

## Scottish Dressage Group Newsletter October 2014

### Dates for your diary

Friday 14 November 2014: 50<sup>th</sup> Anniversary Dinner  
Monday 1 December 2014: AGM and Award Presentation  
2Nov, 7 Dec, 1 Feb, 1 Mar, 5 Apr: Winter Points Competitions

### 50<sup>th</sup> Anniversary Celebration Dinner

This is being held Friday 14 November 2014 at Bruntsfield Golf Club, 32 Barnton Avenue, Edinburgh EH4 6JH from 19:00. There will be a drinks reception followed by a 3 course hot food buffet/carvery. Vegetarian options are available. Numbers are limited and tickets are presently available until 31 October 2014 from Jackie Gray at jackiegray12@talktalk.net and also Sandi Hartley at dame.betty@hotmail.co.uk. Cost is £25 per person. This will be an excellent opportunity to meet with other club members and their guests, some of whom were involved with the start up of our riding club. Even if you do not know anyone and would like to attend, make yourself known to a committee member and we will help you meet other members. This promises to be a special occasion in the history of our club. Dress code is smart.

Should you have any photos, or information which you think would be appropriate for this special evening, please can you contact Jackie Gray or Sandi Hartley. We are gathering information to make a display in the area where the drinks reception is being held. Should you know of former members who might be interested in attending this event, please can you pass this information on to them.

### AGM and Awards Presentation

The Stable Bar has been booked for 1 December. Coffee/tea and a light snack will be available. More information including start time to follow.

### Winter Points Competition

Volunteer scorers, writers, stewards etc are always required to ensure our day runs smoothly. Thank you to everyone who has volunteered in the past - it is very much appreciated. If you can help at any of our competitions, even if only for part of the day, please let a committee member know as soon as possible. Dates are detailed at the start of this newsletter. Depending on how long you are helping you will receive complimentary vouchers for coffee, tea, cake and/or lunch from Carla's Country Kitchen. Carla's food is excellent!

### Lungeing Demo

Celia Henderson started the evening explaining what is recommended for safe lungeing of a horse and why. She showed us a variety of equipment which is available for use and what it is for. Then Ci showed us all she uses and fully explained why. While there was an emphasis on individuals making their own health and safety choices, SDG recommends the wearing of a correctly fastened riding hat and gloves when lungeing.

Then horses were brought in to the demo to show the various stages of muscle development. There was a horse which is on box rest, due to injury, with lost muscle definition, a horse which is work in progress with photographs of how it looked earlier this year, to allow attendees to compare then and now. Lungeing has been an integral part of this horse's development. Finally lungeing of an ex-racehorse was the main part of the demo.

The racehorse, which had success on the track, is being re-educated and again lungeing is a big part of its education. With Ci's clarity, experience, and humour, the audience were guided through what she was doing. The horse tested the skills of the trainer allowing the attendees to see how each incident was dealt with. Timing was paramount, as was patience, kindness and consistency. Ci's training technique is based on simplicity, clarity and consistency for the horse.

Throughout the evening, the audience asked many questions. Ci, who was generous with her time, answered with clarity and reason; and often humour!

Thanks were given to Ci Henderson on behalf of SDG

**Be part of it...**

We would welcome articles/contributions from members for our newsletters. Should you wish to share your SDG experiences with your fellow members, please send your article via email to Martha Green: [Chairman@scottishdressagegroup.org.uk](mailto:Chairman@scottishdressagegroup.org.uk) .

If you think you might enjoy being part of your riding club's committee, or if you know of someone who would be happy to be nominated for the committee, let a committee member know. Should you want to attend a committee meeting to see what we get up to, again let a committee member know and we can get something arranged. Committee meetings are approximately 4/5 times a year and held in and around the Edinburgh area. It is good fun and a great way to meet people.

Present Committee Members are Martha Green, Julie Ross, Alison Scougall, Hazel Hunter, Ros Kirkman, Jackie Gray, Judy Douglas Miller, Sandi Hartley and Jacky Chalmers.

Remember to check out your riding club's website [www.scottishdressagegroup.org.uk](http://www.scottishdressagegroup.org.uk).