

THE



INGATE



NEWSLETTER SPRING 2020



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Hendrik and Asta Torokvei, 2019 OHJA Amateur Owner Division Champion.
Photo courtesy of RingSide Media.

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THE **INGATE**

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Visit the OHJA website at

www.ohja.ca

You will find the specifics to all
OHJA programs and all necessary
membership information



ONTARIO HUNTER-JUMPER ASSOCIATION



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PRESIDENT'S MESSAGE

Welcome to the first e-version of the OHJA Ingate. One of the goals of the OHJA Board of Directors in 2020 was to “Go Green” and better leverage our online channels, and in light of the current situation there is no better time than the present.

On that note, it is safe to say that the past few months have been unprecedented. All of us have been affected by the COVID 19 pandemic and the equestrian community is certainly no different.



The OHJA Board of Directors held their first fully virtual meeting on March 16th, the first day of the Ontario lockdown. Since that meeting in March, the Board has been working to keep its membership both informed, but also entertained.

We have been busy sharing the latest updates from Equestrian Canada, Ontario Equestrian, and have been working to share updated show schedule changes as quickly as possible.

Outside of COVID 19, the Board has also been busy planning 2020 programs – see pages 6-7 for more details. In 2020, we are very excited to announce a new partnership with the Canadian Hunter Derby Series where the OHJA is very excited to be sponsoring the 2020 Eastern Canadian Hunter Derby Series Final. More details on page 6.

In addition, with our Communications Committee, the Board has tried to provide a little bit of entertainment and education to our membership through our social media Play by Play videos, and also Q&A sessions with some of our OHJA Professionals. If you haven't already been following us on Facebook or Instagram, please be sure to check us out!

We hope you enjoy this first ever fully digital issue of the Spring Ingate and we look forward to hopefully seeing you soon! Until then please stay safe everyone!

Diane Ratigan
President, OHJA



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The OHJA is a member association of Ontario Equestrian responsible for Hunter and Jumper activities in the province of Ontario.



WELCOME NEW 2020 OHJA BOARD MEMBERS

I wanted to take this opportunity to say a big thank you to our outgoing Directors Marcia Oliver, Mark Hayes and Nanci Forfellow. The contributions of these individuals to the OHJA are countless and we are grateful for their many years of support and dedication towards the OHJA membership. I am happy to report that Nanci will continue in her involvement at the Committee level. We have 7 returning Directors and 4 new Directors joining us for 2020. Please join me in welcoming Gabrielle Gallant, Kristine Kubota, Kelly Nichols and Natasha Skupsky to the OHJA Board of Directors.

Sincerely, Diane Ratigan, OHJA President



Kelly Nicholls

I was introduced to horses at a young age at my grand parents farm. This evolved into competing in the jumper divisions for most of my twenties with a great Thoroughbred mare . My daughter Jillian has competed

on the OHJA circuit since 2008 starting in the Short Stirrup division. We have met many lifelong friends through our involvement of this sport. We enjoy having our horses at home at our farm in Loretto. Professionally I have worked for the past 8 years at Horeware Ireland, Vice President Sales & Marketing. When not at a horse show we are supporting our sons sport of competitive bass fishing.

I look forward to working with the board and supporting the continued development of the OHJA.



Photo courtesy of Cealey Tetley.

Natasha Skupsky

My parents brought me for a pony lesson at a popular lesson barn in the early 80s, and within a couple years I had my first pony, and then spent about the next 15

Continued... 4

years learning and appreciating everything to do with the hunter/jumper equestrian industry. My time as a competitive equestrian in my childhood and early adulthood, somewhat shaped me in my personal and professional life. I personally think that the life skills young people gain while dealing with nerves in a stressful environment, such as equestrian competition, are an invaluable part of becoming a strong and independent adult. I took 11 years off from showing and riding while I worked on my legal career, but a few years ago I returned to the hunter ring, and I've recently joined the OHJA Board to give what I can back to the sport that has given me so much.



Kristine Kubota

Ever since the age of 9, I've been involved with horses and the equine industry. There wasn't a weekend you wouldn't find me at the barn helping, riding, mucking stalls or travelling to local horse shows with friends. As a teenager, I somehow managed to convince my parents into leasing a children's hunter and my show journey began both on the Trillium West Circuit and A Circuit. Most of my mileage was in the hunter and equitation divisions and medal classes, but I also showed in the lower level amateur jumpers. My passion and heart though remains in the hunter and equitation ring. As life goes on, I took a break from showing to finish University in Business and Marketing and now find myself with over 20 years experience in the event industry, landing now as Sales Manager at the International Centre in Mississauga. My love for the equine industry and community still carries on today and I am still very much involved watching our sport grow and evolve. You will often find me ringside with my agility dogs who I compete with at an International level and a member of the well known Superdogs at the Royal Winter Fair. I continue to ride occasionally and enjoy my weekends spent with friends who have become my family.

I am honored to be elected Board Member for the OHJA joining so many great minds of our industry. I look forward to sharing ideas and contributing to our equine community here in Ontario and continue to evolve our sport and support our amazing members!



Photo courtesy of RingSide Media.

Gabrielle Gallant

I grew up loving horses and, as soon as I could pay for it myself, found myself a program to join at an A-circuit farm. I've competed in the hunters and dabbled last year in the jumpers as well. I'm a communications and public affairs professional, and enjoy applying those skills to my work with the OHJA. Outside of horses and my career, I'm a dedicated volunteer.

2020 OHJA PROGRAM OVERVIEW



Photo courtesy of RingSide Media.

The 2020 OHJA Program Review

The OHJA is proud to continue to offer a number of hunter, jumper and equitation programs that support the development of our members and their equine partners.

Introducing the OHJA Eastern Final of the Canadian Hunter Derby Series!

New in 2020, the OHJA is very excited to present the Eastern Final of the Canadian Hunter Derby Series at Fall Finale at CEP in September 2020!

This high-performance hunter class presents competitors an opportunity to best showcase the talents of horse and rider over a challenging course with high performance, handy and “take your own line” options. The class combines a Hunter Classic with a Handy Hunter class in a one round format

For more information about this program, please visit our website: OHJA Eastern Final of the Canadian Hunter Derby Series (CHSD) All OHJA Programs. <http://ohja.ca/hunter-programs/#CHDS>

Returning in 2020 are many of very popular hunter, jumper and equitation programs. All details regarding each program can be found online, including program specs and planned horse show dates.

For all program details, please visit the OHJA Website: www.ohja.ca
Please note, OHJA Programs are subject to change as a result of adjustments to horse show dates and scheduling.

OHJA Hunter Programs:

- OHJA Pony Power Series and Pony Power Final
- OHJA Beginner and Low Child Adult Stake Series
- OHJA 3'0 Junior Amateur Derby Series
- OHJA 3'3 and 3'6 Junior Amateur Derby
- OHJA Young Hunter Development Series
- OHJA Top Score Hunter Award

OHJA Equitation Programs

- OHJA Jumper Medal and OHJA Jumper Medal Finals
- OHJA/CET Mini Medal and OHJA/CET Mini Medal Finals
- OHJA Equitation Weekend
- OHJA High Point Equitation Award

Jumpers Programs

- OHJA Water Jump Schooling Program
- OHJA Young Jumper Development Series
- OHJA Super Jumper Weekends

Other OHJA Programs & Awards

- Travel Grant
- OHJA Sportsmanship Award



Photos courtesy of RingSide Media.

For all program details, please visit the OHJA Website: www.ohja.ca
Please note, OHJA Programs are subject to change as a result of adjustments to horse show dates and scheduling.

BEHIND THE STALL DOOR WITH KISS ME KATE & KAILEY KAISER

OHJA outstanding duo Kailey Kaiser and Kiss me Kate had a show season that all pony kids dream of: Champion Medium Pony, Champion of the Medal Finals and Reserve Champion Medium Pony at the Royal Winter Fair.

We asked Kailey to tell us about Kate and her accomplishments in 2019. **Congratulations Kailey on your incredible results in 2019!**

Show Name: Kiss Me Kate

Barn Name: Kate

Division: Medium Pony

Breeding: R Cinderella Man out of Northwind Marisa

Age: 9

1. How long have you had Kate? 5 years

2. Does Kate have any funny habits or quirks?

She has some funny little habits but my favourite one is when I try to tack her up in her stall she always has to bunt the door open. I close it and right away she has to bunt it open again. Another little thing she does but thankfully is outgrowing, is on cold, windy show days after having a great trip she sometimes will add in a few little crow hops on the short end just to keep me on my toes.

3. Does Kate have any non human friends?

She has had a few turnout friends along the way but her bestie is a medium pony named Custom Made. We leased Custom Made out in the fall after the 2018 Royal. Kate hadn't seen her in 6 months. The ponies were reunited at the first Palgrave show and they wouldn't stop nickering at each other. It was so cute!

4. What is your training routine during show season with Kate?

Kate's training routine starts out with 2 days of flat work before we are allowed to do any jumping. We normally will have the ponies showing on the fourth or fifth day of work.

5. How do you prepare at the show?

We like to show up at the horse shows at 7am to ride the rings and stretch her legs a bit but honestly she's a pretty easy pony to get ready for the ring. On the weekends after the shows she likes to just chill in her paddock or go on a little hack with my barn friends.

6. What do you love most about Kate?

What I love most about Kate is how honest she is to the jump. No matter what happens, no matter how I get there, I just know close my legs and I know Kate will jump for me.

7. You had a very successful 2019 – tell us about your season.

2019 was our best year. Kate won champion medium pony! My favourite win was the medal finals at Palgrave. That's with all the top medal ponies combined. I was so nervous that day. The smalls went first. Then the mediums and then the large ponies. I had the top score followed by 3 large ponies. They called 4 of us back for additional testing. I was so nervous. Probably the most nervous I have ever been in my life. Thankfully because the larges just went they had the 3 large ponies test first. Then it was Kate and I. I had another great trip but then so did the 3 large ponies. It's a good thing I had my gloves on because I'm a bit of a nail biter when I



Kailey Kaiser and Kiss Me Kate - Winners of the 2019 Pony Medal Finals.
Photo courtesy of Ben Radvanyi.

am nervous. They placed 6th place then 5th.....
again thankful I had gloves on. Finally 2nd place
which means I had done it!!!! Kate and I won the
medal finals!!!!!! The people started yelling and
cheering. I couldn't believe it. I was so proud of
Kate.

8. Kate's favourite show venue?

The Royal is an amazing experience. So exciting
but so stressful. It's what we work so hard for all

year long. I like showing at Ottawa and going
to the super cool water park but coming back to
Palgrave is like coming home. My ponies like it
there too.

A little bit about Kailey:

Kailey Kaiser just turned 13 on Mother's Day,
although not the birthday she was hoping for.
She is pretty excited to finally be a teenager but
couldn't share that with her friends. Kailey has
been riding all her life. Competing in schooling
shows since she was 4 years old. Her first horse
show she won her walk trot class and was so sad
she won the red ribbon. She wanted the pink
one! The trouble was there were only 5 in the
class. There was no chance for the pink. At least
the phase didn't stick.

Kailey lives on a farm in Cookstown Ontario,
where her family owns and operates a large stable
with a busy riding school, and a busy barn of
show ponies. Kailey is trained by her mother
Kristen Kaiser.



Follow and share with us on Social Media!

You can find us on Facebook & Instagram, and we want to put the spotlight on
you – our OHJA members! Tag us in your photos and don't forget to use our hashtag
"#OHJA" to be featured on our account.

LEARNINGS FROM A VET - NECK ARTHRITIS AN EMERGING ISSUE BY DR. ROBIN FERGSUON

Neck arthritis – An emerging issue

A common complaint I hear from riders – my horse becomes panicky as we approach the jump, or flat out refuses. This can be the start of a long discussion and work up as many things can contribute to this behaviour. Hock and back pain used to be considered the most common cause of a horse that wanted to rush to a jump, however we are starting to find more and more that arthritic disease of the cervical (neck) region can have a major impact on the ability of these horses to compact themselves prior to take off.

As veterinary diagnostics have advanced throughout the years, cervical arthritis has been identified as a performance limiting condition in many disciplines, primarily in hunter-jumpers and dressage horses. As the horse approaches the jump, it should be able to transfer its weight to the hind end for take off, all the while elevating the front end by raising its shoulders and lower neck. When arthritis occurs in the lower cervical area, the joints are not as mobile, preventing normal flexion and compression. This can result in pain and discomfort, causing the horse to look for ways to evade the pain, usually resulting in a lengthening of stride, placing more weight on the forehand, or simply refusing to jump.



Cervical arthritis
PC: Jonathon
Dixon

Diagnosis:

Diagnosis of cervical arthritis can be made by first performing a thorough physical exam (looking at the entire body and including neck palpation and flexion tests) and listening to the rider carefully. Watching the horse perform (by looking at videos of when the horse was successfully competing and comparing to what we

see now) can be very useful. If the area of pain has been located to the neck region, radiographs and ultrasound are usually the next step. In more complicated cases, CT, MRI and nuclear scintigraphy can be useful as well.

Treatment Options:

Treatment of the cervical region is fairly similar to most joint arthritis. In my experience, ultrasound guided injections into the cervical facets (joints) with either a corticosteroid or a biologic such as IRAP can help relive inflammation in the affected area. Follow up treatment with shockwave therapy seems to help prolong the time between when injections are needed. Daily carrot stretches, massage, laser therapy and acupuncture/chiropractic are all adjunct therapies that can be used in combination to help these athletes perform. Parental joint therapies such as Legend, Adequan, and oral 4cyte can also help support joint health.



Daniel Coyle showing correct neck and head position over an oxer; PC Jumpingnation.com

In conclusion, cervical arthritis is becoming more readily recognized as a source of poor performance, however there are a multitude of treatment options to help keep our horses pain free and performing at their best. One of the best ways to prevent cervical arthritis is through correct riding and preventing over-flexion of the neck; a horse should not be ridden with its nose behind the vertical. Through proper training, a horse should be taught to carry themselves, to be supple and responsive, and most importantly should be fun to ride.

Dr. Robin Ferguson
Ferguson Equine Veterinary Services,
Mono, ON



ANNUAL GENERAL MEETING ONTARIO HUNTER-JUMPER ASSOCIATION

The board of directors of the Ontario Hunter-Jumper Association is advising that the 2020 Annual General Meeting has been scheduled.

DATE: Saturday, November 28, 2020

LOCATION: TBA

- A. To receive and consider the annual report, financial statements and report of the auditors since the last Annual General Meeting;
- B. Elect directors;
- C. Appoint accountants and authorize the directors to fix their remuneration;
- D. Amend the bylaws;
- E. To notify all of the acts, bylaws and proceedings of the directors and officers;
- F. Transact such further business as may properly be brought before the meeting or any adjournment.

No proxies permitted.

Your support would be greatly appreciated.

**WE
WANT
YOU!**

LOOKING TO GET INVOLVED? WANT TO SHARE INPUT ON HOW WE CAN CONTINUE TO DEVELOP OHJA PROGRAMS?

The OHJA is always looking for enthusiastic individuals to join the various OHJA sub-committees, which include:

- **The Hunter & Equitation Committee**
- **The Jumper Committee**
- **The Banquet & Awards Committee**
- **The Communications Committee: Ingate/Web/Social Media**

Committee members can expect to attend monthly meetings, provide input on programs and be responsible for leading and/or supporting committee and Board initiatives.

**Please email all member inquiries to [mailto: info@ohja.ca](mailto:info@ohja.ca) .
We look forward to working with you!**