

# PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB  
AUSTRALIA

JUNE, 2022



A call has gone out for some remote, outback Pony Clubs for a RM Williams' Outback magazine story. Could your club fit the bill? More Page 9 PHOTO: Garah-Boomi Pony Club, NE NSW.



Could your horse benefit from a massage?  
Page 7

## INSIDE

- Annual Report . . . . . p2
- Meet the new PCA Board p3
- WIN big for your Club . . . p4
- Volunteer winners . . . . p5-6
- Tips for Coaches . . . . . p9



info@ponyclubaustralia.com.au  
www.ponyclubaustralia.com.au



# PCA Annual Report for 2021



2021 was a big year for Pony Club right around the country, from the National Championships to Club of the Year; from new initiatives like the Leadership Certificate for older members to a tribute to some of our long-serving mounts.

Highlights and photos from every State are a feature.



PCA is introducing minimum medical services for Pony Club activities to take effect from **1st July**. For rallies and smaller events, this is not expected to have a major impact. If running larger events and sports with higher risk, such as campdrafting or cross country, organisers will need to [check the framework](#) for the mandatory and recommended services. The framework has been developed by the PCA National Safety Committee, who will monitor the implementation.

## PCA National Gear Rules

The National Gear Rules come into effect on **1st July**. We very much appreciate the time and expertise of the national committee that has worked for two years to reach this milestone. The state representatives on the committee are: **Shiralee Adams (NSW), Michael Carlson (QLD), Sue Foley (VIC), Marisa Hall (TAS), Ann Olsen (SA) and Dianne Ould (WA).**

Members seeking to use an item of gear that is not in the rules need to apply for an [exemption](#). The link to the application is also on page 7 of the manual.

You can find out more on our website [ponyclubaustralia.com.au](http://ponyclubaustralia.com.au) Under SPORTS/ **NATIONAL GEAR RULES** or under About Us/Policies and Resources



Latest and current version has 'Updated May 2022' on the inside front cover

# Meet the new PCA board members

Following the PCA AGM in May, the following people were elected or appointed to the PCA Board, joining current board members Heather Disher (chair), Jacob McLaughlin (secretary), Jo Morgan and Carole-Anne Hodges



Maris Beck

Maris is a corporate compliance consultant at Deloitte and is currently completing a PhD in horse welfare. Maris is also director of a horse retraining and tack business. The combination of experience in designing risk management training programs, and an extensive knowledge of horse welfare standards will be valuable to Pony Club Australia.

Maris' career began as a journalist at The Age in Melbourne, where her work was awarded the Melbourne Press Club Gold Quill Award and a United Nations Association of Australia Media Peace Prize. Her career in risk and compliance has included managing a global audit for a major international bank, conduct of due diligence on high risk projects, and delivery of training in the areas of health and safety, wildlife trafficking, anti-corruption, and modern slavery. Maris was appointed to the Board.



Kate Fenner

Kate is a Lecturer in Equine Science at the University of Queensland and director of Kandoo Equine. Kate has strong industry connections and national and international academic and industry partnerships. Kate holds an undergraduate degree with Honours in Equine Science and a PhD in Horse Behaviour, Training and Welfare.

Her expertise is in horse behaviour, the horse-human relationship, the use of learning theory, ethics and One Welfare in handling and training. She has been recognised for teaching innovation in distance learning, developing online teaching resources and delivery modes that have been recognized as industry best practice.

Kate is currently Treasurer and Trustee with the International Society for Equitation Science. Kate was previously an EA and BHS certified coach and international competitor in dressage, showjumping and polo. Kate was appointed to the Board.



Nick Hassett

Nick has a depth of horse industry involvement, as a thoroughbred horse owner, racing club board member, and a past Pony Club President. His career includes 30 years' experience in providing advice on strategy and governance to the banking, energy and telecommunications sectors including leading major projects, mergers and acquisitions, operating model transformation, and digital enablement.

Nick has had 28 years as a company director and experience as an advisory board and board committee Chair, and multiple club committee and board committee memberships. He is a graduate of the Australian Institute of Company Directors (GAICD), has Governance in Sport qualification from the Governance Institute of Australia and a Masters in Public Policy and Management from Monash University. Nick was elected to the Board.



Tonia Murtagh

Tonia started life as a grass roots Pony Clubber and has maintained a strong connection with the sport for well over 45 years. Tonia works in Sales and Property Marketing and is a past Vice President of Pony Club Queensland.

Tonia has been active at the state level in sponsorship, managing grievances, supporting the insurance portfolio. Her experience includes Zone President and Treasurer roles and event management, and as the parent of an active member. Tonia has already been working at the national level as the Queensland representative on the PCA National Safety Committee. Tonia was elected to the Board.

# JustGo Video Tutorials

## Help for Club administrators

PCA has loaded the recordings of online advice and Q&A sessions held in early 2022 onto our website. This is to assist Clubs in understanding the new MyPonyClub and JustGo database. They are now available to watch on the PCA website under Members/Club Resources

[or click here](#)

- JustGo PCA Tutorial for Club Administrators
- JustGo PCA Tutorial for Managing Memberships
- PCA Tutorial for Email Management using JustGo
- PCA Tutorial on Event Management using JustGo
- PCA Tutorial on JustGo Field Management
- PCA Tutorial on using JustGo for Club Finance and Reporting

There are also downloadable pdf versions of these instructions in this location.



## HYGAIN® is supporting Pony Club® in a BIG way

Want to win cash prizes for your Pony Club®?

When you scan the QR code on purchased bags of selected feed, you can put your Pony Club in the running to win a share in **\$150,000 of REAL CASH PRIZES**. Get on board and tell your Pony Club family!

<https://hygain.com.au/pages/win4yourclub>

(See Hygain's website for T&Cs)

**\*\* Runs until September 30.**

**WIN  
CASH  
PRIZES  
FOR YOUR  
PONY CLUB\***



**SIMPLY  
PURCHASE SELECTED  
HYGAIN®**



Although National Volunteer Week 2022 has been and gone, our PCA volunteers still go strong! As you will see here, 17 of our many dedicated volunteers below nominated by someone in their community have been selected for going above and beyond at their local Pony Club®. A \$100 Coles Group & Myer Gift card, certificate and letter of appreciation is on its way to each of the below volunteers! Our [PCA Facebook Page](#) and [Instagram @PonyClubAust](#) have been sharing each volunteer's nomination stories.

## OFFICIALLY AWESOME AWARD



**John Miokovich**  
Tallebudgera  
Pony Club, QLD



**Claire Badke**  
Coffs Harbour  
Pony Club, NSW



**Lacey Joseph**  
Kangaroo Island  
Pony Club, SA



**Steven Rowsell**  
Kangaroo Island  
Pony Club, SA

## EVENT ORGANISER EXTRAORDINAIRE AWARD



**Nina Lloyd**  
Ballarat Pony  
Club, VIC



**Cait Greenup**  
Murrumbateman  
Pony Club, NSW



**Tina Smith**  
Hendra Pony  
Club, QLD



**Kiara Thom**  
Maitland Pony  
Club, NSW

## FABULOUS FUNDRAISER AWARD



**Jessica Perkins**  
Glenreagh Pony  
Club, NSW

After the devastating floods in Northern NSW this year, many of our Zone 15's members' horses lost their lives and those that did survive suffered horrific injuries.

Jessica Perkins from Zone 9 jumped straight in and started coordinating hay donations, medical and emergency supplies for any surviving horses left in the area.

The best part of her volunteer efforts was that Jessica is a Zone 9 member and was raising funds for fellow Zone 15 members who were in desperate need of help.

Many Zone 9 Clubs jumped on board to support Jess' fundraising efforts to help Zone 15. Jess has shown us what the heart of community is all about.

## HELPFUL HANDY ANDY AWARD



**Cristy Hall**

Deloraine District  
Pony Club, TAS



**Donna Baker**

Camden Haven  
Pony Club, NSW



**Kim Cumming**

Peel Metropolitan  
Horse and Pony  
Club, WA



**Kristy Winter**

Mount Duneed  
Pony Club, VIC

### **Donna Baker's Nomination by Katrina**

*Here at Camden Haven Pony Club,  
On the sunny NSW mid north coast,  
We have a nomination for the Helpful Handy Andy Award,  
She'll hate us...but it's time for us to boast!*

*Coming in at a mere 13 hands high  
Donna Baker is our Club President  
She's our quiet achiever and best in show,  
And always puts in 1000 percent.*

*All four of her children rode with our club  
She's now a "Nan" to two, who also love to ride.  
Donna is the backbone of our club and community,  
Our Mounted ANZAC parades fill us all with pride.*

*When she's not shopping for our canteen,  
Or whipping around on the mower,  
She whipper snips and disinfects,  
We can't keep up, we are all so much slower.*

*We love our community, we love our club,  
Our beautiful President and our friend,  
When it comes to the Helpful Handy Andy Award,  
It's Donna Baker we recommend!*

## COMMITTED COACH AWARD



**Fran Ford**

Noonamah Horse  
& Pony Club, NT



**Des Bowes**

Cooroy Horse and  
Pony Club, QLD



**Rebecca Warner**

Burra District Pony  
Club, NSW



**Nicky Mullens**

Mountain District  
Horse & Pony Club, VIC

Thank you to all who nominated their very worthy volunteers this year. If you're thinking about volunteering for a Pony Club®, you can contact them directly or email your State Office for more information. You can even search for your nearest Club or Riding Centre [HERE](#). Everyone is welcome!

There are many volunteering roles available with varying time commitments, (monthly rallies, fundraising and annual events) which help a Pony Club® run more smoothly and help you stay involved in your local community.

Volunteers are the backbone of Pony Club® and indeed any community. By helping out, you could strengthen your CV, learn new skills and support a district youth sports organisation.

# Could Your Horse Benefit From a Massage?



## Natalie Axford

Willow Tree  
Equine Therapies

Member,  
Warragul Pony Club

Sometimes it can be difficult to know if your horse is sore or tight. Here I explain the technique of 'palpation' and how you can use it to improve your horse's welfare.

### What is Palpation?

Palpating is a technique that massage therapists use to identify muscles that we need to work on. Using our fingertips, we circle and zig-zag over certain muscles, looking for the four T's: Tension, Temperature, Texture and Tenderness.

#### 1. Tension

Have you ever had sore muscles that you can feel under your skin? When muscles are worked too much, they can become tight and hard. Sometimes the muscle will spasm or twitch when they're pressed on, which can be an indication of a trapped or pinched nerve.

#### 2. Temperature

Another indication that a muscle needs work is if it feels warm or cool to the touch. A warm muscle could be an indication of deeper issues within the area, whereas a cooler muscle could indicate a reduction in circulation. I'm not suggesting you get out there with a thermometer, but it's a good idea to run your hands over your horse every now and then to see if you feel anything odd.

#### 3. Texture

Texture refers to the density and elasticity of the muscles. This can be challenging to identify, but any muscles that feel stringy, lumpy, too soft or too hard might benefit by being looked at by a massage therapist.

#### 4. Tenderness

This is simply how the horse reacts to the touch of your hands on a particular muscle or area. If you put your hands on the horse's back and it jumps away from you, this could be an indication that the horse is sore or tight. It could also be a behavioural response, which is why it is important to feel for all 4 T's instead of just relying on one or two. It is also important to note that horses react in different ways. Where one horse might jump away from you, another might try to bite you or maybe it will only just flick its ears back. Make sure to note how your horse responds normally, so that you can know when they are trying to tell you they're uncomfortable.

More next month.



## About Natalie

Hi everyone, my name is Natalie and I am the owner of Willow Tree Equine Therapies. I'm a qualified equine massage therapist and it's my mission to help horses live their best lives.

I first learnt about equine massage therapy when I was a working student at a horse behavioural centre. I watched as an osteopath turned a grumpy horse into a quiet, patient one.

It helped me realise that sometimes, a horse's unwanted behaviour isn't because it's 'being naughty' or 'showing whose boss' but sometimes it can be because they are in pain.

I have since completed a certificate in Equine Sports Massage Therapy, completed many case studies and interned with another massage therapist. I have also participated in a full body horse dissection so that I have an in-depth understanding of the horse's muscles and some knowledge of biomechanics.

I have been active in the horse community for just over 10 years now. I'm a member of Warragul Pony Club and used to compete in Mounted Games, though mostly I'm a bit of an all-rounder.



# Meet the Coach

## Rachel Edwards



### ZONE CHIEF INSTRUCTOR, NORTH EASTERN ZONE

As a Pony Club rider for 36 years and now Zone Chief Instructor for North Eastern Zone in Victoria, this month's Meet the Coach, Rachel Edwards, shares her love across many clubs, including Seville, Kangaroo Ground, Mountain District, Donvale, Templestowe and other North Eastern Pony Clubs.

Rachel's love of horses began early and she remembers buying the Saturday Age newspaper where she circled all the horses and asked her parents if she could buy one every week. She saved up herself for her very first ever pony 'Chevy', a 13h welsh mountain that cost \$350.

Rachael really enjoys a wide range of disciplines but she especially loves eventing and dressage - even more so, now that she's grown out of her teenage years! When she coaches at Pony Club (R), she loves coaching dressage, show jumping and has been very involved with Quiz, even managing the Victorian Sub Junior team for the National Championships last year. She is also on the working party for Pony Club Victoria and is currently organising an interzone Quiz challenge, where she's aligned with Hygain for sponsorship.

She also loves Ready to Ride, musical rides, equitation science & horsemastership and mounted games. As someone who has had the benefit of wonderful mentors, Rachael admired the wonderful, late Brenda Mitten and now organises the Brenda Mitten eventing clinics in her memory. Brenda once told Rachael that she was the best Chief Instructor they had, and Rachael wants to make Brenda proud. It's such a testimony to the impact that coaches can have on the lives of others.

Other coaches who continue to mentor Rachael are Will Enzinger, who has a big impact on her eventing journey and John Thompson, who specialises in dressage; Rachael says she admires his amazing training methods and common sense approach.

She's very proud of her homebred, home schooled horse Spot. Rachael is up early between 4 and 5am most mornings to work Spot (an even bigger feat in Victoria's chilly winter weather) and she feels very fortunate to have the talented Sam Jeffries ride Spot in 2 Star eventing competitions.

Rachael loves ongoing education and she has gone on to gain accreditation as a State Assessor, Higher Certificate and NCAS coach mentor. She also coaches most nights after finishing her full time job in the education industry, and on weekends. She tries to ensure that she makes time to watch her 14 year old daughter, who also competes in Pony Club® competitions.

The rewards she loves from Pony Club are the friendships gained and seeing sportsmanship at all levels. She especially loves seeing riders build self-confidence, challenge themselves, build on their strength and character, and grow their relationship with their horse.

Her favourite moments she likes to call the "aha" moments - when she sees riders build enough trust in their horse, and their coach, that they challenge themselves to do something new. From first time cantering, first off lead ride, attempting a higher jump - she loves the reward of feeling like she's made an impact. And her riders are so grateful for that. Rachael has had some incredible achievements during her 36 years at Pony Club and she is particularly chuffed at winning BOTH the 2020 PCA Coach of the Year and the 2020 PCVIC Coach of the year. What an incredible accomplishment!

Other highlights she is proud of was the opportunity to represent Pony Club internationally and coach in China overseas at the affiliated Pony Clubs there. She has also loved building connections on the Chief Instructors panel and the State Assessors panel. More recently she has also been committed to the Working Parties for both dressage and quiz.

She is grateful for the support of Pony Club Victoria and Kathleen Kindler, State Coach, in these development opportunities that have been presented to her and also Kathryn Ireland - Pony Club Victoria's Development Manager. She credits the opportunities she has with being included by these great colleagues, who she says are always willing and obliging, with the best interests of others at heart.

In addition to her Pony Club Achievements, Rachael is also an EA accredited coach, a HRCV assessor, a 3-Phase Equitation Judge and a Dressage Judge! A huge thanks to Rachael for all she does for Pony Club and for sharing her vast knowledge with us.

Next page -  
Rachel Edwards' Tips for Coaches

# Rachel Edwards' Tips for Coaches



- It's always about making it fun for Pony Club. Remember if you have happy kids, you've got happy parent and then the kids will stay because they're happy.
- Weather can play a part; colder = hungry earlier. You might need to modify the lesson.
- PC is about social interaction and life skills. Even learning how to pay at the canteen.
- To be better, make sure to project yourself.
- Look at riders with different abilities. Incorporating all the skills make a better a coach.
- Enjoy the wonderful coaching journey. Keep building on your skills and knowledge. Take opportunities to upskill. Ask lots of questions.

## *Calling our remote, outback Clubs*



Here's a great opportunity to feature one of more of our more remote Pony Clubs in several states. for a series on the important of regional and remote Clubs (all types). This is being put together by Ken Eastwood from RM Williams Outback Magazine. Pony Clubs are going to be part of this.

PCA is seeking names and contact details of clubs he may decide to come and visit for his story. The things he is looking for are clubs showing great community spirit (just some examples here):

- Clubs which help bind the community together, eg taking part in local parades
- Overcome hardship (floods, fires, drought);
- Clubs which have members who drive 100s of kms to get to a rally or muster or camp;
- Clubs which meet frequently for part of the year when the weather permits, and don't meet the rest of the year
- Remote clubs who have given a start to a top level Olympic rider or international champion

Please email [marketing@ponyclubaustralia.com.au](mailto:marketing@ponyclubaustralia.com.au) with the Club name and phone number of the contact person by mid-June.