



WAERA Newsletter

Mar/Apr 2018



Arabika Aylabel Photo Credit Michelle Schagen Photography

Business

So the Season has started and we have had our first couple of rides...if your anything like me you have your calendar up and have circled the ones you wish to attend and continue to make more plans on said calendar distances goal etc which horse what ride ...

Ride Results

Wilga

For the 80km

1st HW and BC went Elsja Brandis and her horse Top Fancy Let's Go

1st MW and BC went to Frances Overheu and Poseidon Moon

2nd MW Shirley O'Donoghue and Chrissy Popsicle

3rd MW Crystal Piggott and Anvil Grove Cadenza

1st LW and BC Linda Dix and Ebony's Savannah Rose

2nd LW Kylie Day and Deep Forest El Kahdah

3rd Anita Fortsch and Arabika Absolute

Easter Marathon

240km

MW

1st Frances Overhue Poseidon Moon

2nd Richard Summerfield & Arabika Cue tee

LW

1st Elizabeth Mulcahy & Noran Maxamillion

1st Kylie Day & Deep Forest El Kahdahr

3rd Anita Fortsch & Arabika Absolute

4th Lyn Summerfield & Kholonial Farrington

Congratulations to all that completed the mini and micro marathon

Bridgetown Golden Horseshoe

80km

MW

1st Jeanette Denham & Murungah Chandon

2nd Julia Lockwood & Tora Sardeeka

3rd Marcel Fortch & Mirriyindi Rico

LW

1st Linda Dix & Gungurri Xena

1st Raylene Watson & Rokewood Sinente

3rd Kylie Day & Deep Forest El Kahdahr



Anne Airey



Mikaela Thambert

News

Jarrahdale clinic 17km ride had a 92.59% Success rate in terms of vetting but I think we can all agree it was a 100% success rate with a great track easy marked course and lots of happy faces well done organisers !

WA has an 1* FEI Ride back on the Calendar

Please find attached EOI information for riders seeking subsidies and 'How to enter' guides for both horse and rider.

Below are a few FAQ to help you out.

Q. Is FEI more expensive?

A. This FEI competition will cost you the same as an AERA ride with the generous subsidies ASPIRE is offering. The cost of EWA rego, FEI rego (for horse and rider) and FEI passport do add up- however, if you are eligible, ASPIRE will cover these costs.

Q. Why should I do an FEI event?

A. FEI is a world-wide endurance competition, whereas AERA rides are only found in Australia. This means you can ride anywhere in the world if you are an FEI rider and the same rules/regulations apply across the globe.

If you hope to represent Australia as either rider, groom, official or vet, this can only be achieved in FEI competition. The good thing is, if you are a rider, you don't necessarily need your own horse to compete in overseas FEI competition.

Your rider star rating (e.g. FEI 80km*) lasts forever. This means even if you don't have an opportunity in the short term to ride overseas, the option is open to you in the future.

FEI is a vet gate into hold system (opposed to 30 minute standard vetting) which is used at State Championship events and the Quilty. Getting the extra practice of this format is beneficial.

Q. What is the minimum weight for Open riders?

A. The minimum weight for this FEI 80km* event is 70kg riding weight. There are no weight categories, only Open riders. You are able to carry weights (e.g. gel pads) to meet this limit.

Q. What is a Youth rider?

A. Youth riders are aged between 14 - 21. There is no minimum weight requirement for Youth riders. PLEASE NOTE: this is a different age bracket to what AERA considers as a Junior competitor.

West Coast Acharon competing



WAERA / ACHARON CHALLENGE FEI Ride

SATURDAY 5TH MAY
2018

WAERA Ride Base
McVee Road Collie

Distances: FEI *80Km/ AERA
80KM

**THIS WILL BE VET GATE
INTO HOLD RIDE**

50km and
20km Ordinary Vetting

Entry Fees:	FEI *80km	\$130
	AERA 80km	\$100
	50km	\$70

Plus \$30 day membership	
	20km \$40

Plus \$30 day membership

Vet checks: FRI from 3pm & Sat am

Pre-Ride Brief: 80km - Fri 6pm
50km & 20km - Sat 7am

Start Times: 80km - 7am
50km - 8 am
20km - 9 am

PAY ENTRIES THROUGH TRYBOOKING <https://www.trybooking.com/USRD>

PLEASE EMAIL YOUR ENTRY TO RIDE SEC & any Enquiries to

Rachell Nell 0417 366 068 waerasec17@gmail.com, For FEI Ride entries email to Jane Radny westcoastarabians@bigpond.com any FEI enquiries also to Jane R, 0419 198 976.

ENTRIES CLOSE: Monday 30TH APRIL 8PM Late entry will be charged...

Facilities: Camping, showers, toilets. Canteen available.

Fires are allowed, Fire drum preferred. Please put out thoroughly, don't leave burnt logs around... **Bins are provided for all rubbish, DO NOT LEAVE IT ON YOUR CAMP SITE. Please leave your site MANURE AND HAY FREE.**

ALL Dogs strictly on leads PLEASE. Barking will not be tolerated...

Articles



Grab your cuppa and enjoy this lovely article written by Sue Howell

Marchall's endurance journey to date....

Marchall has been mine for a little over 2 years. He came to me as a 5 year old who had to date lead a very sheltered and happy life, spending his days playing with his mates. He had been lightly started at 3½ and then left to be a horse again.



He settled in immediately and I spent the next few months getting to know him and introducing him, gently, to the various areas, tracks and trails he was likely to see much more of in the future. As he was just a youngster, we just took things steadily, with my intent being to develop him over several years. Along with riding out, we also spent time in the arena concentrating on our 'gym' work!

He handled it all very well, and was more than happy being on his own, even passing the occasional horse without any fuss whatsoever – a trait I was very grateful for.

Our first 'endurance' event was Wilga which offers a really nice, quiet environment. It goes without saying that there were a few firsts for Marchall at this ride. He was put in a yard attached to a float

for the first time, he went through the vet ring, he rode out with a large group of horses etc. He handled all of this very well for a young and green horse, though did give the yard several nudges just to make sure he was supposed to stay in there! He was a pleasure to ride, even though we did fall down a big hole – he just hopped back up and was ready to go!

Following on from Wilga, we attended several more rides, those which I thought would suit where he was at. However, instead of Marchall becoming even more at ease in a ride environment, he was reacting more to the surroundings and was not able to relax sufficiently in the vet ring and was not overly happy in his yard at times. He was still a pleasure and responsive to ride, though still learning about checkpoints which was to be expected. I think that when being ridden and able to move, he felt he had some control over the 'situation'.

I realized it was time to take a step back and get back to basics and help Marchall feel confident and safe rather than worried in new and sometimes busy environments. His reaction is totally understandable given the lack of exposure he had added to the fact that I had taken too much for granted and not prepared him well enough. Some horses adapt more quickly while others like Marchall, need more support initially. As is Marchall's way, he shares how he really feels very openly, so I could not pretend all was good as could be the case if he was one to 'internalise'. I do not feel that continuing to attend events in the hope 'he would get used to it' would have helped at all. He was reacting the only way he knew how, and I needed some strategies whereby I could help him change this.

During this time, I was very fortunate to meet a truly wonderful and supportive person who worked out 'who Marchall was' within about 10 seconds and has helped me improve the connection between us and therefore his focus and trust, taking his mind off everything (well almost everything!) around him and bringing it back to me. This is a very simplistic overview of what we were trying to achieve and obviously it does not happen overnight and will continue to be a work in progress. There are no tricks or special gear, but methods based on knowledge, understanding, practice and TIME. It makes heaps of sense to me and has provided me with a variety of tools for my toolbox as well as a much greater awareness of what my horses are trying to tell me, with still so very much more to learn!!

Marchall and I also attended a few clinics and lessons along the way and I was really happy with how we were improving steadily.

We returned to Wilga in 2017 and had an enjoyable 40km ride and I was really happy with how he handled the whole event. We then completed the mini marathon at Easter which was not our most enjoyable event though I do believe it was pivotal in him learning to drink out on course (thanks to the wonderful Jo and Bailey) and he was much calmer in the vet ring.

With 3 carefully spaced rides, Marchall qualified as an endurance horse last year and I was more than happy to end his endurance year on this note at the end of September. He now seemed much more comfortable at Collie so 2 of his 80s were completed there with the other at Yarloop. They were not the easiest of rides so I was very happy with how he handled the demands. He is quite an athletic boy and moves along well,



however is still young and in development mode. There was room for improvement but I was rapt with how far he had come.

During the off season we continued with our 'gym' work and attended a couple of Working Equitation days. I plan to continue improving our flat work for strengthening which can only help when he is out doing the miles and just because it feels really good when we 'get it' too! Working Equitation has dressage as its base and also includes obstacles, so lots of fun.

I entered us in the 80km ride held during the Easter Marathon event as I was wanting to start the year at a familiar ground with the plan of introducing some new venues throughout the year. Most of our training had been spent concentrating on building muscle and a good rhythm. While we had been working in the hills and on sand, none of this had been at any particular pace. While I did enter the 80, I was just going to take one leg at a time especially since it had been quite a while since our last event.

We were going it alone too, with 'the other Sue' over in Europe for a few weeks. I wasn't sure what to expect so really needed to put my 'big girl undies on'!

I am really excited and proud to say that the Marchall I took off the float at Collie was so cool and calm it was just like we were at home! Into the yard and all he wanted to do was eat and down to the vet ring and he was just about perfect I reckon! I could have gone home then and been a very happy camper but I didn't!

He continued to excel, eating his normal mash meals like the ones at home (he usually goes for dry feed and hay at rides) and munching on hay all night – winning!

Leigh was kind enough to let me ride out with her in the morning however, after 10 minutes I could see we needed our own space so I decided we needed to let them get ahead. This was achieved with a minimum of fuss – thank you so much Marchall – and we were then on our own, moving along beautifully. He sniffed the water at the first check point so I expected he would drink at the next, and he did, and at every checkpoint thereafter – awesome! We did the rest of this leg on our own, and I can happily say it is the best ride we have ever had, anywhere. He was cruising along at a nice steady pace (he needed checking a few times but nothing radical), sniffing the ground just to make sure we were on the right track, popping into and out of canter when the word was spoken – just magical. There may have been an occasion where I was looking straight down the track and he took a turn that I might have missed – clever boy!

He was not quite as eager on the second leg, with a few horses passing us going the other way (home!) early on, I think he would have appreciated some company. However, we soldiered on drinking and eating really well. At the 20k mark we had company and this boosted him no end.

So home we travelled and down to the vet ring for the last time. There was a little glitch after the TPRing, where he was not keen to go any further! Luckily, one of our very kind vets indulged his wishes and came to him! However, he still needed to run out which he did quite nicely though he was a tired boy. Back at the float he alternated between resting and eating after his really big day at the office.

So, what to make of what just happened? I have felt that Marchall has been in a good place for a while now, just was not sure how it would transpire. I am beyond happy that he is now able to feel OK at a ride though I will still be taking it just one ride at a time. He is still very much a youngster in my book, given I would like to think he could still be as active in 10 years' time or more. He is such a fun guy, gentle, cheeky at times, quirky, willing and of course sensitive and I don't want him to lose any of that.



He is a legend, in his own little lunchbox, cos that is the only one that really matters!!!!

(Thanks to Vince Evans and Sue Fimmano for the photos)

Why I love the Arabian horse

(written by Karly Elliott)

I fell in love with an Arabian horse when I was 13 years old he wasn't mine but my mother's friend owned him, we were visiting one day and I remember mum telling me not to go in the colt yard true to teenage form I went in that yard much to my mums horror and walked right up to a gorgeous colt called Ros Jalna now from that moment I knew that horse was going to be mine not then but one day I cant explain the feeling but I knew he and I were meant to be.

I would walk to the Jarrahdale oval and admire the endurance riders and think one day that would be jalna and I. it wasn't wishful thinking I just knew. A few years later with a story that would take as long as a book to write jalna and I ended up together. We had 15 years together before he sadly passed away 8 days before my first child was born. Jalna and I attended rides together and instilled my love of the Arabian he was graceful intelligent and loyal ive owned welsh ponies quarter horses and Andalusians nothing compares to the Arabians in my life.

They give me all their trust and in return I give them mine. I'm a big advocate on the Arabian horse I love showing people what the Arabian horse can do when they tell me they dislike the Arabian horse.

These horses are bold smart versatile and with the right owner can do anything. Ive put my Arabians in the campdraft arena ive galloped them on the beach with a piece of string I see them watching their feet as my children stomp around them or softly nudging up to them for a pat. When people ask what's the best all round horse I say the Arabian mine have yet to show me there not up for a challenge whether its endurance riding chasing a cow or riding freestyle riding or out jumping. As you can tell I'm passionate about the Arabian and if you have one please write about them blog about them show people that they are in fact not "crazy" as people who do not understand them refer them as. They

are majestic and if you have one feel proud that they have chosen you to ride them as you have won their trust and with that they will give you everything



EDUCATION



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Body work and why it's important

Why is massage therapy important for your horse?



Chrissy Harley works on a patient. There are many benefits in massage for horses, such as increased strength and endurance, along with agility and grace in their movement.

Skilled Equine Massage Therapists (EMT) will create long-term benefits for your horse by maintaining muscles so they can perform to their optimum potential, writes Chrissy Harley.

This means muscles free from tension and knots, which allows the muscles to return to homeostasis, back to their relaxed state. You will see great benefits in increased strength and endurance along with agility and grace in their movement.

There are three roles of soft tissue massage therapy:

- To Prevent
- To Rehabilitate
- To Diagnose

To Prevent Injury

Very basically, muscles are made of muscle bundles, which are made up of large amounts of muscle fibrils. When we 'build' muscle we create lots of small 'tears' in the muscle fibres, which repair with scar tissue. This process can take up to 72 hours. This scar tissue, however, needs to be broken down to bring flexibility back to the muscle.

Think of a weight lifter (who doesn't do yoga). He bulks up a lot of muscle, yet has little flexibility and range of motion. Their bodies have less movement and grace, and they tend to have a lot of joint problems and pain. Stretching and massage is proven to help in this situation. Stretching helps the muscle return to its natural shape by increasing blood flow to the area. Therapeutic massage will help the connective tissue become more elastic, thereby

allowing the muscle to also return to its inherent shape and will also increase blood and intercellular fluids to fill the area, giving cells a healthy environment to do their job.

It is imperative for horses to maintain range of motion otherwise other parts of their body will compensate and take up the extra workload. They may carry on like this for weeks, months or years, constantly wearing down. The body is designed to increase support to an area that is stressed and over months and years of increased support the body can no longer call on extra resources because it doesn't have them. This ultimately leads to ruptures of soft tissues, scar tissue, and thickening of the tendon and ligaments, which then causes permanent dysfunction of the affected area.

Each muscle attaches to two or more bones and crosses one joint or more. Muscles free from tension, with agility and movement, will carry out a function of keeping joints aligned. This allows joint fluid to flow evenly within the joint, and this reduces unnatural wear and tear of joints. Hence the term 'well-oiled joints'.

Each muscle is attached to bone by tendons. Muscles are designed to take 90% of workload and tendons the other 10%. If the muscle isn't functioning properly then the tendons will take more load. This is obviously very important in horses as ultimately it can lead to bowed tendons.

Equine massage therapy is a very powerful tool in injury prevention for horses.

To Rehabilitate

Therapeutic Massage plays a key role in post-trauma rehabilitation, to get your horse back into work sooner with less chance of weakness or re-injury. Massage breaks down scar tissue and brings blood and oxygen to the area for speedier healing of muscle damage. EMT will work on the whole body of the horse so the horse can function in a balanced way and release any compensatory muscle tensions also linked with injury.

A massage should never be carried out on an area in the acute stage of injury, with heat or swelling. This can create greater tissue damage to the area as massage stimulates blood flow and increases vasodilation.

Muscles convert chemical energy to mechanical energy. If a muscle doesn't return to its original relaxed state this creates tension, which creates energy blockage (chemical/electrical), which shows as movement blockage/weakness. It can also create chronic pain or persistent nagging pain that can impede performance mentally, emotionally and physically.

To Diagnose



A full-body Massage Therapy treatment on a horse will give a skilled therapist great insight into the state of problem areas.

It is always advisable to have a veterinary consultation regarding any injury. However it is not feasible for your vet to spend an hour or more massaging your horse. A skilled EMT can help determine the root cause of muscular problems and offer valuable information to your vet or other equine care providers.

Back pain is a high source of discomfort in horses due to their anatomy not being designed to carry a rider. EMT can help assess what muscles are being affected and work in with chiropractors as complementary therapy to help create long-lasting changes.

What to look for in choosing your Equine Massage Therapist

There are many different modalities of Equine Therapies. These include chiropractic, Shiatsu massage, accupressure, neuromuscular, physiotherapy, movement therapy, craniosacral, sports massage, bowen, reiki ... to name a few.

Some things you may want to find out are:

- are they certified
- how long did they study and where
- do they have good knowledge of anatomical form and function
- do they have good horse handling skills
- are they supported by other Equine Care Professionals
- What results are expected from a course of treatments

Chrissy Harley, of Water Horse Massage Therapy, is a Certified Equine Massage Therapist (CEMT). Contact her on water.horse.message@xtra.co.nz or 021 284 2212.

Bec's Kids Club



Hey Kids this section is just for you!
Send your pictures in with your
horse/Pony and tell us a bit about
them or a picture of you out and
about at a WAERA Ride....

karlywaera@gmail.com

There is colouring competition and
cross words puzzles and find the

missing words section!!! And you
can win a Prize!!!!!!

WATER KIDS OUT AND ABOUT



*Laya Mitchell reading to her pony Outback Tanami
congratulations on completing your first 22km ride*



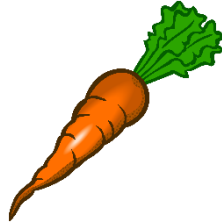
Making friends and memories

Laura and Elizabeth Mitchell & Charlotte and Emily Elliott



*Congratulations on your first
22km Abbey Irvine*

Bake you horse a treat but get adult supervision

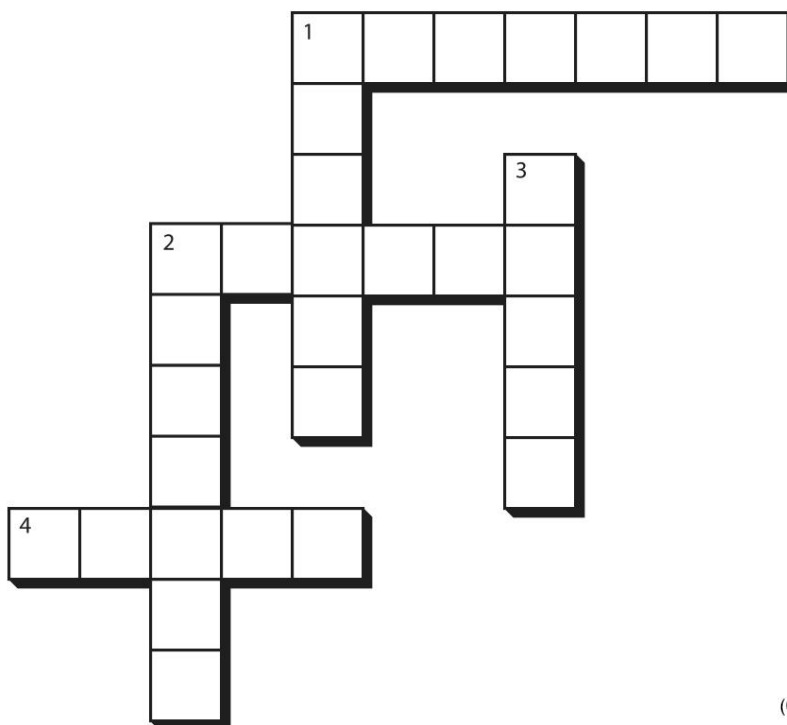
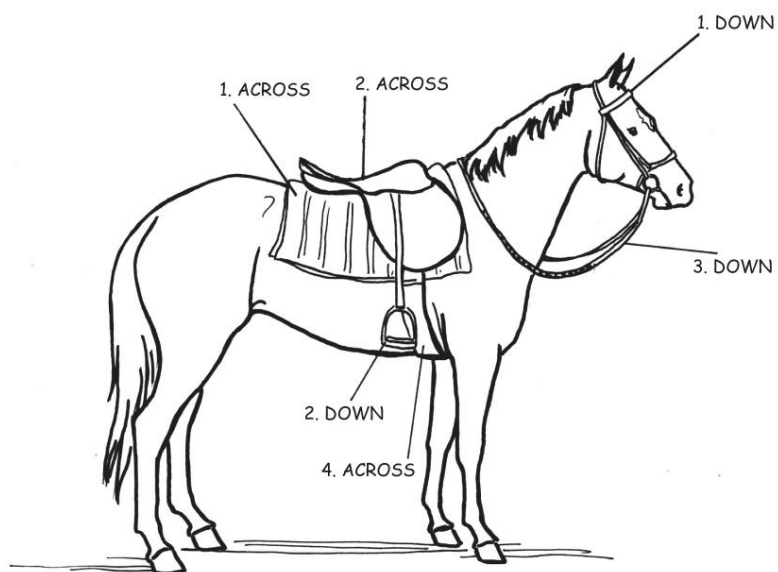


Make carrot and apple cakes. You can bake some simple fruity cake treats for your horse at home. Horses tend to love apples and carrots, so this recipe is normally a winner. Gather together one carrot, an apple, a cup of molasses, two and a half cups of oats, and some vegetable oil. Grate up the apple and the carrot, and then mix them in with all the other ingredients.

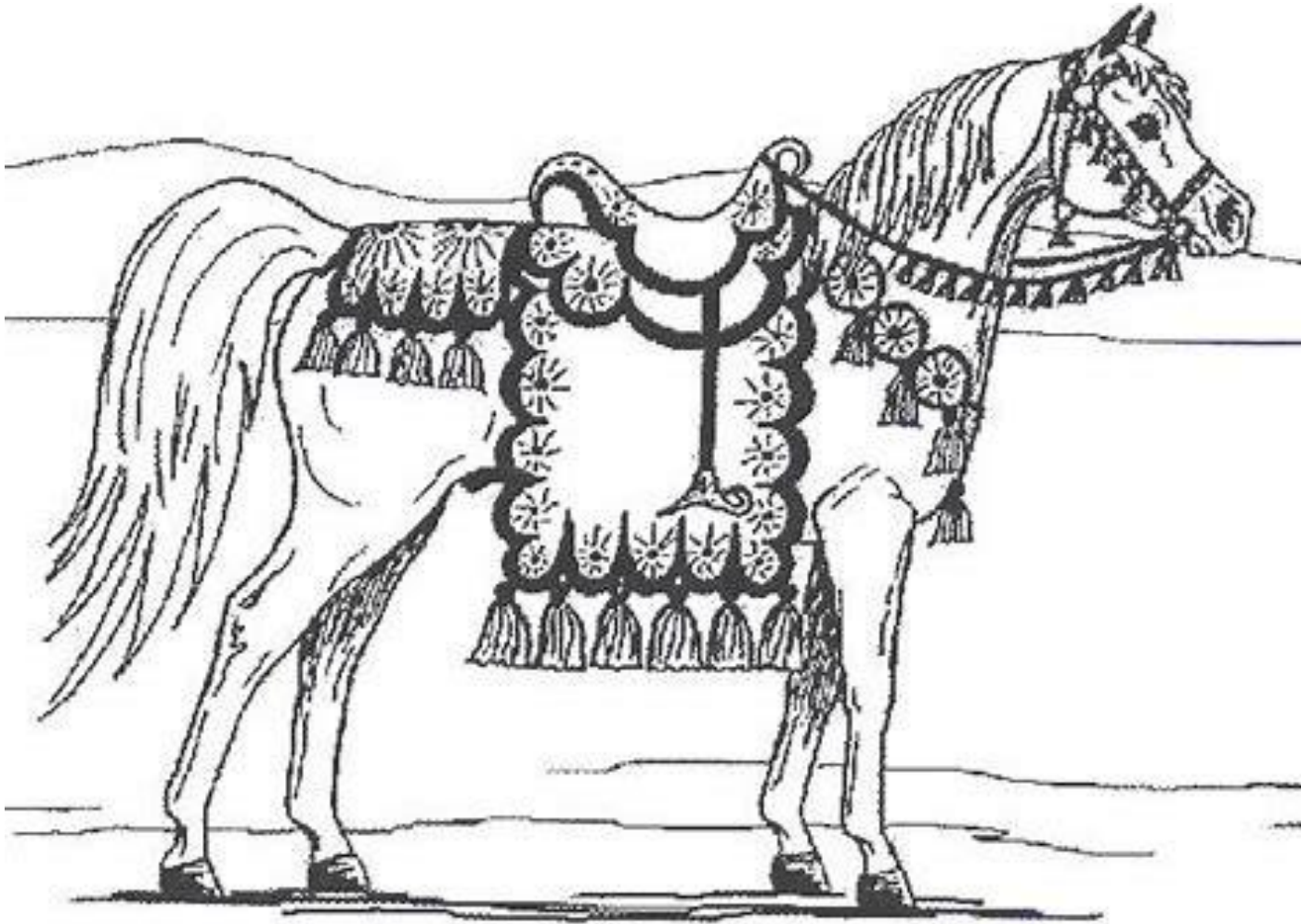
- Place the mixture onto a shallow baking tray, and then place the tray in a pre-heated oven at 300 degrees Fahrenheit.
- Bake it for around 40 minutes, or until they look golden brown.
- Remove the tray from the oven and allow the mixture to cool for four hours in the fridge before you cut out the cakes.^[1]



Crossword



COLOUR ME IN



Hey Kids send us a picture of your colouring and the SMC
Committee will vote.

The winner will receive a prize

Fergus

BY JEAN ABERNETHY

www.FergusTheHorse.com

No more fly spray,
Fergus. We'll have to
try something else.
Can birds read?



I don't know if
birds can read.
Whatcha got in
mind?



YOU MUST NOT EXPECT YOUR MOTHER TO KEEP YOUR PONY CLEAN

