



Hoofbeats



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Prez Sez

Hey everyone,

Hope you are all well and are enjoying the ground drying up finally! I don't know about your horses, but mine are enjoying the emerald green grass that is sprouting up everywhere (along with their waistlines). More importantly though – it's fantastic to have daylight saving back! So we can now spend more time with our equine friends, riding away the lighter evenings. My girl's had a nice break as of late – so it's time to remind her she's not a lawn mower and get her out and about again.

We have some neat new events to try out this season. As well as our first Dressage day, and the Christmas Ribbon Day; we're planning a quiz night (the topic being all things horses!), and maybe a twilight jumping event, for some mid-week fun.

Outside of WRC, there are some big events of the season coming up...including the Waitemata Dressage Champs (Woodhill Sands), Waitemata World Cup showjumping (Woodhill Sands), and Puhinui International 3 Day event (Puhinui). These days are always looking for helpers, and it's such a great opportunity to see some of New Zealand's best riders in action. So keep an eye out on the local pages if you want to get involved.

This year we will be continuing our Volunteer of the Quarter – it's a great way to reward one of volunteers – we appreciate each and every one of you. We always try to purchase our

prize off one of our fabulous Sponsors. This year we have a fabulous group of sponsors – please make sure you check out our website – www.wrc.org.nz and support those who support us.

In this issue of Hoofbeats, we also learn more about the wonderful Sue Whiddett. Sue was an early member of WRC, who later went on to become one of the country's top show hunter judges. We're very lucky to have her involved in some of our own events.

With summer show season underway, we bring you some turn-out tips from Kristi at Brick Bay Equine. (Our lucky Volunteer of the Quarter will win a \$150 voucher from Brick Bay).

Until next time, we hope you enjoy the read.

Happy riding,

Jody



UPCOMING EVENTS

DRESSAGE DAY 1: Sunday 11th November, Woodhill Sands

CHRISTMAS RIBBON DAY: Sunday December 16th, Woodhill Sands

Other events in the pipeline for early 2019:

- XC Clinic with Lauren Alexander
- Show Hunter Day 1 (potentially a twilight event and BBQ)
- Quiz Night (with a Horsey theme of course)

Keep an eye on our Facebook page for updates, and the website [Events page](#).



Two brand new trophies for the 2019 season!

We love to celebrate different kind of riding achievements at Waitemata Riding Club...so we've added two new trophies to the cabinet for the coming season and beyond.

The **Vernon Logistics Turnout Cup**, donated by Sarah Vernon, is for the smartest-looking pair of horse and rider, consistently throughout the season. You don't need to register, but here's a clue about our judge (always make sure look you're looking your sharpest around "S-LV"!)

The **Maddie Memorial Old Horse Cup** is to celebrate horses over 21 years of age, and will be judged by points accumulated over the season. This was donated by Jackie Benfell, in memory of her late horse. To register your horse for this Cup, please email Natalie Jade Bunker on Natalie.Bunker@gmail.com. Full details on all WRC Cups and awards can be found [here](#).

LATEST RESULTS

Congratulations to all our 2017/2018 season prize-winners, who were recognised at the AGM on July 21st. A special mention goes to **Jordana Ashby**, who won the Presidents Cup; and **Kellie Sharman**, who won the Tamara Sportsmanship Award. Their efforts reflect the spirit of the Club, which is all about camaraderie and supporting our fellow riders. You can check out the full list of results on the [website](#).



“A sporting life”: meet show hunter judge Sue Whiddett

From growing up in a horse-mad family – to raising a famous sportsman son whose moniker is “Mad Mike” – **Sue Whiddett** has had plenty of sporting adventure in her life.

In this article, Sue shares with us some of the highlights...including her first taste of show hunter at a WRC clinic, to becoming New Zealand’s top judge of the discipline.

Growing up in Remuera, Sue caught the horsey bug early – along with her older sister Chris Beach, a well-known local riding instructor and owner of Beachcroft Equestrian. Their mother, Jean, had immigrated to NZ from the UK with her twin sister in their late teens.

“It was their love of horses that opened up the opportunity for us to ride,” says Sue.

“While Chris and my Aunt rode their ex-racehorses, I helped out grooming the ponies at Runnymede Riding School in Takanini.”

Sue got her first pony as a 10-year-old; a chunky chestnut roan called Sandy.

“When we bought him, Chris got to ride him home from Whitford to our grazing in Takanini...while we followed in the Morris 1100!”

A few years later, the girls joined the North Shore Riding Club, which had just moved to a large new property in Redvale. (Sue was made an Honorary Life Member of the Club in 2002, in recognition of her 30-year membership and 18 years as Treasurer).

A founding WRC member

Sue was one of the founding members of Waitemata Riding Club, joining not long after it was formed in 1987.

“I have great memories of CTRs in the forest, farm rides, visits to Stud farms and even riding dressage in Albany, by where the stadium is now. And it was through WRC that I was first introduced to show hunter, through a clinic run by Des Lowe and Winky Foley in Coatesville.

“I had a lovely Clyde/Arab mare at the time, and was also a member of Waitemata Hunt. In between competing and hunting, I loved riding at Okura beach and Woodhill Forest with my Mum...who kept riding until she was 70.”



- Sue competing in the early show hunter days on her Clyde x Arab mare, Rebecca

Today, Sue lives in Northcote, a mere two kilometres from the Early Childhood Centre where she teaches “curious and adventurous 2 and 3-year-olds”. It was through her days as a young Mum at Playcentre that inspired her to become an ECE teacher.

“I chose to reduce work to four days a week after going through a tough time with breast cancer and chemotherapy. That was 17 years ago now, and seems only a distant memory.”

Sue is now grandma to 10-year-old Lincoln, and 3-year-old Jett; who is already following in the family tradition.

“Jett has lessons on a fabulous pony called Blossom who comes to her early childhood centre in Pokeno once a week.

Last week she had her first trot! Seems we’re going to be looking for a pony in the not-too-distant future...”

Grandson Lincoln is also following in his father's footsteps (see below), competing nationally in his off-roader bike.

The proud Mum

Anyone who knows their motorsport will recognise the name “Mad Mike” Whiddett, the Red Bull-sponsored driver who currently leads the Formula Drift Japan series for 2018.

“As a single parent, there was never a dull moment raising Mike,” says Sue.



- Sue's famous son, drifter “Mad Mike” Whiddett

“From the outset, he loved wheels, and would zoom down our driveway at full speed on his plastic 3-wheeler. Our time at weekends was shared between horses and bikes – Mike was often following the hunt in a supporter's 4WD or accompanying me to a show, and I was always hands-on to help him in his sport.”

After realising his childhood dream of competing internationally in MotoX, Mike discovered the sport of drifting when he was 20 years old.

“With numerous broken bones and concussions from Freestyle MotoX, I was relieved when he finally had some body work around him!

“At this moment, he’s filming in Russia with one of his cars. To say I’m proud of his achievements just doesn’t seem enough. I’m in awe of his passion, drive and determination; and of course his amazing driving skills.”

From grassroots to HOY

After discovering show hunter at that first WRC clinic, Sue began competing in training classes before moving up to registered events. However a freak riding accident 16 years ago proved a turning point, where Sue embarked on a different journey – into judging.

“I moved up the grades to Senior National judge, and eight years ago was appointed to the Judges’ Advisors Panel. In my role as Judges’ Officer, I liaise with ESNA to keep the Official judges list up to date.”

Sue is a regular judge at Horse of the Year, following her HOY debut in 2007.

“This was a very memorable experience, as much to my surprise, Mark Todd rode into the arena on Merran Hain’s lovely horse Tregonning. No pressure..! As it turned out, Tregonning had a refusal.”

At grass-roots level, Sue also takes clinics for pony club groups (and for us at WRC) when time permits.

Contd over page

Each year, she travels to Foxton to join the judging team at the Manawatu Pony Club Show Hunter Championships, an event with up to 24 teams competing.

“I haven’t missed one of these competitions in 12 years...it’s a great opportunity to give back to Pony Club. I’ve also been a regular coach at Wainui for many years, but decided not to continue this season as the commute through peak traffic became too difficult. Currently I’m on the Show Hunter Waitemata committee again, giving back to the sport I’m so passionate about.”

For Sue, the appeal of the show hunter discipline lies in the training and skill it requires of both horse and rider.

“It requires correct basics – straightness, rhythm and balance – and gives riders the opportunity to improve their riding skills to be more sympathetic and analytic riders. This in turn develops better-schooled, smoother, safer jumping; and more balanced, confident horses.

“It’s an excellent training ground for young riders and adults to learn about pace, striding and distance. The discipline has grown so much since its inception in New Zealand in 1986.”

A lifetime of horses

When asked about her most memorable horses or riding moments over the past 50 years, Sue says there are too many to count.

“We sometimes talk about horses being ‘one in a million’...but I think they are all special in their own way. My horses came to me by word of mouth, so they all had a great temperament and willing attitude.

“A big chestnut Irish hunter called Ralph came into my life for five years, on a lease arrangement. I had a very special bond with him and he proved super on the hunt field.”



- Ralph, the talented Irish hunter

These days, when she has time to ride, Sue joins one of Chris’ Beachcroft Equestrian group rides on a “delightful schoolmaster called Bonnie.”

She has also caught the trekking bug; having done a 5-day trek with High Country Horses in Glenorchy last year, with another South Island trek planned with friends in January.

“Aside from horses, I love doing regular aqua classes at Takapuna pool, being in the garden, and spending time with a very special man, whom I met two and half years ago. I’d read more books if I had time!”



- Enjoying a 5-day trek in Glenorchy last year

GETTING SHOW-READY: WITH BRICK BAY EQUINE

What's the ideal mane length for plaiting? How do you get rid of that winter fluff from the coat? And what are some of the products the pros use for turn-out?

VRC sponsor **Kristi Churches** from **Brick Bay Equine** is renowned for her talent in transforming hairy ponies into sleek show-ready models. We asked her to share some of her best tips.



Based in Dairy Flat, **Brick Bay Equine** provides a full range of clipping, grooming and turn-out services. As well as running a busy business, Kristi is also a successful 'showie' herself, with her team of ponies and miniatures.

Q. Post-winter, what's the best & quickest way to get rid of those shedding coats?

A. You have three options. 1) clip, so you don't have to deal with long hair shedding 2) use some good old-fashioned elbow grease to groom it out using a tool (an old hacksaw blade works a treat) or 3) just wait for it to come out by itself. The last option is hard to do with cold-blooded horses though, as they tend to hold onto their coats a lot longer than TB types.

Q. What are your pro secrets for getting the coat in shiny show condition?

A. I believe shine comes from a healthy horse, so focus on a balanced diet first. I try not to wash my horses more than necessary, to keep the good oils in their coat. But for extra shine and condition, I have a couple of go-to products...Premier Rose Conditioner and HSE Hot Oil. Both leave your horse smelling divine! I like to give the horses a light spray with the Rose conditioner after being worked and brush it into their skin with a soft brush.

Q. Let's talk manes...length, maintenance, trimming, plaiting etc.

A. Mane length and thickness really depends on the horse's build and your plaiting style. If you are banding/rosetting, it needs to be a few cm longer than it would be if you were to sew the plaits. My ideal length is around 10-15cm and so the plaits are no thicker than my little finger. My mare has a short neck, so we do her plaits quite fine to make it appear longer. On a long or weak neck you can make the plaits more bulky, to help the neck look a little shorter.

I pull/trim manes every month over competition season to keep them optimum. Then in winter, if they are turned out, I let them go feral! This allows all the regrowth come through evenly.

When trimming the wither and bridle path, less is more. Try to go no wider than your halter or bridle's head piece; and on the wither, I only go to the top point on the wither. Taking too much off shortens your horse's neck.

Q. How do we keep the tail looking gorgeous?

A. Wash and condition and use a leave-in conditioner. If you can, keep the tail in a bag...it really does improve it no end.

I really love Carr & Day & Martin detangler. It's been my fave tail spray for decades.



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Kristi's checklist for pre-show prep:

As show-day approaches, make sure you've attended to the following...

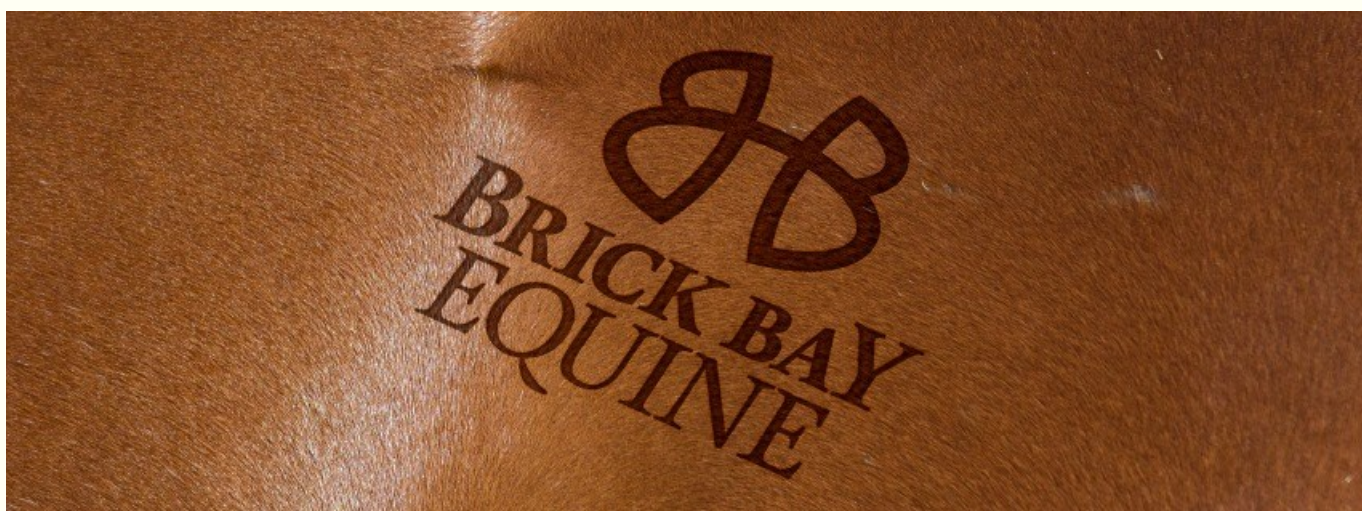
1. Tidy those long jaw hairs.
2. Trim any "teddy bear" hair from the ears that's sticking out.
3. Tidy the bridle path and withers with scissors or a small pair of clippers.
4. Trim long feathers off legs/fetlocks, and trim around coronets.
5. You may want to clip out white socks, especially if they are quite stained.
6. Trim the tail, and possibly dye it (if it's meant to be black but is looking bleached).
7. Trial a couple of plaits in the mane to see if it's the right thickness (and pull/thin/trim if not).
8. Re-clip the sides of the tail if you're not going to plait it.



Q. What about WRC events (that don't require plaiting or full show turn-out). What's the best way to still look polished and well-turned out?

A. Just be clean and shiny! A glossy coat is always a winner. A quick wipe with clear gloss around the muzzle and eyes can do wonders for quickly looking polished with minimal effort. Make that tail look so well-groomed you can run your fingers through it without snagging a nail.

NEED PROFESSIONAL HELP? If you don't own your own clippers, have a fidgety horse, or struggle to get things looking great—why not call in the professional! Kristi earns rave reviews from her clients for doing a fantastic job, and at affordable prices. She is also very patient and kind with young or nervous horses. Check out [Brick Bay Equine on Facebook](#), email kristi@brickbayequine.co.nz, or call **021 425 749**.





CLUB NEWS & LOCAL VIEWS



NEW PREZ & COMMITTEE MEMBERS

At our Special General Meeting on October 24, members officially voted in the Club President, **Jody Paddy**, and Vice-President, **Tania Aitken**.

This season we've also welcomed some new committee members—**Jordana Ashby**, **Heather Gurney**, **Tash Jones** and **Alison Reynolds**. We're also delighted to welcome back **Michelle Reidy**, who is taking up the role of Treasurer. Thanks to everyone who put up their hand up!



WAITEMATA RIDING CLUB

Dressage Day 1

Sunday 11th November at Woodhill Sands



Class 1	Training 0:A
Class 2	Training 0:C
Class 3	Level 1 A
Class 4	Level 1 B
Class 5	Level 2 A
Class 6	Level 2 B
Class 7	Level 3 A
Class 8	Level 3B
Class 9	Level 4 A
Class 10	Level 4 B

- Enter online via Equestrian Entries
- Entry Fee \$15per test. Ground Fee \$25per horse
 - Maximum 2 x tests per combination
- Entries close 4th November – NO LATE ENTRIES
 - Enquiries to Rachel Taylor – rachel@wrc.org.nz
- Rules, Scratchings and Refunds as per WRC website
 - No dogs on grounds – no exceptions

Waitemata Hunt 2-DAY TREK AT ATIU CREEK November 10th-11th



Fancy a springtime stroll with your horse over some beautiful countryside, with some great company? Waitemata Hunt is hosting a 2-day guided trek (walking only) over the stunning Atiu Creek peninsula.

Numbers are limited. Check out their Facebook page for more details. For queries, contact Sarah Robertson on 021 247 3710 or Rebecca Jelavich on 021 621 645.

NEW LIFE-SAVING EQUIPMENT

Along with other local equestrian groups, the Club has contributed towards the purchase of a defibrillator (AED), which will be kept in the office at Woodhill Sands.

This kit is used in the case of emergency, where the person has suffered sudden cardiac arrest. We encourage all members to get familiar with where the AED is kept, and read the instructions for using it.



Member profile: meet **Miranda Watson**

Horse: Claude (Heza Clyde), a 16.2 Clydie X, 11 yr-old gelding

Home life: "I'm married to Michael, who has no idea about horses but is very passionate about his golf, so completely understands my passion for my riding. I have two adult children, Nicholas and Emma, who are currently both living in the UK. Plus Bobby our rescue poodle x, and two moggies Freddie and Ollie.

"We live in Westmere and I commute 6 days a week to be with my horse. We are planning on selling and moving out to the north west countryside this year, something we've always wanted to do as both our hobbies are based here. Michael plays golf at Muriwai.

"I do voluntary work for the RDA in Mangere and often help out up at Woodhill Sands. I particularly like writing for the dressage judges—you learn so much and find out what each judge is looking for, which can be quite helpful when riding a test myself!"

About my horse: "I just love him! He is such a dude, he tries so hard for me and when I get it right he is just so awesome.

"When I purchased Claude as a 5-year-old nearly six years ago, he was just a big green leggy, willing boy. I was a "happy hacker" and wanted to learn to ride dressage; mainly because I love eventing and knew I needed basic dressage to do well in all three phases. What a journey it has been...so much thanks to my wonderful coach and now dear friend Mel Andrew."

Our best moments together/highlights so far: "Last season I really felt like it all came together for us at our pre-training level, winning and getting placed in all the ODEs we competed in.

"Such an achievement for me, as three years ago I lost my left index finger in a freak accident. Claude was in rehab with a sore back and this particular morning I was short on time so cut a few corners...long story short I was bucked off, my hand went through his tail, and yes I was wearing gloves! I thought I was fine until I looked down and saw my finger was gone - as you can imagine I completely flipped out. I didn't ride for another six months and my confidence took a big blow. I finally feel like I'm back on track...three years later."

What I enjoy about WRC events: "WRC is such a fabulous club, It is such a fun supportive environment to ride in and I have made so many good friends."

My riding goals for the future include: "To successfully ride at training level in eventing and continue my journey with dressage...it is quite addictive!"

Things I enjoy outside of riding: "My family and friends, Bobby my little dog. I love to read and travel (I am writing this on a patio of a Villa in Ronda, Spain, lucky me...)"

“Are we training our horses too often?”

If you're repeatedly training your horse to do the same task every day, you may not be spending your time most productively. New research has found that horses have similar learning progress when they are trained every three days, as when they are trained daily. Experts say there are also welfare issues arising from overtraining, as it can result in mental and physical problems for the horse.



Horse riders and trainers may decide how often to train their horses based on a gut feeling of how they believe the horse is responding when asked to perform a specific task. To test this assumption scientifically, a team of equine scientists from Germany and Australia have been studying how well horses remember a specific learning task when trained at different time intervals.

Uta König von Borstel from the Justus-Liebig University of Giessen in Germany and her team of researchers set out to find the optimal time interval between training repetitions of a learning task. She presented her findings at the 14th International Society of Equitation Science (ISES) conference in Rome recently.

The researchers trained 39 horses ranging in age from 2-24 years to perform three different, unfamiliar tasks. One group of 20 horses was trained once daily and the second group of 19 were trained once every third day. Both were brief training sessions.

The horses were trained to lower the head on poll pressure, back up from neck pressure, and to step forward upon pressure at the fetlock using negative reinforcement training (also known as 'pressure-release').

The results of the study suggest that horses do not forget what they have learned if they are trained every third day rather than daily.

Allowing horses a break of two days between training sessions rather than training them daily not only results in similar learning progress, but can also have other benefits.

“While training every day is not necessarily a welfare concern, it is important to remember that the type of task trained is also relevant,” says von Borstel.

“If the horse is taught a strenuous physical task, they will need time out between training to allow their muscles to rest and repair.”

Australian behavioural scientist Dr Andrew McLean says overtraining is a problem for horses, both mentally and physically.

“When horses are over-trained, they start to show a range of mental issues including switching off, response lowering, aggression etc. They may also show physical ailments such as bone, tendon and muscle issues. So the more we can actually reduce these stressors, the better.”

There are plans to continue the research, in order to test whether horses could have similar learning outcomes with longer breaks between training.

* The **International Society for Equitation Science (ISES)** held its 2018 conference in Rome during October. There was also an interesting study on Licking & Chewing Behaviour during training. This has often been interpreted as a sign that the horse is learning or showing 'submission' to the trainer. However a new study suggests that this non-nutritive licking and chewing behaviour is a natural behaviour that is shown after a stressful situation. Check out the full article [here](#).

“Catchin’ some rays”: the sun & your horse.

The onset of hotter weather means has most of us reaching for the sunblock—both for ourselves, and our white-muzzled friends. So when it comes to the sun and your horse’s skin...what is the good, the bad and the ugly? Thanks to [Vetpro](#).

* The positive effect of sunlight on horses.

Horses need Vitamin D in order to absorb calcium and phosphorous.

Daily exposure to light (and it doesn’t have to be bright sunlight, cloudy days will work) usually provides all the vitamin D required by the horse. The rate is improved by uncovered exposure to bright sunlight, but 5-8 hours on a cloudy day with a rug on will be sufficient.

Vitamin D comes from two sources. Horses synthesize D3 through the skin; while D2 is found in plants, and is ingested by the grazing horse as a secondary source. Once inside the horse, they both have the same physiological effect of maintaining sufficient blood calcium levels.

* What are the correct levels of Vitamin D?

This vitamin is fat soluble, which means it can be stored by the horse. Providing your horse has adequate sunlight, it will naturally produce the right levels.

Vitamin D deficiency is uncommon in New Zealand, with its clear light, but can occur in stabled horses that have little or no access to light and pasture.

According to [Kentucky Equine Research](#), restricting turn-out to less than two hours a day prevents their bodies from having time to convert sufficient vitamin D in the skin.



Ensure your horse has sufficient exposure to natural sunlight

Sometimes too-frequent washing down with chemical soaps can wash away too much oil (the main source of vitamin D production).

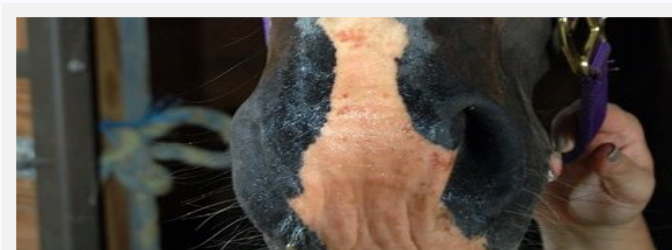
If you’re using supplements in the diet, be aware that there is a toxic level of vitamin D, with an upper limit of 3300 iu per day. (Sunlight will never create a toxic level as the process only makes as much vitamin D as is needed).

* Sunburn of the equine skin

The negative effects of sun on human skin is well known here in New Zealand, and horses can be similarly affected. Horses with white areas—blazes, legs and ears—are definitely susceptible to sunburn, and need protection from the UVA and UVB rays of the sun.

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UVA are short wave ultraviolet and UVB are long wave ultraviolet rays. Both will cause soreness, redness and discomfort; but it can then progress to blistering and an oozing discharge that will need veterinary attention. However even mild sunburn that is repeated can cause damage that will create long-term problems: the skin can become thick and scaling appears on the surface (known as keratosis), which in turn may transform to a squamous cell carcinoma (skin cancer).



*** Impact on the skin's immune system**

The exposure to ultraviolet light can have negative effects on the immune systems of the skin. This is why horses with white legs often tend to suffer with problems with infection like mud fever from dermatophilosis or bacterial folliculitis. Once established, these problems become repetitive as the horse's ability to challenge the infections is reduced because of the lowered immune response. It is a good idea to continue use of a sun block on the legs, particularly the heel area, throughout the year. This will help the skin to resist breaking down, and provide opportunity for the germs to enter and create the problem known as mud fever.

*** Photosensitisation: another issue**

Apart from normal sunburn, there is a condition called photosensitisation. This is where even lightly-pigmented (not just white) skin reacts abnormally to

ultraviolet light and results in photodermatitis. Triggers for this can arise from exposure to a chemical that may create the skin to be more sensitive to UV light. These can be chemical-based fly sprays, some coat conditioners or dyes, and some drugs such as some antibiotics and tranquilisers.

Another source of photosensitisation is from some plants and weeds that are digested by the horse (e.g some clovers, cow parsley, comfrey or St John's wort). These produce reactive compounds, called photosensitisers or photodynamic agents, which flow through to the skin and create greater sensitivity in the skin. Even contact with common buttercups can cause a localised irritation and sensitivity on the muzzle.

*** Remedies & strategies for prevention**

Preventing sunburn is relatively easy; either with a muzzle mask (that attaches to the halter), or by using a proper equine sunblock. It's important not to wait until there are signs such as redness, but to start using it as soon as the light levels intensify in late spring. Also pay attention to areas like heels, which are not the most obvious points, but nevertheless can become sore and irritated.

Vetpro has developed a powder that is a total UVA and UVB block, long-lasting (as it doesn't wash off in the water trough,) non-sticky and easy to apply.

The more serious problem of photosensitisation requires focused management—strategies include sunblock, shade, pasture management, and diet. This is best managed under the guidance of your veterinarian.

* * * * *

A few pics from our **Show hunter clinic** held on September 2nd at Sandstone Equestrian with instructor Sue Whiddett. A big thank you to Kellie Sharman from Sandstone who prepared us such a fabulous-looking course!



A WORD FROM OUR SPONSOR...

CONTACT C.A.R.E FLINCHLOCK RELEASE®

WITH JONATHAN BAKER

Contact C.A.R.E Flinchlock Release® is a hands-on method that works directly on your horse's skeletal system to produce lasting change. Contact C.A.R.E was created right here in New Zealand, and is suitable for all ages and levels of fitness as it is safe and pain-free.

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Jonathan has been helping horses and their riders find freedom from discomfort and recover their health using the ConTact C.A.R.E Flinchlock Release® method professionally for the last 5 years.

Whether you're a horse, human or other animal, ConTact C.A.R.E is non-manipulative, safe, gentle, relaxing, and capable of producing lasting change. The results speak for themselves. Take a moment to watch the video at www.equicare.co.nz and you'll see exactly how this works.

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- Pain/discomfort/injury
- Cold backed/Bucking
- Pelvis/hip problems/stifle problems
- Struggles to put on weight/sudden weight loss
- Poor co-ordination/stumbling
- Unbalanced/unusual posture
- Difficulty picking up legs/frequently rests same leg
- Difficulty breathing
- Appears to have headaches/always grumpy
- Spooky or highly reactive/unexplained behavior
- Poor lead changes/uneven gaits/reduced performance



To find out more: or to contact Jonathan, go to www.equicare.co.nz or [Facebook](#). Jonathan is also a certified instructor of Contact C.A.R.E ® and runs monthly courses on how to find and release Flinchlocked® bones.

EXCLUSIVE INTRODUCTORY OFFER TO WRC MEMBERS: Win a Horse & Rider Combined Treatment session (1.5 hours), valued at \$160. To enter the prize draw: email your name, WRC membership number, and contact phone number to jonathan.baker@xtra.co.nz. Subject line: "WRC prize draw". Entries close November 15, and the winner will be announced via WRC's Facebook page.

Please support the wonderful people and businesses
who support our Club!

(To visit their websites, CTRL + click on the logos below).



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