

The Tall Timbers' Times



Volume 22 No. 2

August, 2009

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

"Snippets"

They say time flies when you're having fun and that's definitely what's been happening at Tall Timbers so far this year and we can hardly believe its time to wish our horses Happy Birthday again.

We started the year with our Castle Hill Show and Model Railways fundraisers, many thanks go to Carmel and John Norris for being the backbone of these events yet again. At the Castle Hill Show we also held our very successful Devonshire Tea stand with Lynne White baking and serving her popular scones to the visitors, selling out on both Friday and Saturday certainly tells of a popular event. Thanks Lynne for bringing it back to the fore.

Our AGM was held in March with our Committee being re-elected to their positions. We also held an open meeting where we discussed the current issues and future plans for our centre. Thank you to Terry Svenson and Brad Cronin from Unilever/Cerebos for leading the discussion. We established that what we do do, we do well but we need to focus new energy on additional Coaches, Sponsorships and different Fundraising ideas which are the key to improving our service offering to our community and keeping their costs to a minimum. We do have around 100 people on our waiting list with calls from potential new riders each week and without more resources we won't be able to offer riding opportunities to these new riders for several years which is disappointing for them and us.



Thank you to Rural Press and the Windsor Polo Club for allowing our Centre to man the gate at the Windsor Polo Match in April. It was a lovely sunny day and it gave us the opportunity to promote RDA and raise funds for our program.

Pippa and Ishmar represented Tall Timbers along with Harrison, Danielle and Josh at the RDA State Mounted Games Championships and Horse of the Year Competition on Easter Monday at the Royal Easter Show. The Horse of the Year competition is where horses are judged on how they accept obstacles and situations they face at RDA. Pippa once again was placed 2nd and Ishmar 3rd, these are great achievements and just goes to show how special all our RDA horses are.



The staff at Commonwealth Bank Premium Business Services team held an Easter Raffle for us. It was organised by our Wednesday Volunteer Rosy Russell and raised \$3,125. This is a fantastic result and will support our horses by covering the cost of our Winter Hay delivery.

Our new RDA posters and promotional DVD has been released. These were conducted at Tall Timbers late last year and now the images have been distributed to all centres around NSW to promote our programs. The DVD is available to view in our Volunteers room and gives a great insight into the benefits of RDA from a rider, parent, volunteer and coach perspective.

We hosted the Metropolitan Regional Dressage Championships in May for the first time in our new facilities. There were 26 dressage tests run on the day and despite the rain in the lead up to the day it held off until the event was finished. The State Dressage Committee was in attendance as was our RDANSW Regional Representative and our Judge for the day,

Isobel Taylor, a EA Judge & RDA Coach with RT & LH Centre were all very impressed with the way the facilities worked on the day. Thank you to Holly's grandmother who baked cakes and slices to sell on the day in addition to Lynne's famous scones there were lots of visits back and forth to the canteen.

Our Trivia Night was well supported by local businesses with lots of prizes donated. We raised around \$2,000 including our Trivia Night Raffle which is a pleasing result. Thank you to those that helped arrange for prizes to be donated. As it was the first for our new facilities we opted to try something new and hold it in our arena which was lots of fun.

We attended a Volunteers Expo at Rouse Hill Town Centre in May which was organised by Baulkham Hills Shire Council and we were also represented in the Riverstone Festival Street parade with our F100 transporting 'Fred' (our fibreglass horse) down the main street of Riverstone. We are also finalists in the Rouse Hill Times Business Achiever awards. It's nice to be recognised this way in these communities.

In June we were visited by students from Japan, they are students of an International Animal Health College and some had their first horse experience when they met Angel and Apex. They were interested to hear about our Centre and the work that we do.

We are also very lucky to receive a number of grants recently. Baulkham Hills Shire Council has supported our volunteer and coach training. Woolworths Fresh Kid Grants will be supplying additional helmets, witches hats and other games equipment. Castle Hill Country Club are also supporting us with funds to add additional arena surface to our indoor arena. We are extremely grateful for the support of these organisations as we try to improve our experience for our riders and keeping their costs down.

Our chocolate drive has been well supported with around 75 boxes already sold. Our riders also participated in a Ride-a-thon during May. Thank you to everyone who supported our centre in these events.

Our Semester 1 groups have finished up with presentation week and the feedback we received was positive. We are looking forward to beginning the journey with our Semester 2 groups and are sure that their RDA experience will be just as beneficial. We will also have opportunities for riders to compete in State Dressage and Regional Mounted Games competitions.

At this time of year we remember the value of our horses as they all celebrate another birthday and another year of service to RDA. We have our Horses Birthday fundraisers on again and are looking forward to rewarding them during August.

Here's hoping the next few months at RDA is just as fun as the last few months have been and we hope you and your families can join in the fun by continuing to support the work that we do.

Nicole King

PRESIDENT'S NOTE

As we welcome back Kerry Souter, our Office Administrator, looking very relaxed and refreshed after her long holiday - I would like to express personal thanks to everyone that has done a "bit extra" to keep our centre running successfully while she has been away.

Special mention and thanks to Nicole King and Chanida Thew who took on more responsibilities over this time. As you will see from all the articles, the beginning of 2009 was a very busy time. Unfortunately some fundraisers have been cancelled, due to circumstances beyond our control. If anyone has any suggestions or can help organise a fundraiser for us, please do not hesitate to contact the office.

Your support of our centre is very much appreciated.
Karen O'Neill

BUNNINGS LOCAL COMMUNITY INVOLVEMENT PROGRAM



Pictured from left: Julie Knott, Di Dofel, Kerry Souter (RDA), Sonya Pettigrew, Ann Marie Powell and Barry Purnell

We would like to thank Di, Barry and the team of helpers from Dural Bunnings and McGraths Hill Bunnings who assisted the Centre at Box Hill with some necessary maintenance. As part of their Local Community Involvement Program the team of Bunnings staff spent an afternoon re-coating all 230 metres of the timber arena walls with linseed oil mix to protect it from weathering. They also provided all the necessary supplies and tools.

This was fantastic for the Centre which relies on Volunteers and donations to help run their program of providing therapeutic horse riding for people with disabilities.

SPOIL OUR HORSES FOR THEIR BIRTHDAY

The horses' birthday is celebrated each year on 1st August. Happy birthday to all our horses.

Help celebrate this special occasion by sending in a donation to "purchase" the horses a birthday gift.



MODEL RAILWAYS EXHIBITION

By John Norris, Hon Vice President

I think I can say with a certain amount of modesty, that this fundraiser was a big success from our point of view.

Our team gets better each year & while I cannot list names individually (in case in doing so I miss someone out), I would like to say a big "thank you". The exhibitors were pleased which is the main thing. One aspect I would like to single out is to thank all those who made cakes. That part of the operation was very well received & made quite a bit of extra money for us. Hope you can repeat that again next year.

I would like to thank the Lions Club of Ku-Ring-Gai, who again manned the "gates", for all their efforts. They in turn were pleased with the Kitchen Staff, who provided them with Snacks & Drinks.

Once again, an all round thank you.



CASTLE HILL SHOW CATERING

By Karen O'Neill, Hon President

Over three days, we again provided the catering for the judges, stewards, event staff and stall helpers at the Castle Hill Show. It was lovely to see the Show in full swing again, with the horse events back after missing last year due to the Equine Flu.

Our catering runs like a well oiled machine under the guidance and organisation of Kerry, Carmel, Lynne and John. Everyone's help is very much appreciated in the kitchen, preparing and serving meals, Devonshire teas and of course, the cleaning up afterwards. It is lovely that we can all work so well together in this different environment to our normal RDA classes.

Thank you for helping at this important event.



CASTLE HILL SHOW DEVONSHIRE TEAS

By Lynne White, Volunteer

We have had a very exciting time for the past 3 years with Devonshire Tea at the Castle Hill Show.

Three years ago I took over the Devonshire Teas and we have gone from 34 dozen to this year almost 40 dozen along with our tea and coffee. I feel that without the wonderful help from the RDA volunteers to serve we wouldn't have achieved this remarkable result. The public have been very complementary and we have seen some of the same faces for the past 3 years. The great signs we had this year have made more people aware of the RDA Devonshire Tea. We are hoping to sell 45 dozen next year. Any ideas to improve sales would be most welcome.



VOLUNTEERS EXPO

By Vicki Brownless, Committee Member

On Saturday, 16th May, we took part in the Volunteers Expo held at Rouse Hill Town Centre.

The Expo was an initiative of the Hills Shire Council, and was designed to showcase organisations within our Shire who rely on volunteers to provide the human resources needed for their delivery of services.

Some of the other groups included were Bush Regeneration, Rural Fire Service, Australian Native Plants, Aunties and Uncles and the Girl Guides.

We were pleased to chat with the passing shoppers and let them know what we at Tall Timbers do, to talk about the children we work with and how we can enrich their lives, and our commitment to giving these children an experience quite unlike any other. We received plenty of positive feedback, and hope that those who showed interest in joining us will take the next step.

Unfortunately, the weather on the day was not kind. The icy wind was close to gale-force and we had to dodge flying posters and other detritus. This also resulted in fewer people visiting the venue than we, and the organisers, had expected. Hopefully, the next Expo will fall on a milder day and we can spread our message further.

FUNDRAISING BBQ AT BUNNINGS DURAL

By Dinah Moore, Hon Secretary

In May we held our second "Dural Bunnings BBQ" for 2009. The previous day it had been blowing a gale so we were a little concerned about conditions, but we were very lucky and the weather was perfect. We had a busy but enjoyable day, apart from Carmel breaking a bone in her foot (but that's another story!). Bunnings provide great facilities so that BBQ's can be held year-round and, out of interest, what is sold at the BBQ and selling price is determined by them.

Two more BBQ's are coming up on the 23rd August and 22nd November so if you think 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.

Thanks to Dural Bunnings for their continued support.

REGIONAL DRESSAGE DAY

By Wendy Moreland, Coach

With showers predicted for Sunday 31st, Nicole decided that the Dressage Day would proceed whatever the weather decided to do! Participation numbers were down, with Nepean, the only other RDA Centre and Hannah Dodd, an associate rider, to make the trip to Box Hill.

Competition commenced using the 60m x 20m arena, for Grade 4 rider Hannah Dodd riding her lovely thoroughbred Lucifer's Dream. Hannah has formed a great partnership with her horse, and you could have heard a pin drop once she started her tests as we watched in admiration of her riding skills.

After a quick arena change to 40m x 20m our Judge Isobel Taylor and her penciller Dinah Barron duly installed inside the Jackeroo, we were ready to start. The first Tall Timbers rider was Danielle Weymark on Mr Ed (making his dressage debut). The combination did very well and completed two calm and accurate tests. Also riding the same Trot tests was Harrison Luke on Pippa, who also rode two excellent tests.

Among the Walk Test competitors were some first timers – namely Erin Christie on Indi and Joshua Petch-Colley on Ishmar, Katrina Webb on Diesel, Natalie Fulton on Kruger and Hannah Moore on Ishmar who all rode their best and turned in fine performances in their respective tests.

Our only Canter Test competitor was Amanda Wilson riding Gossip, who rode very well, completing two very animated and accurate tests.

The competition and presentation of awards were finished by early afternoon and I would like to say a big thank you to our Judge Isobel Taylor who travelled down from the Raymond Terrace area. Also to the many, many helpers who made the day a happy and successful one.

One more special thank you to our wonderful horses, especially Ishmar, who carried three riders safely and willingly through their tests – what a star!

Results

Test 1

1 st	Natalie Gross	57.85%
2 nd	Erin Christie	56.24%
=3 rd	Joshua Petch-Colley	55%
=3 rd	Katrina Webb	55%
6 th	Natalie Fulton	48.57%

Test 3

1 st	Joshua Petch-Colley	58.75%
=2 nd	Erin Christie	55.63%
=2 nd	Hannah Moore	55.63%

Test 21

1 st	Danielle Weymark	62.22%
2 nd	Harrison Luke	57.22%

Test 22

1 st	Danielle Weymark	59.47%
2 nd	Harrison Luke	57.36%

Test 31

1 st	Amanda Wilson	64%
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Test 32

1st	Amanda Wilson	63.18%
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Test 52

1 st	Hannah Dodd	63.5%
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Test 53

1 st	Hannah Dodd	63.22%
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TALL TIMBERS CARRIAGE DRIVING

By Janet Muspratt (Carriage Driving Coordinator)

The last two driving sessions here at Rossmore have involved practising dressage tests and having our photos taken for the State Competition. Our June driving day started off in nice weather but had clouded over by the time Michelle Harris and I with Nicholas got into the dressage arena. We were only just into a practice of the Novice AA test, when down came the rain! We decided to battle on, with our poor ground helpers sheltering where they could. Joy Harris found a new use for a witch's hat - as an actual hat! Everyone especially enjoyed our get together in the shed afterwards to dry out, whilst enjoying tea, coffee and chocolate biscuits. Nick was pleased to have a good roll and get his head down into the grass. The rain doesn't worry *him*.

In contrast, our July driving day was held in perfect weather. Lynne Buckingham enjoyed driving her first dressage tests with Sonny Boy under the guidance of Margaret Moore, and later Linda Ongley had her dressage test videoed for the Competition. We were a bit distracted at one stage when a very sleek fox loped across the back paddock and bounced through the long grass before disappearing into the neighbouring property.

We have now completed most sections of the Competition (Cones, Barrels, Dressage and Photos) with just a few ends to tie up before it finishes at the end of September.



RDANSW MOUNTED GAMES AND HORSE OF THE YEAR – SYDNEY ROYAL

By Denise Corbett, Coach

In the early hours of Easter Monday Chanida, Karen, Wendy and I loaded up Ishmar and Pippa along with all the gear required for our day at the State Mounted Games then made our way to Sydney Olympic Park. Finding our allotted stables and meeting up with the riders representing Tall Timbers, Harrison Luke, Joshua Petch-Colley and Danielle Weymark, we set about clarifying the plan of the day and prepping our gallant steeds' moment on parade.

After all horses from each centre were paraded around the Schmidt arena the events got underway to a good crowd of spectators throughout the day. Pippa and

Ishmar did Tall Timbers proud in undertaking their events: Ishmar at the walk for Joshua and the trot for Danielle, Pippa at the trot for Harrison. Joshua finished in 1st place for the walk events, Harrison Luke 4th and Danielle Weymark 5th for the trot.

Following this was the Horse of the Year event where our horses had to complete an obstacle course with both an RDA rider and then with an RDA coach riding. Danielle rode Ishmar and Harrison rode Pippa for this event, with Wendy and I riding them respectively for the coach event. Both horses did well in undertaking the course with Pippa placing 2nd and Ishmar 3rd overall.

Once again the day ran smoothly and was enjoyed by all. The weather held until the close of the day with a few drops of rain as we were packing up to head home. Many thanks again to Chanida for all her preparation of the horses not only on the day but also in leading up to the games. Thanks also go to our coaches for their efforts and support of our riders, and to our riders and their families for their ongoing efforts and support.



TRIVIA NIGHT

By Pip Lovely, Hon Vice President



For the 10 days before our scheduled trivia night rain had been pelting down, our paths were muddy, the horseyard was a quagmire and the drains were not holding back the excess water BUTour Trivia night went on.

The Committee (and me) were very worried that the crowds we needed to have a fun night might decide to stay home, instead they arrived, the rain and wind stopped and a great night happened.

Our quizmaster Kim Hutchins was fantastic, even giving out some very cryptic clues to help. Our panel of markers were Rita Boyd and Kelly Lovely who made sure the scores were accurate. The questions were varied and from some of the participants were too hard and from others, mainly the winning table they were too easy.

The format was for 4 rounds of questions with each round having a specific topic, eg history, geography, music etc. with a Horsejoker to enable the round you used this to be for double points. The 2 officers who patrolled around to stop any texting etc had a good laugh on how each table worked out on which round to use this Joker!!

During our supper break a game to make the highest flagpole using a newspaper, and anything you could find in the arena caused great hilarity and inventiveness.....with some tall but not very sturdy structures.

All in all our first trivia night held in our arena was a fantastic success.....next time we might have it in summer!!

Thank you to all who helped us set up, run and clean up after the event. Also Thank you to all the people who donated prizes, they were fabulous.

TRIVIA NIGHT RAFFLE RESULTS

1ST - D Holmes

2nd - Gallur

3rd - Steve Paddy

4th - Marg Mills

5th - Harold Zev

Congratulations and thank you for supporting RDA Tall Timbers in this way.

JAPANESE VISITORS

By Nicole King, Staff Coach

On 28th June we were visited by 11 OMIYA International Animal College students and their teachers. They were studying Animal Science in Japan and were on a 10 day trip to Australia to visit different animal based organisations. They visited for 2 hours; during that time we spoke about what RDA is the benefits our riders get from their experience and how our organisation works. They then got to experience horses, some for the first time, first sitting on 'Woody' our wooden horse and then meeting 'Angel' and 'Apex'. They had a tour of the property and then watched on as a class was in progress.

The College teachers were extremely grateful for the time they were able to spend here getting to know how our horses are kept and the work that they do and are looking forward to bringing other students to our Centre for their horse experience.



MIND AND MUSCLE MATTERS AT THE MITCHELL CENTRE

By Kirsty Hardman, Coach

A chance to refresh previously know information or learn new ideas, strategies and information which can then be used to improve our service to clients is always a welcome opportunity. When it's in conjunction with a trip to Ballina (hopefully warmer than Sydney) it is a GOLDEN opportunity. So, it was with a great deal of enthusiasm that Joan, Karen and I made our way to the airport on Friday 11th July. Fortunately all the intricacies of arrival, flight and disembarkation went smoothly and our 'driver', Bill, who delivered us to our motel was chatty and cheery.

Joan, Nicole (who had driven up that day) and Karen were involved that evening in discussions concerning the move towards Riding for the Disabled Association becoming a Registered Training Organization, which although complicated in its inception and implementation, will ultimately give our Association and its coaches, and equine programmes a strong credibility amongst other organizations. On my own for the evening I enjoyed the company of the coaches from Central Coast who share my enjoyment of a good bottle of 'red'.

Having survived the first night of determining who snored and who didn't, who slept talked and who didn't and who liked pink flanno pyjamas.....we were collected and taken to the Ballina RDA, where we met up with Kaye. The Centre is situated in the very pretty hinterland about 15 minutes out of town. With an indoor (originally a cinema) and outdoor arena, a sensory garden, yards and a variety of office and tack buildings it is situated in a property where the views reach to the sea! Macadamia nut and Moreton Bay trees give plenty of shade and the whole place is very conducive to leisurely trail and sensory rides.

Our first lecture **SENSORY INTEGRATION AND DYSFUNCTION** by Occupational Therapist, Claudia Rueckher, gave us all a lot to think about, in terms of how our riders learn and process information and what we can do to determine which games and activities we use and how we can maximize their impact. Similarly the second lecture **LOW MUSCLE TONE** by physiotherapist, Wendy Webber, helped focus our attention to the special needs of riders who's tone may cause such issues postural problems, fatigue, hypermobility, difficulty with learning and co-ordination...all of which we need to pay particular attention to in the riding setting. The effects of warming up muscles and stimulating them so that maximum information can be processed was particularly interesting. To demonstrate how games can be modified for the specific sensory, tonal and learning needs of riders, we watched a demonstration by 3 young riders using games tailored to their particular disabilities.

After lunch we broke into groups to determine the recommended weight of riders for specific horses based on the weight and age of the horse, as well as participating in a group activity (about 12 per group) where we had to all stay 'connected' and remove a horse from the arena without breaking our contact. Much

harder than it sounds, particularly when you realize that as coaches we all have a greater tendency to direct rather than listen!

Saddle fitting, presented by Jane Clothier, an Equine Touch body worker, was very interesting, particularly for me, and certainly raised plenty of issues about the impact of ill-fitting saddles on horses.

I must add at this point that all this learning was being done under the influence of torrential rain, biting wind, and freezing cold! Plenty of hot coffee, cake and slice was needed to keep our brains functioning. At least that was my excuse!

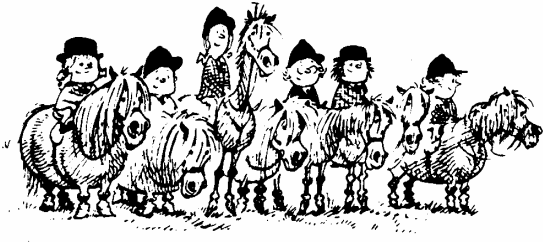
Following a meeting to discuss interest in Equine Facilitated Mental Health (EFMH) we were free to enjoy the wine and food supplied while watching DVD's of Centres such as the Manning/ Great Lakes and Illawarra. That is, until a possum decided to interrupt proceedings by peeing directly onto the laptop!!!!!!!!!!!!!!!!!!!!!! Nic, Karen and I headed back into town for a much needed Hot chocolate before retiring to bed. And so endeth day 1!

Day 2 we arrived refreshed and open to inspiration. An early walk along the Sensory Trail focussed our minds and muscles on the activities to come. A session on Equine Touch, again presented by Jane Clothier, re-affirmed the positive impact of 'massage' in this case the technique of the title, on horses presenting with soreness, stiffness or stress. A session on the visual learning need of people with Autism Spectrum disorders (Peta Best) refreshed our memories, while a discussion on the Healthy Horse (Dr Jo Shannon) was interesting, particularly for those of us there who were relative new chums when it comes to things horsey! A Trivia quiz rounded off the proceedings and we were free for the afternoon. Many thanks to Kerry Johnston for her organisation and hospitality.

As she was staying with relatives, Kaye had access to a car, so Joan, Karen and I were taken for a great drive around the local area. Very pretty indeed. We even paddled in the sea!!!! Slightly overdressed for the sea-side in our jeans, riding boots and RDA sweaters we must have looked very out of place!

All in all, it was a very enjoyable weekend. New people to meet, old ones to re-acquaint ourselves with and heaps of information to take in. I am certainly feeling inspired to try new things, introduce things to the vollies and students and just get back into the fun and games that is RIDING FOR THE DISABLED, TALL TIMBERS!





ROSELEA SUPPORT UNIT



Over the past two terms, students from Roselea Support Unit have been enjoying their horse riding lessons with RDA.

Despite the cold weather this term, it has been a day we have really looked forward to each week.

We love the trail-riding, especially on warm sunny days and like to watch each other and look around when we are out in the paddock.

James has never been horse riding before. We've all noticed how his strength and balance has improved. He has managed very well riding a big horse called Apex. Jenessa has very ably ridden three different horses – Jet, Kruger and Angel. Tiana and Jack love to play the games when Kim (coach) throws the ball for us to catch and always wait patiently for their turn. Every Thursday, Abby and Luke have been eager to see if they will be chosen as Rider of the Week.

Going out to "Tall Timbers" is also a highlight of the week for Mrs Heydon (Kathy) and Ms Pendergast (Carmel). We would like to thank all the volunteers for providing such a valuable learning experience and the opportunity to have a lot of fun while enjoying the country air.



VISIT TO RDA SINGAPORE

By Kerry Souter, Administrator

On the final leg of our recent travels we had a six day stopover in Singapore and naturally I wanted to visit the local RDA Centre. We organised the visit for the Saturday morning. We checked in at the office and met their new General Manager, Samantha Taylor, who welcomed us and told us a bit about the Centre. We watched two classes which were being held in their covered arena (complete with ceiling fans). It was great to see the program in action and to see the riders enjoying the riding and participating in the various games and activities. These included ball games, knock-em downs, hoops and a jungle ride. They had plenty of volunteers as each Saturday a group of helpers come from HSBC as part of their corporate community assistance. We also watched the horses having their daily hose down, necessary in this hot humid climate.

If you'd like to know more about RDA Singapore their website is <http://www.rdasingapore.org>



SOME COMMENTS FROM THE 1ST SEMESTER TALL TIMBERS' SURVEY

BEST THINGS ABOUT THE SERVICE

That a child with a disability can experience the freedom of horse riding, the volunteers are good as well.

Friendly and professional staff. Understanding of peculiar needs. Great facilities.

Allows students with special needs to experience riding that wouldn't normally be something they have the opportunity to do.

Friendly, supportive, helpful staff who provide a fabulous service and experience for children with a disability.

Being around horses, different environment from school. Being outside and the quiet surroundings. Enjoy the riding out in the paddocks. Going faster when trotting. Very well organised.

Being with animals and the caring staff.

DIESEL'S DIARY ENTRY (as told to Chanida)



Dear Diary,

Wow, things have been so hectic lately and man has my life changed! I started getting ridden a lot more and led around the arena with some of the other horses. It's been fun and I like having a routine. It's nice to know what's happening.

I had heard talk about 'classes' but, trust me, until you have been in one you have no idea what you're in for! There's clapping, yelling, banging, things being thrown at you, fluorescent stuffed toys everywhere - it's definitely a sight to see. Each day someone different leads me which was a bit confusing at first but as I got to know the people and the different riders on each day of the week I think I settled into the groove fairly well.

Every morning we come out of our paddocks and into our yards for breakfast. Sometimes I'm allowed to run up on my own but I usually have to be led up because I get too excited and forget where I'm going. When I get lost I usually just try to steal someone else's breakfast but that always gets me in trouble. My yard is in between Apex and Kruger. When I first moved in I didn't really like Apex. He wouldn't talk to me and always wanted to sleep. I used to bug him all the time and he would get cranky with me so I'd be mean back to him. I would like to apologise to him though, because now I see what he does everyday I understand why he just wants to sleep! Kruger on the other hand - I guess our personalities just don't match. Now Rennie is like my kindred spirit or something. We just clicked from day one. He is so much fun to be around, he loves to play, we get the same jokes and we both love to cause trouble...

Writing that makes me think of one of my Mums favourite sayings when I was growing up - 'laughing turns to crying'. Rennie and I have so much fun together but as I write this we are not allowed to play anymore. Unfortunately our play got a bit rough a few weeks back and I got hurt. Even though I had a major headache I still wanted to play but those boring humans told me I couldn't. I got really upset and objected, and it worked at first, but it turned out they were right and my face needed to heal first.

When they took me to visit the doctor it was the first time I'd been on a float in 2yrs and I wasn't very impressed! When we got there I was taken into a room where a

machine was pointed at my head to take photos of my bones. After a few pictures were taken most of the people went into the other room. Although I was a bit sleepy throughout all of this I could see their faces were very different when they came back and I just knew something was wrong. They were saying something about a fractured cheek bone. I didn't put up much of a fight to get back on the float; I didn't think they could deal with it.

About a week later they took me back to the doctor only this time they left me there. I didn't know what was going on. There were strange horses and strange people who shaved my hair off in random patches - they could have at least given me a decent haircut. They put me to sleep to fix the bones in face and when I woke up I had 19 staples down my face - I'm so glad I was asleep and couldn't see that stapler coming at me! Anyway, I'm home now and I guess I haven't learnt a thing because all I want to do is play!

Diesel



WORKING BEE

By Karen O'Neill, Hon President

Our main working bee on Sunday 19th July was a great success. As they say "many hands make light work".

Thank you very much to everyone that came to help on the day or individually on other days. Between us we accomplished quite a variety of jobs - fencing, polishing riders boots (all 44 pairs!), cleaning up the grounds, rubbish removal, fireweed pulling, horse yard maintenance, gardening and the never ending mowing and edging, etc.

The men's team have been working during the holidays on the drainage issue around the horse yards and hopefully have redirected the water runoff to the right places. Not that we want to test it out in a hurry after all the rain last term! Also Paul Akers has been very busy in the garden. The rider's car park now has a new look for when they arrive. Glenn has also finished connecting the water system for the horse yards.

The Tall Timbers centre is "sparkling" ready for this semester.

UP COMING EVENTS

Please support our fundraising efforts – mark these dates in your diary and let Kerry know if you can assist.

HORSES' BIRTHDAY

1st August

Help us celebrate this special occasion by 'giving' the horses a special birthday gift selected from the birthday gift list or send along a donation to assist with their care.

RDA NSW DRESSAGE PROTOCOL DAY

22ND August at SIEC

This day is designed to give independent riders an opportunity to have a dressage test critiqued and pointers to improve given.

BUNNINGS DURAL BBQ

23 August

Let us know if you can help at this fundraiser

SPRING CELEBRATION

Saturday 5th and Sunday 6th September

10.30 – 2.00

Devonshire Tea in the Garden and/or bush walk to see the wildflowers.

Please phone the office for more information and venue details.

Sunday is Fathers' Day so bring your Dad along.

REGIONAL MOUNTED GAMES

20th September

Tall Timbers Centre

This event is a qualifier for the State Mounted Games in 2010 at the Sydney Royal.

RIDE-A-THON / WALK-A-THON

21st to 25 September during lessons

The Ride-a-thon for our 2nd Semester weekday riders will be held in their lessons during this week. Please help us raise funds for our Centre by getting lots of sponsors. Volunteers can also join in as a Walk-a-thon at the same time.

RDA NSW STATE DRESSAGE

CHAMPIONSHIPS

16th – 18th October

Tall Timbers Centre

Please contact the office for more information

BUNNINGS DURAL BBQ

22nd November

Let us know if you can help at this fundraiser

VOLUNTEER LUNCH

Thursday 26th November

Once again our volunteers are invited to a luncheon to thank them for their hard work throughout the year. Put this date in your diary for a friendly get together.

SATURDAY RIDERS' CHRISTMAS

PARTY/PRESENTATION

Saturday 12th December

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

TALL TIMBERS WISH LIST

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

Farm vehicle – "gator" or similar to assist with feed run, grading arena and property maintenance

Portable PA System

Fly masks, cob and full size

Stationary, stamps, copy paper, white board markers etc
Connections for machinery and materials to improve the surface of our front carpark and driveway.

Mouseproof metal cupboards for rug storage

Horse stuff, garlic, hoof oil.

Wormers

Manure rakes

Saddlery gift cards to assist with purchase of saddles

Sponsors for horses

Sponsors for vehicles (F100, Jackaroo etc)

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

Mulch for our gardens

RDA NSW TALL TIMBERS COMMITTEE 2009/2010

Mrs Karen O'Neill	- President
Mrs Phillipa Lovely	- Vice President
Mr John Norris	- Vice President
Mr Ken Basha	- Treasurer
Mrs Dinah Moore	- Secretary
Mr Charlie Aquilina	- Committee Member
Mrs Carmel Norris	- Committee Member
Mrs Vicki Brownless	- Committee Member

DUKE OF EDINBURGH PARTICIPANTS

Are you completing your Duke of Edinburgh Award?

Consider helping at RDA on Saturday mornings to satisfy the Community Service component. You can help us by assisting in classes and preparing the horse and equipment. It's rewarding and fun!



KEEP YOUR CONTACT DETAILS UP TO DATE

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.

GENERAL INFORMATION

Our policies and procedures manual is available at the office for your perusal and input. At any time suggestions can be placed in our suggestion box.

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

Website: <http://talltimbers.rdansw.org.au>





HELP US CARE FOR OUR HORSES

The cost of keeping a horse is a minimum of \$750 per annum. This covers items such as veterinary expenses, the farrier, feed and water. Donations are tax deductible and you will receive a certificate including a photo of a horse at our Centre. We would love to hear from any business, club, or individual who may be interested in supporting our Centre in this way.

Please contact the office for more details:
(02) 9679 1246 or email talltimbers@rdansw.org.au

Pictured: Boomerang (left) and Jet (below)

GREAT WAYS TO HELP RDA

- Become a volunteer
- Sponsor a horse
- Become a Member
- Join our Auxiliary
- Support our fundraising
- Become an RDA Coach
- Join the Committee
- Organise a fundraiser
- Tell people about RDA



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