



C.E.I. Chatterbox

Members News letter

March 2022

Issue 4

UPCOMING DATES 2022

June 18th /19

Working Equitation held at SIEC

April 10

SIEC fun day—spaces still available

Now open on Nominate

**DRESSAGE COMPETITION at Camden Grounds May
8th**

EA and WEQ dressage test

Obstacle course will be set up for practise



SIEC Fun Day 10th April

LIMITED PLACES AVAILABLE

Dressage Protocol

Carolyn James

Committee members and
recognised 2022 VIP Volunteers
get

\$30 off their total bill

Private Lesson

Christine Fowles

45min \$110

Helmet tagging will be on the day

COMMITTEE MEMBER WILL HAVE FIRST CHOICE

ENTRIES CLOSED SATURDAY 2ND APRIL 10 AM or when FULL

Please email your details and requests to:

karenworsnop@hotmail.com

Name: Mobile: Horse: Class: Level/Test:

Multiple Horse's and classes welcome

\$25 Day stay/admin per horse

PAYMENT TO BE MADE WITHIN 48hrs OF BOOKING CONFIRMATION

Maneability Protocol

Glynis Dickinson

Includes

- Judged Course Run
- Feedback

15min \$30

Obstacle Training

Glynis Dickinson

Includes

- 40min Obstacle Guidance
- 10min Guided course walk
- Course Run
- Questions and Answers

90min \$70

Max 4 riders per group

Presidents Report Glynis Dickinson



A warm welcome to our new members and a huge thank you to all our members who have supported the club during some interesting times.

We have a fabulous Fun day to be held at SIEC offering something for everyone, spaces are filling fast (see flyer for more details) any spaces we have left after the 30th march we will open to family and friends of our members.

\$25 Membership is still available valid till the end of June.

Hopefully floods and covid are behind us all now and we can look forward to attending some competitions leading up to our 2 championship days planned instead of our usual HOTY due to all the restrictions we have endured recently.

Dressage CEI championships to be held at the Camden grounds

Sunday 24th July

Working Equitation CEI championships to be held at SIEC

18th/19th June

CEI committee members along with our VIP volunteers work tirelessly to offer our members great opportunities to train and compete. Without them the club would be another ordinary club, they make this club extraordinary so once again a sincere thank you from your President.

See you all at our upcoming comps

May 8th Dressage with obstacle practice available at Camden

June 18th /19 Working Equitation held at SIEC

Glynis



**Check out our fabulous
Camden Equitation Inc
website link for all of the
club's updates including
Hi Achievers awards
Rising Star awards
Latest photo additions to
photo gallery**

Membership

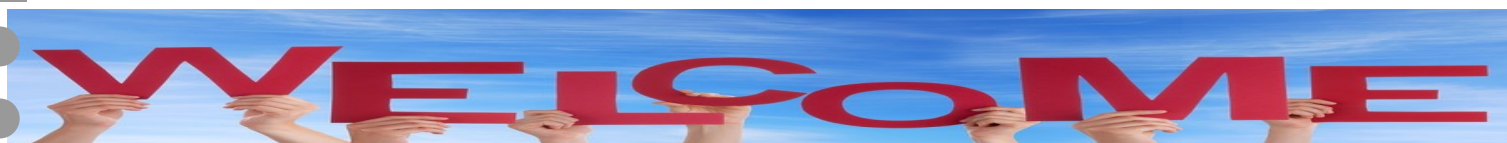
Why become a member of Camden Equitation Inc (CEI)?

CEI membership year is July 1st 2021 till June 30th 2022

All Memberships, new and renewals, are paid through Nominate

WHAT DO WE OFFER YOU?

- 4 official EA dressage competitions including ANWEL Working Equitation tests
- 3 Working Equitation competitions held at SIEC
- Offering the most attractive entry fees around Sydney
- Cash rewards for High Achievers
- Age rewards
- Pony of the day award
- Rising Star recognition
- Members Discount on all entries
- Quarterly newsletter to keep members updated
- Fabulous HOTY program with yearly rug awards
- 2 special members' only opportunities:
 - a training day held at SIEC offering
 - private lessons, protocol tests, obstacle, training and mini obstacle competition



TO OUR NEW MEMBERS

Kristina van den Dolder

Lisa Mitchell

Lynsey Allison

April Cussen

Claudia Zammit

Sarah Badger

Lee Wear

Leila Taylor

Kelly Williamson

Candace Bridgen

Kathryn Collins

Shardanne Abbott

Beverly O'meara

Tanya Lakluse

Melissa Swale



High Achievers

Thank you to our wonderful Sponsors for enabling us to reward the highest achievers on the day with a cash reward

A \$50 reward is given to each winner in each class at our dressage and working equitation days (min 2 in a class to qualify)

Another great incentive from CEI



WEQ Competition date 5 February 2022

Level	Sponsored by	Won by
Introductory	Gladiator Floats	Lisa Mitchell riding Philledelphia
Participant Preliminary	Equissentials	Ellie Burdett riding Dingobrook rl
Preliminary	Got you Covered	Sandy Langsford riding Shepards Hill Orrich
Debutante W	Greystone vacuums	Virginia Fairley riding Cherrie Soda
Highest % junior of the day	Greenwood downs	Lucy Robinson riding Greenwood Regency Royal
Highest % Youth of the day	Greenwood downs	Katie Ferguson riding Greenwood Sitara

Dressage Competition date 13 February 2022

Level	Sponsored by	Won by
Introductory WEQ	CEI	Fiona Oliver riding Apollo
Preliminary WEQ	Camden Equine Centre	Kristen Wood riding Ghetto Superstar
Preparatory EA	CEI	Rachel Moss riding Missy Moo
Preliminary EA	CEI	Melissa Swale riding Ms Earnslaw Lady of the Lake
Novice EA	CEI	Amanda Donnelly riding Aratahnes Prediction
Elementary EA	CEI	Tlicia Beadsmore riding Rapsons Onassis
Medium EA	Performance Saddlefits	Rachel Silm riding Astraeus
Highest scoring pony if the day	Greenwood downs	Shardanne Abbott riding Dolly

Gear Steward's Hints & Tips

Reporting to the Gear Steward is a compulsory part of competition day. Gear Stewards will check the following:

Working Equitation:

- Saddles/Bridles: Any permitted provided it does not give pain/distress to the horse. Tack must not cross disciplines (e.g. Western saddle and English bridle).
- Whips: Permitted length is 120cm for horses, 100cm for ponies. The tassel is included in the measurement.
- Spurs: Blunt competition spurs and rowels are permitted.
- Boots: Permitted at all phases except for Dressage. Bandages are not permitted.
- Bits: As per EA Dressage rules (provided below). Portuguese curb and English Pelham straight bits are permitted provided the shank is 10cm or less.
- Nose Bands: Must be fitted to allow two fingers vertically.
- Nose Nets: Permitted with written approval by ANWEL.
- Illegal Tack: Running/standing martingales, running reins, chambon, de Gogue, tongue ties, blinkers and ear plugs.

Dressage:

See Working Equitation rules except for the following:

- The following Bits are not permitted: Twisted bars, coloured bits, gag cheeks, Hooked Mylor cheeks, Bevel, D-Bristol, Loose Ring tubed, Happy Mouth straight bar, Beris Mullen straight bar, Flexible Mullen straight bar, Turtle Tilts & measuring bits.
- Nose Bands: One finger fit vertically. The following are not allowed: three ways, Cornell collar, Double Cavesson, Dyon doubles.

Saddles: No Western, Stock or Jump saddles.

Stirrups: Magnetic, velcro, coloured not permitted.

Boots & Bandages: Not allowed.

Tip: Competitors need to be mounted and should allow themselves as much time as possible for gear steward checks before their ride. If unable to do so, the rider/horse pair have 10 minutes after their ride to do so. Not doing so means Elimination!



Rising Stars

Thanks to our sponsors Narellan Horseland and Barelda Performance horses we now have a great new recognition for our less experienced rider and horse combinations

One rider from Preparatory Introductory and Preliminary riders on our Dressage days and on Working Equitation days Introductory, Participant Prelim and Prelim Classes will be recommended by the judges to receive the rainbow ribbon.

At the end of year presentation the overall highest point achiever in each level will also be recognised. The rider with the most points on the day takes the reward

Congratulations to our Rising stars for the last dressage and Working Equitation Competition



5 February 2022	Working Equitation
Introductory	Lisa Michell riding Philledelphia
Participant Prelim	Lucy Robinson riding Greenwood Regency Royal
Preliminary	Nadine Stutchbury riding Bella
13 February 2022:	Dressage
EA Prep	Shauna Nolan riding Forest
EA Preliminary	Melissa Swale riding Ms Earnslaw Lady of the Lake
WEQ Introductory	Fiona Oliver riding Apollo
WEQ Preliminary	Kristen Wood riding Ghetto Superstar



Training tips

POLE PICK UP AND DROP OFF

Training tips for Introductory level

Use a small pole

Stand next to drum – lift pole with thumb facing up

When calm - hold out to the side

Any problems throw POLE out away from horse

Walk a large circle to left when holding pole

Once the horse is relaxed carry pole upright

Halt next to barrel RELAX then deposit pole gently

BOTTOM END IN (thumb facing up)



THE BULL

Introductory training tips

Ride a large circle to left in front of Bull approximately 10mts away. At the walk- when approaching the Bull leg yield slightly- just 1 mt to start

DO NOT expect the horse to go on top of the Bull TAKE TIME if you frighten him- that's what he will remember- the fear

DO NOT leg yield on top of Bull –it is not necessary – yes you need to lift the ring but remember the length of your arm then the length of the pole- so approximately 1.2 mts off the Bull is sufficient




When the horse is confident and smooth start going for the ring. Well before the bull lift pole to correct level then keep your focus on the tip of the pole and the ring

Upon securing the ring immediately lift the tip of pole-so as not to lose the ring

HELMET TAGGING

***From 1 July 2022 All EA Clubs and riders must be wearing an approved helmet.
We will have an EA gear steward on site at our upcoming events to tag your
helmet at gear check time.***

Helmets must conform to one of the current approved safety standards:

HELMET STANDARD	SAFETY MARK
AS/NZS 3838 (2006 onwards) provided they are SAI Global marked	SAI GLOBAL
ARB HS 2012 provided they are SAI Global marked	
ASTM F1163 (2004a and any subsequent updates) provided they are SEI marked	
SNELL E2001 (and any subsequent updates)	
PAS 015 (1998 or 2011 and any subsequent updates) provided they are BSI Kitemarked	
VGI (01.040: 2014-12) with or without BSI Kitemark	

NOTES :

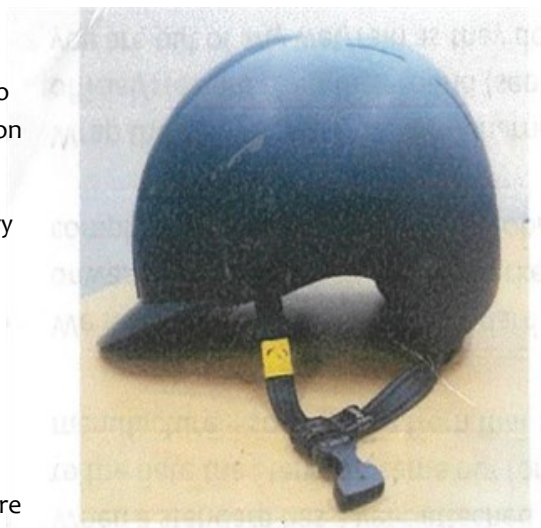
On December 16, 2014, the European Union announced that the (BS) EN1384 helmet certification standard would be withdrawn. EA decided to withdraw this certification from the list of approved standards, starting on 1 January 2017.

Helmet Manufacturers generally recommend replacing your helmet every 5 years or so.

If you have a hard-blow impact accident while wearing your helmet, it is recommended to immediately replace it for a new model. There may be damage to the helmet that is not visible to the naked eye.

It is the rider's responsibility to wear the approved standard.

The club/organising committee's role is to take reasonable steps to ensure compliance with the rules by communicating the list of approved standards to their members/competitors when becoming a member or entering a competition.



HATS OFF TO OUR VIP VOLUNTEERS

TO OUR NON COMMITTEE NON RIDER VOLUNTEERS

WHO GAVE THEIR TIME AT OUR LAST COMPETITION



5 February Working Equitation—Mickey Armstrong

13 February Dressage—Claudia Zammit

Thank you our competitions cannot run smoothly without the fabulous support of a working committee and volunteers.

These ladies along with all of our VIP recognized Volunteer's year to date will receive an invitation to join the Committee at our Yearly get together.

At all Working Equitation and Members day events you can wear our very smart and comfortable CEI uniform



Poloshirt
\$60

Also available in short sleeve
\$50



Vest
\$60

Soft Shell Great all year around

Saddle Cloth



\$63

Diamond Cotton includes upto 4 digits
available black or white Pony/Full



**Club Merchandise available
to purchase via Nominate**

Executive Committee

President Glynis Dickinson glynis.dickinson@bigpond.com

Vice President Karen Worsnop karenworsnop@hotmail.com

Treasurer Tricia Mcgrath treasurer.cei@gmail.com

Secretary Melissa Rush camdenequitation.secretary@gmail.com

General Committee

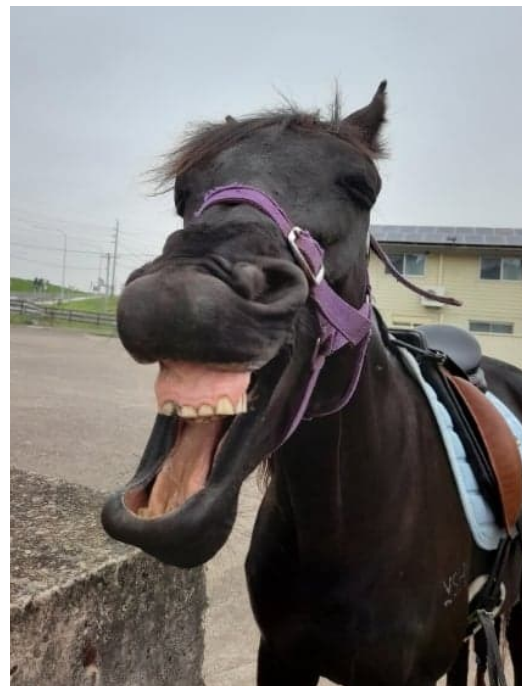
Nicole Dunbier Marie Pout

Debra Carter Sigrid Barrah

Carol Griffiths Sandra Richards

Sam Marshall Kate Prestney

Ruth Reeves



Thank you to our wonderful committee, who can be relied on at every event.

As a Committee member with CEI you are entitled to: Discount competition entries, Priority entries on special training days, Special socials a year, Priority draw placements when requested if possible, Cost price club merchandise for your personal use.



DATES 2022

APRIL 10TH FUN DAY SIEC

APRIL 23TH - 24TH ANWEL NSW CHAMPIONSHIPS SIEC

DOUBLE NSW HOTY POINTS

MAY 8TH DRESS CAMDEN

JUNE 18TH-19THWEQ WEQ SIEC

MEMBERS CHAMPIONSHIP DAY

JULY 24TH DRESSAGE CAMDEN

MEMBERS CHAMPIONSHIP DAY

AUG 28TH DRESS CAMDEN

OCT 8TH - 9TH WEQ SIEC

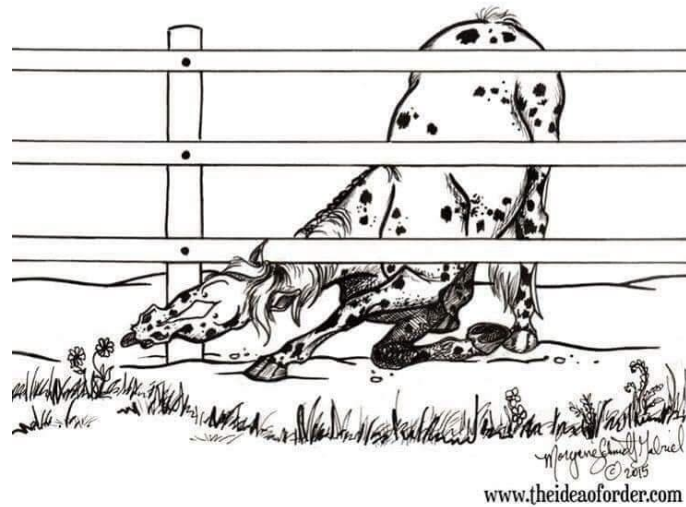
ANWEL NSW DOUBLE HOTY POINTS

NOV 27TH MEMBERS DRESSAGE CAMDEN

Kates Korner

Tips & Hints for Dressage Training

Equine Yoga:
Proof your horse can bend
when he wants to.



Another great hello here from Kates Korner. I hope this rain isn't getting everyone down too much. Remember you can always work your horse from the ground if its too wet to ride.

Following on from our last session regarding the basics, I'd like to open the discussion on "bend and flexion".

It is often confused amongst riders the difference between bend and flexion. Lets have a look at the differences.

So what is the difference!

When we refer to the term flexion, we are referring only to the position changing in the joint just behind the poll. We can then look at the two types of flexion.

Longitudinal Flexion

This refers to a rounding of the topline. To create roundness we need to look back at our basics and assure we have those steps in place. This allows the horse to mechanically use himself in a way that he pushes up through his back and abdomen which allows him to carry the weight of the rider and absorb more shock which is beneficial to his long-term health. This in turn will set up the horse to be able to be "soft" and swing in his joints creating flowing yet powerful movement. This will also change the head and neck set of the horse in accordance with the level of training, this comes from using the horses engine and riding him from behind. Not by using the reins and pulling his nose in. This will create an outline however the horse will remain hollow in his back putting more strain on his joints and muscles and unable to build topline.

Lateral Flexion

This refers to the turning of the head left or right through the poll without any bend through the neck.

Article continues on next page

Bend

Correct bend refers to the lateral curvature of the horse's body from poll to tail. Creating bend means the horse works into an even contact on both reins and the rider can distinguish the difference between flexion and bend. When bending correctly, the horse should remain on one track as he negotiates corners, circles and turns. The bend should be uniform through his body and neck in the direction of travel. Bend is important as it indicates suppleness, balance and strength. This helps the horse to stay supple through the ribcage and use his back and hindquarters, it takes time to develop the balance and strength necessary to do this well, so be patient in your training.

Correctly using and understanding lateral and longitudinal flexion and bend will not only help balance the horse and rider through circles, corners and collected movements, it will also build the foundation for upper level movements.

I hope this may clear up any questions you may have in the differences between flexion and bend. Please contact me anytime for further tips or information. I have included a table below which is a really good tool to test your understanding.

Happy Riding

Kate Prestney

3 stages of Roundness/Outline

	Rhythm	Straightness	Contact	Outline
Stop & Go	→ Body Relaxation	→ Impulsion	→ Longitudinal Flexion	1. Relaxation (Longitudinal Flexion)
Turn	→ Shoulder Relaxation	→ Looseness	→ Lateral Flexion	2. Looseness (Lateral Flexion & Bend)
Leg Yield	→ Back Relaxation & Swing	→ Suppleness	→ Vertical Flexion	3. Suppleness (Towards Collection)

A HUGE THANK YOU TO OUR SPONSORS AND THEIR GREAT CONTRIBUTION TO OUR CLUB WE HOPE WE CAN WELCOME YOU BACK TO THE PROGRAMME IN OUR NEW FINANCIAL YEAR

PLATINUM



GOLD LEVEL

GREYSTONE VACUUMS



SILVER LEVEL

GLADIATOR FLOATS



GENERAL

HORSELAND NARELLAN



HORSE N AROUND
MULGOA



THE STUCHBURY FAMILY