



WHITTLESEA HORSE & PONY CLUB

NEWSLETTER

FEBRUARY 2018

PRESIDENT REPORT

Wow. I don't know about you but that break seemed to fly by and here we are for the start of another pony club year. I'm hoping you have all had an enjoyable Christmas and New Year, maybe some horsey stuff under the Christmas Tree for many of you. You (and your ponies) should be well rested from your break and be ready to go on Sunday 25th February for our first rally.

Well done to those members who attended the State Qualifiers over the break. It was a really hot day and a great effort was made by those who went – Ebony, Anna, Jordan, Georgia and Isobel. I think both humans and horses suffered a bit of heat stroke. Congratulations to those who qualified – Anna in Grade 1 Dressage, Isobel in Grade 2 Dressage and Georgia in Grade 3 Dressage and C Grade SJ. Unfortunately, Georgia has had to scratch due to a broken wrist (sad face emoji). We wish Anna and Isobel the best of luck at the State Championships on March 3rd.

A reminder to all families that we have our Show-jumping competition coming up on April 8th. As it is now a qualifier, we should get a good attendance and raise some much-needed funds. As usual, we need all hands on deck on the day (even if your child is not competing) and also on the Saturday for the setup. Don't forget, the 7th April is also the Adam Wooten Clinic, please register your interest if you would like to book in for a session with this fantastic instructor.

A new year means another round of fund-raising. In addition to our competitions, we are always looking to raise money for the club. So far we have organised an Easter egg fundraiser – this is really easy money for us so if you can manage to sell more than one box that would be great. I have also managed to get us on the Bunnings, Mill Park sausage sizzle list – date TBA. Angela has been hard at work applying for grants, but they are very difficult to get so if you have any other ideas, or know of any companies that may be open to sponsorship, I would love to hear from you. We are also looking for sponsorship for our competition rugs, so if any members have a company and would like to sponsor a rug(s), please speak to Bel.

See you on Sunday.

Meaghan

EXECUTIVE COMMITTEE MEMBERS

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MEAGHAN MORAS

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NEWSLETTER FEBRUARY 2018

CLUB INFORMATION

WHAT'S IN THIS ISSUE

PAGE 1 ~ LETTER FROM THE PRESIDENT

PAGE 2 ~ CLUB INFORMATION

PAGE 3 ~ ARTICLE

PAGE 4 ~ ARTICLE - CONT'D

PAGE 5 ~ RALLY GROUPS

PAGE 6 ~ RALLY PLAN

PAGE 7 ~ CLUB SPONSORS

PAGE 8 ~ UNIFORM

PAGE 9 ~ CALENDAR - DUTY

PAGE 10 ~ MBR'S RESULTS

DUTY ROSTER

If you cannot attend to do your duty, contact Meaghan Moras

to arrange to swap your duty.

If you do not do your duty you will be put on the roster again.

All current financial members are required to attend their duty even if their child/ren are not attending that rally.

HORSE MANURE

The Agricultural Society have requested that no horse manure is to be placed around the trees planted on the grounds.

You can either bag it and take it home or spread it

DUTY ROSTER

FEBRUARY 25TH

R/C – FENNEL

PHELAN & RAMPLING

MARCH 25TH

R/C- Kerry Henderson

Robertson & Harris

ALL FAMILIES TO HELP PACK UP BEFORE LEAVING

Please remember we are all volunteers, so we rely on everyone pitching in to ensure the rally runs smoothly. Too many families leave early and unfortunately there is a small number of people that are left to pack up everything.

It is only 10 minutes of your time and allows everyone to leave earlier.

MONTHLY MEETING

Our Monthly Meetings are held the day after rally at the Whittlesea bowls club @ 7.00pm all our members are welcome.

Some of our mbrs attend early at 6.00pm to enjoy a lovely meal before the meeting.

We always look forward to our members attending....

NEXT MEETING 26TH FEBRUARY

YARDS

If you use a yard, PLEASE make sure you hook the chain back up after you leave.



HEAT STRESS

Hot weather can have devastating effects on horses, especially when increased temperatures are coupled with high humidity. It is important to appreciate the potential for serious problems associated with horses over-heating during exercise and in hot, humid conditions. Left untreated, heat stress can have life-threatening consequences for horses. In this article, Drs Joan Norton and Rochelle Jensen from the University of Queensland Equine Specialist Hospital explain how it can develop, how to recognise the signs and what you can do to avoid its devastating effects.

Dissipating heat

Heat stress is the result of increasing heat storage in the horse's body, due to insufficient dissipation. In the horse, sweating is the most important means of thermoregulation and accounts for two thirds of heat dissipation. Sweat glands provide the water that, through evaporation, cools the skin. Body heat is also lost when the blood is shunted towards the skin through the processes of convection and thermal radiation. A small amount of heat is also lost via the respiratory tract.

Environmental factors

Environmental factors, such as temperature and humidity, have profound effects on ability of sweat to evaporate and reduce body heat. When the moisture content in the air is high, as happens in hot, humid climates, evaporation slows. Hot sweat remains on the skin and acts as insulation, preventing the heat from dissipating. The body's response is to produce even more sweat and the horse becomes dehydrated, develops electrolyte imbalances and still fails to cool its core body temperature.

Contributors to heat stress

Hot weather is not the only factor which contributes to heat stress. A horse that is exercised at a level higher than that of its conditioning or fitness level is also at risk of developing heat stress. Older horses suffering from Cushing's Disease will not shed out their winter coats. This extra fuzz traps heat in and prevents cooling. These horses should be body clipped to help them keep cool (don't worry, clipping the hair now won't affect its ability to grow back once the weather turns cooler). Horses with known respiratory problems such as Inflammatory Airway Disease or Heaves should also be monitored closely. Hot dry conditions can exacerbate their airway disease and decreased air exchange may contribute to higher body temps. Finally, foals who are being treated with a macrolide antimicrobial (erythromycin, azithromycin or clarithromycin) for *Rhodococcus pneumonia* should be kept in out of the sun. There have been reports of idiosyncratic hyperthermia in foals on erythromycin (though we should be cautious with all three) and drug induced heat combined with high ambient temps is a recipe for heat stroke.

Horses should undertake a training program that is suitable to their level of exercise or competition. When there is a requirement for horses to perform in hot or humid conditions, the horse should be acclimatised gradually. Most horses require a minimum of three weeks to allow for acclimatisation, and this is an important consideration to take into account when there is an unseasonal heat wave and when traveling from cooler to hotter climates. Diagnosis of heat stress is usually based on clinical signs and a history of exercise during hot or humid weather. Horses showing signs of heat stress require immediate attention.

Signs of heat stress

Signs of heat stress are associated with the deleterious effects of hyperthermia, dehydration and electrolyte imbalances. Horses with early heat stress may exhibit signs as subtle as a loss of enthusiasm for their work. Horses with more severe signs of heat stress are fatigued, have rapid, shallow respiration, elevated heart rate (i.e. above 60-80 beats per minute at rest) and a rectal temperature above 41 degrees Celsius. As the core temperature increases, the horse's respiratory rate will increase. The horse may develop rapid, shallow respiration, which looks like panting, or the horse may develop a slow, deep respiration with marked breathing effort. They may develop irrational behaviour, such as kicking, and will appear agitated. Horses with worsening heat stress may stagger and seizure. Even if they recover from the initial episode, signs of muscle damage or organ dysfunction can occur up to three days later.

Early detection

Monitoring of rectal temperature, pulse rate and respiration rate will aid in the early detection of heat stress.

- Heart rate should drop to 44-52 beats per minute within 15 minutes of exercise.
- Normal respiration for an adult horse is 8-12 breaths per minute (normal foals are between 20 and 40 breaths per minute). However, horses that are heat stressed can have respiratory rates of 120-140 breaths per minute.
- Respiration rate can be determined by watching the horse's chest move in and out (inhalation and exhalation is counted as one breath) or, if the horse is breathing heavily enough, the nostril flare can be counted. Remember that respiration rate is also affected by excitement, respiratory disease or changes in the acid-base (pH) balance, which could be caused by diet and/or disease.
- The normal rectal temperature for an adult horse is 37.5 degrees Celsius to 38.6 degrees Celsius. Healthy foals less than one month of age can have a rectal temperature as high as 38.8 degrees Celsius. To take a horse's rectal temperature, approach from the side. Raise or move the horse's tail and insert the thermometer into the anus. Tilt the thermometer to the side, so that you are measuring the temperature of the rectal wall and not the temperature of faeces sitting in the rectum.



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NEWSLETTER FEBRUARY 2018

Prevention

Most of the research has been done on exercising horses and has universally shown that horses exercising in both high temps and high humidity have higher core body and blood temperatures, higher heart and respiratory rates, lower cardiac output, worse sweat response, longer recovery and a decreased ability to dissipate heat from their bodies. And while the horses in these studies were being run on treadmills at increased ambient temps you can imagine that even a horse just standing in a sun baked field would experience the same changes. While we can't bring our horses into our homes to enjoy the cool refreshment of central air, we can take some simple steps to keep our horses cool and prevent heat stress.

- 1) Shade- Temperatures in direct sunlight are going to be much higher than in the shade, so make sure your horses have the option to get out of the sun. Run in sheds, large trees or even keeping them in the barn can help keep them cool.
- 2) Water- In high temperatures, and even more so in high humidity, more water is lost through sweat and increased respiration. Horses should always have access to fresh water but it's even more important in this weather. So make sure your water troughs and buckets are full (and clean) at all times. If you're not able to make it to the barn to refill them throughout the day, think about adding extra buckets to your stalls or paddocks.
- 3) Electrolytes- Offering a salt or mineral block, placing an E-lyte powder on their feed or administering an electrolyte paste will not only replace important electrolytes lost through sweat but can also increase your horses' drive to drink plenty of the aforementioned water.
- 4) Baths- Cold hosing a horse and allowing them to air dry can help lower body temperature. The cold water will feel great and their wet hair will cool the skin through evaporation. For extreme conditions, water can be mixed 50/50 with rubbing alcohol to increase the evaporative effects. ** but make sure never to get any alcohol mix anywhere near your horses eyes!!**
- 5) Ventilation- We all know how good a cool breeze feels. Placing fans in your barn aisles and in front of stalls can help keep things cool. Make sure barn doors and windows are open to let the air flow.
- 6) Rest- Though we spend all winter dreaming of the days when we can ride across the fields, basking in the sunshine, extreme temperatures may be a good excuse to hit the beach and give your horse a break. We discussed earlier that horses exercised in heat and humidity have much higher stress markers and much slower recovery. If you don't have to train, don't risk it. If you are getting ready for a big event, or use your horse in your work, plan activities early in the morning or in the evening when the temperatures are cooler.
- 7) Protection from the Elements- The hot weather is caused by the sun's rays, which also causes sunburns. Make sure to apply sunscreen to white noses which can become burnt just as easy as I turn into a lobster at the mere mention of UV rays! Warm weather also brings along biting insects which irritate and agitate your horses. Use fly sprays, fly masks and sheets to help keep your horse comfortable and bug-free.

Treatment

Treatments include many of the same steps as prevention. Obviously you should immediately stop whatever activity you are doing and get the overheated horse out of the sun, under a hose and in front of a fan. Offer fresh water. Extreme cases, or cases that do not respond to the above measures should be seen by a veterinarian immediately. Prolonged high body temperatures can lead to systemic inflammation, denaturation of proteins and even multi-organ failure. You veterinarian can help lower your horses core temp by lavaging the stomach with cool water (via nasogastric tube) and administering cool fluids intravenously. Bute or Flunixin can also be administered, not to lower the body temperature but to prevent some of the ill effect of the inflammation induced by excessive heat.

Anhidrosis

Horses most at risk of heat stress are those who suffer from anhidrosis. Anhidrosis (from the Greek meaning "without sweating") is a condition primarily of horses in which the horse fails to sweat effectively in response to heat or exercise. It occurs almost exclusively in horses living in hot or humid climates, and the incidence is increased when horses are bred in temperate climates and transported to the tropics.

The condition, also known as 'Puffs' or 'Dry Coat', manifests as an inability to produce sweat. Consequently, the horse will pant with marked nasal flaring when hot and their core temperature will increase. Despite an increasing body temperature, the horse will not sweat adequately, producing only small patches beneath the mane, between the legs and under a halter. Long standing cases may develop a sparse hair coat with scaling, particularly around the face, neck and shoulders.

The exact cause, or set of causes, of this condition is unknown. Hypothyroidism, hypochloremia, elevated blood adrenalin and exhaustion of sweat glands have been suggested as potential causes. Prolonged stimulation of the sweat gland receptors may decrease their responsiveness to stimulation. Anhidrosis occurs with varying degrees of severity from partial sweat production to complete absence of sweating.

Diagnosing anhidrosis

Definitive diagnosis of anhidrosis requires intradermal skin testing using injections of β_2 agonists, such as terbutaline or salbutamol. Serial dilutions are injected into a shaved region over the neck and the dilution at which a horse produces sweat provides some information about the severity of anhidrosis.

Treatment

There is no proven treatment for anhidrosis and horses who suffer from this condition should be considered for relocation to a cooler climate or be housed in a temperature-controlled stable. A return to normal sweating may occur, but recurrence of the condition is almost always observed if the horse is returned to a hot, humid environment.

In summary

The thermoregulatory system of a horse is capable of maintaining core body temperature within a specified range in the face of extreme heat during exercise or during hot, humid weather. However this system can become overwhelmed in extreme circumstances. The prognosis following an episode of heat stress is variable depending on severity. An understanding of the process that leads to heat stress and recognising the early signs are essential to ensure the welfare and continued performance of your horse.

About the Authors: Joan Norton VMD DACVIM is an Equine Internal Medicine Specialist at UQ Vets Equine Specialist Hospital at the University of Queensland in Gatton. She is board certified in Large Animal Internal Medicine by the American College of Veterinary Internal Medicine. Her areas of interest are emergency and critical care and neonatal intensive care.

Rochelle Jensen, BVSc, graduated from James Cook University in 2012 and completed an Equine Internship at UQ Vets Equine Specialist Hospital at the University of Queensland in Gatton in June 2014.

Thank you to Horses & People Magazine for sharing this article with us!

READ IT ON THE HORSES & PEOPLE WEBSITE

For more informative articles, visit the Horses & People website www.horsesandpeople.com.au

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By: Rochelle Jensen BVSc and Joan Norton VMD DACVIM



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NEWSLETTER FEBRUARY 2018

OFFICIAL RALLY 25TH FEBRUARY ~ GROUPS ~

RALLY ATTENDANCE...

REPLY BY THE CUT OFF DATE SET OUT IN THE RALLY EMAIL.

The reason we have a cutoff date is because we need to book instructors in & we need to know how many we will need for the day in advance

PLEASE LET BEC KNOW....

Bec Lacekels by either text (0412 736 128) or email bec_lacekels@hotmail.com

SILVER

Georgia Lacekels U/M

Isobel Moras

Anna Gurnett

Laura Barling

Jordan Henderson

Alison Rasmus

Siobhan Laffan

GREEN

Helena Cook/Bevilaqua

Julia Delutis

Morgan Woolacott

Olivia Iannou

Adele Iannou

Tara Robertson

Charleigh Anne Walsh

PURPLE

Shelby Gallagher

Mackenzie Gillon

Harrison Gillon

Taydem Cross

Amelia Harris

Heidi Slade

Lachlan Laffan

Due to the attendance numbers for this rally we only required 3 instructors, so please understand that some groups have been merged together.



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NEWSLETTER FEBRUARY 2018

OFFICIAL RALLY 25TH FEBRUARY

~ PLAN ~

DUTY ROSTER

R/C – FENNELL

PHELAN & RAMPLING

Group	Gear Check 9.30	Lesson 1 9.45 – 10.45	Lesson 2 11.00 – 12noon	LUNCH 12noon	Lesson 3 1.00pm – 2.00pm
Silver		Niree Weybury Free Choice Mounted	Lisa Bray Show Jumping Sand Arena	LUNCH	Aimee Stuart Flat Sand Arena
Purple		Aimee Stuart Flat Sand Arena	Niree Weybury Free Choice Mounted	LUNCH	Lisa Bray Show Jumping Sand Arena
Green		Lisa Bray Show Jumping Sand Arena	Aimee Stuart Flat Sand Arena	LUNCH	Niree Weybury Free Choice Mounted

YARDS – Manure & Chains

FINAL WARNING TO ALL MBRS THAT USE THE YARDS

After last rally there were several yards that had not been cleaned and still had manure in them (not spread or picked up) & several still had the chains left hanging down.

This was left to another mbr to pick up after you.

Due to this being ongoing **AT EVERY RALLY** we will now have a yard monitor.

If you do not pick up or spread your manure or hang your chain back up - you can expect an email & banning from yard use for a period of time.



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NEWSLETTER FEBRUARY 2018

CLUB SPONSORS

WE ARE VERY LUCKLY TO HAVE THESE FOLLOWING COMPANIES SUPPORT OUR CLUB



We are so very happy to have on board MORRISON & KLEEMAN REAL ESTATE as a new club sponsor

If you are looking at selling or purchasing any property, please give Christian and the team a call

YAN YEAN STOCK FEEDS offers our club mbrs a 5% discount on all products, which goes into a holding account with them & to be used by the club towards prizes for our events.

This will be a great help to our club once we are seeking sponsorship/raffle prizes. All you need to do is make your purchase and let them know your "club & name" it's that easy



STOCKLAND, Cloverton graciously donated towards the club, so if you're looking at a house & land package in Cloverton please pop into their office



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NEWSLETTER FEBRUARY 2018

UNIFORM LIST

If you wish to purchase uniform items, please see Sandra Rasmus at the next rally or email Sandra to arrange a time ~ monsoonspice@yahoo.com.au

OUR UNIFORM OFFICER WILL BE AVAILABLE EACH RALLY FROM

11.30PM-12.150PM

***Please do not see other members for purchases.
If Sandra is absent from rally, please see Bel.***

Below is a current price list

Woollen Jumper (up to size 16) **\$65**
Woollen Jumper (over size 16) **\$71**
Polo Tops (NEW) **\$26**
Polo Tops (OLD) **\$21**
Polar Fleece Zipped Jacket **\$40**
Ties **\$15**
Medical Armband **\$8**
PCAV Badge **\$12**
Waterproof Jacket **\$110**
Saddle Blanket (cotton) **\$56**
Saddle Blanket (woollen) **\$68**
Caps **\$12**

NO SMOKING POLICY

The Pony Club Association of Victoria Inc. has developed a Smoke Free Policy.



Whittlesea Horse & Pony Club Inc. is a "smoke free club" and does not permit smoking on our club grounds during an official Pony Club rally.

Please refrain from smoking on our grounds during rally times



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NEWSLETTER FEBRUARY 2018

CALANDER – DUTY ROSTER

FEBRUARY TO JUNE

! PLEASE NOTE YOUR DUTY DATE!

DATE	RALLY/ACTIVITY DETAILS	FAMILIES ON DUTY AT RALLY
25 th FEBRUARY	OFFICIAL RALLY - Whittlesea Pony Club Grounds	R/C - Caroline Fennell Families: Phelan, Rampling
10 th and 11 th March	Clinic TBA	
25 th MARCH	OFFICIAL RALLY -Whittlesea Pony Club Grounds & AGM	R/C- Kerry Henderson Families: Robertson, Harris
30 TH MAR – 15 TH APR	School Holidays - Access to grounds between 10am – 3pm on these days only. More details available in newsletter/website	All parents MUST be in attendance and D.C. to confirm lesson plan.
7 th April	C Certificate assessment, Set up for s/j comp & Clinic Adam Wooten Show Jumping (cost and times to be confirmed)	All families to assist. No Canteen
8 th APRIL	THE "BRIAN WOODS" MEMORIAL SHOWJUMPING EVENT - Presidents cup qualifier, Pony club grounds	All Families to assist on the day DUTY ROSTER WILL BE EMAILED
22 nd APRIL	OFFICIAL RALLY - Whittlesea Pony Club Grounds	R/C - Angela Cook Bec Families: Rasmus, Blackley
12 th MAY - Saturday	OFFICIAL RALLY - Whittlesea Pony Club Grounds	R/C - Jeanette Laffan Families: Willacott, Gallagher
26 TH May Saturday	Set up for combined training comp	All families to assist
27 th MAY	COMBINED TRAINING ONLY COMPETITION - Whittlesea Pony Club Grounds	All Families to assist on the day DUTY ROSTER WILL BE EMAILED
9 th & 10 TH JUNE	Freshman's Show Jumping Fundraiser- Whittlesea Pony Club Grounds	All Families in attendance to assist
24 th JUNE	OFFICIAL RALLY - Whittlesea Pony Club Grounds	R/C -Meaghan Moras Families: Gillon, Iannou



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NEWSLETTER FEBRUARY 2018

MEMBER RESULTS

Congratulations to the following members who tried out for

State Dressage & Show jumping

Anna & Tash – Qualified grade 1 for dressage

Issy & Missy – Qualified grade 2 for dressage

Georgia & Jackson – First reserve for grade 3 dressage & Qualified grade C for Show jumping

And well done to Jordan and Ebony for their efforts.

GISBOURNE HORSE TRIALS

Jordan took her 2 horses and placed on both

Macca – 5th open grade 4 & Jack 5th grade 4 pc



Charleigh-anne & Cody had their first go at H/T as a combination to place 2nd grade 5

