

**August 2019**

# NARC NEWS

NORTHERN ADULT RIDING CLUB

**PRESIDENT**

Terri Kewish  
0417 362 414

**VICE PRESIDENT**

Louise Moylan  
0428 101 076

**RALLY**

**BOOKINGS**

Anna Hayward  
0417 010 546

**TREASURER**

Sallie Wadley  
0428 974 718

**SECRETARY**

Norma Cormican  
0412 845 375

**NEWSLETTER**

Norma Cormican  
0412 845 375

**COMMITTEE**

Jenny Harvey  
0407 514 611

Peta Dolan  
0419 930 078

Dana Medhurst  
0437 958 941

Jess Emery  
0400 501 387

Jo Voller  
0428 969 709

Diane Colebrook  
0490 538 412

Amanda Reid  
0407 878 329

Beryl Murray  
0488 037 387

## CALENDAR OF EVENTS

### *AUGUST, 2019*

**August 25 Rally at Illawarra Lodge Indoor, Carrick**

### *SEPTEMBER, 2019*

**September 1 Annual Membership Due, renewal via the website**

**September 15 Carol Layton Seminar at Westbury - See page 6**

**September 19 Agility Clinic – Nan Catmur - See page 6**

**September 21 Agility Clinic – Nan Catmur - See page 6**

**September 29 Rally at Westbury - See page 5**

### *OCTOBER, 2019*

**October 27 Rally - See page 5**

### *NOVEMBER, 2019*

**November 24 Rally**

**TO PROTECT THE SPREAD  
OF WEEDS, PLEASE  
ENSURE HAY IS ONLY FED  
IN HAY BAGS OUTSIDE OF  
YOUR FLOAT. THIS APPLIES  
TO ALL NARC EVENTS**

### **BOOKING PROCEDURE**

Bookings must be made via the website  
<http://www.northernadultridingclub.org.au>

You will receive an email acknowledgement of your booking.

Rally bookings close on the Tuesday before for rally. Most other events on the Tuesday before.

Fees are non-refundable after bookings close.

Membership must be current at time of booking or an Event Membership of \$15 is payable (limit of twice before membership is required) Please have your membership number handy when you go to book.

# RALLY REPORT

July Rally

Simone Gill and Jasper

The weather for our July Rally was mostly sunny, which for this time of year was a bonus. This was the second NARC Rally for Jasper and I and the first time having a go at the flat work. Shantel Radford did a wonderful job of instructing Jasper and I. We even managed to canter which was a big win for us. Everyone in the group managed to achieve their goal which was great to see.

Nan Catmur again instructed the Agility group putting them through different types of obstacles. Each horse and rider started out in hand walking through the courses whilst familiarising themselves and their trusty stead's. Once they had done this a few times it was time to saddle up and ride through the obstacles at their own pace.

We were then lucky enough to have the team from Sunrise Trailers Deloraine come along and educate us on what we need to be looking for on our Horse Floats prior to floating our trusty steeds. Also how important it is to have our Horse Floats serviced on a regular basis. Huge thank you to Sunrise Trailers for a comprehensive presentation. They are available to do a thorough check on your float at a cost of \$80.

Jasper and I are looking forward to the August Rally.



Contact Ricky at Sunrise Trailers for your Horse Float Safety Check.

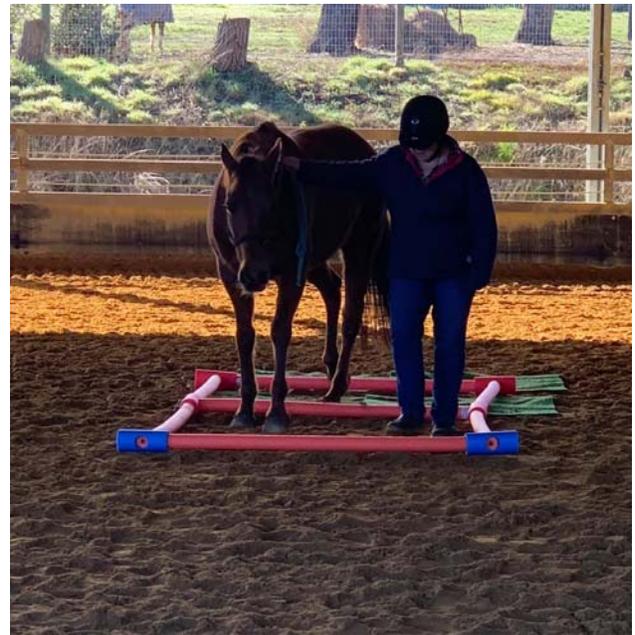
111 Emu Bay Road

DELORAINÉ

Ph: 6362 4759

[sales@sunrisetrailers.com.au](mailto:sales@sunrisetrailers.com.au)







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## September Rally Westbury

- Flat – Diane Colebrook
- Jumping – Judy Kilby
- Agility – Instructor TBA
- Settling In – Jan Biggar
- Non-Ridden – Preparation and presentation for the show ring with successful competitor Lydia Davis

Morning Session will consist of 2 lessons with a choice from 3 options.

- Flat
- Jumping
- Agility

Indicate your preferred options through the booking process. Every effort will be made to accommodate to your selection however depending on numbers this may not always be possible.

### Settling In Class

Our regular settling-in class will be conducted separately to the morning session and participants are welcome to join in either of the afternoon classes as well. Suitable for horses and/or riders not ready to join a larger group or may want to do in hand work before riding later in the lesson.

If you require more information on our Settling In class or how the format will work, please contact Norma Cormican Ph: 0412 845 375

### Afternoon Session

A non-ridden class will be offered in the afternoon.

In addition there will be a ridden class option. The type of class will be dependent on choices made when bookings are finalised.

## REMINDER

To comply with the club's Insurance with Equestrian Australia riders must wear an approved helmet with the chin strap fastened at all times. Please see notice below for details. **Random inspections will be made at rallies in the coming months.** Please have the correct helmet for your own protection.

**SETTLING IN  
CLASS  
RECOMMENCES  
AT THIS RALLY**

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## October Rally Westbury

- Flat – Instructor TBA
- Jumping – Instructor TBA
- Agility – Instructor TBA
- Settling In – Instructor TBA
- Non-Ridden – TBA



Morning Session will consist of 2 lessons with a choice from 3 options.

- Flat
- Jumping
- Agility

Indicate your preferred options through the booking process. Every effort will be made to accommodate to your selection however depending on numbers this may not always be possible.

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## **NAN CATMUR CLINICS**

Agility clinics to be hosted by Nan Catmur at her Longford property.

NARC Members \$35 per day.

Non-Members \$50 per day (limit of twice before membership is payable).

**All enquiries to Jenny Harvey 0407 514 611**

Bookings MUST be made via the website [www.northernadultridingclub.org.au](http://www.northernadultridingclub.org.au) including payment.

Bookings close on the Tuesday prior to the event. There will be a wait list if a date is fully booked.

Maximum 6 people

Suitable for all levels of riders and agility experience.

**Thursday 19 September – 11.00 am to 2:00 pm**

**Saturday 21 September – 12:30 pm to 3:30 pm**

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## **BALANCED EQUINE NUTRITION SEMINAR**

**Sunday 15th September**

Carol Layton B.Sc, M.Ed

Westbury Town Hall - Supper Room

26 Lyall Street, Westbury

\$110 per person

BYO Shared Lunch/Morning Tea. Tea and Coffee supplied

**8am for 8.30am start....4pm finish.**

Bookings via the NARC website Bookings Page or

<https://www.balancedequine.com.au/seminars/product/equine-nutrition-seminar-westbury-tas-15th-sept-2019.html>

### *Course Content*

- Equine digestion
- The Australian feed industry: an independent evaluation
- Why fibre matters
- Nutrients: protein, fats, carbohydrates, minerals, vitamins and electrolytes
- Feeding for hoof, coat and immune system health
- Understanding pasture and hay and the nutrition they provide – it's not just roughage or filler
- Who are the NRC
- Limitations of soil, blood and hair testing
- Pasture and hay testing
- Understanding common causes of laminitis; insulin resistance IR/EMS and hindgut carbohydrate overload
- PPID/Cushings horses
- Common feeding fads and myths
- Understanding feed labels

Time is allocated for any questions on the day, either general questions or specific questions for your own horses.

For course information, contact Carol Layton [carol.layton@gmail.com](mailto:carol.layton@gmail.com)

Local enquiries Diane Colebrook 0490 538 412 or [dgcolebrook@iinet.net.au](mailto:dgcolebrook@iinet.net.au)

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## **HELMET STANDARDS**

At all NARC events, protective headgear must conform with one of the currently approved safety standards to comply with Equestrian Australia regulations.

- Current Australian standard AS/NZS 3838 (2006 onwards) provided they are SAI Global marked.
- New Australian standard ARB HS 2012 provided they are SAI Global marked
- Current American standard ASTM F1163 (2004a or 04a onwards) provided they are SEI marked
- Current American standard SNELL E2001
- Current British standard PAS 015 (1998 or 2011) provided they are BSI Kitemarked
- Interim European Standard VG1 (01.040: 2014-12) with or without BSI Kitemark

Helmet Manufacturers generally recommend replacing your helmet every 5 years or so.

If you have a hard-blow impact accident while wearing your helmet, it is recommended to immediately replace it for a new model. There may be damage to the helmet that is not visible to the naked eye

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## **EQUESTRIAN AUSTRALIA CONCUSSION PROTOCOLS**

**Implementation for all Disciplines from 1 July 2019** – Reference Equestrian Australia Website

There is a growing concern in Australia and internationally about incidence of sport-related concussion & potential health ramifications for athletes at all levels of sport.

Equestrian Australia fully endorses the Concussion in Sport Australia Position Statement, which can be located at [https://www.sportaus.gov.au/ais/position\\_statements#concussion](https://www.sportaus.gov.au/ais/position_statements#concussion)

Consistent with its support for the Concussion in Sport Australia Position Statement, Equestrian Australia will introduce a similar protocol for all equestrian disciplines effective July 1 2019.

To assist with the introduction of these protocols, Equestrian Australia is undertaking education and communication programs for all stakeholders including athletes, officials, coaches, parents and guardians.

As a part of this, we wish to provide all athletes/parents, coaches and officials access to the PDF version of a presentation which may be seen presented at future events, highlighting:

- the key points of the protocols,
- the OC & Officials' role in implementing the protocol,
- how to recognise concussion and
- the importance of possible concussion received in training being just as serious as concussion received in competition.

The PDF documents are available at [www.equestrian.org.au](http://www.equestrian.org.au)

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## **TRADERS' TREASURES**

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### ***Collegiate Bridle***

Full size. Brown leather with deep V decorative browband. Used only once, as new condition.  
\$90 ono

Contact Sallie Wadley 0428 974 718

### ***Pony Cart and Harness***

Has been used on Shetland Pony \$500 for both  
Contact Judith Butler 0427 612 673