

Trot On

A Newsletter for St. Lawrence Ottawa Valley Region Pony Club

Save the Date

WINTER CAMP

Macskimming Outdoor
Education Centre
Cumberland, Ontario
March 10-12, 2017

COR EDUCATION CONFERENCE

Mississauga Ontario
April 1 - 2, 2017

SLOV REGIONAL QUIZ

Prescott, Ontario
April 25, 2017

HORSE DAY

Wesley Clover Park
Ottawa, Ontario
June 3, 2017

Inside This Issue:

Member Spotlight
Spring Cleaning Tips
Top Five
Ask an Expert
Quiz Practice
.... and much more!

Greetings

from the

SLOV REGIONAL COMMUNICATIONS CO-CHAIRS

It is with great pleasure that we welcome you to the inaugural edition of *Trot On: A Newsletter for St. Lawrence Ottawa Valley Region Pony Club*. *Trot On* will be the voice of our region and aims to highlight upcoming events, member news, spotlights, useful information and more! The goal of this newsletter is to bring SLOV together and to share information that readers might not otherwise come across.

We hope you enjoy reading this and all future editions of *Trot On* and find it to be a useful and enjoyable part of your Pony Club experience.

We welcome your feedback and insight. Please email your thoughts and ideas to slovregcommunication@gmail.com.

Julia Higginson & Emma Fitzgerald
Regional Communications



**GET
SOCIAL**



Our SLOV Youth Reps are doing an amazing job representing our region on social media. Please follow @slovyouthreps on Instagram & like SLOV Youth Reps on Facebook.

Member Spotlight: Jordan Levisky

Jordan Levisky, a 19 year old pony clubber and one of our SLOV youth representatives, has met some of her best friends through Pony Club. Jordan is a college student currently studying Business Management and Entrepreneurship at Algonquin College. After graduating, she plans to attend farrier school in 2018.



Jordan Levisky and Bentley

Jordan began riding in 2011 and started eventing shortly after. Jordan has been a member of Trillium Pony Club ever since she started riding. Jordan currently rides out of Stonecrest Stables in Woodlawn, Ontario with Matt Kidney. Jordan owns two horses: Bentley, her 11 year old 16.3hh OTTB competition horse, and Ozzie.

Jordan's favourite Pony Club activity is Regional Quiz, but she also loves Regional Rally. Jordan has made some amazing memories at Pony Club events including Regional Rally and National Quiz and loves that you get to hang out with horses and friends.

As a Youth Representative, Jordan works with Shay Brokate to do as much as possible to improve the Pony Club experience. Regional Youth Representatives are the voice of the Pony Clubbers at a Regional level and have the opportunity to make changes at National level by talking to the National Youth Directors.

Jordan's advice for younger members is to never miss out on an opportunity to talk to experts in the equine industry. Jordan has received an incredible amount of hands-on knowledge from equine connections over the years.

Spring Cleaning Checklist

It's that time of year again! The snow is beginning to melt away and reveal the mess left behind by colder months. There is so much to clean up that it can be overwhelming, so we put together a checklist of important areas to tackle to get you and your horse ready for spring!



- ☐ Clean, inspect, and repair/replace all tack and blankets
- ☐ Bathe, clip, and groom horse to help shed winter coat
- ☐ Wash and pack away winter blankets and get out fly masks and sheets
- ☐ Check first aid/emergency kit supplies and expiry dates and replace
- ☐ Disinfect buckets, feeders, and grooming tools
- ☐ Confirm spring vet appointments
- ☐ Check fields and pastures for dangers and check fencing
- ☐ Service and clean your horse trailer
- ☐ Schedule your spring vet appointments
- ☐ Mark your calendar with all upcoming shows and Pony Club events!

Tip: Get a group of friends or Pony Club members together to form a tack cleaning party!



@jessicaspringsteen

Top Five: Accounts to Follow on Instagram

Instagrammers take note! If you want some serious barn envy and riding inspiration take a look at our *Top Five Instagram Accounts to Follow*:

- #1 @lifebetweentheears: Riders from across the globe send in an amazing array of photos with a wide variety of breathtaking landscapes as seen *between the ears*.
- #2 @normancook: Known more for her role on The Big Bang Theory than for her riding, Kaley Cuoco has been riding, training and buying new horses non-stop lately.
- #3 @jessicaspringsteen: Bruce Springsteen's daughter Jessica isn't your typical celebrity kid. Her posts consist of palm trees, ponies and puppies – things we love!
- #4 @ogilvyquestrian: Ogilvy is a great “product” follow because they post images not only of their products but of the riders (of all levels) who use them.
- #5 @wstables: A drool-inducing Westphalian dressage/breeding stable in Germany. Amazing photography and seriously beautiful facilities make them a must follow.

Ask an Expert: Quiz Study Tips

Regional Quiz is approaching quickly and that means it's time to start studying. N-j Ainslie is a B2 level former Pony Clubber and has been helping KRPC members prepare for quiz for many years. Her advice on preparing for quiz is as follows:

“Spend half an hour every single day of the year reading something about horses. Pony Club websites from around the world have valuable information on them. Visit tack shops and learn the names of the “stuff” on the shelves. Most importantly, make it fun! Use flashcards with friends and family and turn it into a game of Twister or Win, Lose or Draw”.

Quiz Practice!

Pony Club Quiz consists of three phases: a written test, a visual test, and an oral component. Try your hand at some of the questions below! For an answer key, please email slovregcommunication@gmail.com.

Written Test

1. **When should you feed your horse?**
 - a. When they look like they are hungry
 - b. The same time everyday
 - c. When you remember to
 - d. Only after you ride them
2. **What should a horse always have access to?**
 - a. Grain and hay
 - b. Their horse friends
 - c. Water and salt
 - d. A toy to play with
3. **Which gaits have four beats?**
 - a. Walk and gallop
 - b. Walk and trot
 - c. Canter and Gallop
 - d. Halt and trot

For the Quiz Practice answer key please email us at: slovregcommunication@gmail.com

SLOV Regional Quiz is being held in Prescott, Ontario at South Grenville District High School on **April 23, 2017**.

For more information and to register please click [here](#).

Tip: Organize weekly study groups from now until April to learn and practice as a team.

Quiz Practice! (continued)

4. Name three ways that you may be eliminated from an eventing competition.
5. How long does a rider have to enter the dressage ring after the bell sounds?
 - a. 45 seconds
 - b. 1 minute
 - c. However long it takes them (no time limit)
 - d. 30 seconds
6. Name two signs of bad hay. Name two signs of good hay.

Visuals



1.



2.



3.



4.

Act it Out!

Get together with some friends and practice the games component of Quiz. Have one person act out a horse related action or item, and the rest of the group tries to guess! Some suggestions: Polo, Dressage, Braiding a tail, Fox Hunting, Walk/Trot/Canter, Cribbing, Vaccinations, etc.

Do It Yourself

Stud Muffins

Ingredients

- 2 C carrots, shredded
- 1 C molasses
- 2 ½ C oats
- 2 Tbsp oil (any vegetable)

Directions

Mix all ingredients in a bowl. Roll into balls. Place on a cookie sheet and bake at 350°F for 20 minutes. Do not overbake. Let cool. Bring to the barn for your pony to enjoy!

Tip

Make a double batch and freeze some for later.

Help us Fundraise

Sign up with **Flipgive** to help SLOV raise money! SLOV is hosting National Quiz in October 2018 and we're starting fundraising initiatives now.

If you shop online, the merchant will donate a percentage of the sale to SLOV. No money comes out of your pocket and all you need to do is sign up to get started.

Check out SLOV's Flipgive page [here](#).

Volunteers Needed

If you or someone you know would like to volunteer at **SLOV Regional Quiz Sunday**, April 23, 2017 in Prescott, Ontario please contact Cat Hunter at slovquiz@gmail.com.

Volunteering at Quiz is a great opportunity for high school students to earn their volunteer hours.

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