

THE MANE ISSUE



Meet a Member-Halie Sproul

Hey everyone! My name is Halie Sproul. I'm 22 years old and have been in CPC for 10 years as a member of the Evangeline Pony Club based in the Annapolis Valley of Nova Scotia. I, like many others, was obsessed with horses and was desperate for my own. My parents had one rule: if I wanted my own horse I had to join PC. So that's exactly what I did. Since then I have worked at my local barn as a stable hand, instructor and volunteer. Two years after joining PC I got my pony Mugsy, who is still my mount today. He is a grey 14.1 ½ Welsh/Arabian gelding.



I will be graduating from the University of Prince Edward Island with my Bachelor of Arts in May. I have a history major and biology minor; it's a weird mix, I know! I

plan on going into museum work after a post graduate course at Fleming College in Ontario but I would also love to continue working with horses in whatever way I can.

So far in PC I have achieved my B written, C2 flat, and C1 jump. With the introduction of Horsemasters, I

plan to test in the future when I find a suitable mount for the upper levels.

Regionally I have competed in quiz, dressage, PPG and rally. Nationally I have competed in numerous quizzes, as well as PPG and dressage. Although my favourite discipline is definitely quiz! I love everything about it. Outside of PC you can find Mugsy and I competing in the local hunter and jumper rings, and just having fun at home. When I'm not around horses you can find me with my dog Rocco, reading, or watching TV and movies. I also love to travel whenever I get the chance.

It is impossible for me to choose one funny or favourite memory when it comes to my time in PC. What I will remember most are the opportunities and experiences I have had. I will also remember all of the great friends and people I have met through PC; my best friends today are some girls that I met 10 years ago when we all started PC.

My advice to other pony clubbers is directly tied to one of my own personal experiences. During high school I started experiencing extreme amounts of anxiety, mostly related to riding. I went from jumping 3'3" to having panic attacks over cross-rails. This was something that hit me very hard as there was no specific event to

cause these feelings. I have spent the last few years regaining my confidence. It has taken time but I am learning to not let my anxiety control me and to enjoy riding again. Family, friends, my coach and other members of the equine community have helped me along the way. I have taken a step back to a place where I am comfortable and when I am ready I take another step forward. It can be hard to watch my friends progress without me, but I know I am doing the best thing for me in the long run.

Therefore, my advice to others is to decide what you are comfortable with and stick to it. Chose a goal and continually work toward it at a pace you are comfortable with. It's ok to take your time. If you wait until you are mentally and physically prepared for the task you want to accomplish it will be easier to achieve. This can apply to anything in your life.

Thanks for taking the time to get to know me!

-Halie



Testing Tip (by Tori Morgan)

This issue's testing tip is brought to you by Tori Morgan. Tori is from the Charleston Lake Branch SLOV Region.

It's Tori Morgan here, hopefully I can give you a few study tips to get you ready for testing. I would like to think I know how to study for testing, this past summer I got my HA.

My number one tip is that the workbooks and the testing sheets, (found in testing procedures) are your best friend. Both of these resources are found on the pony club website, here is the link: <http://www.canadianponyclub.org/what-we-do.php?page=education&topic=testing-documents>.

The testing sheets are what the testers work off of during the test. Each topic has a wide range of questions that could be asked, these sheets help to narrow down the types of questions that could be asked. This can be really helpful when studying. Remember that these are not the only questions that can be asked so don't completely narrow down what you study.

Read the testing procedures for your level, you will know what is expected of you at your level.

You can even save yourself time by not studying subjects that are not required of you, such as teeth only begin being tested at C2.

The workbooks that are also provided can be very helpful. Give yourself enough time to go through the sections you need help with, in a perfect world you should work through the entire book.

Happy Studying!



Sam Brownlow, 13, from Blue Mountain PC recently earned his Publisher badge, by writing and reciting these three original poems.

WHY PONIES (haiku)

Ponies have colour
In body and in spirit
They bring us such joy

PONIES (acrostic poem)

Practically royalty,
Often refuse
Nagging riders.
Interested only in
Eating tons of grass,

PONY MYSTERY (limerick)

There was a pony from
Hickory
Who had no interest in
victory
Her rider she threw
The distance he flew
Why he still loves her is a
mystery

Super Ponies (& Horses)...

This column will pay tribute to some of our noble friends... the reason we are all here... the super ponies and horses of Pony Club. April's Super pony is submitted by Emily Lindsay of Rising Star, COR region.

My pony's name is Tarragon. He is 13hh, 18 years old bay reg. Welsh. I got him when he was 12. We borrowed him for 2 years and then bought him from a pony club family. Tarragon was a surprise to me, because he was my tenth birthday present.



I rode my first dressage test ever on Tarragon at a Pony Club dressage qualifier and we came 2nd and 3rd at Entry level in 2003 and in 2007 we were champions in the Pre-training division. In the years in between he has taken me lots of places and we have accomplished many things together. With Tarragon I have had a lot of fun showing, playing, going on trail rides, galloping through fields, sometimes bareback and bridleless. He has taught me to ride, to jump, and have fun. When I go to the field and call his name he comes to me. (he won't do this for anyone else, not even my mom). He is my best friend!!!

Tarragon has done "A" PPG's for 2 years, one of those years that team made it to the National competition. He played at the B level before that. Last year we won the pretraining division for dressage, and I lent him to another

Pony Clubber who didn't have her own pony and they were reserve champion in the starter division. Also he was on the national pre-training drill team for 2007 and 2008. Tarragon was reserve champion for the entry division in Show jumping in 2007. Through out his years in pony club he was champion at D Rally at the D1 level. Also he has taken several beginners through a dressage test and came out in the ribbons. In 2006 he took the year off from doing PPG's to do the Trillium Hunter Shows. He was 6th in his division (medium pony) in the Zone and went to championships at Palgrave and placed 2nd. (He & I like Pony Club shows much better).

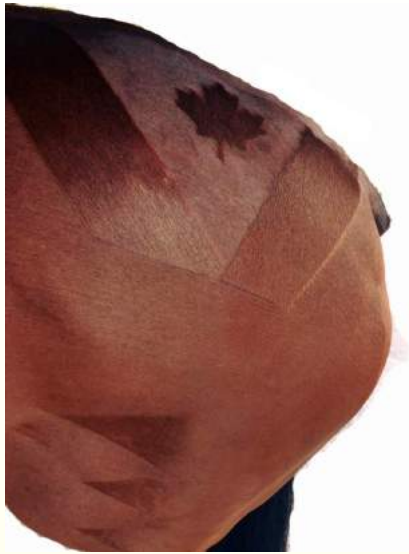
Tarragon also teaches young kids to ride. He is in a summer camp program, for the 9 weeks of the summer. In the winter he is teaches lesson to beginners he is extremely good. He just took a beginner to her first show ever and she was Res. Champion in the cross rails division.

I have, very sadly, outgrown Tarragon. I will continue to ride him for fun and to play PPG's on and he will continue to be my best friend and will forever be my first pony that taught me everything I know. And he will continue to teach young pony clubber all he knows.

Tarragon is what I consider the perfect Pony Clubber Pony!! He takes good care of his younger riders but will still do what I ask him to.



GREAT GROOMING



I was admiring some of the quarter marks at Rolex. It is not a skill I have achieved so I “googled” tips from a professional on how to do it more successfully.

Quarter marks are used to enhance a horse’s hind parts, and to sometimes make a “statement,” especially at team events.

Tools: • Fine-tooth comb— a flea comb, or 2” broken section of plastic hair comb works well • Small body brush— palm-sized, with short, firm bristles. • Spray bottle— you can use plain water, water mixed with QuicBraid, or fly spray to dampen the hair.

CHECKERBOARD The most basic of the designs. Generally the squares range in size from 1.5” to 2” , whatever the size of your comb. Brush the horse’s haunches as normal. Start about a hands-width off the dorsal line. Usually centered between point of croup and the tail head. Most of the time, smaller is better— about 7 squares or so. Hold your comb parallel to the horse’s spine; comb straight down (perpendicular to spine) firmly to create a square. Move over one comb-width. Create another square by combing down. Keep going until it is the size you want. Alternatively, you can create larger squares by using your small body brush instead of the comb.

DIAMOND or PYRAMID Space your “checkers” in a diamond or pyramid pattern. It is a bit more compact, so this design looks good on horses with more pointed hind-quarters, or who are a bit delicate (mares, smaller horses).

VEE This design is created with the small body brush. Start by brushing all the hair straight downwards. Usually cover an area from point of croup, to below point of hip, across to point of butt. Make a smooth lower border by brushing

horizontally (“with” the hair). Starting just at or behind the point of croup, brush diagonally downward to the middle border of your canvas. Then create the other side of the Vee: brushing diagonally downward (against the hair) from near the tail head to intersect with the other lower edge. This pattern is good on horses with pointy butts, steep croups, or those who seem to lack a bit of muscle.

RACING STRIPES Definitely the easiest to apply. Start by brushing the butt as normal, with the hair. Then, using the small body brush, start at or just barely behind the point of croup. Hold the brush vertically, and stroke straight down. Move over one brush-width. Brush straight down again. Repeat. You now have three vertical stripes. Even the lower edge of the stripes by brushing horizontally with the hair. This design is great on horses with large, powerful hindquarters.

Now, the upper portion of the HQ is decorated. Time for the lower half, to be covered in “flashes” or “sharks teeth.” It takes a few tries to get the hang of it, but keep practicing. Begin by brushing with the direction of hair. Hold your brush somewhere in the middle of the haunch, well below your upper design. Brush in a sweeping, diagonal upwards motion towards the tail. Immediately follow it with a downwards diagonal stroke, from hip toward gaskin. You now have one “point” or “tooth.” Begin the second tooth right alongside the first, but staggering your brushstroke a little farther forward (toward the stifle). Brush upwards diagonally again, parallel to the first. Now, brush diagonally downward again, parallel alongside the first downward stroke. You now have a second point. Continue on with the third tooth, and if it suits the horse, a fourth.

Be prepared to get mad, frustrated, and start over (and over, and over) while you’re learning. Over time, you’ll develop the proper angle for each stroke, and just how much length looks good.

Always check behind the horse to ensure your OM is even on both sides (especially on top!). Finish the job with a brush swipe straight down the spine toward the tail, and with half-circles either side of the tail (down the hammies) to “close out” your flashes. Practice, practice, practice! The great thing about quarter marks, is they are easily erased, so you can always start over. Once you master the technique, it doesn’t take much time. But when you’re fiddling around trying to get sides even, or debating which design to use, you waste precious time that the horse could be warming up! Don’t be in a rush, do your preparation beforehand; it will be much less stressful.

WHERE ARE THEY NOW? **DANA COOKE** (NICOLA VALLEY PONY CLUB, BCIN REGION)

What branch and region were you a member of and for how long?

Nicola Valley Pony Club, BCIN region, 15 years

What level did you test to?

I achieved my A when I was 18 in 2006.

the part and everything! It was fantastic!

What advice would you give to current pony club members about trying to enter the horse industry?

It is hard work, it won't be easy, but if you love it and keep your head down and work hard, it can be very rewarding. Don't get discouraged by the "lows" there will be many, but there can also be some amazing "Highs" that make it all worth it!

there are so many different ways to do everything. Pony Club gives you a good foundation to work from, if you follow Pony Club's method you will be safe in the way you care for and ride your horses. You can then build on those skills as you gain more experience.

There are also so many different occupations in the equine world besides being a professional rider. Pony Club helped me to become a groom for Canadian Rebecca Howard at the 2011 Pan American and 2012 Olympic Games.

What was your favourite pony club discipline?

Eventing

What is your best memory of pony club?

I have so many! Several of my oldest friends were in Pony Club with me. We went to many Pony Club camps, Rallies, Championships, Quiz and competitions together. We always had a great time everywhere we went!

Can you think of any funny pony club stories you would like to relate?

One year at Quiz, I think our branch hosted it. We had a small club and so we all decided to do a skit at the end before the awards. We chose to be the Spice Girls or as we called ourselves "The Spice Ponies" and sang the song "Stop" which we called "Halt" and changed all of the words so that it was horse related. We went all out, we dressed

If you were to have chosen something other than horses to pursue what would it have been?

That is something that I am still trying to figure out! I always tell anyone that comes into this industry to have a "back up plan," as you never know what is going to happen in this unpredictable life. I am a very athletic, sports driven person so I would probably be involved with athletes in some way shape or form if I wasn't riding. I have also said that if I didn't decide to go down this road of horses I probably would have been a flight attendant and travel around the world.

Do you have anything else you would like to tell the pony club members about? Or any other advice you can give them?

When dealing with horses,



Would you consider rejoining now that there is HorseMasters (the adult branch) and if yes for what purpose?

I would consider it, I have always been a big supporter of Pony Club and would love to keep sharing my knowledge with others.

What are you doing with horses today? *I work for Kingfisher Park Equestrian in Mooresville, North Carolina, as the "Director of Equestrian Activities." Which means I am the rider, trainer, barn manager and basically in charge of anything horse related on the farm.*

Branch ABCs—Blue Mountain Pony Club

Region: Western Ontario

History Behind Name: We are at the southern end of Georgian Bay, based in the Beaver Valley, in the municipality of The Blue Mountains

Age of Branch: We formed in 2008

Current D.C.: Heather Kehoe

Branch Colours: Navy blue/lime green/white

Current Members: 20

Age/Test Level Range: From 6 to 21 years old, with the bulk of our members being E to D1; we have three C1's and one with her C2-SM

Highest Tested Member: Emily McKague, with her full C1 and C2-SM



We are very proud of Natalia Heinke and Emily McKague, who have both represented our region at National Quiz. Natalia was the captain of the W.O.R. C team in 2015, while Emily has competed at the A/B level nationally several times.

Our club members always do well at Regional Quiz, last year placing third overall as a team. This year we're sending 18 members!

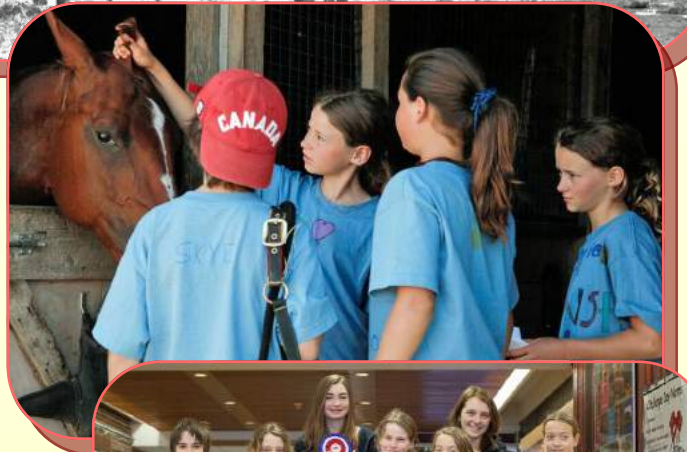
We have sent members to regional Rally most years, and the past two years to Le Trec.

Fun Facts: We run a three-day overnight camp each summer, which features lots of saddle time, including lessons in flat-work, jumping, and cross-country riding, plus trail rides, and teaching the horses (and riders) to negotiate Le Trec obstacles. We usually fit in some other things like musical poles, a costume class, and our three-hour long Amazing Race. There's also swimming, crafts, campfires and lots of camaraderie.

Our club meets every-other week from September through April to learn various elements of horsemanship. We try to fit in a few field trips to help round out the member's education, including to a local Clydesdale breeder's stable last fall, and to a miniature horse breeder's facility the previous spring. We've also gone to a farrier's forge and have a local equine vet who travels to teach us several times over the winter and always brings very cool and informative power-point presentations.

We enjoy mounted meetings from May through August, going weekly when school is out. The members are divided into three different riding groups, but they all look forward to meeting up at the end of the evening to socialize around the snack table and share their exploits.

D.C.'s Advice: *Take advantage of everything Pony Club has to offer. It's the best way to learn the safe way to work around horses, and to excel at all things equine-related, while at the same time having tons of fun!*



Breed Basics—Caspian

Caspians are considered Iran's national treasure, and though images of them appeared in art dating from 3000 B.C., they were believed to be extinct—until 1965. That's when an Iranian aristocrat, Nancy Firouz, and his American wife, Louise Laylin Firouz, went on an expedition to find horses or ponies for children to ride in their Tehran-based riding school. They heard that these small horses were kept by the Caspian Sea, and found that the breed was still alive. They stand no higher than 12.2 hands, and have a similar temperament and hardiness to Arabians.

Political turmoil in Iran made her efforts to maintain the breed difficult, but Louise Firouz created a national Caspian stud farm, Persicus Farm, which is now run by the government, and also exported several

Caspians to the U.K.. Today the largest population of Caspians outside Iran continues to be in the U.K.



Youth Contest - Poetry!

Open to all youth members of CPC!

Submit an original piece of poetry (or two) to cpcyouthreps@gmail.com by June 15th, 2016. Please include your name, age, branch and region in the submission!

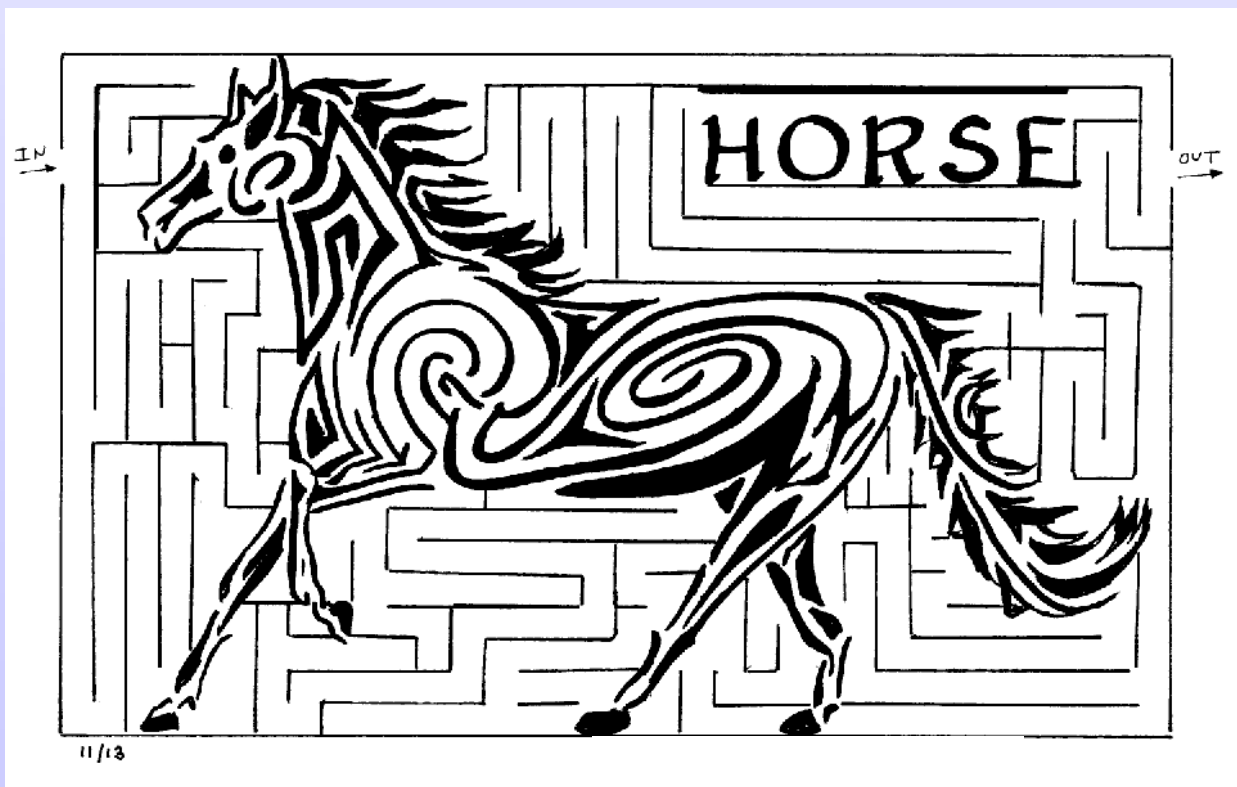
Must be related to horses!



Trivia for Fun (for the Quizzies out there) !!!

1. What kind of diet causes more water consumption?
2. What does "maintenance" energy include?
3. Young horses present with purulent nasal discharge, swollen submandibular lymph nodes, fever and anorexia. Most likely diagnosis?
4. What is the offspring from a jenny & stallion?
5. What are natural analgesics, neurotransmitters linked to pain control and to pleasure?
6. What are Petechia?
7. Horses lose more of this during sweating compared to humans?
8. An agent that destroys or expels intestinal worms?
9. Integral part of all cells in the body?
10. The feeds with the most digestible energy content?
11. Objects that can harbor a disease agent and transmit it?
12. Hay that can have a crude protein of more than 20%?
13. Feed that is high in energy, lower in protein?
14. An all alfalfa hay diet can cause this because alfalfa is high in magnesium and phosphorous?
15. The major artery that supplies blood to a majority of the large intestine?
16. Put these in order:

Diaphragmatic Flexure, Cecum, Pelvic Flexure, Left Dorsal Colon, Right Dorsal Colon, Right Ventral Colon, Sternal Flexure, Left Ventral Colon



Congratulations!



Congratulations Emma Dealey (top left) - Manitoba, Jessica van Nostrand (top left) —Nova Scotia and, Colleen Richardson—SLOV; for being the recipients of the 2015 Canadian Pony Club Award of Excellence.

Val's Corner

Here it is May already. I hope you and your horse or pony are able to be out and riding again, at least for those of you who don't have the luxury of an indoor arena or who don't live in Paradise, as we on the Prairies call BCLM.

I thought for this issue I would cover some of the happenings at the CPC AGM 3 weeks ago. You may have heard some of this already from your National Director.

Our Web Master is making constant updates to our web site. Check it out and see what's new.

Good news for Tetrathletes, WOR is hosting a National Championship at the beginning of August and permission has been received for a group from Canada to participate in the Eastern Championships of the USPC. Unfortunately, Canada will not be sending a team to Ireland for the International Tetrathlon Exchange due to all of the requirements not being met at this time.

There were a few updates to the Testing Procedures. Gwen Barnes will be circulating those and they will be posted on the web. Flat Streaming is now starting at the D2 level. However, because you will have to go back and retake all missed sections, this is not a decision to be made lightly. It is best to stay in the main stream for as long as possible.

As always at the AGM, we recognize achievements. Here is what we honoured this year:

CPC Award of Excellence Scholarship

Emma Dealey	Manitoba	\$1000
Jessica van Nostrand	Nova Scotia	\$1000
Colleen Richardson	SLOV	\$500

New Directors

Karen Ritchey	BCIN
Nancy Codlin	COR
Kathryn Robertson	Active Director East

15 Year Volunteers

Kim Penner	ABC
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25 Year Volunteers

Dianna Lee Fraser	Manitoba
John Moehring	Manitoba
Leslie Wishart	Manitoba

New Branches

Little Saskatchewan River	Manitoba
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New Centres

Just for Kicks Pony Club Riding Centre	Manitoba
Prairie Breeze Pony Club Riding Centre	Manitoba
Misty River Pony Club Riding Centre	Manitoba

Also the Metchosin Pony Club from BC Islands Region has officially changed their name to the Greater Victoria Pony Club.



Youth Member Photo Contest

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12 years and under



Rachel Anderson, 11, Delacour Pony Club (ABS)



Chloe Slauenwhite, 10, Evangeline pony club, NSPC

Over 12



Michal Chega, 14, Evangeline Pony Club, (NSPC)

Victoria Mastin 16, Evangeline Pony Club (NSPC)



Fiona Hunter 15, Temperance Lake Pony Club, SLOV

...and the winners are!



Chloe Peckford, 10, Evangeline Pony Club, NSPC

A horse is the projection of peoples' dreams about themselves - strong, powerful, beautiful - and it has the capability of giving us escape from our mundane existence.

The Groundline

-A takeoff point for discussion... (by Kim Leffley)

"Don't Judge Me!....."

As the parent of two girls who have passed through the teenage years (and we all survived reasonably mentally intact might I add), this is a phrase I heard often. For example, upon seeing my uncomprehending look during the "mismatched socks in sandals" phase, before I could even open my mouth I was greeted with "Hey - don't judge me!" This phrase became more and more common anytime it was perceived that I might comment on any food, wardrobe or activity choice that could be looked at as "different" than the expected norm. Of course, anytime I tried to use the phrase "don't judge me" I was greeted with "the eyeroll" (but that's a column for another time).

The concept of being judged (and what I interpreted as the actual fear not of being judged but of not measuring up) can be a very threatening one. We all want to measure up, to be accepted even with our uniqueness and differences. But like it or not, we are all unconsciously both judged and judging in our day to day lives, from the way we evaluate and are evaluated by other people, to the way we decide what products to buy (this one is "better" than that one - it meets my expectations). Some judgements are superficial ("Ew - that's a terrible color on her!") and some are deeper, more life altering (Can I trust this person with my money/heart/life?) And if you are an equestrian and/or a



Pony Club member, you have actually signed up to be judged - and it can be a good thing!

To be judged, in its proper context, simply means to be measured against an accepted standard. When you write a test in school, your answers are measured against the accepted range of answers. When you enter a contest, your submission or performance is judged against a set of expected criteria. When you enter a horse show or Pony Club testing your answers, physical presentation, and performance are assessed (or judged) against a standard of quality that is established, understood and universally accepted. That standard is the recognized goal to be reached - and life is full of them, so learning how to deal with judgement is a

The Groundline *(continued from page 10)*

valuable tool to have in your life skills toolbox.

Someday you will want to apply for a job or a school and there will be a set of criteria that the people receiving those applications will be weighing every applicant against. You are now being judged. And all of those things which you take pride in and have worked hard to achieve will be assessed by someone you don't know and who doesn't know you, based only on their criteria for the successful applicant and the information you have given them. And it will go one of two ways - you will either meet the criteria, or you won't. And you can deal with it in one of two ways: you can rage and fuss and lay blame and complain, or you can take the critique, filter out the

important things you can work with for next time and use it to improve your next experience.

If you have never "Failed" before (and yes - I used the "F" word that our culture so scrupulously avoids because failure is a thing that happens), it can feel devastating. So before you have to face the big judging situations in life, put yourself out there in small ways and learn how to accept being assessed, evaluated and yes, in some cases, judged.

The thing to understand about being judged is this: if you are doing something where you have invited that judgement (a horseshow or contest of some sort) it can become a tool to help you learn how to better prepare for

future opportunities. But if it is an unwelcomed assessment directed at you by someone else, you have to determine: does this person's opinion of me matter enough to impact my decision making? Are their judgements made out of interest and concern for the betterment of my life? How much control am I willing to give them over how I feel about myself? In the case of trusted parents or friends, or future employers, instructors or educators, it may be a lot. In the case of a social clique, perhaps not so much. But either way, learn to deal with being judged because it is a part of everyday life, and the person who learns how to handle the small everyday judgements well, will have no problem dealing the big ones when the time comes.



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Competing in Mill Spring, North Carolina July 28-31, 2016



Michael Congdon
Opportunity Pony Club
Nova Scotia
Level C2 SM
Age 16



Meghan Penner
Haunted Lakes Pony Club
Alberta Central
Level C1 SM
Age 16



Kassidy Moore
Mars Hill Pony Club
Manitoba
Level C2
Age 16



Tamara Booy
Springbank Pony Club
Alberta South
Level C2 SM
Age 16

Congratulations and Good luck!



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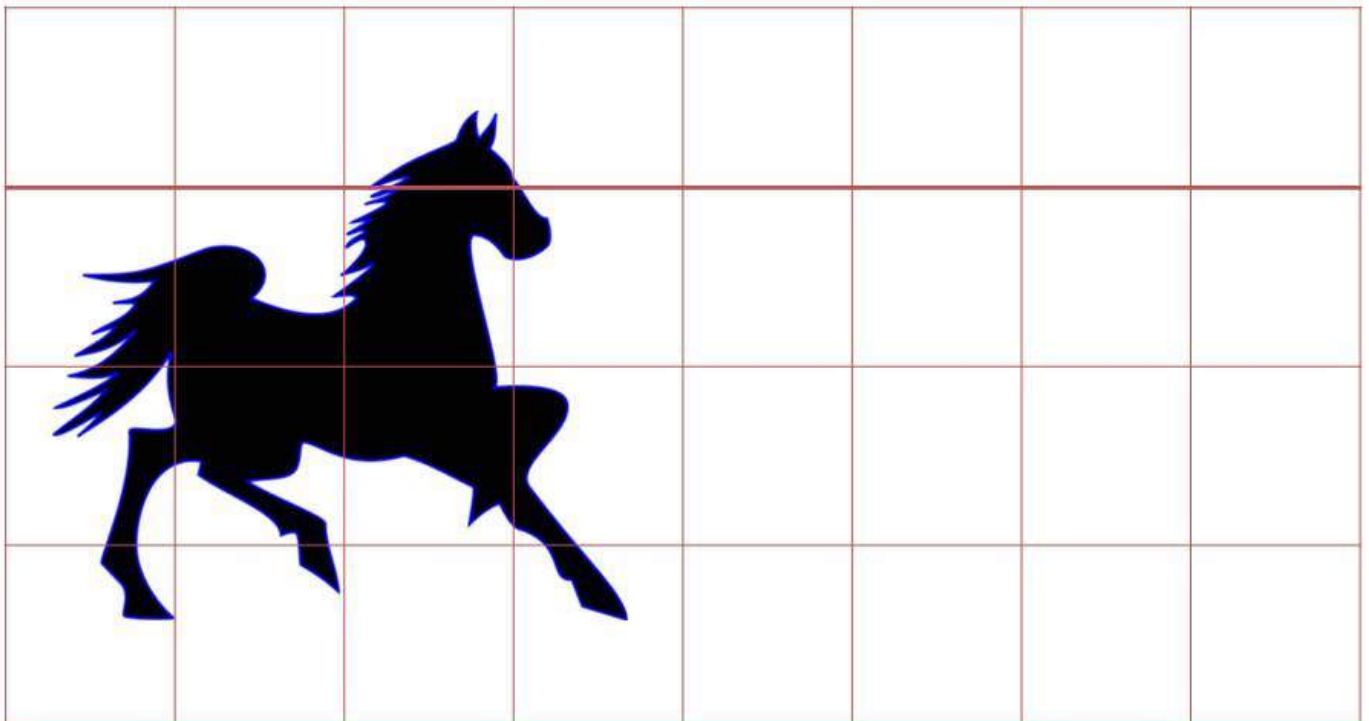
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Feedback Wanted

Are you enjoying “The Mane Issue”? What columns do you like best? What do you want more of? Do you have something you would like to contribute?

Please send feedback directly to Cat at s.c.hunter@sympatico.ca (please include “The Mane Issue” in the subject line).

Submissions may be sent to that address or to the CPC youth reps at epecyouthreps@gmail.com

*Check out
www.canadianponyclub.org for
upcoming events.....*