

# RIDING FOR THE DISABLED ASSOCIATION (NSW) RAYMOND TERRACE & LOWER HUNTER CENTRE

## Newsletter March 2012

Volume 3, 2012



### Important Dates:

- Centre Planning Day  
Sunday 15 April
- Annual General Meeting  
Monday 23 April 7pm
- Monthly Meeting  
Mon 23 April 7.30 pm

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## Tinker Welcomed to RDA and Stroud Carriage Driving is Back by Rosemary Laing

On 21 February, the RT&LH Stroud Carriage Driving group was visited by RDA Assessor, Jan Muspratt. In wet and miserable weather, my pony Tinker was put through her paces to become accredited as an RDA Carriage Driving Pony.

The assessment involves work at the walk, slow trot, fast trot, rein back, ability to stand patiently whilst being harnessed and loading drivers (both ambulant and in a wheelchair), and to be driven on a second pair of reins attached to the headstall.

Due to the fact that a pony can not be used by drivers with a disability until they are accredited, a helper must stand in as RDA driver on the day, and this role was ably played by Cherie Mason. I think all helpers should experience driving from a wheelchair to understand what our drivers feel and to realise what courage it takes initially.

I have owned Tinker for six years. She is a 16 year old grey, 13.3 hands standardbred cross mare, and like our Raymond Terrace driving pony Zane, is a very well performed pony. Tinker has been the NSW Endurance Driving Pony of the Year for the past three years, and winner of the trophy for the greatest distance travelled by a pony in official events. In 2011, she travelled 1,230 kms and has completed over 3,000 kms since 2008. Tinker will continue to compete in between her RDA duties.

The Stroud Carriage Driving program commenced on 6 March after a year in recess, following the retirement of Busy Lady. Tinker will be kept busy with four drivers who are looking forward to being in action again.



Photo Kindly Provided by Rosemary Laing

# Invitation to Attend Monthly Meetings and Annual General Meeting from the Management Committee

**To All our Volunteers, Riders, Parents, and Carers:**

The Annual General Meeting, followed by the next Monthly Meeting of the Centre, is on Monday, 23 April commencing at 7.00pm.

As volunteers of RDA RT&LH Centre, you do not need to be invited to attend meetings, but as your fellow volunteers, we of the Management Committee, would like to specially extend an invite for you to join with us and make our Centre the very best it can be.

Because the business of running RT&LH Centre is on-going, we really would like to see more people becoming involved in making decisions as to what happens in the day to day running of the Centre.

Monthly Meetings are normally on the third Monday of each month and commence promptly at 7.00pm and finish on the dot of 9.30pm or earlier, unless business takes us over that time. However, this will only be another half hour at the most. The Management Committee will continue to send you a reminder via email, prior to each meeting as promised; I know how easy it is to miss dates.

The Centre's Annual General Meeting will be held prior to the Monthly Meeting on Monday, 23 April. You will note that this is the fourth Monday in April. This is not a mistake; the third Monday falls in the school holidays and it has been decided to postpone these meetings to coincide with start of Term 2 riding – hopefully allowing the return of members who may have been on holidays.

Official Nomination forms (for the Annual General Meeting) are now available for you to nominate your choice of volunteer, for election into Centre Positions. All positions fall vacant at the Annual General Meeting each year. Nomination forms can be obtained from the office, your program coordinator or from our website at [www.rdaymondterrace.org.au](http://www.rdaymondterrace.org.au) on our Current Events page. For more information, refer to Annual General Meeting on p4 and Membership Fees Due p5.

Please give some thought to this invitation, and whilst it may not be possible for you to attend each Monthly Meeting, we would welcome your attendance regularly throughout the year.



## Updated and New Emails Needed to Receive Newsletter and Centre Updates

If you wish to receive regular newsletters and updates by email please let Jack Henry know by email at [myjac@bigpond.com](mailto:myjac@bigpond.com). Alternatively, if you wish to be removed from our emailing list or have changed your email address, please send Jack an email.

Jack Henry kindly sends out our newsletters, and group emails regarding our Centre, on behalf of RDA. Please support him by keeping your information up to date.

# RDANSW Carriage Driving Competition Photos

In our March Newsletter, we informed you of the wonderful achievements of our drivers at the 2011 RDANSW Carriage Driving Competition.

At the time, it was promised that photos would be provided, so that everyone can see some of the photographic entries for the competition. The photos below are from the Councours d'Élegance portion of the competition.

Thanks to George Sinclair, we have some great shots of our drivers with our photogenic driving pony, Zane.



**Emma Batty - Third Place**



**Diane Southwell - Fourth Place**



**Gavin Buckmaster - Highly Commended**



**Matthew McColl - Highly Commended**



**Terry Smith - Highly Commended**



**Ruth Davies - Highly Commended**

Please support RDA Raymond Terrace and Lower Hunter Centre by keeping your contact details up to date. If you are an experienced volunteer, rider or parent/carer, who has moved or changed their details, please inform Vicki in the office when you are next at RDA, by email at [raymondterrace@rdansw.org.au](mailto:raymondterrace@rdansw.org.au) or give her a call on (02) 4987 1402.

If you change your details throughout the year, please remember to let us know.

## Annual General Meeting - Monday 23 April



The Annual General Meeting will be held on Monday 23 April 2011 in Murphy's Room at the Raymond Terrace and Lower Hunter Centre.

The purpose of the Annual general meeting is to consider any outstanding matters from the 2011 Annual General Meeting and to undertake elections of our Office Bearers for 2012 only.

All interested parties are welcome to attend, but only paid members are able to vote. The meeting will start promptly at 7.00 pm, and will be followed at 7.30 pm by the April Monthly Meeting. All additional issues will be considered as part of the normal monthly meeting.

Please note: The Meetings have been moved to the fourth Monday of the month, because the third Monday falls in the April school holidays.

### Office Bearers for 2012

We welcome and encourage new members and ideas. If you would like to nominate for a position for 2012, then please have your nominations to Carol Brown (Secretary) seven (7) days prior to the meeting. If you would like more information about a potential position, then please contact the office or ask any Committee member. An official nomination form, for those interested, can be obtained from the office or can be downloaded from our website at [www.rdaraymondterrace.org.au](http://www.rdaraymondterrace.org.au) on our Current Events page.

Nominators and candidates must be adult financial members of the Centre (neither can be an employee of the Centre). Nominations must be received by the Secretary a minimum of seven (7) days prior to the meeting to comply with RT&LH Constitution Clause 21. For more information about Membership and Membership conditions, please see Membership Fees Due on p5.

Exercise your right to have the people you feel can best serve the riders who attend our Centre.

Please keep in mind that all positions are active throughout the whole of 2012. We understand that this is a large commitment, but we know that we have a talented volunteer team that can meet this challenge.

The following positions are available for nomination, and we also encourage support from those who would like to act as a team member to support the chosen person in their role:

- President
- Vice President (x 2)
- Secretary
- Treasurer
- Finance Officer
- Volunteer Coordinator
- Horse Manager
- Coaching Coordinator
- Fundraising Coordinator
- Dressage Coordinator
- Driving Coordinator
- Workplace Health Safety
- Special Event/Competition Coordinator
- Publicity Officer
- Share A Horse Coordinator
- Building Officer
- Newsletter Editor
- Minutes Secretary
- Catering Coordinator
- Hippotherapy Coordinator
- Riders' Representative
- Parents'/Carers' Rep

## Pre-Order Your Entertainment Book Now



We are pleased to announce that we'll be selling the new 2012 | 2013 Newcastle, Central Coast and The Hunter Entertainment™ Books as a fund-raiser for Riding for the Disabled Association (NSW) Raymond Terrace & Lower Hunter Centre.

Entertainment™ Books are packed with hundreds of up to 50% off and 2-for-1 offers for the best restaurants, cafes, hotel accommodation, attractions and activities.

The new 2012 | 2013 Entertainment™ Books will be collected at a special launch on 28 March, so pre-order a copy today and receive bonus vouchers worth \$195 which you can use immediately! This offer is limited, as we are only assigned a small amount. So act now, as this is strictly on a first in, first served basis.

The new Book is only \$60, and you'll receive \$15,000 worth of valuable offers, valid until 1 June 2013. The good news is that \$12 of your Book purchase goes towards our Centre's fund-raising!

You can browse the book online by visiting [www.entertainmentbook.com.au/about/tell-me-more/newcastle](http://www.entertainmentbook.com.au/about/tell-me-more/newcastle).

This year, we can accept credit card payments by special arrangement. To order and pay for your book via Entertainment Publications' secure website, visit <https://www.entertainmentbook.com.au/orderbooks/324j18>

To order your copy, for cash, written credit card option or direct deposit payments, of the new 2012 | 2013 Entertainment™ Book contact Jude Oliver by email at [judeoliver@iprimus.com.au](mailto:judeoliver@iprimus.com.au).

**Attention All Coaches:** Please register for the State Coaching Workshop to be held at Ryde on Sat 5 and Sun 6 May. Registrations forms available from the office – although you should have a copy on email. RT&LH supports coaches attending. Note in your diary that there will be a Lunging Workshop with Presenter Mrs Noel Moore from Manning Great Lakes Centre - don't miss this.

## Membership Fees Due for 2012

All existing Members of Raymond Terrace and Lower Hunter Centre, and those interested in becoming Members, are advised that Membership is now due for 2012.

We invite all volunteers, riders, drivers, parents/carers, who are 18 years and over, to become a Member of the Centre. This is an exciting opportunity, as it allows you to vote on important issues at meetings and will ensure that your voice is heard when decisions are made in relation to the Centre.

Full Membership is \$10.00. This entitles you to vote at Monthly Meetings and receive the meeting minutes by email only.

Social Membership is \$5.00. This entitles you to receive the meeting minutes by email only.

Please note the following:

- If you want to be able to vote, put forward or second any motion, Full Membership is required.
- Though membership is voluntary, Coaches, are strongly recommended to become Full Members.
- Centre Position holders must hold Full Membership.
- New Members only, must be minuted and accepted at a Monthly Meeting and one month, after that date, must elapse before they are eligible to vote at any meeting.
- Employees of the Centre are not permitted to hold membership status (RT&LH Constitution)
- If you wish to nominate for a position in 2012 at the Annual General Meeting, you must be a Full Member and be minuted at a previous meeting (for new members)



# Centre Planning Day Sunday 15 April - All Welcome



The Centre is holding a Planning Day on Sunday 15 April. We have rescheduled two previous dates, but we have discovered that we simply can not accommodate everyone's availability/non availability. Therefore, we hope that as many people as possible will attend.

The Planning Day is your opportunity to have your say about what improvements you would like at the Centre, and the Management Committee is seeking everyone's input and ideas. If you are unable to make it on the day, please feel free to write down or email your ideas to the office so that we can include them in our discussions.

The day is open to all members, volunteers, riders, parents, carers and families. We will begin at 9.00am, for a prompt 9.30am start, and wind up around 1.00pm. Please bring your lunch/snacks.

Its been two years since our last planning day, so it is quite important that we take time to review our activities during this time and establish a wish list and priorities for the coming twelve months. Many of the improvements to the Centre in recent years have come from suggestions made and agreed to at these planning days.

## Hippotherapy Accreditation Course at RT&LH

Hippotherapy is a form of physical and occupational therapy in which a therapist uses the movements of a horse to provide carefully graded motor and sensory input. A foundation is established to improve neurological function and sensory processing, to improve a wide range of daily activities.

To increase the opportunities for riders across NSW to be able take part in this specialised activity, the RT&LH Centre is hosting a Hippotherapy Accreditation Course from 27 - 29 July. The course is designed for Hippotherapist and Hippotherapy Horse Handler Accreditation streams.

Specialists presenters will be attending to give expert training:

- Pippa Hodge (distinguished Canadian Physiotherapist & Hippotherapy practitioner)
- Sally Francis (renowned Hippotherapy Horse Handler and Trainer from VIC)

A full information pack can be downloaded from our website at [www.rdaraymondterrace.org.au](http://www.rdaraymondterrace.org.au) on our Upcoming Events page. This pack includes costs, accommodation options, schedule of events, forms and information on how to become a Hippotherapist and Hippotherapy Horse Handler.

Please note: There are limited places in the course both for Hippotherapist (15 places only, with 8 places already booked) and Hippotherapy Horse Handler Accreditation streams. Places are awarded on a first come first serve basis, so get in early to secure your place.

If you aren't interested in attending the course, but would like to support this remarkable training program, perhaps you could offer to bake a slice, help with lunches/tea/coffee on one of the three days, help with preparation? Help from our Volunteer Team will result in a professionally run training program that will showcase our Centre as one of high renown.

For more information contact Jan Sharp at [jan.sharp@rdansw.org.au](mailto:jan.sharp@rdansw.org.au), phone on (02) 4982 2932 or via the office on (02) 4987 1402.



Hippotherapy at RT&LH

## Aletia to Represent NSW at National Titles

Aletia Pepperall has been riding at RDA for many years. She is our current Rider's Representative and has supported our rider's to achieve their best by being their spokesperson at the Centre's Monthly Meetings.

The following articles appeared in The Hunter Post on 14 March 2012 on page 20, and we wanted to share the story with everyone.

### Paralympian hopeful's chance to shine

STEPHEN BISSET

**A**fter just two years in the sport, boccia competitor Aletia Pepperall's prodigious talent is beginning to shine through.

The 25-year-old from Morpeth has been picked for the NSW side to compete at the national titles in Narabeen next month.

Boccia, a hybrid of lawn bowls and bocce, is a sport for people with muscular and neurological conditions. Competing in wheelchairs, athletes throw, kick or use a ramp to propel leather balls as close as possible to a target white ball.

Ms Pepperall, who has cerebral palsy, said she was over the moon at the news of her selection.

"I was really excited and I can't wait to get to the nationals," she said.

Ms Pepperall's mother Linda echoed her daughters' sentiments.

"Well, excited is a bit of an understatement - we all think it's absolutely wonderful," Mrs Pepperall said.

"Aletia had been competing at a club level for about two years, mostly in Sydney, as there wasn't much opportunity for competition in Newcastle.

"She competed at the state titles last year, but no one really knew what she was

capable of - in fact, it was one of her first games.

"However, she competed again at the state titles this year and managed to come second overall, which is just a fantastic achievement."

Ms Pepperall said, when she received the call informing her of the selection, the excitement was almost too much to bear.

"When they told me, I just screamed and dropped the phone, I was so happy," she said.

Aside from her state selection, Ms Pepperall, who is part of the Hunter Boccia club, has also been identified as a Paralympic hopeful, as part of the Australian Paralympic Committee's Road to Rio training program.

Along with junior Hunter Boccia players Claire Bertholi and Siobhan Daley, she will take part in the program which aims to give potential Paralympians the best possible start on the road to glory.

"The program is great because it targets the best up-and-coming athletes, which is very exciting for Aletia," Mrs Pepperall said.

"Quite often, people who play wheelchair sports are not considered athletes, but the fact is, these people are elite athletes and need as much support as possible.

"Ever since Aletia first heard about boccia, she has said that she wanted to go to the top, and this program will definitely help her to achieve that."



MORPETH'S ALETIA PEPPERALL IN ACTION

## Shirts & Caps for Sale



The Centre has a number of shirts and hats left over from last year, and they are being offered to all riders, volunteers, parents and/or carers to purchase for a \$15 donation to the Centre for each item. All money raised will be used to operate our therapeutic riding, driving and hippotherapy programs.

The shirts come in male and female styles and have a screen printed RDA logo with the words Raymond Terrace Lower Hunter underneath.

The caps have an embroidered RDA logo and a white peak trim, and are great to have in your bag for those impromptu outdoor trail rides.

Please contact Vicki in the office Mon-Thurs only from 9am-2pm to make arrangements.

## Entertainment Book Fundraising Captain Needed



The RT&LH Centre is looking for a new captain of the Entertainment Book Fundraiser for 2012.

Due to the heavy workload of our current captain, and her university commitments, we are looking for a motivated person to give this fundraiser a bit of new blood and increase our fundraising potential.

If you are interested in introducing yourself to fundraising for our Centre, or simply wanting to become more involved, then please contact Jude Oliver at [judeoliver@iprimus.com.au](mailto:judeoliver@iprimus.com.au), and she will explain how things work. Please note: regular access to email is required.

## RDANSW AGM and 40th Anniversary Dinner

RDANSW will hold their Annual General Meeting at the Ryde Centre, 118-120 Culloden Road, Marsfield on Saturday 5 May at 4pm.

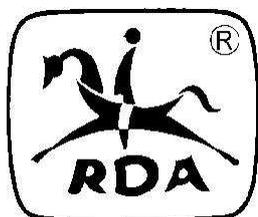
This will be the 40th year of RDA operating in NSW, and a special anniversary dinner will be held near Ryde RDA. The cost is \$40 per head. If you would like to attend, please contact Vicki in the office on (02) 4987 1402 to arrange a booking.

To continue the festivities, a "Celebrating 40 Years of RDA History" book is being published. Thanks to Carol Brown, our Centre is well represented in the book with stories about riders, horses and our own history. When available, the books will be on sale for \$22. If you would like one, contact Vicki and reserve your copy. Payment will be required before the book can be issued.

## Calendar of Events

The below information is subject to change, and is accurate (as provided) at time of publication.

Event	Date	Captain
Management Committee Meeting	3 April	Roly Taylor
Thursday Riding Program Training Day	5 April	Jan Sharp
RDANSW RES Mounted Games Competition	5 April	Veronica Caban
Term 1 Programs Finish (school Holidays Begin)	6 April	
Planning Day	15 April	Management Committee
Newsletter Contribution Closing Date	15 April	Jude Oliver
Term 2 Riding and Driving Programs Commence	23 April	
Coaches Meeting at 4pm	23 April	Carol Brown
Annual General Meeting	23 April at 7pm	Carol Brown
Monthly Meeting	23 April at 7.30pm	Carol Brown
Thursday Riding Program Commences	26 April	Jan Sharp
Bunnings Belmont BBQ Fundraiser	29 April	George Sinclair



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