

## THE MANE ISSUE



## Meet a Member- Marlies Kerkhoven

Hi, my name is Marlies Kerkhoven, I have been a member of Mission Hills branch in the BC Lower mainland region, since I was 7 years old. Now at the age of 20, I have achieved my Full A and continue to enjoy and support my home and Regional members.

My PC journey beginning as a child was full of fun and challenging activities with my best friends, Mona, Sam and Corrie. We cut our teeth in the best environment any child could dream of, 400 acres, devoted parents and coach.



First year pony club member (Marlies Kerkhoven and Mona Beckmann on Shaman)

Over my 13 year period we attended regular branch lessons, rallies, testing, quiz, dressage and show jump Championships. Our branch of MHPC had the added thrill of riding regularly with the Fraser Valley

Hunt while our parents prepared a hearty hunt breakfast to fundraise for our members, all fond and happy memories.

As I matured in PC, I was selected to represent the BC Lower Mainland region in a number of National and International competitions, where I was introduced to many amazing and like-minded young people from all across Canada and even from Australia! Still to this day, we stay connected via social media and encourage each other's successes.

My university experiences were successful in part, due to the years of testing through PC. I have graduated with distinction in, Integrated Pest Management, Livestock Production and Dairy Technician at University of the Fraser Valley.



Marlies Kerkhoven and Noval Approach (2017)

## .....Meet a Member continued

I was introduced to Three Day Eventing at a very young age on my first pony, Shaman. I continue to enjoy and excel in this sport today completing my very first CCI\* at Rebecca Farms in Montana July 2017 on my horse Noval Approach.

My advice to other members is to participate and volunteer in as many branch and regional activities

as possible! Getting involved in your region's activities, as I did in, Quiz, Show Jump, Rally and Dressage, creates future opportunities to compete nationally/ internationally, build new friendships and give back to the PC community.

*Marlies*

## Artists through the Ages—Frederic Remington

**Frederic Sackrider Remington** (October 4, 1861 – December 26, 1909) Remington was born in Canton, New York in 1861.

Remington attended the art school at Yale University. Remington was the only student in the first year. He left Yale in 1879 to tend to his ailing father, who had tuberculosis. Remington's Uncle Mart secured a good paying clerical job for his nephew in Albany, New York. Remington became a reporter for his Uncle Mart's newspaper, then went on to other short-lived jobs.

Living off his inheritance and modest work income, Remington refused to go back to art school and instead spent time camping and enjoying himself. At nineteen, he made his first trip west, going to Montana, at first to buy a cattle operation then a mining interest but realized he did not have sufficient capital for either. In the American West of 1881, he saw the vast prairies, the quickly shrinking buffalo herds, the still unfenced cattle, and the last major confrontations of U.S. Cavalry and Native American tribes, scenes he had imagined since his childhood. He also hunted grizzly bears with Montague Stevens in New Mexico in 1895. [ Though the trip was undertaken as a lark, it gave Remington a more authentic view of the West than some of the later artists and writers who followed in his footsteps. From that first trip, Harper's Weekly printed Remington's first published commercial effort, a re-drawing of a quick sketch on wrapping paper that he had mailed back East. In 1883, Remington went to rural Peabody, Kansas, to try his hand at the booming sheep ranching and wool trade, as one of the "holiday stockmen", rich young Easterners out to make a quick killing as ranch owners. He invested his entire

inheritance but found ranching to be a rough, boring, isolated occupation which deprived him of the finer things of Eastern life, and the real ranchers thought of him as lazy. ]

Remington continued sketching but at this point his results were still cartoonish and amateur. After less than a year, he sold his ranch and went home. After acquiring more capital from his mother, he returned to Kansas City to start a hardware business, but due to an alleged swindle, it failed, and he reinvested his remaining money as a silent, half-owner of a saloon. He went home to marry Eva Caten in 1884 and they returned to Kansas City immediately. She was unhappy with his saloon life and was unimpressed by the sketches of saloon inhabitants that Remington regularly showed her. When his real occupation became known, she left him and returned to Ogdensburg. With his wife gone and with business doing badly, Remington started to sketch and paint in earnest, and bartered his sketches for essentials.



He soon had enough success selling his paintings

to locals to see art as a real profession. Remington returned home again, his inheritance gone but his faith in his new career secured, reunited with his wife and moved to Brooklyn. He began studies at the Art Students League of New York and significantly bolstered his fresh though still rough technique. His timing was excellent as newspaper interest in the dying West was escalating. He submitted illustrations, sketches, and other works for publication with Western themes to Collier's and Harper's Weekly, as his recent Western experiences (highly exaggerated) and his hearty, breezy "cowboy" demeanor gained him credibility with the eastern publishers looking for authenticity. His first full-page cover under his own name appeared in Harper's Weekly on January 9, 1886, when he was twenty-five. With financial backing from his Uncle Bill, Remington was able to pursue his art career and support his wife.

In 1886, Remington was sent to Arizona by Harper's Weekly on a commission as an artist-correspondent to cover the government's war against Geronimo. Although he never caught up with Geronimo, Remington did acquire many authentic artifacts to be used later as props, and made many photos and sketches valuable for later paintings. He also made notes on the true colours of the West, such as "shadows of horses should



be a cool carmine & Blue", to supplement the black-and-white photos. Ironically, art critics later criticized his palette as "primitive and unnatural" even though it was based on actual observation.

His first one-man show, in 1890, presented twenty-one paintings at the American Art Galleries and was very well received. With success all but assured, Remington became established in society. His personality, his "pseudo-cowboy" speaking manner, and his "Wild West" reputation were strong social attractions. His biography falsely promoted some of the myths he encouraged about his Western experiences

In 1898, he achieved the public honour of having two paintings used for reproduction on U. S. Postal stamps. In 1900, as an economy move, Harper's dropped Remington as their star artist. To compensate for the loss of work, Remington wrote and illustrated a full-length novel, *The Way of an Indian*, which was intended for serialization by a Hearst publication but not published until five years later in *Cosmopolitan*.

Remington then returned to sculpture, and produced his first works produced by the lost wax method, a higher quality process than the earlier sand casting method he had employed.

Remington was the most successful Western illustrator in the "Golden Age" of illustration at the end of the 19th century and the beginning of the 20th century .

Also, noteworthy was Remington's invention of "cowboy" sculpture. From his inaugural piece, *The Broncho Buster* (1895), he created an art form which is still very popular among collectors of Western art.

Frederic Remington died after an emergency appendectomy led to peritonitis on December 26, 1909. His extreme obesity (weight nearly 300 pounds) had complicated the anaesthesia and the surgery, and chronic appendicitis was cited in the post-mortem examination as an underlying factor in his death. The Frederic Remington House, in Ogdensburg, New York, was declared a National Historic Landmark in 1965.



## Where are they now? Sara Runnalls (Brown) - COR

I am pleased and proud to comment on my experiences as a Central Ontario Region Pony Club member, first with the Durham Pony Club, and then with the Ajax Pony Club, from 1983 to 1992, the year I turned 21 (back then, that was your last year).

Although I started riding horses when I was only 5 years old, I joined Pony Club at the age of 12 when my parents purchased a dairy farm in Ajax that they converted to a riding school and boarding facility. I had ridden almost entirely Western until that point, doing everything from trail riding to Western Pleasure to Barrel Racing, but I was very interested in learning to jump.

My first Pony Club instructor was a wonderful lady named Monica Taylor, who gave me such tremendous basics in communicating with horses effectively. I never had “easy” horses to ride – with my parents being in the horse business, those horses always went to customers, and I was assigned the “problem horses”. Monica helped me get the best out of each and every one of the horses I rode, and I am grateful for her part (as well as every other coach I worked with) in making me the horse person I am today.

My first National event was Tetrathlon in 1985, where I competed with the Junior girls. I learned a very important lesson at that event – the power of sharing. At that time, the Leitchcroft Pony Club was a very strong Tetrathlon club, and had several members qualified for Nationals taking place at Mohawk Raceway. Leitchcroft was a stable-based club that shortly before the event went under quarantine for a contagion of some sort. Suddenly, some of COR’s best athletes had no horses to ride. Word went out to the rest of the COR team, and I found myself offering to share my horse “Blaze” with one of my teammates, another Junior girl. It turned out to be a bittersweet gesture – “Blaze” placed both 2nd and 3rd in the Cross-Country phase, but guess which rider got 2nd (hint: it wasn’t me!). My teammate was very grateful; however, because she ended up winning the Junior girls division overall, and would not have been able to had she not had the opportunity to ride my horse. I was so proud of my

“Blaze”!

Shortly after that event, I learned the importance of goal setting. I found out about the InterPacific Exchange program, where every two years a team from Canada would go to a competition taking place in one of the participating countries: Hong Kong, Japan, United States, England, Australia, New Zealand and Canada were the countries involved at that time.

I found out that 1991 was the year InterPacific would be held in Australia. I decided I had to be on that team, and to do that, I had to get my A level by 1990 (I would be competing as an 18-year old that year). Now, keep in mind, in 1985 I was a mere D2, so moving up 6 levels in 5 years was perhaps a little unrealistic!

It turns out that hard work, dedication, good coaching, parental support, and a fabulous equine partner made it possible. My parents paid \$600 for a skinny, unbroken 3-year-old Appaloosa mare named “Miss Navajo’s Poncho” who looked to have real promise as an eventer, although it was hard to tell at first since it took us over 2 hours just to get her on the horse trailer. “Poncho” was arrogant, strong-willed, and too smart for her own good, but together we learned to trust each other with our lives, and went on to do just about everything in the 7 years we were together.

With “Poncho” I competed in two National Rallies (New Brunswick in 1988 at Training level and Ottawa in 1990 at Preliminary) and completed my ‘A’ Level in 1990, right on schedule. And yes, I represented Canada at the InterPacific Exchange in 1991 in Australia, where I still have amazing memories of the fabulous horses I rode and the wonderful friendships I made.

To summarize some of the most valuable take-aways from my Pony Club education:

- ◆ On the day of a horse show, your horse is #1, followed closely by your groom at #2. You cannot survive without either of them.
- ◆ If things can go wrong, they will, so be prepared for anything!

- ◆ Listen with an open mind to any horse professional who will talk to you – they have so much knowledge and experience that you cannot get out of any book. Farriers, vets, feed reps, coaches, other riders, grooms, breeders, etc. Don't discount "old" people as being out-of-date – horses haven't changed much in the past 50 years, a lot of the rules still apply!
- ◆ Getting angry rarely solves the problem. If you aren't having fun, you are doing something wrong!
- ◆ At the end of the day, remember to thank your coach for the tools they have given you, and your parents for giving you this fantastic opportunity to be involved with horses.
- ◆ Give back, and stay involved! Volunteer, coach, judge, course design, become an examiner, or join your Club's or Region's executive when you graduate from Pony Club. Some of my most valuable experiences have come from my time as an adult working with Pony Clubbers.



Thank you, Canadian Pony Club!

Best regards,  
Sara Runnalls (Brown)

## Testing Tips— Cassidy and Kerry Moore

*This edition's testing tips brought to you by Cassidy and Kerry Moore of Mars Hill Pony Club Branch, Manitoba Region.*

To test or not to test..... That is the question. Are you ready - your horse and tack at their best, and you as well prepared and practiced as possible? From D to A it takes practise and dedication to pass a new level. Testing preparation can provide structure for your learning, goals for you to strive to accomplish, and hopefully, a feeling of satisfaction and achievement once you pass. Moving up the Pony Club levels may take many years, but it is very satisfying to finally get that new colored disk. Being a "B" or an "A" level has meaning to horse people everywhere. Even in Europe people know when you are a B level pony clubber; that you are an accomplished rider and you can do a complete 3'6 course. Many top, professional riders got their start in Pony Club,

and they may or may not have gotten their blue A disk.



The satisfaction of having a horse that is capable of doing your levels can make you very proud, especially if you have trained or brought that horse along yourself. All the work that goes into preparing for a test, regardless of if you pass or not, will result in creating a well rounded, versatile rider. A rider who is capable of executing the precision required of dressage, but then also has the boldness to gallop cross country. At higher levels you must develop your lunging and teaching abilities as well. These days Pony Club lets you stream or test only horsemanship phases if you do not have a horse experienced enough, or maybe you might not wish to jump height.

There are extra things you can do to help you prepare for testing other than riding lessons. Horse shows and clinics develop experience. Competing in local, regional and even up to National Quiz is a wonderful way to learn fun and interesting things about horses. Quiz can also lead to trips across the country and even international trips! It can be fun travelling with your friends and peers in Pony Club, while gaining valuable knowledge helpful to testing.

When it comes to testing you can only do your best on that given day. It is possible that you will not have the best ride you might have. It is important to remember that we ride living animals and like us, their riders, they have good days and bad days as well. We can only show up on testing day, as prepared as possible, and do the best we can. When you get to the upper levels it is unlikely that you will succeed at every level the first time you try. It is important to not give up and keep trying to reach your goals. Testing higher pony club levels might not be for everyone. Maybe you want to be a "HD2" and there is nothing wrong with that. A goal is personal to each person. We can each have our own goals.

Always remember testing is about meeting the standards of that level on that given test day and even if the testers did not see you at your best, it doesn't mean that you failed, or did not accomplish your goals.



Kassidy Moore, 18, is a full C2 level pony club member of the Mars Hill Branch in Manitoba. She loves quiz and has completed at several National Quizzes and at the North American Challenge in the US last summer. Her favorite discipline/sport is eventing, and she credits her pony club experiences (including testing) with giving her the knowledge and ability to compete successfully at the 2017 Otter Creek Horse Trial in Wheeler, Wisconsin this fall, winning her division.

Kerry Moore (Van Braeckel), is Kassidy's older sister and a current Horsemaster member of the Mars Hill branch as well. She had a long and successful career as an active member, competing in many disciplines and several National championships. She achieved her HA and her riding B2. Like Kassidy, she loves eventing, and has travelled to Otter Creek twice to compete, with a third and a win.



## Breed Basics - Kaimanawa

Kaimanawa horses are a population of feral horses in New Zealand that are descended from domestic horses released in the 19th and 20th centuries.

The Kaimanawa breed varies widely in general appearance, with heights ranging between 12.2 and 15 hands (50 and 60 inches, 127 and 152 cm) high.

Any coat colour or pattern marking is acceptable. They are usually well-muscled.



Their feral way of life has given them the ability to adapt quickly and live on very little, and they are usually sure-footed and tough. They have a medium-sized head in good proportion to their body, with wide variation in shape due to the different conformation of their ancestors. Kaimanawa horses have a short, deep neck with a thick throat area, straight shoulders, a deep girth, and a short to medium back. The hindquarters vary from sloping to well-rounded.

The first horses were introduced to New Zealand by Protestant missionary Reverend Samuel Marsden in December 1814, and wild horses were first reported in the Kaimanawa Range in central North Island of New Zealand in 1876. The Kaimanawa breed descended from domestic horses that were released in the late 19th century and early 20th century in the middle of the North Island around the Kaimanawa mountains. Other horses were added to the bloodline through escapes and releases from local sheep stations and from cavalry units at Waiouru.

Throughout the 19th and 20th centuries, horses were harvested from the feral herds and used as riding and stock horses, as well as being used for their meat, hair and hides. Originally there were many herds that roamed land owned by the British Crown and the native Māori, but many were eradicated with the intensification of large scale farming and forestry operations combined with increased mechanization that decreased the need for stock horses. Kaimanawa horses today have the highest amount of genetic similarity with the Thoroughbred and other Thoroughbred cross breeds.



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# Super Ponies (& Horses)- Manitoba—Buckaroo

Buckaroo is thirteen year old strawberry roan, 13'1, welsh pony, he was raised on the Lucky Seven Ranch and later sold to Eastridge Farms, where a little girl rode him for three years in show like MEC, RMSJ and many others. They competed X-Country and Stadium. They competed in the 2'9" to 3'. When the little girl outgrew the Super Pony he was gifted to her younger brother.

These boys would not be contained in a stadium ring nor by the law they now rob trains at high speed and compete on the X-country course for the win, recently they competed at Willville.

The boy and the pony get on well, the Super Pony is a well-trained teacher is super when asked yet still does not always save the rider. The pony has a most intriguing personality, with many quirks. As the younger boy (not so young anymore) dictates "he loves salt, he also loves Lickit bars his favourite is mint. He is also a very verbal pony." This Super Pony has been and done everything he does stadium, X-country, Dressage and train robbing. Buckaroo is part of pony club and has competed at Rally and the PPG games. This pony is just as comfortable going bareback, western or



English. He is the epitome of adaptable yet prefers corks on grass he is also a rather clean pony he also changes colour due to the winter or summer coat and will be the opposite colour when shaved. He is neither a paragon of virtue nor is he the devil incarnate, he is a true pony that will teach before he will learn. He will almost always try his heart out and he has lots to give. This pony is a wonder and a gift. And that is what makes Buckaroo the Super Pony.

By Helen Martin

My name is Desiray Kemp, and I am a member of the





## Meet ANOTHER Member- Desiray Kemp

Garden Pony Club which is located in Alberta North Region. I am currently 16 years old and this will be my 10th year as a Pony Club member! I have successfully achieved my B level stable management and dressage, but due to weather circumstances have only accomplished my C2 stadium and cross country. This year I wrote my B2 theory test, the results aren't in yet but I am hopeful and my fingers are crossed! I am looking forward to pursuing and gaining experience as a junior examiner, and all the challenges and experiences that accompany that responsibility.

I have had Connor, the horse I am currently riding, for 6 years now. Connor is a 22 year old thoroughbred quarter horse that stands 16.1hh. Before his transition into a Pony Club life, Connor was a community cattle roper. With lots of hard work and countless hours, we have taught each other very valuable lessons. The respect and trust that we have for each other, is what every girl dreams of.

Being an older member and the level I am at, has given me many opportunities within the Canadian Pony Club. For example, I have been given the great opportunity to teach the younger members within the North Region theory lessons, and assist with teaching riding lesson to the younger members within my club alongside our coach. All of these opportunities offered to me, have encouraged me to grow as an individual and advanced my knowledge of horses and riding to the next level.

I have been fortunate enough to earn the respect and built solid relationships with various older/ adult members of other Pony Clubs. I'm always willing to volunteer and offer my assistance when needed.

I have to thank my Nan, Linda Budgell, for getting me started with Pony Club. Even before joining, she taught me the basics of handling, grooming, safety, tacking up and riding a horse. I could always depend on her to drive me to lessons, camps and shows. Without a blink of an eye or any hesitation, she was and is always there for me in time of need,

especially when the problems that arise are horse related.

I'd have to say, one of my favourite Pony Club memories is going to Red Deer Rally Camp when I was 6 years old. This was the 1st year I went to that camp, I remember it like it was yesterday because we tented it that week, it was rainy and miserable outside but despite being freezing cold almost every night I still had a blast that week. One of my favourite parts of the whole week probably had to be bathing in the cold river due to not having access to a shower every night. That week, many bottles of mini shampoo and conditioner were lost down the river, and not to mention, my favourite pair of Crocks!

After 10 years of being a Pony Club member, I have learned countless skills and obtained an abundance of knowledge, which I look forward to being able to pass on to younger members.

I highly recommend and encourage anyone that has a love and passion for horses and riding, to join Pony Club. The skills and knowledge you acquire, will last you a life time.

These past 10 years of my life would've been drastically different if it weren't for Pony Club.



## CANADIAN PONY CLUB NAMES OLYMPIAN & PAN AM MEDALIST JESSICA PHOENIX AS AN OFFICIAL AMBASSADOR

*"I am deeply honoured to be named as an official ambassador of Canadian Pony Club. I have had the pleasure to meet CPC riders and work with them throughout my riding career: CPC establishes a foundation of success in their riders. I look forward to helping our CPC grow and being a mentor to their members,"* says Jessica.

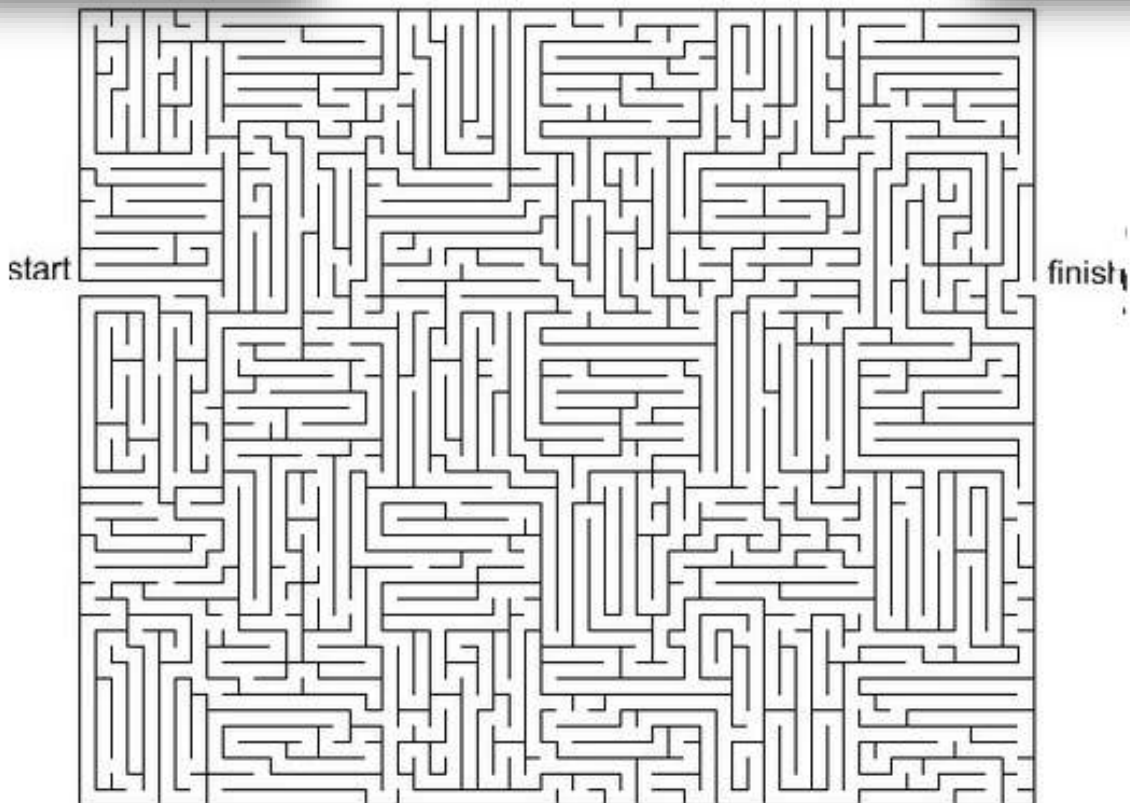
To celebrate this partnership, Roar Publishing Inc., is proud to announce that 10% of every preorder and online purchase of RISE: The Jessica Phoenix Story, by Julie Fitz-Gerald, will be donated to Canadian Pony Club.

CPC members need to use the coupon code CPCJessica. One can pre-order the book here:

<http://roar-group.com/product/rise-pre-order/>

Jessica's story is about trial and triumph. It's about fighting through life-threatening injuries and injustice to achieve a greater goal —and doing so with a level of determination, confidence, and grace that shines bright," writes Julie.

This inspiring message aligns with CPC's membership and Pony Club values" says Danielle Valiquette, Executive Director, Canadian Pony Club.



## Val's Corner

For this issue, I want to talk about the Horsemasters' program. There seem to be some misconceptions floating around. I am going to try and clear them up.

First of all, no Branch, Region or Centre is required to have a HM group and secondly, Active Members must always be given priority if time or space is limited.

Having said that, Horsemasters is for Parents, Alumni and Volunteers, who, understanding the value of the Pony Club program, wish to become a part of it. They believe in our motto and the values and ideals of CPC.

Don't have enough interested adults to form one in your Branch? How about working on getting a Regional group started? All you need is one committed HM member to start getting a group of like minded people together and forming a Regional HM group.

Our hope is that eventually, every Regional will have a HM rep on their Regional Committee. If you think this is important, then fight for it.

What can HM do in Pony Club? They can attend SM lessons and riding lessons if there is time and space for them. They may test any level from D to A. If they are Alumni, any previous level achieved will be honoured. They may wish to host adult only activities or they may wish to host activities open to Active members. They may participate in any Regional Championships that has a HM division and may do the same at National Championships. We have two teams ready to attend National Quiz this fall.

As of 2015, Regions and Branches may not have non-members at lessons, clinics, camps, discipline practices and Regional Championships. These things are only for Active and HM members.

For a complete set of rules/criteria, please check out pages 16-18 in the Operations Manual, located under Documents on our web site.

## Coaches Corner—ON THE APPROACH

### by Kendal Lehari

Approaching a fence can seem like a very easy thing to do. You just aim for the fence and get the job done! Unfortunately this is not really the case. If you would like to create the best jump possible for you and your horse, there are quite a few factors in your approach that will help you. A common mistake is that people are worried their horse won't jump a fence, so they drive the horse to get over it, but the whole image is a bit panicked and not very pretty. If you can learn to go through this checklist your fences will improve greatly!

#### Eyes:

##### **Look Early:**

In order to see your line and a distance to your fence you need to be looking early.

##### **Choose approach/departure line:**

A common mistake is that most people only look at the approach. Once they are taking off for the fence they stop riding what comes next. This is where

you see a lot of back rails because the horse starts turning/drifts in the air. It is very important to continue riding a straight departure line.

##### **Find a Focal Point:**

A good trick if you have a tendency to look down is to find something in the distance to look at. If you choose something fixed when you walk the course, you know it will be there when you ride your round. For example choose a tree



that stands out. Once you are getting close to the jump raise your eye to the tree until you land. This will stop you from looking down and also keep you taller, thus keeping the horse in better balance.

#### Speed & Rhythm:

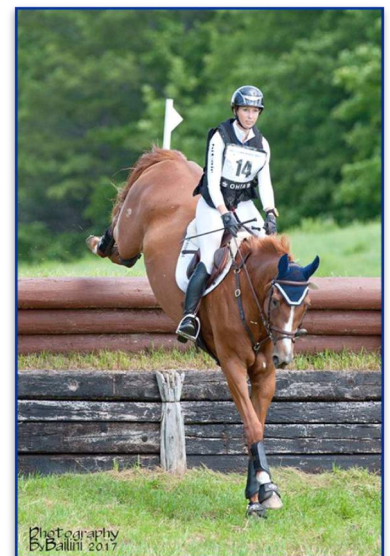
Be aware of your speed as you approach a jump. You want to have a good quality canter throughout a course, but especially on the approach. A common mistake is speeding up as you approach the jump. As a rider you want to be aware of any speed and rhythm changes so your horse can keep its good quality canter.

**Count Out Loud:** A good method to become aware of whether you are keeping a consistent speed/rhythm is to count the horse's strides out loud. I like to start around 6-8 strides out from a jump. This will help you see a distance and recognize if you need to make any minor alterations.

#### Body Position:

Regardless of whether you are approaching a show jump or cross country jump, you should always alter your upper body position as you approach. This involves getting taller as you approach the fence and closer to the saddle. Every rider has their own preference to stay in a slight two point or sitting position the final strides before the fence and both are correct.

**Get Taller:** I like to visualize what my body weight will do to the horse. If I am leaning forward as they go to take off for the fence, I am weighting their front end. This will typically put them on the forehand. If they are not in a good balance taking off, their quality of jump will deteriorate. If you think of leaning away from the jump as you approach this will help you to weight their hind end. This frees up their shoulders and helps to put them in an uphill balance (without needing your hands!)



## Breathe!

If you can slow your brain down on the approach by breathing and trying to relax, it will be much easier to go through this checklist!

If you have done all of these things, both you and your horse should be in good balance in the final strides before the fence. At this point you want to be able to soften to the horse and allow them to do their job and jump the fence!

Kendal was born and raised on a farm in Uxbridge and started riding as soon as she could walk. She got her first pony at the age of five, who she fox hunted and started pony club on. Through Pony Club she obtained her B level and competed in Dressage, Show Jumping, Eventing and Tetrathlon; competed both nationally and internationally (Interpacifics and a Fox Hunting Exchange). However, from the start she was hooked on Eventing.

Kendal competed in her first event when she was 11 and has never looked back. She started competing at the international levels of Eventing in 2005. One of her major achievements was winning individual and team gold at the North American Junior/Young Rider Championships in 2006 on her horse Understudy in the CCI\* Long Format. In 2013 she made it to the top level in Eventing completing Rolex CCI\*\*\*\* on her horse Daily Edition.

Kendal was Talent Squad Listed from 2006-2009, Long Listed in 2010 and 2012 and Short Listed in 2012, 2014 & 2015 for the Canadian Eventing Team.

She is now campaigning horses in both Eventing and Show Jumping. But her primary focus is still Eventing.

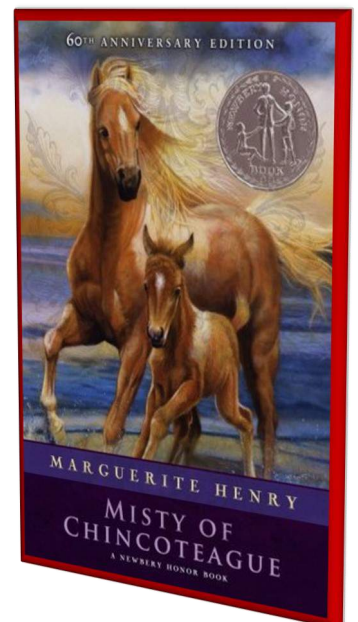


## Looking for a Good Read? Try - Misty of Chincoteague

On an island off the coasts of Virginia and Maryland lives a centuries-old band of wild ponies. Among them is the most mysterious of all, Phantom, a rarely seen mare that eludes all efforts to capture her--that is, until a young boy and girl lay eyes on her and determine that they can't live without her. The frenzied roundup that follows on the next "Pony Penning Day" does indeed bring Phantom into their lives, in a way they never would have suspected. Phantom would forever be a creature of the wild. But her gentle, loyal colt Misty is another story altogether.

Marguerite Henry (April 13, 1902-November 26, 1997) was an American writer. The author of fifty-

nine books based on true stories of horses and other animals, her work has captivated entire generations of children and young adults and won several Newbery Awards and Honours. Among the more famous of her works was Misty of Chincoteague, which was the basis for the 1961 movie Misty, and several sequel books.



## Canadian Equestrian(ne)s—Selena O'Hanlon

(born March 21, 1981) Selena was born in England but the family moved to Canada when she was a toddler. While still a youngster Selena rode the necessary number of naughty ponies (think stop drop and roll when tired or sweaty).



At the age of nine Selena started her Eventing career with Toby and never looked back; competing the horse up to Training level and teaching her first students with him. Following that she rode a home bred called The Main Man aka Cameron to her first North American Young Riders 1\* championship team. Be Bold Juliet took Selena to her next NAYRC at the 2\* level & then her first Advanced level competition before retiring.

In 2007 Selena was first named to the Canadian Eventing team with Colombo, a horse owned by Elaine and Michael Davies. The following year in 2008, the pair made their four-star debut at the CCI 4\* Rolex Kentucky Three Day Event, finishing 20th.

That 2008 result earned Selena and Colombo a place on the Canadian Eventing Team for the Beijing Olympic Games where they impressed with a top 20 finish in the Dressage phase before finishing 46th individually.

In 2010 the pair improved on their past placings at the CCI 4\* Rolex Kentucky Three Day Event by finishing 8th place.

At the 2010 WEG Selena and Colombo were part of the Canadian eventing team that brought home Canada's first silver eventing medal in 32 years!

In 2011, Selena and Colombo, through Canada's fantastic program Own The Podium, debuted at the

infamous Badminton Horse Trial in England – the world's premier and largest horse trial event.

The 2011 Guadalajara PanAm Games saw Selena bring home another silver medal, this time on Foxwood High.

Foxwood High was also long listed for the 2012 London Games. John Rumble, Foxwood High's owner, is an Olympian in his own right, and won a bronze medal in team eventing at the 1956 Stockholm Summer Olympics.

After Jersey Fresh CCI 3\*, a qualifying event in New Jersey (May 10-13, 2012), Selena and Colombo were one step closer to the London Olympic Games after a successful THIRD place finish. However, after a stop at the water complex at Bromont QC, the combination wasn't chosen to the London team.

2013 was an exciting and busy year with Selena as the only Canadian rider with three CCI 3\* horses in her line up. They were the top 3 Canadian partnerships at Red Hills CCI 3\* Horse Trials more all finished in the ribbons at the Volvo CCI 3\* Bromont Three Day Event - finishing 2nd with Foxwood High, 4th with Bellaney Rock and 12th with A Fine Romance. Their success at Bromont, qualified all three horses for the prestigious CCI 4\* Rolex Kentucky Three Day Event in 2014.

O'Hanlon competed on Foxwood High again in 2014 at the World Equestrian Championships in Normandy, France. They helped the Canadian team finish sixth and qualify for the 2016 Summer Olympics in Rio de Janeiro.

When not competing Selena teaches, speaks at clinics and also volunteers by donating her time when possible, to hundreds of Pony Clubbers at Pony Club Rallies.

Oct 2017 Selena and Foxwood High became the first Canadian to win the Dutta Corp Fair Hill International CCI 3\* title.



## **Coaches Corner—Susan Gosnell of Balance Equestrian Centre, Campbell River**

### **CPC B alum Vancouver Pony Club**

How do coaches get better at helping horses and riders? How do we grow and stay fresh with ideas, language and exercises while still maintaining tradition and core values? I've been coaching for 25 years, and staying fresh and getting better is something I try to do every day.

I always remember my first coach saying he would try new sports out, or new experiences, so he could remember how hard (and sometimes scary) it can feel to learn a new skill. This is a challenge I try to do as much as possible. Turns out, zip lining in tree tops was not my favourite, but I sure did get a new understanding and appreciation of how hard unfamiliar things can be!

I think coaches become better by expanding their knowledge- books, videos, studying other riders and taking lesson/clinics and competing; we owe it to our students to do it all. So, I have a stack of books and magazines I glean ideas from, I watch videos, warm-up rings, and take as many lessons and clinics as I can afford! (Maybe more than I can afford, if you ask my husband...)

I try to remember where I came from, all the (hard) lessons I learned, from so many different coaches, horses and riders, while still having an open eye for new ways to approach the sport. As horse people, we never stop learning!



## Sylvia Nemeth-Kornherr—A New Formula for Protein Digestibility-SLOV

*Sylvia Kornherr is an Equine Podiatry Technologist and Equine Nutritionist who consults on horses with difficult hoof pathology and diet needs, particularly metabolic syndrome and laminitis. She provides local and worldwide services to horse-owners, farriers and veterinarians.*

*EPC Solutions offers nutrition education courses to the horse owner to empower them to make informed decisions in Equine nutrition to meet each individual horse's needs.*

Equine research in the area of nutrition has been growing steadily and along with it comes inherent difficulties for the horse owner to sift through the massive amounts of data, not all of which is sound advice. It's buyer beware when it comes to feed products, hay sources and supplements and it can become a daunting task to choose wisely. One of the best ways to combat this is to hire an independent nutritionist who can analyse your horse's requirements and use a combination of the best food sources and products available in the market today, that makes the most balanced sense for your individual horse.

Some typical scenarios we see:

Underfeeding to bag label. The well-intending owner chooses a feed bag which has a nicely balanced mix of ingredients, including protein, energy and vitamin/mineral mix. While it has been formulated as a balanced mix of nutrients if fed at the suggested feed rate per horse weight and work load, many owners realize their horses are easy keepers or gain too much energy, therefore offer 1/4-2 lbs. of the feed per day as opposed to 6-10 lbs./day. This means the horse becomes malnourished, not receiving the correct mix and amount of proteins, vitamin and mineral intended for that size of animal to keep internal organs, soft tissue and hard tissue, immune system and nerve health functioning in a healthy manner for years to come.

Often when feeding to the suggested feed rate to ensure meeting daily requirements of protein, vitamin & mineral, the horse at the same time ingests excessive levels of energy nutrients be it from fat, fibre or carbohydrates. This may lead

to obesity, metabolic and hoof health issues. Understanding what each feed ingredient offers, gives great insight into what type of feed best matches your horse so that you can feed the recommended amount, ensuring important protein, vitamins and minerals requirements are met, without added weight gain or excessive carbohydrate levels.

Free Access or Hay only forage diets with mineral supplement.

The other common scenario we encounter, are horses fed forage-only diets with a mineral supplement.

We now know the digestible portion of protein found in hay is much lower in value than the analyzed CRUDE PROTEIN number on a hay analysis. We also know the full range of required amino acids is missing in hay/grass. This results in INCOMPLETE amino acid profiling; your horse is receiving less protein than thought and missing key types of proteins from the forage. Without this complete profile of essential and non-essential amino acids, in the correct ratios, the horse cannot utilize most of that protein and instead, a good portion passes through, is broken down and eliminated as nitrogenous waste, polluting the soil and taxing the kidneys, leaving the horse with deficits..

### A New Predictor for Digestible Protein vs Crude Protein

On Feb. 4, 2015 a new protein evaluation system was presented based on digestibility trials with meadow grass, roughages (grass hay and lucerne hay), cereal grains (oats, barley and maize) and rations containing hay and cereal grains. It has been adopted by Requirement Standards of the Society of Nutrition Physiology as a future protein evaluation system in Germany. At EPC Solutions, we also utilize this evaluation system with very good success and see good improvements in topline muscle, immune health and quality hooves.

This method facilitates the nutritionist with an improved predictor as to the shortfall in both "quantity" of digestible protein and "type" of protein to add back to the diet. Every cell and enzyme in the horse's body can be broken down



to its simplest form as a protein. You can see the significance of properly assessing your horse's needs.

**THE MISSING LINK- Contribution of gut health**

Another area we tend to lose focus on is the horse's inherent state of intestinal health. Be it genetic pre-disposition, response to diet changes or stress induced, microbial colonies shift and change on a daily basis in response to their environment. This determines how well your horse will utilize those balanced nutrients overall, ensuring optimal absorption rates across healthy mucosal lining, prevent toxin transport into the blood system via leaky gut, and maintain a strong immune system. Microbial populations in the large intestine are easily disrupted due to the domesticated lifestyle of our horses. So many horses need assistance to support optimal gut health and a learned nutritionist will point you to a quality pre-probiotic, enzyme and B-vitamin. The key is to use a product that protects and encapsulates live pre-probiotics so they can survive the hydrochloric acid of the stomach and be delivered intact and alive to the hind gut. Probiotic or "beneficial" microflora should be the

prime residents in the hind gut- efficiently breaking down fibre to release safe forms of energy (volatile fatty acids) to the horse as well as synthesize vitamins to keep the immune system healthy. They also form a healthy biofilm attaching to the intestinal lining to protect from leaky gut syndrome and help keep more dangerous disease-creating bacteria under control in smaller colonies.

Your horse can certainly survive while malnourished, but expecting longevity without medical issues or expecting performance from your horse will require similar to any other healthy athlete- balanced nutrients in the diet and a structurally sound body that can perform that which is asked of it.

We engage owners to be pro-active rather than reactive. It is prudent to consider an individual nutrition and body assessment to optimize a diet plan and assess the horse for both fat and muscle composition as an important part of herd health to keep your horse on track for a long and happy career and companionship.



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# The Groundline

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

## What Does it Take to Represent Your Country in Pony Club?

At this time of year, we begin a cycle of National and International competitions within the Pony Club and as experiences are shared and results posted, people begin considering applying to be a member of these teams. Pony Club is, in fact, one of only a few organizations that offers its members the opportunity to represent their country in an international setting at a relatively young age. Why do we do that?

Pony Club is not only about building competence and confidence in equestrian skills, but also about creating well rounded, mature and broad-visioned young global citizens - people who see the world in a way that is bigger than just their own town, city or province. The horse is a great connector and "common ground" creator when you gather a group of equestrian minded youth from around the world together. That shared interest and passion has the ability to break down barriers, create bridges and provide fertile ground for international understanding and friendships that last a lifetime. However, the opportunity to be on an international team is a goal not to be undertaken lightly. Beyond the obvious attainment of higher levels of certification and skills, there is a personal component that is sought when teams are formed and

applicants considered. Some of the questions asked are: "Is this person a team player? Will they step up and do whatever needs to be done regardless of their role on the team? Can they give leadership? Can they take leadership? Will they respect the rules, authority and laws of the host country as a visitor and Canadian ambassador? How do their coaches, teammates and friends speak of them? Do they lose graciously? Do they win graciously? Anytime you interact with those from other countries, you are exposed to different cultural values, concepts, perceptions and roles. Can you, as a representative of Canada, accept and interact with these factors without sacrificing your own Canadian values and identity? "

Although being competitive in your horsemanship knowledge and skills is a factor in the selection process, it is only one of a number of factors like those mentioned above. When someone is selected to represent our country in another nation, we must be confident that that person will make choices that reflect well on our organization, our mandate (Loyalty, Character, Sportsmanship), and our cultural value system. They become the face of Canada to others "from away". Their choices and behaviours directly affect how others see Canada, and the Canadian Pony Club. They also reflect on the members region and club - those who believed enough in



them to endorse and put them forward for consideration. There is much weight on the shoulders of our international team members, not all of it dealing with winning or losing an event. It is much bigger than that.

So I encourage you - along with building your equestrian skills and pursuing your levels, practice character in all you do. Whether you are in your club, region, local show or any other venue, handle yourself as if you are representing your nation. Compete with integrity, show respect to organizers and coaches, follow the rules of the event and area, be the first to give help, support and encouragement to others - competitors or otherwise, accept your placing with grace and gratitude, and whether you win or not, let good sportsmanship guide your reactions. Practice these things every time you have the opportunity and they will become second nature, a part of who you are, and you will be well on your way to becoming the type of candidate we seek as a Canadian Pony Club international competitor and ambassador!

## Volunteer Appreciation—Heather Fantie

Like many volunteers, Heather came into the Pony Club Organization as a parent of a horse obsessed daughter. Heather had never owned a horse and worked in the hospitality industry in administration. Apart from an occasional trail ride in the summer, she had no horse knowledge to share. For the first few years Heather served food for the Heartland Pony Club, who trained at Pelmac Stables in Vanscoy Saskatchewan. In those early years she watched and learned a lot, and liked what she saw!

When the Heartland Pony Club needed to replace the vacant position of DC, Heather stepped in to keep things going. Even though she herself had never been in Pony Club, she utilized the good organizational skills acquired through her variety of administrative positions and managed her duties as DC quite capably. Around about that time her daughter, Teryn, was moving up in her levels and was ready to start quiz competitions with her level C freshly attained.

Quiz proved to be the event that Heather and her daughter really enjoyed over the years. They travelled all over the country, Victoria, Winnipeg, Calgary and PEI. Everything about quiz training sounds great when Heather speaks about it, the fun sessions, the theme nights, the camaraderie and the accomplishment for material learned. Over the years she had a lot of fun putting the quiz events together and busting out group study sessions. Saskatchewan has sent a good number of teams out thanks to all that preparation! Heather enjoyed every moment as a chaperone and later as the Regional Quiz Chair.

With Teryn in the B levels now it is easy to see that the 10 years have flown by. Teryn earned enough money to buy a good horse for herself and is self-sufficient now. Heather could leave at this point having volunteered more than her share, but she is staying on as ADC to help a new parent transition to the club DC position. Heather is a great believer in succession planning and bringing in new members to keep things fresh! She is also our Regional Quiz Chair but has no plans to leave that position, and with the 2019 National event coming to Saskatchewan, we sure hope she stays!

Heather is a fine example of a non-horsey parent delivering a huge contribution to the Pony Club organization. Her willingness to pitch in, to set a great example, and to promote the culture have paid off with numerous young people moving up because of the work she did, and the opportunities she helped to provide. Heather takes great pride in reciting the accomplishments of all the young people she has spent time with through Pony Club. Heather Fantie exemplifies everything you could ever wish for in a volunteer and more!

Kim Reynolds

Saskatchewan Region Communication Chair

*Thank you Heather for all you do!*

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

## **TOP THREES!**

**Congratulations to ALL members of Canadian Pony Club on their successes this summer and fall, competitive and personal! We would love to celebrate all your achievements in the newsletter but I am sure it would make a novel!**

To celebrate in a small way, here are the “Top Threes”, gold, silver, and bronze, or 1st, 2nd and 3rd place finishes from this years National and International competitions!

Rally (Hosted by COR, August 3rd through August 6th)

### Team Overall

1st place—NS

2nd place—Sask

3rd place—BCLM

### Team Stable management

1st place—Sask

2nd place—BCLM

2nd place—WOR



National Tetrathlon (Hosted by Western Ontario Region - August 9 - 14th)

### Junior Women

1st place—Riley Denoon - WOR

2nd place—Anna-Mari Muller — WOR

3rd place—Ellexim Fulton -BC Island

### Junior Men

1st place—William Jack —BLCM

### Senior Women

1st place—Alyssa Yu—WOR

2nd place—Patricia Rothenburg—COR

3rd place—Gifford, Acacia—SLOV

### Senior Men

1st place—Erik Zimmerman—ANR

2nd place—Stuart Synnot

PPG National A's (hosted by Nova Scotia - September 2 - 3rd.)

1st place—WOR

2nd place—NS

3rd place —Alberta

PPG National Masters (hosted by Alberta North at Whitemud Equestrian Center - August 26 - 27th)

1st place—WORAB (WOR and Alberta mix team)

2nd place—BCLM

3rd place —COR

# TOP THREES!

National Quiz ( hosted by BC Interior & North—Oct 6th –8th)

## AB team

1st place—Manitoba

2nd place—WOR

3rd place—ABC

## AB individual

1st place—Sabrina Kendall—Manitoba

2nd place— Karla Iverson—Manitoba

3rd place - Kaitlyn Henderson -Central Ontario

## C team

1st place—BCLM

2nd place— BCIR

3rd place - SLOV/NS/COR

## C individual

1st place—Anna Buck-British Columbia Islands

2nd place - Kassandra Hawes- British Columbia Lower Mainland

3rd place - Jordan Carver -- British Columbia Lower Mainland

## HorseMasters Team

1st place—BCIN

2nd place—COR

## HorseMasters Individuals

1st place—Kally Cowan-British Columbia Interior North

2nd place - Stephannie Wall-British Columbia Interior North

3rd place - Nellie Bradbury-COR

## International Quiz team

1st place—Canada

2nd place— USA

3rd place - Great Britain

## International Quiz Individual

1st place—Caitlin Brast—Canada

2nd place— Jessica van Nostrand —Canada

3rd place - Emily McKague—Canada



## ***TOP THREES!***

IMGE (hosted by BC regions)

1st place -Great Britain

2nd place— Australia

3rd place—Canada



National Dressage (hosted by Alberta North Region at Whitemud Equine Learning Center -July 27 - July 30, 2017)

1<sup>st</sup> Level

1st place—Alexis Vahey—COR

2nd place—Kris Melynchuk—ANR

3rd place—Tiana Miller—ABS

Training

1st place –Shalom Leger- WOR

2nd place—Esme Hudson - NS

3rd place—Zohra Verduin- BCIR

National Showjumping (hosted by Alberta Central -July 20-23, 2017) - results to follow

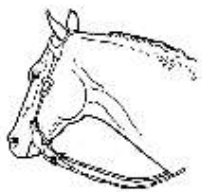
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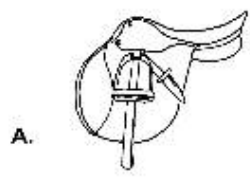
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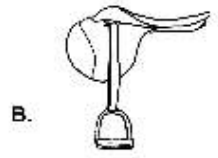
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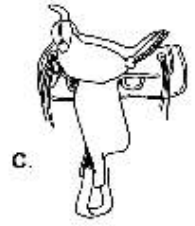
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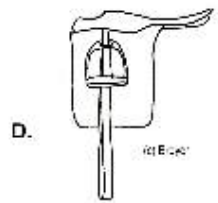
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