

Blue Mountains Trail Riders Horse Tales

JULY/AUGUST 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.

Inside this issue:

1. Cover page
2. Presidents Report & News
3. Upcoming ride details
6. HEVC Article on Horses & Winter
7. Businesses that Support Us

Upcoming rides

July 2019

Sun 21st – Grono Track Colo Heights – Phil

August 2019

Sun 18th – McMahons Road Kurrajong - Julie

September 2019

Sun 15th – Pattersons Range - Dee

October 2019

Sun 20th – Scheyville NP - Dee

November 2019

Thursday, Friday, Sat, Sun 7th, 8th, 9th & 10th – Rydal Christmas Party Weekend

December 2019

Sun 8th - Sun Valley – Phil

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

Presidents Report.



Hey everyone,

There is not a lot to report on at the moment as our last ride was cancelled due to bad weather. Although we need the rain it would be good if it didn't fall on a Sunday. Its that time of the year when we start organising our Christmas Party Weekend. This year the vote was to hold it at Rydal Show Ground, Rydal. Some of us will be heading out to Rydal to check out the finer details and you will receive more information as we get it organised.

That's it for now,
See you on the trail,
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

Nice Email from Debbie Beanland.

Hi there from Debbie!

Im sorry I have been missing in action! I read the general minutes and Judy's newsletter and was happy to read about all the great rides coming up, about Teresas fantastic success with Clancy, and sad to read about Judy's loss of her beloved aunt and Kerry and Ebony moving to NZ. Although I haven't seen you guys for a while, I will miss you Kerry and Eb. I hope to see you a few times before NZ calls. I totally understand your need to go over there. Dagmar, I hope Ree gets better again soon, awful to hear about the paddock injury.

That was very touching to read your kind words about Martin losing both parents close together. Thank you everyone..... It was a sad , and busy time, for us over the last few months. But we are blessed to have had them in our lives until their grand old ages. We have done countless trips to Melb by air and car to help the family down there with funerals, house sorting, files sorting and all the mountains of paperwork. Martin and I took our float down there to bring back his mums piano and sofa and his dads ancestry files. Must have been heavier than two horses (although we calculated that it was under) as my trusty Merc 4WD broke down on the way home and we took 17 hrs to do a 9 hr trip. Basically limped home. I sold the car for scrap metal as the transmission had blown up and was too expensive to spend that kind of money on an old car, so I am without a car till september. I am targeting the pattersons ride on 15 sept and might have a car by then. No more mercs for me. Im looking at a toyota prado , 3 tonne tower, or something similar. A good reliable and easy to service car. I have to wait till then to save up for a car as I'd like one that is under 6 years old, so Tink is being ridden in the back yard and is looking forward to some more exciting riding! She says hi (neigh.....)

I look forward to seeing you all again soon.....

love Debbie and Tink



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New Club Logo.**

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your shirt for Only **\$4**



M.T.H.R.C

Upcoming Ride Details:

Grono Track Colo Heights – Sunday 21st July

Leaving 10.00am sharp.

Duration : 4 hours BYO :

Lunch and drink. Water for horses.

Type : Medium going.

Ride Coordinator: Phil 0408223955. Ring 48 hours prior.

McMahon's Rd – Sunday 18th August

Leaving 10.00am sharp.

Duration : 4 hours BYO :

Lunch and drink. Water for horses.

Type : Medium going with a very steep rough hill.

Ride Coordinator: Julie 4776 2210. Ring 48 hours prior.

Patterson's Range fire trail - Sunday 15th September.

Duration : 4 hours +. Leaving 10.00am sharp.

BYO : Bring lunch & water for horses.

Type : Medium going some hills and rough ground. Bridge crossing.

Ride Co-ordinator : TBA

NO SMOKING at this Ride base.

Scheyville – Sunday 20th October

Meet : 10am sharp Ready to ride

Duration : 3 hour s +.

BYO : . Lunch and water for hor ses.

Type : Easy going.

Ride Co-ordinator : Dee PH 0411 275 133

Ring 48 hours prior.

NO SMOKING at this Ride base.



B.M.T.H.R.C

CHRISTMAS PARTY WEEKEND – RYDAL 2019

November 7th, 8th, 9th & 10th.

This years Christmas party weekend will be held at Rydal showground from Thursday 7th November to Sunday 10th November.

You can attend any part of the weekend that you wish.

The showground offers shower and toilet block and we are hiring the kitchen and dining room.

There are some cattle yards for our horses but these are limited, (first in basis) so you should bring your own electric fencing for your horse.

For those who wish, you can camp in the building or in your own float, car or tent.

Our Christmas dinner will be held at the Rydal pub where we have booked the dining room. The club will be covering some of the costs for the weekend.

Rydal is about a 2 hour drive from Richmond or Penrith.

Sun Valley Day Ride – Sunday 8th December

Meet : Sunvalley Pony Club.
10 am Ready to ride

Duration : 4 hour s +.

BYO : Lunch and drink.

Type : Easy going. Possible water crossings

Ride Co-ordinator : Phil 0408223955.

Ring 48 hours prior.

Directions : Arriving from east (Sydney) turn right into Sunvalley road follow down to the pony club grounds.

Arriving from west (Katoomba) turn left into Sunvalley Road and follow down to pony club grounds.

Ride Reports:

No Ride Reports for this newsletter. Scheyville was cancelled due to lack of numbers, Mt Hay was cancelled due to the Trail Boss not currently riding and Kings Tableland Road was Cancelled due to the rainy weather.

B.M.T.H.R.C

Article on Managing your Old Horse for Winter

I thank **Hawkesbury Equine Veterinary Centre** for allowing us to use this article from their Winter Newsletter. I am sure you will find it interesting and informative.

Managing your old horse for Winter

Cold weather affects older horses more than it does their younger companions. But with knowledge and planning, your senior can stay comfortable and healthy, and getting through winter doesn't have to be an ordeal. Below we will discuss some ways you can help your senior friend to get through the colder months of winter.



Pre-season winter veterinary exam



A pre-winter veterinary examination is a good way to get ready for cold weather. Your veterinarian can assess your horse's weight and make specific recommendations for his nutritional needs. He or she can diagnose and address conditions such as Cushing's disease, arthritis, heart murmurs, or heaves before the cold weather makes them more difficult to manage. It can be challenging for older horses to get around when it is cold due to arthritis, foot problems, or neurologic disease. Anti-inflammatory drugs and joint supplements as prescribed by your veterinarian can help make achy joints feel better in the cold weather. Your veterinary can also perform a thorough dental exam on your senior. Whilst many senior horses stop erupting any more of their molars, loose teeth and tooth root abscesses can cause significant pain to your horse without any obvious outward signs. We recommend at least yearly dental check-ups even if their teeth do not need any further rasping.

Water & Feed

Make sure older horses are drinking enough clean, warm, ice-free water during winter. Water is important for body temperature regulation and for digestion. Older horses that do not chew their grain or hay thoroughly may already be more prone to digestive disturbances, and insufficient water can lead to impaction colic. We often recommend owners add warm water to their horses hard feed to increase their water intake and improve digestion of their feed.

In cold weather, horses utilize feed to stay warm. Within minutes of eating a meal, the horse's digestive processes start to generate body heat. And over the long term, the calories not immediately converted to energy that supports bodily processes are stored as fat, which helps to insulate against the cold. Hay/fibre is metabolized more slowly than grain & because hay/fibre has a longer "burn time," it ultimately produces more heat.

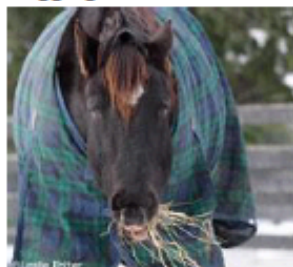
If your senior is still able to chew hay efficiently then large amounts of good quality Lucerne hay can help keep your senior warm. However, many older horses are missing some of their molar teeth and these horses are not able to chew hay and grass properly. If your veterinarian has diagnosed missing molar and/or incisor teeth in your elderly horse, we recommend that the hay is removed from the diet and replaced with chaff and other easily digested fibre substitutes eg. Fibre Essentials, Easy Fibre etc etc.



It's a good idea to increase your aging horse's feed ration during the winter.

Remember that grasses have very low or little nutrient value in winter so supplementary feeding is important for good health. Horses not receiving enough feed will tend to go in a downward spiral. They will start to lose weight & then will feel the cold more so the feed being provided will be used to keep them warm with none for fat reserves. They become colder and thinner! Additionally, when the majority of a horse's nutrients go to keeping him warm, he has fewer resources left for fighting off illness or repairing tissues, leading to a decline in over-all health. Compounding the problem is the fact that older horses don't digest food nearly as efficiently as younger horses do. Their ability to digest fibre is 5 % lower and their ability to utilize protein is about 15 % lower. So even if they are being fed the same amount of feed as the younger horses, older horses will not utilize it all and can lose condition quickly.

Rugging



Although a full winter coat will protect most horses well enough rugging can be very beneficial. A decision to rug or not depends on many factors including: Body condition prior to winter; Current health status – ability to keep warm, medical or dental conditions that effect the utilization of feed and; Owners ability to check frequently under rugs & change rugs according to weather conditions.

It is very important to take your horse's blanket off regularly as a lot of problems can go unseen under a winter blanket, especially weight loss. Older horses may not have a cushioning layer of fat over points like the withers, shoulders or hips and can develop pressure sores. Older horses with Cushing's can also be prone to bacterial

and fungal skin infections.

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