

March 2019

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

NARC NEWS

NORTHERN ADULT RIDING CLUB

CALENDAR OF EVENTS



**ALL BOOKINGS
VIA THE WEBSITE**

MARCH, 2019

March 31 Rally – Edinburgh Park – See page 7 below

APRIL, 2019

April 13 Agility Practice Day – Nan Catmur- See page 8 below

April 17 Agility Practice Day – Nan Catmur- See page 8 below

April 28 Combined Training Day – See page 7 below

MAY, 2019

May 26 Rally at Westbury

JUNE, 2019

June 9 Navigation Ride – “Harveydale”, Birralee
Programs available from 1 May, 2019 on our
Facebook page and website

June 30 Rally

JULY, 2019

July 28 Rally

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. Other events close 4 days prior.

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

February Rally

Camp at Harveydale

Terri Kewish

My first lesson on Saturday was with Shantel Radford doing flat work. This weekend I chose to bring my husband's dominant Standardbred mare Rosie. We are still learning to work together and bond.

After leaving her paddock mate, Rosie "fell apart". Very anxious, calling and felt ready to explode! My own nervousness and anxiety kicked in and I was ready to leap off. Shantel was fantastic! She taught me how to defuse this situation by having a focus point, breathing deep and slowly, and worked on half halts (as opposed to me tensing and grabbing on the reins!) Ten minutes later we had one very relaxed mare and extremely happy rider. If I did nothing else for the whole weekend, I had my money's worth and tools to move forward with! We also worked on using our bodies to ask our horses to move faster/slower and extending their walk. Thank you Shantel! I'm sure all riders gained something from your calm and patient method of teaching.



Heather Percey

For those that arrived Friday night, NARC Camp at Harveyle began with a clear still night to finally start to kick back and relax after the business of the week and getting there. A chance to catch-up with old friends and meet new people with common interests.

The weather was just as fabulous Saturday and after helping set up we all massed to the shelters where we were briefed on the day's activities and groupings. Then we headed off to take ourselves and our horses to our allotted activities, some to the mud map, some agility and the starter group.

It was lovely having small groups (three or four), maximising active time and the opportunity to individualise the experience while sharing the learning of others. At the agility obstacles Peter provided us both the course and encouragement to tackle the varying objects in a manner suited to our individual ability and readiness. Thanks Peter for your patience, flexibility to work with our ideas and encouragement to build from the level we were at with each obstacle.

My group then joined Iain in the arena. Iain shared with us how he breaks down the various movements needed in Stock Horse competitions and camp drafting, building from an initial small step to the entire movement. I enjoyed his approach which provided the horse room to find the desired action that was then rewarded. He guided us through the first steps and provided us the foundation to be able to go home and keep working towards some of the manoeuvres. His riding into a rapid stop reminder of "feet (slightly forward so you don't fly off !!!!!), seat (sit deep), hands (be still)".

In the afternoon I had the privilege of being a guinea-pig in Iain's demonstration with Katrina and Deb. Somehow I ended up first and Iain patiently stepped us through learning to turn being engaged from behind and canter off using the fence, as well as the sliding stop. We each had horse with very different temperaments and different levels of schooling, and he adapted his instruction to each horse and rider. He then had us ride his National Champion horse. Deb went first and managed a great sliding stop that showed us the momentum. Having seen Iain and Deb riding him I mounted up with trepidation, unsure of handling the long split reins and expecting to feel lots of energy under me. I was surprised to discover a mount who wasn't going to do anything at all unless I asked him, in fact I found I needed to be much firmer than I'm used to, to get him out of a walk. You needed to use leg to turn, to make him stay upright around corners and despite how fast he had seemed to watch, he had no intention of going anywhere fast unless you made it very clear that's what you wanted. He was always waiting for instruction and was ready to respond when the instruction was clear. He resumed his own mount and showed us a terrific fast Stock Horse pattern. Thanks Iain!

The afternoon brought the NARC challenge where, with Iain judging and Jo trying to organise our noisy rabble, the Harveyle Heroes won the day by "a very small margin". A good laugh when not even Gelinda's five push-ups got us over the line. The winners proudly received their beanies (which they were expecting to need for the cloudless still night ahead) and the runners up appreciated their second place travel mugs. Go team Dashing Dales.

Saturday night continued the perfect weather and after dinner we all enjoyed sitting around Ted's fire pot sharing stories and enjoying a refreshment. One by one we slowly drifted back to our beds. Thanks Ted for the warmth and atmosphere.

There were so many learning experiences over the weekend, in a fun and supportive environment. Thanks so much to the instructors for their time, patience and expertise and the NARC members who put in all the background work to make the weekend possible



Anna Hayward

I had intended to ride Rosie in the normal group, and put my big girl pants on but as I didn't get going as much last weekend due to the mounting issues, I changed and went in the Starter Group with India Woods, along with Molly and Tim. Esther got a listen to me lesson with India and it was great to see her relax and listen and respect Molly more. We worked on ground work and foot fall setting the horse up for a balanced walk off and moving them without as much movement from us. Lunged around fallen logs and other things I could find. She sidled up to them all for me to get on if I wanted – our lesson and time desensitising well spent. India had us on a stump (different stumps) with Rosie circling around me, up and down and so on then we walked around the mud map tour, doing the activities on the ground. i.e. backing uphill, side pass on the side of the hill. Down to the tarp and small logs to walk over and around. Tim and I both mounted up again on the stump (that someone had prepared earlier) and we got on and off we went. Walked her over the tarp a few times, she was cautious but never hesitated. Tim worked on opening and closing the gate while we watched how it was done. Rosie got a little keyed up when one of the horses went ahead so India did some work with us making going through the gateway and the other horse the work part and staying back the easy path. Called it quits at that as we had all made progress with what we worked on.

Games after lunch with a team challenge which was a lot of fun and giggles. Rosie got to meet Rosie, both Standie girls. Go yellow team!



Deb Johnson and Katrina Miller

What a ball Deb and I had on Sunday, firstly harassing everyone to start an hour earlier because we hadn't read the times correctly so we had planned a 3 hour session instead of a two hour one and then nearly everyone was good natured enough to stay when we went over time as well. Our session was a combination of LeTrec, Working Equitation and Extreme Cowboy Racing. We took elements, patterns and obstacles from each and then used them to grow and expand both horse and rider skillsets so that everyone would have something they could take home and practice if they chose to.

Session one: We split for this session with Deb taking a small group of members on the ground to work on understanding the differing stress levels of different breeds of horses, safe rope handling, acceptable horse behaviour, looking for and rewarding the try and, easy exercises that aide in the release of tension and create relaxation. Members with me took it in turns to do their fastest walk, slowest canter which is the first element in a LeTrec competition. Instead of timing this event we looked for the best over-track produced in a ground covering walk with engaged, swinging hind quarters, Louella had this in the bag with her horse demonstrating a ten inch over-track. The trot line went similarly to the walk line with the Standies showing their enhanced ability in this area. The slow canter was hotly contested between Barbara and Allison who both showed that they could keep their horses between the leg and bridle aids to maintain the canter.

Session two: Patterns, patterns and more patterns. We took patterns from each discipline and used them as take home training exercises that can be used for; maintaining a specific gait, creating flow, understanding the importance of inside leg aids, riding between straight and bent, multiple changes of trot lead and then riding patterns as a race. Patterns stretch the human and horse mind making sure both are 'in the moment' while on the arena. Running through dressage tests can be challenging as you need a full sized arena to train in and the tests become very predictive with your horse learning them and pre-empting moves before you want them. Training patterns can be done where there's limited space and yet they are made up of all the dressage elements of straight lines, varying sized circles and leg yield but are put in a format where the horse must stay 'present' as the pattern can be easily changed and morph into a different one as soon as your horse's attention is wandering. There was a great deal of laughter and supportive encouragement during this session as riders got lost, became bamboozled and struggled with being on the same left and right as each other but everyone finished with a clean pattern to add to their training tool kit for later.

Session three: The obstacle race. It's very easy to have everything go pear shaped when training a horse to obstacles; a dropped rope at the gate, a pole hitting the ground or horse, a bad leg bruise from poles and bridges etc can all go toward making obstacles scary. So, although we set the obstacles up as an untimed race we showed riders how they can utilise a support person on the ground during training sessions so that most potential issues can be eliminated which then quickly builds both your horse's and your own confidence.

It truly was a lovely day spent with supportive and considerate riders. We were both impressed that people were willing to 'have a go' on young or green horses and my personal delight was seeing so many Standies who have been given new purpose and life. If there is a 'take away' that we would hope to impress on people it is; 'always reward the try', 'set your horse up to succeed rather than fail' and, 'you can only ever ride the horse you have on the day' which is often a very different beast to the one you ride in the comfort of your home paddocks where there aren't twenty other horses all vying for its attention. I hope everyone had as much fun riding our eclectic mix of tasks as we did delivering them.



UPCOMING RALLIES

March Rally Edinburgh Park, Gravelly Beach

- Flat – Kristin Pitt
- Cross-Country Jumping – Carol Hobson
- Agility – Raylene Garwood
- Settling In – Di Colebrook



Afternoon Session

- Non-Ridden – David Bartley (farrier) speaking on hoof care and effects of laminitis
- Ridden class depending on numbers

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.

Afternoon Session

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

In addition there will be a ridden class option.

As with the morning session, please indicate your preferences when booking.

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

April Rally Westbury

Combined Training Competition – Members Only

A Members Only Combined Training Competition consisting of 2 dressage tests in the morning and 2 jumping rounds in the afternoon.

Dressage – EA tests Prep A (walk/trot) and/or Prelim 1A (walk/trot/canter)

Jumping – 10cm to 75cm

Ribbons to 4th place

HIGH POINT AWARD - ENCOURAGEMENT AWARD – SHOW JUMPING CHAMPION –
DRESSAGE CHAMPION

One Horse – One Rider

There will be no Settling In Class at this rally.

May Rally Westbury

Regular format rally, instructors TBA

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 including payment.

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

Starter Group. Maximum 6 people

Suitable for confidence builders, those new to agility, beginners, lead rein and groundwork as well as ridden.

Wednesday 17 April – 10:30 am to 12:30 pm

Intermediate Group. Maximum 6 people

Suitable for those riders with agility experience.

Saturday 13 April – 12:30 am to 2:30 pm

CAN YOU HELP??

My name is Jill Meadows and together with my lovely ponies Chops and Stookie I am seriously considering a move across from the mainland to Tassie, and particularly in your area, so I would have good access to the club activities and clinics.

Before I make a permanent move I would like to come down and live for several months.

Although I am looking daily on the internet, I have not yet seen the "right" property to purchase. Thus I would like to secure a rental towards the end of this year. Perhaps you have a granny flat or house and a few acres you would be prepared to lease out. You may know of a property coming up for sale. Would you kindly pass my details on to anyone who may be able to assist or contact me if you can?

Cheers and thanks

Jill

0400 289 387

02 4995 6055

balsamic2020@gmail.com

