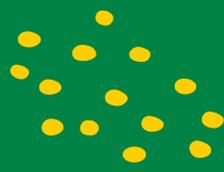


# PCA News



Pony Club Australia Monthly Newsletter



PONY CLUB  
AUSTRALIA

DECEMBER 2021



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www.ponyclubaustralia.com.au





# A new "MyPonyClub"



This month Pony Clubs across Australia are moving to JustGo for management of memberships and events. Training sessions for club, zone and state administrators have been run and recorded to share, along with guides FAQs and how-tos. Club/Zone Drop-in sessions will go till 21st December and resume in the new year to support clubs, zones and members in system transition.



All the extractable data has been transferred across from MyPonyClub to JustGo, and members will keep the same member ID.



Keep an eye on your inbox for details of how to renew for 2022.



## PCA Virtual Nationals 2021 to go live!



A huge congratulations to all of the riders, families and the State Managers involved in the **Thoroughbred Industry Careers** Pony Club Australia Virtual Nationals.

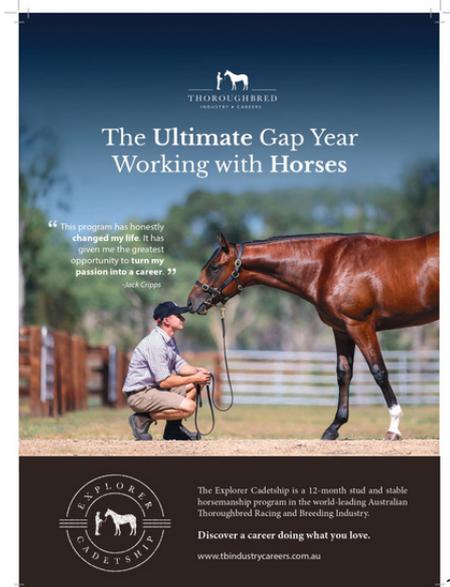
This landmark event showcasing all riders will be broadcast over five nights later this month

Each state held its events either in a hub location or individually, and the footage has been uploaded to Pony Club Australia for inclusion in the broadcast.

Results will be eagerly anticipated and we would love to know which States are organising watch parties to celebrate their journey.

Everyone involved has worked tirelessly, and we appreciate all of the effort and the hard work under trying times

Watch our social media pages for updates on the launch date for the **Thoroughbred Industry Careers Nationals** Presentations 2021.



# Andrew McLean presents PCA Alumni Award to Sally Francis



Dr Andrew McLean, PCA Board member, was delighted to present the PCA Gillian Rolton Alumni of the year award to Sally Francis at a Pony Club Victoria workshop.

Kathleen Kindler, State Coach Director sent Pony Club Australia the following message:

"It was really special that she could receive in front of her pony club friends and colleagues. Sally did a lovely speech about her journey at Pony Club (achieving the A certificate in 1982 as a member of Mornington Peninsula Pony Club) and how it had provided pathways to her life with horses.

This was inspiring for our riders who attended to hear. Sally is truly thankful for the recognition that PCA has shown her by providing this award."

Pony Club Victoria also posted "We were thrilled when Pony Club Victoria's very own Sally Francis was announced as one of the 2021 Pony Club Australia Alumni of the Year recently. Sally received the Gillian Rolton Award which recognises Pony Club alumni who have gone on to forge great things in the equestrian field. Today Dr Andrew McLean of the PCA Board presented Sally with her certificate and trophy. It was special to present to Sally at our higher certificate seminar with many of her pony club friends and colleagues watching. Well done Sally !"

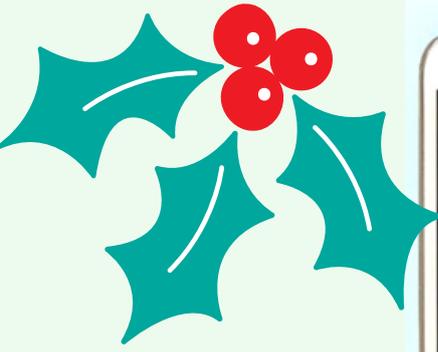
**Applications are now open for two positions on the new Pony Club International Alliance Youth Advisory Council.**



The Youth Advisory Council will advise the PCIA board, made up of Australia, Canada, Hong Kong, Ireland, New Zealand, South Africa, UK and USA. This council will function to increase communication, advice and projects to connect, engage and inspire Pony Club members around the world. In addition, the YAC provides members' insight into matters under consideration by PCIA and can bring ideas and proposals to PCIA for attention. Pony Club Australia is seeking two members aged 16 – 25 years who are highly motivated, dedicated and have strong leadership and communication skills. You can read more about the PCIA Youth Advisory Council here

<https://tinyurl.com/yc2aa2c4>

Applications can be made using this form Pony Club International Alliance Youth Advisory Council ([jotform.com](http://jotform.com)).




**All horse riders have good days and bad days.**

**They're just more likely to post about the good ones.**

**So, look up and keep riding forward!**




### **Pam Kalms posted on our Welfare Wednesday (above)**

Thank you PCA, this is such an important lesson when it comes to our journey with horses. Don't compare, be happy with your combination.

### **Chenoa Trama posted on our Welfare Wednesday (above)**

My 12 year old posted on her insta about a horrible dressage test (tense horse, a few rears at C in front of the judge ) and talking about how it just wasn't her day! Within hours she had messages of people (young and old) saying thank you to her for showing the bad days! It meant a lot to them because she wasn't trying to be fake and show how everything always went well and ended with ribbons. She was amazed by the support and it was a great lesson for her.



**@ponyclubaustralia**



**@ponyclubaus**



Matching your horse's steps is a great way to be present and feel grounded.




**PONY CLUB AUSTRALIA**

Take care of your horse's muscles with 10 minutes of walking to cool down.



# From The Experts

## Happy Hooves in Summer©

Every season affects horses' hooves differently - and summer can be especially challenging for your horse's feet!

Hot, dry weather causes the foot to dry out making hooves brittle and to crack and chip easily. Added to this is the summer heat that bakes and compacts the ground so it becomes rock-hard. Extra care, the right diet and management are really important throughout the summer months.

Even though the hoof seems hard and rigid to us, it is actually quite flexible! This helps dissipate the shock when the foot hits the ground - and some of the concussion that would otherwise shoot straight up the leg and cause jarring in the tendons, joints and bones.

**Dry hooves** can easily become contracted as the frog, bulb and white line - all of which contain large amounts of water - dry out too. Dry hooves shrink - losing shoes is a good sign that the hoof is drying out. They also crack and split more easily. This means you may need to get your farrier to visit more often in summer. If an infection enters through the split of crack, an abscess can quickly develop as the germs travel underneath the sole. They can also tunnel upwards under the wall and break out at the coronary band. Quick veterinary attention is important to stop the infection causing long periods of lameness - and no riding!

**Bruises** are more common in summer, especially when you ride your horse on hard, dry and stony ground - and from repeated leg stamping to get rid of flies. If your horse is bothered by and stamping at flies, use an equine fly repellent. Signs that your horse may have a bruise can be reluctance to move forward, trot or canter on firm ground. You might also feel them taking shorter strides or trying to avoid walking on certain surfaces. Bruises can easily turn into abscesses and if this happens, your horse will become really, really lame and may not put its foot on the ground. So whether your horse is shod or barefoot, regularly check his soles for bruising over the summer. Detecting and helping to heal a sole bruise early on can head off a painful, slow-to-heal abscess.

**Flaking soles and frogs** most horses shed the frog at least twice a year, but when the ground is hard and dry, extra covering can form to protect from bruising. This extra thickness in the frog and sole can peel and crack off and you may find you need your farrier more often in summer. If your horse becomes lame or the hooves develop a strong, unpleasant smell or discharge this may indicate thrush and veterinary attention is important.

**Diet and feeds** - A good diet is important for healthy hooves. An unbalanced diet is a major cause of hoof problems - but it's not just one or two nutrients. Biotin is not the only nutrient associated with poor hoof quality - only about 2% of horses with hoof problems have a straight biotin deficiency. Overfeeding a single nutrient can be more dangerous than underfeeding it. Before supplementing, have your diet checked and discuss your horse's signs with your veterinarian.

All content provided in this editorial is for general use and information only and does not constitute advice or a veterinary opinion. It is not intended as specific medical advice or opinion and should not be relied on in place of consultation with your equine veterinarian.

© November 2021

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



Many different nutrients are used to make all the different parts of the hoof. For example, protein-deficient diets lead to reduced hoof growth and splitting and cracking of the hoof. Oils are needed to help the hoof hold moisture. Alongside fresh grass, linseed meal is an excellent source of good oils to feed the hoof from the inside. Also, remember that being too fat places added load on the feet. If your horse is too fat or a good doer/easy keeper, your veterinarian can investigate whether there are underlying problems.

A healthy, strong hoof is less prone to cracking and chipping, so providing a balanced diet which supplies a range of nutrients, including protein, vitamins and minerals, is essential throughout the summer season. Healthy hooves adapt better to the changing seasons - but it takes 6 to 9 months to grow a new hoof, so it's important to be patient with any hoof supplementation and allow enough time to see a difference.

There's really no set-in-stone, stock-standard interval for trimming and shoeing. Because hooves generally grow faster in summer, trimming and shoeing intervals may need to be adjusted. And, regardless of whether your horse is shod or remains barefoot, prevention is always better than cure when it comes to hoof health. Regular inspection of hooves by cleaning them, picking them out and examining them for cracks, bruises and any further damage is important.

Some horses naturally have better hooves than others. Your horse may already be producing the best hoof they can, but feeding for hoof health and regular farriery will help them to do better. Don't wait until your horse has a hoof problem or goes lame.

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BRINGING SCIENCE TO YOUR FEED BIN  
Equine Clinical Nutrition

**NEW PRODUCT**  
Ask your local produce store or Vet clinic to order some.

Reduce or remove the need to feed multiple supplements (except on veterinary advice)

High in Amino Acids, Vitamins, Minerals and Biotin  
Low in Starch, Sugar, NSC and Iron

**DR JENNIFER STEWART'S**  
**all-4-feet®**  
your all-in-one nutrient dense diet and feed balancer - just add energy, fibre, salt as required  
VETERINARY FORMULATION

4.5 & 10kg NETT FOR ANIMAL USE ONLY

EQUINE CLINICAL NUTRITION  
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PONY CLUB AUSTRALIA  
NATIONALS 2021

*Sponsor*



# MITAVITE®

## Happy holidays from Team MITAVITE®

We wish you, your family and your horses a safe and happy Christmas. We are so excited to see our equestrian community active again and look forward to seeing you out at rallies, lessons, clinics and competitions in the New Year!

Horse health holiday tips by MITAVITE® Nutrition Advisor, Holly Mills

- Don't forget to add some salt into your horses' feed over the holidays. This helps encourage water consumption to ensure they stay hydrated.
- Has your pasture availability decreased? Be sure to include hay in your horses' diet so they can meet their roughage requirements (1.5% of their bodyweight) over summer.
- Do you enjoy providing a warm mash over winter? Consider a cooler mash during the warmer months to increase your horses' water intake. MITAVITE® extruded feeds are all able to be soaked into a tasty mash – consider MITAVITE® BREEDA® for your performance horse.
- Going away on holidays? It is integral to keep your horses' diet consistent whilst you are away. Rapid changes to a horses' diet can cause major digestive upsets. Consult your veterinarian if you have any concerns.

Christmas treats for your horse

Ingredients

1. 1-2 cups of MITAVITE® COOL VITALITY®
2. , a tasty muesli without oats providing the perfect blend of cool energy and conditioning
3. ½ cup grated apple
4. ¼ cup molasses
5. 1-2 tablespoons of plain flour
6. Some minty drops for a Christmas twist



Method

- Preheat oven to 180°
- Line two baking trays with baking paper
- Using hands or a wooden spoon, mix all ingredients together well in the same order listed above
- Once mixed, roll into 16 individual balls or Christmas shapes and place on the trays lined with baking paper
- Put treats into oven to bake for 15 minutes or until golden brown on top
- Allow the treats to cool before you share with your horses and ponies!
- Treats can be stored in the fridge for up to seven days

#mitavite to share your treats or horsey holiday pics with Team MITAVITE® on Facebook @MitaviteAustralia or Instagram @mitavite

# TWO NEW CENTRES TO END 2021

The Pony Club Australia Centre Membership program has welcomed two new Gold Coast based centres with **Firefly Park, run by PCA Accredited Level 1 Coach, Victoria Sloane** and **Bonogin Valley Horse Retreat, run by EA accredited instructor, Debbie Burgermeister.**

The two centres already have a wonderful relationship with their local Mudgeeraba Pony and Hack Club, with some of their riders already members of the local club, riding the centre's ponies.

As the 2022 season starts up, we find many clubs receive questions from parents about children who don't have horses but want to learn to ride. The PCA Accredited Centre program means clubs can confidently recommend a centre that follows the same syllabus as the PCA Certificate education, has had their horses and venues assessed, and has coaches with qualifications and working with children checks. The Accredited Centre's riders can also join Pony Club as members, often using the school's horses, which in turn brings all the great benefits like additional help and volunteers that all clubs need.

To build a relationship with your local centre, you can find a full list here

<https://ponyclubaustralia.com.au/about-us/pca-accredited-centres/>.



## MAKING LESSONS FUN



It can be hard work coming up with new ideas to keep rider's both entertained and growing in their horsemanship. The cost of horse obstacles, jumps and working equitation equipment can add up, but there are also some creative ways to build equipment to make lessons interesting for both horse and rider.

We love what **Nan Catmur, from Nan's Riding Centre in Longford, Tasmania** has created for her riding crew. By using PVC pipes, rubber matting, orange cones, material, tractor tyres, poles, pool noodles and more, Nan has created a brilliant 10 obstacle course including tunnels, ramps, a pretend water tarp, zig zag bending course, and the formidable obstacle, "The Eye". Check out some of her fantastic ideas below. These are terrific for beginners, experienced riders, ridden and groundwork lessons.

If you're looking for cheap materials to create an obstacle or working equitation course, you can always search Facebook marketplace or Gumtree, or even put a call out on your local Facebook community page. One man's trash can often be another man's treasure.

We'd love you to share other obstacles you've come up with that we can share on social media too. Send them to us at [info@ponyclubaustralia.com.au](mailto:info@ponyclubaustralia.com.au).



*Keeping our best friends happy and healthy over the holidays!*

## Five Freedoms



We all want our horses to be as happy and healthy as possible. After all, we own horses because we love them. But sometimes it is hard to know when a horse is happy because he can't tell us. In the D\* manual you will learn to recognise the signs of a healthy horse and how to look after him in the best way possible. As a way of making sure that we are doing our best to look after our horses properly we should think about a list of five things that scientists have agreed are important to a horse's welfare. These are called the five freedoms and they are:

1. Freedom from hunger and thirst - your horse should always have an adequate amount of feed and constant access to clean water.
2. Freedom from discomfort - your horse should have shade, shelter from the wind and rain, a comfortable place to lie down and enough space so that he can move around. If he wears a rug it should be well fitted and changed according to the weather. The saddle and bridle should fit well.
3. Freedom from pain, injury and disease - your horse's health should be your highest priority. You should recognise signs of illness and have access to regular and emergency veterinary care.
4. Freedom to express natural behaviours - your horse should be able to see other horses and ideally should have some physical contact with them. He should have space to run and a suitable diet, high in roughage.
5. Freedom from fear and distress - your horse should be ridden and handled by people who understand the way that the horse learns. Training systems that are based on punishment or excessive (painful) pressure should always be avoided. The five freedoms are a useful way of working out what is important when managing the horse. Matching rugs and fancy jumping boots are not nearly as important to your horse as access to companionship and a constant supply of clean water.

The 5 Domains of Animal Welfare is the next step in the advance of equine welfare. PCA will be updating the syllabus in 2022 to include the 5 Domains

*Happy Holidays*



# From The Experts



**Dr Jacqui Panozzo,  
WormCheck**

- Worm faecal egg count (FEC) service for horses and livestock.

## Rotating wormers - is it worth it?

A standard practise among many horse owners is to rotate through different de-wormers each time horses are treated for worms. Rotating de-wormers should always be based on the active ingredient of the de-wormer, rather than the brand name. Therefore, it is important to understand the types of drugs present in horse de-wormers in Australia.

The modern de-wormers we currently use for our horses are known as 'broad spectrum', where a single dose of the drug will remove nearly all drug species. For horses, there are two classes of broad-spectrum drugs approved for use: the avermectins (moxidectin, abamectin, ivermectin) and the benzimidazoles (oxfendazole, fenbendazole).

If you treat your horse with either an avermectin or a benzimidazole, that single treatment will remove nearly all the worms present (with some exceptions such as bot flies or tapeworms). See Table 1 for the drugs available for use in Australia.

A survey once showed that over 80% of horse owners rotate through anthelmintics when de-worming. This is most likely due to the advertising of pharmaceutical companies who recommend changing de-wormers throughout the year. The hypothesis is that by changing drugs any worms with resistance to the previous de-wormer will be removed, and the development of resistance will be slowed.

Unfortunately, there is no scientific evidence to back this hypothesis up. In fact, studies have shown that rotation of dewormers (across many livestock species) does not slow down the development of resistance. Rather rotation of dewormers may instead:

**1. Give livestock owners a false sense of security: "I rotated this time, so of course it worked."**

**2. Mask the development of resistance.**



**3. Potentially treat animals with a de-wormer that doesn't work, and cause harm to the animals through inefficient treatment. All of this is not to say that rotation is bad - it is only bad if you use rotation and only rotation to prevent drug resistance. The use of any drug without a follow up test to prove efficacy is pointless, and only provides a false sense of security.**

This is why annual FECRT (faecal egg count reduction tests) are recommended following de-worming to ensure the drug is effective.

The development of drug resistance is highly complex, but the basic concept is that resistance develops due to the overuse of drugs. Overuse of drugs, even with rotation, will still cause resistance to occur. Modelling has shown that if treating animals once a year, with the same drug, resistance would take well over 20 years to develop.

## Rather than rotating drugs, it is better to base your worming practises on:

- **De-worming only horses that require it - check via FEC before treatment**
- **Ensuring drugs used are effective, by conducting follow up FECRTs at least once a year**
- **If two different broad-spectrum drugs are needed, it is better to treat an animal with a combination drug at the same time, rather than with two separate doses. There are a small number of combination de-wormers (i.e. contains both an avermectin and BZ in one tube) available for horses.**



# out & about Around The Clubs



Georgia Young  
photography



## B-Kinder Day

**Pony Club of Australia's Club of the Year - Londonderry Pony Club** celebrated B-Kinder day in a very colourful way with thanks to Georgia Young Photography for the image. Londonderry Pony Club values their community very much, as without their support they, as a not for profit club cannot function! So they wanted to turn the tables and show their members, and their community, that they are here to support them too!

Fly High Billie is the charity behind the B-Kinder day initiative. The charity was founded by a family who are a part of their local community. **Images supplied by @georgiayoungphoto**

More can be found about the fly high Billie charity online [flyhighbillie.org](http://flyhighbillie.org)  
#bkinderday #alifewithhorsesstartshere #horse #ponylove



## Incident reporting, and how to identify a concussion.

Pony Club Australia has produced an informative video on what to do in the case of an incident or a suspected concussion.

The video explains how to identify a concussion, how to reports accidents or near misses, as well as reporting an incident.

This short, informative video, will assist clubs, parents and members.

*Watch it here:*

<https://youtu.be/jFaiTYLaWwc>



**Looking for great Christmas Ideas?**

**Check out the new digital version of HorseWyse, or subscribe for a delivered hard copy!**

**Don't miss the Pony Club Australia article in the December issue.**



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- \* hard copy as either a yearly subscription or purchase of individual magazines via our website [www.horsewyse.com.au](http://www.horsewyse.com.au) or
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# Horse Archery



1. It is something new, different and exciting.
2. You learn how to safely ride without reins and use a bow and arrow.
3. Horse archery is an ancient, revived and rapidly growing sport both in Australia, and world-wide.
4. There are allowances to borrow horses to learn the skills, so you don't need your own horse.
5. There are opportunities to compete nationally and internationally.



The Discipline of the Month is a PCA initiative to introduce new activities for Clubs to try, and to demonstrate how to go about it.

To check it out, or any of the other Disciplines of the Month, visit the [PCA website](https://ponyclubaustralia.com.au/sports/discipline-of-the-month/) or go to: [ponyclubaustralia.com.au/sports/discipline-of-the-month/](https://ponyclubaustralia.com.au/sports/discipline-of-the-month/)

**PCA National Rules for Horse Archery will be available at the start of 2022.**