

TRAIL

December
2005

North Shore Horse and Pony Association

The North Shore Horse and Pony Association was set up in 1975 to ensure that horses and horseriding activities continue to form a vital part of the community and life-style in Terrey Hills and in Ku-ring-gai and Garrigal National Parks.

Please become a member and help us in our efforts.

Rhoker Reserve track closure

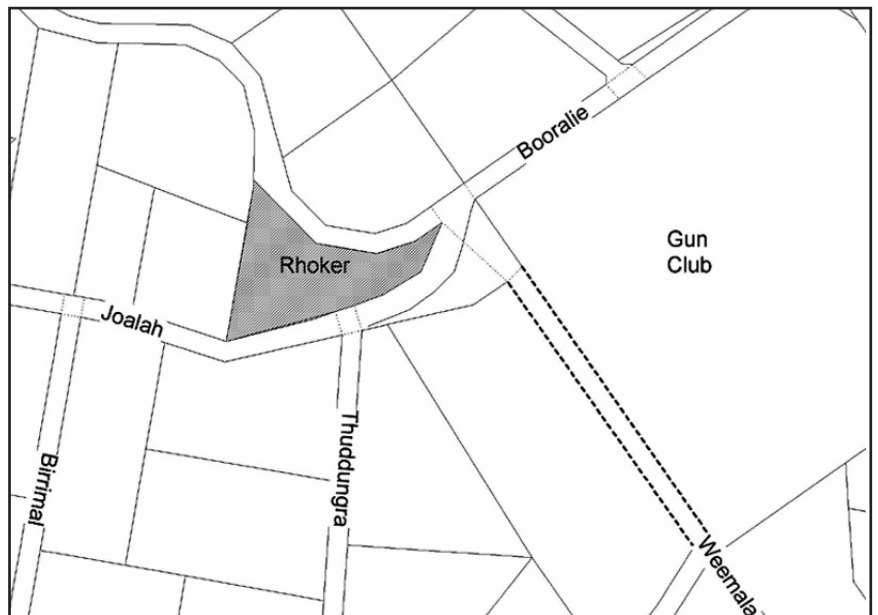
Horse riders in the Duffys Forest area pass through Rhoker Reserve (named after two gentlemen, Mr Rhodes and Mr Kerr) in order to gain a safe passage when on their way to and from the Cullamine and Perimeter trails. Otherwise they have to travel along the side of the bitumen road where Thuddungra runs into Booralie Road and this is a very dangerous section to negotiate on horseback.

Where riders used to come out onto Booralie Rd from the Reserve, a big rock has found its way there thanks to a runaway car! Council was going

carefully until this is resolved.

Does anyone know how to build suitable steps for horses on a trail?

The upgrade of the Rhoker Reserve track will include steps that can be negotiated by horse and rider. How wide and what should they be made from? Council do not have specifications on building a horse trail, so if anyone can help, or has expertise in this area please contact Sally White (swhite@toorong.com). We have already forwarded our suggestions on to Council.



to move the rock in order to stop little plants being stepped on but due to ongoing erosion have decided to close the track.

One of our long-standing members, Sally White, on behalf of the NSHPA has taken up this cause. She is very concerned about riders being forced to come into close proximity with fast traffic. Sally has made many phone calls to Council and the outcome is that they will rebuild the track and hope to have it done by Christmas! Please ride

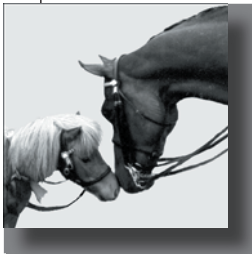
inside

	page
Rhoker Reserve	1
Horseriding in Denmark Christmas invitation	2
Cooyong/Neverfail trail	3
Wounds	4
Crofton weed	
Your <i>This and that</i> Membership Form	



To find out more about the North Shore Horse and Pony Association, contact us:

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



TRAIL

Horse Riding in Denmark

By Trine Dayhew

A couple of months ago I made a trip to Denmark (my home country) via England where I caught up with my daughter in London (many tears were shed upon this reunion!). We had a wonderful time together touring right through England via The Lakes District, Scotland, Cambridge and back to London.

Then the great moment arrived when we caught a flight to Denmark. We hired a car from the airport and took our first plunge at driving on the *wrong* side of the road which was indeed an interesting experience especially when we came to our first round-about where my navigator said one way and I said the other way!

We visited my uncle in the north of Jutland, a journey of a few enjoyable hours passing through the pretty countryside. Whilst sitting on the back porch at my uncle's place lapping up the sunshine I thought I heard *horse sounds*. Surely I must be hearing things! But yes! The neighbours had brought their three Icelandic horses down for the weekend and they offered Kim and myself a ride after they had taken them over to the beach for a run.

Denmark is a mass of islands, hence beaches everywhere. Even cattle and horses can have their paddocks right on the waterfront! I was so excited as these horses - they are not to be referred to as ponies even though they're only about 13hh - have a special gait known as the "*toelt*" as well as the usual walk, trot and canter. They are bred to travel long distances with maximum comfort to the rider, hence this *toelt*. This gait can look a little like a trot, not to be confused with *padding*, but the rider doesn't move in the saddle. When done correctly, the rider can hold a glass of wine in one hand without spilling a drop whilst travelling quite fast! These horses are graded on their *toelt* especially the stallions for breeding purposes. Now in saying this, not all of them can do it, and training is often required especially for competitions.

Our next mission was to travel to the south of Zealand - the full length of Denmark diagonally. This took a bit less than day, and here I met up with my friend Gitte as well as my aunt. Gitte has three horses, one an Icelandic called Arthur, who alas! can't do the *toelt*, but like all of them has a thoroughly sweet nature.

This is where the horse business gets

interesting. Apparently horses are not rugged in Denmark - not even in winter. Gitte doesn't own a single rug! She was horrified when told how we rug our horses over here - and I'm certainly no saint! That was when she threw a bombshell at me, by informing me that a recent study found that people are most comfortable at 22 degrees whilst horses are most comfortable at 5 degrees!! That's food for thought for many of us indeed!

Gitte is a member of *The State Forest Horse Riders Project* (SFHP). This is a project where some state forests have been set aside for horse riding and driving in return for members participating in their upkeep and maintenance. SFHP members contribute ideas in relation to riding horses through these beautiful nature reserves. They also respect the wildlife and fauna that abide there in abundance. I was very fortunate to see a fawn venturing away from its mother to check us out as we rode past! This project also inspires new ideas and possibilities in relation to the upgrading and development in the sport of horse riding.

Within the SFHP there are four different types of *work-groups*: Tour, Jumping, Driving, and Information Responsibility. The Tour

CHRISTMAS PARTY INVITATION

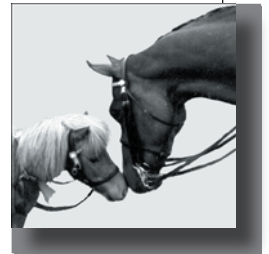
You are invited to the NSH&P Association's
Christmas get-together for horseriders!

on Saturday December 10
from 12 noon
in the 'shed' at 70 Cooyong Road, Terrey Hills.

BYOG and a plate to share

plus \$15 for membership if yours is
not current!





... a publication of the North Shore Horse and Pony Association

group arranges adventures and competitions on horseback, which are safe and profitable. Any monies raised are put aside for such things as maintenance.

The Jump group is responsible for the upkeep, maintenance and development of the cross-country jumps. Currently there are 60 jumps in Gitte's area/forest suiting various levels of ability. This group also plans yearly competitions.

The Driving group takes care of both the trotting/pacing fraternity as well as the pleasure drivers. This involves maintenance of their tracks, especially wheel ruts.

Then the Information Responsibility group takes care of sign-posting and digital information. Each track is sign-posted with its name and its suitability for a particular type of riding. There are also signs with phone numbers in the event of an accident or if an animal has been seen in distress; signs indicating that NO fauna or flora is to be tampered with in any way, hence the emergency phone numbers.

The SFHP's code of ethics states that riding is to be done in a safe and considerate manner - no galloping; no riding in wheel-ruts; move to the side if you see walkers, and be pleasant, as many people are actually frightened of horses; ask a rider on a fractious horse if it's alright to pass etc. Taking this into account, you are allowed to deviate off the designated tracks at a quiet pace to enjoy the prolific wildlife. Especially in spring and early summer when there are many babies and the lush and dense new undergrowth is inhabited for its sense of security.

It would be nice if we could manage such a cooperative and *people-friendly* relationship with our ministers of Conservation and Environment in this big country of ours. These small European countries, where every square inch of space is accounted for, seem to be able to co-exist without any of the difficulties we have here!

Cooyong/Neverfail Trail

By Mal Wilson

Unfortunately our application for the 2004/2005 grant from the Department of Sport and Recreation was unsuccessful.

This is very disappointing as your committee, with support from the National Parks and Wildlife Service (NPWS), put a great deal of time and effort into the application.

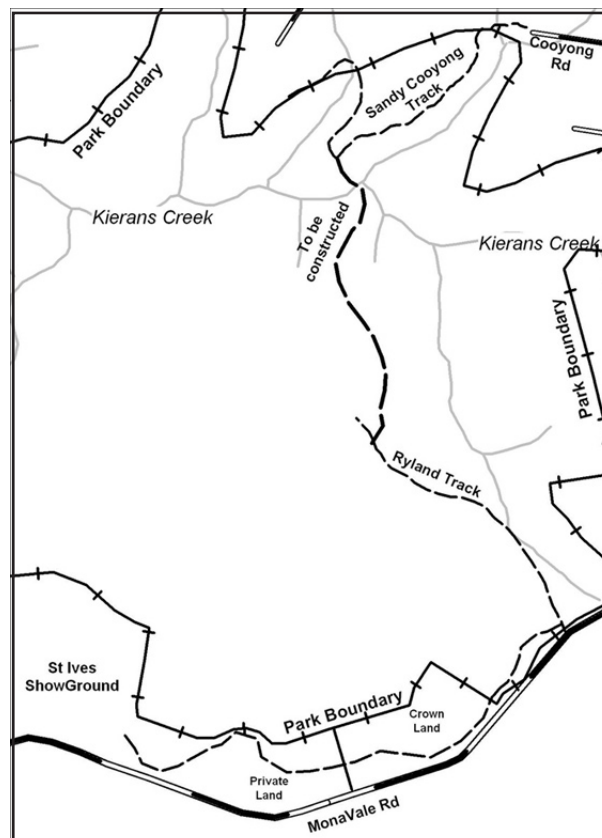
However, in conjunction with the NPWS we will apply for the 2005/2006 grant from the Department of Sport and Recreation. Meanwhile the NPWS has assured us that work will start on upgrading this trail around March/April 2006, regardless of whether we are successful in this latest grant or not. The trail will also be an important access/support trail for the fire brigade. Many members have asked how to currently access Cooyong/Neverfail trail. It is rideable, but not advisable, unless of course you have a mountain

pony crossed with a mountain goat! The trail runs off the letterbox/sandy trail at the end of Cooyong Road, crosses over Keirans creek and links up with the Rylands trail. The section between Keirans creek and Rylands trail is extremely eroded for quite some metres, but once you have negotiated that section you are rewarded with beautiful bush scenery all the way to Rylands trail. Turn left on to Rylands trail towards Mona Vale Road (a right turn on to Rylands is out of bounds for horse riders).

Once you have passed through the gate you will be at the entrance to the bridle trail, which takes you through to St Ives. Many members do not realize that our Association leases a portion of the St Ives bridle trail from the Department of Lands. In years gone by that lease amounted to under \$100 per year, but recently the amount has almost quadrupled. As we do not want to relinquish this lease it is most important that members stay financial and support us in our efforts. The St Ives trail also traverses through private

land at one point. Please respect the owner's privacy and stay on the designated track.

Currently the ride is fairly hairy, but once the eroded section is upgraded by the NPWS, we will have a scenic, safe trail all the way to St Ives Showground eliminating the stress of riding along the verge at the side of treacherous Mona Vale Road.





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

Wounds

By Leonie Cains

A good healing ointment for cuts and abrasions on your horse is Calendula: easy to get from any health food shop. It's also safe near eyes. Even though ointments melt and run a bit on the body the smear over the wound will still do the job and help protect the spot from flies.

For deep wounds though, one of the best things is honey. A friend's horse being agisted in the Blue Mountains had somehow run straight onto a star post and had a deep hole in her chest. Fortunately it hadn't hit anything vital and was just a horrible gaping flesh wound. The Lithgow vet at the time simply applied honey over the whole area, (topped up daily). The hole filled in nicely and left barely a mark. Her endurance career didn't falter either!! You hear talk of special honeys which cost rather a lot, but I've found that as long as it's not a big commercial brand then any good quality one will do.



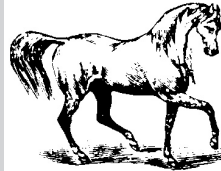
Crofton Weed can be fatal to horses

by Randwick Equine Centre

A recent case of Crofton Weed poisoning in Sydney resulted in the death of a horse. In Spring, when the weed is flowering, please check your pastures carefully for any Crofton Weed or other toxic plants: this is the time when the weed is at its most lethal. If weeds are found on your property they should be fenced off so that horses cannot eat them and then dug up and weed killer applied to the ground where they were growing.

The plant grows as a tall shrub up to 2m tall. The leaves are triangular, serrated and about 5cm long. The flower heads are small, white and form in tight clusters. The plant is poisonous to horses if eaten over several weeks causing coughing due to permanent lung damage that can be fatal. (See picture above left).

This and That



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NSHPA 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 Suburb P/Code.....

Telephone Home Bus

E-mail Fax.....

I would be interested to know about and perhaps participate in working bees! Please tick Yes No

July 2005 - June 2006