



# THE MANE ISSUE

*The Official Newsletter Of The Canadian Pony Club*



*Members participating in Pony Club events across the country!*

*(Left: Central Ontario Region. Top Right: Cochrane Pony Club. Bottom Right: Little Saskatchewan River Pony Club)*

## IN THIS ISSUE

**MEET A MEMBER:  
MICHAEL CONGDON**

**CHAIR'S MESSAGE**

**VAL'S CORNER**

**WHY YOUR HORSE  
NEEDS VITAMIN E**

**BRANCH BASICS:  
WESTOVER PONY CLUB**

**CHEERS TO OUR  
VOLUNTEERS**



## Meet a Member: Michael Congdon

My name is Michael Congdon and I am 19 years old. I am a member of the Opportunity Pony Club in Nova Scotia. I have been a member for 7 years now, achieving my C2 SM and C1 Ride.

I have a great love for bay mares and currently own four of them. The two who I am currently showing and using for pony club events are Laya (Princess Laya), a ten year old Canadian Sport Horse, and Kitty (Pretty Fly), a 14 year old Thoroughbred. Laya is doing the EC jumpers, and we hope to move up to the CET medal classes in the future. She has also evented in the past, and we will be on our first rally team together this year! Kitty has been a bit of a project, as she has confidence issues over fences. She is getting better all the time and is about to make her debut in the EC hunters



My favourite pony club memories are all related to one activity; quiz! Quiz is actually the reason that I first joined pony club; it finally put all of the random horse facts and information floating around my brain to good use. We are lucky in Nova Scotia to have a great core group of quiz enthusiasts. There is a great dynamic between us all, which comes in very handy in the games portion, and it makes

travelling to national competitions all the more fun when you're going with people who started out as your teammates and have become some of your closest friends. In 2016 I also had the honour of being selected to travel to the United States as part of the Canadian team for the North American Challenge quiz competition, which was held in conjunction with the USPC Eastern National Championships for all pony club disciplines. The competition was held at the Tryon International Equestrian Center, which will be hosting the World Equestrian Games later on this year. It was so cool to get to see this amazing facility, and to experience how quiz and other facets of the pony club program were run in a different country.



This year I will once again be part of the Nova Scotia team at national quiz, and I would like to achieve the one thing that has eluded me so far. I have been second individually three times at quiz, and I would dearly love to break the curse and climb that one spot higher up the podium! At the end of the day though I am very excited to be part of a great time from our region and look forward to us all having a fun weekend and doing our best together.

Outside of pony club I have been heavily involved with the 4-H program, sitting on boards of directors at the local and provincial levels, and attending national member conferences. I also show my horses at local and EC hunter and jumper shows, and have tried my hand at combined driving, dressage, and lower level eventing. I also work full time, because you have to support the horse habit somehow! I am currently working full time at a local feed store, which puts all of my pony club nutrition knowledge to good use



I'm taking some time to really focus on my riding and see where it could potentially take me. I would love to someday compete internationally and ride for Canada on a national team. I know this is a very lofty goal, and I am taking my time and enjoying the process, because after all, you never know what can happen unless you try it.

My advice would be to go after your dreams, however big they may appear. At the end of the day it's better to be able to look back and know that you took the risk and gave something your best shot, rather than wondering what would have happened if you hadn't have taken the safe route. I may never actually get selected for an Olympic team, but I know that the skills I learn and connections that I make along the way will lead me to a fulfilling life that involves the horses that I love the most.



**STRICTLY EQUINE**

Strictly Equine products are products available in stores throughout Canada. We offer a wide range of quality Canadian made Equine and Animal Health products. You can feel confident knowing that all of our products are manufactured in a Health Canada, GMP approved facility. We have a complete line of supplements from Joint supplements to Electrolytes and everything in between, ensuring your horse receives the nutrition it deserves. Strictly Equine products are available in Feed and Tack Stores across Canada.  
<http://www.strictlyequine.com/>



**ANIMAL HEALTH**

Golden Horseshoe Animal Health has been a trusted name in the Canadian equestrian industry for many years. We offer a wide range of quality Canadian made Equine and Animal Health products. Our complete line of cutting-edge health and performance products are created to suit your individual equestrian needs. You can feel confident knowing that all of our products are manufactured in a Health Canada, GMP approved facility. Golden Horseshoe products are available in Feed and Tack Stores across Canada.

[www.goldenhorseshoe.com](http://www.goldenhorseshoe.com)

## Chair's Message

by Jane Goodliffe - National Chair

At the beginning of June I was invited to the Clearwater Valley Pony Club 50 year celebration. I attended in my official capacity as National Chair as I live not too far away. It was an honour to be asked to say a few words and present a National Certificate to them commemorating 50 consecutive of operation in the Alberta North Region. The original founding District Commissioner was there, as were most of the subsequent leaders right to the current day. The pride that everyone there had in being a part of our wonderful organization was overwhelming.

The stories and anecdotes that were told really stressed the loyalty and sportsmanship that went along with being a part of the club. The common thread to all the reminiscing was that the Canadian Pony Club had become their 'other' family. As is the case with all families there had been good times and bad, joys and sorrows but at the end of the day everyone was extremely proud to be a part of it all. So proud in fact, that most of those founding members now had their children involved and their grandchildren.

Next year the Canadian Pony Club will be celebrating 85 years, 90 for The Pony Club of the UK, which as a volunteer run, non-government funded organization says a lot about us! We obviously believe in what we do, and we are prepared to work hard when we are asked to help out with camps, competitions, test days and fundraisers to make sure that we will still be here for future generations of horse crazy kids and their families. Be a part of Pony Club for life!

Interested in Advertising in our  
National Newsletter?

Business Card ads are only \$60 for 6 Issues!!

Email:

[communications@canadianponyclub.org](mailto:communications@canadianponyclub.org)

**Your ad could be here!**



# Member Submissions

Want to submit something for the next issue? Email it to [communications@canadianponyclub.org](mailto:communications@canadianponyclub.org)

Poems submitted by Robin LaChance, age 9, of Blue Mountain Pony Club in W.O.R

## Haiku Poem

*For Randy*

I bend over hooves  
The smell is overwhelming  
I should do this daily

## Narrative Poem

*We Aced It*

Pace control went well  
Obstacles went swell  
But when it came around to orienteering  
It all fell down the well.

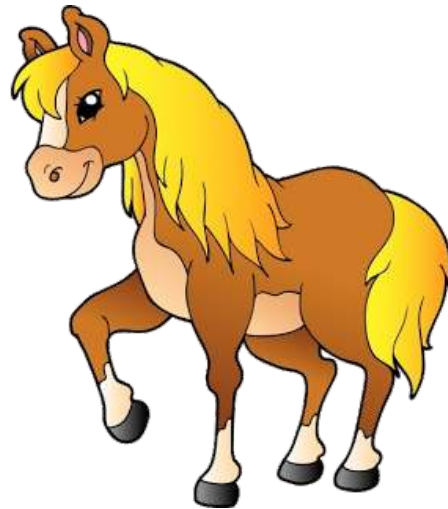
We trudged on for hours  
Reading the map beyond our powers  
Although we passed lovely flowers  
My thoughts of LeTrec becoming more sours.

My Dad came to find us  
We were all quite grumpy  
At two hours late,  
My butt felt quite lumpy.

## Limerick Poem

*Rosie*

I now have a pony named Rosie  
Whose long hair keeps her nice and cozy  
She is 13.2 tall  
Doesn't come when I call  
At the end of each leg is a toesy.



This recipe comes from a member of Blue Mountain Pony Club: Jelena Jerkovic, age 10. She based the recipe on a number of recipes she found online, then tweaked it to make it her own!! They were tested on Blue Mountain Pony Club ponies and were declared delicious!!

## Jelena's Pony Bites



1 apple  
1 large carrot  
1/3 cup molasses  
1/2 cup water  
2 cups oat flour



Grate the apple and carrot.

Mix the grated ingredients with the rest of the ingredients in a bowl, then form into balls. Bake at 325-F for 15 minutes. Let them cool and dry before putting them into an air-tight container.

# Branch Basics: Westover Pony Club



Westover Pony Club is apart of the Western Ontario Region and was established in the fall of 2004. We have 13 members this year with ages ranging from 7 years old to 25 years old. Since we are not located at any one specific barn, the majority of our members either own or lease their horse and live anywhere from Burlington and Caledonia to Hamilton and St. George.

From January to April we hold monthly education, badge and Quiz prep sessions. Some of our previous education sessions have been touring both the Milton Equine Hospital and Whispering Hearts Horse Rescue as well as holding education talks with vets and representatives from Purina. Throughout the summer months we hold riding clinics for our members at various farms all in preparation for Regionals. This spring we had 3 members test to D and 3 members test to D1! We also have members planning on testing to C and C1 this summer.



One of our favourite fundraising events our club does every year is with Boston Pizza. We spend about 3-4 hours during a weeknight at our local Boston Pizza and invite all of our friends and family. Our members are then paired up with the servers and follow them around serving the customers. Our members get to wear their Pony Club shirts and talk with the customers telling them what our club is about! They always have a blast!

## Val's Corner

One part of my job is to answer questions from people across the country. Sometimes I answer them myself and sometimes I forward them to the appropriate Region or Discipline Chair. Many questions have to do with Insurance. All questions about insurance should be directed to me.

Please do not call Mike directly. If I don't know the answer, I will consult with him and get back to you. Here are a few examples of the more common types of questions:

**What do I do if the facility we are using for a Pony Club activity wants to be named on our insurance?** We have a Named Facility request on our web site. Just fill it out correctly and neatly and e-mail it to me for processing. I can usually get the certificate to the facility within the week but don't leave it until the last minute.

**Can our branch run Pony Rides for kids as a fundraiser?** No, this is not an approved activity. For more information on what is and isn't covered, please go to the Insurance Kit on our web site under Documents.

**Do I have to fill out an incident report every time someone falls off?** Yes. It is very important that the safety officer at the activity fills in the proper report form, which can be found under Documents on our web site. If someone else on site saw the incident, please have them fill out a Witness Report. Both reports have been revised and shortened to make them easier to fill out. Keep a copy for the Branch and Region and mail the original to the National Office. It is extremely important that these reports be filled out every time.

**What is the mailing address for the National Office?** Val Crowe, Box 127, Baldur, MB R0K 0B0  
Other contact information: Phone: 1-888-286-7669 E-mail: [info@canadianponyclub.org](mailto:info@canadianponyclub.org)

**My child wants to join Pony Club. How do I get more information about the Branches near me?** First of all, I find out to which Region they belong. Then I guide them to the list of contacts for the Region. It is very important that all Regions keep their contact information up to date. If the DC changes in your Branch, be sure to let the Regional Chair know right away. Anyone can go to Contact Us in the top right-hand corner of the main page and will gain access to the names and e-mail addresses of all elected bodies in the organization from the Regional Chair, each DC and each Discipline Chair plus all the contacts at the National Level.

If you are going to National Quiz, you can also use Contact Us to find out the National Director for your Region, the name of the Youth Reps (Active Member Directors), National Quiz Chair, National Testing Chair, National Administrator, etc. If you have questions about Pony Club, please feel free to contact me at [info@canadianponyclub.org](mailto:info@canadianponyclub.org). I will to my best to give you a quick and accurate answer.

Answers: free, correct answer: \$10 and the answer you want: \$50. ;-)

# Why Your Horse Needs Vitamin E

By Dr. Melissa Eden  
 BSc., DVM  
 Eden Equine Veterinary Services Inc.  
 Victoria B.C. CANADA  
 250-580-7386



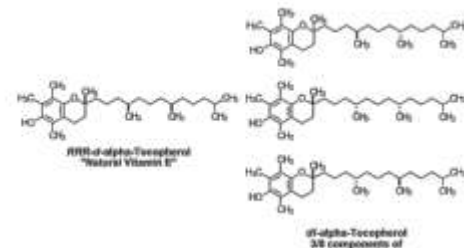
EDENEQUINE  
 VETERINARY SERVICES INC.

www.edenequine.ca

## Introduction

Vitamin E (vitE) is an essential fat-soluble vitamin that is required for healthy neuromuscular function. Vitamin E helps keep a horse's muscles, nerves and the internal workings functioning smoothly. It is also a potent antioxidant which means it helps protect the cells of the horse's body.

**Alpha-tocopherol ( $\alpha$ -TP)**, specifically the natural **RRR stereoisomer**, is the most bioavailable and bioactive form in animal tissues due to preferential uptake by the liver. The major dietary source of vitE in horses is pasture forage, optimally providing approximately 2,000 IU/day of natural  $\alpha$ -TP to grazing horses. However, the amount of fresh pasture available to horses is markedly decreasing, especially with recent drought conditions and domesticated lifestyles. The amount of  $\alpha$ -TP in hay declines markedly with processing and storage.



Commercial feeds (mineral supplements, complete pellets etc.) usually provide  $\alpha$ -TP in the form of synthetic vitamin E, a less bioavailable formulation than natural  $\alpha$ -TP. Thus, many horses receive far less  $\alpha$ -TP than the dietary requirements of 1–2 IU/kg body weight, set by the 2007 National Research Council.

**If horses are fed primarily a hay diet with no access to pasture, they are relying on us to supply most of their Vitamin E.**

Important Fact: On average, an individual horse would be required to graze the equivalent of 6 mos of the year 24 hours per day to obtain enough natural vitamin E through forage.



**\*\*Note:** It is important to realize individual horses may not be able to be placed on pasture that could be high in sugar, due to certain health conditions.

### **Vitamin E deficiency**

Vitamin E deficiency can have an impact on your horse's health. Diseases that involve Vitamin E deficiency:

1. Equine Motor Neuron Disease
2. Vitamin E Myopathy
3. Neuraxonal Dystrophy/Equine Degenerative Myeloencephalopathy
4. Exertional Rhabdomyolysis ("Tying Up")

These diseases can present with muscle weakness, and severe cases neurologic signs.

### **Vitamin E testing**

A simple blood sample taken by your veterinarian can test your horse's Vitamin E status.



If your horse is deficient, your veterinarian will recommend the appropriate Vitamin E supplement and amount. Vitamin E is a fat-soluble vitamin, meaning too much Vit E can harm your horse. If your horse is on Vitamin E supplementation for a deficiency a follow up blood sample will be recommended.

### **Vitamin E Supplementation via Supplement**

Vitamin E is best provided to horses in the natural form. The natural liquid form is the most bioavailable, followed by the natural powdered form. Read the label closely and the type of vitamin E that is listed:

1. Natural Vitamin E
  - a. RRR-alpha tocopherol, or d-alpha tocopherol
2. Synthetic Vitamin E
  - a. dl-a-TP, All-rac a-TP acetate

Remember, it is always important to consult with your veterinarian regarding testing and supplementation of any nutritional support.

## Cheers to our Volunteers

*Submitted by Melanie Rupp, BC Lower Mainland's Regional Chair*

Thirty-five years ago, in 1983, Pierre Elliott Trudeau, the father of our current prime minister, was the Prime Minister of Canada, the metric system was introduced to replace the imperial system for measurement, Jean Sauvé was appointed Canada's first female Governor General and Canadian Eventing team member, Jessica Phoenix was born. It was also the year that two very special individuals in the BC Lower Mainland Region, Lezah Williamson and Diane Spencer, stepped up to volunteer and give back to Canadian Pony Club.

Both Diane and Lezah were BCLM Pony Club members and decided to stay involved after they 'graduated'. They both credit their mothers with providing the inspiration to give back as volunteers. Diane's mother, Marilyn Gregory, was quite a role model. She volunteered for years in Pony Club and is involved in Horse Trials BC to this date.

Lezah's mother, Vi Williamson, was a life-long volunteer in many different organizations. Pony Club was just one of them, and she instilled in Lezah the spirit of "giving back" so that by her late teens, Lezah was already coaching and teaching (for free), testing, and organizing shows and other activities. When Lezah turned 22 and was no longer a member, she became a National Examiner. By the time she was 24, she was BC Regional Education Chair.

Today, Lezah is National Education Chair, an active National Examiner, a coach and a clinician. Diane is also a National Examiner and actively involved in regional education and her branch, Langley Pony Club, as well as coaching young riders and Horsemasters.

As a volunteer, Diane has had the opportunity to travel within Canada and Internationally. Diane coached the Canadian Inter Pacific Exchange (IPE) team on a trip to Australia. She's also visited five Canadian provinces: Alberta, Saskatchewan, Manitoba, Ontario and Nova Scotia, often as a clinician, national examiner on a testing panel, or doing evaluations for candidates preparing to test at the upper levels. Diane loves to teach and see riders develop their skills to achieve their riding goals.



Lezah enjoys volunteering when the region hosts international visitors. Last year BCLM hosted the International Mounted Games Exchange and Lezah volunteered on the organizing committee, participated in some of the tour activities, judged the riding event and hosted some of the members from Team Australia and Team USA at her home. Lezah says of this experience, "It's the connections and friendships made through these activities that are the greatest!"



*"Volunteering is at the very core of being human. No one has made it through life without someone else's help." - Heather French Henry*

Thirty-five years is a long time to keep anyone interested in volunteering for an organization, so what is CPC's secret? Lezah thinks she has it figured out: "The structure and framework breeds a consistency that makes it easy to stay. There is a rhythm and flow in Pony Club that mimics that of life; the principles that are instilled in the members make them easy people to work with; the values that the families have encourage continued interaction; the social connections are healthy ones – these are people who are easy to be around, and who get things done. As I travel across the country, the number of veterinarians I meet who have their own children involved in Pony Club convinces me that on the horse care front, we are doing things right. The emphasis on safety while training horses and riders makes it very easy on a personal level to continue my involvement with Pony Club."

When I asked Diane and Lezah why they have volunteered for so many years, they both commented on the personal satisfaction and good feeling they get by being part of something bigger, and helping to make things happen. Lezah added, "I believe volunteering feeds a part of the soul." She offered this visualization to help explain what she means: "We're standing in the now, but I'm pulling my knowledge and experience from the past to help out someone in their future. And what can be better than helping to shape someone's future?" When you think about volunteering in this way, it's easy to see how Lezah and Diane have found the fuel to volunteer for 35 years, and thankfully they are showing no signs of stopping now!

They say, when you volunteer, you get back more than you give. It's the opportunity to see kids in Pony Club develop their riding skills and horsemanship knowledge, watch them work persistently

through a difficult challenge with a horse in a consistent, progressive and humane way, all while acquiring tools for the toolbox, learning about grit and thereby gaining valuable life skills along the way.

To Diane and Lezah, we offer our deepest gratitude and appreciation, for your tremendous contributions of your time and talents to the global Pony Club community over the past 35 years. Thank you for being amazing role models and inspiring others to volunteer and give back. Both of you are outstanding recipients of a Life Membership in Canadian Pony Club. Congratulations!

“Volunteers are paid in six figures – S-M-I-L-E-S.” - Gayla LeMaire

## Puzzles & Games



© 2010 www.PrintActivities.com



# Canadian Pony Club

Box 127, Baldur, Manitoba  
 R0K 0B0  
 1-888-286-PONY  
[www.canadianponyclub.org](http://www.canadianponyclub.org)

*Loyalty*  
*Character*  
*Sportsmanship*

## Directory

### Silver Sponsors

Golden Horseshoe Animal Health  
[www.goldenhorseshoe.com](http://www.goldenhorseshoe.com)

Strictly Equine  
<http://www.strictlyequine.com/>

### Bronze Sponsor

Ribbon Works  
[www.ribbonworks.ca](http://www.ribbonworks.ca)

Submissions for the August  
 Edition are due  
 August 27th, 2018

## Find us on Social Media!



/CanadianPonyClub



@CanadianPonyClub



@CdnPonyClub



@CdnPonyClub

## Calendar of Events

July 26-30: National Dressage  
 Hosted by COR

July 31-Aug 4: National Tetrathlon  
 Hosted by SK

Aug 8-10: National RA/HA Test  
 Annapolis Valley, NS

Aug 13-17: National Rally  
 Hosted by ANR

Aug 23-26: National Show Jumping  
 Hosted by WOR

Aug 27-29: National RA/HA Test  
 Saskatoon, SK

Aug 31-Sept 2: National PPG Masters  
 Hosted by NS

Sept 8-9: IMGE Selection Camp  
 Hosted by BCLM

Sept 15-16: National PPG A  
 Hosted by COR

Oct 5-8: National Quiz  
 Hosted by SLOV