

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

Newsletter November 2012

Volume 6, 2012



Important Dates:

- RDA Combined Xmas Party at Wests Mayfield Monday 10 Dec at 6pm
- RDA Raffle Tickets To Office by Mon 10 Dec
- RDA Raffle Drawn 13 Dec

Inside This Edition:

Volunteer of Year	2
Young Volunteer	3
Vol Encouragement	3
Rider of Year	4
Horse of Year	4
Excellence in Volunteering	5
Service Badges	6
RDA Xmas Party	6
Monster Garage Sale	7
Book, Plant & Market	7
Crest Financial Services Golf Day	8
Bushies Ball	9
Nutrimetics Fundraiser	10
Calendar of Events	10

Fifth Annual Volunteer Awards Presentation by Judy Edwards

The Fifth Annual Volunteer Awards Presentation took a different format this year and was celebrated with a High Tea, just for a change of pace. It was held on Monday 12 November and got off to a good start with a perfect weather day, allowing our volunteers and visitors to enjoy a glass of punch on the Murphy's room balcony.

All were present by 10.45am, so the proceedings got underway. The room was delightfully set up by a band of willing helpers, who added the finishing touches to the layered cake platters as all were seated.

Judy Edwards welcomed our visitors and Life Members and thanked our dedicated Volunteers for attending. As coffee and tea was served there was plenty of noisy chatter reverberating through the room. This was a good sign that all were enjoying the refreshments, company and food delicacies.

To the formal part of the day. This day gives us an opportunity to acknowledge our Volunteers on whom the running of RDA depends. The hours they so generously give, to provide an opportunity for our riders to enjoy and extend themselves by riding, is much appreciated.

In recognition for years of service, Volunteer Service Badges were given out to our 3, 5, 10, 15 and 20 awardees. These were presented by Jack Henry, our past Volunteer Coordinator.

The Young Volunteer of the Year was presented to Hayden Spearpoint by Aletia Pepperall, who has first hand knowledge of the help he has given to the Monday night Dressage program. Then onto the Encouragement Volunteer the Year presented by Jan Sharp to Jenny Nicholls, followed by Volunteer of the Year presented by George Sinclair to Judy Edwards.

Our Rider of the Year was won by Jordan Brown, and only fitting that his coach, Wendy Murray, present it to him. No one could dispute the Horse of the Year, that went to Wedge, and was happily accepted by Isabel Taylor, our Horse Manager.



Photo Kindly Provided by George Sinclair

Volunteer Awards cont'd

Two special posthumous awards were made this year to two of our long term dedicated volunteers who have passed away in recent times. Lisa Coster was there with Janelle Pearce to accept an Excellence In Volunteering Award on behalf of her mother Margie Englebach, who was a long time volunteer and Coach at our Centre and many others around NSW.

Colin Campbell was also honoured with the same award due to his dedication to Thursday program and in particular the Musical ride which has won many accolades around the world. We were pleased to have Deidre Campbell and their daughter Fiona present to accept the award.

Thank you to all those who helped with the High Tea catering and clean up, making it a successful morning out for all.



Judy Edwards - Volunteer of the Year



Judy has been volunteering for 15 years, and throughout her time at RDA has moved from new recruit to Coach. She started on a Thursday with Jan Sharp, who quickly threw her in the deep end to conduct group warm up exercises, and soon after she started Assistant Coaching training.

After a number of years with the Thursday group, her commitments meant that she was unable to attend during the day. Unfazed, Judy combined with Isabel Taylor to start the Wednesday Dressage Group, where Judy was responsible for mounting, warming up and encouraging the riders in mounted games type activities whilst Isabel instructed riders in the skills of dressage.

As part of the Coaching team, Judy was able to utilise her workplace experience with people with a disability to improve the skills and abilities of her riders. During this time, Judy also took on mounted games day organisation and helped out with organising for Regional and State dressage competitions.

After medical treatment in recent years that limited her role, Judy returned with a fresh enthusiasm for RDA and in 2011 took on the Volunteer Coordinator position and a role with the Management Committee. In 2012, Judy Captained the Book, Plant & Market Sale, Regional Mounted Games Competition and the Volunteer Award Presentation.

Judy has achieved a positive and healthy volunteering environment that encourages our Volunteers to participate in any way that they wish to, and that this contribution, no matter how large or small, is important in ensuring that our riders and drivers are supported in achieving their personal and life goals.

Judy's achievements have improved the Centre's ability to provide our programs for people with a disability. Her devotion to her role represents Judy's caring and respectful personality, and can not simply be put into a list as part of a job description. Judy is an amazing asset to our Centre, not just because of what she does, but because of the person she is.

Hayden Spearpoint - Young Volunteer of the Year

This is Hayden's first year as a volunteer at RDA. He came along in the Christmas holidays and got started helping out with some maintenance. When the programs started back, Hayden commenced with the Monday Dressage Group.

Hayden lives on a farm and was keen to help with horses and riders, so RDA seemed the perfect organisation to volunteer with. He has a keen sense of caring and is inquisitive by nature, so is willing to learn and ask questions. Hayden has been a valuable asset to Monday Program as his personality means he gets on well with all the riders and volunteers, and his healthy young legs are a bonus to all.

Hayden attends Hunter Valley Grammar School and has just completed Year 11. He has managed to balance his studies with attending RDA. This will be a more difficult task in 2013 as Hayden also has the added responsibility of being School Captain and completing Year 12. He has already started to plan how he will attend RDA as well as complete his studies.

Hayden continues to help with the maintenance team whenever he can in the holidays, fencing and completing general maintenance around the centre. As you can imagine he is also sought after in that area as he has youth and strength on his side.



Photo Kindly Provided by George Sinclair

Jenny Nicholls - Volunteer Encouragement Award



Photo Kindly Provided by George Sinclair

The Centre had a long term goal of developing a sensory garden trail ride to create a new and interactive program for our riders and drivers. After initial impetus of painting of the water tanks and community support to fence the area, the project stalled for lack of a volunteer with the skills needed to move the sensory garden forward.

Jenny used her garden experience and interest to create a rough plan of what the sensory garden may look like, and how it could be achieved. This in itself was a huge achievement considering the 80m x 15m size of the garden.

Jenny has sought over \$8,000 in donated materials to build up the garden, improved the quality of our high clay content soil to increase the opportunities for colourful plants to establish and used extensive amounts of recycled/reclaimed items to reduce the Centre's environmental impact.

Jenny has utilised innovative, and unique, ideas to create engaging activities that will capture the attention and imagination of our riders and drivers. As a result, the riders love the sensory garden and enjoy the time that they ride through it.

Jenny has also been active in seeking donations for our Bushies Ball, has helped in fundraising bbqs and events such as the Book, Plant & Market Sale and assisted whenever she has been asked.

Jordan Brown - Rider of the Year

Jordan stated at RDA many years ago in the Wednesday Program with Sadie Pattison and Margie Englebach. His riding quickly progressed with his keenness to learn, and his enjoyment of riding was very evident early in the peace. He then “graduated” to Monday Dressage Group with Wendy Murray. Since then, Jordan has enjoyed being with the Monday Program with Wendy and Coach Linda Pepperall, and has become an important part of their group.

Wendy says he has been eager to learn, always tries hard and gives of his best. A coaches dream! His riding has improved enormously as a result of this. He has competed in Mounted Games at the Sydney Royal Easter Show, a State wide competition, earlier this year in the Trot section. Jordan was thrilled to come second in this event.

At this years Regional Mounted games event at Raymond Terrace, Jordan won 2 firsts, and a third place in 4 categories. Jordan is hoping he will qualify to attend Sydney again this year.

Jordan has adjusted well to his new horse Suzie this year, and has developed a lovely relaxed relationship with her. Jordan and Wendy and their horses have been seen taking in the sunset and relaxing on a trail ride, after a hard dressage session, on a few occasions.

Jordan is in Year 10 at Hunter Sports High Support Unit. He competes in swimming with Special Olympics, in which he also achieves a high level, recently getting firsts. He is representing Hunter Region in the Canberra Bi-centennial games in April next year. He is also in the football team and enjoys a bit of carpentry and building with his uncle. What a busy young man Jordan is.



Photo Kindly Provided by George Sinclair

Wedge - Horse of the Year by Isabel Taylor



Photo Kindly Provided by George Sinclair

Wedge was purchased by our Centre just over three years ago. He settled in well and soon became one of our favourites.

Wedge has a kind obliging nature, making him suitable for use with most riders.

Shortly after Wedge arrived at the centre, we had to retire our hippotherapy horse and were very concerned at finding a suitable replacement. Wedge's temperament, character and flexible nature proved to be ideal for this very special role.

Wedge is a very deserving recipient for this years' Horse of the Year award.

Excellence in Volunteering

Posthumous Excellence in Volunteering Awards were awarded to two of the Centre's long term Volunteers, who passed away in 2012.

We were pleased to have family members and friends to accept a framed certificate, in honour of Margie Englebach and Col Campbell.



Photo Kindly Provided by George Sinclair

Lisa Coster (Margie's daughter) and Janelle Pearce



Photo Kindly Provided by Rae Pidgeon

Deirdre Campbell (Col's wife) and their daughter Fiona

RDA Raffle Tickets on Sale

The RT&LH Centre raffle is in full swing, with a number of people already helping to sell tickets at Raymond Terrace Market Place.

The prizes are proving very popular with potential ticket buyers:

- 1st Prize - Framed and Signed Newcastle Knights Jersey, which was kindly donated by Michael Murphy of Subway Raymond Terrace and Subway Heatherbrae
- 2nd Prize - \$100 Voucher donated by Raymond Terrace Market Place
- 3rd Prize - \$50 Voucher donated by Raymond Terrace Market Place

Tickets are \$2 each or 3 for \$5 and the raffle will be drawn on Thursday 13 December.

If you have a raffle ticket book, please return it to the office with your raffle sales by Monday 10 December. Please note, all raffle ticket books must be returned prior to the drawn date, whether they have been sold or not.

Thank you to everyone who has helped with raffle sales. We will let you know the winners and the fundraising total in an upcoming newsletter.



© 2012 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.



Service Badge Recipients

Service Badges are awarded to our volunteers to recognise ongoing service to people with a disability at RDA. Congratulations to all of this year's recipients:

- **3 years** - Mark Pereira, Rae Pidgeon, Richard Nicholls
- **5 years** - Michelle Dalmazzo, Roly Taylor
- **10 years** - Dianne Smith, David Trustrum
- **15 years** - Judy Edwards
- **20 years** - Helen Huckerby



Rae Pidgeon



L to R: Richard Nicholls, Dianne Smith, Mark Pereira, Michelle Dalmazzo, David Trustrum, Helen Huckerby, Judy Edwards
Photo Kindly Provided by George Sinclair



RDA Combined Christmas Party



The RDA RT&LH Centre Christmas Party will be held at Wests Mayfield (the old Phoenix Club), 32 Industrial Drive (cnr William Street), Mayfield on Monday 10 December at 6pm for 6.30 pm.

There are several areas that we can use which seem suitable. We can use the bistro or restaurant meals (whichever is your choice) and take them to our area.

All Volunteers, Riders, Carers, Families and Friends are invited to come along and enjoy a night of fun, conversation and friendship.

If you would like to join us, then please contact Vicki in the office on (02) 4987 1402 and let her know how many people will be coming with you, so that we can make sure that enough tables are ready for us.

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 or give her a call on (02) 4987 1402.

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

Monster Garage Sale

After a presentation to the Probus Club of Morpeth on Hunter in June, some of their members were talking about how they could help RDA. These members are part of another group, who call themselves The Knitting Group. They meet on the first Tuesday of each month for a social morning, as well as taking time to plan what knitting they will do for the community.

The Knitting Group is a motivated group of people, and their ideas led to the Monster Garage Sale, which was held at The Corcoran Centre at



Morpeth on Friday 19 and Saturday 20 October. Brian Murphy (who hosts the group meetings) took on the captaincy, and with an unstoppable zeal organised donations of saleable items, sought raffle prizes and has been selling raffle tickets. A number of unsold items from the Book, Plant & Market Sale were sold at the Monster Garage Sale.

So far, we have received \$3,499.30 which form the proceeds of the Monster Garage Sale and raffle sales. Brian will be selling tickets outside Kurri Kurri Coles on 1/2 and 15/16 Dec, with the winners announced on the day.

We will announce the winners and the final fundraising total in an upcoming newsletter.

The Management Committee would like to thank Brian and The Knitting Group for their hard work on our Centre's behalf. We will be making a presentation to the Group at their next meeting in December.

Book, Plant & Market Sale by Judy Edwards

The Book, Plant and Market Sale was held at the Centre on Saturday 22 and Sunday 23 September.

It was a successful event, in that we had 24 stall holders, some returned from last year, some from RDA, and some new stall holders. The stall holders arrived early to set up, the early birds just before 6.30 am. We were slow to put the kettle on, which was a big mistake. We had the stall holders queuing by the time the kettle was boiled, all waiting for the breakfast cuppa. The market stalls certainly added to the atmosphere of the weekend and gave people an opportunity to spend some time wandering around visiting the stalls and enjoying their wares in between book viewing, plant selection and Devonshire teas.

The BBQ that Michelle and Trevor Bullen so capably organised added that wonderful aroma to the day that visitors are always after, so was well supported throughout the morning til lunchtime. Our raffle as always was well supported, and our tickets sellers Aletia Pepperall and Kristy Dalmazzo did a great job, with the help of Michelle Dalmazzo who also had a grocery grab stall. By lunchtime the weather was hotting up and the snow cone van was surrounded by young ones.

Jenny's plant stall was held outside this year in the natural environment giving many a chance to view the Sensory Garden while they were there. Warren and Aileen's anything stall provided many a bargain for all and no one got past Aileen's persuasive charms.

Continued on Page 8

Book, Plant & Market Sale cont'd

The book stall checkout was manned by Vicki Manuel, Dianne Smith, Wendy Murray and their various helpers over the two days including a surprise visit from Glad Smith. The book stall organisers Aileen Saxon and Terrey Dalmazzo were constantly tiding and directing people as the day went on to ensure that buyers could find the titles they wanted.

The morning tea stall manned by Janet, Heidi and Lorraine provided a nice relaxing spot for men to sit, watch and enjoy a Devonshire tea while patiently waiting for their wives.

The massive clean-up began at around 1pm on Sunday, and as the saying goes, "many hands make light work", certainly came into being that afternoon.

The good news is, that the hard work involved in planning and manning the event, has paid off. We raised a profit of \$2,770. This is a great result. Your hard work, and the generous support of people from the local community who attended the sale, will provide the funding needed to pay the Centre's costs for 220 individual rides.

Crest Financial Services Charity Golf Day by Jan Sharp

It was a pleasure to attend the Crest Financial Services Charity Golf Day at Newcastle Golf Club on Friday 2 November.

Crest Financial Services have been a long term supporter of RDA. Paul Howden's daughter, Caitlin, rode with Hunter Orthopaedic School on Tuesdays for a number of years, and sadly passed away. Caitlin had a very witty sense of humour, and it is in her honour that Paul, Managing Director of Crest Financial Services, chose RDA to be a joint recipient, with Hunter Orthopaedic School, of funds raised from their annual charity golf day.

Crest Financial Services, through the efferescent Nina Threlfo, made me very welcome. They were kind enough to tell me that they are still going to sponsor a horse again this year. What wonderfully generous and hardworking people – who still make time to help others.

Despite the morning being quite rainy, over 90 people participated in the 4 person ambrose event, which started with a hearty bacon and egg breakfast. There were a number of challenges during the day, which included closest to the pin and longest drive of the day.

This excellently run and enjoyable golf day has this year resulted in RDA being given a \$2,800 donation. The money will be used to provide 152 individual therapeutic and educational rides in 2013.

Many thanks to Paul, his staff and all the golfers who participated on the day – your contribution is very much appreciated.

Crest has three offices serving people from across the Hunter, Newcastle, Port Stephens and the Central Coast. Crest Newcastle (02) 4929 2552, Crest East Maitland (02) 4933 3466 and Crest Nelson Bay (02) 4984 3788. For more information, see their website at www.crestfs.com.au.



Paul Howden with Graeme Finch (Hunter Orthopaedic) and Jan Sharp
Photo Kindly Provided by Nina Price, Crest Financial Services

Bushies Ball Success by Roly Taylor

This year's Bushies Ball, unfortunately, is over again. We had about 150 people attend, which is a comfortable number, although we could accommodate a few more.

Chalk 'n' Cheese kept us dancing in their usual entertaining style.

Kevin Gordon did his stuff as our competent M.C. and there were masses of prizes in our giant tombola. Most people seemed to go home with something to remember the night by.

Bill and Pat, with their team, cooked a wonderful spit roast which always goes down well, literally. A very big thank you to them all.

The Ball is an important event on our calendar and gives us a chance to open our doors to everyone and have some well earned fun.

I think it has great social value, and despite the very hard work by numerous folk, I hope it continues for many years to come.

Thank you to all who contributed in any way. Your efforts helped us to raise a net profit of \$2,750 for the Centre.



Photos on this Page Kindly Provided by Sue Latimer



Calendar of Events

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

Event	Date	Captain
RDA Combined Christmas Party	10 December	Roly Taylor
RDA Raffle Ticket Deadline	10 December	Jan Sharp
RDA Raffle Drawn	13 December	Jan Sharp
Closing Date for Newsletter Submissions	15 December	Jude Oliver
Monster Garage Sale Raffle Drawn	16 December	Jude Oliver

Nutrimetics Fundraiser by Jo Turner



“Jo Turner is a parent of one of our Thursday riders, and came up with a fun way to raise some funds for RDA. Jo is offering to donate the 20% fee, that usually goes to her on each Nutrimetics sale made, to RDA. You just need to follow the directions below to make sure RDA receives their donation.”

Nutrimetics makes it easy to find great gifts for everyone this Christmas; For Mum, for Dad, for Sons, for Daughters, for Friends, for Family, for Teens, for Teachers, for Last-minute gifts, and for you! And by choosing Nutrimetics through the special link (below) you are supporting Riding for the Disabled Raymond Terrace and Lower Hunter Centre: a percentage of your purchase will come back to RDA.

Go to My Nutrimetics website: <http://www.nutrimetics.com.au/joturner>, Browse the eBrochure and eCatalogue for the full range of skincare, bodycare, colour, men's products, laundry and cleaning products, fragrance and jewellery items, and make your selection. Be sure to see the special offers (time and stocks are limited, so order early to avoid disappointment). Payment is secure, and delivery is to your door! If you prefer to order and deliver through Jo, email jot3336@gmail.com with your details.

When placing your order via the website, make sure you mention that you are supporting RDA at the name area e.g. NAME: Jo Turner (RDA). If not, RDA will not receive the donation.

“Please note: all enquiries are to be directed to Jo. The office can not help with enquiries, placing your order, receiving payment or delivering items.”

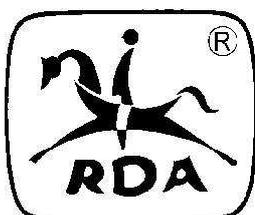
International Day of People with a Disability Celebrations

A Celebration Picnic will be held at Sailability Port Stephens, Grahamstown Road, Medowie on Monday 3 December from 10 am - 3 pm. There is a \$2 per person entry fee, which includes a ticket for a free sausage sizzle. There will be ice cream, cold drinks, tea/coffee etc for sale in the club canteen.

Activities include sailing (weather permitting), art and entertainment.

Please bring a hat. No swimming.

All enquiries and rsvp to Richard Byrne (02) 4981 7509 or bydon@bigpond.com.au



Riding for the Disabled Association (NSW) Raymond Terrace & Lower Hunter Centre
3219 Pacific Highway, Raymond Terrace
PO Box 624, Raymond Terrace NSW 2324
Phone (02) 4987 1402
Fax (02) 4987 1434
Email: raymondterrace@rdansw.org.au
Website: www.rdaraymondterrace.org.au