



November 2020 Newsletter

 athra.com.au

Find us on 

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Secretary Kath McCullagh 08 82807046

GENERAL MEETING 8pm Tuesday 3rd November 2020

All members are welcome to come - **Southern Hotel - Gawler** (next to Cafe Nova)
Come early for tea – 7pm

MEMBERS FOR 2020

The Club currently has 35 members and there have been a constant number of people enquiring to possibly join.

Welcome Returning member: Lisa Bates from Gawler;

& New Members to the Club: Chris Sandow from Lyndoch, Maddison Martin & Alison Sullivan from Munno Para West, Chris Holt & Jackie Ladhams from Flaxman Valley.

Wishing you and all members continued enjoyment riding & socialising together.

LAST MEETING – OCTOBER 13th

Meeting discussion included:

- AGM held firstly and committee remained as is – Di Schaefer and Gayle Bates came on board officially as General committee members. Welcome and thanks extended.
- Ride Calendar / Preparation of 2021 rides – Confirming Dates and Hosts (ongoing).
- Ride debriefs.
- Reminder to riders to have horses conditioned sufficiently for rides.
- New First Aid Kits x 2
- Di and Gayle to organise Christmas function.
- Camp venues discussion – Antola Lodge, Mt Torrens / Mundulla (Keith) / Barcoota Station (Pt Germain)
- Riverland ATHRA club request to join us on one of our camps.

Kath McCullagh

Secretary – Gawler Trail Horse Riders Club

ATHRA ANNOUNCEMENT - MEMBERSHIP 2021

ATHRA exists to serve the common interests of its members so in response to comments and suggestions made by our clubs and members; the ATHRA Board has decided to kick start 2021 with a one-off membership offer as detailed below:

- For all existing 2020 members who joined prior to 30/9/20, your memberships have been automatically rolled over for the 2021 year – your membership will now expire on 31/12/21. You should have received your membership confirmation via email. If for some reason you have not, please contact gawlerTHRC@gmail.com
- For your friends and family who are either new or previous members, if they join between 1 Oct and 31 December the ATHRA component will be reduced by 50%. So, encourage your friends to join up and take up this offer because on 1 January 2021, our normal membership rates will then apply.
- ATHRA day memberships will increase to \$20 effective 1 October 2020 (plus the club \$10 fee = \$30/day)

COMING EVENTS

October CAMP – Peechera Hills – Friday 30 Oct – Sunday 1 Nov 2020

Host – Kath McCullagh & Tamara Godfrey

Further info – Kath 08 82807046 (ah) or Tamara 0417 869 695 (after 25/10)

RSVP to gawlerTHRC@gmail.com by 27/10/20.

Arrival: Friday – by 1pm

Friday – ~2pm start – ride ~ 2 hours

Saturday – 9 am start - ride ~ 5 hours – lunch to be carried

Sunday – 9am start - ride ~ 3 hours

You can stay longer if you wish.

It is rocky so all horses will require front boots or shoes.

Horses – BYO everything. Drinking water for horses is available. Various yards (large & small) are available but it is recommended that you bring electric fencing to keep spaces between yards or split up yards as necessary.

People - BYO everything you need for you and your horse. Unpowered camping \$10 / night / person & 1 off payment \$30/horse.

Wood for campfire included in camp fees but may need to collect.

Drop toilet or toilet & showers depending on site we choose for riding

Cost- ATHRA members only - \$2 Ride fee/day or \$4 ride fee for the weekend. Please bring the correct change & place in tin at sign on book.

Please pay Kath your camping fees (again correct money please).

Hope to see you there for a great weekend of riding & socialising!!!

EVERYBODY WELCOME..... including non-riders.....



November Ride – Barossa Winery - Saturday 21st 2020

Host – Lisa Bates

Trail Boss – TBA

Saturday – Arrive 8am for a 9am ride out. (Pre ride meeting 8.45pm without horses)

RSVP by 17th November to: gawler.thrc@gmail.com (if you have any queries please email.)

Directions will be emailed to riders who wish to attend.

NOTE: This ride is a MEMBERS ONLY ride.

Please arrive at 8am for a 9am departure for a 2 hour ride around the Barossa. Parking may be tight depending on numbers, but with careful positioning we should fit quite a few floats.

We can mainly ride well off the roads from traffic. Barefoot horses should be fine,

After getting back from the ride around 11am and tending to your horse you are invited up to the winery for a tasting or 2 or 3! There is a \$5- fee and you must be seated whilst tasting – Covid19 rules. They have plenty of stools so don't worry.

At approx. 12.30 we will have lunch from the menu (see below) on the lawns in front of the winery. Please place your order before the ride with Lisa or Gayle. You can pay on the day with card or cash when you get your meal.

The floats/horses are within sight of our lunch gathering place so you won't have to worry.

Hazards can be cars and kangaroos on the ride.

Lunch Menu

HAM & CHEESE CROISSANT - Lyndoch fine foods ham and cheddar cheese on a freshly toasted croissant. Add tomato \$1 / Add pineapple \$1	\$8
FRITATTA - A delicious option for breakfast or lunch; Add chips & salad \$6	\$12
LASAGNE - Your choice of slow cooked beef lasagne or vegan lasagne; Add chips & salad \$6	\$14
BOWL OF CHIPS - Perfectly cooked golden and crunchy potato chips served with aioli	\$6
VINTAGE PLATTER (serves 2) - Chef's selection of local cured meats, olives, Barossa Valley Cheese Co cheeses, quince paste, relish, garlic sourdough and our homemade lavosh.	\$35
ARANCHINI BALLS - Our famous recipe, mushroom, roasted pumpkin, cheese and herbs, rolled in a panko crumb served with roasted garlic aioli; Add aranchini \$5	\$14

Cost- ATHRA members only - \$2 Ride - Please bring the correct change & place in tin at sign on book.

Club Christmas Gathering – Gawler - Saturday 5th December 2020

Host Gayle Bates Ph 0426 622 405 Conveners – Gayle and Di Schaefer Ph 0437 165 016

Cost: \$10 per head **RSVP by Sunday 29th November**



Members & family, past members and special friends of the club are invited.

Arrive at 5pm and we will enjoy each other's company and a meal over the next four hours. We will have our function on the banks of the South Para River – a nice relaxed setting. I believe there are carp too in the river and you are encouraged to bring your fishing rod and catch a couple, you might even win a prize for the biggest and I am assured they are WHOPPERS. But you have to take your catch home and feed it to the cat or dispose of it at your place.

All tables, chairs, plates, cutlery and serviettes are supplied. You only have to bring your own drinks and a glass in your esky.

Dinner will be served at 6.30pm and we plan on having a variety of Pizzas. Please advise when you RSVP if you have any dietary requirement – ie gluten free etc. We will try our best to cater for everyone.

The Kris Kringle gift exchange will be happening again this year as it is always a winner and keeps the entertainment going. Please keep your gift \$15 or under and clearly mark the parcel if it is for a male or female. Before you head down to the river, place your gift on the table provided. If you prefer not to be involved with the gift giving that is fine... just let Gayle or Di know so that they can remove your name at the time of Kris Kringle craziness.

Dress is casual and girls please wear suitable shoes as you have a little way to walk down to the river setting from the car park. The function will be totally outdoors and maybe bring your jumper in case the evening comes in cool. There is an open shelter if the weather is not good and if it is really bad we will have to head up to the shed.



As stated above we are having pizzas followed by a fruit platter. Nibbles will be served upon arrival.

Payment: Those who RSVP to come to this Club gathering (phone direct to Gayle or Di), payment will be required via electronic money transfer to a nominated bank account that will be given to you when you phone, as will directions to the venue. (Communication via text or email for privacy etc). or

pay cash to Di / Gayle.

NOTE – if you intend on coming - your money must be received prior to the event as purchases need to be made – it is not appropriate not to do so.

Looking forward to seeing you on the night for heaps of fun.

RIDE CALENDAR FOR 2021

Looking forward to a super year of riding in our great state

- We are seeking ideas from our riders for the 2021 year's trail rides.
- 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 start to fill the calendar.
- Contact a committee member or email your thoughts and ideas to gawler.thrc@gmail.com

Rides can be Saturday or Sunday

Some of the ride areas and types of rides that the club has had are:- Beach rides, Birdwood, Tarlee, Leisingham, Mt Crawford Forest, Kapunda, Barossa Winery Tour, Humbug Scrub, Tungkillo – all suggestions will be welcomed.

As not all members can travel/camp the camp nominations are mostly scheduled as additional weekends (~5th weekend of the month or 1st if we have nominations) we also try to schedule road rides in winter (forest rides have to be when ground is not too wet or fire bans in place) - camp weekend dates are negotiable

Camp destination examples: - Catninga, Benson Park, Melrose, Bendleby Range, Morgan, Bria-Glen, Truro Gorge, Waterloo, Flinders

We will be continually discussing our monthly ride calendar for the next couple of months, **so get those ideas & dates to the committee** ...Please make suggestions of rides that you would like the club to do and maybe some new rides, pretty rides, bush, forest, country or just a favourite ride you would like to share. Remember it does not need to be from your home, but the start of the ride needs to have parking of floats. So give it some thought and let us know. Or even just let us know which of the rides the club has done that you would like to do again.

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 3rd weekend (Sunday calculated) & 5th Sunday of the month (if there is one).
Camps held ~1st or 5th weekend of the month (negotiable) Meeting dates are held on the 1st Tuesday of the month

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

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Ride Date 2020	Location	Host	Club Meeting Dates for 2020
Oct 30-1 Nov	Peechera Hills	Kath McCullagh/Tamara Godfrey	3 Nov
Nov 21	Yaldara	Lisa Bates	
Dec 5	Christmas celebration gathering	Gayle Bates/Di Schaefer	1 Dec
Dec 12	Rosedale	Lisa Crinion	
<i>Have a Happy Christmas and let's hope next year is great for riding out together!!!</i>			
2021	Location	Host	Club Meeting Dates for 2021
Jan 17	Pt Parham Beach		5 Jan
Jan 23	Twilight ride	Maria Pearce	
Feb 21	Osborne Beach		2 Feb
March 21			2 March
April 18			6 April
May 16			4 May
May 30	Camp TBA		
June 20			1 June
July 18			6 July
Aug 15			3 Aug
Aug 29	Camp Mt Belvidere	Richard Grimson	
Sept 19			7 Sept
Oct 17			5 Oct
Oct 31	Camp		
Nov 21			2 Nov
Dec 12	Xmas ride		7 Dec

PAST EVENTS

On so many rides we rarely get to see this combination in a photograph – Always with a smile and kindly nature and a very patient Pagen carrying her about.

But someone got you this time girlie !!..... Long-time club member Sandra Sampson, we thank you for your willingness to be snapping pictures on the rides that you attend. Seriously she is always singing out “Capture” or “Cheese” !!!!

You do a great job for the club newsletter (along with other members of course who also assist with the memories in photography). Thanks to everyone and Sandra who help out with their cameras.

Auburn Ride September 20th

Summary by Sandy Jones.



After a cold week, Sunday was blue skies and t-shirt weather.

A short length of bitumen took us to the start of the dirt roads roughly following the Rattler Trail to Riverton, across the ford and up to the Horrocks Highway where Kath and I shepherded everyone across. The next few kilometres were along dirt roads bordered by tall gum trees, a lonely cow, some goats and a tractor in the side paddocks.

The shorter ride was decided upon as the wind had picked up by then and who



wanted to trust our spring weather, so on down to the track through more gum trees and then alongside the sewerage dam. The next section was through the crop which I thought would give us some problems but all the horses resisted the temptation to help themselves to a free meal, then on through Auburn town, past the pub and across the highway again.

Poor Barry didn't know what to do as he was nearly accosted by a lady rushing out from the pub to see the horses. Half the riders dismounted to cross the footbridge as they weren't quite sure how their mounts would take it, then back to the oval for a cuppa and natter before heading for home.

Mt Crawford Forest – September 26th 2020

Summary by Lionel

After a week of rain and some showers forecast for Saturday, 7 riders took a chance and attended the ride. Gayle, Tamara, Vickie, Lionel, Lainie, Sandra & Maria.

After being greeted by our ride host, Julie and checking out the fire pit we all started to get ready and once Maria had done the pre ride briefing it was time to hit the trail.



As we rode along the fence line toward the first crossover, this was a new experience for a couple with it being such a closed in track but they all coped well and as the war cry for the ride started being “did anyone die?” it was a piece of cake.

The weather was kind and once in the forest the large amount of rain over the past week was quite evident with the mud and you could hear the ground squishing along as we walked over it, particularly around the younger tree planting areas. Quite a few of us and our horses enjoyed playing in the water - a few of the horses probably thought “why go in the water when we could walk around”.



For a short while a small amount of light drizzle started to fall as we rode along between the pines on one of the forest trails and then we started the journey back to base camp. After missing one of our turns we found ourselves deep in the forest and the filled waterways negotiating the best way back to the track, a lot of fun and laughter had by all. Really we could have used a machete at times but we made it back and as Lainie had sent the war cry for the ride right at the start “did anyone die?” - No!! - No one did and all of our horses were well behaved and took it in their stride.



Part of the ride back we decided to do a section of the Heysen Trail. Lainie lead us forward but not long in it seemed that it wasn't much of a trail to be had.....with Maria deciding at one stage to go around a log instead of going over, I think the detour she took would have added another 5kms to her ride but she made it out with us back on the trail after some time and we decided to give the well-known Heyson Trail a miss as it really wasn't that clear. But again much loud yacking and laughter was had navigating through the thick bush.

So we started back and by this time the group had spread out as some of our horses had decided that they didn't want to expel that much energy and Tamara who was our drag



rider had company! The ride back saw a large number of big kangaroos cross our path just ahead of us, but once again the horses didn't seem too fazed by their presence and racing about.



Back at camp; and Julie had the fire going well at Di's fire pit and we immediately discussed what cooking implements we had to heat some of the food that everyone had brought along – Since most of us seemed to forget to bring this important part of a BBQ equipment! We decide that the poo-pa scoopers wouldn't be suitable and Julie who had borrowed a bit of a wreck of a frypan had done some modifications to it so that you now had to use a pair of pliers to get it off the fire. It worked a treat!

Plenty of snags and sweet foods had for us all..... A great way to finish the ride sitting around the fire enjoying our lunch and swapping stories, - comparing horse riding apps and being enthralled by Sandra's phone that would take a photo if you said "capture" or "cheese"; and then Lainie teaching some of us iPhone owners a few tricks on their devices. It was a great trail ride.

Moppa (Barossa) – October 18th 2020

Summary by Michelle Day

A Mild and overcast day as ever, slightly chilly but once in saddle it soon warmed up. Sandra S was happy to be first as Richard and Sandy arrived



as well and then Maria. A small bunch, but all long time club members.

A good group of different horse and riders alike.

Unfortunately my horse was in season, I was bummed about it and in

denial too, so like all Egyptians in de-Nile (hehe)! I pretended it wasn't going to faze me.

My horse decided that I needed to be taught a lesson and showed me what riding a poh-go stick feels like!



We gathered quickly around to do THE TALK, I introduced myself as Trail boss, lead and drag rider, steward and all round first aider. Big shoes!!!

I mentioned we will do the trail in reverse this time round as we headed out the gate. Mentioning short trots to be had during the ride, of which all agreed. - Kinda didn't



happen that way. Mine, Sandra's, Richard's and Maria's horses walked/jogged so fast

initially in the ride. My horse was an absolute 'Bitch', no other way to put it!!!!

Sandy was attempting to get going too. But an hour in, Roo still wasn't quite right, he seemed to be lacking in energy etc and that was a real concern.



A stop later and Sandy's horse 'Roo' still not ok and unsure of illness. We, as a small group cut the ride short to get



Sandy and Roo back to the floats early to rest.

It was a short cut back, a route that was a bit unplanned, but was done really well considering negotiating a main road for a wee bit.

Once back at the floats, our horses all sorted and resting, a hearty meal of quiches and cake ,coffees n tea when we was awaiting our return, thanks to Joy Day and yes, she always goes overboard. We were spoilt and really enjoyed it.

A bit of walking by myself and Sandy to get back but was needed at the end of the ride but that was all good.....Hope Sandy's knee was ok after and Roo is still getting better.

All in all even though I rode a "bitchy horse" and we cut the ride short, it was a good ride and all were enjoying it and each other's company. Thanks to Richard, Sandy, Maria and Sandra for coming out.

I might need a different horse for group events (AAARH!)

Kind regards - Michelle Day.

NEWSLETTER DEADLINE

The deadline for any items that members want printed in the **December 2020** newsletter will be **Monday 23 November** so please ensure that your emails reach Maria Pearce on gawler.thrc@gmail.com before that date to avoid disappointment.

HORSE HEALTH

How much should I exercise my horse?

Horses require lots of daily exercise because they are essentially grazing athletes. When you own a horse you need to know that exercise is a very important part of caring for a horse. It is not acceptable to keep horses confined in yards or stables without providing lots of opportunities for movement.

Horses that live at pasture with other horses in a herd will exercise themselves if the paddock has good pasture. This is because pasture makes horses move. Horses have to keep walking in order to continuously find new plants. Horses that are kept in yards or stables must either be turned out daily onto pasture (preferably with other horses) or a large area (again preferably with other horses) so that they are able to not only move, but interact socially with other horses. Horses that are turned out alone – even if it is in a pasture with good pasture – tend to stand around (usually where they can see other horses) rather than graze (and therefore walk).

How much do horses move naturally?

A horse is naturally a very active animal. In the feral/wild situation horses cover many kilometres a day (on average between 30km and 80km). They travel between where the water is and where feed is (grassland pasture). The feed near to the water hole is eaten out first so for much of the year horses have to travel quite a distance to obtain the variety of plants that they need to keep them healthy. This keeps them moving on an almost constant basis.

When we keep horses in captivity they usually do not get enough exercise because it is difficult to provide the space required by a horse. But it is important that we keep in mind how much a horse needs to move and attempt to provide the right conditions so that the horse can move as much as possible.

What is the best sort of movement for horses?

The best form of exercise is lots of slow steady movement which is what horses do when grazing. Occasional bursts of speed are also good for horses. Healthy horses will do this voluntarily on a regular basis when turned out together in a paddock. Paddocks need to be safe enough so that horses do not injure themselves.

Why do they need to move so much?

Horses rely on movement to keep their circulation working properly (both blood circulation and lymphatic fluid circulation). Every step a horse takes helps to keep their circulation working by 'pumping' fluid back up the legs. The hoof of the horse has evolved to expand to absorb the downward pressure of the horse (as the hoof touches the ground) and contract to help push fluid upwards again as the hoof leaves the ground. Horses that do not move

enough tend to develop 'filled legs' which is where the lower legs fill with fluid due to the horse standing still for too long. This usually disappears once the horse is exercised.

How can I make sure my horse is moving enough?

Horses will not move just for the sake of it (even though it is good for them) unless they are grazing or are being exercised. For example if you turn a horse out for the day into a bare paddock he or she may run around for a few minutes to get rid of the excess energy that has built up from standing in a yard or stable overnight but then they will stand around waiting to be fed/let back in. As mentioned before they will also tend to stand around even if there is pasture to eat if they are turned out alone. The best way to get horses moving is to turn them out to graze with other horses. They will then walk steadily for several hours. This is the most ideal form of basic exercise for a horse.

If you need to restrict the horse's access to pasture (i.e. the horse is overweight/laminitic etc.) or you do not have enough pasture you can still encourage the horse to move more by spreading out the hay in a yard. In the case of a laminitic horse you should not force movement until the horse is no longer in pain (your vet/farrier will tell you when). You may be able to utilise a laneway or driveway and put the hay at one end and the water at the other so that the horse has to move between the two. In the case of restricted pasture access (for whatever reason) you also need to create regular structured exercise for your horse which can be either lunging, riding, leading in hand, leading from another horse, driving (in harness) etc.

For more information please see: <https://www.equiculture.net/responsiblehorsecare>

Updated on May 2, 2019

Tagged: [Horse care](#)[Exercise](#)

About the Author - Jane and Stuart - Publications

- I (Jane) am the author of two books published by **CSIRO** (an Australian government publishing group). 1. **Managing Horses on Small Properties** and 2. **Horse Safe: A Complete Guide to Equine Safety**. I am also a co - author of **Horse Sense - The Guide to Horse Care in Australia and New Zealand - 2nd edition** – this book in particular is used as a core text on most of the equine studies college and university courses in Australia.
- I am co- author (along with Stuart Myers) of **The Equicentral System Series** and several other books about horse behaviour and horse management.
- I am the author of **The Horse Rider's Mechanic workbooks**.
- We (Stuart and I) are regular contributors to horse magazines and we are freelance writers of books, booklets and equine courses on subjects such as **Rider Biomechanics, Equine Behaviour** and **Sustainable Horse Management**.

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.

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 \$30/person/day is applicable (\$10 to club on the day & \$20 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 t

+the Hosts responsibility to ensure a ride report is arranged to be submitted to Newsletter Editor prior to next publication date.

DISCLAIMER

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