

July 2018

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RALLY

BOOKINGS

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0412 845 375

NEWSLETTER

Norma Cormican
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NARC NEWS

NORTHERN ADULT RIDING CLUB

CALENDAR OF EVENTS

JULY, 2018

July 29 Rally – Westbury (see details in newsletter)

AUGUST, 2018

August 18 Annual Dinner and AGM at Entally Lodge, Hadspen.
Family and Friends Welcome

See details in newsletter

RSVP by 9th August to Terri Kewish 0417 362 414

August 26 Rally – Westbury (see details in newsletter)

SEPTEMBER, 2018

September 1 Annual Membership Due, renewal forms available later

September 30 Rally

OCTOBER, 2018

October 28 Rally

**Please Note Rally Bookings
must be secured by
Payment**

RALLY BOOKINGS

Anna Hayward

bookings@northernadultridingclub.org.au

0417 010 546



RALLY TIMETABLE

10.00Briefing for days activities
10.15 – 11.30Lesson 1
11.30 – 11.4515 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 or call Jess Emery. 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 BOOKINGS

The club endeavours to keep groups at a size that will give everyone the opportunity to get benefit from the lesson.

Numbers of riders at each rally are capped, with bookings accepted in the order they are received. Bookings are not confirmed until payment is received. If you are unable to attend a rally after having booked, please contact the Rally Booking Coordinator early so that someone else can take your place. Fees are non-refundable after bookings close.

Bookings and Confirmation of Payment should be emailed to the Rally Booking Coordinator by the *Tuesday* before the rally. bookings@northernadultridingclub.org.au.

Membership must be current and paid 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 above for start times.

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

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

Register..... 9.30
Setup Jumps and Equipment.... 9.45
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

Illawarra Indoor Complex

June Rally

21 riders made good use of the opportunity to spend a day with their horse under cover from the winter elements. The Illawarra Indoor provides great facilities and the chance to plan an event without having to worry about the weather. A bonus at this time of year. India Woods provided an insight into the Buck Branaman philosophy of communicating with horses. Nan Catmur worked with the other group through some agility obstacles.

A short online survey was conducted after the rally to gauge members thoughts. Quick and easy to complete, compliments to the wonders of online mastery.

Thanks to everyone who completed the survey. Really good to hear from you and we appreciate your thoughts, ideas and openness. The results are:

- Most people enjoyed the rally, however, most people did not like riding in big groups
- Most people liked riding in the indoor arena
- India's training methods appealed to some people, but not all. We plan to hold a separate training day (not a rally) to work on this approach to horse handling
- Most people would like more of Nan's agility training days, and using different locations was a popular idea
- Another widespread idea was to "test-drive" and practise agility obstacles your own way
- The most popular response was to hold agility instruction days at NARC

The NARC response. We'll keep you posted, we have two agility rallies planned for August and October and we'll incorporate your ideas. As well, separate training days for India's methods is likely, beginning in the next month or two. And indoor riding might be on the cards again next year, with a different format planned. Keep reading our newsletter and our Facebook page for details.





ANNUAL GENERAL MEETING AND DINNER

The NARC AGM will be held at our annual dinner and awards night. The venue this year is at Entally Lodge, 28 Rutherglen Road, Hadspen on Saturday August 18th.

We have exclusive use of the Retro Bar for our dinner and there is ample parking on site. A delicious 3 course meal to be selected from the menu (choose one the 3 alternatives for each course) at a cost of \$45 per head. Alcohol can be purchased at very reasonable prices.

Agenda items should be forwarded prior to Friday 3rd August to Sallie Wadley at 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.

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. We are fortunate to have Carol Hobson as our guest speaker this year. Carol has recently been commuting to China to coach young riders and has just come back from escorting the Australian Team to compete over there. It is also a great opportunity to have a chat in comfort with other members of the club.

**MEALS MUST BE
ORDERED BEFORE 6.30**

RVSP is essential, please book via email on bookings@northernadultridingclub.org.au

Enquiries please phone Terri Kewish on 0417 362 414

Payment for the meals must be paid by Thursday August 9th to confirm your booking. Bank Details as per Rally Bookings account.

Final date for bookings/payment is Thursday August 9th.

UPCOMING RALLIES

July Rally Westbury

- Flat – Kristen Pitt
- Jumping – Carol Hobson



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

August Rally Westbury

- Agility – Alysha Verwey
- Agility – Nan Catmur

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.



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 your preferred jumping height and 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 2016-17 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 above 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

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>

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ROYAL FLYING DOCTOR SERVICE

RFDS Tasmania supports the aeromedical service and reaches out to communities to deliver a broad range of primary health care services and community projects to benefit all Tasmanians.

In Tasmania, the Royal Flying Doctor Service works in partnership with Ambulance Tasmania to fill the vital role in the delivery of essential health care services by supplying the state's fixed wing air ambulance.

The RFDS operates 24 hours a day, 7 days a week to provide Tasmanians with services which include emergency trauma evacuations and inter-hospital transfers to take patients to the specialist care they need.

NARC proudly supports the RFDS and encourages members to visit their website and see the host of ways you can help them continue their valuable work.

<https://www.flyingdoctor.org.au/tas/support-us-tas/>



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 and jackets
(shown here in black);

- 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

Caro's Animal Care

Going away on holidays but don't have anyone to care for your animals? Carolyn has 10 years' experience as a veterinary nurse in a mixed practice as well as having horses of her own. She offers a professional, affordable and personalised service for all your animals needs in the comfort of their own environment. Dog walking service also available. Current police check and references are available on request. Contact Carolyn Verbraeken on 0419 123 344 or 6397 3578

