



# February 2020 Newsletter

 athra.com.au

Find us on 

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## GENERAL MEETING 8pm Thursday 6<sup>th</sup> February 2020

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

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## MEMBERS FOR 2020

### *Welcome Back to Re-joining Members*

Richard Grimson from Rosedale, Tamara Godfrey from Hillbank,  
Kathryn McCullagh from Humbug Scrub, Maria Pearce from Seppeltsfield,  
Sandra Sampson from Birdwood, Gayle Bates from Gawler,  
Melissa Simmons from Waterloo Corner and Alison Turner from Gould Creek.

*..... & hope you all continue to enjoy many days of riding (& socialising) with the club*

## JANUARY MEETING

- Ride Calendar Coordinator (Julie Jackson with assistance from Lisa Rothe) to follow up on future rides.
- Recent bushfires have effected some members – what can we do? Looking to assist where we can.

## 2020 MEMBERSHIP APPLICATIONS & FEES - Due Now !

Membership for 2020 is now due - fees remain unchanged :  
Adults \$110, Junior (under 18) \$50, Social (non riding) \$40.

Membership is due at least 3 days prior to your first ride. You will not be able to ride if your membership fees are not paid. 😞

Renew your membership online via [www.athra.com.au/membership/membership-renewal](http://www.athra.com.au/membership/membership-renewal) & don't forget to have your membership number handy – the ATHRA website say

*“ If you do not know your membership number, please contact your Club Secretary or [membership@athra.com.au](mailto:membership@athra.com.au) . Once renewed please print or copy your membership details which will be emailed to you at the completion of registration for future reference.”*

So please do 😊

*Kath McCullagh*  
Secretary – Gawler Trail Horse Riders Club

## COMING EVENTS

### February Ride : PT PARHAM BEACH - Sunday 16<sup>th</sup> Feb 2020



Host & Boss– Sandra East phone 0400 884 402 **RSVP to [Gawler.THRC@gmail.com](mailto:Gawler.THRC@gmail.com) by 12 February**  
Ride time > 7a for 8a start

Ride Description: - This ride will give an opportunity to ride along the beach & in the water also as the water at high tide is shallow for a long way out. Horses are permitted elsewhere on the beach all day so you can stay for as long as you like.

**CAUTION – Whilst riding out on the beach ....Do not** pass the causeway on the Northern end of the Beach – this is a restricted area.

A BBQ breakfast again after – so please BYO & join in.

**As usual - All manure and hay MUST be removed prior to departing for home.**

Ride Grade: Hazards may include crabs, seaweed & some mud. Terrain is flat & wet (lol). All paces are possible. It is a really good introduction to water & the beach for the horses before you attempt the waves at Osborne Beach ☺.

Directions Port Parham

– Full Directions to be sent to those that RSVP to [Gawler.THRC@gmail.com](mailto:Gawler.THRC@gmail.com) by 12 February 2020.

Cost- ATHRA member \$2 Ride fee. As the beach is an unrestricted site there is “no ATHRA day membership” on this event & therefore all non ATHRA members ride at their own risk in this public area. Please bring the correct change & place in tin at sign on book.

### RIDE CALENDAR FOR 2020 - calendar is looking bare – please nominate

- If you are able to host a ride or think of one that you would like to go on (we will arrange for the particular ride to take place) please let the committee know so that we can complete the calendar.
- Contact a committee member ASAP
- Rides can be Saturday or Sunday
- Camp weekend dates are negotiable



**Remember it's your club, so vote for a ride you want to do & we will find a volunteer to host**

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 2020</b>	<b>Location</b>	<b>Host</b>	<b>Club Meeting Dates for 2020</b>
Feb 16	Pt Parham Beach ride	Sandra East	6 February
March 14(Sat)	Humbug Scrub	Kath McCullagh	5 March
March 28 -29	Camp		
April 19	Cockatoo Valley	Di Schaefer	2 April
May 17			7 May
May 30-31	Camp – Mt Belvidere - Greenock	Richard Grimson	
June 21			4 June
July 19			2 July
Aug 16			6 Aug
Aug 29-30	Camp		
Sept 20			3 Sept
Oct 18			1 Oct
Oct 31-1 Nov	Camp – Point Pass	Maria Pearce	
Nov 15			5 Nov
Dec 13			3 Dec

## PAST EVENTS

### January Ride: OSBORNE BEACH - Sunday 19<sup>th</sup> Jan 2020

#### Summary by Tamara Godfrey (Host)



Gorgeous early morning on Sunday at Osbourne after a light sprinkle on the way.

Seven horses with Sandra E, Melissa, Di, Kath, Tracey, Tam and myself making our way at various times up and down the beach.

With Maria, Nat, Chris & happy hubbies John, Adam, John & Darren just some of the early risers out to visit.

The clouds looked a little ominous but was still a nice temperature and we splashed around until 8am.

Of course it's not all about the riding and after the horses were unsaddled and fed, we set about coffee's and breakfast.

Thanks to happy hubbies Chris, John and Darren

for the manning the BBQ's. Breakfast was delicious and we had quite a group of members and non-members enjoying the morning until around 11am when we decided to amble off.

*Here's the thing..... those who didn't come, missed out on a great morning – but alas there is always next year !*

#### Osborne Beach Rally

#### Summary by Di Schaefer

Although the forecast was for a cool morning and a more mild day, following the



recent heat wave, the Osborne Beach Rally was well attended and enjoyed by the riders, non-riders, their support team and the many friends who also made the effort to come along to what is generally considered to be a **very** early morning start for most participants.

Even negotiating the road works on the way to the beach was quite a task for some members, so well done to those who came along, particularly new member, Tracy Day, who had an extremely early start, having travelled from the Mt. Torrens area, following her GPS, and being sent astray en-route, but

still arriving in good time to enjoy the beach experience with the Club.

Kath and Tamara did a fantastic job in overseeing the riders and their horses, as we have only a limited time on the foreshore, with horses having to be off of the beach by 8.00 a.m.

Although Sandra and I didn't ride, and simply lead the horses through the surf we found the water was surprisingly warm(ish). Diamond loves to paw and splash in the water and we were both totally saturated by her playfulness.... whereas Ace was a little more respectful and behaved like a gentleman!

It was a spectacular sight to see the horses trotting and cantering along the beach. Having such a variety of ponies and horses proved to be quite a novel experience for the local early morning beach combers.

All the horses seemed to lavish a luxurious roll in genuine beach sand before they departed the beach.



Everyone enjoyed gathering on the lawn for a breakfast get-together after the beach adventure.

The 'Club Master Chefs', John and Darren (alias Jamie Oliver and a *young* Peter Russel-Clarke...) took on the very responsible job of setting up the B.B.Q and cooking the assortment of gourmet ingredients which members had brought along for breakfast. Thanks boys, well done!

Maria had prepared a beautiful pancake batter to compliment her, Chris

and Natalie's bacon, toast and coffee, only to find the mixture was left home in the fridge, but I'm sure they didn't go hungry!!!

The Osborne Beach Club Rally was once again a fabulous experience, and a wonderful, fun time was had by all. Sincere appreciation extended to Tamara, the ride host, and well done to all who attended. It was indeed, another a memorable, marvelous, morning!



## **NEWSLETTER DEADLINE**

The deadline for any items that members want printed in the **March 2020** newsletter will be **Thursday 22 February** so please ensure that your emails reach Maria Pearce on [gawler.THRC@gmail.com](mailto:gawler.THRC@gmail.com) before that date to avoid disappointment.

## **HORSE HEALTH / CARE**

### **Saddle Tree Width: Stick to the Correct Fit for Your Horse**



***High-tech measurements support master saddlers' tree width standards.***

Despite good intentions, fitting a horse with a wider saddle tree won't free him up for better movement, according to a study based on high-tech data readings.

Some professionals aim to counter the effects of equine back changes during exercise by using a saddle with a tree that's wider than that recommended in the Society of Master Saddlers Industry Guidelines, said Russell MacKechnie-Guire, of Centaur Biomechanics and The Royal Veterinary College, in Hatfield, U.K.

New research, however, indicates that correct fit is best for the horse.

“There is evidence that a horse’s back changes its epaxial muscle (those that run along the sides of the spine) dimensions within a short period of exercise when ridden in a correctly fitted saddle, so some saddle fitters (and others) fit the saddle according to these changes,” MacKechnie-Guire said. “But findings from our latest experiment using multiple measuring systems indicate that it is best to fit to the correct width based on the Society of Master Saddlers Industry Guidelines for each individual horse.”

Horses’ backs change shape over time—gaining or losing musculature over weeks and months due to factors such as seasonal, weight, or work changes, said MacKechnie-Guire. “It is therefore essential that regular saddle fitting assessments are carried out throughout the year to ensure correct saddle fit is achieved,” he said.

### ***High Pressure Readings With Wide and Narrow Saddles***

MacKechnie-Guire’s research group carried out a global study on saddle width’s effects on equine locomotion, which included quantifying kinematics of the thoracolumbar spine (from the withers to the pelvis) when ridden in trot and canter in a saddle that was one width fitting wider and narrower than the correct width. They used multiple state-of-the-art measuring systems, motion capture, pressure mats, and inertial measurement units (IMUs), similar those used for objective lameness evaluations, on 14 ridden horses.

MacKechnie-Guire’s team found that when the saddle was one width fitting too wide, it created areas of high pressure toward the front of the saddle in the region of the 10th-13th thoracic vertebra (beneath where the rider sits). Furthermore, the front of the saddle tilted down and forward, MacKechnie-Guire said.

“Visually, it could be seen that the back of the saddle lifted up, especially when in canter and when the rider was in the standing phase,” he said. “Consequently, this has an effect on equine locomotion and thoracolumbar spine health, and it can make the rider unstable.”

The horse’s locomotor apparatus, in particular the thoracolumbar spine, would then have to compensate for that instability while dealing with the much higher pressure points beneath the saddle as a result of tree width.

With saddles which were one width fitting too narrow, they found the opposite, MacKechnie-Guire said. “Areas of high pressure were found toward the back of the saddle,” he said. “With the narrow saddle we were actually getting four pressure points—compared to just the two front ones in the wider setting. The narrow saddles were causing two areas of high pressure in front and two areas with higher localized pressure points in the back.”

MacKechnie-Guire said he speculated that these pressure points and the instability could lead the horse to develop a locomotor strategy that counters the effect of saddle (and rider) instability. That could result in high pressures that might cause back dysfunction over time.

### ***Objective Measurements: A New Saddle Fitting Tool?***

MacKechnie-Guire’s research has given scientific insight into an age-old art thanks to advances in technological equipment, he said, allowing his team to “put the science behind the traditional knowledge” of saddle fitting. “We’re working to provide objective evidence to support current practice and aid decision-making when it comes to saddle fitting,” he explained.

“In our group we are using multiple measuring systems to understand further the biomechanical interaction between the horse, saddle, and rider,” he said. “Technology should never replace the skills of saddle fitters. But it could give them more tools to utilize to optimize the saddle fitting process.”

## **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 on 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.