

FROM THE HORSE'S MOUTH



A New Season with New Challenges

JAN/2018 ISSUE

FROM THE CEO

THE JOURNEY TO EXCELLENCE

Article by Lyndon Barends, CEO of NHA

TEAMWORK MAKES THE DREAM WORK



Teamwork makes the dream work has been one of our mantras over the last year and a half, but little did I fully understand how difficult it was going to be, both internally in the NHA, and externally in the sport as a whole.

I most probably underestimated the enormity of the task at hand despite my preparation and eagerness to get going.

The NHA has been in existence for 136 years and the sport has been around even longer.

Most of the NHA staff has been with the organisation for between 15 and 35 years. While some have displayed great enthusiasm and appetite for change, some have found teamwork challenging.

On the whole, I am pleased with our progress but we still have a long way to go.

One of the big challenges we have to overcome is for everyone (inside and outside the NHA) to embrace the concept that part of teamwork is to value each other's input and to build a strong platform of honest dialogue on the journey to excellence.

We have to deal with:

1. Structural problems – both internally and externally we are still struggling with role clarification, unclear objectives and structural issues.
2. Personal conflict can present a tough hill to climb as there are often historical factors at play or new conflicts can raise its head if it is not managed properly.



3. Personality clashes can often be a great impediment to effective teamwork and to excellence.

We need an ongoing and clear communication so that we can ensure that we “find” each other, that we are on the “same page” and that we work collaboratively towards building a strong, vibrant and growing organisation and sport.

Self-centredness must be replaced by selflessness. Half-heartedness to be substituted with dedication. Unco-operative spirit to be exchanged for collaboration. Stubbornness to give way to flexibility.

We don't get everything right all the time but let's move forward and solve the problems, the disagreements and the misunderstandings.

“A team is only as strong as its weakest link”.
Anonymous



WESTERN CAPE - CAPE TOWN L'ORMARINS QUEENS PLATE & THE SUN MET



Pictures below and left: Legal Eagle at the 2018 Gr1 L'Ormarins Queens Plate.

Photos provided by: Racing. It's a Rush.



The 157th running of the L'Ormarins Queen's Plate and the second L'Ormarins Queen's Plate two day Racing Festival with 18 races took place on Friday 5th and Saturday 6th January 2018 at Kenilworth Racecourse.

The Grade 2 Cartier Sceptre Stakes was run for the second time on the first day of the Racing Festival and Saturday hosted the Cartier Paddock Stakes and L'Ormarins Queen's Plate.

Mrs Gaynor Rupert of Drakenstein Stud Farm hosted two elegant days of racing with the dress code being the traditional Blue and White Colours of Drakenstein Stud (Nom: Mrs G A Rupert).

It proved to be a day enjoyed by all and has become an event for Capetonians to diarise for the glamour and elegance.

The best dressed competition is also proving popular and was hotly contested this year.

Cape Town finished off its Summer Racing Season with the SUN MET on Saturday 27th January 2018 at Kenilworth Racecourse, which always provides some entertaining fashion statements and this year the Jamaican born Sprinter and fastest man over 100m and 200m – Usain Bolt – entertained the crowds and caused a frenzy of excitement amongst the race goers on the day.

The SUN MET was won by 3 year old filly OH SUSANNA (AUS), ridden by local talented Jockey Grant van Niekerk, Trained by Justin Snaith and Owned by Drakenstein Stud (Nom: Mrs G A Rupert).



Pictures above and left: provided by Brenda Boucher from NHA Cape Town.

Top picture provided by: Racing. It's a Rush.

1ST WINNER IN DUBAI FOR APPRENTICE TARENAAAL

Liam Tarentaal, a 4th year apprentice at the South African Jockey Academy, who is currently work and race riding in Dubai for trainer Ali Rayhi, rode his first winner in Dubai on Saturday 20 January by winning the Harley-Davidson Northern Emirates Handicap at Meydan Racecourse aboard MURRYFIELD, trained by Rashed Boursesly.

Liam described this win as an incredible experience and will always remember the roar of the crowd from a packed Meydan Racecourse.

Liam described the racing in Dubai as being very competitive saying "you're competing against the best jockeys in the world, both for rides and in races!"

However, Liam has been fortunate to get support from a number of trainers and has had 33 rides so far this season with 11 places and the 1 victory. Liam is also looking forward to his upcoming rides in Dubai over the next few weeks but says "getting a ride on the Dubai World Cup racemeeting is my ultimate goal, and I'm trying really hard to get a ride for World Cup Night as it will be the biggest racemeeting of my life!"

Pictured below: Liam Tarentaal



Article and photos provided by: Mr Leonard Strong, South African Jockey Academy.

HEALTH CORNER

NUTRITIONAL BENEFITS OF DARK CHOCOLATE



12
GRAMS

OF ORGANIC
CHOCOLATE
EACH DAY CAN
LEAD TO MULTIPLE HEALTH BENEFITS

HEALTH BENEFITS



65% OR MORE OF COCOA CONTENT CAN

↓
DECREASE BLOOD
PRESSURE LEVELS
AND THE RISK OF
DIABETES AND
HEART DISEASE

↑
INCREASE BLOOD
FLOW TO THE
BRAIN AND
HEART

— ABUNDANT IN VITAMINS & MINERALS —

MAGNESIUM

PREVENTS TYPE 2
DIABETES, HIGH BLOOD
PRESSURE AND
HEART DISEASE

IRON

PREVENTS IRON
DEFICIENCY, WHICH
CAUSES ANEMIA

COPPER

PREVENTS STROKE
AND CARDIOVASCULAR
ALIMENTS



CONTAINS **8X** THE ANTIOXIDANTS FOUND IN STRAWBERRIES

EQUINE WELFARE & VETERINARY UNIT

REVIEW : 12-DAY SCRATCHING RULE

When a horse is scratched from a race for a veterinary reason, an automatic 12-day suspension is imposed on the horse. The 12-day suspension commences from the day that the horse was carded to race.

Rule 53.5

A horse which is scratched from a race on veterinary grounds shall be automatically suspended from taking part in a race for 12 days, calculated inclusively, from the date of the race from which it was scratched, provided that the owner or trainer of the horse affected, may instruct a licensed veterinary surgeon to examine such horse and in special circumstances the Stipendiary Board may lift such suspension.

The reason/s for the “12-day suspension” is generally that if a horse is “unfit” to fulfil its racing engagement, the horse will require sufficient time to recover. Previously, the 12-day suspension commenced from the day that the horse was scratched, but this was amended to take effect from the day that the horse was carded to race.

The reason for this was that certain trainers were manipulating the system to gain an advantage for their horses.

RE-INSTATEMENTS

A horse that is scratched for any musculo-skeletal issues including any lameness, not striding out, hoof abscess, muscle injuries, etc., will NOT be considered for re-instatement.

Horse scratched for “insufficient recovery time”, which is not a clinical diagnosis, will NOT be considered for re-instatement as this may lead to misuse of the 12-day rule.

Horses scratched for other veterinary reasons will only be considered for re-instatement provided that the horse has been seen by a veterinary surgeon and a report is submitted to the Equine Welfare and Veterinary Unit of the NHA. A subsequent veterinary examination and report declaring the horse fit to race must be submitted prior to the suspension of the horse being lifted.

The re-instatement of each horse will be considered on a case to case basis at the sole discretion of the NHA Veterinary Surgeon. Trainers are advised that requests for re-instatements will be closely monitored and any abuse of the concession will not be tolerated.

Owners and trainers can be assured that the Equine Welfare and Veterinary Unit will always prioritise the welfare of the horse and that all requests for re-instatements will be handled in a fair and professional manner.

For any queries, please feel free to contact the Senior Veterinary Surgeon, Dr Eugene Reynders, on 011 683 9283 or 076 339 5930.



Article provided by: Dr Eugene Reynders, Chief Veterinarg surgeon

BIRTHDAYS

May the coming year of your life bring you loads of happiness, wonderful memories to cherish and success in all your endeavors for the year ahead.

The National Horseracing Authority would like to wish all our Stakeholders born in January a Happy Belated Birthday and a Happy Birthday to our Stakeholders born in February as well.

We hope you have a great day!



FUN FACT - MY HORSE, MY VALENTINE

A British survey has revealed that most horsewomen would rather spend time with their horse than their partner on Valentine's day.

A survey by a British equine TV company has found that most women would rather ride their horse on Valentine's day than spend time with their partner, and most also said they gave their horse more attention.

When asked what would their perfect Valentine's gift be, not one respondent asked for the standard sexy underwear, box of chocolates or bunch of roses, with many preferring a comfy pair of jodhpurs.

Some of the quirkier answers included:

- A new engagement ring (lost it in a field!)
- Horsebox
- For my husband to suddenly love horses
- A lorry load of organic hay
- A winning Lottery Ticket to buy more horses

It found that 72% of women surveyed would rather go out for a ride on their horse than spend the day with their partner, and 75% said they gave their horse more attention than their partner.



“As with human relationships, they require effort, time and dedication. Horses are very loyal and sensitive to our emotions. Unlike wild horses, domestic horses are dependent upon us for their survival, comfort and well-being. A great deal of blood, sweat and tears can go into the care of a horse, so it's no wonder why a real bond develops.

“We all crave escapism and some “me time”, and perhaps this is why women prefer to spend the day with their equine friends. Nor do horses answer back – which probably helps!”

However, there was no indication of what the horse husbands would rather be doing on Valentine's day.



Article and photos found on: www.horsetalk.co.nz

NHA LABORATORY

As to be expected from such a thorough investigation there were some findings from the assessment (inspection). There were only non-compliance findings, these were small administrative aspects.

These were not of a technical nature and do not reflect the compliance of quality of the science and the accuracy of the results produced at the Laboratory. There were no findings which reflect on the actual quality of the work and results we provide to the NHA.

We corrected the five findings promptly as to confirm full ISO17025 accreditation. Some modification was made to this ISO standard and its requirements during December 2017. The Laboratory staff will undergo training relating

to the changes over the next few months, in preparation for our next assessment during September 2018.



Article by: Dr Schalk de Kock - NHA Laboratory

SHUMBASHABA VOLUNTEER PROGRAM 2018

Shumbashaba has been running for close on 20 years offering therapeutic riding programs and the more recently introduced ground-based equine-assisted personal development program. The underlying philosophy of their programs is about restoring a sense of purpose and self-worth for all people.

The key to ensuring their programs take place for those in need is the role that volunteers play. Volunteers are not required to have any prior knowledge of horses or horsemanship skills, as training is provided on an on-going basis.

Shumbashaba aims to establish a core of regular volunteers who come to know their participants – children, adults and horses – and understand their needs so that all, including the volunteers, benefit fully from their programs.

There are a number of areas requiring volunteers throughout the year:

THERAPEUTIC RIDING PROGRAM

With this program adults and children with disabilities, both physical and intellectual, receive the therapeutic benefits of being on the back of a moving horse.

Shumbashaba's Therapeutic Riding Program continues to be popular and this year they are very excited to be preparing for the 2019 Special Olympics World Summer Games taking place in Abu Dhabi in March.

Group sessions take place on Tuesdays, Wednesdays and Thursdays at 9.30am – 11am.

Volunteer Requirements: Shumbashaba require help with administrative support (such as coordinating the volunteers, keeping of registers, etc.), the preparation of the ponies/horses i.e. grooming, tacking up and untacking, as well as leading horses/ponies and side walking the riders. Experiential "training" is offered by our coaches as and when necessary.

SATURDAY DEVELOPMENT PROGRAM

From 9.00am – 2:00pm on a Saturday, this program offers sporting activities such as soccer, netball, vaulting, archery, etc. as well as arts & cultural activities, reading and the Roots & Shoots environmental program followed by a cooked lunch. This program has grown and become a firm favourite among the 200 – 250 children who delight

in the various activities on offer and the nutritious meal cooked for them by The ACT Foundation South Africa (thank you to Milica for this ongoing commitment).



This program lies in the capable hands of Tumi Hlongwane and Rita Groenewald who has brought the environmental educational program called Roots & Shoots to our "yard" and their team who put tremendous energy into keeping the children entertained, educated and off the streets of Diepsloot.

Shumbashaba are looking for a host of volunteers, the more the merrier, to share a roster of 1-in-4 or even 1-in-6 Saturdays to participate in an activity of their choice. These include coaching in the different sporting codes, as well as people prepared to read stories, take drama/art classes, cook lunch and in particular for volunteers to assist with a Horse Appreciation session in which children are introduced to horses as sentient beings and how to care for them and all other animals.

COMMUNITY EQUESTRIAN DEVELOPMENT PROGRAM

This involves youngsters from Diepsloot who are learning to ride as a sport and recreationally. Volunteer Requirements: we are looking for an additional coach appropriately trained to take beginner riding classes on a day to be determined.

COMMUNITY EQUINE ASSISTED PERSONAL DEVELOPMENT PROGRAM

These ground-based group sessions, called Growing Great Generations, involve children, youth and adults from Diepsloot. Volunteer Requirements: In order to participate as "facilitators" in this program Shumbashaba require

that you have completed at least the EAGALA part 1 training and are either qualified or working towards qualification as a recognised mental health professional or horse specialist as per the EAGALA definitions www.eagala.org.

WINTER SCHOOL HOLIDAY PROGRAM: 28TH – 30TH JUNE 2018

This 3 day full day program runs during the government school holidays for children from the Diepsloot community and is an extension of Shumbashaba Saturday Development Program offering various sporting, cultural and environmental activities.

Volunteer requirements: Volunteers, especially those already involved in the Saturday program, willing to help with the various activities, general running and organisation of the day. Shumbashaba is also looking for people willing to source donations of food, drink and materials/equipment e.g. art material.

EVENTS CO-HOSTED WITH SPECIAL OLYMPICS S.A.:

As 2018 is a preparation year for the 2019 Special Olympics World Summer Games taking place in Abu Dhabi, UAE, during March we will not be able to host our regular events and are currently in discussion with Special Olympics S.A. on the format and dates of the events required by and for the Games.

Volunteer Requirements: these will be determined by the dates and formats of the events to be held.

FUNDRAISING:

Shumbashaba plan to hold 3 – 4 different fundraising events each year where we require assistance with the planning, organising, marketing and running of the events.

MAINTENANCE PROGRAM:

Keeping a property the size of Shumbashaba in good repair is an ongoing job - from regularly picking up litter, mending fences, painting stables, treating wood, bricklaying, paving, odd repair jobs, cleaning tack, to washing and grooming horses.

This is by no means a definitive list of opportunities available to volunteers and Shumbashaba invite you to offer whatever skills and resources you have that will add to and benefit the aims and objectives of our Shumbashaba – Horses Helping People programs.

Articles and pictures by:
Jacky from Shumbashaba