

# WYE VALLEY RIDING CLUB

**WEBSITE: [www.wyevalleyrc.org.uk](http://www.wyevalleyrc.org.uk)**

**Volume 5 Issue 2**

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**Spring 2015**

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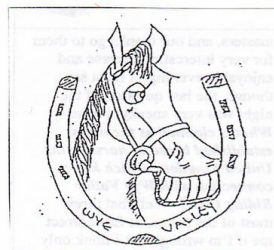
**RIDE & STRIDE CHEPSTOW**

*10% Discount for all Paid Up Members on all Purchases EXCEPT Foods and Supplements on production of BRC Current Membership Card*

What a wonderful few days we have had and they say it will continue, keep fingers crossed. I'm sorry that I am a bit late with the newsletter but as you all know it was Howick Horse Trials this last weekend I help out in the Secretary's marquee, it was a lovely couple of days but long hours and hard work. Also the day after (Easter Monday) I was working at Chepstow Racecourse so I'm trying to catch upon sleep and housework. Still let's get on with the latest news on competitions and monthly meetings  
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**Competition Time!**

Great news, the club is planning a number of competitions over the coming summer season to complement



the training and club evening talks that are already a feature of the club calendar. The programme so far is:

**Sunday 24 May 2015;** Dressage Show held in conjunction with Coleg Gwent at Usk. There is something for everyone and the tests range from Walk & Trot to Medium level. Also included is a new British Riding Clubs dressage test, BRC D3 that will be included in

the summer Area Dressage Qualifier, so here is a first chance to give it a run through.

The schedule is now available and you can download a copy from <http://southerndownridingclub.sharepoint.com/Pages/Area15ClubsFixtures.aspx>

Or you can email [peterbuist@aol.com](mailto:peterbuist@aol.com) for a copy. There is also a copy attached to the newsletter.

**Wednesday 17 June 2015;** Evening Show Jumping to be held at Howick. We will be

**QUOTES FROM A FRIEND**

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

Money can't buy happiness, but it sure makes misery easier to live with.

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip

Dolphins are so smart that within a few weeks of captivity, they can train people to

stand on the very edge of the pool and throw them fish

I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness

starting with Clear Round Jumping followed by three classes from 70 cm to 90 cm. Look out for an email with further details or check the club Facebook page.

**Wednesday 15 July 2015;** Evening Dressage to be held at Howick. This will take place just before the Area Qualifier so it will be a great chance to get out for a practise on grass at the Area Qualifier venue. Look out for an email with further details or check the club facebook page.

Wye Valley members placed at these events will earn points towards a Dressage and Show Jumping Trophy to be awarded at the end of the season. Pop the dates in you diary now, it should be a lot of fun!

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## **MONTHLY MEETINGS**

### **Wednesday 13th May (Note change of date)**

This will be a talk by representatives from Protexin referencing their product but also talking about the digestive gut of the horse. One of the speakers will either be a vet or a Director of the company. It should be a very good talk, I myself used their product on Rosie my old chestnut mare and found it excellent. Food will be provided similar to the talk on Cushings.

### **Wednesday 3rd June**

This will be a showing demonstration with Hilary Lindsay. Full details will be sent out later by newsflash.

### **Tuesday EVENING 30th June**

**A Night at the Races:** This will be a private box and will cost £30 each. For this you will get the fun of seeing the racing, a Premier Ticket, Buffet and a racecard. We do have to have, however, a minimum of 12 people so if you are interested please give you names to Karen, her e.mail and phone numbers are on the first page of this newsletter.

### **Thursday 23rd July**

We will be setting up the dressage arenas at Howick Farm ready for the Area competition on the Sunday 26th July. We need lots of helpers so please let Pam Davidson know nearer the time.

### **Sunday 2nd August**

Fun Ride with Sally Prewett Full Details nearer the time. **(This date is provisional at the moment)**

### **Wednesday 9th September**

This will be a table top sale with cakes, more details later

### **Wednesday 7th October**

Our October meeting will be 'Spook Busting for the Riding Club Horse' with Joanna and Roger Day. This will be held at Usk College on Wednesday 7th October and we are looking for volunteers to ride in the demo. If anyone with a sense of humour and a ordinarily sound and sane horse would be interested in taking part please contact Kathy Trigg - [kathleentrigg@btinternet.com](mailto:kathleentrigg@btinternet.com), for further details.

### **Wednesday 4th November**

This will be our club's Annual General Meeting.

### **Wednesday 2nd December**

This will be our Christmas Event. We haven't decided what we are going to do yet, so if you have any ideas please let one of the committee know.

## **MONTHLY MEETING REPORTS**

### **February Meeting**

This was a talk by Vanessa Coates Physiotherapist who gave a talk on physiotherapy for the rider. Any one who had a gym ball was asked to bring it along. Most of the members who attended had a go, one who shall remain nameless managed to falloff but like all dedicated horsemen got back on and succeeded to stay there. The talk was very informative and great fun as well and I know that we all benefited from her advice.

### **March Meeting**

#### **Notes from the talk given by Richard Shuttleworth from Boehringer Ingelheim and Emma from Abbey Vets about PPID and EMS.**

The drug was called Prascend which is the product name or Pergolid which is the generic name.

The preferred name is now Pituitary Pars Intermedia dysfunction (PPID) rather than Cushings. The disease in horses is very different to the disease in dogs or humans.

The pituitary gland is found the brain and is responsible for the release of various hormones into the bloodstream. The hypothalamus is located just above the pituitary and one of its roles is to regulate the pituitary gland and reduce the level of hormone release. If a horse has PPID the nerves that carry these messages from the hypothalamus to the pituitary are damaged. The regulatory messages don't get through and the pituitary gland is left unregulated. Hormone release increases and causes the range of symptoms seen in horses.

The symptoms can include a dense, dull, long, curly coat with guard hairs. Summer shedding may be delayed or not happen at all. Horses may be prone to laminitis. Fat redistributes to give a pronounced crest and pot belly. There is muscle loss along the top line and gluteal area. Fat deposits above and below the eye given them a sleepy appearance. They can be prone to infections and skin lesions often fail to heal. They can be thirsty and frequently urinate. They can be lethargic. It tends to a disease of older horses but it can be seen in horses between 10 -15 years old. Many owners mistake the symptoms of PPID as part of the ageing process. Horses will not necessarily show all of the these symptoms and in some cases it can manifest as just recurrent laminitis. If your horse has any of these symptoms then PPID should be considered.

It can be tested using a single blood test. The level of ATCH (XX) is analysed. It is estimate that 20% of 15 year old horses have this condition and 40% of horses aged 20+

The drug Prascend is very effective and works by mimicking the nerve signals to reduce the release of hormones. It is a medication that horses will remain on for the rest of their lives and ATCH levels should be regularly monitored to make sure the correct level of medication is being given.

Good control of the diet will help with laminitis and coats can be clipped out to keep horses comfortable particularly in the summer.

Equine Metabolic Syndrome (EMS) is currently thought to be a different condition to PPID however Emma suggested that EMS and PPID might be related. The fat deposits in the crest and tail head is very hormonal when compared to other fat deposits. These deposits resist attempts by insulin to move glucose from the blood to the fat cells. These leave high levels of circulating glucose and this can damage nerves. It is possible that horses have EMS and it causes the damage to the nerves seen in PPID.

EMS is tested by checking insulin and blood glucose levels. It is reversible and can be controlled through strict dietary control otherwise its a drug called Metformin.

EMS is different in that it is reversible

This was a very interesting talk and many members were present several of whom had first class experience of using the drug to enhance their horse's wellbeing.

We also have to thank Boehringer Ingelheim and Richard for arranging and providing the buffet which was excellent and much appreciated.

## QUALIFIERS & CHAMPIONSHIPS FOR 2015

### NEW FOR 2015 INTERMEDIATE WINTER COMPETITIONS

**CHAMPIONSHIPS AT BURY FARM BUCKS ON 2<sup>ND</sup> - 3<sup>RD</sup> MAY 2015**

**FESTIVAL OF THE HORSE CHAMPIONSHIPS. 30<sup>TH</sup> - 31<sup>ST</sup> MAY. WASHBROOK FARM, ASTON-LE-WALL**

**The absolute latest date the FOTH qualifiers BELOW can be held is 26<sup>th</sup> APRIL**

### SUMMER QUALIFIERS

**SUMMER DRESSAGE: Venue: Howick Farm, Itton, Chepstow.**

**Date: Sunday 26th July 2015. Hosts: Wye Valley RC.**

**HORSE TRIALS: Venue : Sapey Cross Country**

**Date: 14th June 2015**

**SUMMER SHOW JUMPING: Date: 2nd August Hosts: Southerndown Riding Club and Riders 2000 Venue: Pencoed**

**DRESSAGE TO MUSIC: Venue: Kings E.C Bromyard**

**Date: 23 August 2015**



*First you start staying out late  
.....now dying your feathers.....  
what next .....beak piercing?*