



ISSUE 6, 2013

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

JUNE 2013 NEWSLETTER

**NEWS IN
BRIEF:**

Major Raffle on Sale
Now

Rachel Mulley's
Chemmart Fundraiser
June-July

Trivia Night at RDA
Saturday 20 July

Monthly Meeting
15 July - 7.00pm start

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Companion Union Credit Union Mounted Games Success by Judy Edwards

The Companion Credit Union Hunter Region Mounted Games was held at RDA Raymond Terrace and Lower Hunter Centre on Sunday 19 May under beautiful blue skies.

We had just over 50 helpers, coaches, riders and family attend the day. Thanks to all our parents who stepped in to be timekeepers and scorers.

There were less participants than usual, with 13 riders, but no less enthusiasm. We had some new faces, who were thrilled about the event.

The coaches turned up early, as usual, to get their horses ready for the events. Our regular set up crew were away on holidays, so I was helped out by three new Friday riders, who did a wonderful job setting up flags, bending, barrels and the keyhole. Watch out Warren Sharp, they may have stolen your job!

Robert Deaves passed on the Mounted Games Encouragement Award to Taylor Drury, who was thrilled to receive it. Taylor has been a longtime participant in the Mounted Games competition at our Centre ... *Continued Page 2*



Photo Kindly Provided by Michelle Bullen

Companion Credit Union Mounted Games cont'd

Continued from Page 1 ... All went very smoothly for our riders on the day. The free trot section was very competitive this year, with all entrants vying for places. A close call, with fantastic lightning speed times. Well done riders!

The morning tea and sausage sizzle, sold at a small cost to help our Centre, was well supported. Thanks to Terrey Dalmazzo and Trevor Bullen for organising this.

The Centre and riders thank Companion Credit Union for their ongoing support of this event by providing presentation ribbons and drink bottles. The riders enjoy receiving their ribbons as much as they do competing in the events.

Section	Rider	Horse	Flagging	Bending	Keyhole	Barrels
Transition Walk	Kristy Dalmazzo	Sprinkles	1	1	1	1
	Emma Ellis	Toby	2	2	2	2
	Ian Hilkmann	Suzie	3	3	3	3
Led Walk	Robert Deaves	Wedge	3	3	1	1
	Taylor Drury	Suzie			Participation Ribbon	
	Sylvia Lindsay	Apache		3	2	
	Braydon Templeton	Chrissy	2	1	3	2
	Sean Templeton	Nirvana	1			3
Trot	Brittany Carter	Aria			Participation Ribbon	
	Rebecca Gordon	Ragtime (Own)			3	
	Lleyton Lloyd	Suzie	1	1	1	2
	Cassandra Templeton	Suzie	2	2	2	1
	Sharni Thompson	Char	3	3		3

Trivia Night - Saturday 20 July

The RDA Raymond Terrace and Lower Hunter Centre's Trivia Night is on again Saturday 20 July. The Trivia Night will be held in Murphy's Room, RDA Raymond Terrace and Lower Hunter Centre, 3219 Pacific Highway, just north of Raymond Terrace.



The night is designed as a family occasion, so please bring your family and friends along to meet other volunteers and new friends in a fun and social atmosphere. The fun will begin at 6.30 pm for a 7 pm start.

Come along by yourself or organise a table. We will happily join you up with others to make a table. Don't forget, it is BYO food and drink. Why not bring a plate to share!

Roly Taylor and Linda Pepperall are now busy preparing interesting, quirky, historical, modern and fun questions for us to enjoy. If you would like to join us, please RSVP to Vicki in the office by phone on (02) 4987 1402.

We ask that you donate \$10 per person upon entry, which will be used to provide our Centre's therapeutic riding, driving, hippotherapy and dressage programs for people with a disability.

Raymond Terrace Ladies Bowling Club Charity Day Supports RDA

On Tuesday 21 May, representatives of our Centre attended the Raymond Terrace Bowling Club to speak to the members of the Raymond Terrace Ladies Bowling Club.

The Raymond Terrace Ladies Bowling Club regularly hold a fundraising charity day to benefit local community organisations. Our Centre was chosen as their May beneficiary.

The charity day was filled with bowls (of course) and a thrifty sale of used items. Jenny Nicholls took along the RDA display boards and photo books of our riders, drivers and volunteers in action. She was also able to sell three books of raffle tickets for our major raffle (please see page 6) and received a \$50 donation.

After a lovely lunch of fresh sandwiches and cake, which had been kindly provided by the Raymond Terrace Ladies Bowling Club, Roly Taylor (President) thanked the ladies for their invitation to speak with the members and for the generous support given to our Centre.

Jude Oliver, accompanied by a visual presentation, took the opportunity to introduce the members to what we do at RDA, how we do it, and the often amazing benefits that our riders and drivers receive from the early intervention, therapeutic, educational, recreational and social programs that are offered to people with a disability in our community.

There was a great deal of interest in the extensive activities of our volunteer team in running all aspects of the Centre, and the simple changes that can happen by giving your time, experience and skills to assist people with a disability to achieve their life goals.

We would like to thank the Raymond Terrace Ladies Bowling Club for donating \$783.70 to our Centre. This will help to provide funding to directly benefit 42.5 individual riding or driving sessions for young people with a disability.

Photo Kindly Provided by Roly Taylor



Jude Oliver & Roly Taylor with representatives from the Raymond Terrace Ladies Bowling Club

Bunnings BBQ Fundraiser by Trevor Bullen



On Saturday 1 June, we hosted a fundraising barbeque at Bunnings Port Stephens at Salamander Bay from 8 am - 4pm.

The day went quite well, with a constant flow of people throughout the day. Thankfully, the rain managed to hold off until we were halfway home. I felt sorry for whoever was doing the barbecue on Sunday in that awful weather.

The morning shift went quite well as we had plenty of volunteers, but in the afternoon we were quite short. We managed to still be able to get through the day and a big thanks go to Roly Taylor and Jordan Lloyd for helping out the whole day.

It was pleasing that we were able to raise a net profit \$631.32 for the Centre.

Tuesday Riding Welcomes Charlie by Carol Brown

Tuesday Riding as always, has been great all year and we now have a full commitment of riders with Hunter Orthopaedic joining us last week.

For the past 4 weeks it has been more than great – it's been fantastic. We have the pleasure of having a wonderful young man from Vanuata coming to riding. Charlie, 7 years old, is in Newcastle to undergo a series of operations. He was born with both feet deformed (club feet) and has never been able to walk.



He comes to RDA with his mum, Veronicak, together with Rotarians Brian Coffey and Lyn Thorpe, who share bringing him. Brian is the incoming President of East Maitland Rotary Club and Lyn is District 9670 Chair ROMAC R/C Adamstown New Lambton. ROMAC stands for – Rotary Oceania Medical Aid for Children whose Mission Statement is 'To provide medical treatment for children from developing countries in the form of life saving and or dignity restoring surgery not accessible to them in their home country'. Both are sponsoring Charlie for the time he and his mum are here in Australia.

On April 28, I was very proud and humble to receive a cheque from East Maitland Rotary Club to the value of \$1000.00 to cover Charlie's fees as well as a "big" something for "the wonderful work our Centre does". Whilst we would have taken Charlie into our programs without the extra money, we are more than grateful for this amazing donation to our Centre due to one little boy who has brought sunshine into our lives.

Charlie comes to us with both his legs in plaster from top of his legs to his toes – one blue and one red, he definitely is a Newcastle Knight's supporter now. I wasn't sure if we could get him on a horse – but his doctor from John Hunter Hospital put a perfect riding bend in his legs, which allows him to sit comfortably and well in the saddle. In the short time Charlie has been with us, he has come on in leaps and bounds. Though still a little shy, he has found his voice and a beautiful smile. It has certainly been a culture shock for him (as well as his mum), but he is taking it all in his stride and can already say "walk-on" and "whoa". He is so enjoying riding his horse, Sprinkles, along with his two riding mates, Darcy & Leo and has started to interact with them – a joy to see. Charlie, together with his riding mates, will be riding two days each week during the school holidays, as we want to give him as much horse riding experience as possible. The main mode of transport on Tanna Island, where he lives, is horses - so going back home not only walking but having ridden will be amazing for him. At the moment his scheduled operation for this month has had to be put off till mid July, which means we will have his happy smiling face with us for a little while longer.

Many thanks to Tuesday volunteers, Heidi, Kim, John, Alison, Amber & Sharon (Sharon's daughters are also coming to help), I so appreciate your commitment to giving Charlie the extra rides.

It has been such a delight to have Charlie with us and we will certainly miss him when he goes home. He has enriched our lives and I do hope we have his.

Photo Kindly Provided by Carol Brown

Rachel Mulley's Chemmart Pharmacy Fundraiser



In our May Newsletter, we informed you that Rachel Mulley's Chemmart Pharmacy had selected RDA to be the beneficiary of their community program to support local charitable organisations by donating 5% of sales from Chemmart branded medications to non-profit groups.

The RDA Raymond Terrace & Lower Hunter Centre is the program beneficiary for June and July.

We are asking for your support to make this program a success. The more people we can let know about the program, the more we will receive to assist our riders and drivers in their physical, educational and social development. Please let your family and friends know via your facebook page, twitter, text or email. Why not do it the old fashioned way, and let them know in person or on the phone.

Don't forget, you can also help by purchasing your Chemmart branded medications from 1 June - 31 July at Rachel Mulley's Chemmart Pharmacy, 26 William Street, Raymond Terrace. For further information contact (02) 4987 2492.

A fundraising flyer is attached on page 8. Please put it up in your workplace, community hall etc or send it out to your contacts as a reminder of an easy way to help support our Centre



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 at 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 contacting him directly with any email address changes you may have.

Request for Newsletter Articles



We invite you to become involved in the RTLH Newsletter. If you wish to include any item/article in our Monthly Newsletter, please hand it in for inclusion by the 15th of each month so we can have the Newsletter dispatched to all by the end of the month.

All submissions are welcome and will be included. This is your newsletter, so if you would like to see something in it, please give the information. It would also be greatly appreciated if captains of events can provide information before and after an event. Without information, an article can not be included.

Submissions can be forwarded by:

- Email - send your article in Word format or the body of an email to judeoliver@iprimus.com.au. Please include a **photo no larger than 500kb in size**. Please do not include the photo in the body of your email nor in the word document, but as an attachment only (preferably a jpeg, gif or png file).
- Leaving the item clearly marked in the Thursday Pigeon Hole for collection. Please keep in mind that items can only be collected on Thursday, so some may not be collected until after the 15th and will be included in the following Newsletter.

Upcoming Events

The below information is subject to change, and is accurate at time of publication.

Event	Date	Captain
School Holidays—No Riding/Driving Programs	29 June - 14 July	
Term 3 Riding & Driving Programs Commence	15 July	
All Weather Shelter Opening - Maitland Lions Club	29 June	Management Committee
RDA Dressage Day	30 June	Isabel Taylor
Management Committee Meeting	2 July	Roly Taylor
Monthly Meeting 7pm	15 July	Roly Taylor
Regional Mounted Games	28 July	RDA Central Coast
Ride-A-Thon	August	Carol Brown

RDA Major Raffle

The RT&LH Centre is holding a raffle from April to July. All monies raised from the raffle will be used to provide our therapeutic and educational programs for people with a disability.

We have a wonderful selection of prizes, which have generously been donated by local businesses:



- ◆ First Prize - 40" Samsung LCD LED Television valued at \$590 - provided by Harvey Norman, Salamander Bay at cost
- ◆ Second Prize - 3 nights Hawks Nest Beach Getaway Cottage valued at \$470 - donated by LJ Collinson
- ◆ Third Prize - Choice of Rug to the value of \$400 - donated by Churchill Carpet Centre, Parry Street, Newcastle West

Raffle tickets are \$2 per ticket or 3 for \$5. The raffle will be drawn on Monday 29 July. Winners will be announced in the August Newsletter.

Ticket books are available from the office to sell to workmates, family, friends and neighbours. Please help raise us much money as possible, and sell a book of 20 tickets. Collect yours today.

RDA Shirts & Caps for Sale

The Centre has a number of shirts (in some sizes) and hats, 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 on (02) 4987 1402 Mon-Thurs only from 9am-2pm to make arrangements.



Targeted Fitness - Charity of Choice Update



In our May Newsletter, we reminded everyone of the support our Centre is receiving from Targeted Fitness' Charity of Choice program. Targeted Fitness, owned and managed by Michelle Davis, is a small private training studio that wants to make active and positive change, not only at a physical level for their clients, but also in the community.

From January, Targeted Fitness had hosted two of our Centre's fundraising donation boxes. Earlier this month, the boxes were counted and a \$380.80 donation made to the Centre. This will pay the Centre's costs of 20.5 individual rides in 2013, and is an amazing effort by the gym's clients.

We would like to thank Michelle and the team for their ongoing support. Targeted Fitness is located at 66 King Street, East Maitland (in the Maitland Health Specialist Centre). They are open from 6:00am - 8:30pm and can be contacted by phone on (02) 4933 5822, email at enquiries@targetedfitness.com.au or at their website at www.targetedfitness.com.au.

Cadbury Chocolate Fundraiser by Janet Hudson

Come on all you Chocoholics, roll up, roll up and choose your box of chocolates to sell in aid of the RDA Raymond Terrace and Lower Hunter Centre.



We have 20 boxes of 50 chocolates to sell. The chocolates are \$1 each and proceeds will go to help the lovely children who come to our Centre to ride our beautiful horses.

There are two packs to choose from:

- The Fun Pack contains Freddo's 100s and 1000s, Freddo Dairy Milk Chocolate, Freddo Dream White Chocolate, Freddo Twin Strawberry, Freddo Twin Peppermint and Caramello Koala.
- The Variety Pack contains Toblerone, Cherry Ripe, Boost, Time Out and Crunchie.

Hope you don't miss out on this wonderfully easy opportunity to assist our Centre. Please contact the office on (02) 4987 1402 Monday to Thursday between 9am and 2pm to reserve your selected pack and so that we can arrange for you to pick it up when you next visit the centre.



Riding for the Disabled Association (NSW) Raymond Terrace & Lower Hunter Centre

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RIDING FOR THE DISABLED

RAYMOND TERRACE AND LOWER HUNTER CENTRE

During JUNE & JULY 2013

**Rachel Mulley's Chemmart® Pharmacy
will be donating 5% of all Chemmart® Own
Brand sales to**

RDA Raymond Terrace & Lower Hunter Centre



**OUR OWN
BRAND**

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Chemmart

PHARMACY

Rachel Mulley's Chemmart Pharmacy
26 William St, Raymond Terrace

☎ 02 4987 2492

✉ chemmart@pharmacyhealthservices.com

📘 facebook.com/RachelMulleysChemmartPharmacy

Open 6 days. Mon-Fri 8:30am-6pm; Sat 8:30am-1pm

*Excludes prescription sales

