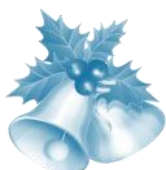


# STATE PONY CLUB NEWSLETTER

- Keeping you informed



Welcome to the Official Newsletter  
For The Pony Club Association of  
New South Wales



Issue 11

DECEMBER 2009  
NEWSLETTER

## Inside this issue:

Welcome	3
News in Brief	4
Nutrition: Feeding the Eventer	7
President's Report	9
State Dressage Championship Report	10
State Mounted Games Report	11
State Show Riding Report	12
Equine Metabolic Health	13
James Meurer DVD Competition Results	15
Christmas Competition	17
Karen's Column - Bourke to Bethlehem	18
2010 Calendar	19



*The financial support of the New South Wales Department of Sport & Recreation is acknowledged.*

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## Welcome to the December 2009 Pony Club NSW Newsletter

**2009 was a huge year for Pony Club NSW!** With the organisation of the largest event on the calendar, the Australian Pony Club Championships and must not forget the 8 State Championships which have all now been run and won! An extremely busy but successful year for the Association.

For our final issue this year we have many reports from the State Meeting held on the last weekend of November. Our **President Di Cullen** has submitted a report followed by Technical Delegate Reports for the **State Dressage Championship** and **State Mounted Games Championship**.

The final State Championship of the year, **Show Riding**, was held at Bingara over the 5 & 6 December. Although the weather was extremely hot over 200 competitors performed at their best. A report is within this issue.

Also in this edition of the State Newsletter our regular "Horses Health" column looks at the **Equine Metabolic Health** kindly supplied by the Australian Veterinarians Association.

We also have information on **Feeding an Eventer**, provided by our sponsor Mitavite. We will be continuing our relationship with Mitavite and welcome them on board for another year.

Don't forget to enter our **Christmas Newsletter Competition "UNJUMBLE THE BREEDS"** with 5 exciting prize packs to be won! Also **Karen Moreton** has provided us with her annual Christmas column.

Entries are now open for the **Club of the Month Competition** and close on the **31 DECEMBER 2009**. Entries close on the last day of each month for that month's competition. Again the prize is \$1,000 worth of product from Horseland. Please email us and tell us what makes your club special along with some photos!

A **BIG THANK YOU to Horseland** for their tremendous support throughout the year supplying PCA NSW with many different products for our newsletter competitions and other promotions.

Go to the back page to find next year's **Calendar** of State Championship events and meetings.



On behalf of the Staff and Executive of the  
Pony Club Association of New South Wales:

**Have a Happy and Safe Christmas!**

**Trina Reeves, Marketing Co-ordinator**  
[marketing@pcansw.org.au](mailto:marketing@pcansw.org.au)

**NB:** The Association does not endorse any equestrian product, service, opportunity etc advertised in this newsletter.

## News In Brief:

### Club of the Month - Reaches 30 winners!

Did you know that 30 Clubs have won club of the Month. That means over \$30,000 of useful products have been distributed to clubs throughout the State.

Congratulations to **Grafton Pony Club** who is the 30th Club of the Month.

Don't forget to enter this months competition! Email your entry to [marketing@pcansw.org.au](mailto:marketing@pcansw.org.au)

### FREE Classified Advertisements on our website!

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Make sure you have a look on the site if you are searching for one of those items above.

Advertisements will run for 2 months on the website, unless withdrawn earlier by the advertiser.

See the Pony Club NSW Homepage for more information!

### Share your ideas!

Each pony club across the State runs their rally days / competitions / activities etc all slightly different.

This means that there is a wealth of ideas and resources which can be shared between Clubs and Zones.

The Pony Club Ideas page found in the Resources section of the website is designed for Clubs and Zones to share their ideas with others from around the State.

Perhaps your Club holds special end of year days or fundraising activities you would like to share with other clubs - If you do then we would like to hear from you.

Email your information to:  
[marketing@pcansw.org.au](mailto:marketing@pcansw.org.au)

### NEWS STORIES WANTED!!

We know from our website calendar there are dozens of events being held.

Let us know how they went by writing a short story and attaching some photos and we will place them in the News section on the front page of the website.

Forward to: [marketing@pcansw.org.au](mailto:marketing@pcansw.org.au)

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By portrait artist—Irena Kirpichnikova



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Winger Jones Wins 2000 Olympic Silver Medal wearing Toe Stoppers

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### David Hayes - Champion Trainer

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### Chris Chugg - Champion Show Jumping

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### Jan Ginger Hunt - Champion Polo Player

In my opinion, I believe they are a very necessary part of any horse's riding equipment. I am an avid polo player and I can guarantee that Toe Stoppers will help you to avoid a fall and to keep you safe.

### James Mackie - International Equestrian Advisor

I cannot think of a case where the Toe Stoppers would not have been a more effective and effective safety device than any other device available. In my view, the most effective of all is the new Toe Stoppers.

### Dr Philo Chen - Honorary Hawkebury Race Club Medical Officer

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David Hayes - Champion Trainer

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## Nutrition: Feeding the Eventer



Published date: 08-2006- **Dr J H Stewart BVSc BSc PhD MRCVS Dip BEP AAIM**

The correct feeding of the eventing horse can aid performance. The following bulletin discusses how certain dietary manipulations and feeding strategies can delay the onset of fatigue and impact on performance.

During low-intensity, prolonged work (ie aerobic), fatigue occurs due to depletion of energy and overheating. In high intensity work (anaerobic), fatigue is caused by lactic acid build up and energy depletion. Feeding to increase aerobic and anaerobic energy, can delay the onset of fatigue. Falling glucose levels, rising lactic acid levels and heat stress all reduce muscle function. However, certain feeding strategies can increase blood and muscle glucose and reduce heat production.

**Maintaining energy:** The single factor most likely to affect performance is lack of energy, due to either inadequate fitness training for the level of competition or dietary limitations. The amount of energy required depends on: the type, speed and amount of work, condition of the horse and skill of the rider and the environmental conditions.

Eventers obtain energy in two ways:

- During low *intensity* work, muscles convert glucose to energy using oxygen - this is called *aerobic* work. Aerobic work can be sustained for long periods. Such as the cross country phase in Eventing.
- During *high intensity* exercise, the muscles use energy so quickly that aerobic energy supply is exceeded and glucose must be converted to energy without using oxygen. This is called *anaerobic* work. Anaerobic work can only be sustained for a very short period and results in lactic acid production. Anaerobic energy serves to 'top up' aerobic supply.

As a rule of thumb in the fit horse, anaerobic work begins to kick in when speed reaches approximately 10 metres per second and heart rate climbs to around 160 to 180 beats per minute. During the roads-and-tracks phase, heart rates usually reach around 150 - 180 beats per minute, or 70% to 80% of maximum, and blood lactic acid levels may reach 4 mmol/litre.

**Glycogen loading:** Several studies have shown muscle glucose can be increased by dietary manipulation. When the amount of fermentable polysaccharides (eg raw grains) to the large intestine is minimised, glucose availability is maximised for the performance horse. **Mitavite steam-extruded and micronized feeds** are recommended for horses that require more than 3kg of grain per day, those prone to 'tying up' and to reduce heat load. **Mitavite Pro-Sport** is an oat free formulation and has been prepared specifically for horses which suffer from tying up.

**Heat:** The heat produced by working muscles can be reduced by feeding highly digestible, high oil diets. Steam- extruded and micronized feeds are advanced feeds where more than 90% of the feeds are digested in the small intestine. This can be compared to the digestion of raw grains where only 21% of barley 55% of oats and 29% of corn is digested in the small intestine, the balance is fermented in the large intestine, adding to heat load and reducing the energy available for working muscles.

**Mitavite Economix Active** is steam extruded, helping to reduce the heat from digestion.

**Feeding Oils:** High oil feeds offers enormous benefits for temperament (critical for the dressage phase), heat load and performance. Oil provides a cool and steady supply of energy - allowing the horse to preserve blood glucose levels. This 'glucose-sparing' effect delays the onset of fatigue, so that although horses cannot increase their top speed, they can maintain it for longer. Oils are also an excellent way to increase the weight of a horse. They are primarily digested in the small intestine and contain approximately 2-3 times more energy than the same weight of raw grain. Introduce the oil to the diet gradually over a 3-6 week period. Begin with 5-10ml a day and increase it gradually by 5-10ml a day until reaching the desired amount. Monitor manure during the changeover and if it becomes too soft, reduce the rate of oil increase. Because of the abundance of Omega 6 in diets, it is important to provide an Omega 3 supplement. A recent veterinary review article indicated that Omega 3 oils may be beneficial for treating colitis and enteritis, and in preventing arthritis, laminitis, small airway disease associated with stabling and dermatitis. All oils provide energy, only Omega 3 oils reduce inflammation. Mitavite has formulated a balanced blend of Omega 3 oils in **Vitamite Performa 3 Oil** and 80-100ml a day corrects most imbalances.

## Nutrition: Feeding the Eventer



**Roughage:** Each kg of roughage holds 6 - 8kg of water and electrolytes in the gut. This represents a 'reservoir' that can be drawn on as body fluid levels drop during sweating. Roughage intake should be a minimum of 1% of bodyweight, ie 5kg a day for a 500kg horse. An ideal balance is that 50% of this be Lucerne or clover chaff/hay and 50% pasture, white or meadow chaff/hay.

When roughage is fed with concentrates, digestion of starch in the small intestine is reduced. Feeding hay either two hours before or two hours later than concentrates improves nutrient uptake. High concentrate meals should be fed no less than 4 hours before competition. Blood glucose levels are lowest 90 minutes after feeding. If exercising at this time, fatigue comes on sooner due to low blood glucose.

**Electrolytes:** Horses which are travelling, working in hot or humid conditions and in hard training, may require additional electrolytes. The effects of dehydration can cause tying up, longer recovery times, fatigue and muscle problems. Supplementation of electrolytes may be required according to workload and ambient conditions.

**Muscle Recovery:** Hard training and competing cause muscle damage due to lactic acid and/or over exertion. Intense exercise is a catabolic process. Supplying the correct balance of carbohydrate, specific essential amino acids and anti-oxidants after an intense workout, the catabolic state can be switched to an anabolic (rebuilding of tissue) state, enabling muscles to recover and respond more quickly to training and competition.

Feeding 0.5-1kg of **Mitavite Promita** no more than 2 hours before or 1 hour after hard work, takes advantage of increased muscle blood supply and hormone levels associated with work and hastens muscle recovery. What is in the feed bin affects both health and performance. The equine veterinarians, agricultural scientists and nutritionists at Mitavite have formulated feeds specifically for the competition horse.

### Premium Nutrition – when performance matters



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Now, using the latest innovations in equine feed technology, Mitavite® has developed Xtra-Cool®, a cost effective complete feed with the correct balance of nutrients, vitamins, chelated minerals and oils – plus extra calming magnesium.

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## President's Report - 29 November 2009

The period from August to December has been extremely busy. Everyone on completion of the Nationals very quickly became focused on the forthcoming State Championships. The first event being the Dressage was attended by 220 riders at Goulburn in the most atrocious weather conditions. This was followed by the Mounted Games at Albion Park where weather conditions were a fraction better but endured by 41 Junior and 12 Associate teams. One week later was the One Day Event in Canberra with 102 riders competing in much better conditions which was probably a miracle as the weeks before had been dreadful.

Riders, parents and officials are to be congratulated for the patience, good spirits and the way they conducted themselves at all events. There will be full reports on all these Championships from the Technical Delegates.

Thanks must go to Zones 27, 23 and 16 for hosting the Championships, as I am sure we all appreciate the work and organization that goes into running very successful State Championships which our events always are. Thanks also to Zone 8 who are hosting our final State Championship event, the State Show Riding next weekend, hopefully the weather won't be to the other extreme too hot.

Congratulations to our first batch of qualified NCAS Preliminary Coaches, it is really good to see the Zones making the effort to get the scheme working. I am sure Jenny will cover this in more details in her report. The squads for all disciplines to attend the State Camp have been chosen. All riders have been notified and I am sure they are all ecstatic.

I attended a Grant Information Meeting given by NSW Sport & Recreation two weeks ago. Their grants are from \$5,000 to \$15,000 available to all incorporated clubs. They are all online, with samples of what and how to, but they have to be lodged by the 21 December but I am sure that it would be worthwhile for clubs to look at, as I know how we all need money for something and you gain nothing if you don't try.

I would like to welcome our new staff member Trina Reeves who has taken over from Steph as the Marketing Co-ordinator. The other exciting news from the office front is that our Executive Director Jenny is expecting her first child next year, a new member for Pony Club. Jenny will be taking 12 months maternity leave and we are currently looking at applications for a temporary replacement.

There has been an Australian Pony Club Meeting. This was attended by Roger, Jenny Frankum and Jenny Amadio – full reports will follow.

Trina has been currently looking at sponsorships for the following year or longer, they are getting harder to secure especially cash but Trina is trying to get us good deals from interested companies.

In conclusion I would like to thank our hard working office staff, executive and everyone from Zones to clubs who have given their time and expertise keeping our Pony Clubs active and helping our young riders pursue their equestrian goals. I would like to wish everyone a merry and safe Christmas and a prosperous New Year.

Di Cullen  
State President NSW PCA



## STATE DRESSAGE- ZONE 27

Technical Delegate's report: **Jenny Frankum**

Zone 27 were really unlucky with the weather for the Championships. The weather was atrocious, cold, wet and windy with very little let-up over the two days. In spite of this everyone soldiered on and the Zone did it's very best to make it as comfortable as possible for the participants. Having quite a distance between the official (scoring) area the canteen area and the competition arenas made it difficult – the Zone had made provision for food close to the competition area however the marquees succumbed to the weather on the Saturday night which made a lot of extra work for the organisers.

The fitness check was completed well before dark. One horse was found to be lame and was withdrawn – the connections of the horse were very understanding as was the young rider which was very pleasing.

In spite of the weather, the competition go away close to time and tanks to the dedication of the stewards, gear checkers, judges and pencilers and ran to time throughout the day/s. Riders were co-operative in spite of the conditions although there were some concerns about the trotters exercising on the track which as quite close to some arenas and was certainly not ideal as the trotters stopped at around midday and the afternoon tests were not subject to the distraction – the Zone did try to have the trotters stopped but the trotting people were not inclined to be cooperative. The Pink First Aiders were kept busy with a number of incidents but fortunately nothing serious.

Nevertheless there were many excellent tests ridden and the horses which were attentive to their riders were able to produce their best in spite of the conditions.

The decision was made early on Sunday to have an unmounted presentation and everyone made their way to the Clubhouse and the warmth to wind up the weekend.

Zone 27 under the guidance of their President Liz Grashorn and Zone Chief Instructor Jamie Kay is to be congratulated for the way they conducted the event in spite of the difficulties. Nothing was too much trouble to them to make it more comfortable for the competitors and officials.

My thanks to Marg Pestell, the Chief Gear Check Steward and the team of gear checkers from Zone 27 and the other members of the Advisory Committee who assisted with the fitness check and were supportive in other ways and to the President Di Cullen who assisted the scorer throughout the weekend and to Julie Abbey from Zone 16 who took on the job of scoring at short notice when Doug Denby was not available. Thanks also to all the Zone 27 officials and in particular the young runners who picked up the dressage tests throughout the weekend in the rain and wind.



## STATE MOUNTED GAMES - ZONE 22

By Technical Delegate - Phil Logue

State Games for 2009 were held at Albion Park in Zone 22 with 53 teams competing. The fitness check on Friday was completed with only a handful of teams for an early fitness check on Saturday morning. The area to assemble the teams was very restrictive and marshalling was going to be tight. The gear check and Horse ID's were done first thing Saturday morning. The marshalling of the early draw teams was on in earnest, gear checkers did a great job considering the very small area that was available to them.

The competition was under way just after the scheduled time, the sky made it very uncomfortable both horse, rider and spectator. This was a worry for the ponies' footings; although the ground was wet the teams had the pace on. With inclement weather some teams started to rug up, there were some teams appearing similar to Joseph and his Technicolour Dream Coat.

Sunday morning there was improvement in the weather with only a few light showers. It was pleasing to see teams back in acceptable uniforms. The lanes were slightly narrower than usual, all team managers were advised this and to ensure that their riders were aware of the thinner lanes. There was only a small time frame for ponies to warm up, the only area available was inside the main arena. Quite a few ponies kicked up and dislodged their riders in the first game. The First Aid attendants had a busy weekend with the majority of incidents being just checks to ensure the riders were fit to continue.

Weights were used on some equipment to stabilize them in the windy weather. Litter race was the event that consumed some time to run. A lot of teams were very professional to the skills required for this race, there were teams that have never had the coaching or technical skill available to them to do the Litter race, and this showed with close to 45% of the teams not recording a time and did receive the mercy whistle.

Zone 22 with its many clubs worked hard to ensure the games ran smoothly. A very energetic arena party kept the teams moving through their varying events with very little hold up. The line stewards did a wonderful job, although there were line stewards nominated for those positions, some of them were unaware of their nomination. It is getting harder to find line stewards that will stand for two days, so some line stewards job shared.

It appeared that competitors had a wonderful time. There were clubs there for the first time and some it was the first time in a long time. There only were teams from 13 out of the 28 zones that exist. Considering the wet ground and the horse traffic that went over it the ground was quite safe with only a few losing their footing. Scoring was done as quickly as possible with no hold ups waiting for who were finalists. **The Club Team Award was won by Muswellbrook and the Zone Associates Award was won by Zone 7.**



## STATE SHOW RIDING - ZONE 8

Extremely hot, dry and dusty was the weekend weather report from the Pony Club NSW State Show Riding Championships held at Bingara over the weekend of 5 & 6 December where over 200 of the State's best riders competed for State champion status.

The drought stricken township comfortably accommodated the riders and their families for what was described by the Zone Secretary Noelene Ozols as, 'the best and smoothest event we've held'. This State Championship was the third held at Bingara in 5 years with this event being their first foray into Show Riding.

With the heat reaching over the 40 degree mark with water trucks and sprinklers regularly watering the dusty showground six (6) Overall Champions were decided. All 6 champions came from different Zones from around NSW.

The host, Zone 8, won the Best Presented Zone and was the last team to present at the Vet Check where the final nod was given.

Due to the heat an unmounted Presentation Ceremony was held.



**2009 State Show Riding CHAMPIONS**

Photography Courtesy Braemar Photography





## EQUINE METABOLIC HEALTH

### Brad Dowling EVA Member – Townsville Veterinary Clinic

Equine metabolic syndrome (EMS) was first coined 2002 to describe a condition in horses characterized by obesity, insulin resistance, high blood cortisol concentrations and the development of laminitis or founder. All horse breeds and types can suffer from this condition however ponies, miniatures and donkeys are more prone to developing this debilitating syndrome. Genetically predisposed horses are often described as 'good doers' with many becoming obese at an early age, with the risk of developing laminitis increasing with age.

Some horses have a particular body type that increases their risk of developing metabolic syndrome. Predisposed horses often have 'cresty' necks with regional fat deposits around the tail base, sheath and above the eyes. The condition is akin to Type II diabetes in humans and with the wet season approaching now is the time to plan ahead to minimize the probability of your horse developing this condition.

Typically after rain the flush of green grass leads to increased body weight in many horses. This lush grass has a high sugar content which in turn leads to elevations in blood glucose and insulin concentrations. It is still unclear why insulin resistance predisposes horses to developing laminitis, but contributing factors may relate to altered glucose uptake, blood supply or activation of potent inflammatory products within the hoof.

If you suspect your horse is at risk of developing EMS then blood tests measuring glucose and insulin can be easily performed by your veterinarian. It is important to define a management plan before your horse develops any complications of EMS such as laminitis/founder. The following guidelines are aimed at reducing the risk of horse developing this condition. Not all of these suggestions will be appropriate for every horse and you should consult your veterinarian before implementing these strategies on your own horse.

- Regular controlled exercise to maintain ideal body weight (this may not be appropriate for those horses diagnosed with laminitis/ founder)
- Appropriate stabling (i.e. deep bedding or sand yard for horses with laminitis/founder)
- Regular farriery (i.e. appropriate hoof trimming or shoeing as frequently as every 4 weeks may be required in some horses)
- Limit caloric intake - use a low GI (glycaemic index) feed or laminitis approved feed
- Lucerne or grassy lucerne hay (soak hay overnight or for a few hours at least to reduce sugar content and feed at 1.5% of current body weight or 2% of ideal body weight per day)
- Limit pasture grazing to 30-60 minutes per day or allow pasture access only until 10am each day (sugar content of pasture increases markedly between 10 am and 4 pm during the day)
- Oil supplementation (Corn oil or vegetable oil fed at 0.5-1 ml per kg body weight per day provides a low GI alternative energy source and may be protective against laminitis)

*Continued over page*

## HORSES HEALTH Continued



- Regular hoof evaluation and X-ray assessment by your veterinarian to monitor for progression of laminitis or response to treatment
- Regular measurement of blood sugars and insulin concentrations should also be conducted to determine response to treatment

Thyroid hormone supplementation (Levothyroxine sodium) may also be of benefit in some horses, although it can increase feed intake so must be managed carefully.

Remember EMS is a manageable condition especially if diagnosed before the development of laminitis. If you have any concerns that your horse may have or be at risk of developing EMS consult your veterinarian because as the saying goes 'prevention is always better than cure'.

For further information on Brad Dowling please go to this website link:

[http://www.townsvillevetclinic.com.au/AboutUs/OurStaff/Veterinarians/BradDowling/  
tabid/18243/Default.aspx](http://www.townsvillevetclinic.com.au/AboutUs/OurStaff/Veterinarians/BradDowling/tabid/18243/Default.aspx)

This information is presented by Equine Veterinarians Australia

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*Our quality and service speak for themselves.*

## Winners of 'Float Loading with James Meurer' DVDs

Thank you to all who entered last Newsletter's Points of the Horse Competition. We had so many correct entries received that we needed to draw the winners out of a 'hat'.

Our five winners were::

**Leah Levinston**  
**Kristy Love**  
**Samantha Camm**  
**Sheridan Ryan**  
**Josephine Beatty**

**Nambucca River District Pony Club**  
Loopline Pony Club  
Griffith Pony Club  
**Arcadia Pony Club**  
Mungindi Pony Club



Congratulations to our winners and trust you will use the principles shown to help you lessen the stress of loading your horse.

We look forward to more entries for this month's competition, go to page 17.

## Did you have a Christmas celebration at your Pony Club or home?



Write a short story about your day, take some great photographs and forward to us at:  
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We will place your stories on the website in the News Section.

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## BOURKE TO BETHLEHEM

### Karen's Column



*The town of Bethlehem nestled behind Bethlehem hills. Photo taken by Karen when she visited last year.*

Hi Pony club friends. Here we are in December again; winding up another year, buying frantically for another Christmas, sourcing hay for another dry summer and facing another bushfire season.

I hope those of you in coastal NSW are faring better than us in the bush. We are dry, dry and capital DRY! My latest saying is that "Dubbo is the new Bourke". I thought we left behind the 44 ° November days and sandy paddocks when we moved to Dubbo; but alas here they are again. After enduring seemingly endless years of drought in Bourke, I didn't think anything would ever compare for dryness – but that was until I visited Israel last year. Amazingly Bourke is green in comparison because it has trees and saltbush; where Israel has treeless plains of dust!

As summer begins and Christmas gets counted down in 'shopping days to go,' I wonder what your hopes are for Christmas? In a few fleeting moments it will be on us and I'm sure we want the same things; for it be a cheerful, joyous, special day. We hope it will feel a little magical, a little wonder- full, like Christmas should. We hope it doesn't feel bland like just another day.

We also hope to have fun with friends and loved ones. We hope everyone will like the presents we've spent so much time and money hunting for. But there is one more thing I think we wish for, but sometimes haven't stopped to realise. We hope Christmas *means something* and is not just a retail trick to capture our last dollar. We don't want to be cynical and say it's just a materialistic scam; we don't want to be a kill-joy and say we're not into Christmas, but does Christmas mean anything anymore? Hopefully this is not our last Christmas, and we are in for a few more, so how can we recapture some wonder?

I mentioned that last year I was in Israel. One of our destinations was Bethlehem, which really is a little town just like the Christmas carol says. I enjoyed standing at a place they call the shepherd's gate and gazing out over the softly undulating hills.

It wasn't too hot, their summer had subsided. It was a little dusty, they don't get much rain. It wasn't very safe; our Jewish guides couldn't accompany us because Bethlehem is now a Palestinian region. Unguided we passed through heavily guarded gates between towering razor wire fences. Palestinian armed forces watched us with machine guns at the ready as we ambled along.

What impacted me most was not the razor wire, nor the machine guns, nor the drought. As our group of Aussie tourists gazed together over the shepherd's hills of Bethlehem, we realised that what happened in this tiny, desolate town 2009 years ago, has hugely impacted history, even splitting time in two. Every day of every year is dated either before Christ (BC) or after (AD).

Bethlehem is an insignificant town with a hugely significant story - the story that a God of love did not leave us to our own resources. Instead He reached into our needy world with a God-child named Jesus, who showed us how to live life to the full, how to love, how to forgive, how to help our fellow man but most importantly how to get in touch with the One who made us. Jesus said that our greatest joy, hope and fulfilment would come from finding God.

I hope you and your family have a wonderful and wonder full Christmas. I hope you realise you have a friend in very high places, who offers you the best Christmas gift ever. Wishing you joy, peace and love this Christmas,

Karen Moreton  
Chaplain

**Karen welcomes your questions and comments. You can email her at [karenjmoreton@bigpond.com](mailto:karenjmoreton@bigpond.com)**  
Previous articles are accessible in the publication section of the website.

## Calendar of Events:

### NEW SOUTH WALES STATE CHAMPIONSHIPS 2010

<b>2010 Sporting</b>	17 April 2010 Glen Innes Showground Zone 13 <i>Closing Date: 5 March 2010</i>
<b>2010 Campdrafting</b>	18 April, 2010 Glen Innes Showground Zone 13 <i>Closing Date: 5 March 2010</i>
<b>2010 Jumping Equitation</b>	15 & 16 May 2010 Worrigee Equestrian Common Zone 28 <i>Closing Date: 2 April 2010</i>
<b>2010 Show Jumping</b>	10 & 11 July 2010 Kendall Showground Zone 9 <i>Closing Date: 28 May 2010</i>
<b>2010 Dressage</b>	28 & 29 August 2010 Albury Equestrian Centre Zone 20 <i>Closing Date: 16 July 2010</i>
<b>2010 State One Day Event</b>	<b>To Be Confirmed</b>
<b>2010 Mounted Games</b>	2nd & 3rd October, 2010 Bungendore Showground Zone 16 <i>Closing Date: 20 August 2010</i>
<b>2010 Show Riding</b>	4th & 5th December 2010 Dubbo Showground Zone 4 <i>Closing Date: 22 October 2010</i>

Pony Club NSW would like to thank the following sponsors:



### 2010 STATE MEETINGS

- 28 - 30 March 2010  
Executive Meeting  
ZCI Meeting & AGM  
State Council Meeting & AGM
- 25 - 27 July 2010  
Executive Meeting  
ZCI Meeting  
State Council Meeting
- 28 - 30 November 2010  
Executive Meeting  
ZCI Meeting  
State Council Meeting

**Don't forget to check the website:**

**[www.pcansw.org.au](http://www.pcansw.org.au)**

Don't forget to check the Pony Club NSW website often as it is regularly updated with results and news of what is occurring across the State.

- What can you find online?
- Access the Newsletters and the Monthly
- Pon-E-news updates
- News and results
- Photographs
- Fact sheets
- Competitions

Email us your news stories, fact sheets or exciting photos to [admin@pcansw.org.au](mailto:admin@pcansw.org.au)

