

**July 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

Berris Atkins  
0400 810 529

## CALENDAR OF EVENTS

**JULY, 2021**

**July 25** Rally at Illawarra Lodge Indoor, Carrick

**AUGUST, 2021**

**August 8** Private Lessons with Yvonne Downes at Violet Banks Indoor Arena

**August 14** AGM and Annual Dinner

**August 29** Rally at Illawarra Lodge Indoor, Carrick

**SEPTEMBER, 2021**

**September 1** Annual Membership Due

**September 5** Private Lessons with Yvonne Downes at Violet Banks Indoor Arena

**September 26** Rally at Westbury

**OCTOBER, 2021**

**October 31** 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.

## PRIVATE LESSONS CLINIC

'Violet Banks' Sunday 8th August, 2021

'Violet Banks' Sunday 5th September, 2021

'Violet Banks' Sunday 10th October, 2021



NARC presents a new initiative in the form of individual (or shared between 2 riders) lessons at Violet Banks Indoor arena 3570 Meander Valley Road, Westbury on the dates listed above.

Our popular rally instructor Yvonne Downes 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.

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

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.

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

***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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**August Rally**  
**Illawarra Lodge Indoor Arena, Carrick**

**PLEASE NOTE CHANGE TO USUAL 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 you through various topics including ground work, and ridden.

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

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**September Rally**  
**Westbury**

- Flat – TBA
- Poles / Grid Work – 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

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

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## ANNUAL GENERAL MEETING AND DINNER

The NARC AGM will be held at our annual dinner and awards night. The venue this year is at Verde Cafe, Meander Valley Road, Westbury on Saturday August 14th.

We have exclusive use of the cafe for our evening and there is ample parking. A delicious 3 course meal will be served at a cost of \$30 per head. Alcohol can be purchased at very reasonable prices.

Agenda items should be forwarded prior to Friday 30th 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 and orders for main course

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.

Gaylene Padman, a former member of our club will share her experiences and career involving horses in Canada prior to moving to Australia.

Enquiries please phone Sallie Wadley on 0428 974 718

**Bookings via the Website.**

Final date for bookings is Friday 6th August.

Guest Speaker  
**GAYLENE PADMAN**

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## 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](http://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.

**In recess over the winter months**

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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

## **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](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](http://www.equestrian.org.au)

## **TRADERS' TREASURES**

### ***Saddle***

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