

**July 2022**

# NARC NEWS

NORTHERN ADULT RIDING CLUB

## **PRESIDENT**

Diane Colebrook  
0490 538 412

## **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

## **PATRON**

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0488 037 387

## **COMMITTEE**

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Donna Mitchell  
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## **CALENDAR OF EVENTS**

### **AUGUST, 2022**

**August 13** AGM and Annual Dinner

**August 14** Private Lessons at Violet Banks Indoor Arena

**August 28** Rally at Illawarra Lodge Indoor, Carrick

### **SEPTEMBER, 2022**

**September 18** Private Lessons at Violet Banks Indoor Arena

**September 25** Rally at Valmont Farms, Whitmore

### **OCTOBER, 2022**

**October 16** Private Lessons at Violet Banks Indoor Arena

**October 30** Rally at Birralea Pony Club Grounds, Glengarry

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

## NAVIGATION RIDE

### 'Harveydale' Sunday 3rd July, 2022

Around 110 competitors took part in this year's 25th Annual Navigation Ride held on the popular venue 'Harveydale' at Birralee. We thank Philip and Michael Brown for the use of such a wonderful property.

This year we were forced to postpone the event on our usual date due to extreme weather and unsafe conditions. 3 weeks later we finally got underway after a heavy frost overnight making things very cold.

The effort involved in getting the event ready for a second time was huge and we thank Shaun Medhurst who was in charge of clearing the track along with all our other volunteers.

Once again the refreshment stop proved popular for the drink and the delicious Hot Sav's and chance to chat to other riders. This year riders were glad of the new site which gave them a chance to enjoy the sunshine.

Many thanks to our generous sponsors whose support enables us to provide great prizes for the competitors.

Our huge raffle was once again bulging with prizes thanks to our wonderful sponsors.

Thank you also to those people who gave their time to help in both the setting up of the grounds and in an official capacity on the day.

Congratulations to the placegetters and all those who competed.

We look forward to seeing you all again next year.



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## MONTHLY RALLIES

### August Rally

Illawarra Lodge Indoor Arena, Carrick

**PLEASE NOTE CHANGE TO USUAL OUTDOOR FORMAT**

Due to space constraints at the indoor

There will be a 2 hour session for one group of 7 riders in the morning and a different group in the afternoon.

Judy Kilby will take riders through various topics including ground work, ridden and jumping.

There is NO Settling in Class at this rally.

#### Morning Session

Commencing at 10.00am

This group is for riders comfortable at Walk and Trot (no canter)

#### Afternoon Session

Commencing at 12.30pm

This group is for riders comfortable at Walk, Trot and Canter

\*\*\*\* Please show care and consideration in the Car Park as the 2 groups change over.



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### September Rally

Valmont Farms, Whitmore

- Flat – India Woods
- Settling In – David Quinn

Morning Session will consist of 2 lessons

### 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

We will have a ridden class for the afternoon session.

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## PRIVATE LESSONS CLINIC

'Violet Banks'

Sunday August 14

NARC will again present individual (or shared between 2 riders) lessons at Violet Banks Indoor arena 3570 Meander Valley Road, Westbury commencing on August 14 followed by September and October.



Your instructors are David Quinn and Kerrie Bell who will tailor each lesson to the rider's needs. Here is a rare chance to have some one-on-one time with your instructor at a reasonable cost. And out of the weather too.

David needs no introduction to members as he has been running our Settling In classes at rallies for some time. He is ideal for members with young or green horses or riders making that next step up in the learning journey.

Kerrie is a club member and EA Intro coach and qualified sports therapist with (ACATT cert CEST). Her passion and specialty is in biomechanics and movement gait analysis along with rehabilitation of horses returning from injury, illness, poor posture, back from a break or planning sport training. As her interests are diverse Kerrie has something to offer no matter what your current riding level is.

To be fair to other riders and yourself, please ensure you are ready to ride at your nominated time. Lessons will commence promptly at the designated times. So as not to disrupt the rider before you, please do not enter the arena more than 10 minutes before your start time.

If you wish to have a shared lesson, please arrange the other rider before placing your booking.

### Violet Bank Notes:

- Violet Banks does not permit horses to be left *unattended* whilst tied up to floats. You are welcome to have your horse tied to the float **only** whilst being *tacked up*. Do not allow your horse to scratch holes.
- Spacious yards are available at a cost of \$5 payable on the day
- A waiver must be signed by all riders on the day
- Please clean up all hay and manure before leaving

Cost is \$60 for an Individual Lesson or \$45 each for a Shared Lesson.

Lesson times commence at 8.30am, 9.30 am, 10.30 am, 11.30 am, 1.00 pm, 2.00 pm and 3.00 pm.

**Bookings should be made through the NARC website.**

Please contact Norma Cormican Ph: 0412 845 375 if you have any questions.

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## PLAY DAYS

NARC are holding 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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## 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 13th.

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 \$45 per head. Alcohol at bar prices.

Agenda items should be forwarded prior to Friday 29th July to Sallie Wadley at [springrises1@bigpond.com](mailto: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.

Sallie Wadley will present a potted history of our club which recently celebrated 30 years.

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 Friday 5th August.**



## VALMONT FARMS

WHITEMORE, TASMANIA

Looking for somewhere to ride through the winter months?

Valmont Farms is situated at 90 Adelphi Road Whitemore with a fully fenced 70m x 40m sand arena.

NARC members always enjoy the rallies held at Valmont each year.

India Woods offers private or shared lessons to focus on whatever you need help with the most. Beginners to advanced in most disciplines can achieve great results by improving relaxation, balance and strength through lessons.

The arena can be hired on an hourly basis and there is also the Mountain Trail Course.

Check out their website and Facebook page for more information.

[www.valmontfarms.com.au](http://www.valmontfarms.com.au)

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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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#### ***Thoroughbred Mare***

Bay Thoroughbred bay mare, 6 years old, by Needs Further. Retired from racing June 2019. 15 hands and would make a nice dressage horse. Good to handle but would need an experienced rider. Contact Anne Youl 0418 143 939

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