



**ATHERTON TABLELANDS & DISTRICT DRESSAGE &  
EQUESTRIAN  
ASSOCIATION INCORPORATED (ATDDEA)**

# NEWSLETTER

February 2010

In this issue:-

Photo call

Event diary

**February** Clinic with Kim Weston

**March** Training Weekend with Ron Paterson & Club Training Days

**April** Suncorp Games

Healthy back and back problem awareness

T-shirt vote

Goodies for sale

Equestrian Facility for Lease

Tip of the month

### ***A note from the Editor***

I hope that you are all surviving the wet season so far. I have decided that caring for horses in the cold and wet may not be pleasant but caring for horses in the tropics is far more of a challenge!

On a happier note we are not far away from the first event of the ATDDEA calendar, surely that must mean we are getting closer to the dry?

As a bit of fun to pass away the wet days I thought I would ask the members to look out an old photo of their first riding days. I thought I would ask Esther to start us off but my plan back fired and she decided that I should be first up so here goes. This is me at the tender age of 6 (I think) on Pippin.



You're next Esther!

If you have a photo or would like to contribute to the Newsletter please contact Angela Sausman – [angela@oceaneasy.net](mailto:angela@oceaneasy.net) or call 4094 2071

## ***Event Diary***

Month	Date	Event	Venue
February	20,21 Sat, Sun	Kim Weston Clinic	Carrington Rd Atherton
March	19, 20, 21 Fri, Sat Sun	Ron Patterson 2 day Clinic & Club training day Sat & Sun	Kerribee Park Mareeba
April	10,11 Sat, Sun	Suncorp games Dressage, Saturday Show Horse, Sunday	Mareeba Pony Club
April	16,17,18 Fri, Sat,Sun	Ron Paterson 3 day clinic	Carrington Road Atherton
April	25, 26 Sun, Mon	Kim Weston Clinic	Carrington Rd Atherton
May	1,2 Sat, Sun	Club Training Weekend	Kerribee Park Mareeba
May	15,16 Sat, Sun	Official and Associate Dressage Competition ATDDEA	Kerribee Park Mareeba
June	4,5,6, Fri,Sat,Sun	Ron Paterson 3 Day Clinic	Carrington Road
June	12, 13 Sat, Sun	Official and Associate Dressage Competition ATDDEA	Kerribee Park Mareeba
July	3,4 Sat, Sun	Kim Weston Clinic	Carrington Rd Atherton
July	23,24, 25 Fri, Sat Sun	Ron Patterson Clinic	Kerribee Park Mareeba
August	14,15 Sat Sun	Official and Associate Dressage Competition ATDDEA (Championships)	Kerribee Park Mareeba
September	11,12 Sat Sun	Dressage Competition ATDDEA	Kerribee Park Mareeba

September	TBA	Ron Paterson Clinic	TBA
October	9,10 Sat, Sun	Dressage Competition ATDDEA	TBA
October	22,23,24 Fri Sat, Sun	Ron Patterson Clinic	TBA

### ***February Clinic with Kim Weston***

Kim Weston is holding the first of the ATDDEA training clinics for the club on the 20<sup>th</sup> and 21<sup>st</sup> February. For further information on availability contact Sylvia Nelms who is our co-ordinator for Kim's clinics [sylvia.nelms@bigpond.com](mailto:sylvia.nelms@bigpond.com). This weekend clinic will be held at Carrington Road, Atherton. Bookings with fees must be received by the 17<sup>th</sup> February so hurry no time to delay on this one.

### ***March Training Weekend with Ron Paterson & Club Practice Days***

The club will be hosting a training clinic with Ron Paterson on the 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> of March. The club practice days will be held alongside Ron's clinic on the Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> March. The venue is Kerribee Park.

Just a reminder that the club event is members only so don't forget your membership fees prior to booking.

This will be a fabulous opportunity to ride in our new arenas and familiarize your horses with the Kerribee Park facility. The Practice Days on the 20<sup>th</sup> and 21<sup>st</sup> are in the planning stage. Sue Karst is looking after the events for that day so suggestions are welcome as to what you would like to be included. It has already been suggested that 'ring craft' and 'practice tests' be included. I know I need tail plaiting help so will put a vote in for some help with presentation Sue! Sue can be contacted at [karst@conxx.com](mailto:karst@conxx.com)

Ron's clinic times will be co-ordinated by Margot Warnett so if you want to book a lesson with Ron a booking form will be coming your way soon. Ron has also agreed to provide us with an evening presentation on the 20<sup>th</sup>. Again this is in the planning stage so look out for more news on that. We plan to hold the presentation at the Leagues Club in Mareeba (thanks for organizing that one

Rebecca) and should be a great opportunity for everyone to learn from the ground.

More information will be forwarded to you as soon as the program is confirmed.

### ***Suncorp Games April 10<sup>th</sup> (Dressage) & 11<sup>th</sup> (Show Horse)***

Well this one has proved to be a challenge so far! I am not sure how Esther and Margot have managed to retain their sanity but due to their hard work we will be hosting the Suncorp Games Dressage and Show Horse at the Mareeba Pony Club Grounds.

This is an official and associate Dressage competition with a chance to win a medal!

The show horse program is very comprehensive for a one day event and again gives ample rewards in the form of medals and ribbons for the best on the day.

You should already have received an email from Esther with a program for both the Dressage and the Show Horse events. Each PDF form contains an entry form, nominations form and non-member waiver.

Your co-ordinators for the Suncorp Games are  
Dressage – Angela Sausman - [angela@oceaneasy.net](mailto:angela@oceaneasy.net)  
Show Horse – Margot Warnett - [margotwarnett@bigpond.com](mailto:margotwarnett@bigpond.com)

### ***Healthy back and back problem awareness***

In the equine a healthy musculature and joint function is vitally important. The horse uses their back for almost all movement. Discomfort or sometimes subtle, dysfunction their body can cause muscles in their back to compensate and develop problems.

The horse with musculo-skeletal disorders may display intermittent or subtle lameness, girthing problems, headshaking, out of character misbehaviour and nastiness, muscle assymetry, flinching or pain on certain body areas when being touched, unwillingness to perform, lethargy, and gait disorders. There are many causes involved in the deviation from what is normal and acceptable for horses biomechanics, behaviour and performance.

Many irregularities are related to hoof and or lower limb problems, poor saddle fit and rider issues. The rider may have physical problems which affect how they are balanced on the horse. In some cases musculo- skeletal disorders may also be conformation, nutritional, or a pathological problem that needs veterinary attention.

Maintaining horse health is a holistic approach from a multi disciplinary point. Different professionals can complement each other by offering expertise

appropriate for the presenting problem at the time. There is no one stand alone as there are so many factors involved in the dynamics of the horse.

Part of holistic equine care can be with remedial therapy assessment and treatment. This is looking at improving the musculo-skeletal function, which effects the function of the horses nervous system assisting wellbeing and performance.

Remedial therapy is not looking for pathology or diagnosis of any condition as this is a veterinary undertaking. A physical assessment is undertaken to detect reactive areas, on pressure points, postural abnormalities, and gait irregularities in the horses body. Techniques are applied to address these. In some cases there has been a veterinary exam and diagnoses which can be invaluable in planning appropriate treatment, or it could be recommended to obtain one.

Horses like us, need regular physical maintenance to maintain optimal function and mobility. Like us, horses have musculo-skeletal aches and pains which can be improved with therapy.

Article by Helen Andrews-Smith

Professional practicing health professional since 1982

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

40962867 - 0427962867 M - only available if in service no message bank or text

member of



International  
Institute for  
*Complementary Therapists*



### ***New on the Bookshelves***

Equine Back Pathology, Diagnosis and Treatment

Edited by Dr. Frances Henson

ISBN 9781405154925 – 28 pages

### ***T-Shirt Vote***

It is time to think about re-stocking our club T-shirts. The committee is reviewing the material and design and would like the members input with regard to colour preference. Of course due to the numbers we order in a variety of sizes we are unable to offer all colours in all sizes so would like you to take a vote.

Please email your preference to the editor [angela@oceaneasy.net](mailto:angela@oceaneasy.net) and a tally will be kept with the replies to go to the next committee meeting. Please send your emails before the 20<sup>th</sup> February with

Colour choice 1

Colour choice 2

Colour choice 3

Can't say fairer than that can we? The good news is that we are reducing the current stock to \$25 so if you would like to purchase a shirt contact me at the above email address and I will see if we have your size.

***For Sale***

Hacking Jacket - size 12 - navy blue - brand new in good condition.  
contact Rebecca Waters on 40927680

---

**WELSH MOUNTAIN PONY X AUSTRALIAN PONY (REGISTERED)  
GREY MARE 6 Y.O. 13.3 ½ H.H.  
BROKEN IN  
PROVEN BROOD MARE  
SUIT PONY CLUB, DRESSAGE, SHOWING, SPORTS  
\$2,000.00  
PHONE 0740932521 OR 0434400856**

---

Stock horse x Part Arab  
Mare 6 y o  
Blonde bay 14.3 h.h.  
Endurance horse  
Elementary dressage  
Quiet  
Suit any discipline  
\$1,500.00  
phone 40932521 or 0434400856

---

**Wintec 2000 Saddle CAIR system 17" currently with narrow gullet fitted  
(interchangeable). As new – contact Angela 4094 2071**

---



## **EQUESTRIAN FACILITY near ATHERTON for LEASE**

*Carrington Road Equestrian Complex is available for lease in its entirety or in two or three different sections. Please ring Sylvia on 0437 733 177 for further info and/or attend Open House Feb 13.*

The property: approx 30 acres, 15 acres fenced into paddocks, many with shelter sheds situated 4 km from Atherton

The fencing: largely electric, needs attention.

The house: 3 bedroom brick, ensuite, study.

The facilities:

- Indoor arena 20 x 40 metres, sand footing, rubber lined
- Outdoor arena approx 30 x 70 m, grassed sand, unfenced
- Large shed/stable (approx 13 x 30 m) w/ shoeing bay, feed and tack rooms
- 4 Box stable with yards
- Round yard (13 m.), rubber lined

1 x 1 year lease on an "as is" basis.

Asking 600\$ per week for entire property.

Conditions apply.

Flexibility to lease part (eg. House some stabling and paddocks). Negotiable.

**OPEN HOUSE on SITE, 10 to noon, 13 FEB, this SATURDAY. ALL WELCOME!**

*Please contact Sylvia Nelms for more information:*

*Mobile: 0437 733 177*

*Email: [sylvia.nelms@bigpond.com](mailto:sylvia.nelms@bigpond.com)*

### ***Tip of the Month***

Sort out your Position - Taken from Your Horse Magazine - 11 January 2010

Any horse is only as good as his rider allows him to be. Pay attention to your horse – he's the one in the partnership who's not there by choice. If you make his work interesting and easy for him, in return he will become easy to train. Often riders overlook their own problems and wonder why their horse isn't going quite as they'd want – usually they're holding him back or not being clear about what they want.

Your position is key in this. If you can't sit quietly, in balance without gripping and tensing, then you need to work on your position. Your horse won't be able to work freely underneath you if you are hampering him in this way.

To check your position, you may need someone experienced on the ground to tell you what they're seeing. But you can also do some checks yourself. When you sit in the saddle, your shoulders, hips and heels should all be in line, your head up and your hands should be carried out in front with your thumbs on top.

Relax – sitting as stiff as the proverbial board won't help. If you feel your position needs work, book yourself a series of lunge lessons – or get someone experienced to lunge you on your own horse if he's sensible.

Working without stirrups is also a great way to improve your seat. This is important as a good seat is the foundation for all the other aids you'll use when riding.

By Malcolm Holtshausen

**Finally** for those of you who are addicted to staring at your computer screen for hours check out Olly Townend at the 'Your Horse Live' event <http://www.yourhorse.co.uk> - very entertaining!