



**"To Promote, Foster and Encourage the Sport of Western Riding and Horsemanship in the Aoraki Region"**



Hopefully you all survived the earthquake without any major damage. Hard to believe it was already a month ago. I'm sure everyone has their Emergency Kits packed and ready to go...but what about your horses (and other pets & animals)??? I've included a couple of articles about Preparing for Emergencies, specifically in

regards to our horses. One of the articles deals mostly with Natural Disasters. The other talks about Equine Health Emergencies. There's a bit of reading...but I'm sure we're not done with rainy days just yet!

October is BREAST CANCER AWARENESS month (founded in 1985)... Breast cancer has touched most people in one way or another...let's 'Cowgirl Up' or be 'Tough enough to Wear Pink' this month as we think of those who have or are battling breast cancer and let's all put aside our spare change this month and donate money to the cause. Text PINK to 336 to donate \$3, call 0800-902-732 or visit [www.nzbcf.org.nz](http://www.nzbcf.org.nz) (click on Get Involved, then Make a Donation).

Now, onto club events...check out the back page...but just a reminder...there is a 'locals' barrel race at the Winchester Rodeo on Oct 23rd...GREAT for beginners! If you'd like to enter, contact Keri (614-8707). Also, the Ribbon Day is coming up on Oct 30th. We've managed to keep our 30-something pony alive through the winter and Kelty has her eye set on a ribbon in the Lead Line class. Contact Maria (686-1723) if you would like to enter or if you need directions (it's being held at her arena). The next club meeting is Oct 27th...would be great to see more faces there!

The planning for the White Horse Cowboy Challenge is well underway. If you are interested in giving it a go, why don't you try the Non-Points Cowboy Challenge being held at Whitecliffs (near Darfield) the first weekend in November. There is a practice time on the 5th, competition on the 6th and a trail ride on the 7th. More information about this is on the Classifieds page and entry forms are available online at [www.cowboychallenge.co.nz](http://www.cowboychallenge.co.nz)

It's too late to book a cabin at Waikouaiti for the beach weekend, but it's not too late to decide you want to go!

At the last AWRC meeting, it was decided that the club should invest in a more reliable website. I'm just in the process of getting it online, but keep checking...it should be all go within the week. Don't expect a fancy site...I'm just a novice, but

hopefully I'll be able to update it when I do the newsletter and it can be an asset for downloading forms, etc. Take care & hopefully I'll see you soon!!!

-Jodi

p.s. Hope to have some Club Day reports & pics next time (hint hint....anyone who was there!!!)



**Oct 2010**

<http://www.awrc.99k.org>

**Aoraki Western Riding Club**

**President:**  
Raewyn Olde-Olthof  
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[raewyn@farmside.co.nz](mailto:raewyn@farmside.co.nz)

**Secretary:**  
Maria Van den Bosch  
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Jodi Payne  
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**Events Director:**  
Keri Drake  
(03) 614-8707  
[philandkeri@xtra.co.nz](mailto:philandkeri@xtra.co.nz)



## ANYONE INTERESTED....

### ROPING CLINIC???

Day clinic with Patrick McCarthy. Cost \$50 Date TBA. Expressions of interest to Keri please (6141-8707)...if we have enough, we'll plan one.

### JOINING "TEAM AORAKI" BARREL RACING AT THE WINCHESTER RODEO???

Contact Keri (614-8707) ASAP for details. Ready to ride at 8:30.

### ENTERING or WATCHING RIBBON DAY???

Contact Maria (686-1723) for details, directions, etc.

## MEMBER'S UPDATE....

### NEXT MEETING...

October 27th at the Wolseley Hotel in Winchester at 7:30.

### WEBSITE...

Keep checking out.....

[www.awrc.co.nz](http://www.awrc.co.nz)

It should be up and running within the week.  
I'm not a professional internet person, but hopefully will be able to update the site monthly.

## NEXT CLUB DAYS...

23 October - WINCHESTER RODEO

30 October - RIBBON DAY

See the Club Calendar on the back page or contact Keri Drake 614-8707 for more info

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If you have an idea for a Club Day, come along to a meeting & bring it up...or let a committee member know and we can add it the agenda. Or, if you would like to help out with planning & running a club day...let Keri know. There is always room on the planning committees!!! There are no "Closed Shops" in the AWRC. The more hands the better!

## NEXT MEETING.... ON WEDNESDAY OCTOBER 27TH @ 7:30 (NOTE VENUE)

**LOCATION: The Wolseley Hotel in Winchester**

The meeting will begin at 7:30.

Remember that you can always email or phone any of the committee members to have an

item added to the agenda & spoken to on your behalf if you can't attend a meeting. Raewyn, Maria & Jodi's contact details are on page 1.

Also, if you contact Maria on 686-1723, you can have a copy of the minutes sent to you. So, you don't have to feel 'left out' if you can't make it to a meeting.

**We look forward to your input and involvement and look forward to seeing you there!!!**



# **Christchurch Western Riding Association**

**Christmas Show- November 27/28<sup>th</sup>**

Pictured Right:  
2009 SI NZWRF  
FUTURITY WINNER

***'Rjarma's Ladies R  
Invited'***

Ridden By Ian Loader

Owned By Lyn and Mark Malcolm,  
Riarma Quarter Horse Stud

Photo by Denise Miller



**CWRA Arena, Mandeville Sports Centre, Christchurch**  
**Celebrating the 25<sup>th</sup> Year of the**  
**New Zealand Western Riding Federation**

## ***Congratulations to our Trophy Winners from our November 2009 show:***

Hi Point Junior Horse - GB Cotton Dun Okay - Amelia Cook  
Hi Point Senior Horse - Zippin Hot T - Ngaire Poole  
Hi Point Junior Youth - Hamish Dalzell  
Hi Point Senior Youth- Georgia Higgins  
Hi Point Rookie- Claire Smith  
Hi Point Amateur- Amelia Cook  
Supreme Halter Exhibit - Ciscos Special Te - Sarah Savage

Hunter Under Saddle - Rebels Real Good- Tizia Klein  
Hi Point Games - Rachelle Friis  
Champion Grade- Nevera Just Riley - Maria Box  
Supreme QH Halter -Golden Hills Black Jack- Georgia Higgins  
Supreme AP Halter- Rock N Time - Nancy Shallcrass  
Supreme Paint Halter - Ciscos Special Te - Sarah Savage

***If you currently hold one of these trophies, Please kindly ensure it is returned to Kim Demmocks, 40 Seadown Cres,  
Amberley 7410 before the 12<sup>th</sup> of November to allow us to present the new winners with their trophies at the show!***

**Contact Maria if you would like the 6 page  
Show Schedule by email or post.**

## Disaster Action Guidelines For Horse Owners

*You should be aware that actions you take before, during and after a natural or man made disaster could save your horses' life.*

### Plan Ahead Before a Disaster Occurs:

Familiarize yourself with the types of disasters that can occur in your area and develop a plan of action to deal with each type. Some disasters to consider are cyclones, earthquakes, floods, tornadoes, volcanoes, tsunamis, severe winter weather, fire and hazardous material spills.

Survey your property to find the best location to confine your animals in each type of disaster. Check for alternate water sources in case power is lost and pumps and automatic waterers are not working after the disaster.

If you think you might need to evacuate your horses from your property determine several locations the animals could be taken, several routes to these locations and the entry requirements for each. Make arrangements in advance with the owner/operators to accept your horses and be sure to contact them before taking the horses there. Locations that could be used for evacuation are private stables, race tracks, fair grounds, equestrian centres, private farms and humane societies.

Permanently identify each horse by tattoo, microchip, brand, tag, photograph (4 views-front, rear, left and right side) and/or drawing. Record its age, sex, breed, and colour with your record of this identification. Keep this information with your important papers. If not identified at the time of the disaster in the above manner, paint or etch hooves, use neck bands or paint telephone number on side of animal.

Be sure your horses' vaccination and medical records are written and up-to-date. Check with your veterinarian as to what immunizations are advisable. Have documentation of any medicines with dosing instructions, special feeding instructions and the name and phone number of the veterinarian who dispensed the drug.

Place a permanent tag with your name and phone number, and the horse's name on each animal's halter.

Consider in your plan the prioritizing of which animals will be saved, if all cannot be saved. Let all farm personnel know of your plans in case you are not there when a disaster occurs.

Prepare an emergency kit consisting of:



- plastic trash barrel with lid
- water bucket
- leg wraps
- fire resistant non nylon leads and halters
- first aid items
- portable radio and extra batteries
- flashlight
- sharp knife
- wire cutters
- Tarpaulins
- lime, bleach



Have towing vehicles, trailers and/or trucks maintained, full of gas and ready to move at all times. Acclimate your horse to trailers and vans.

Remember during emergencies you are taking minimum actions to assure the animal's survival. Have enough fresh water and hay/feed/medication on hand for 48-72 hours.

During disasters you may wear different or unusual clothing, so condition your horses to strange appearances ahead of time.

Consider your insurance needs and be sure you have all the coverage on your property and animals you may need and that claims will be paid for the type of disasters you may encounter.

**PRACTICE YOUR PLAN.**

### **At the Time of the Disaster:**

#### **STAY CALM! FOLLOW YOUR PLAN!**

Listen to the Emergency Broadcasting System (EBS) station on your portable radio for information about how to locate horse care providers offering services during the disaster and any special instructions about actions you should take to protect your animals.

If you leave your home, take your horses' immunizations and health records with you. Records kept at home may be damaged during the disaster.

If you evacuate and take your horses with you, take all your immunization and health records, your emergency kit and sufficient hay and water for a minimum 48 hour period. Call ahead, if possible, to make sure that your emergency location is still available.

If you must leave your horses unattended at home, leave them in the area most appropriate for the type of disaster you previously selected such as high ground in a flood. Leave enough water for the length of time you expect to be gone. Do not trust automatic watering systems in case power is lost.

### **After the Disaster:**

Be careful about leaving your horses unattended outside after the disaster. Familiar scents and landmarks may be altered and the horses could easily become confused and lost. It is best to place them in a secure area. Be sure fences are intact as some may be damaged by the disaster. Check fences and pastures for sharp objects that could injure horses. Be aware of downed power lines, unstable ground, flooded areas, etc which could present a danger to your horses.

If any horses are lost during the disaster contact veterinarians, humane societies, stables, race tracks, equestrian centres, surrounding farms and other facilities that might house animals. Listen to the EBS for information about groups that may be accepting lost animals.

If you find someone else's horse after the disaster, isolate it from your animals until it is returned or can be examined by a veterinarian.

Use extreme caution when approaching and handling unknown or frightened horses. Work in pairs when handling strange horses.

Check with your veterinarian for information about any disease outbreaks that may have occurred as a result of the disaster.

Be prepared to identify and document ownership when claiming lost horses.

Consider establishing security measures on your farm to protect assets from looters, exploiters.



## **EQUINE EMERGENCIES**

If you own horses long enough, sooner or later you are likely to confront a medical emergency. There are several behavioral traits that make horses especially accident-prone: one is their instinctive flight-or-fight response; another is their dominance hierarchy -- the need to establish the pecking order within a herd; and a third is their natural curiosity. Such behaviors account for many of the cuts, bruises, and abrasions that horses suffer. In fact, lacerations are probably the most common emergency that horse owners must contend with. There are other types of emergencies as well, such as colic, foaling difficulties, acute lameness, seizures, and illness. As a horse owner, you must know how to recognize serious problems and respond promptly, taking appropriate action while awaiting the arrival of your veterinarian.

### **RECOGNIZING SIGNS OF DISTRESS**

When a horse is cut or bleeding, it's obvious that there is a problem. But in cases of colic, illness, or a more subtle injury, it may not be as apparent. That's why it's important to know your horse's normal vital signs, including temperature, pulse and respiration (TPR), as well as its normal behavior patterns. You must be a good observer so that you readily recognize signs of ill health.

### **WHAT'S NORMAL?**

There will be variations in individual temperature, pulse and respiration values. Take several baseline measurements when the horse is healthy, rested, and relaxed. Write them down and keep them within easy reach, perhaps with your first aid kit, so you have them to compare to in case of an emergency. Normal ranges for adult horses are:

- Pulse rate: 30 to 42 beats per minute.
- Respiratory rate: 12 to 20 breaths per minute.
- Rectal temperature: 99.5' to 101.5' F. If the horse's temperature exceeds 102.5' F., contact your veterinarian immediately. Temperatures of over 103' F indicate a serious disorder.
- Capillary refill time (time it takes for color to return to gum tissue adjacent to teeth after pressing and releasing with your thumb): 2 seconds.

### **Other observations you should note:**

- Skin pliability is tested by pinching or folding a flap of neck skin and releasing. It should immediately snap back into place. Failure to do so is evidence of dehydration.
- Color of the mucous membranes of gums, nostrils, conjunctiva (inner eye tissue), and inner lips of vulva should be pink. Bright red, pale pink to white, or bluish-purple coloring may indicate problems.
- Color, consistency, and volume of feces and urine should be typical of that individual's usual excretions. Straining or failure to excrete should be noted.
- Signs of distress, anxiety or discomfort.
- Lethargy, depression or a horse that's "off-feed."
- Presence or absence of gut sounds.
- Evidence of lameness such as head-bobbing, reluctance to move, odd stance, pain, unwillingness to rise.
- Bleeding, swelling, evidence of pain.
- Seizures, paralysis, or "tying up" (form of muscle cramps that ranges in severity from mild stiffness to life-threatening illness).



## ACTION PLAN

No matter what emergency you may face in the future, mentally rehearse what steps you will take to avoid letting panic take control. Here are some guidelines to help you prepare:

1. Keep your veterinarian's number by each phone, including how the practitioner can be reached after-hours. If you have a speed dial system, key it in, but also keep the number posted.
2. Consult with your regular veterinarian regarding back-up or referring veterinarian's number in case you cannot reach your regular veterinarian quickly enough.
3. Know in advance the most direct route to an equine surgery center in case you need to transport the horse.
4. Post the names and phone numbers of nearby friends and neighbors who can assist you in an emergency while you wait for the veterinarian.
5. Prepare a first aid kit and store it in a clean, dry, readily accessible place. Make sure that family members and other barn users know where the kit is.
6. Also keep a first aid kit in your horse trailer or towing vehicle, and a pared-down version to carry on the trail.

## FIRST AID KITS

First aid kits can be simple or elaborate, but there are some essential items. Here is a short list to get yours started. (\*Material that should be sterile).

- \*Cotton roll
- \*Contact bandage
- \*Cling wrap
- \*Gauze pads, assorted sizes
- \*Gauze wrap
- Adhesive wrap and adhesive tape
- Leg wraps
- Sharp scissors
- Hemostats
- Steel cup or container
- Rectal thermometer with string and clip attached
- Surgical scrub and antiseptic solution
- Latex gloves
- Flashlight and spare batteries
- Permanent marker pen
- Pliers (to pull nails)
- 6" diameter PVC tubing cut in half the long way (like a gutter) into lengths of 1-1/2 to 2 feet (for emergency splinting)

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"Healthy as a horse? Doctor, I'm a veterinarian! I see a lot of sick horses!"



## EMERGENCY WOUND CARE

The sight of blood may unnerve you, but maintaining your presence of mind can save your horse's life. The initial steps you take to treat a wound can prevent further damage and speed healing. How you proceed will depend on your individual circumstances, and you must exercise good judgment. The following should be viewed as guidelines:

- Catch and calm the horse to prevent further injury. Move the horse to a stall or other familiar surroundings if this is possible without causing distress or further injury to the horse. Providing hay or grain can also be a good distraction.

- Get help before attempting to treat or evaluate a wound. It can be difficult and very dangerous to try to inspect or clean the wound without someone to hold the horse. You cannot help your horse if you are seriously injured yourself.
- Evaluate the location, depth, and severity of the wound. Call your veterinarian for a recommendation anytime you feel your horse is in need of emergency care. Here are some examples of situations where your veterinarian should be called:
  - \* There appears to be excessive bleeding.
  - \* The entire skin thickness has been penetrated.
  - \* The wound occurs near or over a joint.
  - \* Any structures underlying the skin are visible.
  - \* A puncture has occurred.
  - \* A severe wound has occurred in the lower leg at or below knee or hock level.
  - \* The wound is severely contaminated.
- Consult with your veterinarian regarding a recommendation before you attempt to clean the wound or remove debris or penetrating objects, as you may precipitate uncontrollable bleeding or do further damage to the wound. Large objects should be stabilized to avoid damaging movement if possible. Don't put anything on the wound except a compress or cold water.
- Stop the bleeding by covering the wound with a sterile, absorbent pad (not cotton), applying firm, steady, even pressure to the wound.
- Do not medicate or tranquilize the horse unless specifically directed by your veterinarian. If the horse has suffered severe blood loss or shock, the administration of certain drugs can be life-threatening.
- If the eye is injured, do not attempt to treat. Await your veterinarian.
- If a horse steps on a nail or other sharp object and it remains embedded in the hoof, first clean the hoof. Consult with your veterinarian regarding a recommendation before you remove the nail. If your veterinarian advises, carefully remove the nail to prevent the horse from stepping on it and driving it deeper into the hoof cavity. As you remove it, be sure to mark the exact point and depth of entry with tape and/or a marker so the veterinarian can assess the extent of damage. Apply antiseptic to the wound, and wrap to prevent additional contamination.
- All horses being treated for lacerations or puncture wounds will require a tetanus booster.

## OTHER EMERGENCIES

There are far too many types of emergencies from heat stroke to hyperkalemic periodic paralysis, bone fractures to snake bites, foaling difficulties to colic -- to adequately cover them all in this brochure. However, regardless of the situation, it's important to remember these points:

1. Keep the horse as calm as possible. Your own calm behavior will help achieve this.
2. Move the animal to a safe area where it is unlikely to be injured should it go down.
3. Get someone to help you, and delegate responsibilities, such as calling the veterinarian, retrieving the first aid kit, holding the horse, etc.
4. Notify your veterinarian immediately. Be prepared to provide specific information about the horse's condition, as mentioned above, and other data that will help your practitioner assess the immediacy of the danger and instruct you in how to proceed.
5. Listen closely and follow your equine practitioner's instructions.
6. Do not administer drugs, especially tranquilizers or sedatives, unless specifically instructed to do so by the veterinarian.

## SUMMARY

Many accidents can be prevented by taking the time to evaluate your horse's environment and removing potential hazards. Also, assess your management routines to make them safer. Mentally rehearse your emergency action plan. Preparation will help you stay calm in the event of a real emergency. Keep your veterinarian's phone number and your first aid kit handy. In an emergency, time is critical. Don't be concerned with overreacting or annoying your veterinarian. By acting quickly and promptly, you can minimize the consequences of an injury or illness. Your horse's health and well-being depend on it.

# — CLASSIFIEDS —

**WESTERN SADDLES** wanted, any condition, they do not have to be in working order (ie broken trees acceptable), they are not for putting on horses, only decoration. If you have anything lying about that you want rid of, please email [raewyn@farmside.co.nz](mailto:raewyn@farmside.co.nz) or phone (03) 697-4959

The "Aoraki Western Riding Club" Facebook group page has been growing steadily. If you are a Facebook member, just type the name in the search box and up it will come. If you aren't a Facebook member, it's pretty easy...and a fun way to share photos, events, etc. All members will be able to upload their favourite club day photos, their new horses, etc...

Steve Houston Clinic will take place on the 27th and 28th of November in Oamaru.

Cost will be approximately \$100 per day.

Please let me know some numbers for the clinic.

Have a great day and let me know regarding Clinic ASAP, if numbers are not confirmed by November 12th, it will be cancelled. Also, I cannot change the dates as this is Steve's only weekend until well into next year. I have three def at this stage.

....Regards Tina Wraight  
Phone 432-6800



## Human and Equine Bowen Therapy

Aiding Rehabilitation – Enhancing Performance  
For the Horse and Rider  
Covering Christchurch to Oamaru  
Ph: 0800 859 934 021 796 686 03-3081604  
Belinda Lawson  
[equinebowentherapist@gmail.com](mailto:equinebowentherapist@gmail.com)



## WHITECLIFFS COWBOY CHALLENGE



**5-7 November 2010**  
**Whitecliffs, Coalgate**

A Cowboy Challenge is a timed race with obstacles designed to not only push horse and rider out of their traditional comfort zone but also to test the communication and horsemanship of each rider. It is becoming a very popular sport in the USA and we are sure it will be embraced by New Zealand riders as it fits right in with this country's love of extreme sports.

### SCHEDULE OF EVENTS

**November 5th**  
Course open for practice from 2:00

**November 6th**  
Whitecliff's Cowboy Challenge  
Judged by Steve Houston and Bert Elstob  
Open Division—2 Rounds (non-points)  
Entry Fee \$35 (limited entries, be in quick)  
Prizegiving and BYO BBQ after

**November 7th**  
5 Hour Trail Ride (9:30–approx 3:00)

Camping facilities available  
No food/beverage available onsite

**CONTACT:**  
Mike Ransome (03) 318-2831  
Hartleys Road, Whitecliffs, Coalgate RD 1  
Central Canterbury  
[www.cowboychallenge.co.nz](http://www.cowboychallenge.co.nz)



If you would like to advertise in this newsletter or contribute photos, articles, etc., please contact Jodi Payne Phone: (03) 614-7107 or Email: [jodipayne@farmside.co.nz](mailto:jodipayne@farmside.co.nz)

**Aoraki Western Riding Club**  
**<http://www.awrc.99k.org>**

C/O Maria Van den Bosch  
483 Fraser Road, RD 4, Timaru  
bosch@xtra.co.nz  
Ph 03-686-1723 or 027-366-3016

If members want to check on whether an event needs to be cancelled or postponed due to weather conditions, members can ring 03 614 8707 (my ph number) from 8am onwards on Club days for a pre-recorded message to confirm if it's going ahead or being cancelled....Keri

Keri Drake (Events Director) — (03) 614-8707  
Raewyn Olde-Olthof (President) — (03) 697-4959  
Maria Van den Bosch (Secretary) - (03) 686-1723 or 027-366-3016

**\*\*\*CLUB CALENDAR\*\*\***

**(all Club Calendar enquiries to Keri Drake 614-8707 philandkeri@xtra.co.nz)**

- Oct 23 Winchester Rodeo**  
Our club sponsors the "Local Barrel Racing" event...and we'll have AWRC members competing
- Oct 27 General Meeting at the Wolsesley Hotel in Winchester @ 7:30**  
Contact Maria Van den Bosch...686-1723 or bosch@xtra.co.nz
- Oct 30 Ribbon Day @ Maria's Arena (NOTE DATE CHANGE)**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Nov 6 Club Day at Orari Club Grounds**  
From 10:00 a.m. Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Nov 20-21 Waikouaiti Beach Weekend**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Nov 24 General Meeting at the Wolsesley Hotel in Winchester @ 7:30**  
Contact Maria Van den Bosch...686-1723 or bosch@xtra.co.nz
- Nov 27-28 Christchurch Show Weekend**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Dec 4 Club Day at Orari Club Grounds**  
From 10:00 a.m. Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Dec 11-12 Christmas Club Weekend @ TBA**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Jan TBA Pre-Muster Trek**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Jan 29-30 Christchurch New Year Show Weekend**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Feb 5 Club Day at Orari Club Grounds**  
From 10:00 a.m. Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Feb 9-12 Mackenzie High Country Muster**  
Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Feb 26 White Horse Cowboy Challenge**  
From 10:00 a.m. Any questions to Sara please...612-6224 or whcc@xtra.co.nz
- Mar 5 Club Day at Orari Club Grounds**  
From 10:00 a.m. Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Mar TBA Cowboy Challenge Training Day @ TBA**
- Apr 2 Club Day at Orari Club Grounds**  
From 10:00 a.m. Any questions to Keri please...614-8707 or philandkeri@xtra.co.nz
- Apr TBA Western Games Day @ TBA**



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A great way to get more involved (if you want to be) is to put your hand up to join a club day committee. It's not hard and honestly, we need a few more active 'hands on deck'. Just let Keri, our Events Director, know what you are interested in doing!