

The Tall Timbers' Times



Volume 22 No.1

March, 2009

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

SNIPPETS

We have had a busy start to 2009 with what looks to be an extremely busy year. We hope those new to our Centre and those who have supported us for a long time will continue to support us, both financially and hands on, as we continue to provide riding for people with disabilities despite these times of financial crisis and tragedy.



We hosted our first Volunteer Lunch in the new building in November. We had a great turnout and we found the perfect spot for our end of year photo (check out the back page). As usual this is the occasion to say thank you and surprise some of our volunteers with awards. Congratulations to our Volunteer of the Year, Pip Lovely; our Volunteer Encouragement Award was presented to Lynne White; our Horse of the Year was Pippa; and we also presented our service badges including a 30 year badge to Joan Edwards and 25 year badges to Karen O'Neill, Jan Moran and Robyn Given. Congratulations and thank you for your efforts - our riders certainly have benefited from your hard work and commitment.

Thank you to the Kuringai Lions club for supporting the Saturday Riders Christmas Party with gifts and their Encouragement Award along with Joyce Harvey who came along to present the Bill Harvey Memorial Award to the Most Improved Saturday Rider. This year the Bill Harvey Memorial Award was awarded to Connor Gleeson who took quite a while before deciding to get on his horse and a few more weeks to think about letting his Dad go for a short time while he was mounted. He eventually was keen to ride and attempted some activities which was a huge improvement from day one. The Kuringai Lions Club Encouragement award was presented to Nicole Druett for her participation and to

encourage her to achieve more in her riding as she continues.

Congratulations to our Drivers who had a very busy year preparing for the State Carriage Driving Championships. Their results are testament to the hard work of Jan Muspratt and her volunteers and we wish all of our Drivers well as they start their preparations for the 2009 State Carriage Driving Championships.

Our horses, coaches and volunteers had a well deserved break over the summer holidays before our focus turned to getting ready for Semester One. We have welcomed back some groups who haven't been part of the program for a few years as well as a new group, Nagle College – Blacktown. Welcome, we hope your students have a fantastic time at RDA. As we go to print our groups have settled in well as have some of our new horses, which Jet has mentioned in his Diary Entry with Chanida.

Looking toward our busy couple of months coming up, thank you to all who offered help with cakes and biscuits and assistance at the Model Railways Canteen. It is one of our biggest fundraising earners in recent years and we are grateful to the North Shore Railway Modellers for allowing us to be part of their exhibition and also the Kuringai Lions Club for helping us with manpower.

Our Castle Hill Show Fundraiser is on again, this is our chance to hang up our boots and become kitchen hands for a weekend as we cater for the Judges and Stewards as well as our Devonshire Tea stand. If you haven't already done so please nominate for a shift and bring a friend along too. It runs over 3 days with a lunch and dinner service to provide.

Our Windsor Polo Fundraiser will be on Sunday 29th March, if you have a few hours spare and you can help us man the gates we would appreciate your help. We are given a donation for our efforts and it will be an important fundraiser for us.

Our 2009 Annual General Meeting will be held on Wednesday 25th March at 7.30pm. We will also be holding an Open Meeting, after a quick supper, to discuss your ideas for the future of our Centre.

Our riders will be representing our Centre at the Sydney Royal Easter show on Easter Monday, 13th April 2009. We have 3 riders and 2 horses attending and as well as the State Mounted Games Championships, our horses will compete in the Horse of the Year Competition. We

wish our team the best of luck. Can we win the Best Presented Team for the 3rd year in a row?

We are planning a Trivia Night on Saturday 23rd May in our arena. We will have tables of 8 @ \$15 per head we hope we can get lots of supporters together to have some fun and raise some money. Contact the office if you would like to book a table or if you don't have 8 people join another group to make a team, just contact the office to organise it.

Tall Timbers will be hosting the Metropolitan Regional Dressage Competition on Sunday 31st May. Feel free to come along and cheer on all the riders or help out in some capacity, we will also have a BBQ canteen available on the day.

Our survey results from last year indicated we were meeting our client's expectations, we have made a difference to many client's lives through our activities and we endeavour to continue to do so as well as expand our services when our resources allow.

I hope you enjoy this edition and look forward to working together to make this year special.

Nicole King



SURVEY RESULTS - Here are some of the comments we received in the 2008 survey

It is suited to each child's needs. Patient teachers.

Having a service that offers riding children with disabilities in a safe environment.

It gives the children a chance to try something they would never do.

The care shown by the Volunteers to all the children and the educational activities.

The friendly people who volunteer their own time to bring happy faces to our special children. It's been a pleasure to watch.

The kids get to interact with the animals and learn respect. They are given the opportunity to have a go. It gives special needs a special activity to do and develops their life physically, socially and intellectually.

The passion the volunteers have for the horses and riders as it shows through the fantastic job they do.

It's very well organised, the staff is very competent and understanding. Relaxed atmosphere during lessons and fun games.



Friendly staff with safety being paramount.

Confidence, following instructions, improving skills in language, gross and fine motor and understanding.

Impressed by children who can't sit still for five minutes but sit on a horse for an entire lesson.

They love the experience of riding the horse, the environment, the helpers, the relaxed atmosphere and the joy of succeeding.

Thank you for the opportunity to see the difference RDA makes in the lives of the students each week. I have seen the children grow throughout the semester.

Use of new muscle group, balance and posture. Being exposed to an outdoor activity. Stronger and more confident.

Interacting with other people, conversation skills, turn taking.

Can do something with friends without having to directly communicate. Has learnt new skills.

Freedom of movement/improved posture (sitting in the saddle).

The program is fantastic for the children.



TALL TIMBERS CARRIAGE DRIVING

Janet Muspratt, TT Carriage Driving Co-ordinator

We are about to embark on driving with the first day for 2009 being Saturday February 28. Generally, driving will occur on the third Saturday of the month through to November. We will be welcoming another new driver this year and she will be under the guidance of Coach Margaret Moore, learning to harness up and drive Sonny Boy. This will give us four drivers, together with two coaches, two ponies and about seven regular ground helpers.

Cones driving will be the activity this month. This involves trotting through a course of 'gates' made of pairs of road cones with balls on top. Each 'gate' is set at a particular width, generally about 30cm wider than the carriage, and the aim is to go through each gate without touching the cones and knocking off the balls. The course is timed and knock downs add penalties to the time. The aim is to have a clear round in as fast a time as possible.

With the gates so narrow it is important that the driver lines up the horse and carriage to go through squarely – one of the skills learnt in carriage driving. There are usually between 16 and 20 gates to negotiate in a cones course and they must be done in the correct order, so navigational skills are also important. The other important skill is to control the pace of the horse. A steady working trot is generally required to drive the course safely and accurately but in good time.



RESULTS OF THE STATE CARRIAGE DRIVING COMPETITION

This competition ran for 2007/8 because of the EI interruption. Alan Ongley again did a very professional job with the videoing and photo shots of our drivers. The State Competition is designed to be completed at RDA Centres at any time over the year, with dressage being videoed and identical courses for cones and barrels being timed. A central co-ordinator collects the timed results and sends dressage tests and photos to independent judges for assessment. An excellent field of eighteen competitors from Raymond Terrace/Lower Hunter, Wagga Wagga and Tall Timbers took part.

Results for TT drivers were as follows:

Novice Dressage (ACDS AA Test) 2nd Bianca Morris equal 3rd Michelle Harris
Open Dressage (ACDS BB Test) 2nd Linda Ongley
Novice Cones 3rd Bianca Morris 4th Matt Peace 5th Linda Ongley 6th Michelle Harris
Open Barrels 4th Linda Ongley 6th Terry Harris 7th Matt Peace 8th Michelle Harris
Concours d'Elegance Photo: 1st Linda Ongley 6th Michelle Harris

Congratulations to everyone! Ribbons were presented to TT drivers at our annual Christmas Party which was hosted by Joy and Michelle Harris at their home at Casula in December.

TALL TIMBERS WISH LIST

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

Farm vehicle – "gator" or similar to assist with feed run, grading arena and property maintenance
Portable PA System
Fly masks, cob and full size
Stationary, stamps, copy paper, white board markers etc
Connections for machinery and materials to improve the surface of our front carpark and driveway.
Mouseproof metal cupboards for rug storage
Horse stuff, garlic, hoof oil.
Wormers
Manure rakes
Saddlery gift cards to assist with purchase of helmets and saddles
Sponsors for horses
Sponsors for vehicles (F100, Jackaroo etc)
Volunteers – extra hands for our program, garden and property maintenance, and fundraising
Trivia Night prizes

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 horse and equipment. It's rewarding and fun!



WORK EXPERIENCE STUDENT WENONA SCHOOL

When we were told by the school that we needed to find some kind of job that we had an interest in and go there for work experience I wanted something that combined both horses and children so I decided to go to Tall Timbers for the week.

While I was driving there, I was thinking to myself, will people be nice, what will they make me do and if this was the right choice. But I must say, I was welcomed in very quickly with smiling faces which made it more enjoyable for me. They never made me do anything that I didn't want to do.

The horses were all so cute and going down to see them made my day. The kids that came made me realise, as a child who has grown up with horses and goes to a private school that I take too much for granted. Seeing these children is a real eye opener.

I must thank Kerry and Nicole for giving me this opportunity as well as everyone else who made my week a very enjoyable one.
Thanks, Stefanie Maraun



MY MATE MURPHY By Kimberley Turner

The first time I ever rode a horse was at Tall Timbers Kellyville back in 1983. I was 6 years old and like most young girls I was totally horse mad. I learnt to ride on various horses including Willy, Smarty, Sambo, Brandy, Denim, Buster & Bravo.

Then in August 1991, Murphy came into my life. My Mum & Dad had just granted me my life long wish of a horse of my own. He was 5 years old at the time and still a little bit green as he only stopped racing the year before, but he was just perfect.

I was so very excited!! Over the next ten years we spent every weekend together, Murph and I were best friends. As I got older my weekends were no longer as free to ride, as I needed a part time job to get me through University. Murphy was always happy to hang out in his paddock with my sisters horse Jessie (JJ), but I knew he was destined for greater things. So when I heard RDA was in need of a quiet horse, I knew Murphy would fit the bill perfectly.

In October 2003 Murphy was accepted into the Tall Timbers program. I just loved hearing about his progress and I was especially proud the first time I saw him in action.

Over the years Murphy was at RDA he had many amazing riders on his back and volunteers by his side. He got to go to places I only dreamed about taking him and I am positive he loved every minute, even if he didn't always show it!

Five years on Murphy decided that he needed a break from life at RDA. It was really sad to hear he had lost the enthusiasm he once had, but as we all know that can happen to the best of us. So Murphy retired after his final lesson on Monday 4th of December 2008. That afternoon my dad and I picked up Murphy and drove him to Cobbitty where he was to begin his week long journey down to Tasmania. Murphy travelled in air conditioned comfort the entire way to Melbourne where he boarded the 'Spirit of Tasmania' for the final leg of the journey. The lady from the transport company said he was a complete gentleman and travelled really well – eating nearly non stop the whole trip (no wonder he was happy).



On Friday morning Murphy finally arrived down in Carlton River. He was greeted excitedly by his long lost friend Jessie. JJ pranced around in true Anglo style, while Murphy just wanted to check out what Tassie grass tasted like (how typical!). So Murphy has settled into retirement life very easily and he is enjoying the water views from his stable door. The weather is much cooler and there aren't many annoying flies to bother him.

I am sure he misses all his friends at RDA (both the 2 & 4 legged variety) & I am eternally grateful for all the care and love given to Murphy during his five year stay.



VOLUNTEER LUNCH

By Kerry Souter, Administrator

Once again our annual Volunteer Lunch was held in November, this time in our new Volunteer Room. We all enjoyed a lovely lunch in great company. Thank you to everyone who brought something delicious to share. It's a great chance for all our deserving volunteers to have a break and mingle with each other.

After a welcome by our Hon President, Karen O'Neill, the usual awards were presented to volunteers by our Committee Members (as noted by Nicole in her Snippets). Congratulations to everyone who received special awards but thank you very much to all our volunteers, no matter how many hours you are able to give, it is all appreciated. As you know RDA Tall Timbers would not be able to operate without you.

A special gift was also given to Tall Timbers on this occasion from Jasmine Linton, a Saturday volunteer. Jasmine presented a lovely tea set which she had decorated with the RDA logo as a school project.

The very busy year, captured in photos, was relived on the annual DVD and later we found a new spot for our group volunteer photo.



VOLUNTEER OF THE YEAR PIP LOVELY

In 1985 Riding for the Disabled had an ad on TV and it motivated me to ring and find out a little bit about the organisation and how I could be of help. As a child I had loved horses and ridden quite a lot so I felt that at least I would not be completely out of my depth if I volunteered.

After 3 years at the old centre at Kellyville I was given the chance to join in with Sue -Ellen Lovett on what was to be "A Ride for Mobility". This started in Cairns and would finish at Surfers Paradise going down Highway 1 and hoping for donations and sponsorship to make a bit of money which was to go to the Blind Society. This money would enable more dogs be trained for vision impaired people. The whole experience was hard work, very tiring but very rewarding as I learnt a great deal about how much you can do if you commit to a cause.

In 1992 until 2003 I found that I could not fit RDA into my life as I had returned to work but I always knew that I would return sometime.

That time came after I had had my right shoulder reconstructed and I felt that if I could put a saddle on a pony and later onto a bigger horse it would be good therapy for my arm.....and cost a lot less than a physio!!! Volunteering has always been fun for me but when I was asked to join the committee a couple of years ago I felt it was time to learn more on the other side of RDA [the behind the scene day to day stuff] and have learnt that you actually work harder there.

All the time I have been volunteering at RDA, both at the old centre at Kellyville and now at Box Hill I have had my husband's support and also my children's support. Now Dennis [husband] comes up here when he can and helps around the grounds and is always ready [perhaps not willing] to do the very heavy work which is impossible for we women to try.

We, Dennis and I, have 4 grandchildren with another to be born in May so to help children less healthy to have the pleasure of riding a horse is what I love to do.



Karen O'Neill presents Pip with her Award

VOLUNTEER ENCOURAGEMENT AWARD LYNNE WHITE



Firstly I would like to thank Riding for the Disabled Association at Box Hill for the Honour of receiving the Volunteer Encouragement Award.

My name is Lynette White, Lynn for short, but if my mother had had her way my name would have been Jennifer. Thanks to my foster mother it was changed to Lynette. I don't think I look like a Jennifer. I have been very lucky in life as I have had two sets of great parents. After my own mother had died I went to live with her best friend and her husband with my father's blessing as they had a daughter a few years older than me and we would be good company for each other and my father looked after my three brothers. I grew up in a loving environment with two dads and one mother to play against each other but that didn't work most of the time they were on to me and I couldn't get away with much. Just as well, I could have grown up a spoilt brat.

After marrying and having three wonderful boys I started working for the Department of Education in Special Education as a Teachers aide special and worked in the system for over twenty years retiring about three years ago. When I was in special education we used to take the children from a School of Specific Purposes to RDA at Kellyville and I thought that seeing I love horses it was one way to be with them and not to do all the dirty work such as picking up manure and the like. Was I mistaken, but it didn't matter, I still love every moment of my horse fix every week. I have found a group of people that all have the same feelings for horses and can give great companionship to someone like me that never owned a horse because my mother would not let me keep one in my room as I thought that's where all horses were kept. Working with the children and seeing the difference in them when they are on a horse and how much they improve from the beginning of term to the end is wonderful and to see the satisfaction they have in themselves that they have achieved this all by themselves with a little help from the people at RDA.

Again I would like to thank all the people at RDA for their friendship and help especially when I first started there as an inexperienced horse handler but with time they have moulded me to their way of doing things and

thanks to Murphy and Pippa (the horses) for all their help in making me do exactly what they wanted to do when I was leading them especially Murphy with his kisses on my neck when he got extra pats. What can I say about Pippa - I think everyone knows Pippa and what she is like but I still like her a lot and she does have some very funny ways.

Thank you again for the award I will treasure it always and it is hanging on my wall in pride of place.

Editor's note – Lynne has also organised the Devonshire Tea stall at the Castle Hill Show for the past two years, baking all the scones herself. She also spent countless hours sorting and organising books for the Book Fair.

TALL TIMBERS' HORSE OF THE YEAR PIPPA



Pippa is 24 year old, 13.2hh Strawberry Roan Welsh Pony and has been with RDA Tall Timbers since 2005. When Pippa first arrived at Tall Timbers she wasn't exactly keen on coming out of retirement but she soon got into a routine and started her training. In her own way Pippa has dealt with wiggly riders, riders who mount at the block or the ramp and riders that need 1 or 2 sidewalkers. She can do anything she puts her mind to and with her good looks she has brought home the Best Presented Award for the Tall Timbers team at the Royal Easter Show for the last 2 years, we hope 2009 makes it number three.

Pippa has been nominated for the Shush Memorial Award for the Best RDANSW Horse or Pony, as she is a very versatile pony in our program and not only works in regular RDA classes but she has represented us at Regional and State Mounted Games and Dressage Competitions since 2006.

JETS DIARY ENTRY (As told to Chanida)

Dear Diary,
Can you believe I've been here for 18mths already?
Man, time flies.....
I got so sick just after I arrived here, I was sure these people had done something to me! As I began to feel better the people started talking about getting me back into work?? Since I was so convinced they had made me sick I thought it would be fun to get some payback and play some games with them. When I was being lunged, I would start really slow and lazy, and then I

would take off, kick up my heels and have some fun! I actually snapped a lunge lead once - and I wasn't even trying! After a few days though I started to enjoy being exercised, and I was feeling really strong. I started to realise then that no one here was trying to hurt me, they were doing everything to help me!

They spent the next few months riding me, throwing things at me, leading me around. It was stuff I'd done before at my last home so none of it bothered me. They called it 'getting ready to start classes' whatever that means! I guess the classes are when a bunch of us get led around with people on our backs - although in my first class here at TT I was the only one in it! I started in 1 class a week and ended the year in 4 and often filled in for other horses when they were sick or busy with other things. One of my regular riders even rode me without the lead rope connected. What can I say? Everyone loves me!



In the last few months a lot of horses have moved out. My very first neighbour, Murphy, moved to Tasmania. All of the people were crying and hugging and kissing him goodbye. It was actually quite sad but I think he'll enjoy Tassie. Then there was Rosie and Scooter and Levi, but the one I miss the most is Tiger. People used to get us mixed up all the time and we had so much fun switching places to confuse everyone. The looks on their faces was priceless! I heard the other day that a photo of Tiger was posted on facebook and someone, who should have known better, thought it was me! Oh well, I guess that just proves how good looking Tiger is!!!!

Listen to me, rattling on about who has left us when we've had some new horses move in too. Rennie is kinda cute but a bit annoying. He is always into everything, chewing lead ropes and pawing at the gate but he's cool. Diesel and Kruger have taken over my place as the new recruits. They are now the ones getting things thrown at them and being led around the arena, and I'm being asked to show them how it's done. Hmm... I wonder if that means I've graduated?

You know, when I first moved here I spent a lot of time on my own, but as I get to know everyone I've made some really good friends - both people and horses. I'm in love with Savanna she is just gorgeous, and I have recently moved in with Stormy and as long as he stays away from my food we get on like a house on fire! I really like this place, I think I'm gonna stick around for a while...
Love Jet

SATURDAY RIDERS' CHRISTMAS PARTY

By Judy Brightman, Coach

A warm Saturday in December; the weather was kind for our end of year party given the heat we've had lately – and subsequently the rain and cool temperatures!

While, Kaye, Karen, Jan and I were attending to last minute preparations and admiring the way Nicole had laid out certificates, gifts & trophies, people started arriving laden with food. I must congratulate and thank all the attendees for their prompt arrival – it is so good to be able to run things to time and not keep the riders waiting, full of anticipation! We were supplied with delicious food by parents, and many soft drinks had kindly been donated by Kong Tang, Matthew's dad; - good to see the parents of Saturday riders contributing and helping us so much – we greatly appreciate it!

John Norris was on hand to represent the Ku-ring-gai Lions Club which has sponsored this party for many years, providing wonderful gifts for all riders in addition to providing a lovely trophy as an Encouragement Award for a rider that has shown considerable improvement and/or desire to improve throughout the year. Thank you John, Carmel (who couldn't be there this time) and the Lions for their ongoing support – you provide so much pleasure for our riders.

It was marvellous to welcome, once again, Joyce Harvey, to present the Bill Harvey Memorial Trophy for the Most Improved Rider of the Year. Joyce is a Tall Timbers Legend. Joyce and her late husband, Bill, attended RDA Tall Timbers in its various locations for many years with their two children who were both riders. They were involved in all sorts of fund raising activities until circumstances made it increasingly more difficult and well-earned "retirement" called. Joyce has kindly, and justifiably proudly, presented the trophy named after her husband for many years now. This year that trophy was presented to Connor Gleeson who made significant improvement from being too nervous to touch the horse to eventually being able to get on the horse, whilst clutching onto Dad – to riding happily on his own and taking part in all activities. What an achievement! Unfortunately for us Connor has moved to Melbourne this year – we do hope he will be able to attend RDA in Melbourne to continue progressing. I'm sure his time spent at Tall Timbers with his Dad will be cherished memories.

Certificates and gifts were handed to all riders, and progress reports to parents, by Kaye and I – and John Norris presented the Lions' Encouragement Trophy to Nicole Druett – who sadly wasn't able to attend as she was away on holiday with her family! The award was presented to Nicole by me on 31 Jan at Orientation with the proviso that she would bring her trophy to her first riding day to be presented by Kaye in front of her group!

Congratulations to all the riders and award winners – well done!

It was a great opportunity for the two Saturday groups to meet and mingle, share a few stories and see a different side to RDA – the more relaxed, social one!

All in all it was a great day – many thanks to everyone who made it so; especially John Norris and the Ku-ring-gai Lions, Joyce Harvey and those in the background – Nicole, Kerry, Chanida, Wendy who all contribute to Saturdays at RDA. Thanks Karen for being there on the day and for helping out some Saturdays too – and of course to Jan Moran, Saturday Horse Manager.

Lastly, two very important groups remain for Kaye and I to thank:

- 1) our wonderful volunteers – please keep coming, even if you can't come often– we need you!
- 2) our magnificent horses: - nothing happens without you – thanks for your tolerance!

Here's to a happy, healthy, successful 2009.



Nicole Druett – Kuringai Lions Encouragement Award

RDA NSW DRAWING COMPETITION 2009 "Celebrating the Horses' Birthday"

Draw a picture (not colouring in a pre-printed picture) of how your horse celebrates his birthday

Age Groups 4 yrs – 8 yrs, 9 yrs – 14 years, 15 years – 20

Winner of each age group will receive a prize and everyone who enters will receive a certificate.

To ensure return of entries, please write on the back of each entry the name and age of artist and RDA Centre. Entries close 31st March.

Forward entries to:
Drawing Competition
RDA NSW
PO Box 710
SYDNEY MARKETS NSW 2129



A WAY YOU CAN HELP OUR CENTRE HORSE CARE DONATIONS

Make a donation to our Centre to help with the care and feeding of one of the team of wonderful horses used in our therapeutic riding program. \$750 helps with the cost of the farrier, feed and normal veterinary expenses for a year. It is tax deductible and you will receive a Certificate of Appreciation with a photograph of "your" horse.

Several of our horses are in need of support including: Boomerang, Indi, Savanna, Stormy, Kruger, Diesel and Jet.



Stormy



Boomerang



Kruger



Indi



Diesel



Savanna



Jet

SPONSOR OUR HORSEPOWER THE FORD F100

Make a donation to our Centre to help with the running costs of our FORD F100. We have had the F100 since new in 1984. It is indispensable around the property and for carting large loads to functions and fundraisers. To keep it registered and maintained it costs the Centre approx \$1500 each year.

Our F100 is a special vehicle, with great character and so useful that we couldn't do without it. It would be great for it to have some sponsors. Donations are tax deductible. Please contact the office if you are interested in helping out the Centre in this different way.



VISIT BY PRESIDENT OF FEDERATION RIDING FOR THE DISABLED INTERNATIONAL (FRDI) MRS GUNDULA HAUSER

The Federation Riding for the Disabled International was founded in 1980 and encourages worldwide links between countries & Centres offering therapeutic riding & driving, and to assist in the development of programs in new areas of the world.

Mrs Gundula Hauser, from Vienna (Austria), is the President of FRDI (the international "arm" of RDA) and was in Australia recently on FRDI business. With Jenny and Doug Denby, Gundula took the opportunity to visit Tall Timbers on 23 February 2009. She was very interested to see the Centre and its operations and was especially interested in knowing that RDA operates with volunteers – apparently in Austria due to the lack of volunteers their clients either do vaulting or hippotherapy. Volunteering is not a culture as in Australia.

Thank you to Kerry and Nicole for explaining how Tall Timbers operates.



TRIVIA NIGHT

SATURDAY 23RD MAY 7.30

IN THE ARENA OF
RDA TALL TIMBERS CENTRE

GREAT PRIZES! LOTS OF FUN!

MAKE UP A TABLE OF EIGHT OR
JOIN ANOTHER

ONLY \$15 PER HEAD INCLUDES
SUPPER
BYO DRINKS AND NIBBLIES

PHONE RDA 9679 1246 TO BOOK
BOOKINGS ASAP OR BY 9TH MAY

*The generosity of your time is the most
valuable gift you can give*

TREASURE TROVE RAFFLE RESULT

Result of the 2008 Rotary Community Chest draw
At 6pm on Wednesday the 21st January 2009 at the
Burwood RSL.

The winner of the Toyota Corolla Grand Prize is:
Ticket No: MST 01 641 - M. Russell of Wallsend
The winning ticket was sold by a Cancer Research
Support Group called Red Kite, from Newcastle.

Thank you to everyone who supported this raffle. Tall
Timbers Centre raised \$2526.

UP COMING EVENTS

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

MODEL RAILWAYS EXHIBITION

7th and 8th MARCH

Helpers and Baked Goods needed

Forestville Memorial Hall cnr Starkey and Warringah Rd
Thank you to the North Shore Railway Modellers
Association and the Lions Club of Kuringai for their
continued support for our Centre. Helpers are needed to
assist in the canteen and we also need cakes to sell.

CASTLE HILL SHOW

20th, 21st and 22nd MARCH

We will once again need your assistance with catering
(kitchen duty) at the Castle Hill Show. We provide meals
for the judges and stewards over the three days. Come
along and help for a few hours or more. Tickets for the
show are issued to helpers. Please let Kerry know when
you can help.

TALL TIMBERS AGM & OPEN MEETING

WEDNESDAY 25th MARCH 7.30PM

All members are encouraged to attend. New members
please phone the office for an application. \$11
membership is due now.

WINDSOR POLO

SUNDAY 29TH MARCH

We will need some helpers to help at the gate at Windsor
Polo Fields. Make a picnic day of it and enjoy the polo.
Please let Kerry know if you can help.

RDA NSW STATE MOUNTED GAMES AND HORSE OF THE YEAR COMPETITION

SYDNEY ROYAL SHOW

EASTER MONDAY APRIL 13TH

Keep this date free to support our riders and horses. It is
held in the Schmidt arena from 8.30.

BUNNINGS BBQ

17th MAY, 23RD AUGUST AND

22ND NOVEMBER AT DURAL BUNNINGS

Let us know if you can help at these fundraisers.

RDA NSW AGM & BANNER PARADE

SATURDAY 2nd MAY

RDA NSW 5PM

The RDA NSW State Annual General will be held on
Saturday 2nd May at the Office of RDA NSW, Sports
House, 6a Figtree Drive, Sydney Olympic Park.

TRIVIA NIGHT

SATURDAY 23RD MAY 7.30

We are holding a Trivia Night in the arena at Tall Timbers.
Make up a table of 8 or join another. Only \$15 per person
which includes supper. BYO drinks and nibblys. All
proceeds assist with the costs of running the Centre.

PRIZES NEEDED – if you have any contacts or are able
to request prizes from your local businesses they would
be gratefully received. Suitable prizes include bottles of
wine, boxes of chocolates, gift vouchers, hair or beauty
treatments, dinner vouchers etc.

REGIONAL DRESSAGE 31ST MAY

This year the Regional Dressage Day will be held on
Sunday 31st May at Tall Timbers Centre.

RDA NSW STATE WORKSHOP

SATURDAY 11TH AND 12TH JULY

RDA BALLINA

This year RDA Ballina is hosting the State Workshop.
There will be a variety of speakers and different topics.
More details will be available soon.

HORSES' BIRTHDAY DINNER

MONDAY 3RD AUGUST

URBAN GRAZE EXPERIENCE

42 BANNERMAN RESTAURANT GLENHAVEN

An Italian Trattoria challenge where two teams
of chefs compete to win the urban graze
challenge. Get a group of people together to
become food critics for the night and raise
some money for our Centre. \$50 per head
(tables of 6) for a three course meal (not
including beverages).

Bookings (Urban Graze) 9862 3042



KEEP YOUR CONTACT DETAILS UP TO DATE

Please let us know if you have changed your address or
no longer wish to receive the "Tall Timbers' Times". Just
drop us a line by mail, fax or email or give the office a call.

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

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



United Way
Sydney



VOLUNTEERS NEEDED

Volunteers are needed to:

Help in our horse-riding program to lead horses, or assist riders by walking beside them and giving such help as may be necessary. It's great exercise!

Or join our group of auxiliary helpers who assist at fundraising events and special functions

No experience is necessary!
Friendly atmosphere!
Help us to help others.



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