

EXTENSIONS

SOUTH COAST EQUESTRIAN CLUB INC NEWSLETTER

January 2013

From the President January 2013

Welcome to the first newsletter from SCEC for 2013. I'm back again ... at our AGM the other day, I was fortunate enough (I think !!) to be re-elected as President for another year, and lets hope we have another good year !! The majority of rest of the committee have also retained their places, although Deidre has stepped down this year and as new additions we sincerely welcome Amanda Whittall and Terry Davis to the committee. I'm sure you will all join me in welcoming in all the new committee, and thanking them for taking on the role ... the existence of SCEC would not be possible without the (sometimes substantive) commitment of these people. Your committee members contact details are listed in this newsletter and on our website, please feel free to contact any one of us if you have ideas or issues you wish to share.

To begin the year we are holding a Training Day on Sunday 17 February, two weeks before the first comp for the year on Sunday 3 March. Details for both these events can be found in this newsletter. Don't forget SCEC

have gone online – entry to our competitions is via www.globalentriesonline.com.au ... and both are available to enter now.

Running competition days requires input from many people ... and we ask that all our members volunteer to help with one task or another as often as they possibly can, especially on competition days ... helping set up the grounds, penciling, collecting tests are just some of the myriad of tasks that we need help with. This year, we'll be especially encouraging the juniors to have a go at penciling ... sitting with a judge and seeing how tests flow from their perspective is a great experience and can help a rider finesse the riding of their own tests to ensure the best possible reception from the judge. So please don't be backward in coming forward and offering to help with whatever you can.

This year SCEC committee meetings will be held on the Tuesday a week and a half before each comp – that is, the committee will meet 6 times during the year (and probably an extra at the end of the year to sort out HOTY/point score etc), rather than each month. All members are welcome and we encourage anyone who

may have ideas, suggestions or just a general interest in what's going on to come along. The next meeting is on Tuesday 19 February at 7.30pm at the Aviator Lounge, Albion Park Airport.

Finally, in my role as President, happy riding, and I look forward to talking, working and riding with many of you over the next year.

**Frances Simmonds
President**

**SCEC
Training Day
17th
February**

**Online entries on
www.globalentriesonline.com.au**



The entire SCEC family would like to say a big THANK YOU to our wonderful and hard working President Frances Simmonds. Your tireless dedication to our club is very much appreciated.

**Next
Competition**

3rd March, 2013

**Online entries on
www.globalentriesonline.com.au**

**close
15th February**

**Please be advised that the new
Preperatory tests will be used at
SCEC competiotions in 2013.
Copies available on our website.**

2013 SCEC Committee

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Amanda Whittall

Terry Davis

Summer Founder

Many horse and pony owners start to relax once the spring grass is grazed off, or the grass dries off in the pasture in mid to late summer and autumn. They believe that the threat of founder is over as summer heats up with little regular rain. However, at this time of year there is a potential new risk referred to as 'summer founder'. This is most likely in horses and ponies which are 'good doers' and are in heavy condition. The risk is increased when horses graze plentiful dry perennial ryegrass and other good quality grass based pastures 24/7, with little regular exercise.

The underlying cause is the high intake of soluble sugars in the dying, dry grass. Green spring and early summer grass starts to dry off as rainfall becomes less regular in the early summer to autumn months in many areas. The present hot, dry summer conditions in Southern Australia hasten this process. The grass plants become stressed as there is little moisture in the soil. Even if there are a few light showers of rain or a heavy dew, the heat of summer can dry the moisture from the soil surface layers within a few hours. Eventually, the top 30 cm of soil dries out and subsoil moisture is reduced. The grass cannot take up and store enough water to survive. When a grass plant begins to dry off and wilt as it dies, the soluble sugar compounds produced in its leaves and stems are moved down the stems into the base as the plant dries off.

In fact, the concentration of sugars is normally highest in the lower stems because plants store 'food' there so that grazing animals cannot 'steal' their energy supply. As horses graze close to the ground, they are more likely to eat the high sugar plant bases. The leaves dry or fall off and stems eventually collapse, leaving the base of the plant which is high in soluble sugars. In grass, this is thought to allow the plant to reshoot after a soaking rain so that it can continue from season to season. The plant stores the sugars in its base just above the ground and becomes very sweet to the taste. Grazing horses and ponies love to eat sweet grass and quickly find the sugary grass base. The moisture content of the dried off plant is low, so all the nutrients, especially the sugars, are concentrated.

A horse left out to graze 24/7 is able to consume 40% of its energy need in the first 3-4 hours in the evening and after dark as it grazes to fill its 'tummy'. This is a normal grazing habit for all horses if they are left out in the paddock overnight. Even sparse, dying grass can be dangerous if a horse is left out to graze 24/7.

The high intake of soluble sugars and non-structural carbohydrates (NSC's), especially in a horse or pony which is overweight and 'cresty' in the neck, can result in a Diabetes Type 2 condition with an increase in insulin hormone in the blood. The high insulin levels then trigger changes to the blood supply to the lamellae of the hooves, resulting in devitalisation of the lamellae and onset of laminitis or founder. This change in metabolism as a horse ages is called Equine Metabolic Syndrome, or EMS. It is most common in 'good doers', which many ponies are, particularly those in heavy condition and over 10-12 years of age. However, it can also affect younger and less conditioned horses as well which are over-weight and are grazing pastures high in sugars 24/7.

It is very important to monitor your horse's condition carefully every 2-3 days, especially if he is fat. Press over the fat deposits above his tail area ('tail-butt') with your fingers, or gently squeeze the crest along his neck between your fingers. If you can feel that these areas are becoming firm and hard, especially if his neck develops a firm 'crest' under his mane, then you must reduce his access to the dry sweet, sugary pasture. We learned a lot about what is possible, and some unique and innovative rescue methods. We learned a lot about what is possible, and some unique and innovative rescue methods.



Only allow him to graze for a couple of hours each day and ensure that he is confined to a yard or stable at night so that he is unable to graze as his natural behaviour would encourage him to do overnight. You may wish to fit a grazing muzzle to limit his grazing intake during the day if you are not going to be at home to bring him in from the pasture during the daytime. Even a pasture which appears to have very sparse amounts of dry, stressed grass or grass bases, can be dangerous if your horse has a good appetite and is left out to graze for long periods during the day and especially overnight.

There are 3 products which you can supplement to help reduce the risk of founder due to high sugar content of summer and autumn pasture grass. Founderguard® helps to control acid build in the hind bowels caused by excess sugar and starch intake. EquiShure® acts to neutralise acid levels in the hind bowels. Both these products are helpful during spring when horses and ponies are grazing high fructans, soluble sugars and NSCs in spring grasses. However, they may not be beneficial in cases of Summer Laminitis. Consult your vet for advice. If the laminitis is triggered by a high blood insulin level (termed Insulin Resistance) due to sugars taken in from dry grass, then a product such as Kohnke's Own TRIM®, which contains nutrients which have a role in supporting weight control in horses on low calorie diets, may be used as directed. It has a role in the small bowel to naturally maintain a normal blood sugar level in horses where diet control, such as soaking hay and limiting grazing, is being used to reduce the risk of summer founder.

It is also a good idea to plan a daily exercise program by riding your horse or pony to help burn up excess calories and allow gradual weight loss without over-working him.

If your horse or pony develops a hard 'cresty' neck, or starts to become sore in his feet and short in his stride because he is beginning to founder, it is important that you reduce his intake of soluble sugars, even in hay. There is no advantage gained by purchasing 'shedded' or last season's hay, because the sugars do not reduce during storage, only some of the vitamin content is lost.

Lucerne hay has the lowest natural sugar content of common hays. If your horse is 'cresty' and overweight, soak a biscuit of lucerne hay in a large tub in double its volume (30 litres) of warm water for 60 minutes. Then take it out to drain and air dry for 30 minutes before feeding your horse. The soaking will remove up to 25% of the soluble sugars. It is even more important to soak ryegrass and good quality cereal hay in the same way, as both these are higher in soluble sugars compared with lucerne hay. Soaking in warm water for 60 minutes will leach out up to 33% of soluble sugars in grass hay.

You may also supplement with 100g/100kg body weight with wet sugar beet fibre or feed a low GI feed. Supplementing with the product TRIM®, as directed on the label, is also highly recommended. You should continue feeding the soaked hay twice daily and supplementing with TRIM® until his tail-butt and neck become soft again and he loses weight. If you continue to feed the soaked hay for more than 7-10 days to reduce your horse's calorie intake, then you should add a daily supplement of trace-minerals and vitamins, such as Kohnke's Own Cell-Provide®, to help make up important soluble nutrients, (trace-minerals, salts and vitamins) soaked out from the hay with the sugars. Kohnke's Own Cell-Salts™ can be supplemented to replace salt leached out if all the hay is soaked. A low GI feed should be fed as a hard feed with minimal chaff to mix in the TRIM and other supplements. Avoid excess molasses as it contains sucrose – a sugar source. Apples are also high in carbohydrates which digest to sugars.

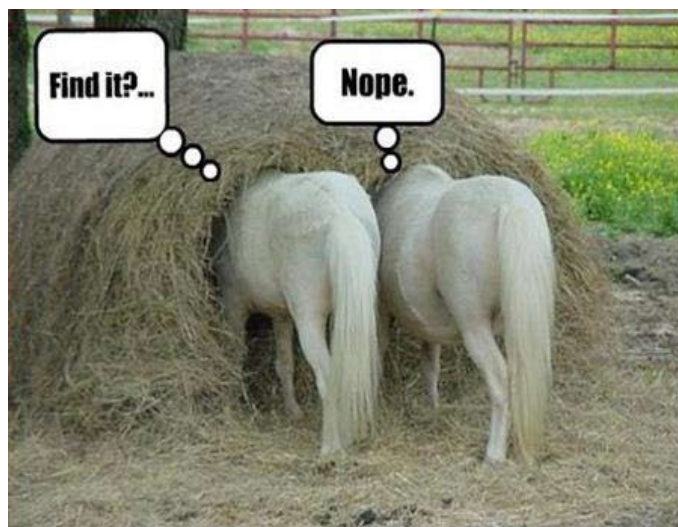


Once the 'crest' or 'tail butt' fat deposits feel soft (rather than firm and hard), the supplement of TRIM® can be reduced to a maintenance dose and the amount of soaked hay reduced to only providing half the hay as soaked hay to remove soluble sugars. Monitor the 'firmness' of the 'crest' and 'tail-butt' on alternate days and introduce TRIM® as required with the full amount of hay as soaked hay until the firmness softens again. Limit pasture grazing again if the season breaks and the grass rejuvenates with new, high sugar growth. Keep monitoring your horse's condition and firmness if the tail butt fat deposits and along the crest of the neck.

The information and recommendations in this information sheet have been presented as a guideline based on the veterinary experience and knowledge of the author, Dr John Kohnke BVSc RDA. Whilst all care, diligence and years of practical experience have been combined to produce this information, the author/editor, Dr John Kohnke, accepts no responsibility or liability for unforeseen consequences resulting from the hints and advice given in this information sheet.

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**2013
Membership
Forms
available
in this
newsletter**



**Next SCEC Event
Double Dan Clinic
3-4th
February**

**Spectator places
still available**

**Contact
Frances Simmonds -
0411 092207
frances@uow.edu.au**

2012 HOTY and Awards

Open Champions and Reserves

Preparatory

Champion: Katherine Daszkowski Baxter
Reserve: Sherida Findell Waltzing Matilda

Preliminary

Champion: Frances Simmonds Evergreen Jigsaw
Reserve: Ewa Mantaj Gwensyll Park Tirian

Novice

Champion: Graeme Swan Waiwera Welt's Angel
Reserve: Kate Whitaker Hillgrove Windchime

Elementary

Champion: Ebony Holz Kinnordy Garrod
Reserve: Cathy Swan Kilmaney Hombre

Medium

Champion: Frances Simmonds APH Seal Rock
Reserve: No qualifier for Reserve

FEI

Champion: Ros Quist Valhalla Flemming
Reserve: No qualifier for Reserve

Other levels no qualifiers

Pony Champion and Reserve

= Champion Victoria Shephard Peppercorn Park
 Isabell

= Champion Kate Whitaker Hillgrove Windchime

Junior Champion and Reserve

= Champion Ellie Burnett Zara
= Champion Angus Fripp Toby



Open High Point Trophy

Alyca Targa CP Dresden 75.781%

Junior High Point Trophy

Sarah Williams ELA Senator 80.0%

Pony High Point Trophy

Leanne Micallef Figtree Ginty's Spirit 69.667%

Perpetual Trophies:

Julee Jones Trophy

for horse/rider associate combo over 50
 Sherida Findell Waltzing Matilda

Evergreen Sport Horse trophy

For horse/rider official combo Novice to Advanced over 40
 Graeme Swan Waiwera Welt's Angel

Rogers Family Trophy

For horse/rider combo at associate level
 Ewa Mantaj Gwensyll Park Tirian

Larissa Chadwick Trophy

For Young Rider competing at official level
 Kate Whitaker Hillgrove Windchime

SCEC Junior Equestrian Award

For the junior demonstrating independence and commitment
 Victoria Shephard

Fischer Family Trophy

For rider with commitment to helping club
 Amanda Whittall

Congratulations to all winners. Perpetual trophy holders please take care of your trophies so that others may enjoy them in years to come ... they are to be returned to SCEC by October 2013 (at Champs if that is easiest).

2012 SCEC HOTY





southcoastquestrianclub.com.au



**Congratulations
to all the winners**

Horses New Year's Resolutions

Happy 2013 to everyone!

We hope that you have all rested over the break and ready to face the New Year with renewed enthusiasm!

We have been investigating the phenomenon of New Year's Resolutions and have found that even horses make them! Here are just a few of our favourites.



** **1 WILL NOT** do the Arab Teleport Trick when a Horsasaurus Monster breathes at me.*

** **1 WILL NOT** lay totally flat out in my stall with my eyes glazed over and my legs straight out and pretend I can't hear my human frantically screaming "Are you asleep?"*

** **1 WILL NOT** try to mooch goodies from every human within a 1 km radius*

** **1 WILL***



***NOT** leap over large non-existent obstacles when the whim strikes*

** **1 am neither** a beaver nor a carpenter. I promise I won't eat or remodel the barn or the new fences*

** **1 WILL** forgive my human for the very bad haircut, even though I look like a freak.*

** **1 will** understand that bicycles are **NOT** carnivorous.*



** **1 WILL** put my ears forward and cooperates when it comes to photos*



SCEC 2013 Event Calendar

Month	Event	Location
16 January	SCEC AGM & HOTY Presentation Dinner	Aviator Lounge, Albion Park
3 & 4 February	Double Dan Horsemanship Clinic	Foxwood, Berry
Sunday 17 February	Training Day – a chance to practice riding a test, have a lesson, bring out young horses in a relaxed atmosphere	Terry Reserve Albion Park
Sunday 3 March	Dressage Competition – entries close 9pm 15 Feb enter via www.globalentriesonline.com.au	Terry Reserve Albion Park
Sunday 28 April	Dressage Competition – entries close 9pm 12 April, enter via www.globalentriesonline.com.au	Terry Reserve Albion Park
2-4 May	Sydney CDI	Sydney International Equestrian Centre (SIEC)
Sunday 23 June	Dressage Competition – entries close 9pm 7 June enter via www.globalentriesonline.com.au	Terry Reserve Albion Park
July evening (date tba)	Seminar on Horse Management subject	
Sunday 18 August	Dressage Competition – entries close 9pm 2 Aug, enter via www.globalentriesonline.com.au	Terry Reserve Albion Park
6-8 September	NSW State Championships	SIEC
Sunday 22 September	Training Day – a chance to practice riding a test, have a lesson, be educated by visiting experts	Terry Reserve Albion Park
Sunday 13 October	SCEC Dressage Championships – entries close 9pm 27 September enter via www.globalentriesonline.com.au	Terry Reserve Albion Park
24-27 October	National Dressage Championships	SIEC
Sunday 8 December	Dressage Competition – entries close 9pm, 22 November enter via www.globalentriesonline.com.au	Terry Reserve Albion Park

SOUTH COAST EQUESTRIAN CLUB COMPETITION PROGRAMME FOR 2013

<u>Sunday 3 March</u>	<u>Sunday 28 April</u>	<u>Sunday 23 June</u>	<u>Sunday 18 August</u>	<u>Sunday 13 October Championships</u>	<u>Sunday 8 December</u>
Prep 1 EFA	Prep 1 EFA	Prep 2 EFA	Prep 2 EFA	Prep 3 EFA	Prep 1 EFA
Prep 2 EFA	Prep 3 EFA	Prep 3 EFA	Prep 4 EFA	Prep 4 EFA	Prep 4 EFA
Prelim 1A Assoc/Official	Prelim 1A Assoc/Official	Prelim 1B Assoc/Official	Prelim 1B Assoc/Official	Prelim1C Assoc/Official	Prelim1A Assoc/Official
Prelim 1B Assoc/Official	Prelim 1C Assoc/Official	Prelim 1C Assoc/Official	Prelim 1D Assoc/Official	Prelim 1D Assoc/Official	Prelim 1D Assoc/Official
Novice2A Assoc/Official	Novice2A Assoc/Official	Novice 2B Assoc/Official	Novice 2B Assoc/Official	Novice 2C Assoc/Official	Novice 2A Assoc/Official
Novice 2B Assoc/Official	Novice 2C Assoc/Official	Novice 2C Assoc/Official	Novice 2D Assoc/Official	Novice 2D Assoc/Official	Novice 2D Assoc/Official
Elementary 3A Assoc/Official	Elementary 3A Assoc/Official	Elementary 3B Assoc/Official	Elementary 3B Assoc/Official	Elementary 3C Assoc/Official	Elementary 3A Assoc/Official
Elementary 3B Assoc/Official	Elementary 3C Assoc/Official	Elementary 3C Assoc/Official	Elementary 3D Assoc/Official	Elementary 3D Assoc/Official	Elementary 3D Assoc/Official
Medium 4A Assoc/Official	Medium 4A Assoc/Official	Medium 4B Assoc/Official	Medium 4A Assoc/Official	Medium 4B Assoc/Official	Medium 4A Assoc/Official
Medium 4B Assoc/Official	Medium 4C Assoc/Official	Medium 4C Assoc/Official	Medium 4C Assoc/Official	Medium 4C Assoc/Official	Medium 4C Assoc/Official
Advanced 5A Assoc/Official	Advanced 5A Assoc/Official	Advanced 5B Assoc/Official	Advanced 5A Assoc/Official	Advanced 5B Assoc/Official	Advanced 5A Assoc/Official
Advanced 5B Assoc/Official	Advanced 5C Assoc/Official	Advanced 5C Assoc/Official	Advanced 5C Assoc/Official	Advanced 5C Assoc/Official	Advanced 5C Assoc/Official
*Prix St George Assoc/Official	*Prix St George Assoc/Official	*Prix St George Assoc/Official	*Prix St George Assoc/Official	Prix St George Assoc/Official	*Prix St George Assoc/Official
*Inter 1 Assoc/Official	*Inter 1 Assoc/Official	*Inter 1 Assoc/Official	*Inter 1 Assoc/Official	Inter 1 Assoc/Official	*Inter 1 Assoc/Official
*Inter 2 Assoc/Official	*Inter 2 Assoc/Official	*Inter 2 Assoc/Official	*Inter 2 Assoc/Official	Inter 2 Assoc/Official	*Inter 2 Assoc/Official
* Grand Prix Assoc/Official	* Grand Prix Assoc/Official	* Grand Prix Assoc/Official	* Grand Prix Assoc/Official	Grand Prix Assoc/Official	*Grand Prix Assoc/Official
Closing date 15 February	Closing date 12 April	Closing date 7 June	Closing date 2 August	Closing date 27 September	Closing date 22 November

Associate tests can be ridden Open, Open Pony or Junior, Official tests can be ridden Open or Official Pony.

* Please note we will endeavour to run FEI tests as Official depending on the availability of the appropriate judges.

Minutes of SCEC Annual General Meeting 2012

16 January 2013 at Aviator Lounge, Albion Park

- Meeting commenced 7.10pm
- Minutes of 2011 AGM presented, read and accepted as a true and accurate record.
- Presidents report - see attached
- Treasurers report - see attached
- All committee positions from 2012 declared vacant
- Nominations for 2013 committee received:

Frances Simmonds
Leanne Micallef
Katherine Daszkowski
Ewa Mantaj
Tibby Barbour
Ebony-Lee Holz
Melanie Heaton
Amanda Whittall
Terry Davis

All nominations accepted. Committee members elected for the following positions:

Frances Simmonds	President
Melanie Heaton	Vice-President
Leanne Micallef	Treasurer/Secretary
Katherine Daszkowski	Public Officer
Ewa Mantaj	Member
Tibby Barbour	Member
Ebony-Lee Holz	Member
Amanda Whittall	Member
Terry Davis	Member

- Meeting closed 7:30pm

2013 MEMBERSHIP APPLICATION FORM



We/I hereby apply for membership of the South Coast Equestrian Club Inc:

Family Name(s): <i>(member & guardian if applicable)</i>		Given Name/s:	
Address:			Postcode:
Email <i>(please print VERY clearly)</i> :			
Contact Nos:	BH:	AH:	Mobile:

Rider Name:	DOB:	EA Reg #:
Horses Name:	Horse's EFA #:	Horse's Bridle #:
Pony (must not exceed 149cm with shoes or 148cm without shoes): Yes/No		Pony Height:

(EA Registration and Bridle number required to compete in official tests)

Rider Name:	DOB:	EA Reg #:
Horses Name:	Horse's EFA #:	Horse's Bridle #:
Pony (must not exceed 149cm with shoes or 148cm without shoes): Yes/No		Pony Height:

Non Rider Name(s):

I agree to abide by the Rules of the South Coast Equestrian Club Inc (SCEC). I understand that my membership is per calendar year and that I am entitled to members rates at all South Coast Equestrian Club Inc events within this period.

Please note that all members are expected to help at competitions and other club events during the year as part of their membership. A friend or relative can also provide help in your place. Jobs are many and varied, for varying lengths of time (a whole day is appreciated but not required). We cannot run events without your help!

Signed:..... **Date:**

Membership Fees <i>(per calendar year start Jan 2013):</i>		Send cheque/money order to:
Full Riding member	\$50.00	South Coast Equestrian Club Inc.
Subsequent family members	\$25.00	PO Box 179
Social member	\$25.00	Jamberoo NSW 2533

☐ **I have enclosed a cheque/money order** (made out to South Cost Equestrian Club Inc) for \$

☐ **Please charge my** ☐ **Visa** ☐ **Mastercard** Amount: Date:

Card no: _____ Expiry date: ____ / ____ CCV no: _____
(LAST 3 DIGITS ON BACK OF CARD)

Full name on card: Cardholder's Signature:

(Enquiries to Frances Simmonds – 02 4236 0680; 0411 092207)

Member Release and Waiver of Liability



Full Name of participant (and guardian if under 18 years):

.....

Address

State..... Post Code..... Date of birth

Name of Club/Organisation.....

Membership No.

Address of Event / Activity.....

In consideration for being permitted to participate in any way in horse sport activities, I, the undersigned, understand, acknowledge and accept that:

Horse sports are a dangerous recreational activity and horses can act in a sudden and unpredictable (changeable) way, especially if frightened or hurt.

There is a significant risk that serious **INJURY** or **DEATH** may result from horse sport activities.

I knowingly and freely assume all such risks, both known and unknown, and **I voluntarily PARTICIPATE** at my **OWN RISK** and assume sole responsibility for any injury, death or property damage I may suffer that arises from my participation in horse sport activities.

I understand and acknowledge the dangers associated with the consumption of alcohol or any mind altering drugs before and during the activities and I take full responsibility for any injury, loss or damage associated with their consumption. I agree not to drink alcohol or take drugs prohibited by law before or during any horse sports activities.

I agree to follow the directions of any event organiser or official and that any misconduct or refusal by me to follow any direction of any organiser or official can result in the **CANCELLATION** of my participation in the activities and my immediate removal from my horse **NO MATTER** where that may occur. I understand that any such non-compliance may result in injury, death and/or permanent disability as a result of my failure to comply.

I agree to wear a helmet at all times whilst riding where this is required under the relevant EFA and FEI rules and regulations and agree that I am solely responsible for ensuring that whilst riding I wear a suitable helmet at all times where required under the relevant EFA and FEI rules and regulations and take sole responsibility for my actions.

I have had sufficient opportunity to read this assumption of risk agreement, fully understand its terms and sign it freely and voluntarily.

Dated:/...../..... Signature of rider/guardian.....

For Participants of Minority Age (Under Age 18)

This is to certify that I, as a parent/guardian with legal responsibility for this participant, acknowledge, understand and accept ALL OF THE ABOVE and consent and agree to my minor child's involvement or participation in horse sport activities.

Dated:/...../..... Signature of rider/guardian.....



Stop Press



Smart SCEC club shirts & saddle cloths are on order:

Navy blue with white piping and discrete club logo, in a breathable fabric (shirts)

Ideal for training days, use at home or smart casual wear

Great value at \$25.00 for standard shirt sizes from 8 to 24

Saddle cloths \$50.00

Try before you buy at our next competition day or order by email, phone or fax

Yes please, I (name) _____

would like to order _____ SCEC club shirts. Size _____

would like to order _____ SCEC club saddle cloth/s

Delivery at competition day or add \$9.95 for mailing option

☐ **I have enclosed a cheque/money order** (made out to South Coast Equestrian Club Inc) for \$

☐ **Please charge my** ☐ **Visa** ☐ **Mastercard** Amount: Date:

Card no: _____ Expiry date: ____ / ____ CCV no: _____
(LAST 3 DIGITS ON BACK OF CARD)

Full name on card: Cardholder's Signature:



PREMIUM HAY SALES

PRICE LIST:

Small Bales

Grade A lucerne \$15/bale

Grade B lucerne \$13/bale

Oaten, wheaten \$13/bale

- Prices based on delivery only
- Large 4x3 bales also available

0428 486 165

rodandamba@bigpond.com