



PCA NATIONALS

"I have wonderful memories of a wonderful journey"

Madeleine Prell PCA National Junior Showjumping Champion

GRANTS

How to write winning grants

COACHES CORNER

Mounting & Dismounting

STATE CHAMPIONSHIPS

"Never give up, always follow your dreams!"

Brodie Howe 17 & U25 State Showriding Champion

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COVER: Madeleine Prell and Coolaroo Scamp, PCA National Junior Showjumping Champion.
CURRENT PAGE: NSW rider Mikayla Wilkinson 2013 PCA Nationals. Photograph courtesy of Red Foto.

WELCOME

EDITOR'S WELCOME

Welcome to the Pony Club Association of NSW December Newsletter. Right now across the state Pony Club's are holding their end of year parties and presentations as they finish up and reflect on another successful year of Pony Club.

To the riders, I hope you have learnt new skills, experienced challenging competition, made many new and lasting friendships and had the time of your lives!

To the volunteers, it can take up a lot of time and hard work volunteering for your Club, however I hope as you reflect on another pony club year, that you will realise how much you love the sport and why you volunteer for it. As a volunteer based organisation with over 270 Pony Clubs in NSW and the ACT and thousands running these clubs, we recognise, appreciate and value your hard work, without you Pony Club would not be possible.

Looking forward to another fabulous year of Pony Club. Have a safe and enjoyable Christmas and New Year.

Lisa Ferguson, Marketing & Events Co-ordinator

CONTRIBUTORS

Editor: Lisa Ferguson, PCANSW Marketing & Events Co-ordinator
Contributing Writers Karen Moreton (Karen's Column), Gail Scramek (Mitavite editorial), Cath Deshon, Alison Cairnes, Jude Alston, Jackie Perring, Cassandra McLaren (Around the Grounds), (Careers), Pony Club NSW State Coach (Coaches Corner), Kirra Bogan (Careers).

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CONTACT

The Pony Club Association of NSW
Suite 7, 25 Victoria St, Wollongong NSW 2500
Postal: PO Box 2085, Wollongong NSW 2500
Phone: 02 4229 8977
Fax: 02 4229 8966
Email: admin@pcansw.org.au
Website: www.pcansw.org.au

PARTNERS



NEWS

CLOSURE OF THE OFFICE OVER CHRISTMAS BREAK

The State Office will be closed over the Christmas period from Thursday 19th December until Monday 6th January 2014. The Executive Officer will periodically check emails and phone messages however if you have any queries relating to State Camp during this time these should be addressed to the State President Dianne Cullen on 02 4842 7265 or the Chairman of the Chief Instructors Committee Jenny Frankum on 02 4653 1336. We wish you a Merry Christmas and a safe and happy new year.

FEES FOR 2014

As at the 31st December 2013 all affiliation fees for 2014 memberships will be \$55.00 for riding members and \$35.00 for non riding members. As of the 1st January 2014 there will also be an increase to the following fees;

- Regional Schools - \$25 per rider total of 18 riders
- State Championship entry fees - \$45 per rider (including first aid levy) for all Championships and \$60 per rider entering both the Sporting and Campdraft Championship or \$45 for either one of these Championships
- State Camp - \$150 per rider. Members nominating for State Camp will need to organise their 2014 membership in order for their nomination to be considered.
- Clinics/Seminars - \$20 per PCANSW member and \$50 per non-member.

HENDRA VIRUS VACCINATION POLICY FOR STATE RUN EVENTS

The Pony Club Association of NSW (PCANSW) has announced a mandated Hendra Virus Vaccination Policy. The policy will apply to all horses attending future PCANSW official events, including State Championships and State Camp. It will take effect from January 1, 2014.

"All horses attending State Championships and State run events (i.e. State Camp) must be fully vaccinated against Hendra virus and applications must include a copy of their current vaccination certificate from the 1st of January 2014," this motion was passed at the Pony Club Association NSW State Council meetings on Tuesday 26th November 2013.

PCANSW holds a Camp each year for seventy riders in the equestrian disciplines of Showjumping, Dressage, Advanced Horsemanship, Eventing and Mounted Games. These riders come together for the week long camp and are instructed by top Australian coaches. PCANSW holds nine State Championships a year in the disciplines of Sporting and Campdrafting, One Day Event, Dressage, Showjumping, Jumping Equitation, Mounted Games, Polocrosse and Showriding.

Just to clarify that the policy in regard to mandatory Hendra Vaccinations only relates to State run events i.e. State Championships and State Camp. All other rally days, ribbon days, gymkhanas, club and zone competitions will run as per the club and/or zone by-laws and will only be affected if they club and/or zone has implemented a mandatory vaccination policy as well i.e. Zone 9 & 15.

The vaccine is recommended for use in horses and is effective against the deadly Hendra Virus (HeV). The vaccine was launched at the beginning of November 2012 and it is now available nationwide through accredited Veterinarians. Horses will initially be vaccinated with two doses, a minimum of twenty one days apart, with the onset of immunity occurring twenty one days after the second dose.

Zoetis would like to assist members with the initial cost of vaccinating their horses, and as such are offering to subsidise the second dose of the Hendra vaccination for PCANSW member horses (vet fees will apply) for any group vaccination event or individuals in the northern zones of NSW for a four week period in January 2014 and the southern zones for a four week period in March 2014 via their veterinarian. In order to take advantage of this offer members must register their interest by completing the Nomination form available from our website.

This is a Risk Management and member welfare issue and the Association has a duty of care for the health and safety of our members, spectators, event organisers and the wider community.

For more information regarding the Hendra vaccination in New South Wales visit the NSW Department of Primary Industry website <http://www.dpi.nsw.gov.au/> or the Australian Veterinary Associations website <http://>

CURRENT PAGE: 2013 PCANSW State Mounted Games. Photograph courtesy of James Wenn.



Munga®

New from Mitavite, Munga is the ideal choice for dressage, show, trail and all sport and leisure horses.

Munga® is Ideal For:

- Fizzy or unpredictable horses that need a cool concentrate.
- Horses that need additional top line or muscle. Simply add 0.5kg of Munga to an existing ration to promote muscling.
- Owners/Trainers wanting a low starch concentrate.
- Owners/Trainers wanting a grain free and wheat free concentrate.
- Owners/Trainers that like to add grains or oils to the ration for additional energy.
- Horses that are good doers that cannot be fed high levels of concentrate. If you cannot feed to the suggested levels of 'complete without roughage' feeds such as Xtra-Cool, Economix Active or Pro-Sport as your horse is putting on too much condition, try Munga.
- Laminitic or Founder horses that need a low starch, nutrient dense concentrate that will provide a balanced ration when fed with adequate roughage, without excess energy and starch that can contribute to laminitis.

Munga® provides a grain free, low starch concentrated feed, that provides a balanced ration when fed with adequate roughage, enhancing the building of top line and muscle, while keeping horses cool and calm.

Mitavite will donate \$1 from the sale of every bag of Munga to the McGrath Foundation from 1st July through to December 31st 2012



Munga® Feeding Guide

Follow the feeding guide on the Munga bag.
A maximum of 2 kgs is fed per day.

If more energy or condition is needed add extruded grains, Power On or Performa 3 Oil.

The energy source you choose should match the temperament of the horse.

Add grains to a horse with a calm temperament or one that needs more 'spirit'

Add Power On and/or Performa 3 Oil and oils to a horse that can become fizzy or hot.

If horses need more top line or muscling add 0.5kg of Munga to an existing ration.



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Feeding Laminitic or Foundered Horses



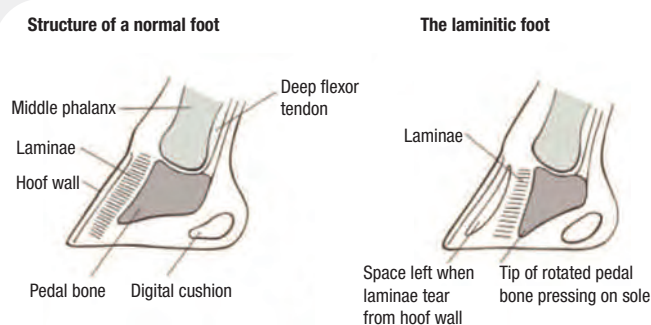
Owners and trainers who have been unlucky enough to have first hand experience of laminitis or founder are very aware of the saying "A horse is only as good as its hooves". After colic, laminitis is the second biggest killer of horses. Although some breeds can be more prone to laminitis, any horse can be susceptible to laminitis, if the conditions are right.

LAMINITIS AND FOUNDER – WHAT IS IT?

Laminitis is an inflammation of the laminae of the hoof. The Laminae are strong slightly elastic tissues that are found on the pedal bone (sometimes called the coffin bone) and the inside of the hoof wall. They connect into each other similar to velcro. The laminae carry the whole weight of the horse, so must be in perfect health. If the laminae becomes inflamed (laminitis), they are automatically weakened and in danger of tearing if the weight load is not reduced.

If laminitis is allowed to continue then the pedal bone and the hoof wall can separate. The pedal bone can rotate within the hoof, sink (displace downward) and even penetrate the sole of the hoof. Founder is usually referred to as chronic or long term laminitis where there has been movement in the pedal bone.

EXAMPLES OF A NORMAL HOOF AND A FOUNDERED OR LAMINITIC HOOF



Reference: Complete Equine Veterinary Manual, Tony and Marcy Pavord, 2005

WHAT CAN CAUSE LAMINITIS OR FOUNDER?

Over eating and gorging in ponies is the most common cause of laminitis. Although laminitis is a disease of the feet the cause is often found in other parts of the horse's body. Any disease that raises blood pressure is a potential risk. Some of the causes are detailed below:

- Grain overload or sudden changes in the diet
- Access to large amounts of lush forage. High levels of sugars, starches and fructans found at high levels in some pastures. If they are not digested in the small intestine and spill over into the hindgut, the delicate balance of microbes in the hindgut can be affected, leading to production of toxins in the large intestine that has a negative impact on the laminae.
- A system disease that causes toxins to be released i.e pneumonia, pleurisy, diarrhoea or purulent metritis (e.g. from retained afterbirth)
- Working for a fast or prolonged period on hard surfaces (especially with a heavy rider)
- Lameness from another cause increasing the weight load on the "good" leg
- Use of corticosteroids and some other drugs
- Hormonal imbalances such as that found in Cushings Syndrome.

WHAT ARE THE SIGNS OF LAMINITIS OR FOUNDER?

Laminitis and founder occur more commonly in the front feet but can affect one or all hooves. To detect laminitis before it becomes founder, develop the habit of feeling the temperature of the hooves, and learn to feel for a pulse over the sides of the fetlocks toward the back. If the hooves are hot or a pulse is obvious, immediate veterinary attention is needed.

Laminitis is painful and causes the horse to try to get weight off its front feet (the ones with the biggest weight load) by leaning backward thus transferring more weight to the hind limbs. Some horses lie down to avoid the load, but there are horses which don't like to lie down. The sole can be sensitive to increased compression, especially when there has been movement of the pedal bone.

A COMMON STANCE OF A FOUNDERED OR LAMINITIC HORSE.



Reference: Journal of the British Veterinary Association, In Practice 2006; 28:8 434-443

WHAT ARE THE SIGNS OF LAMINITIS OR FOUNDER?

If you suspect your horse has laminitis or founder, call your equine veterinarian immediately and remove the cause of the laminitis. This could involve dietary restrictions, removal of medications or intervention by your equine veterinarian i.e removing a retained placenta. Each case needs to be treated individually by your equine veterinarian, depending on the cause.

Nutritionally, the laminitis and founder can be treated by:

1. **Provide a balanced ration** that provides the correct level of nutrients to aid the recovery of the laminae and membranes in the hoof.
2. **Feed a steam extruded feed** – feeding a steam extruded feed will improve the digestion in the small intestine. This will minimise starches or sugars being fermented in the hindgut that can contribute to laminitis.
3. **Feed a ration that is low in sugar and starch.** This is achieved by:
 - a. Feeding a concentrate that does not contain cereal grains and has a low NSC and WSC level. i.e is low in sugar and starches. Mitavite Munga is an ideal feed for a laminitic horse with a starch level of 5.2% and a WSC (sugar) level of 8.4%. It is fed at low rates and is concentrated so only a small amount needs to be fed with adequate roughage for horses to obtain the protein, vitamins and minerals they need without excess energy.

b. Roughage makes up a large part of the ration and the following should be addressed when feeding roughages.

- Select pasture species that have a low sugar, starch and fructan level. The level of sugar, starch and fructan found in a pasture will vary and depends on the species of the grass or legume, the growing conditions, temperature, time of day, stage of growth and the part of the plant (leaves tend to have a higher NSC than stems). Ideally if you are concerned about the NSC level in your pasture you should get the pasture tested for NSC levels.

Generally cooler season grasses and those grown in temperate climates (perennial ryegrass) tend to have a higher NSC than the warmer season grasses (paspalum, Rhodes grass). C4 grasses tend to store energy as starch. The horse also has the enzymes that can break down starches in the stomach and small intestine. As a general rule, C3 grasses store energy in the form of fructans. The horse does not have the enzyme to break down fructans. The fructans bypass the stomach and small intestine. They are then fermented by microbes in the hind gut, yielding lactic acid. This affects the microbial balance and pH in the hindgut, that can lead to laminitis and other digestive upsets such as colic.

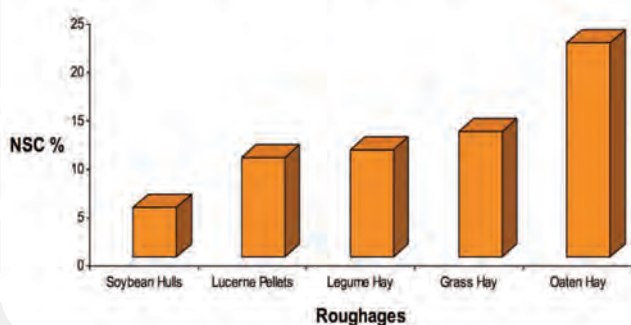
- Feed chaff and hay that have a low sugar and starch level. Cereal chaffs and hays are known to have a higher sugar and starch levels compared to other hays such as grass hay and mature lucerne hay.
- Feed alternative roughage sources. Selecting roughages that contain low sugar and starch levels and higher pectin and hemicellulose levels is advantageous for laminitic horses. The pectin and hemicellulose is fermented slowly in the hindgut by microbes, releasing volatile fatty acids such as acetate, butyrate and proprionate. These fatty acids provide energy for the horse. Roughages such as soy hulls and lucerne have high pectin levels. This combined with low sugar and starch levels provide an ideal roughage source for laminitic horses and can make up part of the roughage component of the diet.

- c. If more condition is needed provide a high fat energy supplement that has a low starch level compared to other cereal grains such as Vitamite Power On and/or add Performa 3 Oil to the ration.
- d. Soak Hay - There have been reports of soaking hay for a period (1 hour in cold water) immediately prior to feeding, may decrease the water soluble carbohydrates (sugars) in the hay. Discard the water after soaking the hay so the horse will not have access to it. If there is any hay left at the next feed, discard the old hay.
- e. Test Hay – Obtaining a laboratory analysis of the sugar and starch level of the hay you are feeding will give an accurate indication of how safe the roughage is to feed.
- f. Restrict Grazing - During spring and autumn pasture flushes, at risk horses should have restricted grazing time, if the laminitis is caused by overloading the large intestine. Limiting the time at pasture reduces the risk of starch and sugar overload due to high sugar levels in grasses. The sugar levels in pasture are highest in the afternoons and evenings because photosynthesis allows the grass to build large stores of sugar. On the other hand plant sugars are low in the mornings because the grass has been in darkness overnight and sugar stores are depleted. If the horse will have access to pasture, allow the horse to graze in the mornings, but restrict access to grass from the afternoon through to mornings. Do not allow a horse prone to laminitis to graze on pasture that has had a frost on it overnight or if the pasture is stressed.

Some other management techniques that can be incorporated into your regime to help limit the occurrence of laminitis are:

- **Keep Horse in a moderate condition** - Controlling the weight of your horse is the most important point to remember. If possible weigh your horse or use a condition score chart to assess the horse regularly. Allowing the horse to get overweight will make him or her more susceptible to founder.
- **Hoof Maintenance** - Regular trimming of hooves, pick feet out twice daily and keep him out of mud at all costs. Mud packs into the feet and creates spectacular sole pressure. Hooves should be checked and trimmed at regular intervals to encourage growth. Any concerns can then be addressed by the farrier and your equine veterinarian at this time.
- **Regular Exercise** - Regular exercise is excellent in helping to control the weight of a horse. If your horse is showing signs of founder you should consult your equine veterinarian before exercising your horse.
- **Cushings related Laminitis** – If the founder or laminitis is due to a disorder such as Cushings disease your equine veterinarian will be able to suggest a medication that can control these bouts of laminitis.

NSC Level of Roughages



Data for the above graph has been obtained from the Dairy One data base.

NSC% = Starch% + WSC (sugars and fructans) %.

Understanding the signs and causes of laminitis and founder can help horse owners and trainers in preventing and treating this debilitating disease. Incorporating a feeding regime tailored for laminitic horses and regular veterinary and farriery monitoring will help to prevent the disease from occurring and minimise future episodes. Further information on feeding laminitic or foundered horses can be obtained by contacting Mitavite at www.mitavite.com.au or calling our toll free number 1800-025-487.





NSW TEAM HAS THE EXPERIENCE OF A LIFETIME AT NATIONALS

The NSW State Pony Club team have returned home from competing in Western Australia after having the experience of a lifetime.

Thirteen riders representing NSW travelled to compete in the Pony Club Australia National Championships held at the Western Australia State Equestrian Centre, Brigadoon, from the 26 to the 30 September 2013.

For many competitors and their families this was a once in a lifetime opportunity to travel to Western Australia to compete in the National Pony Club Championships which is held every two years in a different Australian state.

Many competitors took extra time before and after the trip to sightsee and make the trip a bit of a holiday.

Congratulations to the NSW state team who performed exceptionally well in all disciplines. In particular Madeleine Prell and her horse Coolaroo Scamp from Crookwell Pony Club who is now the National Junior Showjumping Champion!

Emma Botfield riding horse Federer from Warialda Pony Club placed third place in Senior Showjumping.

The NSW Junior Mounted Games team consisting of Annabelle Ledger, Madeline Skopek, Thomas Read, Tom Pearce and Kynan Trotter came second, with Western Australia first and Victoria third.

Tiffany Bignold on her horse Glo-Brook Legend from Glenorie Pony Club, took out third place in Senior Dressage. The NSW Junior Dressage team also placed third overall.



Photograph from top: RedFoto event photography.
Tiffany Bignold. Photograph supplied by Jo Cullen.
Junior Mounted Games team.
Pony Club NSW Team Managers.



The NSW Tetrathlon Junior team consisting of Kynan Trotter, Tom Pearce, Thomas Read and Madeleine Prell placed second. Tom Pearce also came second in the Junior Tetrathlon. Tetrathlon involves four elements, shooting at a target from 30 metres, running 1,500 metres, ride a 600m course with showjumping fences and swim the furthest distance in four minutes.

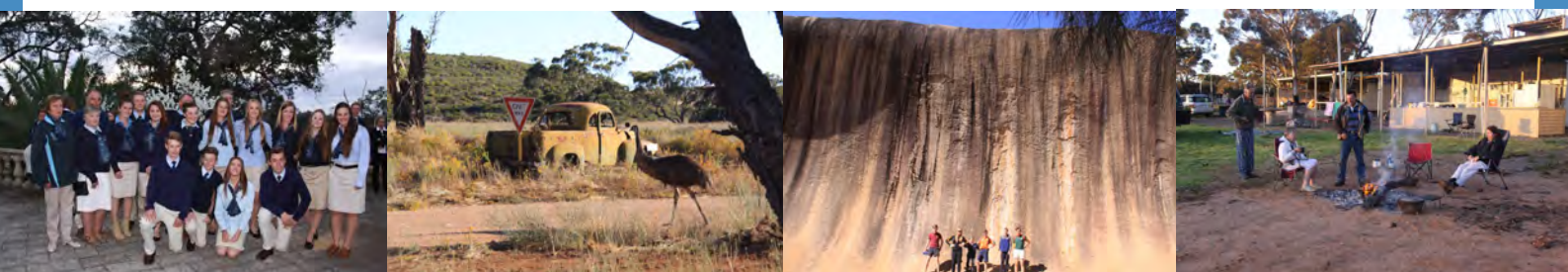
According to Jacqui Moon, Pony Club WA Events Administrator, "It was fantastic to be able to showcase this event and introduce it to those that had not seen it before."

Competitors stayed at the venue in donga style accommodation and enjoyed meeting fellow competitors from other states around Australia. A highlight of the competition was the official dinner, a formal social event for the competitors, parents and supporters. The official dinner included a three course formal dinner followed by a cheese platter, tea and coffee at the beautiful Belvoir Estate a renowned wedding and function venue.

"WA can be proud that we have hosted an event that was well run, competitor and family friendly and lived up to the PC ethos," commented Jacqui Moon, WA Event Administrator. "Thank you to all riders, parents and friends from near and far who attended our Championships with great team spirit and sense of camaraderie. We sincerely hope you enjoyed your time with us, made some new friends and will always fondly remember the 2013 PCA National Championship."

A special thank you to Pony Club NSW members who helped to raise a total of \$22,500 through the Nationals fundraising raffle, the money raised was greatly appreciated and was distributed to competitors to assist with the expenses of travelling to WA with their horses for the event.

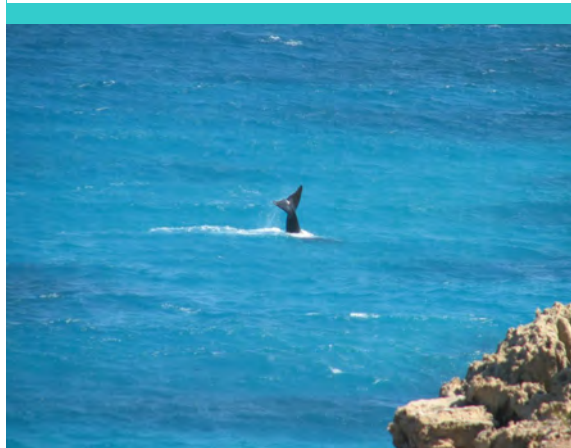
The Pony Club Association of is supported by Sport and Recreation a division of Communities NSW, Flamtree Inc, Mitavite official feed partner, Global Entries Online, Resort Trailers Queanbeyan, Tuff Rock, Ranvet, Club Colours Direct and other local sponsors.



MADELEINE RETURNS HOME A CHAMPION



Madeleine Prell and her horse Coolaroo Scamp, National Junior Showjumping Champion.



Whales playing at the Head of the Great Australian Bight.



Madeleine Prell and Scamp Great Australian Bight.



Madeleine Prell and her horse Coolaroo Scamp competing.

Madeleine Prell and her horse Coolaroo Scamp from Crookwell Pony Club, Zone 27, member of the Pony Club NSW Junior Dressage, Show-jumping and Tetrathlon team has returned home from competing in the Pony Club Australia National Championships in Western Australia a champion.

It was a long journey to get to Western Australia, the 3,824km trip took many weeks of planning as Madeleine, her mother, horse Scamp and another mother and daughter team decided to make the trip together.

The convoy left on the 15th September and soon all the hard work involved with planning the trip was forgotten as the journey turned into the experience of a lifetime. "I loved the trip across Australia, seeing whales and the Nullarbor," exclaimed Madeleine.

Here Madeleine describes her experience in detail, "We reached the Head of the Great Australian Bight where there was a whale watching lookout, so we walked down and to our surprise saw about eight whales and their calves! That night we stayed in our swags on the Nullarbor at a truck-stop after crossing the South Australia, Western Australia border."

After arriving in Western Australia, Madeleine's horse Scamp enjoyed a few days rest before the start of the Nationals competition. Entered in three events Madeleine had a full schedule on each day of the competition, with either a Dressage test or a Showjumping round, and on most afternoons a phase of the Tetrathlon. Tetrathlon involves four elements, rifle target shooting from 30 metres, running 1.5km, ride a 600m course with showjumping fences and swim the furthest distance in four minutes. The NSW Tetrathlon Junior team consisted of three Mounted Games boys, Kynan Trotter, Tom Pearce, Thomas Read and Madeleine Prell.

Madeleine Prell and her horse Coolaroo Scamp from Crookwell Pony Club achieved outstanding results and the status of Pony Club Australia National Junior Showjumping Champion, second in the Junior Tetrathlon team and third in the Junior Dressage team.

"Thank you to everyone that has helped the team and I get to WA, I had a fantastic time but could not have done it without the help of local and state sponsors. This was my first Pony Club Nationals and I absolutely loved it and strongly recommend it to anyone wanting to represent NSW and gain some unforgettable memories. I am forever grateful to all of those who gave me their support, I am sure it was that support which helped Scamp and I over those high jumps, thanks to you I had the opportunity to represent the state on the other side of the country. I have wonderful memories of a wonderful journey," said Madeleine.

Madeleine's advice for young pony club members hoping to follow in her footsteps? "Set goals to work towards and really commit yourself to them, and if you come to hurdles there is ALWAYS a way to overcome it. But most importantly enjoy the journey. The end result is great but it's the journey that really counts."

What great advice, congratulations Madeleine and all of the NSW State Team, we wish you all the best in achieving your future goals.

NATIONALS THANK YOU LETTERS

Thank you for giving me the opportunity to compete at my second Pony Club Australia Nationals held in Perth. I thoroughly enjoyed representing NSW and meeting new riders from all over Australia. It was an amazing experience taking my horse across the Nullarbor and being able to see the Whales at the Great Australian Bite and catching up with other Pony Club competitors along the way. It was lovely for all the team to wear their embroidered woollen rugs, I was very proud to be part of the NSW team. I would like to thank the sponsors for sponsoring the team and for the fundraisers who worked so hard to give our family \$2,500, the generosity certainly made the trip easier to afford. The highlight was riding in the quadrille because we had so much fun and we all weren't dressage riders. I would also like to thank Mrs Frankum for flying to Perth to be one of the team managers and staying with us in the Dongas, Mrs Cullen for all her help and guidance and being the best dressage team manager and for cooking her lovely scones. Also Mr Cullen for making sure everyone is where they should be. It was truly an unforgettable experience and I will never forget the memories and friendships that I have made through pony club. I look forward to catching up with friends and developing my skills at The PCANSW State Camp in January 2014. But from now on I am striving to improve my dressage so I can hopefully make the team in 2015. I am so fortunate to be part of such a wonderful organisation like Pony Club which develops my love for horses, my skills as a rider and provides me such a fantastic social network. Thank you once again for a fantastic opportunity it is an experience I will cherish forever. Kinds regards, Phoebe Wilkinson.

Dear NSW Pony Club, In September this year, we were privileged and honoured to represent NSW at the 2013 National Pony Club Championships held in Perth, Western Australia. We were selected to compete in the Prince Phillip Mounted Games team and were also invited to compete in the Invitational Tetrathlon.

We all travelled to Perth together, with our horses and families in a large convoy of vehicles and floats. What a sight we were as we crossed the Nullarbor Plains! We travelled almost 4000kms, staying in various pony club grounds each night. We slept in our swags and sat around the campfire each night. Some of us are on our 'L' Plates (learner drivers) and we managed to build up many hours in our log books. We stopped along the way at the 'Head of the Bight' and saw some whales breaching in the ocean. We are very grateful to all the pony clubs across Australia who allowed us to use their grounds for camping as we travelled to the competition in Western Australia and returned home again. Some of our camps included Mildura Alecheringa PC, Port Augusta PC, Kelleberin PC and Esperance PC.

The National Championships were great fun and we made many new friends. The NSW team stayed in 'dongas' (dorms) with Di and Gavin Cullen and Jenny Frankum as our dorm parents and Official Chaperones. Mr Dave Harris was our Team Manager for Mounted Games and Kenny Pearce helped us with the Tetrathlon. We are forever grateful to everyone for helping us throughout the week. The whole NSW team supported each other and become close friends. Our Mounted Games team worked really well together and our squad training paid off as we came 2nd to the home team. Our Tetrathlon team also went well coming 2nd to the home team again. For this event we had to run 1500m, swim as far as we could in 4 minutes, shoot 7 shots 30m from a .22 rifle and complete a jumping course. The Tetrathlon was great fun and we would love to see this type of competition in NSW.

We would like to acknowledge and thank Di Cullen for all her hard work this year, coordinating the huge raffle that helped each member of the NSW team. Also a big than you to each and every Zone, for helping to sell so many raffle tickets. We would also like to thank the NSW State Office for their help and support leading up to and throughout the competition. Your support and efforts was greatly appreciated by all of us.

Attending the National Championships in Perth was an experience that we will never forget. We are very fortunate to be a part of such a great organisation. We were very proud to represent our Club, our Zone and our State. Thank you. Annabelle Ledger—Yass Pony Club, Tom Pearce—Bungendore Pony Club, Maddy Skopek—Dural Pony Club, Kynan Trotter—Bungendore Pony Club, Tom Read—Bungendore Pony Club, Tegan Bemi—Woonona Pony Club.

Dear Pony Club NSW members and staff, I would like to express my gratitude to all the members and staff of Pony Club NSW who gave their time and effort to help send the NSW team to the Nationals in Perth. I would especially like to thank Di Cullen for her energy and determination in organising effective fund raising for this trip. Without her efforts and then the good will of PCANSW members in selling raffle tickets and buying the cookbook, the trip would have been even more expensive.

Even though I have competed in previous Nationals, this event was distinctively different. The team had a stronger rapport which probably reflected the shared experience of the adventure of getting both ourselves and our horses to the other side of Australia to compete. I also appreciated the positive attitude of Di and Gavin and Jenny Frankum who ensured that the team bonded effectively no matter what discipline they were competing in. I am sure that as a team we have formed strong friendships for the future. I would also like to especially thank the members of the NSW Junior Mounted Games team and their families with whom I teamed up with the travel across the Nullarbor. My memories of things like riding around the Norseman racecourse and swimming our horses in the ocean at Ceduna will stay with me for life. Again, thank you to anyone who aided my trip to Perth. Tiffany Bignold.

Dear Mrs Cullen, I am writing to express my sincere gratitude to all involved in the organisation of the NSW team attending the 2013 PCA National Championships. I greatly appreciated the financial assistance provided by Pony Club NSW. The adventure of trucking my horse to the other side of Australia to compete was a unique experience. The venue at Brigadoon was great and all my events were well organised. The inclusion of the Tetrathlon event was good and proved interesting to watch. I am very grateful for the honour to represent NSW and thankful for the support provided by Pony Club NSW. Yours sincerely, Emma Botfield.



PONY CLUBS SPRING INTO CHAMPIONSHIP

The Pony Club NSW State One Day Event was held at Harden Showgrounds, Harden from the 12-13th October 2013 with perfect spring weather and lively competition.

Ninety competitors travelled from pony clubs across NSW for the weekend event. The fitness check was conducted on Friday afternoon with host Pony Club Zone 2 winning the best presented Pony Club Zone. According to Antonia Brown, Harden Pony Club Secretary, this was one of the main highlights of the weekend for Zone 2.

The Dressage phase kicked off on Saturday morning, cross country in the afternoon and Showjumping on Sunday morning. The Championship concluded on Sunday afternoon with the mounted presentation ceremony.

According to Antonia Brown, "the event ran well, the weather was with us and Zone 2 really appreciated the help from people who appeared from nowhere and helped pack up and set up in double quick time whenever we asked for help. It made the weekend run much quicker and smoother and got everyone home much sooner than anticipated."

Congratulations to all of the age champions. Alexandra Wolters Mannix and her horse Rassendon Star from Orange Pony Club, Zone 3 placed first in the 17 and Under 25 years age group for the second year in a row. Rachel Temm riding Tamoru Dom Perignon from Forest Hills Pony Club, Zone 23 took out the 15 and Under 17 years age group. Matilda Seppelt on her horse Gone Platinum from Londonderry Pony Club, Zone 19 placed first in the 13 and Under 15 age group.

The Pony Club NSW State ODE Championships are supported by Sport and Recreation a division of Communities NSW, Mitavite official feed partner, major sponsor Global Entries Online, Flametree Inc rug sponsor as well as other local SPONSORS. Photographs by PhotoFinish.



12





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RADIO ACTIVE WIN AT STATE MOUNTED GAMES



Thirty three teams with 165 competitors travelled from all over NSW for the annual Pony Club NSW State Mounted Games Championships. The competition was held over the weekend of the 14-15th September at the Holbrook Equestrian Centre, Holbrook.

Teams of four rider plus a reserve battled it out in two age divisions, the under 17's or the under 25's.

In the under 17's, Zone 16 team Bungendore Radio Active took at first place with 77 points. Zone 22 Team 1 came in second place with 76 points, while Zone 23 Forest Hillbillies placed third with 63 points.

In the 17 to under 25 age division, Zone 16 successfully took out the leader board with Zone 16 Team Extreme coming in first place with a total of 80 points, Zone 16 Masters placed a close second with 79 points, and Zone 16 Shake and Bake was third with 71 points overall.

Tom Pearce, Kynan Trotter and Thomas Read from the Bungendore Radio Active winning team also represented NSW at the Pony Club National Championships. Along with Madeline Skopek from Dural and Annabelle Ledger from Yass, the riders left on the Monday after the state competition to travel with their horses and families to WA for the event.

The Pony Club Australia National Championships was held at the Western Australia State Equestrian Centre, Brigadoon from the 26-30th September 2013. Results and photographs from the Nationals can be found in this newsletter and on our website.



Photographs: Above; Barry McGregor photography. Below left; Bungendore Radio Active team. Right; Zone 16 Team Extreme, both photographs courtesy of James Wenn.





Never give up, always follow your dreams!

Around 245 competitors and their horses, along with another 300 family and friends, travelled to Bungendore over the weekend of the 7-8th December for the last Pony Club NSW State Championship for the year. The 2013 Bungendore Community Bank State Showriding Championship held at Bungendore Showgrounds was hosted by local Pony Club Zone 16.

Ellis Brooke from Bungendore Pony Club Zone 16, was the Under 9 Champion. Jorja Power from Walcha Pony Club, Zone 13 was the 9 and Under 11 Champion. Jaime-Lee Burns from Bouddi Pony Club, Zone 24 took out the 11 and Under 13 age group. Sarah Louise Olsen from Hills District Pony Club, Zone 26 was the 13 years champion, while Juliet Sharpe from Cudal Pony Club, Zone 3 was the 14 years champion. In the 15 and Under 17 age group Montana Breust from Griffith Pony Club, Zone 21 won the 15 and Under 17's. While Brodie Howe from Stoney Range Pony Club, Zone 22 was the 17 and Under 25 years' age champion.

The Champion Pony Club Zone was Zone 24, while Zone 2 was the best presented Zone.

For 17 and Under 25 years age champion, Brodie Howe, this is her fourth State Showriding Championship win and amazingly her seventh State Championship title overall.

"Six of them on Doongara Will Power and one on my pony Hidden Secret. Four are from State Show Riding Championships 2006 (Hidden Secret), 2011, 2012, 2013 (Doongara Will Power), three are from State Dressage Championships 2010, 2011, 2012."

Brodie's advice to young Pony Clubbers hoping to be just as successful? "Never give up! Always follow your dreams. They won't come easy but if you work hard at them it will pay off in the long run and will be well worth it! Work hard but keep it fun. Always listen to the people around you, you can never have enough advice and support. I have had some very good coaches along my riding career, one being Gill Rickard, she has gotten me to where I am today. Pony Club is a great place to start off and gives you a go at every discipline so you can see where you want to focus on most. I love it and will stick around for a long time even after I'm too old to ride!!"



Brodie Howe pictured right receiving her award, Mounted Presentation ceremony. Photograph courtesy Ranvet.



Photograph Top left & right, & bottom. Photographs courtesy Barry McGregor photography.

"My Family is the reason I do this. They make it fun and enjoyable and are with me every step of the way. I wouldn't be where I am today without them. Have to say a huge thanks to my amazing horse Doongara Will Power. He is a true legend and has carried me through so much. This horse can do anything we put him up to and he never seems to stop amazing me. From Hacking around and Dressage to Jumping and Campdrafting he really does have it all."

Full steam ahead for Brodie, with 2014 set to be another busy year with Brodie planning on competing in the Pony Club NSW State Showriding and her first Pony Club NSW State Campdrafting Championship on her horse Will Power. The State Campdrafting Championships involve riders demonstrating their skills at cutting a beast out of a mob in an enclosure and then manoeuvring it around a set course.

As well as competing Brodie would love to give back to the Pony Club movement and support the next generation, "I would like to get to pony club a bit more to help instruct the next upcoming stars!"

All this, and in her spare time Brodie plans on heading to the Stock Horse Nationals, Sydney Royal and Canberra Royal for open Stock Horse Classes. Brodie has also done her "first break in this year with a yearling stock horse. Can't wait to get her out under saddle next year. Looking forward to bringing up my next rising stars that will hopefully follow in Will Power's footsteps. We are starting to breed our own Stock Horses, and have our first foal due this year. I am looking forward to building up my own stud and producing my own little champions one day."

Congratulations Brodie and all of the Pony Club NSW State Showriding Champions, we wish you all the best in achieving your future goals.

As the final State Championship for the year, the Pony Club Association of NSW would like to take this opportunity to thank everyone that has contributed to the running of our state championships and state events this year. Thank you to sponsors, event organisers, volunteers, host pony club zones, judges, officials, competitors and their families for your support.

The Pony Club NSW State Showriding Championships are supported by Naming Rights sponsors Bungendore Community Bank, State Championship rug sponsors Flametree Inc, major sponsors Ranvet and Global Entries Online, Sport and Recreation a division of Communities NSW, and Mitavite official feed partner.



Photograph courtesy Barry McGregor photography.



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AROUND THE GROUNDS



Email us your Club news; marketing@pcansw.org.au with 'Around the Grounds' in the subject heading

Article & Photographs by Cath Deshon

Walgett Pony Club pink rally day

Walgett Pony Club recently held a Pink Rally Day. All riders and adults wore a pink shirt to support the McGrath Foundation. It was a fantastic to see such a sea of pink from everyone.

We raised \$1000 through donations, auctions and two dads had their head shaved to support this worthy cause. All of this money will be donated to the McGrath Foundation.



To view more Club stories check out the Latest News section of our website, www.pcansw.org.au

Fun & Friendship at Arcadia Pony Club Camp

October long weekend saw Arcadia Pony Club go country for the Annual Pony Club Camp and much fun was had by all, including ponies and parents.

Article & Photographs by Alison Cairnes

The camp was held in Ourimbah at in the lush pastures of Hidden Valley on the Central Coast. There was access to beautiful trail riding and a full cross country course for all levels of horse and rider. Best of all there was a lovely safe dam for the children to swim their ponies in.

"It is important that the children get to have fun with each other and their ponies", said Leanne Davies, Senior Instructor of Arcadia Pony Club. Our club has had a very successful year in competition both locally and at State level but making sure the children can ride safely outside a lesson or arena environment is really important as well. It is not always about whom can jump the highest or ride the most perfect circle or win the most ribbons".

The activities the children experienced on camp were wide and varied but the favourites by far were trail riding in the magical rainforest, cross country jumping and swimming with their horses in the dam.

I couldn't recommend Hidden Valley enough for a Pony Club camp, said Leanne. "It was cost effective, family friendly, safe and the staff at Hidden Valley couldn't have made us all feel more welcome. I would highly recommend it to other Pony Clubs in Sydney, Central Coast, Hunter Valley areas".

There were tired ponies, tired children and very tired parents at the end of the weekend but the fun that was had will make sure it will become an annual fixture for Arcadia Pony Club", said Leanne.



Who we are

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Zone 5 Annual Pony Club Camps

Zone 5 Clubs held their Annual Camps recently. Riders enjoyed a wide variety of activities including; team penning, horseball, mounted games, dressage etc. I managed to visit with a few of the club camps and I have a renewed respect for our Instructors and Guest Instructors, standing out in the 35 degree plus heat and that wind!!! Camps concluded on Saturday with a Gymkhana where the riders could display all the skills learned during the week. Cheers Jude.



Article & Photographs by
Jackie Perring

Zone 6 Sporting Championships & David White Memorial Trophy Day

Zone 6 held their Sporting Championships on Saturday 28th September on completion of their Annual David White Memorial Trophy Day. Riders competed in eight different sporting events throughout the afternoon.

After a great (and very dusty) competition, age champions were awarded to; U/7 Champion - Renee Coubrough, 7-U/9 Champion - Hamish Dunbier, Reserve Champion - Hannah Riley, 9-U11 Champion - Hayley Cox, Reserve Champion - Gabrielle Mills, 11-U/13 Champion - Megan Seis, Reserve Champion - Isabelle Stuart, 13-U/15 Champion - Natasha Yeo, Reserve Champion - Lauren Sullivan, 15-U/17 Champion - Victoria Birt, Reserve Champion - Brooke Munro, Associate Champion Cassie McCarrol, Reserve Champion Lucy Suttor.

The Eric Colley Trophy for highest point score team of four riders from one club was won by Dunedoo Pony Club team consisting of Megan Seis, Hayley Cox, Claire Seis & Lauren Sullivan.

Congratulations to all riders and many thanks to the Judges and helpers who helped make the day so successful.

Zone 6 Pony Club held a very successful David White Memorial Trophy Day at Gulgong on Saturday the 28th September with 34 Zone 6 riders taking part. The David White Memorial Trophy Day is the culmination of the years competitions, training and attendance at Rally days by the riders and each Club in the zone has teams compete.

After a tough competition consisting of presentation, individual workouts, rein drill, unsaddling, bareback riding, saddling, dressage, showjumping, sporting and a written exam, Dunedoo Pony Club were awarded the David White Memorial Trophy. The team consisted of Jack Seis, Lauren Sullivan, Megan Seis, Maddie Cox, Annabel Milling and Hayley Cox. Mudjee Pony Club were runners up. Age champions for the day were Junior – Megan Seis (Dunedoo Pony Club), Senior – Natasha Yeo (Coolah Pony Club) and Associate – Savannah Mealing (Mudjee Pony Club).

Zone 6 would like to thank Gulgong Pony Club for hosting the day, for the riders for participating and the parent helpers.

Photo 1 - Age champions L - R Megan Seis, Hayley Cox, Victoria Birt, Natasha Yeo, Hamish Dunbier, Cassie McCarrol & Renee Coubrough.

Photo 2 - The Eric Colley Trophy winners Dunedoo Pony Club team consisting of Megan Seis, Hayley Cox, Claire Seis & Lauren Sullivan.

Photo 3 - Age Champions Megan Seis, Savannah Mealing & Natasha Yeo

Photo 4- David White Memorial Trophy Day Winners - Dunedoo Pony Club - Jack Seis, Lauren Sullivan, Megan Seis, Maddie Cox, Annabel Milling and Hayley Cox

AROUND THE GROUNDS

Article & Photographs by
Cassandra McLaren



What a week, 56 children from across the zone congregated at Denman Pony Club grounds along with their family for what promised to be a very busy week of riding. Children received instruction in showjumping, cross country, dressage, flatwork, sporting, mounted games, team penning, stock horse and working hunter classes. Along the way there was apple bobbing, water fights and trail rides.

Angela, Cheryl and Phil also did some certificate work. Our Shetland and Welsh Ponies earned their E Certificate. The Pintos and Palominos earned their D Certificate and the Thoroughbreds and Warmbloods earned their C Certificate. Instruction throughout the camp was of a high level and it was great to see the children appreciate the opportunity and improve throughout the week. Reports back from instructors highlighted how well behaved and responsive the children were to what was being taught.

As you can imagine running a camp like this is not as easy as it seems. The committee could not have pulled it off without the help of parents, friends and grandparents. Your input was noticed and appreciated. As always some do more than their fair share and not wanting to miss anyone or embarrass any one I'll just say you know who you are and the committee greatly appreciates your support.

On Thursday night each child was presented with a 2013 camp T-shirt. This is a major part of camp and something that the children look forward too. The children probably don't realise it but the shirt signifies them to coming together as 1 team in 1 uniform. This year the shirts were made possible by two local businesses. Widden Stud and Awards Realty Group. Their support of our camp and children is greatly appreciated and on behalf of all the children, families and committee we extend our thanks.

On Friday the children rose eagerly and got into their camp T-shirt ready for the camp gymkhana. This consisted of a rider class, showjumping, cross country, barrel, utility and 3 mounted games. The gymkhana gives the children the opportunity as a group to put together the skills they have learned throughout the week in a fun and friendly mini competition that is more about friendships and support then competitiveness.

Camp wrapped up with a mini presentation. This year we had two types of awards. The Spirit of Camp Awards (these children received a customised drink bottle) and the Committee Award (these children received a camp rosette). The Spirit of Camp Award is awarded based on nominations received from instructors. Throughout the week instructors nominate someone from each lesson. These nominations are not based on ability but their attributes, things like being prepared, being a good sport, persevering etc. The Committee award is just that our opportunity to recognise children who we feel deserved recognition for a whole variety of reasons.

It's only a few days out and many a weary body is still recovering. I have had numerous emails of thanks and parents sharing their children's responses to camp. Another year is over, but we will be talking and remembering it for a long time to come.. In the meantime happy riding and see you next year.

Zone 7 camp wrap up





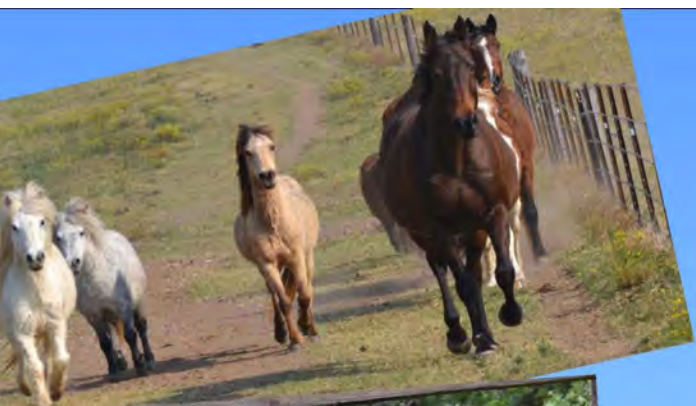
AROUND THE GROUNDS

Article & Photograph by
James Wenn

Olympics Coach helps local riders

On a beautiful, and slightly windy Sunday, members of the Bungendore Pony Club participated in a Show Jumping training day conducted by Mr Trevor Morris, Australian Pentathlon coach for the Sydney 2000 Olympics. Trevor is no stranger to the region and is always happy to share his experience with riders of all abilities, ages and is a very familiar face at the annual Zone16 Camp in April.

Bungendore Pony Club meets every second Sunday at the Bungendore Showgrounds on Matthews Lane at 9.00am. New Members and Visitors are most welcome to join on the day.



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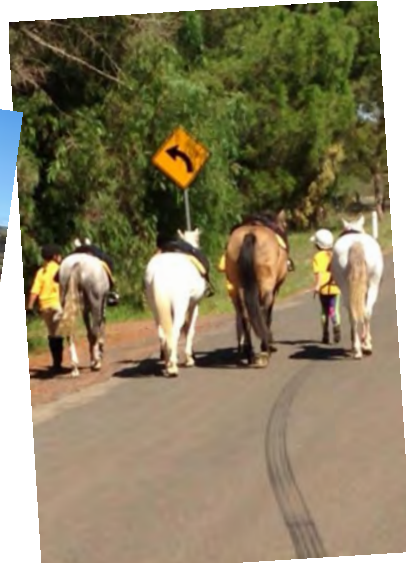
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The heart of Pony Club

Send in any photographs to; marketing@pcansw.org.au that show the heart of your Pony Club, and your photograph could feature in the next Pony Club Newsletter!



"Pony Club mum Lynette Daly and her little clubber Lucas at the Yass Gymkhana held on 27th October 2013. Lynette is the hard working Secretary of the Murrumbateman Pony Club."

Jeff Cartwright, Murrumbateman Pony Club.

"Members of Zone 21 (Leeton & Griffith Pony Club members) doing the show thing!"

Keryn Lamb, Leeton Pony Club.

"The girls with their boys. Our littlies walking back from a jumping session to get ready for lunch. Left to right, Zoe Stockton with Cooper, Hayley Sloan with Stormy, Bonnie Farrell with Ribs and Claire Diebert with Bluey."

Keryn Lamb, Leeton Pony Club.



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CAREERS



This issue we shine the spotlight on
*Kirra Bogan, Livestock & Performance Horse
Representative for The Land Newspaper.*

*"Advertising livestock is a great profession."
Kirra Bogan*

What does your job involve?

As a Livestock and Performance Horse Representative for The Land Newspaper, I consult with stud breeders and breed societies to arrange their print, digital and online advertising campaigns.

Describe a typical day at work?

No two days are the same with my line of work but some common duties I fulfil include client consultations either via phone, email or in person after which I design advert layouts and often take photos or video footage of livestock to incorporate into their advertising campaign. When it's sale season, I attend ram, bull and horse sales and compile a sale report and I also attend the Royal shows at Sydney and Brisbane to support my clients.

What skills and qualifications would you need to be successful in your job?

There are no direct qualifications required for this job, but if you are passionate about the Livestock and Performance Horse Industry it makes reaching your goals a lot easier. An artistic eye is helpful with ad layout, and photography and videography are big elements of our job. I haven't had any professional training with these but studied them throughout high school and perfected my ability through trial and error. In 2009 I completed a Ba. Rural Science at UNE and have found this to be a great backdrop to my career.

What do you enjoy most about your job?

I get the opportunity to travel across NSW and QLD, it's a great way to see the countryside and associate with some great rural identities including stud breeders, agents, farmers, campdrafters and cutters. Another benefit is the flexibility this job gives me to ride and compete in my own horse sport of campdrafting, and whilst I'm there I take photos and write a report for the next weeks paper I'm working whilst doing something I love!

What is the worst part about your job?

Deadlines are a demon for people working at a newspaper. It can be stressful when they are getting close but it's a welcome relief when you have made the cut-off and reached a "mini goal"

What advice do you have for young Pony Club members hoping to follow in your footsteps?

Advertising livestock is a great profession. I've been lucky enough to combine my love of livestock with my flare for design. Choose electives you enjoy like agriculture, photography, visual arts. At university choose an Ag related degree - the contacts and skill base you pick up through these years are invaluable. And most importantly, keep riding!

HOW TO WRITE WINNING GRANTS

There are a number of organisations that offer grants to sporting clubs. Here is some helpful tips on writing winning grants.

CHOOSE A GRANT: *The first challenge is finding a grant. Some grants that you may find suitable are listed below. A full list of the grants available and more information can also be found on our website. It is a good idea to subscribe to the NSW Office of Communities Sport and Recreation and the Sports Community website (<http://sportscommunity.com.au/>) to receive email notifications when grants are open.*

- * **PCANSW CAMP ASSISTANCE GRANT:** Pony Club NSW offers financial assistance to clubs and zones conducting camps by paying the travel expenses of one instructor from the paid instructors panel to attend.
- * **PCANSW CROSS COUNTRY COURSE GRANT:** Pony Club NSW offers a grant of \$500 to clubs/zones building or renovating a cross country course who engage the services of an EA accredited course designer.
- * **NSW GOVERNMENT OFFICE OF COMMUNITIES SPORT AND RECREATION PARTICIPATION AND FACILITY GRANT:** Sporting Clubs have the opportunity to build new or upgrade sport and recreation facilities.
- * **LOCAL SPORTING CHAMPIONS PROGRAM:** Sporting champions aged 12– 18 could be eligible for grants of \$500 for individuals and \$3,000 for teams.
- * **LAYNE BEACHLEY AIM FOR THE STARS FOUNDATION:** This foundation is all about empowering and enabling girls and women to take control of their lives, to invest in their future and fulfil their potential.

WRITING THE GRANT: *Here are some helpful tips on writing grants.*

- * Carefully read all the guidelines and application forms before you start. Make sure your project fits the guidelines. If you have any queries call the funding body to discuss. Do some research, look at what types of projects have received funding in the past.
- * If completing the grant application online, save and complete the grant questions and answers in a Word document on your computer. This will enable you to spell check your document which you can't usually do with the online application, every little bit helps to show how professional your club is. When completed you can cut and past your answers into the online application. You can also update the saved results for future grant applications.
- * Most grant applications will require a brief history of your organisation, including the qualifications and experience of key volunteers and general project management experience. Provide examples of what events/projects your club has run successfully in the past.
- * Describe how your project will meet the grant objectives and why the project is needed. Be specific, achievable within a 12-month time frame, relate to a distinct geographical location and result in real outcomes that are easily measurable. Projects that are funded are projects that are seen to affect or involve as many people as possible and that have a broad community appeal. If the project is realistic with a strong likelihood of success. It is a project that will provide long term benefits to the community. Or something that is new or visionary that is being held back only because of a lack of funds.
- * Support your application with facts and figures. Consider contacting your local council for statistics on your local community. The Australian Bureau of Statistics and the Australian Sports Commission websites have valuable statistical data that may support your submission.
- * Work out your budget. Obtain quotes if necessary and list all the expenses and income relating to the project. If successful in obtaining the grant you will need to provide records of expenditure to the funding body.
- * Outline how your will measure the success of the project describing your evaluation methods.
- * Be aware of the application deadline and leave plenty of time to obtain all the information you need.
- * Make sure you receive confirmation that your application has been received and keep a record of your application.
- * If successful, keep the funding body up to date with the progress and related expenditure for the project.

GOOD LUCK!

Coaches Corner

This information has been written by one of the Associations State Coaches, as a guide to Pony Club Instructors. If you are interested in obtaining more resources, one of the Associations State Coaches Sarah Venamore has published some resource books featuring additional lesson plans which can be purchased through the State Office for \$40; 'The Right Track' and 'The Right Track II'. Simply download a copy of the Merchandise Order Form from the website under the Club & Zone Management tab.

MOUNTING & DISMOUNTING LESSON PLAN

Aim:

Step One: To teach the rider to safely and effectively mount and dismount from their horse.

Step Two: To ensure they have the skills to be able to mount and dismount from any horse.

Outcome:

To produce competent and safety conscious horse people.

Skill:

To be able to maintain control of any horse while mounting and dismounting.

Equipment required & setup:

Mounting Block.

Safety considerations:

Taking both feet out of the stirrups before dismounting and keeping the inside rein shorter to gain more control of the horse.

Introduction of instructor and riders:

Before you begin the lesson introduce yourself, find out the riders names and some information about their horses eg. How many times they have ridden their horse in the last week or when was the last time they rode their horse? Does it have any vices? Is there any problems with their horse when they are mounting or dismounting.

Gear Check:

Make sure a gear check for safety and correct fit has been done before the lesson begins.

Explanation of lesson:

Method used in the PCANSW "Riding" manual.

Mounting:

There are a number of things to consider regarding mounting your horse and dismounting from your horse.

If you are mounting after saddling your horse it is important to walk the horse for a little while before mounting and not to get straight on until this is done, particularly if you do not know the horse. Some horses can be a bit cold backed or girthy and will buck if not lead around to relax and stretch their legs first. Also always do the girth up in stages and start quite loose and bit by bit doing it up.

It is preferable to use a mounting block for the good of the horse to prevent strain on the horses back and it will also aid the rider to mount correctly.

If a mounting block is not available always consider the lay of the land and put the horse on the lower side of the hill or in a ditch.

After placing the reins over the horses head and neck keep the inside rein (the rein closest to the rider) shorter to give the rider maximum control of the horse. With the riders back to the horses head and standing near the shoulder take hold of the stirrup with their right hand and place their left foot in the stirrup and hold the pommel with their right hand and their left hand on the horse's neck. They then spring up trying not to bounce up and down and land lightly on the horse's back.

Dismounting:

Take both reins into the left hand, hold the pommel with the right hand.

Take both feet out of the stirrups, bring the right leg over the horse's rump and land with both legs together lightly on the ground facing the horse.

Demonstration:

It is preferable to choose a rider in the group who you think or know could mount and dismount well and is good at receiving instruction. Run through step by step and talk the rider through the procedure.

Teach the class:

Make sure you have the riders well spaced out. A well spaced troop line is probably best for you to view all riders and keep things safe.

At first run each rider through individually then you could ask the whole group to mount and dismount together.

Summary:

To summarize you can ask each rider a question about the method of mounting and dismounting and also ask them each how they felt they did during the session. You can also reiterate anything they should practice and what you felt they did well.



horseland.com.au



GIVE A *Gift Card*



Each month the Horseland Club of the Month winner receives;

- \$600 Horseland Prize Pack from Horseland
- \$100 gift certificate from Australian Show Ribbons
- 2 x gift certificates for an Xtra-Cool feed bag from Mitavite
- Club profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

September Horseland Club of the Month, Megalong Valley Pony Club.



Megalong Valley Pony club meets every first and third Sunday of the month at the Megalong Valley Pony Club grounds.

The Club has been running for more than 30 years and currently has 18 riding members ranging in age from 6 to 54 and 14 non-riding members who are our valued volunteers.

The Club offers instructions in the following disciplines jumping, sporting, dressage and mounted

games as well as lessons in proper horse care and safety.

A typical rally day involves warm up, hacking, sporting, and jumping.

Other fundraising or social events run at Megalong Valley Pony Club include our Fun Day in December and our club show jumping competition in May.

The best thing about being a member of Megalong Valley Pony Club is the good riding community and the developing of friendships with like minded people.

October Horseland Club of the Month, Uralla & District Pony Club



Uralla and District Pony Club, Zone 13 meets every month at the Uralla Showground. The club has been running for 55 years and currently has approximately 45 riding members ranging in age from 3 to 24 and 20 non-riding members who are our valued volunteers.

The club offers instruction in the following disciplines show-jumping, mounted games, dressage, sporting, polocrosse,

horseball, flatwork as well as lessons in proper horse care and safety.

A typical rally day involves flatwork lessons, sporting and a games lesson. Other fundraising, or social, events run at Uralla and District Pony club include the annual camp and mini-camp.

The best thing about being a member of Uralla and District Pony Club is being part of a very close-knit club where everyone supports each other to have a go and to do their best.

HOW TO ENTER: Email the below to marketing@pcansw.org.au with the subject heading 'Club of the Month'.

1. Write a Club Profile by filling in the blanks - indicates as () - in the below paragraphs.

() Pony Club, Zone () meets every () at (). The club currently has approximately () riding members ranging in age from () to () and () non-riding members who are our valued volunteers.

The club offers instruction in the following disciplines () as well as lessons in proper horse care and safety. A typical rally day involves (). Other fundraising, or social, events run at () Pony club include ().

The best thing about being a member of () Pony Club is ().

2. Attach up to 4 high quality images with a photo caption detailing who is featured in the photos.

1 CLUB PER MONTH RECEIVES: A fantastic prize pack including:

- Horseland Product pack valued at \$600
- \$100 gift certificate from Australian Show Ribbons
- 2 x Gift Certificates for an Xtra-Cool feed bag from Mitavite
- Club profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

ENTRIES CLOSE: Last day of every month.





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TAYLA BERRY

riding Brendonna Calender Girl

Tayla wears Giddyup Collection
Georgie Show Jacket **\$79.95**
Hope Show Shirt **\$59.95** Cherri Waistcoat **\$69.95**

PROFILE OF THE MONTH COMPETITION

ENTER NOW
TO WIN

Congratulations to all of the recent Pony Club Profile of the month competition winners! Each winner received;

- 1 x Giddyupgirl Saddle Bag courtesy of Giddyupgirl Australia
- Profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

September Profile of the month: Sarah Goshi



My name is Sarah Goshi, I am 17 years old and a member of Loop Line Pony Club which is in Zone 10 and our club grounds are in Colo Vale (not far from Mittagong).

My horses name is Statford Julian, but we call him Jules or Pooksberry. He loves to do just about anything, especially if it involves eating sweet

potatoes.

I love Pony Club because I have meet some of my closest friends there, I enjoy riding with my friends because when I am at home I am usually riding by myself, so I just love the company.

When I am not horse riding I like to talk to my horses, read, hang with my friends which love horses as well and clean my horse gear.

If I had three wishes I would;

- Wish that my horse would live forever,
- Build a huge stable at my house,
- Have more of my friends living near me so that I could ride with them.

Photo Caption; Sarah & Julian jumping 90cm

October Profile of the month: Will Crawford



My name is Will Crawford, I am 6 years old and a member of the Tumut Pony Club. My horses name is Jesse and he loves to eat and run through water.

I love pony club because I learnt to canter and go fast, and there are lots of kids my age that I

play with.

When I am not at pony club I like to go fishing, swimming and ride my motorbike.

If I had three wishes I would go on an aeroplane, go on a train and buy lots of toys.

Photo Captions; Jesse and I at the 2013 Tumbarumba Show in the handler class.

Profile of the month competition

HOW TO ENTER: Email the below to marketing@pcansw.org.au with the subject heading 'Profile of the Month'. Please include your preference of Saddle Bag colour either black/purple, black/pink or black/aqua and include a couriers address in the email. A Couriers address is a residential address were someone is present to sign for the parcel when it arrives.

1. Tell us a little bit about yourself by filling in the blank spaces as indicated by this symbol ().

My name is (), I am () years old and a member of () Pony Club. My horses name is (), he/she loves to (). I love Pony Club because (). When I am not horse riding I like to (). If I had three wishes I would ().

2. Attach up to 2 high quality images of yourself with a photo caption detailing who is featured in the photos.

1 MEMBER EACH MONTH RECEIVES:

- 1 x Giddyup girl saddle carry bag valued at \$50
- Profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

downunder



ENTRIES CLOSE: the last day of the month. Winners will be published on our website under the 'Latest News' section on the homepage of our website and on our Blog.

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This offer includes New Zealand subscriptions (available for \$40 AUD). International HorseWyse subscriptions are also now available online - email: sophie@horsewyse.com.au for details.

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Our Summer 13 HW subscription winner is Tayla Marshall of WA.

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COMPETITIONS

Email or post

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Macs Equine' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 31 January 2014.

2 WINNERS EACH RECEIVES: 1 x Macs Equine Tear Mender valued at RRP \$25. For more information please visit www.macsequine.com.au



Email or post

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Macs Equine' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 31 January 2014.

2 WINNERS EACH RECEIVE: 1 x Macs Equine Pee Wee Bit valued at RRP \$65. For more information please visit www.macsequine.com.au



Why do you love your horse?

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Horsewyse' in the subject line and your contact details in the body of the email along with the answer to this question. Or fill in your contact details and answer in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 31 January 2014.

2 WINNERS EACH RECEIVE: 1 x HorseWyse magazine subscription for 1 year (four issues). For more information please visit this website www.horsewyse.com.au

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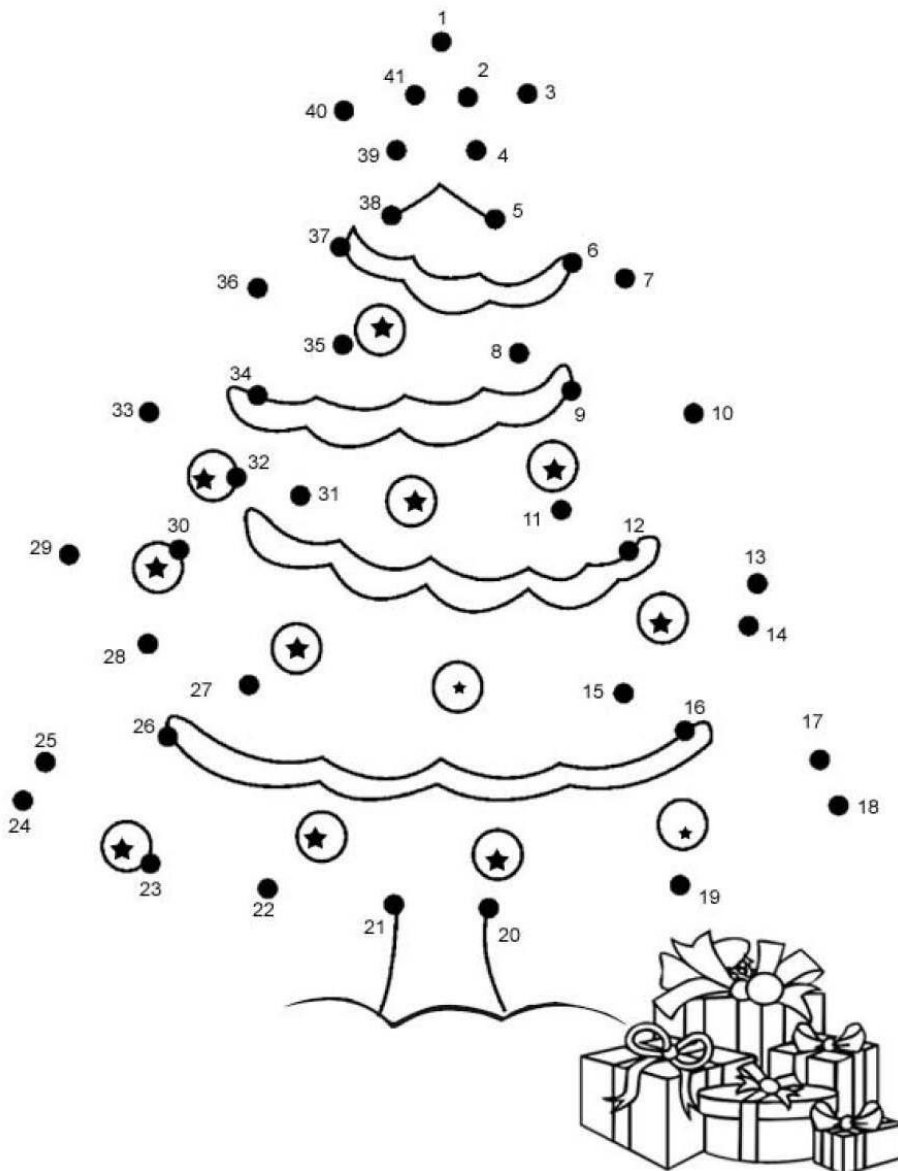


COMPETITIONS

DOT TO DOT

HOW TO ENTER: Simply complete your dot to dot and either email your picture to marketing@pcansw.org.au with 'Horseland' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post your entry to PO Box 2085, Wollongong NSW 2500. Entries close 31 January 2014.

2 WINNERS EACH RECEIVE: 1 x Horseland \$20 Gift Voucher.



Competition entry form

Fill in your answers, and contact details, below and post to:

"Newsletter Competition"

Pony Club NSW

PO Box 2085

Wollongong NSW 2500

Name: Age: (for research purposes only)

Address:

Email: Club:

Question: Why do you love your horse?.....

.....

Enter by FAX

Fill in your answers, and contact details, above and fax to:

02 4229 8966

Enter by E-MAIL

Email your answers, and contact details, to marketing@pcansw.org.au with the subject heading 'Newsletter Competition'

Entries Close: 31 January 2014.

Terms & Conditions: You do not have to leave an answer for every competition, only the ones you wish to enter. Competition is only open to current financial Pony Club NSW members. You can only enter each competition once. Winners will be drawn on 3/2/14 at the PCANSW State office.

COMPETITIONS

Competition winners & answers:

SEPTEMBER 2013 ISSUE

COLOURING: 2 winners each received a Mitavite Gift Certificate for an Xtra-Cool feed bag.

www.mitavite.com.au



Winners: Nicole Kennedy (entry below left), Will Crawford (entry below right)

QUESTION: 2 winners each receive 1 years HorseWyse Magazine subscription.

www.horsewyse.com.au

Winner: Will Crawford, Charles Noonan.

EMAIL OR POST: 2 winners each received 1 Macs Equine Tear Mender. www.macsequine.com.au

Winners: Karl & Emma Stephens-Hodder, Ella Breen.

EMAIL OR POST: 2 winners each received 1 Macs Equine Pee Wee Bit.

www.macsequine.com.au

Winners: Karl & Emma Stephens-Hodder, Tallee Warrenner.

MY PET PHOTO: 2 winners each received 1 \$20 Horseland gift voucher.

www.horseland.com.au

Winners: Ella Breen and her pet pictured below left, Taylah Oates 'Chilli the red dog' pictured below right.



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Karen Moreton with her middle child Emily and favourite horse Denver

Karen's Column is a regular feature that looks at family, love and faith through the entertaining medium of short stories set in the world of ponies. Karen Moreton is a chaplain and avid horse lover. She welcomes your questions, and comments, via email;

karenjmoreton@bigpond.com

Previous articles are available on the Pony Club website, pcansw.org.au under the Publication section. If you like Karen's columns, check out her book for horse lovers; <http://www.koorong.com/search/product/spirited-journey-a-a-devotional-for-horse-lovers/9781921589454.jhtml>

The Family Tree



The Christmas season is upon us and that means parties! I haven't given it much thought before, but when we meet someone and are trying to make conversation, it's really helpful to know something about them. If we are introducing others, we often say something complimentary like, "This is Jess and she made it to state showjumping this year" or "Tom here just got a job as Megan Jones' new groom." But how weird it would be if people told us the bad things about themselves as soon as we met? Like if you met me and I said "Hi I'm Karen and I'm a shoplifter". I can assure you that this isn't true, but that would be a weird way to introduce yourself, wouldn't it?

I don't know if you've ever read the story of the first Christmas, but if you read Matthew's gospel (story of Jesus) it starts with Jesus' family tree. He goes back a massive forty generations and lists all sorts of people. One was a murderer, one sold his wife into a King's harem, one went mad and one was a prostitute and there were some good guys too. Now if someone was publishing our family tree, I think I'd like them to leave out the embarrassing details... wouldn't you? But Jesus' family tree is very eye-opening and honest. In fact, it's like a 'who's who' of great mistakes - and that's the very first chapter of the New Testament.

Why would Jesus want that recorded?

Into the silent night of Christmas Eve 1906, Reginald Fessenden, the inventor of the AM radio, made the first radio broadcast in history. He broke the silence by

reading these words to the world: "Good news! Great joy! A saviour has been born to you, He is Christ the Lord"

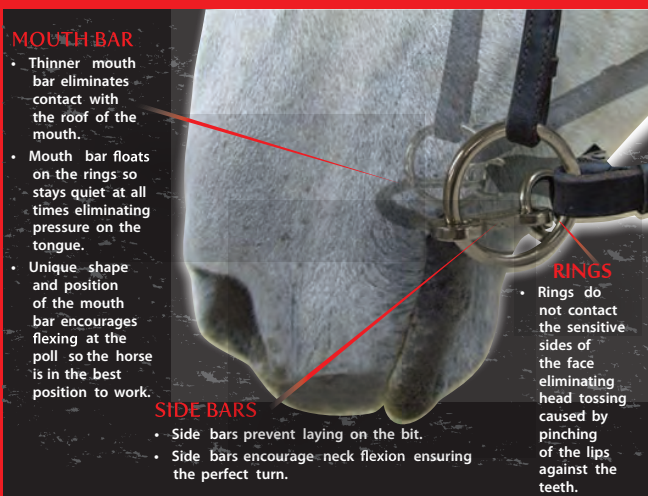


Jesus wanted the mistakes of the past recorded for all history because it fits perfectly with what Christmas is all about. The message of Christmas is that God has reached down to us despite our faults and failings. He is full of love, grace, forgiveness and truth. No one on earth is too far from His love, no one is beyond His reach. He loves you even in the midst of life's catastrophes and chaos. He offers to be your saviour no matter your mistakes. That is the great news and the message of Christmas! Big mistakes? They are no obstacle to God's love.

Merry Christmas everyone... The Saviour has come!

***Karen Moreton,
Chaplain***

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WHAT'S HAPPENING AT PONY CLUB IN 2014

For more events visit the state website, www.pcansw.org.au



CLOSURE OF THE OFFICE OVER CHRISTMAS BREAK

The State Office will be closed over the Christmas period from Thursday 19th December until Monday 6th January 2014. The Executive Officer will periodically check emails and phone messages however if you have any queries relating to State Camp during this time these should be addressed to the State President Dianne Cullen on 02 4842 7265 or the Chairman of the Chief Instructors Committee Jenny Frankum on 02 4653 1336. We wish you a Merry Christmas and a safe and happy new year.

2014 STATE CHAMPIONSHIPS

Zones are reminded that all applications to host a 2014 State Championship Event must be submitted on the application form (found on the web site under the Events tab) at least two weeks before the next State Meeting. **Zones are requested to submit applications for all 2014 championships as soon as possible.**

Dates for State Championship

Events for 2014 are as follows;

12-13th April 2014: Pony Club NSW State Sporting & Campdraft Championships, Tenterfield Showgrounds, Tenterfield (Zone 13)

26-27th April 2014: Pony Club NSW State Dressage Championships, Gunnedah Showgrounds, Gunnedah (Zone 5)

17-18th May 2014: Pony Club NSW State Jumping Equitation Championships, Gunning, (Zone 27)

6-7th July 2014: Pony Club NSW State Showjumping Championships, Condobolin, (Zone 11)

11-13th July 2014: Pony Club NSW State Polocrosse Championships, Camden, (Zone 26)

27-28th September 2014: Pony Club NSW State One Day Event Championships, Host Zone needed.

4-5th October 2014: Pony Club NSW State Mounted Games Championships, Host Zone needed.

6-7th December 2014: Pony Club NSW State Showriding Championships, White Park, Scone (Zone 7)

2014 STATE CAMP

5-10th January 2014: Pony Club NSW State Camp, Sydney International Equestrian Centre (SIEC).

CALENDAR OF EVENTS

Zones and Clubs are reminded to

forward their Zone or Club Calendar of events to the State Office in order for this to be displayed on the website for Club and Zone information, being mindful of the new policy circulated in the December 2010 mail out.

CLASSIFIEDS

Members can advertise on the Pony Club NSW website for FREE! You can advertise a horse for sale, gear for sale, floats/trucks for sale, wanted items or lease opportunities. All you have to do is visit the Classifieds section on our website and follow the steps to submit your advertisement.

ZONE/CLUB REPORTS

If you have any Zone or Club reports or photographs email these through to Lisa Ferguson at marketing@pcansw.org.au

Some magazines and newspapers are often looking for Club or Zone reports. I can forward these on to our contacts and they may choose to publish these. Magazines prefer the photographs to be captioned, so in your email name who is in the photograph. They also prefer photographs to be larger file sizes which helps when publishing, around 1MB at minimum is best.



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