



# Hoofbeats



## Inside this issue

|                              |    |
|------------------------------|----|
| Prez Sez.....                | 2  |
| Feature: Sue Pennington..... | 4  |
| Club news & updates.....     | 7  |
| Event review.....            | 8  |
| Insuring your horse.....     | 9  |
| Member profile.....          | 11 |
| Veterinary article.....      | 12 |
| Photo gallery .....          | 14 |
| Scholarship winner.....      | 15 |
| Sponsors directory.....      | 18 |
| Contact us.....              | 22 |

# Prez Sez

**Hello WRC members,**

I've been thinking a bit recently about the unique challenges that come with our sport. There's a great image that shows our ideal path to success...it's smooth, with no speed humps, and great gains in skills and confidence. Then there's the reality...it has pot holes, quick sand and burning fires of fire to jump through! I often question my commitment to the sport and passion for horse riding in the hard times; things don't go as planned, horses or riders get injured, life stressors crop up and it all seems like it's time to throw in the towel. I ask myself "am I enjoying this?" and sometimes the answer is no. On the flip side though, I couldn't imagine a life without horses (apart from having a healthier bank balance!) I figure we have to hold onto the good times, and acknowledge that with the highs of the sport come the lows. I talked a bit about goal-setting in my last column and how we need to set long and short term goals...but what happens when a spanner is thrown in the works? We have to change and we have to adapt. I had high hopes for one of my horses this season - getting to 1\* eventing, now he is sitting in my paddock awaiting further diagnostic work for stiffness/lameness. My other horse is on the journey of rehab to get back to 1\* (maybe, maybe not!) Now halfway through the season I am reevaluating my goals and it is important to acknowledge that we have to have plan b, or c, or sometimes z! Horses are great levellers and the comradeship we can

share in both the highs and lows is what is wonderful about our sport. Among those who competed at our dressage day in the weekend, there would have been some great highs and perhaps some lows, and I hope for everyone they had a sense of achievement and inclusiveness. Our club has always been about supporting the riders to achieve what's important to them and encourage growth. (You'll know if you've been to one of the derby days we stretch comfort zones just a little in the hopes you go away having gained confidence in your ability!) At any stage though, do not be afraid to change the direction of the journey you are on. Keep thinking and reflecting, and hopefully the curve balls we are thrown won't throw us completely off the path.

I hope you all enjoy the upcoming summer - we have some great events coming up, SJ clinic with Ginny Thompson, our Christmas Derby (with plenty of treats to enjoy), our mini ODE in January and Camp in February. See you out there..!

**Jessie**





# “Coach with the most”: meet Sue Pennington

Riding coach Sue Pennington has developed a loyal and fast-growing following among local riders. Her gymnastic poles clinic for WRC, held earlier this year, turned out to be one of our most popular events ever! We caught up with Sue to find out more about her own riding, home life, and coaching philosophies.

## The early days

Sue was born in a small village in the UK, and her family moved to Sasolburg in South Africa when she was eight. As a horse-mad young girl, she spent most weekends helping out at yards, where she was given horses and ponies to exercise and compete.

“I didn’t get my own horse until I was in my late teens...an OTT TB called Airman. My parents were probably wise enough to wait until I was old enough to pay for his upkeep!”

Getting a horse of her own also marked the beginning of Sue’s coaching career.

“Coaching has been a part of my life since back then. It started as a way to help pay for my horse’s expenses, but soon became my passion. It was always a dream of mine to have a coaching and horse-related business.”

## Move to NZ

Following a career in the corporate world, Sue and her husband Andrew made the life-changing decision to move their family to New Zealand in 2009. They also took the opportunity for them both to embark on new careers.

“My hubby went back to Uni for a couple of years, but once he was settled into his new career, I flung the door open on my freelance coaching career...and I haven’t looked back.”

Before going full-time, Sue already had a couple of years instructing at various local PCs (Wainui, Waimauku, Huapai and Whenuapai). She’d also worked for a Professor of Animal Welfare, looking after and exercising her horses, which opened some further doors.

“She introduced me to some great training methodologies, including Dr Andrew McLean. All this was a great opportunity to network with riders and learn more.”



*Cross-country at WHS on a friend’s horse.*

## Home life & horses

Today, Sue and her “wonderful non-horsehubby of 24 years” live on a 10-acre lifestyle block in Woodhill along with their sons Matthew (12), and Jeremy (10). They have a menagerie of animals, including the recent addition of an orphaned Captain Cook piglet.

Sue has two horses – a 16.1 WB bay mare (paddock name Trix); and a six-year-old quarter horse x TB called Columbine Majestic (Jasper). She also has a “project pony”, a Welsh Pony x WB called Tahira Rua.

“He’s a stunning ginga...about 5 years old but he’s very nervous, so he’s more of a long-term project.”

Trix was Sue’s first horse in New Zealand, purchased as a 4-year-old from the local breeder, Chris Beach. Two years later, Trix had a paddock accident which caused significant damage to the deep digital flexor tendon. Although it was traumatic at the time, Sue says the recovery period taught her some invaluable lessons about horse training and rehabilitation.

“I’m hoping to get both horses out competing next year... Trix mostly dressage and showing. My goal for Jasper is to get back into eventing; that’s what I mainly competed in when we lived in South Africa. I love the challenge of having to do the three disciplines.”

### **Local involvement**

Sue coaches most of her clients at her home arena in Woodhill, but also visits clients locally in Waimauku, Dairy Flat (North Shore Riding Club), and Coatesville areas.

“I do travel further, but that’s usually to do 1-2 day clinics. Current locations are Willow Equestrian Estate in Warkworth and Northgate Lodge in Ruakaka. I also try to organise a 2-day weekend clinic at Sandstone Equestrian on a monthly basis.”

As well as being Head Coach at Waimauku PC, Sue rounds out her busy schedule with regular coaching at Waimauku Adult Ride (WAR), and some of the other local pony clubs.

She coaches riders of all levels – to those competing at higher dressage and eventing levels, to children, and anyone in between.

“I like working with riders who want to do what’s best for their horse, build an improved relationship, and be safe. Our goal is to make a difference in their riding, so they can improve their horse’s way of going while remaining ethical.”



- Sue and Columbine Majestic (aka Jasper)

### **Coaching philosophies**

Sue’s teaching draws upon three main coaching philosophies – Ride With Your Mind (developed by British coach Mary Wanless), Straightness Training (developed by Marijke de Jonge), and equitation science (including the McLean Method). The common thread is that they all use biomechanics – for both the horse and the rider – coupled with ethical treatment of the horse, and an understanding of how horses learn.

“My aim is to improve both the horse and rider’s biomechanics. Horses were not designed to be ridden; and it’s our responsibility as riders to better prepare ourselves and our horses for ridden work. We need to be responsible for how we sit on a horse...and become more aware of how we can help the horse to become straighter and more in balance.”

As an accredited Ride With Your Mind (RWYM) coach, Sue is required to attend clinics in the UK with Mary Wanless every four years.

“Through my RWYM training, I have a better understanding of what naturally talented and top riders do - without realising they’re doing it. My aim is to help other riders develop this ‘feel’, and the ability to positively influence the horse they’re riding. About 80% of ridden issues can be fixed when improving the rider’s biomechanics.”

*“I like working with riders who want to do what’s best for their horse...”*

## Sue's secrets: the low-down on pole-work

“Sue Pennington pole clinics” have become legendary around these parts! Here’s why she recommends pole work for all horses and riders...

**The overall benefits.** “In my opinion, the main benefit of the pole gymnastic exercises is to improve the development of the correct muscles, to protect and support the joints.”

**Poles are for everyone.** “Riders from all disciplines, age and levels come along to these lessons. Some just think they’re coming to trot over some random pattern of poles, but they leave with additional tools to improve their riding and horse’s way of going.”



**They help to improve straightness, rhythm and balance.** “The poles don’t lie! If riders don’t keep their horse consistently in the middle of the poles, then they aren’t keeping the horse straight. If the rider isn’t keeping the horse in balance, and maintaining rhythm, they won’t be able to make the distances without disrupting the flow.”



**They train both horse & rider.** “Riders have great ‘aha’ moments, when they realise how they can help the horse to get the most out of the poles. When riders activate a few of their dormant muscles, or use them differently, the horses respond and improve their way of going.”

**They add variety to training.** “Poles are a great addition to your training regime – you can still practice the principles of dressage and jumping, but add a little variety for the sake of yourself and your horse.”

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# CLUB NEWS & UPDATES



## YOUR HORSE HOLIDAY AWAITS!

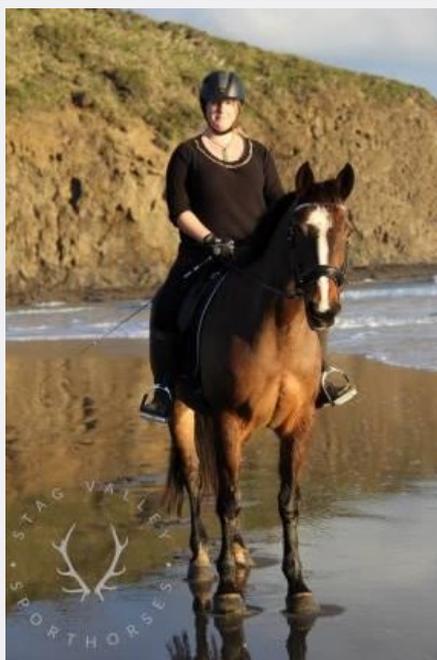
How does this sound for a dream holiday...waking up next to some beautiful Auckland coastline, seeing your horse grazing nearby, and enjoying a relaxed ride over stunning beaches and nearby farmland. Then kicking back at the end of the day to enjoy a wine & barbeque with your WRC mates. (And all for just \$30 per night!)

There are still some spots available for the inaugural **Waitemata Riding Club Camp**, being held at Awhitu Peninsula from **15th-18th February** 2018. So grab a couple of your WRC besties and make it a date. Your place will be secured by a \$30 non-refundable deposit (see below).

**For more details:** [check out the flier](#), or contact the Camp organiser, Mark Saxony at [mark@wrc.org.nz](mailto:mark@wrc.org.nz).

### How to book:

1. Download & complete the WRC entry form, be sure to tell us the dates you would like to book <http://www.wrc.org.nz/wp-content/uploads/2011/11/Entry-Form-PDF.pdf>
2. Email your completed entry form to [mark.saxony@gmail.com](mailto:mark.saxony@gmail.com)
3. Transfer \$30 per/person non-refundable deposit into the WRC account, with the reference 'Camp'
4. Please note site numbers limited to 40 per/night, a reserve wait listing will be created



### WELCOME RACHEL!

**Rachel Taylor** recently joined the WRC Committee, and introduces herself here...

"I grew up in a non-horse family, but my parents supported my enthusiasm for horses and would ferry me out to the local riding academy in Wellington for lessons. Then life got in the way, but after a long break I was given the opportunity to pursue my passion once again when I moved up to Auckland. I now have four fabulous horses in my team — Rebel, Shae, Lux, and Lexi — and have an interest in dressage, hunting, working equitation and starting/working with young horses. I'm looking forward to getting more involved with WRC and the wider equestrian community."

### OUR NEW LOGO!

Thanks for helping to choose our new Club logo, which is already featuring on our fab new polo shirts. (We'll be taking the next round of orders for these in January).



# WRC EVENT REVIEW: Jumping Clinic with Ginny Thompson

Held at Sandstone arena in September, this event helped Ginny fundraise for her campaign at the prestigious Adelaide 4-star 3DE. Many thanks to **Lauren Maloney** (pictured here with her horse Tilly) for writing our review.

“My name is Lauren and Matilda (‘Tilly’) is my 16.2 Clydie x TB mare, who I’ve owned for two years now. After a good 15-year break from riding, I found myself really missing being around horses and riding. I’d always been involved in pony club growing up, and with horsey parents, it was in my blood.

“I was a keen jumper in my younger days and was always up for a challenge. However fast-forward 15 years, I suddenly found jumping quite scary! I definitely struggle with the anxiety and mind-set of thinking the worst is going to happen. I had never really had a jumping lesson apart from my pony club days, which had by now all gone out the window. I had jumped Tilly a few times at home, and at some local arenas, but had never really tried to challenge myself and mostly stuck to flatwork.

“So when I saw the club was running a clinic with Ginny, I felt this was really something I needed to do. I’d had dressage lessons in the past with Ginny’s mum Hazel, and the knowledge and confidence I gained from her was amazing.

“To start our lesson, Ginny came and spoke to each one of us - asking what we did with our horses and what we wanted to achieve from the day. I quietly explained that I struggled with confidence and a positive mindset, that we had never jumped a course before and that I was pretty much terrified about what was going to happen today! She instantly made me feel at ease and told me ‘you got this’.

“We started with some warm-up exercises with ground poles, which I really enjoyed. Ginny talked about our striding, rhythm, position/balance and ‘looking up’ (which is another thing to add to my list of ‘things to work on’).



“After warming up we then moved on to the jumping. Ginny put together a small course for us each to do. I had convinced myself that Tilly would stop or duck out and that I was going to eat dirt...but Ginny completely reassured me, and talked me through each jump.

“After the first jump I felt so much more at ease and started to really enjoy myself. Tilly was having a great time; as long as I lined her up and kept my leg on, she was going for it. By the end of the lesson I couldn’t wipe the smile off my face.

“I would definitely recommend a day out like this for anyone like me who struggles with confidence. The girls in my group were all really positive and encouraging to each other. It’s a great way to make new friends and learn new things; and I can’t wait to come to the next event. Thank you WRC!”

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## *A word from our sponsor...*

### **FMG: THE BIGGEST RISKS OF HORSE OWNERSHIP.**

Galloping your horse over big cross-country tracks might feel like the riskiest thing you could do, but when it comes to insurance claims, most injuries actually happen at home in the paddock.

Our sponsor **FMG** provides the following insights and tips:

#### **The biggest risks at claims time...**

As horse owners ourselves, our team have experienced first-hand the highs and lows of owning these gorgeous creatures. We understand the stress involved and the work required to keep them in peak condition. So we want to share with you some of the biggest risks we see at claims time, and some advice on how to reduce the risks.

#### **In the paddock**

While many riders think show time is when your horse is most at risk of injury, the truth is most of our injury claims actually happen at home in the paddock.

That's why it's so important to regularly check your paddock, stables, fences and gates to make sure they're all in good condition. Cover in holes as soon as you see them. Keep an eye out for stones, warratahs and old fencing, overgrown stumps or troughs and other hidden objects that could cause injury.

We often see injury claims from new horses being introduced to the property, especially when other horses are around. Introduce them slowly, and be extra-vigilant during the whole process.

#### **Spooking**

Unfortunately each year, FMG receives injury claims due to horses spooking from loud noises, fireworks and bonfires. It's never a nice experience for owners (especially when you're not the ones making the noise).

If you know there's going to be a loud event, try to keep your horse in a familiar environment, with the same routine and companions. If your horse finds comfort with you, consider staying with them or keeping a close distance until the noise stops.

If you know your horse gets really stressed, speak to your vet about alternative options. It's always worth letting your neighbours or local organisers know there are horses in the area too.



#### **Travel**

While it's not nice to think about, there is always the risk of a vehicle accident when travelling—a situation that's so much more stressful with horses in tow. It's important to have a plan in place to get you and your horses home safe, should the worst happen.

Have your emergency contacts readily available, and never travel without a cellphone. It's a good idea to have good insurance cover for when you're travelling too. With FMG, you can also get an extra \$500 for emergency costs if you're unable to find any alternative transport.

## Liability

As you know, owning a horse comes with a bunch of responsibilities with a lot of things to consider. Something that is often top-of-mind for our Equine clients is the risk of their horse escaping and injuring itself, or damaging other people's property.

While good liability cover in place is great in hindsight, a good practice we suggest is the "double gate" model.

That's when there are always at least two gates your horse must get through in order to escape your property—no matter where they

are. It's a simple trick, but can help you avoid an expensive and potentially devastating accident.

## Get in touch

As specialist Equine Insurance Consultants, we know exactly what to look for when it comes to providing insurance cover for your horse. We have years of experience, and an endless passion for all things horses that goes way beyond a simple insurance policy.

For more information about our policy covers, to request a quote, or just have a chat, check out [www.fmg.co.nz/what-we-cover/horses/](http://www.fmg.co.nz/what-we-cover/horses/) or give us a call on **0800 366 466**.



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## Member profile: meet **Erika Ciprian**

**Occupation:** Store Manager, RD1 Albany

**Horse/s:** Monty Carlo (aka Monty Moos) & Cameo

**About me:** “I recently shifted to Matakana and am very lucky to live on a gorgeous farm with epic scenic views of Omaha Beach and harbour. I’m spoilt to have Stable 88 and the Matakana Country park five minutes from home. I own two horses, a mini schnauzer called Escobar, two donkeys and chooks. I’m the store manager at RD1 Albany; I have a huge passion for equine nutrition and helping owners gain knowledge of all things animal/farm-orientated. Come and say hi to me next time you’re in store!”



**About my horses:** “Monty Carlo (aka Monty Moos) is a 6-yr-old WB x Clyde x TB (by Ashhaven Wise Guy). Moos is around the 17.1hh mark and still growing. If you’ve met me, you’ll understand why I need the height :) I got Monty as a 2-year-old and started him myself, also with the help of my wonderful friends. He will be my everything horse. I often describe him as a giant dog; he is a character and loves to be involved with everything.

Cameo is a 16hh standardbred mare. She’s now 13 and had a hard life prior to meeting me; I’ve had her for six years and love this girl to bits—even if she can be a little madam at times.”

**Our highlights together include:** “Best moments with Monty have been participating in the WRC HAG dressage day, also discovering the wonderful Sue Pennington—who has helped both Monty and myself with our balance, rhythm and sooo much more. Love the pole clinics—huge fan of hers. Best moments with Cameo would be entering our first show ever, the Warkworth A&P 150th anniversary show this year. She took out age-group Champion Mare, Champion Inhand & Grand Supreme Champion overall. Couldn’t stop smiling—she handled the day like a pro and I was incredibly proud of her.”

**My future riding goals include:** “Plans for Monty and I will be to travel up the levels of dressage, while trying our hand at Showhunter. Once we have that sorted, we would step into Showjumping and then eventing. Cameo and I will continue doing the A&P shows for a couple of years. I will eventually put her into foal.”

**Things I enjoy outside of riding:** “When I’m not riding I’m playing with my two new donkeys, Adrienne and Gerry—I found these guys on the WRC page. I adore anything to do with animals, taking my doggy for walks and taking him kayaking with me around the Omaha estuary.”



## “Sick to the stomach”: gastric ulcers.

In recent years, research has revealed that gastric ulcers are relatively common among the horse population. It can be a worrying condition for owners – given that ulcers are largely ‘unseen’, and will often show up in behavioural changes. **Dr Dave van Zwanenberg** from **Vets North** answers our questions on their cause, treatment and diagnosis.

### \* What are stomach ulcers?

Gastric ulcers are a lesion or erosion of the stomach lining. While both humans and horses can suffer from stomach ulcers, there are some important anatomical differences.

The horse’s stomach has two parts – and each has a different type of stomach lining. The upper portion has a ‘squamous’ lining that is similar to skin and produces minimal secretions. The lower portion has a soft, glandular lining; and is responsible for producing most of the stomach secretions, including the acid that helps with digestion.

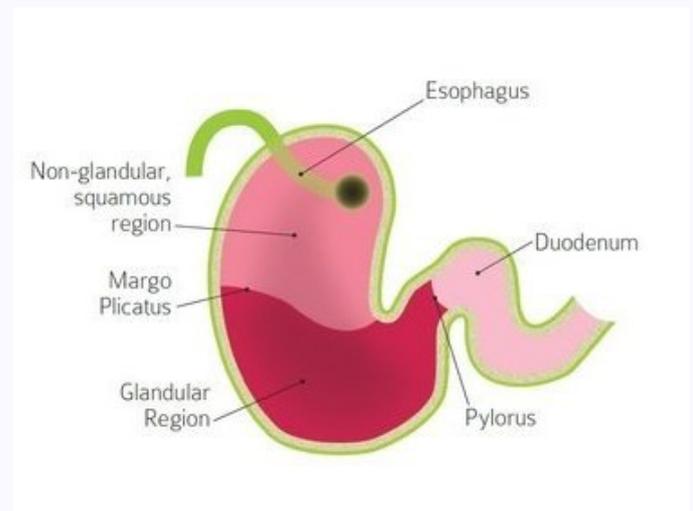
Although ulcers can occur in both stomachs, equine squamous gastric disease (ESGC) is far more prevalent than glandular gastric disease.

### \* How common are they?

Research shows that gastric ulcers occur fairly frequently across the horse population. Although they can affect any breed or type of horse, there’s a higher prevalence among elite competition horses, particularly racehorses (with some estimates up to 90%).

In terms of breed, studies have shown that thoroughbreds are also more prone to ulcers, even those not used for racing. Ulcers can occur at any age; and foals are particularly susceptible, due to the acidity of their gastric fluid (see below).

If left untreated, further complications from ulcers can include haemorrhaging (bleeding); or perforation of the stomach, which can be fatal.



*Diagram showing the upper (squamous) and lower (glandular) regions of the horse's stomach.*

### \* What causes ulcers?

A horse constantly produces hydrochloric acid to aid in digestion – it has evolved this way to suit the animal’s natural state of continual grazing.

However when there is prolonged time between meals, or the horse has an empty stomach throughout the day, the acidity in the stomach can become very high. This acid causes damage to the (upper) squamous stomach lining.

Other conditions that pre-dispose a horse to ulcers include: intensive exercise, high stress (triggers can include stressful events such as travel), or severe illness. Underlying medical reasons can include delayed gastric emptying (caused by an abnormally narrow exit to the stomach); a stomach impaction; or long-term exposure to non-steroidal anti-inflammatory drugs.

*Contd overleaf*

**\* How are they diagnosed?**

Some horses tolerate ulcers better than others, and the clinical signs may not be obvious. The pain and discomfort may affect the horse’s eating behaviour (a poor appetite, or eating but losing weight); temperament (may include behaviours like crib-biting and grinding teeth); and performance (unsettled in training or unwilling to work). Given the clinical signs can be a bit of a “mixed bag”, a gastroscopy will give you a definitive diagnosis. In order to visually check the stomach lining, your vet will pass a gastroscope into the stomach. This involves passing a flexible fibre optic cable up the horse’s nose, then down the oesophagus into the stomach.

**\* What’s the treatment?**

Treatment is relatively straightforward. Your vet will typically prescribe a short-term course of drugs to decrease the acidity in the stomach, and/or drugs that ‘adhere’ to the ulcer to protect it against acid. The prognosis for gastric ulcers in the squamous portion of the stomach is fairly good, and with effective treatment will completely resolve in the majority of cases (but not all).

For the less common type of ulcers (glandular gastric ulcers), the causes and pathophysiology is less well-understood; and response to treatment is more unpredictable.

**\* How can you help prevent ulcers?**

Start with the basics of good nutrition. Make sure you provide constant access to water, continuous access to grass or hay, and minimise grain and concentrates. Avoid prolonged confinement, and long periods of time where your horse has nothing to eat. This includes transportation – provide haynets and take regular meal breaks on long journeys. If your horse is not on grass, make sure you feed little and often (ideally 4-6 meals a day). Be aware of any situations, environments or training regimes that may trigger stress for your horse; and make a plan to minimise those. It’s a good idea to keep a diary noting any behavioural, temperament, or body condition changes within your horse.

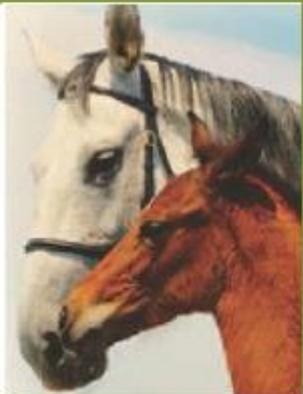
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These are some pics from the **Ginny Thompson Jumping Clinic** which was held on 30th September; there are more on our Facebook page. If you think it looks like fun (it was!) — there is another clinic with Ginny on December 4. For any enquiries, contact event organiser, Sarah Louise Vernon on [sarah@wrc.org.nz](mailto:sarah@wrc.org.nz).



# WRC SCHOLARSHIP WINNER: JO STUTTON

**Jo Stutton** was one of two lucky winners of the WRC 2017 Scholarship. She used her \$300 prize for jumping lessons (on her two “chalk and cheese” horses!) with instructor Dave Collett.



**I entered the scholarship:** after sadly losing my beautiful young horse Balu earlier this year. I rebounded into buying Fred, and then bought Nugget, as he is actually much more my kind of ride. I wanted to do the scholarship as I needed to make myself get out training again, as I had lost a lot of self-belief after losing Balu.

**I chose to have my lessons with:** Dave Collett, as he knows Fred very well and knows me well too. I just love his positive and enthusiastic approach. He’s happy to get after me when I need it, but makes you feel like you just won Hickstead after a good round!!

**Lesson #1:** Fred is a big 16.3hh 7-year-old TB who has more jump and scope than he knows what to do with...so my lesson was all about creating forward energy and maintaining it, and not flapping like a chicken..!! It’s about riding up into the contact and then maintaining that energy, especially off corners, as Fred does like to take a steadier approach to life! Tweaking my position and making me think about using my core and riding in a lighter seat really helped. By the end of the lesson I could really generate some momentum when I needed it...and it made riding distances, making the changes and keeping it fluid SO much easier!



**Lesson #2:** Then I had a lesson on wee Nugget. He’s 15.3hh of stationbred chunk! He’s only just turned 6 and has been out competing 1m with his old owner. He’s a looky wee thing but I love him to pieces. My lesson with Nugget was all about slowing my ride down...yes, I own chalk and cheese ponies! Nugget really takes you to a fence and I was over-riding with my body. Dave got me to think about my body position on the approach and take-off, and to not “drive” with my body as we took off, causing Nugget to scoot off on the other side of the fence. I had to pick up my canter and then hold it...and wait for the jump to come to me, and keep a strong quiet position over each fence. I really noticed how effective this was down the doubles...the first few times we

were nearly in hyperdrive on landing, and then by the end we’d had the same lovely canter out as we did coming in. Again, Dave had SUCH a great eye for what I’m doing, and is so great at explaining not only what to do, but why. I’m so grateful to the WRC for giving me this great prize, I learnt so much and am really looking forward to the season ahead!

# Two new horse products in time for summer

It's that time of year again—when Kiwi horse-owners are looking for solutions for sun-burned noses, insects and ticks. Local rider (and WRC member!) Bronwyn Sanders has developed two revolutionary new trough solutions to combat these problems. She explains the story behind her homeopathic remedies, “Ticked off with Flies” and “Right on the Nose”.

“Several years ago a group of riding club friends and I were off to Woodhill Forest to stay at the Nursery. Someone is always nominated to bring the Ripcord because the ticks are so bad there. I'd sourced a natural trough solution, as the chemical alternative was so abrasive. I gave it to my horse prior to the trip, and put it in the trough and feeds while we were there. I was so amazed how well it worked. I only found one tick on my horse's leg and it soon disappeared. The others had similar results.

“Over time, I changed the product to make it even more effective, and added the flies component; and it has been so successful to date we are finding it hard to keep up demand! We have since also developed - through much research, Ticked off with Flies Topical Spray.

“The other trough solution we have is called Right on the Nose and has been tried and tested by my own horse with great success. The remedy has been remodelled and revamped to be even more effective (if that's possible!) Right on the Nose works from the inside to reduce the effects of the sun on skin. It is made from elements of the sun in a law of “similars” - like treats like. Not even highly qualified people in the field know quite how it works, so that's the best explanation I have! The wonderful thing about it is not having to put cream or powder daily on your horse's nose. You have to give it a week or so to really get in the system to work, but once it does, it's truly amazing!!

**What is in the remedies?** “They are made from natural homeopathic ingredients, which are listed on the bottle of each product.”

**How do they work?** “When taken internally, the remedy changes the taste of the blood and makes it very unpalatable to the ticks and insects, while being very safe for the animal to ingest.”

**Why put it in the trough—won't it dilute and be wasted?** “Not at all. The tiny particles of the homeopathic remedy get dispersed throughout the trough and carried by the hydrogen in the water like an electric current. So every time your horse takes a drink, they get a dose of the treatment. It's a very effective way of building it up in their system. It will be quicker to take effect if you can get it into your horse in many different ways i.e put some in the feed, on a treat, or use the small pump bottle and go directly in the mouth as well as putting it in the water. It has a sweet taste and most horses love it.

“It does not matter how big the trough is. There's no ratio of water to the trough solution, just as a shark can detect blood from several kilometres away in a large body of water like the sea. It can be difficult to get your head around this in the beginning. My advice when people aren't sure about it, is to give it a go!”

**WRC MEMBER OFFER:** If you'd like to try these products, they are available at Falloons, Equestrian Supplies and Horselands stores. Or you can order online at [www.firstequine.co.nz](http://www.firstequine.co.nz). Put in the code **WRC** at the checkout and you will receive **\$10 off and free shipping!**

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## Waitemata Riding Club's "Volunteer of the Quarter"



Help out at any of the Waitemata Riding Club events during the months of Nov, Dec, and Jan and go into the draw to win a **\$150** voucher from New Zealand Farm Source - RD1 to spend on one of our sponsors products: Coprice, Dunstan, Fibre Fresh or Equilibrium

*(Both RD1 and the food suppliers are very generous sponsors over the last season)*



*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 out at one of our days (Committee members excluded)
- Results will be published to both our Facebook Page and our Website by 01/02/18
- The prize is not redeemable for cash or transferable to any other person
- One entry per 1/2 day volunteered



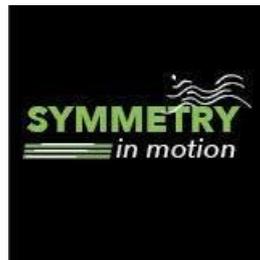
[www.wrc.org.nz](http://www.wrc.org.nz)

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~Pat Parelli**

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www.wrc.org.nz

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Kumeu

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