

MOOROOLBARK PONY CLUB NEWSLETTER

NEXT RALLY SUNDAY September 9th 2012
Gear Check: 9:45

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UPCOMING EVENTS and REMINDERS

<i>Mooroolbark PC Rally</i>	<i>9th September</i>
<i>St Andrews Gymkhana</i>	<i>16th September</i>
<i>Monash CT</i>	<i>23rd September</i>
<i>Grade 4/5 Eventing Clinic at Lilydale PC</i>	<i>26/27th September</i>
<i>Fundraiser Sausage Sizzle at Bunnings Chirnside</i>	<i>30th September</i>
<i>Werribee 2Day HT</i>	<i>29/30th September</i>
<i>Donvale Spring Fling</i>	<i>7th October</i>
<i>Mooroolbark PC Rally</i>	<i>14th October</i>
<i>Hurstbridge CT & Dressage</i>	<i>21st October</i>
<i>Doongala CT</i>	<i>21st October</i>
<i>Oaklands HT</i>	<i>21st October</i>
<i>Mentone HT</i>	<i>21st October</i>
<i>Set up for Derby</i>	<i>9th November</i>
<i>Mooroolbark PC Derby (Saturday)</i>	<i>10th November</i>
<i>Mooroolbark PC Rally</i>	<i>11th November</i>
<i>Check the PCAV web site for entry forms, and more details on these, and other events.</i>	
www.ponyclubvic.org.au	

Mooroolbark Pony Club

Duty Roster

2011 June	Pepper	
July	Robbins	Wright
August		
September	Catley	Whitfort
October	Moore	Winter
November	Laukart	O'Neill
December		
2012 February	Savini	Whitfort
March	Rally at Yarra Glen	All members to help
April	Winter	Moore
May 6th	Harper	Wright
June 10th	Savini	Laukart
July 8th	Pepper	Vaughan
August 10th	O'Neill	Wright
September 9th	Breen	Howes
October 14th	Willand	Winter
November 11th	Drennan	Moore

How Does The Duty Roster Work?

Canteen The duty families are to run the canteen all day, starting from 8:30 (winter) 7:30 (summer). There are instructions provided in the canteen area, and one of the canteen supervisors will be available at the start of the day to deliver food, get things going, and answer any questions. There is usually some time during the day for families to share staying inside, and being outside watching the rally, and they should roster this between themselves. It is usually "all hands on deck" just prior to and during the busy lunch period.

Outdoors Setup Duty families are responsible for setting up and packing up at the rally, and this means that one parent needs to be outside most of the day, starting from 8:30 (winter) 7:30 (summer). If there is more help needed during setup, the duty family should organise a call over the loud speaker for more help. There will usually be a supervisor available to provide direction (usually Jim or Roz).

Canteen end of day Duty families are responsible for the clean up of canteen, toilets and club rooms at the end of the day. Roster families also need to take home that day's garbage as we don't have a garbage collection at the club.

Outdoors Packup Duty families are responsible for organising the pack up of outdoors areas at the end of the rally day. However ALL FAMILIES are required to assist them. Stay in touch with instructors and with the DC to find out when rings can be packed up, and put announcements over the loud speaker to get other families involved if needed.

Changes to the roster?

As we no longer have a specific person organising the roster, it is YOUR responsibility to organise a swap if needed, and to let Wendy Wright know so she can change the information in the newsletter/web site. The information that we have published above is accurate to the best of our knowledge - if you don't tell us about changes, we won't know to make the change.

End of day pack up

The pack up of equipment in each ring/arena is to be done by ALL FAMILIES at the rally on the day.

If everyone pitches in, the ring pack up can be done very quickly - more hands make light work!

DC's Report - Sept 2012

Who else has a pony that is getting fat? Bit of rain (well a lot of rain), some sun and wind and the paddocks have "spring" grass popping up. Just goes to show no matter what season it is we always need to be watchful, usually winter is the season for mud fever and abscesses but with this fickle weather I for one am finding I need to lock the pony up – who would have thought!

Don't forget the Vet will be coming this rally, he will be doing a talk and then he will be available for vaccinations / micro-chipping / dental / basic health check. Could you please let either Lindy or myself know a.s.a.p. if you would like any of the above booked in (prices below). The Vet needs a heads up on how many vaccinations and microchips to bring along and also an idea on time to allocate for checkups etc.

Once again we have had quite a few members out competing (quite successfully too I might add), well done to you all – firstly for braving the weather and secondly for your dedication and commitment.

Cross Country is closed again (SORRY) so I have decided to stagger the start times so everyone gets a fair go on the arena without having to wait around. The two C* and above groups (Thoroughbreds & Arabs) will be starting normal time 9.45am gear check and the other two groups (Quarter Horses & Welshies) doing their D & C certificates will be starting at 11am. Hopefully it will all work out; you will all get 1 x Flat 1 x SJ and 1 x Theory as well as the Vet talk. The rain will lighten off sooner or later to dry out the XC course and we can get back to riding on it once again but until then we all just have to be patient.

VET PRICES

Vaccinations	\$35.00
Microchipping	\$70.00
Basic Health Check	\$60.00
Dental (incl. Sedation)	\$90.00



Please bring along correct money for us to hand to the Vet on the day.

Look forward to seeing you all at rally.

Roz

Uniform

Just a reminder that jackets that were ordered have arrived and are available for pick up at rally.

Pony Club Grounds

Our grounds are still very wet ... at rally we suggest that you off-load your ponies on the driveway before parking your vehicle. Where possible, you should engage 4wd when driving onto the grassed area.



Sausage Sizzle – 30th September

(Day after Grand Final Day & middle Sunday of the School Holidays)

We have been lucky enough to get a slot to run a sausage sizzle at the North Croydon Bunnings store on September 30 between 8:30 - 4. We will need all families to pitch in to help throughout the day.

This is a major fundraising opportunity for the club and a great way to raise the club profile in the community.

The date is allocated by Bunnings and unfortunately does fall in the school holidays. We realise that some families will be away, and have allocated four families to each time slot in the hope that at least three will be available. At rally on Sunday, we will be looking to finalise this roster, so we ask that everyone check their dates so they can confirm their availability.



Could each family please try to

supply one adult and one child (dressed in Pony Club polo top or jacket if cold) on the day.

Contact any one of the Organising Group if you have questions or problems : Lindy Whitfort, Jeanelle O'Neill, Julie Howes or Di Moore

8.00- 10.30	Brooks, Tucker, Savini, Winter
10.00 – 1.30	Wright, Pepper, Willand, Laukart
1.00 – 3.30	Whitfort, Breen, O'Neill, Goss
3.00 - end	Vaughan, L.Howes, B.Howes, Drennan

LESSONS WITH NICKY

Nicky will be running lessons at PC on Saturday 1st and Saturday 15th of September in the afternoon. She can be contacted on 0413 249 729. You MUST let her know if you plan to go.

August Rally

WANDIN TRAIL RIDE

Everybody had a great time on our August Trail Ride. It was great to see old members Justine and Hayley C back for a visit. We'd like to thank Bec for putting together the Nav Ride instructions. This added a fun element

to the ride and took our girls out over some different territory. THANKS BEC! And thanks also to Roz for organising everything.

Trail riding out with friends is one of the best ways to improve your riding and get yourself and your horse fit. Time in the saddle improves your balance and challenging your horse with new obstacles whilst out on the trail will improve their confidence and their trust in their rider.

Eventing season is coming (if it ever stops raining!!) and the **ONLY** way to get your horse properly fit for eventing is to ride him out. Regular rides of between 5 and 10km twice a week, combined with flat work three times a week in the arena or paddock and a jumping session once a week are the ideal combination. Your trail rides out should include as much hill work as possible. Long steady trot work is the best for building fitness, along with slow canter work uphill to build muscle on his hindquarters.

Why not choose a competition you'd like to enter and plan a training regime to prepare for it. Don't forget to include lessons, and if possible (if your competition is horse trials) take your horse out to another cross country course for a training session.



Derby Postponed

As you all know, we were unable to run our Derby on Queens Birthday due to the slippery condition of the grounds. The new date for our Derby is SATURDAY, the 10th of November. Thankyou to all the riders who entered and everyone who had volunteered to run the day. We hope you can all make yourselves available again in November.



Because the day is booked for a Saturday (we had to take what was available), there will need to be quite a bit of set up done on the FRIDAY before. We hope than some helpers will be available during the day, but we are also planning a twilight working bee for set up of the showjumping rings.

Please mark both Friday 9th and Saturday 10th November on your calendar.

TRAINING IDEAS FOR SHOWJUMPING – TRY SOMETHING DIFFERENT

Here are some exercises for schooling your pony over jumps. The exercise itself is intended to be challenging, so make sure the fence height is set relatively low for your pony.

SLOWING DOWN THE RUSHING PONY EXERCISE 1

Set up two small fences five strides apart (21m). Approach the first fence in trot, land in trot and gently ask your pony to



stop two strides after landing. When he halts, immediately give the rein, and give him a pat. Pick up your trot again and stop again after the next fence.

Once he is happily halting between fences, (and comfortably jumping them when asked), add a few more fences to your course. Stay at trot, with a halt before or after some of the fences. Vary where you put the halts. Always halt gently, always give as soon as your pony slows for you and praise him each time.

Next try the same exercise, but add some canter, and instead of a halt, come back to trot. If he starts rushing again, you can make him come back to a walk.

EXERCISE 2

Grids are good for rushing ponies.

Try setting up this one.

Pole vertical, bounce (3m), dazzle vertical, one stride (6 to 7m), dazzle vertical, bounce (3m), pole vertical. The two dazzles should be similar in look and the height of all four fences should be fairly low. This line is designed to steady and balance your pony. Encourage your pony to travel in the one stride gap, and don't let him chip in an extra stride. The two bounces will stop him rushing in or running out at the end.

JUMPING AT AN ANGLE

This is a good exercise for competent jumpers looking for a challenge. It is an important skill in jump offs, where time is of the essence. You should not try jumping angled fences until you and your mount are successfully managing straight approaches and departures at fences.



EXERCISE 1

Set up a single fence and initially approach at a slight angle. As you gain confidence, make the angle of approach sharper.

EXERCISE 2

Set up a straight line of 3 fences. Jump them a couple of times until your horse strides them correctly. Then set the middle fence at an angle to the straight line and leave the other two straight on. Initially the angle should be slight but it can be increased once you are jumping well. Ride the line exactly as if the three fences were straight on, and allow your horse to manage the angled fence.

To most horses angled fences present little difficulty. The main problem is that they tempt horses to run out. That's why you start with a slight angle or even a straight fence first. Make sure your aids are clear so your horse knows you want him to jump the fence, not run past it.

For the calorie counters out there.....

Calories burned by a 68kg person while riding.

Riding –walk	171cal	Riding-trot	441cal	Riding-gallop	549cal
Ironing	153cal	Weight lifting	441cal	Walking up stairs	549cal
Yoga	189cal	Chopping wood	441cal	Mountain cycling	576cal
Cooking	180cal	Step Aerobics	477cal	Zumba	540cal
		(low impact)			

Our riders Out & About

Congratulations to all our riders who have been out and about recently.

Not everyone can place at every event, thanks to all those of you who send in news of your wins, placings and personal bests. If your name is not here, please don't be shy just send your details to Wendy or put them in the out & about book. Let us know the type of event you entered, the date, horse you were riding, and what class you rode in. AND LOTS OF PHOTOS! For personal bests - tell us what you were particularly pleased to have done on the day!

Seville PC Dressage – 25th and 26th Aug

Two of our riders competed at Seville Dressage Day.

Elisha Laukhart and **Roly** placed 3rd and 4th in their two tests and 4th overall in Grade 2. A very good result for their first Grade 2 competition.

Lauren Howes and **Leo** placed 1st and 3rd in their two tests and 2nd overall in Grade 3.

Kangaroo Ground Dressage Day - 2nd September



Congratulations to Sarah -Jane and Lauren on a very successful day at KG.

Sarah -Jane rode **Flynn** in the Novice and Gr 2 sections, placing 2nd and 5th in the Novice and double 1st and 1st overall in Gr2.

Lauren rode **Leo** in Gr 3 for a 1st and 2nd and 1st overall, and **Kal** in Gr 2 for 1st and 2nd and 2nd overall. There were pretty rosettes for everybody and Flynn and Leo both came home with a nice new rug.



And don't forget the highlight of the day; **Fiona** reverse parked her float **ALL BY HERSELF!** Where's her rosette?





Our Sponsors



*CONGRATULATIONS
Mooroolbark Pony Club wishes to
offer congratulations to
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In celebration of your 10 year
anniversary
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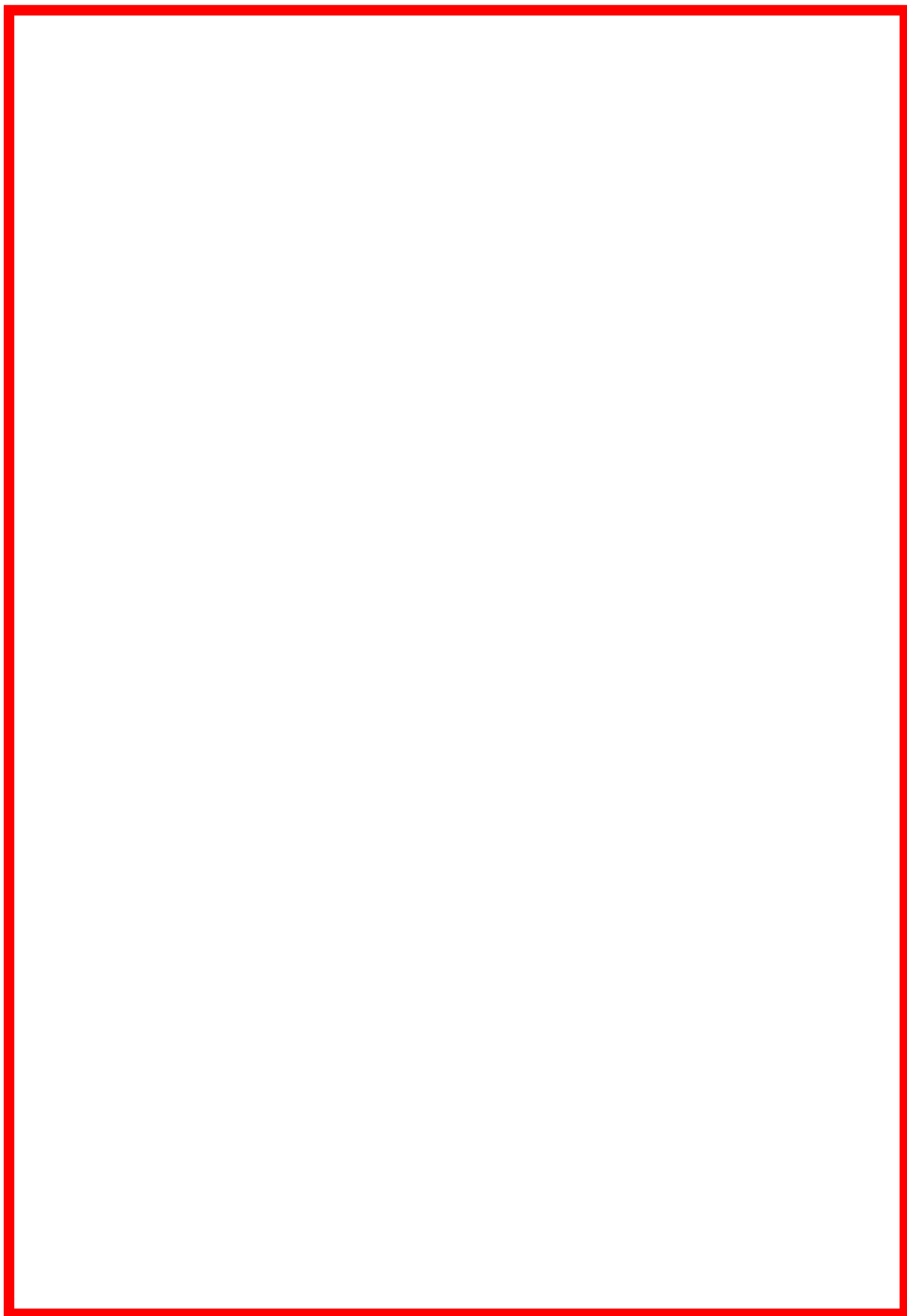
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COULD CREATE INSURANCE ISSUES. THERE ARE
SAFETY POINTS THAT NEED TO BE CHECKED
ANNUALLY TO ENSURE YOU ARRIVE AT YOUR
EVENT WITH ONLY YOUR HORSES PERFORMANCE IN
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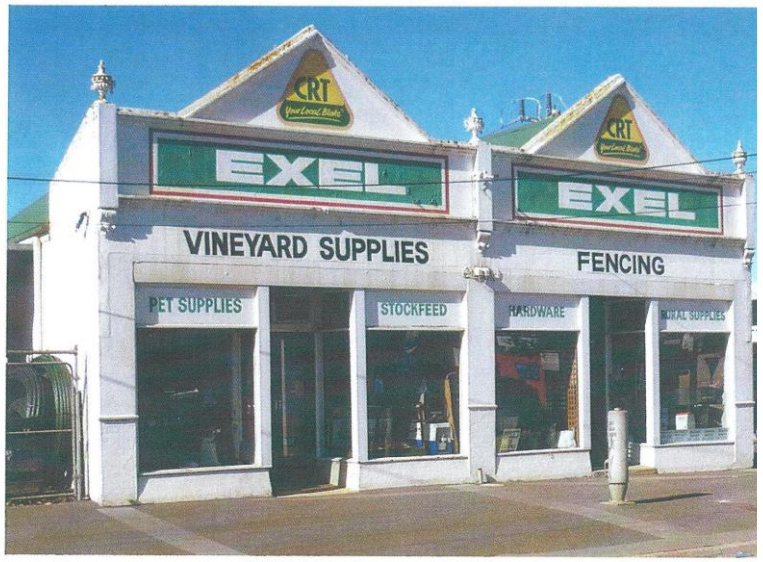
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