

# FROM THE HORSE'S MOUTH

## SHUMBASHABA'S HORSES HELPING PEOPLE PROGRAMME

The Community Development Programme which is changing the lives of people...

Shumbashaba is a non-profit community trust which runs projects and programmes where horses are helping people to reach their potential as spiritual, physical and emotional beings. With more than 20 years of experience, the Shumbashaba programme has had a positive impact on more than 5000 people since inception.

There are different programmes such as therapeutic riding and non-riding activities that involve orphans, vulnerable children, youth at risk and adults from Diepsloot. Diepsloot is an underserved community with a population of approximately 250 000 with 50% being youth and children. A society struggling with poverty, limited educational opportunities, unemployment, crime, drugs and alcohol and other forms of abuse.



Programmes offered by Shumbashaba include Hippotherapy which refers to the use of the movement of the horse as a treatment strategy to address impairments, functional limitations and disabilities in patients.

Therapeutic riding is the riding programme which is primarily focused towards meeting the therapeutic and sport skill needs of people with disabilities in conjunction with an integrated approach which includes people without disabilities in the equestrian sports and recreation activities.



### Exciting News!!

For those that haven't heard, Justice and Siphamandla, two of the 8 member IVLA team that has been

selected to represent S.A. at the World Junior Vaulting Championships, will be flying off to Europe at the end of this month. They first sat on the back of a horse in 2013 when we began an equestrian vaulting development program on a Saturday. This was an answer to the many pleas from the children, Justice and Siphamandla amongst them, attending our ground based personal development program to ride - through vaulting we could offer one of the equestrian disciplines to the greatest number of children given our limited number of horses and resources. And in just 4 years, they have worked their way to the top. This takes talent, determination, passion and hard work. Well done boys! Our best wishes go with you as you fly off to Germany to train on a new horse in preparation for the World Championships in Austria. We know you will, as always, give of your best. Our thanks go to Nicole de Villiers, Bongani Mvumvu, Lars Hansen, Renae Erasmus, Mo Fitzgerald and many more for the hours and hours of dedicated coaching plus all the extras that go into producing a team of this quality.

Best of luck - may you all enjoy the reward of knowing you've done your best, given it your all and made the most of every opportunity.



**Pictured above:** From two young boys with an interest in horses to young men with a talent and skill with which to represent their country.

**Article and pictures provided by:**  
Jacky du Plessis - SHUMBASHABA COMMUNITY TRUST

## CYCLE FOR A CAUSE!!

Cycle the Telkom 947 Cycle Challenge for Shumbashaba Horses Helping People

Shumbashaba Community Trust Horses Helping People is calling on cyclers to join their team, to cycle the Telkom 947 Cycle Challenge and RAISE AWARENESS FOR THEIR CAUSE!!

Shumbashaba Horses Helping People is entering the Telkom 947 Cycle Challenge as a charity and would love to have you cycle for them. For R275 you get preferential starting times, a surprise merchandise package, the chance to win prizes and most of all the opportunity to cycle for a very valid cause!

Please contact Diana Haag from Shumbashaba Community Trust at [dianah@shumbashaba.co.za](mailto:dianah@shumbashaba.co.za) to sign up.

**EMPOWERING ALL PEOPLE THROUGH THE WAY OF THE HORSE!**

Picture and information by: Diana Haag from the Shumbashaba Community Trust.



**Cycle for a Cause!**  
**Cycle for Shumbashaba!**

**Join our team of cyclers!**  
And get preferential starting times & a surprise merchandise package, win prizes and enjoy the unique Shumbashaba team experience!

**Your contribution of 275 ZAR** corresponds to a therapeutic riding session for a kid with disability from Diepsloot! With your help we can restore a sense of hope and purpose!

**Register with us:**  
[dianah@shumbashaba.co.za](mailto:dianah@shumbashaba.co.za)  
073 453 10 69

**Telkom 947 CYCLE CHALLENGE**

**SHUMBASHABA**  
Horses Helping People



# FROM THE HORSE'S MOUTH

## NEWS

### EQUINE WELFARE AND VETERINARY UNIT

#### Retirement of our precious racehorses

The "Sport of Kings" produces wonderful moments of joy, excitement and entertainment, sometimes tears and disappointment.

However, no matter the moment, in the sport of horseracing we have this wonderful animal, the thoroughbred racehorse, which we love and treasure. From the birth of a foal on a stud farm, to preparing yearlings for sales and then into racing, the horse is cared for by everyone in the Racing Industry. Some horses, for lucky owners, go on to have illustrious careers. When a horse's racing career comes to an end, for most horses, this means retirement from racing. And what happens next, the big question? The lucky mares and fillies will go to stud, others will go on and become athletes in other equestrian disciplines. A few will go into true retirement, living out their lives in lush green pastures. But the thoroughbred horse always gives of its best whether in a race, competing in show-jumping, or dressage and whatever discipline it is entered into. Do we always do our best to ensure the thoroughbred is cared for during

its lifetime? Do we really know where they go? For this reason, The NHA, together with other players in the Racing Industry, are embarking on a system to ensure all our precious equine athletes are taken care of after racing and when they retire.

For this system to work and moving forward, all Breeders, Owners and Trainers are urged to ensure that the appropriate retirement forms for all horses are duly completed and sent in to the Head Office of The NHA in Johannesburg. Horses that are going to pursue other equestrian careers will be required to have a "Second Career Assessment Form" completed.

All the forms can be downloaded off The NHA website - <http://www.nhra.co.za>

For the benefit of all thoroughbred horses retiring from racing... **PLEASE PLAY YOUR PART TO ENSURE THE CONTINUED CARE OF THE THOROUGHBRED**

**Article by: Eugene S Reynders (BVSc) (IVAS Cert)**

### AN OPPORTUNITY OF A LIFETIME

#### South African Jockey Academy Apprentices complete International Apprentice Course to British Racing School

An opportunity of a lifetime was how South African Apprentice Jockeys Calvin Ngcobo and Diego De Gouveia described the 3 weeks they spent at the British Racing School (BRS) campus in Newmarket in April and May this year. Eric and Tristan completed the International Apprentice Course offered by the BRS and then rode work for William Haggas at his Somerville Lodge yard.

The exchange programme that Calvin and Diego participated in was made possible through a partnership between the South African Jockey Academy (SAJA) and the BRS that was funded by The Childwick Trust, and Calvin and Diego were the second group of South African Apprentice Jockeys selected for this opportunity. Calvin and Diego, both indicated they were humbled to be chosen for this opportunity and described the exchange programme as a real eye opener and appreciated how everybody at the BRS and in English Horseracing treated them so well and made them feel welcome. Both thoroughly enjoyed completing the International Apprentice Course at the BRS and riding work for William Haggas. Calvin and Diego, were initially under the guidance of SAJA Registered Nurse, Sister Deborah Butt, who went across briefly under

invitation from the BRS to assist them to set up a similar Clinic with a Nursing Sister that the SAJA campus in Summerveld already has. Butt said "Grant Harris, the BRS Chief Executive, visited SAJA in November 2015 and was impressed with our Clinic and the care and medical attention it provides to our apprentices.

The BRS invited me on a reciprocal visit so that I could assist them with some of the groundwork and planning needed to allow the BRS to establish a similar Clinic at their campus in Newmarket. It was a wonderful and educational trip and pleasure to assist Grant and his team. I must thank The Childwick Trust for their generous funding, which has made this partnership and its interventions possible!"

**Picture right above:** Grant Harris, British Racing School Chief Executive, with Calvin Ngcobo and Diego De Gouveia.

**Picture right below:** Calvin Ngcobo and Diego De Gouveia with Sister Debbie from the British Racing School.

**Article & photos provided by: Leonard Strong - South African Jockey Academy**

### NEWS FROM THE NHA LABORATORY

#### Guidelines for Classification of and Penalties for Prohibited Substances

The second revision of the above document can be found within the NHA website, in both the Laboratory and Veterinary & Welfare sections. The document provides trainers, veterinarians, the NHA and NHA prohibited substance Inquiry Boards with guidance to the aspects below:

- A list of substances most commonly administered to racehorses and other substances which could also likely be found in racehorses. For each of these the corresponding classification is indicated on a scale of Class 1 to 5, to reflect the relative severity when found in a horse on race day. Class 1 is most severe and is representative of substances which should never be administered to the horse. Classes 3 to 5 are therapeutic substances which form part of equine medications and treatments.
- The recommended penalty range associated with the race day finding of a substance (within a particular class) is provided as a guide for prohibited substance Inquiry Boards. There is also a guide in the case there have been previous prohibited substance findings which have to be considered when deciding on a penalty.
- There is guidance for penalties when these substances are found in Out of Competition specimens.
- There is guidance on the penalties for Forbidden Substances. These are substances which should never be administered to the racehorse. These are listed in the NHA Rules Appendix M.

- There is a discussion of Exempted Substances which are not prohibited substances and which do not affect the performance of the racehorse. These are listed in the NHA Rules Appendix N.
- There is special mention and guidance on cobalt which is a natural substance found in vitamin B12, in nature and in feed and for which there is a prosecution threshold. This prosecution level can be exceeded when cobalt fortified products are used too close to the time of racing.
- There is a section explaining Aspirin (which when administered give rise to the prohibited substance salicylic acid which is a natural substance with a prosecution threshold), total carbon dioxide (which when exceeding the international threshold is a positive finding for "milkshaking" or "alkalinisation") and vitamin B12 (which, as previously mentioned, contains cobalt which has a prosecution threshold concentration).
- An explanation is provided of the classification of clenbuterol when found in a race day specimen, under circumstances of a valid veterinary prescription and also in contrast when such a prescription is not in place.

**Article by: Dr Schalk de Kock**



## BIRTHDAYS

In the end, it's not the years in your life that counts, it's the life in your years.

The more you praise and celebrate your life, the more there is to celebrate.

The National Horseracing Authority would like to wish all our Stakeholders born in July a Happy Birthday!