

## THE MANE ISSUE



## Meet a Member- Kirstin Garland

Hay guys



Who am I? My name is Kirstin Garland and I'm from a small Pony Club branch called South Thompson. We are located in the BC Interior North Region close to Chase, BC; about a four-hour drive from Vancouver, BC. I've been going to this same Club for 11 years and in that long time span I have tested fully C2 with the addition of my B Stable Management. Along the way I had to sell one horse and get the horse I have now so that I could go higher in the levels. Because of the change in horses, I had to take a couple years off from testing so that I could get him ready for the C1 test. I'm sure that some of you know the struggles that go along with bringing a horse along like that but the reward is quite something, isn't it?



Through my journey with my 'new' horse, I have had many ups and downs, though one particular memory stands out above the rest. We were having a regular Pony Club lesson and I had been having trouble not to 'jump in front of the horse'. When we got to this little tiny jump I, of course, jumped ahead of my horse and he decided to stop. There I was lying on my horse's neck as he decided to stop in front of the smallest cross-rail that he had ever seen. Good thing we don't die from embarrassment...

I do not plan on testing this year as I am trying to decide on what to do with my schooling. I was home-schooled all the way from kindergarten to Grade 12 and I am currently upgrading my education to better equip my-self to apply for a program. Here's a short message to all those Pony Clubbers out there who don't like studying for the Stable Management Exams - If you study well and develop good studying strategies now for those exams in Pony Club, it will really help you in the future, whether it will be in high school, university, applying for your dream job or even studying your favourite hobby (which is Pony Club anyway right?). Pony Club has some great 'extra-curricular' programs that are good to familiarize yourself with! As you progress

## .....Meet a Member continued

through Pony Club and qualify, you can even travel across the country to attend National competitions! I really enjoy rally. I went to my first rally when I was only 10 years old; I don't even remember signing up, probably because my mom signed me up. It was one of the hottest summers I ever remember at Johvale Horse Trials, one of the few memories that I have is being really, really grumpy. Well let's move on! After that I went to rally, I think, about four or five more times as well as a National Rally, in Hamilton, Ontario. I had an amazing time and a great team, and if any of my team mates are reading this and remember me; thank you, you guys were amazing!



Each year we have a pony club camp where we all go camp out with our horses and have lessons every day. I really love this because every-

one gets to know each other better than the year before; and the crazy youngsters are always overflowing with energy, except when it is 40 degrees out.



This really is a lot about me and I don't want you guys, who spent all this time reading this, to leave without some advice:

Don't worry about proving yourself to anyone. Do your best every day, even if it feels that what you are doing less than yesterday, not one day is the same as another and each day will have its own problems. People will notice how well you work and your dedication – loyalty; your interactions with other people – character; and how you support your fellow competitors – sportsmanship. It's not all about winning or the outcome, it's about how you get there and how you treat the people around you as you get there. If you do this whole-heartedly you have my full, undying respect as a top competitor no matter your level; you are a true Pony Clubber and you are the one who shapes this sport.

*Kirstin*

## Artists through the Ages—George Stubbs

George Stubbs (25 August 1724 – 10 July 1806) was an English painter, best known for his paintings of horses.

Stubbs was born in Liverpool, England the son of a tanner and leather merchant.

After his father's death in 1741, Stubbs was briefly apprenticed to a Lancashire painter and engraver named Hamlet Winstanley, but he soon left as he objected to the work of copying. As an artist he was self-taught. In the 1740s he worked as a portrait painter in the North of England and from about 1745 to 1751 he studied human anatomy at York County Hospital.



In 1756 he rented a farmhouse in the village of Horkstow, Lincolnshire, and spent 18 months dissecting horses, assisted by his common-law wife, Mary Spencer. He moved to London in about 1759 and in 1766 published *The anatomy of the Horse*. The original drawings are now in the collection of the Royal Academy.

His most famous work is probably *Whistlejacket*, a painting of a prancing horse commissioned by the 2nd Marquess of Rockingham, which is now in the National Gallery in London.

Throughout the 1760s he produced a wide range of individual and group portraits of horses, sometimes accompanied by hounds. He often painted horses with their grooms, whom he always painted as individuals.

The record price for a Stubbs painting was set by the sale at auction of *Gimcrack on Newmarket Heath*, with a Trainer, a Stable-Lad, and a Jockey (1765) at Christie's in London in July 2011 for £22.4 million (approx. \$40 million Canadian) .



## Testing Tips— Megan Rawn

*This edition's testing tips brought to you by Megan Rawn, a B2 member from High Country Pony Club, in the Alberta South Region.*

So when it comes to testing, the best piece of advice I can give?

Spend time with your horse. This is key when it comes to the stable management components throughout the levels- you don't need some fancy stable management coach, your horse is a good enough instructor itself. This means being involved with every aspect: feeding, worming, vaccinating and even chores such as harrowing the arena, fixing the fence, or organizing pasture

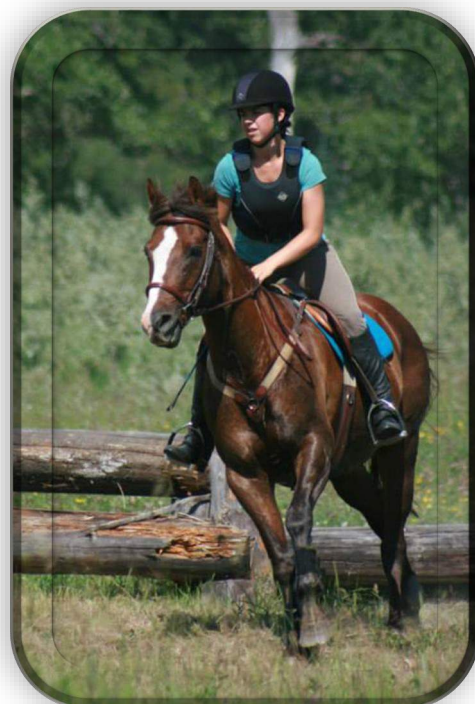


groups and rotations. In the current age, many Pony Clubbers have to board their horse and because of this they miss out on certain aspects of the day to day routines that are often not recognized. So yes, you may have to board your horse, but offer to help the barn manager and learn exactly what their role is. By doing this, not only will you learn to understand what is necessary to run a stable, but you will also find that you are learning the little things which come up later during the higher testing levels. Putting the theory you learn into action is the best way to make it stick and to develop a strong understanding of it, making you shine in front of the examiners.

When it comes to the riding aspect, the best advice I can give is be well prepared. Work hard, ride regularly, and take every opportunity you get

to ride a different horse, no matter what discipline! Every horse is different, and the more exposure to different rides will make you a better rider and it definitely helps when it comes to alternate rides at B levels and higher! And one important one: don't let anyone tell you that you can't do it. As long as you work hard and put in the time you can pull it off. Yes, it might take a few attempts, but don't let that phase you!

When it comes down to the actual testing itself, make sure you and your horse are neat and tidy. Tack and turnout are easy marks to get and will give examiners an overall better opinion of you. The way you show up to present yourself and your horse at a Pony Club test should be similar to how you show up to a show. Make yourself look professional! And never be afraid to ask your examiners questions, to repeat a fence or movement on a course, or even to rephrase a question- they are there to help and sometimes they might be super awesome and give you some hints to make sure you get the right answer! Last but not least be confident in yourself! As long as you've done everything to prepare yourself as best you can, just have confidence, you will do fine! Take a deep breath, and have fun!



## Breed Basics - Iomud

Also known as Yomood, Jomud, Yomud, Yamut,



Yamud.

Like other breeds of Turkmen horse – including the Akhal-Teke, the Ersari, the Goklan, the Salor and the Sarik – the Iomud breed is named for the Turkmen tribe that formed it, the Iomud. The Iomud people occupy the northern part of modern Turkmenistan, from the eastern shores of the Caspian Sea in the west to the area of Daşoguz, on the northern edge of the Karakum Desert, in the north-east.

Iomud horses have remarkable endurance. According to local information, they could cover the 800 km in seven days. They can carry 120 kg without difficulty in mountain or desert terrain.

The Iomud conformation has the following features: large clean-cut head, sometimes Roman-nosed, medium-long neck; medium-high withers, solid back with small curve to the withers, nicely turned and regularly sloping croup, shallow chest; clean fine legs, often bowed; sparse mane and tail; delicate skin.

Color is grey or chestnut, rarely golden chestnut or black.



Stallions stand about 152 cm (15 hands), mares a little less. Thoracic circumference (girth) is about 168 cm, cannon bone measurement about 19 cm.

The Iomud is a long-lived healthy horse. It shows soft "floating" action.



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# Super Ponies (& Horses)- WOR—Almost Perfect

Almost Perfect aka Buster came to us as an unbroken 3 yr. old . He was a 15.1 hh Appaloosa who had a very sweet personality. He was Samara's first horse, she had been riding various ponies until that point. With some help, 11 yr. old Samara started Buster right from scratch. He was an excellent jumper and soon excelled at both dressage and jumping. Samara and Buster competed successfully at OHTA horse trials, hunter shows as well as fox hunted with the Waterloo Wellington Hunt Club. As time passed, Buster became a school horse at Twisted Pine Farm. He was a favourite who showed many riders how to understand the art of dressage and the thrill of cross country. His list of accomplishments is numerous. He was a skilled Masters PPG mount, a very successful Regional Dressage, Show Jumping and D Rally competitor as well as a member of the winning Australian Inter Pacific Exchange team and a valued mount at National Rally.

Buster was a wonderful horse with quite a comical personality. He loved mints and would happily take them from anyone who offered.

He loved to be fussed over and didn't mind at all to be dressed up in costumes and decorated for Halloween. He was a wonderful cross country horse but was known to occasionally pretend to spook when out on a hack and treat his rider to a few strides of galloping in the field.

He sadly passed away at the age of 17 this past January. He colicked at home and was rushed to Milton Equine Hospital for surgery. The surgical assessment team regretfully made the decision to euthanize him.

Buster had numerous Championships and Reserve

Championships to his credit on the SOCTA circuit in the combined test and horse trial divisions with a number of Bright Water Pony Club members. He was a very reliable and trusted horse that helped numerous Bright Water members achieve their CPC Testing levels.

A very active member of the Bright Water Pony Club team in the Western Ontario Region, Buster was well loved. Throughout his career, Buster helped his riders achieve the following:

- Multiple regional dressage champion and reserve champion over multiple divisions with multiple riders even qualifying Emma Goosens for National al Dressage.
- He had multiple top placing at Regional Show jumping in several different levels.
- He was D1 Rally Champion
- He did Masters PPG many times.
- He was also on the winning Australian Inter Pacific Exchange team.





•Was one of the highest placed horses at National Rally when it was here in WOR.

Aside from that he helped numerous members for Bright Water Pony Club achieve their testing certification from D to C1.

He is sorely missed by all of our Bright Water members, most who have ridden him at some point, as well as by Samara and I.



## BRANCH—ABCS—MOOSE JAW, SASKATCHEWAN



Like a lot of communities, we had a good number of young riders who were taking lessons and learning to ride from very competent coaches, but wished for less isolation, and more of a group experience. We also knew that while you can charge a family for a riding lesson, it is hard to put a price point on stable management, so young riders were missing a huge component of their equine education. Over and over again I kept hearing about this thing called Pony Club, so started the process for getting a branch organized.

One Facebook post was all it took to spark up interest here in Moose Jaw! Over the Top Equine Center offered their facility, and Robbie Lewis stepped up to coach. Robbie and Lanette operate Over the Top and Robbie is a former PC alumni. Robbie and Lanette deputized their neighbour, Christine Stokes (rode in the Calgary area in Pony Club) to instruct Stable Management. I got a very warm welcome from all of the Pony Club branches in Saskatchewan. We couldn't have asked for a better start! 11 awesome kids signed up. Most trailer in but a few board at Over the Top. They are an accomplished group already! Jolee Akins has studied reining! Mya Viczko has been on the Appaloosa youth team and is well versed in western breed shows. Mya, Katie Hansen, Sky Mushen and Taylor Haavisto have all competed as Equestrian vaulters and most of those girls are still training in that discipline. Most of the Pony Club members are also in 4H. At our club celebrate all equine disciplines so it is not unusual to have them arrive from a 4H barrel racing clinic or a vaulting class to set fences and take a jumping class!

The thing that most impresses me about Pony Club is how helpful people are – and that ethic never seems to

go away. The minute they find out that you need something for Pony Club they help you out as best as they can. I cannot speak highly enough of the Saskatchewan Regional board or Val Crowe who sent me a box of items to hand out at the Saskatchewan Equestrian Expo. No email goes unanswered and they really want your branch to do well!

If anyone is wondering if starting a Pony Club is worth it, I would state emphatically yes, it is worth it. There is a lot of work at the start, sorting out the training plan, the budget, and filing all the paperwork. Just do it. If you do, you might find yourself in your barn at the end of a training session, watching a group of Pony Clubbers try to hide a pony that is enjoying some "liberty". You will find handmade notes stuck to your stall, and glitter all over the place. We have only been training as a club for two months and already we are catching the eye of the riding community. Last weekend we had four of our group riding in a local show, wearing their Moose Jaw Pony Club saddle pads and big smiles on their faces. Some of those kids had struggled to complete the course in the past. At the last show they remembered their patterns, stayed on board for refusals, and circled around for successful retakes. They even navigated past the magnetic exit gate! Best of all, they were all stalled together and cheered and helped one another! The riding community watching in the stands and along the rail passed forward many compliments and offers of support. It really felt great!

This short accounting of a small start-up club might be the final nudge for anyone considering starting their own branch. I sure hope that you find your way to making it happen, and better yet, that your young members get to meet the Moose Jaw members one day!





## Val's Corner

Well, the Annual General Meeting (AGM) is over for another year. This year the meetings were held in the Hilton Garden Inn Calgary Airport.

Just in case you think this is a weekend holiday for the Directors, some of us began as early as 8:00 am on Friday morning prepping for the meetings, then into a finance meeting at 10:00 am. Meetings started at 1:00 for the whole Board and after a brief supper break, we continued working until 8:40 pm.

Meetings began on Saturday morning at 8:30 am for a long and busy day that included a Strategic Planning Session, a 20-minute lunch break in the meeting room, the official AGM, followed by more Board meetings until 6:00 pm. Most of the Board also spent Saturday evening discussing various topic from the agenda. Sunday morning started at 8:30 am and wrapped up at 12:30 as people had to leave to catch planes home. So, next time you see your National Director, tell them how much you appreciate them giving up a full 3-4 days to keep CPC running. If you don't know who your National Director is, go to Contact Us on the web site and click on Board.

We welcomed a new Active Member West to the Board, Alison Bachand-Lapointe from ANR. NB/PEI also has a new Director, Valerie Paton, who was also welcomed to the Board. Unfortunately, Michelle White, the new Director from BCIR was unable to attend.

Here are a few highlights from the minutes:

Apple Saddlery is no longer sponsoring all of the Regional, National and International Championships Supplies is no longer carrying the medical armband. You can get a cheaper version at Greenhawk. However, the insert will still be available on the web site under Documents and must be used in whatever type of armband you use.

The Board accepted the following new Branches and Centres:

Cardwell	NB/PEI
Catch a Dream	Central Ontario
Lancers	Nova Scotia
Ponies Creek	SLOV
Vaudreuil County	SLOV
Alborak Pony Club Riding Centre	Alberta South
LH Equestrian Pony Club Riding Centre	WOR
Twisted Pine Pony Club Riding Centre	WOR

All of the riding disciplines will now have all riders riding horses drawn from a pool provided by the organizers at National Championships. No one will be allowed to ride their own horse.

For all disciplines that have an International Exchange, CPC will pay a share of the land fees and travel costs for the Coach and Team Manager (Chaperone), and the rest of the costs will be charged to the team. The team may fund raise, get assistance from their Regions or cover the costs themselves.

Revised Testing Procedures and Requirements for both levels will be posted, probably by the time you read this.

## Coaches Corner—Gina Smith - Have A Plan For Your Ride!

*This a new addition to The Mane Issue. Each edition we will be bringing you riding tips from a Pony Club Alumni.*

*This Corner brought to you by Gina Smith. Gina is an A level alumni of the Saskatoon Branch, Saskatchewan. Riding her horse Malte, Gina was a member of the dressage team that brought home bronze from the 1988 Seoul Olympics.*



Before you ride, be sure you have a plan of what you would like to achieve for the day. The plan is always flexible depending on how your horse feels, but your basic plan can stay the same no matter what level you are schooling.

Keep It Simple!! Divide your daily ride into segments: warm up, walk rest, trot work, walk rest, canter work, cool out exercises.

Warming up yourself and your horse can be key to a successful schooling session. Using a basic pattern of repetition will give you a great warm up for your horse and at the same time you can go over and correct your position so you can give

your horse the correct aids. Start by walking several rounds on a long rein. Start rising trot one round each way, ride 3 – 20 meter circles each direction using the whole arena. Think about Rhythm (a good purposeful gait), Suppleness (bending/flexing on the circles and increasing and decreasing slightly the length of stride) and Contact (inviting the horse to stretch forward and downward to the bit). Start canter and ride 3 circles each way as well using the whole arena, changing the direction through trot. Again, start working on the bend as well as the increase and decrease slightly in the length of stride. Trot and serpentine 3 loops to get some bend changes and stretch the horse into the bending lines over the back, not on the forehand but keeping the horse round when stretching low. This pattern can be altered depending on the horse, fresh horses can have more circles, lazy horses more straight lines and motivating transitions. You can always correct your position and change the aids for each direction. With the constant correction of your position you can give correct aids! Establish your inside leg – outside rein connection. Go over every part of your body and separate the aids so they can work together to achieve better communication with your horse.

Walk break on a long rein. Decide what you want to do at the trot depending on how your horse warmed up. Was he very stiff on one side? Lazy? Fresh? Ride toward your exercises and sit the trot as much as you can to keep your horse using his back, post often if he tightens or stiffens his gait. Increase the suppleness exercises, smaller circles, leg yield, shoulder-in, travers, renvers, half-pass, lengthen/shorten stride and transitions trot/walk/trot and trot/halt/trot depending on your level.

Walk rest where you could fit in some walk pirouettes before you canter. Canter work including trot canter transitions on a circle, ride into shoul-

der fore position to help straighten and balance your horse. Ride circles and decrease the size of your circles. Ride some leg yields at the canter to increase rideability. Start including loops to introduce counter canter and eventually canter through the short end in counter canter. Increase and decrease your stride on a circle and then on a straight line to test rideability and to help your horse balance the energy he provides.

Stretch and cool out at canter and trot. Walk a few rounds and trot stretch again on circles and serpentine. Ride out on a short hack if available. Lots of praise and especially praise if your horse takes deep breaths and sneezes or blows, this is a great sign of relaxation and release of tension.

This basic plan can be used everyday, horses like the structure and repetition of the basic plan. Horses are after all creatures of habit! Some horses are better if you do the canter work first and then the trot work. Be flexible and listen to what your horse has to say. Have a plan and you will always know where you are in your ride and how to continue.

## Looking for a Good Read? Try - The Silver Brumby Series

Set in the high country of Australia, the books focuses around the nuances and lifestyles of the Australian wild horse, the brumby.

Thowra, the first born creamy horse out of the cream mare Bel Bel is born into a world where men roam the high country in search of brumbies that they can rope and take for their own. A world where every other stallion would be doubly against him due to his unusual colouring.

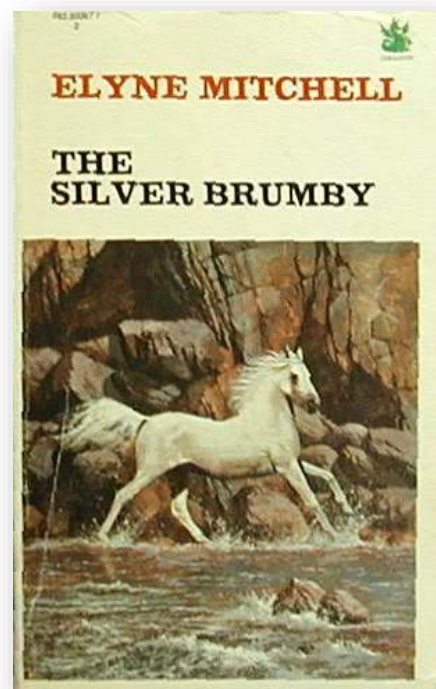
Realising that time was against her – after all Thowra would be naturally weaned within a year – Bel Bel sought to teach her son as much as possible to have him wise to good grazing areas, sensing danger and escaping into thin air.

The author Elyne Mitchell brings the reader in alongside the wild horses, opening their eyes to a world where you continue to move, seeking out the best grazing; where stallions fight for their mares and dominion over particular pastures and are constantly evading their hunter, man.

These horse books are different in that you're

reading from the horse's realistic point of view – survival and reproduction are the main focus.

The areas mentioned in this novel are places that you can actually visit and also where brumbies do indeed roam. These truths bring credibility to the stories and make it that much more interesting a read.



## Canadian Equestrian(ne)s—Michel Vaillancourt



Michel Vaillancourt (born St-Félix-de-Valois, Que., 26 Jul 1954).

Vaillancourt, who made his mark at the Montréal Olympics, started into equestrian sports early on. His father had purchased an equestrian centre in Saint-Barnabé-Sud, a farming community located 70 kilometres from Montréal, and young Vaillancourt began riding ponies, then full-sized horses since the age of eleven.

During his junior years, this obstacle jumping expert represented Canada on numerous occasions in international competitions, notably in Toronto, where he won the Canadian Junior International World Championship at sixteen, becoming the first French Canadian rider on the junior national team.

Unfortunately, when Vaillancourt was seventeen, his father died in an unlucky accident when his mount fell on him during a training session. Rather than giving up equestrian sports after this tragedy, which disrupted his family, Michel persevered in making his father's dream a reality.

In 1975, he joined the Canadian equestrian team for the Pan American Games in Mexico City. Michel and his horse U.F.O. stood out and helped the Canadian team take home a bronze medal.

Late in the winter of 1975-1976, Pierre

Jolicoeur, Michel Vaillancourt's trainer, found him a new partner named Branch County. To everyone's surprise the duo, newly formed only a few weeks earlier, was successful in the Canadian team trials for the Montreal Olympics.

At these Olympics competitions in Bromont, Que., Vaillancourt delivered a solid performance in the individual jumping competition and won the silver medal. At 22, he thus became the youngest rider in obstacle jumping to win an Olympic medal. It also marked the first time a Canadian received an Olympic medal in equestrian sports.

Vaillancourt was Québec's only medal winner in the Montréal Games.

In 1979, Michel Vaillancourt was again successful in the Pan American Games in Puerto Rico. On this occasion, his performance with his horse Crimson Tide helped the Canadian team achieve the silver medal.

The following year, although he qualified for the Olympics as did many other Canadian athletes, Vaillancourt was a victim of Canada's boycott of the Moscow Games. However, the Canadian team's gold at the Rotterdam Show Jumping Festival, an alternate competition to the Moscow Games.

Michel Vaillancourt held the position of chef d'équipe for the Canadian Show Jumping Team from 1994 to 1998. He remained in equestrian circles and became a major designer of obstacle races in North America.

He was inducted into the Jump Canada Hall of Fame in 2009.



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CRUPPER	CURB	DISTAFF
DISTEMPER	EOHIPPIUS	FEATHERING
FEVER	FOUNDER	FURLONG
GASKIN	GASTEROPHILUS	HACKAMORE
HAMES	HELSINKI	IODINE
JUTLAND	KIMBERWICK	KINETON
LAMINITS	LAMPAS	LIVERPOOL
LOCKJAW	LORINER	MAGENIS
MANGANESE	MANGE	NAVICULAR
NICKER	OSSELOTS	PALATITIS
PIGEON	POTOMAC	PROTEIN
QUIRT	QUITTOR	RHABDOMYOLOSIS
SELENIUM	STRANGLES	STRINGHALT
SWEENEY	THOROUGHPIN	TRAKEHNER
TUSHES	UVEITIS	WAINWRIGHT
WEYMOUTH	WHORL	XENOPHON

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## Vet Notes —Nicole MacHattie, NS—Mud Woes!

*This is another new feature for The Mane Issue, we will be getting a vet from each region to submit an article on a topic near and dear to their hearts.*

### **Spring brings warmth and the promise of a great show season...but it also brings an unwanted friend along....**

My name is Nicole MacHattie, and I am a large animal veterinarian in Middleton, Nova Scotia. I was one of the original members of the West Valley Pony Club, and received my A level before finishing my career as a pony clubber. I now teach stable management for the C level members of WVPC.

Mud...the first sign that Spring is really here! Unfortunately, it also increases the risk of abscesses, thrush, mud fever and tendon pulls. As much as possible, keep your horse out of deep mud and wash their legs regularly.

Foot abscesses can occur anytime of the year, but with increased moisture the hooves can become soft and prone to bruising, which can lead to infection and an abscess. Pair this with uneven, sometimes frozen and sometimes not, footing, and it's a perfect storm. Foot abscesses (also known as subsolar infection) can also be caused by penetrating wounds- when mud is deep, the foot can push down onto a foreign object buried in the ground. If you ever find a foreign object stuck in your horse's foot, resist the urge to pull it out! Keep your horse still, protect the object so it does not get driven in further, and call your veterinarian immediately!

They will take a radiograph, to check if any vital structures have been affected. If you pull the object out- it is nearly impossible to determine what structures were affected, and makes determining a treatment plan much more difficult. Abscesses are incredibly painful- your horse may be almost 3 legged (or 4-5/5) lame, and can have swelling along the tendons reaching mid-cannon bone. Their foot will be warm/hot to the touch, and their digital pulses will be elevated. If you have not dealt with an abscess before, then they can be pretty scary. Call your veterinarian if you are unsure. Generally abscesses are treated

by soaking in warm Epsom salt water numerous times a day, poulticing and systemic NSAIDs (non-steroidal anti-inflammatories, like bute). There are different schools of thought, as to whether an abscess should be pared out from the bottom of the foot, or allowed to travel up the foot and rupture out the coronary band. I prefer to allow them to rupture out at the coronary band, as this tissue heals much faster than the bottom of the foot. It is also generally a cleaner location and a bandage will stay in place longer. Horses do not need to be restricted to stall rest, once an abscess is confirmed, as movement will help to push the infection out. NSAIDs may or may not be used- I prefer to use them, as the horse will be more comfortable and therefore willing to put more weight on the leg, again helping to push the infection out. By bearing more weight on the affected leg, we also save the unaffected leg from undue stress. I do not generally put horses with foot abscesses on antibiotics, as this is not prudent use and I feel it delays the course of the abscess. If the abscess was caused by a penetrating wound, then certainly that horse will be on antibiotics.

After a few days (but sometimes a week!) the abscess should rupture, and your horse will begin to feel more comfortable. Once he is sound again, you can continue riding. I'm sure most of you are well versed in thrush- a fungal infection in the foot, which causes black smelly material on the bottom of your horse's foot, mainly along the frog. If left untreated, it can be a cause of lameness. Again, keep your horse out of mud when possible.

Pick his feet out daily, ensure proper and timely trimming, and treat as needed. There are various commercial and homemade products available to treat thrush.

Mud fever, also known as scratches or pastern dermatitis, is an infection of the skin on the lower leg. Mild cases only affect the heels and back of the pastern, but I have seen cases travel half way up the cannon. The skin will be thickened, sore and often has exudate. Pastern dermatitis is caused by a combination of prolonged exposure to a wet environment and bacteria.

Although a very common problem, some cases can be quite difficult to treat! The first step is always to remove your horse from the wet environment. Wash their legs to get rid of all mud.



Then- trim/clip the hairs along the back of the leg. Although the pastern/fetlock feathers can offer protection against moisture, once your horse has pastern dermatitis these feathers will actually hold the moisture in. They also get in the way of topical treatments. Once the legs are clean and trimmed, it's time to treat. My first course of treatment is either iodine- or chlorhexidine - based soap (if your horse has sensitive skin, or is a chestnut, try the chlorhex first). Gently work the soap into a lather, covering the entire affected area. Let it sit for 5-10minutes- this allows it to soften the scabs, and penetrate and kill bacteria. Rinse well, and pat dry. I do not jump to ointments immediately, as most cases will respond to the antibacterial soap alone (providing you have cleaned and trimmed the legs, and are diligent at keeping them clean). I like to use a surgical prep scrub brush (likely available from your veterinarian) to apply the soap. They have soft bristles, which help to work the soap into the skin and loosen scabs. If your horse's heels are unaffected, then it is a good idea to cover them with Vaseline before starting your treatment. Vaseline will prevent water from softening and chapping the heels. You can use Vaseline on the heels during your routine leg washing as well. If your horse does not begin to improve in 3-5 days, then I recommend having your veterinarian evaluate your horse.

They will often prescribe an ointment, to be

added to the initial routine. Keep in mind, that sometimes less is more- if you use 5 different treatments in a short period of time, you may actually be irritating the skin and making the problem worse. As well, products need at least 3 days to show visual improvement. When a client calls, after having used numerous products in a short period to no avail, my first treatment is no treatment. Clean off all products and let the legs breathe for a few days, before starting back at basics. With proper local treatment, horses recover well from scratches and often do not require systemic treatment.

The final topic I wanted to cover is tendon pulls-tendonitis (affecting the superficial or deep digital flexor tendon) or desmitis (affecting the suspensory ligament). When the weather is warm, our four legged friends like to run...and when there's mud, running usually ends in sliding.

Unfortunately we can't keep them cooped up until the mud is gone, but there are a few things to keep in mind. First, broken record...try to keep them out of deep mud. Deep mud alone will add extra strain on the tendons/ligaments, especially if they start to run in it. Keep their hooves trimmed regularly- long toes and uneven hoof wear can increase the risk of injury. If your horse wears shoes, don't be too quick about having their winter studs removed- they can add extra traction during the muddy season. Keep your horse fit- most of our horses get a period of time off during the winter. This means their tendons and ligaments will be soft as well. Getting your horse started back into work before the ground thaws can help to strengthen their lower legs and lessen the risk of injury. Of course if you do not have an indoor, then this can be difficult...and riding on frozen ground can lead to...subsolar infection...what a vicious cycle that is.

Unfortunately most cases of tendonitis/desmitis require a prolonged lay up period. Luckily, for most of us the Spring mud only lasts a month...then we start complaining that it's too dry...

Happy Spring to everyone! And I hope you have a wonderful show season!

## The Groundline

-A takeoff point for discussion... (by Kim Leffley)

### "Volunteering and the Meaningful Life"

I read an article on Facebook recently (and if it's on Facebook, well of course it MUST be true!) talking about the difference between living a happy life and a meaningful life. It suggested that a happy life is the result of "taking" and a meaningful life is the result of "giving". Now I'm neither smart nor educated enough to argue the accuracy of this statement and its implications, but it did set me to thinking about the perceived difference between the two.

So often we hear parents say "I just want my kids to be happy in life". Sure, I think we all want that to some degree. But if happiness is equated with or dependent on enjoying the benefits of all the good things in life (money, health, success, popularity, athleticism, strong relationships etc.), which in today's culture it seems to be, does not having those things destine us to a life of "unhappiness"? Are a happy life and a meaningful life mutually exclusive? Can you live a "meaningful life" and still find happiness? Generally, although many people of means live what we perceive as meaningful lives through their giving back (oops, there's that word) to society, we do seem to automatically equate meaningful living with some level of sacrifice - think Mother Theresa and her volunteers in Calcutta, volunteer firefighters

willingly putting themselves at risk for others, mission and relief organizations voluntarily making sacrifices in personal comfort and safety to serve others, clubs and organizations whose volunteers.....hmmm, wait a minute. I think I'm seeing a pattern here.

Volunteering is not by any means the only way to have a meaningful life, but for a large segment of people, volunteering adds great meaning to their lives. April 23-29 is National Volunteer Week in Canada. It is a time when we make a specific effort to recognize and acknowledge those who deliberately choose to sacrifice and make a gift of their time and talents to benefit others. We at Canadian Pony Club know this better than most as our entire organization, from bottom to top, exists by the grace and commitment of volunteers. From the parents who ferry kids to events, flip burgers at canteen fundraisers or sit on boards and committees shaping the activities of our clubs, to the coaches and mentors who donate time and skills teaching or offering free clinics and education opportunities, to the Regional Board and committee members who manage paperwork, use personal time and resources to travel to meetings, organize and run events, and have the "tough" conversations necessary to organizational health, to the National Board members who beyond their generally busy activity at other



levels, use vacation days from their everyday jobs to travel to annual meetings twice a year, giving up their valuable weekends to gather with peers around a table from dawn to dusk for 3 days at a time advocating for their regions while helping shape the future of this whole organization and make it possible to offer what we do for our members. That is the impact of volunteering and to my mind, that is a strong argument for what a meaningful life looks like.

I think there must be truth in the thinking that even the act of giving provides benefit to the giver in the form of satisfaction, or other emotional "payoffs", and I am grateful for that as it means yes, you can live a meaningful (giving) life and still enjoy happiness (taking benefit from the feeling and impact of that act). That seems to be the only explanation for people deliberately and repeatedly making choices contrary to their own comfort and convenience, and taking on commitments that will cost them in some way or another (time, money, etc.) for the purpose of the benefit of others. Whether is motivated by gratitude, moral or social



conviction, faith or some other factor, we who are the recipients of it are grateful and humbled.

This month (don't wait for a specific week), please thank those who have chosen to serve you, and if you aren't currently volunteering, try it and see if it adds even more "meaning" to your life. By all means find the right place and the right role, otherwise it will simply feel like a burden, but keep giving even as you seek that place, for the needs are great, and when you find your niche you will

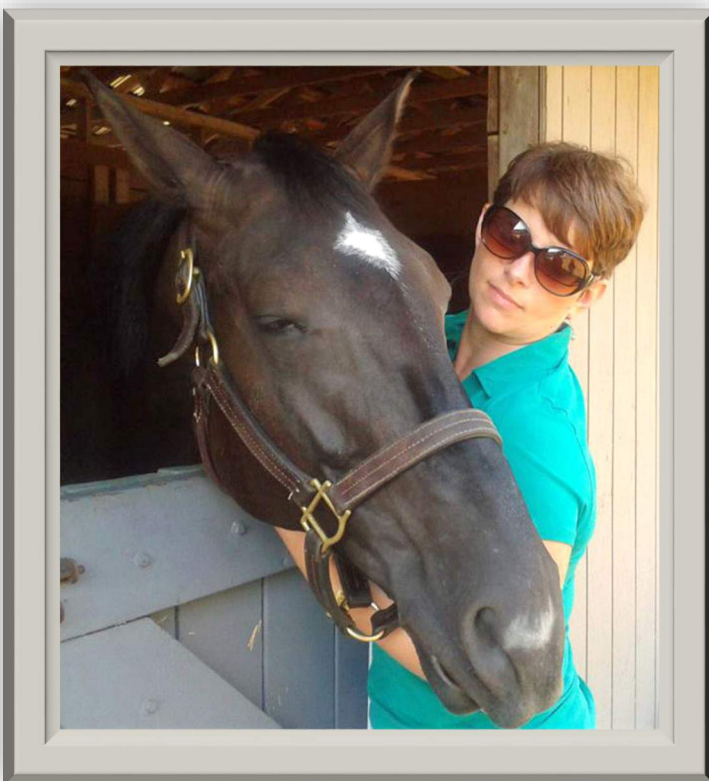
know. Thank you to all who selflessly contribute to this great organization - your countercultural choice to serve with no strings attached is a model for all who are touched by you and the foundation for a pattern of action that will carry forward into the future.

Volunteerism makes a difference - volunteers make a difference - YOU make a difference.



## Volunteer Appreciation—Shannon Buck

Shannon Buck a volunteer for the BCIS Region built her branch (Campbell River Pony Club) from the ground up a couple years ago. Nobody knows exactly how many hats she needs to wear in her branch but they do know she is DC and test rep. at least. Probably education and quiz rep as well.



And when BCIS's regional quiz was looking like it would not run two years ago due to lack of volunteers and leadership she took it all on even know she didn't know hardly anything about pony club or horses. She has been running it since (2017 was her will be her third.)

Regional education camp was also discontinued in our region for two years due to lack of volunteers to organize it and this year she set up that at a new facility and ran that as well as preparing for quiz. (three days and two overnights with two clinics a day)

She also was the chaperone for our region to go to national quiz at PEI last year so took on organizing flights, car rental, hotels, etc. which made it possible for members to go whose parents were not able to attend.

*Thank you Shannon for all you do!*

## Volunteer Appreciation—Dr. Christina Seidel

Dr. Christina Seidel, who has her doctorate in mechanical engineering, has been involved with the Pony Club program for 25 years. Her daughter was in pony club for seven years, during that time she was asked to start coaching. She says she really enjoys working with the kids and it gives her a chance to give back to the community.

Christina coaches mainly flat work and dressage, teaching the children and youth how to connect with their horse from basic skills to the more advanced riding techniques. She is a knowledgeable and helpful coach. She embodies the Canadian Pony Club motto of “Loyalty, Character, Sportsmanship.” She ensures that riders know and can ride the basics well before moving up, increasing the success of her students. Christina has coached Pony Club students at national events and is always able to provide help to all of her students. Christina and her husband John have been very generous to the Blindman Valley Pony Club, in Alberta Central Region, in allowing us to use their facilities for lessons and clinics. The club has moved riding facilities and locations multiple times but has always been welcomed back to Foxhaven Farms.

*Thank you Christina!*



*thank you!*

# Win your 2018 National Membership Fees!

**Want to promote a FANTASTIC organization AND win your National Head Fees for 2018?**

If you're a Pony Clubber (in Canada) or you'd like to join a Pony Club in Canada, send us your best promo video!

Current and future Canadian Pony Club members are invited to submit a 30 - 60 second video explaining what Pony Club means to them - Why is Pony Club a great equestrian/educational experience?

## Contest Rules:

There must be at least one horse (or pony) in the video and if you are on the horse, you must be wearing a helmet.

Your video must talk about Pony Club IN GENERAL - you should not name your own branch or region.

If you have additional people in your video—you must have their permission to include them.

*CREATIVITY COUNTS! We want a video that will show people how Pony Club is a great program for kids and young adults.*

**CONTEST**  
**CONTEST**  
**CONTEST**

## IMPORTANT DATES:

Video submissions will be accepted from May 15th to Aug 15th, 2017 (midnight)

Voting will be open from August 16th to August 31st, 2017 (midnight)

Winner(s) will be announced September 7th, 2017

Videos must be sent to the Canadian Pony Club Facebook Page (In a private message) and you must include:

- your full name
- location (town or city)
- your region (if you are already a Pony Club member)
- email address

By submitting your video, you give the CPC permission to post/share your video on Facebook, Twitter, Snap Chat, our newsletters and the CPC website, this includes your full name and community.

**Please note: The winner(s) will be responsible for paying their 2018 Regional/Branch Fees.**

**CANADIAN PONY CLUB**

Box 127, Baldur, Manitoba R0K 0B0

Phone: 1.888.286.PONY

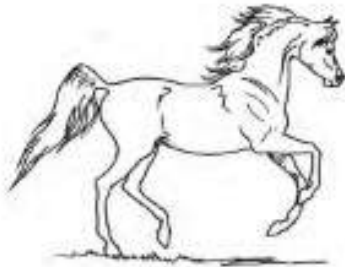
Fax: 1.204.535.2289

[www.canadianponyclub.org](http://www.canadianponyclub.org)

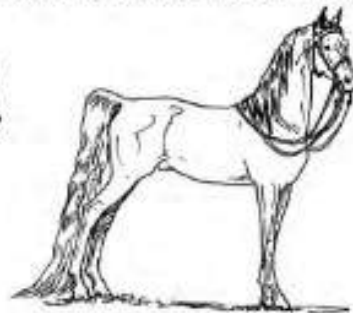


*Loyalty, Character, Sportsmanship*

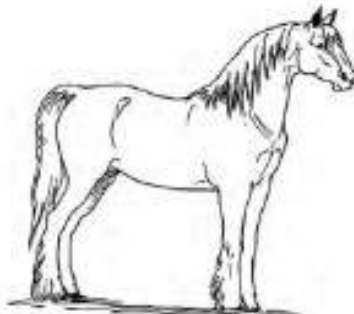
Can you unscramble these six breeds?



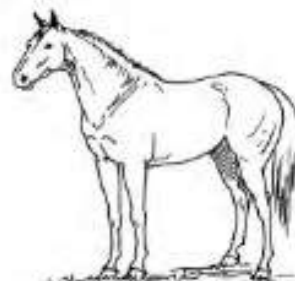
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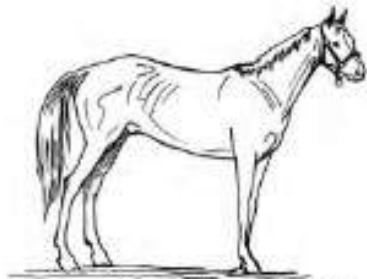
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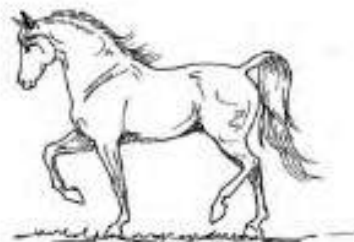
3. SLDLEYCDEA



4. RHRUTOQSEARE



5. GROHREODHTUB



6. ARONGM