



Hi Everyone,

I hope you have enjoyed the last of the warm weather and extended daylight hours. I truly understand how hard it must be to decide on riding before or after work, but I'm sure that whatever decision you make, your horse will truly benefit and enjoy seeing you. As I was feeding up one morning, I took a photo of three enthusiastic and ambitious riders training under lights in the indoor arena at 6:30 am. It was inspirational.

Hunter Valley Dressage was again short on helpers, so I decided to help out and pencil for the Advanced, Prix St George and Grand Prix tests. It was a great experience and my iPad skills are getting a little better. The riders and horses are really getting better and the standard is improving. As a penciller I keep very quiet about what I see and know about dressage, but my memory is good and I love learning all the time.

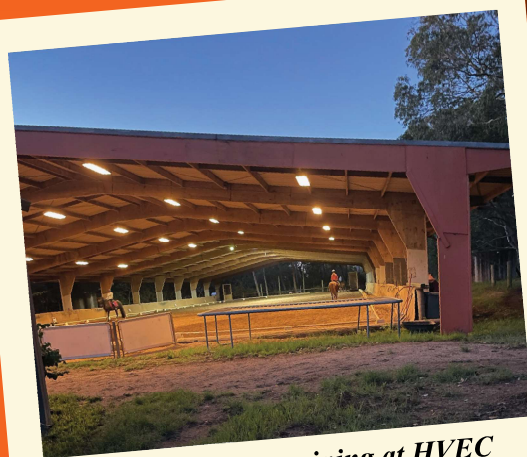
A big thank you to the HVDA Committee for all their hard work and to Nell Marshman for helping me pencil.

Many young riders are preparing for a big event in April – the NSW Interschool Championships. This is held in Sydney at SIEC and must be one of the biggest competitions on the calendar. There is so much to learn and so much competition. Wow – if only I was that young again. Maybe I could enter Hugo one year.

The other big event on the 26th April is the Sydney CDI. This event is very close to home and challenges the best of the best dressage riders in the country. Entering, training and competing at the Sydney CDI is worth it. There is a lot of pressure, but that is sport and competition, and that's what makes you better. I miss this level and hope that next year I will again join all those riders at the top level.



*I hope to see Risto (Riski) at Sydney CDI  
He looks fantastic Riley*



*Early morning training at HVEC*



*Kaitlyn and Charlie at the beach*

Congratulations to all of my pupils who competed at the last APDC competition. Remember to enter the next HVDA competition on 13th & 14th May.

HVEC at present is full up with agisted horses. There are many owners and horses doing interesting things each week. I often ask about their outings and they vary from jump lessons, working equitation, local competitions and beach rides. How lucky are you to be able to load up and travel to some of the best beaches in the country – “very lucky”.

Farewell to Lucia and Snoopy. Thank you for working at HVEC, particularly your early morning shifts. Good luck in the future and keep learning lots.

Farewell to Sonya and Sunny, Thank you for your time at HVEC.

Welcome Caroline who is working until the end of April. I really appreciate your help.

Bye for now,  
Shaun

*One of the agisters at HVEC is a beautiful dressage mare named Roquet, and Roquet's owner is Ilona Hudson, who as well as an FEI dressage rider is also a vet. Here is a bit of information about Ilona...*

## **Ilona Hudson - Move Unleashed**

I am a vet offering an integrative approach to health and wellbeing for horses and also for companion animals. I work in the field of animal biomechanical medicine. This means I examine every patient thoroughly and discuss the problems and desired outcomes with their humans. Then I tailor a program to help the animals move better using a customised set of treatments that includes but is not limited to, the following modalities

- chiropractic adjustments
- laser
- osteopathic releases
- soft tissue mobilisation (similar to massage)
- acupuncture and acupuncturist
- homework exercise programs to be performed by the owner for rehabilitation and strengthening (can be in hand and under saddle)

No two treatments or exercise programs are the same just like no two patients are the same. All work is tailored to your ability, knowledge, access to equipment and time available. Because I am a vet I can provide some veterinary advice or work with your regular vet/farrier/bodyworker to achieve the best outcomes for your partnership. I have good working relationships with many local professionals.

I am qualified as a vet, animal chiropractor (animal biomechanical medicine), animal acupuncturist and my rehabilitation training was with physiotherapists. I currently work on horses performing at dressage, pony club, eventing, rodeo, endurance and thoroughbred racing as well as dogs who are involved in obedience, agility, endurance, show, recovering from injury and surgery and those with all sorts of everyday movement issues.

If you have a movement concern about your horse or dog then animal biomechanical medicine can help. I have just launched a dedicated new website for those interested in the work I have done in the last 20 years <https://www.moveunleashed.com> and I also have a facebook page with some stories about the work I offer.

