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Norma Cormican
0412 845 375

NEWSLETTER

Norma Cormican
0412 845 375

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CALENDAR OF EVENTS

SEPTEMBER, 2018

September 1 Annual Membership Due
See separate attachment or
<http://www.northernadultridingclub.org.au/membership.htm>

September 30 Rally – Westbury (See details below)

OCTOBER, 2018

October 28 Rally – Westbury (See details below)

FULLY BOOKED

NOVEMBER, 2018

November 3,4,5 Katrina Miller Horsemanship Clinic – 3 days

November 25 Rally – Birralelee (See details below)

RALLY BOOKING PROCEDURE

Bookings should be emailed to the Rally Booking Coordinator bookings@northernadultridingclub.org.au by the **Tuesday** before the rally. You will receive an email acknowledgement of your booking. Please let us know if you have any special requests.

Rally Fee of \$40 MUST be paid by Direct bank Deposit prior to booking, with Confirmation of Payment included in the booking email.

Rally Fee for the 2018-19 season is \$40

Bookings are not confirmed until payment is received. Fees are non-refundable after bookings close. Credit towards another rally is not permitted after bookings close.

Membership must be current at time of rally booking. Membership forms are available on the website, completed forms can be emailed or brought on the day.

Each rider generally has the opportunity to participate in each of the lesson sessions during the day. Each lesson will be for 1h 15min, please refer to the rally timetable for start times.

Please make yourself available on time so that all riders can make best use of the time with each instructor.

Direct Deposit Details

Account Name: Northern Adult Riding Club

BSB: 067-003 (Commonwealth)

Account Number: 28044055

Reference: Please put your name as the payment reference

RALLY TIMETABLE

10.00Briefing for days activities
10.15 – 11.30Lesson 1
11.30 – 11.45 15 minute Break
11.45 – 1.00Lesson 2
.....Lunch
2.00 – 3.00Afternoon Session if applicable



Riders are requested to pick up all manure and hay/straw in the area where they park their horse floats before leaving the club grounds.

Rallies are conducted on the last Sunday of the month.

If weather is inclement and you are unsure whether the rally is still on, please check the NARC Facebook page. Any decision to cancel will be made no later than 8.00 on Sunday morning and posted on facebook.

Riders must report for rally registration between **9.30 and 10.00** and to complete your Emergency Contact Details (relevant for that day) on the daily rally sheet. Please **be saddled up, and warmed up by the commencement of the lesson at 10:15.**

Safety Reminder: At all NARC events, you must wear an AS/NZS 3838 approved safety helmet and smooth soled riding boots.

RALLY ETIQUETTE

In the interest of safety, riders must follow the directive of instructors at all times. Riders are not permitted to use club equipment when not under the supervision of an instructor.

All warm up and ground familiarisation should be completed before the commencement of lessons.

Lunging, leading and riding without supervision of an instructor are not permitted whilst lessons are in progress.

Use of Mobile Phones during lessons is not permitted.

RALLY ASSISTANCE

The committee appreciates the assistance members have given in setting up and dismantling equipment at rallies.

Morning Time Line

Register9.30
Setup Jumps and Equipment9.45
Briefing 10.00
Riding Commences 10.15

Please contact any one of your committee if you have any questions.

ADDITIONAL GROUP AT EACH RALLY

In addition to the standard format of our regular rallies, we plan to introduce a separate class that will cater for people not quite ready to join the current lessons. This will run at the same time schedules as the usual classes.

It will be a flexible concept depending on the level of interest (numbers) and what people want to achieve on the day (how settled the horse is and/or confident the rider is). In some instances there will be just one class on others there may be two. There will possibly be the opportunity to transition to our normal flat class after one session in the "Settling In" class. Instructor details will be notified once numbers are confirmed.

The concept will be totally flexible and decisions on how it will work will be made once we have bookings and know what each rider's situation is. After consultation with the instructor and the riders a decision will be made as to whether led or ridden activities (or both) are provided.

Some examples of situations where this class may be useful;

- New riders to NARC
- To settle down a potentially excited horse
- First outing with a new horse
- Horse returning from a break
- Young and green horse
- Not sure about communication between you and your horse
- Looking for a transition from CBG to other activities
- Want a slower start to your rally day
- You or your horse not sure about working in a larger group

Bookings for this class will be through the normal email bookings@northernadultridingclub.org.au

Once bookings are received, you will be contacted to discuss what you wish to achieve from the class. For phone enquiries prior, please contact Norma Cormican 0412 845 375



RALLY REPORT

August Agility Rally

Louise Moylan

With an icy wind blowing off the Western Tiers and a sharp white snowline to be seen, it made for brisk rally conditions. With 15 riders attending across two full groups, both mounted and on the ground, we enjoyed a top day.

Nan Catmur instructed the starter level agility group. After a warm welcome we practised walking horses past each other and in between. There were listening exercises involving a butterfly pattern arranged in cones and with a centre runway. Asking our horses to really listen at a simple rope gate helped us to break down our activities into small parts. A small flapping flag was mostly accepted by the horses, as well as passing a soft soccer ball. The tricky part here was negotiating the horse's desires to have horse chitty chat, whilst the riders just wanted to pass the soccer ball to the next person. There were bending barrels and rope footpaths to test how accurate we could position our horses. A special mention must go to Anthea and her new horse that only arrived off the boat the previous week. The two of them were walking around together like an old married couple. Lovely to see. A big thank you to Nan for



encouraging us to participate, for your creative lessons and getting everyone to relax, enjoy their horses and get those very important little things, just right!

Alysha Verwey instructed the intermediate level agility group. And those lucky riders christened NARC's new agility obstacles. Beginning with some on the ground activities first, Alysha soon had everyone up and riding. Some people brought along new or inexperienced horses and their riders were patient and persistent. This resulted in some positive agility activities for them. The wind picked up just we all started so the noodle curtain was re-arranged. Bit-by-bit the horses were encouraged to learn a new obstacle. There were wide and narrow bridges, a laneway at angles made from jump poles, a pallet stand, a long box fitted with a firm rubber mat and a noodle squeeze that shivered in the breeze. What caused the most alarm to horses was the single pool noodle sitting in the long box. Another big thank you to Alysha, for giving terrific advice at just the right time and adapting to different rider and horse combinations and their needs. Thank you for supporting our club Alysha.

In the afternoon, a few riders stayed to enjoy a flat work lesson with Alysha and a small agility course with Nan. Both given in windy and showery weather. Yet, our enthusiasm shone through.

Thank you to our agility course helpers, for setting up and packing up. It's always good to share the load and help each other. Welcome to our new members and those re-joining. It's good to have you with us again. Steve Atkins built our new obstacles and we're grateful to him for doing this. They're built to a high standard and NARC will get years of service from them.

In August's newsletter we listed some future agility activities at our club. Feel free to contact Jenny Harvey at NARC who is running agility for us this year. Jenny's email address is zebra3@westnet.com.au And please add your thoughts – we're listening. Our next Agility Rally is set for October. We expect increased demand for this popular activity and have 3 instructors and 3 groups organised. Happy trails.





UPCOMING RALLIES

September Rally Westbury

- Flat – Jess Cowan
- Jumping – Shantel Radford

Please let us know if you are interested in our Settling In class, please see separate notes on this concept



October Rally Westbury

- Agility – Katrina Miller, Alysha Harvey and Nan Catmur
Ground work and ridden

FULLY BOOKED

November Rally Birralee

- Flat – Kristin Pitt
- Jumping – Carol Hobson

Please let us know if you are interested in our Settling In class, please see separate notes on this concept

NAN CATMUR CLINICS

Agility clinics will be hosted by Nan Catmur at her Longford property. There is a minimum of 3 and maximum of 6 people. Cost is \$30 per person per day.

All enquiries to Jenny Harvey 0407 514 611

Bookings MUST be made by email at bookings@northernadultridingclub.org.au with payment to secure your spot (see details on the cover of this newsletter)

Weekends

Saturday 6 October – 1:00 pm start – CBG level

Sunday 14 October – 11:00 am start – Intermediate level

Sunday 21 October – 11:00 am start – CBG level

Weekdays:

Thursday 4 October – 11:00 am start – Intermediate level

Tuesday 9 October – 11:00 am start – CBG

Thursday 18 October – 11:00 am start – All levels of riders

AGILITY AT NARC

We have some ideas for Agility in the following 12 months.

We'd love some feedback 🗣️

Please contact Jenny Harvey, our agility coordinator at zebra3@westnet.com.au

If you have suggestions – let us know. We're listening.

Let us know your thoughts on these ideas

Holding Agility "training mornings" with "practice runs" in the afternoon. At different NARC rallies.

Indoor agility over the Winter months.

Winter practice run day. Send videos on-line to International Horse Agility Club for scoring and feedback.

NARC agility competition with NARC based rules and scoring. Assessed on style, not speed using International Horse Agility Club as a guide. Find out more about them at <https://www.thehorseagilityclub.com/>

Regular agility updates in NARC newsletter.

Camping weekend between two adult riding clubs. To share agility ideas and training. Trail rides. Summer activity. New and surprising location. Details TBA soon.

NARC Rally at Nan's place. In Summer. Different levels of agility catered for.

Dedicated CBG and agility lessons at Nan Catmur's place at Longford. Details advised later when weather clears.

Two-day intensive training weekend – Refining Agility Skills.

Using a range of instructors to help teach agility at NARC. Who can you recommend?

EQUINE PERFORMANCE REGISTRY OF AUSTRALIA

Equine Performance Registry of Australia are a newly founded all breeds equine registry that is striving to revolutionise and unite the equine industry of Australia.

We believe in providing a central hub and community for breeders, owners and riders as well as providing a one-of-a-kind industry directory where you can find anything from trainers and breakers, to equine veterinarians, chiropractors, clinicians, dentists, riding instructors, farriers, clubs, agistment, arena hire and everything in between.

Due to the overwhelming support for our registry and the extreme drought conditions currently experienced by all of our equine enthusiasts we are proud to partner with Drought Angels, a not for profit charity organisation. We will be conducting a fundraising campaign by way of auction, commencing August 10th – 24th for the first five registrations and memberships with all proceeds being donated to Drought Angels.

Our membership offers a range of benefits from horse registration, performance points, top ten, breeding sires, directory, advertising opportunities and more. The date you join up with us your membership starts and is active for a full 12 months. Full membership fee is \$75.00 per year. Non-riding membership is \$50.00. Club, Association or Society membership is also \$50.00 per year.

We are proud to be partnered with Practical Horse Genetics! The team at Practical Horse Genetics aims to conduct fast, high-quality genetic testing for owners of horses and ponies in Australia. They started by validating existing genetic tests for coat colour traits and single gene disorders. They have also created and published some of their own tests for disorders and traits that Australian veterinarians and owners regard as important or interesting.

Discounts will apply to our members if registering/transferring/submitting a breeding return for more than five (5) horses. EPRA horse registration fee is \$50.00. DNA sample processing per horse, including profiling/parent verification base charge is \$73.00, plus any additional genetic disorder charges start at \$9.00 - \$19.00 each. Genetic testing fees are payable directly to Practical Horse Genetics. A full list of tests available can be found at

<http://www.practicalhorsegenetics.com.au/index.php?dis=all>

Performance points will be launched in January 2019. We are focusing on our valued members to make sure we provide the best service out there. All our members will be kept informed in the lead up to the Performance Points launch, however if you are a non-member or partner and would like to be informed you can click the link on our website to join our mailing list!

Please take the time to visit our website and see what we have to offer.

www.equineperformanceregistry.com

Or contact Robyn Lewis, Operations Manager

Equine Performance Registry of Australia, WEST TAMWORTH NSW

M: 0473 614 206

E: robyn@equineperformanceregistry.com

HELMET STANDARD

Helmets with the **EN1384 standard** are **NOT** be permitted under EA's General Regulations.

As per the EA General Regulations, Equestrian Australia highly recommends the use of helmets that conform to Australian Standard AS/NZS 3838, as this standard provides for more stringent testing and further periodic retesting.

Temporary European Standard **VG1** has been added to the General Regulations effective immediately.

This ruling applies to Northern Adult Riding Club members.



At the time of the Australian announcement, Equestrian Australia recommended the use of helmets that conform to Australian Standard AS/NZS 3838. However, helmets are generally certified by the country in which they are manufactured; hence it is unlikely that any helmet made in Europe is likely to be certified by this standard. Not necessarily because they don't satisfy the same safety requirements, but simply because it is more viable for the manufacturers to have them certified in their own countries (especially considering the relatively limited Australian market).

Here are some of the standards you might come across, and what they mean

- AS/NZS 3838 (including SAI Global Mark): this is an Australian standard and is generally only used by helmets manufactured by Australian companies.
- SNELL E2001 and ASTM F1163: these are current American standards.
- PAS 015 and VG1: these are current British and European standards respectively. VG1 is an interim standard.
- SEI, SAI and Kitemark are not standards, they are quality marks. They represent voluntary safety certifications that are additional to the compulsory standards. These quality marks indicate that the company complies with rigorous system of further regulation and testing. The Kitemark also requires an unrestricted access to the factories to allow for random testing and auditing.

Each of the individual standards has their own criteria and tests that place more or less emphasis on different helmets and various types of injuries. For example, they will examine how much of the head a helmet covers, how a rider falls and onto what type of surface, how a helmet moves, and how severe an injury riders' can expect to receive from that fall.

FIND US ON THE WEB

NARC has our own website.

Look for the link to our FACEBOOK PAGE.

Membership applications/renewals and the current newsletter are also available for download on the website.

So check it out at www.northernadultridingclub.org.au



NARC MEMBERSHIP CATEGORIES

RIDING MEMBER	Riding member
SOCIAL MEMBER	All non-riding members
EVENT MEMBER	Non-members wishing to attend a designated "Special Event" ie: Nav Ride. This membership can be also used by prospective members to attend 2 normal rally days provided they have not previously been a riding member.

EQUESTRIAN AUSTRALIA INSURANCE

NARC members may like to take advantage of the benefits Equestrian Australia (EA) has to offer in relation to Personal Accident and Liability Insurance.

EA members are covered 24/7 for an accident or injury sustained whilst participating in non-income earning equestrian activities. As well as Personal Accident there is cover for Public Liability at all times whilst engaged in non-income earning equestrian activities. Details of the extent of cover and other membership benefits can be found on the EA website

<http://www.equestrian.org.au/Membership>

CLUB MERCHANDISE

We have a range of polo shirts, vests and rugby tops in the club colours of maroon and gold, embroidered with the club logo.

Vests available in charcoal (shown here in black and maroon);

- 94% Polyester for durability, and 6% Elastane for stretch
- 290gsm two-layer bonded soft shell
- Four-way stretch fabric for unbounded movement
- Micro fleece lining
- Two zip-up pockets and an internal mobile phone pocket



We have a new style of polo available which is proving very popular. 180gm 80% polyester/ 20% cotton moisture removal DRIWEAR cottonback pique knit easy care fabric. Self fabric collar with contrast panels and piping. 3 button placket.



LADIES	10	12	14	16	18	20	22
BUST	87cm	92cm	97cm	102cm	107cm	112cm	119cm

Samples of most garments are available so you can try for size before placing your order.

Please talk to Norma Cormican on 0412 845 375.

TRADERS' TREASURES

Saddles

Hubertus Dressage Saddle 16 inch, good condition. Unmounted \$150

Denis Jackson Stock Saddle, Excellent condition. Mounted \$1,200

Contact Sallie Wadley 0428 974 718