

PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB
AUSTRALIA

SEPTEMBER 2021



"Let's do something different at Pony Club this month..." This is a 6yo Lexie O'Brien at a bison campdraft clinic (yes bison), having a run on gentle giant 'Bob Marley'. The clinic was run by Crows Nest Pony Club, Queensland. Lexie was hooked and now, aged 10, she is still campdrafting but also competes in eventing, dressage, combined training, show jumping, and sporting.

Send your unusual Pony Club photos to info@ponyclubaustralia.com.au or send via messenger.

PCA Virtual Nationals Update

Page 4



PCA Awards - meet the finalists pp2-3

Community Captain p 2
Coaching Update p 6
Spring Pasture dangers. p 10

Discipline of the Month
- it's back! More Page 5



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



PCA AWARDS - 2021 FINALISTS

You will be able to read more about our finalists when the awards are announced later this month

The Miss Kay Irving Award (Coach of the Year)



Karen Charles
Strathalbyn PC SA



Meaghan Johnston
Macarthur PC VIC



Meaghan Sutherland
Riddells Creek PC VIC

Best achievement by a Rider under 13 years



Hayley Dagnell
Wallangarra Riding & PC WA



Robin Henry
Quirindi Pony Club NSW



Tehani Badke
Coffs Harbour PC NSW

Best achievement by a Junior Rider, 13 - 17 years



Lili Taylor
Riddells Creek PC VIC



Sarah O'Connor
Coffs Harbour PC NSW



Zoe Addinsall
Dunkeld Pony Club VIC

Best achievement Rider 18 - 25 years



J'Aime Mallon
Riddells Creek Pony Club VIC

Thanks to our sponsors



PCA AWARDS - 2021 FINALISTS

You will be able to read more about our finalists when the awards are announced later this month

Gill Rolton Alumni Award



Clare Lindrop - Racing



Sally Francis, OAM



Sharon Jarvis - Paralympian

Volunteer of the Year Award



Belinda North Mudgeeraba
Pony and Hack Club Qld



Candace McInnernay
Surat Pony Club Qld



Peter Tornabene, Samford
Golden Valley Pony Club Qld

Club of the Year Award



Londonderry PC NSW



Riddells Creek PC VIC



Samford Golden Valley PC QLD

PCA Accredited Centre of the Year Award



Claremont Therapeutic
Riding Centre, WA



Junction Farm Equestrian Academy,
Tasmania



Phoenix Acres Equine Centre,
Queensland

NATIONALS UPDATE

Dates are now set for most States to hold their part of the 2021 Virtual PCA Nationals. Good luck to all teams!

Entries have now closed and we have been thrilled with the response, with riders from every state and the NT competing. We look forward to the rounds of competition occurring around Australia between 18th September and 10th October, then bringing everyone all the action online.

Details on [how the Quiz competition will be run are here.](#)
[The program for the event is here.](#)

We are pleased to announce that Dianne Ould from Pony Club WA has agreed to be the gear check official for the 2021 PCA Nationals. This is particularly important for dressage competitors, who will need to submit a video of their gear as part of their entry.

The [allowed gear for the 2021 PCA Nationals is here.](#)

Or for all links go to

www.ponyclubaustralia.com.au/News/Events/NationalChampionships.



PONY CLUB AUSTRALIA
NATIONALS 2021



QLD - October 3-4
Burpengary Equestrian Centre



SA - September 27-30
Wirrina Cove Holiday Park



TAS - September 25-27
Tasmanian Equestrian Centre



VIC - Sept 29-Oct 1
Riddells Creek PC Grounds



WA - September 28-29
State Equestrian Centre

Events (individual and team championships)

DRESSAGE
SHOWJUMPING
COMBINED TRAINING
TETRATHLON
MOUNTED GAMES
QUIZ
RIDE TO TIME

Most events are run in the following age groups:

Sub Juniors - 10 years and under 13 years.

Juniors - 13 years and under 17 years.

Seniors - 17 years and under 26 years.



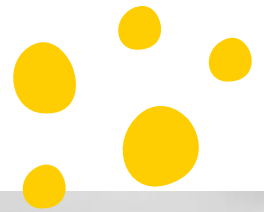
Dressage at the 2019 Nationals: Julie Wilson photo:

We all have the chance to watch and see winners announced.

All events are being recorded by the States and will be compiled into videos, which will be shown over several nights on Facebook and YouTube - including the winning announcements!



Meet our first Community Captain award winner

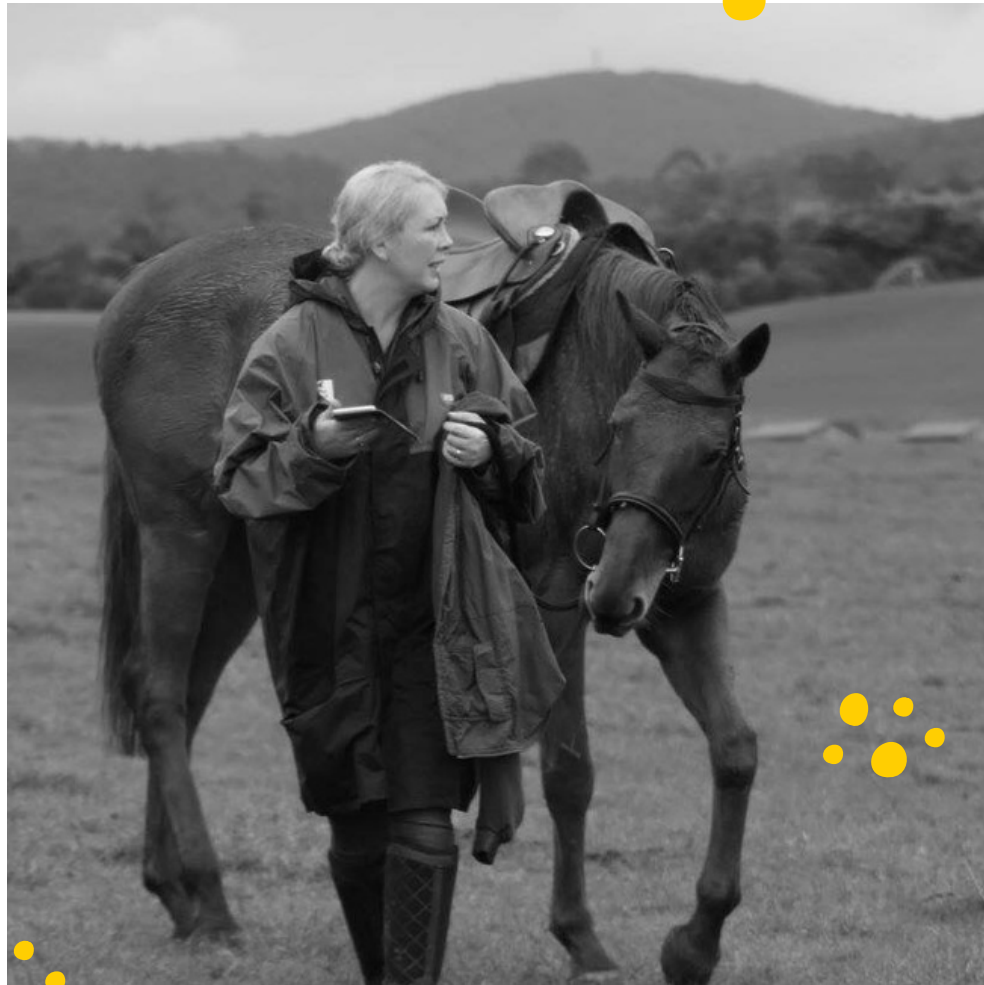


Julie Binns of Lilydale and Districts Pony Club in Tasmania is the first recipient of Pony Club Australia's Community Captain Award.

A parent and committee member, she was nominated by her Club for helping to include more people in Pony Club and building collaborations between the Club and the community, in particular by developing a 'Rider Encouragement Grant.'

Now in its second year, the Encouragement Grant aims to support young people between 10 and 18yrs who show a passion and interest in horse riding and require assistance to participate in Pony Club.

Applications to a subcommittee are treated with the utmost confidentiality and discretion, with preference given to those experiencing vulnerability and/or experiencing hardship, financial or otherwise.



The Rider Encouragement Grant includes annual membership fees, \$100 towards Pony Club uniform, a PCA proficiency manual to study the relevant theory for the rider's age, and entry fees for Club-run events, camps and clinics. The local community also becomes involved by becoming benefactors of the award.

"Pony Club has never been just about riding, ribbons and competition," CEO Dr Catherine Ainsworth said. "But now these new awards are a way to recognise members for their interest and work in three areas. "These are the community (Community Captain award) , creating sustainable solutions (Sustainability Champion award) and caring for horses and others (Welfare Warrior award). These awards are not just for riding members, but all members."

Does your Club have people who could be recognised with a Values Award? [Visit our website](https://ponyclubaustralia.com.au/members/awards/) and check out the details. (<https://ponyclubaustralia.com.au/members/awards/>)

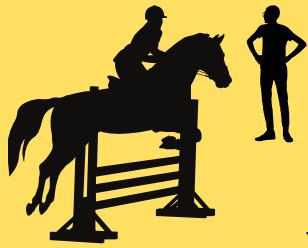


Clubs take note, the right cause is a big help getting business sponsors.

Lenah Game Meats, one of the business sponsors, said, "Julie's Rider Encouragement Program is one of the most beautiful, thoughtful and caring initiatives our business has had the delight to support."

And another said, "Julie's Rider Encouragement Program is insightful and caring, communicating values that make us feel proud to be involved."





Coach Update

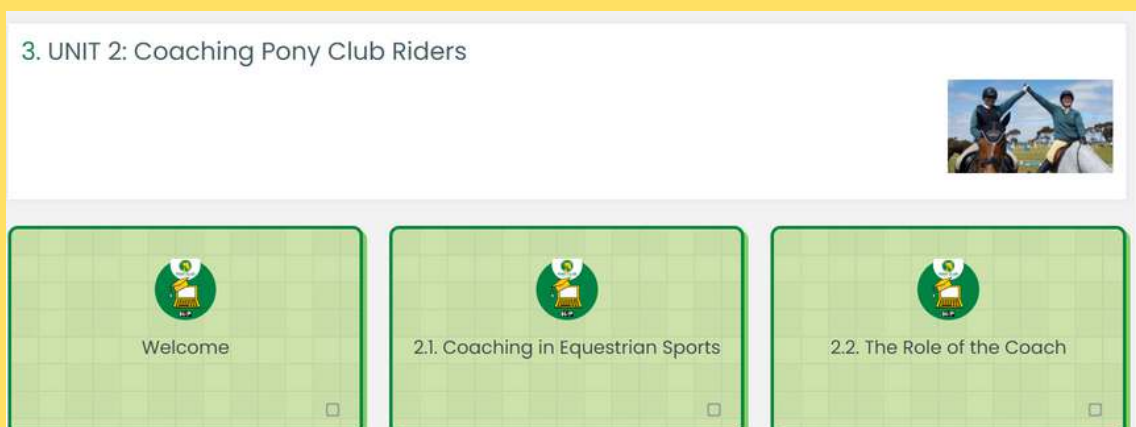
Lungeing Certificate

The Coaching Advisory Council, made up of lead coaches from each state, is working on a Lungeing certificate that will be suitable for riders at higher certificate levels, coaches and others interested to know how to practice lungeing safely and effectively.

Pony Club Academy - Coach's site

The Pony Club Academy site for the PCANCAS Preliminary Coach course is now live. It includes a series of videos produced by PCANSW especially for the PCA program and follows the framework of the Prelim course launched earlier this year.

It is an essential resource for coach candidates and current coaches seeking to refresh their knowledge. Set up your log in here. <https://ponyclubaustralia.com.au/moodle/>



Discipline Of The Month



Dressage

It's back! Out now with your September PCA Newsletter or on the PCA website:

www.ponyclubaustralia.com.au/Sports/DisciplineoftheMonth

- The paper game
- The troll under the bridge
- All King Edward's Horses Can't Manage Big Fences
- Galloping dressage and more!



The Centre Page

Congratulations to our newest Pony Club Australia accredited riding centre, Jeu de Cheval, near Hobart Tasmania. With more than 25 years experience in the horse industry, Jeu de Cheval offers lessons to adults and children of all abilities.

There are five coaches enrolled in the PCANCAS Preliminary coaching course and they are working alongside other Pony Club coaches, including attending the regular webinars run by Pony Club Tasmania.

www.hobarthorseplay.com.au



#NoPonyNoProblem



Joint Activities

It is great to see the pathway to horse ownership and Pony Club membership being developed in the relationship between Junction Farm Equestrian Park and Birralee and Districts Pony Club in Tasmania. Riders at Junction Farm are getting a taste of Pony Club life by attending rally days with Pony Club members.

4Mile Farm showing the way

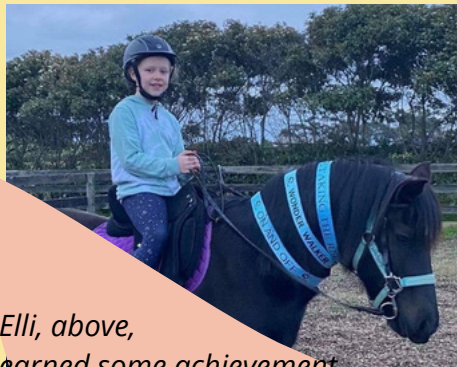
Congratulations to Pony Club Accredited Centre 4Mile Farm on [this fabulous ABC Landline story](#)

Nicky and Ben Dobson in central Queensland watched their agistment business disintegrate through drought, so they opened their farm to the public to find a new market and help others. The Dobsons have become disability service providers, with their farm a safe place for clients to learn new skills.



Top: Nicky and Ben Dobson and right: Katherine Henson with her daughter, Hannah, who goes horseriding at the farm as a form of physiotherapy for spidabifida. (ABC Landline photos)

Baroque presents first certificate



Elli, above, earned some achievement ribbons on the way to her E certificate. These are available to Clubs and Centres in the National Shop (or see back page of the newsletter.)

One of the South Australian Pony Club Accredited Centres, Australian Baroque Riding Academy, has had their first rider achieve their E Proficiency Certificate.

A thrilled Elli, who doesn't have her own horse so chose to ride at the centre, said "I am hoping to learn about how to care for my horse Witchery, and how to ride safely."

Owner operator Marie Matters said, "Being accredited with Pony Club means I can teach the PCA syllabus along side the classical dressage program we have here at ABRA.

"We are really enjoying giving children the opportunity to participate in this excellent sport in a safe structured way. The PCA certificates are easy to administer and bring a fun additional theory element to their lessons."



Well done, Paralympians!



Photo credit at left: Australian Paralympic Team

They did us proud (l to r): Emma Booth and Zidane, Amelia White and Genius 60, and Sharon Jarvis and Romanos, all former Pony Club members. Sharon was riding in her third games, and Emma and Zidane are the first Aussie pair to compete in two Paralympics.

Always offer to be

The Friendly Horse

Did you see the friendly horses (also called companion horses) at the Paralympics Equestrian Tokyo 2020 events? We suggested last week you look out for them, and here are some great photos of them standing near the arena. It appears each rider who wanted one, was balloted a horse from another country. Why? If you stood a horse's real friend or teammate near the arena while the competitor did their test, imagine the neighing that might happen! Now that's thinking like a horse. Speaking of thinking like a horse, how good were those horses with riders who had limited movement? What partnerships we saw. We hope you enjoyed the excellent riding, beautiful horses and were just as inspired as we were at the way people have adapted to often critical injuries or conditions to continue riding.



Always offer to be the friendly horse for the last dressage horse, or the last jumping horse, if no others in sight. And someone should stay behind at Pony Club with their horse until the last horse is on the float.

Thinking of a Career with Horses?

Check out what's on offer through programs at [Thoroughbred Industry Careers](https://tbindustrycareers.com.au/), including being paid to learn!



★ Applications for the February intake of the 2022 Explorer Cadetship Program will open at the end of September 2021.



<https://tbindustrycareers.com.au/>

Exciting filly 'Four Moves Ahead' (by @ArrowfieldStud's Snitzel (AUS) out of Doulmera (USA)) with 2020 Accelerator graduate Hayley for @jsargentracng .

Students in the Accelerator Program experience different facets of the racing industry.

Moving to Spendthrift Australia for his stud placement after completing his racing placement at Ciaron Maher Racing, Jake West is currently getting hands-on experience with foals. Here he is with the first foal for Spendthrift this year!

His first thought when working with a foal? "I never realised how small they actually are!"



MARKETING TOOL KIT REMINDER

Have any Clubs started using the marketing tools? The guide was emailed to all Clubs. If any Clubs still need the link to the website, please email us. We'd also love to hear from you about how it is going. marketing@ponyclubaustralia.com.au

Tokyo 2020 - Who is Kevin McNab?

Kevin McNab is a former Queensland Pony Clubber who was substituted into the Australian eventing team for Tokyo 2020 the day before the start, and helped the team win a silver medal.

We'd like to think that growing up, Kevin and his brother Dale received a good start from Millaa Millaa Pony Club in Far North Queensland, then as the family moved, Malanda Pony Club then Mareeba Pony Club, in 1994.

His proud mum Cynthia (and dad Len) said Kevin was hooked on horses when a family friend sat him on his campdrafter when he was two. He really enjoyed mounted games, dressage and eventing. He rode at State level, winning the Queensland Dressage Championships one year and placing in eventing.

"He was always driven; he would work two horses before school and another one when he got home," Mrs McNab added. "He was part of the Equestrian Talent Group at Kooralbyn International School, had lessons from Tony Manca, and spent a year with Heath Ryan. He met (eventer) Boyd Martin there and they are still great friends."

Cynthia said she was a bit surprised his dressage score wasn't a bit lower. "He usually scores below 30 - but then he only had 24 hours to prepare, so he said he had no 'edge'."

She said Kevin had been able to do train with the team, attend briefings and utilise the great team coaches like Nelson Pessoa. But still, it takes time to mentally prepare to ride at the Olympics, when you think you will just be the reserve.

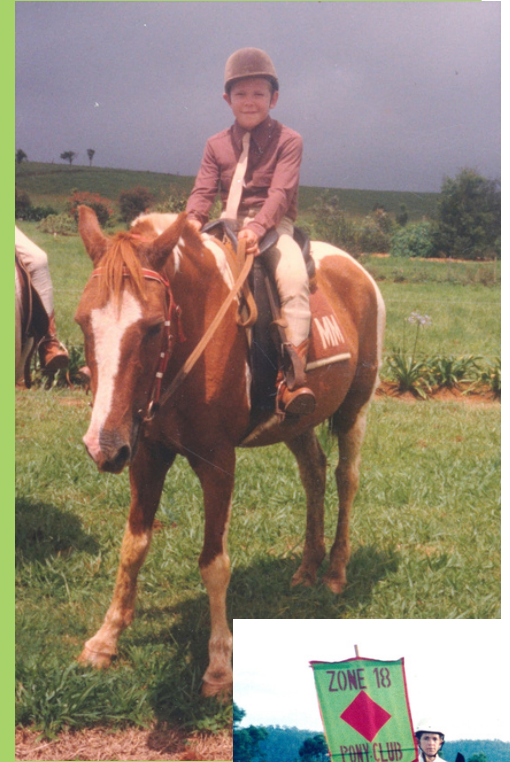
She added Kevin felt very sorry for Stuart Tinney whose horse was ruled unfit just ahead of the competition. Kevin had thought he might get substituted in for the showjumping if a horse pulled up sore after the cross country, as now all three rider scores count and there is no 'dropped score'. So it was a real dream come true.

Kevin developed his own equestrian centre at Tamborine, Qld, before moving to England in 2012 to continue his eventing career. His groom of six years Lucy Hartley was able to live the Olympic experience too.

Interestingly, Cynthia McNab says there are often young Australians working in his yard in England. His wife Emma also rides, and they have two young children. Sounds like Kevin is keen to help other riders from home get a good start on an international career.

We will leave that exciting thought with you all, as we congratulate this wonderful Pony Club graduate.

And now we all know who Kevin McNab is, and we certainly won't forget.



Photos from top: The kid with big dreams: Kevin at Millaa Millaa Pony Club; representing Zone 18 (Qld); competing in the Netherlands; silver medal to Australia at Tokyo 2020. Kevin front, Shane Rose and Andrew Hoy - all former Pony Club members.

What's happened on **facebook** ?

You can lead a horse to water . . .

Many horses don't like drinking when out travelling or at a competition. There can be many reasons for this. But like people, we don't want them to dehydrate while competing and travelling, especially in hot weather.

A recent study mentioned by [Kentucky Equine Research](#) found that horses have favourite colours and may drink more if their water bucket is the 'right' colour.



Based on water intake, researchers found that horses preferred to drink from the turquoise buckets. Preferences for the colours, from highest to lowest, were turquoise, light blue, light green, green, yellow, and red. Horses chose the blues over other colours and light-toned colours over darker tones.

Another old horseman's trick is to take some mud from the bank of the horse's dam at home, and add a bit to his water so it tastes like home. A more modern version is to add a little molasses to hide the taste of the venue water. To do this you should practise at home by giving him molasses water a few times.

You can read about the horse's favourite colour research [HERE](#).



You told us:

Heather: My horse is allergic to electrolytes and also won't drink from a black or dark coloured container. No problems with a light blue bucket.

Sammy: Haha we can confirm it's a thing!

Elizabeth: Taught mine to drink from a drink bottle, he finds it fun and enjoys playing with water.

Lisa: ... might explain why the girls go for the water in that blue tub rather than walking the extra 4 metres to the trough?

Angela: (my horse) will not drink from black rubber but the turquoise ones might be worth a try

Alex: Carly remember when Boofy would only eat from the pink bucket?



Life is better with a friend. We love seeing horses enjoying the benefits of living together. Thank you to Wendy for sharing this lovely image.



From The Experts

SPRING PASTURE: TIPS FOR A SMOOTH TRANSITION

Dr Jennifer Stewart
BVSc BSc PhD
MRCVS Dip BEP,
Equine Veterinarian
and Consulting
Nutritionist
and Jenquine CEO



Spring grass grows rapidly, is up to 80% water, low in fibre, soft and easy to chew. There's little horses and ponies relish more than the sweet taste of spring grass. But if horses overindulge on the new grass, virtually all of them can have a degree of digestive upset – mostly seen as looser, greener, more watery manure due to the high water content of the grass.

There are several things you can do to limit digestive upsets. Most are quite simple and easy:

- Sudden changes in diet can be a risk factor for colic so it is advisable to keep feeding some hay while they are out at pasture so you are not completely switching from all grass to all hay
- Feed some hay to provide fibre – horses may crave fibre and chew fence posts and bark if they don't have enough
- Also add some beet pulp which is an excellent prebiotic and supports gut health and ½ to 1 cup of psyllium during the spring transition can also help the gut transition to the new diet
- Feeding hay will also curb your horses appetite and reduce the amount of grass they need and over-eating
- To allow the gut to adapt to the changing grass, limit grazing and gradually increase over a few weeks – start with up to an hour and increase by 30 minutes each day, until the horse has adjusted to 3 to 4 hours grazing period. After 2-4 weeks, the gut will have adapted to the new diet and your horse may be able to have unlimited grazing.
- Limit grazing to between 3am (for early-risers!! – otherwise, whenever you get up) and bring them in at around 11am – before photosynthesis from sunlight has allowed the grass to make heaps of sugar
- Some horses and ponies are especially clever and if you set a time limit on how long they can graze, they will increase their feeding rate. Ponies are the worse culprits and can gobble own their whole daily energy needs in a few hours!
- Grazing muzzles help to restrict and slow grass intake – very useful if your horse is too forward in condition or prone to laminitis. Some horses can't seem to understand how to use the muzzle and won't graze at all – while others figure out how to still eat more grass than they need even with a muzzle – keen observation is important.
- Keep an eye also on your horse's appetite and manure and any hint of foot pain, lameness, heat in the hooves, or signs of colic – if these occur call your vet
- Also watch the girthline and amount of fat on the neck crest, tail head and in front of the udder and prepuce – if these increase, weight management is needed
- If your horse has a history of founder or laminitis, you may not be able to let them have any pasture – discuss this with your vet if you're uncertain
- Regular mowing reduces the amount of sugar the grass can store, making it safer for animals at risk for laminitis

As well as the digestive system, your horses behaviour may change in spring. Sometimes this is called 'spring madness' when horses can become more reactive or anxious. For many horses, the low magnesium content of spring grass causes a behaviour change and a correctly formulated magnesium supplement is calming and reduces their symptoms.

Pasture is a wonderful source of nutrition for most horses, but care must be taken when grazing spring grass. Sudden feed changes wreak havoc on a horse's gut – abrupt changes including switching grains, hay types or going from hay to pasture, do not give the gut enough time to adjust and this can cause colic or diarrhea in any horse. Spring grass is definitely in the category of a diet change and even with careful management it is not unusual to see digestive upsets at this time. Spring grass is recognised as a risk for issues such as diarrhoea and horses can develop bright green diarrhea and bloating. Dealing with spring pasture may be time-consuming and stressful for both you and your (muzzled) horse, but consider that laminitis is a far worse fate.

Keep in mind the 'golden rule' of horse feeding – **'make any change gradually'**.



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.



More from the PCA website (Members/Awards)