

The Tall Timbers' Times



Volume 23 No. 2

August, 2010

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

"Snippets"

Welcome to the Horses' Birthday edition of the Tall Timbers Times for 2010. At this time of year we recognise the horses for the work that they do to make RDA a wonderful experience for our riders.

As always the first half of 2010 has been very busy with our annual fundraising events such as Model Railways and Castle Hill Show Catering and Devonshire teas, Windsor Polo. Thanks to everyone who assisted at these big events along with John, Carmel, Lynne, Joan & Karen who co-ordinated them. This year we set a new record for the Devonshire Teas at Castle Hill Show with 55 ½ dozen scones sold over the 3 days!

Our Trivia Night set another record with thanks to Pip for organising behind the scenes and Kim Hutchings from Rotary Club of Granville for being our entertaining MC for the night.

Our AGM was held in March where farewelled Ken Basha and Vicki Brownless as Committee members and welcomed Fran Prudames as a new Committee member along with the remainder of our existing committee. Congratulations and thank you for supporting Tall Timbers in this way.

Our Coaches and Carriage Driving Whips have been busy with their Semester 1 programs welcoming new groups & riders and continuing to develop the abilities of their riders and drivers. This core group of volunteers are essential for the ongoing development of our programs and hope their work can continue to inspire others to join us. In May, eight of us attended the RDANSW State Workshop in Orange having a great time with opportunities to network and bring back different ideas from coaches around NSW. One thing our coaches do is never stop learning.

The end of Semester 1 saw us farewell our riders with Achievement Reports and Certificates, some we will see again next year however for one group brought the end of an era with Kingsdene Special School closing at the end of this year. Semester 1 was their last time at RDA Tall Timbers and for many of our coaches and volunteers there are some fond memories of their time at RDA. We wish their Staff, students and families all the best for the future and we hope suitable support is found for all, hopefully we will cross paths again.

Congratulations to Michelle Harris who was awarded the 2009 RDANSW Champion Driver Trophy along with Nicholas, one of the TT Driving Ponies.

The trophy was finally presented in May, good luck to all the drivers in the 2010 Competitions.

Our riders and horses competing in the RDANSW State Mounted Games Championship and RDANSW Horse of the Year competition had a very successful day at the Sydney Royal Easter Show. Josh and Natalie both Champion Riders with Ishmar, and Pippa was the winner of the Horse of the Year competition with Erin and Denise riding. Congratulations!



We have also celebrated some great achievements of our volunteers with Joan Edwards recognised with a Seniors Week Achievement Award and Joan Guppy and Mary Crowe being recognised as part of the National Volunteer Week activities of their local shopping centres. As part of this recognition Tall Timbers was rewarded with a total of \$400 which we have put towards a dishwasher for our kitchen for the benefit of all our volunteers. Thank you to GPT for this opportunity.

As we look forward to the second half of the year we will be celebrating the Horses' Birthday with a Charity Lunch, Birthday presents for the horses and an Auction of a Handmade quilt, sewn and donated by our Friday volunteer, Judy Uren. We hope the funds raised will help cover the needs of our beloved horses for the year ahead.

We are currently welcoming our Semester 2 riders to the program; lots of new faces are having their first introduction to our centre. As part of the riding program for the second half of the year we will also be hosting the Regional Mounted Games and Dressage Day in

preparation for the Sydney Royal Easter Show in 2011 and State Dressage in November.

Also coming up is the 2nd Annual Spring Celebration at Kenthurst with an Open Garden, Bushwalk, Devonshire Teas and Book Stall on 11th & 12th September.

OLMC Parramatta will be holding their annual Walk-a-thon fundraiser for Tall Timbers on Wednesday 11th August in Parramatta Park. Our volunteers are welcome and encouraged to go along to cheer on the students. Thank you again to OLMC for supporting us.

Our grounds are continuing to be spruced up with thanks to Paul and his suppliers, plans are underway to commence a Sustainable Sensory Garden where resources allow. If you have anything that would be useful for this area please let us know.

Thank you to everyone who has supported us so far this year, with volunteering, donations, selling chocolates and participating in our fundraising events. Every little bit counts when we need to source 85% of funds from donations and fundraising. The feedback from our riders is positive and they are grateful for the opportunities they are provided but there are more riders on the waiting list.

Welcome to those of you that are new to our centre, I hope you enjoy your RDA experience. I'm sure the second half of 2010 will create many more happy experiences for our riders.

Nicole King

PRESIDENT'S NOTE *Karen O'Neill, Hon President*

How quickly the year is flying by. Already we have farewelled our first semester riders and seen the improvement and enjoyment they have benefited from the riding programs. It was lovely to see all the family members and friends come to the presentation days for each group. The riders were beaming when their names were called out and presented with their own certificates. The volunteers had smiles just as big when "their" rider was presented with the encouragement certificates.

It is always nice seeing the difference from when our riders start, all the personal achievements during the riding sessions, to the last day extra large smiles.

Thank you very much to everyone that has supported us by assisting with the classes and at the many fundraising functions and promotional stalls and talks for the first part of the year. It is always a busy time fitting it all in before the winter season, when we all need to slow down a bit.

Special mention and congratulations to the following award winners: Joan Edwards Seniors Week Achievement Award, Mary Crowe and Joan Guppy, GPT Volunteer Week Awards. Also to Robyn Scott who has recently passed her Assistant Coach exam. Thank you ladies for your enthusiasm and commitment.

Hope that all of you enjoyed the break for a recharge before semester two started.

JOAN EDWARDS – WINNER OF A SENIORS WEEK ACHIEVEMENT AWARD FOR SERVICE TO RIDING FOR THE DISABLED TALL TIMBERS CENTRE

On Sunday 21st March, at an award Ceremony to celebrate the commencement of NSW Seniors Week, Joan Edwards was one of the sixty award winners from across the State to be presented with an Achievement Award. Her award was in the category of Community Service/Volunteering. The NSW Seniors Week Achievement Awards are a prestigious recognition of NSW seniors for their contribution to the development of our community, for their leadership and for their initiative. The awards provide an opportunity to formally thank older people for the contributions that they make to the quality of life in our state.

Joan Edwards has been a dedicated and reliable volunteer at Riding for the Disabled, "Tall Timbers" Centre for 33 years. She volunteers each Monday at the Centre at Box Hill and assists when other coaches are unable to attend. Over the years she has taken on the extra responsibility and study to become a Senior Coach and RDA NSW Assessor and has been a member of the Tall Timbers Committee. She has devoted countless hours to fundraising. The Centre can always count on Joan to be there and to do things for us when necessary. She is reliable, knowledgeable and a great friend and inspiration to all.

Her award was presented to her by Ita Buttrose and Graham Ross who are Seniors Week Ambassadors. Family and friends attended the ceremony which was held at the Sydney Recital Hall. Congratulations Joan and thank you from everyone at RDA Tall Timbers.



MODEL RAILWAYS EXHIBITION

By Charlie Aquilina, Thursday Volunteer and RDA Committee Member

I am pleased to have the opportunity to write a snippet on what has proven to be the most successful fundraiser on the TT Calendar for many years. I refer to the Model Railways Exhibition held at Forestville earlier this year. The fundraiser is organised and administered by that dynamic duo, Carmel and John Norris.

It's a two day event where Carmel organises and manages the kitchen, catering for staff and the general public while John and other volunteers from Kuringai Lions Club man the entry, collecting the admission fee from the general public attending the exhibition and selling raffle tickets. With the able assistance of the A Team (a dedicated group of vollies who always make themselves available whenever we need help with our fundraising) the weekend was again a huge success raising \$5521 for Tall Timbers.

A big thank you again to all who participated. Thank you also for the continued support of the North Shore Railway Modellers Assoc and the Lions Club of Kuringai.



CASTLE HILL SHOW CATERING

By Kerry Souter, Administrator

Once again we catered for the judges and stewards at the Castle Hill. A big thank you to Carmel and John Norris for organising the menu and food and to the many volunteers and parents who assisted over the three days. Thank you also to everyone who assisted to load the gear and set up the day before the event and then bring it all back to TT on the Monday.

It was great to work with everyone in a different environment to raise much need funds for the Centre. It's also a good opportunity to set up our display boards and create some awareness about our service. Thank you also to the Castle Hill Show Society for their continued support.



CASTLE HILL SHOW DEVONSHIRE TEAS

By Lynnette White, Monday Volunteer

Many thanks to the helpers at the Castle Hill Show. With many thanks to all the helpers on the Devonshire Tea it was our best Devonshire Tea ever we raised \$2023 and sold over 55 1/2 dozen scones, it couldn't be done without all our great helpers.

The weather was very kind to us and we were well patronized by the public, our reputation for good service is getting known. We had some good feedback from our customers with some coming on all three days (from the people working on various stalls).

I would like to add my thanks to the helpers as we couldn't do it without your help.



CONDOLENCES

Our sincere condolences to the family and friends of Roy Matthews. Roy was a great supporter and volunteer of RDA Tall Timbers for many years.

We would also like to express our condolences to the family of Elizabeth Pinkerton. Lizzy was a Saturday rider at Tall Timbers for many years and a recipient of the Happy Rider Award.

RDANSW MOUNTED GAMES AND HORSE OF THE YEAR – SYDNEY ROYAL

By Kirsty Hardman, RDA Coach

I'm not usually an early riser, but when there are four riders and four horses waiting for you at the Royal Easter Show, what is a girl supposed to do?! Fortunately this early morning was beautiful – bright and clear. Not too hot, not too cold....just right!

Karen and I were picked up by Denise and Wendy in our ever faithful Jackaroo, meeting the horses, Chanida, Judy and Kaye in the showground. Chanida had done a great job and the horses, Ishmar, Pippa, Kruger and Indy looking stunning! With a deadline of 8.30am in the arena it was all hands on deck to finish off the grooming, plaiting and saddling. Our riders, Justin, Josh, Erin and Natalie looked shiny. Boots polished, hair brushed within an inch of its life and all in Tall Timbers jade and navy. A moment for making an old coach very proud.

With absolutely no glitches the riders performed to their absolute max. Bending, flag race, keyhole and barrels....all done with style and flair. Despite cows bellowing in one of the side holding yards none of the ponies batted an eyelid...veterans some of them may be, but our new chum to the Showground, Kruger, held his own and showed that everyone can step up to the plate with a good rider on board!!!



After a full mornings competition it was with baited breath that we waited for the results! Everyone had competed to the absolute best of their ability and as coaches we were incredibly proud of the effort they had all put in. Justin Hill and Katrina Webb, both newcomers to the Royal, received Participation ribbons in all events. Joshua Petch-Colley and Natalie Gross both place first in the trot and walk events. Erin Christie was equal second in the trot. Josh and Natalie were both awarded champion rider in their division! Congratulations to all of you for such a brilliant effort! What a day!!!!

The afternoon was devoted to the running of the Horse of the Year competition. Specifically for RDA horses this aims to determine a horse's suitability to RDA by running it through a number of challenges and obstacles, once with an RDA rider then once again with an able bodied rider on board. A veritable boot-camp of structures was set out on the arena – a 'sea' of blue tarp, octopus, 'jellyfish', scary people in coats handing out objects – all designed to test the confidence and reliability of each horse. It didn't look easy and it wasn't. But one horse stood out in her poise and aplomb! Pippa, the wonder horse, looked as if she faced aliens and monsters from the deep every day of her life. Carrying Erin and then Denise safely from beginning to end she performed without fault, and definitely deserved the title of Horse of the Year with which she was rewarded at the end of the afternoon. The sun was just about setting by the time I made it home. A great day had been had by all. Needless to say we all probably slept VERY well that night!!!!

Congratulations once again to all our riders, and many thanks to all the family and friends who supported them, and us, throughout the day. 2011 BRING IT ON!



NATIONAL VOLUNTEER WEEK

10-16 May 2010

Volunteering: Now, more than ever



National Volunteer Week (NWW) began in 1989 and was the first collaborative attempt to promote volunteering nationally. Volunteering Australia (VA) is the national peak body for

volunteering and as such is responsible for setting the date and theme for NWW and providing a range of resources and promotional items to members, usually in partnership with NWW sponsors. VA drives the overall strategy assisted by the current NWW partners, NAB and the Department of Families, Housing, Community Services & Indigenous Affairs (FaHCSIA). As volunteering continues to grow we need to be more aware of the need to recognise what volunteers contribute to our world. There are many charities that would struggle to survive without the contribution of their volunteers.

During National Volunteer Week RDA Tall Timbers presented our Volunteers with lapel pins which were kindly distributed by Volunteering Australia.

Congratulations to Joan Guppy and Mary Crowe who were recipients of Volunteer Recognition Awards at their local shopping Centres. Joan Guppy was an outstanding Volunteer in the local area of Rouse Hill Town Centre and won a \$200 GPT Gift Voucher. Mary Crowe was an outstanding Volunteer in the local area of Carlingford Court and also won a \$200 GPT Gift Voucher. RDA Tall Timbers will receive a \$200 donation from each of these Shopping Centres. Thank you to GPT, Carlingford Court and Rouse Hill Town Centre for organising these awards.

JOAN GUPPY

During the time I have been a Vollie with RDA, there have been two occasions when I have received a phone call which I disbelieved! The first was in September 2000 when Kerry rang to ask if I would like to attend a morning tea as HRH Princess Anne, The Princess Royal was visiting Tall Timbers – I thought: “Yeah, sure, and the Queen is coming for dinner”, but it was true and we had a lovely day. The second time was on Friday 7th May when I had a phone call saying I had won a Volunteers Award and I replied by saying: “I think you must have the wrong Joan, it won't be me”. But it was me and having no idea I had been nominated I was completely overwhelmed.

I had always decided that when I retired I would do some kind of volunteer work and when two of my neighbours introduced me to RDA, I knew that was the place for me. I loved horses, it was practically on my doorstep at Kellyville and it was a complete change from anything else I was involved with at the time.

I can think of no better reward than to watch a new group of kids come in, most have never ridden before or been up close to a horse, some are nervous and some are really quite frightened but with a lot of patience and gentle persuasion they conquer their fears and learn to ride. I thoroughly enjoy helping to guide them through this process and what a joy it is on the last day of the

Semester when they go through their paces in front of family and friends and show just what they have achieved.

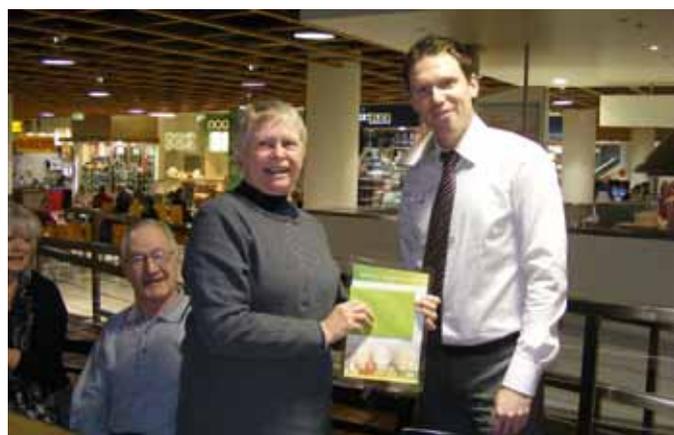
I *almost* felt guilty taking the \$200.00 Award for doing something I love, but that feeling soon disappeared the minute I went on my spending spree!! Thank you RDA.



MARY CROWE

My name is Mary Crowe and I have been a Volunteer at Tall Timbers for 19 years. I had worked with the aged as a Diversional Therapist for some years and on retirement I looked for some other way to help others. I noticed a flyer calling for RDA Volunteers in the local pet shop window and decided that working with children would be quite different to working with the elderly. Of course my love for horses was an added reason to sign up.

I have found my time at Tall Timbers to be extremely rewarding. It is wonderful to see very nervous children at the beginning of the semester grow in confidence and to watch other is a great joy. To see their sense of achievement is really exciting. I enjoy working with like minded volunteers and I would encourage anyone who is looking to volunteer their services in a caring and very rewarding environment to join RDA. The other volunteers are all very friendly and will make you feel very welcome.



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!

COMBINED AGM AND STATE WORKSHOP

By Joan Edwards, RDATT Senior Coach and State Assessor

This workshop was hosted by RDA NSW Orange Centre on 1st and 2nd May

Theme: Team work at RDA enhances abilities

On the Friday afternoon seven RDA Coaches and one Trainee left Tall Timbers in two vehicles heading for Orange with all our warm clothes. We arrived safely and over the following two days Orange turned on beautiful weather so no need for all the winter woolies.

After we found our way to "Crystal Springs" we completed our registration and inspected the Centre. The Workshop was officially opened and as this workshop had two sections, a Coaching Section and an Administration Section, we formed into our respective groups, being a Coach I will comment on this part of the proceedings.

Saturday was a busy day, before Morning Tea we listened to a talk on "Good & poor Conformation and the effect on Riders" then outside for a practical demonstration and discussion about Mounting and Dismounting. After Refreshments we were back to the covered arena to watch Demonstrations on "How to progress your Riders" and then "Taking the fear out of Dressage". These 2 demonstrations involved RDA Riders riding unfamiliar horses and proved challenging for at least one of the presenters with all Riders coping well. We were shown various plans of riding exercises which involved Dressage movements in fun activities.

After a delicious lunch, provided by the Orange volunteers, we took part in an interactive session appreciating what we have, then a talk on Epilepsy, ending up with lots of tips about making a Video .

The RDA NSW AGM which always commences with the Banner Parade and Official Opening preceded the Official Dinner, where good food and wine was consumed, and announcements of the State Awards applauded.



Sunday we were back to the Centre where we heard about overcoming the fear factor for new riders, Issues

on Horse Welfare from a local Vet, then a talk about managing Challenging Behaviours from an Aspergers support group member. Finally an update on RTO and the requirements for Coach Training and Supervising Coaches.

Thank you to Orange RDA and all their volunteers for a most enjoyable weekend where old friendships were renewed, new ones made. We were provided with lots of information, and a chance to see how another Centre operates which may appear to be different to how ones own Centre operates but the outcome is the same - Our Riders are Safe, have Fun, and learn Skills.

Thank you to RDA NSW Training Fund and RDA Tall Timbers Committee for their support for this event.



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.



DIARY ENTRY (as told to Chanida)

Dear Diary

Isn't it funny how things can be so hectic without anything really out of the ordinary happening? Things had been so busy lately I was looking forward to the school holidays very much. It's kind of sad though, after the holidays there will be a whole new lot of riders coming to join in the fun. I'll miss everyone but it's always nice to meet new people.

The most interesting thing I've done in the last few months was compete at the Royal Easter Show. It was the first time for both Katrina and I and I had a great time. Everyone kept telling me to do what I do at home, so I did, but I wish I'd listened to Indi about the bath – if you just stand still, it's over much quicker! I didn't win on the day (after Ishmar and Pippa there was nothing left to win!) but I was very proud to wear TT colours (who doesn't like to get told how handsome they look!) and I would like to thank Katrina for taking me.



We had to say a sad goodbye to Jet a while back but, you know how it goes, when one door closes another door opens, or two in our case. We have welcomed Anchor and Bowie into the program. Bowie has slotted in like he's done it all before. He's a great guy but sometimes I get so jealous when everyone says how pretty he is – just because he was lucky enough to be born buckskin... Anchor has already figured out there's no need to exert too much energy, but even when he's walking slowly he takes such big steps he overtakes everyone else in the arena! I hope the two of them have as much fun at TT as much as the rest of us do.

Well, I hope everyone enjoyed their holidays as much as I enjoyed mine!

Kruger

HELP US SAVE ON PAPER AND POSTAGE

Please let us know if you have changed your address or no longer wish to receive the "Tall Timbers' Times". We are happy to send a hard copy of the newsletter but we can email it to you instead (the email version is in colour!) if you prefer. Just let us know. There's also a link to the newsletter from our website.

TALL TIMBERS CARRIAGE DRIVING

By Janet Muspratt (Carriage Driving Coordinator)

The group has been lucky with fine weather for all the driving days this year.

We have been concentrating on completing the events in the 2010 State Carriage Driving Competition. The new dressage test – the ACDS Novice CC is longer and calls for more difficult movements than the AA and BB we have done previously. It is good to have this extra challenge and our drivers and whips (coaches) are working hard at it. Our ground helpers are becoming very helpful dressage judges with frank but constructive advice on our efforts.

Our May driving day began on a great note with the presentation of the 2009 RDA NSW Champion Driver Trophy and Certificate to Michelle Harris. Michelle, driving Nicholas, achieved this by winning her dressage, cones and photograph classes and coming 4th in the barrels. It was very exciting to have Michelle win and also bring the trophy to Tall Timbers for the first time. Michelle has been driving for many years but is still striving for improvement. This was especially evident in her excellent cones driving results (a rare clear round in a difficult course in the 2009 comp) and increasingly accurate dressage tests. Nicholas is not always totally cooperative in dressage so is not a 'walkover' drive.



Our other drivers, Linda Ongley and Lynne Buckingham, are also seriously good drivers and are constantly working on improving their driving skills, especially their accuracy in the dressage. All three drivers keep Margaret Moore and me, as their coaches, on our toes, and strive to bring out the best in our ponies Sonny Boy and Nicholas.

Another first happened in May when Linda's new guide dog Harley came to driving for the first time. We were all sad to farewell Linda's previous dog Una in March. She had to be retired due to age and arthritis. Harley looks like he will settle into the routine of our driving days well and most likely will eventually enjoy being in the vehicle beside Linda, like Una and Linda's first dog Krane did.

TALL TIMBERS TRIVIA NIGHT

By Pip Lovely, Hon Vice President

It was another cold winter's night at Tall Timbers when we produced our Trivia night.....again we were thrilled that so many loyal people and friends of RDA came out and filled 25 tables for a fun ,entertaining night of Trivia. There were 4 rounds of trivia ranging from History, geography, music art, sport and a few crazy questions thrown in. Each round was very avidly contested and if the answer was not known some very funny suggestions were put forward.

Our games at half time were a big hit...especially the "throw a dart at a balloon game" although we are still looking for one elusive dart that somehow missed the whole side of the arena ...never to be seen again. There are many people to thank for this very successful event ...the committee, Kerry and Kelly (the markers) Nicole, and especially the people who donated prizes. The event made us \$4377.00 so this will become a yearly fundraiser.....but the suggestion has been to have it during the warmer months!!!



Thank you to:Lindy Hansen & Friends, South Steyne Floating Restaurant, Taronga Zoo, Hargraves Nurseryland, Dural Hotel, Featherdale Wildlife Park, Go Vita Cherrybrook, McBeaths Pharmacy Cherrybrook, Horseland Dural, Mark Harrison Carpenter and Joiner, Brunnings, Paul & Virginia Akers, Unilever, Martelli's Fruit Market, Focus Gym Castle Hill, Value Plus Animal Health Care Products., Bing Lee Rouse Hill TC, Reading Cinemas Rouse Hill, Box Hill and Nelson Progress Association, Rouse Hill Public School & Tall Timbers' Volunteers and families.

Results of Trivia Night Raffle 1st Prize Bob Wardle, 2nd Prize Lina DiCristoforo, 3rd Prize Ron Ashby & 4th Prize Warwick Tester. Thank you for supporting this raffle.

SOROPTIMIST INTERNATIONAL OF THE HILLS - TRIVIA NIGHT – 19 JUNE 2010

A RIGHT ROYAL AFFAIR

By Judy Brightman, RDA Coach

When we were notified by Soroptimist International that Tall Timbers would be one of the beneficiaries of their Trivia night in June and asked if we'd like to book a table I thought it important that we show our faces and in no time Kerry had done a great round up of like-minded TT representatives and we had a table.

The theme was Royal (just after Queen's Birthday) and while some had pearls and suitable bling, several of us

took up Pip Lovely's offer of tiaras and boas courtesy of the \$2 shop she frequents occasionally scouting for useful items for TT!

Karen brought the carriage dog (too cold a night for the corgis as she informed all the quizzical who passed our table) courtesy of Animal Health plus a candelabra to decorate the table – and Dinah Moore made some terribly English little crust-less sandwiches beautifully displayed on a three tier silver stand so we had made some effort – but we hadn't accounted for the professionals, the costume hire, the model castles and ermine robes!! Man were we underdressed! The costumes were astounding – tremendous time and effort went into what often felt like a theatre production – it was like being in the canteen on the movie set for Elizabeth – all we needed was Cate Blanchett, Geoffrey Rush and that handsome Fiennes.....Joseph, not Ralph. Anyway.....

Despite being underdressed we made it through 8 games of trivia, many Royal questions, several coin tosses, chocolate wheel spins, a photo quiz, a brain-teaser quiz and purchases of balloons and raffle tickets – all accompanied by delicious food and wine - to make it through the night to fourth place out of 16 tables – with first place just 5 points away and being taken by a quiz team who are way more practiced than our group of coaches, committee members and volunteer helpers!

Best dressed male prize went to a wonderful Prince Charles kitted out for polo with hobby horse in hand and best dressed female to a wonderfully imaginative Princess Fiona (think Shrek) and there was even an Elvis look alike to stretch the royal theme!

Pip Lovely displayed her creative and artistic talents in the crown-making competition, well-modelled by Dinah Moore, but we were outdone by the well prepared again with people producing amazing accessories and accoutrements that took crown well beyond the paper, crayons and bit of tin foil we were all allocated!

Just before midnight it was time for carriages before we all turned into pumpkins and mice. It was a fun night for us – great for me to catch up with people I often don't get to see: Pip Lovely, Lynne White, Robyn Given, Kerry Souter, Kirsty Hardman, Karen O'Neill, Wendy Moreland and Dinah Moore. It was a well-supported and well-organised night and I 'm sure it raised some good funds for us – thanks Soroptimist International!



FUNDRAISING BBQ AT BUNNINGS DURAL

By Carla Cox, Volunteer

On Sunday the 23rd of May I set off in the morning to assist with the BBQ at Bunnings Dural in support of the RDA. Not knowing what to expect I was pleasantly surprised about the very professional aprons provided (a good look never hurts. lol). The weather was pretty bad but Dinah, Pip, Den and I just chatted away about general stuff sheltered by BBQ tent. When a bit of sunlight hit us we really started off selling our lovely sausage sandwiches. We got very busy and it was fantastic to talk with all the different people who were visiting Bunnings. Many cultures came together that day and all were interested, supportive and very generous with tipping.

With a good feeling, a sandwich and a can of coke I made my way home again. When I got home I ticked the date on the calendar for our next BBQ Bunnings Event! I would like to take this opportunity and thank Dinah, Pip, Den and RDA to give me the option to do something supportive and have so much fun all at once.

BOOK STALL AT ROUSE HILL HOUSE & FARM OLD SCHOOLHOUSE OPENING

By Kerry Souter, Administrator



Luckily after a wet week the sun came out for a lovely day at the farm with lots of activities for everyone. Thank you to the volunteers who spared some time to assist at the Book Stall at Rouse Hill House & Farm Old Schoolhouse Opening. It was a great success raising \$585 in book sales and creating some awareness for RDA. Thank you also to everyone who donated such good quality books and helped in other ways and to the Historic Houses Trust for the opportunity.

KPMG CORPORATE COMMUNITY WORK

By: Rachel Merton – KPMG Government Relations Manager and Natalie Causley KPMG External Communications Manager

On Monday 21 June, we left the bright lights and tall buildings of the city and made the hour drive out to Box Hill to visit Riding for the Disabled (RDA).

KPMG, one of the world's leading professional services networks is committed to communities and their wellbeing. KPMG encourages us to volunteer time and skills to non-profit community organisations that they are passionate about – we are passionate about the work RDA is doing and have a love of horses.

RDA "Tall Timbers" Centre is situated on acres of beautiful land and the centre provides people with a

disability the opportunity to ride and enjoy all the activities connected with horse riding. The setting and landscape is beautiful.

We were greeted by Kerry Souter and other friendly and dedicated volunteers who made our stay very pleasant. Our task of the day was to assist Paul Akers in his preparation of a sensory garden and this involved painting some of the recycled fence palings.

The work RDA is doing to make the lives of those with disabilities better is very admirable and making a difference. On watching some the sessions, it was clear that the students get so much enjoyment and encouragement during their time at RDA. It is a real credit to all the volunteers and you can feel a real sense of pride in the work that they are doing – it is clearly a very rewarding path to take.

We thoroughly enjoyed our day at RDA and will be back to visit – we look forward to seeing the sensory garden complete!



JAPANESE VISITORS

By Kerry Souter, Administrator



Early on 25th June we were visited by thirteen Japanese students from OMIYA International Animal College.

They came with the Acting President and an interpreter as part of a trip to Australia to visit different animal based organisations. They stayed for two hours in which time they were able to watch the DVD, enjoy some lamingtons and Tim Tams, tour the Centre and learn how our organisation works and what benefits our riders received from horse riding. There was a photo opportunity with the horses and we even had time to show them some mounted games, albeit on foot as the horses were snoozing after breakfast. It's a great opportunity to create awareness of RDA.

ROUSE HILL PUBLIC SCHOOL

By Nicole Mannix, Special Needs Teacher



This semester Rouse Hill Public School was fortunate enough to participate in the Riding for the Disabled horse riding program. This was our first time at RDA and the students and staff were very excited to be part of this fantastic program.

The program has been wonderful for developing confidence, self esteem, social skills and living skills. Our first visit was full of excitement and anxiety as this was the first time most students had been this close to a horse. As the weeks went by six smiling happy faces would meet me each morning extremely eager to arrive at RDA.



The staff and volunteers at RDA provide the most wonderful program and should be commended for their commitment and dedication to the program. The achievements the students have made are extremely rewarding. They are able to change into their boots and helmets, wait quietly for their turn, mount and dismount their horse with ease, communicate with the staff and volunteers, give instructions to their horse and have huge smiles on their faces.

Finishing the program this week was full of happiness for the fantastic achievements they have made and sadness as we said goodbye to our horses.

Rouse Hill Public School would like to thank all the staff and volunteers at RDA for their patience, dedication and commitment to this fantastic program that made some very special students smile.



QUILT FUNDRAISER



This beautiful handmade quilt was lovingly sewn by Judy Uren (pictured), one of our Volunteers. It has a horsey theme and also has some charming hand embroidered Australian and horse theme motifs. Size 148cm wide x 157cm high. Red border, reverse gold coloured patterned fabric. It would make an excellent gift as it is unique and a keepsake for generations to come. Place your bid by fax or by email with the following details: Name, address, telephone, Bid Amount \$A to talltimbers@rdansw.org.au or Fax 02 9679 0638 Bids will be accepted until 28th August. Highest bid announced on Monday 30th August. Reserve \$300 Check our website <http://talltimbers.rdansw.org.au> for bid updates.

TALL TIMBERS WISH LIST

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

Concrete or bitumen paths

Heavy Duty Washing Machine (for horse rugs)

Personal Lockers for our volunteers

Fly masks, cob and full size

Stationary, stamps, copy paper, white board markers etc

Dishwasher powder or tablets and rinse aid, kitchen towel, tissues.

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

TALL TIMBERS COMMITTEE 2010/2011

Mrs Karen O'Neill	- President
Mrs Phillipa Lovely	- Vice President/Treasurer
Mr John Norris	- Vice President
Mrs Dinah Moore	- Secretary
Mr Charlie Aquilina	- Committee Member
Mrs Carmel Norris	- Committee Member
Mrs Fran Prudames	- Committee Member

UP COMING EVENTS

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

RDA AWARENESS WEEK

26TH July – 1ST August

ROTARY CHRISTMAS TREASURE TROVE RAFFLE

Proceeds will assist our Centre to fund the program. If you can sell some tickets it would be most appreciated. Tickets are \$2 each

1st Prize Toyota Yaris Automatic on road

2nd Prize Netbook

3rd Prize \$1000 worth of jewellery from "Kurt Seinfert Jewellers"

Tickets are available from the Centre and will be sold until the end of Semester 2 and must be returned (sold or unsold) to the office by 4th December. Raffle drawn January 21st 2011 at Burwood RSL

HORSES' BIRTHDAY CELEBRATION LUNCH SPRINGFIELD HOUSE, 245 New Line Road, DURAL Friday 30th July

Join us for the Horses' Birthday Celebration Lunch, in recognition of the work our amazing horses do, to raise funds for our Centre. All welcome, invite your friends. 11.30am Friday 30th July. \$30 per person for a 3 course meal, set menu. Licensed Restaurant, wine available to purchase. Lucky door prizes to win. Bookings essential.

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.

REGIONAL MOUNTED GAMES

15th August

Tall Timbers Centre

This event is a qualifier for the State Mounted Games in 2011 at the Sydney Royal.

BUNNINGS DURAL BBQ

29th August

Let us know if you can help at this fundraiser

RIDE-A-THON / WALK-A-THON

23rd – 27th August 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.

SPRING CELEBRATION, BUSH WALK AND BOOK STALL AT KENTHURST

Saturday 11th and Sunday 12th September

10.30 – 2.00 each day

Devonshire Tea in the Garden and/or bush walk to see the wildflowers. There will also be a book stall.

Please phone the office for more information and venue details.

RDA NSW REGIONAL DRESSAGE DAY

Thursday 30th September Tall Timbers Centre

Please contact the office for more information

State Dressage Championships 12-14th Nov at SIEC

VOLUNTEER LUNCH

Friday 26th November, Tall Timbers Centre

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' PARTY/PRESENTATION

Saturday 11th 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.

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>



RIVERSTONE FESTIVAL PARADE

By Erin Christie, RDA Rider

On the fifteenth of May, 2010, our coach Denise Corbett, rider, Joshua Petch-Colley and I headed off early in the morning in the RDA F100 with Fred the fibreglass horse, proudly kitted out in an RDA rug and safely tied in the back. We were off to the Riverstone Parade!!

Upon arrival, Josh and I saw for the first time how big an event it really was. There were lots of old cars on display and we all picked out one we would like to own. There were also horse-drawn carriages, people on horseback and men with bagpipes.

My favourite float was a giant cake attached to a car, wishing the parade a very happy 100th birthday. It was amazing to see how much effort all these people put in to the parade. After a little bit of a wait, the parade began.

In front of us was advertising for boy scouts, behind us marching school boys holding up banners. It was a very big affair. We were fourth. Josh and I got to sit in the back, on folding chairs next to Fred.

The streets were packed with people, staring at us. It was loud and lots of fun. Cameras clicked and people waved. We soon made it back to the start, all saying we'd be happy to do it again next year.

I had lots of fun at the parade, advertising Tall Timbers to the suburb of Riverstone I'd be happy to do it again next year.



OPPORTUNITIES TO SUPPORT RDA TALL TIMBERS

- **Become a RDA Weekday Program supporter - by donating \$1000 towards this program you will support one rider. \$6000 will support the participation of a class of six riders.**
- **Become a RDA Tots on Horseback Program Supporter - \$1000 donated towards this program will support the participation of one pre-school or Kindergarten age rider in this early intervention program**
- **Sponsor a Horse - \$750 will support the basic needs of one of our horses such a feed and farrier**
- **Donate as a Friend of our Horse Team – donations of any amount will be used to assist in other expenses such as veterinary needs and saddlery**
- **Sponsor our F100 – Our reliable Ford F100 is our “work horse” for maintenance around the property and transporting equipment to vital fundraisers. \$1500 per year will keep it running and on the road**
- **Help us purchase a Horse Float – we are in need of a two horse angle float to transport our horses to competitions and also to pick up new horses or take them to the vet.**
- **Financial Supporters – we rely on donations and fundraisers. Any donations over \$2 are tax deductible. Our expenses include electricity, photocopying, property maintenance and equipment, telephone & internet and insurance. Any assistance you can give to help us continue our program is greatly appreciated.**



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