

MOOROOLBARK PONY CLUB NEWSLETTER

NEXT RALLY SUNDAY 10th February 2013
Gear Check: 8:45am for a 9am START

****NOTE THE EARLY START TO AVOID
THE HEAT LATER IN THE DAY****

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UPCOMING EVENTS and REMINDERS

Mooroolbark Rally
Mooroolbark Showjumping Day
State Dress & SJ Champs Yarrambat
Mountain Dist Freshmans SJ
Seville HT
Main Ridge HT
Wyena HT
Mooroolbark Rally
Mt Evelyn Derby
Bacchus Marsh HT
Gisborne HT
Lilydale HT

10th Feb
17th Feb
23 & 24th Feb
2nd March
3rd March
4th March
9 & 10th March
10th March
17th March
17th March
17th March
24th March

Check the PCAV web site for entry forms, and more details on these, and other events.
www.ponyclubvic.org.au

Mooroolbark Pony Club

Duty Roster

2013 February	O'Neill	Drennan
March	Vaughan	Howes (A&K)
April	Wright	Smith
May	Winter	Laukart
June	Moore	Willand
July	Howes (K&J)	Savini

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 - Nov 2012



Welcome back everyone, hope you have all had an enjoyable rest and plenty of relaxation! Not much to report YET but I'm sure when we all catch up at rally there will be plenty of stories to tell and pictures to share.

DENTIST VISIT

Just a heads up to let you know that James Harvey the Equine Dentist will be at our July rally to do a talk and also do teeth if you need them done (horse teeth not yours). James

will charge \$55 per horse on the day and if we get 12 horses done he will donate a free "dental voucher".

MOOROOLBARK SJ COMP

Don't forget our SJ comp on February 17th – tell your friends and get your own entries in ASAP. It's always a fun and friendly day and if you're not riding I'm sure you will doing a duty with a big smile on your face.

State Dressage & SJ will be held at Yarrambat PC on February 23rd and 24th, we have a few riders competing so if you can get down there and support them on the day that would be fantastic. I'm sure



our riders would appreciate it.

The XC course is looking FABULOUS and the grounds are their usual neat and tidy selves thanks to the ongoing hard work of Jim and our many families that get down there to do all the jobs Jim thinks of. A big THANK YOU to everyone.

I look forward to seeing you all at rally

Roz





January Rally

Thanks to Roz and Nicky for organising a "make up" rally in January. Although there weren't many takers, those who attended had a useful jumping lesson with Nicky.



FEBRUARY 2013 RALLY PLAN & GROUPS

<u>TIME</u>	<u>THOROUGHREDS</u>	<u>ARABS</u>	<u>QUARTER HORSE</u>	<u>WELSHIE</u>
8.45am	Gear Check	Gear Check		Gear Check
9.00am	XC (Bec)	Flat (Chloe)	Theory (Nicky)	Flat (on grass) (Victoria)
10am	XC (Bec)	SJ (Chloe)	Flat (Nicky)	SJ (on grass) (Victoria)
11.15am- 11.30am	JCM	JCM	JCM	JCM
11.30am – 12.20pm	LUNCH	LUNCH	LUNCH	LUNCH
12.30pm	Flat (Chloe)	XC (Bec)	SJ (Nicky)	XC (Victoria)
1.30pm	SJ (Chloe)	XC (Bec)	XC (Nicky)	Theory (Victoria)

GROUPS

<u>THOROUGHBREDS</u>	<u>ARABS</u>	<u>QUARTER HORSES</u>	<u>WELSHIE</u>
Lauren Jackie Sara-Jane Elisha	Amy T Taylah Kate M Chelsea Kate D Allie Jillian Millie	Amy M Georgia Kara Louisa Gena	Lizzy Brianna Claudia Monique Stephanie (?)

Note : Rally plan subject to last minute changes! **DOUBLE CHECK** on the day.

Mooroolbark SJ Day

17th February

Our Showjumping Competition Day is only two weeks off. If by any chance you haven't already entered, make sure you ring Karen on 97395536 ASAP to get your entry in. The entry form is on our website.

The times and dates for SET UP and DUTY ROSTER are below.

SET UP SATURDAY 16TH - 3pm start

Showjumping Ring Set Up – We really need all hands on deck for this one. We have two rings to set up & fence, one on the gravel and one on the grass. Hopefully those who can't come early can turn up a little later. Every family is expected to help out please.

DUTY ROSTER SUNDAY 17TH

TIME	DUTY			
7 – 9.30am	Car Parking	Stuart Moore	Dianna Moore	
7am – 2.00pm	First Aid	Ruth Romei	Stuart/Dianna Moore	Gary Tucker
7.30am onwards	Gear Check	Roz Goss	Lindy Whitfort	
7 – 11.30am	Canteen	Karen Brooks Ruth Romei	Smith Family	Drennan Family
11.30 – 2.00pm	Canteen	Karen Brooks Ruth Romei	Savini Family A /K Howes	Willand Family
7 – 2.00pm	Office	Fiona Vaughan	Wendy Wright	
8 – 2.00pm	Scoring	Wendy Wright		
			RING 1	RING 2
8am – 2.00pm	Gate Marshall		Michelle Winter	Sue Tucker
	Pencilling		Jenelle O'Neill	Dianna Moore
	Crash Crew		Neil Romei	Rob Laukart
7 – 2.00pm	General Organisation	Jim Page Julie Howes		

If you are unable to complete the duty that you've been assigned, please contact Di Moore on 041803570486 or 5964 3340 to organise a swap. We want to confirm the availability of all helpers on rally day, so please check your calendar. Riders who are not competing on the day it would be much appreciated if you were able to assist with the running of the day, please contact DIANNA MOORE to indicate your availability.

State Dressage and Showjumping Championships

Yarrambat 23 & 24th Feb

This year Northern Metropolitan Zone is responsible for running the State Dressage and Showjumping Championships. Our turn comes up once every 10 years (there are 10 zones in Victoria) and it is a large undertaking. It is co-ordinated by the zone with each NMZ club assigned a duty. The aim is to run a friendly, fair and efficient event that is a credit to the zone, and to that end each club must make every effort to do an exemplary job on their duty.

Mooroolbark's assigned duty is to Set Up (2-3pm Saturday 23rd) and run (3pm – 5.30pm Saturday 23rd) one showjumping ring.

During the set up phase at least 7 volunteers are needed. The time available is very tight and this crew will need to work efficiently. The course and practice jumps must be built and the whole area bunted.

During the running phase, at least 5 volunteers are required, a penciller, gate marshall, practice ring marshall and 2 crash crew.

We have three riders competing, Jackie, Sarah-Jane and Lauren, and they and their parents will be the first volunteers. However a few more will be needed, especially for the set up. State Dressage & SJ is a great high level event for young riders to come watch, and with three Mooroolbarkers to cheer on, Saturday would be a good day to attend. If you would like to come along, and put in an hours' work at 2pm to help our club meet their zone commitment, please let Julie know on 97221920, 0400122343, or kimhowes @rbia.com.au. Yarrambat PC on Yan Yean Rd, is about 50minutes drive from Mooroolbark.

Remember, if you commit, you MUST turn up.



LESSONS WITH NICKY

Nicky will be running lessons at PC on March 3rd. She can be contacted on 0413 249 729. You **MUST** let her know if you plan to go.



SUMMER TIPS FOR HORSE AND RIDER

Keeping Cool

Horses, like all mammals, need to maintain a steady body temperature. In the hot weather, especially when exercising, horses generate lots of excess heat they need to get rid of. Dehydration and heat stress are dangerous conditions, and horses can die from them.

Horses cool themselves by sweating, however the sweat has to evaporate to have a cooling effect. A thick layer of water (for example if you hose your horse and leave him wet) does not evaporate easily and

tends to trap heat in.

The most effective way to cool your horse after vigorous exercise (eg cross country) is

1. Remove the saddle and all boots or bandages.
2. Wet the horse down with cool water, then scrape off, then wet again, scrape again etc. Repeat as often as necessary.
3. If there is no breeze, keep him walking during this process, as the water evaporates more efficiently (and therefore cools him faster) if the horse has the air moving over him.
4. Try to do all this in the shade.
5. In extreme heat, you can add some ice to the water, but do not pour very cold water over the large muscle groups (his rump) as this can cause cramps

This can all be done in the vet check area after your cross country. Just have a helper meet you with a bucket of water, sponge and scraper.

6. It is Ok to offer a small drink of lukewarm water immediately after exercise.
7. Do not put rugs on until about 10 minutes after you finish exercising as rugs slow down the evaporation of water.

What are the signs of heat stress?

Horses do not pant (like dogs). If your horse is open mouth breathing after exercise then he is dangerously distressed. A heat stressed horse will have an elevated temperature, be agitated, and may even collapse and have a seizure.

Water Supply

The Summer water requirement of horses is double that in Winter. Make sure your horse has free access to plenty of clean, cool water at all times. Water to paddocks must be checked at least once a day in Summer.

What are the signs of dehydration?

To test for dehydration, pinch an inch of skin on your horse's neck, just above his shoulder. When you release it should snap back straight away. If it remains upright for more than a second or two, your horse is dehydrated.

Electrolytes

When your horse sweats, he also loses "salt" or more correctly "electrolytes" from his body. This needs to be replaced in his diet. You can do this by offering a salt lick or putting a commercial electrolyte additive or a couple of tablespoons of iodized salt in his feed.

Shade

Save your shadiest paddock for the Summer. Access to shade is essential.



AND FOR THE RIDER

Don't forget to be sunsmart - hat, sunscreen, and long sleeves. Drink plenty of water. Choose the shady trails when you ride out, or ride in the cool of early mornings or evenings. Save the long, hard more vigorous rides for the cooler days.

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!

There's not of lot of competition going on in January so not much to report, but there's heap coming up in Feb. Good luck to all the Mooroolbarkers competing this month!

Powlett River Beach - Jan 2013



The Howes, Whitfort and Harper families made their usual Summer pilgrimage to Powlett River with their horses. It was wonderful to see Hayley back on her horse although she is still taking it easy for a bit. Everyone had a good time and the weather was kind.





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