

# EXTENSIONS

SOUTH COAST EQUESTRIAN CLUB INC NEWSLETTER

**February 2015**

## **Presidents Report February 2015**

Welcome to the first newsletter from SCEC for 2015. I'm back in the (committee) saddle, after taking a year off from committees last year ... at the AGM the other day, I was fortunate enough (I think !!) to be elected as President for hopefully a great 2015 year for SCEC !! The majority of rest of the committee have retained their places, although Melanie Heaton has stepped down this year and as new additions we sincerely welcome Amanda Whittall and Sonja Verheyen to the committee. I'm sure you will 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.

SCEC had a shocker last year in terms

of competitions – we were either rained or blown out for 4 of our 6 scheduled comps. We are hoping this year we will have better luck with the elements. We will begin this year with our first Dressage Competition day on Sunday 8 March. Details of this event can be found in this newsletter. Entry to our competitions is via [www.globalentriesonline.com.au](http://www.globalentriesonline.com.au) ... and is 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.

The schedule for SCEC committee

meetings this year has not yet been finalised, although we will hold our first meeting at 7pm on Thursday 5 February at the Albion Park Bowling Club. Details of subsequent meetings, once finalised, will be publicised in our newsletters and on the website. All members are welcome to attend committee meetings and we encourage anyone who may have ideas, suggestions or just a general interest in what's going on to come along.

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 is now**

**on Facebook**



## **Next SCEC Competition**

# **Sunday 8th March**

**Entries on  
globalentriesonline.com.au**

**Close 9pm 20th February**

## **Rules and Regs Update**

### **Advice regarding Dogs at Dressage Competitions and Events for State Dressage Authorities**

Many riders and officials bring their dogs to events and whilst this has been a long held custom there have been several incidents that have led to accidents recently. All dogs should be restrained at all times. Dogs should not be permitted in field of play and practice/warm-up arenas. All riders, owners and officials are asked to keep dogs out of stabling and other horse areas and to ensure that their friends, family and clients also follow this directive.



### **Bridle Numbers at Events**

Bridle numbers are important for identification purposes for all stewards and judges and should be used at all times at an event

- a) two numbers are required - one either side of the horse - attached to each side of the bridle or saddle cloth when competing and clearly readable
- b) bridle numbers should be worn as above whenever the horse is being ridden/lunged/led/grazed at an event
- c) riders must ride in front of judges with identification numbers clearly visible



### **2015 SCEC Committee**

#### **President**

**Frances Simmonds**  
0411 092 207  
frances@uow.edu.au

#### **Co-Vice President**

**Ebony-Lee Holz**  
0408 165 231  
ebony89@live.com.au

#### **Co-Vice President**

**Leanne Micallef**  
(02) 4262 5523/0439 464 631  
lmicallef73@bigpond.com

#### **Secretary**

**Amanda Whittall**  
amanda.whittall@gmail.com

#### **Treasurer**

**Sonja Verheyen**  
sonja.verheyen5@gmail.com

#### **Public Officer**

**Terry Davis**  
terrydavis\_32@yahoo.com.au

#### **Newsletter**

**Ewa Mantaj**  
ewamantaj@hotmail.com

#### **Judges Co-ordinator**

**Sandra Eldridge**  
mreldridge@myacn.net.au

#### **Committee**

**Amy Langlands**

#### **Monica Shephard**

monnies1@hotmail.com

## **Enter next competition at**

# **globalentriesonline.com.au**



Thank you to our sponsors for 2014



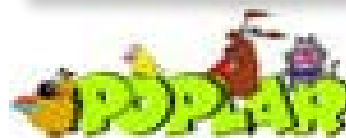
**unanderra**  
PHYSIOTHERAPY & PILATES

- Back & Neck Pain
- Sports Injuries
- Clinical Pilates
- Dry Needling
- Exercise Physiology
- Hydrotherapy
- Massage Therapy
- Kinesio Taping
- Pre/Post Natal

**unanderra**  
PHYSIOTHERAPISTS

Sue Barker • Tim Gray • Jodie McCarthy • Stephen Cosgrove • Conrad Hartogh

**29A Central Rd Unanderra 4271 5648**  
[www.unanderraphysio.com.au](http://www.unanderraphysio.com.au)



**Willow Creek**  
**Cathy Carson**  
**Tibby Barbour Riding Coach**  
**Heaton Law**

# Sponsor Profile

## Naughty Dog School Daycare and Training Centre

The Naughty Dog School Centre is located at 2/8 Orangegrove Avenue, Unanderra. It caters for all non veterinary dog needs.

There is a fully supervised daycare centre for dogs open from 7:30am till 6:30pm. This is a great way to socialise a dog with other friendly dogs and get rid of their excess energy. It is an indoor facility so it is open in all weather. Dogs must pass an enrollment assessment to make sure they are friendly. Dogs are placed with other dogs of similar play styles so every dog can have as energetic a time as they like.

Naughty Dog School also run training classes for all dogs from puppies to mature dogs.

Puppy Preschool Classes for puppies from 8 -12 weeks are held at Unanderra and Dapto Vets in the evenings. Private at home Puppy Set-Ups are also available.

After 6:30pm on weekdays and on Sundays the Centre runs a variety of dog classes. There is a Kinder Puppy Class for 12-16 week old puppies. Advanced Puppy Class is designed for "teenage" dogs from 5 months.

Naughty Dog School also specialises in solving dog behaviour problems. There are a number of services offered for really naughty dogs. They include "in home visits" for some one on one training in the dogs home environment and they also run Naughty Dog Classes for those mature dogs with more challenging behaviours.

The staff and instructors at Naughty Dog School pride themselves on never giving up on any dog and have often helped dogs that other trainers couldn't help. Their service is backed up by telephone and email advice.

The daycare staff also offer dog washing, brushing and nail clipping services as well as Special Care for dogs recovering from injury or surgery. The Centre offers dog boarding for a limited number of dogs at a time.

You can learn more about Naughty Dog School at [www.naughtydogschool.com.au](http://www.naughtydogschool.com.au) or call (02) 4272 2662. You can also find them on Facebook <https://www.facebook.com/>



## Late Entries Policy

In cases where a competitor wishes to enter a test after the closing time all reasonable efforts will be made to accomodate them and a \$10 late fee will be charged per test entered. This will apply up to the time that the draw has been completed, at which time no further entries will be accepted.



New Extreme  
Sport  
Horse Boarding

<https://www.facebook.com/pages/South-Coast-Equestrian-Club/279451358784029>



# Queensland Itch in Horses

Known by many names depending on your region in the world, Queensland Itch is the most common allergic skin disease in horses. It is a seasonal dermatitis caused by an allergy to the bite of *Culicoides*, commonly known as a 'midges'. Collectively, these skin conditions are referred to as *Culicoides* Hypersensitivity (CHS).

Midges land on the host and as they bite, secrete saliva containing vasodilators, inflammatory substances which are likely to be among the antigens which horses become sensitive and allergic to. Repeated exposure to *Culicoides* bites leads to an antibody and histamine response.

They prefer to feed during the warm, dry weather and are most active from dusk to dawn, hence the condition is seen between spring and autumn, and rarely over the winter months.

Clinical signs include hair loss, bleeding and broken, scruffy hair and occurs along the mane, withers, back, tail, face and ears due to severe scratching in an attempt to alleviate the itch.



Queensland Itch is not spread; instead individuals within the same region may suffer the same condition due to the environmental factors such as climate and habitat. Areas with clay and sandy soils, woody vegetation and damp environments such as creeks and ponds, tend to have a higher prevalence of itch found on horses.

Glycorticoides often provide instant relief from symptoms however long term steroid treatment rarely becomes effective. The use of essential oils such as eucalyptus, citronella, lavender and

tea tree, can also be used effectively as a repellent when applied to the skin, hair or wood (such as stables where the animals are housed). Oil from the pyrethrum plant has been used for many centuries to control pests. The synthetic form, permethrin, is found in repellents today and is considered highly effective.



Good management in the form of removal of organic material that *Culicoides* feed on, repellent application and physical protection through rugging and stable management is the only proven control at this time.



## Ebony-Lee Holz

More information:

Grevenhof, E. M., Ducro, B., Heuven, H. C. M., Bijma, P., (2007). Identification of environmental factors affecting the prevalence of insect bite hypersensitivity in Shetland ponies and Friesian horses in the Netherlands [Electronic version]. *Equine Veterinary Journal*, 39 (1), p. 69-73.

Wilson, A. D., Harwood, L. J., Bjornsdottir, E., Marti, E., and Day, M. J. (2001). Detection of IgG and IgE serum antibodies to *Culicoides* salivary gland antigens in horses with insect dermal hypersensitivity (sweet itch) [Electronic version]. *Equine veterinary journal*, 33 (7), 707-713.

# Product Spotlight

## Itch Magick



Itch Magick's Treatments use a signature blend of Essential Oils plus Iodine in a nourishing and natural base. It has just the right consistency to work its way down to the skin when massaged over the affected area and will instantly form a soothing barrier whilst the skin resets itself. It can stimulate hair growth and rapid healing whilst also offering some ongoing insect protection.

You should see some clear results within a fortnight and often sooner than this. Itch Magick Treatments are applied twice in the first 48 hours then a WEEKLY APPLICATION is generally all that is needed.



**Which product do I use and how much is needed?**

**Itch Magick Oil** treatment is best for Mane, Tail, Body, and Legs. Easily spreadable. NOT for dogs.

**Itch Magick Lotion** is best for Face, Mane, Tail, Body. Non-greasy. Perfect for DOGS & HORSES.

**Itch Magick Cream** is a thicker base for hotspots or persistent areas. Great for DOGS & HORSES.

**Itch Magick Shampoo** with our signature blend of Essential Oils. A treat for DOGS & HORSES.

**Itch Magick Small/Sensitive Dog Lotion** is gentle yet effective for SMALL or SENSITIVE DOGS.

Available in the Illawarra from:



[www.blackwoodequinesupplies.com](http://www.blackwoodequinesupplies.com)  
Ebony-Lee Holz  
M: 0408 165 231



## Angus Fripp



**At what age did you start riding?**

I started riding at the age of about 9-10. (Early 2010)

**Who was your first pony?**

A chestnut pony named Toby, who was borrowed for my sister and I, so we could learn to ride but we ended up keeping him for all this time.

**Does anybody else in your family ride?**

My nan, Maxine Fripp and my Aunty used to ride.

**Do you have a favourite horse/pony?**

Not really. I'm just happy and fortunate to have the horses I have and to have ridden Kim McDonalds, Reveller, in the higher levels.

**Do you compete at any other disciplines other than dressage?**

I have occasionally jumped Toby at home, but have never competed that discipline, though one day I would like to.

Is there a favourite competition you work towards?

I would like to eventually compete at the CDI or Nationals and one day ride overseas!

Is there a person you aspire to?

Mostly my nan (Maxine Fripp). She has taught me just about everything I know about horses. She has been and taken me to every competition I've been in and she is a damn good rider!

What's your biggest achievement/s to date?

Winning Medium champion in my first competition on Reveller and winning Reserve Advanced Champion, and getting a chance to ride a Prix St George on Reveller as well, at the NSW Young Rider Championships at Young last year.

What are your goals for your riding in 2015?

To have a good year with my new 4 Year Old Gelding, 'Foxwood Remy' bred by my Nan, Maxine Fripp. I'm hoping to take him to a Clarendon Event and hopefully the State Inter-schools as well as a lot of local competitions.

How many hours a week would you spend riding?

I'm not sure of how many hours, but these days, around once a week and most of the holidays due to school and travel.



Where do you see yourself in the future?

I would like to eventually get into a Young Rider squad, and ride in competitions in different states or even a different Country!



## SOUTH COAST EQUESTRIAN CLUB COMPETITION PROGRAMME FOR **2015**

<u>Sunday 8 March</u>	<u>Sunday 17 May</u>	<u>Sunday 28 June</u>	<u>Sunday 9 August</u>	<u>Sunday 4 October Championships</u>	<u>Sunday 13 December</u>
Prep A EFA	Prep A EFA	Prep B EFA	Prep B EFA	Prep C EFA	Prep A EFA
Prep B EFA	Prep C EFA	Prep C EFA	Prep D EFA	Prep D EFA	Prep B EFA
Prelim 1.1	Prelim 1.1	Prelim 1.2	Prelim 1.1	Prelim 1.2	Prelim 1.1
Prelim 1.2	Prelim 1.3	Prelim 1.3	Prelim 1.3	Prelim 1.3	Prelim 1.2
Novice 2.1	Novice 2.1	Novice 2.2	Novice 2.1	Novice 2.2	Novice 2.1
Novice 2.2	Novice 2.3	Novice 2.3	Novice 2.3	Novice 2.3	Novice 2.2
Elementary 3.1	Elementary 3.1	Elementary 3.2	Elementary 3.1	Elementary 3.2	Elementary 3.1
Elementary 3.2	Elementary 3.3	Elementary 3.3	Elementary 3.3	Elementary 3.3	Elementary 3.2
Medium 4.1	Medium 4.1	Medium 4.2	Medium 4.1	Medium 4.2	Medium 4.1
Medium 4.2	Medium 4.3	Medium 4.3	Medium 4.3	Medium 4.3	Medium 4.2
Advanced 5.1	Advanced 5.1	Advanced 5.2	Advanced 5.1	Advanced 5.2	Advanced 5.1
Advanced 5.2	Advanced 5.3	Advanced 5.3	Advanced 5.3	Advanced 5.3	Advanced 5.2
*Prix St George	*Prix St George	*Prix St George	*Prix St George	*Prix St George	*Prix St George
*Inter 1	*Inter 1	*Inter 1	*Inter 1	*Inter 1	*Inter 1
*Inter 2	*Inter 2	*Inter 2	*Inter 2	*Inter 2	*Inter 2
* Grand Prix	* Grand Prix	* Grand Prix	* Grand Prix	* Grand Prix	* Grand Prix
Closing date 20 February	Closing date 1 May	Closing date 12 June	Closing date 24 July	Closing date 18 September	Closing date 27 November

**Tests can be ridden Official Competitive, or Closed Unrestricted (old Associate).**

**Official tests can be ridden Open or Official Pony.**

**Competitive Unrestricted tests can be ridden Open, Open Pony or Junior.**

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

# 2015 MEMBERSHIP APPLICATION FORM



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

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

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

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

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

<b>Non Rider Name(s):</b>
---------------------------

**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:** .....

<b>Membership Fees</b> <i>(per calendar year start Jan 2015):</i>		<b>Send cheque/money order to:</b>
<b>Full Riding member</b>	<b>\$50.00</b>	South Coast Equestrian Club Inc. PO Box 179 Jamberoo NSW 2533
<b>Subsequent family members</b>	<b>\$25.00</b>	
<b>Social member</b>	<b>\$25.00</b>	

☐ **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 Leanne Micallef – 0439 464631)***



## 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 .....