

Hoofbeats



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Prez Sez

Hello WRC members,

This is my first 'Prez Sez' in my new role of President as WRC, and what a privilege.

I've been involved with the club on and off for the last 8 years, and have really seen the value in providing an inclusive and enjoyable environment for adult riders.

We had our AGM last month and, as usual, what a fabulous night it was. I encourage you to thank and support our sponsors, who have been so generous in supporting our club with amazing prizes and donations. You can find a list (and links) to our sponsors on our website, and in this issue of Hoofbeats.

Our committee have also met this month, and we have plenty of fantastic event ideas up our sleeve. Our first-ever WRC adult camp is already causing great excitement! Save the date in your diary for 15th-18th February; it promises to be a weekend of fun.

On another note, as we welcome the start of the new season (and hopefully plenty more sunshine), it's a great time to sit down and think about your riding goals. I like to grab the local calendar of events, plot out which ones I want to compete at, and what I want to achieve this year. For example, my goal for one of my horses this year is to finish the eventing season at 1*. The next step is to break the goal down into achievable and realistic tasks. In order to get around

jumps of 1.10m+, I need to have regular showjumping lessons; I need to increase my horse's fitness; I need to walk some of the 1* cross-country tracks to look at the questions asked and how I could safely tackle them. I'll also need to solidify the confidence of our partnership, by doing several pre-novice events before we tackle the bigger stuff.

You can see what I'm getting at. When you pick a goal - whether it's to overcome your fear of riding alone in the forest, or competing at your first Level 2 dressage test - it comes down to planning HOW you can achieve it.

By breaking it down into smaller, more manageable chunks; you'll be taking each step closer to reaching your goal. I hope that WRC can help you achieve some of your personal aspirations this season. Here's to a safe and enjoyable 2017/2018 season!

Jessie



“Off to Adelaide”: local rider Ginny Thompson prepares for 4*

Waitemata event rider Ginny Thompson will be taking on one of the biggest fixtures in the equestrian sporting calendar – when she heads to Adelaide in November for the CCI 4* 3DE. She took time out of her busy schedule to tell us about her journey so far, and the exciting challenge ahead.

The Adelaide 3DE is Australia’s leading equestrian event, and the only CCI 4-star held in the Southern Hemisphere. It’s one of six big international events linked in the FEI Classics Series; which also includes Kentucky, Badminton and Burghley.

Ginny (25) and her talented mare Star Nouveau will be taking on the world – along with fellow Kiwis Jock Paget, Clarke Johnstone, Samantha Felton, Amanda Pottinger, Donna Smith and Andy Daines – in the prestigious event from November 16th-19th. (Andy is based at Crescent Equestrian in Kumeu, so Waitemata district is well-represented at top level!)

The early days

Ginny grew up in Taupaki on a 10-acre block, and first got into riding when she was about four years old. Her mum Hazel is an accomplished rider in her own right; who now focuses on dressage, coaching, and supporting Ginny.

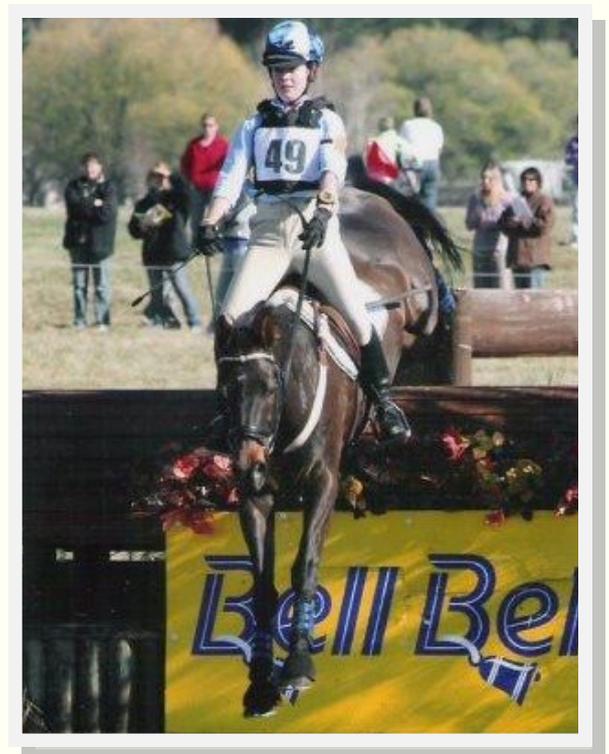
“It was pretty cool growing up riding with Mum. Though she did buy me three of the naughtiest ponies...they were all good-looking and had talent but I was bucked off time and time again. I think she was trying to put me off riding, but it didn’t work..!”

Then along came her “dream first hack”, a gelding called Johnny Suede (pictured right).

“He was a small 15.2 TB gelding and he took me from not even getting around pre-training to winning 1*s. He was a

slug and not the prettiest thing, but he had a heart of gold.” Having outgrown Johnny, she moved up to 2* with her next horse; then to 3* with Ashbury Pee Cee, a mare by Voltaire II.

“She was my first classy horse, and not a TB, so I had a lot to learn. I had a lot of success at 2* on her, and we were on the 2012 young rider Trans-Tasman team, but she was getting on a little by the time we got to 3*.”



- On board the famous Johnny Suede, back in 2008
Photo credit: Barbara Thomson

Horse of a lifetime

Nearly 5 years ago, Ginny purchased Star Nouveau (paddock name "Paige"), a warmblood-TB mare now aged 13.

"We have been at 3* for a while now and she just keeps getting better and better. Paige is the sweetest thing to handle and have around, and she's a very elegant mare. I always think if she was human she would be a super model...!"

Around the same time, in order to accommodate their growing stable of horses, the extended Thompson family (including grandparents) moved to a 130-acre farm in Kaukapakapa.

"It wasn't set up for horses at all – Dad was a legend and built stables and the arena; Mum and I are in heaven as it's the first time in our lives we've had a covered yard! It is a hilly property, which is great for fitness for all my eventers, as well as hacking the young ones out."

Turning professional

Today, Ginny is a full-time rider and trainer (she also has a university degree in genetics under her belt). As well as bringing on four of her own horses, she has the ride on some long-term competition horses; including Man of Honour, who competes at 2* and is owned by Chris and Tina Barlow.

Ginny also takes on schoolers, as well as providing short-term agistment/exercise for owners going on holiday.

"It's always fun getting schoolers...you never know what you're going to get and they are so different, which is good for my riding. Some are eventers; others are young horses that need some schooling and life experience out of the arena. We take them all over the farm, and up and down the country roads."

She also sells horses on behalf ("it's pretty time-consuming, but I do love finding the right homes for horses"); as well as running clinics and private coaching. She also teaches at three local pony clubs - Wainui,



- The "supermodel" Star Nouveau (known as Paige at home)
Photo credit: Jan Sutherland

Helensville and Te Atatu - during the season.

"Basically it's a pretty business lifestyle! I never seem to have enough hours in the day...but every horse person would say the same."

The support team

Ginny credits her "amazing team of supporters" for helping her achieve her goals, starting with her parents.

"Dad has set this whole property up and he has worked so hard to help me. Mum was very hands-on for a long time; especially while I was at uni and time was a struggle. The day I got my truck license was a good day for Mum...!"

Her groom, Eilish, has been with Ginny for two years.

"Eilish is great with the horses and works her butt off. Without her, I wouldn't be able to do what I'm doing."

Ginny's sponsors include: Honda New Zealand, Prydes Easi Feed, Vets North, Willowbrook Farm Ltd (Zaldi saddles), and Vetpro.

"My sponsors are all great, and give me so much good advice right at my fingertips. I have been with Prydes and Honda in particular for a while now, and the support I get from them is just phenomenal."

"I never seem to have enough hours in the day...but every horse person would feel the same."

Hopes for Adelaide

In preparation for Adelaide, Ginny and Paige are doing lots of hill work and interval training sessions at Rimmer Road beach; in between dressage and showjump training. They also have two upcoming events – the Taupo 2* and Arran Station 3* – to help get them in the zone.

Ginny and Paige hold the Puhunui title for 2015 and 2016. They are already experienced trans-Tasman campaigners, having achieved fourth place in both the Sydney and Melbourne CIC***. Ginny feels ready and confident for the step up to 4* in Adelaide.

“We have travelled to Oz before, so I am much more prepared and know how she travels and what to expect.

We are going over to be competitive.”



- Winning the Puhunui 3* in 2016
Photo credit: Libby Law

Want to show your support for Ginny?

As you'd expect, the opportunity for international competition does not come cheap! Ginny is looking to raise a further \$10,000 to reach her target. If you'd like to get behind her campaign, there are a few ways you can help:

Photo credits: Libby Law

Buy a raffle ticket. Honda New Zealand is running a raffle for a luxury weekend away. You can buy your ticket via Ginny's Facebook page, [Virginia Thompson Eventing](#). (Though be quick – as the raffle will be drawn on September 1).

Book a clinic. Ginny is available for private lessons and SJ and XC clinics, anywhere in Auckland. Get a group together (ideally 2-6 people) for a half-day in weekdays, or full-day in weekends. Or help spread the word among your horsey networks. For bookings and enquiries, contact Ginny via [Facebook](#).

Run a mini-fundraiser. Get your horsey mates together for a fun event (beach ride, bring-and-buy sale?) and tally up those gold-coin donations. Every dollar helps!





CLUB NEWS & UPDATES



IS YOUR HELMET TAGGED?

Unless you've been living under a rock (!), you'll have heard about the new safety standards for helmets.

The ESNZ rule states that all riders must wear an approved safety helmet in competition. To show your helmet is compliant, you need to get it officially "tagged" with a red sticker.

The rule came in on August 1st – so if your helmet isn't tagged, you won't be allowed to compete at any ESNZ or Pony Club event. You also need a tagged helmet to compete at WRC events. (For the safety of our members, the Club's committee voted to also uphold this rule). But don't panic if you haven't organised it yet. Helmet-checking and tagging will continue at events, and some special helmet-tagging sessions. We'll keep you posted via our Facebook page.

Note: even if you buy a new helmet, you still need to get it tagged. The red sticker is an easy way to show that your helmet is compliant when you're riding at events.

The full list of helmet safety standards can be found on the [ESNZ website](#).



NEW RULES FOR OUR ANNUAL PRIZES

Newcomer Cup: Previously known as the Amateur Cup, we've re-named it to better reflect who the prize is aimed at.

Essentially, the "Newcomer Cup" is a trophy awarded to a NEW member of the Club who earns the most points at our lower-level events. (We have a lot of new members this season – so this is your chance to put yourself in the running!)

Jumping High Points: We've changed the criteria of this prize to people who ONLY jump (to avoid the same person winning both the "Jump" and the "Jump & Flat" high points). If you attended our Ribbon Day on August 6 we invite you to "wipe" those flat points if you want to enter jumping only. Please let Anne Wilson know by the 31st of August (otherwise your flat points will stand).

Need to update?

You'll find the full criteria for each prize and trophy on our [website](#).

If you'd like to confirm your entry for the Newcomer Cup, adjust your jumps points, or have any other queries...email our Points Officer Anne Wilson on anne@wrc.org.nz.

MEET OUR NEW COMMITTEE MEMBERS

At the latest AGM, we welcomed two new members to the WRC committee. They introduce themselves here...

"Hi, I'm **Bronwyn McDougall**, and I'm the Club's new Treasurer. I first joined WRC about 17 years ago and have been a member on and off since - when I have a horse. At present I am looking for that elusive "older ladies mount" so I can get out and about again to a few events."

"Hi, I'm **Julie Gibson**. I'm looking forward to being on the Committee and seeing everyone out there having a go and enjoying their horses. I own Muriwai Stables; so have far too many of my own horses and look after other peoples' as well. Now my youngest child is at school, I have more time to teach and ride. I'm really excited about being part of WRC and hopefully I'll even have time to compete myself!"

WRC EVENT REVIEW: Poles Clinic with Sue Pennington

This event was a sell-out! It was held at Sandstone arena on June 25 and attracting dozens of participants. Many thanks to **Emma McCann** (pictured here with her horse Smokey) for writing our review.

“I’ve owned Smokey since February, and the Pole Clinic is the first event we’ve attended through Waitemata Riding Club. I was suitably impressed with the organisation and how the clinic ran as a whole. We loved the venue Sandstone, and the friendly helpers on site going the extra mile!

“I have just got back to riding after 15-odd years away from it – after being such a confident rider as a teenager, I’m a little shocked as to how many nerves I have as a returning adult rider. The friendliness of the club and the encouragement of other riders is just what I need; and the ladies that I rode with on the day, although in the experienced category, made me feel welcome.

“Sue Pennington is a kind and patient instructor; she is very knowledgeable and was able to connect with all levels in the ride. I found her to be very encouraging of myself and Smokey, both being new to pole work.

“I learnt lots of little things that accumulated to the bigger picture. The first thing we worked on was rhythm and paces, as well as the straightness of our horses.



“Some exercises were at the walk, but mostly at trot. We then followed into canter strides.

“I had been struggling with cantering around corners of the arena, and with a pearl of Sue’s wisdom I instantly felt the difference. Smokey was also doing a flying change between the two poles which came down to my seat – once again Sue was able to guide me through the changes I needed to make. We also worked on rhythm and pace through another little triangular obstacle, on a circle and over raised trot poles.

“I came away on such a high that I had learnt so much and achieved so much in just one clinic! It also gave me lots of little things to work on. I highly recommend Sue’s clinics to anyone who may have the opportunity in the future...and I would absolutely do the clinic again!”

A word from our sponsor...

FMG: WHAT TO CONSIDER WHEN INSURING YOUR HORSE.

Deciding whether or not to insure your horse can sometimes be a difficult decision. You might question whether your horse is valuable enough, or whether the risks are worth the extra expense of insuring. Our sponsor **FMG** provides the following tips.

What cover to consider?

Unfortunately we are seeing an increase in the number of horses escaping properties, suffering injuries or passing away. It is not usually until you are put into these situations—or have a friend suffer these realities—that it begins to hit home.

When thinking about the right cover for your horse, consider the following questions:

- ◆ Can I afford to put my horse or pony through life-saving surgery?
- ◆ Can I afford to purchase a new horse or pony if the worst was to happen?
- ◆ Am I concerned about injuries or illnesses which may permanently prevent my horse or pony from undertaking its current purpose?
- ◆ Am I travelling with my horse or pony regularly (and am I concerned about what could happen in the event of an accident?)
- ◆ If my horse were to damage or injure another person's property, can I afford to fix it?
- ◆ Can I afford to replace my tack, horse float, vehicles and fences if they were stolen or damaged?



While not all risks are controllable, the right insurance cover can offer peace of mind, and help make a very stressful situation a lot easier to deal with.

Talk to the right people.

When looking for Equine cover, it's really important to talk to someone who is a specialist in this area; as they will have a broad understanding of the many intricacies that come with owning horses.

Regardless of what type of horse or pony you own, make sure you ask for things that really matter to you.

Talk about:

- ◆ what you do with your horse
- ◆ their breeding
- ◆ how much travel you do
- ◆ and if you plan to compete.

A good consultant will chat through all of this with you. If you're not quite sure about something, or the policy doesn't make sense, ask your consultant to explain it using a scenario or example.

It can be difficult to talk about the 'what-ifs' when it comes to your horse. But as specialist Equine Insurance Consultants, we not only have experience in dealing with these things—we are also madly passionate about horses, and understand how important they are to you.

Get in touch: For more information about FMG's policy covers, or to request a quote, check out www.fmg.co.nz/what-we-cover/horses, or give us a call on **0800 366 466**.

WHEN YOUR ADVICE IS REALLY GOOD, EVERYONE LISTENS.



At FMG, we look after more rural New Zealanders than any other insurer. In fact, it's something we've been doing for over 110 years now. So when it comes to offering specialist advice, like insuring your horses and fencing, we like to think we know what we're talking about. Ask around about us. Or better still call us directly on 0800 366 466.

We're here for the good of the country.

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THANKS FOR YOUR SUPPORT!



Greenhithe
New Zealand Riding for the Disabled

Each year at Waitemata Riding Club's AGM, we sell raffle tickets to raise funds for a local horse-related charity (thanks again to our sponsors for the fabulous prizes).

This year we were pleased to donate \$560 to Greenhithe RDA, and spokesperson Christine Broad says the funds are already being put to good use.

"We don't get much funding, so donations like yours are very welcome and much appreciated. We have spent \$100 buying 10 60-litre plastic containers for the storage of tack, and the balance will go towards the purchase of some new trotting poles and jump stands."

Greenhithe RDA is based at Wainoni Park North on the North Shore. It currently runs three 45-minute therapy sessions on a Saturday morning, catering to riders of varying disabilities and abilities.

Christine says new volunteers and helpers are always welcome.

"We are looking into ways of extending our services – one option is to offer a mid-week service, and we will need volunteers for this. We would also welcome the services of an A or B-level coach who would like to become a volunteer; they would be funded to do the NZRDA Coaching courses."

* To find out more, visit the Greenhithe RDA [Facebook page](#).



Member profile: meet **Anne & Jack**

Name: Anne Wilson

Occupation: National Credit Manager, Lion NZ

Horse/s: Mojo Hoodoo (retired)
Currently leasing Jack (Victorious Warrior)
from Jenny de Bazin

Family life: “I live with my husband Murray in Waitakere – we have been married for 40 years. Our five adult children are all grown up and we have five grandchildren who visit us often, as we live in a very big old house with five acres. We have two gorgeous minis, some sheep and chickens, Jake the sheepdog, and Tinka our West Highland Terrier.”

My riding career: “When I was young, my best friend had a horse, so naturally I wore my parents down until they agreed I could buy her rather belligerent but safe old mare. We eventually owned several horses and my sisters also took up the reins. The big calendar event was at the Kumeu showgrounds.

“My mother was not a ‘horsey’ person and was in fact petrified of them. However she did end up on the committee and was very helpful with fundraising. She refused to wear gumboots and would be seen traipsing through the paddocks, sinking in her high heels as she came to watch our progress at Pony Club on a Sunday afternoon...”

My favourite events: “As the family has grown, I have now been able to take up my love of horses again. I enjoy open days – dressage, clinics, and have attempted show hunter classes (50-60cm). Jack and I recently attended a HAG day and the pole clinic, which was a lot of fun. My favourite discipline is dressage; it suits my love of training and discipline, and working as a team with your horse.”

My goals this season: “My goals are to progress from Level 1 to Level 2, and be consistent and develop further as a rider.”

Outside of riding: “When at home, I enjoy the garden, being with my family and grandchildren. I have started Pilates which is going to help with my core strength balance and tone. I enjoy reading and have a passion for chocolates – which is why I need lots of exercise in the weekends...”

Veterinary article: “Toe the line.”

Seedy toe is the common name for “white line disease”, which is a microscopic anaerobic bacterial infection of the hoof. When caught and treated early, it may just mean a slight damage to the hoof wall. But if left untreated, seedy toe can result in serious hoof damage - and be a frustrating condition to manage. Thanks to **Dr Dave van Zwenberg** from **Vets North** for this article.

* What is seedy toe?

The white line of the foot can be seen by looking at the sole of your horse’s hoof. It is the margin between where the dorsal horn meets the solar horn tissue. In a normal horse, this presents as a thin white line, hence the name.

When this becomes damaged - usually from cracks, injuries, or poor hoof condition - it allows anaerobic pathogens to invade the hoof wall. The infection can spread around the hoof, and up the inside of the wall. If left untreated, it can gradually “eat away” at the hoof and cause separation of the dorsal wall from the underlying lamellae.

* How is seedy toe diagnosed?

Early detection can be tricky, as there may be nothing obvious to the eye. In most cases there are no external clinical signs; and in shod horses, the area is often covered by the rim of the shoe. Very occasionally, horses may present with a low-grade lameness from seedy toe.

The start of seedy toe may become visible after a trim, as a small black line crossing the laminae line. This ‘early-stage’ condition can be scooped out with a paring knife by your vet, trimmer or farrier.

As seedy toe progresses, it forms a cavity between the hoof wall and the underlying sensitive laminae (i.e



A healthy sole, showing the white line

along the white line, usually at the toe). This cavity then gets filled with general debris and detritus from the environment in which your horse is walking. This detritus can sometimes get pushed into the sensitive tissue of the foot and generate an abscess.

* What causes it?

Seedy toe usually occurs from the action of anaerobic pathogens acting on horses with a compromised white line. Horses that have had laminitis or suffer from chronic laminitis are much more likely to have seedy toe. Laminitis causes stretching of the white line area and increases the risk of seedy toe occurring.

Contd next page

*** How is seedy toe treated?**

Your farrier, trimmer or vet may need to “resect” the dorsal hoof wall, so the separated and necrotic infected horn can be cut out. (This procedure may require sedation and a nerve block in some cases). This allows good access to the area to remove any damaged tissue or debris, and it also allows air into the region. This kills the anaerobic bacteria that cause the condition in the first place, and allows the compromised hoof wall to dry and harden.

Afterwards, the hoof resection needs to be regularly cleaned and treated until the infection is controlled and the tissues heal. Preferably, the horse should be kept in clean, dry conditions.

In some cases, a shoe may be used to support the foot and limit excessive expansion and contraction of the hoof capsule as a result of the resected dorsal hoof wall.

It will take some time for the healthy hoof to re-grow (given that the hoof wall horn grows down from the coronary band at only approximately 1cm per month).

Once the seedy toe has been resolved, your farrier may opt to bog the defect with synthetic hoof wall to allow the hoof capsule to function as normal.

*** How can you help prevent it?**

It will help if your horse is exercised regularly and kept in clean, dry conditions (seedy toe is often more of a problem in winter). Keep your horse’s feet picked out and cleaned.

It’s important to ensure your horse’s feet are regularly trimmed and/or shod by a competent farrier or trimmer, to avoid the toes becoming long or cracked, or putting extra pressure on the laminae.

A good quality diet is the key to good horn production and good feet. There is no one supplement that needs to be fed, but a more holistic approach should be taken towards your horse’s nutrition, to ensure it is being fed a complete diet with regards to macro and micro nutrients.

* * * * *



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Many thanks to Debbie Barker Photography for pics of our **Ribbon Day** on August 6; you can check out more pics on her Facebook page. More photos from the Sue Pennington **Poles Clinic** are available on the WRC Facebook page (under albums). Thanks to Jody Paddy and Hayley Drury for capturing the action.







Waitemata Riding Club's "Volunteer of the Quarter"



Help at any of the Waitemata Riding Club events during the months of August, September and October 2017 and go into the draw to win a **Gift Pack of Virbac Product** one of our generous sponsors – Approximate Value \$150



Prize is on top of the normal volunteer rewards: All volunteers will be fed and watered on the day. For volunteering you will also receive a \$15 WRC voucher for a half day or two \$15 WRC vouchers for a full day.

Conditions of Entry

- Competition is open to anyone who officially helps at one of our days (Committee members excluded)
- Results will be published to both our Facebook Page and our Website by 01/11/17
- The prize is not redeemable for cash or transferable to any other person
- One entry per 1/2 day volunteered

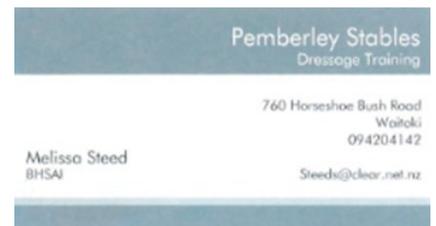


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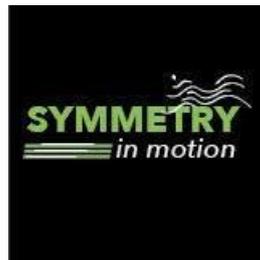
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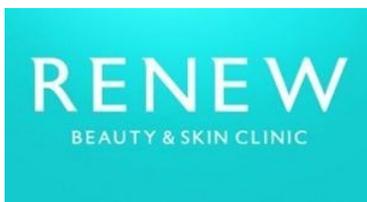
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either asked the wrong question,
or asked the question wrong.”**

~Pat Parelli

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