

Hurstbridge & District Adult Riding Club

President's Report

Hello to all our Hursty Members,

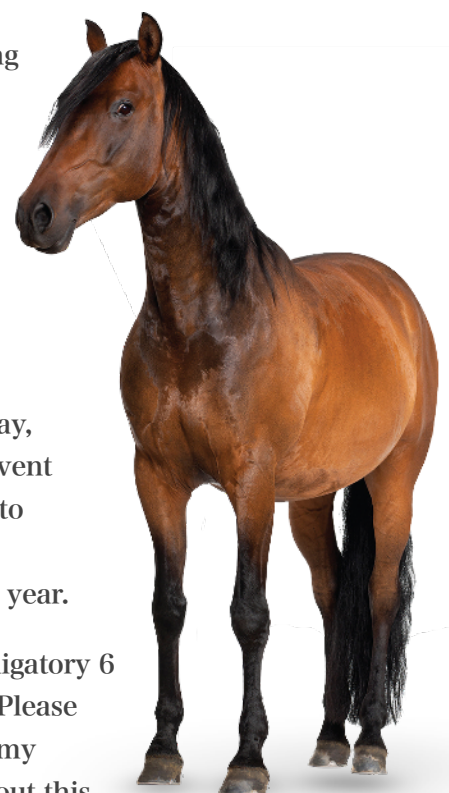
The year has flown by and it seems unbelievable that Christmas is really just around the corner! Where have the months gone? Spring has arrived and we all know what that means? Hair and more hair shedding from our equine buddies. We will be wearing it and eating it as we attempt to groom their coats out!

Our Hursty club grounds have certainly been a hive of activity over the last month! We held our Showjumping Jackpot on Sunday, 18th August and our Mid-Week Dressage on Wednesday, 28th August. Congratulations and thank you very much to both organising committees on running very successful events. The funds raised from holding these events go toward the maintenance and improvements to our lovely grounds. Our club is so fortunate to have capable and committed people happy to give of their time for the benefit of our club. There was a great response to requests for helpers to run these events and thank you all for that. Each one of you contributed to the success of both these events and they couldn't have happened without you. Well done!

Thank you to Rachelle Regan for co-ordinating the raffles for both events and very generously donating her wonderful Dungbeetles as prizes. Thank you also to the members who kindly donated items to be included in the raffle. I would like to acknowledge and thank Nick from Bridges for the support that he gives our club by allowing us the use of his paddock to park floats in at our competitions.

We have our Dressage Jackpot coming up on Sunday, 13th October. Julia Walker is kindly running this event and it will be one of the last chances for members to volunteer their time to achieve their membership minimum 6 obligation hours of club assistance per year.

Membership renewal is by invitation and those obligatory 6 hours need to be completed prior to 31st October. Please contact me melissadawson1961@gmail.com or on my mobile 0439 080 861 if you have any questions about this.



In this Issue:

CLUB EVENTS IN REVIEW

A quick overview of two events we ran recently, the Showjumping Jackpot and Midweek Dressage Jackpot, both in August.

WHAT'S COMING UP?

Details on upcoming competitions and events within the club, and also in the surrounding area.

HOW TO MANAGE A HORSE ON SPRING GRASS

A look at what causes horses to act out once the spring grass hits, and what we can do to ease the affects of it on our horses.



Requests for helpers for our Dressage Jackpot will be emailed out shortly, so please be on the look out for that and put your name down to help.

Entries for our Dressage Jackpot are via Event Secretary (program attached).

We are very excited to be hosting the 3 Phase Equitation Weekend on 19th & 20th October. 3 Phase Equitation is a new discipline for the HRCav and we are very grateful to our member Trish Kruse for her nurturing of this new discipline. Trish is co-ordinating the weekend, assisted by Liane Hensell. Thank you Ladies :) The weekend will be fantastic learning and fun. Please mention this weekend to any HRCav member that you speak to (it would be great to have riders from far afield attend). To register go to EVENTBRITE. (program attached)

Cath Giles has organised a weekend of riding in Narbethong over the weekend 25th - 27th October. The flyer for this weekend was circulated earlier in the year, and it is attached here again for your info. Sounds like a great weekend, thank you Cath!

Pip Doggett is organising some very useful sessions for members. Marty from Ranger Floats has offered to come to club and show members how to change float tyres and show us what we need to check to keep our floats in good working order. Pip will be sending out an expression of interest about this shortly.

We have seen some improvements to our grounds over the last few months - new manure pit and refurbishment of the old one, making our yards safer for our horses by replacing all old style latches with ones that horses are less likely to get caught on and repairing chains. New gate latches at the entrance to the club grounds and poles placed in front of the culverts to prevent people from accidentally driving into them.

We have clarified the uniform policy and the updated version is on the website.

As you will be aware, our membership year runs from 1st November to 31st October. To reduce the workload on our Club Secretary (Sharlene) and Treasurer (Michelle), Committee have made the decision to engage the services of Event Secretary to manage our membership renewals for 2019/20 and beyond. This means that we will be moving to an online version of the membership forms. Members will complete the liability declaration form online. There will be no need for you to provide paperwork and signatures. The only thing that you will have to organise is for your membership card to be stamped.

The process will be very simple. Basically you will receive an email from our Club Secretary with the link to renew your membership. Details explaining this process along with the cost of membership renewal will be provided in due course. This cannot be determined until the HRCav announce their fees for this upcoming year.

At our meeting on Thursday night, Committee set the date for our Annual General Meeting. It will be held at the club house on Wednesday, 6th November at 7.30 pm. The Notice of Meeting, Agenda, Nomination Form and Proxy Form will be sent out soon. There will be some positions on the committee vacated so if you have been thinking about wanting to volunteer for one of these rewarding roles on committee, we would love to hear from you. I would particularly like to encourage some of our younger members to get involved - you're the future of our club and your fresh ideas and enthusiasm could really leave a positive stamp. On this note I would like to thank Shekiah who is one of our newer, younger members for taking on the job of producing the newsletter.

Good on you Kiah! Everyone is welcome to the AGM and we look forward to seeing you there!

Thank you for replying to our survey regarding our Christmas get-together. It gave Committee a clear indication of members' views and we now have useful information to move forward with organising our Christmas get-together. Details will follow in due course, so please stay tuned!

Just a little reminder - Can I ask that you please check that the toilet door (external toilet) is closed properly after you use it. Just give it a push to check that it's locked. Thank you for your co-operation :)

Check out our website to keep updated with various club competitions and activities. Thank you Louise Barry for maintaining our website.

Take care,

Mel Dawson

THANK YOU TO:

Louise Barry for organising the catch up day for members on 6th July. By all accounts, everyone had a great time!

David Brennan for repairing 3 yards by donating and replacing the poles.

Bob (Simone Freeman's Dad) for coming to our rescue at a Wednesday rally by using his chainsaw to cut a huge branch that had fallen onto the boundary fence and then replacing the broken fence rail with a new one.

David (Michelle Anderson's husband) for bringing his Bobcat down to club and cutting in a new site for the manure pit

David Wilson (Di's husband) for replacing broken taps

CLC - We were very fortunate to benefit from the generosity and community-mindedness of the principal of Catholic Ladies College in Eltham. We were given a large number of very comfortable chairs to use in our club house. Many thanks to our member **Gel Sanderson** who enabled this to happen and kindly delivered the furniture to us in her float.

HRC AV LEVEL ASSESSOR TRAINING DAY - Our club hosted the HRC AV Level Assessor Training Day on Sunday, 14th April. Thank you very much to our members

who gave of their time to be the demo riders for the day. Special thank you to **Kylie Christian** for sharing her culinary talents and providing the morning tea and lunch for the candidates and assessors as well as being a demo rider. One of the candidates sent me a lovely email thanking us for our hospitality and commented on our great facilities and friendly, easy going members. By all accounts the day was very successful. Good on you ladies!

Loren Wellings (Bit Emporium) for sponsoring the reserve prize (saddle blankets) for our Dressage Jackpot

Club Events in Review

In August, the club hosted two very successful events: Jellis Craig Showjumping Jackpot and HRCVA



Our very own Simone Freeman took out the Advanced Level Jackpot for the day on her mare Kendalee Everest (Eddie)

MIDWEEK DRESSAGE DAY

The idea for this dressage series started when myself, Diana Earp, Leanne LeClaire and Melissa Dawson met up at the Adelaide international event earlier last year. As we enjoyed watching the showjumping phase in the “giddy up club” we had an impromptu meeting about a dressage series with fellow clubs! Over a couple champagnes the idea was welcomed and planning begun. We had a few meetings running up to the event. Sarah Ross and myself from Hurstbridge worked together organising judges, helpers duties, sashes and setting up of the arenas.

Hurstbridge mid week dressage was the first round of the plenty valley series with our fellow clubs Whittlesea and Yarrambat. They are proving popular with riders as our entries filled fast and we were forced to have waitlists. Without daylight savings we had to cap but fortunately were able to get most riders in.

Our local Horseland Eltham was our major sponsor, providing rugs for not only each comps jackpot winners

but also woollen rugs for the series winners. The NRG team also sponsored prizes for place-getters. We also had Prydes sponsor a bag of feed for the winners. We had Michelle Knoll photography taking some fabulous pics too.

The day ran smoothly with all our wonderful Hurstbridge helpers. A big thank-you to all our helpers setting up and on the day. Jenny Webb organised the canteen with some fantastic helpers. Thanks to members who donated food and raffle prizes. Rachelle Regan who donated the dungbeetle raffle prize and Lisa Hunt for donating the Andrew Hunt equine dental service.

Despite some afternoon rain it was a successful day. We have had lots of positive feedback about our friendly and supportive club. Thanks to all our members for helping the day run well.

- Andrea Barton & Sarah Ross



Event Review

Hurstbridge & Dist - SHOWJUMPING JACKPOT

This day is dedicated in loving memory of Julie, who was a much-loved member of our club. Julie was always enthusiastic, encouraging, determined and most of all - loved her jumping with a passion!

So many events were cancelled the previous weekend due to the dreadful weather conditions and loads of rain. Thus, we were watching the forecast daily with trepidation, hoping that the rain would ease so that our arenas could have a chance to drain and our day could go ahead as planned! We were so lucky!! The Weather Gods smiled down on us and we were blessed with near-perfect surfaces for our competitors on the day.



We had 51 entries which allowed us the luxury of starting the day at 9.00 am with the last Level 5 rider finishing a little earlier than the scheduled 2.30 pm. We ran 2 official classes, Super 2-Phase and AM7. Many thanks to Adrian Wright, our showjumping course designer and judge and Peter Boyd who also judged. Both of these gentlemen were such a pleasure to work with.

Thank you to all our competitors - you were a fabulous, easy going group! The day ran smoothly, without any incidents which is always a blessing. Riders from local clubs made up the bulk of our entries, however we did have some riders from further afield, (as far as Sale) and thank you for driving the long distances to attend our competition! It is always a treat to have Advanced level combinations at your event, and we had 1 - so thank you for coming too!

We were so proud of our 12 competing Hurstbridge riders. One was attempting her very first HRC AV competition and for some it was their first competition on the horse that they are currently riding. This was a huge milestone for quite a few. So happy for them that everything went well.

Our Jackpot Winners on the day were:

Level 5	Fiona Williams on Sevenknightsaweek
Level 4	Tara Macdonald – Harvey Star
Level 3	Jane Riley – Double ‘S’ Fine Print
Level 2	Emma McKenzie - Rain Dancer
Level 1	Taylor McIver - Rowdy
ADV	Donna Hope - Flowervale Metrix

Congratulations to all riders! Thank you to Event Secretary, who did a super job in managing our entries and organising the draw and Michelle (Event Secretary) did a terrific job with scoring. Thank you to Wyena Adult Riding Club for your assistance with showjumping gear. It was much appreciated.

Thanks to our generous sponsors Jellis Craig, Greensborough. We are sure that our winners were thrilled with the embroidered trophy rugs that they received. Also thank you to The NRG Team who always support us. Each winner and runner-up received a fabulous NRG product.

Lastly, a huge “thank you” to our wonderful Hursty members who helped out by setting up on the Saturday and on the day, doing the many and varied jobs that it takes to run the event, including our canteen extraordinaires who fed everyone. You were all terrific helpers and the day couldn’t have happened without you. Each one of you contributed to make the event the success it was!

Shekiah from Girl with a Lens Photography took some fantastic photos from the competition. Many thanks for attending. Go to www.girlwithalens.com/ for more great photos!!

What's Coming Up?

Hurstbridge have several exciting comps and events coming up! Also a quick look at what's coming up in the area.

Name of competition	Hosting club	Entries close	Run date
HRCVAV Plenty Valley Midweek Dressage	Yarrambat ARC	30th September	9th October
Official HRCVAV Dressage Jackpot	Hurstbridge & District ARC	6th October 2019	13th October 2019
3 Phase Equitation Weekend	Hurstbridge & District ARC	11th October 2019	19th/20th October 2019
Official Showjumping Jackpot	St Andrews ARC	22 October 2019	27 October 2019

HDARC Weekend Trail Ride at Narbethong 25th – 27th October, 2019

Join fellow club members for a fabulous few days of comfortable camping and delicious camp cooking from Friday 25th to Sunday 27th October in Narbethong (between Healesville and Marysville).

The cost for the whole weekend from Friday night dinner to Sunday lunch (including saddle bag lunches out on the trail) will be \$80 all inclusive. There is an option for people to join us for dinner on Saturday night and camp with Sunday breakfast for \$55.00 per person.

The trail riding will be through some spectacular country on mostly undulating bush tracks but with some steep sections. Parts of the ride will be on the Bicentennial National Trail between Narbethong and Marysville. The rides will be lead by John Kasch, a dependable and very knowledgeable horseman and he will be supported by an accredited trail rider and club member, Cath Giles.

The speed of the rides will depend on the trail conditions and the attending riders, but are likely to

be mostly at a walk, with some opportunity for a trot and canter where suitable, but only if the group chooses to.

Track conditions are best suited to shod horses or at a minimum, booted barefoot horses (or riders carrying boots in case) as there are some rocky tracks.

We will be enjoying our lunches while out in the bush, so riders will need to take headstalls and lead ropes.

There are large sheds for socializing in the evening if the weather is inclement and log fires to keep warm. There is a Portaloo in camp but no shower facilities.

Nothing compares to a great day in the saddle, returning to camp for drinks and delicious nibbles around the fire. Check out their website to tempt yourself: www.rusticflavors.com.au

All enquiries and bookings (by Monday 7 October) to Cath Giles 0417 307 843 or cathygiles@bigpond.com

Rally Days

Rallies are typically run on the first and third Saturday of every month, and every Wednesday during school term

Payment

We have a 'pay as you ride' system. Regular rally lessons are \$25 each. Before each rally members must pay for their lessons in advance via EFT. Please kindly reference the payment with the date of the rally and a surname so that it is clear to our treasurer what the payment is for. Example: 28/02 –Smith

Our banking details are:

Account name: Hurstbridge & District Adult Riding,
BSB: 633 000
Account No: 112 585 229

Riders who book in but don't show, are still asked to pay, unless that rider finds a substitute. Riders owing money for previous lessons are unable to book in to ride until paid up.

Guests

Only non-member riders who are insured with HRCav may apply to ride at clinics and rallies, for an additional guest fee of \$10 on top of the lesson fee, and a disclaimer must be signed. However, spectators are most welcome.

Groups

Dressage groups usually keep to a maximum of 5 riders. For safety reasons, jumping groups have a maximum 4 riders. Thereafter riders are split into 2 groups or have private lessons.

For safety, jump lessons riders are matched by level not by time they wish to ride. Also for safety riders late for jumping sessions may be declined to join the lesson.

On Wednesdays, groups are typically broken up as follows: Group 1 at 10.00am, Group 2 at 11.00am, Group 3 only if needed

On Saturdays, lessons start 10:30am onwards in Winter, and in Summer months they may start as early as 9am, depending on weather.

Booking

Riders of all abilities can book in for any rally, and we try to group by level and experience. Bookings should be made through Melissa Dawson for Wednesdays at melissadawson1961@gmail.com or Lisa Utting on lisauathome@gmail.com for Saturdays. **Bookings should be made no later than 8:30pm of the Sunday prior.** Riders without a booking may be declined a place. Please book in first.

Latest Updates!

- ➔ There will be **no rally this Wednesday, 18th September**, which is our last rally for the term. Viv unfortunately has to attend a funeral.
- ➔ Our first rally back will be **Wednesday, 16th October**. The rally which would have been held on 9th October will not go ahead as many of you will be competing at Yarrambat in the final comp for the Plenty Valley Mid-Week Dressage Series. Best wishes to all riders competing!
- ➔ Our next **Saturday rally is on 21st September** – the instructor is Lisa Bray and lessons will be flat/poles/jumping.

Harrowing Roster

September – October 2019

2 September	Trish Kruse
9 September	Bianca Kreuzer
16 September	Carol Kernaghan (TBC)
23 September	Nolene Joiner
30 September	Pennys Hymus
7 October	Lisa Hutchinson
14 October	Liane Hensell
21 October	Hayley Harrington
28 October	Siam Harris



How to Manage a Horse on Spring Grass

An article by Shekiah Inglis using information from Biologist Malcolm Green from EquiFeast, “GreenPet”, “Calm, Healthy Horses” and “Gotcha Equine”, looking at what causes horses to act out once the spring grass hits, and what we can do to ease the affects of it on our horses.

Many horses are completely okay any time grass isn't growing (winter and drought) but the nanosecond that there is a flush of growth, we start to see the myriad of symptoms we lump together and call 'spring fever' (eg. Acidosis/ulcers, head flicking, laminitic attacks, racing around paddock for no reason, 'Out of the blue' / uncharacteristic/violent behaviours, tendency to 'run off) etc

The reason for this is that Spring has very frequent and sporadic periods of rain and sunshine, which produces grass that is very high in potassium. Excess potassium interferes with calcium and magnesium absorption, and also sabotages the body's ability to release muscular tension, leaving horse's tense and choppy in their movement - though this will sometimes “warm out”. It also compromises the ability for proper regulation of nerve signals within the body and brain.

Rye Grass and Clover are often exceptionally high in potassium, especially when fertilised with nitrogen, urea or superphosphate, which induce rapid growth

during which plants accumulate potassium in their growth tips. Legumes, like Clover and Lucerne, are also very prone to being high in potassium, providing a likely explanation for why they are known to 'send some horses nuts'.

Horse's affected by spring grass are on edge, often volatile, very anxious, sensitive and rigid. Some horses get noticeably worse each time the grass has a little growth spurt. Some horses are in this state permanently due to being out on potassium rich pastures 24/7. An extreme excess of potassium is called Hyperkalemia and symptoms include: tense muscles, twitching around the flanks and ribcage, bouts of colic, laboured breathing, skin tingling.

Feeds that contribute to “spring fever” include any green and growing grass, Rye or Clover grass/hay, lucerne, chicory, seaweed, molasses, ginseng, dandelion, nettle, sage, yarrow, rosehip, slippery elm, garlic, plantain, echinacea, chamomile, comfrey, legumes (soy, lupins etc)



The balance between Sodium and Potassium

Sodium and Potassium work together in a harmonious partnership. If one becomes depleted, the other steps in to fill the gap. One thing that these two electrolytes are responsible for are the activation and deactivation of muscle contractions and nerve impulses. Symptoms of high potassium/low sodium results in what we all know as “spring fever”, while symptoms of low potassium/high sodium are muscle weakness, lethargy and lack of appetite.

So what can we do?



1. Remove the source

If possible, limit the amount of access that your horse has to fresh green grass, and replace with hay. Cut out other sources of potassium like lucerne, rye, clover and legumes.

2. Reduce risk

It can be wise to avoid riding or working your horse until the symptoms have subsided. Remember that this behaviour is not malicious or “naughty”, their body is simply not functioning as it should.

3. Add sodium

One of the best and most simple steps you can take is adding table salt to your horse’s diet to counteract the excess potassium. It is recommended that horse’s receive 10g per 100kg of body weight.

Why you don’t need to worry about having “too little” Potassium...

In the case of horses, potassium is very easily obtained in the diet and is more often than not present in vast excess. Therefore it is important not to add more via the horses vitamin and mineral supplements.



The recommended daily amount is 25g/day for a 500kg horse, but 10kg of Rye Grass at 3.34% potassium gives them a whopping 33.4g, while 1kg of Lucerne chaff @ 3.21% gives them a further 3.2g. To compare, 10kgs of grass hay would supply 19.7g

If you are also feeding a supplement containing potassium or adding cider vinegar, kelp, garlic, comfrey, chamomile, echinacea, chicory - while these can have benefits, they need to be included in the total potassium content of your horse's diet.

Check that your vitamin and mineral supplement does not

contain potassium, but also that it *does* contain sodium which is very necessary to help balance the high potassium intake. A lack of sodium (salt) reduces urination which is how the horse is supposed to excrete this excess potassium.

Interestingly, soaking hay reduces its potassium content by about 50%². The only time there would be a necessity for administering potassium would be when the horse is in work and sweating heavily. Hay still contains potassium in good quantities, so no need to worry if your horse is getting little or no grass, they'll be getting the 'right amount' from good grass hay.

If you would like to have a chat about how nutrition might relate to your own horse’s health and behaviour, you can shoot an email to Malcolm Green on malcolm@equifeast.com

Sources: [Article from GreenPet](#) | [Article from Gotcha Equine](#) | [Article from Calm, Healthy Horses](#)

That's it for the month!

If you would like to have something raised or featured in the next newsletter, please email Shekiah Inglis on shkinglis@gmail.com

Hurstbridge & District ARC would like to acknowledge and thank the following businesses for their valuable support towards our events:

