

Bendigo Pony Club  
P.O. Box 2257  
Bendigo Mail Centre 3554

October 2010



# Pony Express

## October

10th - Kyneton PC Horse Trials

10th - Neangar PC Combined Training Day

16th - Maldon PC Show-jumping Series

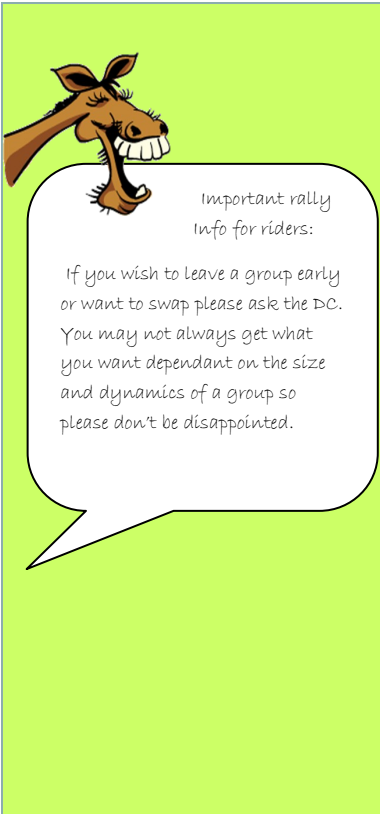
## November

14th - Gisborne PC Horse Trails

21st - Smythesdale PC Horse Trials

21st - Bealiba PC Showjumping & Dressage

28th - Huntly spring gully PC Gymkhana



Important rally  
Info for riders:

If you wish to leave a group early  
or want to swap please ask the DC.  
You may not always get what  
you want dependant on the size  
and dynamics of a group so  
please don't be disappointed.

*BIRTHDAYS*

*OCTOBER*

Izabella McIntyre—  
31st

Samuel Nielsen—  
17th

Georgia Welch—  
12th.



D.Cs report October 2010

Hi All,

Our Open show was a great success attracting many quality horses. The judges remarked to me that they really enjoyed the day and a couple of them plan to return next year as competitors. As a club we are very grateful to all the sponsors but especially so to the major sponsors Compleat Feed and Transart.

I was disappointed with attendance in the Fun ring and the Pony Club ring. Next year we will add a HRCAV ring and also add a Highpoint Award with a rug and garland to the pony club ring.

This rally is going to be lots of fun with some of our favourite instructors. Lynn McIntyre is taking dressage; Deb Browell is taking cross country, Liam Hartz for show jumping and Jackie Tresize for games.

Allan Mitchell is back at our grounds on October 10<sup>th</sup> for the final show jumping clinic for the year. He will be schooling over the Jump for Joy jumps. Allan will be instructing at the December rally and in 2011 our club is very lucky to have either Allan or Liam instructing show jumping at every rally.

The November camp is going to be lots of fun and I really hope to see as many of our riders there as possible. We are sharing the weekend with Mandurang pony club so it will be a good opportunity to socialise as well as get in some cross country practise through water.

The date for the State dressage and show jumping qualifiers is December 12<sup>th</sup> and this year it is our sections (section C) turn to host. The venue is at Spring Gully Huntly grounds and there will be a working bee on the 11<sup>th</sup> to set up for the event.

Good luck to all Bendigo Pony club riders who will be competing at the Bendigo Show. Please let me know your results and results from the Open ring and the novelty ring count towards trophies that are presented at the end of year rally. Photos would also be very much appreciated for the newsletter and the website.

Til next month,

Happy horsing,

Sue

## ROTATIONAL WORMING

Horse owners often have to choose from a large selection of worming pastes and it can be difficult to decide which product is best for your horse. Before selecting a worming paste there are some important points that should be remembered:

- All horses should be wormed on a regular basis. Horses grazing in heavily stocked paddocks are most likely to have heavy worm burdens; even stables horses will have worms.
- Grazing horses should be wormed every 6-8 weeks, particularly if paddocks are heavily stocked. Stables horses usually only require worming every 3 months.
- Worming pastes differ in their spectrum of activity. some pastes are "all-wormers" and effectively kill all the important parasites, while others may not be effective against individual parasites such as tapeworms or bots.
- You do not need to treat tapeworms and bots every 6-8 weeks, so you do not have to use an "all-wormer" at every drench.
- There are two main families of worming compounds - the "Mectins" and the "B-Z" or benzimidazole wormers. On some horse properties, small red worms have become resistant to B-Z wormers. Ask your vet to check for worm resistance on your property if you are concerned.
- Ensure that your horse gets the correct dose for their weight. don't under-dose as this can lead to resistance in the worm population and the horse not being wormed effectively.
- Treat all horses grazing together at the same time and with the same product.
- When moving horses to a new grazing paddock, worm them 48 hours before the move to help prevent the spread of parasites.
- Do not administer the drugs more frequently than recommended.
- The key to worm control is to break the life cycle of the parasite, through worming and pasture management.
- Keep an accurate record of when you wormed your horse and the product you used, for future reference
- A "Mectin" drench quickly and safely kills, red worms, blood worms, round worms, lung worms, thread worms, pin worms and bots.
- A "B-Z" drench is very safe in horses of all ages and kills red worms, blood worms, round worms, pin worms and thread worms and they also sterilize worm eggs. They do not kill bots or tape worms.

Membership cards will not be available for collection at the end of the day until the grounds are clear.

. Your Pony Club Card is a very important document. The PCAV Club Member Card is the riders PCAV club membership record and establishes that the rider is also



Your pony club card is YOUR responsibility

registered with the PCAV. The card must be kept up to date and accurately completed.

After the first year of club membership, members are required to keep two cards as their membership record, preferably kept in the official PCAV vinyl cover. Cards required are the

current years' card and

the previous years' card.

Note that the colour changes every year. All other years' cards are to be removed from the cover and filed away by the member.

It is the **members' responsibility** to make sure that their card is up to date and accurately completed *before* competing. Check with the D.C. or club card secretary to ensure it has been fully completed

## IMPORTANT NOTES

Club Member Cards must be completed correctly for all competitions.

**Disqualification will result at competitions if cards are not correct.**

**Read the PCAV Handbook of By-laws.**

PCAV rules require attendance cards to be accurately completed for the rider/horse combination as a part of the eligibility requirements for Pony Club events.

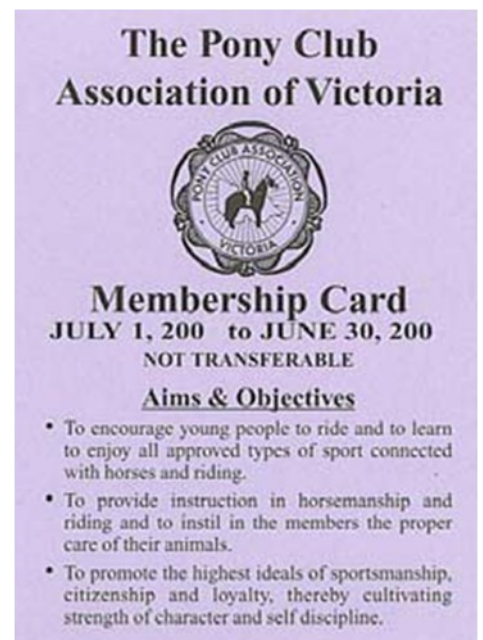
Parents and Riding Members should be familiar with the PCAV rules found at:

<http://www.ponyclubvic.org.au/>

If you are unsure on any matter, please contact one of the following

**Club Secretary Deb Degenhardt ph:5446 3531**

**D.C. Sue Foley 5447 8285**



## Code of Conduct - Rider/Participant

Participate and compete within the rules.

Never argue with an official. If you disagree, discuss your concerns with the organising committee or use official protesting procedures to lodge your complaint.

Control your temper. Verbal abuses of officials, organising personnel or other individuals are not acceptable or permitted behaviours in any sport.

Never resort to verbal abuse, harassing behaviour, hostility or violence against any person.

Work to better yourself there is always satisfaction in improving your performance.

If working in a team, work to support your teammates and be positive about your teammates performance.

Be a good sport.

Treat all participants in your sport, as you like to be treated.

Cooperate with your coach, teammates and organising personnel. Without them there would be no competition or activities to be involved with.

Participate for your own enjoyment and benefit, not just to please parents and coaches.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

## Code of Conduct - Parent/Guardian

Encourage children to participate, do not force them.

Focus on the child's efforts and performance rather than winning or losing.

Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.

Never resort to verbal abuse, harassing behaviour, hostility or violence against any person

Never ridicule or yell at a child for making a mistake or losing a competition.

Remember that children learn best by example.

Appreciate skilful performances by all participants.

Support all efforts to remove verbal and physical abuse from sporting activities.

Respect officials' decisions and teach children to do likewise.

Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.

Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

- When leading your horse, never wrap the leadrope around your hands or let it loop around your feet, if your horse gets a fright and takes off, you could get caught and dragged.
- A plastic non-scratch scouring pad is good for removing caked-on mud from your horse's legs.
- Shampoo horses using a loofah, it's great for removing dirt and hair yet gentle on the horse's skin.
- Wash cotton horse rugs in Medicated Horse Shampoo rather than laundry detergent, which might irritate your horse's skin.
- Fill an empty plastic bottle with molasses and make tiny holes in it so your horse can lick
- There are no muscles below a horse's knee and hocks—only bone, cartilage, ligaments and tendons.
- According to statistics, colic is the leading cause of horses dying, followed by founder.
- To estimate how old your horse is in human years, multiply his age by 2.2.
- It's been calculated that any two Thoroughbreds picket at random share 13% of genes, which is slightly more than if they were half brother or sister

## Heels Down: Calf Stretching Exercise

by Ruth Hogan of Poulsen Dressage

Can't Get Your Heels down When You Ride? The Problem may not be your heels at all!

I have been asked a lot recently about why riders have such a hard time keeping their heels down. A heel that is not "down" may not have anything to do with the heel its self, but rather the knee and the calf muscle.

Many times the heel is not down because the calf needs to be stretched.

A soft calf allows for the heel to drop below the toe when the foot is resting on the stirrup bar.

When the heel is "down" in a rider, it drops just below the stirrup bar. The more important thing, however, is how FLEXIBLE the calf and ankle are and how they absorb the movement of the horse.

The ankle plays an important role in helping absorb the movement of the horse under your body. it's a shock absorber.

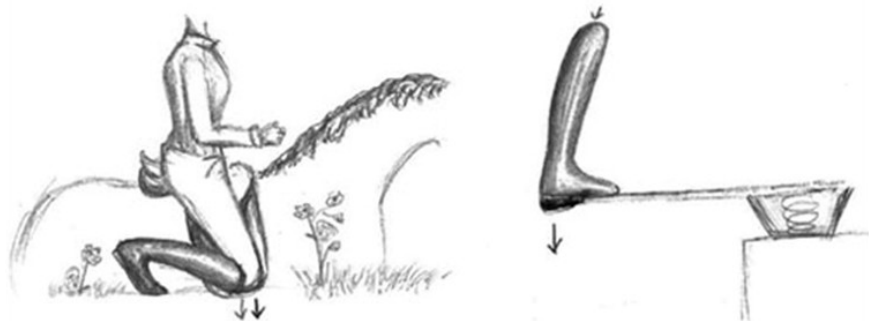
If there is too much pressure on the toe of the rider down on the stirrup, a stiff and rigid calf muscle and knee is present. On the other hand, if the heel is forced down too far, the back of the calf and knee also becomes stiff and non-spring like.

The front and back of your calf should feel soft and springy as should your knee. If you feel like your heel is up then chances are you are gripping with your knee as well and you need to point your knee cap down to lengthen your thigh and drop the whole length of your leg.

The following is a simple exercise that will help stretch your calf to keep it soft and springy. Once you have found the correct place for your upper and lower leg around your horse, you should anchor that feeling both mentally and physically to help your muscle memory and subconscious mind take over positive position corrections!

- **Step 1**  
Stand facing the wall about 3 feet away.
- **Step 2**  
Take 1 step forward with your left foot.
- **Step 3**  
Place your hands on the wall in front of you. Elbows slightly bent, shoulders, hips and feet are pointed directly towards the wall.
- **Step 4**  
Bend your left knee slowly using the movement to control the amount of stretch you feel in your right calf muscle. Both heels stay on the ground.
- **Step 5**  
Keep your right knee (back leg) straight and hold still for 15 seconds.
- **Step 6**  
To stretch the other calf muscle (soleus) in the same leg, slowly bend your right knee, making sure to keep your right heel on the ground. Hold 15 seconds.
- **Step 7**  
Slowly push yourself back to starting position.
- **Step 8**  
Switch legs and repeat both the straight knee and bent knee stretches on the other leg to completely stretch your calf.

Now that the physical side of training your body has begun, now the mental training and conditioning begins!!



# BENDIGO PONY CLUB RIDER PROFILE

NAME: Ella Knight

AGE: 19

HORSE/S: Louis Vuitton

YEARS IN PONY CLUB: Lots



MY HORSE IS SPECIAL BECAUSE..... He was bought from the Echuca horse sales, after being trucked here from outback NSW. He was this skinny, rather ugly grey “stock horse”. When we test drove him, I think mum and I fell in love with him then and there. We slowly fed him up and he turned into what you see today. He had no name when we brought him home, so we thought we would give him the most expensive name we could think of. Hence “Louis Vuitton”. He has his little quirks he is not always a winner but we have a great time, and that is why we love him. He will be with us to the day he goes to that great green paddock in the sky.

WHAT I LIKE MOST ABOUT PONY CLUB... The friendships formed over many years. Life long I hope.

WHAT I DISLIKE MOST ABOUT PONY CLUB... Long hot summer days, and cold wet winter day.

WHEN I'M NOT RIDING I LIKE TO... Relax, and usually study and work.

\*THE FOLLOWING QUESTIONS ARE NOT NECESSARILY HORSE/PONY CLUB RELATED

THIS YEAR I REALLY WANT TO: Begin to event again after completing Year 12 and my first year at uni.

## Cleaning a Horse's Sheath

**Is it time to clean your horse's sheath? Here are five things you should know about sheath cleaning for your horse's health and comfort.**

By Barb Crabbe, DVM

**Fiction:** It's a nasty job, but if I clean my horse's sheath frequently, it won't be as bad.

**Fact:** Your horse's sheath has a population of "friendly" microorganisms that help maintain a healthy balance within. If you clean it too frequently, you'll kill these microorganisms, disrupting this balance--and your horse's sheath is likely to get even dirtier. It's best to clean his sheath every 6 to 12 months.

**Fiction:** To really clean my horse's sheath, I should use an antibacterial soap, such as Betadine.

**Fact:** To protect those friendly microorganisms, never use antibacterial soap. Use a commercial sheath cleaner (such as Ex-calibur or Equi-Pro. These products cut through the grease, have a pleasant odour, and make sheath cleaning easier. Warm water also helps cut grease--and your horse will like it better.

**Fiction:** My horse swishes his tail and sometimes raises a hind leg when I clean his sheath, but he'd never kick me.

**Fact:** Don't be so sure! Some horses really resent this procedure. They'll not only kick--but they'll do so fast and hard. To be safe, stand well forward, by your horse's shoulder, and reach back to his sheath. If he continues to threaten you, he may need to be sedated by your veterinarian. (Tip: To save time and money, ask your vet to clean your horse's sheath during another routine procedure that involves sedation, such as dentistry.)

**Fiction:** I can't clean my horse's sheath unless he drops his penis--which he won't do unless he's sedated.

**Fact:** You can do a very thorough job even when your horse hasn't dropped--simply by reaching up inside. In this case, you'll need to go in up to your elbow, so wear a long disposable glove to avoid getting the greasy, smelly smegma on your arm and sleeve. Ask your vet for an obstetrical glove--it's perfect for the job. You'll also need a bucket of warm water and about 20 heavy-duty paper towels. To clean your horse's sheath, put a generous dollop of sheath cleaner (about 2 to 3 tablespoons) in your hand, along with a wet towel. Reach up into your horse's sheath, and gently work the accumulated grime loose. When the towel gets soiled, grab a new one, and keep working until the towel comes back clean. Clean all the way from his sheath's opening up to the base of his penis. Depending on how dirty the sheath is, you may need to use additional cleaner as you go.

**Fiction:** Once I've gotten rid of the grime, the job is done.

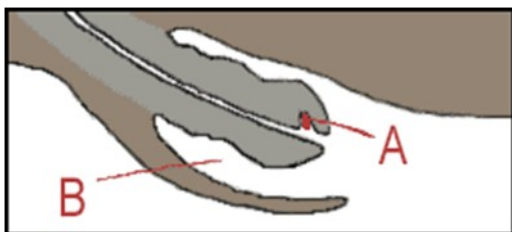
**Fact:** Not yet. Once you've removed the smegma, check for and remove the bean--a ball of whitish goo that forms within a small pocket at the tip of your horse's penis. If not removed, a bean can get as large as a walnut and obstruct urine flow, which can cause your horse discomfort and potential harm. If you don't know how to remove the bean, ask your vet to show you.

Finally, rinse thoroughly with clean water and clean towels. Or, if your horse will tolerate it, run the hose up inside his sheath. You'll know you've done a thorough job when the paper towel in your hand comes out as clean as it went in, and the rinse water runs clear.

*Barb Crabbe is an equine practitioner based in Portland, Ore.*

This article first appeared in the July 2000 issue of *Horse & Rider* magazine

Where you find the bean:



What the bean looks like:



The end of year is fast approaching and our annual awards are up for grabs again:

**The High Point Trophy** is awarded to: the rider who has attained 100% rally attendance along with points gained from gear check.

**The Gwen Symons Trophy** is awarded to: the member who displays good sportsmanship, willingness to participate in all club activities, is a good club ambassador, and represents the club in team events, is enthusiastic in classes with the aim of self-improvement.

**The Scott Warren Award** is given to: the rider that is most successful in the novelties section of the Bendigo Show.

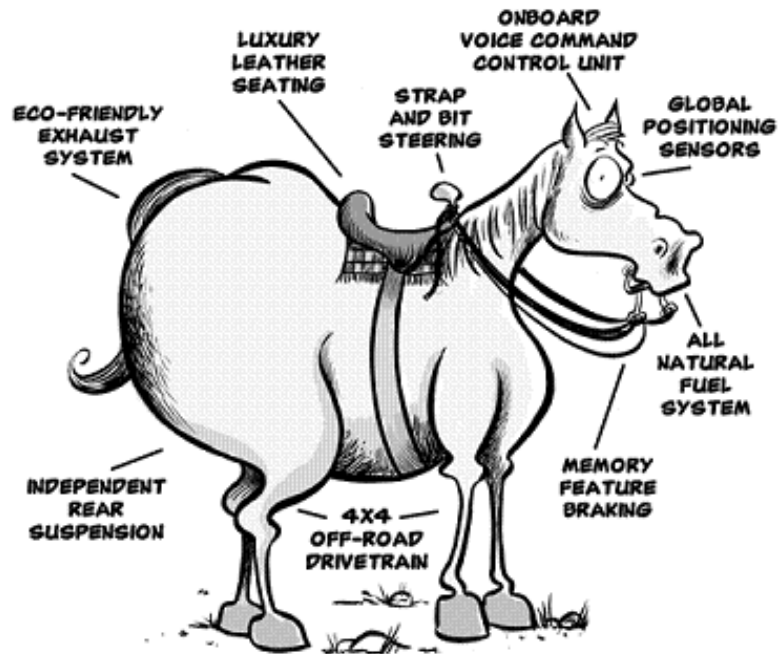
**The Bushes Award** is given to: the rider who is most successful in the general riding/showing section of the Bendigo Show.

**These awards are an honor to receive, so strive for the best and represent your club with pride.**

Last but not least  
a warm welcome  
to our newest  
Saddle Club Mem-  
ber:

Katya Bathurst &  
mum Lara.

Welcome from all  
at BPC



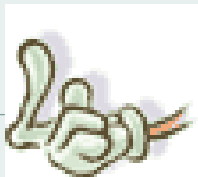
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