



FORGE

FORGE IS THE MAGAZINE OF THE BRITISH FARRIERS AND BLACKSMITHS ASSOCIATION



**Meet Abby Bunyard AWCF:
the new President
of the BFBA**

————— The Voice of the Professional Farrier —————

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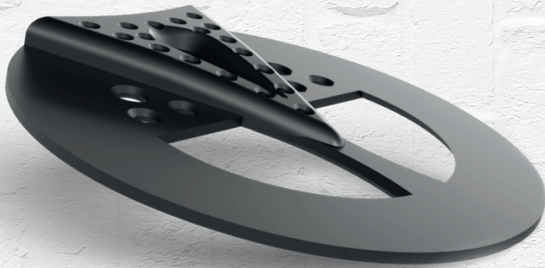
Ed Eclipse Pad

This Pad was designed in collaboration with Ed O'Shaughnessy from Newmarket in the United Kingdom. This basic model does not have the hybrid shoe branch printed. This is designed as a lightweight pad for racing and speed where weight may be a concern. This pad is designed to stop the frog from descending to the ground through peripheral loading of the hoof wall that results in sore heels & possible corns. **Made from antimicrobial and recyclable materials.**



Ed Eclipse 2 Degree Pad

A light weight Pad for racing and speed. The wedge pad can be used to artificially raise the hoof angle when conformation or injury needs assistance when the hoof angle is low relative to the pastern angle. The pads help horses that need bony column support, such as laminitic horses, and help the frog to share a portion of the load, reducing that placed on other areas of the hoof. These pads help maintain the position of the frog relative to other structures of the hoof. **Made from antimicrobial and recyclable materials.**



Half Mesh Pad

This pad is designed to stop the frog from descending to the ground through peripheral loading of the hoof wall that results in sore heels and possible corns. It is used in conjunction with a digital impression material. It is designed to be used in a controlled pasture and riding environment that has no stones to puncture the exposed sole area. **Made from antimicrobial and recyclable materials.**

Half Mesh 3 Degree Pad

It is used in conjunction with a digital impression material to help re align the hoof pastern axis angle. The wedge pad can be used to artificially raise the hoof angle when conformation or injury needs assistance when the hoof angle is low relative to the pastern angle. The pads help horses that need bony column support, such as laminitic horses, and help the frog to share a portion of the load, reducing that placed on other areas of the hoof. These pads help maintain the position of the frog relative to other structures of the hoof. **Made from antimicrobial and recyclable materials.**



Full Mesh Pad

This pad is designed to stop the frog from descending to the ground through peripheral loading of the hoof wall that results in sore heels and possible corns. It is used in conjunction with a digital impression material. **Made from antimicrobial and recyclable materials.**

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Farriers elected to FRC Council
(three-year appointment)
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Toby B. Daniels DipHE DipWCF
Derek T. Gardner AWCF

BFBA farrier on FRC council

Simon Moore FWCF
Daniel Harman AWCF GradDipELR

WCF farrier on FRC Council

Robin P. May AWCF

The July 2024 issue of
Forge Knowledge contains
the article:

- The Vasculature of the Distal Limb
By Russell Floyd AWCF
- Pre-purchase Examinations
By Sally Hodgson BSc(Hons),
MA VetMB MRCVS



CPD Committee

Chris Linssner (Chair), Ben Benson, Abby Bunyard, Aaron Myall, Phoebe Colton, Daniel Harman, Alex Mercer, Stephen Britten, Jamie Hughes, Dan Stern, Iain Nixon, Jason Brown, Merv Allen and Doug Campbell.

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Contributions in the form of articles, reports, letters and photographs are welcomed.

President's address

Firstly, I'd like to thank Ben for all his hard work over the last 10 years and for holding the fort as President for the last two. I feel safe in the knowledge that he will be on the end of the phone and still on the EC helping us to continue moving forward.

We were all so saddened to hear of the passing of one of the most inspirational and active BFBA members of all time, Mr. David Gulley. We pay tribute to David in this issue - he was genuinely one of the kindest and most passionate people I've ever met.

This year's AGM saw record numbers of Association Members joining us both in person and online. The camaraderie in the bar afterwards was second-to-none. Special mentions to Liam O'Hara for attending while on call for the birth of his second baby, and Cliff Barnes who was a surprise in-person attendee all the way from sunny Scotland! Huge congratulations to Tony Storey from the Morpeth Branch for winning the most new members this year.

At the AGM, Phoebe Colton was voted in unanimously to the Vice-President role. I can't think of anybody better to have as a wingman - well, technically wingwoman! I feel hugely secure in the knowledge that we have a fantastic, dedicated team moving forwards.

We both hit the ground running working on a flyer for the Retraining of Racehorses Society to provide education and help for any pending new ex-racehorse owners. If we educate the new owner, hopefully we can help our Association Members' farriery expectations to be met. Thank you to Gavin Moody for your help in doing this.

Claire Brown has continued as our NEWC representative. The BFBA represents farriery on the Council and are involved in several sub-groups. Being part of NEWC keeps us aware of the grand scheme of things across the equine world. I personally believe farriery doesn't exist in our own bubble and we need to be knowledgeable across other equine industries. Phoebe attended the NEWC AGM to continue building relations.

Focus 2024 plans are all going smoothly with Dan Harman at the helm of the lecture theatre, and what an amazing line-up of speakers he has booked in! Mark Watson and Danny Bennett are joining forces on the International, showcasing the best competition farriery in the world. Early bird tickets have flown out of the Forge, so to those of you who haven't purchased yet make sure you don't miss out!

The EC have been working hard to re-establish the connections with the Blacksmiths Guild, with some new blacksmith members joining the CPD committee adding even more skills and knowledge to this panel.

In September I am proud to announce we are hosting the Worshipful Company of Blacksmiths at Stoneleigh to finish building the float for the Lord Mayors' parade in London, an iconic event in blacksmithing history. Huge thank you goes out to Doug Campbell, Merv Allen and Don Mallett, working tirelessly behind the scenes to bring our industries back together. We look forward to working alongside Don over the next few years now he has been appointed as our new Chair of the Blacksmith Committee.

Our CPD committee is getting fuller by the minute with a huge array of events coming up. In June we ran a successful 7 hour First Aid course at Stoneleigh - huge credit to Aaron

Myall. Everyone received a First Aid certificate lasting three years, which can mean the difference between life and death or just doing a better job of bandaging ourselves next time we have an accident!

Jason Sim from the EC is currently in talks with the British Horse Society who are looking to collaborate with organisations in Scotland to address apprentice-funding issues. Hopefully this will help future proof farriery across the country.

We've been supporting the BHS with their latest survey, taking a closer look into the farriery industry as a related survey and reasons why some areas are struggling to find farriers. Let's make this a time where we communicate and make this industry strong.

It's been all change for Forge magazine, too - I'd like to thank Mark Aikens for his hard work as Chair and Gill Harris for her years of service as Editor. Liam O'Hara has stepped in as Chair working closely with new Editor Sarah Shephard. Again, this team feels like a strong force. Sarah recently took time out of her busy schedule to come to Dorset for a day to see how we work, and get an inside view of an Executive Committee member, farrier, family member and Committee appointee - fairly manic I would say, but it was fascinating to get to know her personally! Read about her day with us in this issue.

More recent issues have had an international theme, with Henrik Jansen sharing a day in the life of Sweden's first FWCF. We look forward to receiving an article on his thesis on P3 fractures. We've also had a two-part article on isolation in the industry from Tiffany Gardner in California. Many of you will know Tiffany from the Edward Martin Cultural Exchange. The international theme will continue with Harry Spinks from the Editorial Panel linking us up for article sharing with the Western Canadian Farriers Association.

The magazine will also be looking to publish features related to business, health, history and all other things farriery.

The Editorial Panel are always open to hearing your ideas for articles - please do keep sending them in. And if you have any thoughts or ideas in general, don't hesitate to get in touch with anyone on the EC - we're all volunteers and open to any input.

Abby Bunyard AWCF,
BFBA President



P.s. word on the street - Farriers Foundation will see the return of the ultimate Speed Nailing Competition! The question is, will Brad Greenham FWCF step up to defend his speed nailing title... is he man enough!?!? We'll see!



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120 years of the BFBA

As we make history with the first ever female President in post at the Association, we're also looking ahead to 2025, which will mark the 120th year of the British Farriers and Blacksmiths Association.

The Association has enjoyed a rich history, starting as an idea from a group of like-minded farriers to the national organisation with international links we can all be very proud to be a part of today.

Prior to the forming of the National Association, many attempts had been made to organise the Master Farriers and Blacksmiths - particularly when prices of materials were high. The first idea of a National Association can be traced back to 1902, when there were a number of local associations in existence, but none of them had any connection to one another and each was entirely isolated.

Probably the first factor leading to the formation of the National Association was the creation of the Farriers' Journal by W Jones Anstey in April 1899 - a publication not dissimilar to our Forge magazine today. The Farriers' Journal gave farriers of the time the ability to get in touch with one another, share ideas and advertise their schemes to each of the local associations.

The largest association at the time were the City of Birmingham and District Master Shoeing Smiths' Protection Association, which had been formed in 1896, and the Yorkshire County Shoeing Smiths' Association.

Minutes of meetings of the various local associations show the idea of a National Association starting to be talked about, but no one appears to have really spearheaded the movement until a meeting of the Birmingham Association at the St. Martin's Hotel, Birmingham on 6th February 1902.

It was then decided to subsequently call a meeting of representatives of as many associations as possible at the St. Martin's Hotel on 29th May 1902 - the delegates of which can be seen in the photograph. At this meeting it was decided to call a full conference of representatives from all the associations across England and Wales for the purpose of how to best carry the idea of a National Association forward.

Subsequent meetings were held across cities including Leicester, Manchester, Sheffield and Leeds across 1902, 1903 and 1904, at which the foundations of the National Association were well and

truly laid.

The first real conference of the National Association was held in Manchester in April 1905, by which time the rules had been registered, Mr W Jones Anstey appointed President and Mr Pullan as General Secretary.

The work of the Association began in earnest and the membership started to increase steadily, with the income fortunately sufficient to meet liabilities mainly thanks to the members taking advantage of cheap train tickets and covering their own expenses!

In 1907, the first "member benefit" was introduced with a reasonable rate negotiated with an insurance company for the insurance of workmen under the Workmen's Compensation Act, 1906.

The years that followed saw slow but steady growth of the Association, until the start of the Great War in 1914. The costs of everything began to rise, which presented an opportunity for the Association which it grabbed in earnest. Members were gathered in from all parts of the country.

These years were strenuous times - each member was overworked in their own business, but each found the time to work for the Association and drive it forward. The Association represented members at Military Tribunals, support given to members striking to support the increase in cost of shoeing, and improvements made to the training of Army Farriers.



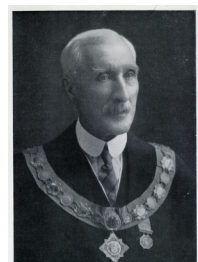
REPRESENTATIVES OF MASTER SHOEING SMITHS' ASSOCIATIONS AT THE BIRMINGHAM CONFERENCE, MAY 1902.

Top—D. PRIEST, H. MAYDEW.
Second Row—J. CHAPPELL, R.S.S., T. W. JOHNSON, R.S.S., E. DAWSON, H. BANTON, R.S.S., J. MITCHELL, J. B. GOSS, J. PARTRIDGE, R.S.S., F. ROBERTSON, R.S.S., W. C. HENSHAW, A.F.C.L., T. MINION, R.S.S.
Front Row—H. CANADINE, R.S.S., W. COOPER, R.S.S., T. A. COLE, W. PULLAN, J. BLAKEWAY, F.R.C.V.S., G. A. PAYNE, A.F.C.L., W. SMITH, R.S.S., R. TEAGUE, R.S.S., T. HOLLINBURAD, R.S.S.

The Association proved its worth and continued to grow into the British Farriers and Blacksmiths Association that we are all part of today - with history continuing to be made with the appointment of Abby Bunyard as President and Phoebe Colton as Vice-President - the first two women to ever hold these positions in the Association and, more poignant still - both at the same time.

Of course, there is much more to the history of the BFBA and our achievements throughout the years which we would love to share with you. To mark our 120th year, we'll be dedicating some space in the magazines next year to sharing more information about our history.

It is recognised that it is virtually impossible to condense the history of the BFBA into one small article, so any omissions that have been made are not due to lack of importance - more lack of space! Please do get in touch if you have knowledge of any history to be considered for inclusion in future issues.



MR. W. JONES ANSTAY, F.W.C.F. (London University).
A pioneer in the forming of the Association. Chairman, 1902 & President of the National Association since 1905.

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Words: Sarah Shephard

Photos: Hemera Creative

*The future of
farriery is*

FEMALE

In a poignant moment for the British Farriers and Blacksmiths Association, a female farrier has just taken on the role of President for the first time in its 120-year history.

I recently travelled down to Dorset to meet Abby Bunyard AWCF, to find out more about the Association's next leader and spend the day with her and her team.



We start the day bright and early at Abby's base, joined by her apprentices Tom and Jack at 7am sharp. I learn quickly that Tom and Jack are key members of Abby's well-oiled team, with Tom in charge of a second van and Jack in charge of Whatsapp admin on the boss's phone. We're each handed a mug of tea to have in the van – something Abby does for the team every morning – and off we go to the first client.

The plan is to use the time in between clients to talk about Abby, but virtually as soon as we start talking Abby receives an SOS call from Tom in the other van. "Abby", Tom says. "I've run out of fuel."

All attention turns to how to get Tom back on the road as quickly as possible. Abby makes some calls and manages to get someone else to rescue Tom within the hour – the logistics might have taken up most of our journey, but it was a fascinating early insight into Abby's calm nature, her problem-solving ability and how her fantastic connections also help to keep the show on the road (literally.)

We arrive at the first client, a family with a variety of polo ponies, eventers and hunters that Abby has been shoeing for years. We're met by the Head Groom, Anne, who has the horses in and ready to go. Abby and Jack jump out of the van and waste no time getting started. With Tom still en route, they don't have a minute to spare if they want any chance of getting the day back on track.

Six horses (including assessing one laminitis case) later, the shoeing is complete and we hop back into the van and travel across to the next client. Jack opens Abby's WhatsApp and her messages are flooded with enquiries from clients looking for last minute appointments or requests. He's looking in the diary for gaps that quite simply aren't there. When I ask Abby how she'll manage it, she smiles and says, "We're farriers. We just get on with it and get it done."

We move back to discussing Abby's childhood, which was a true horsey one. She begged, stole and borrowed ponies until she finally got her own aged 11, and like most horse-obsessed children of the time spent most of her spare time down at the yard, learning as much as she could about caring for horses. Importantly, this included watching the farrier – a man named Richard Wood, who would prove to be



Richard Wood, who would prove to be an significant influence in Abby's life.

"Richard asked me when I was around six what I wanted to be when I grew up," said Abby. "I told him I was going to be a farrier. He said, 'Ok then. When you're big enough, come and find me.'"

Time moved on, but the desire to become a farrier didn't leave Abby's mind. When it was time to organise work experience placements at school, Abby knew exactly what she wanted to do – much to the dismay of the teachers at the all-girls school she attended, who were firmly of the opinion that a career as a farrier was not a suitable choice for one of their pupils. But Abby being Abby, told them it was too late and that she'd already organised her placement. She hadn't. She called Richard Wood as soon as she got home.

After her work experience, Abby returned to work at Richard's every summer – she was adamant that a career as a farrier was the path for her. When it was time for Abby to find an apprenticeship, Richard had an apprentice already and had no desire for a second. Abby wrote handwritten letters to as many farriers as she could find the addresses for. She didn't receive any replies, except for one. It read, "You'll never get an apprenticeship because you're a woman."

After months of searching with no success, there was nothing else for it. Richard had to employ Abby.

The misogyny continued throughout Abby's early career, from a farrier calling her boss to tell him he was committing

career suicide by taking her on to a group of men asking if she knew she wouldn't be able to get pregnant during the apprenticeship. When Abby turned up at college for the first time, the car park full of male apprentices went silent. What happened next perfectly encapsulates Abby's character and determination.

"I knew I couldn't carry my toolbox out of the back of the car. It was just too heavy. I didn't want to have to ask any of the men to help – I didn't want to look weak. I emptied the tools out secretly, took the empty toolbox in with me, and then very quietly relayed the tools from the car into the college without anyone noticing."

There was one other female on the course, a slightly older woman from abroad who Abby remembers fondly. "She said to me, 'It doesn't matter. We have just as much of a right to be here as everyone else. Just do your best, and it will be absolutely fine.'" She was only there for my first term, but she was my saving grace."

It was only when the apprentices started making their test pieces that Abby started to gain the respect of her peers thanks to her undeniable skill, but the start of college was incredibly isolating for Abby. "Those first few weeks felt like a lifetime. Thinking back, I just got on with it because I didn't want to let my boss down. I knew how much he'd stuck his neck on the line by taking on a girl."

Suddenly, Abby stops and looks at me. She's noticed I've wound the window down, and am hanging my head out

of the window rapidly turning an interesting shade of green. "Oh my God," exclaims Abby. "Are you car sick!?" Abby and Jack start to tease me in a gentle way that makes me feel part of the team, and we pause the interview. If you didn't know, the back roads of Dorset are pretty windy.

Fortunately, we've made it to Abby's next client, and the location of the yard is like something out of a fairytale: the spectacular Compton Castle. We make our way up the tree-lined driveway, and are all given the most genuinely warm welcome by client Amanda, complete with tea and biscuits for everyone. Here, Abby is shoeing X horses – a mixture of leisure and sport horses, including two who have travelled from a different yard thrown in for good measure.

Abby, Jack and Tom hop out of the vans and away they go again, an outstanding display of coordination and speed that reminds me of an F1 pitstop team – they seem to swap effortlessly between horses and each knows exactly what they are doing.

A few hours later, we're back in the van and pick up where we left off, discussing the next stage of Abby's career. Once qualified, Abby built up her own business in and around Dorset, establishing herself as a solo farrier and growing her client base and her network. After a few years, one of Abby's friends contacted her to ask if she could support him with an apprentice he'd taken on by providing

her with a couple of days' work a week.

"I always vowed I wouldn't take on apprentices, because I just enjoyed doing my own thing. But I took April on to help my friend, and she was fantastic! We laughed every day and just had the best time. She kept me a bit more on track too, managing my admin and shuffling work around to book in competitions, even coming along to help me."

Abby's interest in training apprentices grew from there, something she attributes to the helping hand she was given by Richard at the start of her own career. "I was privileged enough that someone stuck their neck on the line for me and gave me a chance. I wanted to do the same for someone else."

We then move on to discuss how Abby first became involved with the BFBA. Like many of Abby's other moves, it started with a call from a friend – Cliff Barnes. "Cliff rang me out of the blue, saying he needed help with the trailblazers committee focused on apprenticeships. I thought, actually, I do need to put my head above the parapet and start to give back."

Abby's continued involvement with the BFBA then saw her join the Executive Committee, where thanks to her can-do attitude she was quite quickly asked to be Treasurer – a role she held for around six years. Some of the notable changes Abby been involved in include revolutionising the office and computer systems, employing the current office team and helping to

build Focus into the beast it is now. But when the opportunity arose to step up to Vice-President, Abby says she was a bit uncertain.

"I joined the BFBA to give back and do the work on the ground. That's the kind of person I am – I just do whatever needs doing and I'm not really one to be at the forefront of something. I wasn't sure the Vice-Presidency was right for me."

It was again the voice of Cliff Barnes on the phone that persuaded Abby to take the role on, striking a deal that if she took on Vice-President he would stay on as Members' Audit to support her until she was done. "Cliff has been a massive influence on the direction I've gone within the BFBA," smiled Abby.

After agreeing to take on the role, Abby rang her sister. "I said to her, 'I genuinely don't know how I can stand in this position – how the bloody hell am I going to wear that chain!?' And she said to me, 'Abby, you're missing the point. None of this is about you. It's about other people aspiring to something they don't believe they can do, either. You're not a man. You're not an out-there, mouthy person. You get on with the job and you instil confidence in other people that actually if you can do it, so can they.'"

Unsurprisingly (perhaps to everyone but Abby herself), Abby thrived in the role of Vice-President. It's clear to see how exceptionally well thought of she is by her peers and fellow EC members, who voted her in as President





unanimously. When I ask Abby about how she feels to be taking on the Presidency, her response is of the same humility I've come to expect quite quickly. "It really isn't about me. The BFBA is there to look after its members – it's not there for you to gain as an individual. I might be the new President, but it's about all the people who are sat around the table with you. I work with a team of people that are phenomenal, and I'm so honoured to have the opportunity to be supported by them."

Poignantly, Abby's will be the first female face to hang on the wall of the Boardroom at the BFBA Head Office, alongside the previous Presidents of the Association. "To see my face hanging among all of those people who have done such a fantastic job and had such passion and dedication to other people – that gives me a bit of imposter syndrome. It makes me giggle. I know that being the first female President of the Association is a part of history, but I didn't set out to be a female farrier. I was just a six-year-old kid that enjoyed shoeing."

The conversation turns to the Association's Executive Committee and in particular the new Vice-President, Phoebe Colton, who is taking up her role at the same time as Abby to serve her two-year term. "I honestly couldn't think of anyone better for the job," smiles Abby, who is clearly very supportive of Phoebe. "She really listens and she's a clever thinker. I'm genuinely privileged that she wants to work with me, and I feel hugely supported knowing Phoebe is in that role."

"It's the same with Aaron (Myall, BFBA Treasurer) and the whole Executive Committee. They've all rung me individually and said, 'You've got this, Abs. Anything you need, just ring.' I trust every single one of them immensely – they're all strong people making things happen."

With Abby having been Vice-President and the supporting team all up and running, Abby says her Presidency will be more about continuing everything that's been done so far rather than completely reinventing the wheel. "This is about building better things. We've already laid the foundations. We now need to pick it up and move it forward."

"We need to become even stronger so we can truly be the voice of the working farrier. I want our members to know we are 100% behind them, supporting them with whatever they need – whether it's the fact that animal welfare is changing, the practicality of the job is changing, or the cost-of-living crisis."

There are other exciting things already in the pipeline that Abby wants to continue, too, such as building relationships with the other industry professionals and groups like NEWC and BEVA, in order that farriery can be considered among the other organisations in order to educate horse owners. She's also focused on education and what can be done for the future of the examination system, as well as looking to work with colleges and speaking to new apprentices to raise awareness of the BFBA at the grassroots level.

The annual Focus event is also at the forefront of Abby's mind, and a hope that the European farriery contingent will be well represented as well as the Blacksmiths and Bladesmiths. "I really want the competitions at Focus to be out of this world – the International, the Bladesmithing and the Blacksmithing. The Blacksmiths are also making the Lord Mayor's Float in the BFBA Forge at Stoneleigh, which is phenomenal. We're all working together."

We're almost back at Abby's base, so we start trying to conclude a conversation that could easily continue well into the evening. I ask Abby what she's looking forward to the most about her term as President and, after spending all day

with her, her humble answer doesn't surprise me.

"I think what I'm looking forward to the most is just enjoying it for what it is. I want to genuinely be in the moment. Being part of something like the Executive Committee at the BFBA isn't an opportunity everyone gets to have, so I won't be taking it for granted."

We arrive back to Abby's, Jack and Tom head home and I'm waved off to the Midlands with another cup of tea and a hug. I feel privileged to have spent the day with Abby and been welcomed so warmly into her space. She's a quiet inspiration to us all; someone who has defied the odds that were stacked against them with a "just get on with the job" attitude. Resilient, determined and infinitely likeable. The BFBA is in very safe hands.

Hear from Abby's Clients

"Abby is great at working out a plan for each individual horse we have here, suggesting other things we can do for their management to improve their feet. She's very adaptable and gives great advice. She's made the local farriers a true community, too – they all seem to help each other out when they need to."
- Anne



"Abby's shoeing actually saved the life of one of my horses. She is so knowledgeable about everything like the latest techniques and corrective shoeing, and she's always training apprentices. I can't speak highly enough of her – wouldn't want anybody else to shoe my horses."
- Amanda



"Abby is such a valuable part of my team. Her shoeing helped one of my horses reach 3* level – he went from a really choppy cob to producing lovely medium trots and making distances easily. She's so calm and patient, and has really taken her time with some of my more quirky youngsters. She's just an all-round good egg."
- Amy





PHOEBE COLTON

Meet the new Vice-President

Phoebe Colton DipWCF has been in business for around seven years since qualifying in 2017. She describes it as a career she loves, despite her journey to farriery not being the most conventional. "I tried university in London, but I really hated it. After that I worked in a restaurant for a few years, went to Croatia for a riding holiday and stayed for two years as a guide, came home to get a "proper job" and trained as a journalist but hated that too! I eventually started the blacksmithing course at Myerscough. I wasn't sure I'd enjoy the forging element of it, but I absolutely loved it and so went on to find my apprenticeship."

Originally from Lancaster, Phoebe moved to Cheshire for her apprenticeship and decided to set up there permanently after falling in love with Leon Bentham (but jokes that she is sad that the coke and steel isn't free any more!) "I trained with Mark Caldwell, who gave me a brilliant apprenticeship. It was a lovely community with lots of other farriers, all really focused on learning and getting to deal with some more complicated cases."

"Getting into farriery was a bit of trial and error, but it's got everything I like - the variety, it's challenging, I like the people and being able to improve a horse each time I visit. And I really love the art of it. It's an art, not a science - sometimes you can't give definitive answers on what might work for a particular horse. You've got to pull together lots of different bits of information and make the best choices you can from everything you're seeing."

Like Abby Bunyard, the new President of the BFBA, Phoebe was the only female on her course, although being

a female farrier wasn't such a rarity by the time of her apprenticeship and preconceptions across the industry had changed for the better. "I'd had lots of women before me proving that being a woman wasn't a barrier to becoming a farrier. Thanks to them I had a much easier time of it, I'm sure."

"It was actually more my customers who made comments when I first started. Everyone asked me when I was going to get married or have children. They didn't ask how I was going to stand up to the physical work."

Phoebe initially joined the BFBA as a member to take advantage of the competition discount, attending Focus a couple of times and generally enjoying the community vibe of the Association. "I think farriery can be quite a lonely job, so having the opportunity to all come together is great. You can learn so much and pick everyone's brains, and then come to something from a different perspective."

Phoebe was then invited to an Executive Committee meeting by Craig D'Arcy. "Don't make eye contact with the EC," Phoebe laughs. "You just end up with a job! I hadn't appreciated how much work goes on behind the scenes. I figured that while I had the time, I should get stuck in. I love the job, I love the trade, and it's great to be part of something that creates opportunities for farriers altogether."

"The best thing about the BFBA is the community. The only people who truly understand what it's like to be a farrier are other farriers, and it can be really energising. The CPD is also really beneficial, as well as the networking."

Phoebe's enthusiasm for the work of

the BFBA sees her stepping up to the role of Vice-President after only three years on the Executive Committee - something she describes as a "steep learning curve."

"I'm really excited to take on the role, particularly alongside Abby. We had a day in her kitchen in Dorset figuring out what we want to get done and how we want to do it, drinking buckets of tea in the process! We've got a plan and we've got loads of energy for it. We just want to serve our members the best we can."

"I'm particularly interested in communication and making sure we're letting people know about all the great work that we do. We're all so busy with our full time jobs and balancing the BFBA alongside that we sometimes forget to tell people about what we've done! I'm on the CPD committee too, so I'm interested in finding new opportunities that members may wish to take up."

"I'm really open to feedback and suggestions, so if anyone has anything they'd like to talk about just get in touch. We just want to serve our members the best we can."





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Annual General Meeting Update



President's report to the AGM

Ben Benson:

The President, Ben Benson, said it had been a busy year (2023/24) for the Association. He introduced Jason Sim and Charlie Dyson who joined the Executive Committee. He also introduced and thanked new members of the wider team at the Association: Liam O'Hara, Chair of the Forge Editorial Committee, Sarah Shephard who is the new editor of Forge magazine, and Chris Linssner, Chair of the CPD Committee.

The President said that Focus had been a huge success and thanked Holly and Claire. He also thanked the American Farrier's Association for kindly sponsoring the International Team Horseshoeing Championship once more and recognised the strong relationship between the BFBA and the AFA. Ben thanked Danny Bennett for doing a fantastic job as Chief Steward at the International.

Ben spoke about the lease on the Forge/Head Office which the Committee is hoping to sign very soon, and the need to update the building can carry out some renovation work in the Forge.

Ben said that, on an Association level, a lot of work has gone on to strengthen links with charities and other sectors of the equine industry. As these relationships develop, there's more opportunity for the Association to put its message out and highlight issues.

Ben spoke about active BFBA branches and how the Association is trying to

support both active and dormant branches. Some branches which are active once more are having problems accessing their branch bank accounts due to them being inactive for some time.

Ben said he's very proud to have worked with the Executive Committee and it has been an honour for him to have served on the Committee.

Annual accounts

The financial statements were included with the AGM pack. The annual accounts and auditors reports were presented and adopted. The Members' Auditor's report was presented by Cliff Barnes AWCf. He reported that he has never seen the Association on such a solid footing, and congratulated the EC and the team in the office.

Executive Committee Update

Abby Bunyard - Vice President

Abby gave an overview of what the committee has achieved this year. She said that structures have been implemented to help members succeed. She spoke about the savings that can be made by being a member and of the relationships that the BFBA has been building with other organisations and professionals.

Last year, the BFBA hosted the EFFA AGM alongside Focus, introducing representatives from 20 different countries from across Europe to our flagship event, in turn generating more potential overseas visitors to Focus.

The BFBA was represented in the

Farriers Education Association (FEA) Conference in Belgium, a great opportunity to increase our global profile and attract more international members.

The BFBA has been working closely with The Blacksmiths Guild to support each other, build our relationship and strengthen our individual industries. In September, the Association is hosting the Worshipful Company of Blacksmiths at Stoneleigh to finish building the float for the Lord Mayor's Parade in London.

We have been working with Danny Bennett and Dean Bland to continue to provide the Associate course. We continue to support our apprentice members with Pre-Diploma Days at Stoneleigh.

In April, Abby delivered a presentation, which was very well received, at the ATF Day at Warwickshire College on the importance of apprentice contracts.

Abby reported that Dan Harman and Jason Sim are the BFBA appointees on the FRC council.

Focus 2023 saw record numbers of attendees and Abby encouraged everyone to prebook their tickets for 2024. The event has grown year on year to become one of the biggest farriery conventions worldwide.

Abby thanked Holly and Claire, the subcommittees and the EC for making the Association something to be proud of.

Aaron Myall: Aaron was voted on to the EC at the AGM in 2023 and then voted on as Treasurer shortly after. He thanked Huw, Abby, Holly and Cliff for their support and patience. Aaron said that his aim as Treasurer is to give members more benefits and keep the prices down for Focus tickets for members, to encourage more people to sign up for membership. Aaron sits on the CPD Committee and has put on his first CPD event. He also went to the ATF Day at Warwickshire College to support Abby. Aaron said he enjoys continually learning and finds his role on the EC very rewarding.

Huw Dyer: Huw was Treasurer for part of 2023 before handing over to Aaron. Huw has been working on the Charity status which has taken a lot of time. Huw arranged for Sol Tovey and Ross Johnstone to go to the USA on the Cultural Exchange. We have one AFA candidate from the USA coming to the UK this year. Huw attended the AFA Convention. Huw also sits on the Editorial Committee.

Craig D'Arcy: As past President, Craig feels his main role has been supporting Ben in his role as President. He's also supported the EC, attending all the meetings, helping from an education perspective as well.

Phoebe Colton: Phoebe felt that Focus went really well last year. She managed the members' area again which was extremely busy. She was grateful to Charlie for helping and thanked Morrish Solicitors for sponsoring the area, enabling us to buy a nice coffee machine and lots of goodies. Phoebe is on the CPD committee and said there are some good ideas in the pipeline. She has attended some of the Derbyshire branch courses and competitions. Phoebe has recently joined the BFBA Finance Committee.

Sam Masters: Sam spent a lot of time running up to Focus, trying to sort out more infrastructure and more permanent things, rather than having to hire. He's looking forward to the lease being sorted so he can get involved in the building and forge upgrade.

Dan Harman: Dan said it's been another great year on the Committee with a great group of people. Dan sits on the CPD Committee, helping to come up with ideas for CPD events. In September, Dan went to the BEVA Congress and found it to be a valuable event, talking to vets about the role of the BFBA. Dan managed the lecture theatre at Focus. There was a great line-up of speakers and record attendance

in the lecture theatre. After Dan's trip to the Hoof-Care Summit, he secured some more great speakers for Focus 2024. Dan has completed his first full year on the FRC Council. Dan said that FRC elections are coming up and he urged any farriers that are passionate about their profession to nominate themselves.

Jason Sim: Jason was co-opted onto the Executive Committee a year ago and didn't realise how much work the EC undertakes. He has been learning, seeing what goes on, where he fits and what he can do. He also put himself forward from a Scottish point of view. He explained that one of the problems in Scotland, with regards to membership benefits, is legal representation as English and Scottish laws are different. He's also trying to arrange some CPD events in Scotland. He has spent some time speaking to members and non-members to find out what they'd like from the Association. Jason is also BFBA appointee on the FRC Council.

Charlie Dyson: Charlie was unable to attend this year's AGM. He was co-opted onto the EC at last year's AGM so has spent the last year learning the ropes. He attended the Devon Branch AGM.

Chair of the Craft Committee **Jim Balfour** said that the Committee have had 5 good meetings together in the past year. **Danny Bennett** (Chief Steward) reported on the International Championship, saying that last year the competition made a profit and that organisation for this year was well underway.

New Chair of the Editorial Committee **Liam O'Hara** introduced himself and thanked Ben Benson, Abby Bunyard, Mark Aikens and Gill Harris for their work, and welcome Sarah Shephard as the new Editor of Forge magazine. Liam didn't feel any content in Forge needed changing, just new additions including more history, business support for members and driving the profession forwards.

New Chair of the CPD Committee **Chris Linssner** gave an update and thanked Abby Bunyard for putting him forward. There are 16 members across the country looking at opportunities such as First Aid courses, Pre-Dip Days, Farrier Business Days and working with the Donkey Sanctuary.

Eastlake & Beachell Insurance Update There were 33 claims in 2023, compared to 29 the previous year. The proportion of claims related to property and theft,

and there were 15 injury to horse claims. They have seen 6 claims on the ARAG legal side of things, but many claims go straight to legal expenses. These include FRC disciplinarys. E&B currently use six insurers and are seeing premiums increase on vehicle claims because the cost to the insurers is increasing. They have contributed to the travel costs of the exchange candidates through sponsorship.

Morrish Solicitors Update

Damian Kelley joined Morrish in August 2023. The numbers of cases they are seeing tally with the E&B number of claims to ARAG. Cases include annual returns not being submitted, unnecessary force being used in shoeing and previously alleged unprofessional behaviour. Morrish say many members who call are concerned about allegations being made without merit and the potential impact on their business.

A proposition for a rule change was put forward to rescind any rules that prevent Office Holders of the Executive Committee of the BFBA from serving on committees of any other organisation. After healthy debate it was agreed that EC members should be allowed to sit on the FRC Council but not be allowed to sit on the FRC Investigation or Disciplinary Committees. All EC and sub-committee members must sign the BFBA Non-Disclosure Agreement and abide by the Nolan Principles.

Tony Storey accepted the trophy for the Branch that recruited the most members in 2023 on behalf of the Morpeth Branch (pictured below.)

Gill Harris was thanked for her hard work and dedication during her years as Forge Editor, and was presented with a gift and flowers.

The following members were voted in unanimously:

Abby Bunyard for President
Phoebe Colton for Vice President and Executive Committee

Cliff Barnes for Association Members Auditor

Charlie Dyson for Executive Committee
Jason Sim for Executive Committee
Sam Masters for Executive Committee



DAVID GULLEY FWCF:

Farewell to a Legend

Words by Danny Bennett AWCF Class 1 CertEd

On 2nd May 2024 we received the sad news of the passing of David Gulley FWCF.

Born on 4th August 1939 in Plymouth, Devon, David grew up with an obsession for horses. His mother once told him of his early fascination of the Shire horses working in the streets of Plymouth. When David reached the age of 15, due to the lack of farriery apprenticeships being available due to mechanisation, David took on a 4-year apprenticeship in Blacksmithing and Engineering.

On completion of his apprenticeship in 1960 he was called up for National Service into the British Army. As he signed up, he asked about the possibility of being an Army Farrier, to which the ill-informed Army recruiting Sergeant replied, "There is not such a thing anymore". David then opted to become a Driver.

Whilst in basic training David's unit was visited by a recruiting officer from the Royal Army Veterinary Corps (RAVC), looking for recruits. David asked the officer whether the RAVC had Army Farriers, to which the officer replied "yes". At that point David told the officer that if he could transfer to the forge, he would instantly sign up for 22 years' service - the maximum engagement you can sign up for.

In late 1960 David moved to Melton Mowbray and started working at the Remount Depot, now known as the Defence Animal Training Regiment, and started his life as an Army Farrier Apprentice at the old Army School of Farriery (ASF).

Coincidentally David joined the school one day after another farriery legend and lifelong friend David "Slim" Symons FWCF (hons). David was lucky enough to be taken under the wing of



David Gulley FWCF

President of BFBA 1989 - 1992

President of EFFA 2008 - 2010

Jock Green, a very well-regarded Army farrier instructor who pushed David to excel through hard work and determination. David managed to achieve the incompressible feat of becoming a B1 Army farriery instructor and the rank of full Corporal in under two years. After 9 years of being based at the ASF teaching and competing David took the decision to leave the army and set up his own business. These were the days pre-regulation, which would not become an act of parliament for a few years. At the time there was a lack of good farriers in the Leicestershire area servicing the fledgling equine leisure industry, with many untrained farriers cold shoeing and applying shoes poorly. David was lucky enough to get the opportunity to repurpose a disused cattle shed into a forge, which is where he remained for the rest of his life in Thorpe Satchville, Leicestershire with his partner Judy.

It wasn't long before David had built a busy business and the requirement for more manpower, so started his long list of successful apprentices. The first of which was Andrew Speck RSS, which went on to include the likes of Cecil Swan, Gary Darlow, Kevin Green, Joe Bryan and Andrew James. He went on to train 24 apprentices in total and was always proud of the achievements of all he trained and had said countless times that his proudest achievement was training his own son Micheal. On retirement he was presented a "Family Tree", by some of his ex-apprentices, starting with David, his apprentices, their apprentices and so on. To this date there are 5 generations of farriers with lineage back to David, over time this will grow and will remain one of David's Legacies.

After leaving the Army David's involvement with the National Association of Farriers, Blacksmiths and Agricultural Engineers (now known as BFBA) began. Joining his local branch, Leicestershire, David became an active member and very quickly rising to the position of chairman. With the registration act looming on the horizon, David was proactive in putting on training and testing for farriers in the area to achieve their Registered Shoeing Smiths (RSS) exams. In David's own words this was all about trying to make farriers better. David always held horse welfare as the most important part of farriery.

He went on to sit the Fellowship of the Worshipful Company of Farriers exam in 1977 and wrote about Laminitis back when there was a lack of research in this life-threatening condition. This is a subject which he was passionate about and continued to stay up to date with throughout his career. After passing his Fellowship he went on to being even more involved with the Association, eventually being voted onto the Executive Committee.

In 1989 David became President of the Association and served for 3 years. David was always proud of the Association and remained very active within it even after finishing his term as President. He enjoyed watching it evolve and modernise.

David was an active competitor throughout his farriery career and was on the first England International Team with Edgar Stern, Dave Duckett and Alan Calvert. He represented England 4 times.



▲ David Gulley at the 2023 EFFA AGM in Warwick. From left to right: Ben Benson Previous President of the BFBA, David Gulley, Miles Williamson-Noble and John Ravanelli, President of EFFA.

More importantly he put back too, having organised the Leicestershire County show for many years, was always stewarding at Horse competition even up to last year. He was most famous as the Chief Steward at Stoneleigh for the Royal Show and the International. These competitions ran with military precision and David had the presence of a highly respected Sergeant Major. Many of Chief Stewards have been trained and influenced by David, with the International at Stoneleigh becoming yet another one of his many legacies.

David was not only one of farriery's greats but was a true horseman too. David's hobby was carriage driving which he would compete at an international level often with horses he had homebred.

In 1996 he was inducted to the International Horseshoeing Hall of Fame. David was very interested in European farriery and would often go and visit farriers around the globe and host them at his forge. David was the original Trailblazer for UK farriery around the world and built many bridges with countries and associations.

He was instrumental in the formation of the European Federation of Farriery Associations (EFFA) and became President of EFFA 2008-2010. Last year during the prize giving dinner at the International Team Horseshoeing Championships he was inducted into the EFFA's Hall of Fame by the Current President John Ravanelli AWCF.

In 2016 David received a Lifetime Achievement Award from the Farriers Foundation.

David is survived by his partner Judy, his son Andrew and his 3 grandchildren.

David Gulley was a shining beacon within the industry and made the world of farriery a smaller place. Although David's anvil has fallen silent, his legacy will live on in the people he taught, the people he inspired, and the friends he made spanning the generations of Farriers and Blacksmiths around the world.

Beside the Fire with David Gulley



To continue paying tribute to David in this issue of Forge, we are re-publishing his exact Beside the Fire interview from the February 2008 issue so you can have the opportunity to learn more about this exceptionally interesting man.

David Gulley left school at 14 years old and started a seven-year apprenticeship in blacksmithing, welding and general engineering with Trelawney Jago's in Plymouth. At the end of his apprenticeship he was called up to do National Service and signed on as a regular soldier, serving for nine years in the Royal Army Veterinary Corps forge that included a three-year tour of duty in Germany shoeing all types of horses.

Since setting up his business in the forge at Thorpe Satchville, David has trained 26 apprentices. Some of these have gone on to be National and International Champions and all have gone on to shoe horses successfully.

David has judged in the UK, Europe, Canada, USA, Australia and Malaysia, and held clinics in many of the same countries. He competed with the winning England farriery team between 1977 and 1981 and was the individual farriery winner at the Dublin Show in 1980 before taking the National Championship in 1981.

David says that his interest in horses spills over into leisure time and a lifetime of breeding and breaking horses leaves little time for interests such as stickmaking, which now fills some winter evenings.

Hunting and driving have been lifelong interests and since giving up competitive shoeing, FEI carriage driving has taken up most of his spare time. From single horses to driving tandems of homebred horses, he began with a mother and daughter and then two brothers. Competition at national level, he says, keeps everybody busy.

Who influenced you?

George Vanstone in Devon when I was growing up. He was the local farrier/blacksmith and car mechanic, and Farrier Sergeant Major "Jock" Green who was my mentor in the military forge at Melton Mowbray where Slim Symons and I started on the same day.

What is the secret of a perfect fireweld?

A clean fire, good scarfs and get the welding heat looking like liquid, and practice, practice, practice! (P.s a little bit of Swan's magic powder helps too!)

What was your most embarrassing moment?

Hacking home from a day's hunting and realising I had lost a shoe (the only one in 10 years!) Someone rode up beside me; it was HRH Prince Charles. We exchanged comments on the day's hunting. He had his hunters at livery in my village at the time and I was his farrier. I was desperately trying to keep my mare Jaydee on the grass verge as I did not wish to have him tell me I had lost a shoe. So to cover my embarrassment I raised my hat, saying, "Carry on Sir, I need to walk my horse home to cool her off," and then wished him goodnight.

If you had not become a farrier/blacksmith, what do you think you

might be doing instead?

Most probably a farmer and agricultural contractor like my father.

What other interests do you have?

Breeding horses and driving horses. I compete with a tandem (homebred) in the horse driving trials.

What was your proudest moment?

I have a lot of proud moments: passing my Army BI Trade Test and eventually my Fellowship of the Worshipful Company of Farriers; judging all three Royal shows in one year, and being President of NAFBAE. But, the icing on the cake was watching my son Michael winning the open therapeutic class at the Royal Show when he was still an apprentice, beating Champions and International Champions.

Tell me about your most difficult/challenging/puzzling case?

A farmer had a three-year-old, 17 hand unbroken mare that had gone down with laminitis during foaling. He had the mare in a trailer and arrived to see if I could do anything for her. She had foundered in all four feet. The vet had to put her out so that we could look at her feet and had given up on her. She stayed with me for five months. We put on heart bar shoes, resetting as needed. With good nursing by myself, my apprentices and Judy she left, sound,

that year on Christmas Eve. We had also backed her for him! She had no name when she came so we called her Polly after 'The Trials of Pollyanna.' Polly went on to have five very good foals.

What do you still want to achieve?

I would like to win the tandem class at the National Championships of the Horse Driving Trials.

Of all the farrier/blacksmiths from all time (dead and alive) who would you wish to spend an hour with (working/talking/drinking)?

It is too difficult to choose just one, so I think two very good friends, Burney Chapman and Edgar Stern, with whom I have had many conversations, discussions, shoemaking sessions and of course, a few whiskies!

Why did you become a farrier/blacksmith?

It had been my ambition from a young lad.

What is your top tip for shoeing a horse?

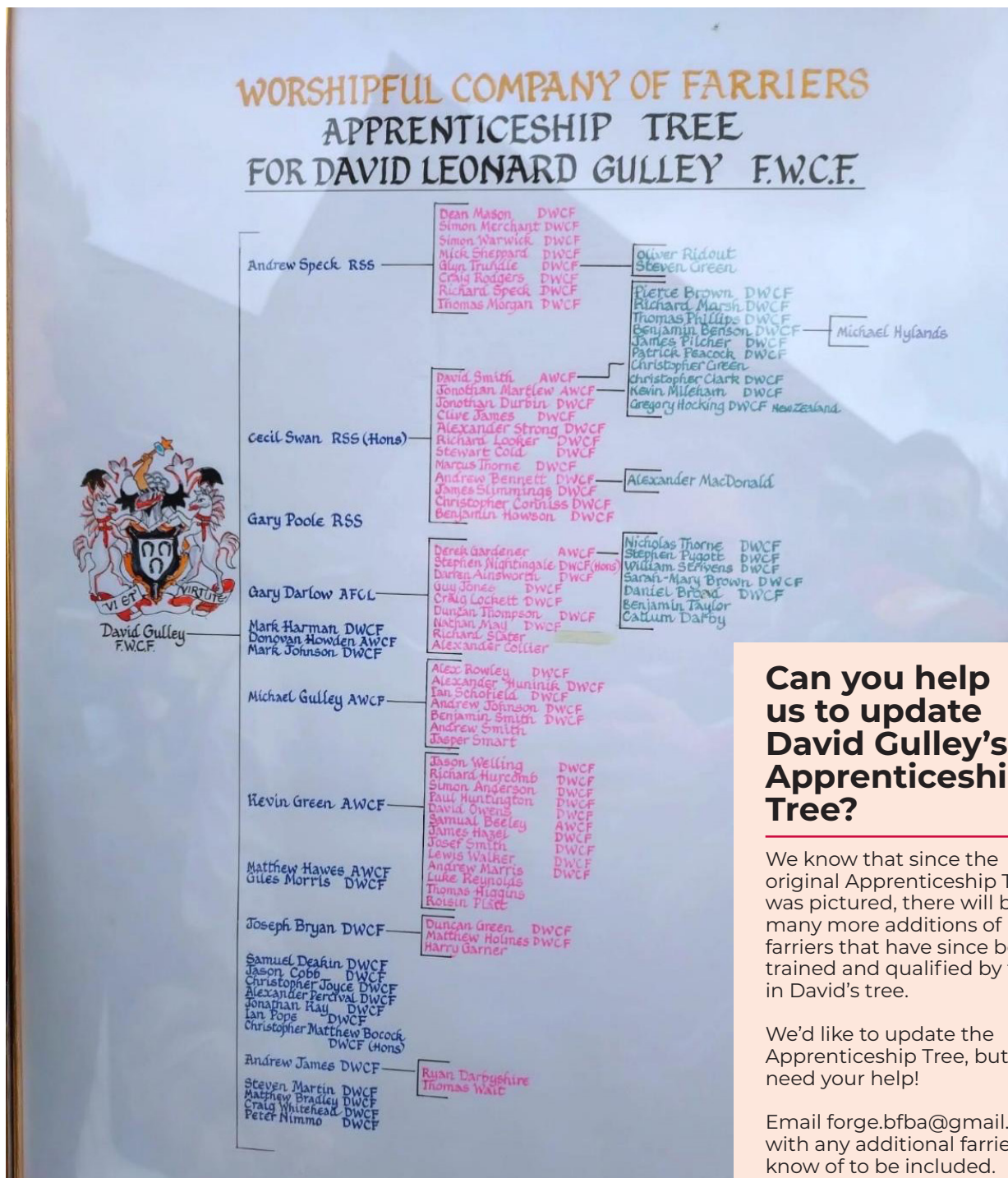
Always do the best job you can, with the horses' feet you have.

If you could change one thing in the world, what would it be?

Getting older!

The Father of Farriery

Throughout his career, David Gulley F.W.C.F has trained 26 apprentices, many of whom have gone on to train apprentices themselves. We've printed a picture of the Apprenticeship Tree that currently exists for David so you can see the extent of his influence in modern farriery - his teaching can be even be traced to our very own Ben Benson!



Can you help us to update David Gulley's Apprenticeship Tree?

We know that since the original Apprenticeship Tree was pictured, there will be many more additions of new farriers that have since been trained and qualified by those in David's tree.

We'd like to update the Apprenticeship Tree, but we need your help!

Email forge.bfba@gmail.com with any additional farriers you know of to be included.

YOGA

for farriers

Words by
Heather Beauchemin, CJF, TE,
AWCF

Farriers notoriously struggle with pain and stiffness related to our work, and oftentimes we take it for granted that that pain is inevitable. While some injuries do require medical intervention or painkillers, a good stretching and exercise routine can be a great way to keep our bodies working for us. In this interview, we speak with Jenna Valez, a yoga instructor based out of California who started a popular online yoga class called Yoga for Farriers during Covid lockdowns, about how farriers can utilize stretching, why taking the time for a yoga class can be beneficial, and why learning to control your breathing is a benefit to anyone who does strenuous work or competes.

Most people outside of the horse industry don't know that farriers exist, much less that they go through a lot of aches and pains. What made you realize that there was a need for a yoga class specifically geared towards farriers?

I have been around farriers for a while. My father grew up in Idaho where he worked with horses on his family's property. My aunt is a horse trainer and has her own barn in Montana. My best friend is currently working as a farrier in California. I have seen the work farriers do and I understand that this work is stressful on the body. Twisting, squatting, and lifting all day can cause some serious discomfort over time. When my best friend contacted me recently about how her body had been feeling sore and uncomfortable, the idea popped into my mind. I teach yoga to help people feel better through movement. Why not teach yoga to farriers?

What makes an actual guided yoga class more beneficial than just doing a few stretches on your own at the end of the day?

Getting your quick stretches in is so important and I understand that not everyone has the time to take a full 60-minute class (especially with family and busy workdays).



However, a guided class is so beneficial if you can create the time. Just being able to have an hour to yourself (and only yourself) is such a gift, especially if your workday is hard and stressful on your body. It's about you dedicating time to take a breath, be with your body, and just be present. When you give space and time to yourself and your body, you start to refuel and add to your presence. You might even find yourself walking through life with more ease and less tension.

Also, being guided by a trained yoga teacher gives you the opportunity to learn new things. Yoga teachers know a lot about the body! A teacher can provide you with knowledge that you might not have thought about before and maybe help you through some issues you are physically having. A yoga teacher can offer new perspectives and help guide you through a deeper exploration of your body.

What areas of the body do we as farriers need to focus on when we are stretching?

Shoulders and back!

From my personal research, most farriers feel built up tension in their lower back, upper back and in between the shoulder blades. There are so many yoga poses that can help with this tension. I incorporate postures in my Yoga for Farriers classes



▲ Child's pose



Cat pose ▲

Cow pose ▼



Breathing seems like a very important part of the practice of yoga, whether that is using your breath to get a better stretch or just noticing your breathing and breathing deeply.

Remembering to breathe is also extremely important for farriers who are competing or testing under time, since inconsistent breathing and holding your breath leads to higher stress levels and earlier muscle fatigue. Do you think breath work in yoga has benefits for people doing athletic activities?

Absolutely. The very meaning of the word yoga is “to yoke” or bring together into union. Yoga is about bringing the body and the mind together and breath is exactly how we achieve this. When we are connected to our breath, we are opening up channels of energy and becoming more aware. Breathing while practicing any athletic activity breaks stiffness and allows us to move with more ease and conscious control. Since we are conscious of our body and mind while breathing, we can prevent ourselves from injury by just breathing through our movements.

The more we practice our awareness of breath, the more aware we are of our body and mind. And as we are more aware of our body and mind, we are more likely going to live a more easeful and healthy life. Don't we all want that for ourselves? Maybe next time you are working or find yourself a bit stressed, try bringing awareness to your breath. You might surprise yourself with the amount of ease you find from just that simple action.



Thread the needle part 1 ▲



Thread the needle part 2 ▲

What would you say to a young farrier who is just starting out and doesn't feel aches and pains yet? Is there stretching or exercises that they should do as "preventative maintenance"?

Stress builds in the body over time. Just because you may not be experiencing pain now, you may feel it later. Farriers use their bodies a lot while working. Yoga is a great way to help break up any build up and keep your body healthy and mobile.

Like I mentioned before, I would recommend practicing postures that provide relief in the back and shoulders to help prevent future stress. There are so many poses that you can practice that target these areas, but some of my favorites are cat/cow, child's pose, and thread the needle. These postures are often in the classes that I teach, but you can also set up a mini morning or night routine and practice these three poses for 2 or 3 minutes each.

If an older farrier is reading this, and they deal with a lot of pain and stiffness on a daily basis, is it too late for them to start doing yoga? If they start small and can only do minimal stretching, are there still benefits for them?

It is never too late to start practicing yoga. I love to mention in my classes that every version of the pose is the pose. Just because a certain pose looks one way on a certain person, doesn't mean that's what it should look like on you. It is so important to listen to your body. Ask yourself what it needs. That's the skill. No matter what physical level you are at, you will still experience the benefits of the practice as long as you are listening to your body.

However, if you are experiencing a lot of pain in the body, it is important to check with a doctor to see if practicing yoga is safe for you.

If you could pick three stretches for a farrier to do every day before work, what would you choose and why?

1. Cat and Cow Pose (*Bidalasana and Bitilasana*)

This is my personal favourite stretch for my back. It is gentle and allows for nice flexion and extension of the spine. It also can relieve some tension or stiffness in the lower back. Farriers squat under horses, repeatedly bend over, and may get pulled by a horse during their workday. This can build up tension in the low back. Cat/Cow is a wonderful exercise to get the spine moving, elongated and ready for the day.

2. Child's Pose (*Balasana*)

Child's Pose is also great for the back. It takes the pressure off the lower back by elongating and lengthening the spine. It also provides some relief between the shoulder blades and the shoulders since the upper back is rounding forward and arms are reaching out long. Shoulder relief is important for farriers due to stress from swinging hammers and lifting heavy objects. I love to do this pose in the morning and hold it for 2 or 3 minutes. It gives me a sense of calmness and grounding before I start the business of my workday.

3. Thread the Needle Pose (*Parsva Balasana*)

This pose targets the whole shoulder and upper back region. It's perfect for stretching and working through stiff knots surrounding the shoulder blades. Before gripping tongs and lifting anvils, thread the needle is a great exercise for farriers to practice.

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Pricing with Purpose

A farrier's guide to the costs of shoeing

Words by Liam O'Hara AWCF



In a recent meeting here at the BFBA, we decided to update the costings of shoeing a horse for our members. It is important we regularly re-evaluate our costs, as over time expenses increase, and not necessarily at the same rate as our prices.

Claire Brown did an excellent job on this subject in 2019. However, since then, our registration fees have increased by £158 a year, fuel has increased on average by £0.30 per litre, and shoes have increased roughly £2 a set. Price increases also impact our personal lives, interest rates on mortgages, food prices etc will contribute to us all feeling the squeeze.

The spreadsheet on the following page has been calculated on the assumption that a farrier is shoeing sets per day, 5 days a week, 48 weeks a year – to allow for the holidays, sick days and bank holidays. It does not include trims, nor does it include the depreciation to your vehicle or body!

At a recent CPD day hosted by the Sussex branch, in a lecture by David Nicholls AWCF, we learnt that it is important to add 20% mark up to consumable products and materials, such as shoes, nails, gas and rasps. This is to account for wastage,

delivery costs, for the extra time and fuel used travelling to suppliers. I found this an interesting notion, as I realise how important this is.

We have separated running costs and fixed costs for easy navigation. Displayed the total cost with and without VAT. Bear in mind how certain costs will increase or decrease depending on the numbers of horses you shoe. For example, professional fees, phone and vehicle finance will decrease in unit cost for higher numbers of horses shod. Whereas fuel, wear and tear on tyres, vehicles, tools etc will increase in unit cost.

The BFBA decided to combine consumables (shoes, nails, gas and rasps), because on previous publications of the above, horse owners complained about the mark up on shoes.

Please use the spreadsheet as a guide and/or adjust as to how you see fit for YOUR business. We all do the same job; however, our businesses are all run slightly differently. Vehicle finance, shoe choice, nails, pension contributions and protection insurance etc will vary between us all.

▼ The table below shows the profit margins that can be earned when charging £75, £100 or £125 for a set of shoes.



BREAKDOWN OF SHOEING COSTS

		ITEM	COST
RUNNING COSTS	1	Consumables (shoes, nails, gas, rasp) - 20% markup added to these costs	£19.35
	2	Tools & Maintenance	£1.60
	3	Fuel	£5.80
FIXED COSTS	4	Vehicle finance	£4.35
	5	Vehicle Tax	£0.25
	6	Vehicle Insurance	£0.76
	7	Vehicle Maintenance	£0.91
	8	Public Liabilities (Forge Combined Policy)	£0.25
	9	Pension contributions	£5
	10	Income protection, life & critical illness insurance	£1.00
	11	Phone	£0.37
	12	Bank Charges	£0.20
	13	Accountancy Fees	£0.83
	14	Registration Fees	£0.37
	15	BFBA Membership	£0.15
			£41.19 inc VAT
			£35.05 pre VAT

BFBA Bedfordshire Branch Spring 2024 Update

Words by Liam O'Hara AWCF

Golf Day

On Monday 22nd of April, the Bedfordshire BFBA branch got together for their annual golf day and AGM.

At 10am we met up at Colmworth Golf Club near Bedford, for bacon rolls and coffee, followed by 9 holes for those who can play a bit of golf (for most of us that's once a year at this event!), or pitch and putt for those who have not played or wanted some practice.

At 12pm we went back to the club house for lunch, and a discussion on course tactics. Members were then paired up with a "golfer & non golfer". This makes a level playing field and sets up for 9 holes of "Texas scramble", in which both play from the tee area on each hole. The best tee shot is then selected and both partners play their second shot from that spot, the best second shot is then selected, and so forth until the ball is holed.

Once all pairs completed the course. Beers were sunk and the scores were counted for the prize giving.

Congratulations to Billy Crothers AWCF and Jon Foyle DWCF for winning this year's competition. And to Matt Fox DWCF for winning the longest drive and coming second overall!

This was then followed by the branch AGM, hosted by Chair, Rob Burgoyne DWCF.



Young Farmers Rally Shoemaking Competition

On Saturday 18th May, Bedfordshire Young Farmers hosted their annual rally, at which the Bedfordshire BFBA branch held their shoemaking competition judged by James Hackett DWCF.



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Congratulations to the new DipWCFs

The Worshipful Company of Farriers and the Farriers Registration Council recently presented diplomas to newly qualified apprentices from across the country at a ceremony held at St Mary-at-Hill Church in London.

Representatives from the Court of the Worshipful Company of Farriers, the Farriers Registration Council, the British Farriers and Blacksmiths Association, the Colleges and the Company's Examinations Board were also present at the prestigious ceremony.

Pictured right is Abby Bunyard AWCF, new President of the British Farriers and Blacksmiths Association giving an address to the attendees.

Congratulations to these newly qualified apprentices, who can now officially work as practicing qualified farriers.



BFBA Sussex Branch Edenbridge & Oxted Agricultural Show Shoeing & Shoemaking Competition Sunday 25 and Monday 26 August 2024

Class 1 - Open Hunter Shoeing

Kindly sponsored by Stromsholm LTD
To be held on Sunday - time allowed 60 minutes
Each competitor will be required to make a fore or hind shoe, to prepare the foot and fit the shoe to the allocated foot and make a specimen shoe. Tool and Fullered Specimen. Striker allowed.
Prize money: 1st - £120 2nd - £90 3rd - £70
Entry fee: £35

Class 2 - Open Roadster Shoeing

Kindly sponsored by Stromsholm LTD
To be held on Monday - time allowed 60 minutes
Each competitor will be required to make a fore or hind 3/4 fullered toe clipped shoe, to prepare the foot and fit the shoe to the allocated foot and make a specimen shoe. Striker allowed.
Prize money: 1st - £120 2nd - £90 3rd - £70
Entry fee: £35

Class 3 - Open Shoemaking

Kindly sponsored by Stromsholm LTD
To be held over both days - time allowed 60 minutes
Each competitor will be required to make two specimen shoes with the material provided. Striker allowed.
Prize money: 1st - £120 2nd - £90 3rd - £70
Entry fee: £35

Class 4 - 1st/2nd Year Apprentice Shoemaking

Kindly sponsored by Stromsholm LTD
To be held on Sunday with prize-giving approx 5.30pm - time allowed 50 minutes
Each competitor will be required to make two specimen shoes with the material provided. Apprentice or qualified farrier striker allowed.
Prize money: 1st - £40 2nd - £30 3rd - £20
Entry fee: £15

Class 5 - 3rd/4th Year Apprentice Shoemaking

Kindly sponsored by Stromsholm LTD
To be held on Sunday with prize-giving approx 5.30pm - time allowed 50 minutes
Each competitor will be required to make two specimen shoes with the material provided. Apprentice or qualified striker allowed.
Prize money: 1st - £40 2nd - £30 3rd - £20
Entry fee: £15

Overall Show Champion Prize - £150
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Best Dressed Foot in each shoeing class
Award for the **Highest Placed Local Farrier**
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Discount for BFBA members:
All three Open Classes £90
Entries close on **Sunday 4th August**

**Entries to be made via email to
joefarrier22@hotmail.co.uk**

In the July 2024 issue of *Forge Knowledge*

Forge Knowledge is a member-only benefit offering an opportunity for gaining CPD.

In July's issue of *Forge Knowledge*, hear from Russell Floyd AWCF on the structure of the distal limb and in particular the complex circulatory system that exists within it.

Russell guides us through the anatomy of the distal limb, and explains why having a working understanding of the vasculature of this particular area can further our understanding and identification of various health conditions. Thanks to the Western Canadian Farriers Association for their support with this article.

Also included is a guide on pre-purchase examinations by Sally Hodgson BSc(Hons) MA VetMB MRCVS, which covers the process of both a two and five stage vetting, what kinds of conditions might be picked up and the implications for horse owners.



Apprentices are entitled to FREE BFBA membership. They can get their own copy of *Forge Knowledge* and *Forge* by emailing membership@bfba.co.uk



OUR STORY

"I take great pride in my work. Keeping my tools in tip-top condition **ensures great end results.** As a **busy farrier**, I needed a **fast and efficient** way to maintain my toolkit.

I developed the Complete Tool Maintenance Kit as a **quick and easy** way to keep my tools in **the best condition.** It worked so well I just had to share it with the world!"

- Huw Dyer AWCF -





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Continuing the Conversation on Isolation

Words by Tiffany Gardner CJF, DWCF, APF-I



In the previous article, “Starting the conversation...Isolation Part 1,” physical and social isolation were discussed, along with the health consequences of isolation. Understanding why we choose isolation was explored. And we started to dive into community, mindset, and the power of choice.

In part 2, “Continuing the conversation... avoiding isolation,” we’ll dive deeper in to mindset, the power of choice and practical ways to avoid isolation and build community.

Here is a short story to continue the conversation:

Once upon a time, there were two farrier apprentices, Rose and Laura. Rose and Laura had a bright future ahead of them, comparable skills and opportunities for them. Upon graduation, like all apprentices, they took separate paths. Five years into their careers, they met up and compared where they were in their lives. Rose’s business was thriving, she was happy with where she was in life, she had goals, dreams and aspirations and plans to reach them. Laura’s business was surviving, but barely. She had chronic pain, didn’t have goals or any motivation to move forward beyond where she currently was.

Here we have two individuals who had a similar start to the farriery industry, but are in two drastically different places five years in. Rose represents farriers who make choices to build a community around them, a support system and have a growth mindset. Laura represents farriers who make choices that lead to isolation, a lack of support system and

have a fixed mindset.

So, what to do about Isolation? **Resist isolation and Create Community.**

How does a person get out of isolation?

- ▶ Make a different choice – to make a change, we have to make a different choice
- ▶ Ask for help – sometimes the hardest thing to do is ask for help
- ▶ Be dragged out by friends – (in jest... but really.)
- ▶ Show up – sometimes the second hardest thing to do is show up. The rest is easier.
- ▶ Follow a routine – routines are helpful for us when we are struggling to make choices, routines take the choice out.
- ▶ Maintain healthy habits – eating well, sleeping enough, exercise.
- ▶ Engage in something relaxing – can help relieve the stress related to isolation.
- ▶ Develop a growth mindset – this is possibly the most powerful action to take.
- ▶ 15 minute rule- Speak to at least one person a day for at least 15 minutes. (2)

Practical ways for farriers to create community and resist isolation:

Develop a growth mindset:

Mindset is a set of beliefs that shape how you make sense of the world and yourself.

A **fixed mindset** is a person who believes that their abilities are innate and cannot be changed.

A **growth mindset** is a person who believes their talents and abilities can be developed and improved through hard work, dedication, willingness to learn from mistakes.

Our mindset can determine our choices, and vice versa – our choices determine our mindset. Knowing the difference between a fixed mindset and a growth mindset and working towards having a growth mindset can make the difference in the choices you make towards or away from isolation. (5)

Steps to developing a growth mindset:

1. Believe you can do it
2. Avoid blaming circumstances or others for shortcomings
3. Be curious
4. Allow yourself to fail
5. Leave your comfort zone behind
6. Emphasise effort, progress not results
7. Use admiration as a tool – use other people's success to inspire you
8. Challenge your ego, limiting beliefs and assumed limitations. (5)

Join associations:

Why do you join an association? Is it because of all the perks, or is it because of what you want to contribute to the association? , "what does the association do for me?" rather, "what can I do for the association?" The difference is important because it symbolizes two very different mindsets.

When we join an association, we're saying we believe in what they stand for. If you join an association with the mindset of, "I'm getting a lot out of them," it's a me centered, inward centered mindset – a mindset that will further create isolation for yourself.

However, when you join an association with the mindset of, "What can I do for the association, how do I fit in?" it's a outward centered mindset, you're aware of the bigger picture than just yourself. This simple mindset shift could be the catalyst that starts the change towards community.

Our farrier associations are ultimately here for our good. They exist and are still functioning because of those who came before us. Those who came before us had a vision, they gave, they served and they worked hard to make what the associations are today. Do you have a part to play in the continuation, development, and advancement of the associations? Definitely.

The association/group does not have to be farrier related. Though we often think being a farrier is our identity, there is more to life and more to our identity than our work and passion as farriers. So, think outside the box here – other hobbies and interests, philanthropy, church or other volunteer organizations are great to get involved with.

Set goals:

By setting goals, it can help your mindset shift from a fixed mindset to a growth mindset, because the goal will act as a compass for your direction. To achieve the goals, it will most likely require you to seek out assistance from others who are also on that journey.

Goals for the farrier might be:

- ▶ **Business development**– financial, client and time management
- ▶ **Skill development** – forging, modern materials, tool control
- ▶ **Knowledge development** – anatomy, research, theory
- ▶ **Community development** – increase involvement with a specific cause you're interested in.

Without goals, it will be more difficult to find the right people to be a part of your community. By setting goals, you will be more likely to find your tribe of people - like minded individuals with common goals.

Create a micro-community:

Micro-communities are online communities of individuals that share common ideals, goals, and mindsets. These are small groups of people within a larger community commonality. The micro-communities are focused on specific goals or topics. The micro communities are unique because proximity no longer matters. You have access to people who you might never meet in person.

Find the farriers who share your goals or have already achieved your goals.

These are the farriers who understand what it takes to reach the goal you have set.

These are the farriers who will encourage you, challenge you, support you in your successes and your failures. These are the farriers who will rally around you and celebrate BIG when you achieve this goal. The common language, mindset, goals bring people together. The online micro-communities/whatsapp messaging groups have opened our reach and ability to grow beyond our immediate communities, which is a beautiful thing. And hopefully the growth you experience will overflow into your immediate local physical community.

"Do you have a part to play in the continuation, development and advancement of our Farrier Associations? Definitely."



Join a team:

There is irony I have found as I look back on my farrier career journey. I started out working under a farrier, working as a team. But for some reason, I didn't think I would be considered successful until I was out working on my own. And one day, I achieved that! However, as time went by, the appeal of working by myself and for myself started to disappear, and started to look for help and gravitate back towards working as a team or with a team of farriers.

Does being on our own, equate to greater chance of survival as farriers? Doubtful. There is great value in working as a team, everyday, or at least having a couple days where you are a part of a team of some sort. Every year there are more and more multi-farrier practices being attempted and started. This is a wonderful model for our industry. A multi-farrier business model is not for everyone, but it could be a business model that could become normal if modeled and done well. It's not easier in some respects, because it requires us to be team players, and accountable to each other. And that requires individuals to be open to growth as a person and to lay egos aside.

Ultimately we are a service based industry - we provide a service. There are some large accounts where they need a team of professionals to service the account. Why not create your own team you trust and can rely on to provide the great service you want to be known for? Play to each other's strengths and prioritise the horse's wellbeing. It takes a team.

"The content of your character is your choice. Day by day, what you choose, what you think and what you do is who you become."

— Heraclitus

Extend a hand in friendship outside the farriery world:

Continuing on the theme of team, reach out to your local veterinarians. Their lifestyle can be very isolating as well. You may find a surprising friendship/mentorship arise from reaching out to them and building a bridge of kindness with them. Not only will this fill a need for both of you, but a dynamic team to help horses and clients may arise from the hand extended in friendship. Veterinarians are amazing people, full of empathy, brilliant, and hardworking.

Never underestimate the power of asking, "how're you doing?" I recall a moment between myself and a veterinarian friend when we took a minute to really check in and ask each other how we were doing. That moment at the start of our day gave us both a chance to be real and have a moment of true human connection before we started our busy days. The small moments of connection matter so much.

The same can be said for para-professionals. I personally have a para-professional that comes out to my barn for my horses, and I look forward to the day with her! I have her captive for 4-5 hours as she works on my horses and I can pick her brain over my personal horses, but also stir up conversation about case studies in my books, and case studies in hers.

Farriers, veterinarians and physios can get caught up between the client's expectations and dynamics. The horse needs a team of equine professionals to thrive. If we already have community and rapport built with the veterinarians and physios, we limit the pointing of fingers and accusations made between the professionals, usually with the client in the middle. Remember, we are all working towards the benefit of the horse and everyone wins.

In conclusion

Let's revisit Rose and Laura's stories. Five years in, Rose is thriving, connected and achieving her goals. Five years in, Laura is barely surviving, isolated, lost with no goals to work towards. I was in Laura's shoes for my first five years post finishing farrier school. But I was also in Rose's shoes, and I have been wearing those shoes for the last 11 years.

I attribute the change from Laura to Rose to the individuals who gave me a word of encouragement to: get out there, join a competition, hop in someone's truck for the day, carpool/travel together to a clinic/event. These individuals helped me go from barely surviving and isolated, to thriving and connected. These friendships will lift you up when you're down. The skills you learn will propel you forward towards your next goal and achievement. I am filled with gratitude for every one of these incredible people who played a part in my community.

Isolation can take on many forms. Community can be found in many platforms. Consistent intentional choice is a powerful predictor, which leads to either isolation or community. Be intentional about keeping a growth mindset. Most likely many of you today are not the ones who needed to hear this.

However, maybe you know an individual who is struggling to make a choice that will help him/her take the first step towards limiting their isolation and maximizing their community. Consider being a conduit of grace towards them. Be a listening ear, extend your hand to them and help them make that first step towards getting out of isolation. Point them in the right direction. However, when you do, do this acknowledging, respecting, and accepting that, ultimately, it is their choice.

"Mental health is a state of well-being that encompasses the emotional, psychological, and social aspects of our lives." (4)

Mental health affects all aspects of our lives; our relationships, self image, work, productivity, contributions to society, and our ability to either thrive or survive in the realities of our lives. A person's physical health and well-being is an accepted normal conversation topic. However, discussing our mental health and well-being might be seen as taboo or uncomfortable to talk about, and is avoided in casual conversation.

But what if this changed? How would our lives and relationships change if we talked about our mental health and well-being without embarrassment and shame associated with it? What if we became comfortable talking about the difficult topics in life?

Remember, we choose to get out of bed or not. We choose to eat the cookies or carrots and hummus. We choose to respond with humility or arrogance. We choose to come to the best international farrier events or not. It is the sum of our choices that will either lead us towards growth or stagnation, community or isolation. We have control and we can change our choices. It won't be a walk in the park, but we can make different choices, and change the trajectory of our life for our good.

I pose the question: do my choices mainly lead to growth, connection, and peace? Or do my choices lead to isolation, stagnation and turmoil? One more question: Am I ok/happy with my choices and their outcomes/consequences? Our choices play one of the most powerful parts in our lives. Are you making ones that benefit your life and those around you? Is it time for a change?

I'll finish with two quotes.

"We cannot live only for ourselves. A thousand fibres connect us with our fellow men."- Herman Melville.

A farrier in isolation will not survive. Farriers need community. The future of farriery rests on our ability to create community to go far.

Just as this African proverb says, "If you want to go quickly, go alone. If you want to go far, go together."

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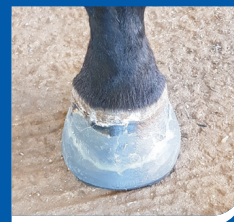
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A Guide to Claiming Travel Expenses

Michael Harwood & Co, BFBA's Chartered Accountants share some guidance on how to claim travel expenses - perhaps useful if you're planning on attending the American Farrier's Association 53rd Annual Convention.

HMRC's house rules for claiming business expenses – that they must be “wholly and exclusively” for business purposes – apply wherever you are in the world.

The requirement to keep proof of purchase is also a worldwide one, so be sure to look up “Can I have a receipt, please?” in your phrase book before hopping in that taxi in Shanghai.

Foreign travel will provide a great opportunity to let your hair down and enjoy a few sangrias by the pool – but the taxman never takes holidays, and if anything, HMRC's eligibility requirements for allowable expenses abroad are even more strict than at home.

Do not mix business with leisure
HMRC's concept of “duality” means any whiff of personal benefit will render foreign travel inadmissible as a business expense.

Spending money

Once you have actually arrived at your destination, HMRC's rules on what you can claim are a little more straightforward. You can treat foreign expenses exactly as you would treat domestic spending – just keep the receipt and claim the whole amount back.

If you lose your receipts or want to keep things simple, the taxman has a handy (if huge) list of subsistence rates for every country on Earth, including major cities. It is important to note these rates are not allowances – you can only claim the amounts prescribed by HMRC if you actually incur expenses up to that amount.

www.gov.uk/guidance/expenses-rates-for-employees-travelling-outside-the-uk

If you travel regularly, you are probably used to juggling exchange rates, and they can make claiming expenses tricky. A \$30 taxi ride could cost £23 when you take it, £24 when it comes out of your bank account,

and £25 when you come to claim the expense in your accounting software. If in doubt, always use the amount that left your bank account – it will make your bookkeeping that much simpler.

Meals

When staying overnight meals are an allowable expense. Food and drink must have been purchased after the journey commenced. As a result of this rule costs incurred in preparing a pre-packed lunch are not allowable expenses. The levels of costs that are generally acceptable to HMRC are as follows and claims need to be supported with a valid receipt:

If away from home for more than 5 hours, 1 meal can be claimed
If away from home for more than 10 hours, 2 meals can be claimed
If away from home overnight, no more than 3 meals can be claimed and includes any meals included in the cost of the overnight accommodation

HMRC accepts that reasonable costs of alcoholic beverages with a meal may be claimed. Where you have dined with work associates, only the proportion of the total cost that pertains to you as the director is allowable unless the purpose of the meal is business entertaining. Appropriate identification and explanation of the receipts must be provided in English when submitted in relation to meals overseas.

Souvenirs

It is almost impossible to go on holiday and not return with a bag full of tourist tat. If you plan to purchase something a little more substantial than a fridge magnet, you can take advantage of lower prices abroad to purchase assets for your business – as long as you pay the correct taxes.

Many countries will allow foreign visitors to reclaim sales tax, either when they leave the country or when they buy (many large malls

will have tax reclaim counters). If you purchase a business asset – for example a camera, laptop or some other sizeable piece of equipment – you can reclaim the sales tax. You'll need to declare the asset when you return to the UK and pay any applicable VAT, but if you are Standard VAT registered you can reclaim that on your next return. You will save your business a tidy sum, and your new purchase will probably prove much more useful than a bottle of Absolut Vodka.

Employee Qualifying travel expenses

Qualifying travel is a necessary condition for both travelling and subsistence expenses to be treated as an exempt expense (and also in the use of business mileage rates for cars and vans). A business journey is one which either involves travel:

- from one place of work to another or
- from home to a temporary workplace or vice versa.

However, journeys between an employee's home and a place of work which he or she regularly attends are not business journeys. These journeys are ‘ordinary commuting’ and the place of work is often referred to as a permanent workplace. This means that the travel costs have to be borne by the employee.

The term ‘temporary workplace’ means that the employee attends the place for a limited duration or temporary purpose. However, some travel between a temporary workplace and home may not qualify for relief if the trip made is ‘substantially similar’ to the trip made to or from the permanent workplace. ‘Substantially similar’ is interpreted by HMRC as a trip using the same roads or the same train or bus for most of the journey.

There will be many variations of types of journeys undertaken by employees so ensuring that it is a business journey is critical especially as the term ‘travel expenses’

includes the actual subsistence expenditure and other associated costs that are incurred in making the journey such as toll or congestion charges.

Travel and subsistence expenditure incurred by or on behalf of employees gives rise to many problems.

We highlight below the main areas to consider in deciding whether tax relief is available on travel and subsistence.

Employees with a Permanent Workplace

Many employees have a place of work which they regularly attend and make occasional trips out of the normal workplace to a temporary workplace. Often an employee will travel directly from home to a temporary workplace and vice versa. An employee can claim full tax relief on business journeys made.

Business journey

A business journey is one which either involves travel:

- from one place of work to another or

- from home to a temporary workplace or
- to home from a temporary workplace.

Journeys between an employee's home and a place of work which he or she regularly attends are not business journeys. These journeys are 'ordinary commuting' and the costs of these have to be borne by the employee. The term 'permanent workplace' is defined as a place which the employee 'regularly' attends. It is used in order to fix one end of the journey for ordinary commuting. Home is the normal other end of the journey for ordinary commuting.

Subsistence payments

Subsistence includes accommodation and food and drink costs whilst an employee is away from the permanent workplace. Subsistence expenditure is specifically treated as a product of business travel and is therefore treated as part of the cost of that travel.

Temporary postings

Where an employee is sent away

from his permanent workplace for many months, the new workplace will still be regarded as a temporary workplace if the posting is either:

- expected to be for less than 24 months, or
- if it is expected to be for more than 24 months, the employee is expected to spend less than 40% of his working time at the new workplace.

The employee must still retain his permanent workplace.

Travelling appointments

For some employees, travelling is an integral part of their job. For example, a travelling salesman who does not have a base at which he works, or where he is regularly required to report. Travel and subsistence expenses incurred by such an employee are deductible.

Part 2 will continue in the September 2024 issue of Forge Magazine.



AMERICAN FARRIER'S ASSOCIATION
53rd Annual Convention

Presented by



Kawell

THE AFA CONVENTION BRINGS FARRIERS, SUPPLIERS, VETERINARIANS, HORSE OWNERS & STUDENTS TOGETHER FOR 4 DAYS OF EDUCATION, COMPETITION, CERTIFICATION, HANDS-ON LEARNING & NETWORKING - JOIN US!

REGISTRATION OPENS JUNE 10TH & ALL BFBA MEMBERS RECEIVE AFA MEMBER REGISTRATION RATES!

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NOVEMBER
11 - 15



AMERICAN FARRIER'S ASSOCIATION
53rd Annual Convention

Presented by



Kawell

November 11-15, 2024

2024 SPEAKER LINEUP

Jim Linzy Keynote Speaker



Dr. Simon Curtis, FWCf,
BSc (Hons), PhD,
HonAssocRCVS

Lewis Balfour, AWCF
Brian Beasley, DVM, CJF, DACVSMR
Ben Benson, AWCF
Wren Burnley, DVM
Travis Burns, CJF, TE, EE, FWCf
Chad Chance, CJF
Gavine Cooper, CJF
Jason Critton, CJF, TE, AWCF
Austin Edens, CJF
Nigel Fennell, CJF, FE, FWCf (Hons)
Riley Kirkpatrick, CJF
Mark Milster, CJF
Brian Mullins, CJF
Lee Olsen, CJF
Kayla Shepherd, CJF
Lyle Shepherd, CJF
Travis Smith, CJF
Bodie Trnka, CJF

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Atherden Racing Farriers - Job Opportunity

Atherden Racing Farriers has an opportunity available to join the team on a sub-contracted basis, up to six mornings a week at a big racing yard in Marlborough, Wiltshire.

Contact us:

07719044885

dainjatherden@gmail.com



First annual Farrier Charity clay shooting competition for The Farriers Foundation!

Saturday 10th August at Case Sport, Forrest Estate Experiences, near Castle Douglas DG7 3XS

50 bird comp, Pool shoot, Fun class, Auction and raffle on the day.



Open to anyone, not just farriers.

£35 entry with £100 worth of horse shoes from Handmade Shoes Scotland to the winning farrier, other prizes up for grabs for the open class and Farriers class!

Donations of auction and raffle prizes would be much appreciated!

Please contact Jonathan Black with any enquiries on 07432744100

Get Ready for Focus 2024!

Saturday 28th and Sunday 29th September 2024

Meet Your Speakers



Ian Gajczak

Ian has been shoeing horses for over 20 years and runs a small professional multi-discipline business in South East Scotland. During his time as a farrier, Ian has competed, presented clinics and judged at national and international events.



Paige Poss

Paige has dedicated over 25 years to the hoof care industry, where she specialises in trimming horses' hooves, conducting distal limb anatomy studies, and creating educational materials. Paige co-founded Anatomy of the Equine, LLC, a platform that publishes education materials for farriers.



Haydn Price DipWCF GradDip ELR

Haydn has run a mixed practice in South Wales for 38 years, developing a special interest in performance and lameness shoeing techniques. He specialises in farriery specific biomechanics and the use of gait analysis systems. Haydn was lead consultant farrier to the BEF for 20 years.



Stuart Muir NZCEF, CJF, DipWCF, APF

Stuart, originally from New Zealand, is now the resident farrier at Rood and Riddle Equine Hospital in Lexington, KY, USA. His clientele consists of sport horses and horses with diagnosed pathology, and he enjoys the challenge of working on complex pathology and rehabilitation cases.



Ula Krzanowska, MSc Architecture

Ula, the Hoof Architect, is a full-time farrier with an architectural background. She currently works on all types of horses, from pets to high performance horses and veterinary referral cases. She incorporates the understanding of 3D space and physics into addressing hoof form.

Full speaker bios are available online:
bit.ly/FocusSpeaker24
 Tickets are now on sale.



Hoof Boot Fitting Workshop

Words by Martha Cooling DipWCF

On 15th June the Derbyshire BFBA Branch invited the Hoof Boot Shop to come and give a demonstration on how to fit hoof boots. I believe everyone who participated in the day went in with their eyes and ears open.

In the morning we were shown the variety of boots available and which styles might suit best for different work or hoof conformation. It was good to see a decent range of styles and types of boots now available. After lunch we were split into smaller groups to be shown more closely how to fit the boots and then choose a design best suited to the horse and work, and fit them ourselves. For myself personally, I felt Rachel from the Hoof Boot Shop did a great job explaining the range and were patient in showing us how to fit them. We had a variety of horses and ponies to fit too, kindly brought along by clients.

As farriers I think it took some convincing that for a good 'fit' they were better to be slightly larger than you may think you needed. A pad could be utilised if you felt that there may be a little movement, and as the hoof grows you can then remove the pad to allow for the growth. This does make sense - if fitted too snugly, they could then rub or not allow for change in hoof growth between shoeing cycles.

We then had continued discussions over a beverage at a local tavern. I believe many people found the day a useful insight into an area of the equine world that is becoming more and more popular. For me personally, I believe it will help when my clients want to purchase boots as I can give a little more advice in looking at a fitted pair of them. Before the course I don't mind admitting I had no idea, and would just offer a service of taking a measurement so that they could go ahead and order and then fit their own.

Mark Humphrey also added, "When it comes to hind boot fitting, it appears there is a distinct lack of investment by the boot-making companies. Rachel from the Hoof Boot Shop informed us that currently, there wasn't a specific hind boot available. Rachel went through hind boot selection and consideration, including how closely a horse moves behind. Apparently a common problem of the hind boots spinning comes from brushing. Some boot brands have hind boot modification kits for a closer buckle fit to minimise this."

Here's some pictures from the day! If you missed it, join us on the next one on Saturday 17th August at the Forge, Stoneleigh Park.



HOOF BOOT FITTING WORKSHOP with THE HOOF BOOT SHOP

Saturday 17th August
10am - 4pm

A hands-on clinic with experienced hoof boot fitters, giving you the skills to add broader barefoot services to your business. Another tool in your toolbox.

Lunch and refreshments provided



WHERE

The Forge
Stoneleigh Park
Warwickshire
CV8 2LG



COST

BFBA Members
£100
Non Members
£150



BOOK

Scan the QR code to find out more and book your place



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forgeandfarrier.co.uk



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The New Generation

Forward-thinking farriery with Stephen Britten

THE
**HOOF
BOOT**
SHOP



With hoof boots entering the mainstream and the transition to barefoot becoming ever more popular, we chat with master farrier Stephen Britten to learn more about how providing a hoof boot fitting service has benefitted his business and clients.

What key trends are you currently seeing in the UK farrier industry?

I think as the popularity of barefoot is increasing, along with the use of social media, people are generally more aware of barefoot as an option. With the cost or materials in farriery ever increasing, I think financial implications are also being considered, and with more high-level professionals switching to barefoot, I think the concept is far greater accepted than it once was.

Do you believe the farrier industry is evolving?

The industry is always changing; I can envision technology playing a big part going forward, like taking 3D scans of horse's hooves to create bespoke, perfect fitting hoof boots.

Do you think the barefoot movement is encouraging more farriers to expand their services into hoof boot fitting and barefoot trimming?

Definitely, after joining The Hoof Boot Shop's trade membership and attending their hoof boot fitting workshops (with the majority of attendees being farriers, as well as some equine podiatrists), I think we're losing that 'us' and 'them' mentality in the industry, in favour of devoting our efforts towards what is ultimately best for the horse.

What's your thoughts on Scoot Boot? Do you like the product and brand?

I would say Scoot Boot are the leading hoof boot brand out there, with a vast range of sizes, as well as the option of regular and slim fits. You can pretty much always find a Scoot Boot to suit every horse. My clients love the range of strap colours too, to give the boots a bit of personalisation.

Tell me more about how offering a hoof boot fitting service is benefitting you?

It's given my clients the confidence to get the correct fitting hoof boot, safe in the knowledge that they won't rub or come loose. Many clients said they find the approach to selecting the right hoof boots for their needs rather daunting, but with the fitting service I offer, it takes the stress and worry out of choosing the best brand and model of hoof boot for the horse.

So far, have you found that recommending hoof boots has reduced the amount of hoof pathology issues you're coming across?

We all understand the foot function best when it's barefoot, and one of the main advantages is no longer having the risk of shoes coming off and damaging the foot. I've noticed a reduction in many pathologies, such as caudal hoof failure, thin sole and brittle walls, thanks to transitioning to barefoot.

With your hoof boot fitting experience so far, do you find that you can fit more clients in a day's work?

Yes, definitely. A trim can take around 15-20 minutes, whereas shoeing can take well over an hour. Once you're experienced with fitting hoof boots,

the fitting service really doesn't take that long, especially on an established barefoot horse.

I can imagine it's less physically demanding and far safer too, as you're not positioned under the horse all the time?



Scoot Boot Regular from £82.95, The Hoof Boot Shop

100%. It is definitely less physically demanding than shoeing a horse. You are under the horse for less time and you don't swing a hammer that's hitting metal. It's definitely safer than shoeing, but it still carries some risk. At the end of the day, horses are large flight animals, and you can never predict how they may react.

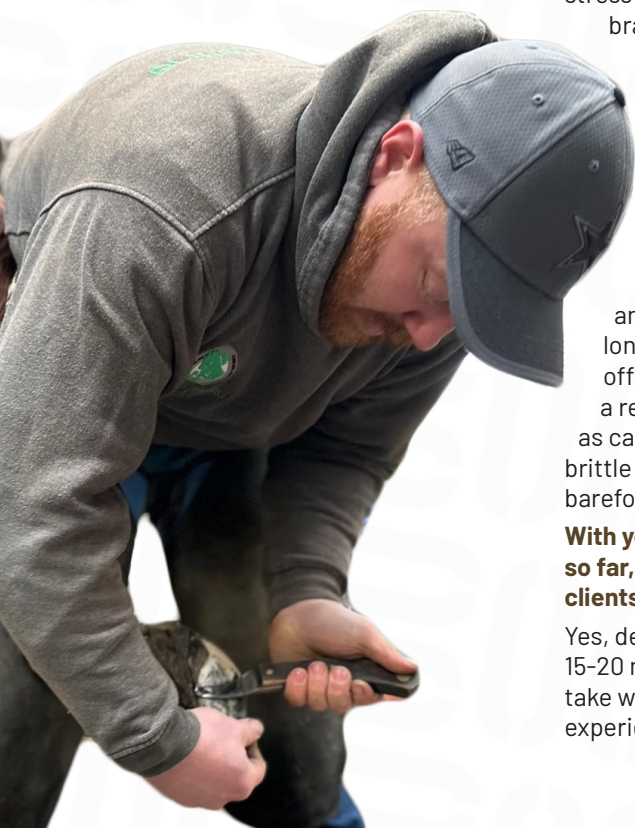
How often would you recommend trimming for a horse using hoof boots?

I would recommend a 4-5 week trimming cycle to ensure they fit correctly, and ideally even more frequently during the initial transition to barefoot.

Finally, have you seen some good margins when selling hoof boots? Would you say they're more profitable than shoeing?

From a business point of view, hoof boots don't need replacing every 4-6 weeks, which has greatly reduced my material expenses, and I find that trimming is my best revenue source, which is fortunately all that's required to ensure hoof boots fit their best. My priority is to do what is best for each individual horse and their needs.

Shop Scoot Boot, and start your own hoof boot fitting service by joining The Hoof Boot Shop trade membership for free at thehoofbootshop.co.uk. Learn more at scootboots.com.



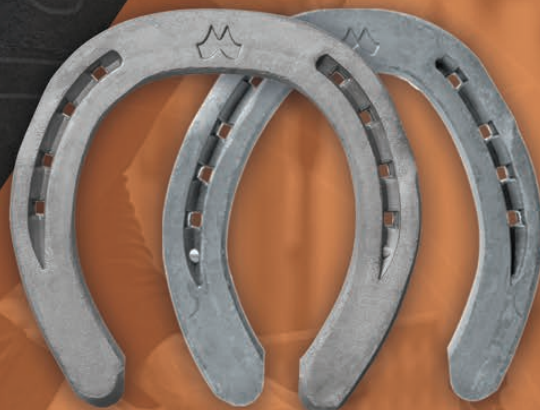


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