



HORSE TALES

VOLUME 1

APRIL 2023



St Lawrence Ottawa Valley Winter Camp a Success!

St. Lawrence Ottawa-Valley's (SLOV) first regional event of the year was a huge success! Winter Camp, organized by Kelli Carswell, was held at the Foley Mountain Interpretive Centre in the Rideau Conservation Area in Westport, On. We had 34 campers attend, ranging in age from 6 - 18 years old. The weekend was filled with laughter, learning and incredible food! Christine Estermann, DC of Eastwind Pony Club prepared a full menu of healthy meals from scratch! Butternut squash soup with ingredients grown in her garden anyone?

Paint Night

Friday night, after the excitement of setting up bed spaces sleepover style, Diana Bayer guided the campers through a Paint Night of a horse of course. They enjoyed the freedom of painting with a sponge and flicking paint to make snowflakes. By the looks of some of the campers' hands, I think we may have even had some finger painters! All the paintings turned out beautiful.



Both Kelli and Christine wanted to ensure that I gave a shout out to all the volunteers that helped in the kitchen throughout the weekend and during clean-up! It is no small task feeding 30+ kids, but these volunteers did it with a smile!



Orienteering with Leah & Victoria

In preparation for LeTrec, our campers divided into two groups, Senior and Junior, and set out to learn how to navigate with a map, compass and bearings (seniors) during an Orienteering clinic. The senior group were shown how to orient a map, shoot a bearing and then sent out into the bush to locate markers with the bearings they had just taken. The Junior group was also taught how to orient a map, and how a compass works in relation to the map. Instead of shooting a bearing they were shown how to place the compass on the map to get your bearing and then went out into the wooded area to locate markers using their map and compass. Both of our groups worked in teams and located most of the markers! I can't wait to see what they can do on horseback!



Horse Anatomy & Soundness with Diana Bayer

Diana wowed the campers once again when she rode in on her majestic steed Paisley (named by our junior campers). Diana taught two clinics on horse anatomy and soundness, allowing for the seniors to have more in depth explanations. The engagement and knowledge from our campers at both levels was impressive and truly shows the commitment of our Pony Clubbers to their education.



Veterinary Skills with Dr. Ingrid Hafke-Bill

It wouldn't truly be a Pony Club event without covering veterinary skills! Who better to teach our young minds how to care for their horses and ponies than SLOV's very own Dr. Ingrid Hafke-Bill. It was impressive to see the engagement and excitement in the campers replies as they answered questions on how to detect signs of dehydration in their ponies, and their intelligent responses to what seemed like such complex questions for young minds! Don't let their ages fool you as these kids are here to learn! But of course, once the vet wrap came out it could be found wrapped around various parts of the campers for the remainder of the weekend!

Vaulting with Cathleen Nowicka & Sofia

Want to know how to lose the focus of 20+ horse crazy campers real quick? Back in the driveway with a horse trailer! No, there was not a horse in the trailer; however, that did not leave the campers feeling disappointed! Cathleen and her daughter Sofia taught a vaulting clinic with the use of vaulting barrels. The campers showed off some serious talent, from their backgrounds in dance, gymnastics and even some vaulters in the group! Tons of smiles, lots of giggles and just a fantastic way to enjoy the sunshine!



Upcoming Events

Rally

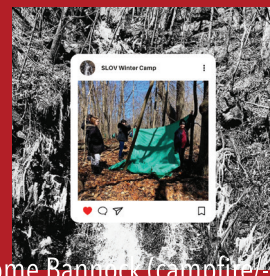
7-9 July 2023
Oxford Ridge Stable,
Kemptville, ON

Regional Show Jumping and Dressage Championships

20 Aug 2023
Upper Scotch Farm, Maxville, On

Outdoor Survival Skills with Leah

Teambuilding is emphasised within Pony Club with everything we do. At Winter camp we took this one step further! Leah, an instructor at Foley Mountain, taught our campers the five most important things to stay alive if they get lost or when camping. Then they worked in teams to build a shelter using only a tarp, four ropes and things they found in nature. The inventiveness and collaboration were great to see! The campers were rewarded for their efforts with some Bannock (campfire-fry bread) cooked over an open fire.



Helmet Safety & Concussions with Nanci Fraser-Lines

Nanci held clinics for our groups on Helmet Safety and Concussion awareness. The campers were very engaged and even shared stories about some of their own experiences with falls. I am sure they will all be heading home to check the expiry dates on their helmets and pass along the knowledge they gained to their fellow riders!!

Last Day of Camp

Sunday morning everyone enjoyed their last delicious meal, and prepared for a fun yoga session with Christine Estermann to end our camp weekend. After Winter Camp not running since 2019, it was nice to have this fun event run once again!! We could not have run this event without all our wonderful volunteers, so on behalf of Kelli Carswell and the SLOV Regional Pony Club, a BIG shout out and thank you to each and every one of you. Already looking forward to SLOV Regional Winter Camp 2024!!

Next Issue...

SLOV Regional Quiz 2023. Stay tuned for updates in our next Newsletter!!!!

PPG

17 Sept 2023
Kingston Fair Grounds

Tetrathlon

1 Oct 2023
Preston Rosedale Farm,
Perth, On