

Hoofbeats





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Prez Sez

Hey everyone,

I hope your winter is going well — whether you're riding through, or taking a turn-out break. On the plus side, we've already passed the shortest day! (And thanks to everyone who shared their "Winning at Winter tips" on Facebook — we've published them in this issue).

With our season 2018/2019 season ending this month, it's a good time to reflect on what we've achieved. We've run 15 events in the past 12 months, with a few new things added to the mix. As well as our regular Dressage series, showjumping and Ribbon Days, we've had Derby days and an In-hand show. We were also lucky enough to have a clinic with Dan from Tow Ezy, dressage clinics with Melissa Steed, a showhunter clinic with Sue Whiddett, and even a Dressage-to-Music clinic.

We also introduced a bitless class to our latest Have-a-Go Dressage day. I decided to give it a try...and you can read about my experience on p7.

So there's been lots of variety this year, hopefully providing something for everyone. That's one of the reasons the Club is still going strong after 32 years.

It's also due to our amazing group of members, sponsors, volunteers and committee.

Thank you to every one of you who has put their hand up to help at an event – you are the reason that we can continue to run our days!

As President, I've been lucky to have a great team on the committee. They've been working together for a while now, so they all know how things go. There's an immense amount of work that goes on behind the scenes for all of our events, and they're the people who make things happen.

My next thank you, of course, is to our wonderful sponsors who are supporting the club, both past and present.

To all members, just a reminder that your annual membership forms and subs are soon due. You'll need to be an up-to-date member to enter our events and earn points; including our first Ribbon Day of the 2019/2020 season on August 3rd. We've made it all really simple to complete online.

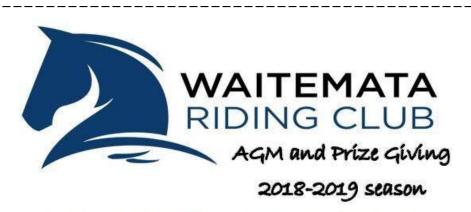
Lastly, I look forward to seeing everyone at our AGM on the 20th where we can all celebrate the achievements of the season together.

Until then, stay warm!

Jody



UPCOMING EVENTS





From 6.30pm Saturday 20th July at Soljans Estate



Members only Ribbon Day August 3, 2019

at Woodhill Sands

FOR FULL DETAILS ON ALL UPCOMING EVENTS, SEE THE WRC EVENTS PAGE

LATEST RESULTS

DERBY DAY March 3rd

INHAND & RIDDEN SHOW March 30th

DRESSAGE DAY THREE May 11th

SHOWJUMPING ROUND 2 May 18th

HAVE-A-GO DRESSAGE June 22nd



WINNING AT WINTER: your top tips



From muddy gateways to lack of motivation...there's always plenty for horse-owners to contend with over winter! Thanks to everyone who shared their 'winning at winter' tips on our Facebook page a couple of months ago. We've reproduced some of your great advice here.

And congrats to Jenny Emmett, who won our random prize draw for a \$30 WRC voucher.

RIDING & MOTIVATION.....

Tarryn Walker Set yourself some goals before the start of the season to keep motivation up, and find some fun winter shows to do!

Linda Hessell Work on your horsemanship, not everything needs to be done in the saddle. Work on ground manners 10 mins a day as you feed out, ensure your horse moves where you want them. Makes spring easier!

Sarah Louise Vernon Go to the beach as much as possible! The salt water is amazing for their hooves and legs especially when dealing with abscesses, mud fever and cuts/scrapes.

Tracey Coates If you're busy or the weather's awful and you don't have time to ride, 15 to 20 mins of groundwork or lunging is better than nothing. Helps to keep them ticking over and in 'working with you and following instructions' mode.

Fran Marshall Go hunting! the best thing to do in the winter is the opposite to what you feel like doing. Get outside and get amongst it. I did this many years ago for the first time and suddenly I looked forward to winter!!

Amber Disley Negotiate with your workplace to change your hours of work so you can ride in the morning and work later i.e. Glide time several days a week. Gets horse ridden in daylight and bonus get lots of work done as everyone else leaves by 6!

GROOMING & STABLING.....

Amber Disley Invest in a really good headlamp, frees up your hands to carry buckets, rugs and hay and easy to check homes in the dark if you need to etc.

Julie Collins Wear washing up gloves to do the dishes in the house, and a separate pair in the stables to clean horses legs - saves your hands getting really dry and sore! Forgot to add get some "fatty cream" from pharmacy for your hands and a tub for the horses!

PADDOCK MANAGEMENT.....

Shannon Holt Carpet!! Old used carpet in gate ways and areas where you feed. Works wonders to keep that awful mud away and helps keep hooves out of mud

Bonnie Thomas-Horsewood Shannon Holt I too use carpet in the gateway



Tammy White Have a sacrifice paddock where you tape it off into small paddocks (feeding + hay) and let them into the nice paddocks for a few hours a day. Saves the other paddocks which means less work repairing them in spring.

Tammy White Another is invest in thick rubber matting and gap40 for standing areas that are prone to mud. Even if you're just on a rental. Gap 40 is cheap and thick rubber mats can go with you.

Sarah Fallas Scalpings in the gateways, raceways and feeding platforms - a must in Dairy Flat!

Fleur von Batenburg Stable at night with big hay net and each other for company and then let them out during the day, that way the paddocks get a nice rest and the horses don't trash it by going up and down the fence line waiting for their feed. If they know they get fed in the stable, they know not to expect it in the paddock!

Jo Howse Tape off your gateways; stops muddy gateways and getting mugged by the horses.

FEEDING OUT.....

Rachel Taylor This IBC frame works really well as a hay feeder - fits four bales, and the horses approve. Just needs a waterproof lid ①



Kyrie Gausden Make up a week's worth of food each weekend so you feed a bag of feed each workday.

Sarah Fallas Buy some old (food grade best) blue barrels for hay - you can hand saw them in half if you don't have a jigsaw - then drill holes all over to let rain water out and use them as hay feeders. On windy days/nights I'll put hay into nets and secure them through the holes in the bottom to prevent hay wastage, sits nicely on top of mud keeping the hay nice!

Trudie Shaw Old car tyres in the paddock to put their feed buckets in (they won't blow away)

Alison Summers Wheelie bins with cut-outs can make great slow feeders - just make sure they are well-anchored ... ©



MISCELLANEOUS QUICK TIPS......

Ellie O'Brien We used bit warmers while I was living in USA...the ponies seemed V happy about that!

Jessica Aislabie Keep an eye on the rain radar so you can time your rides between rain.

Jenny Emmett My horse hates being rained on so I often ride in a waterproof quarter sheet when the weather is dodgy.

Grace Warne Use any old musty hay over muddy patches to generate grass regrowth in spring.

Annie Cass Join your local pony club's adult ride so you have access to an arena all winter.

Renee Rushton I also use winter to save up for comp season.

AND HANG IN THERE....SUMMER WILL BE HERE AGAIN BEFORE WE KNOW IT!









Member profile: meet Sophie Maddox

Horses: Coby, a 9-yr-old TB; and Thor, a 5-yr-old Gizzie

stationbred

Occupation & home life: "I work full-time as an executive assistant for Dynamic Physio on the North Shore. We have many equestrians through so make sure you check us out! Previous to that, I have always worked in the horse industry. I have been a riding instructor, full-time groom, assisted with breaking, and also run my own small equestrian business on the side, Sophie Maddox Equestrian Services, where I specialise in sales on behalf. I currently live in Coatesville with my parents, 17-yr-old sister, and (most of the time) my partner Matt. Our house is fairly hectic with 5 dogs, 4 cats and large variety of livestock."

My horse: "I'm what's best described as a 'horse collector', and currently have 5 lovely horses, along with 2 miniature ponies. Coby is my long-term child; I've had him since he came off the track as a 3yo. He was my first hack, and although he is far from easy, his personality is what makes me fall in love with him every day. Thor is basically my dream horse, I found him as an unbroken 3yo at an auction in Gisborne, and he has turned out to be the best thing I've ever bought. He is so easy and willing, and even though he is huge (at least 17hh), he takes care of his tiny rider so well. At only 5 years old, he has a huge future ahead of him. Also sitting in my back paddock is a rising 3yo Kaimanawa gelding, who came out of a rescue mare I took from the 2016 muster. Along with a lovely 14.1hh 4 yo mare and her 7 month-old colt who I rescued from a meat truck last December."

Our best moments together/highlights so far: "One of my favourite highlights with Thor was trotting him under saddle for the first time. It was the most amazing feeling. Another highlight would be competing him at the Kumeu Show this year in the Hunter Jumping. He had never jumped any fences like that before—with the brush, wire, skinny gates etc—and he jumped everything first time, bringing home a huge collection of ribbons. My favourite times spent with Coby are our evening road rides, he loves just being out and about on his own, wandering along. It's my favourite way to unwind from a busy day."

What I enjoy about WRC events: "I enjoy the support and family vibe. I'm not a very competitive person by nature, so I love the fact I can go to WRC events and no-one cares how well you do, everyone is supportive either way. I unfortunately ended the 2019 season with a bad fall at a WRC showjumping event, and everyone was so caring and supportive."

My riding goals for the future include: "My plan for 2019 was to qualify Thor for Show Hunter and head to HOY 2020, which has always been my ultimate goal. However my plans have changed slightly, as my partner Matt and I are expecting our first baby in January. My new plan will be to hopefully find a friend to lease my boys for a few months, then hopefully get back to riding as soon as I can! HOY might have to wait til 2021..."

EVENT REVIEW: Going bitless at HAG dressage

Written by Jody Paddy

One of my personal favourite Club events of the year is the "Have-a-Go" dressage day (or HAG, as it's affectionately known). It's such a great opportunity to be brave and try that next level, or a test you wouldn't usually venture out and do.

The judges we use are always super-supportive, so it's a really safe time to do it. This must be about my 6th or

7th time "having a go" on various different horses and at various different levels. It's an event I try not to miss, as I love knowing exactly where we're at.

This year our event organiser,
Tania, decided to do something a
little different and include a Bitless
class. Well, me being me, and liking
to try everything at least once, I
thought 'how hard could it be?' and
jumped at the chance to give it a shot.
It's at this point I should mention that
neither me or Kazz had EVER tried any
form of bitless riding.

So I messaged my friend Jess on Facebook who regularly rides without a bit, to learn about the difference between the bitless bridles and what sort I should try, given we were new to it.

After a little discussion we decided on a Sidepull – which to me was like a bridle with rings either side of the noseband that the reins go in.

I went and placed an order and three weeks out, my bitless bridle arrived and I got ready to try it on.

Well, let's just say my first attempt was 'interesting'!

Kazz spent half the ride trying to figure out what was going on – playing with her lips while going straight ahead. Our turning was limited, as were our brakes; but fortunately Kazz is neither hot or silly, so I stayed on board.

The next couple of weeks consisted of me mainly hacking her down the road with it on – so she got used to the feel of it – with a few trots and canters up the paddock in straight lines. A week out, I

decided I'd better make sure I could do a circle so took her to the Pony Club arena a couple of times.

By now she was accustomed to the new feeling; and Kazz being Kazz, took it all in her stride.

On the foggy morning of the event, I was on really early – which I prefer. So I went up got my number and got ready to go.
Once I had lived through my first test, Gail came out of her car and gave me some great feedback. I went off to then focus on our suppleness (which

was lacking on one rein particularly), as well as riding her canter a bit more.

After another warm up we came back and re-rode our tests again. It was great to feel the improvement between the two tests and its such a good way to see it from the judge's perspective!

Thank you Tania and the team for such a great day. If you haven't ridden at a HAG day, I can't recommend it enough no matter what level you ride at.

ANY FEEDBACK? Would you like the Club to offer other bitless options at our events? Or is there anything else on your wishlist in terms of events? Drop us an email at info@wrc.org.nz.



CLUB NEWS & LOCAL VIEWS



Parking at Woodhill Sands...

For all members who use the fantastic facilities at Woodhill Sands, here's an update on their winter parking trial.

Since taking over ownership, one of the Trust's first priorities was to improve the central day yards. Work has been completed to the yards and they're looking great.

To encourage people to use the yards, the Trust is trialling a new regime over winter:

- Reducing the cost to \$10 per day yard
- Parking in front of the yards will now be reserved for paid users. (There are signs up and taped-off areas around the preferential yard parking to make it obvious/easier to see).

The idea is to make access to the yards easier; as riders won't need to navigate through horses tied to floats or trucks in front of the vards.

Another benefit is that it will help maintain the ground surface quality and footing in the car park over winter.

Existing parking arrangements with sponsors, auction winners and large teams requiring a particular truck space will continue.

The trial started on June 1st. and the Trust will see how it works over the winter months. All feedback welcome.



From 6.30pm Saturday 20th July at Soljans Estate



o Entries close: Sunday the 14th of July Registration and Enquiries to: Sarah

All Club members invited. Prize

Vernon: sarah@wrc.org.nz

winners will be emailed a formal invitation

Come and join your fellow club members out of their riding gear and be part of our AGM. Always a great night with spot prizes, raffle and a delicious Soljans Buffet. Drinks can be purchased from the bar. No BYO.

- Dinner from 7pm, AGM from 7.45pm
- · COST: \$35 per person (financial members and +1 only). Subsidized by WRC
- · Free for those just attending the AGM and not the dinner

WAITEMATA HUNT DISTRICT DERBY 2019

To be held at Woodhill Sands, September 29. Entries open to all. Classes to suit all riders, including a low-level SJ not exceeding 60cm. See Waitemata Hunt Club Facebook page for more



SHOUT-OUT TO OUR VOLUNTEERS

Congrats to Steve Veal, who won our latest **Volunteer of the Quarter** prize draw. Steve received a \$150 voucher from our sponsor, Sue Pennington Equestrian.

Here's a recap of how it works: All volunteers at our events receive a \$30 WRC voucher (redeemable at future events), or \$15 for a halfday. Plus every three months, we put all our volunteers from the past three months into a prize draw for Volunteer of the Quarter (a full day = 2 entries, a half-day =1 entry).

"GIVE IT A WHORL": what does it mean?

Swirls (also known as whorls, cowlicks, and trichoglyphs) are unique to each horse.

People have been analysing these patterns for centuries – with some believing they reveal things about the horse's personality or characteristics.

While there's not much science on the subject, it can still be fun to check out your horse's "whorlsonality."

What's in a swirl?

A swirl is a patch of hair growing in a different direction; found on the horses forehead, on the flanks, and numerous other places over the body.

A horse's swirls are formed before birth and never change. This is why swirls can also be used as a way to identify horses on registry papers, and other instances where identification is needed.

Using swirls to make assumptions about a horse date back to the Bedouins of Arabia. European gypsies also relied on the study of swirls, as did many old-time horseman. Linda Tellington Jones popularized the swirl method with her research in the 6os, 7os, and 8os.

What's the idea?

The forehead swirls are considered to be the most indicative of temperament because the forehead hair is the first to grow on the embryonic fetus; and it is thought that the development of swirls is linked directly to development of the brain. Also, the nervous system and the skin come from the same embryonic layer, further pointing towards a connection between swirls and the brain. The theory

states that as energy flows through the body, it is redirected or disrupted by unusual swirls, causing the reactive or explosive nature of horses with the undesirable swirl pattern.

Physical traits



There are also theories around flank swirls.
Some people believe that if they are uneven, the horse will bend easiest in the direction of the swirl that is furthest back. Likewise, if a horse's forehead

swirl grows clockwise, that horse will tend to be rightsided (and if it grows counter-clockwise, the horse will be more left-sided).

A Utah horse trainer and farrier called Mark Deesing formed his own theory about whorls. He found that most of the time, when a horse resisted having someone pick up their feet, the hair whorl was located on the same side of the head the horse was difficult. For instance, if he saw the whorl was on the left side of the horse's head, and it gave him some trouble, he would switch to the other side.

He also noticed another general trend: the higher the whorl was on the forehead, the more highly-strung and fearful the horse tended to be.

Deesing later teamed up with animal scientist Temple Grandin of Colorado State University, and worked as her assistant. They studied cattle in the auction ring; and found that cattle with high swirls fought more than those with lower swirls.

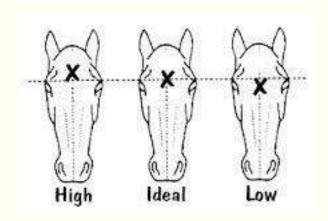
The old horseman's guide

If you were buying a horse according to the "swirl method", what would you look for?

The ideal pattern is said to be: a) one swirl on the forehead between the eyes b) two identical swirls on either side of the bridlepath, not extending past the length of the ear folded back and c) flank swirls that are even on both sides.

When it comes to forehead swirls:

- One swirl between the eyes indicates an easygoing, uncomplicated horse.
- Swirls **higher on the forehead** indicate greater intelligence and a more reactive nature.



- A single swirl several inches below the eyes indicates an intelligent and imaginative horse the entertainer or Houdini character who likes to amuse themselves.
- Long swirls, especially those that extend below the eyes, indicate a friendly and agreeable nature.
- Two swirls on top of each other are said to indicate extreme personality swings and unpredictability.
- Multiple swirls on the forehead can indicate multiple personalities. High and tight side-by-side swirls can mean a horse that's super-focused and talented, but challenging and difficult in the wrong hands. Multiple swirls that form a Z pattern can signal a horse that is dangerous and violent.



Article sourced from: CRK Training Blog, https://www.crktrainingblog.com/horses-life/whats-in-a-swirl/

WHAT DO YOU THINK?

Does any of this ring true? Do you think it fits with your horse's personality?

Post your pics to the <u>WRC Facebook page</u> and let us know!

"A fine balance": horse & rider biomechanics for jumping

How stable do you feel when jumping? Waimauku-based equestrian coach **Sue Pennington** explains the most common rider pitfalls, and outlines two of her favourite at-home exercises. This is Part 2 of a two-part series of articles (see the February issue of Hoofbeats for Part 1).

Sue is a certified 'Ride with your Mind' instructor. Later this year, she will be hosting RWYM founder, Mary Wanless, at a New Zealand clinic.

When it comes to rider biomechanics during jumping, the most common mistakes generally fall under one of the following categories:

Getting ahead of the movement. Most riders tend to ahead of the movement (it's actually more common than getting left behind the movement). By anticipating the take-off point, they "get to the jump" before their horse. This type of rider may stand up in their stirrups rather than folding into the jumping position.

Riders that get ahead of the movement will be putting their weight on the forehand of the horse; making it harder for the horse to lift in front, which could result in a rail or a refusal.

For these riders, I give them an image of a slingshot (or catapult). Imagine that your thigh is the elastic, the lower legs are the stick (handle), the pelvis is the pouch, and the rider's body is the stone. I then give the rider the feeling of their knee staying connected but stretching their thigh longer, back towards the back of the saddle. This gives them the feeling they are sitting a couple of vertebrae further back on the horse's back — having more of the horse in front of them than behind them. I will also remind them to breathe and keep an active core.

There is another creative image that Mary likes to use for riders that get ahead of the movement – and that is to imagine that your eyes are further back in your head. While it's a strange image, for some it really works. It's the opposite to "eyes on stalks", which is what normally happens when riders come into a jump with an eeek!!

Getting left behind the movement. A rider getting left behind when jumping is most likely to jab a horse in the mouth, which can contribute to the horse losing confidence in its jumping ability.



The horse starts to associate jumping with pain. This usually happens when the rider is a little hesitant, or possibly the horse isn't a good "take me to the jump" rhythm.

To start with, I would suggest to this type of rider to activate their core and breathe. We might also look at some other exercises to help the rider become more confident in the rhythm required for their horse to jump confidently.

Riding too fast, or too slow. Some riders go into a jump too fast, hoping the speed will get them over. Others ride too slow (often because there is something unconsciously holding them back).

A horse coming in too fast will most likely be on the forehand and rushing. They won't be "sitting" on their hindquarters correctly before the jump, and most likely won't have time to tuck up their legs in front. This could result in a dropped rail, or a refusal if the horse feels like it doesn't have time to assess the jump and work out its take-off spot.

A horse that lacks impulsion will have to make a huge effort to get over the fence. He may have to twist his body in a way that's biomechanically incorrect, which could lead to injury; and the horse may lose confidence over jumps due to discomfort.

When a rider grips with their knees, this causes them to pivot around the knee – often the lower leg will go too far back, which often causes the upper body to fall too far forward.

Interfering with the horse before a jump. This could be in the form of a pull back on the reins, or a tap of the whip to encourage the horse to go more forward. The timing of this interference is very important, as you don't want to be disturbing the horse a stride or two in front of the jump. Adjustments need to be made early enough to allow the horse to once again focus on the jump. And when the training is right, the adjustments required will be small and subtle.



Lack of straightness and balance (of horse or rider). If the rider comes into a jump with a horse that is lacking straightness – perhaps weaving or on a squiggly line – this will cause the horse and possibly the rider to be unbalanced. This could impact the horse's ability to engage its hindquarters correctly, or to allow the shoulder and wither to lift up and over the jump. The more the horse and rider combination are in balance, the more likely it is the rider will be able to wait for the jump to come to them; allowing the horse to sit without negative interference.

To assist the rider with their straightness and balance, we would work on their awareness of their seat-bones. Keeping the seat-bones equally weighted, and equal distance away from the horse's spine, is achieved by the rider's thighs being snug against the saddle, keeping the knees level.

We might also work with images of keeping the horse's feet on railway lines, with an imaginary line between for the horse's wither. Often a rider will pull on a specific rein; especially on turns, corners and circles. Most of the time, the reason for the pull is that the horse is falling in or out, because the horse is not straight. It is then important for me to help the rider get the horse straighter. Sometimes this can simply be asking the rider to lift the rein slightly on the side of the horse that is falling out (which helps the horse to organise that shoulder). Sometimes it's the outside shoulder, sometimes it's the inside shoulder – depending on whether the horse is falling in or out.

SOME GOOD EXERCISES TO PRACTICE WITH

Working on rhythm and adjustability. Jumping is all about the canter or trot rhythm. The more established the rhythm and adjustability of the trot or canter, the better the jump. The actual jump is only a small part of the whole – you need a good approach to the jump. Likewise, to get the best landing, riders need to stay in balance over the jump and maintain stability on landing.

Improving position on the lunge. For good jumping biomechanics, the rider needs stability and flexibility. If you can organise a lunge lesson on a suitable horse – where you can focus solely on your position and balance – the learning is invaluable.

You can practice going from sitting trot to rising trot, to two-point (jumping position); to standing up in your stirrups (aiming for the majority of weight to be in your thighs). If you or your horse are not ready for sitting trot, then leave it out until later.



12 contd over page

Poles and cavaletti exercises. These are invaluable to improving jumping. Remember, jumping is all about the canter (or trot). I have many favourite pole and cavaletti exercises, however these two are a good place to start. For the purposes of this explanation, we'll be using a 20m x 60m arena.

EXERCISE # ONE

The set-up. This exercise uses three poles, placed 15m apart.

- 1.Place a pole at the E or B marker (half-way down the long side of the arena).
- 2. Place two other poles 15m in front, and behind.

Depending on your horse's length of stride, you should get three strides between each of these poles. (One stride of canter poles is 4.20m-5m).

The exercise.

If you or your horse are new to poles on the ground, walk over them first in both directions. Followed by trot and finally canter.

In the beginning, the aim is to maintain an even rhythm between the poles. Count the number of strides in either trot or canter. Try not to count the stride over the pole, but just the ones in between.

You should be able to get the same number of strides between pole 1 and 2, as you do between pole 2 and 3.

Once you have a benchmark of how many strides you can get, start adjusting the number of strides you aim to get between the poles. If you get 3 to start with, try to get 4. (Remember active core, thighs and lastly a squeeze of the rein). Once you have 4, go back to 3; and depending on your ability, you can aim for 2 strides.

The benefits.

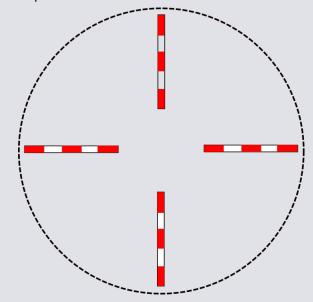
This is a great exercise for teaching straightness (the shortest distance between two poles is a straight line!)

I'll often use this exercise in trot with horses that are a bit sluggish, or riders that need a bit of an incentive. If the rider is going down in 6 strides, I'll ask them to do it in 5.

Or, if a horse or rider tends to rush, I'll ask them to add a stride and make it 7.

EXERCISE # TWO

The set-up. My other favourite exercise is four poles on a 20m circle. If four is too many, start with one pole and build up from there.



The exercise.

The goal is to have the same amount of canter (or trot) strides between the poles. This will indicate that you are maintaining a steady rhythm and keeping the horse on the imaginary line leading from one pole to the next.

* * * * * * * * *



Sue is available for coaching dressage, pole or jumping lessons to all levels. For enquiries, email:

sue@suepequestrian.co.nz Or mobile: 021 022 74708 A few pics from our **Inhand & Ridden Ribbon Day** held at Massey Pony Club on March 31st. (Check out the full album on our Facebook page).























A WORD FROM OUR SPONSORS: PROLAN PRODUCTS



We're pleased to welcome our latest Club sponsor: Prolan

Dubbed "sheep in a can", Prolan is a range of lubricants and rust-inhibitors made here in New Zealand from natural wool lanolin.

Prolan is used to lubricate and prevent corrosion across a wide range of farm machinery and equipment – including **horse floats.** Applying a spray of Prolan is designed to help your equipment last longer, help with WOF compliance, and hold its resale value.

Being natural and biodegradable, Prolan is safe on the environment, as well as the user.

Prolan 'Enduro Heavy Grade' is used to apply to vehicle chassis, trailers, fertiliser loaders, mold boards and ploughing equipment – to prevent rust and keep them clean and in good condition. The lanolin penetrates into metal components to prevent corrosion when machinery is exposed to air and moisture while out in the paddock, or during storage outside.

Prolan is easily sprayable using a trigger pack, garden sprayer or airless sprayer. For commercial or larger applications, Prolan have a Danish-made Airboy gun with a 900 mm extension hose. This durable gun allows Prolan to be sprayed into hard-to-reach areas e.g. vehicle panelwork, boat trailer framework. Around the workshop and for general maintenance, Prolan's 'Enduro Medium grade' works well as a general lubricant – penetrating into seized bolts – chains and other moving parts. It stop squeaks as well as preventing rust long-term.

The Prolan range also includes an **Anti-seize grease**, which is very popular for assembly of components. A small smear of Prolan grease applied to bolts or pins when assembling equipment ensures they can be undone years later. **WHERE TO BUY:** direct from the website, or from Farmlands and others (see above).

ALSO INTRODUCING: MICRO-MED



MicroMed asks that you think in a new way about Mud Fever, Rain Scald, White Line Disease and Thrush.

Diseases of the skin are simply a sign of imbalance; humans have altered the bacterial life on and in their animals, so the answer is actually as clear as mud!

Re-establish the beneficial microbes by re-introducing what nature designed - and MicroMed supplies nature's bounty in every bottle.

MicroMed's powerful formulation contains over 80 different strains of beneficial microbes, to overcome the detrimental organisms, and win, hands down! Visit MicroMed today and order your bottle of nature's bounty to help heal your horse. The success of MicroMed lies in treating the root cause of any external bacterial or fungal infections, which is why horse-owners and equine professionals are reaching for this remedy first! MicroMed is proud to offer a 100% money-back Satisfaction Guarantee because we are so confident in our product and its efficacy.

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I got this. No problem



Did you see the size of those fences?!?



Trying to memorize course...



What was I thinking?



On course.



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