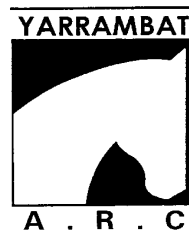


MARCH 2014

Katherine Crouch : President 0409 198004
Joanne Jamieson : Secretary: 9436 2031 0438 362 031

Rally Bookings : Rachel Noble : 0411 069676
 clint.rachel@bigpond.com



DON'T FORGET TO BOOK FOR THE MARCH 8th RALLY BY FRIDAY 28TH FEB

Booking forms available from the club website www.yarc.com.au or if you cannot access a computer, you can txt Rachael on the number above.

Please check and note the month you have been allocated. It is your responsibility to find a replacement if required. You should try the Facebook page first or email Rachael for a list of riders who may be willing to swap.

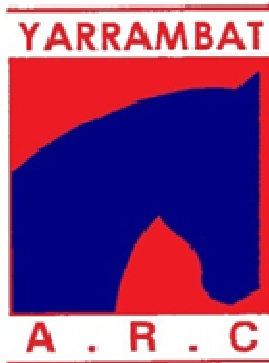
YARC RALLY DUTY 2014					
MONTH	MEMBER	MEMBER	MEMBER	MEMBER	MEMBER
FEBRUARY	KYLIE ZAPF	JESSICA WOOD	LEANNE WILSON	ALICIA WILSON	DANIELLE WHITELEY
MARCH	LOREN WELLINGS	BIANCA WELLAND	JENNY WEBB	LISA WADDELL	LISA VEITCH
APRIL	ASHLEY VALKENBURG	LORETTA TRUSCOTT	LU STUDD	ANDREA BARTON	SUZANNE SHUBART
MAY	CARLY ADAMS	LEAH ROBERTSON	KYLIE ROBERT	DAVID PRIOR	LISA PORTMAN
JUNE	OWEN PINN	LIANA PEAK	KYLIE PARKER	MARGARET MILNER	SHERRI MORLEY
JULY	JENNY BOWKER	SUE MCKINNON	ALICE MCKINNON	SARINA MCDERMOTT	ALEISHA MASTROIANNI
AUGUST	LISA MARCHESI	DONNA MAHER	SHARON LORMAN	JERREMY KINNEAR	OUTI KINNEAR
SEPTEMBER	SUZANNE LAWSON	LIZ KILPATRICK	LIZZIE HUGHES	PAUL HOWE	LORRAINE HALL
OCTOBER	NICOLE GATEHOUSE	EBONY FENNELL	RENSKE DIJKHUIS	ELERI DEAR	TIM COLEMAN
NOVEMBER	MEGAN BUSHBY	MOLLY BROCKSOPP	CLAUDIA BOSCH	LOUISE BARRY	KERRY ARROW
DECEMBER	MEMBERS ATTENDING	MEMBERS ATTENDING	MEMBERS ATTENDING	MEMBERS ATTENDING	MEMBERS ATTENDING
EMERGENCY	REBECCA ALSOP	ANNE SEVIOR	SHARON SMITH	JO MCILROY-SMITH	MARGIE FREEBAIRN

You should also remember to check the club webpage www.yarc.com.au as well as the club Facebook page for regular updates and information. If you have not joined the Facebook group, hop on and join in. You will find information about upcoming clinics and other events that you may be interested in.

TOP TEAM TROPHY – HORSE TRIALS – MAY 17 & 18 2014 @ YARRAMBAT ARC

The sub-committees are meeting regularly and things are progressing well.

The first working bee weekend has been set for Saturday 12th April 8:30 to 11:30 (we must finish for our rally) and Sunday 13th April 9a.m. Details below.



Attention to all Members

As you are hosting the Top Teams Horse Trials
On Saturday 17th May & Sunday 18th May

We will be having a working bee on Saturday 12th April 8:30 to 11:30 (we must finish then as YARC has their Rally)
and Sunday 13th April 9a.m

Working bee tasks –

Shed tasks (clubhouse, equipment shed & trotters shed)

- Cleaning tables & chairs – need to wipe these down. In particular underneath because of spiders.
- Decobweb the club rooms, equipment shed and trotters shed. This includes sweeping the inside wood in the clubhouse that is at waist height.
- Sweeping the side veranda path
- Sweep all floors – can floor sweepings please go into a bin not out onto the ground. Thanks.
- Decobweb the outside wall of the clubrooms near the outdoor shelter and the outside wall of the trotters shed where the windows for serving are. Don't forget the kitchen above the cupboards and along the front of the bench.
- Remove any weeds from outside the window area of the trotters shed.
- Cleaning out rubbish bins – both clubhouse ones & wheelie bins. Use the hose in the outdoor wash bay and empty contents onto grass behind the yards. Any rubbish into bin please.
- Clean out the yellow peril. ???
- Reorganise the equipment shed to put everything into the right place.
- Clean the BBQs and the inside the fridges.
- Clean out the toilets, make sure there is a heap of toilet paper, soap & towels.
- Check all outside lights work.

Equipment tasks

- Sorting and counting cross country flags – separate out the damaged ones and count the number of red and white flags.
- Find the marshalling vests (yellow), high visibility vests and cross-country jump judge vests (red)
- Find the red flags for the cross country judges – need at least 30.
- Does cross country need two warm up SJ? These must be separate from SJ warm up jumps.
- Check there are 6 stop watches – two for SJ, two for the finisher, two for the starter.
- Find 7 ring numbers for dressage – some are in the trotters shed. The rest should be in the equipment shed. Put with the dressage arenas.

- Find white cone letters – we need (AFBMCHEK -RSVP) for 7 rings .
- Check SJ equipment. Collecting it all together. If hiring the arena then the club will supply at least two jumps for warm up (one an oxer), both with a red flag on the right side so that riders know which direction to jump. Make sure the SJ numbers for the arena are available.
- Collect all the bunting, yellow caps and rammers into one place ready for set up
- Put all the directional signage together

Outdoor tasks

- Oiling the cross country jumps ???
- Whipper snipping cross country, around the sheds and yards, the jumping lane and around the container, around the junior yard fences
- Mowing as determined
- Filling in holes around jumps
- Any rabbit holes?
- Removing branches that have come down
- Weeding
- Spreading dirt and seeding (will there be any of this?)
- Cleaning out the yards.
- Check if any yards need repairs.
- Check all water taps are working – there are five in the yard area.
- Cleaning up around the trotters shed, including the concrete area inside the yard area and between the trotters shed mound & trotting track.
- Weeds on the sand arenas – spray & scrape

Tools required:

- Painting - Paintbrushes, empty containers, gloves
- Cleaning - Buckets and brooms
- Whippersnipper
- Hole filling – trailer, rake, shovel
- Branches – trailer, chainsaw
- Empty feedbags and gloves
- Growing grass – trailer, shovel, rake
- Gum boots for work on water jumps
- Plenty of trailers

It is very important that all members attend this Working Bee.

If you cannot attend on either of these dates please let me know when you can do your duty.

We will have a sign in sheet in the club rooms please make sure you fill it out.

If you are doing your duty at a different time you must email jamo1967@bigpond.net.au let me know what job you did and when you did it.

Many hours of work have already gone
Into this Event already from the Sub Committee
so please show us your support

Regards
Jo

DO YOU WANT TO ENTER TOP TEAM TROPHY HORSE TRIALS ??

You will need to make sure you have the appropriate qualifying log stamps or level assessment.

Please contact Katherine with your details so that you can be included in a team.

NOTE : entry numbers are very limited. Please contact Katherine NOW to avoid missing out.

PERMANENT ARENA IS FINISHED!!

After a lot of work and expense this is now been completed and is available for use by members. I have been told the surface is lovely to ride on.

As for all areas of the club grounds, please make sure you pick up any manure.

SPONSORS

We are very lucky to have some very generous sponsors for our Top Team event.

The information below comes from one of these sponsors - Hygain who will be supplying bags of feed as prizes.

Please consider using them next time you are buying your feed supplies ☺

YARC WEB SITE!!!!

www.yarc.com.au

END OF NEWSLETTER



WHY IS FIBRE SO IMPORTANT?

by Dr Tania Cubitt PhD - HY GAIN FEEDS

You will often hear nutritionists say that fibre must be the basis of all equine diets. The reason for this is that horses evolved on a high fibre diet comprising of medium to low quality pastures. As a result its digestive tract has evolved to cater for this type of diet. Horses have an enlarged caecum and large intestine (large and small colon), which act as a large fermentation vat in which microorganisms break down feeds via the process of fermentation. This process is relatively delicate as the bacteria population in the hindgut of the horse are designed to process fibrous sources of energy. If a high starch diet is suddenly introduced, such as a high grain diet, the bacteria composition will change and an excess of heat, gas and acid will be produced. This will lead to the bacteria dying off and the release of endotoxins, which can increase the risk of laminitis, colic and acidosis.

What is Fibre?

Fibre is the material of the plant cell wall that gives plants its rigidity. There are many types of fibre including lignin, cellulose, hemi-cellulose and pectin. All are types of carbohydrate molecules made up of glucose bound by bonds, which are indigestible to mammalian enzymes. However the microbial population in the horse's hindgut is able to break down these bonds and converting the fibres into utilisable energy. These microbes can digest virtually all of the pectin and only partially digest the cellulose and hemicelluloses. Lignin is totally indigestible to the horse. As you would guess from the various types of fibre digestibility, fibrous feeds which are higher in pectin's, cellulose and hemi cellulose and low in lignin are a lot more digestible and have a higher energy level.

There are certain feeds such as soybean hulls and legume hulls, which are quite high in the most digestible fibre; pectin. Since pectin is virtually totally digested by the horse, the feeds fibre level can remain high but also have a moderate level of energy, so much so that soybean hulls can have a similar energy level as some oats whilst having fibre levels similar to lucerne hay. For this reason feeds, which are high in pectin's, are often considered "super fibres".

Can we do without Fibre?

The simple answer is NO. Horses evolved on fibrous feed and as such forms a symbiotic relationship with the micro-organisms in the horse's hindgut. Without fibre the bacteria population will be dramatically reduced, the flow of digesta through the digestive tract will change and also the horses eating habits will change from a constant grazing action to a few quick meals a day. This type of diet can lead to stable vices such as cribbing or chewing to more serious problems such as ulcers, colic and acidosis.

How Much Fibre Do We Need?

Most nutritionists suggest you should feed at least 1.5% of your horse's body weight per day in roughage. Roughages are feeds, which are high in fibre (<20%). This means for the average 500kg horse you would feed at least 5kg of roughages such as hay, chaff or pasture per day. Remember this is a minimum per day. If the horse is spelling or in light work most of its diet should come from roughages with some small supplementation to maintain vitamin and mineral balances. When a horse is in medium to intensive work it may be a struggle to get the horse to consume enough feed to meet its energy demands. This is why we feed energy dense feeds such as grains and oils. Remember to base your horse's diet first on at least 1.5% of your horse's body weight per day in roughage and then fill the gap with a more energy dense feed.

What Happens When Fibre Availability is a Problem?

In Australia we are constantly in drought in some part of the country and as such hay, chaff and pasture availability and quality can be a major problem. Apart from planning and securing sufficient roughage, there are several feeds, which can be used to substitute into your horse's diet.

Alternative feeds such as Hygain Fibressential (35% crude fibre) or Hygain Micrbeet are ideal as a substitute and partial replacement of traditional roughages. Hygain Zero (35% crude fibre) and Hygain ICE (25% crude fibre) have been formulated as a high fibre low starch feeds which are fully fortified with vitamins and minerals.

www.hygain.com.au



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For more information phone: 1300 HYGAIN (49 42 46) or
email: nutrition@hygain.com.au

A Pasture Only Diet is **Not** Balanced Dr Tania Cubitt, PhD

The natural feeding habit of the horse is to eat small amounts of roughages often. A forage only diet is deficient in

several critical vitamins and minerals and therefore horses must be supplemented to meet these nutrient requirements. The intake of minerals and vitamins are vital to the performance

growth, immune function and reproduction of all horses. To ensure your horse is in optimal health, it is important to provide a well-balanced mineral supplement containing all the essential minerals, especially when horses are not fed fortified grain and are fed forage-only diets (hay or pasture).

During the spring when we see an abundance of pasture growth, it is important that we do not rely on pasture alone to supply all of the horse's nutrient requirements. It is often easy to overlook trace mineral and vitamin supplementation when horses are gaining weight on pasture and hay. One must always remember that just because a horse is in optimal body condition or even overweight, it does not mean they are being supplied all of the nutrients they need; it simply

means they are being provided sufficient calories.

Minerals are inorganic elements that are needed by all animals to remain healthy and productive. Some minerals are essential components of bone, teeth, blood cells, vitamins, hormones and amino acids. Minerals that are required in larger amounts, usually listed as a percentage of the horse's diet, are referred to as major minerals. These are calcium, phosphorus, potassium, magnesium, sodium, chloride and sulphur. Minerals required in small amounts are called trace minerals. The trace minerals required for horses are copper, zinc, manganese, selenium, cobalt, iodine and iron. To remain healthy, a horse requires major minerals and vitamins as well as adequate amounts of trace minerals.

Many people provide horses with a trace mineral salt block with the assumption that this will provide all of the minerals that a horse needs. Unfortunately when this occurs not all mineral needs may be satisfied. The typical trace mineralized salt block provides only a fraction of a horse's trace mineral needs and does not provide the major mineral (except sodium and chloride) and vitamin needs. Most trace mineralized salt blocks contain 96% or more salt and contain only a small amount of minerals.

So how can we ensure our horses' diets are properly fortified with essential minerals and vitamins? The easiest approach is to feed a prepared feed or supplement that is properly fortified with these nutrients. We must also ensure that we are feeding the product according to label directions, if we are only feeding 1/2 of the recommended feeding level, our horse will not be receiving the proper amount of

nutrients. What do we do about overweight horses or horses that simply don't require the calories that are in a prepared feed?

We feed a concentrated protein, vitamin and mineral supplement. These products are designed to be fed at low intakes without the need to add grain. HYGAIN® BALANCED®, when fed as directed provides both the essential minerals and vitamins that a horse requires, without the added calories. HYGAIN® BALANCED® should be fed at a rate of 0.1% of the horse's body weight (500g for a 500kg horse). Feeding a horse a correctly balanced diet is not hard if we remember that the small things (vitamins and minerals) are important.

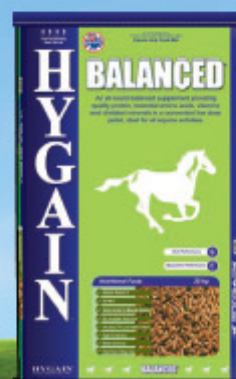
Warning

A forage only diet is deficient in several critical vitamins and minerals and therefore horses must be supplemented to meet these nutrient requirements.

Good to know

Just because a horse is in optimal body condition or overweight, it does not mean they are being supplied all of the nutrients they need; it simply means they are being provided sufficient calories.

Try Australia's favourite Balancer



www.hygain.com.au

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BODY CONDITION SCORING CHART



Body Condition Scoring (BCS) is an objective system of evaluating a horse's level of body condition (amount of stored fat) and assessing a numeric score to facilitate comparisons between horses. Many owners fail to recognize significant variations in the weight of horses or variations due to age and breed types. This often results in overfeeding or underfeeding.



Areas of Emphasis for Body Condition Scoring

- | | |
|--------------------------------|---------------------------------|
| A. Thickening of the neck | F. Fat deposits around tailhead |
| B. Fat covering the withers | G. Fat deposit behind shoulder |
| C. Fat deposits along backbone | H. Fat covering ribs |
| D. Fat deposit on flanks | I. Shoulder blends into neck |
| E. Fat deposits on inner thigh | |

1 POOR

Animal extremely emaciated; spinous processes, ribs, tailhead, tuber coxae, and tuber ischii projecting prominently; bone structure of withers, shoulders, and neck easily noticeable; no fatty tissue can be felt.

2 VERY THIN

Animal emaciated; slightly fat covering over base of spinous processes; traverse processes of lumbar vertebrae feel rounded; spinous processes, ribs, tailhead, tuber coxae, and tuber ischii prominent; withers, shoulders, and neck structure faintly discernable.



3 THIN

Fat buildup about halfway on spinous processes; traverse processes cannot be felt; slight fat cover over ribs; spinous processes and ribs easily discernable; tailhead prominent but individual vertebrae cannot be identified visually; tuber coxae appear rounded but easily discernable; tuber ischii not distinguishable; withers, shoulders and neck accentuated.



4 MODERATELY THIN

Slight ridge along back; faint outline of ribs discernable; tailhead prominence depends on conformation, fat can be felt around it; tuber coxae not discernable; withers, shoulders, and neck not obviously thin.



5 MODERATE

Back is flat (no crease or ridge); ribs not visually distinguishable but easily felt; fat around tailhead beginning to feel spongy; withers appear rounded over spinous processes; shoulders and neck blend smoothly into body.



6 MODERATELY FLESHY

May have slight crease down back; fat over ribs fleshy/spongy; fat around tailhead soft; fat beginning to be deposited along sides of withers, behind shoulders, and along sides of neck.



7 FLESHY

May have crease down back; individual ribs can be felt, but noticeable filling between ribs with fat; fat around tailhead soft; fat deposited along withers, behind shoulders, and along neck.



8 FAT

Crease down back; difficult to feel ribs; fat around tailhead very soft; area along withers filled with fat; area behind shoulder filled with fat; noticeable thickening of neck; fat deposited along inner thighs.



9 EXTREMELY FAT

Obvious crease down back; patchy fat appearing.

Hy Gain Feeds Pty Ltd
10 Hickson Rd, Officer, Victoria, Australia 3809
Phone: +61 3 5943 2255 Fax: +61 3 5943 2258
Email: sales@hygain.com.au
Website: www.hygain.com.au
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