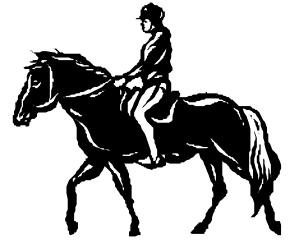


TRAIL

A publication of the North Shore Horse and
Pony Association
July 2004

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President: Leonie Cains 9879 6709 Secretary: Marilyn Wilson 9450 0546



NOTICE OF ANNUAL GENERAL MEETING OF THE NORTH SHORE HORSE & PONY ASSOCIATION

This years Annual General Meeting will be held on Wednesday 7th July at 7pm at the Senior Citizens Centre, Yulong Road, Terrey Hills.

Nominations for the Committee should be addressed to the Secretary, NSHPA, PO Box 333, Terrey Hills or telephone Marilyn Wilson on 9450 0546.

Special guest will be Nelly Gelich of Equitrek Tours who will be giving us a talk on the Ingleside Riders Group along with Wendy Smallwood giving us an update on the Bi-Centennial Trail.

This will be followed by drinks & nibbles, and we welcome you all, look forward to seeing you there.

NEVERFAIL / COOYONG TRAIL UPGRADE

A Revived Trail Providing a Safe Connection to St. Ives Showground

As ridden by Trine Dayhew

I had the privilege of riding the revived Neverfail / Cooyong "multipurpose" Trail with a few members of the Northshore Horse & Pony Association. The Neverfail / Cooyong Trail at present is quite rough and steep in places but the horses managed to negotiate the terrain very well indeed! It really was a pleasant ride all the way through to the Showground on a perfect Autumn's day, (lucky us!) I can recommend this way of getting to the Showground from Terrey Hills without having the worries of roadwork, especially once it has been graded!

Since a Flora and Fauna report has been done on this "multipurpose" trail, we are now hoping to get a grant from the Dept. of Sport & Recreation on a Capital Assistance Programme in conjunction with the NPWS to upgrade the track. This has been estimated to cost \$75,000 using 3 full time staff

approximately 4 weeks to complete, using 1500 tons of sandstone. The track will be 6 metres wide to enable a bushfire truck to pass through when needed, eg. to complete a burn-off ring in the Duffys Forest / Terry Hills area providing a safety zone for wildlife and to protect property and life.

To enable us to get this grant we need as many letters of support as possible and would like to invite both yourselves and any organisations that will be able to enjoy the use of this Trail to send their letters in. An example of a letter is shown below.

WE NEED YOUR LETTERS OF SUPPORT

Please address your letters to:

Department of Sport and Recreation and send to:
C/- The Secretary, North Shore Horse & Pony Assn
PO Box 333, Terrey Hills NSW 2084

EXAMPLE:

Dear Sir/Madam

I write to you today to provide support for the application of the North Shore Horse and Pony Association for funding to maintain the Cooyong/Neverfail Trail to a suitable standard.

The standard required for the Cooyong/Neverfail Trail will permit safe access for walkers, mountain bike riders, horse riders and emergency vehicles, (part access only), from Terrey Hills to St. Ives Showground.

In order to maintain this Trail it is necessary to improve the track condition, install proper drainage systems, rehabilitate unauthorized side tracks and undertake bush regeneration.

Currently the Forest Hills Pony Club and the Northside Riding Club are supporting this project, as are the National Parks and Wildlife Service, (NPWS) and other community groups.

I trust that you will view this application for funding favourably so that the Cooyong/Neverfail Trail may be utilised and appreciated by the community.

Yours sincerely,

MATT'S TIPS FOR WINTER HEALTH

By our local vet Matt Murphy

**Cartrophen and Pentosan
Arthritis Treatment for Horses**

Nearly every horse will suffer at least some degree of arthritis at some stage of their life. Arthritis or "inflammation of the joints" is an almost inevitable result from wear and tear on joints that are carrying around an animal that weighs 500kg.

Symptoms of arthritis include swollen joints, a stiff, shuffling gait, or even severe lameness. Often, more than one joint or leg is affected. Horses with arthritis often "warm up" with exercise – that is, their gait improves after a few minutes of riding.

Successful treatment of arthritis is something that all vets would love to achieve.

Cartrophen and Pentosan are the trade names for one of the best arthritis treatments currently available. They both contain the drug Pentosan Polysulfate Sodium. The actions of this drug are:

- Stimulating an increase in the volume and lubricating properties of joint fluid
- Stimulating cartilage growth
- Helping repair damaged cartilage
- Anti-inflammatory effects.

Sounds pretty good doesn't it! Even better, it is a safe drug, almost free from side effects.

There are limits however, to what this drug can achieve. An injection of Cartrophen or Pentosan will not necessarily make a lame horse a sound horse. Severely or chronically arthritic joints will benefit from the drug, but all symptoms may not resolve. In fact, we consider these drugs as only one of several options for treating arthritis.

Cartrophen and Pentosan are given by intramuscular injection. An initial course consists of four injections given one week apart. Speak to your veterinarian if you would like to know more.

PICNIC RIDE – 17th July, 2004

Join us for a ride along the newly trittered track, (widened and trimmed back) leading to the St. Ives Showground followed by a picnic lunch.

Commencing at 10am from 70 Cooyong Road, Terrey Hills. This now ensures a smoother ride through to the Showground, so if you are planning to ride and or meet us at the Showground for the picnic please RSVP to Marilyn on 9450 0546 prior to 14th July, 2004. Members & Day Riders \$10.00, non riders and or partners \$5.00. If member of EFA, proof required on the day. **Hard hats compulsory.** Lunch and drinks, (soft) provided.

THANK YOU

**WARRINGAH COUNCIL FOR CLEARING
& MAINTAINING THE BRIDLE PATH
ALONGSIDE BOORALIE ROAD FOR A
SAFER JOURNEY FOR BOTH WALKERS
AND HORSE RIDERS,
IT IS MUCH APPRECIATED!**

KINKA RESERVE

The Warringah Council Administrator, Dick Persson has inspected the Kinka Reserve following objections from The North Shore Horse & Pony Assn, The Terrey Hills Progress Assn and The Duffys Forest Residents Assn at the proposal to plant the cleared horse riding area with Duffy's Forest vegetation. Marilyn Wilson, Sally White, Mary Newlinds and Frank Beckman met Mr Persson on site and emphasised the need to retain the cleared area for local horse riders. Mr Persson has agreed to leave an area of 40m x 40m for use by horse riders.

McCARRS CREEK BRIDLE TRAIL

A reminder to ride and use the recently cleared trail adjacent to McCarrs Creek Road. This was seriously overgrown and impassable, now it is a safe way to get from McCarrs Creek Road up to Terrey Hills or vice versa for horseriders and walkers.

Please send this page plus your subscription fee when renewing or applying for membership.

**July 2004 - June 2005
MEMBERSHIP RENEWAL/APPLICATION
Annual subscriptions to the NSHPA can be sent to:**

The Treasurer,
P.O. Box 333, Terrey Hills, 2084
1 x year subscription to the NSHPA
\$15 Single; \$25 Family; \$50 Club

Name

Address

.....P/Code.....

Telephone Home

Bus..... Fax.....

E-mail

Meetings are held 1st Monday of each month, and all members are encouraged to attend.

