



Riding for the Disabled Association NSW

"Bits 'n' Pieces"

Summer / Autumn 2010



Rosemary Laing (RT & LH) winner NRMA Helping People Award



The "Little" Chat

March already.

Happy New Year to you all

For us in Wagga Wagga Centre the year has only just started. Many of our clients are going swimming during the first term and as the weather has been so hot I think that they are doing the right thing.

To me one of the interesting parts of RDA is the scope we have for differences within the basic framework. Different programmes, different days, different volunteers. But they are all connected by the thread of doing the best we can, and hopefully continually improving, to encourage and confirm our riders in their abilities. The positive attitude of volunteers to clients exists in few other places.

I attended the Sports Federation Annual Awards night in February accompanied by Bev Amery. Angus Malcolm was recognised for over 30 years volunteers service to RDANSW as volunteer, coach, assessor, and most recently, regional representative. His wife Neattie accompanied Angus. Our Volunteer of the Year, Jeff Patterson, did not make the final list. RDANSW was a finalist in the Organisation of the Year Award.

I am not standing for re - election at the AGM. I feel that 10 years is quite long enough for me to have been a board member. I have been involved at a time of change including leaving RDAA, new coaching materials, a new financial programme, new standards of care. I have enjoyed the experience, mostly, and look forward to continuing involvement with RDANSW in a different way. By now all the nominations will be in, and I wish those successful, a productive and positive experience.

Fiona Little
RDANSW Chairperson

Request from RDA Australia...

CALLING RDA'S AUSSIE STORIES...

RDA Australia would love to record people's stories to highlight some of the achievements and the lives that have been touched and improved through their connection to RDA.

To do this, RDAA is seeking stories, case studies, comments, recollections and photographs they can publicise and include in a booklet or book, upload to the RDAA website or use as a podcast. A few words or two pages (no more!), if you have an RDA story you would like to share, email it direct to Rosemary at RDA Australia

fundraising@rda.org.au and cc to stateoffice@rdansw.org.au



The March horse is kind and graceful,
often possessing large, expressive eyes
Charles V (1500 - 1558)



Riding for the Disabled Association (NSW)

CALENDAR OF EVENTS 2009 2010

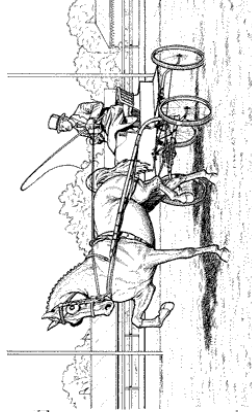
| MONTH | DAY | EVENT | VENUE |
|----------|----------------|---|-----------------------------|
| February | All year round | Carriage Driving Competition | RDA Centres |
| March | 5/6/7 | Board Meeting | Pacific Room - Sports House |
| April | 5 | State Mounted Games Championships and HOTY | Sydney Show Grounds |
| | Entries closed | (Eligible riders for State Mounted Games, from winners of Regional Mounted Games) | |
| | 30 | Board & Council Meeting | Orange Centre |
| May | 1/2 | State AGM & Workshop | Orange Centre |
| July | 26 to | RDA(NSW) Awareness week | RDA NSW Centres |

RESULTS 2009 RDA NSW CARRIAGE DRIVING COMPETITION

Class 1 CONCOURS D'ELEGANCE Photograph

- 1st Michelle Harris (Tall Timbers) with Janet Muspratt (Whip) and Nicholas
- 2nd Linda Ongley (Tall Timbers) with Margaret Moore (Whip) and Sonny Boy
- 3rd Lynne Buckingham (Tall Timbers) with Margaret Moore (Whip) and Sonny Boy

Judges: John and Jennifer White (Bunc



Class 2 PRELIMINARY BARRELS - no entries

Class 3. OPEN BARRELS

| NAME | WHIP | HORSE | CENTRE | TIME | PLACING |
|------------------|----------------|-----------|--------------|-----------|-----------------|
| Tracie Leslie | Rosemary Laing | Busy Lady | RTLH | 50 sec | 1 st |
| Melinda Holden | Rosemary Laing | Busy Lady | RTLH | 52 sec | 2 nd |
| Lynne Buckingham | Margaret Moore | Sonny Boy | Tall Timbers | 54.22 sec | 3 rd |
| Michelle Harris | Janet Muspratt | Nicholas | Tall Timbers | 58.59 sec | 4 th |
| Linda Ongley | Margaret Moore | Sonny Boy | Tall Timbers | 68.96 sec | 5 th |

Class 4. PRELIMINARY CONES - no entries

Class 5. NOVICE CONES

| NAME | WHIP | HORSE | CENTRE | 1 | 2 | 3 | 4 | 5 | 6 | 6 | 6 | 7 | 8 | 9 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | Pen (sec) | Time | Total time | Place |
|-----------------|----------------|----------|--------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|------------|------------|-----------------|-----------------|
| Michelle Harris | Janet Muspratt | Nicholas | Tall Timbers | | | | | | | A | B | C | | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | clear | 3min 25sec | 3min 25sec | 1 st |
| Linda Ongley | Janet Muspratt | Nicholas | Tall Timbers | | | | | | | | | | | | X | | | | | | 3 | 3min 21sec | 3min 24sec | 2 nd | |

Class 6. OPEN CONES - no entries

Class 7 PRELIMINARY DRESSAGE TEST - no entries

Class 8 NOVICE DRESSAGE TEST (ACDS Novice AA)

- 1st Michelle Harris (Tall Timbers) 70
- 2nd Lynne Buckingham (Tall Timbers) 67
- 3rd Brent Halliwell (Wagga Wagga) 61

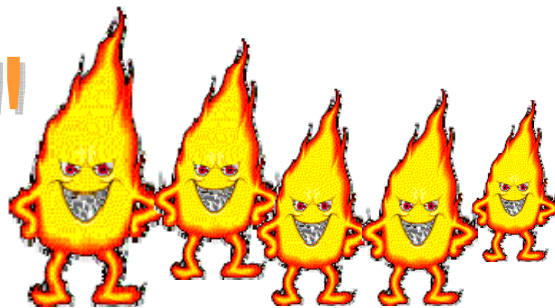
Class 9 OPEN DRESSAGE TEST (ACDS NOVICE BB)

- 1st Linda Ongley (Tall Timbers) 66

Judge Keri Izzard (Galston)

Outright winner: Michelle Harris from “TT”

"Fire Buddy"



The following may be an idea that Centres would be interested in considering...

From: [Kohnke's Own Newsletters](#)

Sent: Friday, January 22, 2010 10:18 PM

Subject: Fire Buddy

Hello all,

We have received a great idea from one of our Newsletter Subscribers, Ann Fenton, who is based in South Australia.

Ann has come up with the idea of a 'Fire Buddy System' for horse and other livestock owners. The concept of itself is quite simple and I am quite sure it would be very effective.

Ann is looking to 'connect' people in 'high fire risk' areas with other people in 'low fire risk' areas, and who would be able to offer temporary refuge in the case of a fire emergency.

Initially, Ann will act as co-ordinator, but she would like to find like-minded people to act as co-ordinators in the other States, as she would like the System to be available to all States,

I have attached Ann's 'Fire Buddy Form' for your consideration - and hopefully, completion.

We fully support Ann's initiative with the 'Fire Buddy Scheme' and are more than happy to 'spread the word' for her to our many Newsletter Subscribers.

Ann would be happy to address any questions you may have AFenton@unitycollege.sa.edu.au or alternatively, I too am happy to 'field' your questions.

Kind regards & Happy New Year to you all.

Stay safe.

Gary.





FIRE BUDDYS

Worrying about animals is probably the last thing you want to think about in the event of a fire, but you can spend a lot of VERY VALUABLE time doing just this.

My idea is that people **buddy** up, so that if you live in a **HIGH fire risk area**, you can take your horses to another person's place who lives in a **LOW risk area**.

This would only be for a couple of days, whilst there is a high risk of "danger days". Obviously there are lots of potential problems but this is a set up for emergency situations only and not to be abused.

If you would like to be involved in this system, you complete the form below and send it to me, Ann Fenton at AFenton@unitycollege.sa.edu.au

My role is simply to **match up people** and to **give you some contact details** of people who are close to you and who may suit your needs. It will be **UP TO YOU** to make contact and work out any specific arrangements.

Name _____ Email _____

Suburb _____ Size of Property _____
(area available for visiting stock)

State _____

Phone Number _____ Mobile _____

High risk area (I would like a fire buddy) _____ "Yes" next to one of these
Low risk area (I would like to BE a buddy) _____

Stock details

| Horses | Number |
|--------|--------|
| | _____ |
| | _____ |
| | _____ |
| | _____ |

Any other comments _____



NEWS FROM THE CENTRES

Raymond Terrace & Lower Hunter

Rosemary shares love of riding

BUSY Stroud grandmother Rosemary Laing has been riding horses for more than 60 years.

So when she wanted to give back to her community in the 1970s, it's no surprise riding formed part of her plan.

In 1979, Rosemary and fellow riders banded together to start a branch of Riding for the Disabled at Raymond Terrace.

"We just had a paddock and a few horses people owned and used to bring in," she said.

Since then, with trusted ponies Gumnut, now retired, and Busy, she has helped turn Riding for the Disabled Raymond Terrace/Lower Hunter into a multi-million dollar complex, acted as a national coach assessor, raised funds, organised competitions and training days and initiated carriage driving and dressage programs.

Her efforts, acknowledged when she was named RDA

NSW Volunteer of the Year 2005, have again been recognised with an NRMA Helping People Award.

Rosemary said that apart from learning how to ride, involvement in the organisation had many benefits for its 130 Hunter clients.

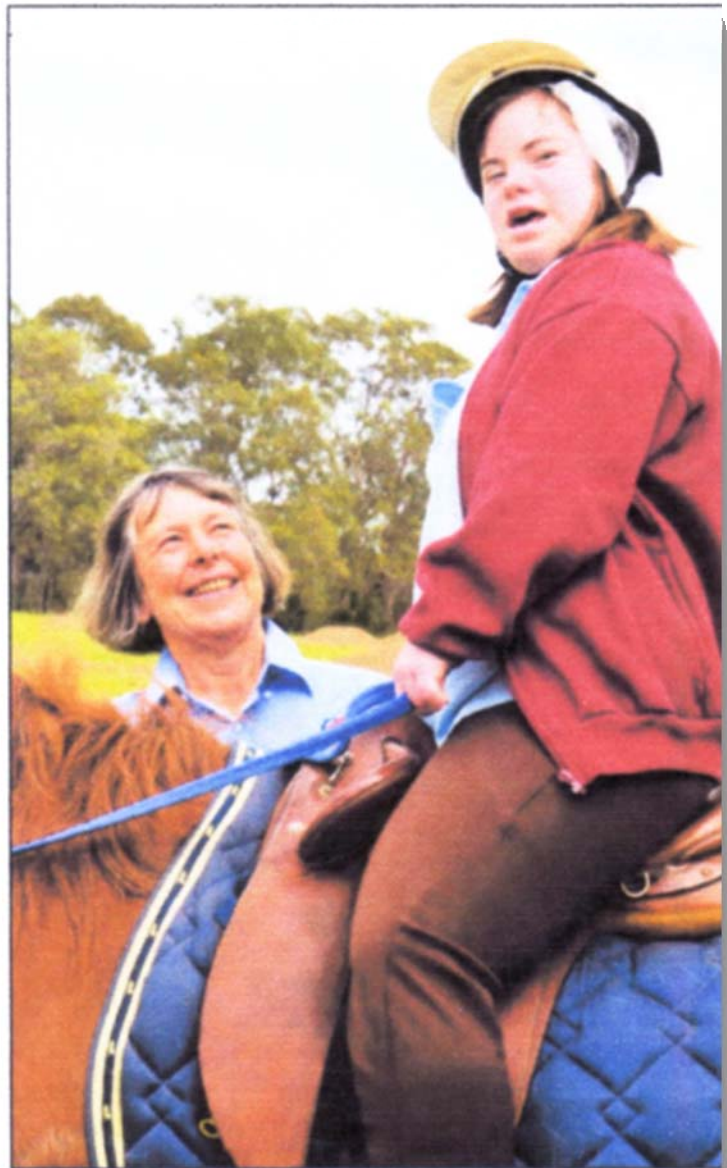
"I have more and more come to the conclusion that the main benefit is a social one and a morale-boosting one," she said.

"Riders who are lacking in confidence and self-esteem really gain in those areas.

"They go on to socialise outside of RDA."

Apart from running weekly carriage driving lessons from her Stroud base, Rosemary still competes in endurance driving events, spending about a week driving her horse-drawn carriage up to 300km.

She also volunteers at Stroud Library, on the Stroud Showground Committee and with Meals on Wheels.



GIVING BACK – Rosemary Laing has been a vital force behind Riding for the Disabled Raymond Terrace/Upper Hunter.

Sarah Green is the RDA rider

Bathurst

Bathurst RDA's Christmas Party was held on Friday 11 December 2009 at the new Centre on Research Station Drive. The party was attended by 30 Guests, Committee Members and Volunteers. President Nola Ramsay welcomed everyone, introduced the guests then thanked all the committee members and volunteers for all their hard work over the past 12 months. Without their help we would not be able to offer such a valuable service to the community. The President also mentioned the hard work of a number of people who have worked tirelessly over the past two years to relocate to the new site and bring our new Centre to fruition.

During the evening Life Membership was given to two of RDA's long serving members, Wendy Young and Pat Rapley. Wendy has been a volunteer for 13 years, and Pat has been a volunteer for 12 years. It was a pleasure to see these two women acknowledged with Life Membership for their continued commitment to the Centre. Also a number of Service Awards were presented to the volunteers for their support and help.

- 10 Years: Wendy Young, Pat Rapley, Lauren Dare
- 5 Years: Lyn Doherty, Melinda Gavin, Michael Auld, Gerry Baber.
- 3 Years: Nola Ramsay, Shirley Walsh, Ross Walsh.

Nola Ramsay, the president wished everyone and safe and happy Christmas and looked forward to their continued support in 2010.



Wendy Young & Pat Rapley were awarded Life Membership



Local Member Gerrard Martin MP, President Nola Ramsay, Secretary Shirley Walsh & Phil Cole Manager of Local Broadcast Station



Volunteers Coral Miller, Max Wright, Trish Wright & Ian Miller



Volunteers Wendy Young, Helen Baber, Gerry Baber & Carolyn Moules

Kendall

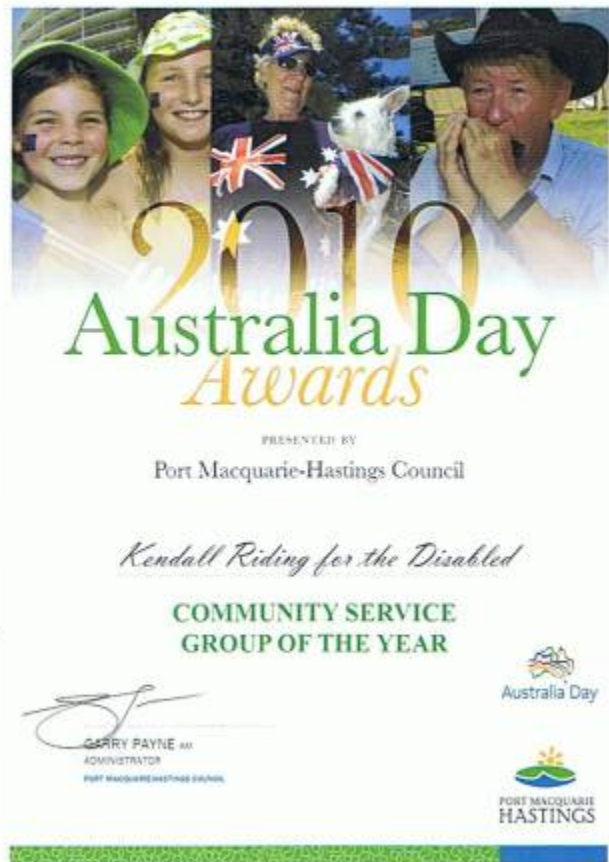
"Australia Day Community Group of the Year Award for 2010" Port Macquarie - Hastings Region

By John Bate
President, RDA Kendall Centre

My Vice President and I went to the Australia Day Awards presentation at Port Macquarie Monday night 25 January and were totally surprised and overwhelmed that RDA Kendall Centre received this award. We accepted it graciously knowing the eight finalists represent groups whose contributions to our community help build this wonderful caring and giving community in which we live.

This Australia Day Award is great recognition for all those who have contributed their bit over the past 16 years. We have been blessed by wonderful volunteer support over these years and our great team we have at present.

*Take a bow all of our volunteers past
and present, riders and friends of
RDA Kendall*



We shouldn't forget all those horses over the years that have given good service which enabled us to provide a wonderful opportunity for our riders to enjoy.

Our local CWA Kendall Branch put forward our Centre for this award and we have received good coverage in the three local papers for our area.

Extracts from
Camden Haven Courier
Wednesday, January 27 2010

Australia Day in the Haven

Doing something to help others is the greatest reward, just ask the winners of this year's local Australia Day Awards.

Kendall Riding for the Disabled

was named Community Group of the Year at a Gala Evening at Port Macquarie on Monday. Port Macquarie/Hastings Council Administrator Gary Payne and local dignitaries presented the winners with certificates and medallions.

This was further reinforced at ceremonies throughout the Hastings, including breakfast at Pilot Beach early on Tuesday.

The local RDA was formed 17 years ago and in that time they have provided a high quality of service for riders with a disability within the Camden and Port Macquarie areas.

The RDA provides an enjoyable outing for people with a disability who never think they could be capable of riding a horse. During the past two years the number of riders using the service has increased from 22 to 32 which is an outstanding achievement. 35 volunteers spend in excess of 100 hours each week keeping the service operating.

Port Macquarie News
Wednesday, January 27 2010

The Community Service Group of the Year has been awarded to **Kendall Riding for the Disabled**.

The organisation's President, John Bate, "couldn't believe it."
"Winning the award is great recognition of the high quality of service our volunteers, both past and present, deliver to those less fortunate in the community," Mr. Bate said.

The group's leader said he hoped the award would "lift the profile of not only Kendall Riding for the Disabled, but of the worth of all volunteers".

"I would like to thank the members of the CWA at Kendall for nominating us and all the people, service groups and businesses that support us."



"Tall Timbers"

"TOTS ON HORSEBACK" EARLY INTERVENTION PROGRAMME

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 programme at an earlier age. It was with this thought in mind that the "Tots on Horseback" programme was started. In essence, an early intervention programme 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 programme 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 two riders in July 2008 the programme has proved popular and over the last 12 months has expanded to include a total of seven 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 programme 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!!



Orange

Wishing you and all the staff, volunteers and supporters of RDANSW the very best of wishes. To all our clients who enjoy your time with your respective Centres, may you find comfort and happiness and may your abilities be enhanced by the wonderful people who serve RDA and those beautiful mates, the horses and ponies.

I felt a great sense of joy at the Christmas break-up and awards day at Anson Street Special School, Orange. The pupils who had received the Higher School Certificates and other honours were past or present RDA clients. What a great team effort. Truly, teamwork at RDA enhances abilities, reduces disabilities. When that teamwork is carried over into schools, work-places and everyday life, it makes for good work.

Sadly events happen which defies reason, recently, the loving mother of one of our riders died of injuries she suffered in a fire and a great supporter and friend, and loyal friend to RDA, died from a fall from his horse playing polo.

Four of our volunteers from Orange traveled to Wagga to celebrate with other Centres the opening by Her Excellency, Professor Marie Bashir AC. CVO Governor of NSW, the new administration building. Wagga Centre has to be congratulated on all their planning and dedicated work and fund raising to build the facilities to render service to people with disabilities. Good on you Wagga!!!!!! You can be justly proud.

The Orange Picnic Race Club chose our RDA Centre, "Crystal Springs", as their Charity Race Day recipients of the profits. The weather was nothing short of perfect. The six - race card was well supported by horses, trainers, owners and jockeys. There were a number of lady jockeys. A fashion dress prize was well contested by about 20 ladies. The AGM and Workshop on the 1 and 2 May 2010 at RDA Orange Centre will be a great weekend - the programme is very informative with something for everyone.

We will be holding a Celebration of our Centre on the Friday 9 April 2010. Our guest of honour will be Her Excellency Professor Marie Bashir AC. CVO. The Vice Regal party will be arriving at 10am for morning tea and an inspection of the complex.

If you wish to attend:

Fax: 63627588

Phone: Reg 63658304 Barbara 63627588 or Viv 63653356
for catering purposes.

Thank you

Reg Golding OAM, Founder, Horse Master and Coach
"Crystal Springs" RDANSW Orange Centre

Ryde

Year of the tiger



In memoriam

"Tiger Jones"

who left for the big paddock in the sky
Friday 5 February 2010

By Nicole King, Coach, RDA "Tall Timbers" Centre
(Tiger went to live at "Tall Timbers" on the closing down of RDA Ryde Centre)

Today we said "goodbye" to "Tiger Jones". After at least 24 years of loyal service to RDA, "TJ" lived out a very comfortable retirement at "Tall Timbers". Summer and age had taken it's toll on "TJ" and today was the day he decided to tell us he needed to be put to sleep.

We really don't know how old "TJ" was, but he was always talked about as him arriving at RDA as a 10 year old – who knows – he could have been older, as that was at least 24 years ago, making him at least 34 years old.

He was only little but was always great mates with the bigger horses, most recently "Omar" who I can remember on many occasions would both run around the paddock at St Albans, where the boys spent their summer holidays, eluding those of us trying to catch them to bring them back for the year ahead at RDA.

"TJ" was a favourite of mine from very early on – might have something to do with the fact that when I started at RDA, at age 12, he was little like me. I was lucky enough to learn a bit about riding on "TJ" with Wendy, Don and Barbara, and one day, I had my first go at going over a cavaletti or two. He was the first horse that I was ever able to get close enough to while he was lying on the ground, so I used to go into the paddock and sit with him while he was sleeping.

"TJ" had a great career with RDA, giving many hundreds, if not thousands, of riders an opportunity to experience the joys of RDA. Even my nephew, Josh, was lucky enough to experience RDA with "TJ".

More recently, "TJ" has also become a much loved member of the team at "Tall Timbers". He joined into the daily routine, coming up to the yards for breakfast along with everyone else. After saying "goodbye" to "Levi" (*now in his own luxurious retirement home*) and "Omar" (*who has blazed a trail for "TJ" to the big paddock in the sky*), he


became a friend of "Floss", one of the "Tall Timbers" mares, and together they were known as "Grandma" and "Grandpa".

After classes at "TT" were finished for the day, and on weekends, "TJ", "Floss", "Bonnie" and "Apex" would roam the grounds munching on what he thought was pristine lawn, the grass around the arena and picnic area. He knew where the clover was but was just a little too big to get under the arena fence to get it, but he always made sure the edges were clear though. He and "Floss" have a daytime stable of their own choice and were often found resting out of the hot sun in the shed on the hill. He knew when it was dinner time after he had done his roaming for the day so he and "Floss" would head back to their paddock, "put themselves to bed", ready for dinner, and whinny at Chanida as she came with their feed.

"TJ" was one of those special RDA horses that will remain forever in our memories. Just think, now he is up in the green clover filled paddock with "Omar", "Bud", "Jack", "Crowie", and old mates, "Ted" and "Merlin" and others, reminiscing of the days they enjoyed roaming in the "Nun's Parlour" and the holidays in the "Laundry Paddocks" and at St Albans.

That's how he would like you to remember him

Nicole



All at
RDA Ryde Centre
would like to thank
Chanida (horsemanager),
Nicole (coach),
Karen (coach)
and all at "*Tall Timbers*"
for their care and love of
"Tiger Jones", "Omar" and "Levi".

"Tiger" was nominated in 2002 for the Shush Memorial Award – this is his story
by Wendy Torr



"Tiger Jones"

Arab/Welsh Mountain Pony X12.2hh

TJ" came to RDA Ryde when his owners no longer had a child who required a small pony.

I long remember the day he arrived – it was 11 November 1986. It was arranged for him to be floated to our Centre. We had not seen the pony – he was to be taken on trial, sight unseen. On arrival, the tailgate was let down from the huge transporter and out pranced this dainty little pony, all dressed up in a blue satin rug.

He pranced all the way up the hill to the horse yards.

To this day, he has remained a proud little doer, never shirking his role in RDA.

Wendy Torr



This is me
and my pal, "Omar",
watching for our riders to
arrive

"Omar" wanted to
nominate me for this
award, so.....

here is my story....

I have been working five days per week with Ryde RDA since 1986.

Being the smallest pony at Ryde, I feel I should exert some type of authority over my mates just to let them know that I should not be overlooked when it comes to having a game in our free time. When they just want to have a pick of the grass or a nice roll, I like to jolly them into a game. I believe in living life at a fast pace. In class I am the fastest walker, keeping the pace going for all the others. I enjoy the games and will pick up the bean bags in my teeth, much to the delight of my tiny riders and the consternation of the coach. She gets a bit fussy at times. Because the volunteers are well trained and do things right, I have never wanted to bite or kick them.

I am small so I never get chosen to go to dressage or mounted games but I do have lots of fun in the games at RDA and always try to win by putting in a little trot so I can get in front of the others.

I am not keen on bath days so I like someone to talk to me while the others get on with the business of hosing, soaping and all that scraping that goes with having a bath.

I like to be the first to try the birthday cake on Horses' Birthday each year. Not that I am greedy – I just want to make sure it is OK for my mates to eat.

At Christmas parties I like to come into the riders' waiting area to join in the fun, all dressed up with tinsel and bells plaited into my mane.

Being small I am just the right height for the riders in wheelchairs to be able to talk to me. And, also, they just may have some party fare to share with me. I have carried many young riders over my time at RDA and loved them all. To hear the giggles of excitement when they are able to enjoy a trot, to hear a “thank you” “TJ” or to receive a hug when the ride is over, is when I know I have done my best to give them pleasure, and that is all the thanks I need. Of course, a carrot or an apple is good also.

That is my story...

RIP “TJ”





A Sengoku warrior on horseback has been created from hundreds of thousands of rice plants. The colors are created by using different varieties. This photo was taken in Inakadate, Japan.



Napoleon on horseback