

# The Tall Timbers' Times



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

### "SNIPPETS"

We have had a busy couple of months and it's hard to believe that it is already November.

Our Semester two riders settled in quickly to their programs and as always our volunteers have begun to see improvements in each of them. It is hard to imagine how riders change if you haven't seen it but the volunteers, parents and teachers that are involved in the program would certainly agree the riders benefit in many different ways.

Our Horse's Birthday fundraising was great with a lunch and a number of schools and business holding 'Mufti Days' and of course the Birthday presents the horses received, so thank you to everyone who participated and contributed.

Our Coaches were lucky enough to be invited to be involved in a screening of 'The Horse Boy' a documentary about a Father's Quest to heal his son. We watched their journey intently and afterwards I hosted a Q & A Session with Rupert and Kristin Isaacson, parents of Rowan, and the audience. Their story is one that many of our RDA families could relate to in terms of the way Autism affects their lives and for us as coaches it was an eye opener to see other side of our riders' lives. Rupert & Kristin were very supportive of the work we do in RDA and it was a great opportunity for RDA to be promoted to those in the audience.



OLMC Parramatta have held their Annual Walk-a-thon in aid of RDA Tall Timbers. The Year 7 & 8 students raised \$3000 in sponsorship for walking around Parramatta Park in September. Thank you for continuing to support our Centre.

Our Driving team are nearly finished their entries in the State Competitions – Dressage, Cones, Barrels and Photo. Good Luck team!

We have four riders representing us at the RDANSW State Dressage Championships on 14<sup>th</sup> & 15<sup>th</sup> November at Sydney International Equestrian Centre. Amanda, Danielle, Erin and Natalie have been training hard towards their events and fingers crossed it all comes together at the event. We would love to have a cheer squad in the crowd for Tall Timbers so if you are available, come along.

We hosted the Metropolitan Regional Mounted Games Day in September with riders from Tall Timbers and Blue Mountains RDA battling it out. Some of our riders may even qualify to compete at the State Championships which will be held at the Sydney Royal Easter Show in 2010.



Our BBQ team has been busy again with Bunnings and also an opportunity at a Hoofbeats Adult Riding Club event at Wilberforce. There will be another Bunnings BBQ in November and hopefully more BBQ opportunities in 2010.

Thank you to everyone who voted for us in the Rouse Hill Times Business Achiever Awards, we qualified as finalists in the Not-for-Profit Community Section and whilst not named as the winner we are grateful for the recognition our Centre received during the awards.

The Rotary Club of Holroyd has kindly hosted a Doll, Bear & Craft Show at Merrylands with RDA Tall Timbers the recipients of the proceeds. This is a great new opportunity for us particularly considering The Holroyd School participate in our program. We hear from volunteers who went along to the Show that it was a well attended event and we are grateful for this support.

Our Annual Volunteers Lunch will be held on Thursday 26<sup>th</sup> November to thank the hard working volunteers that keep this Centre on the go. Everyone involved in the

Centre do a fantastic job and we are grateful for all the work that you do. We will also be presenting Service Badges and our Annual Awards. We look forward to catching up with all our volunteers on the day.

Our Semester 2 riders will be finishing with Presentation Week from 30<sup>th</sup> November until 4<sup>th</sup> December. Parents are invited to attend and watch their child participate in their sessions and be there for the presentation of their certificates.

Kuringai Lions Club is again supporting the Saturday riders Christmas Party being held on Saturday 12<sup>th</sup> December. Our riders will be presented with Certificates and celebrate their achievements from throughout the year.

It's at this time of the year, we reflect on the year that was, the Centre has certainly strengthened its ability with our new facilities and it feels like we have grown professionally and the contribution that each of our volunteers and supporters make is responsible for that. Our Coaches, Kerry and Chanida have again done a great job in making sure the riding program runs smoothly throughout the year.

Thank you to everyone for being part of 2009 at Tall Timbers and we look forward to seeing you next year after a relaxing and safe Christmas break.

## **PRESIDENT'S NOTE**

**Karen O'Neill, Hon President**

It seems just like yesterday we were at the starting gate of a new year for RDA Tall Timbers, champing at the bit ready to get going with our first full year at the updated Centre. How the year has again raced by.

On behalf of the Committee and staff of Tall Timbers, I would like to say a HUGE thank you to each and every one of you for your time and energy in providing successful riding and driving programs for our riders and carriage drivers, also for the continuing effort towards the smooth running of our Centre.

Thank you to all that have helped at and supported our many and varied fund raising functions. With the financial climate and a few cancellations due to circumstances beyond our control, fund raising has been challenging this year.

Many thanks, as always, to our fantastic coaches who are constantly making horse activities interesting and exciting for our riders (and volunteers!)

We have all shared with our riders their excitement when they have achieved personal bests, whether at the centre or when they have gone on to other competitions. Well done to all of you.

Thanks also to Kerry, Nicole and Chanida for their continuing support and devotion to RDA.

As the finish line approaches for the end of the year, we wish you a happy, relaxing and safe holiday period.

We know our horses and ponies will also enjoy the summer break, under a shady tree having some 'time out' to recharge.

Looking forward to seeing you again in 2010 – our 10<sup>th</sup> year at Box Hill.

## **HORSES' BIRTHDAY FUNDRAISING**



Thank you to everyone who sent "birthday gifts" for the Tall Timbers' horses. The horses had a great day and have enjoyed their treats. \$1842 was raised.

Thank you to also to the schools and organisations which held mufti days to benefit our Centre.

Thank you to our supporters who came along and enjoyed a Horses' Birthday Lunch at the Secret Garden Restaurant. The event raised \$515 for our Centre.



## SPRING CELEBRATION

By Joan Edwards, Volunteer Senior Coach

After much deliberation about the date, how lucky can you be, with the weather on the weekends before and after the planned dates not good. Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> were beautiful days.

The signs were up, gates opened, umbrellas put up, the table cloths on, with baskets of lemons and mandarins, and other baskets with jam and sugar as well as for decoration these were to hold the tablecloths down in case the wind got up.

The helpers arrived and so did the visitors, who parked their cars in the paddock and came around the shed to find Devonshire Teas, quiche or cool drinks for sale.

At 11.00am and again at 1pm an escorted bush walk was on the program, most visitors took part. The wild flowers that were out included red and grey spider flowers, wattles, several different Pea flowers and Wax flowers. Those who took the steep way back say the small pink and white native orchids.

About 60 people enjoyed chatting with old friends and making new ones, enjoying their home made scones and inspecting my garden where the highlights were the Waratah which had two flowers for the first time and the grass tree with a flower spike. The sweet peas were not yet in bloom however there were lots of other blooms and areas to investigate.

To make it even better we raised \$527 for RDA Tall Timbers.



## WINDSOR POLO CLUB – INTERNATIONAL TEST MATCH

By Judy Brightman, Volunteer Saturday Coach

As has become traditional for one of our largest fundraisers of the year, the sun shone gloriously. After days of rain I happily packed the drizabone back in the cupboard and headed out to Richmond to join Karen, Joan and the rest of the crew getting organised for the onslaught with the great guys from Rural Fire Services (who direct the traffic and handle parking) whilst we handle the gate and ticketing.

The grass had grown well over a newly seeded (last year) field and so parking was slightly different to last year but everyone soon got the hang of where, what, who and when! All whys were ignored!

As usual the day started slowly, built to a steady flow (not a flood as in previous years – signs of the GFC impacting or simply better staggered arrivals?) and ended with a mad flurry as a few last minuters rushed in to catch the start of the international test just as the anthems were playing!

The curtain raiser was a “colt’s match” for the up and coming under 25 year olds. The main match was played for the Mountbatten Memorial Trophy which was presented to Windsor Polo Club in 1979 by the Countess Mountbatten of Burma in memory of her father who was the Windsor Polo Club Patron. It was played for when Prince Harry was here in 2003 when England won by 2 goals, but this year the Aussies took revenge and won 8-7 – well done!

The club was great in making sure we were catered for and the car boot parking was well subscribed as usual. Perhaps we’re getting better at it over the years but it seemed to me we had a smoother run with little confusion over tickets.

A number of volunteers are needed to ensure this event runs smoothly and we had a good turnout. One of the great perks of volunteering for this one is that you can go and watch the International test soon after it is underway and entrance fees have been collected and the cash safely delivered!

Thanks to all who turned out to help: for the first-timers – I hope you enjoyed yourselves enough to join us next year! To Windsor Polo Club and Rural Press, many thanks for your continuing support of RDA Tall Timbers – we are extremely grateful.



## BUNNINGS BBQ

By Dinah Moore, Hon Secretary

We held our third Bunnings BBQ for 2009 in August and to-date it has been our most successful. The weather was very "Spring-like" and no doubt encouraged many people to get started on their gardening and odd jobs after the winter spell.

We all had an enjoyable day and (with a little encouragement from Den) we even sold a sausage to Don Burke!

Our final BBQ for 2009 is on Sunday 22<sup>nd</sup> November. If you can help in any way (your time on the day, supply of food or drinks to sell etc.) please contact the office on 9679 1246. You might even meet a celebrity!

Thanks to Dural Bunnings for the continued support.



## WOOLWORTHS FRESH FOOD KIDS COMMUNITY GRANT



A special thanks to Woolworths. Our Centre received a Fresh Food Kids grant to purchase helmets, witches hats and other games equipment for our riding program. Justin Gregory from Woolworths Rouse Hill visited Tall Timbers to present the cheque and receive a Certificate of Appreciation.

## UNIVERSITY PLACEMENT

By Rebecca Howard, Student UWS

I arrived at Tall Timbers on the first day of my six week university placement very nervous, and unsure of what to expect. But I need not have worried, because it turned into one of the most valuable experiences of my studies so far. With the RDA way in mind, I was doing all sorts of jobs, from grooming and saddling horses, cleaning yards and weeding, to setting up the arena for classes, and most importantly, helping out in classes, be it leading, side walking, or watching on.

Of course I had a soft spot for Kruger, as Kruger was my horse a few years ago, and I am very happy to see him doing something so valuable, and that he is being looked after in his happy life at RDA. What I appreciate most from this experience was the interaction between all the riders. They were great, and it was so good to be part of their learning and progression through life, even if it was only for one hour a week.

I have to thank all the wonderful volunteers at Tall Timbers, who guided me through my time there, and who are truly an invaluable part of the centre. Of course, a big thankyou to all the riders who let me share in their experiences, this was the biggest learning curve for me, and for that I am truly grateful.

And of course, a huge thankyou to Nicole, Kerry and Chanida, for allowing me to come to the centre and test your patience with ongoing questions for six weeks, I really appreciate it, and admire all the work that you do to keep the centre running.

Many thanks to everyone I shared time with at Tall Timbers.



Love Horses – like teaching?  
Want to help others achieve their goals?  
Want a fun, challenging and rewarding experience?  
Become a Coach or Assistant Coach with RDA.  
On the job training, horse knowledge preferable.

Contact 9679 1246  
[talltimbers@rdansw.org.au](mailto:talltimbers@rdansw.org.au)

## COACH TRAINING ISES CONFERENCE

By Judy Brightman, Volunteer Coach



*Denise Corbett and Judy Brightman with legendary horseman, Steve Jeffries, at ISES.*

On Sunday July 12, while our colleagues were attending the State Coaching workshop at Ballina, Denise Corbett and I met at the Veterinary Conference Centre at Sydney University for the 5<sup>th</sup> annual ISES conference.

The International Society for Equitation Science (ISES) is a not-for-profit organisation with the primary function of facilitating research into the training and welfare of horses.

This was the first time ISES had invited non-scientists to a conference. Attendees included EFA coaches, professional riders, amateur riders, equine dentists and a group of scientists from around the world; in all over 200 delegates from over 15 countries. The theme of this conference was: Ethical Equitation: a sustainable approach. This is a theme close to my heart and I thank RDA TT and RDANSW for supporting my attendance.

The conference started with a rousing presentation by Professor Leo Jeffcott, Dean of Vet Sci, Sydney Uni, former Dean Vet Sci Cambridge, official vet at the last 5 Olympics etc etc. He told us about the advances in horse welfare at competitions, but also sounded a warning bell: the welfare committee has been abolished by the FEI, the governing body of international equestrian sport. This is a deeply disappointing move, and underlined the importance of the research and dedicated work that the vets and other scientists were about to reveal to us over the ensuing 3 days. We spent the entire day in a windowless lecture theatre listening to numerous scientific paper presentations and neither Denise nor I were bored! We caught up with Nola (RDA coach from Ryde) at morning tea and joined ranks. We learnt some fascinating facts about horse behaviour, pioneering research work around the world, and how dubious practices such as rollkur and other extreme training methods are starting to feel the bite of committed animal ethologists around the world.

At the end of a long, but absorbing day we were all looking forward to the practical session at Centennial Park Equestrian Centre on Monday. What a treat we were in for!

- Top international showjumper and coach Colleen Brook

- Horse trainer for stage and screen Steve Jeffries whose breathtaking gallop onto the centre stage with his Stock Horse signalled the start of Sydney's Olympic Games
- Paralympian and clicker training expert Georgia Bruce
- The Australian Equine Behaviour Centre's Warwick McLean
- Renowned dressage competitor Brett Parbery
- Sports physiologist John Crampton.

These internationally acclaimed horse people worked with learning theorists and new technology such as rein tension meters and gait analysis software to unpick the mechanisms common to all clear animal training. We saw the previous day's research discussions put into practice – and a whole lot more technique and experience demonstrated – by these talented horse people and their amazing equine partners. It was especially rewarding for us as RDA coaches to see Georgia in action with Rumba the Wonder Horse, supported by Marita Hird (former top RDA QLD rider) and also to see Victory Salute (Sam) there, ridden beautifully by Brett Parberry. Sam was partnered by Georgia to win bronze in Beijing at the Paralympics. His owner Carolyn Lieutenant, judge, coach and supporter of RDA was in the audience.

The third day saw us back in the lecture theatre to tie together what we had seen and heard with the main theme. It was brilliantly and succinctly opened by Dr Bidda Jones, Chief Scientist at RSPCA Australia who asked "what's in it for the horse?"

What indeed? – we couldn't quite reach a definitive answer but hopefully more awareness of horse welfare was reached. I know I learned some interesting things about horse behaviour that I can apply to working with my own horse and RDA, and was inspired by the passion and dedication of people, including some very bright, young scientific minds who are keen to work towards a more ethical approach to horses and their use. All this is critical if we aim to use the horse as a partner to improve quality of life for people with disabilities.

## OLMC WALKATHON

By Kirsty Hardman, Volunteer Coach

During Term 3 the girls in Year 7 & 8 at Our Lady of Mercy College, Parramatta held a Walkathon, the proceeds of which they very generously donated to RDA Tall Timbers. The first date for their two lap walk around Parramatta Park had to be cancelled due to heavy rain but the second attempt was a great success with all girls completing the course.

I was presented with the cheque for \$3000 on Wednesday 5<sup>th</sup> November at a special assembly. A number of interesting questions about RDA were asked by the girls before I was invited to share in a delicious, if somewhat rain dampened sausage sizzle. On behalf of all at RDA Tall Timbers I would again like to offer a huge thank you to the girls and staff at OLMC for their hard work and great generosity.

## CARRIAGE DRIVING

By Janet Muspratt

Co-ordinator Tall Timbers Carriage Driving



We have been working on completing the different events for the State Competition – Dressage tests – videoed, Cones, Barrels and Photo class, and have almost finished. It is amazing how well a dressage test can be done when it is just a 'practice', and how hard it is to get it right when the camera is turned on. Alan Ongley was very patient behind the camera dealing with a number of false starts on videoing day.

A big help in setting up the dressage arena has been the installation of permanent markers in the ground to indicate the location of each of the letters. Many thanks must go to Eddie Dobbin who made and donated the markers.

Our drivers have continued to make good progress in their skills – particularly in driven dressage. We have spent quite a bit of time in lessons on improving the accuracy of circles, driving straight lines and doing smooth transitions. Nicholas and Sonny Boy continue to be cooperative and obliging ponies.

We were sorry to say farewell to one of our long time drivers, Terry Harris, recently. Terry has moved out to Bathurst to live. Terry was a very capable driver as well as always being cheerful and a pleasure to accompany in the vehicle.

Our November driving day will be last with the horses for the year. Drivers and volunteers will then all get together for our traditional Christmas lunch in December.

Driving will start up again in February.

*If anyone knows of a club, organisation or even a morning tea that would like a guest speaker or more information about Riding for the Disabled just let us know. We would be happy to provide details, DVDs, etc.*

## LISA AT RDA TALL TIMBERS

By Jillian McCarthy, Support Worker

Lisa lives in her Marsfield home, run by Seton Villa, with three friends. She works at New Horizons three days a week and was looking for something to do on the other days. She loves animals but doesn't have one of her own.

In Semester 2 Lisa started at RDA – not riding but working with the horses, getting them ready for their daily lessons.

If you ask Lisa what is the best thing about RDA she will tell you "Joan". Joan is one of the volunteer Coaches and is there to meet Lisa every Monday. Joan tells Lisa what her jobs are for the morning and helps her along the way. Lisa says she loves all the horses but her favourites are Angel and Ishmar. Lisa's jobs each week including taking off Ishmar's rug, brushing Ishmar and Angel and getting out any gear from the tack room. Lisa is learning to lead Ishmar and each week she takes Ishmar for a walk with Joan. Lisa finishes off by washing all the feed buckets. After Lisa finishes her work she always sits down for morning tea at the tables overlooking the arena and watches a group of children have their lesson. Joan gives Lisa homework which she is very keen to do as soon as she gets home. Recently Lisa brought a shirt just like the volunteers and wears it each week. RDA for Lisa is not only being able to be around the horses which she loves, she has had the opportunity to learn new skills and meet new people and enjoys sharing her stories of RDA with her friends.

Thank you to everyone at RDA.



## TOTS ON HORSEBACK EARLY INTERVENTION PROGRAM

By Kim Kozis, Volunteer Coach



As Coaches, volunteers, parents and carers, we have often seen the amazing results that RDA produces through the medium of the horse. Just as often we have discussed what further improvement we might have seen, if the rider had been able to start the program at an earlier age. It was with this thought in mind that the "Tots on Horseback" program was started. In essence, an early intervention program for pre-schoolers with disabilities, to maximize the benefits of horseback activities. As this was a small section of the community that we had not yet provided for we were excited at the prospect of what the program could offer.

Apart from the exercise and the sheer joy of being on a horse we are hopefully helping the youngsters to cope with new situations such as accepting people outside the family circle in an environment away from their comfort zone. Because the sessions are conducted on a one-to-one basis there is a required level of interaction providing an opportunity to improve language and listening skills. Additional benefits are learning to accept and follow instructions and developing hand/eye coordination and motor skills through games and activities. For those Tots requiring the absolute physical therapy of riding the younger start will hopefully go a long way to assist with muscle development, establishing balance, core strengthening, improved circulation and relaxation.

Beginning with just 2 riders in July 2008 the program has proved popular and over the last 12 months has expanded to include a total of 7 riders one of whom has since graduated to a group session. It would be nice to see this growth continue but, as with all things RDA, we are limited by our resources and finances but do what we can given the constraints.

Tots on Horseback is a valid program and one that it is a privilege to be part of. Ask any member of the Tots team - it is such a rewarding experience with absolute job satisfaction!! The kids enjoy it too!!

## RECENT GROUND IMPROVEMENTS

By Paul Akers, Volunteer

A special thanks to all the volunteers who have helped with the pot hole filling, sign writing, mulching, planting, slashing, drainage, lawn mowing, gate construction, and many other tasks that have added to the overall improvements in recent weeks.

We wish to acknowledge the help and advice given by the staff at the Bidjwong Community Nursery and the team at the Parks & Gardens Group at The Hills Shire Council.

All the new plants are native to the local area and should provide plenty of colour in years to come, with an array of Red and Pink Bottlebrush, Native Sarsaparilla, yellow flowering Wonga Vine, white Clematis, Tea trees and Lilly Pilly.

We also need to acknowledge our hard working Kubota tractor and Charlie for keeping it going.

*Editor: Also a special thank you to Paul for his hard work making our grounds beautiful, for organising the donations of plants and mulch and for assisting with many odd jobs.*



## "TALL TIMBERS" WISH LIST

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

Monetary Donations to support the program  
Farm vehicle – "gator" or similar to assist with feed run, grading arena and property maintenance  
Fly masks, cob and full size ready for summer  
Stationary - stamps, copy paper, etc  
Mouseproof metal cupboards for rug storage  
Horse stuff, garlic, hoof oil.  
Manure rakes  
Saddlery gift cards to assist with purchase of helmets and saddles  
Sponsors for horses  
Sponsors for vehicles (F100, Jackaroo etc)  
Portable PA System

Volunteers – extra hands for our program, garden and property maintenance, and fundraising

## WARRAH SCHOOL

Warrah students have been attending riding lessons with Riders for the Disabled since the days of the Galloping Housewives in a Kenthurst paddock, in fact well before the current crop of riders was born! We teachers observe improvements in things like balance, coordination, concentration, social skills and independence - in outlook in life. But the feedback from the students of their positive experiences, are very much the same as those of the riders in the early years. The following comments of our latest group reflect the common experience of those who attend classes at Tall Timbers. Sue, Teacher

*"I love going to learn to ride at Tall Timbers. Before I started, I was afraid of lots of animals, like cats! I first rode Indi and now I am riding Kruger."* – Julian, 14.

*"I like horse riding. I'm now going with Sue and Liz's classes – the older ones. I've ridden Angel, Indi and now I ride Savannah. I like the games. I like best to ride on the trail around the dam. Sometimes we see swans and water hens. I love it when I win Rider of the Week!"* – Lara, 11.

*"I ride Floss. Floss is lovely and quiet and looks after me. There was a time when I stopped, but now I found my courage. I love horse riding. It's lots of fun and I like the games – there's barrel racing, four leaf clover, stop-start, fast and slow. We ride out into the paddocks and around the dam. We learn to look after the tack and the horses."* – Jamyma, 14.

*"I love horse riding and I like Pippa. I started off learning to use the reins on the lead, and now I am off the lead. I like my leader Nicky and I like the games we do. I got to go in the Regional mounted games. I really hope I can go in the Royal Easter Show! Thank you very much for teaching me, RDA."* – Justin, 12.

*"I ride Ishi. He is a pure Arab. I have been riding at the RDA for a few years now. I first came when I was much younger. I ride privately after school. I ride with Erin. At the Mounted Games last year I got two seconds and two firsts, and this year I got a first and three seconds. I've ridden at the Royal Easter Show! I won first place in the overall score last year. I will soon be learning to canter. Not even the sky is the limit for me!"* – Joshua, 14.

*"I love riding at RDA! I like the races best and riding outside. I like my leader and the coaches, Kirsty and Nicole!"* – Alethea, 16.

*"I ride Angel. Angel is white. I like the music and rhythmic things we do. I love the horses!"* - Sarah, 16.

*"I started coming to RDA when I was little! I can ride off the lead, and trot. I could learn to canter! I like the games we do, like keyhole and bending and flag races. I like Apex, he is big."* Chris, 18.

*"I love riding Boomerang. Boomerang is spotty! I ride around."* – Sam, 7

*"My horse is called Floss. I say 'Walk on!' Sometimes I watch the pigeons in the rafters! Riding horses helps me focus and listen."* – Enrico 12

*"Horse riding at RDA is the highlight of my week! I look forward to it all week and it's all I talk about, nearly! I love my horse, Apex. I like the games like flag racing and I always remember to say 'Walk on'. I would like to be riding for the rest of my life! It's good for my head! I ask about horse riding at RDA from Christmas to July!!"*  
– An, 14

PS Wesley is in the US at present, probably looking forward to resuming his riding lessons back at Tall Timbers.



## REGIONAL MOUNTED GAMES

5<sup>TH</sup> APRIL 2009

By Kirsty Hardman, Volunteer Coach

Despite an early (for a Sunday!) start all competitors and horses arrived at TT looking bright eyed and bushy tailed. For some it was a completely new and especially exciting experience, many were old-hands but all were rearing for the chance to show their best in the barrel race, flags, bending and keyhole. It was lovely to see so many supporters accompanying the competitors, particularly those for whom this was a first-time event. Coaches were excited, nervous and proud of their charges and, as if in co-operation, all the horses performed beautifully. Ishmar was particularly enthusiastic, breaking into canter without even being asked! And they were off.....

Each rider rode all 4 events either led or off-lead at walk or at trot (off-lead) and everyone pulled out all the stops to perform to their absolute best. It was exciting to see such a range of ages amongst our riders with the youngest being just 4 years old!

After a very busy morning, and some waiting around as horses were shared amongst different riders, the ribbon announcements were made and the smiles of the competitors were as wide as the ribbons themselves were long.

And so by late lunchtime everyone had done their best riding, eaten the great sausage sandwiches, cakes and slices organised by the TT vollies and generally thoroughly enjoyed a great Sunday.

Many thanks to all the volunteers, helpers, organisers and supporters who continue to make these events so memorable.



Results for Tall Timbers riders were:

	Name / Horse	Flag	Bending	Barrel	Keyhole
Walk TT	Natalie Fulton - Kruger	5 <sup>th</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
Walk TT	Katrina Webb - Apex	2 <sup>nd</sup>	2 <sup>nd</sup>	P	2 <sup>nd</sup>
Walk TT	Justin Hill - Pippa	3 <sup>rd</sup>	4 <sup>th</sup>	2 <sup>nd</sup>	5 <sup>th</sup>
Walk TT	Peter Guest - Kruger	4 <sup>th</sup>	5 <sup>th</sup>	P	3 <sup>rd</sup>
Walk TT	Natalie Gross - Ishmar	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Led Walk TT	Emma Basha - Angel	P	P	P	P
Led Walk TT	Tiffany Gabriel - Angel	P	P	P	P
Led Walk TT	Mackenzie Woodbury - Boomerang	5 <sup>th</sup>	6 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Trot TT	Harrison Luke - Pippa	=1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Trot TT	Erin Christie - Pippa	3 <sup>rd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
Trot TT	Joshua Petch-Colley - Ishmar	=1 <sup>st</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>



## HORSE DIARY

As told to Chanida.

Dear Diary,

What a weird few months this has been. This weather is out of control, one day its 37 degrees and the next I'm all rugged up trying to stay dry and warm - ridiculous!

I've had heaps of fun though. I got to play in the mounted games in August. With Bruce leading and Mackenzie riding me we had so much fun playing the bending and flagging races and going around the barrels. We even ran a new race called the keyhole. It looked pretty easy at first - just walk up the alley, turn around in the circle and walk back. Then I realised I wasn't allowed to step outside, or even touch, the lines painted on the ground. I managed it but I'm sure my belly was wider than that alley!



About a month ago I took a week off work. They assured me it was a slow time and said I should take them now as we'd get busy again before Christmas. I persuaded Indi to join me as he had not been feeling well a few weeks before so the break would do him good. We went all out on our holiday; we slept in, had breakfast in bed, occasionally exercised but mostly just lounged around. We did get all our check ups done though - you know, doctor, dentist, podiatrist etc. The pedicure felt good. My toenails were getting a bit long and cracked but, if I do say so myself, they are just perfect now. The dentist on the other hand was not so fun. I have a fear of dentist's tools and I just hate seeing them come at me. I mean,

have you seen those things? They're huge! The rational part of my brain knows it doesn't hurt and once they start I'm fine - just as long as I don't have to see it! Indi of course was calm as can be. Sometimes I wish I was as strong as he is.

Near the end of our holidays we decided to splurge and get a massage. It wasn't a normal massage, it was something called Bowen. It was a bit weird at first but once we got used to it, it wasn't so bad. It's alright to do that sort of thing once in a while but it's not really my thing. Indi reckons massages are for girls but I think he enjoyed it more than he let on.

We also had a combined farewell party for Mr Ed and Stormy. Stormy was off to a new home to get lots of love and brushing, go on lots of trail rides and maybe even join Pony Club. It was so hard to watch him say goodbye to Jet, they were best friends. That would be like me having to say goodbye to Indi and I don't want to even think about that. Mr Ed went back to his old home. He'd been missing his Dad so was looking forward to catching up with him before he started looking for a new job. It was sad to see them go but I'm sure they'll be happy.

Anyway, they weren't wrong when they said work would get busy again before Christmas. Things are back in full swing now and everyone's super busy, but it's not long now til the end of the year. How scary!

MERRY CHRISTMAS EVERYONE!

*Boomerang*

## GROUP VISITS

This year we have had a number of groups come to visit, meet & greet our horses and see what RDA is all about. Ability Options come out as part of their Furs, Fins and Feathers program.

Group Visits must be booked prior and cost \$30 for a group of six plus carers if applicable.

UTS Students have also visited as part of their Social Inclusion subject of their Event Management Course.



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

## UP COMING EVENTS

*Please mark these dates in your diary. To keep the Centre running we need your help with our fundraising and promotional activities. You can now even help the Centre by shopping online.*

### CASH FOR A CAUSE

Shop online at  
[www.pharmaonline.com.au](http://www.pharmaonline.com.au) and nominate

**RDANSW TALL TIMBERS CENTRE**  
to receive 10% of the transaction value.



### RDA NSW STATE DRESSAGE CHAMPIONSHIPS 14<sup>TH</sup> AND 15<sup>TH</sup> NOVEMBER AT SIEC

We would love to have a cheer squad in the crowd for Tall Timbers so if you are available, come along.

### BUNNINGS BBQ'S - BUNNINGS DURAL 22<sup>ND</sup> NOVEMBER 2009 AND MORE DATES TO COME

Please let us know if you can help at these sausage sizzles. We hope to raise lots of funds on these occasions.

### VOLUNTEERS' LUNCHEON THURSDAY 26<sup>TH</sup> NOVEMBER 11.30AM

To thank our dedicated volunteers the Volunteers' Luncheon will be held on 26<sup>th</sup> November at "Tall Timbers".

### SUPPORTERS' DAY SATURDAY 28<sup>TH</sup> NOVEMBER 10.30AM

To thank our wonderful supporters we are inviting them to our Centre to watch a riding lesson and for morning tea.

### INTERNATIONAL DAY OF PEOPLE WITH A DISABILITY

**THURSDAY 3<sup>RD</sup> DECEMBER 2009**

The International Day of People with a DisAbility is part of a worldwide celebration that occurs on 3 December each year.

### INTERNATIONAL VOLUNTEER DAY SATURDAY 5<sup>TH</sup> DECEMBER 2009

International Volunteer Day recognises the work of all volunteers.



### SATURDAY RIDERS' CHRISTMAS PARTY/PRESENTATION

**SATURDAY 12<sup>TH</sup> DECEMBER 2009**

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

### AWARENESS STAND AND VOLUNTEER RECRUITMENT DRIVE – ROUSE HILL TOWN CENTRE

**1<sup>ST</sup> TO 5<sup>TH</sup> FEBRUARY 2010**

We will be having an Awareness Stand and Volunteer Recruitment Drive for our Centre. Please let us know if you are able to help us man the stand.

### MODEL RAILWAYS 27<sup>TH</sup> and 28<sup>TH</sup> FEBRUARY 2010

Forestville Memorial Hall  
Kuring-gai Lions Club are kindly assisting us by manning the door and canteen at this event. This is a particularly successful fundraiser for our Centre and we appreciate their support. We will however, need more helpers and especially **cakes** for the canteen which can be delivered to RDA during the week. Thank you to the North Shore Railway Modellers Association for their continued support for our Centre.

### CASTLE HILL SHOW 12, 13 & 14<sup>TH</sup> MARCH 2010

We will once again need your assistance with co-ordinating and assisting with the catering at the Castle Hill Show and also for the Devonshire Tea area. Please let Kerry know if you can help and mark it in your diary. This has always been a great fundraiser for our Centre.

### RDA NSW STATE MOUNTED GAMES AND HORSE OF THE YEAR COMPETITION. MONDAY 5<sup>TH</sup> APRIL 2009. EASTER MONDAY SYDNEY OLYMPIC PARK. SYDNEY ROYAL SHOW - HOMEBUSH

Keep this date to support our riders and horses.

### TALL TIMBERS AGM WEDNESDAY 24<sup>TH</sup> MARCH, 2010 – 7.30pm

The Annual General Meeting of "Tall Timbers" will be held at Tall Timbers Centre on Wednesday 24<sup>th</sup> March at 7.30pm. New members please phone the office for an application. Membership is \$11 per annum. Everyone welcome.

### NOTE TO OUR SUPPORTERS PLEASE UPDATE YOUR CONTACT DETAILS

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. If you would prefer to receive information and updates by email please let us know.

### 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>



United Way  
Sydney



## A BIG THANK YOU TO OUR CURRENT HORSE SPONSORS

Angel – Anonymous  
Diesel – Rotary Club of Granville  
Indi – The Gallur Family  
Ishmar - Bendigo Bank Galston Community Bank  
Kruger – Kirsty Hardman  
Ozzy - Value Plus Animal Health Care Products  
Pippa - Inner Wheel Club of North Sydney  
Polly - Mrs Margaret Greig  
Savanna – Karen O'Neill

Pictured: Jet who still needs a sponsor

## THANK YOU FOR VOLUNTEERING AT RDA TALL TIMBERS CENTRE

*Thank you to all the volunteers who assisted our Centre over the past year in so many ways. Without your assistance our Centre would not be able to operate.*

Here's just a few of the goals that volunteering can help you achieve:

- A means of building self-esteem or confidence.
- A great way to learn or develop skills.
- A pathway to enhancing work experience.
- To gain improved health and be active.
- A way to meet new people or broaden your social set.
- To make a difference in someone's life.
- A way of expressing gratitude for help you may have received in the past or 'giving back'.
- An opportunity to support a cause you feel strongly about.
- Feeling needed and valued is satisfying in itself.
- To make a difference within one's own community.



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