



Watagan Equestrian Club

February 2013 Newsletter

www.watagan.org.au

President – Brett Warren

Secretary – Vacant

Watagan Equestrian Committee

Vice President – Marg Abbott

Treasurer – Kellie Cuskelly

Dressage Co-ordinator - Rochelle Lawson



WEC memberships now due

Club memberships run from 1 January to 31 December yearly so if you would like to be a club member please visit our membership and complete the online e members form and EFT the payment into the club account (bank details are on the website).

Club membership gives you regular updates and newsletters, discounts on entries for all our club events and invitations to social events.

Important Note: Due to insurance regulations you must be either a WEC club member or an Equestrian Australia member to ride or attend any of our events.

From the President

Dear Members and Supporters

Our January Dressage day, despite some showers, went well. Once again big thanks to those that assisted the committee members on the day in making this run smoothly.

We now look forward to our Official and Associate Competition Dressage day on 24th March at Morisset Showground, see Nominate for entries. If you are entering Official classes please make sure you enter all the compulsory information including horse and riders EA number and bridle number.

We have introduced combined 'Junior/Youth' Classes (for under 18 year olds) - to encourage the younger riders in the region to develop. If you know of riders

who might not have competed with us before give them a call and encourage their participation.

We appreciate the support of a number of local businesses and regular sponsors who are providing prizes for the March event. Please show your support to them in return, (see page 4).

All riders are reminded that it is a condition of entry that riders themselves or their nominated support member/s, be available for at least an hour to help on the day. This could involve pencilling, scoring in office, gear checking or come the day before and help set up.

We have a small volunteer committee and we do notice even the small jobs that get done, assist with ensuring the success of the event.

Looking forward to seeing you on March 24th
Cheers, Brett Warren

WEC Calendar of Events 2013

* **Sunday 24 March** – Morisset Showground

Official/Associate Dressage Competition

* **Sunday 26 May** – Cooranbong Equestrian Grounds

Dressage and Show jumping Training Day

* **Sunday 28 July** – Cooranbong Equestrian Grounds

Dressage and Show jumping Training Day

* **Sunday 15 September** – Morisset Showground

Official/Associate Dressage Competition



Note – Always check the website for latest updates. www.watagan.org.au

www.watagan.org.au

Results from Training Day Sunday 20th January 2013

2013 Preparatory C - Judge: Coralie Smyth		%	
Linden Knight	COLDSTREAM SUPERMODEL	75.750%	1
Kacey Feenan	LITTLE BUDDA	62.500%	2
Jessica Rae	REMEMBER ME	59.750%	3
Gemma Leverton	COOPER	58.750%	4
Kacey Feenan	BRANDYHOLLOW LIL LADY	57.250%	5
Lara Ableton	FOXHILL MOLLY	57.000%	6
Robyn Cole	LECONFIELD PADDY	56.750%	7
Maree Eggleston	JULIAN	56.250%	8
Gaye James	DOCS JUNIOR RAMBLER	53.750%	9
Elisa Mansfield	HILLTOP HOOD	53.500%	10
Prelim 1B - Judge: Christine Iwaszkiewicz		%	
Jessica Rae	STANLEY	69.200%	1
Wendy Whittaker	DUBENDORF HARLIE	68.200%	2
Jessica Rea	RASCAL	65.600%	3
Rachael Gibson	THUNDER BUDDY	65.400%	4
Daniel Garland	WILLDAN LODGE JUNO	56.400%	4
Maree Eggleston	JULIAN	54.400%	4
Gemma Leverton	COOPER	53.800%	7
Rosalind Bayliss	REGENCY MISTY BLUE	48.800%	8
Preliminary 1D - Judge: Jan Iwaszkiewicz		%	
Frances Roycroft	STYLISH CONSORT	70.455%	1
Jessica Rae	RASCAL	69.091%	2
Joanne Sheehan	BUNDALL BEAUTY	63.636%	3
Jade Baglee	HARVEST LIEUTENANT	63.409%	4
Rachael Gibson	THUNDER BUDDY	60.000%	5
Jessica Rae	STANLEY	57.955%	6
Kara Connally	GREY GHOST	56.818%	7
Krissie-lea Dixon	WITH FEELING	55.455%	8
Gaye James	DOCS JUNIOR RAMBLER	50.455%	9
Krissie-lea Dixon	FRIDAY	49.091%	10
Daniel Garland	WILLDAN LODGE JUNO	44.545%	11
Novice 2B - Judge: Jan Iwaszkiewicz		%	
Jade Francis	LEECHDALE GOLDEN DEST	67.121%	1
Gemma Swain	PRINCE	63.636%	2
Joanne Sheehan	BUNDALL BEAUTY	61.061%	3
Wendy Whittaker	DUBENDORF HARLIE	59.242%	4
Felicity Fallon	CHILLI GUM	55.000%	5
Novice 2D - Judge: Christine Iwaszkiewicz		%	
Gemma Swain	PRINCE	67.143%	1
Jade Francis	LEECHDALE GOLDEN DEST	65.714%	2
Joanne Sheehan	BUNDALL BEAUTY	57.429%	3
Elem 3A - Judge: Jan Iwaszkiewicz		%	
Gemma Swain	PRINCE	60.143%	1

Thank you

to these people who made this Training Day possible:

* Judges: Jan and Christine Iwaszkiewicz, Libby Sauer, Coralie Smyth

* Pencillers: Alina Barrett, Robin Cole, Cathy Green, Brook Antees

* Gear Steward: Kim Dunda, Peter Fisher, Kara Connally

* Scoring: Marg Abbott, Kellie Cuskelly

* Roster and Admin: Kellie Cuskelly and Marg Abbott

* Draw: Rochelle Lawson

* Setting up arenas: Kellie Cuskelly, Kim Dunda, Janet Timmiss, Gaye and Krystal James

And anyone else whose names we've missed – Thank you!!



The committee would like to apologise for the missing prep D results. The test sheets were handed out before the scores were recorded.

Next club competition



Watagan Equestrian Club Official/Associate Dressage Day Sunday 24 March 2013



Entries are open via www.nominate.com.au

Prep B Associate Junior/Youth, Prep C Associate Open, Prep D Associate Open
Prelim 1A Associate Junior/Youth, 1B Associate Open, 1C Official Horse and Pony
Novice 2A Associate Junior/Youth, 2B Associate Open, 2C Official Horse and Pony
Elementary 3A Associate Junior/Youth, 3B Associate Open, 3C Official Horse and Pony
Medium 4A Associate Junior/Youth, 4B Associate Open, 4C Official Horse and Pony

Held at Morisset Showgrounds, Morisset

Entries close 5th March 2013

Note: Please get your dressage entries in before the closing date. Once the date has closed we finalise and publish the draw in the next few days and can't accept any more entries.

CONDITIONS OF ENTRY

1. Events will be held under EFA and FEI rules.
2. **Horses** entered in **Official** competitions must be:
 - a) registered with the EA and owned by a current financial EA member, b) have a current Dressage performance card, c) must exceed 149 cms with shoes or 148 cm without shoes, d) Must have a bridle number showing on both sides of the horse
3. **Ponies** entered in **Official** competitions must be:
 - a) registered with the EA and owned by a current financial EA member, b) have a current Dressage performance card, c) must NOT exceed 149 cms with shoes or 148 cm without shoes, d) must have a bridle number showing on both sides of the pony
4. **Riders** entered in **Official** competitions must be:
 - a) a current financial EA member, b) be turning 12 during the calendar year when riding horses, c) be turning 10 during the calendar year when riding ponies
5. **Horses or Ponies** entered in **Associate** competitions can be:
 - a) any height, EA registration is not required
6. **Riders** entered in **Associate** competitions must be:
 - a) a member of either the EA or WEC, b) can be any age
7. **Riders** entered in **Associate Junior/Youth** competitions must be:
 - a) a member of either the EA or WEC, and b) under 18 years of age on 1st January 2013
7. Horses and Ponies may compete in two consecutive levels only.
8. Maximum 3 tests per horse per day.
9. Maximum two horses per rider
10. Scratchings after the closing date of entries may not be refunded.
11. Callers are permitted
12. Strictly no rider changes or horse changes unless approved by the OC **prior** to the competition.
13. All riders ride at their own risk. WEC accepts no responsibility for loss or damage to any person, horse or equipment.
14. To help with the running of the competition it is expected that all competitors will be able to assist with pencilling or provide a helper.
15. No dogs allowed in the oval area. Dogs must be on a leash at all times.
16. Preparatory tests are limited to any Associate horses of no higher than Preliminary Level. Any **rider** that has competed at Elementary or above (irrespective of the horse ridden) must ride HC in these tests.
13. To claim membership entry fee, **rider** must be a member of WEC **before** the competition day.

* Neither the Organising Committee of any competition to which these rules apply nor the EA accepts any liability for any accident, damage, injury or illness to horses, owners, riders, grounds, spectators or any other person or property whatsoever.

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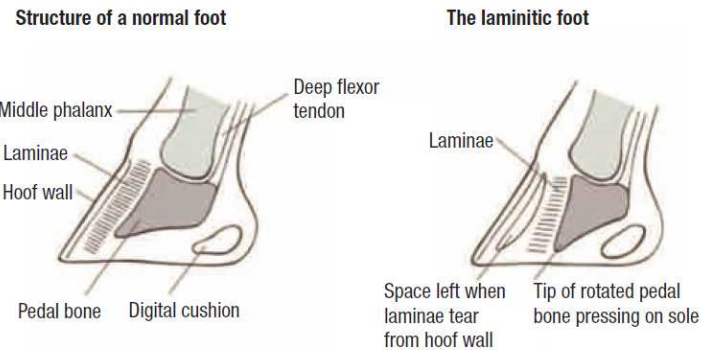
Feeding Laminitic or Founder Horses

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.



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

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.

Article from Mitavite continued

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 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.

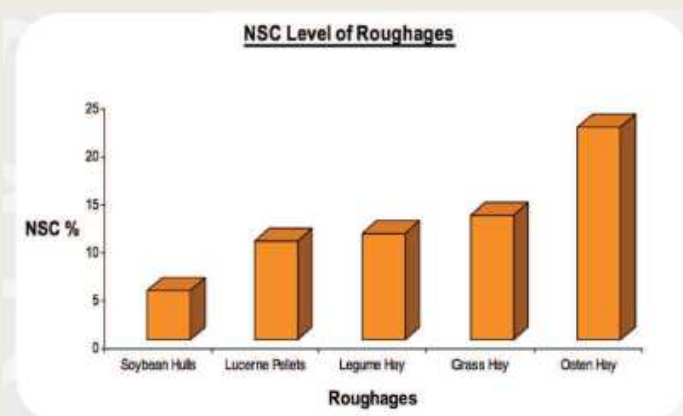
d. Soak Hay - There have been reports of soaking hay for a period (1 hour in cold water) immediately prior to feeding, may decrease the water soluble carbohydrates (sugars) in the hay. Discard the water after soaking the hay so the horse will not have access to it. If there is any hay left at the next 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.



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.



Advertising and Classifieds page

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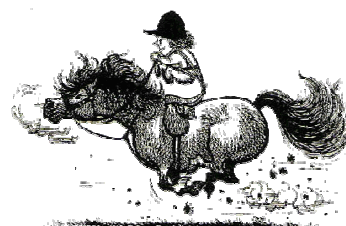
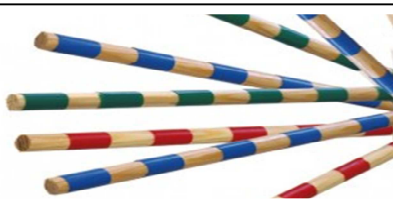
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Please call for more info/photos.

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FOR SALE - 'PARIS'

Lovely TB mare, 8 yrs, 16.2h.
Pretty bay with two hind socks

Paris finished racing in 2009, then spent the next two years doing general riding and training in dressage and showjumping at the Central Coast. She has been out quite a bit including SIEC for a showjumping day. She is very quiet to ride and well behaved when taken out, does not get hot or excited.

She has been unriden for the past twelve months due to owners pregnancy and is in paddock condition hence the low price. She is sound and has three lovely paces.

She has a parrot mouth but it doesn't affect her, she still grazes and eats well. Paris would excel with a keen rider, she is still fairly green but would make someone a lovely horse with a little work. Priced to sell at \$1,200.

Trial period may be possible to right people. Ph Brook: 0414 012 393



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wec@live.com.au