



Central Western Dressage Group Inc.

Special Edition Newsletter – August 2024

Congratulations to our new Committee!

Thank you to everyone who attended the AGM on 14 August, it was great to see some new faces. The new Committee is looking forward to working with all our members in the coming year!

Please contact Kate Whitaker (k.whitaker@live.com) if you are able to assist with sponsorship for our Open Championships (12-13th October) or Club Championships (17th November) or would like further information.

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CWDG Official Competition – 15 September 2024

🌟 Feeling inspired by the spectacular Grand Prix and Freestyle events at the Paris Olympics? 🌟

☀️ Get ready to embrace the spring weather and reignite your competitive spirit at our official and closed unrestricted dressage competition on **September 15th!**

Competition Details:

🏆 Prize Categories: Ribbons 1-6 place with additional categories for the CWDG Young Riders, Open and Ponies (Prep – Novice classes only)

🌟 Class Levels: Preparatory to FEI levels, including Para classes

🍽️ Enjoy a delicious lunch & refreshments provided by [Cook Wook Wong Food Van](#)

🗨️ Ensure your entries through NOMINATE before the deadline on **September 6th.**

🚫 No late entries will be accepted.

<https://nominate.com.au/EquestDn/Event.aspx...>

Don't miss this opportunity to showcase your skills & enjoy catching up with like-minded peeps! We can't wait to see you and your horses dancing in the arena 🌟

[#CWDG](#) [#DressageCompetition](#) [#EquestrianSports](#) [#FEI](#) [#ParaDressage](#)
[#YoungRiders](#) [#SpringEvent](#) [#ParisOlympicsInspired](#) [#CookWookWongFoodVan](#)
[#DressageCommunity](#)



Official & Closed Unrestricted Competition



Sunday 15th Sept



Blayney Showground

U Preparatory to FEI levels, including Para classes (*specific conditions apply*).

U Young Riders, Open, and Ponies categories in Preparatory, Preliminary, and Novice classes

U Ribbons and special accolades await!

U CWDG Members enjoy a \$5 discount on entry fees.

Enjoy delicious lunch and refreshments on-site provided by Cook Wook Wong Food Van!



NOMINATE

Ensure your entries are in before the deadline. We can't wait to see you and your dancing partners shine!

Entries Close: Friday 6th Sept 2024. Please note: NO LATE ENTRIES WILL BE ACCEPTED.

CWDG Celebrated our 60th Anniversary on 20th July 2024 at Philip Shaw Wines

Have a read of this fantastic speech from our out-going President and life-member, Beth Maclean:

Thank you so much for celebrating the 60th anniversary for Central Western Dressage Group. I wish to thank Philip Shaw Winery owners and staff who generously supplied the great venue and delicious food. Also Jane Hyslop for organising the night.

The Club was originally started by a few enthusiastic people who got together to work out what this dressage was all about. My father, Ralph Hammond was the original President and as he was involved in the light horse in the Army he did have a different idea on dressage, however the Club got off the ground. A few competitions were held at various private properties and then public venues such as Oberon, Bathurst and Orange Showgrounds. This was the first Club in the Central West area and people either rode to events or brought horses in various forms of transport which would definitely not be considered roadworthy today.

The arenas were surrounded by rope that was impossible to break should a horse get caught and this did provide some interesting disasters. This was upgraded by chain surrounds that would break at the drop of a hat so still difficult for riders. The letters were hand written on used paint tins which were very unsatisfactory in the wind as riders had to move quickly to follow the letter as it rolled along the ground. There were some lessons organised by instructors such as Nita McAuley who assured everyone that if they could have sex at the end of the school then the rider had definitely not been trying. Saddles were compulsory but no type was specified so we had some interesting equipment.

We then progressed to having more official events with qualified judges and safer arenas and the standard improved. This was about the time when many male partners decided on a different career.

One of the highlights of the Club was the Dressage With Altitude at Bradgate Park headed by Cath and Trevor and the Committee at the time. This really put the Club on the map.

Over the years we have tried different venues and have finally found a great home ground at the Blayney Showground. CWDG has been the instigator on improving the facilities with financing 2 outdoor sand arenas and had a huge input into getting our wonderful indoor arena plus yards and a container shed for equipment. This has had its ups and downs with other users needing a different surface but in general it works well.

Our next project is to get a stable complex and a number of submissions have been prepared for grants however unfortunately at present we do not have the support of the Blayney Council so without their permission as Trustees we are unable to submit an application. However we will keep trying.

I have been a member of CWDG for most of the 60 years and am very proud to have been made a life member so thank you. I do appreciate the past and present Committees and Members for all the work they have put into making this a very special Club.

I do wish the Club all the very best for the future and hope it will grow and continue to offer wonderful events throughout the coming years.



Robert Harrisson Schmerglatt Clinic – 17-18 August 2024

CWDG August activity was to have a return clinic with Robert. We had 13 riders, some having lessons over the 2 days. Once again Robert's teaching was well received, and it was just wonderful to see smiling and appreciative riders. I am sure Robert was delighted as well and secretly the horses!!!

We had numerous people as on lookers and although we did not have a loudspeaker system in place if you sat closer enough you could hear Robert instruct. Something I feel we could look into in the future. Robert must be getting tired of me telling him to bring warm clothes, but we are at Blayney and of course it turned on its usual cold blast, how lucky are we to have the indoor!

To try and keep costs to a minimum I took on doing the entries via email to members rather than Nominate.

I had a wait list which I could access as the need arose and it was also opened up to EA members via Facebook to fill last minute spots. I was appreciative of riders swapping a few times to make timetabling easier. From my end it worked well I hope from the rider's end it did. If you would like to send me any comments about the clinic, please do so via email. lows3356@gmail.com

Robert gave riders some homework; he was pleased to see returning riders had done their homework from the clinic held in April. One of Robert's take-home messages to all riders is to have the horse in front of the leg (that is the rider's leg) to enable more roundness and the movement will come easier to the horse and more comfortable for the rider. An exercise to achieve this is to send the horse forward and then ask for half halts, doing many of these in succession. Leg yield is also very good to achieve this. It was a pure joy to see many riders and horses responding to these two exercises and getting great results and fabulous movement.

We certainly have some talented riders and horses in our area. Robert thanked us for inviting him to instruct us and we appreciated his expertise, patience and many requested he comes again. If you are interested, please let me know and I will take the recommendation to the committee.



Susan low



As we head into Spring, make sure you have a read of this informative article from our wonderful sponsor
McDowells Herbal regarding laminitis!



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Over the years I have helped many owners design diets that prevent laminitis, as well as help thousands of owners rehabilitate their horses from serious chronic debilitating founder. My understanding of the process of laminitis, its pathogenesis and management has evolved, not only due to my direct experience in practice, but also as more research has come to the fore.

Horses that are suffering from laminitis may not just be suffering from the typical Insulin resistance as the cause. Other factors such as toxins, immune reactions, bacterial infections, retained placentas in mares and gut problems as well stress to name a few, indicate that just looking at the sugar content in forage is short sighted. Insulin resistance is a symptom of a much larger picture. The metabolism in general and the immune system with all the co-regulating factors influencing these systems are at play.

Scientific research for the presence of oedema in horses with laminitis

A Scottish researcher from the **University of Edinburgh** named Susan Kempson was one of the first to identify a new theory of the initial event in the pathogenesis of laminitis. Up until the presentation of Susan's research it was assumed that laminitis was caused by the restriction of blood to the laminae by the AVA's (AVA's are vessels that connect an artery to a vein and act as shunts to bypass the capillary bed).

Susan's theory proposes that the primary event in Laminitis is the formation of oedema within the foot. This occurs when excess fluid accumulates in the extra cellular spaces of the tissue, due to either abnormal leakage or fluid from plasma to the interstitial spaces, or when there is failure for the lymphatic system to return fluid from these spaces back to the blood. (1)

But what causes this increased permeability?

- Toxins
- Immune reactions
- Bacterial infections
- Vitamin C deficiency
- Trauma
- Mineral-corticoid excess
- Acute kidney failure
- Liver disease causing a decrease in plasma proteins.
- Gut problems – worm damage and chemical use causing leaky gut syndrome

I always remember my vet (a good friend and mentor of mine from when I was very young!) saying to "watch him!" as the best advice for prevention. But what was I watching for?!

Thankfully, now I know! It is my experience now that EVERY horse or pony, in varying degrees, is susceptible to laminitis from a variety of causes. Watching your horse for early signs is very important!

The early warning signs are:

- Weepy Eye - every case
- Sluggish - every case
- Hard, engorged crest (not in every case)
- Overweight and fat pads (not in every case)
- 'Sooky' behaviour - every case
- Sensitive to walk on hard ground - every case
- Reluctant to stride out on the arena
- Irregularity of stride – every case
- Shifts weight – back to front, rests back feet, front

Seriously close to foundering:

- Weight shift becomes more obvious
- VERY reluctant to walk
- Swelling of lower limbs

Foundering (pedal bone rotation):

- Unable to walk
- Rocking back
- Obvious pain

feet

- Mild lameness on one side - every case
- Gets worse after a hard run or work on the arena - every case
- Lamé on a circle – every case
- Laying down for short periods more frequently
- Heat in feet - every case

- Abscessing
- Rapid pulse
- Heat in feet

- Tucked up
- Laying down for long periods
- Pedal bone penetration

Early intervention and Emergency Management

There will be in every case of pre laminitis and acute laminitis the need to get rid of the cause (toxin) and help restore normality to the GIT and the metabolism to prevent an ongoing chronic case.

This involves understanding what the cause is (a vet can assist you in this regard) and following the emergency procedure:

- Locking up the horse from fresh green grass
- Feeding as per my recommended diet and the correct hay type
- Feeding herbal supplements to promote elimination of metabolites and possible toxins
- Supporting gut health and improving gut integrity
- Natural Pain relief and moving Oedema (Alleve8)
- Regular hoof care (bare foot is best) + McDowell's Hoof Heal
- Deep bedding for standing
- and if exercising your horse, do so in sand arenas or on grass.

Forage Type

Many of my suggestions have over the years challenged commonly held practices, which are now becoming more widely accepted. For example, I have never agreed with the practice of feeding out lucerne hay in the acute stages of laminitis. Every case that I have been presented with to help manage, the horse was fed lucerne. On removal of this feed (and transferred to my preferred diet with herbs), the horse started to improve within 24 hours. This would invariably lead to 100% rehabilitation.

Whilst the industry in general applauds the low levels of Non-Structural carbohydrates in this hay as the main reason to feed it, my experience tells me otherwise.

Protein leakage through the intestinal wall is one idea that needs to be more thoughtfully considered, along with phytosterols, nitrates as well as other chemicals found in lucerne and spring grasses.

If dealing with an acute case of laminitis my advice is always to use hays that do not produce a dark coloured sweet-smelling tea when soaked. The hays need to be producing a light-coloured water, not sweet to taste. This hay will not need soaking and can be given 24/7. Soaking hay does not remove enough sugar and becomes a pointless exercise.

You need to find the right hay from the beginning and test it yourself.

Usually once the acute stage of the laminitis is under control, feeding out lucerne can be resumed in small amounts along with other low GI forage like Rhodes hay.

Conditions like Insulin Resistance and Cushing's can also be supported with herbs. I suggest extra support with a specific formulation Like our **Metabolic-S** or **Cushing-S** to help with endocrine balance and improve insulin sensitivity.

Usually in 10 days you will see a marked improvement if you have caught the condition in time. If you have been dealing with a chronic long-term case, then it is best to discuss with me the rehabilitation process for the metabolism in depth.

Cath McDowell – McDowells Herbal.

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