

# GN Equestrian Coaching Newsletter



August - September 2009

## **News!**

Hi all.....Talk about a long time coming with this newsletter! So much has been happening that the time has just slipped away, and someone the other day asked me what had happened to the newsletter. Well, I thought I'd better get on it and thanks to Stephanie, here it is. Hope you enjoy it :o)

### **Price changes**

Taking effect from August 17<sup>th</sup> 2009, I unfortunately have to increase my lesson charges from \$55 to \$65 per lesson due to a permanent increase in petrol prices and my insurance. These things are always annoying for all concerned and I'm sorry for any inconvenience caused. Please give me a call if you have any questions or concerns regarding this.

### **New website**

My new website is under construction which is very exciting. What I would love to have in there is a page called students, with photos of everyone on their horses (obviously with your permission). I would really appreciate it if you could email me the photo you would like to see in there of yourself ASAP. If you don't have one and would like me to take one of you during a lesson, let me know and I'll bring my camera.

### **QLD Festival of Dressage**

Wasn't that just the best day out! Great to see so many of you there!

### **New dressage tests**

Even if you don't compete, have a read through them so you know where you're at and where you need to go next. Use them as a guideline for your training.

[www.equestrian.org.au/default.asp?Page=19621](http://www.equestrian.org.au/default.asp?Page=19621)

### **PRARG Super Instruction Day**

What a great success that was, so much so that we are doing it again in September. Stay tuned!

## **New horse arrival – Wally**

Well, most of you know that we have a new addition to my family. Bradgate Park Wexford aka “Wally” arrived 8 weeks ago and has settled in nicely. Due to me being sick the last few weeks his riding schedule has not really been established but that is about to change :o)

Here he is.....



**Congratulations to Laura K on her new horse as well!**

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## Rider of the Month: August

CONGRATULATION goes to **Wendy Marcuzzi!**

Wendy rides Lui, a beautiful grey Andalusian gelding. She is always ready with a smile and a joke for her lessons. She has made great improvements and I'm sure will continue to do so. The partnership she has with her horse is something we can all aspire to. Congratulations Wendy!

## Rider of the Month: September

CONGRATULATION goes to **Anne Marbardi!**

Anne rides Leo, who is a beautiful big Clydesdale. He has started his dressage training and I'm sure he is wondering what books humans read? He is working so hard in the lessons and is looking beautiful going around trying to look like he enjoys being in a dressage arena. Anne is doing a wonderful job in training him and I can't wait to see how far this pair will go.

A GN Equestrian Coaching Rider of the Month certificate and "Guylian" chocolates are on the way to both riders!

Quote: *"A horse will never tire of a rider who possesses both tact and sensitivity because he will never be pushed beyond his possibilities."*

Nuno Oliveira



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## The Difference between 'Bend' and 'Flexion'

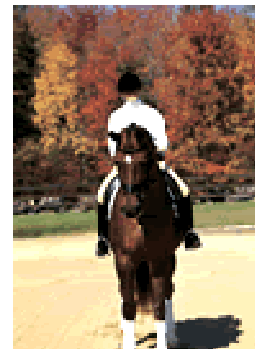
A relatively simple concept which can confuse many riders to no end!

A rider who has their horse correctly bent has the whole of the horse's body around the rider's inside leg. This means the horse is a 'banana-shape' from the poll to the tail. However, a rider who has their horse correctly 'flexed' has the horse's poll in the direction of the rider's choice, the poll and only the poll.

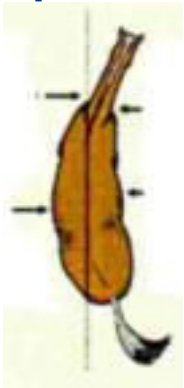
BEND = WHOLE BODY  
FLEXION = POLL ONLY

### Tips for Flexion -

A great indication of whether you have enough flexion is to glance down at your horse's head and see if you can see their eye and nostril. For example, if you wish to have your horse flexed to the left, glance down and see if you can see their left eye and nostril.



### Tips for Bend -



The ability to ride a horse with correct bend depends on the rider's understanding and use of the inside leg. Try a mental picture - think of a skier coming down the mountain and making lots of turns. As the skier comes into a turn, he will plant his ski pole into the snow and ski round his ski pole. Think of your inside leg in the same terms. If you ride a circle, your inside leg should follow the circumference of the circle and you merely ride your horse round your inside leg. This leg will also prevent your horse falling into the circle.

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## Events of Interest:

Listed below are a number of different events happening in the future that you might like to compete at or attend. Attending events are a great way to become familiar with the competition scene without the pressure of performing.

23<sup>rd</sup> August – Mt Gravatt One Day Event

[www.mtgravattponyclub.freehomepage.com/](http://www.mtgravattponyclub.freehomepage.com/)

- NADEC Associate Dressage

[www.nadec.net](http://www.nadec.net)

- PRARG Members Dressage

[www.prarg.com/](http://www.prarg.com/)

30<sup>th</sup> August - Gold Coast Show

[www.efaq.com.au/event.asp?ID=174873&format=popup](http://www.efaq.com.au/event.asp?ID=174873&format=popup)

- Cedar Grove Dressage

[www.efaq.com.au/event.asp?ID=175305&format=popup](http://www.efaq.com.au/event.asp?ID=175305&format=popup)

- RASDEG Official Dressage

[www.rasdeg.org/](http://www.rasdeg.org/)

6<sup>th</sup> September - Fig Tree Pocket Official/Associate Dressage

[www.nominate.com.au/](http://www.nominate.com.au/)

- PRARG Associate Dressage

[www.prarg.com/](http://www.prarg.com/)

13<sup>th</sup> September - RASDEG Associate Dressage

[www.rasdeg.org/](http://www.rasdeg.org/)

- Caboolture Official/ Associate Dressage

[www.caboolturedressage.com](http://www.caboolturedressage.com)

20<sup>th</sup> September - Warwick CIC ODE (Equestrian Triequathon)

[www.wht.org.au/Events/Calendar.htm](http://www.wht.org.au/Events/Calendar.htm)

25<sup>th</sup> September - Sunshine Coast Dressage Championships

[www.nags.asn.au/](http://www.nags.asn.au/)

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Hope, once again, that you have enjoyed the newsletter. Happy Riding...

Cheers,

*Gitte*

Ps – This one made me laugh!

Riding high on the success of such books as "You're My Mare Not My Mother" and "Denial Ain't What Keeps The Horseshoe On," Pamela Wilsby-Higgins is holding clinics across the country to promote her latest book and infomercials "From A Whisper To A Scream: When Your Horse Can't Hear You."

The plucky blonde, so progressive in her methods of equine communication she's called "The Woman Who E-Mails to Horses," is the first woman to receive national attention in the growing field of touchy-feely horse training. Although successful, Pamela has been criticized for her unorthodox techniques and is the first to admit she's not a traditional horse trainer.

"Training is such a worn out concept, even the word 'train' is archaic, it comes from the Old French trahiner, to drag. And that's just what training is, a BIG DRAG! "What I'm interested in is communicating with problem horses, letting them know they're not alone. Since I too have issues with trust and a history of abusive, dysfunctional relationships, I understand what they're going through. I can also relate to frustrated riders. As I wrote in 'You're My Mare Not My Mother,' at one point a guilt-tripping gelding shamed me into believing if I were a prettier, thinner, smarter person I wouldn't be having riding problems. "My goal is to facilitate people away from The 'Self-Centered' riding made popular in the 1980s to a more 'Co-Dependant' riding where the horse and rider work closely to deepen their relationship and become meshed in the riding experience."

In defense of reports that her clinics are among the most expensive in this new industry, Pamela is unapologetic. "You get what you pay for. Horses are individuals and it takes time to discover what form of communication works best for them. Whispering to horses is fine, but some respond better to murmuring or babbling, while still others prefer mime or slide shows. I have found when working with a herd, semaphore is the most effective."

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Pamela further points out that not all bad horse behavior is the result of a negative breaking experience. "Horses are very sensitive and can have a variety of problems, both emotional and paranormal. They can suffer from depression, low self-esteem, eating disorders, even repressed memories.

Most people are unaware of the large number of horses who are survivors of alien abduction. I have found that repressed memories of such abductions are the primary cause of trailering difficulties. There are also horses unfairly labeled 'spooky,' when their behavior is actually an appropriate response to poltergeist activity."

Pamela's symposiums cover a wide range of topics, such as: Reimprinting the Inner Foal, Obsessive/Compulsive Dressage, Gymkhana? Andelusions of Grandeur, Bi-Polar Bending, A.D.D. in Arabians, Fear of Flying Lead Changes, and Feeling Suicidal? Consider Eventing.

When not on tour, Pamela offers weekend retreats at Passing Wind, her Malibu, California Ranch, that focuses on specific breeds and riding disciplines. She will also customize sessions to meet a client's particular needs and budget. "Once we even re-birthed a Tennessee Walker to help her face her 'Water issues. It was exhilarating and only 3 or 4 people were injured." Pamela Was unable to comment further on this event as the matter is still in litigation.

Pamela began developing her techniques under the tutelage of GoWaanPoOLmiFynGer, the charismatic shaman of the Diamond-Phillips tribe and author of the ground breaking book, "Horse Buck Hard." "The whole monosyllabism of Horse Buck Hard overwhelmed me with its Zen. I knew instantly I had to study with him."

GoWaan PoOLmiFynGer introduced Pamela to his tribe's ancient practices of Equine-Aromatherapy, Prance-Channeling, Stall Feng Shui, Public Relations and Marketing. "GoWaan taught me so much. Not only did I learn how frequently riders with dysfunctional personal lives project unresolved emotional issues onto their horses, but the outrageous amounts of money they are willing to pay to be told it isn't their fault." Pamela went on to become GoWaan PoOL miFynGer's assistant when he toured to promote his calendar and video, Buckskin, Beads and Beefcake. "It was a great gig," she reflects, "but I knew it wouldn't last, when I noticed most of the women attending his sold-out clinics didn't have horses."

She next traveled to the Australian outback, where she studied with acclaimed Snowy

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River Kanguru Bruce Fosters, whose masterwork, "The Principles Of Bonding From Brumbies to The Boardroom," has become an integral part of the executive training programs of many multinational corporations.

"Bruce is an incredible visionary. He was the first person to theorize that a rearing horse is really just asking for a hug!"

Since starting her own clinics, Pamela has emphasized the differences between her methods and those of her contemporaries, but she does admit to performing the crowd pleasing, ubiquitous get an unstarted horse to accept a saddle, bit, bridle and rider without breaking its spirit in under an hour demonstration. "Of course, since I'm using the techniques I've developed, my version is different from what people have come to expect after seeing other clinicians. For example, I find using a pyramid-shaped pen, instead of a round pen, brings more energy to the session. I also use indirect lighting, scented candles and soft music. I start by having a few glasses of wine with the horse, then begin to recount my earliest childhood memories of separation and abandonment, while lunging the horse at a trot. After several minutes of this, usually at the point in my litany of victimization where my abusive second husband leaves me for my farrier, the horse will begin to go through a visible change. While still at a trot, it will start shaking its head and trying to cover its ears. This is the moment I call 'The Throw Up. The Throw Up is the point a horses reaches when it can't stand listening to my problems anymore and will do anything to get me to stop, including being saddled, bridled and ridden for the first time.

"People think its magic when they see how willing the horse becomes once I shut up and start saddling, but there's nothing mysterious about it. I just have a very annoying voice and more issues than T.V. Guide. "

Future goals for Pamela include developing a web site, and a 900 number."I envision a network where for only 99 cents per minute, riders can speak to their own Psychic Tele-Trainer, that I've personally educated. I also plan to explore the financial aspects of communicating with other animal species. I'm willing to discourse with dogs or chat with cats. I'll even vocalize with vermin if there's money in it."