

Hills & Hawkesbury

Equestrian News



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Horsey People and their Dogs Part2

Improving Your Relationship with the Horse

The Girth

Equine Clinical Nutrition

Tips for Reducing Injury/Optimising Recovery

Laminitis



FIRE PREVENTION... SAVING YOUR HORSE AND HOME



With one million plus homes in the urban interface around Australia's major capital cities and outskirts, it's critical that we start acting now to get prepared for the coming summer. Lessons of last year taught us that a combination of global warming and consistently higher temperatures mean we can reasonably expect another catastrophic fire season from hell.

Australian Pump Industries is preparing to double its production of high pressure fire pumps and to send out tens of thousands of Bushfire Survival Guides early this year.

"We know that the volunteer brigades are doing the best they can all around the country", said Aussie Pumps; Product Manager, Brad Farrugia. "There's no way they can contain or even backburn the huge amount of fuel that survived last year's fires. That fuel load is now bigger than ever, thanks to the recent rain", he said.



The Bushfire Survival Guide is continuously updated by Australian Pump based on the feedback from fire authorities and users. It shows how to prepare house, farm, outbuildings and even deals with crop and stock protection.

Properties around powerlines are particularly susceptible and Ausgrid's Chief Operating Officer, Trevor Armstrong said that this year's bushfire safety program has more importance than ever. Ausgrid are already using two helicopters to patrol powerlines as one of the most efficient ways to take preventative action against powerline generated fires.

The biggest issue we have is the huge number of horse lovers who like to live on the outskirts of the big cities and towns, amongst the trees. We can't blame them. It is a wonderful environment except when the fires come. If we learnt lessons from last year's horrific season, it's the need for precautions to be taken to protect our beloved equine friends.

Aussie's fire survival guide is a good start. At least then, the prewarned homeowner or farmer can take the necessary precautions based on the "lessons learnt" from the past. Australian Pump's Fire Chief and Mr T twin impeller fire pumps really performed in last year's fire season. The company produced record numbers of product, cleaning out Honda Australia of their firefighting engines.

"The production team were magnificent! They put heart and souls into getting those pumps built and shipped promptly. Even after those extraordinary efforts, we couldn't produce enough products to satisfy demand", said Farrugia

"The reason people love our fire pumps is because of the five year warranty and the quality of their components. We don't skimp on materials, design or engineering. We put everything we have got into this product because we relate to the people whose properties and lives are maybe on the line", he said.

Further information on the Aussie Fire Chief and the Aussie Survival Guide range from their website. There is also a series of movies there including five reasons that show why the Aussie Fire Chief is a superior product and better value than any other pump on the market, both in Australia or anywhere else in the world. The company is justly proud of the support it gives to both professional and volunteer firefighters and the efforts it makes to keep the people safe.

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from the editor's desk

Spring into Summer we are pleased to be back in print. Covid has been a difficult time for small business in general and a lot of magazines have gone out of print indefinitely, we are going to get back up and running for our readers. Thank you for your support and enthusiasm. Supporting small business in the equestrian industry has been something we are proud of and in this issue we celebrate 'Catered 4 You' please if you are looking to have a function, event, morning tea, dinner party - think of getting Simone to cater for you! Simone has been a long-time supporter of equestrian events and if we all look after each other we will all come out of covid with our businesses.

We have our Centaurus Osteo Same Sherrington who has launched a new sideline selling 'StretchTec Girth System' and she talks us through why she loves these. Go to <https://ourosteo.com> We have custom made Summer Stalls for your horses - portable stalls. There are equestrian folk starting new business everywhere I look - Equine Supplies, Fencing, and good luck Posh Beauty at Richmond, good luck Christine with your Apothecary, Sarah with your photography businesses, there is Monique and Equi Directory, the new Spelling facilities and the new equestrian state of the art properties being developed. All throughout covid, clinics and lessons have gone ahead keeping our athletes on point for when the competitions start again. We are definitely a tenacious breed.

Best of luck everyone with your new endeavours!
Camille Alexander, Editor

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COVER: Our delightful cover of fit ponies is courtesy of Heino Elnionis from unsplash.



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HORSEY PEOPLE AND THEIR DOGS

Story and Photos by Christine Johnson



I have always loved watching people with their dogs and seeing the bonds between them, especially my horsey friends. I did my first version of Horsey People and their dogs earlier this year and we got such a great response we are going with Part Two.

More RUPERT

My dog Rupert is of course the canine star of our show, but he shares the love with students and visitors, and can always tell when someone is in need of a cuddle. I have included some of his favourite laps to sit on and people to cuddle up to while watching lessons here at Johnson Equestrian.

Apologies for the masses of Rupert photos, but really, can you ever have too many Rupert photos?

I hope you enjoy these pics of how our dogs bring joy into our lives and don't forget to hug a dog today.

I feel I have only touched the surface and I feel sure there will more wonderful dogs and their owner portraits to come.



Christine Johnson and 'Rupert'

HORSEY people and their DOGS

Part Two





ROXY

Farriers Cameron Grocott and Josh Job let down their 'tough bloke' image when you see them with the diminutive miniature Foxy cross, named Roxy. She is officially owned by Josh but seems equally fond of both fellas and can be often seen in the truck travelling to different stables with her boys. As Cameron said, "Shoeing, mates and little Rox. Doesn't get much better!"

PUMBA and EDDIE

Noa and her parents Zoe and Steve, are the proud owners of Eddie, the handsome chocolate Lab and Pumba, the mischief making Pug who has had more trips to vets in his young life for weird ailments and mishaps than many dogs have in a lifetime. Both dogs love to visit us at Nelson when Noa comes to have lessons on her horse Jessie.



BUSTER

Maddie Cauchi gorgeous King Charles spaniel Buster has sadly passed away since I took these original photos.

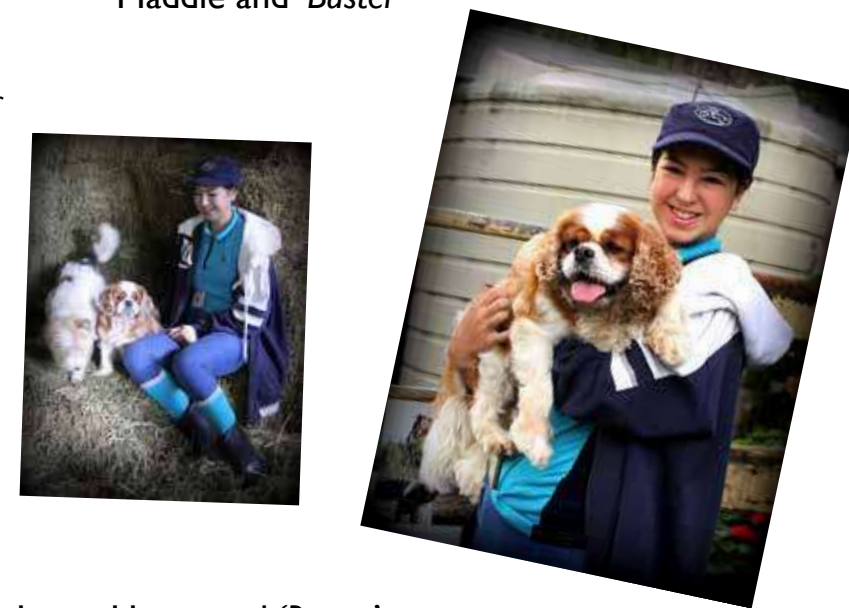
Maddie describes him as having all the characteristics of an old man in dog form. "For a long time, he refused to do anything in the mornings - including going outside until he ate his piece of Vegemite toast. Buster has been with us for my entire life whilst living in Sydney, and has met all pets we have had including our cat Millie and horse Melody. It is fair to say, Buster runs our household. Like a human, Buster has adjusted his ways to fit into a human life - sleeping in our beds, having his requirements met immediately, and fine dines on many of our human food (sometimes dog food just doesn't taste as good).

Buster loves the outdoors, however, his plus size body shape and lack of stamina means he simply will fall asleep everywhere and anywhere. Buster is an extremely friendly dog, who loves to play. However, he does misjudge his size in comparison to bigger dogs, and wont back down. Buster is loved for all of his characteristics and is a major part of my family."

Rest In Peace to our one and only Buster. We love and miss you so much, and know you're in a better place. You fought for so long and we are so proud of you.



Maddie and 'Buster'



Lucas Hurps and 'Butter'



Zoe and 'Pumba'

IMPROVING THE RELATIONSHIP WITH YOUR HORSE

It is not just about the riding

Words and Photos by Anke Hawke

My philosophy is centred on educating horse and riders to work together as a team - small changes on the ground and in the saddle can make a massive difference to both. I enjoy helping riders and horse unlock their potential and to enjoy each other more, and coach, lessons, run clinics and am building an equestrian centre at Minimbah. Horses and our relationships with them are my passion.

As an EA coach, rider and owner I am committed to constantly learning so that I can distil this knowledge to my students. My interests include biomechanics, physiology, neurology, mindset, movement, Feldenkrais, saddle fit, soundness and conformation.

As riders it is always good to learn about the fun of learning. However much time you have spent in the saddle or around horses there is always something to learn. It is worth improving the partnership with your horse and seeing them as a valuable dance partner and giving them the space to enjoy whatever it is you are asking them to do. For longevity and for continual improvement allow your horse to do the movement you asked for with elasticity and balance with flow and ease.

All movements require alignment from head to tail and working them properly and contently helps to keep them sound for a long healthy life. We are continually asking for balance and the capacity to carry with a softness and tempo so that your horse can maintain in his body frame and current mindset. It all sounds so simple, but it takes so much time to have the elasticity and strength to develop the flow in motion.

Elasticity and balance with flow and ease. Anywhere.



It all sounds so simple, but it takes so much time to have the elasticity and strength to develop the flow in motion.

Trust in the process

My advice is to trust in the process as sometimes a step back when your ride is actually the way forward. When it is bumpy and jerky, stop the exercise and feel where your horse is running into a brace/restriction. Take a break from what you are asking for to realign your horse and let it release in a standstill. Start the exercise again setting them up for success. I often find the magic happens in the quiet moments.



Standstill - explain the concept, set your horse up for success and start again.

The horse's confidence then improves their overall well-being, and a better personality comes out.

Things to look out for include;

*Does he have good feet?
Are the hooves a good shape, well balanced?
Under/over weight? review pasture and nutrition.
Does the tack fit properly? the bridle? the bit and the saddle?
Is your horse comfortable where he lives? Does he have friends?*



In-hand work, have a look from the ground and see how your horse moves. Set him up to develop the strength to carry you with ease.

Now feel what is underneath you and follow the horses back with soft open hips. Increase the energy, let them shift their weight and open the frame and then go softly forward. Sometimes with less tempo all the joints can work and the weight is evenly distributed over all legs. Fast is not forward. Sometimes your horse is just not ready or does not understand what you are asking for and struggles and you might need to go back and ask for less - this might be the tempo, the angle or the length of staying in the movement.



Is your horse comfortable where it lives?

Some practical tips to improve your horse's wellbeing and your own;

Try leading your horse from the front with a bit of a smile in the lead line.

Observe your own body position.

Are you confident?
Do you have a clear goal in your mind where you want to go?

The quiet confidence and our body language is what horses observe, acknowledge and respect. Think about your gestures and intention, as well as your tone. Value your relationship with your horse, and if things don't seem right go back to basics and ask for help.

Good luck!

Horses read our body language, intention, energy and tone.



Get off and have a look

Get off your horse and really have a good look. You can see when you are working your horse in hand how he or she moves without you and the difference when under saddle. It is amazing when a horse is utilising all his legs, and the joints available such as hip stifle and hock, and the front legs are not used for weight-bearing

Be courteous to your horse and versa

I love horses that have manners and are a pleasure to be around, same as polite people. Horses have different personalities, some are boisterous, and in your face, others observe you and are shy, and others are just nervous. Regardless of their personality they look to you for reassurance and direction, and this makes such a difference whether you are handling them or riding them or simply just being around them.

Horses read our body language like deaf people read lips, and we need to be aware of how we communicate with our horses, our intentions, our energy, voice tone and volume, the awareness of how we move around them confidently.

Underlying lameness issues can show through head bobbing or pig-rooting, it is a good idea to look at their movement patterns and see if they favour one leg over the other, have a preferred stance (grazing leg) rotations to the body, and their overall alignment from top to tail.

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AFTER



'We bought this implement 15 years ago to clean up horse manure on a property where we had 24 horses in a fairly small flat area.

The machine not only works as advertised but also makes really good mulch as it picks up trash at the same time as the horse poo and mixes it all together.

We have it organised in three piles in stages of decomposition, it is excellent for the garden after about nine months.

The machine itself needs to be towed by a quad bike or an RTV. It is simple to operate and maintain once one understands how high the brushes need to be to be effective.

Ours has a Honda engine and was in fact underwater in 2011, we flushed it out and its still going. We renewed the shaft bearings and the brushes this year.

We looked at the vacuum type arrangements which we think are slow, this machine basically sweeps the paddock of poo and trash. We currently use it in a two-acre paddock with one horse who is a compulsive eater. You can see from the attached photos the before and after shots.

I think the machine is well engineered, does what it says and is ideal for flat paddocks without timber lying about.

Toby Crockett
QLD

Who ever buys a machine and mentions this advertisement will go into a draw for a free set of brushes - valued between \$200 - \$300

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Picking it up is easy!

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The Tow and Collect is easy to use, it features rotating nylon brushes that scrape the ground surface propelling any debris into the large rear mounted polyurethane catcher. Because of the constant sweeping motion of the brushes, it also removes the thatch and dead grass from your pasture – something vacuums do not do! By removing this dead grass from your pasture, it allows new growth, increasing the nutrients in your ground, creating healthier pastures. Once full back up to your manure pile, wind the gas assisted handle and all the manure will fall out.



Three models are available:

Mini 700 – which features a 320 litre collection bin, ground driven and can hold up to two wheel barrows of manure, great for up to 4 horses per paddock.

1220 – just like the mini only larger, features a 500 litre collection bin, ground driven and can hold up to three and half wheel barrows of manure, great for up to 6 - 8 horses per paddock.

1500 Pro - which boasts a 610 litre collection bin, great for larger properties, powered by 7hp petrol motor mounted on the machine, easily picking up to 5 wheel barrows of manure.

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YOUR GIRTH

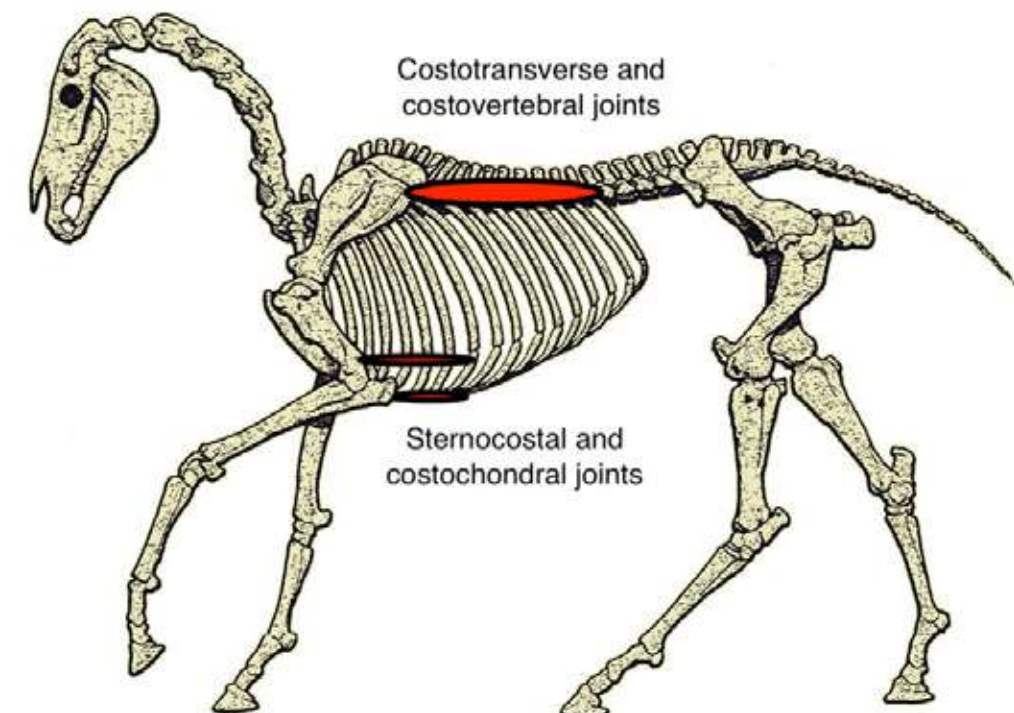
Biomechanics of the ribcage and how you can maximise your horse's performance.

Words by Sam Sherrington, Centaurus Osteopathy. M. Osteopathy, Animal Biomechanical Medicine Practitioner

It has been known for years that excessive tension in girths will significantly reduce the horse's ability to perform cardiovascularly, reducing both endurance and speed 1. It has also been shown that girth tensions increase during motion, even without the act of 'tightening it up a hole' as is generally considered par for the course 2.

As we think about how best to achieve comfort, stability and performance in our ridden horses, it is worth having a look at the area to which we strap the saddle.

The horse ribcage articulates under the saddle panels where we sit, to the thoracic spine at the costovertebral and costotransverse joints. Depending on the fit of the saddle, and the weight and skill of the rider, there is a greater or lesser amount of pressure downwards, with the potential for significant limitations in the free movement at these joints. The other place that movement occurs in the ribcage is at the sternum, at the costochondral and costosternal joints. The expansion of these joints, and the function of the musculature overlying the area, are significantly limited by over-tightened girths. One of the other 'joints' greatly impacted by constriction around the cranial ribcage is the scapulothoracic joint. This is the attachment of the shoulder blade (scapula) and therefore the entire forelimb to the ribcage, and consists entirely of muscles, many of which extend under either the girth or the saddle.



Studies have varied in their results but have shown this group of joints allow anywhere between 1.5 and 5cm of expansion during respiration depending on the gait. As such, it becomes clear that not only should we be spending a good bit of time making sure our saddle fits well, but also just as much time ensuring we are putting the least amount of restriction through this hugely important collection of underlying joints and muscles in order to allow our horses to perform at their best, and be as comfortable as possible while doing so.

So, what are some of the signs that our horses aren't having such a great time with their girth?

- 'Girthy' behaviour – kicking out, biting or pulling faces while being girthed up.
- Blowing out their ribcage while being girthed up. Really, this is a remarkably clever response to attempt to gain a little more space to breathe!
- Restricted shoulder motion – that feeling of just not being able to get the horse to move forward freely in front.
- Excessively dry or sweaty patches behind the shoulder blade when unsaddled in a well fitting saddle – this one is often a sure sign of over-tightening!
- Saddle movement – if the saddle isn't fitting well, over-

tightening the girth is a really poor band-aid solution to prevent that movement.

- Tender points along the sternum or through the musculature underlying the girth.

How do we fix this?

Firstly, do not over tighten those girths. If your saddle is moving, unless you are on a Thelwell shaped pony (and probably even then!) – you need to have the fit checked. If it's shifting to one side, you need to have your horse checked for undiagnosed hindlimb lameness or asymmetry, and probably also yourself – how straight are you?

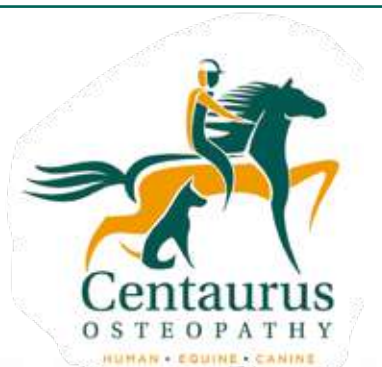
Once you are sure that your saddle fits, make sure you are putting it in the right spot – that is behind the shoulder blade. Check it's really behind the scapula by lifting the front leg forward and feeling how far back that shoulder blade moves when the leg reaches forwards. It's quite a distance! That's what your saddle needs to be behind.

Next, look for a a girth which allows this movement without pulling the saddle forwards onto the back of the shoulder. The majority of performance horses these days have a girth groove that is slightly forward in relation

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to the position of the girth billets. Add to that scapular movement and there are very few horses who don't need more clearance than they get from a straight girth to achieve true freedom of the scapula and its musculature. Shaped or cutback girths are available in different brands and designs and ultimately you want something that will distribute the pull from the girth points evenly through the sternal contact. Feel at the front and the back and make sure one edge doesn't have significantly more pressure or the shape is irrelevant.



comfortably benefits horses with many different challenges. An improved thoracic and rib function can have a direct knock on effect of allowing better function through the neck and into the poll, jaw and hyoid apparatus. As well as potentially allowing the horse more range and engagement through his back and hindquarters by reducing pressure into the joints and musculature of the topline.

With all this in mind, I hope you have a wonderful end of the year with your horses. Always trust them and yourself if you suspect something isn't quite right, check off the basics and always keep searching for the best comfort and performance to help your horse be the happy athlete he deserves to be!

For more information on the TSF StretchTec Girths checkout:
<https://ourosteo.com/products/> or call
Sam Sherrington on 0452 472 959

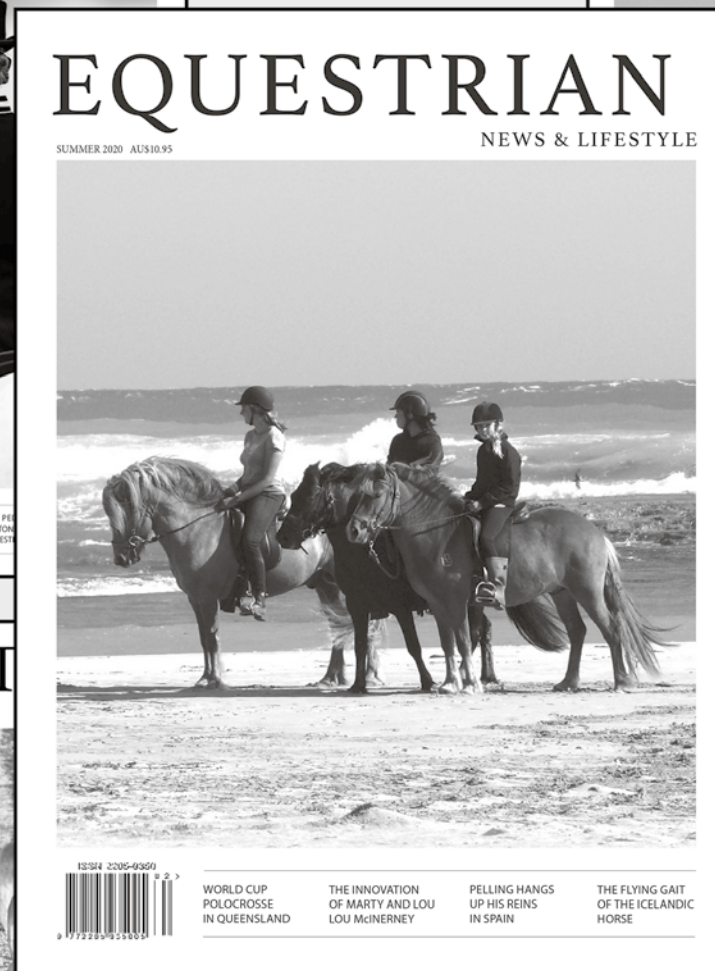
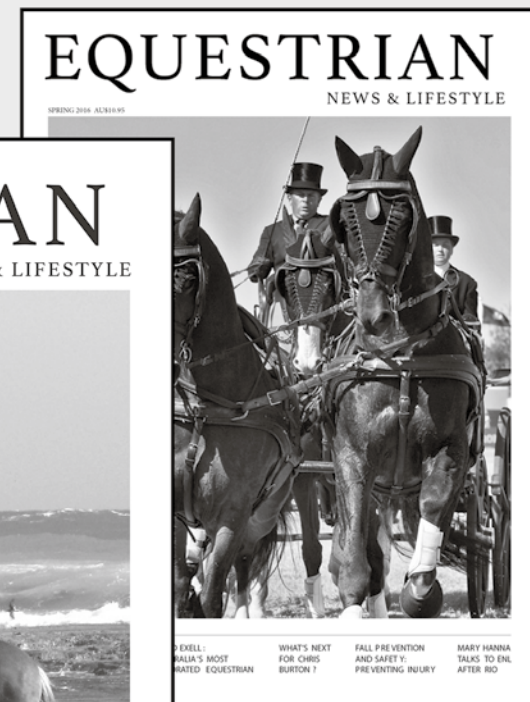
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Professionally speaking, I particularly like the TSF StretchTec girths for horses who have experienced girth pain for any reason, but ultimately I find that allowing the ribcage and thoracic spine to function more effectively and

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EQUINE NUTRITION AND CLINICAL NUTRITION



Dr Jennifer Stewart BSc BVSc PhD Equine veterinarian, consultant nutritionist and Jenquine CEO
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Horse Nutrition can be simple with Jenquine all-4-feet®

Just the same as many of our medical conditions have diet and nutrition in their cause, prevention and management, it's the same with horses. Common challenges that veterinarians and owners face (including stomach ulcers, colic, tying-up, laminitis, hoof conditions, leg and joint problems in growing horses and performance issues) can be helped or even prevented with correct nutrition. There are a few rules of thumb that can help us reduce many veterinary conditions and keep our horses stronger and healthier.

The simple rules when feeding all horses are:

1. Plenty of roughage/forage and then more
2. Avoid high starch/sugar feeds
3. Good quality protein
4. Oil
5. Vitamin E
6. Biotin
7. Supplements can cause problems

Why high roughage, low-starch, quality protein, oil-enriched, vitamin E, biotin and reducing multiple supplements are important.

1. Roughage and stomach ulcers:

Hay, pasture, chaff, beet pulp, hayage, hulls or other fibre. If not at pasture, horses/ponies need around 6kg a day for a 300kg pony, 8kg for a 400kg galloway and 10kg for a 500kg horse. This helps prevent and heal stomach ulcers. All roughages/pastures have some mineral and protein deficiencies. Jenquine all-4-feet® is ideal as a pasture/roughage balancer – especially if hays are soaked as soaking increases mineral loss.

Stomach ulcers can affect any horse at any age. Up to 90 percent of racehorses and 60 percent of show horses, as well as non-performance horses and even foals are affected by gastric ulcers. Spending 6 hours with no roughage/

forage increases stomach ulcer risk x 4. Medications can help ulcers heal, but can reduce absorption of calcium and other minerals. Several recent studies have shown that widely-prescribed anti-ulcer medications can significantly reduce calcium absorption from the intestine. Feeds and feed management are always cheaper and go a long way to healing and preventing ulcers.

Horses need to have constant and free access to some sort of roughage. Saliva is very high in bicarb and helps neutralise the approximately 40 litres of stomach acid produced each day.

Chewing produces saliva and to eat 1kg of hay:

- Horses make 3000-3500 chewing movements and produce up to 45 litres of saliva a day.
- Ponies make 5000-8000!
- 1kg of concentrate/hard feed only requires 800-1200 chews = less saliva and increased risk of stomach ulcers.

Horses only produce saliva when they are eating but the stomach acid is produced 24 hours a day. Even 4-6 hours without food can cause stomach ulcers. You should always include some lucerne as the high protein and calcium levels provide more acid-buffering and horses fed lucerne have a lower risk of ulcers.

NOTE: Stomach ulcers in horses are not the same as stomach ulcers in people! They more closely resemble human 'gastro-oesophageal reflux' disease and the clinical signs are the same: in people, chest pain/heartburn, irritability, poor appetite and failure to thrive; which can be a cause of girth shy, cold-backed, 'nappiness', sour attitude, behavioural problems, reduced appetite/picky eater, weight loss and poor performance.

2. Low-starch/sugar feed and stomach ulcers:

These too increase the risk of stomach ulcers and gut acidosis – and hence colic, hoof problems and laminitis. They also produce swings in blood sugar levels and gut pain from acid = performance problems and 'hot' behaviour. The majority of 'cool' low starch feeds are based on grain by-products such as millrun, bran and pollard which are all HIGH in starch and sugar. Jenquine all-4-feet® does not contain grains or by-products and is low in starch and sugar - making it suitable for horses with or at risk of stomach ulcers.



Table 1.			
Commercial Horse Feed*	Starch	Sugar	Non-structural carbohydrates (NSC)%
Jenquineall-4-feet® (laboratory analysis)	2.1	3	9.5
Stance wCoolStance	0.2	9.3	9.5
Omega Weight Gain	9.8	6.4	16.2
Stance GoStance	11.3	12.1	23.4
Barastoc Calm Performer	25.1	5.6	30.7
Mitavite Economix	23.2	8.3	31.5
Mitavite Xtra Cool	25.5	7.5	33
Mitavite Gumnuts	22.3	10.7	33
Horsepower Equestrian	26.7	6.7	33.4
Nutrifice Show and Competition	28.7	6.7	35.4
Weightlifter Calm	29.6	10.4	40
Mitavite Formula 3	28.5	13.7	42.2
Pryde's EasiResult	26.3	16.3	42.6
Barastoc Cool Command	37.4	6	43.4
Mi-Feed EasiRider Cool Mix	40.3	5.7	46
*Richards N (2008) Proc.Aust. Equine Sc. Symp., Vol 2:25 THE NON-STRUCTURAL CARBOHYDRATE CONTENT OF SOME COMMERCIALY AVAILABLE HORSE FEEDS IN AUSTRALIA			

Avoiding swings in blood glucose is especially important for pregnant mares, performance horses, creep feed, weanlings, youngsters less than 10 months old, horses with PPID, Cushings and weight issues, ageing horses, tying-up and PSSM,

Jenquine all-4-feet® is based on vegetable protein meals and oil-seeds and is low in starch and sugar (Table 1).



3. Good quality protein:

Regardless of discipline, age, work level or reproductive status, essential amino acids affect hoof integrity, work capacity, body composition (amount of muscle vs amount of fat), power-to-weight ratio, endurance and reproduction. Lucerne, soy meal and whey protein are all 'good quality' because they are high in lysine, methionine, threonine, leucine amino acids that build muscle, stamina, tendon strength, bone, red cells etc. Jenquine all-4-feet® has high quality protein enriched with free-form amino acids.

Table 2.	
Amount of feeds that can be replaced with 1 cup (250ml) of oil	
Oats	700g
Barley	600g
Corn	600g
Rice bran	450g
Flaxseed	600g
Commercial grain mix	630g

4. Oils especially those high in omega 3:

Adding oil to the diet provides benefits for all horses in terms of acidosis, arthritis, behaviour, coat, fertility, inflammation, immunity, PSSM, vaccination response, skin, temperament and tying up. And, oils also offer owners another tool to maintain body condition in horses that lose appetite when under the stress of training, competition and travelling.

Oil provides around 3 times as much energy as grains – so 330ml of oil provides the same amount of energy as 1kg of oats – but without the risk of 'hot' behaviour and hind-gut acidosis (Table 2).

Oils can also have a calming effect on excitable horses – including weanlings and those prone to tying-up. Reactions to loud noise and visual stimuli are reduced in horses on 10% oil diets; weanlings take less time to learn handling and working horses had less startle reactions when 11% of dietary energy was provided by oils.

So, which oils to choose? Most diets are based on cereal grains, which are rich in omega 6 oils. The natural, grazing, browsing horse has a diet based largely on grass and browsing forage which contain a much higher proportion of omega 3 oils. The PUFAs in corn, sunflower, safflower, soy and rice bran oil are mainly Omega 6, which tend to

Table 3.		
Omega 6 and Omega 3 levels in common feedstuffs		
Feedstuff	Omega 6 (gamma-linoleic acid)	Omega 3 (EPA/DHA/alpha-linolenic acid)
Grass (cold season C3)	3.8	8.2
Grass (warm season C4)	3.6	4.6
Lucerne hay	3.9	7.9
Canola meal	12.1	3.5
Barley	10	1
Flax seed	59	226
Linseed meal	2.1	7.3
Oats	23	1
Rice bran	71	3
Soy meal	5.9	1
Sunflower seeds	230	0.6
Canola oil	186	91
Coconut oil	18	0
Corn	532	12
Fish (salmon) oil	17	10
Linseed oil	127	533
Olive oil	98	7.6
Peanut oil	320	0
Rice bran oil	334	16
Soy oil	504	68
Sunflower oil	289	0.4

aggravate inflammation. Oils with a high level of Omega 3 fatty acids don't intensify inflammatory processes – in fact, they reduce them. Vegetable oils with higher concentrations of omega 3 fatty acids include linseed, flaxseed and fish oil (Table 3).

5. Vitamin E:

A powerful anti-oxidant and supports optimum performance and immune function - including improved colostral IgG for new foals and in older horses, response to vaccination. Most diets do not reach minimum recommended daily intakes. Jenquine all-4-feet® is high in vitamin E.

6. Biotin:

Although the healthy horse gut synthesizes most B-vitamins -including biotin- stress, travelling, competition and stabling can reduce production and increase requirements. Hooves and feet of many horses benefit from biotin with additional zinc and methionine that together promote hoof wall growth and integrity. When feeding Jenquine all-4-feet® at correct feeding rates, additional supplements are not required (except on veterinary advice).

7. Supplements:

Can cause clinical and sub-clinical problems (these can't be seen but do impact on health and performance): 60-77% of horse owners in Australia feed concentrate/ manufactured feeds plus up to five (and sometimes 10!) additional supplements. Risk of overlap and subclinical toxicity is high and many horses are being fed in excess of dietary requirements - with some excesses approaching maximum tolerable levels. Jenquine all-4-feet® means no



confusing spreadsheets and working out total daily amounts from multiple labels – it's all done for you.

It is a fundamental principle of nature that every horse and pony needs the same basic nutrients and the more they eat the more they take in.

The essential nutrients required are the same, but the amounts required vary with:

- age
- breed
- body weight
- clinical conditions
- exercise intensity
- growth
- reproductive status

These horses/ponies require the same nutrients but in larger amounts:

- horses in work
- spelling and growing horses,
- broodmares,
- breeding stallions,
- convalescing
- aged horses and ponies

Pregnant mares, growing and hard-working horses simply need to be fed more of the same nutrients to ensure that their increased requirements are met.

Jenquine all-4-feet® is a veterinary formula that has been tried and tested by many veterinarians and horse owners with amazing results, making it suitable for all horses at all ages, stages of life, work level, breed and equestrian disciplines.

It is both a feed replacer and balancer and is based on vegetable proteins, free-form amino acids, biotin, omega 3 oils and vitamin E. Jenquine all-4-feet® is not cooked or

heat-processed and contains no grains or by-products. It can be fed to all horses to balance any roughage/pasture/ grain-based diet.

Jenquine all-4-feet® removes the need for multiple supplements (except on veterinary advice) and the need to buy multiple different feeds for different horses.

Jenquine all-4-feet® is a concentrated feed that is ideal for ALL horses and ponies - and their feet. Based on diet analysis, it may replace, balance or remove the need to feed the following:

- Many manufactured feeds
- Balancers
- Amino Acid muscle builders
- Hoof supplements
- Omega 3 oil
- Tying up supplements

If you are currently paying for two or more of the above Jenquine all-4-feet® will save you money and you will know that your horse is getting everything they need – all you need to add is fibre and extra salt/oil/energy if needed. How easy is that?

More information and feeding guides are available on our website www.jenquine.com



Dr Jennifer Stewart specialises in Equine Clinical Nutrition, she has over 40 years experience as is currently the only practicing equine veterinarian and clinical nutritionist in Australia.

Dr Jen offers diet analyses that go beyond standard spreadsheet-based programs and minimum recommended intakes and standard feeding guides. They take into account recent veterinary and scientific studies, effects of growth, clinical conditions, performance problems etc and as well as the current diet.

If you would like a diet analysis by Dr Jennifer Stewart go to our website www.jenquine.com/store click on Equine Clinical Nutrition and fill in the form. You will receive a personalised diet analysis and a 1-on-1 phone consultation, undertaken and reported by Dr Jennifer Stewart.

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Vit E 4000mg
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- EQUINE GASTRIC ULCER SYNDROME -

GET A GOOD GUT FEELING

WHAT IS IT?

Horses stomachs are small and continuously secrete acid to digest food. Horses evolved from grazing pasture and nowadays most performance horses are not continuously grazing. This means their stomachs may not contain enough feed at all times to neutralise this acid, which may result in Equine Gastric Ulcer Syndrome.

In symptomatic horses signs may include; reduced appetite, difficulty maintaining their weight, recurrent colic, changes in behaviour, or more severe complications of duodenal structures and under-performance. Cribbing or wood chewing have also been linked to gastric ulceration, as increased saliva or inflation of the stomach may temporarily relieve irritation from gastric acids.

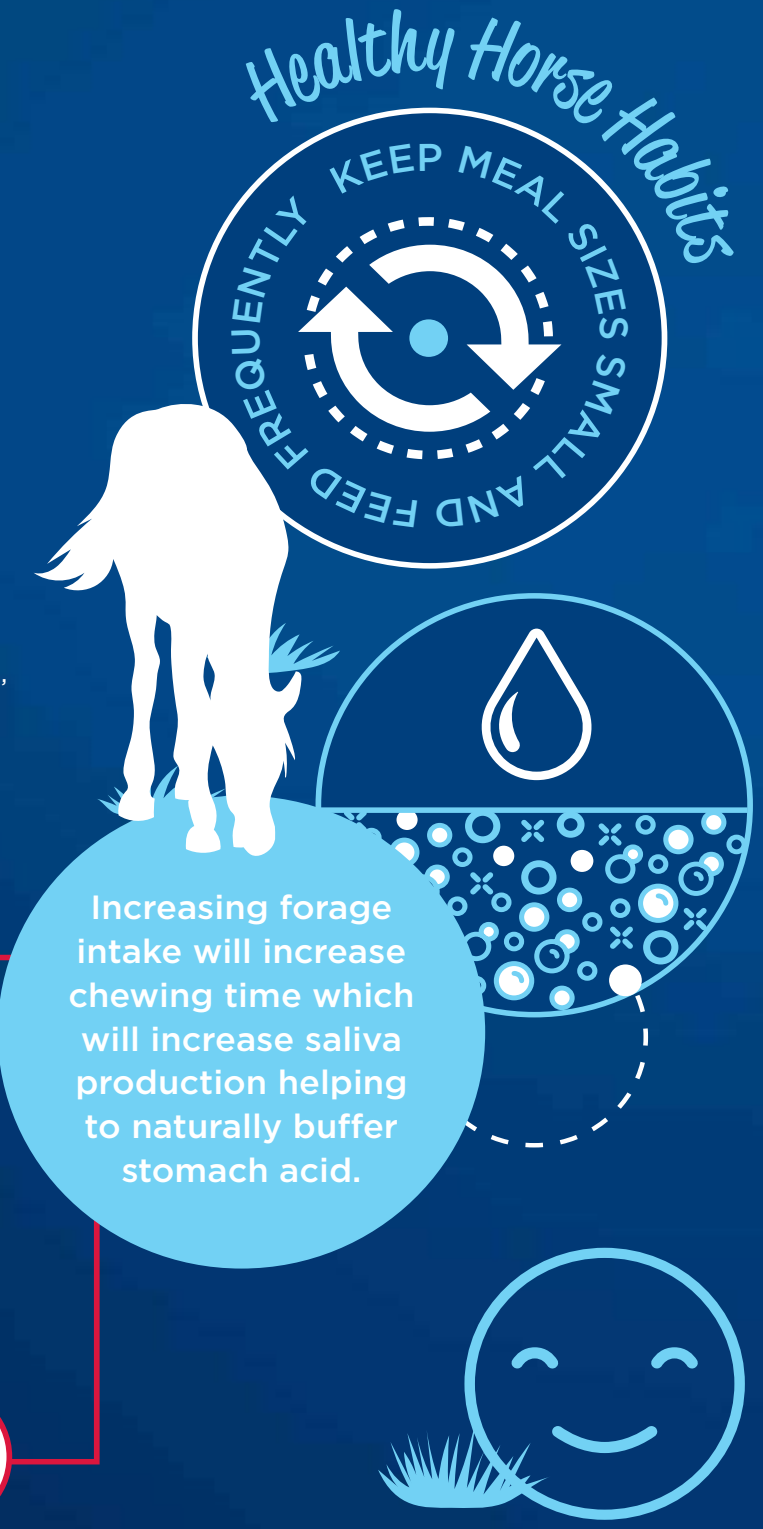
In the foal symptoms can include frequently lying on their back, reduced suckling, grinding of the teeth, excessive salivation and diarrhea.

IF YOU SUSPECT YOUR HORSE HAS ULCERS PLEASE CONSULT YOUR VET.

RISK FACTORS

There are many reasons why horses develop gastric ulceration. Some of the risk factors include confinement such as stabling, reduced pasture availability, reduced hay/roughage availability and increased grain feeding.

There are also some physical stressors such as intensive exercise, as well as NSAID (non-steroidal anti-inflammatory) use that may also contribute to gastric ulceration.



Increasing forage intake will increase chewing time which will increase saliva production helping to naturally buffer stomach acid.

Top tips for prevention

- ✓ Ideally provide conserved forage ad lib, but never less than 1.5% of bodyweight (dry matter) basis
- ✓ If appropriate (e.g. not laminitic) provide as much turnout time as possible, whilst monitoring the quality of the pasture
- ✓ Where possible take measures to reduce stress
- ✓ Adding chopped fibre to each meal can provide a fibre mat in the stomach which may be beneficial for buffering the acid in the stomach
- ✓ Ideally provide some fibre before any intense exercise is carried out to help reduce the risk of acid splashing on the non-glandular part of the stomach
- ✓ Make sure water is available at all times
- ✓ Avoid feeding straw as the sole forage source

MANAGEMENT

Suppressing the production of gastric acid has long been used successfully. While acid suppression does not contribute directly to healing, it does create an environment conducive for healing to occur. Feeding a diet that includes a natural equine antacid may contribute to the suppression of gastric acid.

Please note, feed management practices are designed to support the management of non-glandular ulcers. Please seek veterinary advice for the treatment/ management of glandular ulcers. PRODUCTS DO NOT TREAT OR CURE GASTRIC ULCERS.



horses come first



Ensuring your horse is fit enough to do the tasks you ask of it is an important element in reducing injury risk.

TOP TIPS FOR REDUCING INJURY RISK AND OPTIMISING INJURY RECOVERY



Words by Kristin Dean (Physiotherapist) - Equimotion

Exercise and Injury - Getting the dosage right!

When it comes to exercise prescription for injury rehab and improving performance, there is never one right exercise (despite what 'experts' on social media may tell us!) What is really important is getting the 'dosage' right.

Think of it as if exercise were a drug. A doctor/vet would never prescribe medication without providing you with the dosage. If the dosage is too low the medication will be ineffective, if the dosage is too high you risk making the patient sicker, or worse.

Exercise is the same. If the stress we place on the body is too low, it never adapts to tolerate higher loads. On the other hand, if the stress we place on the body is higher than it can tolerate, that's when injuries occur.

For example - if all you do is lift 1kg weights, you're never going to build the strength to lift 100kg! Conversely if you try and lift 100kg when you haven't adequately progressed your strength training in order to do that safely, you'll put more stress on your tissues than they can handle, and you'll put yourself at a high risk of developing an injury.

That all seems pretty self-explanatory right? Interestingly though in both humans and horses we see this imbalance occur frequently. People typically under load when it comes to injury rehabilitation and overload when it comes to training. And while injury risk and recovery are contingent on many different factors, this can be an important factor.

Exercise doesn't usually fail because you were given

the wrong exercises, but rather the wrong dosage for what you were trying to achieve. It's not the same for everyone and it should always be prescribed, making it important to work with professionals to help you get it right.

So how can we help to reduce the risk of injury in training and help to improve outcomes in injury rehab?

1. Reducing injury risk

Injuries will often occur if a person or horse are simply not strong or fit enough to do what we ask of them. Think of the horse that has an inconsistent training schedule but then is expected to compete at a high intensity 4 weeks in a row. The person that decides to run a 10km fun run but who has never run more than 1km once per week. Both the horse and runner may get through the event/s, but they are put at a higher risk of developing injury.

We also see overuse injuries occur frequently, again when we ask more of the body than it can tolerate. The dressage horse who is asked to spend hours per week working on highly collected movements, but who isn't physically strong enough to maintain that workload, is highly likely to suffer from injury. That's not saying it's wrong to work horses at a high intensity load. We want to get them training at high intensities, but only when they are strong and fit enough to do so.

So what can you do to minimise injury risk?

- Cross-train your horse.

If you're a dressage rider, spend some time out of the arena working on different surfaces, go on a hack, pop over a few small jumps. If you're a showjumper, make sure you spend some time in the arena doing some dressage. Just keep the workload similar, so your horse is working at a similar intensity as they would in your other sessions.

- Cross-train yourself!

So many riders do no other exercise other than ride. And while you do become a better rider by riding, research has shown that off-horse exercise can help improve rider strength and horse and rider performance.

- Consistency and progression

When you don't use it, you lose it! Just because you were running 10km 2 years ago doesn't mean you'll be able to pick up running that distance again straight away after a break. Same goes for our horses. Build workload up gradually, accepting that some weeks you can push harder and other weeks you may need to back off a little. Just make sure there is overall consistency. Research by Australian exercise physiologist Tim Gabbett has shown that athletes in a variety of sports are never more likely to get injured than when they abruptly increase their training

load, whereas maintaining a consistent training load will actually help to decrease risk of injury.

- Recovery and monitoring.

Have in place good recovery strategies for both yourself and your horse. Focus on nutrition and sleep patterns. Keep a training diary so you can monitor training loads and progressions.

2. Improving outcomes after injury

On the other end of the spectrum we see people are often too cautious when it comes to injury rehabilitation and exercise. We see horses that 'fail' in their recovery from injury but who spent months in a box and never progressed higher than low load exercises in their rehab. In that case there may not have been enough stress placed on the injured tissue to help it tolerate a full return to work.

Healing tissues, including bone, muscle, and ligaments, respond to loading. Recent research in humans has compared the effect of early rehabilitation (2 days post-injury) or delayed rehabilitation (9 days post-injury) in athletes with acute thigh and calf injuries. The study reported that earlier loading after an initial injury shortened the return to play time without increasing the risk of re-injury. If you've had an injury yourself and have

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putting the time in to follow a prescribed rehab program will lead to better outcomes than simply spelling your horse for a prolonged period when they are injured. Work with your vet and physio to decide if this is best for your horse and put in place the appropriate program to fit your goals.

- Set goals.

What outcome do you want to achieve? Are you aiming to get your horse back to pre-injury levels or just have them sound enough for the odd pleasure ride? This will greatly determine how your rehab plan should be structured.

- Progression and consistency.

We talked about this in the section above but it's so important, so we'll repeat it again! We often see in rehab programs humans and horses that aren't appropriately progressed. Rehab can be extremely frustrating, and you'll have some weeks where you feel like you're going backwards rather than forwards. This is normal, and we will need to continually re-assess and modify the workload where appropriate. The main thing is not to give up or stop moving forwards! Work with a professional who understands load management, exercise prescription, biomechanics and injury healing; and who is good at keeping you motivated!

Rehab is an integral part of injury recovery. Your vet and physiotherapist can help design a program appropriate for your horse. Rehab can include a variety of different exercises, such as hydrotherapy, poles and ground work.

seen a physiotherapist, you'll know that we encourage you to get moving as soon as possible. Even surgical patients who have had major surgery, such as a knee replacement, are made to get up and start putting weight through the new knee the day following their operation.

The days of putting people on bed rest after injury are long gone. We need to adjust the amount of load that we put on injured tissues, but as we discussed earlier, we want to start gradually loading the tissues to allow them to adapt and build strength. Our bodies aren't like a machine - they have the ability to adapt, heal and change. We shouldn't be scared of placing appropriate stress or load on them when we're injured.

In many cases we put our horses out to spell or rest for a period of time when they are injured, and then bring them back in within a time frame in which we expect that the injured tissue should be healed. We put them back into work but find that they are still not quite right. This may be because we have not encouraged adequate adaptation of the injured tissue by placing it under gradual load throughout the healing process.

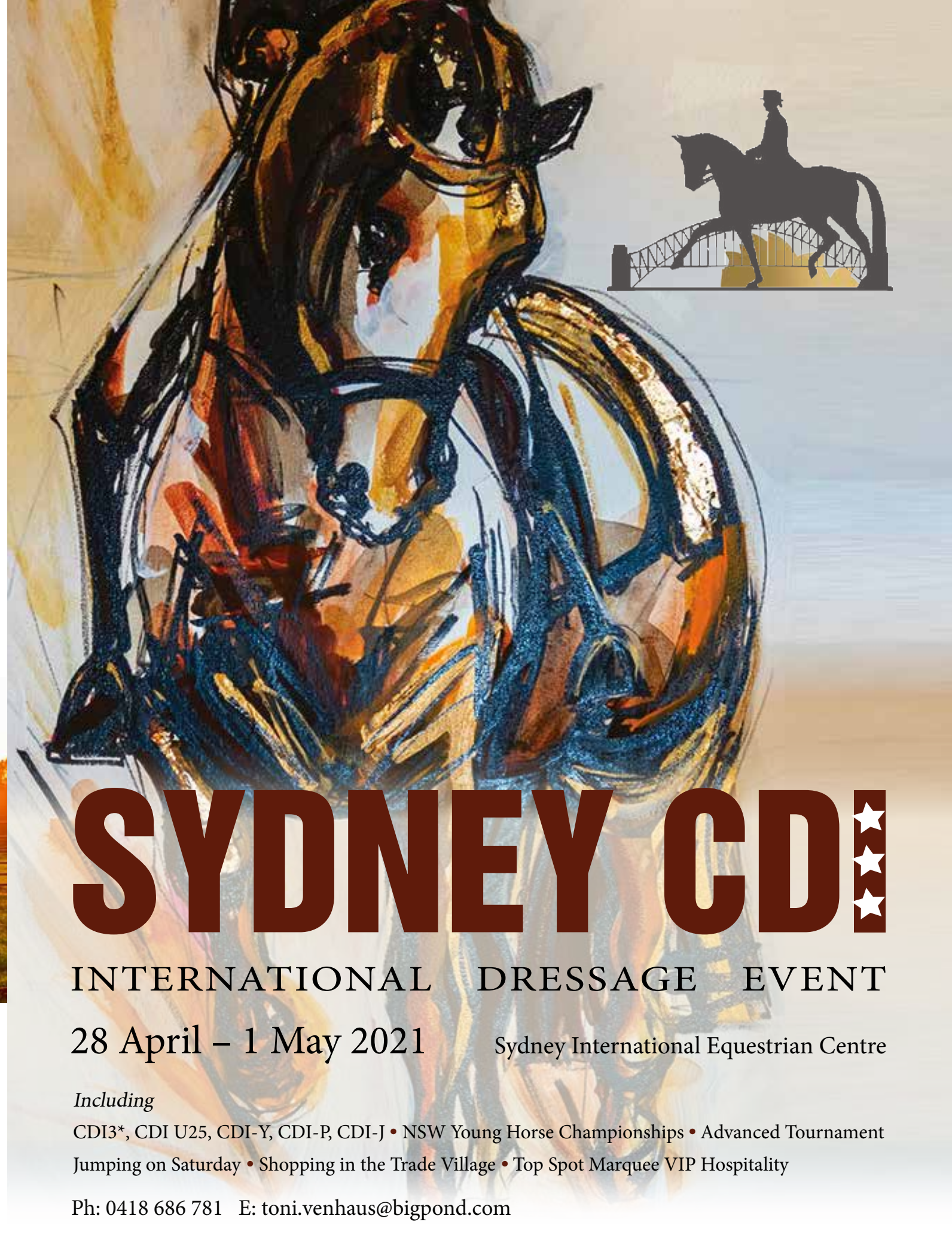
So what can you do to improve injury outcomes?

- Rehab

If you have the time and opportunity, consider if



Equimotion was founded by Emma Mathlin and Kristin Dean, experienced and passionate practitioners with qualifications in human & equine physiotherapy, exercise physiology & biomechanics.



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LAMINITIS

By Sophie Fletcher, Integral Equine Nutrition Veterinarian
Photos by Dave Taylor and Philippe Oursel



Spring is on the way and there are already reports of laminitis doing the rounds – but do you really understand this common and heartbreaking condition, and how to manage it?

Laminitis is defined as inflammation of the laminae in the hoof. Once the laminae becomes damaged it no longer holds the hoof wall and the pedal bone tightly together and the pedal bone can begin to rotate and sink in relation to the hoof, which can be mild or very severe. Laminitis has been recognised for a very long time – in fact we have records from as far back as 350BC that refer to ‘barley disease’! Despite this, we are still struggling to fully understand how and why it happens, how to treat it effectively and more importantly to prevent it occurring.

Typical acute cases present with the horse very sore in one or more feet, sometimes with the ‘classic laminitic stance’. Some horses will have a bounding digital pulse and hot feet, and obvious sensitivity in the toe to hoof testers. Chronic laminitis can be harder to see, however divergent

hoof rings and stretched white lines are a telltale sign, along with generally ‘sensitive feet’ (i.e. always sore after a trim).

Until relatively recently, most research about laminitis was focused towards a model of systemic inflammation, such as that caused by severe infection or grain overload (‘the pony got into the feed bin’ scenario). Mechanical causes such as concussion, ‘road founder’ and supporting limb laminitis were also reasonably well understood as in these cases the laminae is simply put under too much pressure. Neither of these theories really explain why ponies and horses often get laminitis from eating grass.

Now the latest information is suggesting that laminitis is not just a single disease, but a cluster of symptoms that are caused by multiple underlying causes,



otherwise known as a syndrome. Research now shows that up to 90% of laminitis is caused by endocrine (hormone) problems, with the most common ones being metabolic syndrome/insulin resistance, and Pituitary Pars Intermedia Dysfunction (PPID, also known as Cushing’s disease). In both of these metabolic states, the regulation of glucose and insulin is disturbed, which results in damage to the laminae. When glucose metabolism fails, it can result in unhealthy high levels of glucose and/or insulin in the blood, which cause damage to many body tissues, including the all important hoof laminae.

What causes this system to fail?

There are many factors, however we know genetics play a big role. Certain breeds of horses are adapted to harsh environments, where it was beneficial to store glucose as fat for hard winters, rather than use it up immediately as energy. These breeds are usually also able to extract a lot of energy out of their feed ‘good doers’. Management factors such as lack of exercise and inappropriate diets make this inherent problem worse, and in extreme situations can cause metabolic problems even in breeds not usually predisposed to it.

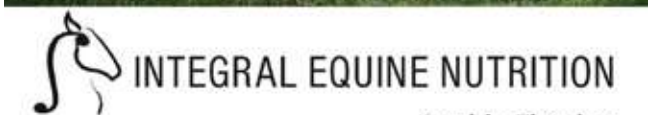
While we can’t control our horse’s genes, we can control diet and exercise – but where to start! It boils down to: high forage, low sugar and starch. But what does low sugar and starch mean exactly? This is where it can get confusing, as there are a few different terms used. Non-structural carbohydrates (NSC) is now an outdated term, however it is still used a lot. NSC refers to different types of carbohydrates - simple sugars, fructans and starches. Fructans are a form of sugar storage used mainly by cool climate grasses such as rye. They are rapidly fermented in the small intestine (in a similar way to starch) and may cause acidosis and laminitis as a result of bacterial die off. This theory was proposed before the link between metabolism and laminitis was understood, and it is now thought that fructans/gut dysbiosis are not a major cause of pasture laminitis. As such, many nutritionists do not consider fructans a high risk factor.

It is now possible to measure carbohydrates more precisely - ethanol soluble carbohydrates (ESC), water soluble carbohydrates (WSC) and starch. ESC are simple



sugars, while WSC includes simple sugars and fructans. With these categories we can tell exactly what is going on in the forage sample and how that might affect an insulin challenged horse. Current ‘safe’ recommendations are that ESC and starch combined need to be under 10% for horses at risk of laminitis.

During an acute laminitic episode, it is much too risky to have your horse out on pasture, as the sugars fluctuate constantly. Horses are grazers however, and must have access to forage, so instead they should be fed hay that has either been tested to be under 10% ESC+starch, or is soaked. A good guideline is to feed 2% of the horses bodyweight, while avoiding long periods without feed. Rhodes grass hay, teff hay and Lucerne hay are typically (but not always) lower in sugars and usually suitable for



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Growth stages in grass make a big difference in sugar levels.

laminities, although some can be sensitive to Lucerne. The absolute no-nos are any cereal hays, oaten, wheaten, barley can all be extremely high in sugars. Rye grass hay is also typically high, although there are some varieties being produced for low sugar hay – these will come with feed analysis. Meadow or grassy hay should be treated with caution, and fed only if tested or soaked.

Following an acute laminitic episode, we need to make sure the horse has optimal vitamins and minerals to aid in healing the hoof. Magnesium, copper, zinc and selenium are particularly important. When feeding only hay, some nutrients will be deficient in the diet – mostly this is vitamin E and omega 3 fatty acids. MSM is a good additional supplement that aids in strengthening the integrity of the hoof and is also a good anti-inflammatory so may provide some relief for the horse.

Ongoing management is very important once the horse has fully recovered, or with a horse that has a history or high risk of laminitis. Very sensitive horses may need to stay on the acute/emergency diet permanently, but in the long term it can be possible to allow controlled grazing – fresh plant material really is the best feed for horses! This must be done very carefully, starting with short periods and observing your horse very carefully to see what it can handle.

Ideally pasture should be tested, across seasons and weather conditions to see how it behaves and how much sugar it might typically store. The safest time (although not very practical!) to graze is between around 3am and midday. It is generally safer to allow laminitic prone horses to graze in the morning. This is because the plants spend all day in the sunshine producing sugars via

photosynthesis, and overnight uses them up to grow – resulting in sugar lower stores in the morning.

Similarly, growth stage of the grass makes a big difference in sugar levels – we want the grass to be rapidly using, not storing, it's sugar. Short, barely growing grass, as you often see in the 'jenny craig' paddock is usually stressed and sitting around accumulating sugar until it has better conditions to grow – this produces grass that is much higher in sugar, and not a good idea to graze. Grass that looks lush and is growing in front of your eyes – in the elongation phase – is using up sugar to grow bigger, and will actually usually be lower in sugar. The other safer period to graze is once the grass has fully matured and dropped its seed – all the sugars have gone into the seeds and all you have left is very fibrous stalks – ideal feed for laminities (if they will eat it!).

After ensuring that the forage foundation of the diet is correct, the next biggest hurdle is not nutrition, but exercise.

Exercise aids with weight loss which lowers laminitis risk and improves health, but it also directly effects insulin use, improving metabolism so it's a win-win situation. Any exercise is better than none, even 15-20 minutes of hand walking (if the horse is not sore) is beneficial, although higher intensity exercise such as increasing time spent at trot/canter and using hills and poles to burn more energy (as the horse's fitness permits) will reap even better results.



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We have many varied options, but the sweet spot is the horses are all happy here. It is all about the horses whether it be a dressage horse, race horse spelling, weekend trail horse or your endurance, event or show jumper they all settle in quickly and love the valley environment.



Spelling

*over 2020 Summer... look no further!
60 minutes CBD, 20 minutes to Dural*

We have electric fences with mesh and shelters, we have post and rail with shelters, we have full electric tape paddocks with shelters and a 100% race surrounds so that your horse does not interact with others. There are many options.

We have a very natural environment - a large river flat with all the amenities required for individual horse care. As the hussle and bussle of Sydney life passes us by we seem to be in our own bubble of bliss.

With 24/7 management it's all about the horses.... ring us and book your horse a Summer Spell and we guarantee you will be back next year. Limited vacancies for Summer 2020 available.



Turingal Park, Cattai. NSW. Tel: 0401783434

August Pony Club NSW Rider



Pony Club NSW and Equestrian News are pleased to announce that Equine Pure Delights and Giddy-Up Girl are sponsoring the Pony Club NSW Rider Profile of the Month Competition!

To enter, simply answer the questions on our website at www.pcansw.org.au/media/competitions and email to marketing@pcansw.org.au - and don't forget to include high quality photos of you and your horse!

Every month one lucky entrant will be chosen to win amazing prizes from Equine Pure Delights and Giddy-Up Girl valued at over \$100 and Equestrian News Saddlecloth and have their profile featured in the Equestrian News Magazines and the Pony Club NSW State Newsletter!



Every rider of the month receives an embroidered saddle cloth!



Chloe Dwyer
Age 24

Pony Club: Bellinger River
Discipline: Show Riding, and Dressage
Horse's Name: Confidential and Elite

How many years have you been riding horses?

I first started riding at the age of 3 and am nearly 25, so close to 22 years.



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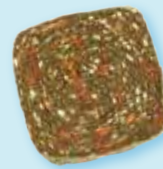


AUSTRALIA'S *New* PREMIUM HORSE TREATS

Apple & Cinnamon



Carrot & Mint



Peppermint & Spinach



equinepure.com.au

Favourites

Favourite Food? Sushi all the way.

Pony, Galloway or Hack? Hack.

Favourite Animal? Meerkats!

Favourite Movie? The Kissing Booth

Favourite thing to do when not riding? Hang out with friends and cook.

Tell us your most memorable horse or riding story?

When I rode at Emmas Hack Championships in 2017, I was very lucky to place either champion or runner up in nearly every class and then to go on to win the Open Small Hack title was just a dream come true. I couldn't have asked anymore from Alby that day, I was very lucky to have won some amazing prizes, two champion rugs and a garland. I remember when they called my number out that I had won and I was in tears. An amazing day I will never forget!

What are some of your recent achievements (both pony club and open events)?

It was hard to cut the list down but these are some recent that I am particularly proud of.

- Placing in classes at State Showriding PCA NSW 2015, 2016, 2017, 2019
- 2019 State Showriding PCA NSW – 1st Associate Handler, Associate team of fours, associate pairs, 2nd Hack and team of hacks.
- 2019 State Dressage PCA NSW 1st Associate 2.3 and part of the champion zone team.
- 2019 Macksville Show Champion Adult Rider and Champion District Rider.
- 2019 Bellinger Show Champion Off the track
- 2019 Zone 9 Jamboree 1st Associate 3.1 Dressage
- 2019 SHC Tamworth Hack Championships Top 10 Adult rider 21 under 30
- 2019 Thoroughbred Spring Fair, Champion Ridden Veteran

What do you want to be when you're older?

I already feel quite old as this is my final year of Pony Club. In 2018 I completed my Bachelor of Arts/Bachelor of Education Early Childhood and Primary Teaching. Since finishing I have worked at a number of schools as a relief teacher.

EQUINE PURE
Delights
Treats for Horses



Tell us about your all-time favourite horse (name, colour, height, talents, personality, funny habits, etc.)

I love the idea of a black 16hh hack with four socks and small blaze, however my all-time favourite horse is already with me. I love my horse Alby, he is black/brown 15.3hh Thoroughbred from New Zealand. He loves attention however can be very cheeky 99% of the time. He always keeps me on my toes and gives me a good laugh with some of the things he does.



Who inspires you in the equestrian world and why?

I would have to say Jess Stones. She is a very talented rider being able to ride a number of lovely horses in the hack ring then be able to jump the way she does.



September Pony Club NSW Rider



Pony Club NSW and Equestrian News are pleased to announce that Equine Pure Delights and Giddy-Up Girl are sponsoring the Pony Club NSW Rider Profile of the Month Competition!

To enter, simply answer the questions on our website at www.pcansw.org.au/media/competitions and email to marketing@pcansw.org.au - and don't forget to include high quality photos of you and your horse!

Every month one lucky entrant will be chosen to win amazing prizes from Equine Pure Delights and Giddy-Up Girl valued at over \$100 and Equestrian News Saddlecloth and have their profile featured in the Equestrian News Magazines and the Pony Club NSW State Newsletter!



Every rider of the month receives an embroidered saddle cloth!



Pony Club: Jenko Sutherland Shire
Discipline: Showjumping, Eventing and Mounted Games
Horse's Names: Heidi, Ipso Facto

Charlotte Rose Wells
Age 16

How many years have you been riding horses?

I started riding horses when I was 6 years old at a riding ranch, though due to a bad fall it turned me off the sport for a few years.



Favourites

Favourite Food? Sushi

Pony, Galloway or Hack? Hacks because of their big strides.

Favourite Animal? Dogs, cats and horses of course!

Favourite Movie? Underwater

Favourite thing to do when not riding? I enjoy taking photos at different horse events, and not only capture the riding moments but the moments that happen behind the scenes.

Tell us your most memorable horse or riding story?

My most memorable riding story with Heidi is when we competed in our first eventing competition in Eva60 at Berrima Horse Trails 2018. Once we went over the last jump I burst into tears. Heidi, a horse I trained to event myself, handled her first event like a champ. We ended up placing 2nd in a competitive field of 30 riders.

At the 2019 National Pony Club Championships, I was up in the stands watching the Australian rider Kaitlin Goss who was partnered up with Ipso Facto. They were competing in their first round of the PC International Showjumping Competition. I was watching the whole round while holding my breath, the crowd was so quiet, all you could hear was Ipso's hooves echoing off the arena walls. As we all watched him cruise around the course with the crazy atmosphere surrounding the pair, Kaitlin and Ipso handled it like champions going clear like they were schooling on their own in the home paddock. I couldn't be prouder of Ipso jumping beautifully with his very talented rider Kaitlin. It surely was one of those proud mum moments haha (:

What are some of your recent achievements (both pony club and open events)?

I was selected to train ex-racehorses to jump for the 2019 Pony Club Nationals competition pool horses for the French and Chinese riders competing against the Australian team in the 'International Showjumping Challenge'. I got to train the horses, along with other NSW riders to jump B grade, while making them confident jumpers. We took the horses cross country schooling, showjumping training days, and competitions.

I was also a part of the State NSW Mounted Games Squad in 2019 and for 2020 with my horse Heidi. We competed in the 2018 and 2019 NSW State Mounted Games. I am also a member of the Pony Club NSW Junior Committee.

EQUINE PURE
Delights
Treats for Horses



What do you want to be when you're older?

When I'm older I aspire to be an international rider in showjumping and eventually compete in the FEI showjumping at the Olympics. Though, my goal for the next year is to qualify for the 2021 Pony Club National Competition with Ipso Facto for Showjumping.

Tell us about your all-time favourite horse (name, colour, height, talents, personality, funny habits, etc.)

Heidi is a black, 14-year-old Australian Stock Horse mare who stands at 16hh. I've owned her for 3 years and we have taught each other so much in that short amount of time. Like a big cat, she only wants attention and cuddles when she wants it and when she doesn't want attention... she'll let you know haha. Heidi's funny habit is when she drinks water, she holds the water in her mouth and plays with it with her tongue sticking out.

Ipso is a black/brown, 5-year-old 15.3hh off-the-track Thoroughbred gelding. I've owned him for 10 months, though I have known him and ridden him for over a year and a half and he is the most interesting character you will ever meet. Ipso's funny habit would have to be the crazy expressions he pulls, making it easy for us to understand what he wants, and when he wants it.

Who inspires you in the equestrian world and why?

Edwina Tops-Alexander inspires me the most in the equestrian world because of the drive she has for the sport she loves (showjumping). Only months after giving birth to her firstborn she was back into the sport, showing that she can have the best of both worlds. She is also the main Australian showjumper competing in the Longines World Cup Showjumping Competition, and I would like to eventually get to her level and be producing and competing top-level showjumpers for international competitions just like her.



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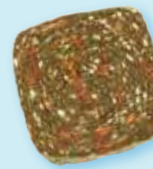
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CANCELLATION OF STATE CHAMPIONSHIPS

It is with enormous regret that Pony Club Association NSW advises of its decision to cancel all 2020 State Championships.

PCANSW had hoped to follow the revised schedule for 2020 to maintain an air of positivity for our sport, regrettably the time has come for us to concede that this is not possible.

PCANSW have participated in a number of all-sport briefings with the NSW Government to receive the latest information from NSW Health and the Acting Minister of Sport. The advice at the last meeting was to 'avoid large, inter-regional championships'.

On Monday 17th August 2020, PCANSW received the advice of before the advice of the Chief Medical Officer, Dr Kerry Chant, which requested that all community sport organisations cease any activities that result in overnight stays due to increased risk of COVID transmission in these situations for a period of six (6) weeks commencing 19th August 2020.

Three of the re-scheduled State Championship events fell within the six-week period to the which restrictions currently apply, with further events scheduled to occur with the 4 weeks following on from the current restriction. Acknowledging that this is a dynamic situation and

recognising that the present restrictions are likely to be extended further, it was felt that the appropriate response would be to cancel all State Championship events for the remainder of 2020.

This decision has not been made lightly as PCANSW recognises the broader responsibility we have to contribute positively to stop the transmission of COVID within NSW.

PCANSW would like to recognise the enormous effort that goes into the planning and preparation of these events for organising committees, volunteers, competitors, and families. We understand that there will be disappointment because of this decision, however, it was felt that members would benefit most from clear directives for the remainder of 2020.

2020 has been a year that none of us will forget in a hurry, with drought, fires, flood and now COVID so affecting some many of our members, and now the cancellation of State Championships. PCANSW will now re-focus our activities towards providing further training and development opportunities for members for the balance of the year and planning for 2021.



Merriwa Pony Club

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Sebring, Sire of the Month, standing at Widden Stud.

BREEDING TRAVEL GUIDELINES RE COVID 19

Mr Stuart Lamont, President - Thoroughbred Breeders NSW on Behalf of the Directors and Executive
www.tbnsw.com.au

With the 2020 covering season beginning, we are all grateful the Australian thoroughbred breeding industry is operating fairly consistently.

We are also thankful our mares are currently still able to travel across borders during the breeding season.

With this in mind, Thoroughbred Breeders' NSW wants to encourage the use of professional equine transporters for interstate mare movements, ensuring we can continue to operate safely and help stop the spread of COVID-19.

At present it is still possible to obtain individual travel permits, however there is no guarantee that the rapidly evolving regulations won't change. It makes sense for breeders and business operators to avoid any chance of an unexpected quarantine or a heavy fine when crossing borders.

Should you choose to transport your own horses please plan ahead and check the most current NSW Government regulation link for interstate updates and for travelling within NSW, most importantly please confirm the COVID safety plan of the stud farm you plan to send your mare to.

In addition to border entry permits, the state government has advised you will need a COVID Safety Plan. You can download a simple template from the link below:
NSW Government COVID Safety Plan - Agriculture
<https://www.nsw.gov.au/covid-19/industry-guidelines/agriculture>

While NSW studs are adhering to government regulations and the guidelines, we highly recommend for

the health and safety of all involved that the interstate transport of mares is carried out by reputable equine transport companies.

Our selected partner, Goldners Transport has a no-contact policy between interstate drivers and having depots in NSW, Victoria, South Australia and Queensland, trailers are easily and safely exchanged at the borders. On the back of university studies on equine health and well-being during transport, Goldners fleet of new and updated trucks are fitted with the most sophisticated safety measures, providing the best-practice for the movement of all horses (particularly mares and foals). For more information about Goldners interstate transport services please contact movements@goldners.com.au, for insurance requirements during transport please contact HQ Insurance.

We applaud the stud farms in NSW for also encouraging this recommendation, having implemented strict COVID-19 protocols from the onset and working together to ensure our states breeding industry remains operational. We also thank those farms offering reduced short-term agistment rates for mares requiring interstate transport services this season.

As per the previous email on August 11, Thoroughbred Breeders' Australia's protocols were developed to assist breeders at their properties to plan for the coming months. For best practice guideline on-farm please send out this or your farms COVID plan information to your clients.

Walk-On Guidelines:

All forms must be completed beforehand and preferably sent electronically.
Hand sanitiser must be provided and used by all visitors.
Studs to keep records of all people visiting their properties including those walking-on mares (this can be done electronically or via a paper record).
People walking-on mares should aim to be contactless or at the minimum limit their contact with stallion farm staff.
Stallion farms may ask those coming with a walk-on mare

to remain in the vehicle and have their staff unload and handle the mare. In which case, you must ensure the use of Personal Protective Equipment (masks) and ensure the sanitation of equipment and handles on the truck/trailer. Alternately, farms may ask those coming with mares to unload the mare and put her in a stable or walk-in yard and remove the head collar.

Where possible farms should set aside a toilet for visitors-only use.

Included below is the link to COVID Industry Guidelines produced earlier this year. Although the situation has evolved significantly over the past few months, there is still plenty of relevant information in the document and we hope it provides a handy refresher.

<https://tinyurl.com/yyy47fyj>

"The message from state governments has been very clear, that breeding is an essential activity and moving a mare between states to be covered is also an essential operational activity," says TBA chief executive, Tom Reilly.

"But I would urge breeders, especially if they are moving horses themselves, to look at the application process for the permit they will need, to travel and return from interstate."

The guidelines above are recommendations only and given the rapidly changing situation, the consideration of using specialised transport services should be considered as the best practice for this year's breeding season.

This ensures the NSW thoroughbred breeding industry is taking all precautions to keep our industry thriving during these uncertain times. To find out more: NSW Border Restrictions - What You Can And Can't Do
<https://tinyurl.com/y2jtdt7>

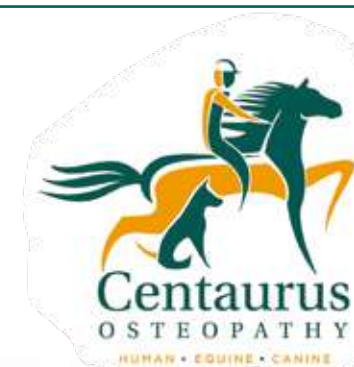
A full list of all stallions standing in the New South Wales can be viewed on our website
www.tbnsw.com.au/stallions

We hope this information helps keep your stud staff and yourselves healthy and safe during the current breeding season.

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TRANSPORTING HORSES IN NSW

Are you aware of the regulations governing the movement of horses into and within NSW?
Australian Government Local Land Services Information



Horses moving into NSW from other states must meet the state of origin's requirements until entering NSW and NSW requirements once in NSW.

These requirements have been in existence for a number of years and are not in response to COVID 19.

If you are considering moving a horse within NSW during the COVID 19 pandemic, have you reviewed current COVID 19 advice from the Australian Government <https://www.australia.gov.au/> and reputable sources such as Equestrian NSW? <https://www.nsw.equestrian.org.au/news>

NSW police may monitor travel around the state and can request necessary documentation for the transportation of livestock, including horses.

Horse owners who intend to transport horses within NSW require a Transported Stock Statement (TSS). These can be obtained from Local Land Services (fees apply).

The only exceptions to the TSS requirement are when the horse is:

- travelling interstate and their journey deviates less than 30 km into NSW
- travelling across a public road from one part of a property to another
- being transported for veterinary treatment

- being transported to or from a show, exhibition, gymkhana or other event

- being transported for work.

Horse owners must also keep a record of the Property Identification Code (PIC) of the property the horse is travelling to and from, including agistment properties. Find out how to apply for a PIC here (fees apply): <https://www.lls.nsw.gov.au/i-want-to/apply-for-a-property-identification-code>

Contact us to talk about how to obtain a TSS book or how to apply for a PIC.

Our offices are open by appointment only at the present so the best way to contact us is to call 1300 795 299 or fill out our online enquiry form here:

<https://www.lls.nsw.gov.au/i-want-to/contact-my-local-office>

Read more about transporting horses here:

<https://www.lls.nsw.gov.au/help-and-advice/livestock-health-and-production/moving-and-selling-livestock>

Our frequently asked questions pdf is here:

https://www.lls.nsw.gov.au/_data/assets/pdf_file/0011/1216793/Transporting-horses-in-NSW-FAQs.pdf#Transporting%20horses%20in%20NSW%20FAQs

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IT'S AN APOTHECARY LIFE...

Do you know why a toilet is referred to as a 'crapper'? American soldiers called it that as Thomas Crapper was the man behind the brand name of the flushing toilets in the late 19th century, and while he didn't invent the toilet he did develop the ballcock. Surprisingly, the flush toilet goes back as far as 26th century BC, they were found in most houses in cities occupied by the Indus Valley Civilization... in 1596 a flush toilet was invented for Queen Elizabeth 1 by her godson, it used a two foot bowl and was fed by water from an upstairs cistern, since it also used 7.5 gallons of water which had to travel down through the castle to her to her she didn't like to use it as it was too noisy...



Photo: Sarah Hargrove Photography

I have a background in antiques, publishing and small business, so when I became a covid casualty it seemed a natural thing to turn my passion for apothecary into a business.

I am based on the Northern Beaches, I live with my long suffering, tested on husband, two gorgeous Arab horses, two dogs, a rescue cat, chickens and my rescue free range indoor rabbit who is extremely sassy. I work with horses and firmly believe in the restorative power of essential oils and herbs, and folklore handed down, one of my horses for example is doing really well on green lipped mussel which was recommended by an old cowboy.



Rainbow Unicorn Fizzing Bath Drops.

charcoal on his face (the Moon) and makes his own path across the sky". I look at the stars now and think about someone snoring!

I make everything at home using all natural ingredients and recipes. I love it! I started with the whipped soap, which is so light and fluffy, it's like using putting your hand in loads of tight little bubbles, it's all moisturising and smells lovely. I use everything I make myself and my husband, who is not known for his observation skills, is my best oblivious guinea pig. If he comes out of the shower, where I have secretly stashed a shower steamer, and remarks that the shower smelt nice, then I know I have a good thing. He even remarked how good the bathroom smelt when I started making the Fizz-a-Loo's, however, he then enjoyed using those so much that I had to take the container out of the bathroom and ration him! Fizz-a-Loo's are full of eucalyptus essential oils. 'Eucalyptus', meaning "well-concealed" comes from the Greek words eu "well" and kaluptos "conceal" and is used for protection, purification, and health. Perfect for the bathroom! These little balls of goodness clean your loo for you! It's true! They bubble, they fizz and they clean...they are all natural and safe for septic systems. - no one ever wants to clean the toilets at the stables but the Fizz-a-Loo's solve that issue and all arguments!

I regularly update my website and have the history or interesting snippets on each item so you can choose what will work best for you, and I am happy to work with you to create gift packs that suit the person they are going to... I want to bring the magick back into peoples lives so they feel special and happy, as fundamentally isn't that how we all want to feel?

I have always been curious and absolutely LOVE the various meanings of things, what cultures and tribes used different things for, the history behind why things are used, hung, buried... such as the different scents and colours and their protective/healing properties. I love that everything has a reason and a purpose and that's why I create. The folklore is also magic, there is something for everything... I make celestial shower steamers, my favourite tale is about the sun and the moon is... "back when the sky was completely dark, there was a chief with two sons; a younger son, One Who Walks All Over the Sky, and an older son, Walking About Early. The younger son was sad to see the sky always so dark, so he made a mask out of wood and pitch (the Sun) and lit it on fire. Each day he travels across the sky. At night he sleeps below the horizon and when he snores sparks fly from the mask and make the stars. The older brother became jealous. To impress their father he smeared fat and

charcoal

Did you also know that the ancient Greek women would go to bed with a mixture of bread and milk spread over their bodies to moisturise as they slept? Or that cold cream was created in 200BC by a Romany physician and was called cold cream as that is how it made your skin feel? Cleopatra was known for using olive oil and sesame oil on her skin to keep her youthful looks... As someone who is besotted with, and works for horses, I needed to do something for my hands and my friends who complain about the state of theirs so I made some Hand-y Moisture Shots (get it handy and for your hands...). My husband even noticed my hands felt less leathery, that left me almost (but not quite) speechless! They aren't made of olive and sesame oils but they are all natural and a tiny bit will make a huge difference.



Unicorn Fizz-a-Loo

CHRISTINE'S APOTHECARY

Adding some magick.. all natural, all handmade.

As a recent covid casualty my hobby has become my business, and now I create all natural, handmade products to order, for you!

...Plus! I ship Australia wide and with free postage over \$60.



Fizz-a-Loo - cleans your bowl, drop a couple in, let them fizz and leave them be, they will clean and leave it smelling lovely; \$12 for 15 drops.



Wicked Wicks - Mosaic soy custom candles, scents and colours, 36 hour burn; \$22 each.



Hand-y Moisture Shots - non greasy, quick absorbing, all natural hand balm, a tiny bit goes a long way! Infused with essential oils; \$12 each.



Bath Salts - traditional, fizzing and baked. Lavender or your choice of essential oils; \$15 each.



Minty Magick Lip Balm - non greasy, absorbing, moisturising, smooth lip balm; \$6.



Shower Steamers - pop on the floor for an aromatherapy experience. They fizz and release essential oils; \$5 each.



Celestial Shower Steamers - your choice of colour or scent, pop in the shower for the aromatherapy experience as they fizz away releasing essential oils; \$6 each.

WHAT THEY SAY...

I love my hand balm; I used the tiniest amount and it covered my hands beautifully, and they are so moisturised... Whatever you do, do not change this recipe. It is perfect! EA.

Oh! My candle... The smell is heavenly. And the container is beautiful. SC. The Fizz-a-Loos! I need lots more. Easy, sparkling, nice smelling toilets, who'd have thought! NF.

Those bath salts are divine, we need more... CF.

The shower steamer is delicious. I put it in a bowl on a shelf in the shower instead of the floor because I want it to last longer. Smells so good. SE.

The candle has made my house smell just gorgeous! MB.

The products are so good. Hard to pick a favourite, but I have never had such good lip balm. BE.



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In memory of a life dedicated to the Australian Thoroughbred **THE LES YOUNG WRITERS AWARD**

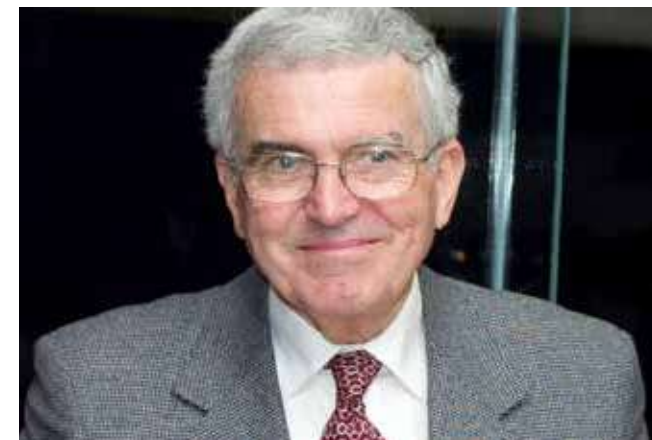
Thoroughbred Breeders of NSW

Leslie 'Les' Young dedicated his life to the Australian thoroughbred, his passion ran deep within him from a very young age. His sudden death in December 2019 saddened the industry with a feeling of disbelief, that our pedigree stalwart was no longer around.

The NSW breeding and racing community was lucky to have Les as part of the state's journalist team. A highly regarded writer he captured many great stories with

his encyclopedic knowledge of the thoroughbred, his articles were portrayed with honesty and integrity while Les retained a huge loyalty towards his state's greatest champions.

Thoroughbred Breeders' NSW President and board are proud to announce, 'The Les Young Writers' Award' acknowledging not only Les's passion for the horses, but also for the people of our great industry who quite literally became his 'family.'



Les Young

Les was ever encouraging and humble to younger generations and newcomers to the breeding industry, offering advice and knowledge generously to anyone who was keen to learn more.

TBNSW's board feels, 'The Les Young Award' is a great way to honor Les Young and keep his passion alive, continue his legacy of encouraging aspiring journalists.

Amateur writers who share Les's passion for the industry are invited to write articles about the NSW thoroughbred, articles will be selected by the TBNSW board for publication in the quarterly NSW Breeders' Update Magazine, on TBNSW website and shared through social media.

This annual award is open to anyone interested in the thoroughbred to submit articles year-round, whether they work in the industry or are a hobbyist breeder, owner or trainer, we welcome you to join in and share your passion.

In September at the NSW Breeders' Awards, finalists will be announced with the winner receiving \$500, and a perpetual trophy that will carry the names of each year's winners and honouring the memory of one of Australia's best bloodstock journalists.

To submit your article, please email **media@tbnsw.com.au** or contact our office for more details **(02) 5504 3818**.

Chronicles of Les Young's articles and stories are being uploaded onto a library on the TBNSW website, where you'll find a wealth of knowledge to inspire you to write about the horses and people who make you love our wonderful industry.

Les Young and Arthur Inglis



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