



Riding for the Disabled Association NSW

"Bits 'n' Pieces"



Spring/Summer 2020



From my Desk

This has been a very difficult and extraordinary year for all in RDA(NSW) navigating our way through the horrific droughts, fires and floods, with some of our Centres being under threat to all these extremities. Then COVID-19 made a visit that affected our RDA Centres, with nearly all having to cease their Riding sessions until 2021. It was wonderful to see some Centres become COVID-Safe workplaces and able to resume operations after the lockdown restrictions were eased.

In acknowledgement of these stressful circumstances, COVID-19 has created, the Board received 2 generous Grants, \$50,000.00 Grant from the Commonwealth Bank and \$40,000.00 Grant from Grassroots Sport Fund through the Office of Sport. From these Grants, the Board was able to distribute an amount of \$2,100.00 (including GST) to each of our Centres.

A third generous Grant of \$169,400.00 (including GST) was received from the Office of Sport. This Grant was given for use by RDA(NSW).

Although many Centres were unable to open, our horses still needed to be fed, watered and vet checked. Due to the drought, there were Centres that took up the Board's offer of an interest free loan to help with our horses needs and any other assistance the Centres required.

I would like to thank those Members who attended our first RDA(NSW) AGM. The meeting was held by teleconference and very well received allowing Members the opportunity to have input into the discussions over the length of the Meeting. I trust you all left feeling you have been true to yourself, your Centres and to the whole of RDA(NSW).

Congratulations to the Winners of our State Awards and Presentations. A list of these worthy recipients is listed in this BnP.....A special moment was hearing the Coach of Rider of the Year, George Mortlock from Manning Great Lakes Centre, who gave an emotional speech on the tremendous benefits George is achieving by being part of our Riding program.

It was also my absolute pleasure to present the 'Pearl Batchelor Medal' to Life Member, Jan Pike, whom, I am sure you will all agree, is a truly deserving recipient.

Further Congratulations go to Jan Pike who has been chosen as a recipient of the Sport NSW 2020 "Distinguished Long Service Award" . The Virtual presentation is being held on 18 November.

On closing, my sincere thanks go to:

- Our 2 outgoing Directors Melanie Spaggiari and Susan Turner-Davis and also to Susie McDonnell who, due to personal commitments resigned from the Board.
- The CASP team who have worked extremely hard constantly monitoring and ensuring all Government notifications and requirements have been strictly adhered to. Our Centres truly appreciate the work they are doing in keeping everyone up to date especially with regard to the COVID-1 Pandemic.
- Olwen Smith for hosting the first Virtual AGM and ongoing Board Meetings, along with other meetings held across the organisation.
- Our Staff, Lucy Pentony and Nicole King for all their dedication and professionalism they put in to ensuring the correct information and documents are relayed to Directors, our Centres, Regional Reps and Disciplines.
- Judy Smith - our Book keeper who works tirelessly keeping our books in order
- All the enthusiastic volunteers, riders and others who contribute such interesting and informative information for our “Bits ‘n’ Pieces”. This communication plays a vital role in RDA and is only achievable by all the snippets of information sent to Lyn for publication.
- Big thanks to Lyn Lazarus who has volunteered her precious time for many years not only producing our 'Bits 'n' Pieces' but the Flyers for all our different events. Lyn also composes the 'theme' and judges our 'Drawing competition' every year.

SPECIAL thanks to our current Hon. Directors for their tireless work and dedication they put in on a daily basis ensuring the duty of care and correct procedures are followed at all times by our Centres for the safety of our Volunteers and Riders. This year has only made our team a stronger unit.

Of course I could not close without a huge THANK YOU to our loving dedicated horses for there would be no RDA without them.

On behalf of the Board of Directors, I wish all in RDA(NSW)

a

Merry Christmas and a safe and prosperous New Year

Margaret Norman OAM
Hon. Director/Chairperson
RDA(NSW)

Awards to Centres

30 Year Plaques

Cootamundra	30years	1990	2020 AGM
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40 Year Plaques

Tamworth	40 Years	1980	2020 AGM
Bathurst	40 Years	1980	2020AGM
Goulburn	40 Years	1980	2020 AGM

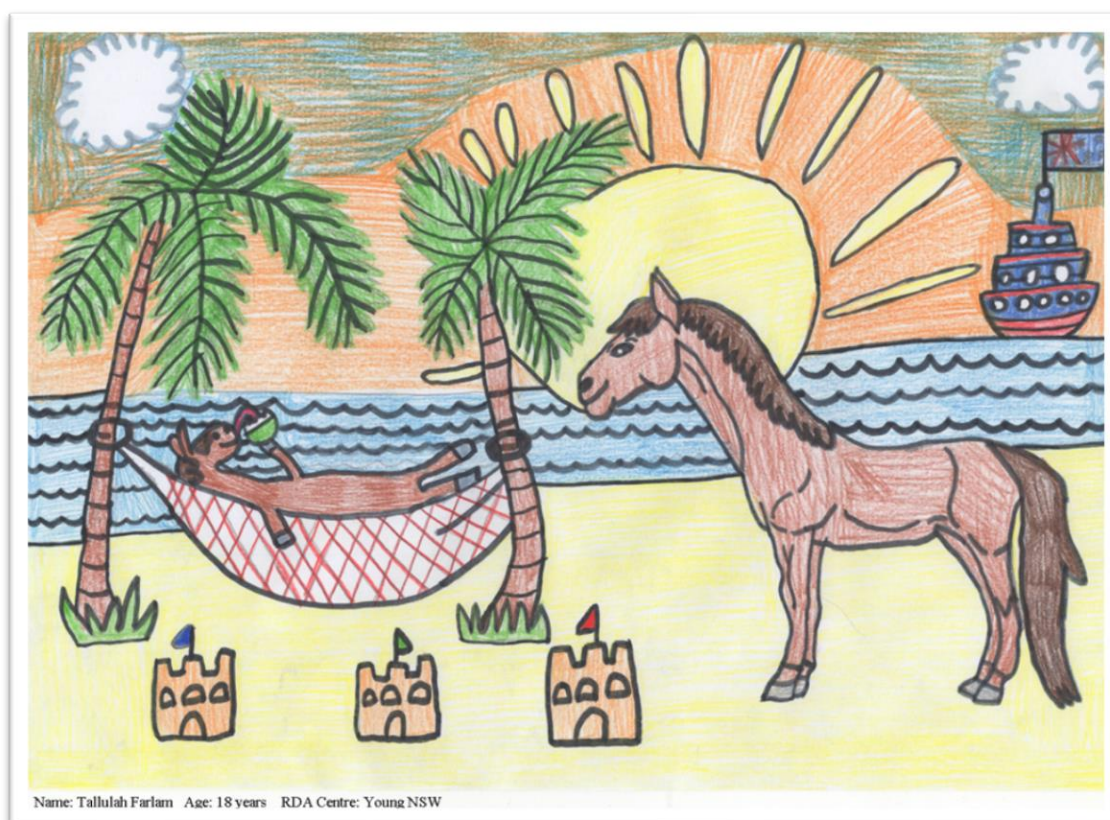
Directors RDANSW

Chairperson	Margaret Norman OAM (Chairperson)
Director	Jan Pike (EO/Rider Rep)
Director	Olwen Smith (Centre Development/MPO/ Complaints Officer)
Director	Joe Orland (Finance/Co.Sec/Public/Returning Officer)
Director	Tracy Lucas (Grants/Risk Management Officer)
Director	Wayne Gallagher (Workplace Safety Health & Emergency Officer)
Director	Janine Osland (Marketing/Promotions Officer)

WINNERS OF AGM AWARDS 2019			
WINNERS OF EACH REGION			
PEARL BATCHELOR AWARD			
Rosemary MacAllister	Wollondilly	S/Highlands	
Irene Hobden	Narrabri	North West	
Melina Gavin	Bathurst	Central West	
Elizabeth Wallace	Kendall	Hunter	
Kevin Waldron	Wauchope/Pt.Macquarie	Mid N/Coast	
Bruce Sunderland	Richmond	Metropolitan	
VOLUNTEER ENC. AWARD			
Barry Case	Wagga	Riverina	
Linda Stroud	Cowra	S/Highlands	
Anne Tacon	RT & LH	Hunter	
Florence Cook	“Tall Timbers”	Metropolitan	
Sue Surace	Wauchope/Pt.Macquarie	Mid N/Coast	
RIDER/DRIVER OF THE YEAR AWARD			
Tyler Warren	Mudgee	Central West	
Bradley Partridge	Kendall	Hunter	
George Mortlock	Manning G/Lakes	Mid N/Coast	
Charles Achilles	Wagga	Riverina	
YOUNG VOLUNTEER OF THE YEAR AWARD			
Joannah McDougall	Wagga	Riverina	
Riley Bryce-Trigg	Central Coast	Hunter	
“SHUSH” MEMORIAL AWARD			
“Pearl”	Cowra	S/Highlands	
“Geebung Smarty Pants”	Tamworth	Mid N/Coast	
“Tiger”	RT & LH	Hunter	
“Pop Goes the Weasel”	Coonabarabran	Central West	
“Cruiser”	Wagga	Riverina	
“Fabio”	Blue Mountains	Metropolitan	
RIDER/DRIVER ENCOURAGEMENT			
Jhye Higgins	Manning G/Lakes	Mid N/Coast	
Gretta Serov	Richmond	Metropolitan	
Alex Lumsdon	Goulburn	S/Highlands	
Megan Gledhill	Coonabarabran	North West	
Elliana Abraham	RT & LH	Hunter	
Daniel Cummins	Wagga	Riverina	

AGM AWARDS 2019 WINNERS

AWARD	WINNER	CENTRE	REGION
PEARL BATCHELOR	Elizabeth Wallace	Kendall	Hunter
VOLUNTEER ENCOURAGEMENT	Linda Stroud	Cowra	S/Highlands
RIDER OF THE YEAR	George Mortlock	Manning G/Lakes	Mid N/Coast
YOUNG VOL OF THE YEAR	Joannah McDougall	Wagga	Riverina
“SHUSH” MEMORIAL	“Fabio”	Blue Mountains	Metropolitan
RIDER DRAWING COMP	Tallulah Farlam	Young	Southwest Slopes



Theme was “What would your horse have been doing during Covid19 lockdown”

By Jan

Friday night I had the great pleasure of presenting a certificate of appreciation and engraved glasses to two of the loveliest people I’ve met.

Sally Shepherd and Geoff Stanwell are the Presenters at the radio station Tracy (Lucas) works with. Their obvious support and high regard for RDA was very apparent. Sally now volunteers at Ryde centre and is a real entrepreneur. During the course of the evening Sally offered to help with any fundraising ideas working with Tracy- what a dynamic pair they’d make.

Sally and Geoff loved the glasses and were obviously very touched. They intend hanging the certificate in the radio studio.

A huge thank you to Tracy who made the amazing effort to join the night after spending most of the day in hospital undergoing surgery and tests. What a trooper! A personal thanks Tracy, for introducing me to these wonderful, energising people.



NEWS FROM THE CENTRES

Manning Great Lakes



Kempsey/Macleay

In what was a difficult time in 2020 our dedicated volunteers worked together in our paddocks to accomplish a makeover by trimming tree branches, doing fence repairs and the back-breaking chore of weed pulling. They also managed to erect a set of round yards while maintaining our obligation to fulfil the COVID 19 policies and restrictions.

All of this was under the watchful eyes of our horses, especially “Diamond”. She became very fond of the morning tea and lunch breaks, hoping for a snack or nibble of our goodies.

Thanks to a great team of volunteers working together, our Centre was able to reopen for business as soon as it was possible



Wollondilly

What a year this has been. Fires came awfully close to our Centre, luckily embers floating around didn't cause any damage. Other Centres of course weren't as lucky.

Then the Covid pandemic did have an impact, as on other Centres, in that we all had to cease operations until further notice except for horse management and grounds maintenance.

The horses have been enjoying their time off and have enjoyed the people on the horse management team coming in to feed them.

We have done a lot of weeding on the grounds and have been able to use our tractor to slash and tidy up areas. With the forecasted summer rain, we hope to get a good growth of grass on the grounds again.

Unfortunately, our President and Head Coach Mrs Betty Wallace passed away which devastated everyone. We always thought she would be with us forever. Due to the pandemic not many members could attend her funeral as numbers were strictly limited. Once things are back to “normal” we hope to host a memorial service for Betty at our Centre.

We were very fortunate to have the opportunity to purchase a horse, on loan to us, that we call “our go-to horse” as “Bella” does all that is asked of her and more, and is much loved by those who ride her. One of our members started a “go fund me page” for “Bella” and we were able to raise funds to purchase her. She now belongs to us.

Two of our members had the opportunity to “adopt” a rescued brumby from Khancoban. She had been rescued and had received basic training. She was floated up and from the moment she got off she has been a real treasure. She has a gentle nature and is currently living on a member's property where she is learning a few more skills. She is only three years old so we look forward to having her for many years.

She has the same white foot on same leg and same markings on her nose as one of our horses who was born in the Snowy Mountains. We told him she could be his great, great granddaughter.

We have been spending time applying for grants. One was unsuccessful but we'll keep trying. It would be good to get some things for our Centre before we go back hopefully next year. Our Coach and Trainee Coach are having a rest but are also being kept busy caring for the horses and any problems.

Members have been keeping in touch with each other and we have actually had two new members join. Everyone is looking forward to when we can return to what we love doing.



horse shelter, feeder and round yard



horse shelter and feeder



“Bella”, our go-to pony – because of successful funding she is now a permanent resident of Wollondilly RDA Centre



“Bonnie” the Brumby on her first day

FOR OUR RIDERS

Hey Eddy, you are one smart horse
What do you think is looming?
Things have certainly gone off course
Just good hands for grooming

Holidays have come and gone
Yet still we are not working
Must be some kind of phenomenon
Since March a devil lurking

Well Buster, my old mate
I believe there's something wrong
Way beyond the paddock gate
I heard talk of staying strong

Hey Woody, you've got good ears
Do you know what people say?
Haven't worked so less in years
Just resting day by day

Daily checks and good feed
Vet visits and great care
Everything we horses need
The best of every fare

Smokey thinks we have to bide
Until twenty-twenty one
Then we'll be ready for your ride
For learning and for fun

Buntly, Duke, Jerry, Kam, Larry, Matey and Wesley –
also in waiting.



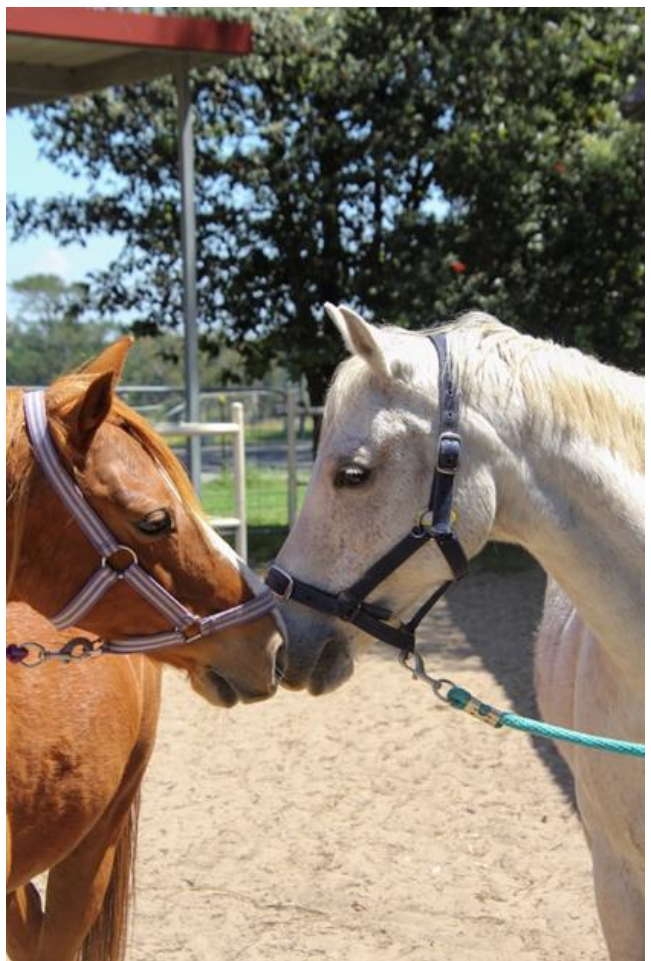
Yes,
from us all here at

CENTRAL COAST CENTRE

it has been a strange turn of events that have prevented us from providing active service to our riders, both in a physical and emotional sense. Our volunteers have been contacted regularly via newsletters (from our Treasurer Greg) and are anxious to return with renewed vigour in 2021.

lovely portraits of some very special horses





mudgee

SPORTS COUNCIL AWARDS 2019







Sally Shepherd (Hits & Giggles), Geoff Stanwell (Geoff's Generation) with Tracy Lucas ('Tracy from Mudgee' ~ Director Riding for the Disabled) and Jan Pike (Executive Officer Riding for the Disabled, NSW Volunteer of the Year AND Paralympian)

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Orange Centre has had a very unsettled Term 3 where volunteers have undertaken COVID Safe training, worked with the horses, and carried out the ongoing maintenance at the Centre. A big **THANK YOU** to all the volunteers who have been involved during this time!

The Management Committee is hoping that if everything goes well at the State level, we can recommence riding at the start of term 4 with a smaller number of riders and volunteers. The schools are ready and able to bring students to Orange RDA.

The maintenance at RDA has included plumbing & water diversion, moving & recladding of the 'old' hay shed, building new fences, gardening/mowing and COVID safe preparations.

This term volunteers have attended the Centre once a week and helped with the exercising of horses. There has also been regular vet and farrier visits to keep our ponies in good health.

Fundraising has been difficult this year, though we still have ongoing expenses such as building insurance and vet costs. We have had some donations of feed/hay and fuel

and we thank those in the local community who support us.



Bob Fenton with covid safe leads



VALE May they rest in peace

Pat Frecklington

Pat was a loyal member of RDA Orange Centre for over 10 years. He was in the position of President of the Centre management committee for over 8 years and a life member of RDA NSW. Pat worked extremely hard in all capacities at Orange Centre. He was an active member of the maintenance and horse welfare teams. On riding days, he would be involved in saddling and warming up the horses. An active fundraiser, He actively participated in the monthly BBQs, attending the annual National Field Days, and collecting cash donations at Millamolong Polo club and other events. He was also passionate about promoting RDA and volunteering in the local and wider community.



Ross Campbell

Ross, who passed away in May this year, was involved with RDA Orange Centre for many years. He was awarded the 2017 RDA Pearl Bachelor Award for the Central West region.

He actively worked with the maintenance team, fundraising events such as the ANFD at Borenore, setting up and running the BBQs at IGA in Orange as well as helping riders mount their horses at the ramp on riding days.

Ross was heard to have said that “I do it for the kids and enjoy seeing them smile and having a great time



Volunteer Profile

Jill Sullivan

I have been volunteering at RDA Orange Centre for over 12 months now. Duties have included leading horses, side walking, gate opening, saddling and preparing horses for class and the 2019 Musical Ride.

I had a horse when I was younger, rode in the Pony Club for a while, then just some casual riding now and then after I went to live in the big city.

I really enjoy helping the children and watching them gain confidence and learn riding skills. I love the social aspect with other volunteers and the happy and caring atmosphere amongst the group. If you enjoy children and horses, and you don't mind getting a little dusty, dirty and covered with horse hair, then give it a go.





Charities set to benefit from rich prize pool in Golden Eagle

MATTHEW BENNS, News Corp Australia Sports Newsroom

October 27, 2020 4:10pm

IT is more than just a horse race - the \$7.5 million Golden Eagle on Saturday has the power to change people's lives.

Not just the jockeys, owners and trainers of the winning horses but the charity they have selected to receive a 10 per cent share of their prizemoney.

“I think it's a wonderful thing, a great concept that Racing NSW has been able to create for people,” legendary trainer Gai Waterhouse said.

She has three horses in contention for the big race all vying for the \$4.1 million first place prize pool.

“We'll trifecta the race! I've got great confidence,” she laughed about contenders Just Thinkin', Dawn Passage and Riodini.

“All three can handle the wet, so hopefully one of them can win and the others run well. I'm very happy with all three,” Ms Waterhouse said.

But more important is the share of the prizemoney they win that will go to charity.

“I'm just happy to be a part of it and hoping I can help them (the charities) pick up the money.”

Dawn Passage is running for the Children’s Cancer Institute.

“This is an enormous opportunity,” the Institute’s chief marketing and fundraising officer Anne Johnstone said.

“We’re hugely excited, because If Dawn Passage wins this race we could gain \$410,000 and for us that would be organisational changing,” she said.

“It would mean we could fund four researchers for a whole year at the lab bench looking for new treatments for kids with cancer.”

And that would be good news for a charity that has been haemorrhaging funds since the pandemic hit.

“This year has been a really tough one for charities. Covid has affected everybody, but kids don’t stop getting cancer. Cancer doesn’t hibernate,” she said.

Any prizemoney won by Riodini will go to the National Jockeys Trust and the 10 per cent share from **Just Thinkin’s winnings would go to the Riding for the Disabled Association.**

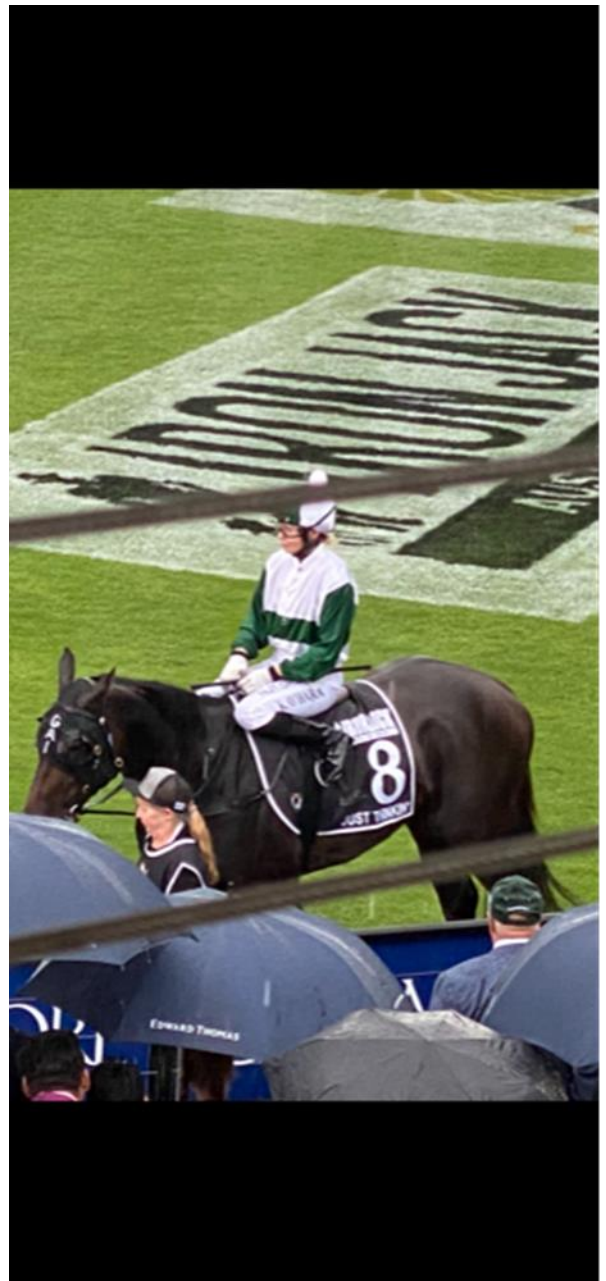
Former Paralympian and the Association’s executive director Jan Pike was thrilled to meet the bay gelding at the Waterhouse-Bott stables in Randwick ahead of his appearance in the third richest race in Australia behind The Everest and The Melbourne Cup.

“We’ve had a very hard time this year with Covid-19. We’ve had to close a lot of our riding schools and because of that we don’t get the revenue we need, so this is a great opportunity,” she said.

Board member Tracy Lucas was equally thrilled to be nominated as the charity for a Gai Waterhouse-trained runner. “It’s such a privilege. It’s very overwhelming actually, it means a lot,” she said.

“The support we’re getting is amazing and means a lot to RDA. Covid has really knocked us around a lot as an organisation.

“We’ve got 39 centres and they’ve done it tough, so it would mean a lot to everyone if we did well in this race.”



Tracy

and

Jan

Jan and I attended Rosehill Garden Racecourse as a Guest of Racing NSW, representing RDA(NSW) being one of the charity recipients of their Golden Eagle Race held 31st October.

We were the chosen charity of Gai Waterhouse and were partnered with her horse “Just Thinkin” .

It was a privilege to meet many representatives from other superb charities and we were also very well supported by Alice and Heidi of Racing NSW.

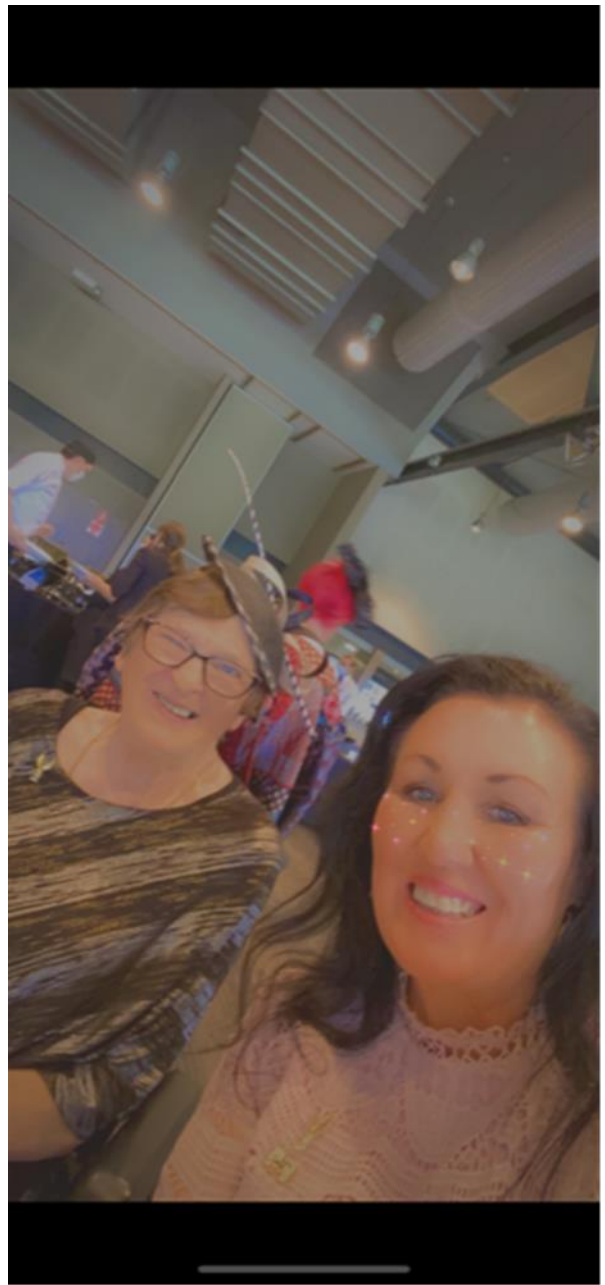
The publicity received from this event was spectacular with lots of PR and networking.

We would like to congratulate the charity Ty Angland (Team Tye Foundation). This is a brand new charity formed to look after jockeys that have been involved in accidents, so a fabulous start for them. They were supported by the winning horse 'Collette' and potentially received 10% of the \$410,000.00 winnings.

Even though Just Thinkin' did not win a place, the excitement of seeing him lead all the way until the last stretch was enough to make us proud of his efforts and knowing he raced supporting RDA (NSW) was the greatest achievement. All Charities represented will receive some funding and we will know shortly the amount of funds Just Thinkin' raised for our Association.

It was a superb day and we were both very honored to be part of this prestigious fundraiser representing our Association. We may not have come in 1st place however the recognition and support RDA (NSW) received from Racing NSW was phenomenal.

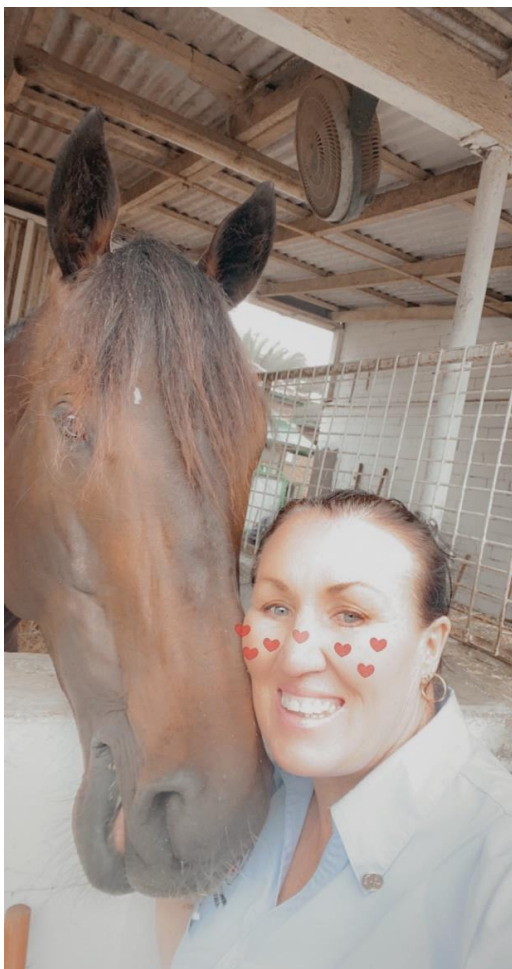








Tracy Lucas and Jan Pike
attended the
Golden Eagle Horse Race
at Rosehill Gardens



Sunday Telegraph 1 November 2020

Paleface

The Black Summer claimed a famous brumby and his mob, reports Kelsey Hogan

lost to the inferno



Paleface, asserts his presence. He did not

WHILE debate rages about the culling of brumbies to protect the fragile Snowy Mountain environment, nature took the issue into its own hands.

The black summer bushfires wrecked havoc across the high country and the flames claimed both brumby and native animal alike. Hundreds of thousands of hectares burned.

The magnificent brumby stallion known as Paleface was one of the victims.

The distinctive silver white wild horse had become an emblem of the environmental and cultural war over cullings.

The 12 year old Paleface led a small mob which roamed the Mount Selwyn, Kiandra and Three Mile Dam area and he would father one or two foals each year.

Photographers Judy Shelton-Goggin and Paul McIver are passionately pro-brumby and they've produced a 2021 calendar which they say pays tribute to the wild horses which died in the Snowy Mountains firestorm.

"A number of the horses which died in the fires were in mobs around Kiandra so they were regularly seen next to the highway and haven't been seen since," Mr McIver said.

"The front cover of the calendar is a horse called Paleface, who was known as the king of the mountain."

"He perished, along with pretty much most of his herd."

Mr McIver said photographing this year's calendar has been like no other, capturing unique moments among the horses as they recovered from the summer tragedy.

"There's an image in the calendar which showed some young horses checking on an old mare who had been burnt in the fires," Mr McIver said.

"We like to capture over the four seasons of the year, the horses in their element just being brumbies."

"Whether that's having a rumble in the jungle or showing their empathetic nature towards each other."

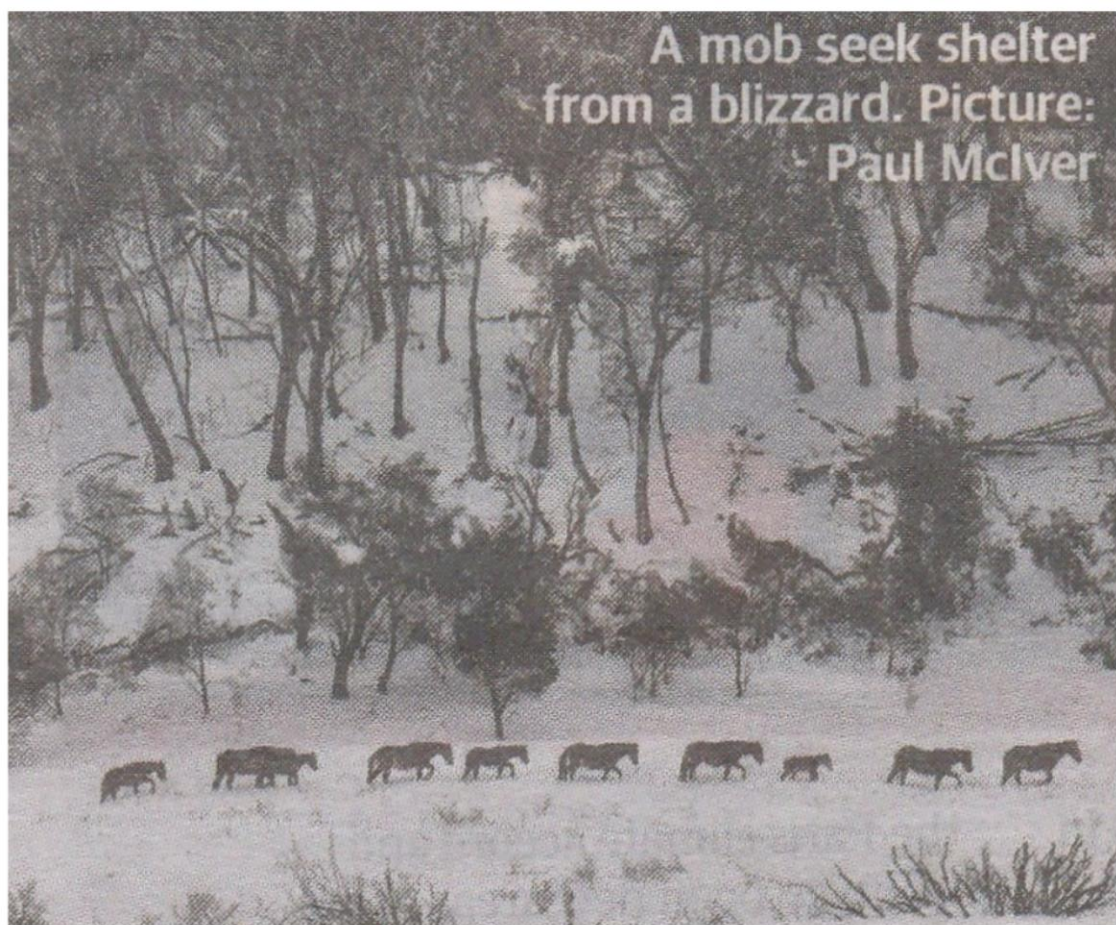
Mr McIver said the iconic mountains this year are looking "quite amazing" since significant rainfall has brought life back to the high country.

"While there are some trees that are just never going to come back, but where things have started to grow again, the green is just unbelievably vivid, quite stunning really," he said.

"While summer at the moment is looking pretty good for the brumbies we need to keep in mind that it only takes a few weeks of blazing hot weather and all that new growth from the rain will turn to fuel again."

Tribute to the Brumbies of the Snowy Mountains is the pair's seventh calendar and a portion of funds raised will go to Brumbies support groups.







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Kohnke's Own



The summer months in Australia are normally hot and dry. In hot weather, especially in some northern areas where the tropical heat and high humidity combine, the ambient heat in the air can reduce the ability of a horse to lose heat absorbed.

How do horses absorb heat in hot weather?

Horses absorb heat directly from the sun, the surrounding hot air and heat reflection from the ground during the hot parts of the day, particularly in temperatures above 35°C. Ponies, miniatures and foals are likely to absorb more heat from the ground surface, especially bare ground as their legs are short and their body is closer to the ground. **On a hot weather day, a grassy yard provides more protection from heat radiated from the ground surface as opposed to a bare yard.** Similarly, grassed riding surfaces or dampened sand surfaces will provide more protection from ground heat.

Generating Heat from Exercise

Horses generate heat during aerobic exercise, up to 80 % of energy metabolised using oxygen produced in the working muscles is expended as a by-product of heat. Heat production of 1,400 Kcals per hour can be generated during a light to medium exercise session, with even higher amounts of up to 2,700 Kcals during a few minutes at the gallop and approaching 7,000 Kcals/hour in an endurance horse. Exercise adds to the heat 'load' on the horse's body. The friction of hooves on the working surface also generates heat and can raise the hoof temperature up to 43°C.

Heat from Digestive Processes

Heat is also generated during microbial digestion of fibre in the hindgut, especially when fed high protein or highly fibrous diets. Although this is of benefit to aid body warming during cold weather, it adds to the overall heat load during hot weather and exercise.

Water within the body cells, gut and other tissues contribute 60 % of the total body weight of a horse, or about 300 kg of total water by weight in a 500 kg horse. In the average well hydrated horse, about 60 litres of water is trapped in the fibrous digesting mass in the large bowel (hindgut). It is used as a valuable reserve of water to replenish the blood and body to reduce the risk of dehydration through sweat loss, but also as a 'heat sink' to store excess heat under hot conditions. This allows a horse to dissipate the heat through sweating, radiation and expelling heat in expired air from the respiratory system during and after exercise and when resting.

How Horses lose heat in Hot Weather:

1. Sweating and Radiation from the Skin

Sweat is a skin secretion of primarily water and salts as well as some soap-like lathering compounds (saponins). It evaporates off the skin to remove heat from the body, leaving the salts and other residues in the hair. Each litre of sweat as it evaporates, removes approximately 200 Kcals of heat. A healthy, well hydrated horse or pony loses 50 – 60 % of heat absorbed on a hot day, or produced during exercise, through sweating. During exercise, sweat output can increase to 5 – 11 Litres per hour in a 500 kg horse, which if not replaced with water the drink, can quickly lead to dehydration.

Horses can also radiate heat from their bodies to aid cooling, but this is reduced when they are moving slowly as they graze out in the hot sun. Ideally, a horse's paddock should have some shade trees, or even a shelter with a high roof to allow air flow. There should be a 2-metre space between your horse's back and the roof of the shelter to allow air flow and reduce roof heat radiation.

2. Convection

Horses also lose heat through the process of convection, which occurs when air passes over the horse's body. If a horse has had a hard workout and becomes excessively sweaty, then it is at risk of overheating quickly once the airflow over the body stops. In this case, walking the horse on a loose rein for 3 – 5 minutes will aid the process of convection. The cooler air will help to remove heat, except on a very hot or humid day when the air temperature is above 35°C in the sun.

3. Panting

Horses will pant to cool themselves if they are overheated and unable to sweat. A horse may also start to pant if they are unable to sweat because they are dehydrated. Panting helps to expel heat from the lungs. After exercise on a hot day, your horse will offload up to 30 % retained body heat by panting. A horse standing under a tree or in the shade on a hot or humid day which appears to be panting is absorbing or retaining too much heat. The horse should be sponged and scraped off with cool water and hand walked to assist with cooling.

Summer Feeding Tips for Hot Weather

General care and management strategies to help horses cope with the hot weather are widely used. However, optimising your horse's ration for summer weather can also help to reduce heat load. This is especially important for horses which are sensitive to heat stress, for example, those in moderate to intense training, older horses and ponies, and horses with common conditions such as EMS, Cushings and anhydrosis.

Roughage Requirements

Roughage (ie grass, hay, chaff) is a critical component of your horse's ration – it should make up more than half their total feed to reduce the risk of digestive problems and particularly, gastric ulceration. Fibre, as part of roughage, traps water in the bowels and provides a beneficial fluid reservoir for exercising horses. For example, 1 kg of hay absorbs and holds 3 kg of water in its structure as it digests in the hindgut.

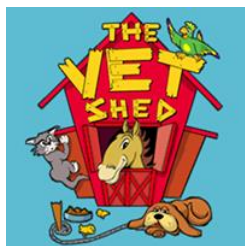
However, providing a high roughage diet is a balancing act, as the digestion of fibre in the hindgut is a fermentation process that produces quite a lot of heat. Hindgut heat, or the heat produced as the roughage is digested, can be a hidden factor in heat stress.

Fats, such as oil, are a useful addition to your horse's ration for coat condition and as a non-fizzy, but also cool energy source. Oils produce less heat as they are digested than other feeds such as grains, bran, chaff and hay. Reducing the amount of high fibre feeds and grains in your horse's hard feed and substituting with 75 – 125 ml of good quality oil can help a horse which often becomes overstressed by heat. [Kohnke's Own Energy Gold](#) is a cold-pressed, virgin Australian oil blend with balanced omega-3 fatty acids for optimum health, coat shine and cool, non-fizzy energy.

Provision of Protein

Protein is another important consideration in summer. An adequate protein level is particularly important for your horse's health, including maintenance of muscles and top-line. However, too much protein can cause increased heat load. This is because excess protein in the diet is dumped into the hindgut, producing a lot of heat (40% heat waste) when it is digested there (rather than in the small intestine where it is normally digested). Providing too much lucerne hay is a common cause of excess protein and fibre levels, resulting in higher hindgut heat waste and possible heat stress.

Lucerne hay, as a roughage, contains both highly digestible fibre and high protein (17%) compared to grass hay and if fed in excess, can significantly add to hindgut heat load. All that is needed for a lightly to moderately worked horse is 1-2 biscuits of lucerne hay per day, any more hay offered should be grass-based or from a cereal crop, such as oaten hay.



Love this shot from

Riding for the Disabled Association - NSW

It's worming day! 🐾 ❤️



As seen on facebook – March 2020



I hope that this Christmas will be for you all,
a cheerful ending to a difficult year
and a great beginning to a
Happy New Year

Lyn Lazarus
editor
“Bits “n” Pieces”

