



January 2021 Newsletter

 athra.com.au

Find us on 

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President Julie Jackson 0419850793
Treasurer Lisa Rothe 0478014828
Publicity Officer/Newsletter Maria Pearce 0412195531

Vice President Tamara Godfrey 0417869695
Secretary Kath McCullagh 08 82807046

NEXT GENERAL MEETING 8pm Tuesday 2nd February 2021

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

MEMBERS FOR 2021

The Club currently has 47 members with potential riders enquiring weekly to possibly join.

New Members to the Club:

*Melissa Pearce from Lewiston,
Dawn Tomney also from Lewiston and
Melinda Boyce from Two Wells*

Wishing all newly joined members, & everyone, happiness riding & socialising together.

LAST MEETING – December 1st 2020

Meeting discussion included:

- Ride Calendar / Preparation of 2021 rides – Confirming Dates and Hosts (ongoing).
- Ride debriefs.
- First Aid training for Trail Bosses to be updated.
- New First Aid kits purchased.

Kath McCullagh

Secretary – Gawler Trail Horse Riders Club

COMING EVENTS

January Ride : PT PARHAM BEACH - Sunday 17th Jan 2021



Host & Boss – Sandra East - phone 0400 884 402

RSVP to gawler.thrc@gmail.com by 13 January.

Ride time: arrive 7am for a 8am 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.

As per usual the menfolk will bring along a BBQ to cook breakfast after our beach ride – so please BYO your food and join in with the group.

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 by 13 January 2021.

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.

January : TWILIGHT RIDE - Saturday 23rd Jan 2021

Host & Ride Boss – Maria Pearce Phone 0412195531

RSVP to Gawler.thrc@gmail.com by 20th January. (Directions will be sent to those who rsvp prior to 23rd)

Twilight Ride Description Arrive time 5.30pm for a ride out time at 6.30pm (Pre-ride brief at 5.45pm without horses.)

To participate - Rider must wear a hi-vis vest. For your information/safety, here is the link for road rules for riding horses on roads from DPTI: http://www.dpti.sa.gov.au/towardszerotogether/safe_road_users/horses

Plan is to ride around the very quiet and relatively safe roads of Saint Kitts area for 2-3 hours giving us a nice view at the elevated height of the lights over towards Nuriootpa/Angaston/Gawler area.

BYO nibbles and drinks after the ride if you wish.

NOTE – mobile phone access may be patchy in this area among the hills where we will be parked and riding.

Cost - ATHRA member \$2 ride fee/day. Non ATHRA member visitor rider fee \$45/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). Please have the correct money

RIDE CALENDAR FOR 2021

Are you able to host a Club ride?

- 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, Humberg 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, Peechera Hills.

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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2021	Location	Host	Club Meeting Dates for 2021
Jan 17	Pt Parham Beach	Sandra East	No meeting
Jan 23	Twilight ride	Maria Pearce	
Feb 21	Osborne Beach	Kath McCullagh	2 Feb
March 21			2 March
April 18			6 April
May 16			4 May
May 30	Camp TBA		
June 20	Clare Valley	Sandy jones	1 June
July 18	Jingle is July	Tamara Godfrey	6 July
Aug 15			3 Aug
Aug 29	Camp Mt Belvidere	Richard Grimson	
Sept 19			7 Sept
Oct 17			5 Oct
Oct 31	Camp – southern flinders	Kath McCullagh	
Nov 21			2 Nov
Dec 12	Xmas ride TBA		7 Dec

PAST EVENTS

Club Christmas Gathering – Gawler - Saturday 5th December 2020

Our President come M.C. did a fantastic job on the night keeping the evening rolling along with the Kris Kringle mingle....who really needs the soft, luxurious sheets the most???? ...The fun and laughter the assorted gifts created!

It was truly a lovely, fun filled, friendly, casual event on a very blustery evening.....A wonderful, scenic setting for all of us to enjoy. Many thanks to Gayle and Stuart for their hospitality and generosity, and to all of the members and friends who contributed in the running of the event and who came along on the evening!

Summary from Julie J - President

The weather started out not too bad but just as the day progressed and we got into the car to go to the club's Christmas breakup at Gayle and Stuart Bates's property it was a whole different scenario.

The wild wind arrived and caused a bit of havoc to a couple of members' properties and as a result they were unable to attend a magical night.





We had a bit of a change of plans but luckily unbeknown to you all Di and Gayle had prepared just in case. Members and their partners began to arrive and were greeted; their gift for the Kris Kringle was put into a box. We were offered nibbles and the chatting and catching up began. A great variety of pizzas arrived and were kindly dished up by Di, Sandra East and Julie. It was soon apparent



that some were more delicious than others and there were requests for another slice of specific ones. It was vetoed by president Julie with Kathy's rules that we then have the presents. They were delivered by Santa arriving in a m-moke. It could only happen in Australia. This was a hoot I don't know who was more excited young



Helena or the adults.



The fun then began. Who would have thought that a pair of towels would have been the more stolen gift from the previous owner? They went all over the place and I still don't know who managed to take them home. Thanks everyone for making the night so entertaining. After we all settled down out came dessert. Fruit on a skewers along with a few other treats. Many,



many thanks to Gayle and Stuart for hosting the night and all their effort towards this successful club night. A big thank you too to Di Schaefer and Sandra East for helping with the catering and also to all members and friends who attended. It was a very special night and one that will be remembered for all sorts of reasons. By the way no carp were caught either..... maybe it was too windy!

Summary by Lisa Crinion

The night was really great with a good turnout of club members and their partners. – The venue was amazing and if the weather had been nicer.... We would have stayed outside by the river – however thankfully no rain, so we were very lucky. We had awesome pizzas delivered, assorted nibbles and fruit throughout the night.

The Thieving Kris Kringle was a highlight.... I will have to come up with another good present next year as everyone was eyeing off the towels from the very beginning when Maria chose this gift. She didn't have that for long!!! Likewise nor did everyone else who thieved them along the way until the very end when with nifty planning.... or simply sheer luck...Gayle thieved the much desired set of towels for the last time... Bravo Gayle. – Never thought towels could be so desired or sought after!

We were all night owls and went home late after a really good night together – sincere thanks to Gayle and Stuart for hosting the Christmas Dinner and to Di, Sandra E and Julie (and any other members) for helping to put this night on. It was a really great night.

December Ride – Rosedale – Saturday – 12 Dec 2020

Summary from Lisa Crinion

Saturday 12th December – the Club’s Christmas ride was shaping up to include quite a few riders...but unfortunately the summer forecast temperatures for this day exceeded the allowable temps for the ride to go ahead, so a cancellation was sent out 2 days prior. Darn it all;



though, ... on the morning of this day the temp was said to be over 32C,... the ride may well have



been ok to go ahead as it seemed very nice. However, by the time we were having our BBQ lunch it was getting very warm and our ponies would have been standing out in the heat for a length of time. – Could-a, should-a gone on the ride - not so sure... Always good to err on precaution for the wellbeing of horses and riders.



Everyone who came along for the BBQ lunch part of this Club day seemed to have a good time chatting and laughing. Always nice to catch up with the members of the club and it turned out to be a

great afternoon regardless of no riding. A big thank you to everyone who brought along a salad or sweet dish. Your efforts were much appreciated in making the meal really tasty and gave us heaps to choose from. Thank you everyone who came along.



Summary from Julie J (President)

I am sure that many of us were so looking forward to the last club ride for 2020 I know I was and was going to meet you half way with Flash but it was not meant to be.



The weather spoilt it, - too hot. I know we had many riders register. Members still came for the get together and fellowship which was lovely. Adrian, Chris, Lisa and Craig went to a lot of trouble to make it a beautiful day. We all sat round and caught up on the latest news. A delightful BBQ was cooked by Craig and we all had some salads served to go with the tasty meat. There was a delightful array of deserts from which to choose and the decision was hard to make just ask Sandra Sampson. Many thanks to the hosts and all who made it a great afternoon -- ride or no ride!

NEWSLETTER DEADLINE

The deadline for any items that members want printed in the **February 2021** newsletter will be **Monday 22 January** so please ensure that your emails reach Maria Pearce on gawler.thrc@gmail.com before that date to avoid disappointment.



As a man was passing town, a sole horse, caught momentarily and was this powerful creature was rope loosely tied to a small no barn gates. It was at any time, break away reason, it did not.

He saw what looked to be why this animal just stood to get away. "Well," the very young and much small size rope to tie them to hold them. Sure, they will learn they are unable to. As conditioned to believe they believe the rope can still to break free again." The man was amazed. This break free from its bond, but it could not, it was stuck do the same thing each day alternative.

Sometimes the thing that is holding you back...



...is all in your head.

through a small outback his eye. He stopped puzzled by the fact that being held by only a small chair. No fences, no chains, obvious that the horse could, from its bond but for some

the owner nearby and asked there and made no attempt owner said, "When they are smaller we use the same and, at that age, it's enough try to break free, but soon they grow up, they are cannot break away. They hold them, so they never try

animal could at any time because the horse believed right there... conditioned to believing there was no other

The man continued on his way and reflected on how many of us are just like that helpless horse. Many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before or we are led to believe what once held us back, will always hold us back.

"Failure," the man thought, "Is part of learning; we should never give up if we are caught in a struggle. What once held us back is a stepping stone to setting us free."

~ Adapted by **Russell O'Neill**

HORSE HEALTH

What are the key things I should understand about horse behaviour?

Understanding at least basic horse behaviour is a very important part of responsible horse ownership. A good understanding of horse behaviour underpins all aspects of good horse management, training and riding. The key points that should always be remembered about horses are:

Horses are highly social herd animals

Horses are naturally highly social animals. A normal healthy horse would never live alone by choice. When horses live in a herd situation (either in the free living or domestic state) they have a rich and varied social life that includes activities such as play behaviour and mutual grooming behaviour. Horses that live in herds and graze naturally get to exercise their senses frequently. For example, they smell each other when greeting and they smell each other's dung. They use their visual and hearing senses to look out for and listen for danger. They use their senses of taste and smell when selecting which plants to graze.

Horses that live in a herd communicate with one another mainly by using body language. Horses have developed subtle and not so subtle signals in order to communicate with one another.

Living as part of a herd has many advantages such as 'safety in numbers'. Grazing involves having the head down in the grass which makes it difficult to see predators approaching. More sets of eyes and ears mean that predators can be seen or heard sooner. A horse living alone in the wild would be much more likely to be caught by a predator. This horse would also expend too much nervous energy by having to stay in permanently alert state. So for this reason horses either live in family groups (a stallion, a few mares and their offspring) or bachelor groups (for colts and stallions that do not have mares). Horses that live in herds can take it in turns to be alert and to rest and therefore responsibility is shared among herd members.

A horse that is kept alone will be stressed due to not receiving the benefits of companionship (see the article [Does my horse need a companion?](#)).

Horses are herbivores and have evolved to eat a high fibre, low energy diet

Horses are 'trickle feeders' which means that they eat small amounts almost continuously. They are meant to eat for between 12 and 16 hours throughout the day and night. This food should be low in energy and high in fibre. A good example is low sugar grasses (such as most native grasses in Australia) and hay made from low sugar grasses. Horses are not meant to eat 'meals' consisting of highly concentrated food only. Even if a horse is receiving concentrates (due to a high workload etc.) then the high fibre (but low energy) part of the diet must be kept up in order to keep the gut functioning properly. Otherwise the risk of colic and gastric ulcers is increased.

If we feed the horse large amounts of high energy feeds we also risk serious problems. Too much grain or free access to 'improved' grasses which are too high in sugar for horses (because they have been developed for the dairy cow and beef cattle industries) can cause problems such as obesity and laminitis which are very serious conditions.

Horses are a prey animal whose first line of defence is to run away from danger

A horse will instinctively run at the first sign of danger and for this reason horses are highly reactive. Good training can overcome this behaviour so that a horse and rider/handler are safer. However it must always be remembered that if a horse feels trapped then they may resort to kicking out, striking or biting if they cannot escape. When handling a horse aim to read the body language of the horse. Aim to not pressurize the horse to the point where he or she feels that escape or defence is necessary.

Horses need movement

In the wild horses travel many kilometres a day from feed to water in what is known as the 'home range'. Horses walk steadily while grazing and also have to travel between where the water is and where feed is (the plants near water are always the first to be eaten out). Free living horses often travel around 30km a day – sometimes much more.

This steady movement helps to keep blood and lymphatic fluid moving around the body. It also helps to wear the hooves down as the horse moves across a variety of terrain ranging from soft and wet to abrasive and dry.

Movement is an integral part of the life of a natural living horse so it is very important that domestic horses are kept in a way that encourages movement as much as possible.

Updated on May 2, 2019

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

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

+he 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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