



# July 2019 Newsletter

## Club Postal Address

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Gawler SA 5118

Find us on 

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President - Julie Jackson 0419850793

Vice President - Tamara Godfrey 0417869695

Treasurer - Sandra East 0400884402

Secretary - Kath McCullagh 08 82807046

General Committee

Maria Pearce & Lisa Rothe

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## **GENERAL MEETING** (1st Thursday of the month) **8pm Thursday 4 July 2019**

**All welcome Southern Hotel** (next to Cafe Nova)  
**Come early for tea – 7pm**

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### June Meeting

- Ride Calendar.
- ATHRA accreditation training: 5 members to attend training Michelle Day & Maria Pearce for the first time & Julie Jackson, Tamara Godfrey and Kath McCullagh to go for a refresher. (15 & 16 June Waikerie).
- Club Can Coolers: to be available soon.
- New Newsletter Editor: Maria Pearce is taking over till the AGM.
- Opening our Reservoir Reserves: Club put in a submission to SA Water. Members are encouraged to also have a voice.

### Members for 2019

### **Welcome**

Welcome back to Renewing Member:

- Michelle Day of Nuriootpa

**& hope you enjoy many days of riding (& socialising) with the club**

### Coming Events

#### **June Ride – MT BELVIDERE CAMP – Sat & Sun 29<sup>th</sup> & 30<sup>th</sup> June 2019**

Host and Trail Boss is Richard Grimson  
Arrive 10am Saturday 29<sup>th</sup> June / Depart  
Sunday 30<sup>th</sup> afternoon  
RSVP by 26<sup>th</sup> June to:  
[gawler.thrc@gmail.com](mailto:gawler.thrc@gmail.com)

Ride Description: 2 days with approx. 2-3 hours riding each day. Hilly and flat terrain.



You need to be fully self-contained – ie bring your own everything. Water (for you & your horse), feed, yards, electric fencing etc.

Warm clothing & wet weather gear for riding and sitting around the camp fire.

Long drop loo on site only.

Arrive from 10.00am onwards and set up your camp. Have lunch. Ride out during the afternoon.

Ride Grade: Mainly walking. Some steep, rocky sections with other areas sandy. Seasoned bare foot horses should be ok.

Hazards – Wildlife.

Directions: Further information & directions will be supplied to those who RSVP nearer the ride date.



**Cost:-** ATHRA member \$2 Ride fee. Only limited Non ATHRA member riding visitors: fee \$25/day (please be advised that if you are not a member of ATHRA you will need to be sponsored by an ATHRA member to ride & pre-register as a day member 3 days prior with ATHRA online - \$15 direct to ATHRA & \$10 to club on the day). Please bring the correct change & place in tin at sign on book.

### **July Ride – ROSEDALE TO SEPPELTSFIELD – Sat 20<sup>th</sup> July 2019**

Hosts: Lisa Crinon & Maria Pearce; Trail Boss - TBC

**NOTE - Arrive 8.30am – ride out 9.30am**

RSVP by 17<sup>th</sup> July to: [gawler.thrc@gmail.com](mailto:gawler.thrc@gmail.com) if you are joining for the ride & if you want to have wine & cheeses. (need to let the winery know numbers)

#### Ride Description

Ride is approximately 17 kms long travelling along a bit of bitumen – riding on through vineyards, dry weather only roads and white metal roadways with soft verges in parts to wind our way over towards Seppeltsfield – the ride journey should be pleasantly quiet as there are only back roads/tracks basically used. There is one bitumen main road crossing on this ride. A Winery stop off with a wine tasting and cheeses at a cost of \$9 per person is available. (Wine purchases can be made and will be collected). Other nibbles can be purchased at this winery - the stop will take about an hour. The ride will continue at least another 1 to 2 hours to the destination at Seppeltsfield.

Seasoned barefoot horses should be ok but there is possibly half the distance in white metal roads. Depending on weather, this trail ride is cart friendly. If wet carts will not be permitted. The ride will include some trotting and canter.

As the ride will take approx. 4 hours all up, you may like to bring your own nibbles for the journey in your saddlebag. As it will be necessary to take riders back in a couple of cars to collect your floats it is necessary to have halters/tie up string on you at all times (for the Winery stop and for the destination arrival). Also you need to bring a hay net & horse rug that can be placed in the backup vehicle to take to the destination point ready for your horse. Horses will be hitched safely on individual posts within a very large working arena fully fenced whilst you are ferried back to get your float. The waiting horses will be supervised at all times whilst you are absent. (This should only take about 45 mins.) After collection of your floats you are welcome to enjoy hot food and tea/coffee before travelling home if you wish.

Directions: Further information & directions will be supplied to those who RSVP nearer the ride date.

**Cost:-** ATHRA member \$2 Ride fee. Only limited Non ATHRA member riding visitors: fee \$25/day (please be advised that if you are not a member of ATHRA you will need to be sponsored by an ATHRA member to ride & pre-register as a day member 3 days prior with ATHRA online - \$15 direct to ATHRA & \$10 to club on the day). Please bring the correct change & place in tin at sign on book

### **August Ride – TRURO GORGE – Sunday 18<sup>th</sup> August 2019**

Host is Natalie Bennison & Trail Boss : Julie Jackson

Arrive 9am Sunday 18<sup>th</sup> August – ride out 10am

RSVP by 14<sup>th</sup> Aug to: [gawler.thrc@gmail.com](mailto:gawler.thrc@gmail.com)

### Ride Description:

This ride will include private property riding over paddocks to the Truro Gorge – as the group will traverse over paddock areas and is rocky in places with some steep inclines: No Carts. There will also be quiet roads and back tracks and a little bit of riding within the town of Truro included throughout the trail ride.

The duration is expected to be about 3 hours and should suit seasoned barefoot horses.

The ride will include some trotting and canter.

More information will be provided in the next Newsletter.

### RIDE CALENDAR FOR 2019

Rides are usually held on the 3<sup>rd</sup> weekend (Sunday calculated) & 5<sup>th</sup> Sunday of the month (if there is one).

Camps held ~1<sup>st</sup> or 5<sup>th</sup> weekend of the month (negotiable) Meeting dates are held on the 1<sup>st</sup> Thursday of the month

**The following is a work in progress – dates, location & hosts to be continually confirmed**

**Please nominate a date if you have nominated to host rides**

<b>Ride Date</b>	<b>Location</b>	<b>Host</b>	<b>Club Meeting Dates for 2019</b>
June 29 & 30	Belvidere Camp	Richard Grimson	
July 20	Rosedale to Seppeltsfield	Lisa Crinion/M Pearce	4 July
Aug 18	Truro Gorge	Natalie Bennison	1 Aug
Sept 14/15	Leasingham	Sandy Jones	5 Sept
Sept 27-30	Camp – Southern Flinders?	Kath McCullagh	
Oct 19 & 20	Owen Camp & obstacle day	Julie Jackson	3 Oct
Nov	Forest Ride/Camp – Kuitpo ( <u>not</u> 16-17/11)	Lainie Ray	7 Nov
Dec 7 (Sat)	Christmas Dinner (TBC)		5 December
Dec 14/15	Christmas ride (TBC)		

### Past Events

#### June Ride – Mt Crawford (Cromer) – Sunday 9<sup>th</sup> June 2019 – (Sandra Sampson's ride)

##### **Summary of ride from Sandra Sampson:**

Well I managed to get to Cromer nice and early to put out the club sign, surprise surprise!!!

We had a lovely calm morning with no wind or rain, thankfully.

Floats soon started to arrive and we were treated to a lovely tippie of port by Michelle. It reminded me of my hunting days!



We had our pre-ride talk and then headed off for the summit.

A few kangaroos were spotted on the way and those moving bushes and horse-eating logs were everywhere! Heading up the hill and having our first trot became a problem for Ruby, so

decided to walk again! We then took the easier option to the top and stopped to admire the fantastic views. It is always so lovely up there.

I had more problems with Ruby so decided to dismount. Something was obviously wrong so I looked forward to an hour and a half walk back to Cromer! Luckily everyone else enjoyed their ride home and we were happy to see a lovely fire awaiting our return. We had our cuppa and lunch and maybe another port!

All in all everyone enjoyed their ride with great company and well-behaved horses (except Ruby)! Thanks everyone for your patience with my sore horse.





**Post Ride Summary from Di Schaefer:**

The month of June is usually accepted as being *Winter*, however, for horse riders the cool, crisp air and soft going under foot is seen as a lovely time to enjoy riding. The most recent Club Rally at Cromer in the Mt Crawford Forest was no exception.

I arrived around mid-day and was thrilled to see so many horse floats assembled in the parking area. The riders had not yet returned, so I busied myself and prepared a welcoming camp-fire.

It wasn't long before the riders returned and they set about watering and strapping their horses before they came over to share lunch around the camp-fire. Everyone had enjoyed the ride led by Sandra and were exhilarated by the fantastic views spanning over the forest from the peak of the hilltop.



Michelle did the honours of offering an 'after the ride' stirrup cup of her special aged Port to everyone sitting around the fire, which was a really *warming* addition to the winter's day.

Although it was cool and overcast, there was no rain during the ride, but as riders returned there was a light shower, however it quickly cleared and most riders stayed on for a social chat and get-together with the members and friends who had come along to meet and after the ride.

Another very pleasant, memorable Riding Club Rally. Thank you to Sandra for organizing the ride and to those who participated.

**Members' ATHRA Accreditation Weekend– Benson Park Waikerie – 15<sup>th</sup> & 16<sup>th</sup> June 2019**

Tamara & I first did our accreditation in 2008 at Waikerie so thought that it would be great to do a refresher.

It was a great weekend of learning including some “mock” trail rides with situations being thrown at us to test our skills and learn/teach us all how to handle them better or just appreciate how easily it can go pear shaped and what can be done.

This included Kath over acting as an inebriated rider (funny but way over the top), Tamara falling off her horse (with some help from Barry's pigroot – maybe he was over acting too 😊).





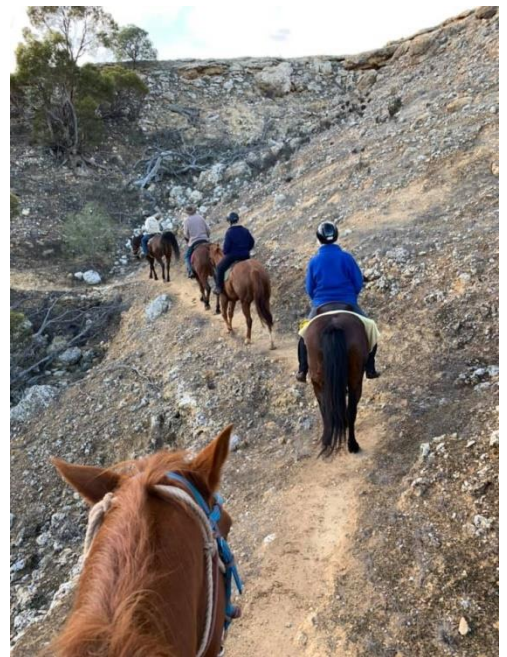
Benson Park was a great place for us to hold the weekend with Ken taking us for a wagon ride to the sunset club for drinks before dinner – what a great spot, could have stayed there all night. We also talked Ken into an early morning ride before returning to the class room. We rode out to the Murray River cliff tops & enjoyed the sunrise on our horses & the beautiful scenery along the way. Unfortunately we had to cut it short but hope to be back soon to complete the full trail ☺.

After a full weekend we headed home with the thoughts that the refresher was a great idea, as it has given us a new perspective on our club and its rides. All in all it was a great learning experience. One that I would recommend to all who want our club to remain strong & fun into the future.

And Benson Park – a great place to visit with your pony. Thanks Ken, hope to see you soon ☺



Happy trails





### **NEWSLETTER DEADLINE**

The deadline for any items that members want printed in the **August 2019** newsletter will be **Tuesday 24 July** so please ensure that your emails reach Maria Pearce [gawler.THRC@gmail.com](mailto:gawler.THRC@gmail.com) before that date to avoid disappointment.

### **Policies**

A reminder to all members that our club has some policies that we endorse. These include a **NON SMOKING, SAFETY & HOT WEATHER** policy. These can all be viewed on the ATHRA web site, via the state page - [www.athra.com.au](http://www.athra.com.au).

Previous Newsletters, photos & club information can also be viewed at any time on the ATHRA web site.

#### **WEATHER**

The ride host/leader for the day will have the final say regarding weather (including inclement weather).

The hot weather policy states, if the weather forecast in **ELIZABETH** for the next day is to be **over 32 deg** (as per the news the night before) the club rally/ride will be cancelled (unless the ride is scheduled to commence prior to 9am or after 6pm). This is for the safety of all riders and horses. Also, any club rides in **FOREST** areas on **TOTAL FIRE BAN** days will be cancelled.

Please check with the Trail Boss if in any doubt. They have the final word!

#### **CLUB UNIFORM**

Our club uniform currently comprises of a lime yellow high-vis shirt (long or short sleeve), **club badges available for \$12. Gawler Club Members & their visitors are required to wear Safety Helmets whilst mounted - helmet must be no more than five years old from Date of Manufacture.**

#### **RIDE FEE & DAY MEMBERS**

ATHRA members - a ride fee of \$2 per ride is applicable.

Non ATHRA Members (Day Members) – a ride fee of \$25/person/day is applicable (\$10 to club on the day & \$15 to ATHRA with pre-registration) (*Non-refundable fee, maximum 2 days as a day member*).

The important things to note: 1. Day Members must be sponsored and accompanied at all times by an ATHRA member during the ride or event.

2. The Sponsoring member must make the Day Member aware of ATHRA rules and requirements of the Code of Conduct.
3. They may only sponsor 1 Day Member per ride.
4. By participating as a sponsor, the sponsoring member acknowledges responsibility for the conduct and behaviour of the Day Member
5. Day Members must contact the trail boss to discuss attendance & then pre-register with ATHRA Online at least 3 days prior to ride.

#### **RIDE HOST CHECKLIST**

A ride host's checklist is in the green bag, in which is kept the sign in book, ride fee tin, saddle bags, first aid kits, safety vests, etc. Trail Bosses are to check the list to make sure all is in order prior to your ride. It is also the Hosts responsibility to ensure a ride report is arranged to be submitted to Newsletter Editor prior to next publication date.

#### **DISCLAIMER**

The material in this newsletter is for the benefit and information of our members. The items are in the nature of general comments only and are not to be used, relied or acted upon without written permission of GTHRC. The club accepts no responsibility for any errors or omissions or for any damage suffered as a result of any person acting without written advice. All opinions and views in the newsletter are not necessarily the view of the club, but are personal opinions only.

Winter Horse Care Tips  
by [DVM Madalyn Ward](#)

Keeping your horse warm, healthy, and happy during the winter can be challenging, especially if you live in a climate with extremely cold weather. Consider these tips on winter horse care, including ways to minimize your feed bill and suggestions to prevent chiropractic issues.

### **Horse Health Care Basics for Winter**

All of these points apply year-round; they're especially important before winter sets in.

**Teeth:** If your horse has not had a float within the last year, it may be time to take him in for a check-up and possibly a float. A horse with sharp points, hooks, or ramps in his mouth tends to drop feed or chew improperly, which can lead to indigestion or colic. More importantly, your horse doesn't get the most out of his feed and you could end up with unwanted vet bills to treat colic.

**Parasites:** Going into winter, it's always a good idea to check your horse for parasites with a faecal test. Even if the faecal test comes back negative, you may want to give your horse a double dose of Strongid-type wormer to take care of tapeworms, which do not show up in a faecal analysis. You can do this up to once a year.

**Stress:** Horses can quickly lose weight when stressed. Causes of stress are numerous, including extreme physical cold, injuries, hard training, or even changes in living environment. Horses can also be emotionally stressed by doing a job for which they are not suited or if their living conditions are unsuitable. For instance, a horse who is constantly being picked on by his herd mates won't have access to feed, and may not feel like eating.

### **The Best Horse Feed for Winter**

To keep your horse healthy this winter, you need to make sure he is getting enough of the right kind of calories to stay warm, and drinking enough water to keep his digestion functioning properly.

Let's talk about calories first. If the temperature drops dramatically during the winter in your part of the country, your goal will be to keep your horse warm. The best way to feed your horse to keep him warm is to increase the fibre in his diet, which includes hay, alfalfa, and beet pulp. Increased fibre keeps a horse warmer than increased grain because the digestion of fibre generates heat. Hay and other kinds of fibre are digested in the horse's hindgut, or large intestine, which generates much more heat than digestion in the small intestine (where grain is mostly digested).

So increase your horse's fibre content first to keep him warm. If he loses weight and still needs more calories, consider adding a bit of alfalfa or grain. Up to a cup of corn oil per day will also help keep weight on your horse.

Then there is your horse's water intake, which is especially important during the winter. Horses tend to drink less in cold weather, since cold water makes them feel colder. If your horse doesn't drink enough water to keep his digestion functioning, especially during cold dry weather, he could end up with impaction colic.

There are several ways to increase your horse's fluid intake during the winter. I like feeding bran mashes made with warm water. Horses love bran mashes and the high water content is great for their digestion. The warm water in the mash also helps your horse feel warmer. You can also offer beet pulp shreds soaked with hot water. Since it can take 30 minutes or more to soak beet pulp, you may need

to top up the bucket with hot water before serving it, otherwise it will be cold.