

Blue Mountains Trail Riders Horse Tales

MARCH/APRIL 2019



The official newsletter of the
Blue Mountains Trail Horse Riders Club Inc.

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Your 2019 Committee members:

President – Dee Thornthwaite
Vice President – Phil Carr
Secretary – Kerry Manning
Treasurer – Teresa Tidball
National Parks Liason – Dee Thornthwaite
Publicity Officer – Judy Duck
Committee – Leanne Stubbs
Dagmar Sweetland

Just a reminder that you need to show your ATHRA card or receipt before you can participate in any ride for insurance requirements.

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Upcoming rides

March 2019

Sun 3rd - Burrellow - Phil
Sun 17th - Kings Tablelands Road W/Falls -
Dagmar

April 2019

Sun 7th - Yellowmunde Island - Dee
Sun 21st - Julie's Mystery Ride - Julie

May 2019

Sun 5th - Scheyville - Dee
Sun 19th - Mt Hay - Kerry (or
McMahons Road - Phil)

June 2019

Sun 2nd - Grono Track - Phil
Sun 16th - Ingar - Dagmar

Articles published in this newsletter are published only as a service to members and are intended as a guide only.

Presidents Report.



Hey everyone,

Firstly I would like to pass on our condolences on to Leanne Stubbs, who lost her Grandmother in February. Leanne's grandmother was a huge influence on her right through her life and Leanne was there with her right up to the end. Granny was 99 year old and I was very honoured when Leanne took me to meet her not long ago. She was so bright and chirpy. Leanne spent a lot of time with her and would help her with her lunch and just kept her company. Leanne and Gaye are understandable upset but are at peace with the thought that Granny had a very long life and had been surrounded by good friends and family and was very much loved. On a brighter note, Phil has received good news from his doctors. He has responded well to the treatment and is doing so much better and he is pretty sure that his treatment will be all over soon.

We had a great AGM with all of our positions being filled and last week we have had our first committee meeting. There were lots of ideas and participation by all our committee members, everyone seems to be very enthusiastic.

We have already had three rides this year, Scheyville, Sun Valley and Buralow. Both Scheyville and Sun Valley were well attended, Buralow only had two riders Phil and Julie but both had a very good ride.

This year the committee has decided to put forward two rides a month, both on Sunday's. One on the first Sunday and the other on the third Sunday of the month. The one on the third Sunday of the month will be our main and longer ride while the one earlier in the month will be a shorter ride. The idea for this is so that we can use some of our trails that are a bit shorter. It is good if our club is using as many of the trails in the area as possible so we don't end up losing them.

Well, I hope to catch up with all of you on our rides this year.

LET THE FUN BEGIN !
DEE

News Items

Wet Weather Arrangements

It has only just come to my attention that a lot of our club members are not aware of our 'Wet Weather Arrangements. There is a plan in place to cancel any of our rides due to bad weather, be it too hot, or too wet, or any unforeseen circumstances such as being too boggy under foot for our horses or for our floats. The Trail boss of the day is the only one who had the power to cancel or move a ride location at the last minute or maybe even earlier. This is why all club members and visitors are asked to 'Ring to Register.' When you ring and register to ride, the Trail Boss has your phone number handy and is aware that you are going to turn up so its not such a big deal for him or her to get in contact with you to move or cancel the ride on short notice if necessary. It would be far more difficult if he or she has to turn on a computer in the morning to start sending messages. Bearing in mind the fact that he or she is a bit busier than most on the morning of ride as there extra duties to perform. You can, if you want, text or ring to check with the Trail Boss, as you too should have their contact details handy in case you can't attend for any reason and let them know. Decisions on cancelling or changing a ride are normally made as early as possible, the night before or very early on the morning of the ride so that the club members don't actually leave home or head in the wrong direction.

Ride Reports or Information for the newsletters please email to Judy. duckjudith@gmail.com

Club Shirts with the New Club Logo.

Short Sleeve Polo **\$35**

Long Sleeve Cotton \$50

Put your name on
your shirt for Only **\$4**



Ride Reports:

2019 BMT kick off ride at Scheyville

Look out Scheyville here come the BMT club with our kick off ride for 2019.



It was wonderful to be in saddle catching up with the club riding friends. Not to be put off by the recent heatwaves Dee kept us well informed so we knew we could go ahead – Yeehah... Always lovely to see Debbie Beanland out on her beautiful mare, no sun bleaching going on there.



Awesome and reassuring to have our one man show Phil with us, seriously how do you cope with us girls? Your level of horsemanship shows itself just by the fact that you have guys close or in their thirties that can do the ride without any issues – keep doing what you are doing – it works.

Julie loyal as ever, Leanne Stubbs and the gorgeous Dezzzy – present, Teresa and the big boy Clancy – Present. Who better to start off the year as trail boss than our mentor and President – Dee (many thanks)



Our pretty boy Dezzzy hit a milestone on this ride – he walked all the way on the buckle, except when we were trotting or doing really energetic canters – yep it’s hard not to love him. (taken a lot of persistence but well worth it)



The ride was at times fairly energetic but under control thanks to Dee and her wonderfully reliable Sharnee. His behavior and guidance on our rides should never be underestimated. He is

an absolute rock and we all know that doesn't just happen so good on you Dee. You should be proud of him, especially when Dezzy ducks for cover behind him and even runs up his bum. On that note of steadiness and guidance, then we have young Clancy, a very talented horse for his years.

Putting on a rodeo show for us as we reached the top of our lovely and very lively canter. Teresa had it in hand for a time, then came the spins and those bucks that come when our steeds know they have outdone themselves and their riders are about to experience that nano second feeling of oh darn here comes the ground.



Holy cow drama on the ride a loose horse and a human on the ground. What happens next, simple Dee was off Sharnee in seconds and by Teresa's side dealing with the winded injury first, clearing the horses away and working through the process of are we ok or do we need an ambulance. Fortunately it was no ambulance required outcome, and hilarious the victim taught us all how to diagnose concussion, despite her situation. Meantime Julie was off like a flash catching the somewhat spooked Clancy and returning him to the BMT clan. Not to be deterred we all mounted up and set off to finish the ride and return to base.



Once back we got out our chairs and sat around for a postmortem, Phil had an ice pack tucked into his belt to relieve back pain, Teresa had aerosol ice spray on her neck and we all had a chuckle about the irony of life. Here we are all conscious of the ICE epidemic with our young and yet here we were promoting the use of ice for us oldies to soothe our weary bones.



So in summary do not miss our rides, they are of the highest standard but never dull.

RIDE REPORT

Sun Valley - Sun Valley 17th February 2019 & AGM

It was a beautiful morning in Sun Valley and Dagmar and I had arrived nice and early to get things ready for our ride and AGM. Kerry and Ebony came over and gave Dagmar the key to the trail gate and It wasn't too long before the others started arriving.

Julie and Amitty, Debbie and Tink, Leanne and Dezzy, Judy and Bella, Ashleen and Lakky with Charli and Teddy.

It was great to see everyone again and I was very excited about the ride. Dagmar read us the riot-act and we were off and away down the road to one of our favourite trails.

Dagmar unlocked the gate and we were soon going down the beautiful trail. It was good to see everyone catching up, there was a lot of chatter going on.

Soon we came to Cripple Creek, not much water in there these days but it is always pretty. We rode along the valley floor and we came across a huge fallen tree wich we had to go around. We got to the bottom of the Long Angle Hill and we had a break for a few minutes. Soon we were heading back as it was starting to get very hot and we had planned to be back at the Pony Club grounds early for our club lunch wich Teresa had organised for us and our all important AGM. The ride back was calm and we rinsed our horses off and yarded them with some water and feed while we had a great lunch together. Thanks to Teresa ! Kerry and Ebony came over again to have lunch with us and join in with the meeting.

The AGM went off without a hitch and all the positions were filled. We have a great hard working committee again this year so I think we are very lucky.

Hope to see you all on the next ride.

DEE & SHARNEE

B.M.T.H.R.C



RIDE REPORT

BURRALOW – 3RD MARCH, 2019.

On 3rd March 2019 I met Phil and Shar to go for a ride to Buralow. For various reasons no one else had been able to be there, but what we lacked in numbers we made up for in enthusiasm. It was a beautiful day and the ride down the hill was very pretty and peaceful, with next to no traffic. The camp site was very busy but we easily found a quiet spot for lunch. Shar spent the lunch break rubbing on the tree and ended up with a bark bead jewellery in his mane. The run up the hill was good, with a couple of good canters which really made them work. There was a fair bit of traffic on the way out but everyone was polite and thoughtful, including the motorcycles, which Shar cantered past in a very controlled manner, just after I'd told them that the horse behind me was nervous of bikes. Oh well you never can tell. It was a great ride. Julie.

Interesting Information

The information below is an article from the Hawkesbury Equine Veterinary Clinic Newsletter. Thank you to Hawkesbury Equine Clinic for allowing me to share this information with our members.

The itchy horse

Every year in mid to late summer we start to see horses presented to the vets at HEVC looking much like the pictures below. These horses are severely pruritic (a fancy name for itchy) and initially have urticaria (small lumps) over their top lines and trunk and then atopy (hair loss) and variable degrees of skin lesions from small abrasions to scabs and sores.



The most common cause of the aforementioned symptoms is the “itch” also known as “Queensland Itch”. A more correct terminology would be recurrent seasonal pruritus. The itch is caused by an allergic reaction the horse has most commonly to bites from midges (*Culicoides* sp.). The effects on horses can be dramatic. They suffer intense pruritus (itchiness) on the

mane, tail, face, ears and back, resulting in biting, rubbing, hair loss, self-trauma and a change in temperament. They become miserable and irritable.

Hair loss is common in the areas that are being rubbed, usually along the midline, face, ears, mane and tail base. The hairs will be coarse, broken and stubby and will often be standing on end. Crusts, scales and scabs appear in the coat, especially on the butt of the tail and around the ears.

While horses don't die from 'Queensland Itch', badly affected horses are of little use as working or pleasure animals as the itching makes them difficult to work. The damage to their coat also makes them look terrible.

Treatment involves treating the symptoms of the allergy as well as preventing or minimising the horse's exposure to the cause of the allergy. A consultation with a vet is important to rule out other causes for your horse's skin condition (eg. Rain scald, ring worm, scabies, lice etc). The vet will also be able to discuss with you treatments available to help settle down the allergic reaction and itchiness as well as treating any secondary bacterial infections that may be present. Often the vet will prescribe and/or give corticosteroids as well as topical washes and/or creams and occasionally systemic antibiotics depending on the case. Corticosteroids such as dexaforte and/or prednisolone can have significant side effects such as laminitis and this will be discussed at the time of the consultation.

Treating the symptoms alone is unlikely to resolve the allergic reaction and reducing the exposure of horses to midges and mosquitos is an extremely important step in helping horses with this condition. Because midges are most active just prior to and at dusk, one approach to reducing exposure would be to bring horses into a stall with a heavy air current, which is possible through the use of fans. Horses should be sprayed or rinsed with insecticides with residual activity e.g. pyrethrins or pyrethroids, such as Flyaway, Permaxin Insecticidal Spray or Swift according to label recommendations. Keeping horses covered as much as possible with cotton rugs can also help preventing biting midges as well as helping reduce self trauma. From a nutritional perspective, supplementation with omega-3 fatty acids can also help as well as placing oils on the skin to help improve the skin's natural barrier to infections which is often diminished with this allergic condition.



From Hawkesbury Equine Clinic Autumn Quarterly Newsletter 2019

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