

Riders Round Up



Official Newsletter of New Zealand Riding Clubs and Bridleways Inc

NITE 2009

MARC (Masterton Adult Riding Club) will be hosting NITE 2009 at the historic Solway A&P Show Grounds in Masterton on Friday 2nd and Sat 3rd January 2009.

Solway has a lovely historic grandstand that has been restored and is the home of the Pony Club Champs. It has an extensive cross country course, all weather dressage arena and ample amenities for both horse and rider.

We are hoping that some clubs may take the opportunity to turn NITE into a bit of a horsy holiday. Due to the date, clubs may be able to stay a little longer or perhaps make a few stop overs traveling to and from NITE. We feel that Solway is a great venue and that we will be able to put on a memorable NITE. MARC really want to make it a fun event for you.

Entries close **30th November 2008** so get your entries in if you haven't already!

Club News

Taupo ARC

Norine and Bev have organised a TREK!!!

Venue GO BUSH (as in the Pams add)

Date 29th November Leaving at 10am sharp, bring own lunch,
Cost for guide \$30, approx 5 hour ride.

This is promising to be an awesome ride thro native bush to the headwaters of the Wanganui river, Horses need to be reasonable fit as there are a few hills.

Location off the Taumarunui road past Morangi station 1 1/2 hours from Taupo

Contact Bev on 3789205 or Norine 3784581

Editors Note

Hello everyone, finally the weather here in Taranaki is improving, so plenty of days out having fun with our horses.

Christmas is fast approaching and of course NITE is only just over a week away on the 2nd & 3rd January. Good luck to the clubs competing. Even if you aren't in a team, it would be great if you could go along to support other teams, either by just being there to cheer them on, or helping out in any way you can.

shontellegut@hotmail.com

Cheers

Shontelle & Sheryl

Club Info Wanted.....

We put an SOS out for some club news prior to putting this newsletter together, but didn't get much feedback. Sooooo we have been snooping on some of the club websites.....you can't hide from us, the power of the internet is far reaching!!

There are some very fancy websites out there.

Pukahu & Hawke's Bay Adult Riding Club (PARC) Club Profile

(from their website
www.hawkesbayadultridingclub.spaces.live.com)

Hawkes Bay Adult Riding Club (HARC) was established in 2000 by some keen riders wanting to do a bit more than just riding by themselves. Recently HARC joined Pukahu Sports Club and has been renamed Pukahu & Hawkes Bay Adult Riding Club (PARC). PARC is a friendly group of riders of all ages (17 years +) and with a very diverse range of horses. Members compete in most equine disciplines, at levels ranging from just getting back into competing, to Novice level. Club grounds are located at Equestrian Park Flaxmere.



About Masterton Adult Riding Club (MARC)

(from their website
www.freewebs.com/mastertonadultridingclub/aboutmarc.htm)

ABOUT THE MASTERTON ADULT RIDING CLUB

The club was formed in 1990 and was based at Matahiwi, west of Masterton. Originally called the ARC Angels, the club changed its name to reflect its locations. However, we do have members from throughout the Wairarapa. The club is also affiliated to the NZ Riding Clubs & Bridleways Inc, which was founded in 1981. This is the national body that governs the Adult Riding Club, who in turn is affiliated to the British Riding Clubs in the United Kingdom.

ABOUT THE CLUB MEETINGS

Our club has regular meetings to organise events for the coming months. (This is often a low key get together hosted at a members' home) A good variety of activities happen throughout the year, these include Hoof Camp, NITE, Show-jumping, Dressage, Cross-country, Games evenings, Treks, Book/video socials and meals. The idea is to keep it friendly and lighthearted!

We keep members informed through our interesting newsletters and emailed updates, and through this site.

CLUB COLOURS AND UNIFORM

Wairarapa's colours are red and green, so we thought if our name reflects our location, our colours should too! We have poloshirts available in red with the club logo in green. Contact Alison Woollard for ordering one.

Funnies

For the gelding owners.....

The Sheath Cleaning Song

Author Unknown

How's it hangin'? So much cleaner.
Aren't you glad I washed your wiener?

I'll admit it's kinda creepy that I had
to stick my arm up in your pee-pee.

It was sticky. It was gunky. It felt
icky. It smelled funky.

It was cruddy, it was crusty--when
you stuck it out, it creaked like it was
rusty.

After half an hour of toilin' and of
squirtin' baby oil in, you're as fresh
there as a daisy.

Either this means I love you or else
I'm crazy!!!



Top 10 Signs Your Dressage Test Needs Some Work

1. Under judges mark she writes only:
"Nice braid job"

2. Horse confuses dressage arena rail
for a cavaletti; exits at K

3. Your circles shape reminds the
judge that he should pick up eggs on
the way home

4. Your serpentine was perfect,
except that it was supposed to be a
straight line

5. Sitting trot has caused some
fillings to be loosened in lower
molars

6. Your horse believes "free walk"
means leaving the arena and heading
towards the nearest patch of grass

7. Your working trot had you
working harder than the horse

8. In your salute you inadvertently
use your whip hand causing your
horse to perform airs above the
ground

9. Your walk seems to be more "rare"
than "medium"

10. Impulsion improves only after the
horse sees monsters in the decorative
shrubby near letters



Sticky Situation

This goes to show, you can put a horse in a perfectly safe paddock, and they can still find a way to get themselves in trouble!

This young filly managed to get herself wedged in a tree. She had to be cut out with a chainsaw, but luckily only suffered some minor injuries.



Do-It-Yourself Supplements

by [Robert McDowell](#)

Because it is often not possible to recreate a 'natural' environment for your horse, an excellent alternative is to make up your own natural supplements to feed on a daily basis to maintain health. By tapping into ancient wisdom, you can create a natural supplement program, for very

little cost and effort. These 'tonic' natural products are simply added to the daily feed, and you will be surprised at how quickly the horses learn to savour them.

For Iron, Vitamin C and Kidney Health:

Boil a jug of water in the tack room every day and add 6 Rosehips tea bags or a dessertspoon of Rosehips granules. When this has gone cold, use the concentrated tea to dampen feed. There is no better source of Vitamin C and plenty of Iron in Rosehips along with Copper and Cobalt. Rosehips are also a major Kidney Tonic and a Blood Cleanser and have positive benefits to the Liver and to the Circulatory System as a whole.

Don't feed electrolytes and especially never use diuretics or potassium salts - these substances weaken the kidneys very quickly. Rock or sea salt should be offered as a block or a 'lick' or provided in a tray nailed up on a wall somewhere under cover, for the animal to choose for itself when and how much it needs.

For Healthy Ligaments and Bones:

Feed one half cupful of millet (freshly ground or whole) daily. Millet is very high in organic silica, and it is silica and not calcium, which is usually lacking when, bone weakness or immaturity is a problem. Give also one half cupful of linseed (freshly ground or whole) daily. Linseed has an affinity for ligaments and restores elasticity to them - it will tighten ligaments, which are too loose and loosen those which are too tight. Offer Dolomite, which is balanced natural source of Calcium and Magnesium, again in a tray nailed up on a wall somewhere under cover, for the animal to choose for itself.

Rub on Linseed Oil and Comfrey combinations or apply them as poultices to areas of bone or ligament immaturity, weakness, damage or injury.

Resolve bone and soft tissue bruising with Arnica. Use healthy inflammation and pain management during recovery but don't mask pain so much that the animal cannot judge what and how much it should exercise an injured bone or ligament. Don't lock horses up during recovery. Restrict them to a small yard and remove distractions but allow them to move around to flex and exercise and support the healing process.

For Immune System Protection:

Make a mixture by pushing peeled cloves of garlic and a few slices of lemon into a tub of molasses and give a half a cup of the resultant mix daily to your horse, cloves and all. Garlic and molasses are both high in sulfur, Garlic is a natural antibiotic and Lemon is an astringent tonic, a source of organic acids and of additional Vitamin C. After a short time the horses will take fresh Lemon and whole cloves of Garlic from your hand as a treat. A few cloves and the odd lemon can then be given a couple of times a week as a general immunity and blood tonic.

Preparations of Anti-oxidants like Maritime Pine and Rosehips; Blood Cleansers like Echinacea and Fennugreek; and Anti-bacterial, Anti-fungal and Anti-viral agents like Cider Vinegar and Colloidal Silver, will promote serious resilience in the immune system. These can be used with increased doses of the routine supplements above, at times of shock, injury, infection or illness.

Trace Elements and Minerals:

A small amount of Kelp (Bladderack), an excellent source of trace elements, either ground or in liquid form every few days is enough. Often the recommended dose for seaweed products is many times higher than is required. It is not harmful to give these larger doses, just wasteful.

Be wary of any product, which has already been ground or cooked as the nutritional value of all seeds begins to deteriorate very quickly after grinding, and the equine metabolism was not designed for cooked food.

It is also important, if possible, to buy feed that is grown free of chemical sprays (forget the 'conditioned' hay that is widely advertised), and in paddocks that have nutritionally balanced soil (unfortunately a rare commodity in Australia).

A good general rule of thumb in selecting feed is to bear in mind that the more processed a feed product is - the less value it has nutritionally, and the more costly it is to buy. For example Lucerne hay (inexpensive, high nutrition value, high in fiber) becomes chaff (more expensive, less long fiber) which is compressed into pellets (more expensive again and usually with additives). Try to stick to whole, chemical-free, natural products if you can.



*In riding a
horse we borrow
freedom*
Helen Thomson

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