



## What's up next

AGM The Annual General Meeting for the MSEDCL will be held on Sunday 22 August 2021 at lunchtime at Naracoorte Pony Club Grounds. An exact time will be advised once the timetable for the Lucy Williams Clinic has been finalised.

As with every AGM all Committee and Executive positions will be vacated.

It would be wonderful to have some new members join the Committee and ask that you consider becoming a committee member.

Some things that might help with your thinking

- You get a great sense of satisfaction organising Club days and activities for people with the same passion for Dressage
- Meetings are held Monthly – these have been online to save on travel and also worked well in COVID times
- Many hands make light work so it is good to break up roles into more manageable chunks
- A great way to learn more about dressage and running events or clinics

Club days are the forth Sunday of the month

If you have any questions about what is involved please contact me or one of the other Committee people.

Thank you for considering this and for all your support for MSEDCL.

**Kristy Boord**

**President**





**This clinic is full and overflowing  
You can still register but will need  
to go on a reserve list  
Do come along to observe and enjoy**

Lucy Williams Clinic

Saturday 21 and Sunday 22 August 2021

Naracoorte Pony Club Ground,

175 Repeater Station Rd, Naracoorte

Lucy Williams has 20 Years of Equestrian Coaching Experience. After leaving school Lucy went to Wellington Riding with Robert Pickles FBHS to gain her BHS AI (1994) in an intensive 3 month training/exam programme. This initial qualification led to travel to Australia, working for a World Cup Showjumper, Movie Horse Trainer, Eventer and a Show Rider. On returning to England she worked at a hunting yard, a thoroughbred stud/racing yard, gained her LGV license and did some horse transporting before moving on to Ingestre Stables with Rob Lovatt FBHS and Tim Downes FBHS where she achieved her BHS II in 2002. It was not long after achieving this that Lucy moved up to Yorkshire to work for Christopher Bartle FBHS (current Performance Coach of the British Eventing Team and former joint German 3 Day Eventing National Team Trainer) and Jane Bartle Wilson BHS I. Lucy passed her Equitation and Teaching (now Senior Equitation and Coaching) in 2007 and in 2010 returned from Australia (after moving there in 2008) to pass the Stable Managers to achieve her BHS I.

Lucy also holds the IGEQ Level 3 Equestrian Coach's Passport and is an accredited "Ride With Your Mind" coach. Lucy assists riders to realise the influence of their position on their horse's way of going.

Having been through the British Horse Society exam system Lucy has a solid foundation of thoughts and beliefs on teaching and coaching. Ongoing training and continuous evaluation of current training methods used by both herself and others build on this foundation. Lucy regularly trains with various coaches and Mary Wanless (RWYM) in the UK to improve and update her equestrian skills and coaching methods. She believes keeping an open mind is extremely important in the continual development of our abilities.

Lucy has evented to intermediate level. Her ability to explain and never make the rider feel inadequate but to always build on the positive creates confidence in her riders. Down to earth, fun and encouraging, Lucy likes to create an environment that brings out the best in all her clients, whatever their level.

# S.A. Country Dressage Classic

## 25th & 26th September 2021



This event attracts many competitors from all over SA and Victoria . Although it is clearly supported by some of the “big guns” it is also an event open and encouraging to our own members.

All members please feel comfortable and understand they are encouraged to compete. There is a class for everyone of all levels and skills. It is a great opportunity to be apart of a big event and gain experience to perhaps travel further afield in the future. If you need advice or directions please contact a committee member or experienced club member all are only to happy to help.

All members and their supporters please put their hand up to help the club run the event. Please approach and make contact to the Committee below

- ◆ Penciling contact Ann Dodd call or text 0400737087
- ◆ All other positions below contact Kristy Boord 0417361269
- ◆ Gear Check Stewards (all information, equipment and training will be provided)
- ◆ IT support in Admin Area
- ◆ Overseer for grounds e.g. Toilet paper, campers enquiries.
- ◆ Arena Erection (prior to the event) Day and time will be advertised via FB
- ◆ Working Bee (prior to the event)
- ◆ Presentation setup for each day of competition
- ◆ Judges Hostess
- ◆ Covid Marshals

We have over 70 members so we should be overrun with personnel who will be able to share responsibilities.

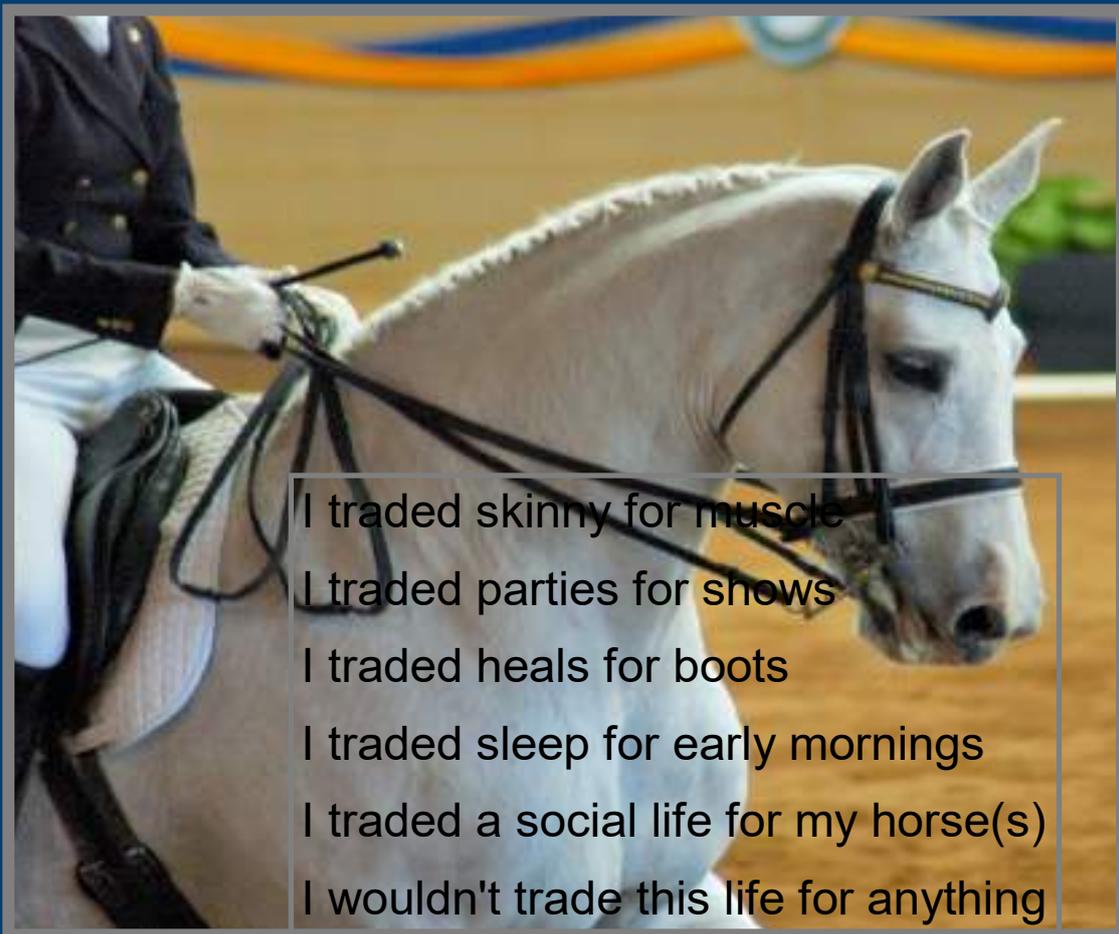


*“Dressage,  
the passionate pursuit  
of perfection  
by the obsessively imperfect”*



### *From the Presidents chair*

Wow what a jam packed informative newsletter! Thanks sue for doing another amazing job of giving us all a wonderful read each month. I look forward to receiving this newsletter, I am sure that all of you feel the same. The Raidis Estate SA Country Classic is fast approaching and is such a fantastic opportunity for all our club members who dream of riding at a major event, here is your chance. Its local and close to home. If you don't have all the correct attire for an official event, other club members would be more than happy to lend you some gear. If you need bridle or saddle blanket numbers, a white saddle blanket, a whip, gloves, riding jacket or anything else, please ask. We are all here to support you compete and make dreams come true. This event is our major fundraiser, and helps to pay for events during the year such as the extravaganza and club days which is our way of giving back to our members. We also gain valuable advice from high level judges and gives us all the opportunity to watch some amazing dressage in action. So if you feel a little shy, please reach our to one of our committee, we will be more than happy to give that little positive push to go for it, you will be so glad you did Happy riding from your president Kristy



I traded skinny for muscle  
I traded parties for shows  
I traded heals for boots  
I traded sleep for early mornings  
I traded a social life for my horse(s)  
I wouldn't trade this life for anything

# Ten Habits of Competent Riders

APosted by [Horse Listening](#)

We can all think of a rider we know that seems to always do well, has calm, happy horses, and steadily improves their horse's physical and mental state in an almost effortless manner.

We watch and admire from afar, but in fact, we can all stand to learn from their regular habits and “way of being” in order to develop our own horse riding mantra.



It's all about listening!

What do great riders have in common that makes them appealing to watch, steadily develop their riding skills and become role models for others to aspire to emulate?

- 1. Persistence:** Good riders are willing to try, try again. They know that there will be more rides, more days, and the slow and steady approach always wins the “race”.
- 2. Open-mindedness:** Good riders know there is something to be learned from everyone, even if to see proof of why NOT to do something. These riders are not discipline racist, and are always aware that good riding is good riding, regardless of the saddle or style.
- 3. Patience:** Good riders are [willing to wait](#) to reap the rewards. They know that even if something falls apart today, there will be more days to come and small steps even backward are more beneficial than quick fixes or shortcuts.
- 4. Quitting:** This may seem counter-intuitive, but good riders [quit while they're ahead](#). They ride for short periods of time to their highest ability and then call it a day. They seem to intuitively know when enough is enough.
- 5. Effectiveness:** Good riders seek maximum effectiveness with minimum harm. They make every step count, and they resist overriding the horse for the sake of performance.
- 6. Self-Improvement:** Good riders regularly seek to [upgrade their riding skills](#) and general horse education. They are willing to spend time, money and humility in the quest for constant self-improvement.
- 7. Seeing the Big Picture:** Good riders enjoy the “work” and the path as much as they do the goal achievement. They know that each day and each step is as important as the other and is a natural progression in development.
- 8. Role Models:** Good riders know good riding when they see it and seek to surround themselves with those who will not only help them improve on a riding level, but also on a more personal and inspirational level as well.
- 9. Problem Solving:** Good riders can trouble-shoot through problems to come to gratifying solutions. They have many tools in their “tool-boxes” and know there is more than one way to approach a situation. They are always willing to try new things.
- 10: Horse Listeners:** Good riders are expert [horse listeners](#)! They are sensitive to the feedback from their horses and adjust their responses accordingly.

## ***From the EA Rule book***



**EQUESTRIAN  
AUSTRALIA**

### **Entering the arena**

Riders and event organisers must be aware of the following:

- a) when presenting to the judge before a test, riders do not have to stop and report to the judge but must make sure the judge has clearly seen their Horse Identification Number
- b) for competitions where it is not practical or safe to ride around the outside of the arena prior to entering, the rider is permitted to enter the arena as soon as the previous rider has exited and before the bell is sounded. After the bell has sounded the new rider starts the test from within the arena
- c) under special circumstances and conditions, the OC may also permit riders to ride within an outdoor arena
- d) for outdoor competitions, if the area surrounding the competition arena is unsuitable for riding on, then the Chief Judge, in consultation with the OC, will make a decision as to whether it is permitted to allow the competitors to enter the arena and complete one lap each way prior to commencing their test. Such a decision must be announced at least 30 minutes prior to the commencement of the competition. Once the bell has been rung the competitor is required to come down the centre line at A (via the shortest route) and judging commences once the rider is on the centre line
- e) after the bell has sounded, the competitor must enter the arena at A as soon as possible
- f) failure to enter the arena within 45 seconds of the bell being sounding will entail a penalty of 2 points per judge. Should a rider continue and not enter within a further 45 seconds they will be eliminated
- g) entering the arena at A before the bell signal has been given may entail a penalty of 2 points per judge
- h) judging commences with the rider's entry at A
- i) judging is not influenced by any actions of the competitor prior to their entrance at A
- j) at the first halt and final halt competitors must take the reins in one hand to salute. Failure to salute will entail a 2 point penalty from each judge
- k) a whip may be held in either hand at the salute
- l) judging ceases when the horse moves forward from the final salute
- m) after the final salute the competitor should leave the arena in walk on a long rein at A
- n) the competitor must be mounted on leaving the arena at A
- o) if the entry at A is open for the first horse of a competition then it must remain open for the rest of the competition

### **Gear check**

- a) a gear check is compulsory for each test and failure to have a gear check will entail elimination
- b) all competitors must present to the Steward or gear checker
- c) unless otherwise specified in the schedule or on the notice board the gear check for each test will take place prior to each test
- d) however, in circumstances where a horse is unsettled then the combination may request to have a gear check after their test – refer also to rule 6.5.1e, 6.5.1f
- e) failure to have a gear check will incur elimination
- f) the bit inspection should not be checked until after the test unless requested by the competitor

## 9. DRESS



9.1. Registered Club colours must be worn at official events. Club colours must be worn on the rider's upper body with the Club name or logo displayed on the upper body garment and/or saddle blanket. The requirement to display the Club name or logo is waived for Led classes or when a body protector is worn. All Clubs whose members wish to compete at Official events must register two main colours. The main colours are to be used as the principal colour/s of the uniform and may be interchanged. At the discretion of the Club, other colours may be used in trimming, logos or similar embellishment. Subject to rule 9.2, a neutral or light coloured shirt or saddle blanket (not registered as a Club colour) may be worn as part of the uniform. In hot weather, the Ground Jury may allow competitors to remove outer layers of clothing and ride in shirt sleeves. If a riding vest is worn, the length of the vest must not extend past the buttocks. Shirt/skivvies worn under a vest must be of a contrasting colour. Hacking or riding jackets or any items of clothing designed to replicate a hacking/riding jacket are not permitted to be worn at Official events.

9.2. It is every Clubs' responsibility to ensure that their members present themselves as neatly and professionally as possible. It is recommended that each Club have specific rules as to what they will allow their members to wear when representing their Club at Official events. Riders should be neatly attired in Club colours for award presentations

9.3. An approved equestrian helmet with a fixed harness MUST be worn at all times whilst mounted. The required standards for helmets at HRC AV competitions will be:

- ◆ Current Australian standard AS/NZS 3838 (2006 onwards) provided they are SAI Global marked.
- ◆ • New Australian standard ARB HS 2012 provided they are SAI Global marked.
- ◆ • Current American standard ASTM F1163 (2004a or 04a onwards) provided they are SEI marked.
- ◆ • Current American standard SNELL E2001.
- ◆ • Current British standard PAS 015 (1998 or 2011) provided they are BSI Kitemarked.

9.4. Long or short riding boots MUST be worn at all times whilst mounted. Heavily rippled or blocked soles are not permitted. Enclosed footwear with ripple soles, including running shoes, may be worn in Led classes.

9.5. In bad weather, the Judge or Ground Jury may allow wearing a waterproof coat.

9.6. At the discretion of the Ground Jury, Competitors who are improperly dressed may be refused permission to take part in the Competition

9.7. Medical armbands are compulsory for all jumping phases at Official HRC AV Events. Failure to wear a medical armband during a jumping phase will result in elimination from the Event. Armbands must be worn on the rider's upper arm with the rider's name clearly visible to gear check stewards and medical personnel. Armbands cannot be worn under clothing or in riding boots. Members are permitted to wear an EFA/PCAV armband. Note: medical armbands are to be worn in Show classes where jumping is required .

9.8. Toe Stoppers are permitted in all disciplines and in all levels.

9.9. Clubs may include sponsor's logos on Club uniforms subject to HRC AV approval. Sponsored individuals may display sponsor's logos on the saddle blanket provided the logo is not greater than 10cm high and/or 20cm wide.

9.10. Helmet cameras may be used with the permission of the HRC AV. Documented proof of such permission must be shown at the request of event officials. The rider assumes responsibility for loss, injury or consequences arising from use of the camera.

9.11. Body protectors may be worn over the rider's uniform in all disciplines. The Club logo must be visible on the saddle blanket or upper body garment of the rider.

10. RIDER IDENTIFICATION 10.1. At all Official Events, Competitors must be identified by a number. Numbers are to be displayed on both sides of the horse except in Showing where a breast plate number may be used. All competitors must supply their own numbers.

## Exercise of the Month

Since the winter weather and the upcoming Radis Estate SA Country Dressage Classic is foremost in our minds. This months exercise is to visualize your way through a whole test that you would or will compete in at the Champs. Try to put in every half halt, every halt, transition and movement at its correct marker. This is trickier than it sounds. If you lose concentration gently bring yourself back to the movement you got distracted in and keep riding. GOOD LUCK !!

See you all at the Champs

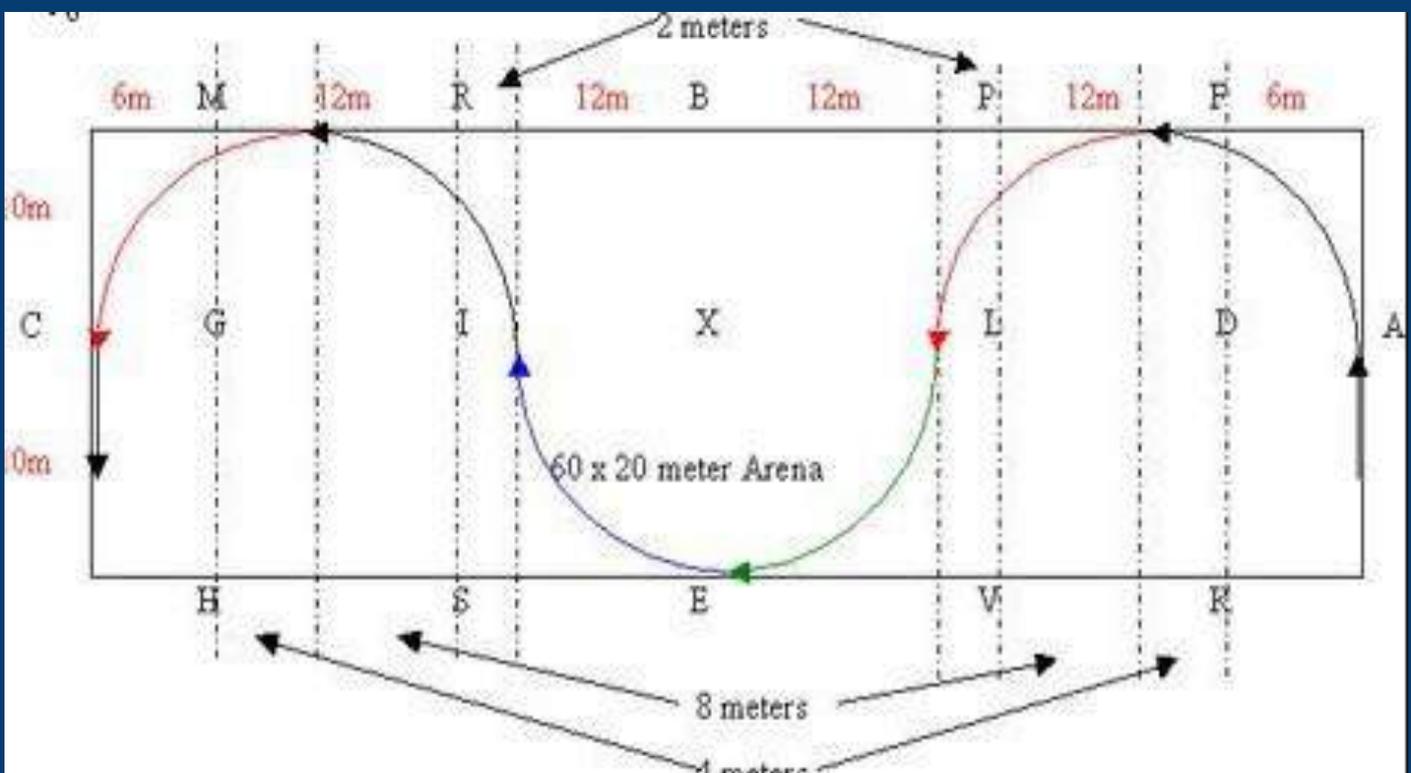


*“Champions do not become Champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance it self is merely the demonstration of their Champion Character”*

## Do you know how to ride a serpentine?

Often the most badly ridden movement in dressage tests

Serpentines do not have corners.....see diagram below



## Thank you Kristy Boord

As you all know Kristy has been the clubs dedicated leader since 2017 and has led the club on its continued success of events, camaraderie and support to all things dressage in the region. An avid HRCVA advocate and competitor, she has always given equal credence to all EA dressage rules.

Before becoming the current President, Kristy has been involved with the club since 2004 when she entered the first Winter Series held. Sadly was not able to finish the event due to a surgery on her leg, but she caught the dressage virus at that time and has gone on to fulfil many important rolls in the club.

In 2008 was the fabulous secretary who put in amazing work to see the club run the first SA State Championships run outside the Adelaide area and to add to the difficulty it was at the very end of the El Lockdown when all the then biosecurity was a new and a stringent obstacle to be overcome. Kristy has been scoring gooroo as well as a competitor with her partners Lotto, Blue and Ava. Thankyou Kristy we know you would like a spell and step down from the Presidential chair. (good luck) But we are equally pleased you are happy to remain on the committee with less responsibility.



*Kristy always up for a bit of fun and a laugh*



From Linda's Kitchen

### Thai spiced pumpkin soup

*This is a great variation on a traditional pumpkin soup.*

**Serves: 4 to 6**

**Cooking Time: 1½ hours**

**2 tablespoons olive oil 1 large brown onion**

**4 garlic cloves**

**3 to 4 small Birdseye chillies, optional**

**·1 bunch coriander, extra for garnish**

**½ teaspoon chilli paste, red is fine 1 teaspoon ground cumin**

**1 teaspoon turmeric**

**500g Kent pumpkin, diced 500g Butternut pumpkin, diced 500g Jap pumpkin, diced**

**6 cups chicken stock**

**1 400ml can coconut milk**

Fry onion, garlic and chilli and cook for a few minutes. Add some coriander stem (washed) and chilli paste and cook for a few more minutes. Then fry the turmeric and ground cumin. Add diced pumpkin and fry until nice and brown. Add stock and simmer for 1 hour covered. Then puree and add coconut milk. Serve with extra coriander and chilli.

#### **Cook's Tip**

It is worth making the chicken stock and you can always freeze the excess.

# Championship memories from events past



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**Website**

