

May 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

MAY, 2018

May 27 Rally – Westbury

Thursday

May 31

ENTRIES FOR NAV RIDE CLOSE

JUNE, 2018

June 10 Navigation Ride – “Harveydale”, Birralee

Programs available on our Facebook page and website

June 24 Rally – Illawarra Indoor Arena

JULY, 2018

July 29 Rally - Westbury

AUGUST, 2018

August 26 Rally – Illawarra Indoor Arena

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

RALLY BOOKINGS

Anna Hayward

bookings@northernadultridingclub.org.au

0417 010 546



RALLY TIMETABLE

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

Briefing10.00

Riding Commences10.15

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

ADDITIONAL GROUP AT EACH RALLY

In addition to the standard format of our regular rallies, we plan to introduce a separate class that will cater for people not quite ready to join the current lessons. This will run at the same time schedules as the usual classes.

It will be a flexible concept depending on the level of interest (numbers) and what people want to achieve on the day (how settled the horse is and/or confident the rider is). In some instances there will be just one class on others there may be two. There will possibly be the opportunity to transition to our normal flat class after one session in the "Settling In" class. Instructor details will be notified once numbers are confirmed.

The concept will be totally flexible and decisions on how it will work will be made once we have bookings and know what each rider's situation is. After consultation with the instructor and the riders a decision will be made as to whether led or ridden activities (or both) are provided.

Some examples of situations where this class may be useful;

- New riders to NARC
- To settle down a potentially excited horse
- First outing with a new horse
- Horse returning from a break
- Young and green horse
- Not sure about communication between you and your horse
- Looking for a transition from CBG to other activities
- Want a slower start to your rally day
- You or your horse not sure about working in a larger group

Bookings for this class will be through the normal email bookings@northernadultridingclub.org.au

Once bookings are received, you will be contacted to discuss what you wish to achieve from the class. For phone enquiries prior, please contact Norma Cormican 0412 845 375



RALLY REPORT

Gymkhana

Immaculately groomed riders and their finely polished steeds presented in a glorious day at the Gymkhana held on April 29th. Despite there only being a small but select group, everyone had a wonderful day in an encouraging and supportive environment. Some said the highlight was the shared lunch!!

Our thanks go to Di Johnston, Melinda Gard, and Paul Dolan who officiated in the hack rings. Everyone had the opportunity to learn under competition conditions with judges and more experienced competitors sharing knowledge and tips with others. Thanks to Jess, Sallie, Beryl and Jane Buck for helping out on the day.

Ann and Helmut Rechburger did a great job setting up and judging a free flowing yet testing showjumping course, encouraging all the horses to jump cleanly. The 10cm (poles on the ground) event was popular, with the serious competitors being narrowed down as the jumps were raised until eventually Sandi Atkins was the only competitor in the 85cm.

Thank you Sallie for coordinating all the results and stewarding in the jumping arena. It was great to see everyone ready to ride on time and helping out with the setting up and putting away the gear at the end of the day.

Congratulations to all those who competed, in particular to Sandi Atkins who was awarded the High Point Award with the highest number of points accumulated during the day.

Winner of the Show Jumping Champion award was Terri Kewish and Games Champion was Aaron Hinds. The Encouragement award went to Diane Colebrook, for a great riding effort when presented with difficulties. Well done everyone.

Thank you to Jess for the wonderful photos.

RESULTS

Jumping

10cm

1. Aaron Hinds
2. Peta Dolan
3. Donna Mitchell
4. Anna Hayward

25cm

1. Terri Kewish
2. Dana Medhurst
3. Heather Piercey
4. Maree Payne

45cm

1. Terri Kewish
2. Heather Piercey
3. Aaron Hinds
4. Maree Payne

65cm

1. Sandi Atkins
2. Diane Colebrook
3. Molly Rafferty
4. Dana Medhurst

85cm

1. Sandi Atkins

Hacking

Ring 1

Led

1. Heather Piercey
2. Molly Rafferty
3. Hannah Barker
4. Terri Kewish/Judith

Butler

Best Presented

1. Maree Payne
2. Molly Rafferty
3. Hannah Barker
4. Heather Piercey

Ridden

1. Maree Payne
2. Heather Piercey
3. Molly Rafferty
4. Terri Kewish

Ridden Pairs

1. Donna Mitchell/Peta Dolan
2. Sandi Atkins/Heather Piercey
3. Dana Medhurst/Judith Butler

4. Maree Payne/Anna Hayward

Consolation Ridden

1. Molly Rafferty
2. Terri Kewish
3. Judith Butler

Rider

1. Heather Piercey
2. Maree Payne
3. Molly Rafferty
4. Terri Kewish

Ring 2

Led

1. Peta Dolan
2. Sandi Atkins
3. Donna Mitchell
4. Aaron Hinds

Best Presented

1. Diane Colebrook
2. Peta Dolan
3. Anna Hayward
4. Dana Medhurst

Ridden

1. Peta Dolan
2. Sandi Atkins
3. Donna Mitchell
4. Diane Colebrook

Consolation Ridden

1. Donna Mitchell
2. Sandra Atkins
3. Aaron Hinds/Dana Medhurst
4. Anna Hayward

Rider

1. Sandi Atkins
2. Diane Colebrook
3. Donna Mitchell
4. Peta Dolan

Games

Barrel Race

1. Sandi Atkins
2. Aaron Hinds
3. Terri Kewish
4. Dana Medhurst

Bending Race

1. Terri Kewish/Aaron Hinds
2. Donna Mitchell
3. Dana Medhurst
4. Heather Piercey

Snakes and Ladders

1. Sandi Atkins
2. Dana Medhurst
3. Terri Kewish
4. Aaron Hinds







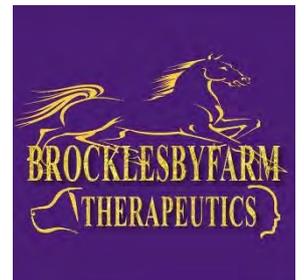


HUGE RAFFLE

Several lucky people will win some wonderful prizes in our monster raffle to be drawn with the presentations at the 22nd Annual Navigation Ride at 'Harveydale'. We have a number of high value prizes in the raffle with the headline pieces being a pair of **2 pairs of Scoot Boots**. Dave MacDonald will be on hand to present the boots and fit them to the winning owner's horse.

Additional prizes include;

- * Intro Gift pack of DoTerra Oils (Julia Vana)
- * EBT Treatment from Julia Vana
- * Pet Boarding vouchers
- * Physio Treatment at Health Revival Longford
- * Vouchers with Makers Mark Equine
- * Bags of feed



Tickets are \$2 each or 3 for \$5 and can be purchased at NARC rallies or any committee member.



NAVIGATION RIDE

NARC proudly announce the staging of the 22nd Annual Navigation Ride at "Harveydale" on Sunday June 10, 2018.

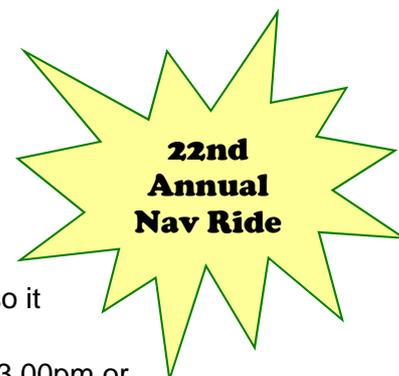
We thank our wonderful sponsors detailed in the program and ask you to support them wherever possible.

The Lions Club will be selling a range of hot food, soup and cakes along with serving delicious coffee and hot chocolate, so lunch will be available as well.

A lot of work behind the scenes goes into preparing this event each year and we are looking for volunteers to help out on the day. If you or some of your friends/family can offer their time for even an hour or so it will share the load for the committee.

Due to the large number of riders, the presentation of prizes is held at 3.00pm or before. A Huge Raffle will be drawn at the presentations. Prizes are headlined by a set of Scoot Boots to fit your horse and a Walk West mounting block valued at \$200. Look out for tickets on the day or at rallies beforehand. We understand that not all competitors can stay if they have ridden in an early timeslot. If you leave before the presentations, please arrange for someone to represent you and collect your ribbons and prizes.

Programs are now available at the usual saddlery's and outlets, facebook and on our website. Please call Norma Cormican on 0412 845 375 if you would like a copy emailed to you



UPCOMING RALLIES

May Rally Westbury

- Flat – Yvonne Downes
- Jumping – Shantel Radford

We are fortunate to have the services of Yvonne Downes this month, book in early to secure your place. Due to the popularity of Shantel at our recent rally, we have been fortunate to get her back, this time for a jumping lesson.

The May rally sees the introduction of our Settling In class, please see separate notes on this concept.

June Illawarra Indoor Arena

The focus on this rally will be agility with India Woods and Nan Catmur instructing. For those who were able to attend the club camp at Harveydale in April, India will be continuing on with some of the work she did there.

July Rally Westbury

- Flat – Kristen Pitt
- Jumping – Carol Hobson



MINDSET TRAINING

Following on from the Mindset Training with India Woods last year, the group is going to recommence fortnightly sessions at the end of June. Anyone who wishes to join the group is welcome as the first few nights will be revision of topics that were covered in the first round of sessions.

India has spent many years training with Tanja Mitton and can show us the path to improving our self-confidence in our riding. This training is not just about being the best you can with your horse but also teaches us valuable lessons in life skills.

Contact Sallie Wadley to secure your place. Ph: 0428 974 718

HELMET STANDARD

Helmets with the **EN1384 standard are 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 your 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

