

# WES NEWS

March 2020

*The Official Magazine  
of the Western  
Equestrian Society,  
formed in 1985*

Issue 103

**COVID-19**

**Special**



**Thank You to NHS and all other  
Critical Workers**



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## WES TRAIL AWARD SCHEME

*The Society's Trail Riding Award Scheme is open only to members of the Society*

The Scheme is very simple - any WES member who hacks out for pleasure (training and schooling do NOT count) in a western saddle can record their hours and qualify for an award. The horse does not have to belong to the rider, but must be ridden in a western saddle.

- The scheme is subject to a once only payment of £40.
- Participants can download a log sheet from the **WES web site** ([www.wes-uk.com](http://www.wes-uk.com)) on which to record their hours spent hacking. If you do not have access to the internet forms can be obtained from **David Hudspeth, Old Police House, 14 John's Road, Radcliffe-on-Trent, Notts., NG12 2GW**
- Subject to ratification\* the following awards will be made:
  - **75 hours:** Commemorative certificate.
  - **150 hours:** Commemorative certificate.
  - **250 hours:** A certificate plus an inscribed silver belt buckle\* supplied by Montana Silversmiths, subsidised by £50.00 from WES funds, the price to be confirmed at the time of purchase.
  - **500 hours:** Certificate plus option to purchase trail award merchandise embroidered with the Trail Award Logo obtainable from WES Merchandising.
  - **1,000 hours:** Option to purchase a Trail Award Jacket, embroidered with the Trail Award Logo, obtainable from WES Merchandising, together with 1 year's free membership of the Society.



*\* To qualify for the silver belt buckle and other benefits claimants must have maintained continuous membership of the society since joining the scheme. In the event of membership lapsing for any period the claimant's participation in the Trail Riding Scheme will be deemed void. Rider records must be submitted to the Society on an annual basis when requested. Clothing supplied will vary depending upon the fashion as the time of request.*

For details of the WES Trail Awards Scheme, please contact David Hudspeth, Old Police House, 14 John's Road, Radcliffe-on-Trent, Notts., NG122GW

### WES MERCHANDISE

For a wide range of  
clothing with the WES  
embroidered logo  
please visit the  
**TOTAL CLOTHING  
SHOP**

[WWW.totalclothingshop.co.uk/wes](http://WWW.totalclothingshop.co.uk/wes)

### WES WEBSITE

Please visit the WES  
website for  
information on the  
Society, details of  
shows clinics, etc.

[www.wes-uk.com](http://www.wes-uk.com)



## Society Information

Council Members			
Position	Brief Job Description	Name	email
<b>Chairman:</b>	Spokesperson and figurehead of the society.	<b>Ann Hughes</b>	<a href="mailto:wesmembership595@sky.com">wesmembership595@sky.com</a>
<b>Secretary:</b>	Manages council, organises meeting etc.	<b>Debbie Langford</b>	<a href="mailto:debbie@ferndown-com.co.uk">debbie@ferndown-com.co.uk</a>
<b>Treasurer:</b>	Overseas the financial affairs of the society	<b>Holi Richardson</b>	<a href="mailto:hrichardson742@gmail.com">hrichardson742@gmail.com</a>
<b>Membership Secretary:</b>	Contact with any membership queries	<b>Ann Hughes</b>	<a href="mailto:wesmembership595@sky.com">wesmembership595@sky.com</a>
<b>Health and Safety:</b>	Monitors Health and Safety to ensure with legislation, etc..	<b>Patrick Smith</b>	<a href="mailto:Wes-safety@hotmail.com">Wes-safety@hotmail.com</a>
<b>Area Co-ordinator:</b>	Point of contact for the area reps.	<b>John Ayles</b>	<a href="mailto:alberta.ayles@btinternet.com">alberta.ayles@btinternet.com</a>
<b>Show Co-ordinator:</b>	Organises all activities of the society.	<b>Michael Carder</b>	<a href="mailto:wesshow@carder.me.uk">wesshow@carder.me.uk</a>
<b>Publicity Officer:</b>	Promoting the society in the media	<b>Jim Lyner</b>	<a href="mailto:wespublicity@mail.com">wespublicity@mail.com</a>
<b>Youth Officer:</b>	Promotes activities for youth members	<b>Louise Hunt</b>	<a href="mailto:Louiseh2015@gmail.com">Louiseh2015@gmail.com</a>
Other Society Contacts			
<b>Animal Welfare Adviser:</b>	The person to report to with any animal welfare issues.	<b>Louise Hunt</b>	<a href="mailto:Louiseh2015@gmail.com">Louiseh2015@gmail.com</a>
<b>Trail Award Scheme:</b>	Administers the Trail Award	<b>David Hudspeth:</b>	<a href="mailto:Hands-on-qh@ntlworld.com">Hands-on-qh@ntlworld.com</a>
<b>Liaison Contact</b>	Go between with other like-minded societies.	<b>Yvonne Newbegin</b>	<a href="mailto:yvonnenewbegin@gmail.com">yvonnenewbegin@gmail.com</a>
<b>Webmaster</b>	Maintains WES website	<b>Dawn Lewry</b>	<a href="mailto:tallbird21@hotmail.co.uk">tallbird21@hotmail.co.uk</a>
<b>WES News Editor</b>	Edits WES News and distributes it electronically to those members who have subscribed	<b>Chris Thompson</b>	<a href="mailto:cpa.thompson@btconnect.com">cpa.thompson@btconnect.com</a>



## Area and County Representatives

Area rep. names are in **BOLD**, County rep. names are in *bold italic*

Area No.	Area Covered	Representative Name	email
1	Grampian and Highlands	<b>KATHY BRIGGS</b>	<a href="mailto:pyenjack@btinternet.com">pyenjack@btinternet.com</a>
2	Gwynedd, Clwyd, Cheshire, Shropshire, Staffordshire	<b>MICHELLE SURGEY PRICE</b>	<a href="mailto:unziptheflare@gmail.com">unziptheflare@gmail.com</a>
3	Cornwall, Devon, Somerset, Wiltshire	<b>SARAH HAMLIN</b>	<a href="mailto:sarah.hamlin38@gmail.com">sarah.hamlin38@gmail.com</a>
		<b>PAM PURSLEY</b>	<a href="mailto:pam@pursley.co.uk">pam@pursley.co.uk</a>
	Devon:	<i>Linda Thompson</i>	<a href="mailto:thompson_linda@hotmail.co.uk">thompson_linda@hotmail.co.uk</a>
	Wiltshire	<i>Toni Bendall</i>	<a href="mailto:wuineapeggs@hotmail.com">wuineapeggs@hotmail.com</a>
4	Cleveland, Cumbria, Durham, Northumberland, Tyne & Wear	<b>ANGIE TAYLOR</b>	<a href="mailto:angie@whittonstalltaxi.co.uk">angie@whittonstalltaxi.co.uk</a>
	Tyne and Wear	<i>Jo Powell</i>	<a href="mailto:webster.powell@btinternet.com">webster.powell@btinternet.com</a>
5	Lancashire, Merseyside, Yorkshire, Greater. Manchester	<b>CHRISTINE OUTRAM</b>	<a href="mailto:christineoutram1@icloud.com">christineoutram1@icloud.com</a>
	East Yorkshire	<i>Margaret Kemp -</i>	<a href="mailto:mekemp.wes@gmail.com">mekemp.wes@gmail.com</a>
	Lancashire	<i>Georgina O'Connor</i>	<a href="mailto:activepeopleandpets@gmail.com">activepeopleandpets@gmail.com</a>
	West Yorkshire:	<i>Lesley A. Wilkinson-Lyner</i>	<a href="mailto:lesleyannwl@gmail.com">lesleyannwl@gmail.com</a>
6	Avon, Carmarthenshire, Ceredigion, Dyfed, Glamorgan, Gloucestershire, Gwent, Herefordshire, Pembrokeshire, Powys, Worcestershire	<b>MANDY HAWKINS</b>	<a href="mailto:wesarea6@gmail.com">wesarea6@gmail.com</a>
	Glamorgan	<i>Yvonne Allen</i>	<a href="mailto:ylallen@aol.com">ylallen@aol.com</a>
	Powys	<i>Fran Groves</i>	<a href="mailto:frangroves@aol.com">frangroves@aol.com</a>
	Dyfed	<i>Julie Wilson</i>	<a href="mailto:rainbow.eggs@btinternet.com">rainbow.eggs@btinternet.com</a>
	Gloucestershire	<i>Gill Parker</i>	<a href="mailto:bronze@gillparker.co.uk">bronze@gillparker.co.uk</a>
	Herefordshire	<i>Bruce Lawrence</i>	<a href="mailto:bclsph123@icloud.com">bclsph123@icloud.com</a>
	Worcestershire	<i>Roger Wells</i>	<a href="mailto:rwells613@gmail.com">rwells613@gmail.com</a>
7	Derbyshire, Leicestershire, Lincolnshire, Nottinghamshire.	<b>VICKY EASTON</b>	<a href="mailto:Vicky.wes7@gmail.com">Vicky.wes7@gmail.com</a>
	Leicestershire	<i>Stephanie Goodacre</i>	<a href="mailto:stephaniegoodacre@btinternet.com">stephaniegoodacre@btinternet.com</a>
8	Berkshire, Isle of Wight, Kent, Surrey, Sussex	<b>JO GALLAGHER</b>	<a href="mailto:paul.joanne.gallagher@btinternet.com">paul.joanne.gallagher@btinternet.com</a>
	Sussex	<i>Vicky Burger</i>	<a href="mailto:victorial_burger100@hotmail.com">victorial_burger100@hotmail.com</a>
9	Essex, Hertfordshire, Norfolk, Suffolk	<b>JO TURTLE</b>	<a href="mailto:joturtle@btconnect.com">joturtle@btconnect.com</a>
10	Bedfordshire, Buckinghamshire, Cambridgeshire., Northamptonshire, Oxfordshire, Warwickshire, West Midlands	<b>SARAH CAMERON</b>	<a href="mailto:pale.rider@live.co.uk">pale.rider@live.co.uk</a>
	Cambridgeshire	<i>Sarah Cameron</i>	<a href="mailto:pale.rider@live.co.uk">pale.rider@live.co.uk</a>
	Bedfordshire	<i>Abbey Brotherton</i>	<a href="mailto:brotherton499@btinternet.com">brotherton499@btinternet.com</a>
	Northamptonshire & Buckinghamshire	<i>Stacey Collins</i>	<a href="mailto:mail@stacey-collins.co.uk">mail@stacey-collins.co.uk</a>
	Warwickshire, West Midlands & Oxfordshire	<i>Wendy Scott</i>	<a href="mailto:Wendy_Scott@Talk21.com">Wendy_Scott@Talk21.com</a>
11	Borders, Central, Fife, Lothian, Tayside	<b>KAYREEN JONES</b>	<a href="mailto:kayreenjones4@btinternet.com">kayreenjones4@btinternet.com</a>
12	Dumfries & Galloway, Strathclyde	<b>PATRICIA O'MICHAEL</b>	<a href="mailto:barbarellababy@hotmail.com">barbarellababy@hotmail.com</a>
13	Dorset and Hampshire	<b>ANNE BATLEY</b>	<a href="mailto:a.batley@ntlworld.com">a.batley@ntlworld.com</a>



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## Society Approved Judges

**The following is a list of members holding WES judging cards.**

*(Prob. = Newly approved judges who are required to stand alongside existing judges for at least one show before accepting a judges appointment).*

**Lucy Adams** (Lincolnshire) Tel: 07833 357682

**David Brindley** (Wrexham) Tel. 07778 591196

**Michael Carder** (Cambridgeshire) Tel: 01354 692011

**Johanna Cotton** (Wrexham) Tel. 07984 141973

**Scherie Dermody** (Cheshire) Tel: 01270 780620

**John Dodds** (Northumberland) Tel: 01434 220130

**David Hudspeth** (Nottinghamshire) Tel 07977 530954

**Louise Hunt** (Kent) Mob: 07712277812 email: [Louiseh2015@gmail.com](mailto:Louiseh2015@gmail.com)

**Bruce Lawrence** (Herefordshire) Tel: 07791 323192

**David Lloyd** (Hampshire) Tel: 01252 875896

**Bob Mayhew** (Hampshire) Tel: 07818 445562,  
email: [bobmayhew62@gmail.com](mailto:bobmayhew62@gmail.com)

NB. (Bob also holds NRHA.DE, and judge emeritus for AQHA, APHA, NCHA & NRHA)

**Tanya Rowe** (Norfolk) 07786 968517

### ***WES Judges Committee***

The following Judges are members of the WES Judges Committee:

Mick Carder (chair),  
Bob Mayhew,  
David Lloyd,  
Scherie Dermody



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## Society Approved Instructors

**The following is a list of WES Approved Instructors**

<b>John Fyfe</b>	Tel: 01316649715 Mob: 07957 555 989
<b>Sandra Loder</b>	Tel: 01975 41270 Mob: 07825549728
<b>Janet Burwood</b>	Tel: 01293 782014 Mob: 0771 5833349
<b>Tammy Greaves</b>	Tel: 01425 610278 Mob: 07824 664795
<b>Tanya Rowe</b>	Tel: 01379 854949 Mob: 07786 968517
<b>David Lloyd</b>	Tel: 01252 875896
<b>Arlene Cluness</b>	Tel: 01464 871264 Mob: 07776 251944
<b>Emma Chapman-Ionie</b>	Tel: 01969 623688
<b>Kayreen Jones</b>	Tel: 01620 892632
<b>Bruce Lawrence</b>	Tel: 01432 820081 Mob: 07725 501207
<b>David Deptford</b>	Tel: 01354 651944
<b>Michael Langford</b>	Mob: 07834 958900
<b>Catherine Wright</b>	Tel: 01608 730039
<b>Kirsty Hewitt</b>	Tel: 01932 340358 Mob: 07932 029558
<b>Scherie Dermody</b>	Tel: 01270 780620 Mob: 07930 410128
<b>Tim Keeley</b>	Tel: 01824 750463
<b>Bob Mayhew</b>	Tel: 0239263 2145 Mob: 07818 445562



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## From the Editor

As I write this, we are slowly emerging from lockdown, so it has been a strange spring. Hopefully you are all keeping well and enjoying your horses as much as you can.

The yard where I keep my stallion, Brego, went into lockdown early March, but they allowed the livery owners to visit their horses, with some restrictions, and ride in the evening, after the staff has gone home. Everything was then disinfected in the morning before use by the staff. They have just lifted the daytime lockdown so we can now ride during the day. We are lucky as the yard has a big outdoor school, a half mile “all Weather” exercise track, and a private drive that is just over a quarter of a mile long. This means that we could exercise the horses without going off-site.

Back in March, at the start of lockdown, I had cold like symptoms but with a fever. I tried the NHS online diagnosis tool and it said COVID, I said something else which was short sharp and to the point. After about a week the symptoms went away, but although I was feeling better, I was left with a hacking cough for the next 6-8 weeks. Assuming that I did have COVID I think I got off lightly

When I was feeling better I started to put this issue together, and I was concerned that there would be not enough material to make an issue, as there would be no show reports, etc., but several members stepped up to the plate and sent in their COVID and other experiences and I should like to thank them all for their contributions, without them there would have been no magazine

Area reports may be a bit thin, but how many reports all saying the same do you want to read?

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## Chairman's Report

*By  
Ann Hughes*

Probably the shortest report; but being confined to barracks for the last 12 weeks says it all. I have had to make some horrible decisions to cancel things in that time, the latest looks like being the National show, but the safety of you all is paramount.

I hope none of you have suffered at the hands of this horrible pandemic, I know of one of our founder members had contracted it, but am very glad to say he came out the other side with no ill effects.

My very best wishes go out to you all, stay safe, and hopefully we will all be able to get to the re-scheduled A.G.M at the end of October and go on to have our much loved sport back up and running in the not too distant future.



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## Rescheduled AGM

The AGM has been rescheduled for **Sunday 25th October 2020** at the Holiday Inn, Coventry, Junction 2 of the M6.

Please put this date in your diary and plan on attending if you can.

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## Area Coordinators report

*By  
John Ayles*

Thanks to all Area Reps that have been running competitions on FB it has been good to see the response you have been getting.

There will be more info follow as to when we can start up again safely with clinic's and shows

Stay Safe

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## Youth Officers report

*By  
Louise Hunt*

I hope everyone is staying safe and well during these uncertain times; and getting their horsey fix in one way or another. I know a few of our Youth riders like many others haven't been able to get to their horses which is a real shame. But here's hoping you will all be back in the saddle very soon!

So our first Youth Online Show ran with great success, and I was blown away by some of the entries, WES definitely have some future showmanship stars in the making! it takes some adults years and years of practice to understand the quarter method and all you guys nailed it so well done!

The results for the first show are below:-

### Youth Online Show Results

#### Showmanship

1st -Caitlin Holcroft  
2nd - Faith Harnett  
3rd - Zak Cheetham  
4th - Nancy Cook  
5th - Lilly

#### Horsemanship

1st - Georgina White  
2nd -Zak Cheetham  
3rd - Nancy Cook  
4th- Faith Harnett  
5th - Caitlin Holcroft

Entries are already coming in for the May show (Trail & Horsemanship) - deadline for entries is 1st June!

We also have another Youth Online Show in August so anyone who hasn't entered yet and is interested please drop me an email.

Unfortunately due to COVID-19 all events have been cancelled so I don't have an update on the Youth events that I had planned until we have further details on when groups of people can gather etc , but be rest assured as soon as events can take place I will get some underway!

Stay Safe & Happy Riding 😊



*Faith Harnett*



*Georgina White*



*Caitlin Holcroft*



*Zak Cheetham*



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## Deadline for Next Issues

Here are the submission dates for the next issues of the WES News:

**Issue 104      Friday 28<sup>th</sup> August 2020**

**Issue 105      Friday 27<sup>th</sup> November 2020**

The Magazine will typically be published 1-2 weeks after these dates.

**Please submit your reports, articles, etc. in Word or as an email, with pictures and Graphics as JPG files.** If you are sending in an advertisement, please send it as Word or a graphic so it can be resized as necessary to fit the available space

Finally, please do not wait until the last minute to send items to me. Receiving 8-10 Area Reports plus any articles on the final day runs the risk of something getting lost in the rush. Indeed, this issue was delayed for a day by a very late report from an Area Rep. It very nearly did not get included.

If you have a report or an article, please send it to me as soon as you have done it. My email address is [cpa.thompson@btconnect.com](mailto:cpa.thompson@btconnect.com) Thank you

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## Cover Picture

Stephanie Goodacre's horse Bailey thanking the NHS staff.

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## In Memorandum – Margaret Lloyd

By  
*David Lloyd*



Some of the more longstanding members of WES. might remember both Margaret my wife and myself attending shows and demonstrations where Margaret acted as groom as I rode the horses Windy (Windys dun well) and Sophie (Sunshine profit ), I owned Windy and Margaret owned Sophie both the mares did very well in showing and won quite a lot.

Then sadly in 2018 we lost Sophie Margaret was absolutely heart broken and we now retired Windy from showing and living out her retirement in the field.

In early February this year Margaret was taken into hospital with breathing problems and she was taken straight into ICU, she did start to improve but then a secondary infection of Pneumonia set in and she weakened slowly, and on the 3rd of April she passed on.

She is missed by me and our Children Emma and Christopher.





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## SAFETY HELMETS

*By  
Jim Lyner*

There has been a lot of talk recently on social media about Safety Helmets and what you can or can't wear and WES as a Society would like to advise the following which has been taken from BHS guidelines but before that you should take the following advice regarding the Purchase of your Helmet.

I have over 25 yrs of Riding Helmet fitting experience and have attended courses provide by BETA (British Equestrian Trade Association) and manufacturers like Charles Owen and Champion.

There are a wide range of horse riding hats and helmets available to suit all tastes and budgets, they are all designed to keep you as comfortable as possible whilst making sure you are protected to the recognised safety standards. Not all riding hats currently on sale will necessarily have a currently accepted hat standard, some stores are not covered by the BETA advice

Riding hats are designed to be as effective as possible at minimising any potential head injury, but as with all safety equipment, no riding hat can be guaranteed to protect every rider in every circumstance.

It is essential that a hat properly fits the person who will be wearing it, and as every head is a different shape, you may need to try a few to find the perfect one for you. The BHS always recommends you go to a reputable tack shop and have a new hat fitted by **somebody who has had appropriate BETA training**. It is also important to remember to keep your hat fastened at all times when you are mounted.

Never be tempted to buy a second-hand hat. It is impossible to see with the naked eye if it has been damaged.

### **Make sure you measure up before buying a new hat!**

All manufacturers make hats in slightly different shapes to each other, so there is something for everyone. Whether you choose a fancy, top of the range hat or a plain, less expensive one it does not matter – the main thing is that it meets one of the accepted standards. Ideally, it should also have a quality assurance mark firmly fastened on its inner alongside the label that shows which standard the hat is tested to

**You only have one head – keep it as safe as you can and wear a fitted hat that is fastened each and every time you ride out.**

### **Now the standards:**

All helmets sold in Europe must carry the CE mark this is not a standard but a guide to say that a standard has been implemented, your helmet must have one of the following attached to it usually inside the bottom Band.

- PAS 015 dated either 1998 or 2011 and should also have a BSI kite mark or an inspec IC mark
- VG 01.040 2014-12 and should also have a BSI kite mark or an inspec IC mark
- ASTM F1163 (2004a or 4a onwards) this standard should also have the SEI mark
- SNELL E2001 or E2016 and must have the Official label and number
- AS/NZS 3838 (2006 onwards) and must have the SAI Global mark

The different marks are shown below:



You must also take into account that different venues may have their own standards set out by their insurers. The above information come from the BHS International Guidelines. I have not gone into the Cross Country Guidelines which are similar but you can't have a peaked helmet.

WES is adopting the above Guidelines but as already stated some of the venues may insist on the standards set out by their insurers which could mean that some of the helmets allowed by WES are not acceptable at some venues

*Editors Notes:*

1. *British Horse Society have a table summarising the riding hat requirements which is a downloadable as a PDF. <https://www.bhs.org.uk/advice-and-information/tack-and-equipment/what-to-wear/headwear> the links to the PDFs are at the bottom of the page.*
2. *British Eventing (BE), British Riding Clubs and the Pony Club unified their helmet standards in 2018 so that a single "hat tag" is accepted across all three organisations' events. This coloured tag means riders now require just one tag to show their helmet is approved to the required standard for use in competition.*

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## COVID-19 The Ups and Downs of Lockdown

March to May 2020

By

Stephanie Goodacre & Bailey

WES Area 7

Hi all, it's Stephanie and Bailey from WES area 7. It seems to have been such a long time since we have been able to meet up for clinics and events. I imagine that many of you have found the lockdown and social distancing very frustrating especially if you can't visit your horse as often as you would like.

As for me, I am lucky to have my two horses, Cedar and Bailey, at home. The lockdown has given me so much more routine time for bonding as well as riding that my rapport with Bailey, my 7 year old paint mare, has improved tremendously as a result.



*Bailey hoping that we all stay safe during the current crisis*



*Bailey thanking the NHS staff*

It has not all been plain sailing though, and no one knows what life has in store, so here is my story.

Let's start with the WES area 7 clinic on Saturday 7<sup>th</sup> March. Vicky Easton, our area 7 rep, had organised a day clinic with Michael Langford at Sarah Hood's 'Double S Criollo' yard near Market Harborough in South Leicestershire. For me this was doubly exciting - not only our first clinic of the year but our first outing since picking up my new Equisport van conversion earlier in February.

February; remember the wind and the rain then more rain, sodden fields, mud and more mud. This put my plans to get out and about on hold and it was quite some time before the weather was calm enough even for loading practice. The side ramp and rear facing took a bit of getting used to, for me as well as Bailey. The ground was still wet on the day of the clinic so the livery horses at Double S Criollo were using the stables. This meant adjusting the day into 2 groups, am or pm. as no stabling available and none of the usual friendly get together over lunch, though plenty of tea and coffee was available to keep us going. Vicky did a grand job with the logistics and making sure we all had parking spaces, so I got a good opportunity to manoeuvre the new van and saddle Bailey in time for the lesson.

I enjoyed a whole morning clinic with 3 other riders. Bailey was a bit excited as her old stable mate Duey, who is on loan there, recognised her so there was a fair bit of whinnying even though out of sight. I remember in the lesson being asked to sloooow my hands and keep contact in rhythm with my horse, plenty of hints and tips to take away to practice thanks to Michael Langford. Bailey seems to like her new transport, loaded and travelled well so we arrived home tired but not stressed. By 2.30pm I had tidied everything away and was enjoying a well deserved cup of tea.

Then the phone rang. It was my elderly mother who I care for and who lives nearby. Normally I visit her every day to help with whatever she needs. This time it was an emergency. Panic alarm pressed, paramedics were on their way, so I jumped in the car and followed them to hospital.





This was the week before the virus changed our lives and 10 days before lockdown. It turned out mum needed an emergency operation, a big risk for her age and condition, but she is a fighter and came through but with some problems and as a result will always need a lot more care. During the following weeks hospital visits were a priority, at first I was allowed to stay with her from 2 until 8pm but as the virus took hold visiting times were reduced to 6 until 8 then as the pandemic increased no visits at all. This was a very stressful time as you can imagine.

Then panic came when mum had a temperature and was put into isolation for four days, tested for Covid-19. She had no mobile phone and we thought we may never see her or even hear her again. We decided that if she was OK then we had to get her home but because of her nursing needs this was going to be difficult.

Eventually, to our relief, when mum was given the 'all clear' from the virus my sister and I were allowed back in the ward by special arrangement to undergo specific training so we could care for her ourselves. It was quite scary visiting the hospital when we knew that there were cases of the virus close by. We were given PPE and had to follow strict hygiene routines and it all seemed so close and far too risky.

At last on April 9<sup>th</sup> Mum was discharged to my sister's house which has more modern accessible facilities than our Victorian farmhouse. She is doing OK and getting used to the new normal thanks to my little sister taking over the full time caring during lockdown.

So as you can see, not an easy ride, and the main reason that I was not able to focus on entering the WES online show.

As for the real riding, now that my mum is in safe hands and my caring responsibilities have become socially distanced I have been able to catch up on so much more both in my sand school arena and on the local lanes.

It has been so quiet traffic wise because of the lockdown this has enabled me to take routes that I would normally avoid. Usually I avoid certain routes and busy times of day because of hazardous blind bends and impatient 'white van' drivers. I know that horse riding is always a risky activity, but I felt physically safer during this time. VE day was another chance to get used to all manner of flags and flappy bunting as we passed through local villages at a leisurely pace saying hi to neighbours.

Normally I ride down our private drive onto a single-track road then a couple of miles to the next village and back. We have seen so many local walkers, cyclists and joggers getting their daily exercise during the lockdown and I am always at a safe distance on horseback.

Am I the only one who enjoys hacking out alone? I love to get absorbed in nature, seeing changes in the hedgerows, hearing the chiffchaff for the first time, spotting a skylark against the clouds. Luckily Bailey is quite bold hacking out alone and gets on well with my young Irish terrier who often comes too on this particular route where she can be off the lead. I find having a dog scooting in and out of hedgerows is good for desensitising a horse from being spooky.

Now the lockdown restrictions have been eased we are venturing further afield.



Today, when we were out for 2 hours I spotted a red kite, saw elderflowers just coming into blossom, orange tip butterflies, horse chestnut trees showing off their elaborate candles and so much cow parsley smelling pungent Bailey always hopes to snatch a mouthful as we pass by.

South Leicestershire has lovely rolling countryside and many permanent pastures still bear signs of the old medieval strip farming ridge and furrows. Although not hilly as such, my local area is on a rise and has lovely views across mixed farmland. Today, with the air so clear, I can see right past the city of Leicester to Charnwood Forest and the hilly horizon of Bradgate park, once home of Lady Jane Grey.

OK so we can't do everything as normal during the lockdown, the pubs are still closed, events cancelled, (I particularly missed going to the WES camp at Bishops Burton as it would have been a first for us) and friends are far away, but I count myself lucky being at home with hubby and horses, knowing my family are okay.

I am keeping busy gardening, baking, playing with the dog, zooming with friends but most of all enjoying more relaxing time riding and having fun with my paint horse Bailey and her retired stable mate Cedar. I hope that you too are staying safe and your horses are happy and looking forward to the chance of meeting up again in the future.

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## **COVID-19 How to Survive Lockdown.... Cairnleith Style.**

*By  
Kathy Briggs  
WES Area 1*

Many of you will know the saying “The Devil Makes Work for Idle Hands “? Well.... A few weeks into lockdown, and I met up with his twin brother. You know, the one that finds work for idle brain cells.....

For us, self-isolation is the norm... 2 metres apart ??? neigh problem... we are used to conversing across 2 fields, more if the wind is in the right direction! However, although there is always plenty to keep me busy, the old brain was missing a challenge.....

So, whilst idly flicking through Facebook one day, I came across an article from HorseBack uk. (Based at Aboyne ,Chris .... !! *Yes Kathy, I used to live there many years ago probably 1988/89, lovely part of the world with its own micro climate*).They were originally set up to help Veterans with disabilities received during conflict, and they use horses to help this healing process.

HorseBack had hoped to be a beneficiary in the London Marathon, but with that being cancelled, they decided to join a 26 Challenge, and come up with ideas involving doing something 26 times.....

Danger Alert!!! Brain cell now kicks in....

My favourite Western discipline is Trail..... How about doing 26 Trail obstacles in 26 minutes??? D-day 26<sup>th</sup> May.



But I then discovered that by the time I got going, the official challenge would be over (Mmmmmmm..... ) But HorseBack were quite happy for me to do the Challenge anyway, and as some bright spark ( son I think ) suggested that I get myself sponsored, they could even end up with some pennies at the end of it all !

So, let me introduce you to my partner in crime. Jack, aka, Auquharney Jack Dubh, aka, The Wonder Pony. He is a survivor. Last year he was very ill, both mentally and physically, and the vets and I had had “ that “ conversation on more than one occasion , but, with the help of his new pal Caley, at the beginning of this year, he started to come back to me...

Now, for those who think that this challenge is easy, try an experiment.... Take one pair of safety glasses, and black out one of the lenses`. Smear a layer of Vaseline over the other lens and try to look through them. That will give you an idea of what the world looks like to The Wonder Pony. Add to that the DJD (fused) in his hocks, arthritis developing in his right knee, then add me in to the equation and anything could, and probably would, happen.....

It all started easily enough, find tack and clean it! As he isn't ridden, at least I didn't have to clean the saddle!

Next... Introduce tack to pony..... “Really Mother??? “

Introduce pony to arena.... (I use that term very lightly.... As we live on top of a hill, it is on a gentle slope, and has some interesting undulations thrown in for good measure. Oh, and it is covered in grass... But it does have a fence! )

Introduction started very well until he realised that he couldn't eat the green stuff.... Sulky pony .

That first d

ay (oh, did I mention that he hasn't done any “ work “ for over two years??) we just played about and started to get him thinking about where to put his feet ... preferably not on mine !

The barrels he enjoyed knocking over, and was soooooo surprised that they could roll so far, so fast..... And as for the tarpaulin.... Well, as he couldn't eat it, and just in case it might bite his ankles, he decided to stomp on it as hard as he could..... Result? sudden exit right, fall over pole holding tarpaulin down, heart attacks all round.... Muppet moment!

After that, he treated it with a mixture of disgust and trepidation. However, he was more than happy to watch me walking, running, and even jumping up and down on it. But eventually, he decided that it was harmless, after all, I was still alive, wasn't I (by then, that was becoming debatable!!) and so he calmly walked over, round, back over ... What was I making all the fuss about??? Grrrrr!!!

Needless to say, by then “David Bailey” had picked himself up off the ground, stopped laughing hysterically, and buggered off in to the house for lunch.... Hey Ho !

Gradually over the next few days, I started to ask more of him. Some bits he struggled with, trying to judge set distances over poles, and a raised pole almost caused a melt-down. But, between us we did eventually manage to go through, round or over all the obstacles one by one. To say that I am immensely proud of him is an understatement, what an achievement!

Now all I had to do was start putting together a run of obstacles and then design a pattern for the Big Day... Helllllp!!!

Over the next few sessions, I really tested Jack`s patience. Some of what worked on paper, failed miserably in practice, and he became very good at rolling his eyes and those sighs .... He really enjoyed watching me hauling poles, barrels and cones around the place. But, I think we now have a plan, and it would only involve one break to change/move some of the obstacles!!!

My next big challenge was to set up a sponsorship page..... Being computer illiterate, by the time I`d got the hang of that, I was totally stressed, the air was blue, and I needed a lie-down in a darkened room with a good STRONG brew.

People have been amazingly generous with their support, and two even agreed to join in!

My daughter, Kim, did a brilliant course on her amazing youngster RQH Electric Tartan (Cody) and made it all look so smooth and easy, (very impressed!). And my long-suffering pal Julia, and the wonderful Noggi (ably assisted by Ro, who had to do some pretty nifty course changing.) stepped up to the mark with much style and skill.

They both had only limited time to “ train “ and complete the Challenge due to restriction on visiting times on the yards where their ponies live, so The Wonder Pony and I have a lot to live up to!

All I can do now, is cross everything, and hope for dry weather on the 26<sup>th</sup> for our turn. And please Jack.... BEHAVE!!!!

Take care everybody, stay safe, keep smiling, and have as much pony time as possible.







### **P.S. WE DID IT!!**

26 obstacles in 24 minutes 40 seconds, and, even better 21 of those were done cleanly. There is some debate about that, as t`other `alf thinks he did better, but I`m not sure .

Oh, and I had a “map” with me.... Yup, I designed the course..... Yup, I built the course.... And in the walk round on final check..... yup, I got lost! Hey ho!



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The generosity of those that sponsored me, was fantastic, and we raised £ 391-25p for the Horseback. I have thanked everybody a million times (and could do a million times more). I recently received the following 'thank you' email from Horseback:

"Blimey Kathy that is amazing. I've received a cheque from Shona for £26 as well.

Fantastic effort and can't thank you enough. If you send us a photo and a quick summary, I can put on Facebook"

NOTHING will take away my immense pride in my pony and what he has achieved. He really is amazing, and I am looking forward to our next challenge / adventure..... suggestions on a postcard please !!

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## COVID-19 at South Lakes Horsemanship

By

*Jane Armstrong-Lancaster*

South Lakes Horsemanship and Unicorns at South Lakes Horsemanship are small, family run Equine Therapy centres based in Pennington, Cumbria (United Kingdom). The owners are Ian Lancaster and Jane Armstrong-Lancaster who are supported by the other members of the stables and some fantastic volunteers.

**South Lakes Horsemanship** is an outdoor riding and training school that offers a variety of services such as 1-1 riding lessons, horse training and driving lessons. South Lakes Horsemanship is also one of the few establishments that offers both Western and English style riding.

**Unicorns at South Lakes Horsemanship** focuses on equine therapy with children and young people. Sessions are specifically tailored to the children's needs and are kept small and fun. Local schools attend during term time, however the service is also often used by parents and carers to help support their children and families.

During the COVID-19 restrictions, South Lakes Horsemanship and Unicorns at South Lakes Horsemanship made the difficult decision to close to members of the public to adhere to efforts to prevent the spread of the virus. As a result, South Lakes Horsemanship is no longer receiving any income until the Government lifts the restrictions, which has made these uncertain times more difficult and challenging.

The biggest challenge faced by Ian and Jane was no longer being able to support their valued customers and clients during this unsettling time. Mental Health support is one of the primary focuses when these businesses were created, so since the very beginning of the lock-down, a video is released on a daily basis to Facebook & YouTube. These videos include virtual experiences for children which explore life on a busy yard. To date these videos have included grooming a horse, tacking up both English and Western and even picking out hooves. They are short and informative, and the younger audience was very much kept in mind so they are happy and jovial to watch.



On Easter Sunday South Lakes Horsemanship released a virtual Easter Egg hunt which provided very popular with children who could enjoy it from the safety of their homes. Multiple glitter eggs were hidden on the hard stand and in stables and even the chickens made an appearance.

However, adults can also take a great appreciation and good natured enjoyment of videos that include Jane and Ian practicing TREC courses in a wheelbarrow with a naughty horse and a exercise video that involves chickens and lead ropes as skipping ropes! There is also a hilarious stick challenge that went viral so the next time you are at your stables, grab the nearest broom and give it a go yourself! Oh let's not forget the very funny 'We've run out of toilet roll' video! How many of you have seen a toilet paper less chicken on the toilet?!

The horses at South Lakes Horsemanship and Unicorns at South Lakes Horsemanship are very important to everyone who comes for lessons and their owners and loaners so a number of videos have also been released on the life of each horse, viz:

- Mr Bojangles (Boue)
- Even Glory (Macey)
- Patch
- Polo
- Mr Harry Potter (Harry)
- Light Hearted Whizz (Lucy)
- Rum worth Even Flame (Milly)
- Mr Zebolaski (Zebo)
- King Arthur (Arthur)

These short and fun videos range from the favourite food of the smallest Patch through to the most huggable American Saddlebred Macey.

Comments and feedback have included statements such as 'we love seeing these daily videos of the horses activities', 'thank you for keeping me feeling positive', 'these videos are the highlight of my day', 'I can't wait until I can get back in the saddle and ride again' and 'I can't wait for what tomorrows will bring'.

South Lakes Horsemanship runs two annual Fun Rides throughout the local fells and unfortunately has had to postpone the Spring fun ride which was due to be held at the beginning of April and sold out within weeks. This decision was very disappointing to the participants, however by moving the ride to August (restrictions depending) we will ensure that everyone who was looking forward to the ride will get the same enjoyment as well as ensuring they are healthy and happy.

South Lakes Horsemanship's 'Mr Harry Potter' made the local paper in April after posing for a photograph with a rainbow painted on his hindquarters and 'NHS' painted on his flank. He sported a sign that said 'My Mum works for the...' just above the letters NHS. Julie Johnson, his owner is a dedicated member of the Furness General staff who is currently working on the front line in Ward 7. Ian and Jane have accommodated her ability to see Harry around her shifts to ensure that she can escape from the trauma of her daily shifts and find some peace with the horse she loves so much.



Being able to bring a little happiness to a world struggling to find a balance has helped everyone caring for the horses at South Lakes Horsemanship get through this time themselves and that in turn brings joy and thankfulness.

If you would like to watch and enjoy the videos, then please feel free to visit our Facebook pages of our new YouTube channel:

<https://www.facebook.com/southlakeshorsemanship/>

<https://www.facebook.com/unicornsatslh/>

Visit our YouTube channel to watch all our videos: [South Lakes Horsemanship presents Light Hearted Whizz](#)

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## COVID-19 I am not a Hero

*By  
Laura Shilton*

Firstly, thank you for the opportunity to write about what Covid-19 means to me. I can't and don't speak for all NHS staff, I can only speak for myself.

I never trained as a professional to put my own life on the line to fight against this lethal pandemic. We are a relatively small close-knit group and I never expected to lose colleagues (some of which I knew) from every NHS Trust I have ever worked for.

I am by choice, a puzzle solver, I love my job because it allows me to spend my days solving puzzles. People in general change when they feel unwell and need help and I revel in actually being able to spend my day making a difference to their care.

But, what I am not is a hero, I am not a fire fighter, a soldier, a paramedic or any other person who chooses to spend their working day pumped with adrenaline in dangerous scenarios. I actually got quite annoyed this week when a patient said, "well this is what you trained for", I can assure you it's not. I never signed up for this.

I caught the virus with significant symptoms quite early on. Although I knew I needed to isolate it wasn't clear that I needed to separate myself from the other family members here at home, consequently I gave it to them too (thankfully a milder form).

But I am also not a hero because I would not have chosen a career that forced me to cut all physical contact with my aging parents or my daughter who has had to remain in university accommodation.

Although we have all now recovered and are hopefully immune, like many others I remain cut off from my family because I am still exposed to those who we know have it and the millions of potentially asymptomatic sufferers (the rest of the public) who don't know they are spreading it. Inevitably I carry it home from work each day, the best analogy I have heard is that it is like spilt glitter no matter how careful you are there is always someone for weeks saying "is that glitter?"



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But I digress my horses have kept me sane; I am unbelievably fortunate to have a few acres to play on and despite being on the edge of common land I happily stay home.

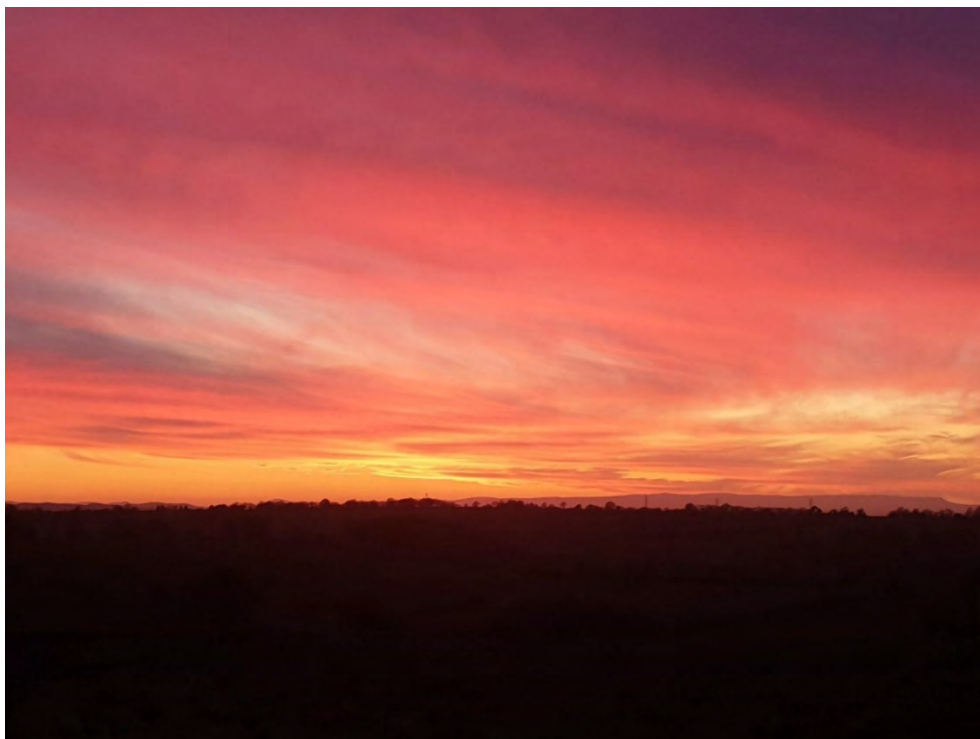
Please let me say that I am eternally grateful to the large number of you that are choosing not to wander too far from home at this time.

I am not foolish enough to believe that everyone will do what's best for their community but I have become increasingly irritated by people using social media to advertise their riding adventures, in some cases mapping their extensive routes. Declaring their disbelief at how quite the roads are and joy at not having met another soul whilst out. Oblivious to this being undoubtably due to the fact that thankfully a lot of people are staying home.

I know people will always interpret "exercise" in a way that minimally impacts their daily lives. But if you do choose to ride for many miles please do it without broadcasting your exploits on social media and just to clarify I am not grateful for your lack of support for me and my colleagues as we continue to go to work each day to deal with the poor souls infected with this vile virus.

Stay safe my friends

*Editors note, Laura sent the following two photos with her article. I am a sucker for a good sunset, or sunrise, picture and the horse yawning just made me laugh.*



Bromyard sunset.



I'm Bored

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## COVID-19 Something I miss

*By  
Jo Gallagher*

I feel very lucky to have my horses at home, and still be able to hack around quiet country lanes, with little or no traffic at this time, and to be able to carry on with schooling and caring for my horses.

I realise many people are not so lucky, but I'm sure better times will come and I hope with renewed enthusiasm for WES events !

This photo shows something I miss, getting together with friends to go to the beach.





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## **COVID-19 Desert Island Discs**

*By  
Chris Thompson*

I was listening to the radio the other day and they had a feature on what 10 records would you take into lockdown with you. It was sort of a lockdown Desert Island Discs. So it got me thinking what 10 discs would I take. I then decided that they had to be about horses or Western riding.

So here is my choice:

La Primera  
The Yellow Stud  
Riders in the Sky  
Tennessee Stud  
Strawberry Roan  
Running Shadow  
Quarter Horse Rider  
Stampede  
Palomino Days  
When you're Throed (Ok this is a poem, but that is just a song without music)

If you are not familiar with them try Googling them with "song" after the title

What is your choice?

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## **Hampshire Constabulary Mounted Rural Patrol**

*By  
Yvonne Newbigin  
Area 13*

Firstly a bit of background.

Members of the Hampshire Horsewatch scheme joined forces with Hampshire Constabulary in 2013 as part of the latest drive to tackle rural crime.

Twelve riders have become police volunteers and will patrol on their horses across the county.

At first glance, the Rural Mounted Patrols look like any other horserider out for a casual hack. But on closer inspection, their high visibility branded jackets and protective clothing for the horses, incorporating the recognisable blue and silver diced branding, identify them as part of the team.

The volunteers will patrol the lanes, bridleways and country roads in areas across the county. At present these areas are Emsworth, Manor Farm and Country Park near Hedge End, Hook, the New Forest and Liphook.

The Rural Mounted Patrols look out for anything suspicious and report back to the police control room. They provide high visibility patrols and liaise with the rural community in their area.

As volunteers, the riders have no more power of arrest than any other citizen. The riders are not taskable; their patrols are intelligence/information led to give them purpose and enable them to be proactive. They will patrol an area they are familiar with, providing high visibility reassurance, engagement with communities, observe, liaise and report anything they see which warrants police attention.

There is a regulatory process to be completed before a rider can become a police volunteer and a member of the patrol. A candidate must undergo an application procedure and security check. Both rider and horse must demonstrate competencies of on and off road work.

Rural Mounted Patrol riders are issued with a high visibility jacket and head band and their horses are equipped with reflective sheets and leg wraps. As police volunteers, the riders and their horses are obliged to put in a certain amount of time each month, usually about eight hours. They are also expected to keep their tack in good order and make sure their horse is 'clean and tidy'. They do not get paid and have to provide their own horse.



We go out on my days of work, locally in our area checking out for fly tipping, people who shouldn't be in car parks etc and checking out neighbours who may have things they have seen to report.

It's always good fun and I've met lots of interesting people whilst doing it, everyone is very friendly and glad me and my co volunteers are there to help if needed.

This photo taken by a neighbour when I was out doing my volunteering for Hampshire Constabulary Mounted Rural Patrol as a volunteer.

*Editors Note: It is understood that some other forces, including Hertfordshire and Norfolk, have trained special constables to patrol on horseback. Avon and Somerset have volunteer riders as part of their active citizenship campaign working in conjunction with police patrols across the Exmoor National Park.*



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## Houston Airport Rangers

By  
*Chris Thompson*

*When I read Yvonne's article, I was reminded of the Houston Airport Rangers. They started up towards the end of my assignment in Houston*



### **What Are They**

The Houston Airport Rangers is a group of around 800 volunteer citizens who patrol and secure the airport's perimeter looking for irregularities and suspicious behaviour. The job is to observe and report anything suspicious to the airport authorities

### **Background and History**

For decades, equestrians had used the many miles of trails in the approx. 13,000 Acres (approx. 5300 Hectares) of grasslands, marshlands and woods surrounding the 35 miles of perimeter fence at George Bush International Airport for recreational and training rides.

But then September 11, 2001 happened, and everything changed. Access to the land surrounding the airport was prohibited on security grounds.

In 2003, owners of a local stable approached airport officials about leasing the perimeter property. and Richard Vacar, the then director of the Houston Airport System and a horseman himself, saw an opportunity for government and private individuals to work together, and a plan was born

The start-up costs to the airport were less than \$50,000, which included training for volunteers and cutting 50 miles of woodland trails which connect to the open grassland trails and the Airport Rangers program was born.

Cutting the trails wasn't as onerous as it may have appeared, Trails and fire breaks already ran along the airport's 35-mile perimeter fence and into some of its most densely wooded areas and thickets.

The airport also installed parking lots, picnic tables and portable restrooms at trailheads for the riders. Water troughs are available for their horses. The airport considers the cost incurred in



establishing and maintaining the program as minimal, especially given the additional "eyes and ears" its riders provides.

The program has become a win-win situation for both the airport and riders. Riders must log in and out with the airport's security dispatch office, report what trail(s) they're riding and display personal identification badges and vehicle authorization decals at all times. The unpredictable nature of the Ranger's patrols adds to their effectiveness.

Rangers attire ranging from jeans and cowboy hats to lycra riding tights and protective helmets. They all carry cell phones to report anything suspicious rather than taking action themselves. About 50 off-duty law enforcement officers are Airport Rangers and are the only members who carry firearms

### **How to become a Ranger**

If you live near to Houston and want to ride on the airport trails you have to become a Ranger.

To do this, you first have to fill in an application form. You will then be security checked, just like anyone else who works at the airport.

Once you have passed the security check you will have to undergo training that is provided by at no cost by the FBI and Houston Police Department. Here you will be taught what to watch for in the woods, etc. and how to respond safely.

Once you have passed the security checks and successfully completed the training you will be asked to sign a waiver before being given your badge.

You are now an Airport Ranger and can ride the trails around the Airport and help with security.

### **What do Airport Rangers report?**

The most common things the Rangers have reported are:

- Holes in security fences (sometimes caused by roaming coyotes),
- Hazardous material dumping,
- Unauthorized vehicles (including a suspect driving into the woods to escape police),
- Unauthorized shooting, and
- Stray animals on the runways.

The response from the Airport Security and the Police if something is called in is stated to be very quick.

One advantage from the Ranger's viewpoint is tht their horses become desensitised to Aircraft noise



### What else do the Rangers do?

Not surprisingly, a side benefit to the program's existence has been the formation of a strong social bond between the riders.



*Editors note: The horse in the foreground is Choctaw Travelling Man, a Spanish Mustang, who introduced me to both Western and Spanish Mustangs. He is being ridden by Bryan Wallace, a friend of mine in this picture.*

The Airport Rangers participate in various events throughout the year, including parades, special events, evening/night rides, trail maintenance, get-togethers and more.





Trail Maintenance - Texas Style. Note the lead riders loppers



Airport Rangers at a recent Houston Rodeo parade





Rangers at the Airports 50<sup>th</sup> Anniversary Celebrations

Recently two of the Rangers went to compete in the Mongol Derby. So, if you are a Ranger you naturally ride to the airport to check-in. Right?



Right!!

Fortunately, the other Rangers came to see them off and took their horses home (At least I assume they did)



Anyone fancy trying to do this at a UK airport?

## What to do if you cannot ride your Horse

*By  
Charlie Madderly*

Some of us are choosing not to ride at the moment so here are some alternatives if you are still able to see your horses. You can spend time giving your horse a massage to help keep them supple for when you can get back on board, there are numerous massage techniques but the hand curry is one of the most diverse for where and how it can be used.

I use the hand curry technique on the horses cheek muscles, the gluteal muscles (top of the horses hindquarters) and the trapezius muscles (withers pocket) it can help to break down trigger points and help develop muscles by increasing circulation in the muscles.

The cheek muscles require only a light touch (think the pressure you would use on your eyelids), the gluteals and trapezius have a medium pressure. With your hand, form a loose claw and work in a circular motion around your horses cheeks in big loose motions, the gluteals you can use one hand or both to cover a bigger area at one time making sure not to go forwards of the point of hip. The trapezius muscles is where a lot of problems can occur from ill-fitting saddles so if you've had a saddle that has been tight here it can cause atrophy and a distinct "pocket" behind the scapula at the side of the withers, using the hand curry technique here helps to stimulate circulation and in turn help the muscle develop.

You can also incorporate stretches into your daily routine, carrot stretches are a popular option but you can also encourage stretching without using treats;



A poll stretch can be achieved by either holding a treat straight in front of them and encouraging them to reach for it or, hold your horses head on your shoulder, lean back slightly while holding the bridge of their nose and a hand at the poll to support the motion.



There are a range of leg stretches to help mobilise the muscle groups responsible for both forward and lateral motion, the important thing with leg stretches are to stabilise the joints when asking for lateral stretches, use your hands to support the knee when the leg is bent.

These two images are using stretches that work on the flexors of the forelimb, both work the same muscles, but the 2<sup>nd</sup> image encourages a deeper stretch





This stretch moves the leg towards the centre of their bodies, supporting their knee with one hand and fetlock with the other, encourage the leg inwards to work on the adductor muscles



This stretch encourages the abductor muscles, one hand supports the fetlock as before, the hand supporting the knee moves to the inside to encourage outwards movement





This stretch work on the horses hamstrings, and the croup, By encouraging the heel to drop it encourages a deeper stretch



These two stretches work on the hind extensor and adductor muscles. The hand on the hock doesn't put pressure on it is just there to support.



With all of these stretches it is important to only take the limb as far as the horse can, don't force it as this could cause injury, hold for 3 seconds and increase, gradually over time the stretch can be taken further.

Keep enjoying your horse time guys, hope this gives you some ideas if you can't ride.

Charlie Madeley kindly wrote this article to give you some ideas if you can't get out and about as normal. Charlie is a qualified Sowelu equine bodyworker and is available to look at your horse. She can be contacted at [sowelueebw@gmail.com](mailto:sowelueebw@gmail.com)

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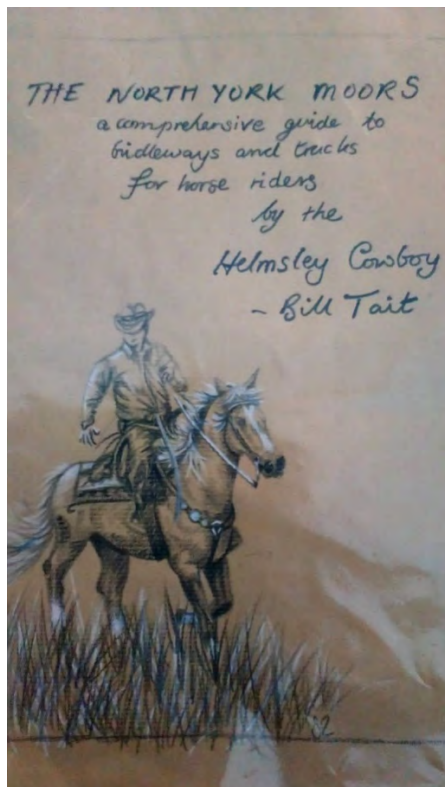
## The North York Moors

By  
*Bill Tait*  
*The Helmsley Cowboy*

I am awaiting a proof from the printers before 200 hundred copies will be printed. It is a reference book for riders using the Bridleways and green lanes in the North York Moors National Park. Any profits from sales will be donated to Ryedale Bridleways Group funds to be used to repair and improve the rights of way network for horse riders. Hopefully copies will be available shortly.

Once this wretched plague is over then I hope this book will be of value to those riders who wish to explore this beautiful area.

Everybody keep well and safe during this trying time and hope it isn't too long before we will all be back with our horses demonstrating the skills of western riding.



Draft cover of Bill's Book  
(Bill will have two full legs when printed!)



The real-life Amigo





We couldn't have a picture of Amigo without including Paddy Skye who is showing us he is still working hard.



I have also been busy building a substantial mounting block to go on a Bridleway where you need to dismount to use the narrow bridge.

The Landowner gave permission for me to install it. Unfortunately, I could not secure permission from another landowner to put a mounting block on the other side of the bridge. He may change his mind, I hope.

Can't fit it yet, but when the plague dies down, I hope to fit it.

We, the BW group joined a path keepers scheme run by NYCC. ROW dept. Already I and a friendly neighbour have been out, before the lockdown, and fixed a series of gates on a BW to make them horse friendly. This is a great scheme and you can join as an individual or as a group.

The ROW people are so strapped for cash and manpower that they have come up with this scheme to help them keep the footpaths and Bridleways open.

It is a great opportunity for us to put something back into the right of way network.





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## To love the equestrian

*A Poem By*

*"Dan"*

Will you still love me  
At the ending of the day  
When I come home late and tired  
And smell of barn and hay

Will you still love me  
As I arise again at dawn  
When you reach across the bed  
And find that I have gone

Will you still love me  
While hooves thunder in my soul  
And watch me there from the rail  
As I train with one more foal

Will you still love me  
When I am gone at the shows  
And will you cheer for us both  
No matter our highs or lows

Will you still love me  
When it's hard to understand  
Different from those things you love  
Will you still hold my hand

Will you always love me  
When you see me really live  
For as I come from the stable  
I have more love to give





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## Area Round-up

### Area 1

*Grampian and Highlands*

*By*

*Kathy Briggs*

I was going to try and find as many ways as possible to write the word " Nothing "..... But I couldn't find my Thesaurus.... So, I'm going to stick to my Yorkshire heritage and just say " nowt " And that just about sums up what we have been up to! No clinics, No shows, and no play days. But we are all in the same boat, and have to get on with it. Some of us are lucky and have our horses and ponies at home, but others have had to cope with restricted visits at livery, and that must've been hard. But there is always next year to look forward to, and hopefully at least within our Areas we will be able to get back together sooner rather than later. So, stay safe, stay sane(ish) and keep smiling x

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### Area 8

*Berkshire, Isle of Wight, Kent, Surrey, Sussex*

*By*

*Jo Gallagher*

I think you will all agree, we are living through strange times indeed and I don't think any of us could have predicted how we would be affected by something that started on the other side of the world.

However, here we are and we must all try to make the best of it.

Some of us I know will find it a welcome opportunity to spend more time with their families, children or catch up with chores, others may find it gives them more time in the garden, or with their horses. Others are finding it more difficult to cope, those that are working from home, and home schooling, those that are key workers, and those that can't be with family or indeed even their horses.

I am finding my response to these unusual circumstances vary each week, sometimes each day. if I can remember what day it is!! Sometimes feeling positive and industrious, and at other times feeling down and unmotivated.

Those of us that have the luxury of being able to see and ride our horses have had fabulous weather over the last few weeks, which has enabled us to progress with training, polish up our groundwork, or try a new challenge.

There are lots of training tips which can be accessed on line at the moment, Lee Rutter and Michael Langford are both offering these, and several on -line shows, not least the one organised by Louise Hunt for WES, which I know some of you have signed up for, the ApHc are also running an online show with some great prizes, and if you are not a member a day membership can be purchased.



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In the meantime I am still running the weekly cover shot competition on the Facebook group, so keep posting your photos, and liking your favourites, the more you post the more "likes" you will get and the more chance you will have to win a voucher for £15 off a WES Area 8 event.

Talking of events, it's unfortunate that we have had to cancel three planned events so far. However, I am hoping that restrictions may be relaxed enough that both the Trail Ride in July and The Summer Camp in August can still go ahead. Obviously, we don't know at this point how things are likely to progress, and I will be keeping an eye on government guidelines to make sure we adhere to these as and when the time comes. Rest assured that anyone who has paid deposits will have these either refunded or transferred, should we have to cancel or postpone these events.

I will keep everyone updated with future events nearer the time, but in the meantime ... take care everyone.

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## Event Notifications



**Coming soon.....**

## **The WES Virtual Show 2020!**

**ENTRY FORMS & PATTERNS  
WILL BE OUT SHORTLY, WE  
WILL BE HOSTING A WHOLE  
RANGE OF CLASSES SO  
THERE IS SOMETHING FOR  
EVERYONE**