

July 2025

NARC NEWS

NORTHERN ADULT RIDING CLUB

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CALENDAR OF EVENTS

JULY, 2025

July 23 **Play Date – 27 Veterans Row, Westbury**
10.00 am start

July 27 **Rally – Longford Indoor**

AUGUST, 2025

August 16 **AGM and Annual Dinner at Westbury RSL**

August 31 **Rally – Longford Indoor**

**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>

Bookings open at 9.00am on the first day of the month.

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 (to use in the Promo Code) when you go to book.

MONTHLY RALLIES



July Rally

Longford Indoor

- Flat Lesson – Nye Williams
- Flat/Poles Lesson – Jules Targett
- Settling In – Nye Williams

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons
One lesson with each of our instructors.

Afternoon Session

Ridden Lesson

Settling In Class

Our regular settling-in class will be conducted in the afternoon at this rally.

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

August Rally

Longford Indoor

- Flat/Poles Lesson – Jules Targett
- Flat Lesson – Nye Williams
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons
One lesson with each of our instructors.

Afternoon Session

Ridden Lesson

Settling In Class

Our regular settling-in class will be conducted in the afternoon at this rally.

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

September Rally

Birralee Pony Club Grounds - Glengarry

- Flat/Poles Lesson – TBC
- Flat Lesson – TBC
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons
One lesson with each of our instructors.

Afternoon Session

Ridden Lesson

Settling In Class

Our regular settling-in class will be conducted in the morning, separately to the regular ridden lessons.

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

JUNE RALLY

Longford Indoor

Tracy Smee

It was a foggy start to the first of our Winter rallies, held at the fabulous Longford Indoor Arena. We kicked off the day with two morning groups – one coached by Jules Targett and the other by Mattea Kersnovski.

Jules had us focusing on using our bodies and vision to guide our horses over poles and around cones, encouraging us to rely less on our reins. Meanwhile, Mattea concentrated on refining our corners and improving the accuracy of our straight lines.

After lunch, Jules led a session on canter transitions, helping us become more aware of our horses' foot placement – a challenge for many, but one that led to great progress.

Mattea guided a group through the Settling In class with each of the participants at a different stage of their horse and rider journey.

It was a thoroughly enjoyable day, with willing horses and wonderful company.

A big thank you to Jules and Mattea for their instruction, to the NARC committee for all their behind-the-scenes work, and especially to Norma for keeping us organised at every rally.

Looking forward to the next one!





SOCIAL OUTING

A Day at Junction Farm with 'Risby'

Nicola Faulkner

The morning started out more quickly than anticipated, I arrived at Junction Farm to find Sandy Atkins had arrived early and was enjoying her riding session on Risby. Risby was his amazing self, never tired and always exact and patient.

The tables all set and ready to go and people started arriving. Our coach, Eleanor was to the point and educated everyone on Risby's buttons and educational abilities. Her positive connection with riders and attention to detail had people improving. Understanding the effect and influences of - for example the seat on a riders hands, or an imbalance of the riders legs. The efficient correction and creating a new feel for the rider in a controlled environment with continual feedback made changes so much more exact.

The instruction flowed smoothly and everyone was ready to go for their chance at a ride, no prompting needed. Risby is very exact with the aids and instant visual feed-back allows for quick change. I saw people learning and experimenting with movements they had yet to achieve at home.

Making decorated browbands seemed to be a hit, people learning how to make the bands and instructions supplied to extend them to a show quality. Not everyone wished to partake but those that did seemed to enjoy.

At the end of the day Northern Adult Riding club had done themselves proud, our riders are very capable, great balance and sympathetic seat. We all went home with some things to work on, even if it was just confidence in what we were trying was right.



ANNUAL GENERAL MEETING AND DINNER

The NARC AGM and annual dinner will be held this year is the Westbury RSL, 7 Lonsdale Promenade, Westbury on Saturday August 16th.

We have a private room for our evening and there is ample parking. A delicious 2 course buffet meal will be served at a cost of \$50 per head. Alcohol at bar prices. Please advise beforehand if you have special dietary requirements.

Agenda items should be forwarded prior to Friday 1st August to Sallie Wadley at springrises1@bigpond.com or phone Sallie on 0428 974 718.

We welcome new faces and new ideas on the committee so if you would like to make a contribution to your club or are just interested in finding out what is involved, please contact any one of the committee prior to the AGM.

The AGM will commence promptly at 6.30pm and the meal will be served at approximately 7.30pm at the conclusion of the AGM.

6.00 - 6.30 ... Pre meeting drinks

6.30 - 7.30 ... AGM

7.30 Meals served, commencement of social evening

There will be the usual lucky door prizes along with awards. It is also a great opportunity to have a chat in comfort with other members of the club.

Guest speaker is Tracy Nutting who will tell us about her involvement in the Breeding and Endurance discipline in Tasmania.

Here is a great opportunity to have a chat in comfort with other members of the club. Just because you come to the AGM there is no obligation to join committee.

Enquiries please phone Sallie Wadley on 0428 974 718

Bookings via the Website.

Final date for bookings is Sunday 10th August.

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.

Only one horse per person.

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 usually 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 by 8.00am on the day for cancellation notice if the weather looks questionable. Approved safety helmet and appropriate riding boots need to be worn.

Enquiries to Anna Hayward 0417 010 546



WORKING WITH VULNERABLE PEOPLE REGISTRATION

The Tasmanian Government has announced it will be removing the cost of registering for a Working with Vulnerable People (WWVP) card.

This is a big win for sporting and community clubs across the state and follows a joint advocacy letter submitted earlier this month by Clubs Tasmania and Volunteering Tasmania, urging the government to scrap the \$22.44 volunteer registration fee.

This fee had become an unnecessary barrier to volunteering in a time of rising living costs and increasing regulation. Many other states do not charge volunteers a fee for an equivalent registration, while Tasmania's fee is also the highest.

This follows reports from clubs all over the state, from small football teams, bowls clubs and netball committees, about how this cost was deterring volunteers or stretching already limited club budgets. By raising this issue with Volunteering Tasmania and co-signing the call for action, ETas helped drive the momentum that led to this change.

While initially a two-year pilot, ETas hopes it will become permanent in future years.

NAN CATMUR

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

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.

It is NARC policy that following any fall at a NARC event is managed in accordance with the Equestrian Australia concussion guidelines and Incident Reporting. You will be asked to acknowledge and adhere to these guidelines when you book for an event.

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 www.equestrian.org.au.

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