



**NEW
Prizes
to WIN!**

STATE CHAMPIONSHIPS
Results from State Dressage

STATE CAMP
Photographs from January Camp

COACHES CORNER
How to run a Showjumping event

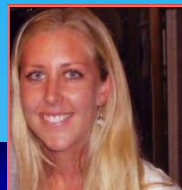
CAREERS
Interview with Equine Veterinarian

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COVER: Yass 50th Birthday Gymkhana. Photograph courtesy of James Wenn.
CURRENT PAGE: 2013 State Dressage Championships, Wagga Wagga. Photography courtesy of Barry McGregor photography.

WELCOME



EDITOR'S WELCOME

Welcome to the first edition of the Pony Club NSW Newsletter for 2013. Pony Clubs are in full swing right across the state, with many new and long time members joining up for the year.

In this issue we feature the 2013 State Camp which was held at the Sydney International Equestrian Centre early January. Our first Pony Club NSW State Championship for the year State Dressage which was held at Wagga Wagga from the 19-20th January.

We find out what it's like working as a Vet, when we interview Dr. Judy Merriott Equine Veterinarian from Southern Highlands Equine Centre.

We also look at How to run a showjumping event in the Coaches Corner.

Be sure to enter our Newsletter competitions for your chance to win some fantastic new prizes!

Looking forward to another exciting year of Pony Club ahead!

Lisa Ferguson, Marketing & Events Co-ordinator

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PARTNERS



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NEWS

LOCAL SPORTING CHAMPIONS GRANT

Young people find it difficult to meet the ongoing and significant costs associated with participation at sporting competitions, particularly those from regional areas. The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championships. For more information please access www.ausport.gov.au Round 1 applications close on the 30 June 2013.

THERMOSKIN COMMUNITY SPORTS FUND

Thermoskin has launched a Community Sports Fund to support grass-roots Australian sporting teams. Teams can apply for up to \$1,500 in funding. Entries close on the 29th March 2013. Visit there website for more information www.thermoskin.com

2013 CLUB OPEN DAYS

The Open Day Initiative which was launched in 2012 will be going ahead in 2013. Clubs are encouraged to hold an Open Day at a date that suits them in 2013. Pony Club NSW will supply brochures, branded merchandise, posters, and a 'How to host an Open Day' guide. If you will be holding an Open Day, notify the State Office of the date and venue you will be holding your Club Open Day. Please provide contact details in order to post the Pony Club NSW Open Day pack and 'How to host a Open Day' guide. Please notify the office before the 31st March 2013. More information can be found on our website under the Events tab.

HORSEZONE CLUB CONTRIBUTION

When listing a horse for sale on Horsezone.com.au you will be presented at the checkout with the option to have Horsezone contribute 10% of the total listing fee to the Pony Club Association to be invested into club development and event management state wide. For more information visit the Horsezone website.



SPECIAL NOTICE FOR SECRETARIES - NATIONAL FUNDRAISING IDEAS; RAFFLE:

The State President Di Cullen has successfully obtained a donated Box Trailer 5 x 3.6, from Resort Trailers in Queanbeyan which will be raffled to help raise funds to assist with the cost of travel for our National Teams to travel to Western Australia in 2013. Di requests that all Clubs and Zones donate one item to fill this trailer to make the raffle a great success please, these items do not necessary have to be Pony Club related as we would like to appeal to the general public. Clubs and Zones may like to combine their resources to provide a more expensive donation if they wish please contact Di for further information and to notify her of your pledge on 02 4842 7265 or email diandgav_cullen@yahoo.com.au it is hoped that these goods will be made available at the State Council meeting (26/3/13) via your Club Corporate Members or Zone Delegates. Tickets will be available shortly from the office and will be sold at State Championships coming up to the Nationals in September 2013.

COOK BOOK: Di Cullen is in the final stages of putting together a Pony Club NSW Cook Book and has requested that all budding Master Chef's send their favorite recipes to her by the end of February so that the books can be collated and printed Di's email is diandgav_cullen@yahoo.com.au or post to P O Box 115 Bungendore NSW 2621. Order forms will be available on the website shortly so please organise a sales drive within your club as all of the profit from sales will also go towards travel costs for our National Teams to Western Australia.

VOLUNTEER, JUNIOR SERVICE AND KEITH LOWE AWARDS

The Pony Club Association of NSW wishes to recognise and celebrate our valued volunteers and junior and associate members whose efforts have significantly assisted with the running and development of Pony Club within their Club and/or Zone. Please visit our website to find out more information and download the nomination forms. Nominations open on the 1st March and close on the 28th June 2013.



HOPE BEATS THE HEAT

The first of nine Pony Club NSW State Championships for the year was held at the Exhibition Centre, Wagga Wagga from the 19-20th January 2013.

Competitors arriving on the Friday were met with extremely hot weather. Thankfully conditions cooled down when a southerly blew through Friday night, making for more manageable weather over the weekend.

The Pony Club NSW State Dressage Championships was hosted by Zone 12 and attracted 120 competitors from all over NSW and QLD. Competition was close with riders competing across two separate Dressage tests with the overall champion being determined by their collective placing's.

Top scores occurred across all age divisions. In the under 13 age group Jessica McDonald was the age champion for the second year in a row riding horse Deltry Belucci from Wallsend Pony Club. Brianna Cartwright from Mangrove Mountain Pony Club riding horse Baringa First Class was the 13 and Under 15 age champion. Bathurst Pony Club rider, Sarah Farraway on Rum 'N' Coke took out first place in the 13 and under 15 age group. While in the 17 and under 25 age group, Georgia Hope from Canberra Riding Pony Club, placed first on her horse Kalgan Esprit.

The Champion Zone with the highest scores overall was Zone 16. Champion Zone 27 riders took out the Fitness Check prize. While NSW was the Champion State with winning riders Sarah Farraway, Georgia Hope, Brianna Cartwright and Jessica McDonald.

Georgia Hope 17 and Under 25 Age Champion was extremely happy with her performance at the event. "I have competed at state dressage every year since I was 12 years old and this is the first time I have won age champion at state dressage and placed first in both the dressage tests. Last year I placed 2nd overall with a 1st and a 3rd place. I am so happy that my horse put it all together for me in such hot weather, she is truly amazing. It was also great to be in the winning zone team with my friends from zone 16 and in the NSW state

team".

With a busy year ahead, Miss Hope will be "competing at some local AG Shows and then I have Canberra Royal Show and the Sydney Royal Show".

Thinking of the future Miss Hope aims "to continue to enjoy my riding and succeed as much as I can". We wish Georgia every success.

For Brianna Cartwright 13 and under 15 years age champion this was a very special win, "I couldn't have been happier. Buddy has had an amazing year at Pony Club and in the Pony dressage and I will now be focusing on moving Buddy up to Elementary."

"My future goals are to continue enjoying schooling and competing my ponies and advancing them both up the levels," said Miss Cartwright.

The next State Championship is the State Sporting and Campdrafting Championships. This year's event held over the same weekend will be hosted by Zone 25, located at Gloucester Showground, Gloucester from the 13 to the 14 April 2013.

A special thanks to Zone 12 for hosting the championships in the trying conditions, and many thanks to everyone involved who contributed to such a successful event.

The Pony Club NSW State Dressage Championships is supported by Sport and Recreation a division of Communities NSW, Mitavite official feed partner, as well as other local sponsors.

Top Photograph: Pony Club NSW State Dressage Age Champions, Sarah Farraway U17 Champion, Georgia Hope U25 Champion, Jessica McDonald U13 Champion and Brianna Cartwright U15 Champion. Photograph Barry McGregor photography.



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References

O'Connor CI *et al* (2004) The effect of dietary fish oil supplementation on exercising horses. *J Anim Sci* 82(10):2978-2984
De Caterina R, Basta G (2001) n-3 Fatty acids and the inflammatory response - biological background. *Eur Heart J Supp D*:D42-D49

Feeding Laminitic or Founder Horses

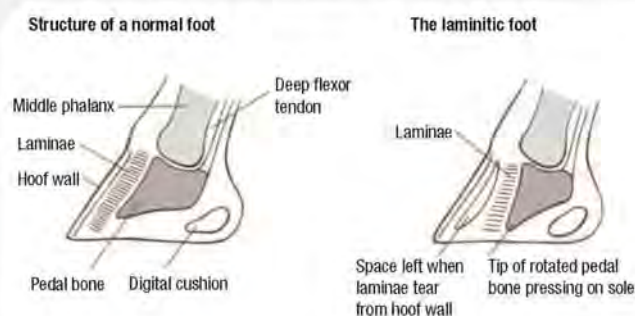


Owners and trainers who have been unlucky enough to have first hand experience of laminitis or founder are very aware of the saying "A horse is only as good as its hooves". After colic, laminitis is the second biggest killer of horses. Although some breeds can be more prone to laminitis, any horse can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

TREATMENT AND REDUCING THE RISKS OF LAMINITIS AND 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.

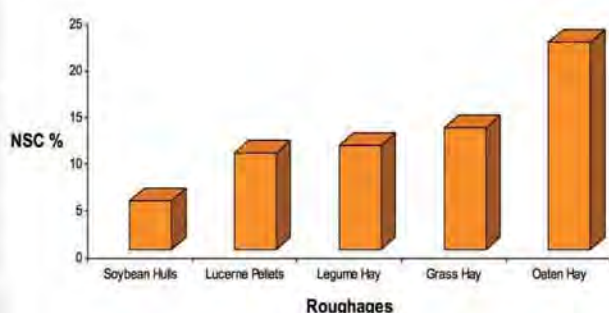
b. Roughage makes up a large part of the ration and the following should be addressed when feeding roughages.

- 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 propionate. 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.

NSC Level of Roughages



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

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

- 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 Vitavite 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.

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.





2013 Pony Club NSW State Camp

The 20th annual Pony Club NSW State Camp was held from the 6 to the 11 January 2013, at the Sydney International Equestrian Centre at Horsley Park.

The camp is held every year in January bringing together sixty of the top riders in the state for the week long camp of instruction from top Australian coaches.

This year's coaches included Sam Lyle as the Eventing Coach, Jamie Coman from Victoria as the Showjumping Coach, Carolyn Earl also from Victoria as the Dressage Coach, and Dave Harris and Phil Logue coaching the Mounted Games.

Each day the riders stick to a program that is designed not only to ensure the riders develop their skills in their chosen discipline but also to ensure they grow on an individual basis. The camp is not just about instruction, emphasis is also placed on developing team work and importance is placed on horse care. Each day the riders must feed their horses and ensure the horse's stables are well maintained. The social aspect of the camp is also encouraged with after dinner activities such as the annual volleyball tournament between the groups of five, which is always an enjoyable part of the rider's camp experience.

The Pony Club NSW Camp is supported by Sport and Recreation a division of Communities NSW, Product sponsors Mitavite official feed partner and International Animal Health. More pictures can be seen on our website under the photo gallery.



Feedback

We have all been impressed with the level of instruction, and the other facilities and opportunities made available to the riders.

Melinda Mills

I just wanted to thank PCANSW for allowing me to attend State Camp (Dressage) again this year. I really enjoyed the whole week including the lessons and social aspects, despite the heat. The lessons were terrific and I would like to thank everyone involved in organising and running this event and for looking after us all so well. **Chelsea Rose**

THANK YOU from Tegan Bemi of zone 22 and her horse Bluey (Woonona Pony Club) for such a wonderful experience at the recent PCA NSW camp at Horsley Park.

Tegan had an absolute ball and considered this camp the most amazing experience surrounded by fantastic instructors (Mr Harris and Phil) and beautiful team members in the mounted games team.

I will strongly recommend all riders I come into contact with to strive to attend camp at least once in their pony club lives. **Ceri Lewis**



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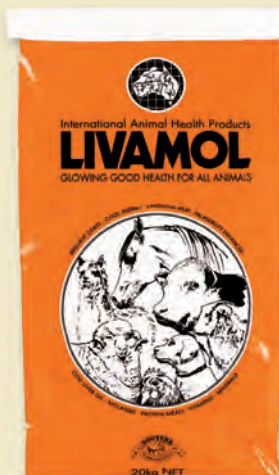
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AROUND THE GROUNDS



Far Left: Bec Brown, Kayla Brown, Lucy Suttor & Samantha Perring riding for Hargraves Triamble in the Team Event
Right: Annabel Suttor holding the Teddy Bear trophy and some of her other awards

Hargraves Triamble Pony Club Annual Sports Day

Article and photographs by Jackie Perring, Hargraves Triamble Pony Club

The Hargraves Triamble Pony Club Annual Sports Day was held on Saturday the 5th of January 2013 in the stinking heat. It was a very good day even though we only ended up with 37 riders as many pulled out because of the heat and other commitments. Regardless, everyone seemed to have a good time.

Our Dressage winners for the day were – U7 Ella Johnson, 7-U9 Charlie Kensit, 9-U11 Claire Seis, 11-U13 Sophie Turner, 13-U15 Mikayla Wilkinson, 15-U17 Brooke Munro, Assoc Skye Rochester.

Our Showjumping winners were E grade – Hollie Copeland, D Grade – Samantha Perring, D Associate – Kayla Brown, C Grade - Tied - Lucy Suttor & Skye Rochester, B Grade – Mikayla Wilkinson & A Grade – Bligh Mackander

Our overall highest point scorers were Led Rider – Chloe Underwood, U7 - Ella Johnson, 7-U9 - Hollie Copeland, 9-U11 - Claire Seis, 11-U13 - Annabel Suttor, 13-U15 - Mikayla Wilkinson, 15-U17 - Samantha Perring, Assoc - Bligh Mackander.

The winner of the prestigious Teddy Bear Trophy for the most improved rider from Hargraves Triamble Pony Club was awarded to Annabel Suttor by Mr Eric Colley, the Chief Instructor at Hargraves.

A big thank you to everyone for coming and the Hargraves Triamble Team for setting up, helping on the day and packing up. Another big thanks to the parents from other clubs that helped on the day also. Your help was appreciated. A HUGE thank you must go to our sponsors without whom, we would not be able to run such a successful day. They are Bikeworx, Roths Produce, Husbands Saddlery, Bunnings Warehouse, Petries Mitre 10, Landmark, Woolworths, National Australia Bank and Hargraves General Store.



Zone 6 Showjumping Championships

The Zone 6 Pony Club Show Jumping Championships were held Sunday the 20th of January. It was a overcast day which made the day a lot more comfortable for riders than the previous event so far this year. There were 47 Riders in attendance, coming from locally as well as further afield with all events hotly contested. There was some tremendous riding and terrific sportsmanship displayed amongst the riders with the winner of each division taking home a rug.

The winners of the grades were:

A Grade Champion: Bligh Mackander – Mendooran, Reserve Champion: Mimi Tym - Wellington

B Grade Champion: Adele Durkic – Lithgow, Reserve Champion: Bec Croake - Mudgee

C Grade Assoc Champion: Lucy Suttor - Hargraves Triamble, Reserve Champion: Skye Rochester - Rylstone

C Grade Champion: Maddie Cox – Dunedoo, Reserve Champion: Megan Seis - Dunedoo

D Grade Champion: Georgia Bennetts – Cassilis, Reserve Champion: Millie Malone - Mudgee

E Grade Champion: Libby Crampton – Bathurst, Reserve Champion: Charlotte Bennetts – Cassilis

The winners of the Equitation round were:

E grade: Charlotte Bennetts - Cassilis

D Grade: Millie Malone - Mudgee

C Grade: Associate: Lucy Suttor - Hargraves Triamble

C Grade: Annalise Wilson - Mudgee

B Grade: Ryan Martin - Mudgee

A grade: Bligh Mackander - Mendooran & Karla Wicks – Denman

Zone 6 will be hosting the Pony Club NSW State Equitation Showjumping Championships on the 17th – 19th of May at the AREC site so the Equitation showjumping that was undertaken on the weekend will go a long way towards helping the riders qualify to compete.

Congratulations to all Champions and all riders for a great day. Zone 6 would like to thank their sponsors without whom, the events could not be run.

AROUND THE GROUNDS

Parkes Pony Club end of year presentation day

Article by Norma Garment

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

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

We had a great presentation day after a great year of 'horsing' around with great kids. Parkes Pony Club held their end of year day at the Pony Club grounds with a Ribbon Day. The children mounted early to beat the heat and played lots of games on horse back with the mug of water race being lots of fun on a hot day. After they dismounted and watered their horses, the children had a game of "apple in the bucket" which led to the best water fight seen on the grounds, with everyone getting nice and cool, and was brought to a close when our Club Patron Mr John McGill almost got very wet.

Being the 60th Anniversary of the Club it was great to have Mrs Kay McGrath and Mr John McGill at the celebrations as they have members since they were small children. John gave a informative speech telling the children of today how the club began, how Mr Joe Judd was such a driving force with the teams of grey ponies and how the toured the district with their display riding.

This year the Club is still producing great riders under the instruction of Mrs Heather Wythes and Mrs Sharon Ross. To have three riders of the standard to go to State Pony Club events. Natasha Larson competed successfully at the State Pony Club Dressage, Shanney Van Dyke and Elizabeth Wythes competed successfully at the State Sporting and also the State Show Riding.

The members wish to thank all the Club supporters who donated for the trophies, also to Parkes Farm Centre for presenting each rider with their own grain dipper. Each member received a cap with the clubs logo and their name on the back as a memento of their year of riding with Parkes pony Club.

The members thanked Mrs Heather Wythes and Mrs Sharon Ross for the instruction they received during 2012.

The photo is of all members at the Presentation Day wearing the New Pony Club Caps. Left to right; Back row. Heather Green, Therese Green, Mrs Walsh, Kay McGrath. Heather Wythes Zone 11 Chief Instructor, and Club Chief Instructor, Sharon Ross Secretary and Club Instructor, Norma Garment Treasurer, Grace Ross, Elizabeth Wythes, Lilly Walsh, Marie Larson, Natasha Larson, Phebe Zecharuiah, Katy Bennett, Ashley Smith Jason Wythes President, Clair Cassell Children at the front; Joseph Burns, Clancy Green, Faith Green, Sophia Burns, Archie Green, Jessica Larsen, Lara Bennett, Robby Bennett, Shanney van Dyke, Breanna Green. Absent Brittney Skillen

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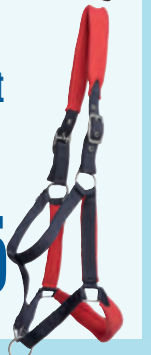
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This issue we shine the spotlight on **Dr. Judy Merriott, Equine Veterinarian from Southern Highlands Equine Centre.**

"I am responsible for the health and wellbeing of horses and helping their owners keep their horses happy and healthy."
Dr. Judy Merriott

What does your job involve?

As an equine veterinarian I am responsible for the health and wellbeing of horses and helping their owners keep their horses happy and healthy.

Describe a typical day at work?

One of the greatest things about my job is the variety - no two days are the same. In one day I can ultrasound mares, getting them ready to breed, suture a laceration, take x-rays and work up a lameness and treat a colic!

How did you get this job?

To become a veterinarian you need to graduate from high school, attend four years of undergraduate studies at a university then apply and be accepted at a vet school. Vet school is then 4 additional years of study followed by national board exams. Some vets also complete an internship and residency and then are specialized in either medicine or surgery.

What do you enjoy the most about your job?

The part of my job that I enjoy the most is being able to make a difference in a horse's (and owner's) life. It is great to help a mare become pregnant, deliver a healthy foal or cure a colicking horse all of these aspects of vet medicine are very rewarding.

What is the worst part about your job?

The worst part, of course, is having to euthanize an animal if it

cannot be saved. But even then, euthanasia can be a blessing if it can stop the pain or help an older horse die with grace and dignity.

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

You need to be a good observer and a problem solver to be a good vet. Obviously horses cannot talk so you need to observe the clinical signs and try and figure out what diagnostics you need to achieve a diagnosis. After that, good horsemanship skills are essential and also the ability to talk with people is extremely important - the horse does not pay the vet bill - the owner does!

What has been the highlight of your career so far?

The highlight of my career has been coming to Australia!! I am from Colorado in the US where I worked at Colorado State University in the Reproduction Section. I have bred mares all over the states, now it is great to be in Australia and work here.

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

Any young person who wants to be a vet should study hard - vet schools are difficult to enter and the competition is tough. In addition, try to shadow your vet at home and observe everything that he or she does. This will give you a good idea of whether or not you are willing to work long hours, often for little pay and sometimes be trod on or kicked all for the love of horses!! We always need more good vets in the equine field so good luck to anyone who wants to follow this career path. It is worth it.

Southern Highlands Equine Centre

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CLUB OF THE MONTH COMPETITION

ENTER NOW
TO WIN

Woonona Pony Club are the winners of the January Club of the Month competition. Woonona is the 63rd Club to win the Club of the month since its inception in 2007. They have won themselves a fantastic prize pack including;

- \$600 Horseland Prize Pack from Horseland
- \$100 gift certificate from Australian Show Ribbons
- Club profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

Woonona Pony Club's winning entry is as follows;

BY Belinda Coleman, Woonona Pony Club

Woonona Pony Club, Zone 22 meets every 2-4 weeks at Hollymount Park in Woonona. The club has been running for more than 30 years and currently has approximately 30 riding members ranging in age from 3 to 20 + and plenty of non-riding members who are our valued volunteers.

The club offers instruction in the following disciplines: Sporting, Mounted Games, Versatility, Dressage, Jumping, Cross Country and Show Riding as well as lessons in proper horse care and safety.

A typical rally day involves line up and gear check followed by group allocations. Each group then rotates through a series of activities that are set up throughout the grounds.

Other fundraising, or social, events run at Woonona Pony club include participation in the Woonona Bulli RSL annual Anzac Day parade, summer time "Jump Club" and of course our annual gymkhana. Each year we have riders competing at state championship level in a variety of disciplines.

The best thing about being a member of Woonona Pony Club is having the opportunity to make great friends who share a love of riding.

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
- 5 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.



Photo Captions;

Photo 1: Angel Jumping.. Photo 2: Kiama Gymkhana. Photo 3: Our Jump members with out new jump. Photo 4: Our Junior State Mounted Games Team with dedicated coach Keely.

Autumn + Winter

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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)

January Profile of the month: Taleyha Evans

My name is Taleyha Evans, I am 8 years old and a member of Londonderry Pony Club NSW. My horses name is Micah, he loves to give me cuddles. I love pony club because I get to meet new people and have lots of fun riding my horse, and learn new skills. When I'm not horse riding I like to do craft (horse craft). If I had three wishes I would have thousands of horses and ponies, live with my mum, and be a champion rider.



February Profile of the month: Niamh Daly

My name is Niamh Daly, I am 7 years old and a member of Murrumbateman Pony Club. My horse's name is Panda, he loves to jump and do games, especially barrel races and he loves to give me cuddles! I love Pony Club because I get to ride my pony all day and have fun with my best friend Grace. When I am not horse riding I like to go swimming, I like to draw and I love playing with my cats. If I had three wishes I would wish for a unicorn, a Pegasus and a swimming pool in my backyard!



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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Grace wears Giddyup Collection

Holly Hunter Show Jacket **\$295.00**

Suzie Show Shirt **\$59.95**

Gold Show Jodhpurs with full suede seat **\$109.95**

Horseshoe Zip Tie **\$24.95**

TAYLA BERRY

riding **Brendonna Calender Girl**

Tayla wears Giddyup Collection

Georgie Show Jacket **\$79.95**

Hope Show Shirt \$59.95 Cherri Waistcoat **\$69.95**

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.

RUNNING A SHOWJUMPING EVENT:

There are a number of issues that need to be considered before and during a Showjumping competition. Below are the issues that are very important in conducting a safe and enjoyable competition for horse, riders and officials.

The Competition Arena:

Size: The recommended minimum size of a Showjumping arena for competition is 50m x 80m and larger when possible. An outdoor competition arena must have a minimum size of 4,000 sq m with a minimum width on the short side of 50m.

Surface: The surface should have give, not hard or slippery. Grass arenas should have a thick coverage of grass with ideally a sandy loam base underneath. Clover, rye and onion grass can be very slippery and grasses that grow in clumps are also not suitable as horses tend to trip. If wet you may have to make allowances with the course, making sure there are nice open easy corners, the height of the fences to be kept at a sensible height for the conditions.

Sand and sand mix surfaces should be no less than 10cm or 4" deep and have a good solid base underneath. They are not ideal if they are too deep as this makes it hard for the horse to travel properly and hard to jump out of. Flat and even surfaces are best but it is not illegal to have a slope on the arena.

Arena Boundary: The competition arena must be enclosed. The boundary fence can be a solid fence, bunting or plastic chain.

Equipment:

Cups: Pony Club approved safety cups/break away cups must be used on the back rail of spread obstacles and the middle rail/s of triple bar obstacles fences for heights 90cm and above. Cups should be no deeper than 25mm, but 20mm cups are recommended for normal jumping competitions whilst 25mm are recommended for the

jumping phase of One day events. Cups should allow the rails to be loose and free to fall down when the horse hits them. Cups not being used should be taken off the wings or put away from the inside of the jump. No equipment should be left lying in the competition or practice arena.

Rails: The recommended weight of rails is between 13 - 18kgs, length 3.6m and diameter of 100mm. If short rails are to be used on a style fence they should have a minimum length of 2.4m.

Practice Arena:

There should be a limit on the number of horses allowed into the final jumping practice arena. Depending on the size a maximum of 6 horses to a minimum of three horses if the area is very small.

The minimum size of a practice arena 30m x 50m. There needs to be a Vertical (straight) and an Oxer (spread) supplied. 2 wings and 2 rails for a vertical and 2 wings and 3 rails for an oxer. The back rail of the spread obstacle must have approved safety cups.

It is correct etiquette to have someone on the ground with each rider in the practice area to pick up rails and alter the fence to suit the stage of warm up the horse and rider requires. Always check with the organisers to see who the person is that is allowed into the practice area; i.e. Team manager etc.

The jumps should be flagged or have red or white jumping wings to indicate in which direction the jumps need to be jumped. On the approach to the jump red should be on the rider's right hand side.

Officials:

The responsibilities of the following are listed below;

Course Designer: To design the course suitable for the level required. The Course designer should have at least two assistants to set up the course and have to help during the competition. The course designer needs to post a course plan with the course, time allowed and jump off if required. This should be posted near to the gate of the practice arena for the riders to see before walking the course and the judge should also have a copy.

Judge: The judge is in charge of the competition and in consultation with the organising committee/club. The judge should have a pencillor to record the penalties and results. A timekeeper is of help but timekeeping can be done by the judge if a timekeeper is not available. The judge is in control of the bell. The judge needs to inspect the course before it is jumped to ensure it is safe and

Coaches Corner

to discuss with the course designer if there are any questions on the judgability of the course. The judge is the only one who can eliminate anyone from the competition.

Marshal: The practice area is organised and controlled by the marshal and the draw should be followed unless there is good reason for someone to not be in draw order.

For the jump off the riders must go in the draw order from the first round unless it is a seeded draw. If they missed their turn in the first round and they make the jump off they must then go back into their original spot in the draw for the jump off.

The marshal needs to check which riders are in the practice area and call them in their draw order. Eg. One till Julie two till Brian three till Ben four till Kate etc. It is also the marshals responsibility to make sure the number of horses in the practice area does not exceed the recommended number.

Ring Crew: The ring crew are there to help build the course and maintain it throughout the competition. They can stand or sit quietly out on the course making sure they are not in the way of any jumps and are able to move quietly around the course rebuilding jumps while the competition is in progress.

Draws: Draws need to be posted at the practice area and at the clubhouse or competition office. It is preferable to have draws instead of a whiteboard system in competitions to be fair to all competitors.

2012 State Showjumping Championships. Barry McGregor



Photography.



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This issue's HW Subscription winner is Isabelle Lilburn from SA!



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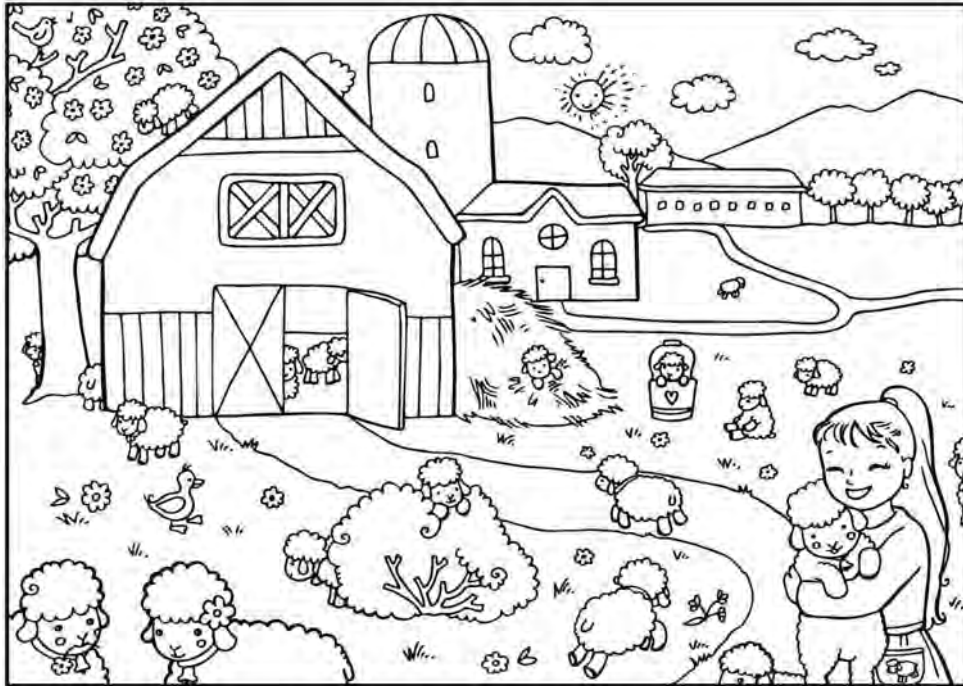
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COMPETITIONS

Maze

HOW TO ENTER: Complete the maze, print this page and post your answers to PO Box 2085, Wollongong NSW 2500. Entries close 26 April 2013.

5 WINNERS EACH RECEIVE: 2 x Mitavite Gift Certificates for an Xtra-Cool feed bag.
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Email or Post

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. Or fill in your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close 26 April 2013.

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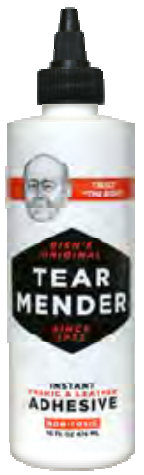



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Email or post

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



Draw a picture

HOW TO ENTER: Draw a picture of a horse in the space below and send your entry with your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500, you can also email your entry to marketing@pcansw.org.au make sure you leave your contact details in the body of the email. Entries close 26 April 2013.

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



COMPETITIONS

FIND A WORD

HOW TO ENTER: Complete the Find a Word puzzle, print this page and post your answers to PO Box 2085, Wollongong NSW 2500. Entries close 26 April 2013.

1 WINNER RECEIVES: 1 x Bambino Rainbow Halter



EQUESTRIAN FIND A WORD

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U G O E C V E E M Z B M H M L O K N H H
R J C U P L F X N Z Q Y M W Y O Y A S V
R K Y J D S P B F B B G O J S T A U A I
I D C D H C S Z P S Q O E M M S F E I Q
T D A I S G E X I G D W P W X J Y W F N
S S R Z H G Z X Y P L D B Y J G A H B A
K T Z G G B P W O V A L L X L I H A U U
N I T V N P U S S N H E R J C E Y B Q K
T B A J I H P L G V K H G G V E A P Q Y
C I Z S D Y O K C Q C R L U T B X D V R
S H B W L R R E H X Z O R E G N J W E H
H Z D Z E X S K N U V C I O D F J U N G
E M E K G T C K M E L G R U G R H Z P N
T D X M H X J A S A H X U K F I S N L S
L I Y Y V D R J O F T Z M K Y C U X C Z
A J K R A E G X N I E R T K F Q R F P V
N O D G G M F F H I O V N H V A B R U C
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MARE
GEAR
REIN
BRIDLE

GELDING
RUG
BIT
PONY
BRUSH
FEED
HAY

STIRRUP
BOOTS
LEAD
GLOVES
SADDLE
SHETLAND

COMPETITIONS

VOLUNTEER, JUNIOR SERVICE AND KEITH LOWE AWARDS

The Pony Club Association of NSW wishes to recognise and celebrate our valued volunteers and junior and associate members whose efforts have significantly assisted with the running and development of Pony Club within their Club and/or Zone.

Winners receive;

- ♦ 2 x Mitavite Gift Certificates for an Extra-Cool feed bag
- ♦ 1 x HorseWyse magazine
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Nominations opened on the 1st March and close on the 28th June 2013.

Please visit our website to find out more information and download the nomination forms.



Volunteer of the Year

The Pony Club Association of NSW

Nomination Form

Recognising valued volunteers for their tireless efforts in the running and development of Pony Club

Opening Date: 1 March 2013
Closing Date: 28 June 2013

"Volunteering can be an exciting, growing, enjoyable experience. It is truly gratifying to serve a cause, practice one's ideals, work with people, solve problems, see benefits, and know one had a hand in them."
Harriet Hoyle



competition entry form

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

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Name:

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Email:

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Club:

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Age: (for research purposes only)

Enter by FAX

Fill in your answers, and contact details, above and fax to: **02 4229 8966**

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

Entries Close: 26 April 2013

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 29/4/13 at the PCANSW State office.

Competition winners & answers: ISSUE 23 (DECEMBER 2012)

MAZE: 3 winners each received 2 x Mitavite Gift Certificates for an Xtra-Cool feed bag.

www.mitavite.com.au

Winners: Sarah Goshi, Brooke Gatt, Zali King

EMAIL OR POST: 6 winners each receive one Snow Pony book courtesy of Allen and Unwin. **www.allenandunwin.com**

Winners: Ashley Craddock, Zali King, Sarah Goshi, Alarna Kennedy, Brooke Gatt, Carleesha Curtis.

EMAIL OR POST: 2 winners each received 1 years HorseWyse Magazine subscription thanks to Australia's HorseWyse Magazine **www.horsewyse.com.au**

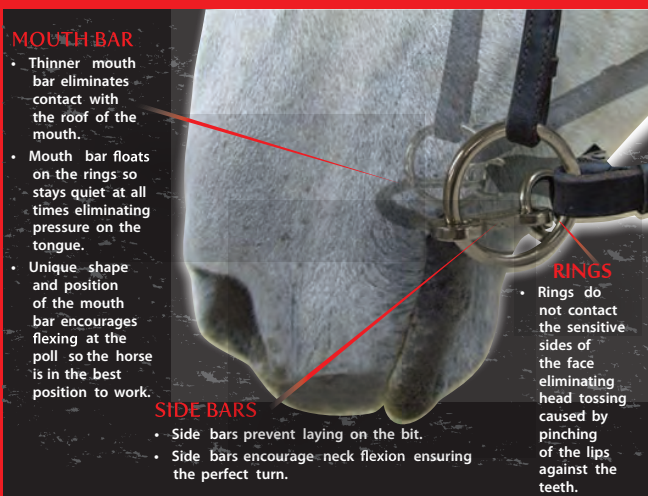
Winners: Olivia Kennedy, Georgia Hayton

SPOT THE DIFFERENCE: 1 winner received Series 1 & Series 2 of Horse Talk TV.

www.horsetalktv.com.au

Winner: Claudia Kennedy

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Karen Moreton with her middle child Emily and favourite horse Denver

Here's to fresh starts!

A new year, a blank page, a clean slate, a green horse ... there is something heartening and hopeful about new beginnings! It seems a new year always goes hand in hand with goals and resolutions, but why do we so often wait for the calendar to flip over before we make life changes?

Perhaps we make New Year resolutions because we love the optimism a clean slate brings. We haven't stuffed this year up yet and the pure, empty canvas of 2013 is our fresh chance to get things right... or at least better.

When I think of the uncharted potential of a blank year stretched out before us, this poem penned by an anonymous teacher comes to mind:

"He came to my desk with a quivering lip, the lesson was done. 'Have you a new sheet for me, dear teacher? I've spoiled this one.'

I took his sheet, all soiled and blotted, and gave him a new one - all unspotted.

And into his tired heart I smiled, 'Do better now, my child.'

I came to the throne with a trembling heart; the day was done.

'Have you a new day for me, dear Father? I've spoiled this one.'
God took my day, all soiled and blotted and gave me a new one - all unspotted.
And into my tired heart he smiled, 'Do better now, my child.'

Ah, the beauty of a fresh start!

I find similar encouragement in the promise from the apostle John who wrote, "If we admit our mistakes to God, He is faithful to forgive us and wash all our wrongs away." A clean slate comes as freely as just 'owning up' to our mistakes. I don't think God could have made forgiveness any simpler.

I love the inspiration of an untouched, 'unstuffed' year. I always long to make both myself and this New Year better. But even more so, I love the promise that I don't have to wait for a new year to get a clean slate, I can have one every day, every minute, every breath. That is the beauty that God's forgiveness brings to everyday life.

So happy New Year dear friends, and here's to fresh starts!

Wishing you a happy, hopeful 2013,

Karen Moreton
Chaplain

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.



WHAT'S HAPPENING AT PONY CLUB IN 2013

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

2013 STATE CHAMPIONSHIPS

13-14th April 2013: Pony Club NSW State Sporting & Campdrafting Championships, Gloucester Showgrounds, Gloucester, (Zone 25)

18-19th May 2013: Pony Club NSW State Jumping Equitation Championships, Mudgee Australian Rural Education Centre, Mudgee (Zone 6)

6-7th July 2013: Pony Club NSW State Showjumping Championships, Bathurst Showground, Bathurst (Zone 3)

12-14th July 2013: Bombers Australia State Polocrosse Championships, Wee Waa Showgrounds, Wee Waa (Zone 5)

29-30th September 2013: Pony Club NSW State Mounted Games Championships, Holbrook Equestrian Centre, Holbrook, (Zone 20)

5-6th October 2013: Pony Club NSW State ODE Championships, Host Zone and venue TBC

7-8th December 2013: Pony Club NSW State Showriding Championships, Bungendore Showgrounds, Bungendore (Zone 16)

PONY CLUB NATIONAL CHAMPIONSHIPS

26-30th September 2013: WA Equestrian Centre, Brigadoon.

2013 STATE MEETINGS

24-26th March 2013: Annual General Meeting, Executive, ZCI & Council meetings.

28-30th July 2013: Executive, ZCI and Council meetings.

24-26th November 2013: Executive, ZCI and Council meetings.

SCHOOLS

NCAS Assessment School
6-7th April, Zone 3, Orange

Regional Equitation School
13-14th April, Zone 4, TBC

Senior Regional Eventing School
20-21st April, Zone 18, TBC

Regional Dressage School
4-5th May, Zone 2, Young

Junior Equitation School
11-12th May, Zone 22, Jerrara

NCAS Preliminary School
18-19th May, Zone 25, TBC

NCAS Preliminary School
25-26th May, Zone 2, Young

NCAS Preliminary School
25-26th May, Zone 27, Goulburn

Showjumping Judges School
25-26th May, Zone 4, Nevertire

Junior Dressage School
15-16th June, Zone 21, Griffith

Junior Showjumping School
15-16th June, Zone 28, TBC

NCAS Assessment School
22-23 June, Zone 4, Rawsonville,

Showjumping Course Design
22-23 June, Zone 20, Holbrook

NCAS Preliminary School
29-30th June, Zone 9, Port Macquarie

Regional Showjumping School
29-30 June, Zone 4, TBC

Junior Dressage School
20-21 July, Zone 28, TBC

NCAS Instructors School
20-21 July, Zone 20, Holbrook

NCAS Assessment School
27-28th July, Zone 20, Holbrook

NCAS Assessment School
27-28th July, Zone 9, Willawarren

Junior Eventing School
3-4th August, Zone 8, Warialda

Junior Eventing School
10-11 August, Zone 9, Nana Glen

Junior Eventing School
10-11th August, Zone 21, Narrandera

Junior Dressage School
10-11th August, Zone 19, Kurrajong

Junior Dressage School
14-15th Sep, Zone 20, Holbrook

Junior Showjumping School
12-13th October, Zone 19, Kurrajong

Junior Dressage School,
2-3rd November, Zone 11, Forbes

Junior Dressage School
9-10th Nov, Zone 22, Jerrara

MAIL OUTS & PONY NEWS

April, June, August, October, December.

STATE NEWSLETTER

June, September, December.

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