



# GISBORNE DARC

NEWSLETTER    SEPTEMBER    OCTOBER    NOVEMBER  
2014

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## Spring Edition 2014

Firstly, I must apologise for the tardiness of this edition! What can I say, other than I've been out riding my new furry friend!

Another GDARC year has passed, with all of the new committee settling into their new roles. The AGM is fast approaching and we would love to see as many members as possible in attendance. Last year we had a great night, celebrating all things GDARC! We have some lovely new trophies for our discipline winners and the old trophies have been re-furbished and look amazing. Get your RSVPS into Evelyn at [gdarc.treasurer@gmail.com](mailto:gdarc.treasurer@gmail.com) ASAP to confirm your booking.

On a sad note, the club farewells Lucy Nicholson, who has been a huge contributor over the past few years. I personally found her to be extremely welcoming and helpful in my first year at GDARC. She was always up for a chat, and offered a shoulder to cry on when I was eliminated from yet another Horse Trials! She will be sorely missed and we can only hope that she can stand the heat up there in QLD and we see her and Cleo back in GDARC club colours one day! Farewell Lucy!

Lastly, we are back outdoors this month! Hooray for Spring!! I will be back out, making my rally comeback, so wish me luck!!

Happy riding!

Fiona.



Lucy and Cleo.

# Presidents Report

From the Pres.

Spring is in the air, the sun is getting some power back, and the horses love the fresh green grass - makes them frisky! We're moving steadily toward our AGM, with a busy year behind us - some drama and a lot of fulfillment.

The devastating fires on our planned showjumping day in February was a timely reminder that safety and common sense pay off. I shudder to think how we would have managed to evacuate 60 plus floats if we had proceeded with the competition on such a dangerous day. And the pay off was the outstanding community support in putting together such a stunning fundraising effort together.

Sadly, we were unable to take our winter rallies to Jacks Run this year, and after flirting with Kookaburra Park in Kyneton, we were able to use John Francis' stunning venue in Bolinda.

We had a steady stream of new members through the year and ended the year with a very healthy 71 members. We love new members! Its exciting to welcome them and to offer support. Its one of the fundamental values of the club to include and encourage members of all levels of experience and skill.

I hope you all got as much out of the year as I did. The new year promises some excitement too - we are in the late stages of buying new showjumping equipment, we have committed to another Autumn showjumping competition, and plan to run an official dressage competition in Spring next year.

See you at the AGM!

Happy Riding. John

John Leach 0411247158

# Club Grounds and Information

## Club Grounds

The grounds are booked on the following days of each month. Regular Uses groups at the Club Grounds

Gisborne Pony Club 1st **Sunday** of the month

Gisborne Adult Riders 2nd **Saturday** of the month

Simply Savvy Natural Horsemanship 3rd **Saturday** of the month

Braemar College Equestrian Club

Every 2nd **Wednesday** 4pm till dark

## Locking of Arenas

Current financial members of GDARC and GPC are permitted to use the arenas, but please ensure that you lock up when you leave.

## General Club Grounds

Thank you to all who have been cleaning up after themselves and their horses at rally, please keep this up and set an example for others.

JUST A FRIENDLY REMNIDER TO MEMBERS THAT THE CLUB GROUNDS (SAND ARENAS) ARE EXCLUSIVELY FOR MEMBERS USEAGE ONLY. LATELY THERE HAS BEEN A FEW INCIDENCES OF NON-MEMBERS USING THE FACILITIES FOR PRIVATE LESSONS. PLEASE REFRAIN FROM GIVING OUT THE PADLOCK CODE TO PEOPLE WHO ARENT FINANCIAL MEMBERS. IF ANYONE WOULD LIKE TO DISCUSS THIS FURTHER, PLEASE DO NOT HESITATE TO CONTACT OUR PRESIDENT, JOHN LEACH.

## Club Rallies

This month, we look forward to heading back to our lovely club grounds. We have Jason Dins for dressage and Ruth Webb for show jumping and Cross Country. We are looking forward to hearing your feedback on both instructors as it assists in planning future rallies.

There are still times available for both dressage, show jumping and cross country at this months rally. Lesson rates are as usual 1 lesson is \$35, 2 Lessons are \$60 and 3 lessons are \$90.

Please forward your bookings using the attached booking form to Cathy at [gdarc.rallycoord@gmail.com](mailto:gdarc.rallycoord@gmail.com).

We have secured the following instructors for our upcoming rallies-

Novemeber: Dressage—Tracey Lee, Jumping and XC—Sally Hudson

December: Dressage—Tanya Van BI, Jumping and XC—Oliver Evans

## Library Report by Anneli Tucker

Hi all!

Spring is here and so are daylights savings. Woohoo finally time to get into some riding after that long cold winter. If you are interested in some horsemanship we have John Chatterton's Ten Commandments in the library. He will be at Jack's run in October, a good opportunity to see him in action, fence sitting spots is available and if you are interested contact me and I will forward details. I went and watched him in action last year and it was pretty amazing...

"Discover John's Ten Steps - the secret to effectively communicating with your horse".

Read more about John on his website: <http://www.johnchatterton.com.au>

Also available from library: JC Float Loading Solutions DVD

Hunter Seat Equitation by George Morris is a great book if you are in to showjumping that will give you a thorough run through all the important basics including his famous hunter seat! Covers a lot!!! (Wish I had my hands on that book some 20 years ago...)

If you are after some jumping exercises to keep it interesting between rallies: Poles and Gridworks by Jane Wallace. It is a lightweight paperback book that covers anything from basic pole work to more advanced grids.

We also have 101 dressage exercises and 101 jumping exercises for horses and riders, which will give you PLENTY of ideas. Gill has kindly written a book review on 101 dressage exercises for horses and riders (see below)

Hopefully most books will be returned at the next rally and can be circulated! Just write your name in the borrowing book and it's yours until next rally! Any book YOU want us to have in the club's library? Email me please!!

Happy reading! Happy riding!

### GDARC Library - Book Review

101 Dressage Exercises by Jec Aristotle Ballou

This is a very useful book which will help you to structure your riding practice at home to improve your horse. The exercises address the basics of making your horse looser and improving straightness, and improving the canter. There are also exercises for lengthening the stride, building suspension as well as lateral movements and flying changes. In addition there are sections on the warm-up, improving the rider's position and developing fitness. The exercises are graded in difficulty from beginner to advanced. For each exercise, the author describes the benefits, there is a diagram of the exercise and step by step instructions, and hints on what to keep in mind as you do the exercise. This is a great book to use between lessons to address some of the problems you might be having. I have found it really useful to look up an exercise before I ride to address a problem or to help my horse move on to the next level.

Gillian Leach

## For Sale ?

If you have any items that you would like listed here, please email me the details at [gdarc.newsletter@gmail.com](mailto:gdarc.newsletter@gmail.com)

Cheers!



Connect with us online @ [www.facebook.com/gdarc](http://www.facebook.com/gdarc)

Please feel free to share pics and your ventures with our members. Keep up to date with club and HRCAV events!

# TTT News by Jenny MacMillan

## TTT SJ Report By Anneli Tucker

Hi all members!

Victoria spring weather was very kind to our TTT Show Jumping riders, which was held at Werribee and well hosted by Bullengarook ARC. Three outdoor arenas and one indoor arena kept everyone busy and the 110 (!) teams could do 3 different rounds. Different arenas seems to have different challenges but indoor seems to be the one most difficult with a lot of scary jumps added to the in itself challenge for many - being indoors!

Our Gisborne teams lost one member already on the Friday due to illness so the three teams were now down to three riders in every team hence everyone's round was important.

Considering all the challenges the courses involved we were happy to see all our riders finishing their rounds really well.

Congratulations to Bulla 's Sky High for taking the TTT title and congratulations to the runner up team Leg's R Us from Lancefield.

Our teams finished as bellow:

Place 39 Gisborne Redheads :

Gillian Leech Riccardo  
Anneli Tucker Valentina Rose  
Jenny McMillan Baerami Leila

Place 58 Gisborne Navy Blue:

Rose Prosenik Jubilee Minut  
Melissa Harper Jazz It Up  
Anneli Tucker Yes Indeedy

Place 94

Gisborne Sky Blue  
Rose Prosenik Kenlock Superwoman  
Annika Bawling Bulletproof  
Rebecca Linnell Brock

Well done teams!

Rose and Kenlock Superwoman placed 3rd in A2 and equal 8th in Two Phase in L2.

Melissa and Jazz placed 5th in 2 Phase L4.

Gill and Ricky placed 7th in 2Phase L4

Both my mares did me proud with Indee placing 3rd AM7 L4 and Tina placing 3rd in AM7 and 8th in 2Phase L2.

Thank you to all our team members for a great weekend and an extra thank you to our volunteer helpers!

**TTT Dressage entries please!**

**To be held at WPNEC, November 14-16. Entries close October 13, so get forms and payment asap.**

**TTT Navigation Ride, Willowmavin, October 19.**

# Competition Results

## **Evelyn Crawford and Whisper Bear**

23<sup>rd</sup> August Colac ARC 5<sup>th</sup> Test 3.3 Score 55.4%

23<sup>rd</sup> August Colac ARC Test 3.5 Score 60%

## **Karen Cook & Rosedale Notting Hill**

CARABI Pre-Royal – 1<sup>st</sup> led hrcav u 14.2hh

Open ring: Champion Led Galloway, 1<sup>st</sup> led Arabian riding pony gelding 2 yrs & over, 1<sup>st</sup> led Arabian derivate male 14 – 15hh led by an amateur

## **Steve and George DRESSAGE**

Hidden Valley (24/5/14) 4th and 3rd Level 2 (3 points)

SARC (29/6/14) Level 1, 3rd (2 points)Mentone (13/7/14) Level 2, 3rd and 2nd (5 points)

Doongala ARC (27/7/14) Level 2, 1st (4 points)

LAR Fundraiser (10/8/14) Level 2, 3rd (2 points)

## **Anneli Tucker and Valentina Rose**

Gisborne SJ Day Level 3 equal 2nd and 6th

Apollo Bay SJ Level 2 3rd Apollo Bay 3rd and 5th

Colac ARC 3rd and 5th

TTT SJ 3rd and 8th

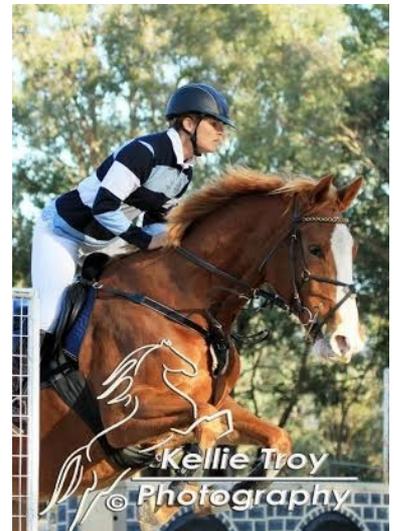
## **Annelie Tucker and Yes Indeedy**

Apollo Bay SJ Level 4 3rd

TTT SJ Level 4 3rd



Annelie and Yes Indeedy



Anneli and Valentina Rose

## Gisborne District Adult Riders Club AGM

When: Friday October 17<sup>th</sup> at 7pm for a 7.30 start.

Where: Railway Hotel Macedon

Cost: \$40 per head (3 course sit down dinner) and drinks at bar prices. Vegetarian/GF options available upon request.

Please RSVP to Evelyn at [gdarc.treasurer@gmail.com](mailto:gdarc.treasurer@gmail.com) by Monday 13<sup>th</sup> October.

Payments to be made into:

Bendigo Bank, BSB 633 000, ACC 142 740 166, by 13<sup>th</sup> October. Please put your name in the description.

Email your pictures to Eleanor at [gdarc.website@gmail.com](mailto:gdarc.website@gmail.com) by October 10<sup>th</sup>.

## Kohnke's Own Fact Sheet— Causes of Laminitis

**L**aminitis, or inflammation and fluid build-up within the hoof, is a painful and debilitating problem which can have a long term crippling result in horses, ponies and miniatures. Although there are a number of causes of laminitis, and the more severe form of internal hoof collapse as in founder, it has been estimated that 80-85% of laminitis is seasonal and related to the excess consumption of fructan and soluble sugars, as well as non-structural carbohydrates (NSCs) from good quality pasture and hay in grazing horses and ponies, especially those which are 'good doers' or 'hooverers'. Many well fed horses and ponies have a metabolic related risk of developing laminitis if they are overweight with underlying Equine Metabolic Syndrome (EMS) or Insulin Resistance (IR) as they age over 10-12 years of age or develop Cushing's Disease in old age.

Other less common causes include severe **toxic founder** due to infection from hoof abscesses; retained membranes in a newly foaled mare or septicaemia from colic or travel sickness; **stress founder** resulting from dehydration and stress when standing for long periods during transport; **concussion founder** when worked at speed on a hard surface and **weight transfer founder** due to excessive weight bearing on a 'good' limb for more than 9-10 minutes at a time to take the weight off an adjacent, severely painful injured limb as result of a bone fracture, a severe tendon injury or a wound, such as deep wire cut from a fence.

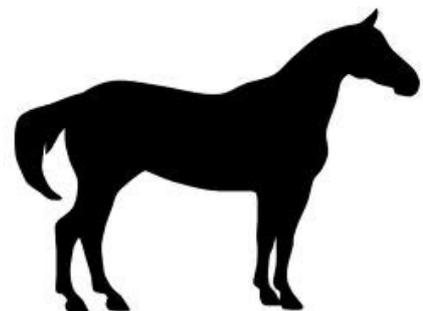
### The Most Common Underlying Cause - Early Spring Founder

Winter grasses that are boosted in growth by warmer, early and wet Spring conditions after rain or irrigation, with cool nights and warm days, often become lush and highly productive. **Lush pasture, especially ryegrass, phalaris and fescue dominant pastures, are considered high risk pastures, as well as succulent, rapidly growing clover in pastures** in early Spring. These grasses are able to accumulate large amounts of non-structural carbohydrates (NSCs) in the form of fructans and other simple sugars. Under cold overnight and early morning conditions, these sugars are not transferred into the plant stems for growth. Some of these simple sugars in the succulent shoots and leaves are digested in the stomach and small intestine to release glucose, which then triggers an increase in the level of circulating insulin, which is already high in an animal suffering from Insulin Resistance. **In turn, the elevated insulin acts directly to trigger the onset of laminitis and devitalisation of the hoof lamellae.** Any excess sugars may also be overloaded into the hindgut, with secondary production of lactic acid, a non-absorbable, non-metabolisable acid, which can accumulate in the hindgut digestive mass. This acts to lower the hindgut pH and suppress normal fermentation, with the death of large numbers of hindgut microbes and damage to the barrier function of the hindgut lining. A toxin is also produced by the lactic acid producing bacteria and other dying bacteria, which when absorbed into the blood stream, circulates to the hooves to interfere with the blood supply to the lamellae and devitalise the basement membrane attachments. The weakened lamellae attachments can be torn apart by the continuous downward rotational 'pull' of the deep flexor tendon attached under the pedal bone, leading to founder.

Visit [www.kohnkesown.com](http://www.kohnkesown.com) for information on how to manage Laminitis.

## Diary Dates to Remember

- October 11th outdoor rally @ GDARC club grounds
- October 17th AGM @ Macedon Railway Hotel
- TTT Nav Ride @ Willomavin 19 Oct
- TTT Dressage @ NEC 14/15/16 Nov



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