

Project Hope Horse Welfare Victoria Inc (PHHWV) is a non-profit organisation committed to providing hope for Victorian equines through education, rehabilitation and advocacy



president's report

It is hard to believe that Summer is here, especially since the paddocks are still wet and the rugs have not yet been put away. Happily, we are able to enjoy more freedom and reconnect with family and friends.

With the end of 'lockdown' and more people moving around the state, it will be of interest to note whether the number of horse reports increases. The past three months have seen six horses surrendered into the care of Project Hope. Two have now been placed into Long Term Care, whilst the others are still undergoing rehabilitation in Short Term Care.

We received a number of phone and email enquiries from people who are no longer able to care for their horses due to injury or illness, as well as one case where the owner had passed unexpectedly. This prompted me to think about what horse owners can do to prepare for such situations and the idea of future planning may be something that we can incorporate into our educational material.

In October, we conducted our first Webinar with horse trainer Annie Kesterton. Please see the review on page 6. Our next one will be held in February 2022 and we are planning to line up several speakers who can impart their wisdom on the subject of equine dental care.

Thank you to Julia Edwards and Sue Smith for submitting a grant application to the Tucker Foundation for Equine Emergency Relief. This was successful and we can now embark upon this project. With bushfire season around the corner, we want to ensure that we prepare in advance in order to best support and assist our Members across Victoria.

We will start 2022 with our Grassroots Open Day at Smythesdale on 15 January, which Rhonda Petschel and our local Smythesdale Members have been gearing up for, to be followed by an Education and Horse Rep Training Day.

If you are interested in getting involved in any of the above events and projects, please get in touch. As a PHHWV Member once said, horses are measured in hands and so is Project Hope. The more hands we have, the more we can achieve.

We hope to see you at the Christmas Party on Sunday, 12 December 2021. More details can be found at page 14.

Kathryn Wren
President
Project Hope Horse Welfare Victoria Inc.

Contact PHHWV

Phone: 1300 881 606 Email: info@phhwv.org.au
GPO Box 1991 MELBOURNE 3001 www.phhwv.org.au

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Angela Smith

fundraising update

TUCKER FOUNDATION AWARDS PHHVV EMERGENCY RESPONSE GRANT.

It is pleasing to report that PHHVV is the successful recipient of funding from the Albert and Barbara Tucker Foundation to develop an emergency response grants round.



Each year, whether it's bushfires, floods, storms, unforeseen accidents there is always something that can displace our equine friends and create enormous distress for those close to these incidents going on around them. This year by preparing for these scenarios, Project Hope Horse Welfare Victoria will be able to assist people and horses in need of emergency response support through our program. The program funding will be directed towards providing temporary horse relocation and covering the expenses associated with them such as transport, feed and shelter and where needed, veterinary assistance.

This is such a giant leap forward to proactively prepare and have funds on hand to help people and their horses in serious distress. You will be able to read more about how to get in touch as we work with designated groups across the state to pilot this program in Victoria in 2022.

A special thanks to member Sue Smith for working with PHHVV to assist in the grant application.

EQ SADDLERY

PHHVV is once again a nominated beneficiary of this organisation with donation tokens on offer upon purchase to support our cause. If the stores in Pakenham, Yarra Valley Geelong or Kilmore are close by why not pick up a few essentials for you and your horse and nominate PHHVV by placing your token in the instore jar labelled with the PHHVV logo.



CONSIDER A REGULAR GIFT

We recently thanked a small pool of people that make a regular donation to PHHVV. The benefit of regular giving is that a smaller contribution regularly can be easier to manage than a large gift within your budget means. For PHHVV, it means we can plan our expenses ahead of time and make some real savings through understanding there is regular support to meet our month to month expenses. Consider making a regular gift simply by setting it as a direct debit each month. Don't forget every gift over \$2 is tax-deductible and your regular debit is recorded on your bank statement for tax time deductions.

RITCHIES
Where the Community Benefits

RITCHIES IGA

Members don't forget that it's easy to support PHHVV simply by adding your charity on Ritchies IGA website. Go on to the Ritchies IGA website and select Project Hope by adding your unique IGA code to The Project Hope cause.

AKA "HOPE HORSE WELFARE PROJECT"

By Rhonda Petschel, *Grassroots Co-ordinator*

As we go to print, the dates and venues for Smythesdale are still being confirmed. The events planned have not changed.... SO for now the best we can do is pencil in dates, times and venues.

January 15th 2022 - OPEN DAY

Smythesdale/Ballarat area. A great day to meet and talk with other horse lovers. Lesley Hawson (see Bio) will be presenting one of our three lectures. The Committee and long term members will be attending.

January 22nd 2022 - HORSE REPRESENTATIVE TRAINING DAY

Venue: Majorca Hall. If you find it hard to drive past a horse that looks like it may be in trouble (underweight, overweight, bad feet etc), this may be the day for you. Those who attend the training will learn how Project Hope manages horse reports.

January 29th 2022 - HORSE TRAINING DAY

Working with horses who have suffered trauma. Ian Shaw will be presenting (see Bio below). There are positions for five people to bring their horses and fence sitters are welcome – the more the merrier. 10.00 a.m. arrival for a 10.30 start to 3 p.m.

As soon as venues and times are confirmed we will send out an email to all members. If you have any questions please email: info@phhw.org.au

DR. LESLEY HAWSON

Dr. Lesley Hawson studied psychology and neurophysiology at Adelaide University before embarking on an industrial relations and human resource management career. Responding to her lifelong horse obsession she left corporate Australia to pursue a Veterinary Degree at the University of Sydney and then a post graduate diploma in Animal Chiropractic. After several years in veterinary practice, practice she completed her PhD in The Science of Horse Training which resulted in several well received papers.

Lesley focussed on teaching during her post doctorate period. She has lectured in equine biomechanics, equine exercise physiology and equine behaviour at Charles Sturt University and Melbourne Polytechnic as well as a capstone subject in the Post Graduate Diploma Animal Biomechanical Medicine.

Currently employed by Harness Racing Victoria Integrity Department as a Veterinarian, Lesley is also working on books and training programs to make the world a safer place for both humans and horses. During the winter Lesley can often be found vetting at Endurance rides around Victoria while during summer she thinks about going bush with her home bred Quarter Horses.

Lesley has a public Facebook page:

<https://www.facebook.com/drlesleyhawson/>
where she posts updates of interest to equitation science enthusiasts.

IAN SHAW

Ian Shaw has an Agricultural Science Degree from the University of Adelaide with a special focus on Animal Physiology and a Post Graduate Diploma in Education

As well as having lifelong experience as a horseman participating in many riding disciplines, Ian is an experienced educator having held senior positions in the Victorian Department of Education and Department of Primary Industries. In 2018 he pioneered Safe Horse Handling programs within the Victorian school system.

Over the last 10 years Ian has focussed on and developed a keen interest in exploring the 'Horse-Human' connection. While drawing on his own experiences, Ian's philosophy has been greatly influenced by many of the world's best trainers, with whom he has studied - people who also believe that education and training begins with developing a strong positive relationship with your horse.

Ian has a holistic approach when working with horses and their carers. His aim is to assist people to develop a calm, connected and consistent level of communication with their horse, so that they can learn to have fun and enjoy working safely with their horses.

For more information about Ian and his training programs, including client reviews you can head to his website:

**www.
shawhorsemanship.
wixsite.com/shaw**

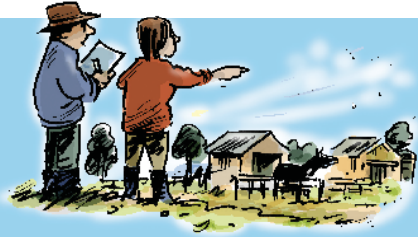


7 Point Horse Emergency Plan How will you keep your horses safe?

Safety around paddocks and stables - Natural disasters - Transport

In a major emergency, there may be nobody to help you, no power, no communications, no emergency services, no veterinarian, no daylight. What is your plan?

1



CHECK OVER YOUR PROPERTY FOR RISKS, AND OPPORTUNITIES TO HELP YOUR HORSES STAY SAFER

- Keep yourself up to date with how different risks can affect your horses.
- Preparing your property and horses to reduce risks is an ongoing year-round activity.
- I know and test multiple access and egress points from the property, and for horses which stay, organise internal gates to give the horses room to move.
- Areas prone to flooding or fire risk are known and mitigated.
- Site plans displayed, including turn off for gas, mains, pump locations, chemical storage.
- Fire hoses reach around buildings, pumps are tested, water supplies accessible.
- Remember routine checks for electrical & gas safety, rodent damage.

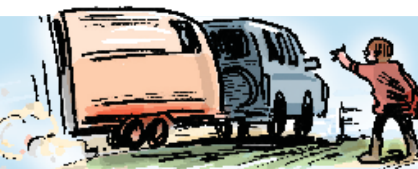
3

IDENTIFICATION



- All horses have permanent identification. Microchip horses and ensure details are up to date on the NZ Companion Animal Register (0800 LOST PET).
- Ahead of major emergencies, add temporary ID e.g. mane tags, stock marker to write mobile number on horse.
- I have proof of evidence for horse ownership.
- My property is clearly identified from the road, or agistment paddock has ID info.
- The property my horse lives on has a RAPID (Rural Addressing) number. RAPID numbers are used in all types of emergency responses.
- A front gate sign board notifies emergency agencies about animals left behind.
- A sign board may also notify unauthorized community volunteers that you wish to keep animals in situ, and transporting off-site without permission is theft.
- Emergency contact list is included in plans, set up on text group, written phone tree, and we keep in touch through local neighbourhood social media groups.
- I have joined or followed my local civil defence/emergency management facebook and/or twitter to keep up to date.

5



TRANSPORT AND HORSE TRAINING

- Horse transport is registered, road worthy and safe for horses e.g. floors.
- The emergency plan identifies horses to evacuate by transport, or horses or stay. My horse loads confidently onto different transport types, on any day, in any weather, at night, or led by different people.
- If my horse is involved in a road crash, including if the transport tips over, I am aware of ways to keep people safe and the horse calm until help arrives.
- My horse transport vehicle safety travel card contains info about my horses and emergency contacts.

2



FLEXIBLE PLANS FOR STAYING, FOR EVACUATION AND MANAGING QUARANTINE

- My written plans are displayed in the home, stable yards, in floats and shared with neighbours. Digital copies are shared.
- I've talked about, practiced and revised plans, at least once a year.
- There are pre-arranged multiple properties outside of my geographic area to relocate horses to short term agistment e.g. post fire or flood until fences rebuilt.
- I know what part of my plans can be activated early e.g. the night before a high fire risk day, or when a new horse is to arrive on the property.
- I have discussed with family various recovery strategies e.g. post flood decontamination, trained and well socialised horses who can adapt to new sites.

4

GRAB AND GO KIT



- I have designed an emergency kit which is pre-packed year-around e.g. in a wheelie bin and backpack. Kit includes natural fibre rug/blankets, first aid, torches, battery powered radio, external mobile battery, horse ID, medical needs & insurance info, fence cutting tools, knife, baling twine, spare halters, long strong lead ropes, water containers, portable yarding, feed supplies for at least 96 hrs.
- My grab and go kit is located conveniently in the stable yard.
- My work boots and gloves, strong cotton clothing, scarf, hi-viz vest and protective glasses are positioned ready to quickly put on.

6

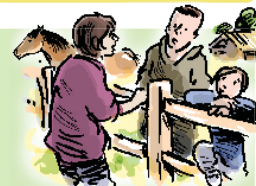
TRAINED PEOPLE



- I can observe behaviour cues from horses, and know their social requirements.
- I am able to handle horses safely, including how to move around a recumbent horse.
- I am aware of how my horse, when adrenalinized, may act differently.
- I can apply a range of horse restraint and calming options.
- I have strategies for the containment of loose horses.
- I am aware of large animal rescue techniques, and how to call for help.
- I am confident to apply first aid to my horse.
- I am confident to observe my horse after the disaster, with many injuries, burns or respiratory issues not becoming evident for several days.

7

HELPING OTHER HORSE OWNERS



- I have joined Animal Evac NZ as a volunteer to help other horse owners. and offer my skills and resources.
- Practice of plans and feedback is regularly undertaken amongst family, agistees, club members and horse event organisers.
- Local emergency services are advised about gatherings of horses and people.
- After a disaster, accident or emergency, I keep in touch with neighbours and networks knowing that psychological first aid is an important factor for a successful recovery and, healthy people can better help horses too.



IN THE CASE OF EMERGENCY

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VETERINARIAN CONTACT

Annie Kesterton – Two Views Equine

By Lauren Woods

Annie Kesterton's webinar was a very engaging deep dive into the psychology of "confidence", for both horse and rider.



For the horse, the takeaway from Annie was that we have to remember horses belong to a herd, something that may seem obvious, but a reality that brings with it behavioural idiosyncrasies and characteristics that we have to be very mindful of when training or spending time with and around our horses.

As an example, if we consider a herd of 10 horses, each member only has to take on the burden of one tenth of the safety of the group. When we take them out from that herd, or if they are cared for alone or maybe as a twosome, the horse then bears a proportionately much greater burden, and that can cause anxiety or fear in our equine friends. The way to reassure them, we were told, was to be present; as Annie told us, we need to show them that we're there, we're present, and that WE are carrying some of that awareness burden with them.

To do that we need to be conscious of the cues they give us, and notice the subtleties of their behaviour; Annie related the example of scratching a horse, but pausing when they flick an ear to let them know we noticed and we responded, before continuing the enjoyable scratch.



Another takeaway was to teach corrections before they're needed. If we teach corrective behaviour "under fire", it's likely to be much less effective, if not likely to make the horse even MORE nervous or upset.

That is to say that all the confidence needs to come from the horse, in fact far from it. Annie discussed the difference between our behaviour around our horses as kids, and now, and why there is a more hesitant approach from many of us than when we were less experienced. She explained that some of us were more confident as kids because we had nothing at stake; if an accident occurred, no one missed work, no one failed to pick the kids up from school or pay the mortgage, and that our life stressors were much more invasive and took us out of the present. The trick, she said was to be mindful of that, and be neither too confident, nor too fearful, but rather "dot your Is, and cross your Ts"; to make sure that you had taken all the appropriate steps to be safe, without concentrating on them, so if something started to go wrong, you could ask yourself whether you had crossed and dotted, and then put it back out of your mind.

Annie also discussed being mindful of posture, as it shows our horses our feelings, but also influences them, and that if we weren't in a positive frame of mind, it might simply be better to come back another time if we couldn't compartmentalise our state of mind, and put it aside while enjoying our horses.

The webinar was informative, engaging, and I thoroughly recommend it whatever your level of skill and confidence; we're never too good, or too experienced to reassess how we do things. Thank-you Annie for a wonderful webinar and being so generous with your time. For those of you that weren't able to attend I highly recommend watching the recording.



Two Views Equine

Annie's NLP coaching website www.anniesterton.com.au

PHHWV horse reports

We have had 16 cases since our last Newsletter ranging in distance from near the South Australian border to far east Gippsland.

One mini pony mare in the Mitchell area had been bought for a two year old child but the owners were not aware of how to care for a fat pony with long hooves. A rep went out to the property which had been sold and advised them on the care and maintenance recommended for them.

Two ponies in Macedon were noticed by one of our members tied to a tree so she went and spoke to the owner. The ponies' feet were in very bad condition and the owner had nowhere safe where he could lock the up due to the very wet conditions. The member, who lives nearby, offered to take then ponies and give them the attention they needed. They were returned to the owner when he had a good area to place them and manage their weight and feet issues.

Another overweight pony was reported in Murrindindi and a rep went to investigate. She could not get close but could tell from the way it was standing that the pony was very uncomfortable. She left a note for the owner who responded and said the pony had been sold and was moving on.

One pony on the Mornington Peninsula was noticed by a mother picking up her children from school. The pony had extremely long feet and was unable to move. I put in an urgent call to the RSPCA and was informed by them that she had seen a post saying the aged pony had been PTS.

Another pony was reported in Gippsland. The owner appeared to know nothing about animal husbandry as the RSPCA has been called to the property previously on other matters. After a report to the RSPCA the pony was moved closer to the house where we assume it is receiving appropriate care.

Another report of several ponies at a property near Shepparton not having sufficient hoof care was followed up by a rep who is a vet and has reported her findings to the RSPCA.

We've had six surrenders.

Four were from one property near Melton where the owner of the horses had died suddenly and the family had been trying to feed and manage the horses. There are three TBs and one Standy X. Due to their lack of horse skills the animals had not been receiving the care that was required although they were being fed and watered.

On surrender a trimmer was arranged and attended to them all very quickly. One has major hoof issues and will be in rehab for quite some time. They have settled in well and improved in condition. They are very sweet horses.

A 15.2 Stockhorse gelding was surrendered to us from East Gippsland as the owner could not afford an operation for a sarcoid tumour on the horse's face. The horse was quickly placed in STC where he is receiving regular treatment.

We almost had a surrender of an Appaloosa mare on the Mornington Peninsula. The owner contacted us several times asking us to take her horse as she could not longer take good care of her. After many phone calls and a visit from a rep we agreed to take on the horse. STC had been arranged and transport however when they arrived the horse had been moved.

A report was received from a person who lived opposite an agistment property. Two horses were still wearing winter rugs even when the weather was quite warm. You could clearly see hips under the rugs. A report to RSPCA resulted in the horses being moved to another paddock and their rugs removed and feed provided. A follow-up call was made and the rugs are back on. A rep visit will be arranged.

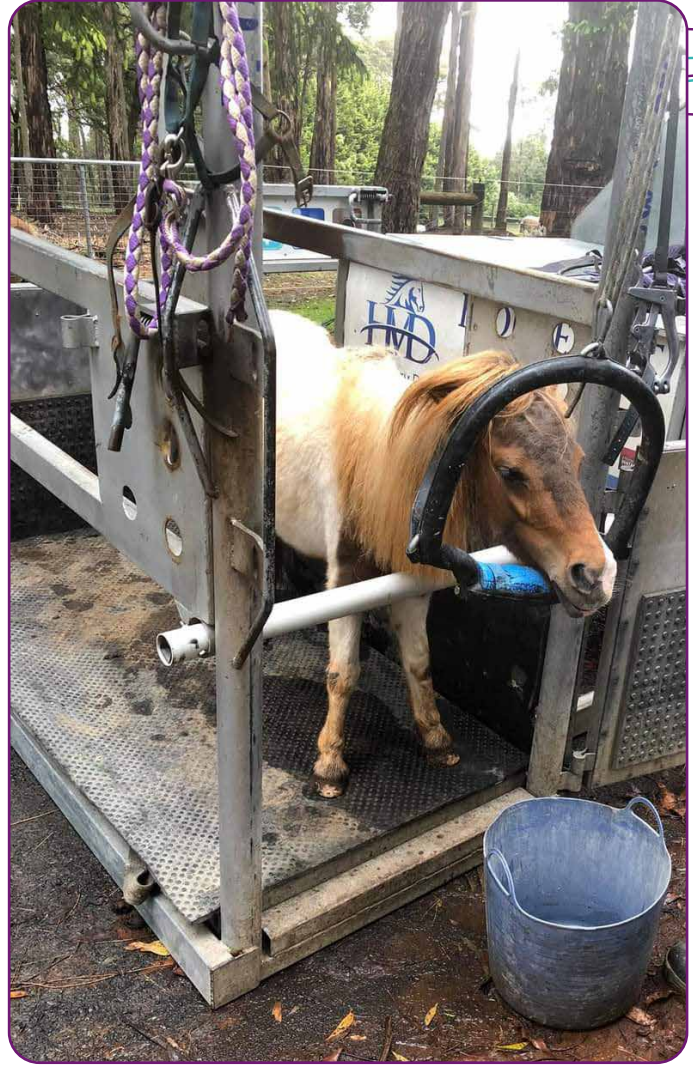
A case from near the SA border of several horses in poor condition in a poor paddock. Some are believed to be mares in foal. They were recently moved to a paddock behind the house where they are not as obvious. Due to the distance a call was put into the local council ranger who inspected the property and put an order on the owner to provide a vet report and was going to seize several horses and follow-up.

Another report from the Peninsula of a number of horses on a property that were in poor condition. The locals had the situation well in hand and had made reports to the RSPCA, DWELP and their local councillors and eventually action was taken. Three of the horses were PTS.

We received a call from a woman trying to rehome her older Standardbred mare who had lost her companion and was very depressed. The owners will have to move owing to losing their jobs and have been searching for a new home for the mare. She was very fortunate as we had just had a new member join who was happy to have an older horse as her new companion.

Noelle Vine
Horse Reports Coordinator

PHHWV horses
updates



PHHWV ABELLA (known as Sally)

Sweet PH Rennie's 6 monthly dental visit. Such a brave little warrior...teeth are looking fab for a big bubba. Rennie is seeing Equine Dentist Dr. Paul Owens.

Jodie Blythman.
Long Term Carer



HORSE VET DENTIST

Fully qualified veterinarian specialising in equine dentistry Dr. Paul Owens - 0409 656 606. Follow 'Horse Vet Dentist' on Facebook for fascinating stories and updates about all aspects of equine health.



PHHWV horses updates

PHHWV MIDNIGHT & PHHWV CHESTER (AKA FRODO)

We are here on a cold and miserable Sunday morning at the beautifully restored homestead 'Carlsberg' in Kilmore. Project Hope Midnight and Project Hope Chester, full of spring grass and attitude, are playing hard to get for Trimmer Mel and her son Jacob. They eventually give up the chase and Mel and Jacob set to work on their hooves - and big hooves they are too.

Carlsberg is the home of new Project Hope member Bruce Nichols and his wife Annie. Midnight and Chester are in LTC with Bruce and loving their new home. But home is no ordinary home and Carlsberg has a very interesting history being the second oldest homestead in Kilmore (Kilmore is Gaelic for Place of Churches).

Bruce also has an interesting history having served in the Foreign Service for 20 years as a Trade Commissioner in Europe and the Far East. Bruce grew up with horses and wanted to provide a safe haven for rescues. Chester had been in a very good LTC home for several years but his carer developed debilitating arthritis and had to surrender him.

Whilst Midnight and Chester present some challenges, these pale into insignificance compared to the six years Bruce and Annie have spent restoring Carlsberg which was run down and badly in need of repairs when they purchased it in 2013. In the 1960s cattle were roaming in the ballroom!

Here's hoping Bruce's fencing is secure – though the sight of Midnight and Chester 'tripping the light fantastic' in the ballroom would be quite something!



PH Member Bruce with Toni Harris, Midnight and Chester



PHHWV Midnight and Chester's new home in Kilmore



PHHWV horses updates

PHHWV CZAR (AKA SWEET HONESTY CZAR)

Czar has settled in very well with my 23 year old thoroughbred gelding Charlie.

Initially he was a bit nervous of new situations but has gradually become at ease with the daily routine. The fact that Charlie is always pretty relaxed has been a great help to Czar. He had not had a great deal of riding experience for his 17 years due to being a breeding stallion so I have taken things very slowly.

He has started groundwork training the last few months with the guidance of my lovely coach Suzanne Clayton and his lunging is really improving. It is lovely to see him relaxing more, and Charlie now has the companionship he needs after losing his best friend to old age.

I look forward to many more years with Czar in my care.

Janelle Jackson
Long Term Carer



PHHWV Czar in his new long term home



PHHWV Czar with his new best friend Charlie

PHHWV CAMPASPE

Cam went to his first dressage event last weekend and he won his class.

He was very well behaved and steady in his first outing, even though he can be a bit spooky at times.

Sue Leslie - wonderful horse person, trainer and long time PHHWV supporter - has leased Cam, but in these pictures he is being ridden by one of her pupils.

I think everyone will agree that he looks fantastic. A strong and handsome horse. I loved this horse from the first day as he was so sensible and willing, even though he was an unhandled 3 yr old colt.

We managed to load him safely onto our float from a dangerous set of yards situated on one of the worst 'farms' I have ever been on.

I am so thrilled that Sue leased him and that her pupil Em is getting on so well with him.

Nicole Fanning
PHHWV Representative



PHHWV Gringo • PHHWV Quizzy • PHHWV Scotty

PHHWV SCOTTY

It is with great sadness that I write this. I lost Scotty very suddenly three weeks ago. I found him dead in the paddock. He had developed some health issues in recent months, namely intermittent colic. I consulted with my vet over numerous weeks in the end deciding to get a referral to the equine hospital. He was examined from head to foot. What was found was moderate to severe ulcers. They looked nasty. Treatment commenced immediately. He reacted badly in week 3 to injectable treatment. Got him over that only to have him suffer blunt head trauma in the paddock on the 27th of October. No idea what happened. Possibly a kick. Again the vet was called. Scotty was assessed and treatment commenced immediately. He started improving over the next week. He had two nose bleeds which caused me concern but the vet advised this was not unusual in head traumas. He died a week after this incident. He was 18 years young.

I was blessed two years ago to have Scotty come into my life. He had been lovingly cared for by fellow PH member, Celeste Dawson for the previous 12 months. The way she describes him upon arrival is a testament to the amazing work she put into him in the 12 months he was in her care. I built on the great work Celeste did and helped Scotty become the best version of himself.

Scotty was paddock pal to my riding horse Milla and my princess, Georgie. Believe it or not, he was the boss of my two girls. He was gentle but firm with Milla. She respected him. And he had a lovely relationship with Georgie.

I had decided to make the investment and send him to trusted trainers to assess him as a riding possibility for me and my 16-year-old niece. We were about to start that journey. He had shown promise in the weeks preceding the ulcer diagnosis. I had taken him out in the float, put a saddle on him, bridled him up and my niece had been on him several times, in hand with me by her side. Eden and I were excited that we may have a new riding prospect.

Sadly we didn't get to experience Scotty, the riding horse.

I miss him. He was a very handsome, special boy.

RIP PH Scotty.

Helen Ward.
Long Term Carer



PHHWV Scotty with Long Term Carer Helen.

equine assisted therapy

THE EVOLVING FIELD OF HORSES AND THERAPY

Let's face it – being up close and personal with 600 kg plus of horse can be kind of scary for someone unacquainted with these gentle giants.

Yet more and more we're seeing people engage in the field of Equine Assisted Psychotherapy (EAP) that is, horses being incorporated into the therapeutic process.

I use the term 'evolving' in the title but in actual fact the roots of EAP were first introduced in Europe two centuries ago and involved horseback riding for treating such psychological ailments as hypochondria and hysteria.

Personally, being put onto a horse's back if I were not already a reasonably accomplished rider would only serve to enhance my hysteria but far be it from me to argue with the experts of the time!

Nowadays therapy involves clients engaging in activities such as grooming, feeding and leading a horse while being supervised by a mental health professional.



True friendship is sitting together in silence and feeling like it was the best conversation you've ever had.

**Please note, this article is for interest only and the views expressed do not necessarily represent the views of PHHWV.*

The goals of this therapy include developing skills such as emotional regulation, self-confidence and responsibility. But why are horses so well cut-out for this task?

Possibly because they do not think in language but rather they feel the energy within and around them, which makes them highly intuitive and emotionally attuned to the slightest gesture, body posture of tension and tone of voice. They are also totally honest with you!

Many times we just need to be in the presence of horses to feel a sense of well-being and peace.

In fact, research shows that people experience many physiological benefits by interacting with horses, including lower blood pressure and heart rate, higher beta-endorphins (neurotransmitters acting as pain suppressors) decreased stress levels, decreased feelings of anger, hostility, tension and anxiety, greater feelings of empowerment, confidence, patience and self-efficacy.

Horses are likely to have what science has identified as a 'coherent' heart rate pattern that explains why we can 'feel better' when we're close to them.

This occurs when a horse's heart rhythm is strong enough to influence, like a magnet, the human's heart rhythm aiding in regulating, calming, neurochemistry within the brain.

The following quote from PH Member Annie Hamer sums it up quite nicely I think:

"Because you are with a horse, who is a large and powerful animal, you are in a state of heightened awareness anyway, which enhances your ability to focus on what is actually happening for you, in the present moment. Any feelings, thoughts or issues that are troubling you will become clearer."

You move out of 'automatic pilot' into awareness'.

Dr Elizabeth Dampsey,
Article first published in: 2017 Frewin & Gardiner,
2005 Heart/Math Research Institute
(*Republished with kind permission of the author*)*

christmas party



PHHWV CHRISTMAS PARTY

WHEN: Sunday december 12th

TIME: 11.00 am to 3.00 pm

WHERE: Williamstown
Horse & Pony Club

BYO: Chair, Drinks
Your horse or pony (Project Hope
or 'the apple of your eye')

RSVP: trish@phhwv.org.au

ACTIVITIES:

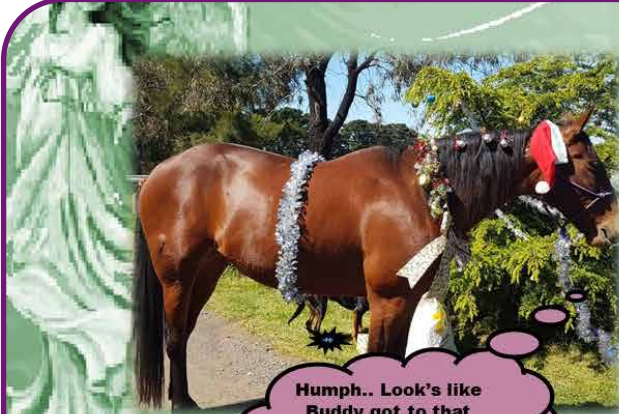
- Sausage Sizzle
- Horse Games
- Horse Parade
- Information Session
- President's Speech

WHERE: Williamstown
Horse & Pony Club -
Quarry Road Reserve

*Corner Violet Street & Park
Crescent, Williamstown
Float & car parking at
Williamstown Cemetary
float unloading on site at
Quarry Park Reserve

www.williamstownponyclub.com.au

christmas parade



Humph.. Look's like
Buddy got to that
bag of presents
before I did



Well, I am
off to find
mine



Ah, Here they
are

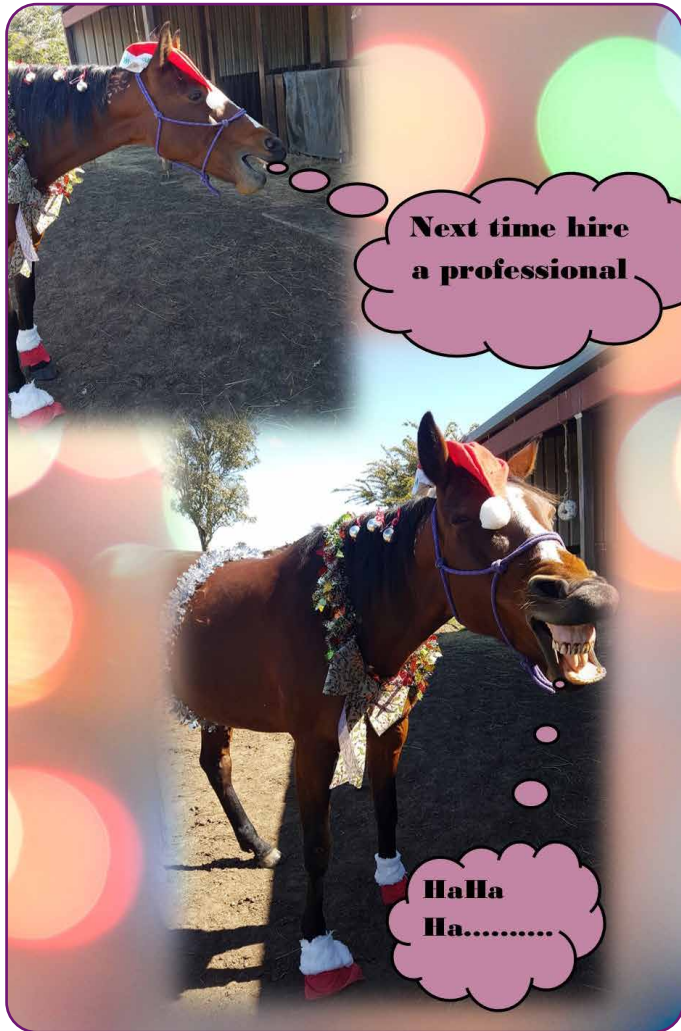


Thank you
Santa



Merry Christmas
Everyone
Love
PHHWV Molly

christmas parade



PHHW Mimi enjoying a Christmas photoshoot



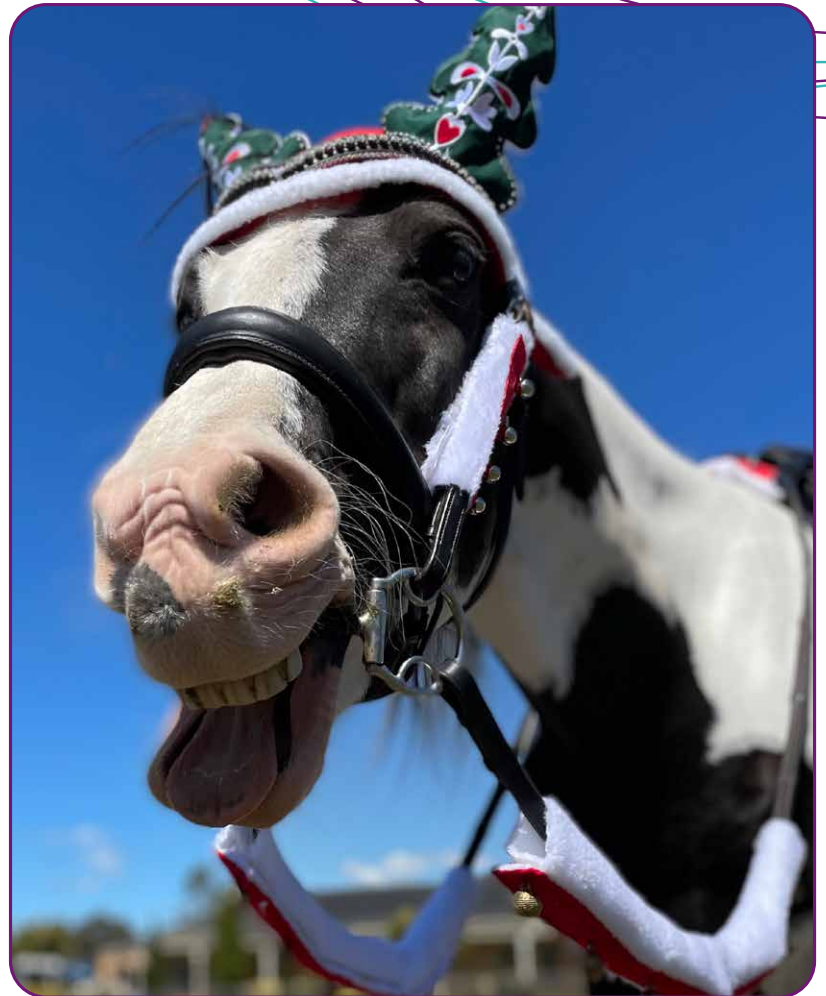
PHHW Molly the Mule imitating Santa Claus



PHHW Prince Pablo in his Christmas attire



christmas parade



PHHW Dexter in his Christmas attire

christmas parade



PHHW Mimi modelling a sequined santa hat



PHHW Bellebutton practising her reindeer stance.



PHHWV TEDDY

Teddy sends his best horsey wishes to everyone at PHHWV. As I type this email, he is standing in his shed waiting for the rain to stop so he can head out to his paddock to munch away. He is not a fan of the wet weather so has chosen to spend much of today in his shed with his hay bag. Can't say I blame him in weather like this!

Carolyn (& Teddy)
Long Term Carer



twelve days of christmas

On the first day of Christmas my true
love gave to me:

A mule by the name of Molly

On the second day of Christmas my
true love gave to me:

Two Standardbreds

And a mule by the name of Molly

On the third day of Christmas my true
love gave to me:

Three Arab mares

Two Standardbreds

And a mule by the name of Molly

On the fourth day of Christmas my
true love gave to me:

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the fifth day of Christmas my true
love gave to me:

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the sixth day of Christmas my true
love gave to me:

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the seventh day of Christmas my
true love gave to me:

Seven Shetland Ponies

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the eighth day of Christmas my
true love gave to me:

Eight Suffolk Punches

Seven Shetland Ponies

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the ninth day of Christmas my true
love gave to me:

Nine Clydesdales

Eight Suffolk Punches

Seven Shetland Ponies

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the tenth day of Christmas my
true love gave to me:

Ten Spanish Trotters

Nine Clydesdales

Eight Suffolk Punches

Seven Shetland Ponies

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the eleventh day of Christmas my
true love gave to me:

Eleven Welsh Cobs

Ten Spanish Trotters

Nine Clydesdales

Eight Suffolk Punches

Seven Shetland Ponies

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly

On the twelfth day of Christmas my
true love gave to me:

Twelve (handsome) stable hands

Eleven Welsh Cobs

Ten Spanish Trotters

Nine Clydesdales

Eight Suffolk Punches

Seven Shetland Ponies

Six Lippizanners

Five Thoroughbreds

Four Mustangs

Three Arab Mares

Two Standardbreds

And a mule by the name of Molly



PHHWV Molly the Mule

phhww merchandise

As we will not be carrying stock on all clothing items, please allow 2 – 3 weeks for delivery. Email your order to info@phhww.org.au



Acrylic Beanies in either Black or Grey
\$18 each
Postage & Packing \$9.50

LADIES FULL ZIP HOODIE

65% Polyester for durability and 35% cotton for comfort, 280gm. Front kangaroo pocket, hood & drawcord. Double rib sleeve cuffs, bottom hem with elastane. Set-in Sleeves.

Sizes 8 – 24
Black only \$55 each plus P & P \$10



NEW STOCK ARRIVING IN 2022



Don't forget our existing Polos with grey or purple trim. Sizes 10 – 24 Unisex fit \$40 each, plus P & P \$10



NEW Head Skinz



Wind, Sun, Dirt or sport, our new Neck/buff/head band designed for Project Hope has you covered. Buffs are 25cm x 50cm (standard size as Buffs), and made from a premium blend of polyester microfiber (totally seamless, super comfortable and premium blend - 140gsm, 35gm). \$15 each P & P \$3.00 for 1 or 2 or \$9.50 larger qty's

PROJECT HOPE

HORSE

WELFARE VICTORIA

Project Hope Horse Welfare Victoria Inc.

www.phhvw.org.au

PHHWV Social Media

Members, dont forget to follow us on social media, we are on Facebook. Instagram and YouTube.



Thank you to Scoot Boots for their support.

Scoot Boots are experts in hoof boots for riding, jumping, dressage, rehabilitation & barefoot transitioning.

Easy on & easy off. Suitable for all terrains.



PHHWV GRASSROOTS PROGRAM NEEDS YOU IN 2022!

WHAT TWEAKS YOUR INTEREST?

Do you enjoy community development, project management or events planning?

Would volunteering in community development, project management or events planning look good on your CV?

Do you enjoy working in a team sharing and learning new skills?

If the answer is yes to the above, Grassroots and Hope Horse Welfare Project needs YOU. One good thing that Covid has taught us is the ability to communicate with each other, distance is no longer an issue. So wherever you live we can team up and make a difference ... and I promise it will be both fun and inspiring.

If you are interested in joining Rhonda to work on community development projects please send through an email to: info@phhvw.org.au

Thank you

Newsletter printing kindly donated by Mary-Anne Thomas MP, Member for Macedon and Minister for Agriculture, State Government of Victoria

