



SLOV

CHATTER



Issue 1 / 2013

What's on your 2013 Pony Club Calendar??

Coming Events:

- Regional D-Rally- May 18,19 & 20th
- Regional Tetrathlon May 25th & 26th
- Regional PPG- June 30th
- Regional C/B Rally- July 5th, 6th & 7th
- Regional Fundraiser- Dog Agility Crew- July 27th & 28th
- Regional Dressage- August 25th
- Regional ShowJumping- August 29th
- C2/B+ Testing August 30th, 31st & Sept 1st
- *Testing, Shows, Clinics or Field Trips?.....Pony Club is always Fun!*

So What has SLOV members done so far in 2013.....

- A bus load just returned from a terrific trip to Kentucky to see Rolex..by all accounts..Fabulous!
Thanks Cat for the hours of work
- Shooting Clinic hosted by KRPC/Tet Chair Brian & Linda Zimmerman, the participants learned a lot under the watchful eye of Pat Boulay, always well organized and fun!
- Regional Quiz- Diana and her band of Merry Volunteers offered up an educational fun-filled day
- Mini-Tet- a great time was had at the Mini-Tet in Perth...a great warm-up for Regionals!
- Winter Camp-Cat and accompaniment held the attention of a full-house of keen members for Winter Camp
- Day at the Races fundraiser at Rideau Carleton Racetrack was a huge success thanks to Lynne and helpers who set the wheels in motion, Thanks to sponsors, donors and bidders alike, the evening was great!

*VOLUNTEERISM...pass it down to your children as Tradition,
but more important, it's a gift for a lifetime.*

Loyalty Character Sportsmanship

On the March 1st to 3rd, 2013 weekend, Grace, myself and our Moms went to the Annual SLOV Winter Camp. We had a choice of staying in a dorm or a cabin.

We chose the dorm. The camp site was called MacSkimming, located in Cumberland, ON. The whole area was spacious and the cabins were rustic with a lot of character.

Day 1: We had first choice of the beds that we were to sleep in. Grace and I slept on top bunks. This was a bonding time between all of us. We met other branches in the bunks adjacent to ours. They were very friendly and informative. Some would study their breeds by playing games with each other.

Before we went to sleep, we all went to the main lodge to have a snack and listen to an International Polo Player. --- Sebastien Fernandez, talked to us about his time as a Polo player. There are only two basic rules in polo, don't cross the path of the ball, and if you hit the opponent's mallet, you are not to hit it near their hand. This was a very interesting speech; it made myself and others want to start playing polo!

Day 2: We woke up at 7 am to go get breakfast, we had a choice of pancakes, toast, oats, and plenty of other selections. All the food was very good and it was all prepared by the Winter Camp chaperones.

At our first clinic we were all divided into five groups based on your age. As Grace went off the Bits and Biting clinic, I went to Fitness. What we did in fitness was talk about eating right, and exercises to stay fit. This clinic was very informative and she taught us a lot about how we should stay fit. I would love to do this clinic again!

Grace's next clinic was the Blacksmith Shop to talk about careers while I went to Biosecurity. Dr. Lynne Blackburn who was the instructor, taught us about outbreaks within the area. With my group I was paired up with a girl from Steven's Creek and a girl from another barn, we discussed her horses and barns. We talked about what to do when there is an outbreak within the area. The clinic was very clear, and Lynn is a very good teacher. I learned so much about biosecurity. I am ready to practice using safety procedures to prevent the spread of diseases.

After lunch we went to our third clinic of the day, Grace went to Fitness and I went to PDCA. PDCA stands for Plan Do it Check and Act. What we learned was to budget and plan for our futures. If we want a horse, we had to calculate the price of all the necessities. We worked our brains really hard! After this I had her again for Dealing with Stress while Grace went to Colic with Lynne. Grace had a lot of fun at the colic and she learned a lot. We then went to our last and final clinic of the day which was, for Grace, Decorating Horseshoes. For myself, I learned about Teaching and earning your Instructors badge. There was a lot of information to take in. I was surprised that you had to do so much to become an instructor. I wrote down lots of notes and had fun doing so.

After all the clinics, we had some free time before dinner. We discussed all our clinics that had taken place and what we had learned. Grace gave me the horseshoe that she decorated, it is incredibly beautiful!

Dinner in the main lodge, it was Italian night and it was great! I had seconds of the spaghetti and everything! After we got dessert because it was a member of SLOV's birthday!

Later we had a bonfire outside roasting marshmallows & hot dogs and drinking hot chocolate which was great for warming me up. We were also serenaded by a man called Alex Sinclair.

His website is www.alexsinclairmusic.com/ Alex sang songs of his own and other well-known songs, in the middle of it, he almost caught on fire, but he ended up okay!

The night before some of the kids were a bit hyper and had a hard time falling asleep. Diana Bayer deals with natural oils, one of her oils happened to be a sleeping/relaxation oil. A lot of us wanted to go to sleep so we put it on our big toe (the big toe sends signals to the brain). Within ten minutes, we were all asleep and it was very peaceful that night.

Day 3: We got up early that morning for breakfast and were served bacon & eggs, toast, sausages, bananas, cereal, and many other choices. The food was great; the chaperones did a great job at preparing the food for us!

We then packed our bags and left for home. All four of us were a bit home sick and so we left a bit early. We all enjoyed our time very much and I would love to go back next year! Grace enjoyed herself the most and absolutely loved *EVERYTHING* we did there! It was a lot of fun to spend time with different branches. I hope we get some more kids from Barrhaven Pony Club to come and participate with us next year!

If you have any questions about SLOV Winter Camp email me:

Hollycat8@hotmail.com

Submitted by:

Jordan Levisky

Barrhaven Pony Club



Trivia Corner

If the conformation of a horse is unusual it is often compared to other animals. Give the names of:

- A— hindquarters which slope sharply from the highest point to the root of the tail
- B— a short thick neck
- C— a small mean eye
- D— a tail with little or no hair on the dock
- E— a horse with a belly which slopes up sharply from girth to stifle

Equine Vaccines

Spring is here and it is time to get your horse up to date on its' shots. What shots are needed?

Core Vaccines— Tetanus, Flu/Rhino, Rabies Eastern/Western Equine Encephalomyelitis and West Nile

Others that might be suggested— Strangles, Potomac and of course a Coggins report may be required at various facilities.

Will you be taking the horse off your property to shows and clinics? The best person to ask for advice is your Equine Vet..a wealth of information as to what your horse might be at risk of in your area of the country.

How to Draw a Horse Head



Start with these simple shapes. Lightly draw a triangle, add a circle for the eye, a rectangle for the face and add a curving arch for the neck.



Add the eye, cut off the corners of the rectangle to make the nose. Add the bump for the chin, draw the nostril and mouth. Add a curve for the throat and a long mane and not to forget the ears!



Erase the working lines and add shading.. Now you are an Expert!

What sets a PC member apart from others?

- Willingness to learn, to read and question
- Willingness to help others
- Pride in doing things correctly, no short cuts
- Good Sportsmanship, always quick to congratulate others on their accomplishments
- Team workers, it is always more fun to work together!
- Pride in both their self and their horses' turnout and care

Look who has gone viral~

This photo of Diana Bayer and the gals from Heroncrest Farm decided to stop for a Timmies after the Santa Claus Parade in Smith's Falls...low and behold the photo was soon shared from



DIANA'S FAVORITE OILS~



So those of you who were at winter camp this year may have heard me talking about some oils I use to stay healthy. Before I talk specifics know that not all essential oils are created equal. Most that you buy in natural food stores are mixed with chemicals and should never be taken orally. I cannot vouch for any other oil company other than Young Living. These products are guaranteed safe for eating and contain no other products other than what is listed. The website is www.youngliving.com/en_CA/opportunity/ my sponsor ID number when you sign up is **1367660**, and from here you can order all the oils I talk about, and know they are safe. It is a direct marketing company, so that means it comes directly to your door! You can sign up as a customer for free, or a distributor for \$40 (no you don't have to buy or sell anything you don't want) and save 24% and get points for free stuff etc. Enough sales pitch.

On to the good stuff. The one that you cannot live without is thieves' oil. Enough cannot be written about this stuff. Legend goes it saved grave robbers from the black plague, hence the name Thieves oil. Anecdotal reports have it curing MRSA and other nasty things in the hospital. Made up of a blend of oils; clove, cinnamon bark, rosemary, lemon, eucalyptus, this powerful oil is awesome for sore throats. Melissa came down with a bad sore throat from too much kissing, and she had white spots at the back of her throat and a fever. She wiped her cheek with one drop of oil, every few hours. The next day she was on her feet doing stalls. This oil you can diffuse into the air and kill viruses, it will also kill black mold, also great in a spray bottle for rain rot. Rub it on your feet if you can't stand the taste and it will protect you from what's going around. We had the nasty flues go through the house this winter but at most my girls missed 2 days of school, and I never caught it. There is also a hand soap you can wash with it, and it smells so nice.

Another big one is Lavender oil. Again, lots of companies sell it, but it is often diluted with chemicals. Lavender calms angry tissues. So on a bruise, it works wonderful, can't sleep put a few drops on your pillow, think you have an abscess, rub it into the coronet band, and put 10 drops in the hot water soak with the salt, put it in the bran and salt packing bandage. Give it to the owner to calm them down when their horse is lame, naughty, sick. Put it on the horses spine when they are too energetic, angry, sore, naughty (sometimes it helps because the rider breathes it in and that is where it was needed most anyway.)

Essential oils have been used for 1000's of years; they offer a natural alternative to chemical solutions. You can do away with most things in your medicine cabinet and be healthier. A favorite in our house due to a teenager with a touchy nervous stomach is DiGize. A blend of tarragon, juniper, anise, ginger, fennel, patchouli, peppermint, lemongrass, one whiff can stop the need to vomit instantly. Rub it on your belly and feel that nasty feeling go away or a drop on the roof of the mouth will work too.

Once the hot weather returns my drink of choice, is water 4 drops of lemon oil and 1 drop of peppermint oil. This is so refreshing and will really help cool you down on a hot day. A drop of peppermint oil on the back of the neck is great for a fever and cooling down from the heat, rub it on the digital artery and cool your horses' feet from founder or too much road pounding. It feels like an ice pack and is an excellent vasal dilator. In a very light application put one drop on your finger and draw along the sinus and down to the throat to clear the nose, it will feel very strong to your eyes, try not to get it in your eyes. DO NOT FLUSH with water to try to get rid of it, this will make it worse. Just be patient and cry for the eyes, use a natural oil to help on the skin if it is too strong. (Coconut, hemp or grapeseed are nice) It will pass, I have done it many times and you think you are going to die but you won't. You can also put the peppermint oil on the bit to make your horse take it better and to make them like you more. The smell is intoxicating to them so be prepared to get mobbed.

There are lots more great things about oils but these are some of the simple and best everyday oils.

Cheers

Diana Bayer– Appleton PC/ HeronCrest Stables

2013 PHOTO CONTEST

~Sponsored by Cavalier Equestrian~

Enter photos in one of 4 categories

3 Prizes of Fantastic saddles

Open to Kids Only- under 14

Contest closes October 1, 2013

For complete rules and details visit:

www.Horse-Canada.com/photocontest

Thank You

Sandy & Todd Brown for showing your continued support of SLOV with the use of the community room at Brown's Independent Grocer in Stittsville, for Regional meetings..it is appreciated!



Ritchie Feed & Seed in Brockville was offered as the March Regional meeting location..however due to inclement weather that had to be cancelled. Thanks Andrea, we will take you up on the offer

again!



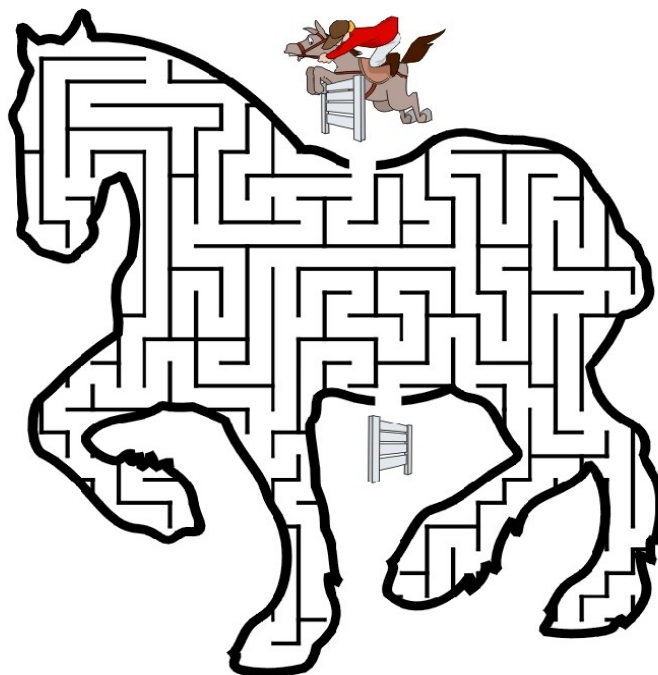
Trivia Answers:

- A- goose rump
- B- bull neck
- C- pig eye
- D- rat tail
- C- herring gutted

Thanks to Cat Hunter...

MINI HORSE KIDS CLUB

Help the jockey and horse find their way through the horse shaped maze to find the next fence to jump.



Congratulations Melissa Bayer~
Recipient of a \$1000 OEF Youth Bursary

ONTARIO EQUESTRIAN FEDERATION

Striding For Equine Excellence!



IN PRAISE OF VOLUNTEERS

SLOV is so appreciative of its' many volunteers who give of their time to our young horsemen and women. The OEF recognized one such volunteer as one of the *"People Who Make a Difference"* at the 2012 AGM. Congratulations Lesley!

Lesley Cruickshank

Lesley joined the pony club through the Lake of Two Mountains Hunt Pony Club branch in her home town of Hudson, Quebec as a young child. She has many fond memories of hacking along roadways to meetings every weekend and then home again afterwards. Lesley fondly recalls; "We didn't trailer anywhere then, if we couldn't ride there we didn't go". Lesley graduated high school in the very early 1960's and at 18 years old aged out of the pony club. The day after her 18th birthday, she became a pony club examiner as a way of giving back to the club she enjoyed so much as a child. Lesley states: "That was the first of my 50 years of being mean to small children".

Lesley remained an examiner at the regional level for a good 20 years and never intended on becoming a national examiner. Good friend, Gail Todd, convinced her that she would be a good national level examiner and that they needed her, so she upgraded her examining credentials and became a national level senior B examiner. "That's when the fun really began", Lesley remembers, "At one point I was examining candidates every week to ten days throughout the summer for several years". Lesley states: "You learn a lot as a B examiner, people don't realise the amount of preparation that is required to be a tester". Lesley has always tried to put a positive spin to her examining experiences; always being honest with the candidates and leaving them with something positive to work on for their next level. Lesley's goal has always been to maintain the integrity of the testing levels and requirements so as to keep the levels meaningful. When asked if she can recall how many or who she has tested Lesley carefully states: "I wouldn't have a clue how many I have tested but I have seen several of them on center line at FEI dressage shows".

During her lengthy involvement with the pony club, Lesley has also contributed in several other ways. Lesley was the district commissioner of Oxford Downs Pony Club for 3 years in 1975 and for many years was in charge of the dressage portion of Elchris horse trials; a fundraiser for the Oxford Downs Pony Club.

Lesley and her husband created the pony club passport that all members now use to track their accomplishments in pony club. Lesley was at an A/B level examination in Dunrobin, On doing the "teach to lunge" portion of the test. There is a lengthy checklist of tasks that must be accomplished that each candidate had to track themselves. Lesley and her husband decided to create a booklet for each local member to keep with them so that tracking member tasks could be more easily accomplished. After several years of cutting, binding and embossing the books in their basement they handed the job over to the national office for them to institute across Canada.

After over 50 years as a volunteer for the Saint Lawrence-Ottawa Valley Region and the Canadian Pony Club, Lesley claims to want to focus on her volunteer duties as a FEI dressage scribe. This writer can tell you though, Lesley will not leave the club empty handed; she still acts as a national examiner and is booked, as examiner, in Fergus, On in October 2012. Hopefully, in the SLOV area, we can convince Lesley to act as mentor for other examiners willing to try to fill her shoes. Thanks, Lesley to your 50 plus years of contribution to the Saint Lawrence-Ottawa Valley and the Canadian Pony Club. You truly are a person who has made a difference to the young equestrians in our area.



H Ontario Orse Day

Saturday June 1, 2013

11:00am - 4:00pm

TORONTO EVENT LOCATION:

The Horse Palace, Exhibition Place, Toronto ON

OTTAWA EVENT LOCATION:

The Former Nepean National Equestrian Park
401 Corkstown Road, Ottawa, ON

FREE
family day
offering fun
for all ages!



for further details visit:

www.horse.on.ca

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