

# The Tall Timbers' Times



Volume 24 No. 2

August, 2011

## RIDING FOR THE DISABLED ASSOCIATION (NSW) "TALL TIMBERS" CENTRE, BOX HILL

### "Snippets"

The middle of the year at Tall Timbers comes around very fast. It's at this time of year that we celebrate our horses' birthdays and begin welcoming our second semester riders after finishing a very busy Semester 1 program.

At our AGM in March we thanked and farewelled our outgoing Secretary, Dinah Moore. Dinah will still be assisting with events from time to time. We also welcomed our new Committee members Judy Brightman and John & Sandra Wright.

Our fundraising has been a constant this year like many but definitely with fever pitch as we make up for the loss of a regular supporter, United Way. We have been lucky enough to secure a grant of \$5,000 from Goldman Sachs as part of their Community program and support from their staff member and our volunteer Sarah Martin.

The Castle Hill Show and Model Railways were well supported and another Devonshire Tea record with over 65 dozen scones sold. Thank you to Castle Hill Show society and North Shore Railway Modellers for supporting Tall Timbers in this way, not to mention our organisers, John & Carmel Norris and Lynn White and all the volunteers that assisted at these events.



We had a gorgeous autumn day at Windsor Polo manning the gate alongside the Rural Fire Service, this is an annual event and the teamwork between us and the RFS is fantastic, it doesn't feel like work at this event and we are grateful to the board of Windsor Polo for this ongoing support.

Our first Bingo night was a full house with lots of prizes to be had, thank you to John & Sandra Wright for taking the plunge and bringing this exciting new event to Tall

Timbers. By popular demand our next Bingo night will be on Friday 19<sup>th</sup> August. Book now, limited places.

Bunnings BBQ's continue to be a regular with a new opportunity at McGraths Hill and Fridays at Dural stores. We have also welcomed the opportunity to conduct a number of raffles at local events – Real Deal Rodeo and the Auction of the Stars. Thank you to those involved and for supporting the work that we do.

We are continuing to gain amazing support from our local community this year with many new volunteers joining the ranks, many stories in the local papers and also an opportunity for Fred and our F100 to grace the streets of Riverstone in their annual parade. Josh, Erin and Denise had a great day with clear skies and it was great for them to share their achievements with the general public.



We have had quite a few awards this year, Lynn White – Castle Hill RSL Giveback awards, Paul Akers – Rotary Club of Glenhaven Quiet Achiever Awards, Pippa our RDANSW Horse of the Year for the 2<sup>nd</sup> year running and Mathew Gallon – NSW Premiers Volunteering Bronze Award. Congratulations!

In our Semester 1 program we welcomed new riders including a new group to our list, with Girraween Public School Support Unit attending for the first time. Our Coaches and Carriage Driving Whips have been busy, not only with the regular riding and driving programs, but also preparing horses and riders for State Mounted Games and Horse of the Year competitions and more recently with Regional Dressage Day (story next newsletter) and soon we will turn our attention to Regional Mounted Games, State Dressage and the 2011 RDANSW State Driving Competition. In May, 6 Coaches attended the RDANSW State Workshop in

Wagga Wagga where we had lots of hands on learning and networking opportunities with Coaches from other RDA centres around NSW. Thank you to RDANSW and the Tall Timbers Committee for supporting the attendance of the coaches at this event.

Also coming up is the 3<sup>rd</sup> Annual Spring Celebration at Kenthurst with an Open Garden, Devonshire Tea and Book Stall on 3<sup>rd</sup> of September.

We are grateful for the ongoing support of year 7 & 8 at OLMC Parramatta who will again be raising funds through their annual Walk-a-thon fundraiser for Tall Timbers on Tuesday August 2<sup>nd</sup> at 12 midday in Parramatta Park. Let us know if you would like to go along and support these students at this event.

Thank you to everyone who participated and sponsored riders in the 1<sup>st</sup> Semester Ride-a-thon. The fundraiser raised \$1939.30 for our Centre.

Stage 2 of our sensory garden is coming to life over the coming months as we head into Spring under the watchful eye of Paul. We would love to hear from anyone who would like to support the garden by supplying the base materials.

Thank you to Allure Restaurant for hosting this year's Annual Horses Birthday Charity lunch, we are appreciative of the support shown for our Centre by volunteers, supporters and the general public that support this event. Also to coincide with this special month we have our Horses Birthday Gift register to support our horses in the coming year.

If you are wondering what is ahead in the coming months we have an Upcoming Events page in the back of this newsletter, there is something there for everyone and will certainly be keeping our coaches, committee and volunteers busy over the coming months.

Congratulations to Margaret Norman who was awarded an OAM recently for her service to RDA, Margaret was involved during the founding years of Tall Timbers.

Our new riders are beginning their programs for Semester 2 so welcome to all the new riders and groups; we hope you enjoy your program.

Finally, Happy Birthday and thank you to all of the beautiful Tall Timbers Horses. We are grateful for all that you do and the smiles you create for our riders.

*Nicole King*

## **TALL TIMBERS COMMITTEE 2010/2011**

Mrs Karen O'Neill	- President
Mrs Phillipa Lovely	- Vice President/Treasurer
Mr John Norris	- Vice President
Mrs Sandra Wright	- Secretary
Mr Charlie Aquilina	- Committee Member
Mrs Carmel Norris	- Committee Member
Mrs Fran Prudames	- Committee Member
Mr John Wright	- Committee Member
Ms Judy Brightman	- Committee Member.

## **NOTE FROM THE PRESIDENT**

The first part of the year has flown by already and as will read in this edition of the Tall Timbers Times, it has certainly been action packed, as always, with our first semester riders and many fundraising activities. Thank you to all our new and regular volunteers for helping with our day to day activities and at other functions where possible - what a great team!

Congratulations to all our riders from the beginning of the year on your personal bests - your enjoyment and smiles at the end of the day make it all worthwhile.

*Karen O'Neill*



## **“TALL TIMBERS” WISH LIST**

*Thank you to everyone who responded to our wish list. Every little bit helps us to provide our service.*

A load of shredded rubber for our indoor arena  
Fly masks, cob and full size  
Stationary, stamps, copy paper, white board markers etc  
Kitchen towel, garbage bags, cream cleanser, washing powder or liquid for washing rugs.  
Connections for machinery and materials to improve the surface of our front carpark and driveway.  
Mouseproof metal cupboards for rug storage  
Horse stuff, granulated garlic, hoof oil, wormers  
Manure rakes  
Saddlery gift cards to assist with purchase of saddles  
Sponsors for our program  
Sponsors for vehicles (F100, Jackaroo etc)  
Volunteers – extra hands for our program, garden and property maintenance, and fundraising  
Horses 14hh (contact the office for a horse offer form)  
Horse shelters  
Outdoor settings for our riders and volunteers  
Large heavy duty washing machine for horse rugs

*Thank you to Reckitt Benckiser for the generous donation of Finish Powerball Dishwasher Tablets.*

*Thank you to International Animal Health Care Products for their generous donation of Wormers.*

*Thank you to Tech Line Australia for their generous donation of a car battery for the F100*

## **CONDOLENCES**

*Our sincere condolences to Kaye Bracken, and family, on the passing of her sister.*

*Also to Wendy Torr, and family, on the passing of her husband.*

## LEE DOES "FEB FAST 2011" FOR RDA TALL TIMBERS



Feb Fast is a movement started to encourage people to give their livers a rest after the festive season over-indulgence, whilst also raising money for charity. So I decided to take the challenge and donate \$5.00 for

every day I was grog free to RDA, which would have meant \$140 if I made it to 28 days without drinking.

With a deep breath, I waved good-bye my favourite "Shadow's Run" Cab Sav on Monday evening, 31<sup>st</sup> January and began ..... Surprisingly, I didn't feel like a drink the first week and felt such a sense of achievement to get through my first weekend without touching a drop. The second week was more difficult - two birthdays! Unfortunately, came a cropper on the third week at a function at Rosehill Races (note: free booze all day). My race-horse, Country Prince, was racing. I'd usually have a couple of drinks to steady my nerves before he runs, but was good and resisted right up until after he raced....he came second by a nose (*arrhhhh*). It was all too much - resistance was futile - I grabbed a couple of Champagnes to get over the excitement and celebrate. Never mind, was back on track for the rest of the week. Week four there were no slip ups, so come 28<sup>th</sup> February I'd made it - 27 days without drinking and was able to donate \$135 to RDA Tall Timbers. Nice work!

It's was great to make some well needed money for RDA and another good thing is I've curbed my drinking big time and look and feel so much better for it. Maybe next year you'd like to join me and get some sponsors lined up. You don't have to give up alcohol, you can give up chocolate, Coca-Cola (*take note Pip Lovely*)....whatever....it all goes to a good cause, our RDA Tall Timbers! By the way, the Official Feb Fast raised nearly \$1 million for charity this year.

Cheers and see you 'round, Lee Harrison  
Friday Crew ☺ xx

### BINGO NIGHT FRIDAY 19<sup>TH</sup> AUGUST

7pm for 7.30 start  
in the Volunteer Room of  
RDA Tall Timbers Centre.  
Lots of Prizes to be won.

\$5 entry includes light refreshments. Game tickets from \$5.

BRING YOUR FRIENDS  
BUY AS MANY BOOKS AS YOU WANT  
BOOK NOW - LIMITED PLACES  
Phone Sandra to book on 0418 609 200

## CLASSROOMS WITHOUT BORDERS

Postgraduate students from the University of Western Sydney are making a big difference in their communities, by assisting local organisations that care for children with special needs. The cohort of Master of Education (Primary) students are all participating in the university's innovative Classrooms without Borders (CWB) program. Classrooms without Borders is supported by the School of Education and UWS Engagement.

Dr Diana Whitton, from the School of Education at UWS, says CWB requires each student to volunteer for 20 - 30 hours on a community project or within a not-for-profit organisation that directly assists disadvantaged people or minority groups in Greater Western Sydney.

"The program was developed as a means of giving pre-service teachers a strong understanding of the cultures and communities they are likely to work in during their careers," says Dr Whitton. "A majority of the student placements are within local Indigenous, migrant or refugee communities; however a significant number of students are also working with organisations that assist people with special needs and disabilities."

Tall Timbers Centre took the opportunity to place two students participating in the CWB program, both students volunteering one day per week with their educational horse riding program for special needs children.

One of the students, Jessica Xuereb, a 21 year old student from Riverstone says the opportunity to do service learning with RDA Tall Timbers has been a great experience that has opened her eyes to the practical side of education.

"It is amazing to see that, by incorporating some simple educational elements to a horse riding lesson, you can not only help young people improve their posture, balance and motor skills - you can also help them to learn Maths and English," says Jessica.

"That is something that I will really take with me - the knowledge that you don't have to be sitting in a classroom to be learning and, even within a classroom, learning can be incorporated into so many fun activities."



## SYDNEY ROYAL SHOW

By Judy Brightman, Tall Timbers Coach

Easter long weekend. I took a day off work – as I'm sure others did – but I have to say it was kind of nice to be there with fewer crowds (after the games had finished and before we could bring the transport in for the horses!).

The weather gods were kind again – thankfully – as we were lacking in a couple of other areas! Our own Joan Edwards had unfortunately broken a collar bone a few days earlier and Wendy Torr needed to take care of family business – so our two Royal Easter Show stalwarts and experts were suddenly out of the equation! In true RDA fashion people rallied and Karen O'Neill, Nicole King and others did a super job.



The day commenced with a riding demonstration by Lucy and Nicholas Lakeman of Tall Timbers Centre.

We were once again privileged to have Peter Carn officiating – on his birthday! This was whispered to me by someone in the know as we were doing the morning presentations for the State Mounted Games – and so we sang “Happy Birthday” – much to Peter's embarrassment. I understand this may have been Peter's swan song – if so – Peter you have been brilliant and will be hugely missed – thank you!

The entries were down this year – tough economic times? – but we had good representation from Tall Timbers, Tumut, Wagga and Nepean. Nepean deservedly won best turned out team – boy did they look smart and so well co-ordinated! Terrific effort! Cheval and Shannon could have been a fabulous pas de deux too – so alike are those two horses! This was once again kindly judged by Graham and Marjorie Wallace .

The competition was strong in the walk and trot sections of the Mounted Games. The walk section was won by two Nepean riders and the trot resulted in Natalie Gross equal first and Erin Christie equal second.

The canter section was hotly contested too – by Jacob Chapple, who, despite not having his mum to race this year, went out of the gate like he was running a 1000 metres at Randwick! He put on a great show on Charffie, proving to us all – with sighs of relief – that he did have brakes as well as steering! Well done! Jacob took out the Champion's trophy for the day.

In the afternoon it was on to the Horse of The Year competition and this year the theme was “The Universe “

so our riders had to head out for a journey though the stars to the moon, collect some moon rocks and head back to earth! All competitors did well. Then came the Coaches' turn to ride a similar course at different speeds. To our great delight Pippa took out the title of Horse of the Year for the second year in a row and Ishmar as second!! How thrilled we were! Well done Pippa, Erin and Denise – and to Josh and Ishmar. It was lovely to have the support of Ishmar's “Mum” – his owner, who came to watch. We were very proud of our horses and riders and grateful thank to Chanida as always for getting them there looking so smart and with such clean tails! A terrific team effort by Chanida, the coaches, riders and horses – well done!

Julie Higgins had once again kindly come to the Easter Show to judge the Horse of The Year competition – thanks Julie – always great to see you and have your support. To all the spectators, competitors - human and equine - and support crews – thanks so much – and of course to The Royal Agricultural Society and the Easter Show committee – grateful thanks for taking care of us. See you next year!



Judy riding Ishmar in the Horse of the Year Competition

## ROTARY CLUB OF GLENHAVEN



### QUIET ACHIEVER AWARD

By Kerry Souter, Administrator.

On Tuesday 10<sup>th</sup> May the Rotary Club of Glenhaven held its annual award night at Springfield House to recognise people in our community. Paul Akers was presented with the Quiet Achiever Award. He well and truly fits the criteria for this award which recognises those who see a need and fulfill it, without seeking personal glory or financial reward. Their satisfaction is gained in a job well done and receiving a smile or a thank you. Karen O'Neill, Hon President and I went along with Paul and his wife Virginia to the Award Night.

Karen was happy to have the opportunity tell the Club Members and visitors about all that Paul has done for our Centre.

*Paul Akers has been with RDA Tall Timbers Centre at Box Hill since May 2009 and has had a huge impact on the appearance and smooth running of the Centre. Before Paul arrived we had large areas of clay and mud after our building development had finished. Also there were huge banks of shale and rocks around our outdoor area. With his interest in gardening, Paul has transformed the Tall Timbers' property with lovely mulched native gardens which makes a wonderful first impression for new visitors. It also makes Tall Timbers a pleasant place of work and recreation for everyone. Paul has literally moved mountains of mulch, planted hundreds of plants, installed watering systems and is constantly banishing weeds. We are sure he has the Council mulch people on speed dial. He has also initiated and designed a sensory garden, and although it is not finished yet – we have had children and adults alike enjoying this colourful area, trying to find the steps that chirp or twitter when you step on them. As a handy man, Paul is also happy to help out with all those odd jobs and small repairs which constantly crop up. As well as all this Paul also helps out each Friday with the riding classes, leading horses for the riders and assisting where necessary. He has a great rapport with the riders and other helpers. He encourages and challenges the riders with kind words and funny jokes - all to help them enjoy and gain benefits from their riding experience. He also helps out when he can with our fundraising.*

Congratulations Paul on winning this Quiet Achiever award. It is well deserved.

## CASTLE HILL RSL GIVE BACK AWARD

Give Back is a program of the Castle Hill RSL Club which is designed to foster a vibrant and sustainable Hills Community. It recognises people that make a difference, give back and contribute to the Hills community.

Tall Timbers Centre nominated Lynn White for this Award. Lynn lives in the Hills District and has been a volunteer since March 2006. She has become a valuable part of our Centre and assists in the riding program and horses each Monday. Lynn has also taken on the responsibility of organising the Devonshire Tea fundraising at Castle Hill Show each year, personally making all the scones. She has also been very involved in Book Fairs, Windsor Polo, Joan's Open Garden and the Sydney Royal Show and has represented us at community events and attended as a speaker.

Thank you Lynn – a well deserved recognition!



### THANK YOU STRATCO PENRITH

We must thank Stratco Penrith for enabling us to purchase 2 carports at a great price which will be erected in the tennis court car park. These are required so that we can move the Jackeroo and F100 undercover leaving space in the hay shed for the driving carriage which is currently at Rossmore. From the very first phone call to Stratco we have been met with helpful and generous staff. The Store Manager Ryan, his Area Manager John and the lovely Mel who took the order have gone out of their way to provide exceptional service to us. Mel made sure that the delivery would be outside of riding hours to ensure the safety of our riders and nothing was too much trouble.

If you need anything for the garden or home from tools, fencing, carports, garages, awnings, water tanks, garden sheds and roofing please call the guys at Stratco Penrith and support the people who have supported us.



Stratco Penrith  
125 Coreen Avenue Penrith phone (02) 4728 5600



**GIRRAWEEEN PRIMARY SCHOOL**  
 By Mark Gosbell, Assistant Principal Support

2011 is the first year that Girraween P.S. support class students have had the opportunity to participate in the RDA program. Our first experience of RDA has been overwhelmingly positive. To arrive on that first day not knowing what to expect and to be met by a sea of volunteers all there to help and guide us was a marvellous introduction. We currently have 6 riders attending weekly; Brandon, Kristin, Renee, Sarah, Shania and Strida. Each of our students has been perfectly matched to wonderful horses with incredibly similar personalities.

*Brandon-I love horse riding because I have fun and I love Ozzy, my horse.*

*Kristin-I can now ride a horse by myself, wow! I love Indy, even though he walks slow.*

*Renee-I love Polly and I love horse riding.*

*Sarah-Angel is a nice and soft horse and she looks after me. I love horse riding.*

*Shania- Riding helps me concentrate. Kruger is the best horse. Rod helps me learn where to put my feet.*

*Strida-I have learnt a lot like where to put my feet and important things about riding and horses. I love it so much.*

RDA Tall Timbers has helped all of our students to develop confidence, concentration, respect and determination. We have seen a remarkable improvement in all riders in a very short time and are very proud of their achievements. We are extremely grateful for the time and patience of all those who help us each week. Wednesday has become a favourite day of the week for both students and staff. Thankyou.



## OUR FIRST BINGO NIGHT

By Sandra & John Wright, Committee



We would like to say a big thank you to all of the people who supported our first Bingo Night on the 6th May, which raised over \$1200. About 65 people attended, filling the volunteers' room and creating quite a Buzz.

We had lots of winners, with 37 prizes going home with those lucky people and a further 6 as door prizes. Prizes ranged from wine, chocolates and tee-shirts to full hair treatments, pedicures and even a body piercing! There was a great selection, for men, women and the kids, thanks to the generosity of our sponsors, many of whom are located in Windsor Township. Nibbles on the night were cheese, dips, cakes and drinks courtesy of Castlebrook Memorial Park and also a variety of chips donated by Smiths Snackfood Company. A big thank you to Kerry, Karen and Nicole for setting up and helping with parking and entry on the night.

I am happy to say several people commented at the end of the evening at what a fun time it had been and asked when the next one will be, which has given us a lot of encouragement. Keep your eyes peeled for the dates of the next Bingo Night and book early!

*We are most grateful to all of the following companies and individuals for their donations. Not all donations were used at this event but please be assured they will be used in other fundraising activities.*

*Soul Pattinson Rouse Hill, LM Style Hairdressing, All Clear Pools, Rouse Hill Irrigation, Wilkinsons Real Estate, The Shop of Lollies, Jennas Country Spa, Fitzgerald Motors, Diamond and Gold Shop, A Farmers Daughter Vintage Shop, Country Essence, Simons Coffee Lounge, Cafe Red, Smik Surf Shop, Windsor Jewellery Shop, Riverview Florist, St George Bank Windsor, NAB Windsor, Arabian Horse Society, Bunnings McGraths Hill, Cassies Room for Beauty, Castlebrook Memorial Park, Chattering Scissors, C & N Trading, Cutcliffe Real Estate, Dee Luca Hair, Everything Educational, Gorgeous Beauty Spa, Hair Stylz and Wigs, Ivy Western Wear, Louise Markus MP, Lynwood Country Club, New Street Cafe, Newmarket Saddlery, PRD Nationwide Rouse Hill, Smokin Coyote Clothing Co. Hargreaves Nursery.*



## TRIVIA NIGHT

**Saturday 29<sup>th</sup> October**  
**7.30 pm in the covered arena at RDA Tall Timbers**

**\$15 per head includes light supper**  
**BYO Drinks and nibbles**  
**Make up a table of 8 or join another.**  
**Bookings essential**

**GREAT PRIZES, LOTS OF FUN**

## NATIONAL VOLUNTEER WEEK

9<sup>th</sup> – 15<sup>th</sup> May 2011

**Inspiring the Volunteer in You**

National Volunteer Week (NVW) is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 5 million Australians who volunteer.

Australian volunteers are essential to society, and many charities would struggle to survive without the support of their volunteers. Australian volunteers contribute more than 700 million hours of community service to so many areas of society, including community health care, heritage and arts, environment conservation, emergency services, education, social justice and sports. NVW provides a platform to pay tribute to these volunteers who donate their time and energy to help others.

During National Volunteer Week RDA Tall Timbers presented our Volunteers with lapel pins which were kindly distributed by Volunteering Australia.



If you haven't got yours yet, pick it up from the office (while stocks last).

## DUKE OF EDINBURGH PARTICIPANTS

*Are you completing your Duke of Edinburgh Award?*

*Consider helping at RDA on Saturday mornings to satisfy the Community Service component. You can help us by assisting in classes and preparing the horses and equipment. It's rewarding and fun!*

## **BUNNINGS BBQ AT MCGRATHS HILL**

**By Sandra Wright, Hon Secretary and Thursday Volunteer**

It's 8am on a Saturday morning and the smell of onions fills the air. What a great way to start the day! It's another Bunnings BBQ, this time at McGraths Hill branch for the first time. We are set up and have just cooked our first sangers when the customers start coming and did not stop coming all day. At one point, there were 7 of us cooking and serving and it was difficult to keep up.

Our gratitude goes out to Virginia and Steve Knott who stayed past their 4 hour shift to make a day of it with us as we were so busy. Thanks to John Norris, helping us set up and bringing the all important sausages, to Lindsay McEwan and Ted Palfrey for cooking alongside John Wright. Charlie Aquilina and Alison Ackling for the afternoon shift and clean up.

It was a great day, with good results (\$1220) and we couldn't have done it without our super team of volunteers- THANK YOU. Thank you also to Bunnings and their wonderful staff who helped us whenever we needed it, always with a smile.

We look forward to our next one in a few months and hope you will volunteer for this great experience.

## **HORSEWORLD INDOOR STADIUM RODEO RAFFLE**

**By Sandra & John Wright, Committee Members and Thursday Volunteers**

Tami and Keith at REAL DEAL Action who promote the rodeo, once again opened their doors to RDA by allowing us to hold a raffle.

It was a very busy evening and we sold \$500 of tickets before the intermission, when Brendan Allan, the protection clown, drew the 3 winners. All prizes have been claimed; 1st prize went to Adam Minty, who won a suitcase donated by Smik Surf Shop. 2nd was Sally Pistolis, winner of \$40 in Bunnings vouchers donated by the McGraths Hill store and 3rd prize of a bottle of red wine went to Emily of Singleton.

It was an action packed evening, with fun for all of the family. Riders showed great skill and team work with their beautiful horses in events such as Barrel Racing, team roping and steer wrestling. There are also events for the juniors. For those who want to 'kick on' there is a band and bar. It all makes for a great family day out. The next one is Saturday 13th August.

## **HELP US SAVE ON PAPER AND POSTAGE**

Please let us know if you have changed your address or no longer wish to receive the "Tall Timbers' Times". We are happy to send a hard copy of the newsletter but we can email it to you instead (the email version is in colour!) if you prefer. Just let us know. There's also a link to the newsletter from our website.

## **EQUITANA COMES TO SYDNEY IN 2011 FOR THE VERY FIRST TIME!**

**Sydney Showground** will play host to the new and exciting equine spectacular, **EQUITANA Sydney**, which promises four days of Education, Shopping, exciting competition and family entertainment from the 10<sup>th</sup> to the 13<sup>th</sup> of November. The inaugural Sydney spectacular will see the launch of "**The Australian Grand Final**", as Equestrian Australia has joined forces with EQUITANA to develop a national annual grand final for Dressage, Jumping and the new and thrilling Exhibition Eventing. The Grand Final will be conducted within EQUITANA annually, alternating between Sydney and Melbourne.

EQUITANA Sydney will also feature the "**EQUITANA Australian Open**", which incorporates Australian finals in Campdrafting, Reining and Cutting. The Equitana Australian Open brings the action of elite competition to the Showgrounds, with the best Australian riders competing for a substantial collective prize pool.

As part of the extensive **Education Program**, the Sydney event offers a world class range of Australian Trainers, equine Health Practitioners and International Clinicians. The Dutch superstars, **Edward Gal and Hans Peter Minderhoud**, will be presenting the Dressage Clinic **together**, which promises to be a phenomenal training experience. The Horsemanship Clinic will be delivered by the amazing **Stacey Westfall** (USA), winner of major AQHA and NRHA competitions – without a bridle or saddle! And, our Cutting Masterclass will see the renowned **Bobby Ingersoll** (USA), winner of countless competitions and trainer of many star horses, impart his wealth of knowledge to fans.

The Education Program will deliver over 200 informative sessions and demonstrations over the four days. **Riding for the Disabled (NSW)** have come on board as EQUITANA Sydney's Official Charity and will be delivering education sessions on **Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> of November**. RDA (NSW) will also have a booth to promote the Association, so pop in and visit them at **Booth 250 in the Riverina Pavilion**.

The Sydney event will see new and exciting elements such as:- a 3-day "Way of the Horse" – Horsemanship Challenge, the Arabian Showcase, Indoor Carriage Driving and Trick Riding Championships, Team Penning, Vaulting, Mounted Games and Miniature Horse competition and much more. Entertainment is also high on the list with displays by the Light Horse Skilled Arms team and Mounted Police, Miniature Horse jumping, music and even Bison Campdrafting, so there is something for the whole family to enjoy at EQUITANA.

And the **Exhibition** will be the largest ever equine shopper's paradise seen in Australia and at the Sydney Showgrounds, visitors can "shop till they drop" in air conditioned comfort.

**For more information on the Sydney program or ticketing and accommodation packages, visit the Equitana website at: - [www.equitana.com.au](http://www.equitana.com.au).**

## COACHES WORKSHOP WAGGA WAGGA RDA 28-29 MAY 2011 By Kirsty Hardman, Wednesday Coach



A lovely weekend was certainly had by all!!!! It's not often that coaches get the chance to get together to socialise and learn. So, when the chance came to attend the RDA coaches Workshop in Wagga, Nicole, Kirsty, Karen, Robyn, Kaye and Judy jumped at it. Deciding that this was as much a chance for fun as brain storming, many chocolates and lollies were eaten as we meandered out way south via Goulburn and Junee. (The Organice Licorice Factory is an absolute highlight!). Wagga Wagga is a lovely town and certainly provides terrific range of nice food and wines.....as we discovered. But the focus was the workshop!

It's not every day one gets to meet someone inspirational. But Tony Nechvatel, a parent of twin autistic boys was just that! Having taken over the role of full-time carer he blew us away with the extent to which he and his family support the boys communicatively (with visual aids all over the house) and socially through involvement in such activities as RDA and music lessons.

An equally lovely session was watching the development of a bond between horse and person using elements of touch and movement. There is something magical about seeing such a large animal walk off-lead with a trusted human, moving around and over obstacles because their faith in that person is complete. Let's hope that with the development of EFMH more people can get to experience that magic first hand in a way that promotes healing and well-being.

Over the next day and a half we moved from mental health to dental health (equine, of course), horse handling to carriage driving, choosing the horse and equipment for people with specific disabilities to choosing correctly fitting equipment - a hugely varied, well put together and extremely well presented range of talks reinforcing previous knowledge and providing new information to think about and learn from. Sustained always with ample country cooking and yes.....more chocolate!

A new section introduced this Workshop was the Coaches Innovation Award to be voted for by the

Coaches attending. Games and equipment were proffered, displayed and explained. Cage stirrups and The Shopping Game were demonstrated but the winner this year was Kirsty Hardman for the Visual Display Vest which acts as a portable visuals display board when worn by a horse leader. A huge thankyou to Robyn Given for her sewing skills which turned a plan into actuality. Kirsty's prize of a \$50 gift card from Horseland was very much appreciated. Runner up was Central Coast RDA for a set of multi-coloured reins which assist in achieving correct rein length much more easily.

Many thanks to Wagga RDA for providing such an excellent and professional workshop. We learned a lot, certainly ate well and had a great time into the bargain. We're looking forward to the next workshop already!

## TALL TIMBERS CARRIAGE DRIVING REPORT

Janet Muspratt (Coordinator and CD Whip)

Despite bouts of wet weather and some foot abscess problems with Nicholas we have been able to continue our carriage driving without missing any days. Nicholas is the one and only pony in use at the moment since Sonny Boy retired.

We are keeping a lookout for another pony which could live at Tall Timbers and be driven there for sessions. The ideal type: up to 14hh, quiet and with plenty of experience being driven in harness. Please contact the TT office if you know of a pony which might be available like this. Marg Moore will be the Whip at Tall Timbers when a pony eventually is procured. John Wright will also commence training to assist with the Carriage Driving Program.

Linda Ongley and Michelle Harris are driving Nick with me as Whip. Last driving session we did some work on the State Competition dressage test (ACDS Novice CC), practicing circles, straight lines, serpentines, halts and reinbacks. Our ground crew consisting usually of Alan Ongley, Joy Harris, Lynne Buckingham, Debbie Lyshak and Tiffany Cornall are becoming good judges of dressage and are able to give us very useful feedback. Marg and John Moore come when they can but are well occupied breaking in a new pony called Jack.

We have also had some drives out in the paddocks where it is very pleasant walking and trotting on the mown tracks through the trees and long grass, listening to the birds and having a chat.



## POLLY'S DIARY ENTRY

As told to Chanida

Hi Everyone! Where has this year gone??? We're already at the end of semester one & as sad as it is to say goodbye to our riders it's been great to see them improve in their riding skills & confidence. I hope to see them all again in the future.

We started the semester being movie stars! Well Australian TV stars, but it was fun all the same ☺ Jamie, from the Kerri-Anne Kennerley show, came with his camera crew to watch us work & talk to our riders. They were a bit annoying & I really don't get why they have to have that big fluffy thing on the end of the long stick but the riders loved all the attention & I guess it was kinda cool to get my face on national TV!



Once again Pippa & Ishmar got to go to the Easter Show. How come they always get to do the exciting stuff? Of course everyone was talking about them & praising them when they got home, something about Ishmar winning his section of the mounted games & Pippa winning Horse of the Year. I know Pippa & I don't really get on but even I have to admit that winning Horse of the Year 2yrs in a row is a pretty good effort! Well done to them but I think I'll stick to the National Park, Denise & I had to so much fun that day but with lots more laughter & a lot less stress ☺

We said a tearful goodbye to Bonnie in early April. She was a truly sweet lady & I am honoured to have had the privilege of running with her during her retirement. No one will ever replace Bonnie but we have had a few new faces arrive recently. Sandy doesn't say much but I think she likes it here, I did spot that look on her face that we all got when we had our first rider in our first RDA class, that combination of smug & proud.... Sheree is my new next door neighbour. She is much more talkative than Sandy, she's quite bossy actually. I keep hearing that she's still getting used to the place but I reckon she's just trying to figure out how to take over! The newest recruit is Sonny (what is with all these 'S' names???), he's the tall dark & handsome type; I reckon all the girls will be swooning over him before he knows it.

We've all been having fun with our brand new obstacle course, made for us by YR12 design student, Kylie. I wasn't all that impressed at being kicked out of my

paddock for them to set it up but it's really cool, I just love how colourful it is, the riders -& coaches- are going to love it! The wooden bridge we have to walk over is something new & bit scary at first but I'm sure we'll all get used to it. It's always fun to get new toys!

Well, I'm off to start planning my birthday party! I can't believe how quickly it's come around again. There's so much to organise & I still have to squeeze in a holiday & meeting a whole new group of riders. I think I'll start with the cake....

Love Polly xoxox

## MAJOR DESIGN AND TECHNOLOGY PROJECT

By Kylie Grimson, Year 12 Broughton Anglican College

Hi, my name is Kylie, I am in Year 12 and go to Broughton Anglican College. For my Major Design & Technology Project I have come up with an obstacle course which I think could be very beneficial for RDA riders.

It consists of 6 sections each of which can be removed, added or changed in some way so that there is always something new. The first section consists of 6 ball stands where riders must knock the balls off (either with bats or with their hands), the second section is where the riders must pick up a ball and either place it or throw it through a board with different shapes cut out of it, the third sections is 6 poles which the rider must either walk or trot over, the fourth section is 6 bending poles, the fifth section consists of three barrels each a different colour where the riders must match the colour of a Frisbee to the colour of the barrels, the sixth and last section consists of a bridge.

The project was a wonderful way to join the love of horses and the benefits they can bring to people. It is a way to bring elements of different riding disciplines together to suit a new need. It was designed to be flexible to suit both rider and horse, to test a rider's ability and to be fun and interesting. I greatly enjoyed creating the project and it was a pleasure to make a small contribution to such a great Centre.

*Thank you to Coulter Excavations who helped us with supplies and allowed us to use their tools and equipment. Also to Bob's Tarps & Canvas Goods who built the barrel covers specifically for the project and gave us a discount.*



## **SPOIL OUR HORSES FOR THEIR BIRTHDAY**

The horses' birthday is celebrated each year on 1<sup>st</sup> August. Happy birthday to all our horses.



Help celebrate this special occasion by sending in a donation to "purchase" the horses a birthday gift.

## **UP COMING EVENTS**

*Please support our fundraising efforts – mark these dates in your diary and let Kerry know if you can assist.*

### **ROTARY CHRISTMAS TREASURE TROVE RAFFLE**

Proceeds will assist our Centre to fund the program. If you can sell some tickets it would be most appreciated. Tickets are \$2 each and are available from the Centre. They will be sold until the end of Semester 2 and must be returned (sold or unsold) to the office by 3rd December.

### **RDA AWARENESS WEEK** 26<sup>TH</sup> July – 1<sup>st</sup> August

### **HORSES' BIRTHDAY CELEBRATION LUNCH**

Friday 29<sup>th</sup> July

#### **ALLURE RESTAURANT**

Unit 11/820 Old Northern Road, Dural  
(cnr Quarry Road)

Join us for the Horses' Birthday Celebration Lunch, in recognition of the work our amazing horses do, to raise funds for our Centre. All welcome, invite your friends. 11.30am Friday 30<sup>th</sup> July. \$35 per person for a set menu. BYO & Licensed Restaurant. Lucky door prizes to win. Bookings essential.

### **HORSES' BIRTHDAY** 1<sup>st</sup> August

Help us celebrate this special occasion by 'giving' the horses a special birthday gift selected from the birthday gift list or send along a donation to assist with their care.

### **BUNNINGS BARBEQUES**

Let us know if you can help at these BBQs

#### **BUNNINGS - DURAL STORE**

Saturday 24<sup>th</sup> September. Also Fridays 12<sup>th</sup> August, 21<sup>st</sup> October and 11<sup>th</sup> November.

#### **BUNNINGS - MCGRATHS HILL STORE**

Saturday 10<sup>th</sup> September

### **BINGO**

Friday 19<sup>th</sup> August at Tall Timbers Centre

7pm for a 7.30 start. \$5 entry includes light refreshments. Tickets \$5 per book of 15 tickets.

Bring your friends – buy as many books as you want. Bookings essential – limited places.

Phone Sandra to book on 0418 609 200

### **STATE DRESSAGE CHAMPIONSHIPS**

27<sup>th</sup> and 28<sup>th</sup> August at SIEC

### **RIDE-A-THON / WALK-A-THON**

29<sup>th</sup> August – 2<sup>nd</sup> September during lessons

The Ride-a-thon for our 2<sup>nd</sup> Semester weekday riders will be held in their lessons during this week. Please help us raise funds for our Centre by getting lots of sponsors. Volunteers can also join in as a Walk-a-thon at the same time.

### **SPRING CELEBRATION AND BOOK STALL AT KENTHURST**

Saturday 3rd September 10.00 – 3.00

191 Pitt Town Road, Kenthurst

#### **ALL WELCOME**

Devonshire Tea in the Garden. There will also be a book stall. Please phone the office for more information.

### **REGIONAL MOUNTED GAMES**

Sunday 9<sup>th</sup> October 2011

This event is a qualifier for the State Mounted Games in 2011 at the Sydney Royal and will be held at RDA Nepean Centre.

### **SUPPORTERS DAY**

**SATURDAY 22<sup>ND</sup> OCTOBER - TBC**

This is an opportunity for our supporters to watch a lesson and join us for morning tea.

### **TRIVIA NIGHT**

Saturday 29<sup>th</sup> October 7.30 in the arena at RDA Tall

Timbers Centre. Great Prizes, Lots of Fun. \$15 per head. Make up a table of 8 or join another. Booking essential.

### **EQUITANA**

10<sup>th</sup> – 13<sup>th</sup> November at Sydney Showground

See the article in this newsletter for further information or head to their website. [www.equitana.com.au](http://www.equitana.com.au)

### **VOLUNTEER LUNCH**

Tuesday 29th November, Tall Timbers Centre from 11.30am

Once again our volunteers are invited to a luncheon to thank them for their hard work throughout the year. Put this date in your diary for a friendly get together.

### **SATURDAY RIDERS' PARTY/PRESENTATION**

Saturday 10<sup>th</sup> December

This presentation of awards and party is for all Saturday morning riders this year. It is supported by the Lions Club of Kuring-gai.

### **GENERAL INFORMATION**

Our policies and procedures manual is available at the office for your perusal and input. At any time suggestions can be placed in our suggestion box.

### **RIDING FOR THE DISABLED ASSOCIATION (NSW)**

"TALL TIMBERS" CENTRE

125 OLD PITT TOWN ROAD,

BOX HILL. NSW. 2765

PHONE (02) 9679 1246

FAX (02) 9679 0638

EMAIL: [talltimbers@rdansw.org.au](mailto:talltimbers@rdansw.org.au)

Website: <http://talltimbers.rdansw.org.au>

## PROPERTY IMPROVEMENTS

By Charlie Aquilina,  
Thursday Volunteer and Committee Member

On behalf of all at Tall timbers I'd like to thank the concretor, Wayne Bonser, and his son Aaron for donating their time and labour to add approx 36 sq metres of concrete extension and pathway to the rear of the amenities buildings. It was a very hot 40 degree summer's day in January when the concrete was poured and the boys had to work all day without having a break to avoid the concrete going off due to the hot conditions. Thanks again Wayne and Aaron for a job well done. We would also like to thank Mick Haber for donating his time and bobcat to prepare the area for the concretors. Last but not least a big thank you to Virginia Knott (Thursday vollen) who was responsible for organising Wayne to donate his concreting services to Tall Timbers. Hopefully Wayne will be doing more concreting for us in the October school break.

*Thank you also to Charlie for once again being 'Site Manager' - it is certainly a great addition to our facilities.*



### CONCRETING by Wayne Bonser

Specialising in all  
Decorative and General Concreting  
FREE QUOTES  
Phone/Fax 024575 1147  
0408 242 541

## OPPORTUNITIES TO SUPPORT RDA TALL TIMBERS

- **Become a RDA Weekday Program supporter - by donating \$1000 towards this program you will support one rider. \$6000 will support the participation of a class of six riders.**
- **Become a RDA Tots on Horseback Program Supporter - \$1000 donated towards this program will support the participation of one pre-school or Kindergarten age rider in this early intervention program**
- **Sponsor a Horse - \$750 will support the basic needs of one of our horses such a feed and farrier**
- **Donate as a Friend of our Horse Team – donations of any amount will be used to assist in other expenses such as veterinary needs and saddler**
- **Sponsor our F100 – Our reliable Ford F100 is our “work horse” for maintenance around the property and transporting equipment to vital fundraisers. \$1500 per year will keep it running and on the road**
- **Financial Supporters – we rely on donations and fundraisers. Any donations over \$2 are tax deductible. Our expenses include electricity, photocopying, property maintenance and equipment, telephone & internet and insurance. Any assistance you can give to help us continue our program is greatly appreciated.**



“Tall Timbers” Centre  
125 Old Pitt Town Road  
BOX HILL NSW 2765