

PRESIDENT

Anna Hayward
0417 010 546

VICE PRESIDENT

Jenny Harvey
0407 514 611

TREASURER

Sallie Wadley
0428 974 718

SECRETARY

Norma Cormican
0412 845 375

NEWSLETTER

Norma Cormican
0412 845 375

COMMITTEE

Peta Dolan
0419 930 078

Dana Medhurst
0437 958 941

Jess Emery
0400 501 387

Diane Colebrook
0490 538 412

Beryl Murray
0488 037 387

Lel Rainbird
0427 378 883

Jody Whelan
0488 208 036

Tracy Broadbent
0423 546 564

Berris Atkins
0400 810 529

CALENDAR OF EVENTS

OCTOBER, 2020

October 31 **Membership privileges for previous year ends. Please renew membership to retain member discount when booking for events.**

NOVEMBER, 2020

November 26 Play Date at Westbury

November 27 Agility Clinic – Nan Catmur

November 29 Rally at Gravelly Beach

DECEMBER, 2020

December 8 Play Date at Westbury

December 11 Agility Clinic – Nan Catmur

December 17 Play Date at Westbury

December 19 Agility Clinic – Nan Catmur

December 28 Agility Clinic – Nan Catmur

December 28 Trail Ride at Cluan – Details/Bookings on Website when available

No Rally in December

TO PROTECT THE SPREAD OF WEEDS, PLEASE ENSURE HAY IS ONLY FED IN HAY BAGS OUTSIDE OF YOUR FLOAT. 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). Please have your membership number handy when you go to book.

October Rally Westbury

A fun and informative day at our October Rally hosted by India Woods at Valmont Farms. We had a lot of riders on the day so the arena was very busy. Thank you to everyone for accomodating the changes and reduced arena size to make the rally work.

Melissa Jones showed us yet another of her fabulous pole grids, proving that the simplest pole exercises can be challenging and fun. Working with poles improves the horses suppleness, balance and rhythm. It's a great way to keep variety in their training as well as encouraging them to flex their joints, engage their core and be responsive to the aids.

India Woods demonstrated the structure of the shoulder using some actual skeleton bones and explained how understanding the rotation of the rib cage and the function of the shoulder can help us to train our horses in a better way. All the riders were enthralled by her knowledge and keen to try out their new skills.

Peter Fraser was ably assisted by Tracy Broadbent in the agility class. Tracy presented a few new obstacles and all the horses enjoyed the new routines.

David Quinn once again provided encouragement and knowledge for the Settling In group. Having the use of the round yard provided a safe environment for the 2 riders who hadn't ridden for some time to mount up and regain their confidence.





November Rally Edinburgh Park, Gravelly Beach

- Flat – Kristin Pitt
- Cross Country Obstacles / Jumping – Melissa Jones
- Agility – Tracy Broadbent
- Settling In – David Quinn



Morning Session will consist of 2 lessons with a choice from 3 options.

- Flat
- Jumping using the Cross Country Course – Including obstacles for those that don't jump as well
- 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. 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

Afternoon Session

The type of class will be dependent on choices made when bookings are finalised.

REMINDER

To comply with the club's Insurance with Equestrian Australia riders must wear an approved helmet with the chin strap fastened at all times. Please see notice below for details. **Random inspections will be made at rallies in the coming months.** Please have the correct helmet for your own protection.

December No Rally

PLAY DATES

NARC are holding mid week Play Dates for current members at the Westbury Club grounds on Tuesday 8th and Thursday 17th December. Month to month alternative days of the week may be offered. Future dates will be announced via the NARC Facebook page.



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, organise equipment, and detail on a whiteboard the planned activities. 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. Pay on the day, bookings are not required.

Attendees might like to 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.

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.

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

Maximum 4 people

Suitable for all levels of riders and agility experience.

Friday 11 December – 5.00 pm to 7:00 pm

Saturday 19 December – 1:00 pm to 3:00 pm

Monday 28 December – 10:00 am to 12:00 pm

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

EQUESTRIAN AUSTRALIA CONCUSSION PROTOCOLS

Implementation for all Disciplines from 1 July 2019 – Reference Equestrian Australia Website

There is a growing concern in Australia and internationally about incidence of sport-related concussion & potential health ramifications for athletes at all levels of sport.

Equestrian Australia fully endorses the Concussion in Sport Australia Position Statement, which can be located at https://www.sportaus.gov.au/ais/position_statements#concussion

Consistent with its support for the Concussion in Sport Australia Position Statement, Equestrian Australia will introduce a similar protocol for all equestrian disciplines effective July 1 2019.

To assist with the introduction of these protocols, Equestrian Australia is undertaking education and communication programs for all stakeholders including athletes, officials, coaches, parents and guardians.

As a part of this, we wish to provide all athletes/parents, coaches and officials access to the PDF version of a presentation which may be seen presented at future events, highlighting:

- the key points of the protocols,
- the OC & Officials' role in implementing the protocol,
- how to recognise concussion and
- the importance of possible concussion received in training being just as serious as concussion received in competition.

The PDF documents are available at www.equestrian.org.au

TRADERS' TREASURES

Collegiate Bridle

Full size. Brown leather with deep V decorative browband. Used only once, as new condition.
\$90 ono

Contact Sallie Wadley 0428 974 718

Saddle

As new Windsor Dressage Saddle 17 ½ inch. Fits horse with broad withers. \$2,200

Contact Beryl Murray 0488 037 387

Western Halter and Breastplate

\$100 each

Contact Beryl Murray 0488 037 387

Saddle

Trainers Brown Leather "Cross Country" 17 ½ inch. Wide gullet (not changeable) can be adjusted by saddler. Mounted. Excellent Condition \$900

Contact Norma Cormican 0412 845 375