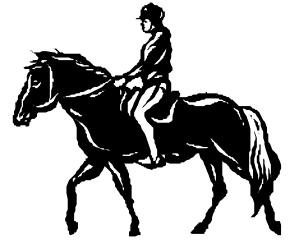


# TRAIL

A publication of the North Shore Horse and  
Pony Association  
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## NSHPA & NATIONAL PARKS UPDATE

By Leonie Cains

For nearly a year now NSHPA has been liaising with National Parks to get a grant from the Dept. of Sport and Recreation to make rideable an old trail that hasn't been ridden for many years. It is called the Neverfail-Cooyong track and branches off Sandy Trail not far from the Cooyong Road end. This will then make it a safe track to travel through to the Showground without riding along side the extremely busy Mona Vale Road.

We've put in our application and hope to hear in about another month whether we've been successful. Even if not, we think National Parks will have to do some work on this track as it is a designated horse track in the Plan of Management. We have liaised with Natasha Funke, a National Parks Ranger at Garigal, and she has been very helpful and proactive and gives us hope that horses won't be forever denigrated by National Parks people. Fingers crossed for the money!

## KINKA RESERVE

By Sally White

Kinka Reserve is a 3 ha recreation reserve at the junction of Tooronga and Kinka Road, Terrey Hills. Kinka Reserve was dedicated to horse riding by the original lessee, prior to 1970 and has been used by riders as an exercise area since then.

In 1990 Warringah Council drew up a reserve improvement plan after consulting with Duffys Forest Progress Assn which included a 60x20m arena and walking/riding Trails. Nothing resulted from this effort. In 2004 Council decided to translocate Duffys Forest ecological community seed bank, coming from 8 Narabang Way, [Austlink], over the bare patch that we all ride on.

NSHPA, Duffys Forest and Terrey Hills Progress Assns have met many times with Council during the year, plus an evening with IHAP, and have come to a compromise of a horse exercise area approx 30x50m as well as the translocation of soil on the remaining degraded area. A challenge indeed!

A Plan of Management is being drawn up by Council and when it is released we will have a chance to have our say. So please let us know how you horse riders out there feel about this outcome. Hopefully we will have a permanent facility.

## HORSES & HERBS

By Leonie Cains

It's a good idea to take a minimalist approach to medicine whether for you or your animals. Anything that causes the least harm or side-effect but still gets the job done seems best to me. And one of the most effective yet mainly harmless herbs to have available is Tea Tree oil. It should not be given internally but is an extremely effective antiseptic for any gash or cut or anything looking inflamed or infected, (NOT EYES) and you only need about 1 drop in a cup of water, (warm is best).

The "Thursday Plantation" producers claim that itches from fleas, lice, mites and ticks can be cleared. It's also worth trying for fungal conditions. I've recently used a wash of Tea Tree and another herb Thuja on a fungal patch on my horse followed by the vet's cream and it's doing very well. I think it's worth thinking of for Seedy Toe as well because of its antibacterial and, (in vitro so far) anti-fungal properties. Handy to keep in your shed!

## **HORSES & BIKES**

**By Ros Holder**

You're out horse riding through the bush along the Perimeter trail with some of your favourite riding buddies. It's dry, the going is good and it is fun to trot out two abreast, sometimes breaking into a canter. Gosh life is good and we are so lucky to have these fantastic trails close to the city. Other people are also out enjoying these multi-purpose trails; young energetic cyclists who are going flat out and focussed on the terrain. Trouble is they are travelling in the opposite direction to you.

As you surge around one of the many blind bends suddenly everything changes. The horse travelling on the right hand side of the trail has a near head on collision with one of the fast cyclists coming the other way. The bike stops quickly and safely and so does the horse but the horse also puts in an 180<sup>o</sup> turn and the rider gets flung off and lands in an undignified heap. Everyone is shaken and wonders what went wrong. No-one was seriously hurt but they could have been.

The moral of this true story is that it is important to be aware of blind bends coming up. Then we need to keep to the left, go in single file and also slow down. Recently while riding my horse at a walk and keeping to the left, I still had a bicycle come straight at me on my side.

Now that the south Wilkins section has been closed to horse riders, (towards the end of 2004) there is more traffic on the main trail and encounters with cyclists have increased. I think we should also be aware that walkers use the trails and can be frightened by horses suddenly bearing down on them.

See Linde's excellent sketch further in Trail!

### **CHAFF BAGS WANTED**

Peggy Brown of The NSW Animal Welfare League is urgently in need of your chaff bags. If you have empty ones lying around the shed she would be grateful for them, they can be dropped off to her at the Ingleside Animal Welfare League or alternatively give her a call on 9913 8731

## **BEN'S TIPS FOR COUGHS IN HORSES**

**By our local vet, Ben Margin**

A cough is a defence mechanism of the respiratory tract to forcefully clear unwanted material from the respiratory tract. The most common cause of cough in the local area is viral or bacterial infection, these infections most often, (but not always) are accompanied by an increased temperature and nasal discharge – often mucopurulent (pus). These are most commonly treated with antibiotics and bronchodilators, (open airways) in powder, paste or injections.

Other common causes are irritation, (often dust) and inflammatory airway disease – these are less likely to produce such nasal discharge, but can often lead to bacterial infection. These may also be treated by corticosteroids.

Strangles is a more serious highly infectious respiratory disease which tends to occur in outbreaks, a vaccination is available, which is strongly recommended – this can be combined with tetanus. There are many other causes of coughing, i.e. choke, crofton weed poisoning, pneumonia, heart disease, (and the list goes on).

If your horse has a cough, it should be seen and treated, and may need to be separated if possible as many coughs are transferred by aerosol transmission.

### **INGLESIDE RIDERS GROUP**

Great News! The IRG have officially been granted a lease on the NSW Department of Education Land between McLean Street and Wattle Road at Ingleside. IRG has also succeeded in obtaining public liability insurance for its members whilst on these grounds.

Their aim is to create a venue where IRG members can exercise their horses in an enclosed environment, particularly in view of the reduced opportunities for riding in bush land and the danger of riding on the roads.

There is still a certain amount of administration and on site work that has to be conducted before being able to ride there. Your patience and more importantly as many pairs of willing hands as you can muster will propel the goal into reality.

**SEMINAR HELD ON HORSE PROPERTY  
MANAGEMENT**

**By Ros Holder**

Some members attended a seminar on horse property management and Richard Smallwood kindly offered his property as a venue.

The speakers were from the Storm Water Trust, the Department of Primary Industries and the Warringah Council (Catchment Liaison Officer).

Some of the many issues raised are listed below.

Fertilizers, animal manure and green vegetation are rich in nutrients such as nitrogen and phosphorus. Pastures need these nutrients, so don't waste them by allowing them to wash into your creek. Also from the environmental point of view of the Catchment Liaison Officer, water coming off a property must not be polluted and be off a certain quality as determined by pH, conductivity and turbidity. Think of your neighbours.

Manure is best composted but is still of benefit fresh. Manure piles often end up at the lower part of the property because it is just too much trouble to cart it anywhere else. But the piles of manure should be at least 100 metres away from watercourses and away from flood prone areas. Cover with a tarpaulin and surround each pile with a small raised bank or barrier to capture any run-off in wet weather.

It is best to have stables and yards on the highest ground, above the paddocks, in order to disperse water and trap sediment.

Avoid bare ground as this allows run off and takes nutrients away mostly in the form of sediment. Bare soil is symptomatic of poor drainage, heavy traffic and poor pasture management. Fences and roads channel water.

Catch nutrients by planting grass, make banks, windbreaks and dams. Native grasses do not hold soil. Kikuyu is suitable for heavy traffic areas but can be hard to establish and needs nitrogen. Horses love prairie grass and also prefer rye grass to kikuyu. They like grass when it is short.

**OLD HORSE**

Anon

How much do you want for that old horse

how often is it said;

We got him as a youngster,

full of nonsense, but well bred;

He takes the kids through pony club,

he hacks, he jumps, has fun;

He minds the foals at weaning time

can cope with anyone;

His wizened eyes reveal to you

nobility profound;

He'll take you proudly for a ride

then vet through safe and sound;

Although the years suggest he's old

and long since past his prime;

His boundless love of life and folk

surpasses given time;

So, what do you want for that old horse

still often they declare;

No riches in this universe

could buy a single hair!

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

**July 2005 - June 2006**

**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 .....

I would be interested to know about and perhaps participate in working bees!

Yes ..... No .....

As most people are aware, we are constantly forced to protect our right to ride in the National Parks. NSHPA needs your support with membership if we are to have a louder voice when lobbying to keep trails open in the National Parks and the local horse facilities maintained.

**Save our trails, help to keep the roadways safe for us and our children when on horseback.**

**Meetings are held 1<sup>st</sup> Thursday of each month  
all members are encouraged to attend.**

