

# PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB  
AUSTRALIA

JULY 2021

## Much Loved Thelwell Ponies

'Merrylegs: The Movie' film shooting begins later this year in Wales. Some great lookalike Thelwell Ponies have been shared on our Facebook page! More on page 12.

**LEFT:** Limara sent in a photo of Bella;  
**RIGHT:** Tarwin Lower Pony Club said they have plenty Thelwell ponies!



## Some features in this month's newsletter...

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**WIN Heiniger clippers!**

See inside...

**Heiniger**



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# PCA Awards - have you nominated?

**Nominations remain open for the annual PCA Awards until the 11th July 2021.**

Nominate someone deserving of an award today!

## Categories are:

- Best achievement by a rider aged under 12 years\* (\*age at 1/1/2021)
- Best achievement by a rider aged 13 - 17 years\*
- Best achievement by a rider aged 18 - 25 years\*
- Volunteer of the year
- Coach of the year
- Club of the year
- Accredited Centre of the year

## How can I nominate?

[Click here to take you to the online form](#)

**NOMINATIONS CLOSE 11th JULY 2021**

[CLICK HERE for PCA Awards Guidelines](#)



**LEFT:** Joint Volunteer of the Year 2020 - Erin Hunn of Southern Zone in Tasmania

## Youth Advisory Council Call Out!

The Youth Advisory Council is an active group of current members working on initiatives to attract and retain members and keep Pony Club fun. It is also an opportunity for the development of leadership and project management skills.

In 2020 the YAC ran the national photo competition and expanded PCA's Instagram profile. There are 4 vacancies on the YAC, which meets one evening per month on line. Members should be aged 17 - 25 years.

[Please apply using the application form link here.](#)

## Education and Development Committee

The Education and Development Committee provides high-level, strategic advice to the PCA board. It was established under a grant from Sport Australia in 2019. Pony Club Australia is pleased to announce the following appointments to the EDC:

**Catherine Beh** - Catherine has tertiary qualifications in education, psychology and finance, with employment experience in both the education and business sectors. Catherine is an active Pony Club coach and volunteer in NSW.

**Karen Luke** - Karen has tertiary qualifications in psychology and education and is currently doing a postgraduate degree in horse-related safety. Karen is an active rider, horse-trainer and coach in Victoria with experience in Equitation Science.

**Sally Milbourne** - Sally has tertiary qualifications in education and IT and is active in digital media production. Sally is a rider, coach and volunteer with Pony Club in Tasmania.

Catherine, Karen and Sally join ongoing EDC members Allie Cairns, Bec Ham, Jen Mainland, Elizabeth Stanfield and Julia Walker.

# Carol Paterson, OAM

Congratulations to past Chair of Pony Club Australia, Carol Paterson, on the award of an OAM in the Queen's Birthday Honours List. It is richly deserved for Carol's contribution to Pony Club at all levels.

Carol Paterson retired as the Chair of Pony Club Australia at PCA's final board meeting of the 2017/2018 year. Carol provided an outstanding contribution to Pony Club arising from her lifetime of experience in all levels of Pony Club in so many different roles.

## Club level - riding member at Glen Innes Pony Club

Only two years after Glen Innes Pony Club became a foundation member of Pony Club New South Wales in 1952, Carol joined as a riding member. Carol fondly remembers attending the first Glen Innes Pony Club Camp in 1955, riding the 10 miles to get there while wearing her cardboard helmet covered in velvet, which was standard safety gear at the time. The instructors were mostly former Light Horse members, dressed in baggy jodhpurs with long boots, who taught troop drill, flag and rider in action and jumping exercises with no reins or stirrups. Back then, riders over 17 were required to leave Pony Club and Carol left with many happy memories and good friends from her riding days at Pony Club.

## Club level - instructor and parent at Warialda Pony Club and Texas Pony Club

Carol married and moved west in 1965 where she enjoyed several years as an instructor with Warialda Pony Club. After another move to Queensland and the arrival of 4 children, Carol participated in the restarting of Texas Pony Club and took the newly available Queensland Instructors Certificate in 1972.

With 4 children riding and competing in Pony Club, Carol said "there was never a dull moment". Texas Pony Club is still going and Carol remains involved with Pony Clubs in Queensland.

Carol achieved her PCA NCAS Level 1 qualification in 1995 and updated it in 2008.

## State Level - Pony Club Queensland

Carol began her involvement with PCAQ at the Zone level, representing the Zone at state management committee meetings, becoming the Zone Chief Instructor and the Regional Administrator.

Following her appointment to the State Chief Instructors Panel in 1988, Carol became the Vice President of PCAQ from 1991 to 2008 and was the PCAQ Team Manager for PCAQ teams to the NSW Championships and the first PCA National Championships held in 1996 in Wagga Wagga NSW. Carol's commitment to Pony Club in Queensland saw her become the Queensland NCAS Director responsible for the roll out of the NCAS course in Queensland, while chairing the organisation of the PCAQ State Dressage, Combined Training and Horse Trials Championships in Warwick in 2004, followed by the National Championships in Toowoomba in 2007.



**ABOVE:** Texas Pony Club - Carol Paterson (middle).



**ABOVE:** Camp Champions Glen Innes PC 1957 - Geoff Lynn, Phillip Kirkby, Carol Cameron, Coral Copeman. Carol Paterson is second from the right as a young rider.

Continued next page...

## National level - Pony Club Australia (formerly Australian Pony Club Council)

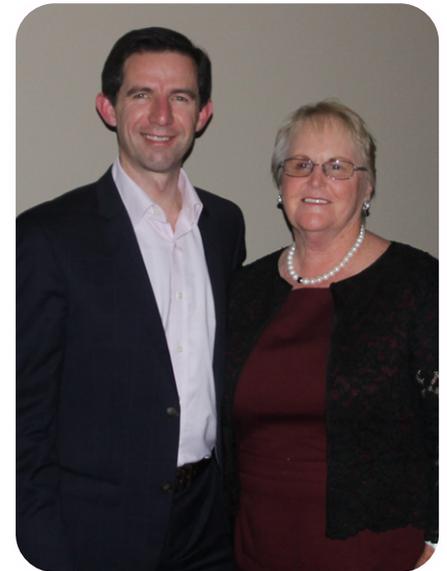
Carol began her involvement with Pony Club at the national level by accepting a fill-in coaching delegate position to Australian Pony Club Council meetings in 2000 and she became the PCAQ delegate to the Coaching Committee of PCA from 2005 to 2012. Her experience as a Team Manager at State level was the perfect preparation for her role as Team Manager for the Australian team at the International Dressage Championships for Pony Club held in New Zealand in 2004, the Inter Pacific Exchange team to Hong Kong and China in 2010 and to New Zealand in 2011.

Carol represented Pony Club Australia at the Pony Club International Alliance meetings held in Lexington Kentucky USA and Toronto in Canada where the discussion revolved around making Pony Club a truly international organisation. Following on from the PCIA meetings, Pony Club Australia was invited to send a Quiz team to compete in USA which has led to more Pony Club exchanges with two teams invited to North America and a National Quiz Competition evolving.

Carol was appointed as the PCAQ delegate to the Australia Pony Club Council in 2012 and was appointed deputy Chair for that year. The APCC was in the process of becoming an independent board at that time which was a period of great change in Pony Club undertaken with limited resources. A new entity with a new constitution and an independent board, now Pony Club Australia, was established in 2014, and steps were taken to create a national database and national insurance schemes.

Carol became the Chair of Pony Club Australia in November 2014 following the death of the first Chair, Vicki Connelly. As Chair, Carol was instrumental in creating international exchange opportunities for Pony Clubbers in France, in China and in the new discipline of Tetrathlon.

Thank you, Carol Paterson, for your outstanding lifelong contribution as a volunteer to Pony Club at all levels and we are glad to know that your involvement with Pony Club has earned you this wonderful award.



ABOVE: Senator Simon Birmingham and Carol Paterson



ABOVE: Carol Paterson with Mathis Burnof from the French Show Jumping team and fellow PCA board member Michelle Harper at the PCA Nationals in Toowoomba in 2017

More information on Carol's recognition with an OAM for her dedication to horses can be found by clicking [this link](#).



# Pony Club's Longest-serving Mounts

We have been thrilled by the number of long serving Pony Club mounts you showed us, and the loving homes they all have. They didn't just teach beginners to ride, some achieved great heights and excelled in multiple disciplines.



We have sent out the packets of low sugar Smoochies treats kindly donated by Hygain. If you were notified by email or messenger to send us your address for a prize and have not heard back or received your prize, please send an email to [competitions@ponyclubaustralia.com.au](mailto:competitions@ponyclubaustralia.com.au) and state: who entered, how you entered (email, Facebook Inbox, messages) the horse or pony's name, the Pony Club mentioned (at least one), and the address where we send the Smoochies and card.



Meet two more of our top 100 below:

**RIGHT:** *"Our Chance is a one in a million; we got him when he was 7 years old , I was 10 I am now 31. He took me and my little sister though pony camp at Moree as well as my 3 cousins. I went to two state sporting championships. He then went on to taking our kids to camp Kaitlyn, Emily P and Emily M. The list goes on. Then the most special thing he could have ever done is teach my 2 kids to ride - Jacob started on him when he was 2; he took Jacob to every Pony Club until he was 9. He went to Jamboree every year from the age of 5 and took him to 3 state championships. He is now with my 2 year old niece who is planning on taking him to camp very soon. All these years he has been a part of Moree Pony Club, NSW." Amee H*



**RIGHT:** *"This is Stormy, still going strong at 27 yrs. Has been in Maroochy Pony Club, QLD most of his life, nothing fazes this pony he is one in a million. I would love a dollar for every ribbon and rug he has won over the years for both my girls." Stacey S*



# Spirit Untamed - Advance Screening

#SpiritUntamed

Some of our lucky winners of Spirit Untamed tickets have let us know how much they enjoyed the film.



Mia and her Nanny enjoyed their advance screening tickets they won in Perth.

*Mia said "it was very good but Nanny cried. There was actually a pony there outside and I could brush it! And I got my face painted and the choc top was delicious, I have not had one of them before."*

Again thank you for the opportunity to enjoy this movie.

Amanda & Mia



ABOVE: Ella from Sunnybrae Pony Club, won tickets and had a great time attending the advance screenings of the new film Spirit Untamed in Adelaide organised by the promoter. Thank you for sharing your lovely photo, Ella!

## Mounted Games, Musical Ride Selection

Pony Club Australia has selected the teams for Equitana despite the news that the event at Melbourne Showgrounds has been postponed from July, to November 11-14, 2021 due to Covid-19 uncertainty. This is also why Victorian teams applied and were selected. Thank you to all who sent in expressions of interest.

### Teams for the Two-Phase Challenge (Mounted Games and Stockman's Challenge)

- Doongala Pony Club
- Phillip Island Pony Club
- Prince Phillip Mounted Games Squad team
- Werribee Pony Club

### Musical Ride teams for Equitana

- Kyneton Pony Club - Theme: 'Halloween'
- Maryborough Pony Club (VIC) - Theme 'ABBA'

Four young riders will also take part in a lesson demonstration; two from Upper Beaconsfield PC and two from Seville PC.



**Pony Club Australia has hit 4,000 followers on Instagram!**



Follow [@ponyclubaustr](https://www.instagram.com/ponyclubaustralia) to stay in the loop on all things Pony Club...





# International Dressage Competition Team Selection

This month, 18 Pony Club riders from around Australia are riding in the 2021 Pony Club International Alliance Inaugural Virtual Dressage Competition. The young Australians will compete against riders from the UK, Hong Kong, USA, Canada, New Zealand, South Africa and Ireland, by sending in a video of a set dressage test. The tests all will be judged by the same set of judges.

[Further information on the International Dressage competition here.](#)

There are five classes and PCA have selected four competitors for each class **from**. The Australians are:

**Class 1 - 14 years and Under, Preliminary level test - BELOW: (left to right) Kassi Jones, Fernpark, Tas; Jack Clancy, Cootamundra, NSW; Robin Henry, Quirindi, NSW; Morgan Cockerall, Leighdale, Vic**



**Class 2 - 18 years and Under, Novice level test - BELOW: (left to right) Paris Fiedler, Horsham, Vic; Caitlin Pritchard, King River, WA; Sara Leitch, Hastings, Vic; Olivia Farrell, Burpengary, Qld.**



**Class 2 - International mixed team (combined with overseas riders) - BELOW: (left to right) Arabella Eagles, Samford Golden Valley, Qld; Tiffany Peters, Leighdale, Vic; Darcey Eyb, Cudal NSW.**



# Pony Club International Alliance

## TEAM SELECTION

Continued

**Class 3 - Open age, Elementary level test - BELOW: (left to right)** Jayde Kirkham, Macedon, Vic; Sharne Haskins, Londonderry, NSW; Petra Schuecker, Monmouth, Tas; Sarah Laukhart, Upper Beaconsfield, Vic.



**Class 3 International mixed team - BELOW:** Kirra-Lee Ayala, Rosewood, Qld.



**Prix Caprilli - Open Age, 60cm jumps and prelim level dressage - BELOW: (left to right)** Kassi Jones, Fernpark, Tas; Darcey Eyb, Cudal, NSW; Sophia Myszka, Doongala, Vic; Anastasia Haling, Kootingal, NSW.



# The Centre Pages



**PONY CLUB**  
AUSTRALIA

## What is the difference between Club and Centre Membership?

	CLUB MEMBERSHIP	CENTRE MEMBERSHIP
For riders who have a horse of their own	✓	✗
For riders who do not have their own horse	✗	✓
Can work through the PCA Rider Syllabus	✓	✓
Can achieve PCA Certificates and awards	✓	✓
Has 24/7 insurance cover whilst involved in recreational non-income earning equestrian activities	✓	✗
Insured whilst attending/participating in PCA Accredited Riding Centre, and PCA or Affiliated State and Club sanctioned activities	✓	✓
Is a member of Pony Club Australia	✓	✓
Is a member of a state	✓	✗
Is a member of a club	✓	✗



**ABOVE:** PCA's Accredited Centre locations across Australia

PCA currently accredits 29 centres across Australia. That means those without a pony or horse are able to enjoy the sport at PCA's standards!

Not sure where your nearest accredited centre may be? [CLICK HERE](#) to head on over to PCA's website and find out!

Think there might be a centre near you that share PCA values and could become an accredited centre? Take a look at our [PCA Accredited Centres FAQs](#) page today!

# The Centre Pages

Little Ranch Horse Riding Lessons is a Pony Club Accredited Centre located at Casino NSW. We have an excellent relationship with Casino Pony Club.

A lot of clubs in our zone are struggling only having a handful of members from one or two families. By Little Ranch's connection with Casino Pony Club, we brought in a dozen new members that would not have joined including children without a horse who borrowed ours and a few that have taken the step to purchase their first horse. This has grown Casino Pony Club to be the second biggest club in our zone. Some of our riding centre members have had the opportunity to ride at our club rally days and two of our members have even attended a gymkhana on Little Ranch horses and others progressed to competing on their own horse.

In the future, we hope to grow this side and give more children the opportunity to try rally days and gymkhanas. The Centre Member riders love getting together in such a group environment away from the riding school. They meet friends and get to experience other instructors and have a ball. This is definitely an area I will push in the future as the benefits to the club and riders are huge.

Josie Richardson, Owner of Little Ranch Horse Riding



Little Ranch took a team of riders to Lower Clarence Gymkhana (NSW) and what a fabulous day they had, bringing home big smiles and loads of ribbons.

# From the Manuals

## From the D certificate manual - reward training

Reward training is another way that the horse learns. This is when you give the horse something that he likes to reward his behaviour. If you give your horse a carrot when you catch him in the paddock you are using reward training because you are giving him something that he wants (the carrot) after he does something that you want him to do again (being caught).

## **Rewards don't have to be food, they can be other things the horse likes.**

Where does your horse like to be scratched? Ask your helper to hold your horse and spend some time scratching and rubbing him on the neck. When you find the right spot he might close his eyes a little bit or his bottom lip might droop. Your horse might even try to scratch you back with his teeth! Ask your helper not to let him because it can lead to biting. Most horses like to be scratched or rubbed just below the wither, but you can try behind the ears, anywhere on the neck and on the chest.

**Activity:** Draw a picture at home of your horse and shade the areas where he likes to be scratched or stroked.



**BELOW:** Horses often like to be scratched here.



# WIN 1 OF 3

## SAPHIR CLIPPERS WITH 10WF BLADE

Purchase any Equine Collection product between June 15 & July 31 for a chance to win 1 of 3 Saphir Clippers & 10WF blade combos worth \$588.89 RRP!

- 1 Purchase any Equine Collection product.
- 2 Tell us what you think of the Equine Collection in 25 words or less.
- 3 Send us a photo of your horse together with your favourite product from the Equine Collection!



**CLICK HERE TO ENTER** >>>

**Terms & Conditions:** Entries close 11:59pm AWST on 31/07/2021. Entries submitted and received after this time will not be accepted. Winner will be drawn on Sunday, 01/08/2021. Competition is open to all Australian residents aged 16 and over. All required questions and fields (contact details, proof of purchase, images and written testimonial) must be completed in the online form to be eligible for the draw. By entering this competition, you agree to all reasonable marketing and editorial activities related to Heiniger, ProGroom and the Equine Collection range of products, including (but not limited to) the use of your photos, images and testimonials in future sales and marketing material on print and digital channels. Eligible products limited to 1L and 5L sizes of Equine Collection Cleanse, Enhance, Maintain and Restore; and the new Equine Collection Trial Pack. Promo does not include the Dilution bottle.

# What's happened on **facebook** ?

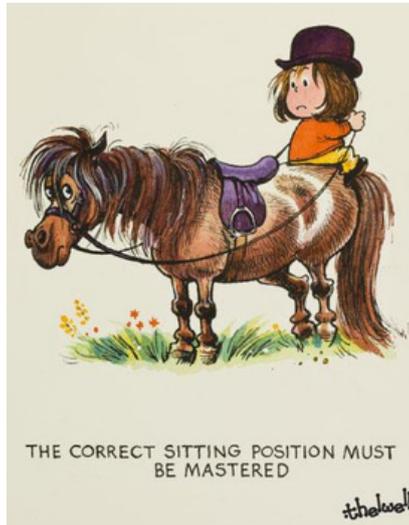
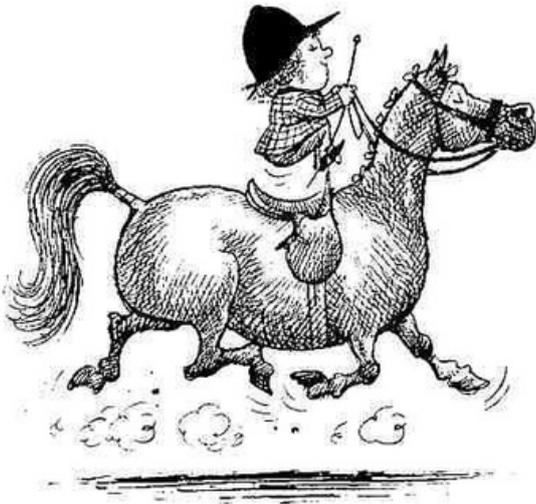
Thelwell Ponies - we LOVED seeing all the Thelwell ponies we have across Australia! Thank you to everyone who shared their great photos and stories on [PCA's Facebook page](#)! Some of our favourites are featured below:



**ABOVE:** "Noni the feral pony. She was bought from the sales and went to NSW on a halal truck! Very spoilt now..." sent in by Sarah.



**ABOVE:** Daisy is certainly a Thelwell pony. She is also a therapy pony for kids! Sent in by Emily.



**LEFT:** Original images of Thelwell Ponies - bring back memories for anyone?

**BELOW:** (LEFT) "Master Chocolate. A classic Thelwell, through and through. Love him to bits. A tolerant but effective teacher. Lets you know pretty clearly "if you are doing it all wrong" and "enough is enough". A little cheeky, very smart, unphased by most things. A typical grass snatcher - the wearing of a crupper is an absolute must!" From Kelly, (RIGHT) Annie sent in this photo of her son and his Thelwell pony.



# Horse Power... It's All About Protein

**Dr Jennifer Stewart**  
**BVSc PhD**  
**Dip BEP,**  
**Equine Veterinarian**  
**and Consultant**  
**Nutritionist**  
**and Jenquine CEO**



Engines are usually measured and compared on the basis of their 'horse-power'. Comparing the competition horse to a high-performance car, the speed, power and stamina are not determined by the size of the fuel tank. They are determined by the size of the engine! A smaller engine = less power and endurance. In the horse, the engine is the muscles.

The size and number of muscle fibres that a horse can build depends on the availability of various protein – not energy, oats or grain....they are fuel and they don't build muscle, speed, strength or stamina. It is the muscles that provide the horse-power. Certainly they need fuelling, but more fuel doesn't make more muscle. Think about your home – the electricity provides the energy and fuel, but it doesn't build a house – for that we need a strong foundation, frame, bricks and mortar. A horse's frame, foundation and body are built from different proteins (plus vitamins and minerals) – not energy.

Each tissue in the body has its own specific protein needs. The blood is like a conveyor belt or transport system, bringing to the tissues the nutrients from the feed. The tissues select which ones they need to create, repair and build their cells and structure. If the blood runs out of the proteins a particular tissue needs, the production of new cells stops. Similar to making a cake, you need flour, eggs and cocoa etc to make a chocolate cake. If you run out of cocoa, chocolate cake production stops. You might be able to make other cakes with the left-over ingredients, or you might have to throw them out. Either way, chocolate cake production ceases. In horses, unusable protein is converted to fat.

Proteins are made of chains of different amino acids. In nature there are roughly 500 amino acids, but just 20 amino acids make up the proteins found in the body. Of these the horse's liver can make 10 from the raw ingredients in the diet. The other 10 must come preformed in the feed. These are called 'essential amino acids'. The horse uses lysine, methionine, threonine, histidine, leucine and arginine in almost every tissue.

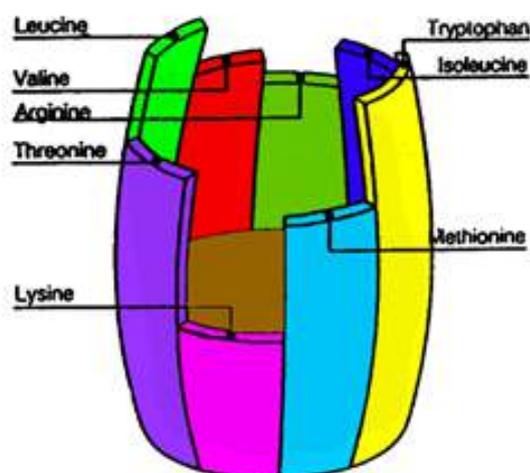
Just as a plank that is not in the correct amount to form the sides of a complete barrel will limit the contents of the barrel, a deficiency of any single essential amino acid one will place a limit on cell and tissue creation, building and repair.

Every protein in feedstuffs has its own combination of amino acids – soybeans and lucerne are high in essential amino acids, but oats and grassy hays are low. This is what makes soy and lucerne good protein sources for a horse.

How much protein does a horse need?

It depends on age, breed, workload and bodyweight – but they all need a number of grams a day – not a percent! For example if a horse is fed each day 1kg of a 30% protein feed, it gets 300g of protein a day. If it is fed 2kg each day of a 15% protein feed it still gets 300g of protein. So % protein is not a basis on which to compare feeds. And if the protein in a feed does not have the correct essential amino acids, it might only be 50% useable protein. This is why % protein tells you nothing about how well your diet is meeting the amount of protein and the essential amino acid requirements of your horse.

©Jenquine June 2021



# Pony Club Academy Coming Soon! ★

The PCA Academy is a new learning portal for members only, to accompany and guide you through your certificate learning.

The Academy site will be reached via the PCA website, and will house resources to assist both riders and coaches.

It will provide additional content and exercises to enhance learning and supplement the PCA manuals and instruction at Pony Club.

CEO Catherine Ainsworth said: "PCA recognises that our members have different learning styles and preferences so the PCA Academy has been developed as an extra education tool. It will also enable online exams for the assessment phase of our rider and coach certificates."

More soon.

## Available courses



## From Pony Club to Tokyo



Soon we will be cheering on our equestrian Olympic riders at Tokyo, with the dressage, eventing and showjumping teams just announced.

Did you know all our Tokyo Olympians started their careers at a Pony Club? So if you have aspirations to represent Australia at the Olympics or the World Equestrian Games, remember they did too - and they achieved it. Here's where they all started:

### Eventing:

Andrew Hoy (competing in a record 8th Olympics for equestrian sports; he will also become the oldest at 62, passing Bill Roycroft who rode at 61) - Holbrook PC

Shane Rose - Forest Hills PC, Avondale PC and others

Chris Burton - Brymaroo PC

Reserve - Stuart Tinney - Calliope Hack and PC

### Dressage

Mary Hanna - Nambour PC

Simone Pearce - Bamawn Extension PC

Kelly Lane, Tallebudgera PC

### Showjumping

Edwina Tops Alexander - Avondale Pony Club

Jamie Kermond - Warrnambool Pony Club and others

Katie Laurie (nee McVean) - TBC

Reserve: Rohan Willis - Warialda Pony Club



LEFT: A young Shane Rose at a NSW Pony Club state camp in 1993.

# NEW Values Badges: We value ALL you do

Pony Club is not just about riding, ribbons and competition.

We are excited to announce there is now a way members can be recognised for your interest in - and work for - the community, creating sustainable solutions and caring for horses and others. These awards are not just for riding members, but all members.



Community Captains have the ability to make others feel safe, valued and included. They are ambassadors for the community spirit that unites the international Pony Club movement. The PCA Community Captain recognition award is based on a specific project, activity or innovation. Recipients will show an extraordinary effort above and beyond what would ordinarily be expected of a Pony Club Australia member.



Pony Club Australia is the longest running equestrian organisation in Australia. Sustainability Champions undertake projects which ensure the long-term environmental and/or social sustainability of Pony Club. The recipient's impact and achievements will be demonstrated through a specific project, activity or innovation. The PCA Sustainability Champion award will recognise extraordinary efforts above and beyond what would ordinarily be expected of a Pony Club Australia member.



The Welfare Warrior recognition award is awarded to PCA members who put the horse's health and wellbeing needs before their own on a notable occasion, or delivered a project that addresses the mental and physical aspects of horse welfare and wellbeing across one or more of the following areas: nutrition, health, environment, behaviour and human interaction.

**[CLICK HERE](#)** or scan the QR code with your mobile device to nominate a special PCA member today.

