

January 2018

NARC NEWS

NORTHERN ADULT RIDING CLUB

CALENDAR OF EVENTS

PRESIDENT

Jenny Harvey
0407 514 611

VICE PRESIDENT

Jess Emery
0400 501 387

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

Judy Comrie
0477 077 288

Peta Dolan

0419 930 078

Dana Medhurst

0437 958 941

Anna Hayward

0417 010 546

Jan Mitchell

0418 599 967

Louise Moylan

0428 101 076

Shay Glover

0457 907 717

Terri Kewish

0417 362 414

Ruth Kilov

0408 561 971

Beryl Murray

0488 037 387

JANUARY 2018

January 28 Rally – Nan Catmur’s

FEBRUARY, 2018

February 14 Committee Meeting - 7.30pm

February 25 Rally - Birralee

MARCH, 2018

March 24/25 Rally – “Harveydale”, Birralee

APRIL, 2018

April 29 Gymkhana – NARC Grounds

**Please Note Rally Bookings
must be secured by
Payment**

RALLY BOOKINGS

Anna Hayward

bookings@northernadultridingclub.org.au

0417 010 546



RALLY TIMETABLE

10.00Briefing for days activities
10.15 – 11.30Lesson 1
11.30 – 11.45 15 minute Break
11.45 – 1.00Lesson 2
.....Lunch
2.00 – 3.00Afternoon Session if applicable

Riders are requested to pick up all manure and hay/straw in the area where they park their horse floats before leaving the club grounds.

Rallies are conducted on the last Sunday of the month.

If weather is inclement and you are unsure whether the rally is still on, please check the NARC Facebook page or call Jess Emery. Any decision to cancel will be made no later than 8.00 on Sunday morning and posted on facebook.

Riders must report for rally registration between **9.30 and 10.00** and to complete your Emergency Contact Details (relevant for that day) on the daily rally sheet. Please **be saddled up, and warmed up by the commencement of the lesson at 10:15.**

Safety Reminder: At all NARC events, you must wear an AS/NZS 3838 approved safety helmet and smooth soled riding boots.

RALLY BOOKINGS

The club endeavours to keep groups at a size that will give everyone the opportunity to get benefit from the lesson.

Numbers of riders at each rally are capped, with bookings accepted in the order they are received. Bookings are not confirmed until payment is received. If you are unable to attend a rally after having booked, please contact the Rally Booking Coordinator early so that someone else can take your place. Fees are non-refundable after bookings close.

Bookings and Confirmation of Payment should be emailed to the Rally Booking Coordinator by the *Tuesday* before the rally. bookings@northernadultridingclub.org.au.

Membership must be current and paid at time of rally booking. Membership forms are available on the website, completed forms can be emailed or brought on the day.

Each rider generally has the opportunity to participate in each of the lesson sessions during the day. Each lesson will be for 1h 15min, please refer to the rally timetable above for start times.

Please make yourself available on time so that all riders can make best use of the time with each instructor.

RALLY ETIQUETTE

In the interest of safety, riders must follow the directive of instructors at all times. Riders are not permitted to use club equipment when not under the supervision of an instructor.

All warm up and ground familiarisation should be completed before the commencement of lessons.

Lunging, leading and riding without supervision of an instructor are not permitted whilst lessons are in progress.

Use of Mobile Phones during lessons is not permitted.

RALLY ASSISTANCE

The committee appreciates the assistance members have given in setting up and dismantling equipment at rallies.

Morning Time Line

Register9.30

Setup Jumps and Equipment9.45

Briefing 10.00

Riding Commences 10.15

Please contact any one of your committee if you have any questions.

RALLY REPORT

Trail Ride at Junction Farm

Terri Kewish

Even though it was a bit windy, we still had a good turnout for the ride with 21 riders breaking into 2 groups for our Christmas Ride.

One group enjoyed a gentle ride alongside the South Esk River and continued past the junction where the picturesque Meander River joins.

Both groups were able to see each other at one point, as the hill riders took in the magnificent views of our gorgeous area. I'm thinking the hill riders were the noisiest at this point, with much cooeing and attempted whistling.

Both groups arrived at our lunch area within a few minutes of each other. Good timing or incredibly good luck? Who knows, but it was wonderful to see people catching up and chatting prior to us separating into two groups again after eating.

The river group returned by the same path but the view is always different. The platypus seemed shy and remained hidden from our view, however young deer were happily racing ahead and across the track.

The hill riders had an absolute blast, with much whooping and squealing (pretty sure they were happy noises, lol) as we cantered (or galloped) along a wonderful stretch heading towards Honeymoon Bay. Horses splashed and paddled in the refreshing waters of the bay and remained well behaved by not rolling and dunking riders in the drink.

A huge thanks to all riders, and helpers! What a wonderful day and hopefully we can organise another trail ride soon.







CHRISTMAS DINNER

Members and friends gathered at the Gunners Arms for a meal, good company and lots of laughs.

The results of the recent Survey were presented and the lucky winner was drawn. Congratulations to Jess Froude who now has a complimentary membership to NARC for the next 12 months. Results of the survey will be used to shape the future of NARC, thank you to all those who took the time to participate.

After the meal, a couple of rounds of Celebrity Heads had everyone in stitches.





UPCOMING RALLIES

January

Nan Catmur's Property *Horse Agility Introduction*

Nan Catmur and Katrina Miller

Horse Agility is a great way to build a close relationship with your horse and keep both horse and rider emotionally fit. It is a discipline which navigates a course of obstacles while focusing on clear communication and positive horsemanship. This can be done both in hand or ridden.

We will be focusing on accuracy and style rather than speed.

This will be primarily a training day and skills building with subsequent days/lessons to continue depending on the level of interest.

Dare to challenge yourself and your horse and come along to try something different and exciting

February

Birralee Pony Club Grounds, Glengarry

- Judy Kilby
- Shantel Radford

As well as a flat lesson, we have the use of the fantastic cross country jumps at Birralee. Judy is always popular so book in early so you don't miss out.



March

“Harveydale”, Birralee

2 day rally including Overnight Camp

Plans are still being finalised but broadly speaking the format will be as follows;

- Saturday – Flat instruction in the morning. Ridden activities, demonstrations and lectures in the afternoon/evening.
- Sunday - Trail ride catering for all levels.

More information will be available in the next newsletter but in the meantime dust those swags off!!

HELMET STANDARD

As of 1 January 2017 helmets with the **EN1384 standard will NOT** be permitted under EA’s General Regulations.

As per the EA General Regulations, Equestrian Australia highly recommends the use of helmets that conform to Australian Standard AS/NZS 3838, as this standard provides for more stringent testing and further periodic retesting.

Temporary European Standard **VG1** has been added to the General Regulations effective immediately.

This ruling applies to Northern Adult Riding Club members.

At the time of the Australian announcement, Equestrian Australia recommended the use of helmets that conform to Australian Standard AS/NZS 3838. However, helmets are generally certified by the country in which they are manufactured; hence it is unlikely that any helmet made in Europe is likely to be certified by this standard. Not necessarily because they don’t satisfy the same safety requirements, but simply because it is more viable for the manufacturers to have them certified in their own countries (especially considering the relatively limited Australian market).

Here are some of the standards you might come across, and what they mean

- AS/NZS 3838 (including SAI Global Mark): this is an Australian standard and is generally only used by helmets manufactured by Australian companies.
- SNELL E2001 and ASTM F1163: these are current American standards.
- PAS 015 and VG1: these are current British and European standards respectively. VG1 is an interim standard.
- SEI, SAI and Kitemark are not standards, they are quality marks. They represent voluntary safety certifications that are additional to the compulsory standards. These quality marks indicate that the company complies with rigorous system of further regulation and testing. The Kitemark also requires an unrestricted access to the factories to allow for random testing and auditing.

Each of the individual standards has their own criteria and tests that place more or less emphasis on different helmets and various types of injuries. For example, they will examine how much of the head a helmet covers, how a rider falls and onto what type of surface, how a helmet moves, and how severe an injury riders’ can expect to receive from that fall.



RALLY BOOKING PROCEDURE

Bookings should be emailed to the Rally Booking Coordinator bookings@northernadultridingclub.org.au by the **Tuesday** before the rally. You will receive an email acknowledgement of your booking. Please let us know your preferred jumping height and if you have any special requests.

Rally Fee of \$40 MUST be paid by Direct bank Deposit prior to booking, with Confirmation of Payment included in the booking email.

Rally Fee for the 2016-17 season is \$40

Bookings are not confirmed until payment is received. Fees are non-refundable after bookings close. Credit towards another rally is not permitted after bookings close.

Membership must be current at time of rally booking. Membership forms are available on the website, completed forms can be emailed or brought on the day.

Each rider generally has the opportunity to participate in each of the lesson sessions during the day. Each lesson will be for 1h 15min, please refer to the rally timetable above for start times.

Please make yourself available on time so that all riders can make best use of the time with each instructor.

Direct Deposit Details

Account Name: Northern Adult Riding Club

BSB: 067-003 (Commonwealth)

Account Number: 28044055

Reference: Please put your name as the payment reference

FIND US ON THE WEB

NARC has our own website.

Look for the link to our FACEBOOK PAGE.

Membership applications/renewals and the current newsletter are also available for download on the website.

So check it out at www.northernadultridingclub.org.au



NARC MEMBERSHIP CATEGORIES

RIDING MEMBER Riding member

SOCIAL MEMBER All non-riding members

EVENT MEMBER Non-members wishing to attend a designated "Special Event" ie: Nav Ride. This membership can be also used by prospective members to attend 2 normal rally days provided they have not previously been a riding member.

EQUESTRIAN AUSTRALIA INSURANCE

NARC members may like to take advantage of the benefits Equestrian Australia (EA) has to offer in relation to Personal Accident and Liability Insurance.

EA members are covered 24/7 for an accident or injury sustained whilst participating in non-income earning equestrian activities. As well as Personal Accident there is cover for Public Liability at all times whilst engaged in non-income earning equestrian activities. Details of the extent of cover and other membership benefits can be found on the EA website

<http://www.equestrian.org.au/Membership>

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ROYAL FLYING DOCTOR SERVICE

RFDS Tasmania supports the aeromedical service and reaches out to communities to deliver a broad range of primary health care services and community projects to benefit all Tasmanians.

In Tasmania, the Royal Flying Doctor Service works in partnership with Ambulance Tasmania to fill the vital role in the delivery of essential health care services by supplying the state's fixed wing air ambulance.

The RFDS operates 24 hours a day, 7 days a week to provide Tasmanians with services which include emergency trauma evacuations and inter-hospital transfers to take patients to the specialist care they need.

NARC proudly supports the RFDS and encourages members to visit their website and see the host of ways you can help them continue their valuable work.

<https://www.flyingdoctor.org.au/tas/support-us-tas/>



CLUB MERCHANDISE

We have a range of polo shirts, vests and rugby tops in the club colours of maroon and gold, embroidered with the club logo.

Vests and jackets (shown here in black);

- 94% Polyester for durability, and 6% Elastane for stretch
- 290gsm two-layer bonded soft shell
- Four-way stretch fabric for unbounded movement
- Micro fleece lining
- Two zip-up pockets and an internal mobile phone pocket



We have a new style of polo available which is proving very popular. 180gm 80% polyester/ 20% cotton moisture removal DRIWEAR cottonback pique knit easy care fabric. Self fabric collar with contrast panels and piping. 3 button placket.



LADIES	10	12	14	16	18	20	22
BUST	87cm	92cm	97cm	102cm	107cm	112cm	119cm

Samples of most garments are available so you can try for size before placing your order.

Please talk to Norma Cormican on 0412 845 375.

TRADERS' TREASURES

Caro's Animal Care

Going away on holidays but don't have anyone to care for you animals? Carolyn has 10 years' experience as a veterinary nurse in a mixed practice as well as having horses of her own. She offers a professional, affordable and personalised service for all your animals needs in the comfort of their own environment. Dog walking service also available. Current police check and references are available on request. Contact Carolyn Verbraeken on 0419 123 344 or 6397 3578

