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Links –

WDA website <https://www.westerndressage.com.au/>

Rules https://docs.wixstatic.com/ugd/d32836_daf71a45b5604de2aae206b139dbb694.pdf

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Any Newsletter articles please email

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From the Board

Here is our 7th edition of our Quarterly Newsletter.

For future reference this is the current “crazy world” we are living in at this moment.

Scott Morrison is the Prime Minister of Australia.

Australia has closed its borders to the rest of the world.

For the last month pubs, clubs, cinemas, restaurants and churches are closed, sporting events, concerts, festivals and weddings have been cancelled. Only 10 people can attend funerals!

Petrol price is less than \$1 per litre. Panic buying means there's no toilet paper, paper towel, disinfecting supplies or hand sanitizer on the shelves. Pasta, rice, flour, eggs, mince, canned tomatoes have been in limited supply. Supermarkets have restricted some products to one or two per shopper. Pack your own shopping at the checkout and disinfect your trolley before you start. Non essential shops and businesses are starting to close.

Office workers are working from home. Schools closed and children are to be schooled at home. Easter holidays spent at home. All non essential travel banned. Fines established for breaking the rules. Police patrolling the streets and beaches.

Shortage of masks, gowns, gloves for our front line workers. Shortage of ventilators for the critically ill. Manufacturers, distilleries and other businesses switch their lines to help make visors, masks, hand sanitizer and PPE.

Children's playgrounds are closed. We must distance from each other. Press conferences daily from the Prime Minister and government. The government throws billions of dollars to businesses to try to keep them afloat. Grants and Loans. Jobseeker and Jobkeeper payments. Daily updates on new cases and deaths.

Barely anyone on the roads. People wearing masks and gloves outside. Essential key workers afraid to go to work and medical field workers apprehensive to go home to their families.

This is the Novel Coronavirus (COVID-19) worldwide Pandemic, declared March 11th, 2020.

Whilst our world is literally turned upside down right now and the future seems uncertain, rest assured that these unprecedented times will eventually pass and life will return to [a slightly different] normal.

Stay Strong. Stay Safe. Stay Healthy.

Stay home and ride your horses...for when this passes we shall return with a whole-hearted passion and enthusiasm.

COVID-19 PANDEMIC—WDAA RESPONSE

27 March 2020

To our valued WDAA Members, Affiliates & Branches,

In response to the current ongoing Covid 19 Pandemic, and in keeping in line with the strict social distancing restrictions that are being put in place across the country, the WDAA Board has made the decision to **suspend all WDAA events** (effective immediately).

There will be no WDAA events approved up to & including May 31st, 2020 (this also includes Virtual Shows). Branches and affiliates are strongly advised to conduct any meetings/discussions via conferencing technology. We would encourage Branches/affiliates/ members to be mindful of following the Australian Government Department of Health (<https://www.health.gov.au>) directions including;

- Washing hands regularly
- Avoiding any social gatherings
- Avoiding close personal contact with other people
- Self-isolating in the event that you have recently returned from Overseas, feel sick or have been in contact with someone who has contracted COVID 19

Event applications will still be accepted for events to be held after May 31st, however we cannot guarantee that they will be allowed to proceed depending on the advice from the Australian Government in regard to the ongoing COVID 19 Pandemic at that time. The pandemic is constantly evolving and the board will continue to monitor the situation and may change or amend this date.

We thank you for your cooperation and understanding in these trying times and look forward to getting Western Dressage back up and running as soon as we can.

Take care,

The WDAA Board

Calendar of Events 2020

QLD

25-27 th Jan	WDAQ	Maryborough, QLD
1 st Feb	BWBRAC	Bundaberg, QLD
29 th Feb	SE QLD WD	Caboolture, QLD
7-8 th Mar	WDAQ	Maryborough, QLD
15 th Mar	NQQHA	Malanda, QLD
29 th Mar	WDSEQLD	Caboolture, QLD CANCELLED
4 th April	WDWD ARBC Dalby. QLD POSTPONED	
	New date 17th OCT 2020	

VIC

2 nd Feb	West Vic WD	Springfield, VIC
16 th Feb	WDAV	Clyde North, VIC
5 th April	West Vic WD	Lake Boga, VIC CANCELLED

WA

23 rd Feb	WDAWA	Perth, WA
22 nd Mar	WDAWA	Perth, WA CANCELLED
19 th April	WDAWA	Perth, WA CANCELLED

ANNOUNCEMENT from WDAQ

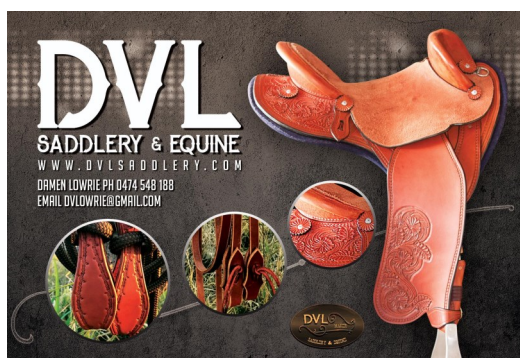
Cancellation of WDAQ State Show

Due to the ongoing uncertainty around Covid-19 and not knowing when we can resume normal Western Dressage competition, the WDAQ board has had to make a decision on our State Championship Show 9th 10th 11th October 2020.

Before calling on our sponsors to make a financial commitment, ordering a Trophy Saddle, Trophy Buckles and prizes, we have made the agonizing decision to cancel this years State Championship Show in Maryborough. We will however hold that date and if horse showing can resume, we will conduct a Fraser Coast Regional Championship Show, our AGM and present the WDAQ End Year High Point Awards on the weekend as we normally do.

We appreciate your understanding and we are already planning a bigger and better 2021 State Show.

Most importantly, we wish our members to stay safe and healthy so we can all get back to doing what we love. Western Dressage



WDAA YOUTH RIDER PROFILE

Zoe Gravagna



Zoe with her many QLD State Show & QLD Year End Awards 2019 (Maryborough, QLD)

Zoe is a 17 year old rider from Innisfail, Far North QLD who has been riding horses since she was 5 years old. She started off in Pony Club, transitioned to Western Performance at age 11 and for the last 3 years has had a good crack at Western Dressage. She has been a member of her local QH club North QLD Quarter Horse Association for a number of years and this is where she was introduced to Western Dressage.

Zoe has broken in and done all the training herself on her grulla QH mare Hollywood Chandel and has been showing her in WD since the mare turned 3. Western Dressage has been a great training tool for her in bringing on her young mare and to date she has been very successful with her in the show pen. Some of her achievements include:

- 2018 QLD State WD Introductory Level Reserve Champion
- 2019 QLD State WD Introductory Level Reserve Champion
- 2018 QLD State WD Youth Champion
- 2019 QLD State WD Youth Champion
- NQQHA WD Series Two Introductory Level Champion
- NQQHA WD Series Two Youth Champion

As well as many wins and placings at her local WD and Western Performance shows in Far North QLD.

Zoe believes that Western Dressage helps to improve the bond between horse and rider to become more accurate and precise. "It is a great sport to learn new manoeuvres and to have fun in a really supportive and encouraging environment."



Zoe & Hollywood Chandel competing at the QLD State Championships at Maryborough in 2019

Western Dressage is growing and becoming more popular throughout Australia and youth numbers are starting to increase, particularly in QLD. All youth riders across a range of western disciplines would greatly benefit from riding and learning in such an encouraging and supportive environment. WD provides a strong foundation of correct and disciplined riding and learning that can prepare you for achieving great heights in any subsequent discipline you may apply yourself to. WDAA greatly encourages youth riders to get involved in this fast growing western discipline.



Tying-up in Quarter Horses

**Dr Brianna Clark BVSc (Hons) MANZCVS
(Medicine of Horses)**

A tied-up horse is not an infrequent occurrence. It can not only be frustrating for the competition horse but can have serious consequences. Tying up is a general term for any horse with muscle damage. The correct terminology for tying-up is exertional rhabdomyolysis (ER). The severity of ER lies in the breakdown of muscle not only potentially causing severe pain but the injury to the kidneys that can result. The discoloured urine sometimes visualised contains myoglobin, the breakdown products of muscle, which when being processed by the kidneys can cause significant damage.

Exertional rhabdomyolysis can be divided into sporadic and chronic forms and Quarter Horses in particular have a genetic predisposition for a certain type of ER. Sporadic ER is not caused by an inherent defect in the muscle cells but caused when a horse is exercised in excess of its current training level. It is also known as 'Monday morning disease'. This can occur in any horse, no matter what breed or discipline. Chronic ER has several causes and is due to an intrinsic defect within the muscle cell. Recurrent ER is more common in the Thoroughbred population. Polysaccharide Storage Myopathy (PSSM) occurs in Quarter Horses most commonly, but also Warmbloods and Draft horses. Other less common causes of chronic ER include Malignant Hyperthermia (MH) and Myofibrillar Myopathy (MFM). Contrary to popular belief tying-up has nothing to do with lactic acid build-up.

Rudd's Horse Transport

There are two types of PSSM; PSSM type 1 and type 2. They both result in an abnormal accumulation of glycogen (sugar) within the muscle cell. This results in the muscle not being able to use the glycogen as the usual energy source and it cannot contract normally. Both PSSM type 1 and 2 have a similar appearance on muscle biopsy they do however have different causes at the genetic level. A group from the University of Minnesota have discovered that type 1 PSSM is caused by a genetic mutation in the glycogen synthase (GYS-1) gene. The genetic mutation has been found in Quarter Horses and Paints with an increased incidence in the halter and pleasure types.

Typically horses with PSSM will show signs of muscle stiffness, cramping and soreness. These signs can be present even after light exercise, such as 10-20 minutes of walking and trotting. They can also have symptoms without any known exercise. Some horses will develop severe signs with painful hard muscles and an unwillingness to move and may even become recumbent. Other horses will just seem quiet and 'lazy'. Dark urine may also be seen. Horses with PSSM may have a history of muscle soreness just when they are resuming training after periods of rest.

If a horse is having an acute episode of tying up and is very painful your veterinarian should be contacted. This is because it can not only be very distressing for the horse but can have a serious effect on the kidneys, especially if dehydrated. Depending on the severity your veterinarian may prescribe analgesics and if severe, intravenous fluids. If PSSM is suspected in a horse a few tests can be done to diagnose the disease. Blood tests will be performed to identify for muscle breakdown; creatinine kinase (CK). If levels are normal at rest an exercise-test can be performed where CK is measured 4-6 hours after light exercise (trotting for 15min).





If CK levels are elevated and the horse does have chronic ER, confirming the cause depends on the breed. If the horse is a Quarter Horse, a genetic test to assess for the genetic mutation for PSSM type 1 is recommended first. This is because PSSM type 1 and type 2 look identical on muscle biopsy. Genetic tests can be done by sending hair samples (including roots) to a lab in the United States. If the genetic tests come back as normal, a muscle biopsy is then recommended. This is easy for your veterinarian to perform and to send to the lab for analysis.

If a horse is diagnosed with PSSM the horse can continue to be a useful competition horse, however particular long-term management is required. Exercise and a specific diet is key. After an acute episode a short period of rest is required but overall prolonged rest is detrimental. It is best for these individuals to stay in consistent work and have regular turn-out. Re-introducing exercise needs to occur gradually (over about 4 weeks) after an acute episode. Once re-introduction has occurred and dietary modifications adapted to, consistent daily exercise and paddock turn-out is critical.

Dietary management is also crucial in managing PSSM horses long-term. Energy usage needs to switch from sugar to fat. Eliminating diets high in sugar (non-structural carbohydrates) and feeding fats (such as vegetable oil and rice bran) is recommended. Typically horses with PSSM are good-doers so it is crucial not to feed too many calories and sometimes they need to be restricted from forage. Breeding horses with PSSM does need to be thoughtfully considered. There is a 50% chance of passing the trait to offspring. Hence genetic tests are recommended.

Overall having a horse diagnosed with PSSM does not mean their riding and competitive life is over. With dietary changes and consistent exercise they can lead normal competitive lives. As an owner it is important to be aware of what tying-up is, the causes and what is involved in diagnosis.

Lets visit the WDAA Rulebook Verson 2020 (1 July 2020)

5.6 Reins (see also section 6.24 Rein Handling Techniques)

E) Reins must be of leather, rope, horsehair or synthetic material

F) Split, looped or joined reins can be used two handed with a snaffle, curb bit or bitless bridle

G) Looped or joined reins can be held independently or bridged when riding two-handed

H) Split reins are bridged when used with two hands

I) Split reins can be used one-handed with a curb bit. There are two different rein handling methods that can be used. Refer **section 6.24** for details

J) Romal reins are used one-handed with a curb bit

K) Mecate reins are used two-handed with a bosal

L) Romal and Mecate reins are used one-handed for the Two Rein setup with a Spade bit and bosalita

M) Slobber straps on snaffle bits can be no wider than 50mm(2") or longer than 216mm (8.5")



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