group.
Rallies are for members only. New members always welcome.

For further details please contact Jo or Corrie on 023 9261 7841

Sun 4 Feb: Clear Round Showjumping, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start.
Contact 01252 850653

Sat 10/Sun 11 Feb: The Science Behind Equine Welfare and Behaviour, Wokingham Town Hall, 10.00am – 4.00pm. Learn how science can help you to make educated decisions when designing the management system for your horse. The course will cover common welfare and behavioural issues and explain the science behind these to aid understanding for better treatment and prevention. For further details please visit www.thesmilingthoroughbred.co.uk, or email veronica@thesmilingthoroughbred.co.uk, telephone 07990 575659

Sun 18 Feb: Tambrook Show, Crofton Manor EC, Titchfield Road, Stubbington. Newcomers and novice ridden classes for all types of horses/ponies plus M&M NPS & P(UK) winter qualifiers. Contact Sue Varlet 01243 371470

Thur 22 Feb: Indoor Flatwork & Jumping with Cindy Sims. Hoplands EC, Kings Somborne, nr. Stockbridge SO20 6QH. Contact 01794 389085

The Mayhill Stud 2006/07 Unaffiliated Dressage Series

Sunday 28 Jan, 25 Feb, 25 Mar. Commencing 9.00am, entry fee £9

Further info and entries: The Mayhill Stud, Swanmore Road, Droxford SO32 3PT. Tel: 01489 877511

Sun 4 Mar: Clear Round Showjumping, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start.
Contact 01252 850653

Sun 4 Mar: Open Unaffiliated Dressage, Sparsholt College. SAE to Events Secretary, The Beeches, Duke Street, Micheldever, Winchester SO21 3DF. Tel 01962 774064

Sun 11 Mar: NPS Area 17, Berkshire College, Burchetts Green, Maidenhead. Riding pony in-hand & ridden NPS summer qualifying classes, novice classes, M&M NPS & P(UK) winter qualifiers. Contact Sue Varlet 01243 371470

Sun 11 Mar: Indoor Hunter Trial Schooling Session, Merrist Wood Campus, Worplesdon, Guildford, Surrey, 9.30am. £8/round. Entries on the day only. Tel Event Secretary 01483 884147, email lyoung@guildford.ac.uk

Sun 11 Mar: The Rockbourne Ride, UK Chasers Course, Rockbourne, nr Fordingbridge. Advance bookings only. Entries open January 07. Please see website for further details: www.BHSHampshire.org.uk.

Sun 18 Mar: Dressage, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start. Walk & Trot, Prelim and Novice. Contact 01252 850653

Tues 20 Mar: Cross Country Clinic with Lucinda Green, Hoplands EC, SAE to Events Secretary, Hoplands EC, Kings Somborne, nr Stockbridge SO20 6QH. Tel 01794 389085. www.horsefair.co.uk. BOOK EARLY.

Sat 31 Mar: Arlington Grove Show, Mayhill Stud, Droxford. SAE to Events Secretary, The Rose Cottage, Horseblock Hollow, Barhatch Lane, Cranleigh, Surrey GU6 7NJ. Tel 01483 277659

Sun 1 Apr: Clear Round Showjumping and Easter Egg Hunt, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start. Contact 01252 850653

Fri 6 Apr: Caronjoy Show, Mayhill Stud, Droxford. SAE to Events Secretary, The Rose Cottage, Horseblock Hollow, Barhatch Lane, Cranleigh, Surrey GU6 7NJ. Tel 01483 277659

Sat 14 Apr: Mulberry-Park Show, Mayhill Stud, Droxford. SAE to Events Secretary, The Rose Cottage, Horseblock Hollow, Barhatch Lane, Cranleigh, Surrey GU6 7NJ. Tel 01483 277659

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Sat 21 Apr: Blantyre-Park Show, Mayhill Stud, Droxford. SAE to Events Secretary, The Rose Cottage, Horseblock Hollow, Barhatch Lane, Cranleigh, Surrey GU6 7NJ. Tel: 01483 277659

Sun 29 Apr: Showjumping, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start. Tel: 01252 850653

Sun 13 May: Dressage, Ewshot Riding Club sand school, Ewshot, nr Farnham. 10.00am start. Walk & Trot, Prelim and Novice. Tel: 01252 850653

Sun 13 May: Thorney Island Show, Thorney Island (nr. Emsworth). 150 classes, RIHS qualifiers for riding horses, cobs and M&M WHP, classes for everyone. Contact Sue Varlet 01243 371470

Tue 17 July: Own a Pony Day, 10.00am – 3.00pm. Course at Merrist Wood Campus, Guildford College. Suitable for children 8 years and over who want to learn about owning a pony. Day includes riding lesson, daily care of a horse, stable management, competitions. Prize giving at end of day (parents welcome to watch). Tel: 01483 884000

Sun 2 Sept: Charity Ride supported by Hampshire HorseWatch, Farleigh Wallop, nr Basingstoke. Optional intro to "Trec" eventing on completion of ride. For further details please see www.nfed.co.uk/horsewatch or contact equine@hampshire.pnn.police.uk

Understanding Equus - www.understandingequus.co.uk

Debbie Reilly, Equine Trainer & Behaviour Specialist, Oak Tree House, Hightown Hill, Ringwood, Hants BH24 3HE.
Tel/fax: 01425 473151, mobile: 07715 732278. Email: info@understandingequus.co.uk

Debbie can arrange **tailor made training sessions** to suit all needs, whether it is giving your horse the ideal start in life, developing your current relationship, or if you are experiencing behavioural problems with your horse.

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HOW HORSES SLEEP: What does your horse need to sleep well? Maybe not what you think, say equine-behaviour experts. By Elaine Pascoe - Practical Horseman – September, 2000

You're at a show, and it's almost time to warm up for your next class. Butterflies are starting to flap up a storm in your stomach. You glance over at your horse. Is he feeling the excitement? Nope. He's standing next to you with eyes closed and head hanging. How could he sleep at a time like this?

A comfortable bed, darkness, privacy, and eight hours of peace and quiet - that's what you need to sleep well. But your horse's needs are very different. Knowing about those differences can help you ensure that he gets the rest he needs. "Horses have sleep patterns typical for prey species that evolved on open plains," says Sue McDonnell, PhD, head of the Equine Behavior Lab at the University of Pennsylvania's School of Veterinary Medicine. There isn't a huge body of research on equine sleep, she notes. But over the past twenty years or so, she's gathered detailed data on the daily behaviours--including sleep patterns--of stabled and feral horses in a wide range of settings throughout the world. Here, she and two other equine-behaviour experts will share their insights--so read on to learn your horse's sleep secrets...and what he needs to sleep best.

To Sleep, Perchance to Flee: Not every horse falls asleep waiting around at a show, but all horses can sleep standing up. Your horse has a sort of internal hammock - a system of tendons and ligaments called the stay apparatus. This system lets him lock his legs in position so (unlike you) he can relax his muscles and doze off without keeling over. Even when he's not sleeping, he uses the stay apparatus to rest muscles and reduce fatigue. Being able to sleep standing up is a great advantage for a prey animal. If a mountain lion comes creeping through the underbrush, the horse can be off and running without wasting precious seconds struggling to his feet. Horses plan for a quick getaway in choosing resting places, too. Out in the open, they go for sheltered areas but position themselves to get out fast--butts to the windbreak, heads pointing

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toward a likely escape route. "They're like volunteer firemen who back their cars into parking spaces so they can pull out fast," Sue McDonnell says. In many cases, even stabled horses rest standing toward the back of the stall, facing the door.

Down Time: Even though they're able to snooze standing, horses apparently need to lie down for rest and sleep at least some of the time. In fact, scientists think horses must lie down to go into deep stages of sleep. Like humans and many other animals, horses experience both slow-wave sleep (SWS) and rapid-eye-movement (REM) deep sleep. (SWS is characterised by slow, synchronised waves of electrical activity in the brain as recorded by electroencephalography. REM sleep is characterised by jerky eye movements and rapid, disorganised brain waves). REM sleep seems to occur mostly when the horse is stretched out flat on his side, rather than resting on his chest.

People dream during REM sleep, and it seems that horses do, too. Beneath closed lids, their eyes move rapidly back and forth. Sue McDonnell has even seen some horses move their feet as if "trotting" in their dreams. But what horses dream about is anyone's guess.

Power Naps: Studies of herds of wild and semi-wild horses show that horses take "power naps" and use the buddy system to get the rest they need while keeping safe from predators.

If you're like most people, you need a good, solid eight hours of unbroken rest every night. If you don't get it, you drag through the following day dull, drowsy, and sleep-deprived. You might assume that your horse has similar needs. But according to Sue McDonnell, horses do well with far less sleep than people. Horses typically spend anywhere from four to fifteen hours a day in standing rest, and anywhere from minutes to several hours lying down. Only part of that is actual sleep time, taken in brief naps that last a few minutes each. The daily total sleep time for an adult horse may range from a few minutes to a couple of hours. Foals and young horses, like other youngsters, sleep more, more deeply, and more often than adults.

This pattern is another plus for a prey animal: His sleep can be interrupted repeatedly by predators and false alarms, but he'll still function. Rarely does a horse suffer from true sleep deprivation, says Sue McDonnell. The minimum amount of deep (lying-down) sleep he needs is very small--perhaps an hour in many days. Still, if he doesn't get that minimum, he eventually begins to drift off into what appears to be deep sleep while standing--and buckles at the knees.

Where you want your rest in a solid block of time, horses spread theirs out in scattered periods throughout the day and night. According to Sue McDonnell, "For any horse or group of horses, there is usually a recurrent pattern of rest and other activities," such as grazing. The pattern varies with the weather, the season and what's going on around the horse. Stabled horses, affected by the activity around them, typically get much of their sleep during the evening and early morning hours. "Horses tend to learn the pattern of the barn," Sue McDonnell says, "and their deepest rest and sleep tend to occur soon after the busy 'people day' ends."

Buddy System: You're probably not surprised to hear that horses sleep best when they feel safe from danger. But the factors that help them feel safe may not be what you think. When you put your horse in his stall and close the door, you know he's protected. But he likely feels isolated and confined - and for a horse, isolation and confinement can be dangerous. As part of her work at U of P, Sue McDonnell has studied the behaviour of a semi-wild herd of ponies over time. She says feral horses actually sleep more than stabled horses. They also get more down time: As members of a herd, they're able to relax because one horse acts as a sentinel, standing guard while the rest snooze. "In feral groups, all individuals tend to rest together, eat together, go to water together. The young may get additional rest and sleep during grazing, with the protection of the adults". The adults share the sentinel duty, so everybody gets to lie down. Solitary adult horses tend to get less deep sleep than horses in groups--probably because, with no sentinel on guard duty, and no other horses to help deal with danger, the solo horse feels he has to look out for himself at all times. He startles out of sleep at the slightest disturbance. In many cases you'll see horses stabled next to each other rest standing against the two sides of their shared stall wall, Sue McDonnell says--probably to take advantage of the sentinel effect.

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Dear Horse riders

I would like to take the opportunity to introduce myself as the newly appointed post of Senior Countryside Access Officer. This is a newly created post piloting the delivery of the Countryside Access Plan for the Forest Of Eversley. 62% of the population visit the countryside, and the reasons for doing so, are many and varied. The needs of horse riders is recognised and should be incorporated with the needs of others.

Map: Forest Of Eversley Access Plan Area

Consultations were carried out in 2003 about countryside access of the various users and my job is to ensure that there is strategic overview in this provision. It is also important that we make sure that you, the user, know about it.

What we are hoping to do is:

- Find out what currently land owners are providing for horse riding
- Find out where you are currently going
- Find suitable linkages

We are currently meeting a wide range of organisations such as Ministry of Defence, Natural England, Forestry Commission, Hampshire Wildlife Trust, Blackwater Valley Countryside

Partnership, Local Authorities as well as user groups. It is hoped that by working together we can improve the provision of countryside access for all.

I look forward to bringing you up-dates regarding horse riding, as well as talking to horse riders.

Nigel Smith, Senior Countryside Access Officer

Countryside Service, Basing House, Redbridge Lane, Basingstoke RG24 7HB

Tel: 01256 844214 Fax: 01256 326283



Classifieds:

VARIOUS For sale	Mears 'Pytchley' tweed jacket , velvet collar, ladies 32"/34". Ideal show/competition. Little used. £50. Child's safety stirrups , 4" wide, £5. Black dressage saddle . 17" Bates Isabelle. 'Cair' system, adjustable gullet. Very good condition. £800. (£1200 new). Tel: 01425 673630 (eve) (Christchurch)
JODHPURS For sale	Jodhpurs by Ride & Groom , size 10 ladies regular leg, Navy nylon, v.g.c £7.00 Jodhpurs very good quality, by Caldene, soft thick cord, 30" waist, stretch, with pocket & zip, mid tan, sticky waist, very warm and soft, ideal for cold winter days vgc £25.00 Tel: 02392 263207 (Purbrook)
VARIOUS For sale	14' x 10' mobile field shelter (wooden sledges to get round planning permission). Onduline roof, guttering, gated doorway, kicking boards. £1,500 ovno. Purchaser needs to collect & reassemble. Wintec 500 saddle . 17" GP, cair panels, medium width. Complete with 48" girth (Thorowgood), synthetic leathers and heavyweight irons, numnah. Used 10 times. Brown. £250 Cob size English bridle . Rubber reins, flash noseband, 5/8" bit. Brown £20 Tendon boots , full size, black rubber and solid casing. 3 straps. Used a few times, little wear £15 Extra wide neoprene half chaps , worn once £15 Amanda Marshall 023 9266 2827 (Portsmouth)
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January 2007

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