



PONY CLUB OF THE YEAR

Hats off to Lilydale District Pony Club



The 2020 PCA Awards this year were presented online, allowing members to watch via Facebook in real time.

The award ceremony showcased the high calibre of finalists and winners for Rider of the Year, Coach and Volunteer of the Year and Club of the Year.

You can see the Results on Page 6, and even click the link and watch the awards unfold.



From Pony Club to the Melbourne Cup p2
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Spring and Worms p13



Hall of Fame

TIER 2
2021



SCHOLARSHIP HOLDER



NIKITA MAWHIRT
Modern Pentathlon

Proudly Supported by
SPORTAUS | **AIS**

Congratulations to pentathlete and tetrathlete and Pony Club Australia member (Swan Valley Horse and Pony Club, WA) Nikita Mawhirt on Sport Australia Hall of Fame national scholarship.

This month she was named as one of the first five 2021 Tier 2 Scholarship holders, who will each receive a \$5,000 sporting grant.

#SAHOFScholarship

*** Tetrathlon is the Discipline of the Month for November**

Jamie's Cup?



We send huge congratulations to former Mount Pleasant District Pony Club SA Member Jamie Kah on becoming the third person ever to ride four winners on Melbourne's Cox Plate Day.

And she has a ride in the Melbourne Cup! Jamie is booked to ride Prince of Arran. Now considered one of Australia's best up and coming jockeys, can she repeat Michelle Payne's Melbourne Cup win in 2015, also riding a Prince (Prince of Penzance) out of Barrier One?



MOVEMBER

Show Us Your (horse's) Whiskers!



We revised our Syllabus in 2019 to match the latest scientific understandings of horse welfare. Our C* and K Syllabus section on 'Trimming and Clipping' explains we now discourage the trimming of whiskers (vibrissae) on horse welfare grounds.

We love to see great moustaches on horses and invite you to send in your photos to our Facebook or Instagram pages. The winners will feature here next month.

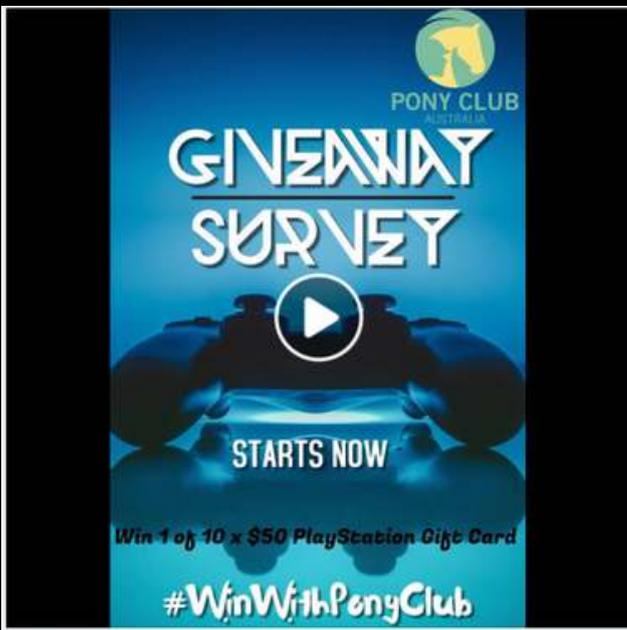
#WhiskersWelcomeHere
#Movember



Horse whiskers are also called **vibrissae** and serve essential sensory functions.



PONY CLUB
AUSTRALIA



We Want to Hear from the Boys

Are you a male aged 12 years and over? Whether you are a member or non-member of Pony Club, we want to hear from you about your thoughts, opinions or experiences of Pony Club.

There's a chance to win one of 10 x \$50 Playstation gift cards for completing our survey and referring other males.

What are you waiting for?

Go to the survey now

<https://form.jotform.com/202718649082056>

Discipline of the Month



The November Discipline of the Month is tetrathlon.

Four sports that test your all round skills.

The fact sheet is emailed to all members this week, and is also on the PCA website.

Hear Rhys Lansky's (left and below left) success story.



E D D* C C* K B A

Did you know that there are no minimum ages for starting any of our eight proficiency certificates?

Now you can start as soon as you are ready!

To see what each certificate involves - or to do a self assessment, visit our Syllabus page at: <https://ponyclubaustralia.com.au/syllabus/>

Welfare Survey Closing soon

Pony Club Australia is developing a new Horse Welfare Policy and we are interested in your thoughts and perspectives.

- This survey is intended to gather thoughts, ideas and priorities to inform the new policy and its implementation. You are invited to get involved in the conversation by completing this survey.

[PCA Welfare Survey](#)

Values Badges - nominate someone this week

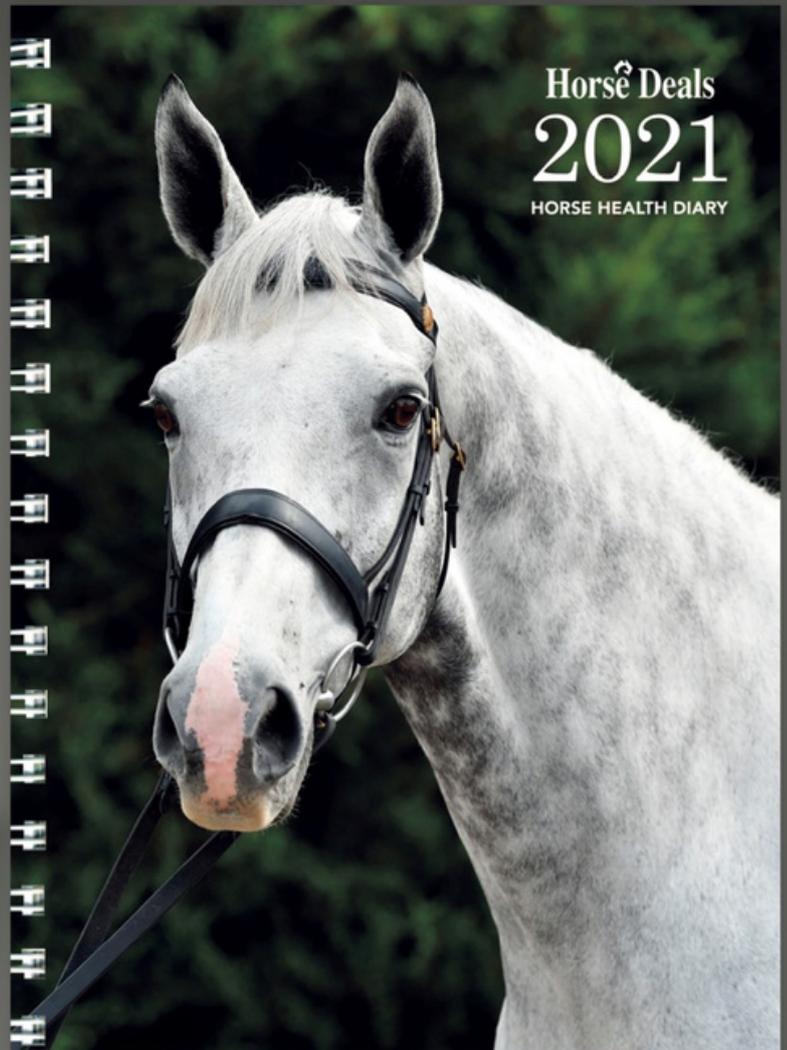
Pony Club is not just about riding, ribbons and competition.

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. [Find out more here.](#)



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Pony Club Australia National Awards 2020

★ Meet our winners ★



Coach of the Year

Winner Rachel Edwards. Rachael was nominated by **Seville Pony Club**, but supports and instructs at seven or more clubs in the region. Rachel says: 'Being a Pony Club Australia Coach is so rewarding, as you are assisting young riders develop and shape their equine skills and knowledge. Being involved in the partnership of a rider and horse, watching the bond form between them and sharing their progress with them, gives a coach such satisfaction knowing that you have made a positive influence in their journey!'

She is passionate about preserving the integrity of proficiency certificates and the incredible opportunities for young people in pony club. She really stepped up in lockdown, creating online competitions, webinars and convening online, drop in education and catchup sessions for members.



Volunteer of the Year

Erin Hunn of Southern Zone in Tasmania, has a wealth of knowledge around governance. She is on the Zone committee and is currently Visiting Commissioner. She is also on the State Chief Coaches Panel, is a State Board Director and the State Secretary. As State Secretary she played an active role in introducing the contemporary governance model of a Board structure, where a new Constitution was developed. She then helped clubs in her zone to move to the new governance model. Erin started the 'Highlands Hopefuls' camp which trains up state championship eventing riders. She helps organise Tasmania's state championships. She is a Level 1 coach and eventing technical delegate and is always willing to help with change at both the grassroots level, and at the top.



Volunteer of the Year

Joint Winner Lois Dawes, Babinda Pony Club Lois is loyal and hardworking and promotes sportsmanship and friendship within Pony Club. She has held many positions for her Club and is a whiz at getting grants for ground and facility improvements. Now a great grandmother, Lois and her husband do most of the ground maintenance, and she oversees local community service workers as they work off their sentences at the grounds. She has set up a Club library and organises training camps where she also teaches. She is the 'go to' person for insurance matters and rules and regulations.

The other finalist for Volunteer of the Year was **Belinda North**, Mudgeeraba Pony and Hack Club.



With thanks to our National Awards sponsors



Pony Club Australia National Awards 2020



★ Meet our winners ★



Rider 18-25 years

Winner Sarah Gant, Hendra Pony Club

Sarah says: *"The experience of being a Pony Club member is what you make of it, with so many opportunities to gain certificates and other qualifications, as well as just getting outside and having fun. There is so much chance for growth not only as a rider and a competitor but as a person. The confidence and social skills I have gained have been invaluable to me. The qualifications I have gained also help me greatly from a professional standpoint, aiding me in getting jobs and applying for scholarships."*

Finalists were **J'Aime Mallon, Riddells Creek Pony Club** and **Georgia Laird, Buderim Horse and Pony Club.**



Rider 13-17 years

Winner Holly Pulford, Murrumbateman Pony Club

Holly says: *"Pony Club has provided me fabulous opportunities from learning new disciplines, caring for my horse, meeting new friends and competing internationally. Pony Club is a wonderful inclusive and supportive community which accommodates each and every rider, no matter what their ability. I'd encourage anyone who has a love of horses to join Pony Club as there are so many amazing opportunities and experiences to be had."*

Finalists were **Cohen Wade, Stratford Pony Club** and **Morgan Lane, Horsham Pony Club.**



Rider Under 13 years

Winner Chloe Daun, Huntingfield Pony Club

Chloe says she loves Pony Club as she gets to meet up with her friends. She loves competing for pony club at eventing, show jumping and dressage. She felt privileged to compete for Pony Club Tasmania in Sydney at National last year.

Finalists were **Tehani Badke, Coffs Harbour Pony Club** and **Stella Phillips, Cranbourne Pony Club.**



Club of the Year

Winner Lilydale District Pony Club, Tasmania

The Club has made major improvements to the grounds, developed a detailed strategic plan and implemented Code of Conduct and succession planning. Lilydale District earned Level 3 accreditation with the Good Sports Program which includes the Healthy Minds Program. The club has risk assessment reports and regular facility and equipment safety checks, and has established a Riding Encouragement Grant for disadvantaged riders, which is awarded quietly to eligible members. Lilydale District has built strong community and business partnerships, and the club participates in special causes like the bullying-related Dolly's Day. It has a long-term partnership with 'Dolly's Dream'. All this occurs while fostering fun, friendships, learning and wellbeing.

The finalists were **Arcadia Pony Club** and **Londonderry Pony Club**

[Watch the Awards Ceremony here](#)

The Centre Page

Welcome - Phoenix Acres

The newest riding centre to become accredited to teach the Pony Club syllabus to its riders is Phoenix Acres, in Sharon, near Bundaberg. Having interested riders sign up as Pony Club members and learn to ride and care for a pony the Pony Club way, adds to their range of services, from horse care lessons to riding lessons, trail rides to school holiday camps and even pony parties.

Other centres have had members complete certificates:

6 x E Certificates for Yara Balba, NSW

4 x D Certificates for Whitethorn NSW

1 x D and 1 x E for Penrice Park Equestrian in Ingham, QLD



Photos: Staff and riders at Phoenix Acres, Queensland



Soapy Solution



It's a great idea for Pony Club grounds too!

A recent Crafty Tuesday tip is this horse person's version of soap on a rope! Keep your hands clean whilst you're working around the property by putting a bar of soap in an old stocking, the net that fruit often comes in, or the tubular net that makes up puffy shower sponges. Tie it to a tap and you are never far from clean hands

Photo Competition Winners

Brought to you by the PCA Youth Advisory Council



So many entries - almost 1000! [Here's the winners or you can see ALL the finalists here.](#)

2020 Photo Competition
A Youth Advisory Council Initiative

Congratulations to
Sarah & Kane Radburn
Werribee Pony Club

WINNER
Best Concentration Face



Sponsored by 


EQ Saddleworld
A WORLD OF DIFFERENCE

EQ Saddleworld
Concentration Face
Winner

2020 Photo Competition
A Youth Advisory Council Initiative

Congratulations to
Sarah & Melissa Hodge
Sarina Pony Club

WINNER
Best Head Shot



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Proud Sponsors of Pony Club Australia's Youth Advisory Council's Photo Competition (PCA Youth)

Heiniger Equine
Glow Up Winner

2020 Photo Competition
A Youth Advisory Council Initiative

Congratulations to
Evlie & Johanna Harris-Draper
Kergunyah Pony Club

WINNER
Glow Up Transformation



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2020 Photo Competition
A Youth Advisory Council Initiative

Congratulations to
Jess and Poppy Male
Onkaparinga Pony Club

WINNERS
Best Fancy Dress photo



Sponsored by 


Horseland
Fancy Dress
Winner

2020 Photo Competition
A Youth Advisory Council Initiative

Congratulations to
Paton Simpson
Willawarrin Pony Club

WINNER
Best Action Shot



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Action Shot Winner

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



Spring Pastures: The Good and the Bad

Spring might be the best time of the year – warmer weather, longer days for riding, foals appearing in paddocks and sleek, shiny horses grazing contentedly in deep, green grass. Spring brings rewards. It also brings risks to horses. Knowing what the risks are helps owners and riders look after and care for their horses – and can prevent several dangerous veterinary conditions.

1. Digestive disturbances:

The sudden increase in grass can cause problems for a horse's digestive tract. In the gut lives a huge population of good micro-organisms (bacteria, yeasts) that help digest food, ferment fibre, produce energy, biotin and B-vitamins for the horse. When the diet changes, the population changes to adapt to the different feed – and this takes up to 10 days. Abrupt changes don't give the microbes enough time to adjust and this can lead to diarrhoea, laminitis and colic.

2. Weight gain:

A survey of Pony Club mounts in 2016 found that over 37% were over-conditioned or obese. Being overweight increases the risk of laminitis, behaviour problems and veterinary conditions such as insulin-dysregulation (ID) and equine metabolic syndrome (EMS). Both these clinical conditions are similar to diabetes in humans – and even one high sugar feed becomes very dangerous!

3. Laminitis (founder):

After months of drought and feed shortages, this abundant spring season may be the beginning of serious problems for some of our horses. Early spring pastures are very high in non-structural carbohydrates (NSC) which are the carbs made by photosynthesis that provide the plants with energy. Although these 'carbs' are also excellent sources of energy for the horse, large quantities can induce laminitis or founder in horses that have metabolic disorders such as Equine Metabolic Syndrome or insulin dysregulation. Horses over the age of 10, easy keepers, and/or suffering from insulin resistance are especially vulnerable to grass founder.

4. Poisonous plants:

Several plants and weeds found in paddocks can be poisonous to horses and many flourish in Spring. Which grasses and weeds of which you need to be aware depends on where in Australia you live. An excellent Australian resource that provides distribution maps, photos and keys to identification is:

[Plants Poisonous to Horses An Australian Field Guide https://www.agrifutures.com.au/product/plants-poisonous-to-horses-an-australian-field-guide/](https://www.agrifutures.com.au/product/plants-poisonous-to-horses-an-australian-field-guide/)

There are some ornamental garden trees and plants that are dangerous to horses and these are also described in the field guide. Most plants flower in Spring and the flowers can help you identify the plants – so take a botanical walk through your paddocks and along the fence line to identify which species you have. Your veterinarian and district agronomist are also good sources of information on local poisonous plants and when weather conditions increase the risk of poisoning.

Continued next page

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



5. Add a little Osteoporosis:

Many grasses along the coastboards of Australia originated in South Africa and do well here – making cattle and horses round and shiny. Many also contain oxalates which lead to a gradual leaching of calcium from the skeleton, leading to osteoporosis (Figure 1). Unfortunately it is commonly known as 'bighead' - but because it causes generalised demineralisation of the entire skeleton, we call it osteoporosis. Also only 20% of horses with oxalate-induced osteoporosis develop a big head - so it's not hard to think your horse is safe if it doesn't have a big head! All horses on oxalate pastures need calcium supplementation.



Buffel grass *Cenchrus ciliaris* [Poaceae]: 1.8 to 6.5% oxalate



Kikuyu Pennisetum clandestinum [Poaceae]: 0.8 to 3.4% oxalate



Setaria (pigeon grass) *Setaria sphacelata* [Poaceae]: 1.37 to 7.8% oxalate



Para grass Brachiaria mutica (also known as *Urochloa mutica* and *Panicum muticum*) [Poaceae]: 0.85 to 1.68% oxalate



Pangola grass *Digitaria eriantha* ssp. *pentzii* (formerly known as *Digitaria decumbens*) [Poaceae]: 0.9 to 1.8% oxalate



Signal grass Brachiaria decumbens [Poaceae]: 0.9 to 1.3% oxalate



Guinea grass *Panicum maximum* [Poaceae]: 0.6 to 2.4% oxalate



Purple pigeon grass Setaria incrassata [Poaceae] 0.67 to 1.9% oxalate

Figure 1.

Grasses associated with calcium and phosphorus deficiencies, osteoporosis, osteodystrophia fibrosa (ODF), nutritional secondary hyperparathyroidism (NSH) and 'bighead'

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



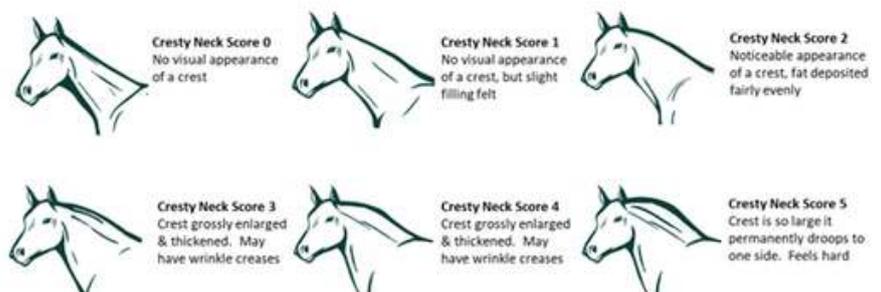
Symptoms of calcium deficiency include:

1. The first symptom is usually lameness, an insidious shifting lameness, general tenderness of the joints & a stiff, stilted gait.
2. Ill thrift, weight loss & a rough coat may occur, some horses prefer to lie down
3. Some horses have muscular weakness & prefer to canter rather than trot
4. Spontaneous avulsion of ligaments & spontaneous fractures can occur
5. Pica (dirt eating), chewing problems (due to loosening of the teeth) can occur
6. Worms:
also increase in spring – the adults produce more eggs, the eggs survive longer on pasture, the larvae hatch quicker and live a long time in the moist, warm conditions. All these combine to increase the horse infection rate and manure egg counts. Manure egg counts tell you which horses need worming, when to worm, whether treatment was effective and how to best manage manure in paddocks.
7. Behaviour problems: A 2013 study of Pony Club horses and ponies revealed that pasture composition, daily feeding practices, obesity and lack of exercise are risk factors for misbehaviour – over 50% of which was considered dangerous. Misbehaviour increased when horse were over-conditioned, fat or obese, when they received daily supplementary hard feed, had free access to abundant green grass or were exercised less than 5 days a month. Fatter horses misbehaved more. Body condition, nutrition and exercise are critically important when investigating behaviour and poor performance.

How can you reap the rewards and minimise the risks associated with spring pasture?

1. Body Condition score (BCS) Monitor body condition and keep it under control: BCS = body condition score which is a way of estimating how fat a horse is. Several surveys of pony club mounts have found 37% of pony club horses were overconditioned (BCS 6-6.5/9) or obese (BCS >7/9). Most owners classified an over-conditioned horse as ideal body condition and 40% significantly underestimated their horse's condition. A good site for how to body condition score can be found on state department of agriculture or primary industry websites <https://dpiwwe.tas.gov.au/Documents/HORSES.mlc.pdf>
2. Cresty neck score Fat can accumulate along the neck in some ponies and horses. This has been strongly linked to increased risk of impending laminitis. Once the neck score gets to 3/5 (Figure 2) measures to reduce weight are critical to reduce this risk.
3. Limit the time the horses are on the grass, preferably only in the morning when the sugar content of the grass is lowest (3am -11am); use a grazing muzzle, keep 'easy keepers' and ponies off lush, fast-growing pastures until the grass has slowed in growth; keep cresty-necked, overweight horses in the stall or paddock until the pasture's rate of growth has slowed, then introduce them to the pasture slowly and with veterinary advice; allow the horse to fill up on low sugar/soaked hay before letting them out.

CRESTY NECK SCORE



Managing Worms in Spring



**Dr Jacqui Panozzo,
WormCheck**

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

Spring is the time for new life. But Spring isn't all ducklings and foals: worms use the warm, wet weather (especially in southern states) as a key time to reproduce.

The most common worms in horses are **strongyle nematodes**. These have a simple lifecycle (Fig 1), and have three life stages: Adults that live in the intestine and lay eggs Eggs that pass out in the manure Larvae that hatch from the eggs and develop on the pasture.

An important fact to remember is that of all the stages of the strongyles' lifecycle, it is the larvae on pasture that make up the bulk of the population: 90% of all the worms are at the larval stage. Therefore 90% of worms are free-living on your pasture while only 10% of the population are the adults living in your horses.

This means that managing you pasture is equally (if not more) important than managing the adult worms in your horses.

What does this have to do with Spring? Spring is a key time for strongyles. The amount of eggs shed in the manure can spike (leading to more larvae!) and the eggs can hatch and develop in as little as four days. Once developed the larvae can survive on the pasture for six months! Removing the manure from your paddocks is the simplest way of limiting horses' exposure to infective larvae and reducing worm burdens.

In warm spring weather, manure should be collected at least twice a week. Collecting is also more effective than harrowing – harrowing will only spread the larvae around (remember, they can live for six months when there is moisture on the pasture).

In addition to cleaning your paddocks, make sure you identify the horses that are shedding lots of eggs via Faecal Egg Counts (FEC), and worm only those horses. For more information about egg shedding and FECs, see WormCheck's FB page.

<https://www.facebook.com/wormcheck/posts/2426774204224546>

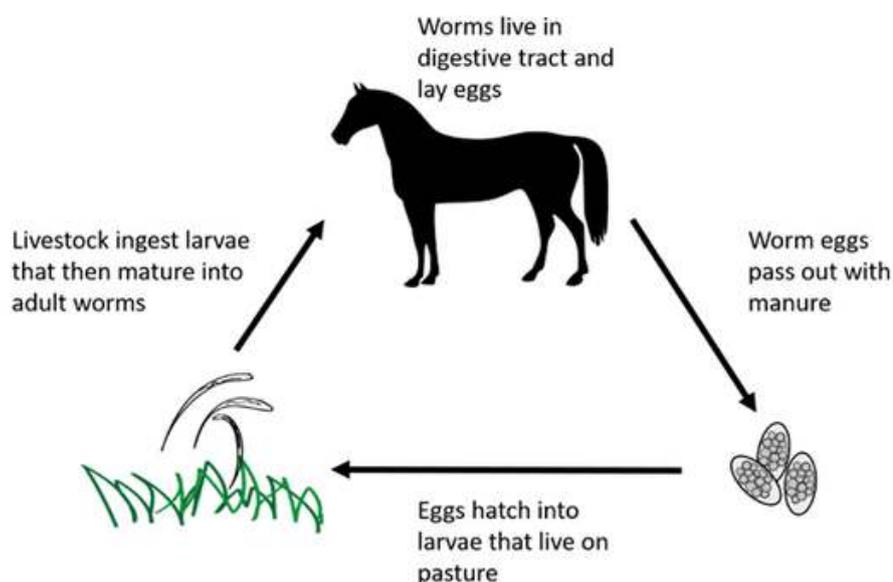


Fig 1:
Lifecycle of strongyle nematodes in horses. *Figure credit to WormCheck*

PONY CLUB @ HOME SERIES



Ever wondered what it's like to work in the horse industry? Our interviews with successful people, from strappers to vet nurses to professional riders, start in November on Facebook and on the PCA website on the '[Horse Resource](#)' page ([under Members](#))

Your horse's five senses

Find out more about how your horse uses his five senses to live, stay safe and thrive on our new [Horse Resource page on the PCA website.](#)



ESI Discount for Coaches and Riders

For the month of November, PCA Members can receive 20% off Equitation Science International's Training Toolkit! This booklet of flip cards is perfect to store in your tack-room, by the arena, or in the glovebox of your car. It is suitable for all riders and coaches as a quick reference to all things equitation science, with a complete summary of the basic responses, their aids, equitation science definitions, gait specific information and much more.

Use coupon code: PCA TK at checkout. (Below left)
www.esi-education.com/product/training-toolkit/

CARD 1

Training toolkit



These practical toolkit cards will help you apply the principles of equitation science to your riding and training.



"It is every horse-person's responsibility to understand the horse as completely as possible. Evidence-based horse training is our way to protect the welfare of the horse."

Andrew and Manuela McLean

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Polo Tops for Summer

Pony Club Australia polo tops are available to order online. These eye-catching tops are in lightweight, breathable fabric (like basketball tops), sun smart and Australian-made by DMAC Apparel in Victoria. You can order by logging in to MyPonyClub and going to the member store, where you select National products. The tops are \$65 each (all sizes) including postage.

SIZE CHART dmac^{apparel}

PONY CLUB AUSTRALIA - Long Sleeve Micromesh Polo

FRONT

BACK

CHILD'S SIZE	2	4	6	8	10	12	14	16
WIDTH (W) cm	35.5	37.5	40.5	42.0	43.0	44.5	46.5	48.5
LENGTH (L) cm	45.5	52.0	58.5	60.0	61.5	64.0	66.5	68.0
SLEEVE (L) cm	57.5	58.0	58.5	59.0	59.5	60.0	60.5	61.0
ADULT SIZE	XS	S	M	L	XL	2XL	3XL	4XL
WIDTH (W) cm	50.5	52.0	54.5	57.0	59.5	62.5	65.0	67.5
LENGTH (L) cm	69.5	71.5	73.5	75.0	76.5	78.5	80.0	82.0
SLEEVE (L) cm	61.0	61.5	61.5	62.0	62.5	63.0	64.0	64.5



Happy first birthday to our friends at The Riders Pod. It seems the gift is on us! Check out the Facebook post, comment and you might win a free subscription!

To celebrate their first birthday, The Riders Pod are giving away a 12 month subscription to one lucky PCA member!



Do your non-horsey friends ask you where they can go to ride?

Do you want them to go where there are high standards of coaching, safety, facilities and welfare?



Now you can refer them to a Pony Club Accredited Centre!

visit ponyclubaustralia.com.au
#alifewithhorsesstartshere

We are grateful for the support of national sponsors:



The Australian Government through Sport Australia recognises Pony Club Australia to develop Pony Club in Australia. The financial support of Sport Australia is gratefully acknowledged.

info@ponyclubaustralia.com.au
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