

March 2021

NARC NEWS

NORTHERN ADULT RIDING CLUB

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

MARCH, 2021

March 28 Rally at Westbury

APRIL, 2021

April 18 Gymkhana at Westbury – Members Only
****Note Date change due to Anzac Day****

MAY, 2021

May 30 Rally at Westbury

JUNE, 2021

June 13 Navigation Ride at "Harveydale", Birralee
Programs available from 1 May on our Facebook page
and website

June 27 Rally

**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.

RALLY REPORT

February Rally

Norma Cormican

Our February Rally at Harveydale proved to be a great weekend. With 16 riders attending on the Sunday and most of those camping the night before. Those that camped enjoyed a Stock Horse Challenge course set up by Rob Beattie. Rob showed riders how to execute the course correctly and how they could improve their scores after everyone had a run through. Although simple in it's design, it showed how much we can improve on accuracy and responsiveness to from our horses. After that a few rider took a leisurely ride around the grounds before settling in for the night.

The weather was pleasant and the campers gathered around the fire pot (thanks Ted) in the evening to tell tall tales and true.

On Sunday morning Yvonne Downes took the flat lesson while the other group had their turn with Merindah Thomson using the Working Equitation obstacles. With Working Equitation the aim is to perform each obstacle with precision and several of the riders found that it was the simplest tasks (like asking your horse to stand still) that were the hardest to achieve. After some practice, everyone had a run through singularly with the obstacles in order. Thanks to Merindah and Yvonne for their coaching.

After lunch we had our annual "Harveydale Challenge". Thanks to Rob and Ted for helping to set up and run this fun activity which caters for both ridden and non-ridden activities. In the end there wasn't much between the scores of the 2 teams and everyone got a prize !!

It was a fun day and hopefully we get weather like that again next year.





March Rally Westbury

- Flat – Kristin Pitt
- Poles / Grid Work – Melissa Jones
- Agility – TBA
- Settling In – David Quinn

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

- Flat
- Poles
- 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

In preparation for our club Gymkhana at the April rally, we have Jo Rhind giving us tips and tricks on how to prepare our horses for the show ring.

Alternatively we will have a ridden class for the afternoon session. Please make your selection when booking.



SPECIAL AFTERNOON CLASS

In preparation for our club Gymkhana at the April rally, after lunch we have Christine Bellette giving us tips and tricks on how to prepare our horses for the show ring. Come along and learn how to present you and your mount to their best advantage.

April Rally Westbury

Our annual Gymkhana is on again in at the April rally. **NOTE: Due to Anzac day falling on our usual rally day, this rally will be a week earlier (18 April).** Program will be available shortly but will include, hacking, an agility competition and jumping (starting with poles on the ground). This rally is open to fully paid members of the Club and members of other Adult Riding Clubs.

PLAY DATES

NARC are holding mid week Play Dates for current members at the Westbury Club ground. Month to month alternative days of the week may be offered. Future dates are 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.

Enquiries to Tracy Broadbent ph: 0423 546 564

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 16 April – 10 am to 12 noon

Monday 19 April – 10 am to 12 noon

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

Agistment Vacancies

Pegasus Riding Inc. now has a small number at Evandale. Facilities include fully fenced sand arena and round yard, stable block and day yards. Contact Bernice 0407 213 635

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

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

Saddle

Keiffer Lech DL Professional Dressage Saddle 17 inch. \$800
Contact Judith Butler 0427 612 673