

# WORKING EQUITATION YARRA VALLEY



## **FEBRUARY 2018**

Club Postal Address – 4 Fulford Rd, Wonga Park 3115

Club Website – [www.workingequitationyarravalley.org](http://www.workingequitationyarravalley.org)

Club Facebook page – Working Equitation Yarra Valley

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## **FROM THE EDITOR**

Happy New Year to everyone.

At the time of writing it's Sunday, sweltering outside at over 40 deg so I thought it was a good opportunity to make a start on this newsletter!

The Wednesday rally in February has unfortunately been cancelled due to lack of numbers.

**BUT** don't despair as the Saturday/Sunday rallies will still be on, taken by Frances Hughes from Traralgon. Frances is very experienced in WE and is on the new HRCav WE subcommittee that is helping to form the rules and regulations to enable WE competitions within HRCav. She will have a full obstacle course for the 2 days, so I'm guessing that both Style and Speed phases will be catered for?

Don't forget to book in for these rallies. To secure your rider place your payment will be required on booking. There are still a few places left so don't miss this wonderful opportunity to be able to utilise the full course.

If possible those members that are riding, or watching the rallies at the weekend would you please wear the club polo shirts. We are endeavouring to take some more photos to update our website and it'd be nice if we were all in uniform.

## **RALLY DUTY ROSTER**

Lisa has also called for volunteers for rally duty the first 6 months of the year. Please consider her request as it's generally always the same few that do it. It's not a hard job so please look at her calendar and choose a date, and let her know. Unfortunately if we don't get volunteers your name will just be put beside a date.

As a club we are lucky in that we don't have working bees and this is the only form of 'duty' members are required to do so please help us out by volunteering on one of those rally days.

Those that are riding at the weekend will be required at some stage to help either set up or pack up the obstacles. Lisa will request this once she sends out the times after this weekend.

The committee thank you for your help.

# NEW FINANCIAL YEAR

Please note that this year the new HRCav financial year began on November 1<sup>st</sup>.

This means that you will need to be a fully paid up member of either WEYV or another HRCav club to ride at a rally. You will not be insured or able to ride at a rally until fees are paid, nor compete at an event until your green membership card has been stamped for the current financial year.

New forms have been uploaded on our website.

Please ensure that the club membership form is filled out **AS WELL AS** the HRCav disclaimer form as you will not be covered under their insurance until that is received and processed. The emergency form is also required if your circumstances have changed since last year, or if you are a new member.

Please ensure that you bring your green card to the next rally to be stamped once your fees are paid.

## NEXT YEARS RALLY CALENDAR

Month	Day	Instructor	Venue
February	Wednesday 7 <sup>th</sup> rally	CANCELLED	Gruyere
February	Saturday 10 <sup>th</sup> (obstacle weekend)	Frances Hughes	Gruyere
February	Sunday 11 <sup>th</sup> (obstacle weekend)	Frances Hughes	Gruyere
March	Wednesday 7 <sup>th</sup> Rally	Natasha Jones	Gruyere
March	Saturday 10 <sup>th</sup> Rally	Natasha Jones	Gruyere
March	Sunday 11 <sup>th</sup> ( intro to WE clinic) plus a couple of members to demonstrate	Anna Gust	Gruyere
April	Wednesday 4 <sup>th</sup> Rally	Ro Jelbart	Gruyere
April	Saturday 7 <sup>th</sup> Rally	Ro Jelbart	Gruyere
April	Wednesday 18 <sup>th</sup> (position clinic)	Susie Walker	Gruyere
May	Wednesday 2 <sup>nd</sup> Rally	Susie Walker	Gruyere
May	Saturday 5 <sup>th</sup> (obstacle weekend)	Margaret Anderson	Gruyere

May	Sunday 6 <sup>th</sup> (obstacle weekend)	Margaret Anderson	Gruyere
June	Wednesday 6 <sup>th</sup> Rally	Natasha Jones	Gruyere
June	Saturday 9 <sup>th</sup> Rally	Ro Jelbart	Gruyere
June	Sunday 10 <sup>th</sup> ( green horses clinic)	Susie Walker	Gruyere
July	Wednesday 4 <sup>th</sup> (pas de deux) Rally	Susie Walker	Gruyere
July	Saturday 7 <sup>th</sup> (Pas de deux) Rally	Susie Walker	Gruyere
August	Wednesday 1 <sup>st</sup> Rally	Susie Walker	Gruyere
August	Saturday 4 <sup>th</sup> (obstacle weekend)	Frances Hughes	Gruyere
August	Sunday 5 <sup>th</sup> (obstacle weekend)	Frances Hughes	Gruyere
September	Wednesday 5 <sup>th</sup> Garrocha Rally	Helen Sharp	Gruyere
September	Saturday 8 <sup>th</sup> Garrocha Rally	Anna Gust	Gruyere
October	Wednesday 3 <sup>rd</sup> Rally	Jason McInnes	Gruyere
October	Saturday 6 <sup>th</sup> Rally	Ro Jelbart	Gruyere
November	Wednesday 7 <sup>th</sup> Rally	Susie Walker	Gruyere
November	Saturday 10 <sup>th</sup> (obstacle weekend)	Margaret Anderson	Gruyere
November	Sunday 11 <sup>th</sup> (obstacle weekend)	Margaret Anderson	Gruyere
December	Wednesday 5 <sup>th</sup> Rally Cow bike/fun day	Anna Gust	Gruyere
December	Saturday 8 <sup>th</sup> Rally Cow bike/fun	Anna Gust	Gruyere

# **CLUB UNIFORM**

For those newer members we have a lovely polo shirt for sale at a small cost of \$25. Details are below and if you would like to purchase one please let one of the committee members know and we can arrange that to happen for you.



At each of the rallies there will be some 'samples' of our new polo shirts for members to try on prior to ordering and purchase. They come in sizes 8-10, 12-14, 16-18, 20-22, we have these sizes to try on but I think they may come in 24-26 if required. They are a small fitting so don't be alarmed if the size you would normally take won't fit! The shirts are only available in black.

We now have a number of 'spare' polos in various sizes for purchase 'on the day' for those that didn't place an order.

As these polos have a sponsor logo on the rear they are not able to be used as an 'official' uniform under HRCav competition rules.

# **FUNDRAISING**

## **GOODWILL WINES**

Our club has a charity account with this company, if any wines are ordered through Goodwill Wines and our account is nominated we will then benefit from the order by having cash paid into our account. Easy money, we already have \$80 odd credited – just for drinking wine!

Don't forget to order your special wines for our club fundraiser. Go to [www.goodwillwine.com.au](http://www.goodwillwine.com.au) to place your order.

## **CALENDARS**

The club had the opportunity to sell 'The Horseman's Diary' calendars for some fundraising dosh. We sold 16 and so raised \$80 for the club. Every little bit helps and goes towards our ever present arena hire for each rally day.

## **BUNNINGS**

Our main fundraiser for the year that goes towards arena expenses is our Sausage Sizzle at Bunnings. We were lucky enough to score another really good date – Sunday 9<sup>th</sup> December 2018 so being a bit before Christmas I think it will be a very busy day.

Our last SS netted us about \$2000 which helped cover costs of arena hire for the following 12 months or more.

Please put that date aside in your diaries as we will be calling for volunteers to help out for a couple of hours.

If you've not done it before it is actually a fun day, a good chance to meet and 'bond' with some fellow club members. All equipment is provided by Bunnings, we just need to stock it with snags, onions, bread and drinks, and oh yeah - members!

## **MEMBERS OUT AND ABOUT**

A bit quiet in this department at the minute, or you're all too shy to let me know!

## **EDITORS CHOICE READING**

### **16 Fascinating Facts About Horse Digestion**

This probably comes as no surprise, but the horse is a unique animal.

This is especially true when it comes to how they digest food. Classified as non-ruminant herbivores, horses' digestive systems are a cross between a monogastric animal (like a dog or human) and a ruminant (like a cow or goat).

The problem is that many people feed their horse like they would a dog or themselves—with two or three meals given throughout the day. This can work, but it often leads to problems. If more people understood more how the horse's digestive system functioned, they might be more inclined to feed their horse like a horse.

So with that in mind, here are 16 fascinating facts that will help you better understand horse digestion. And since digestion begins in the mouth, we'll begin there and work our way down and out!

**Fact #1: Horses can only chew on one side of their mouth at a time.**

They do this not with an up-and-down motion, as we do, but an outside-to-inside motion on a slant, which is determined by the slant of the matching surfaces of the upper and lower cheek teeth.

**Fact #2: The horse can produce up to ten gallons of saliva per day if allowed to eat plenty of forage.**

As the horse chews, the salivary glands produce saliva to help moisten the food and ease its passage into the oesophagus and stomach. Saliva also neutralizes stomach acids, therefore reducing the risk of gastric ulcers.



Image courtesy of the author.

**Fact #3: The horse's oesophagus only works in one direction.**

The oesophagus empties into the stomach. Food can go down, but cannot come back up. So it's true—horses cannot vomit.

**Fact #4: The horse's stomach can only hold about two gallons.**

It is quite small in size when compared to other parts of the digestive system.

**Fact #5: Food only remains in the horse's stomach for around 15 minutes.**

From there, it moves into the small intestine.

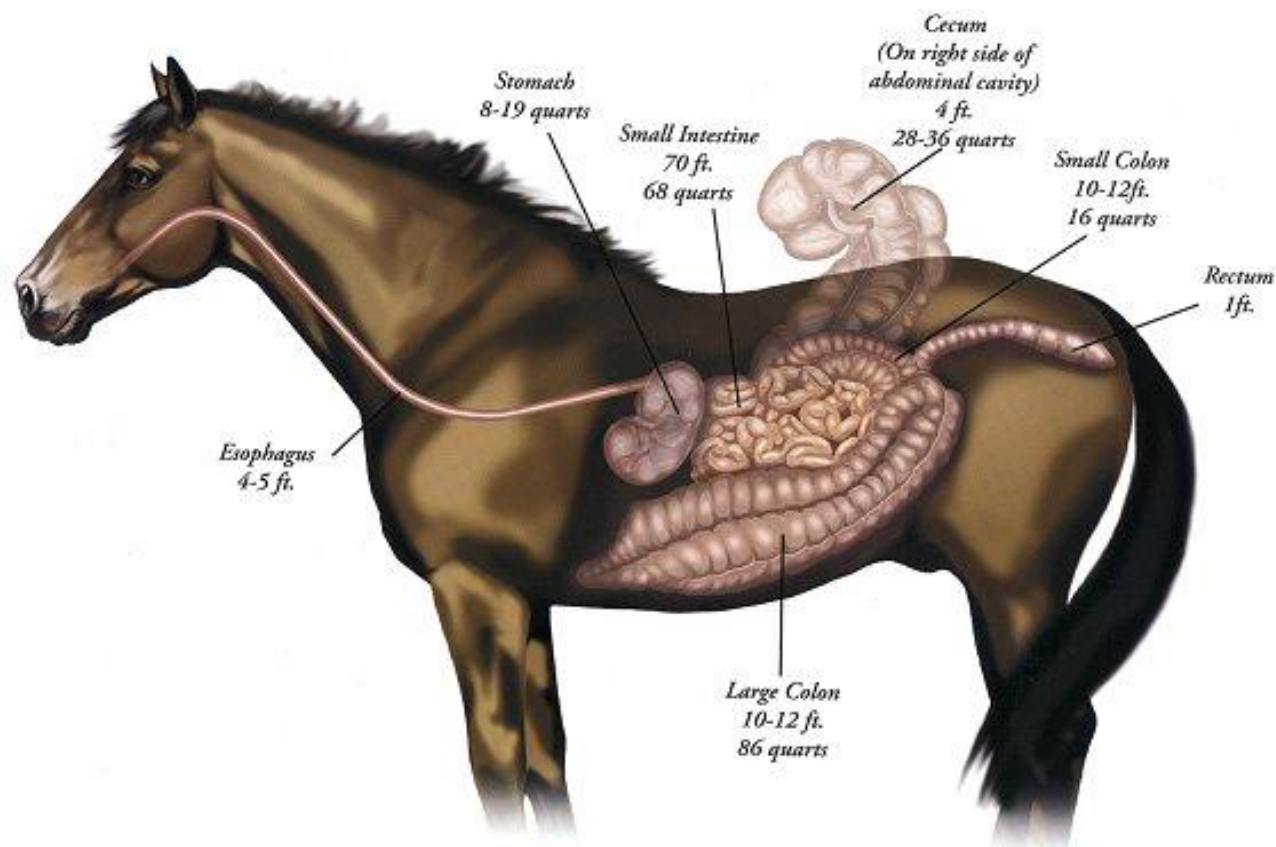
**Fact #6: When the stomach is empty, acid can attack the squamous cells in the stomach lining.**

This often results in ulcers and is why small frequent meals, access to a slow feed hay net, free-choice hay, or access to pasture are very important.

**Fact #7: The majority of the digestion occurs in the horse's small intestine.**

The same holds true for the absorption of sugars, starches, proteins, and fats.





**Fact #8: Horses do not have a gall bladder.**

Instead, a segment of small intestine called the duodenum aids in the digestion of fats.

**Fact #9: Food can only enter and exit the cecum (also known as the 'blind gut') from the top.**

If a horse doesn't have adequate water intake, this can be a common site for impaction colic.

**Fact #10: The cecum and other parts of the large intestine contain active populations of bacteria and other microbes.**

These bacteria and microbes help break food down in a process called fermentation.

**Fact #11: The bacterial and microbe populations become specific in fermenting the type of food the horse normally eats.**

When a new food is introduced suddenly, the bacteria/microbes are unable to ferment it effectively, which may result in colic. This is why all feed changes should be made very gradually.

**Fact #12: Lignin, a type of dietary fibre abundant in overly mature hay, cannot be broken down by fermentation.**

Therefore, it is passed in the faeces.

Image courtesy of the author.

**Fact #13: Gut sounds (borborigmus) are a sign that food is moving through the digestive tract.**

An absence of gut sounds can mean there is a blockage.

**Fact #14: A horse requires a *minimum* of 1% of his body weight daily of long-stemmed roughage (grass, hay, or hay replacers) for normal digestive tract activity.**

This would amount to ten pounds of roughage for a 1000 pound horse.



**Fact #15: On average, the entire digestive process for the horse takes anywhere from 36-72 hours.**

That's from mouth to manure.

**Fact #16: If it were to be stretched from end to end, the horse's digestive tract would measure about 100 feet in length!**

Most of this is intestines.

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### **About the Author**

Casie Bazay is a freelance and young adult writer, as well as an owner/barefoot trimmer and certified equine acupressure practitioner. She hosts the blog, [The Naturally Healthy Horse](http://The Naturally Healthy Horse), where she regularly shares information on barefoot, equine nutrition, and holistic horse health. Once an avid barrel racer, Casie now enjoys just giving back to the horses who have given her so much. Follow Casie at [www.casiebazay.com](http://www.casiebazay.com).

## **Impaction Colic: What You Need to Know**



Colic is a catchall term used by horsemen to describe equine gastrointestinal distress, but there are several different causes. Impaction colic is one of the most common types, and fortunately it is also quite treatable when caught early. Understanding the contributing factors,

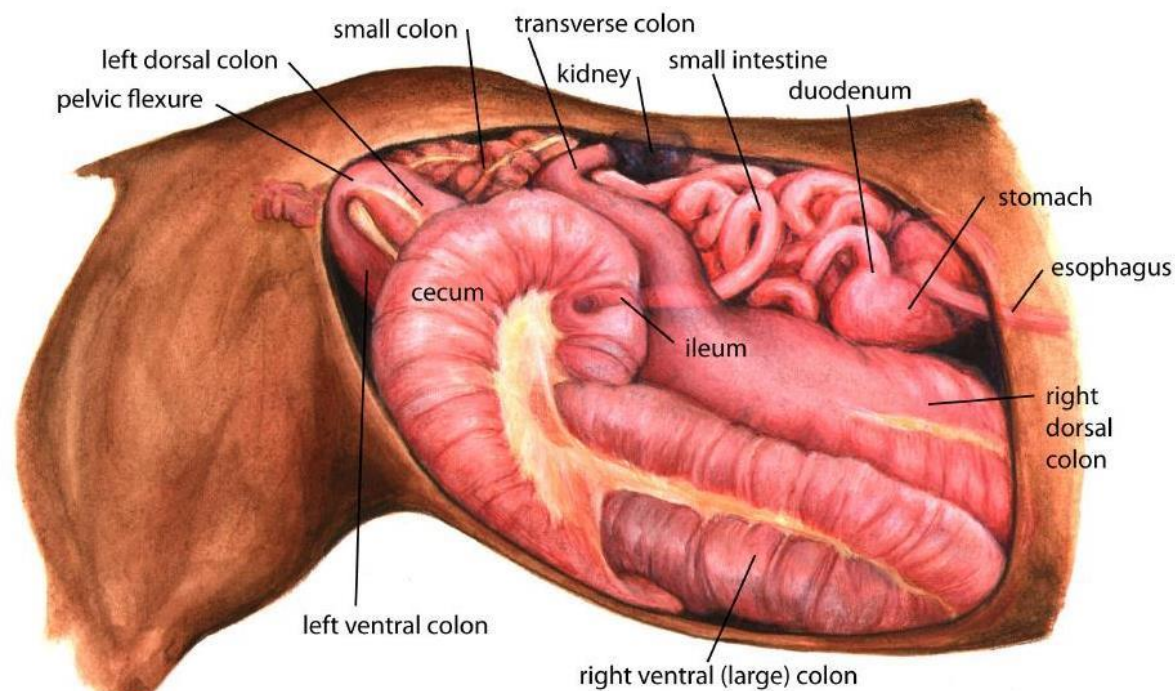
symptoms and treatment options can help better prepare equine caretakers who encounter this condition.

An impaction occurs when a large amount of firm, dry faecal material has built up within the intestine; this bolus is then unable to change size as it passes through the varying widths of the digestive system. Impactions occur most often in the large colon.

“There are several locations in the large colon where the diameter changes from big to small,” explains Treasa Bryant, DVM, an intern at Myhre Equine Clinic in Rochester, NH.

**Colic is largely a disease of domestication**, and there are several factors which predispose any horse to colic, including lack of exercise, being stalled instead of living at pasture, and being fed a few, larger meals during the day rather than free grazing. **But for an impaction, there are two additional contributing factors:** horses that are not drinking enough water, which is especially common during cold temperatures, and consuming poor quality forage which is more difficult for the horse to break down.

The equine digestive system is extremely long—almost 100 feet—and is compressed into what is, relatively speaking, a rather small amount of space. This means that as food passes through its entire length—mouth, oesophagus, stomach, small intestine, cecum, large colon, transverse colon, small colon—it must make its way through numerous twists and turns.



Equine GI

tract. (via Three Oaks Equine)

Bryant describes the **large colon** of the horse as being shaped like two horse shoes stacked on top of each other, connected by their left heel. “The large colon starts on the right side of the horse at the lower abdomen, then extends all the way forward to the sternum, and then the first horse shoe ends on the left side below the flank. This is the pelvic flexure.”

The **pelvic flexure** is one of the most common locations for an impaction to occur, because at this point the large colon does a 180 degree turn; a large bolus of dry faecal matter can easily get stuck. Fortunately, it is a location which veterinarians can usually feel on rectal exam, making diagnosis easy.

The rest of the large colon is essentially laying on top of itself. From the pelvic flexure, it extends from the upper left flank to the diaphragm in the front of the horse, then attaches at the top right portion of the right flank. It is here where the large colon connects to the **transverse colon**,

which is the second most common location for an impaction. It is much more difficult for the vet to diagnose an impaction here because it is located farther forward within the abdomen and is not possible to palpate.

**Symptoms of an impaction colic usually come on slowly** and can be mild and intermittent, meaning that it can be easy to miss them altogether. “An owner goes out to feed, and their horse is not too interested in food,” says Bryant. “The horse is given a dose of Banamine, the symptoms go away.”

But every time the gut tries to compress the impaction to get it to move, the lining is stretched and the horse experiences pain. So the process becomes cyclical—periods of discomfort followed by periods of relief. And worse than that—if the horse has been made to feel better through the use of medication and has still been offered feed, then the size and pressure of the impaction will only build. “It is like a clogged drain,” Bryant explains.

As the cycle continues the horse’s pain level will increase, and other colic symptoms, including flank-biting and kicking, are likely to occur. In extreme cases the horse may appear bloated. “We won’t get that until the whole colon is affected,” Bryant notes.

**Treating an impaction colic effectively must address three critical areas:**

1. Hydrating the gut.
2. Providing lubrication.
3. Treating the horse’s pain.

The first two steps will help to resolve the impaction itself. “We provide fluids via nasogastric tube directly to the gut,” says Bryant. “We are trying to rehydrate that big, firm food bolus.” Electrolytes are often added as well to help pull additional water into the gut.

Mineral oil, also administered via nasogastric tube, will coat the food bolus, making it easier for the horse to pass. “Some oil will also get into the bolus and help break it apart,” Bryant adds.

**Banamine is the preferred medication for a mild to moderate impaction**, administered at an appropriate dosage once every twelve hours. It is important to address the horse’s pain because pain causes the gut to stand still. But some horses’ pain does not respond to this protocol. This is referred to as “**breakthrough pain**” and indicates that a horse most likely should be referred to a veterinary hospital or clinic.

The next step up for pain control is butorphanol, Bryant adds, a morphine type drug, administered intravenously. The additional advantage to hospitalization at this point is that a horse in extreme pain is unlikely to be willing to drink; IV fluids can be administered to improve overall hydration levels. In extreme cases, pain relieving drugs can be mixed at a continuous rate into the IV fluids.

One of the ironies of an impaction is that the horse’s pain level is likely to *increase* before it gets better—but this is actually a positive sign.

“When a sponge absorbs water it gets bigger,” explains Bryant. “The bolus will cause more pressure on the gut as it starts to break up. The level and duration of the pain depends on the size of the impaction.”

To confirm that an impaction has fully resolved the veterinarian may perform another colic exam. If the impaction was severe, this process may be done several times. **The passing of fresh manure is a positive sign**, as is evidence of mineral oil. It is only safe to start feeding the horse again once the veterinarian is confident that the impaction has been cleared. Bryant suggests starting with mashes to keep water intake high, as well as adding corn or vegetable oil.

“When re-feeding a colic we start with a low bulk food, like equine senior, which is a complete feed, and forage extender soaked into a mash,” says Bryant. “This will get short fibre into the horse and gets the gut working again without overloading it.”

If the horse remains comfortable after 24 hours small handfuls of hay can be introduced. Small, frequent meals are the key—4-6 meals per day, with 1 to 2 cups total mash feed per meal, as long as the horse is continuing to pass manure.

“Over the next three to five days, you can increase the amount and decrease the frequency,” says Bryant. “It varies a little from horse to horse, but the most important thing is that the horse is still passing manure.”

**Despite a horse owner’s best efforts, colic can occur in nearly any horse and potentially be life threatening.** The horse’s best chance at survival comes with prompt recognition of the symptoms and following veterinary advice, even for a colic that might seem minor.

*\*All content is for informational purposes only. Contact your veterinarian if you have any questions or concerns about the health of your animals.*

### **About the Author**

Christina Keim is a self diagnosed equine addict who has been around or on top of horses for a nearly uninterrupted span of over thirty years, when she was first given riding lessons “just for the summer.” She has enjoyed and experienced many disciplines including hunters, equitation, jumpers, dressage, eventing, Pony Club and most recently competitive trail riding. Christina is based at her Cold Moon Farm in Rochester, NH, and holds an M.Ed. from the University of New Hampshire.

## **MEMBERS ADVERTS**

I am happy to take adverts from members to appear here in this spot. I generally send out an email a week before the newsletter is due out calling for anyone that would like to make a contribution (of any sort).

### **SUMMER RUGS**

I have the following summer rugs for sale due to no longer needing them.  
Please call Helen on 0419 030137 if interested or want more details.

6' netting combo, VGC, \$15

6' cotton/mesh combo, a few minor repairs but still very usable, \$10

6' heavy duty cotton rug, leather fittings, no tail flap, plus neck rug. EC. \$60

6'3" cotton/mesh combo, VGC, \$15

Plus

6'3" Four Seasons Trojan canvas rug with wool lining. Needs waterproofing but a good spare rug.  
VGC, \$30

2 x green canvas neck rugs, 1 full, 1 cob, lined, \$5ea

1 x padded bib, \$5 (prob full size)

## DRESSAGE SADDLE PAD



Black Grandeur saddle pad, would suit most dressage saddles.

Not had a lot of use so in really good condition. Padded non slip upper helps to keep saddle in place.

Anatomically shaped pad to allow for the horses wither.

**\$75** contact Helen 0419 030 137

## DRESSAGE SADDLE FOR SALE

Loxley by Bliss of London.

Black Dressage saddle, 17", XW gullet, (is easily changed by a saddle fitter), long girth points, fully mounted, comes with girth and saddle cover.

Good sized knee rolls, deep seat and an extremely comfortable saddle.

Beautiful English leather

I have used this saddle for everything from flat work, WE, cattle work, jumping, mountain trail and trail riding.

Will also include blue dressage saddle blanket.

This saddle has been made on a hoop tree which has a slightly more open head than a classic dressage tree, it's generally flatter in it's curves, this makes it better suited to the wider, flatter backed cob type horses.

This saddle is only 2 years old, is in excellent condition (just minimal wear marks of stirrup leathers), has never been wet and is kept indoors on a saddle rack with its cover on.

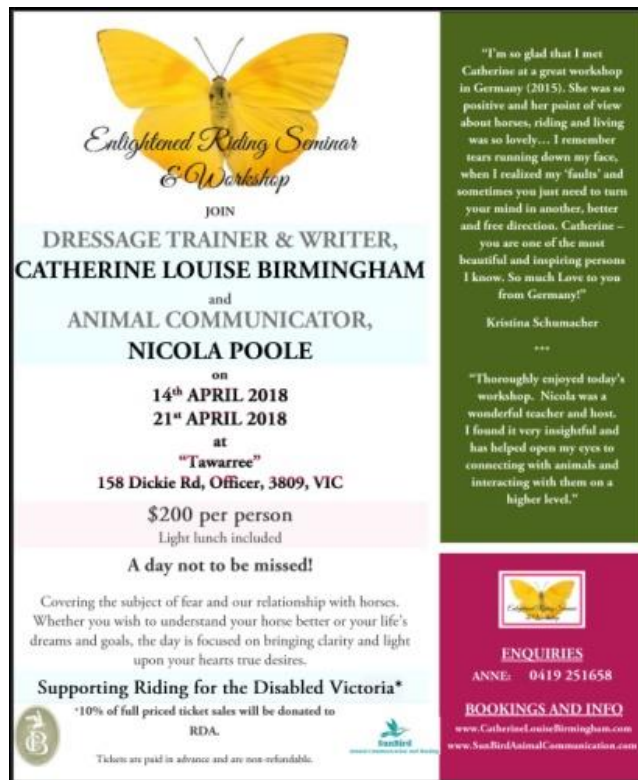
Would suit new buyer.

\$2800 ono

Contact Helen on 0419 030137







*Enlightened Riding Seminar  
& Workshop*

JOIN

DRESSAGE TRAINER & WRITER,  
**CATHERINE LOUISE BIRMINGHAM**

and

ANIMAL COMMUNICATOR,  
**NICOLA POOLE**

on  
**14<sup>th</sup> APRIL 2018**  
**21<sup>st</sup> APRIL 2018**

at  
"Tawarree"  
158 Dickie Rd, Officer, 3809, VIC

**\$200 per person**  
Light lunch included

**A day not to be missed!**

Covering the subject of fear and our relationship with horses.  
Whether you wish to understand your horse better or your life's  
dreams and goals, the day is focused on bringing clarity and light  
upon your hearts true desires.


**Supporting Riding for the Disabled Victoria\***  
\*10% of full priced ticket sales will be donated to  
RDA.

Tickets are paid in advance and are non-refundable.

"I'm so glad that I met Catherine at a great workshop in Germany (2015). She was so positive and her point of view about horses, riding and living was so lovely... I remember tears running down my face, when I realized my 'faults' and sometimes you just need to turn your mind in another, better and free direction. Catherine - you are one of the most beautiful and inspiring persons I know. So much Love to you from Germany!"  
Kristina Schumacher

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"Thoroughly enjoyed today's workshop. Nicola was a wonderful teacher and host. I found it very insightful and has helped open my eyes to connecting with animals and interacting with them on a higher level."

  
**ENQUIRIES**  
ANNE: 0419 251658  
**BOOKINGS AND INFO**  
www.CatherineLouiseBirmingham.com  
www.SueBirdAnimalCommunication.com

Anne Moseley has sent in this flyer in case members may be interested in attending this clinic. Catherine is a well respected instructor now living in Italy and she is running two workshops/Seminars here in April. The link to Catherine's seminar is here:-

<https://catherinelouisebirmingham.com/enlightenedridingseminar/australia/>

## **WORKING EQUITATION AT PANTON HILL**

Susie has some Working Equitation obstacles for riders to use on her property in Panton Hill. She is offering lessons to a group/s of members that would like to practise their WE skills or learn new techniques.

She has a 60x20 outdoor arena and can set out up to 10 obstacles for a group of 4-5 riders for a 3 hour group session or rounds, including morning tea.

The price will depend on the number of riders. Obstacles that are available are:

Stock pen  
Gate  
Collect and drop pole and ring  
3 barrels  
Side pass poles  
Jump  
Rein back & Bell corridor  
Slalom  
Varied footing  
Bank: Raised Tractor Tyre

\*\*\*\*\*

*Susie Walker*  
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