



HUNTER VALLEY EQUESTRIAN CENTRE

August 2021

Hi Everyone,

In the Hunter Valley, the COVID lockdown started on August 6th, 2021. It is difficult to accept the change in our lives, but we must accept there is a big change and think of alternate ways to keep our mind and body positive. It's not forever.

When I feel a little down, I phone or text friends and keep ideas flowing, and listen to others. We now have time, and time is the healer. For those people who are lucky enough to spend time with their horses, you are receiving all the benefits of your hard work, love and investment.

Turn off the TV and listen to music, stay positive and think of a happy future.

In August, I have followed the journey of the Australian Para Equestrian Team in Tokyo. These riders are truly inspirational. The standard of riding and horses has improved immensely. So professional and so accurate. Take time to watch them on the replays and hold on to the memory.

On August 28 my son Lewis and his fiancé Vanessa flew out of Sydney to Bogotá, Columbia. This is Vanessa's home city, and she has not seen her family for 2 ½ years. Lewis, in his blazing red hair mood, was not going to stay in Sydney in lockdown for any longer and be controlled by Gladys. Well, they have arrived safely in Columbia and all is good. Unbelievable. So I now have one car to repair, one extra car to drive, and Ecki and his anxiety to control. I couldn't say no, as I was also adventurous when I was younger and I can only pray that they will return safely in a few months' time and grow in their lives and experiences together.

For those people who have known me for a long time, you will also know my Mitsubishi horse truck. Well, it is getting older and older but I have made the decision to care for my loyal old horse transporter and hope that it will continue to last. My horses travel well in it and I'm not ready to give up on it yet. (Horse transport = lots of money). Thank you to Royans and Freightliners for revamping the old dear.

In August we welcomed Hannah & Louie and Sophie and Lilly. I hope you will enjoy your time and training at HVEC.

While we are still in lockdown here are some ideas to help keep busy:

- Paddock clean up
- Gardening (not a favourite of mine)
- Tack cleaning
- Train your horse flying changes and piaffe
- Learn another level of dressage or jumping
- Do more book work – "really boring"
- Learning how to not go grey
- Wash and groom your hairy farm dogs
- Wash and vacuum your car
- Cook food
- Do not relax – that's the end of the line.

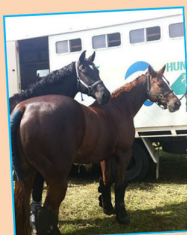
For those of you with horse loving children, Jenny (who lays out this newsletter) has just published her first edition of HorseWyse Magazine. It is available via the website www.horsewyse.com.au and makes great reading for the kids over the school holidays.

Goodbye, keep safe, stay positive, healthy and active and remember that this will not last forever.
From *Shaun*

Images from August...



Lewis and Vanessa at Vanessa's brother's wedding in Columbia



Ruby and Robbie in Sydney with the grand old truck

Sharon Jarvis, Tokyo 2021. The final salute. We are very proud of you Sharon

Roseman, Rosie, Rosheen, Gerard and Ecki. A dog's life at HVEC