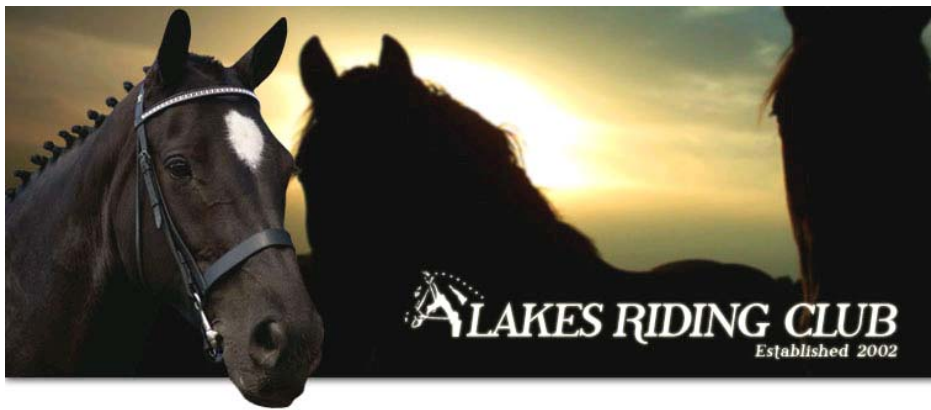


4<sup>th</sup> January 2010



### Club Contacts

<b>President</b>	Cheryl Miller	0437 668 575	<b>Rally Coordinator</b>	Faye Justin	0400 581 807
<b>Secretary</b>	Jodie Narik	0409 504 101	<b>Treasurer</b>	Joy Woodmason	0419 138 455

### Christmas Rally Review

On December 19<sup>th</sup>, the Christmas rally & lunch was held at Joy Woodmason's place.

An extremely yummy lunch was provided by Joy & Ally Ingram, the food was just exquisite and a huge THANKYOU goes to them both for putting in so much effort to make sure we were all happy and well fed. Joy's garden was a great setting and so tidy, to add to the enjoyment.

Santa paid a visit, along with some helpers, everyone was very spoilt with their gifts.



### January Rally

Please note there has been a change of venue for January's rally. This is now being held down at the Horse Trials Complex. This is so as those who wish to camp can use the yards that are available.

The rally is being held 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> of January. The 16<sup>th</sup> is the Lakes Day, both the other days are open to all of Cherie's clients, so book early if you wish to ride all 3 days.

Contact Faye for times.



### Welcome to the World...

Kristen & Sam Pickford welcomed to the world their beautiful baby boy Harley Steven, born December 17<sup>th</sup>, 7lb 3oz. Harley is doted on by his big sister Isabella, she'll be a great help to Mum~!

### Bushfire Season

We are in the middle of our Bushfire Season. It is imperative that everyone has a Bushfire Survival Plan.

Chaff Chat has a great article on page 13. "On forecast days of Severe, Extreme or Code Red (catastrophic) fire danger make sure your horses can move freely and have access to a large area where there is minimal vegetation. A large, well-grazed paddock or a series of small paddocks with the internal gates left open would be suitable.

Horses are quite good at avoiding bushfire if they are given enough room and will quickly move to burnt ground to survive. Ideally the paddock they inhabit should have a dam in it where the horses can seek relief from the heat.

Do not lock your horses in a stable, holding yard or similar small environment."

Remember: Prepare, Act, Survive.

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*Foals are born with legs 90%  
of their full adult length.  
Lucky humans aren't-!*

## Rule Change

There has been a rule change for Dressage Competitions, it now reads:

"A whip not exceeding 1.2 metres in its entirety (including the compulsory tassel) may be carried in tests up to and including Advanced level."

## Message from our Coach...

For a lot of our members, 2009 has not been the best of years. I hope that a new year will bring us happiness and joy with good health to us humans as well as our beloved animals.



## Updating our thoughts and thinking power

In this day and age, sometimes our world can be like a wilderness in which we can become lost and it is hard to retrace our steps to reach the right path both in personal life and in our ongoing training of our horses.

Try some of the following tips, they may help:

1. Don't panic,
2. Positive thinking; your own ability to control the power that is in each one of us. A positive attitude is a must, put yourself first.
3. Preparation; planning each step that we ride and the order in which they should be placed.
4. Performance; know that the hard yards have been done, good training, sound basics, make the performance easy and enjoyable.
5. Perfection; 100% can be achieved, you are the one that can make this happen, believe in yourself and trust your horse.

Happy Riding to all our members.



## Golden Rules of Test Riding

1. Know when you can attack a test and when you can't. If everything feels good, ride with extra sparkle. Don't always play on the safe side.
2. Do not throw away marks on inaccuracy. 100% can be achieved if you ride your corners, shapes and circles correctly.
3. Rhythm all the way.
4. Relaxation; your breathing plays a big part.
5. Activity and power.
6. Know your test, don't rely on a caller as it takes away your focus, use only as a backup.
7. Plan well, don't hurry your warm up. Find that voice in your head that tells you to be positive.
8. Analyse your test results with your trainer or friend, Judges can be wrong sometimes in what they see.....

Your Coach for Lakes, Cherie Edmonds.

Happy New Year-!