

## News in BALANCE

Spring 2010

## Inside this issue:

- Meet the youngest member of the BALANCE 'team'! 2
- Changes to Pony Saddles. 2
- Western Style Saddle Project News 2
- Alternative glossary of horsey words? 3
- From the Keyboard, and new Test Ride Facilitators. 4



## BALANCE Buff®

So many practical uses for this simple item of head-wear when riding or just working around horses.

- ✓ Keep your face warm
- ✓ Keep your neck warm
- ✓ Look stylish
- ✓ Tie your hair back
- ✓ Keep your hair clean
- ✓ Keep dust out of your lungs when grooming
- ✓ Show that you care about your horse by displaying the BALANCE logo.

## New BALANCE website is on the way!

Yes, a new and improved BALANCE website is in the design stage and we hope to have it up and running in the next couple of months. You will see that the new site will have a lot more information on it about the BALANCE Saddling System in the Learning Centre and an online shop in the Shopping Centre.

At last, we will be joining the 21st century in terms of making it easy for people to buy some of the BALANCE products via an online shop. We will not sell saddles direct from the site because these will only go to people after they have either had some form of consultation, **either a Distant Consultation or a 'Hands-On' Consultation, or spent some time with a BALANCE registered Test Ride Facilitator.**

We really want the site to be a valuable resource for people who want to learn more about the impact of saddling on the ridden horse, whether they be a rider, instructor, vet, **therapist, saddle 'fitter' or saddle maker. This has not been easy to achieve until now because we have not had access to most of the pages on our current site.**

## Other News.

**There are new BALANCE registered Test Ride Facilitators joining the 'team'** which is going to make it easier for more horse owners to get access to trying the BALANCE way of working with saddles. Please see page 4 for news on two of them.

This is a only a brief Newsletter to keep in touch with you and we hope to do more regular ones during 2010 and onwards. As always, we love to get contributions from those of you who are out there using your BALANCE saddles, so if you have something you would like to share, please get in touch with us.

Happy Riding and Reading.

From the BALANCE office. UK



**BALANCE** *helping people helping horses...*

## The newest and youngest member of the BALANCE 'team'.



Allow me to introduce you to **Sean Jacob Morris**. First child of Keren and Anthony Morris.

Here you can see Master Jake sporting a BALANCE Buff in a rather snazzy way.

Looking at his pose one can imagine that he could end up either being a dancer (he loves to boogy) or maybe an orchestral conductor. He just needs his baton and away he could go!

Keren is gradually getting back into the swing of dealing with the technical enquiries at the office and is looking forward to being able to get out and about to meet with some of the horses and people she is helping.

Having a baby to observe is a great way to see natural and innocent movement. Something that most of us gradually lose as

we get older and bad habits creep in.

The Feldenkrais Method® is such a powerful and effective way to keep our brains and bodies connected to the range and quality of movement we had when we were babies. For riders and riding teachers, it is an invaluable tool for self observation, self correction and learning.

For more information you can go to the Feldenkrais Guild website on [www.feldenkrais.co.uk](http://www.feldenkrais.co.uk)

The observation of young children exploring their environment can remind us of what good movement and co-ordination looks like.

## Changes to the BALANCE Pony Saddle specification.

The BALANCE Pony saddle has proven to be a big hit for the ponies and children who are lucky enough to have them.

We hope to introduce this fantastic little saddle to many more ponies and riders during 2010.

However, one of the decisions we have taken is to use a different leather combination than on the early models.

The original Verona model uses a very nice leather that has been used by The Saddle Company for many years. However, most of their saddles are sold within the UK where the climate is

pretty leather friendly. With BALANCE saddles being in demand in many countries around the world, we were concerned that in countries that have a harsher climate (for leather goods) as in very hot and dry, or cold and dry, this lovely soft Verona leather would need very careful conditioning and care to stand up to hard use for any length of time. Whilst many of our clients are really good about keeping their saddles cleaned and conditioned, we have also seen some rather sad examples of BALANCE saddles looking very shabby and older than they should, simply through poor care. With this in mind, we wanted to use a more robust

combination of leathers that are more forgiving when it comes to neglect!

Having said that, it is still essential that all leather or part leather saddles are cleaned, conditioned, handled and stored with respect and care if their owners want them to last and to remain looking nice.

*As a result of the change over to the new Vicenza/Bufalo combination, we have some of the original Verona pony saddles available at a reduced price for those of you who live in the UK. Contact the office for more details*

## BALANCE Western Style Saddle Project in Progress.

Just to keep those of you who like the look of the Western **Saddle in the loop..... We have** now designed a new tree that we are very excited about and will form the framework for this new saddle.

Carol is going to be spending several weeks in the USA during May to work alongside a Western Saddle maker to create the first version of this new saddle.

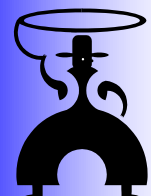
She has arranged to meet up with a variety of horses and riders who usually use Western saddles so that she can get some direct feedback from them all on the saddle.

It would be fantastic to think that version 1 will be perfect, but we know from experience that there is usually a version 2 and 3 before we are happy that it is as good as we can get it. Never-

theless, the project is underway and we hope that before the end of 2010, we will be able to offer a Western Style saddle to horses and riders. A Western Style saddle that has enough horse friendly features in it to be allowed to carry the BALANCE logo.

Check in to the website from time to time to get a progress report on this project.

BALANCE  
goes  
West!





## ALTERNATIVE HORSE VOCABULARY!

**Auction** - A popular, social gathering where you can change a horse from a financial liability into a liquid asset.

**Azoturia (or Monday Morning Disease)** - A condition brought on by showing horses all weekend. Symptoms include the feeling of dread at having to get out of bed on Mondays and go to work or school.

**Barn Sour** - An affliction common to horse people in northern climates during the winter months. Trudging through deep snow, pushing wheelbarrows through snow and beating out frozen water buckets tend to bring on this condition rapidly.

**Big Name Trainer** - Cult Leader: Horse owners follow them blindly, will gladly sell their homes, spend their children's college funds and their IRA's to support them- as they have a direct link to "The Most High Ones" (Judges).

**Bog Spavin** - The feeling of panic when riding through marshy area. Also used to refer to horses who throw a fit at having to go through water puddles.

**Colic** - The gastrointestinal result of eating at the food stands at horse shows.

**Colt** - What your mare always gives you when you want a filly.

**Contracted foot** - The involuntary/instant reflex of curling one's toes up - right before a horse steps on your foot.

**Endurance ride** - The end result when your horse spooks and runs away with you in the woods.

**Feed** - Expensive substance utilized in the manufacture of large quantities of manure.

**Fences** - Decorative perimeter structures built to give a horse something to chew on, scratch against and jump over (see inbreeding).

**Flies** - The excuse of choice a horse uses so he can kick you, buck you off or knock you over - he cannot be punished.

**Gallop** - The customary gait a horse chooses when returning to the barn

**Grooming** - The fine art of brushing the dirt from one's horse and applying it to your own body.

**Hay** - A green itchy material that collects between layers of clothing, especially in unmentionable places.

**Head Shy** - A reluctance to use the public restrooms at a horse show. Always applies to pit toilets.

**Head Tosser** - A blonde haired woman who wears fashion boots while working in the barn.

**Hoof Pick** - Useful, curved metal tool utilized to remove hardened dog doo from the treads of your tennis shoes.

**Jumping** - The characteristic movement that an equine makes when given a vaccine or has his hooves trimmed.

**Lameness** - The condition of most riders after the first few rides each year; can be a chronic condition in weekend riders.

**Lead Rope** - A long apparatus instrumental in the administration of rope burns. Also used by excited horses to take a handler for a drag.

**Longeing** - A training method a horse uses on its owner with the purpose of making the owner spin in circles, rendering the owner dizzy and light-headed so that they get sick and pass out, so the horse can go back to grazing.

**Manure spreader** - Horse traders

**Parasites** - Small children (no flames please) that get in your way when you work in the barn. Many gather in swarms at horse shows.

**Pinto** - A colorful (usually green) coat pattern found on a freshly washed and sparkling clean grey horse that was left unattended in his stall for ten minutes.

**Rasp** - An abrasive, long, flat metal tool used to remove excess skin from the knuckles.

**Saddle** - An expensive leather contraption manufactured to give the rider a false sense of security. Comes in many styles, all feature built-in ejector seats.

**Splint** - An apparatus that can be applied to various body parts of a rider due to the parting of the ways of a horse and his passenger.

**Stall** - What your truck does on the way to a horse show, fifty miles from the closest town.

**Tack Room** - A room where every item necessary to work with or train your horse has been put, in a place which it cannot be found in less than 30 minutes.

**Withers** - The reason you'll seldom see a man riding bareback.

**Yearling** - the age at which all horses completely forget the things you taught them previously.

**Young-stock** - A general term used for all equines old enough to bite, kick or run you over, but not yet old enough to dump you on the ground.

**Zoo** - The typical atmosphere around most horse farms



## From the Keyboard. By Lesley Taylor

As I sit here at my keyboard I can see across the fields and I can see definite changes in the shade of green in the grass. It has been a long time coming this year. The coldest and seemingly the longest winter we have experienced for 30 + years in the UK. It is no wonder that people are taking their time to get active with their horses. The one blessing, is that we did have one, long stint of dry weather which allowed the very soggy land to firm up a bit. All we need now is a bit of warmth and the whole scenery will change, almost overnight, to a mass of green, pinks and whites as the first buds and blossom emerge.



Despite the cold, the birds seem to be very excitable and are making a lot of noise. Their appetites have increased judging by the way they are going through the food I put out for them every morning and we will soon see the return of birds who moved to warmer climates during the worst of the winter. Primroses are in bloom and the tough old daffodils outside the BALANCE office are looking wonderful.

At last we are also getting a sense of recovering from a miserable recession, so that as Spring finally takes hold, I think there will be a palpable sigh of relief and upswing in optimism all over the UK. Our friends in the USA are also feeling their way forward to more confidence in the future. It has been tough, but in so many ways, it has also been a much needed half-halt for most of us. A period of reflection and re-focusing on what is important. **A realization that the accumulation of 'stuff' is not a good measure of success and for some, the discovery of inner strength and determination in the face of catastrophic changes in their lifestyles.**

Here at the BALANCE office, we are excited about the a new projects that will come to fruition in the coming months. Wishing you and your horse/s a fantastic year ahead.

*Lesley*

Welcome aboard to two new BALANCE registered Test Ride Facilitators.

**USA.** Our good friend Mary Bashtarz has just been registered to take on this role. Mary lives in Delaware on the East Coast of the USA.

She has been using BALANCE saddles for many years on her own horses and on ridden horses that she is supporting through a remedial programme of recovery.

Mary has her own horse related business which involved providing support and education for horse owners who need help with horses who have had their health and soundness compromised by inappropriate management, riding and hoof care. She has just created her first website which is [www.ridingbydesign.com](http://www.ridingbydesign.com)

You can contact Mary through her website and also on her Cell phone: 302 535 9759

**UK. (Scotland)** Cath Dennis has just taken on the role of a BrTRF to help horses and riders, North of the border.

We have known Catherine for many years and she has a lot of experience that she can share. If you live up in the North of Scotland, you have been at a strong disadvantage until now, because you have been a long way from any of the other registered Saddle Consultants and Test Ride Facilitators. We hope that Cath is going to be able to help many horse and rider partnerships to explore and benefit from the BALANCE approach to saddling. Cath is based in Aberdeenshire, and can easily help horse owners in this area as well as Angus and Dundee. She is also happy to cover Perthshire, Fife, Edinburgh, Moray and the Highlands if there are people in these areas who are keen to make use of her skills and experience.

**Cath's contact details are as follows:**

Phone: 01561 321156 Mobile: 07793 586055 or e-mail [cath@soloequestrian.com](mailto:cath@soloequestrian.com)