

**August 2023**

# NARC NEWS

NORTHERN ADULT RIDING CLUB

## **PRESIDENT**

Diane Colebrook  
0490 538 412

## **VICE PRESIDENT**

Kerrie Bell  
0404 049 532

## **TREASURER**

Sallie Wadley  
0428 974 718

## **SECRETARY**

Norma Cormican  
0412 845 375

## **NEWSLETTER**

Norma Cormican  
0412 845 375

## **PATRON**

Beryl Murray  
0488 037 387

## **COMMITTEE**

Hannah Barker  
0402 881 319

Jenna Sommerville  
0409 869 077

Simone Gill  
0428 815 318

Debrah Youd  
0408 519 463

Anna Hayward  
0417 010 546

## **CALENDAR OF EVENTS**

### **SEPTEMBER, 2023**

**September 1 Annual Membership Due**

**September 24 Rally – Valmont Farms**

### **OCTOBER, 2023**

**October 29 Rally**

### **NOVEMBER, 2023**

**November 26 Rally**

**TO PROTECT THE SPREAD OF WEEDS, PLEASE ENSURE ALL HAY FED OUTSIDE OF YOUR FLOAT IS ONLY FED IN HAY BAGS. 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 the 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). Not available to previous members.

Please have your membership number handy when you go to book.

## MONTHLY RALLIES

### September Rally Valmont Farms



- Flat Lesson – Diane Colebrook
- Flat Lesson – Mattea Kersnovski
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons

#### Afternoon Session

Ridden Lesson on Mountain Trail (weather permitting)

#### 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

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## MEMBERSHIP

Annual Membership subscriptions are due on 1 September.

Please renew your membership via the website prior to 31 October, 2023 to retain member privileges.

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## ANNUAL GENERAL MEETING AND DINNER

The NARC AGM, annual dinner and awards night was held at the RSL, Westbury on Saturday August 12th.

Members and friends enjoyed a delicious meal with lots of chatting and happy faces.

The AGM election resulted in Diane Colebrook being reelected in the President role for the coming year. Diane presented a comprehensive report on the club activities over the past year. Congratulations to Anna Hayward who rejoins the committee for the coming year. Diane thanked retiring committee member Anne Robarts for her contribution to the committee.



Beryl Murray was elected as Patron of the club for her long and valued service to the club including the use of her paddock to hold our rallies.

Jenny Harvey and Beryl Murray presented the Bruce Murray Memorial award to Sallie Wadley. Sallie has been involved from nearly the very beginning of NARC. She first became treasurer for the club in 1993 then took a break from being treasurer in 1995. She became the club's

president in 1999 and taking on both roles as president and treasurer in 2000. She continued as treasurer until 2005, when she then took on the role as secretary for two years. In 2007 she took back the role as treasurer and has been the club's treasurer since. We have been lucky to have Sallie take on all these roles over the years!

As a professional accountant she has the skills and does a wonderful job as the riding club's treasurer, and we hope she still wants to do so into the future. Whilst she is certainly gifted with numbers, Sallie also does much behind the scenes that we don't always see, which makes the club a success. It is Sallie who often makes enquiries about grounds to hold our rallies, gaining sponsorship so we can hold events, as well as doing so much in setting up many of our events ready for us all to enjoy the day. Sallie has managed to secure government grants for the club over the years, which are so valuable to the club.

Thank you Sallie, this award is so well deserved

A presentation was also made to David Quinn who has been capably instructing our Settling in Class for the past 3 years. This class has provided a unique opportunity to encourage members to take the step between riding at home and joining one of our regular instruction groups.

From unbroken babies to people with new horses and riders who have lost confidence, he has helped them all. David has a special gift for instilling confidence in young horses or nervous riders and makes himself available every month without fail. It has allowed the club to encourage a huge number of riders who would normally have slipped through the cracks.

Jo Pickett from Osmaston provided an extensive presentation on her work with Equine Assisted Skills Development programs which was enjoyed by all.

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## PLAY DAYS

NARC hold Play Days for current members at Westbury. The focus will be obstacles and desensitization. Dates are announced via the NARC Facebook page and will include midweek and weekends.

This is planned as a fun and relaxed outing for members to bring horses of any skill level. Young or even retired horses are welcome. Ridden or unriden, it is an outing to spend in the company of your equine and club friends.

There is no formal instructor, rather two club committee members will be present to brief the attendees. The first hour will not be under saddle and the second hour is optional to be ridden.

Cost is \$10 for two hours 10am to 12pm. Please book and pay via the NARC website to ensure the day goes ahead.

Please be there by 9.30 to help set up equipment and help to dismantle is required.

Bring a packed lunch to enjoy after the activities. Check the club Facebook page on the morning of the date for cancellation if the weather looks questionable. Approved safety helmet and appropriate riding boots need to be worn.

Enquiries to Debrah Youd 0408 519 463



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## CONCUSSION POLICY

In line with Equestrian Australia recommendations, at all NARC events the Concussion Recognition Tool 5 © will be used to screen all individuals who have potentially sustained a concussion.

If concussion is suspected, then the rider must not remount their horse or drive home. Their emergency contact will be contacted by the club to ensure their safety.

Further details are available on the Equestrian Australia website.

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## **NAN CATMUR CLINICS**

### **Obstacle Instruction, Building Partnerships and Confidence Lessons at Nan's Riding School, Longford**

\*Private one on one lessons, or Group lessons available (Max 4 people)

These Lessons will help riders prepare their horses for success in Obstacle Work. In these sessions we will break down the basics required for manoeuvring your horse efficiently through a course of diverse obstacle challenges. We will be covering turning movements, effective desensitising strategies, timing and approach and retreat strategies for building confidence and a strong partnership with your horse. We will make sure you and your horse are on the same page.

For Private Bookings Contact Nan on 0428 578 779 or email: nansridingschool@gmail.com

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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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## **TRADERS' TREASURES**

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### ***Caballo Top Boots***

Size 37, Slim Calf

Pull on, no zips, Includes Boot Hook, Plastic Boot Trees and Carry Bag

Good condition, \$100 Contact Norma Cormican 0412 845 375