



HELLO HEAVY LOVERS AND WELCOME TO

September

Hello HHH family! It's now September. Springtime AND the 12th issue of the Herald, which means next month is our first anniversary. I'm going to let Clyde tell you what the plans are for our anniversary edition. 😊

President's Ponderings

This month, in our **Horse Health** series, we'll focus on Equine Influenza and also tell Geri's story of his time at CSU and his ongoing regime.

Our **Q&A column** elicited no questions this month so if you want to throw your hat (or question) into the ring for October, Simply email us at newsletter@heavyhorseheaven.com.au.

Please send one question per email, and make sure to put "**QandA**" in the subject line. We can't wait to hear what's on your mind!

Sending a big thank you to Lyndsey at Guiding Light Tarot for making us her highlight charity for August.

August saw a mammoth effort to raise funds and have some fun at the Trivia Night. Big shout out to all involved!!!

Clydes' Quiz continues it's theme of theatre and mythology (yaaaawn - kidding) and he managed to source another couple of guest contributors this month - Melanie Willis and Karen Anderson. Anyone else wishing to grasp their own 15 minutes of fame should email Clyde.

RESCUE ROUNDUP (INS AND OUTS)

IN

SHREYA

We'd like to extend a warm welcome to Shreya!

She naturally seemed a bit confused bewildered when she arrived, but being able to see her mum, who drove all the way from Tweed Heads to help her settle in, made it much easier. Her mum made the difficult decision to let her go because she was having some respiratory troubles up north.

Shreya appears to be breathing much better here.
A big thank you to Jack and Ultimate Horse Transport for her safe, sound, and calm delivery.



RESCUE ROUNDUP (INS AND OUTS)

IN

Welcome in Cas. Cas is a 23 year old Clydie cross gelding, and due to significant changes to his family's circumstances, he needs our help.

He was a jumper but damaged a tendon years ago.

Come on in Cas!!

CAS



OUT RESCUE ROUNDUP (INS AND OUTS) Big Night OUT

Wowzers! We're still recovering from an epic night at the Old Canberra Inn for our Trivia Fundraising Night. Our brains are now as fuzzy as the wigs you all rocked up in.

It was a glorious parade of outrageous hairpieces, proving once and for all that a good wig can solve just about anything, including a trivia question you don't know the answer to.

We managed to raise a staggering \$7,000 for the HHH coffers. That cash will go a long way in paying for hay and vet bills for our four-legged guests, who deserve nothing but the best.

This incredible night was put together by our team of tireless volunteers, led by the one and only Jo. It went off without a hitch. When you combine a good cause with a great group of people, magic (and a ton of cash) happens.

We were also blown away by the generosity of so many local businesses and people.

See a list of contributors on our FB page from Saturday 23rd August and please support these incredible folks. The Canberra/Yass community is truly one of a kind, and you all make our jobs so much easier.

If you were there, thank you so much!



RESCUE ROUNDUP (INS AND OUTS)

OUT

Big Night OUT

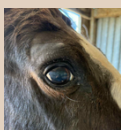


Thanks again Karen



Horsey Health

Moon Blindness -(or Chronic Uveitis)



Geri

Geri's doctor reported that his initial eye cultures were negative for both fungal and bacterial growth. To help manage his treatment, a lavage system was set up to deliver medication directly to his eye, and his pain medication was switched to a more effective option.

After a thorough eye examination, Geri was able to return home, though he is not fully recovered. His care was managed by the veterinary team at Charles Sturt University, who made every effort to save his eye.

A blackout fly mask was created to protect his eye. His eye is looking very clear now and he's off for his check up this week at CSU so watch this space.

Equine Influenza - Horse Flu

Equine Influenza, often called "horse flu," is a highly contagious respiratory disease caused by a virus. It spreads rapidly among horses and other animals like donkeys and mules. While it's rarely fatal, it can cause significant illness.

What is Equine Influenza?

Equine influenza is an acute viral disease that affects the respiratory system. It's similar to the flu in humans but is not a risk to people; however, humans can carry the virus on their clothes and equipment, spreading it from one horse to another.

The virus has a short incubation period of just one to three days, meaning it can spread very quickly through a population.

Signs of Infection 🤧

A horse with EI will typically show sudden symptoms, including:

- A high fever (39°C to 41°C).
- A deep, dry, hacking cough.
- Watery nasal discharge that may later become thick and yellow.
- Lethargy, depression, and loss of appetite.

The virus attacks the cells into the horse's windpipe and lungs, which can take weeks to heal. This makes the horse susceptible to other issues, like a secondary bacterial infection such as pneumonia, which can be a serious complication.



Equine Influenza - Horse Flu

How is it Transmitted?

The virus is airborne and spreads when an infected horse coughs, releasing droplets that can travel a significant distance, sometimes up to several kilometres in the right conditions. It also spreads through direct contact between horses and indirectly via contaminated objects, like shared water buckets, brushes, or even a person's hands and clothing.

This is why outbreaks are most common in places where horses gather in large groups, such as at shows, races, or stables.

Prevention is Key!

The best way to prevent equine influenza is through a combination of measures:

- **Vaccination:** This is the most effective tool. While the vaccine may not prevent infection entirely, it significantly reduces the severity of the disease and helps the horse recover faster. Regular booster shots are crucial to maintain immunity.
- **Biosecurity:** This involves strict hygiene practices. Limiting contact with unfamiliar horses, not sharing equipment, and cleaning and disinfecting hands and gear are all important.
- **Quarantine:** New horses arriving on a property or horses returning from a competition should be isolated for long to ensure they aren't carrying any infectious diseases.

In Australia, the government and horse industry work together to maintain a "disease-free" status for EI, which is a significant achievement given its widespread presence in many other parts of the world. There was an outbreak in 2007 that was a wake-up call, and since then, biosecurity has become a top priority to protect Australia's equine population.



DID YOU KNOW

The Horse as a Mirror

As those of you out there with horses in their family already know, horses possess a remarkable ability to read and react to human emotion, a trait often referred to as "mirroring." I did not know this. I know how many of you humans think we do but gosh - all this research Kazz is making me do is making me smarter about myself and my species!

Anyway, I digress. This isn't just a metaphor; it's a tangible, physiological response rooted in our very nature as prey animals. Our survival has always depended on our hyper-awareness of our surroundings and a finely tuned ability to sense danger, including the emotional states of those around us. Our empathetic nature (ahem) is not a conscious choice but an involuntary reflex, making us incredibly honest and responsive as your partners.

When a person approaches us, our physiological state can subtly and even profoundly sync with theirs. A person's elevated heart rate, quickened breathing, and tense muscles—all signs of anxiety or stress—are immediately perceived by us. In response, we may become nervous, skittish, or difficult to handle. On the other hand, if a person is calm and confident, we will often mirror that state, relaxing our posture, lowering our head, and responding with a quiet, trusting demeanour. This powerful connection highlights our profound sensitivity and intelligence, revealing that our quiet presence can offer a window into your own emotional landscape.

When they come to our paddock, they think they're here to work with us, but we know the truth. We're working with them. Humans have a way of putting on a face, hiding what's really going on inside. But we can feel it. We feel their nervousness in their quickened breath, their anger in the tension of their shoulders, their sadness in the way they won't meet our eyes.

It's this honesty of ours that they call equine-assisted therapy. We don't care about their past troubles or their job titles. All we care about is the energy they bring to us right now. If they come to us with a clenched jaw and a tight fist, their frustration buzzing in the air, we'll show them what that feels like. We might refuse to walk or move away from them. We aren't being stubborn; we're just mirroring their own resistance. We're telling them, "Your energy is not safe for us, and until you change it, we can't move forward."

This is the lesson we teach: to get what they want from us—a simple walk, a gentle touch—they have to first find peace within themselves. They have to stop, breathe, and let go of all the noise. When they learn to soften their hands and their hearts, we soften, too. They learn that their inner state directly affects the world around them. This isn't just about us trusting them; it's about them learning to trust themselves. In our silent partnership, they find a confidence they didn't know they had.



READER PUZZLE

Question 1:

In Celtic mythology, what mythical white horse is often associated with goddesses and fertility, and sometimes depicted as a powerful omen?

Question 2:

In various cultures, including Slavic and some European folklore, what type of mythical horse is sometimes depicted as being able to fly or possess magical abilities, and may be associated with fairies or other supernatural beings?

Question 3:

In Roman mythology, what were the swift horses said to pull the chariot of the sun god Sol (or Apollo in Greek mythology)?

Question 4:

In Hindu mythology, what is the name of the divine white horse that emerged from the churning of the ocean and is considered the king of horses?

Question 5:

In some Native American traditions, horses are seen as powerful spirit animals. What might they symbolize?

Question 6:

What is the name of the spirited Mustang in the Disney animated film of the same title, who is eventually befriended by a Lakota boy named Little Creek?

Question 7:

In the movie *The Horse Whisperer*, what is the name of the traumatized horse that brings Annie and Robert Redford's character together?

Question 8:

What breed of horse does Kevin Costner's character, John Dunbar, befriend on the American frontier in the film *Dances with Wolves*?

Question 9:

What is the name of Roy Rogers' famous golden palomino horse?

Question 10: In the classic television series *The Adventures of Rin Tin Tin*, what breed of dog is Rin Tin Tin, and what is the name of his young human companion?



READER PUZZLE

Question 11:

What is the name of the talking horse in the 1960s sitcom of the same name?

Question 12:

In the animated film DreamWorks' Spirit: Stallion of the Cimarron, what is the name of the paint mare that Spirit eventually falls in love with?

Question 13:

What is the name of the horse that Mia Thermopolis rides in The Princess Diaries 2: Royal Engagement during the traditional Genovian Games?

Question 14:

In the movie Seabiscuit, what was Seabiscuit's initial reputation before becoming a champion racehorse?

Question 15:

What is the name of the white Arabian horse that T.E. Lawrence rides in the epic film Lawrence of Arabia?

Question 16:

In the animated series BoJack Horseman, what kind of animal is the titular character?

Question 17:

What is the name of the horse ridden by the Headless Horseman in the Disney animated segment of The Adventures of Ichabod and Mr. Toad based on "The Legend of Sleepy Hollow"?

Question 18:

In the film War Horse, what is the name of the central horse character before he is called Joey?

Question 19:

What is the name of the horse ridden by the Man in Black in the film The Princess Bride?

Question 20:

In the movie National Velvet, what is the name of the piebald gelding that Velvet Brown trains and rides in the Grand National?

LAST MONTH'S READER PUZZLE SOLUTION

Question 1: What is the name of the famous black stallion featured in the "Black Beauty" novel?

Answer: Black Beauty (DUH)

Question 2: In J.R.R. Tolkien's The Lord of the Rings, what is the name of the proud and intelligent horse ridden by Gandalf?

Answer: Shadowfax

Question 3: What breed of horse is Black Beauty in Anna Sewell's classic novel of the same name? While not explicitly stated, he is implied to be a fine example of what general type of horse? **Answer: He is implied to be a well-bred carriage horse or hackney.**

Question 4: In Homer's The Iliad, what is the name of the winged immortal horse belonging to Poseidon that fathers two swift horses for the Trojan prince Aeneas?

Answer: Arion

Question 5: What is the name of the beloved pony in Anna Sewell's Black Beauty who is sold early in the story due to his mistress's illness?

Answer: Little Joe

Question 6: In Walter Farley's The Black Stallion series, what is the name given to the wild Arabian stallion found by Alec Ramsay on a deserted island?

Answer: The Black (or Shetan)

Question 7: What is the title of the poem by Alfred Noyes that tells the story of a ghostly rider and his ill-fated journey? **Answer: "The Highwayman" (though the horse itself isn't specifically named prominently)**

Question 8: In C.S. Lewis's The Chronicles of Narnia: The Horse and His Boy, what is the name of the talking horse who escapes from Calormen with Aravis?

Answer: Hwin

Question 9: What is the name of Don Quixote's aging and rather unimpressive horse in Miguel de Cervantes's novel Don Quixote?

Answer: Rocinante

Question 10: In John Steinbeck's novella The Red Pony, what is the name of the first pony that Jody Tiflin receives?

Answer: Gabilan

LAST MONTH'S READER PUZZLE SOLUTION Continued

Question 11: What mythical creature, often depicted with the body and legs of a horse and a single horn on its forehead, is a popular figure in literature?

Answer: Unicorn

Question 12: In Rudyard Kipling's short story "The Brushwood Boy," what is the name of the protagonist's beloved childhood pony in his imaginary world?

Answer: The Worm

Question 13: What is the name of the war-horse belonging to the title character in Michael Morpurgo's novel War Horse?

Answer: Joey

Question 14: In T.H. White's "The Once and Future King", what is the name of King Pellinore's perpetually lost questing beast, often described as having the head of a serpent, the body of a leopard, the haunches of a lion, and the feet of a hart, and making a baying sound like thirty couple of hounds?

Answer: The Questing Beast (though not a horse, it's a significant equine-like creature in the narrative)

Question 15: What is the name of the stable boy who befriends Black Beauty and is known for his gentle nature?

Answer: Joe Green

Question 16: In Cormac McCarthy's All the Pretty Horses, what is the name of John Grady Cole's beloved mare?

Answer: Redbo

Question 17: In Greek mythology, what hero is most famously associated with riding the winged horse Pegasus?

Answer: Bellerophon

Question 18: In Norse mythology, what is the name of Odin's eight-legged horse, known for its incredible speed?

Answer: Sleipnir

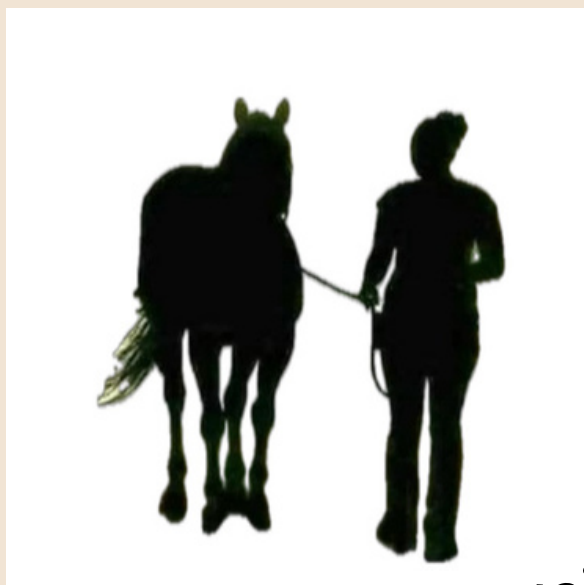
LAST MONTH'S READER PUZZLE SOLUTION Continued

Question 19: In Greek mythology, what creatures were depicted as having the head, arms, and torso of a human and the body and legs of a horse?

Answer: Centaurs

Question 20: According to Greek myth, what powerful god of the sea and earthquakes is also associated with horses and is said to have created them?

Answer: Poseidon



Are they coming or going?

Our upcoming “Anniversary” edition will include some reviews and some surprises. Submissions including Q and A need to be emailed by:

Friday 26th September 2025 via newsletter@heavyhorseheaven.com.au





Been to Ikea??



Here we have an excellent example of the rare pooper scooper fairy in her native environment. Notice the hat matches the shirt-which is one of the key markers of such an attractive and highly valued pooper scooper. The precise way this fairy's barrow is loaded, one can tell that this fairy not only enjoys her hard work but excels in it. The hallmark smile, is as pretty as it is indicative of the pride of all the poop she carries so gracefully.



There was nothing in the pamper therapy brochure that said anything about me being photographed so enthusiastically enjoying this scratch! What if this photo gets out? What will the other horses think!?? Maybe I need a lawyer. A good one. Theres no way this picture is photoshopped!

***Thanks a lot Melanie Willis for putting my thoughts on the OUTSIDE of my head
- Geeeeeee!!!!***